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# Out Of Africa: The Colonial Hosts Sierra Leone's Refugee All Stars

Sierra Leone's Refugee All Stars bring their timely, musical message of hope to The Colonial Theatre in Bethlehem, NH, Friday, September 4. One of Africa's most inspirational bands now celebrating 10 years together with their finest album to date, Sierra Leone's Refugee All Stars have risen like a phoenix out of the ashes of war and enflamed the passions of fans across the globe with their uplifting songs of hope, faith and joy. The band is a potent example of the redeeming power of music and the ability of the human spirit to persevere through unimaginable hardship and emerge with optimism intact. From their humble beginnings in West African refugee camps, Sierra Leone's Refugee All Stars have performed on some of the world's most prestigious stages and matured into one of Africa's top touring and recording bands. They also now play

an important diplomatic role as spokespersons and for the ever-increasing millions of refugees worldwide.

Sierra Leone is a country with a tumultuous history. In 1991, a gruesome and horrific civil war broke out. Tens of thousands of people (including babies, children, and the elderly) were killed in the fighting, and unspeakable human rights violations were committed against countless others. By the time the war was declared over in 2002, over a third of the country's population had been displaced to refugee camps in equally-unstable neighboring countries, including Guinea. Despite improvement efforts by UN forces, Sierra Leone still has one of the lowest standards of living in the world, and thousands of people remain in refugee camps elsewhere.

Sierra Leone's Refugee All Stars was founded by musician

Reuben Koroma, a refugee from Sierra Leone's capital city, Freetown. Koroma and his wife, Sister Grace, joined up with other musicians who they knew from back home in order to provide a bit of entertainment and levity to their devastated fellow refugees. After a few years of itinerant life in the refugee camps, the members of the band returned home to Freetown, where they continued to play as a group and record music. An eponymous film was made about the band, which featured their story and much of their music, and it was released alongside their debut album, *Living Like a Refugee*, in 2006. Both received international critical acclaim.

General Admission tickets for the 8 PM performance are \$19; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$15. Front and center reserved



tickets are \$25 and are available on line only. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook Facebook.com/BethlehemColonial, follow The Colonial on twitter

(@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great world music is made possible by Moat Mountain Smoke House and Brewing with additional support from New Hampshire Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation and The Colonial's presenting partner, Catamount Arts.

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# TRENDY Dining Guide

## Juniper's

By Gary Scruton

It was a Friday evening when we recently had the opportunity to make the trip to the north end of Lyndonville and up Darling Hill Road to the Wildflower Inn and Juniper's. We decided to invite a good friend to join us. He told us that his brother was visiting from out of state (Iowa in fact!), so he would have to talk it over to see. Well, they were agreeable to accompany us so we made reservations for 8 pm and set off to show them some of the beautiful landscape in this area.

Neither of them were familiar with Lyndonville but directions to Juniper's are pretty easy to follow and the final stretch up Darling Hill Road was breathtaking as always. To me this is one aspect of the complete dining experience; the location and the trip getting to your eatery inside an old farmhouse (and on a deck outside) with some great ridge line views looking back towards Lyndon State College and the Green Mountains.

But let's get to the meal, or specifically some beverage and an appetizer. Our friend picked out a nice bottle of white wine for the four of us to share and his brother ordered a spinach and artichoke dip served with "crusty grilled bread" which we also shared. Both were big hits and there was certainly no worry about taking any home.

For meals we really trav-

eled the gambit. There was trout, lamb, beef and one of the evenings specials: veal. Each meal also came with either a salad or soup of the day. Three chose the salad while I went different and ordered the corn chowder. I must say that the chowder was different from the traditional New England corn chowder. Instead of a milk broth it was more of a chicken stock. But quite tasty with plenty of corn and easily finished. The salads were similar in that there was an ample serving with a choice of dressings. Of course each person had their own "do not add" for ingredients. Here is where I can say that our waitress (Alyssa - sorry if I spelled it wrong) did not skip a beat. Not only did she keep the four orders straight, and put them on three separate slips, but she was pleasant and easy to engage in conversation. She was also helpful in making some of the decisions as we moved from beverages to appetizers to entrees to dessert.

All four of us were more than pleased with our entrees. The trout was garnished with almonds and our new friend was enthralled by the presentation. The lamb chops brought back memories of growing up, and also did not disappoint when it came to taste or quantity. Both of those dishes were filling enough to require a take home box.

The beef dish was called Juniper's Hanger. The menu

lists it as: Hand-cut hanger steak marinated in juniper, maple, soy, star anise, rosemary and Scallions, topped with a house made demi. Just reading that almost makes your mouth water. My wife described it as "excellent". So again, no disappointment at all.

The fourth entree was a veal chop, one of the specials of the evening. It came with either red potatoes or brown rice (potatoes of course) and spinach. Another tasty meal that hit the spot.

As happens on most occasions when dining with old and new friends, we had some great conversations during the meal and managed to make room for a shot at dessert. Again, Alyssa was there to help, and we settled on a "Belly Parfait". The Belly is, I am rather sure, is named

after the Belted cattle that we saw in a pasture just behind Juniper's. The Parfait was layered chocolate brownie and vanilla ice cream with whipped cream and a warm chocolate garnish. (They brought us four spoons).

As our friend said later, I never knew about this place, but I would go back in a heartbeat. We would also strongly recommend that if you want "an evening out" Juniper's is a great place to do it.



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**ABOVE THE NOTCH**  
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# Kids Fly For Free Again This September 12th

By Robert Roudebush

You or someone you know is a young person who wants to go up in an airplane at no charge and it might be your first time. Maybe you've taken to the air before and you know what a blast it was, learning how airplanes work and getting a sense of the rules of flight. And for free. Nothing's for free? Think again. This really is.

Your time's coming soon on Saturday the 12th of September, so make plans now to be there.

Dean Memorial Airport, starting at around 11:00 AM – the flying sessions will go on till around 3 PM and there is no alternative rain-delay date. All events are weather dependent. The airport is located in North Haverhill, New Hampshire, on Airport Road – you can't miss the place – it's the only place around with a visible wind sock and aircraft hangars and usually various types of aircraft on view in tie-down position. AIRPORT AWARENESS DAY at the airport is a fun time for all, no matter how young or old you are. Volunteer licensed pilots from the region and their aircraft will take aloft the youngsters. Parents or guardians will need to sign consent forms for the kids, of course, and the young ones will be 8 to 17 years old. After the flights, each young flier will be given individual certificates of flight signed by their pilots and personalized FLIGHT LOGS to encourage them to seek out and take part in other aviation-related activities.

This is part of a national program started by the Experimental Aircraft Association in Oshkosh, Wisconsin back in 1992 that nationally has given over 1.9 million

youngsters their first experience in the air. Our Dean Memorial Airport is working closely with the superb EAA Chapter 740 in Lebanon to set up this program. Pilots from both airports will be participating.

The NH Army National Guard will bring a UH-60 Black Hawk medical evacuation helicopter to the event on display for all to see. It is a magnificent machine. And the Army Aviation Support group in Concord has offered to participate, show off their chopper and discuss their jobs and careers in the military.

Arrangements may be made for adults to fly too, but not for free. Parents never fly with their kids in the same aircraft.

AIRPORT AWARENESS DAY has been mounted most

years over the past nearly 20 years - in that time, thousands of youngsters from the Haverhill area alone have taken their first flight. Interest awaits folks visiting the airport September 12 – police, EMS and fire vehicles and displays, unusual aircraft on display, fresh-cooked barbeque and soft drinks, the chance to buy some raffle tickets to win a HOT AIR BALLOON RIDE or \$500.00, and guidelines and applications for a substantial SCHOLARSHIP FUND offered by Dean Memorial Airport. The airport is built on land donated in the 1940's by the Dean Family and accepted by the town for the purpose of building and maintaining this airport. Further information? Please call 603 359 3275 OR 603 787 6549. See you flying there!

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## Littleton Rotary Club's 43rd Annual Lobsterfest

The Littleton Rotary Club's annual Lobster Festival dinner returns to the Bretton Woods Base Lodge/Slope Side on Saturday, September 19th from 5:00 to 7:30 PM to raise funds for local charities and Rotary projects. This is the 43rd year for the popular event, the largest charity dinner in the region.

"LobsterFest is a wonderful opportunity to enjoy delicious food and simultaneously support our local non-profit organizations," said event co-chair Kathy Jablonski. "Many folks return year after year for a reunion with family and friends. What better way to bring the fall foliage season to a delightful close?"

Ticket holders have their choice of lobster or steak, in addition to chowder, steamed clams, coleslaw, baked potato, and dessert. Be sure to buy

some "Baskets of Cheer" raffle tickets for a chance to win one of over 20 creative gift packages assembled by Rotary Club members. Other events to raise awareness for specific Rotary projects are planned.

To purchase tickets, contact any Littleton Rotarian. Or, you may call 823-7022, visit Passumpsic Bank, Littleton Branch, or the Littleton Food Co-Op. All net proceeds the \$35 ticket price goes to local charitable organizations; last year exceeding \$12,000.

Area non-profit organizations in the eleven town service area received Rotary donations from last year's LobsterFest.

The Littleton Rotary Club provides and supports a wide range of community services. More information can be found at [www.littletonhrotary.org](http://www.littletonhrotary.org). To purchase tickets, ask any Rotarian or call 823-7022.

## P.E.P. Seeks Volunteers

The Peace Education Program, offered internationally by The Prem Rawat Foundation ([www.tprf.org](http://www.tprf.org)) is seeking a few volunteers, in the local area, to facilitate their acclaimed program. The Peace Education Program (PEP) is an innovative ten session educational program that aims to help participants discover their inner resources – innate tools for living such as: inner strength, choice, hope, and the possibility of personal peace. The program is comprised of video and print material based on Prem Rawat's international addresses. Used in a variety of institutions around the world, it has been successful in universities, adult education programs, correctional facilities, retirement communities, and hospitals. Locally, Rick & Nancy Cubberly, of Bath, have been supporters of the foundation since its inception and have been familiar with the work of Mr. Rawat for over forty years. Rick says, "The approach to peace Prem Rawat takes is one that em-

phasizes an individual connecting with an inner experience of contentment. The PEP encourages a person to consider their inner resources."

At a continuing education institution in Denmark, one facilitator expressed that she has "...witnessed many participants express thankfulness for how the course highlighted their human resources. And we have observed how important it is for them to be able to express themselves."

Another setting where this program has found success is in correctional facilities around the world. The Executive director of the Correctional Education Association, Stephen J. Steurer said, "The Peace Education curriculum is high quality, simple to understand, and non-denominational. I recommend this program as an effective means to increase harmony within individuals and the community in which you serve." One participant in a facility in Portugal said he realized with the help of this

course that, "I can feel gratitude, something I could not feel when I was out there. I have understood that I can be happy without taking drugs." That is one sample reaction. More can be read on the Foundation's website. The program has also been offered to veterans groups.

In a world that presents itself with an obvious need for increased peace Rick hopes there may be others in this area who would like to help make this program available in the local area. A first step, for interested people, would be to visit the Foundation's website – [www.tprf.org](http://www.tprf.org) to see the work that they do and specifically the Peace Education Program section. There you can find curriculum info, testimonials from participants, where it has been offered and the process for facilitating the program. If after that your interest is keen contact Rick Cubberly at 603-747-0470 and the possibilities of making it available in this area can be explored further.

## "So Long Summer - Hello Fall Festival"

The Wells River Action Program (WRAP) is once again gearing up for its annual "So Long Summer - Hello Fall Festival" to be held in Wells River Village on September 5th, from 9:00am -2:00pm. This is the 4th year for the Festival and will be anchored by the Baldwin Memorial Library book sale, the WRAP bake sale and Lily Bs Cupcakes at the Welcome Center and the BMU's "Spanish Class goes to Costa Rica" car wash at Wells River Chevrolet. Copies and More, Chic and Unique Antiques, Dads 4By Tools and Supplies will be having sidewalk sales or in-store specials. Burnham Shoe a long time fixture on Main Street sadly will be having a going out of business sale. TJ's Lunch Counter is having breakfast and lunch specials and the Happy Hour is having a special festival Lobster Roll lunch special from 11:30am - 4:00pm. Attendees will also have a chance to sign up for free drawings. Well River Chevrolet will be giving away a Tablet, a \$100.00 gift Certificate and a free lube, filter and oil change and TJ's Lunch Counter drawing will be

for a gift certificate to TJ's.

The sidewalks will be lined with over 20 vendors and information booths offering everything from Native American art, homemade bread, quesadillas, maple syrup, crafts, jewelry, books by local authors, hand crafted soaps and lotions, green cleaning products, CDs, VHS tapes, colored glassware and woodcrafts to yard sale, flea market, attic treasure and household items. On site knife, scissors and small garden tool sharpening is also available at the festival.

Festival goers will also have the opportunity to find out what the Newbury Conservation Commission is doing in town, about the Rotary's worldwide polio eradication efforts from the Woodsville-Wells River Rotary Club, and get information on the Affordable Health Care Act and Vermont Health Connect from the Little Rivers Health Care booth. Stop by the Newbury Historical Society booth and help them identified some mystery photos. Need transportation? The folks at the Stagecoach Transportation Services booth can tell you

what public transportation services they have available in the upper valley and locally. Vermont residents will have a chance to register to vote at the League of Women's Voters, voter registration booth. NewburyConnect is one of the newest groups in Newbury and they invite folks to stop by their booth to see how they are working to connect volunteers and community groups to each other.

You will not want to miss the weighing of zucchinis at high noon. This year the Giant Zucchini Contest weigh-in will take place at Copies and More using their shipping scale, far more accurate than the bathroom scale previously used. Rumor has it that there is more than one secret zucchini patch in the area where giant green or yellow orbs are lurking. Registration for the big oblong vegetables is at 10:00am at the Wells River Area Garden Club's booth. The Garden Club also sponsors the "Share Your Harvest" table and gardeners are encouraged to bring their excess bounty to share.

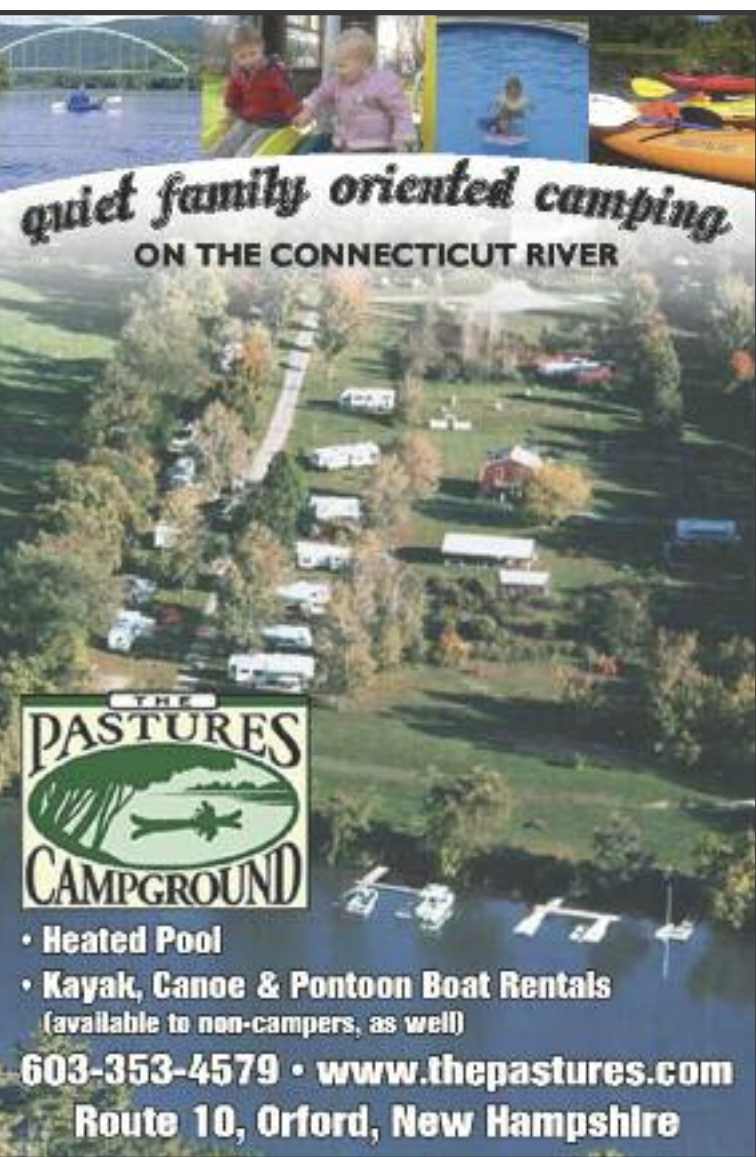
So Long Summer – Hello Fall Festival is held rain or shine.

For more information about the "So Long Summer Hello Fall" Festival contact Peggy Hewes at the Baldwin Library, 802- 757-2693; [wells\\_river@vals.state.vt.us](mailto:wells_river@vals.state.vt.us), Nancy Ranno at Jock Oil, 802-757 - 2163 or at 802-757- 2283 or Richard M Roderick at 802-757-2708; [maxinpalau@hotmail.com](mailto:maxinpalau@hotmail.com)

### Newbury Congregational Church And The Wells River Congregational Church Combined Worship Services

The combined worship services of the Newbury Congregational Church and the Wells River Congregational Church will meet at the Wells River Church for the months of September, October and November from 10:00am to 11:00am beginning September 5.

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# From The Desk Of NH State Senator



Dear Constituents,

A couple weeks ago the latest version of the NP route through NH was announced. It's another step in the right direction.

The new proposal, the "NH Forward Plan," proposes to reduce the capacity of the transmission line from 1200 megawatts down to 1000 megawatts. By doing this, NP will be able to lower tower heights by 10-15 feet for that part of the project that remains on overhead towers.

The new plan buries an additional 52 miles of transmission line from Bethlehem to Ashland. When combined with the 8 miles buried in Clarksville and Stewartstown, it will make a total of 60 buried miles of transmission line.

Burial will avoid towers and lines through the Rocks Estate, the White Mountain National Forest, and the towns of Sugar Hill, Easton, Woodstock, Lincoln, Thornton, Campton, and Holderness. It will also eliminate towers and lines on Interstate 93 where the towers would have been very visible from Lincoln to Ashland.

The "NH Forward Plan" offers a purchase power agreement between Hydro Quebec and Eversource, guaranteeing that 10% of the Hydro Quebec

power remains in NH for use by NH consumers.

There's also a \$200 million "NH Forward Fund" to invest in economic development projects in NH, including the upgrade of the existing Coos Loop electric transmission system (that would allow Eversource to partner with Wagner Forest Management to build a new wind farm in two unincorporated towns in northern Coos County).

This plan is an improvement over the last plan and it is unfortunate that it took five years to get to this point. I am hoping that it doesn't take another five years for NP to bury the entire project.

I'm pleased to see that NP now agrees burying the line is affordable. The fact that they can still build the project for the same \$1.4 billion construction cost that their most recent NP proposal to the U.S. Department of Energy was estimated to cost (with 179 of 187 miles above ground) proves that out.

It's nice the new plan provides \$200 million for economic development, although it seems the dollars would be better spent on more burial that would avoid towers or new transmission line rights-of-way in Coos County. It seems foolish to destroy some of the most

beautiful views in Coos County in the first place and then use economic development money to mitigate damage that is entirely avoidable.

Besides 120+ miles of this project still being overhead, an equally significant concern is the fact that NP continues to propose violating private property rights. This new plan still requires going through the Washburn Family Forest in Clarksville, which is an illegal infringement on property rights of the Society for the Protection of NH Forests (SPNHF).

Additionally, two places along the new underground route are through Forest Society easements where SPNHF owns land on both sides of the road, similar to the situation in Clarksville.

Five years ago the legislature battled fiercely to protect private property rights. We finally passed HB648 which prevented private developers from using the eminent domain process to take private property. NP does not have the right to cross these private easements and private property, so why are these areas still on their route?

The companies involved in this project can afford complete

burial of this transmission line. The dollar value of the electricity to be sold over the 40-year contract period between Eversource and Hydro Quebec is large enough to support the cost of completely burying the line in NH. There is no valid argument offered by HQ or Eversource to suggest otherwise.

For five years, folks along the NP route, from the Canadian border to Deerfield have stood together to oppose this project. No issue in recent history has so united people, across party lines so strongly, for so long.

There was no stronger advocate for the North Country and its people than Councilor Ray Burton, who was the very first elected official to publicly oppose the project.

Former Governor John Lynch came to the conclusion that if NH communities impacted by the project did not support it, then the project should not be built.

Senator Ayotte has come to the conclusion that NP should be completely buried in NH. I agree with her: NH IS worth it!

To the NP officials, this is about NH choosing NH's future,

not Hydro Quebec or Eversource choosing NH's future.

Let's see a plan that buries the entire line, a plan that respects private property; a plan that doesn't destroy our property values, our tourism economy, and our treasured landscapes.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with, please call 271.4980 or email [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester

NOTE: NP will hold a series of Public Information Sessions in each of the five counties where the project will be located. The sessions are a required part of the NH Site Evaluation Committee permitting process and must be held at least 30 days before NP files its application. For more information: <http://northernpass.us/public-meetings-and-openhouses.htm>

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**COMING NEXT**

**Shemekia Copeland**  
SATURDAY, SEPT. 12

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[BethlehemColonial.org](http://BethlehemColonial.org) and  
[Catamountix.org](http://Catamountix.org)

OR AT THESE LOCATIONS: Meia  
Papaya, Bethlehem, NH; Littleton  
Food Coop, Littleton, NH, and  
through our contributing partner  
Catamount Arts, St. Johnsbury, VT

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Select 1x6x8	\$7.99 ea.
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17"x48"x96" AZEK PVC sheet	\$75.00 (1)
3/8"x48"x96" AZEK PVC sheet	\$50.00 (1)
3/4"x48"x96" AZEK PVC sheet	\$75.00 (1)
3/8"x48"x96" AZEK PVC Beaded Pattern	\$50.00 (1)
3/8"x48"x120" Beaded Pattern	\$60.00 (1)
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4"x8" white FRP Liner Panel 11 Pcs.	\$19.00 ea.
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# Calendar of Events

A full page of Calendar of Events for local non-profits. Courtesy of Trendy Times. Put **YOUR FREE** listing here!

## TUESDAY, SEPTEMBER 1

**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, SEPTEMBER 2

**STAGECOACH RIVER ROUTE MEETING**  
6:00 PM – 7:00 PM  
Bradford Academy Building

## WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## FRIDAY, SEPTEMBER 4

**SO LONG SUMMER, HELLO FALL**  
9:00 AM – 2:00 PM  
Main Street, Wells River  
*See article on page 4, ad on page 16*

## SIERRA LEONE'S REFUGEE ALL STARS

8:00 PM  
Colonial Theater, Bethlehem  
*See article on page 1, ad on page 5*

## SUNDAY SEPTEMBER 6

**TEXAS HOLD "EM BENEFIT TOURNAMENT**  
1:30 PM - Cash Game @ 11:00 am  
VFW Post #10038, Lyndonville, VT

## UNCOMMON JAM

2:00 PM – 7:00 PM  
On the Common, Newbury  
*See ad on page 6, article on page 9*

## SATURDAY, SEPTEMBER 5

**BOOKS FOR THE BALDWIN BLOCK PARTY**  
5:00 PM – 7:00 PM  
Wells River Congregational Church  
*See ad on page 7*

## MONDAY, SEPTEMBER 7

**PAT O'HAGAN MEMORIAL FIDDLER'S CONTEST**  
2:00 PM  
Miller's Run School, Sheffield  
*See article on page 8*

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, SEPTEMBER 8

**GARDEN GROUP**  
6:00 PM 802-757-2693  
Baldwin Memorial Library, Wells River

## WEDNESDAY, SEPTEMBER 9

**MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

## FRIDAY, SEPTEMBER 11

**AMERICAN LEGION RIDERS MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## SATURDAY, SEPTEMBER 12

**JAKE'S EVENT**  
7:00 AM Check In  
Bunnell Camp, Passumpsic  
*See ad on page 13*

## MORE THAN YOU CAN EAT BREAKFAST

8:00 AM – 10:00 AM  
Lakeview Grange, West Barnet

## AIRPORT AWARENESS DAY

11:00 AM – 3:00 PM  
Dean Memorial Airport, North Haverhill  
*See article on page 3*

## SHEMEKLA COPELAND

8:00 PM  
Colonial Theater, Bethlehem  
*See ad on page 5*

## SUNDAY, SEPTEMBER 13

**MASONIC MOTORCYCLE RIDE**  
10 AM departure  
P&H Truckstop, Wells River  
*See ad on page 5*

## ACOUSTIC MUSIC JAM

1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## MONDAY, SEPTEMBER 14

**GOOD OLE BOYS & GIRLS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## TUESDAY, SEPTEMBER 15

**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

## THURSDAY, SEPTEMBER 17

**NORTHERN GRAFTON COUNTRY REPUBLICAN COMMITTEE**  
6:00 PM  
Topic of the Town, Littleton

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, SEPTEMBER 19

**EASTON YARD SALE**  
Easton Town Hall  
*See article on page 7*

## GRANITE STATE GRIND & ROLL

12:30-5:30 BBQ  
5:00-8:00 PM Spaghetti Dinner  
Franconia Church 44 Church St.

## LITTLETON ROTARY CLUB LOBSTERFEST

5:00 PM – 7:30 PM  
Brenton Woods Base Lodge  
*See article on page 4*

## HIGHLAND GAMES CHICKEN BBQ

5:00 PM – 7:00 PM  
American Legion Post #83, Lincoln

## Ongoing Weekly Events

### SATURDAYS

**GROTON GROWERS** - 9 AM - 1 PM  
Groton Community Building  
**FREE BLOOD PRESSURE CLINIC**  
10 AM – 12 Noon – Littleton Fire Station

### SUNDAYS

**CRIBBAGE** - 1:00 PM  
American Legion Post #83, Lincoln

### MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING** 1PM-2PM  
North Congregational Church, St. Johnsbury  
9 AM – 10 AM  
Municipal Offices, Lyndonville  
10:30 AM – 11:30 AM  
Municipal Offices, Lyndonville  
**BINGO** - 6:00 PM  
Orange East Senior Center, Bradford  
**TOPS (TAKE OFF POUNDS SENSIBLY)**  
6:00 PM - Peacham School

### MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**  
10:30 AM – 11:30 AM  
Linwood Senior Center, Lincoln  
**CARE COORDINATOR/ ENROLLMENT SPECIALIST** - 1:00 PM  
Baldwin Library, Wells River

### MONDAYS/THURSDAYS

**WALKING CLUB**  
6:30 PM – Woodsville Elementary School  
**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM – St. Johnsbury House

### TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville  
**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville  
**T.O.P.S. (TAKE OFF POUNDS SENSIBLY)**  
Weigh In 5:00 PM – Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
**EMERGENCY FOOD SHELF**  
4:30 PM – 5:30 PM  
Wells River Congregational Church  
**WEIGHT WATCHERS MEETING** - 5:30 PM  
Orange East Senior Cntr, Bradford  
**AA MEETING (OPEN BIG BOOK)**  
7:00 PM – 8:00 PM  
St. Luke's Parish Hall, Woodsville

### TUESDAYS/THURSDAYS

**ACTIVE OLDER ADULT STRENGTH CLASS** - 1:30 PM  
Woodsville Post Office, S. Court St  
**GROWING STRONGER FITNESS CLASS**  
2:00 PM – 3:00 PM 800-642-5119  
East Haven Library

### TUESDAYS/FRIDAYS

**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM  
First Congregational Church, Lyndonville

### WEDNESDAYS

**AQUA AEROBICS** - 9:00 AM  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
**BINGO** - 6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill  
**CRIBBAGE** - 7:00 PM  
Orange East Senior Center, Bradford

### WEDNESDAYS/FRIDAYS

**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Presbyterian Church, West Barnet  
NOON - Darling Inn, Lyndonville

### WEDNESDAYS THRU MONDAY

**PEACHAM CORNER GUILD** 10AM-5PM  
643 Bayley Hazen Road, Peacham

### THURSDAYS

**ADULT STRENGTH TRAINING**  
10:30 AM – 11:30 AM  
Senior Action Center  
Methodist Church, Danville  
**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center, Methodist Church, Danville  
NOON - Darling Inn, Lyndonville  
**PEACHAM FARMERS MARKET** 3PM-6PM  
Peacham Academy Green  
**LISBON FARMERS MARKET** 3PM-6PM  
Main Street, Lisbon

### FRIDAYS

**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
1 PM – 2 PM - North Congregational Church, St. Johnsbury  
**WORSHIP UNDER THE TENT** - 7:00 PM  
100 Horse Meadow Rd, No Haverhill  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, Woodsville

**PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.**

*Submit your entries by:* Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

*Deadline for submissions is Thursday, September 10th for our September 15th issue.*

# Groton Free Public Library News

Please note: Starting in September, we will be closed on Saturdays. Thank you to Susan & our other volunteers who have allowed us to stay open on the weekends this past year!

The Friends of Groton Library are preparing for the annual Fall Foliage book sale! This important fundraiser relies on you for its success. We are looking for donations of books of all genres in good condition, as well as puzzles, CDs, & DVDs. (Please, no text books, computer books, encyclopedias, Readers Digests, or video tapes.)

Donations may be dropped off at the library during open hours. Thank you in advance!

New DCF Nominee Books available! Thanks to a donation from the BMU Student Council, we have started our collection of 2015-2016 DCF books. (More to come this fall!)

Wednesdays from 1-3pm: Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us!

Monday, Sept. 28 @ 7pm: Book Discussion. The month's feature title: "The Alchemist" by Paulo Coelho.

Copies available at the library for borrowing. New folks welcome!

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

# Looking For Volunteers

We are looking for volunteers in our kitchen for Tuesday and Thursdays. If you are interested, please call the center. We are also looking for volunteer drivers for

all of our routes. We deliver Meals on Wheels on Monday, Wednesday and Friday. If this is something that interests you, please call the center 802-222-4782.

# Bath Library Receives Grant

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Adair Mulligan, "The Connecticut: New England's Great River" on Saturday, September 26th at 7:00 pm at the Bath Village School.

The largest river in New England rises in a small beaver pond near the Canadian border and flows over 400 miles through four states, falling 2,670 feet to the sea. Adair leads an armchair tour of this great river in New Hampshire and Vermont, exploring its history and natural beauty through the seasons and among the communities that have

sprung up along its banks. The discussion will shift to how the river has influenced the lives of those who live there, and how they, in turn, have affected the river. Much more than a travelogue, this presentation explores the many issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future.

This event is part of our yearlong Bath 250th Town celebration. This program is free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

# Horse Meadow Senior Center

Every Tuesday 8:30  
Community Breakfast

Must Preregister For  
Computer Classes  
603-787-2539

## Tuesday, September 1

9:30 Nifty Needlers  
10:00 Foot Clinic by  
Appointment (\$20)

## Wednesday, September 2

9:30 Bone Builders  
9:30 Writers Group  
11:00 Music – John & Phyllis  
1:00 Bingo

## Thursday, September 3

9:00 Art Class with Barb  
11:00 Blood Pressure Clinic  
11:00 Music – Bobby B & Cliff  
12:30 Cribbage

## Friday, September 4

9:30 Bone Builders  
10:30 Mahjongg  
1:00 Beginners  
Decorative Arts

## Monday, September 7 CLOSED

## Tuesday, September 8

9:30 Nifty Needlers

## Wednesday, September 9

9:30 Bone Builders  
9:30 Writers Group

11:00 Music – The Boyz

1:00 Bingo

1:00 Advanced

Jewelry Class

## Thursday, September 10

9:00 Art Class w/Barb  
9:30 Floral Arrangements  
11:00 Music – Voices of KOA's  
12:30 Cribbage

## Friday, September 11

9:30 Bone Builders  
10:30 Mahjongg  
12:30 Computer Class –  
Exploring Windows 10  
1:00 Advanced  
Decorative Arts

## Monday, September 14

9:30 Bone Builders  
11:00 Music – Wayne Klingler  
12:30 Hearts & Hands  
Quilters  
1:00 Sign Language

## Tuesday, September 15

9:30 Nifty Needlers  
1:00 Beginner's Crafts

## Wednesday, September 16

Art Show: All Day  
9:00 Foot Clinic by  
Appointment (\$20)  
9:30 Bone Builders  
9:30 Writers Group  
11:00 Music – John & Phyllis  
1:00 Bingo

# Easton Town Hall Improvement Club Yard Sale

The Easton Town Hall Improvement Club will hold a yard sale on Saturday, September 19th at the Easton Town Hall located at 1060 Easton Valley Road (7 miles from Franconia on Route 116 South), Easton, NH.

Donations will be ac-

cepted on Wednesdays, September 9 and September 16 at the Easton Town Hall between the hours of 10:00A.M.-2:00 P.M. No clothing please. Donated items should be clean and good shape. For local pickups call 823-7210.



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Woven  
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Open Sundays Thru The Holidays  
386 Pierce Hill Rd, Sutton, VT  
802-467-1326

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Purchase Their Craft!

Come see us at our farm!  
We have new Piglets, young Chicks  
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Our greenhouse has some  
of this years veggies.  
We also have many herb plants &  
hanging flower pots for purchase.

**UNCOMMON  
JAM**  
SEPT 6<sup>TH</sup> 2-7PM

ON THE COMMONS OF NEWBURY, VERMONT  
**BOW THAYER • THE VANBURENS  
THE CRUNCHY WESTERN BOYS  
AND LOCAL FIDDLERS**

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Court Street  
**Arts**  
OF ALLIANCE HALL

\$20 PER PERSON (12 & UNDER FREE)  
**REFRESHMENTS AND CRAFT BEER GARDEN**

BALDWIN MEMORIAL LIBRARY – 4TH ANNUAL FALL FUNDRAISER

**“BOOKS FOR THE BALDWIN”  
BLOCK PARTY**  
Saturday, September 5, 2015  
5:00 – 7:00 PM  
Wells River Congregational Church  
Parking Lot and/or Vestry, Rain or Shine

LIVE MUSIC: Brian Emerson & Friends  
BBQ BUFFET:  
Hamburgers, Veggie-Burgers, Hotdogs, Salads,  
Beverages & Brownie Sundaes

Tickets available at the Library or at the event  
Suggested Levels of Support:  
\$8/single, \$15/couple, \$20/family

**Don't miss the sidewalk BOOK SALE  
in front of the library from 9-2!**

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# Church's Fall Festival

Marion Chamberlin is pictured with a few of the items she plans to display on the "Plants-and-Things" table at the Newbury Congregational Church's Fall Festival, Saturday, September 26.

"Contributions are readily and happily received," she says soliciting indoor starters like philodendron, aloe and spider plants.

Among her "Things" are many handcrafts made by her daughters: Margaret Fitzgerald from Massachusetts and Marcia Snowden from New York State. Both women were raised in Newbury - and have fond memories of the Fall Festival. Handcrafts include table runners, pot holders, cork wreaths - and very unique decorative "fire-starters" mounted on egg cartons.

Marion Chamberlin herself was born and raised in West Newbury where her parents operated a large farm along with a country store and post office. She came to her present Newbury home when she married Irving Chamberlin sixty-six years ago. Irving, a life long Newbury resident



who died in 2009, had served for many years on the Newbury Water Department. A memorial bench in Irving's honor is located on Main Street, Newbury, just before the railway bridge.

Marion plans to appear a few Friday afternoons before the Festival with a table in front of the Newbury Village Store where she will greet many old friends and display a quilt made by her niece, Elsie Hardon, selling chances for the quilt drawing at the Church's Women's Fellowship meeting in October. The quilt, along with the "Plants-and-

Things" can be viewed at the upcoming Fall Festival.

The Festival itself originated three dozen years ago through the inspiration of the then resident minister, the late Rev. John Haggerty. It has been scheduled on the last Saturday of September ever since.

Besides the "Plants-and-Thongs" table, the Festival will feature music by "The Rangers," a Silent Auction in the Church Vestry, a White Elephant selection, candy, baked goods, a luncheon booth, cookies, hay rides and much more.

# Pat O'Hagan Memorial Fiddler's Contest

On Labor Day, Monday September 7th, Sheffield Field Day will be hosting its annual Fiddlers' Contest in the Gym at Miller's Run School -- 3249Vt. Rt. 122-- at 2:00 pm. Registration for fiddlers will begin at 1:30.

The Fiddlers' Contest at Sheffield Field Day was founded in 2007 by Malcolm Goldstein, the renowned violinist and composer who has spent his summers in Sheffield since the 1960's. In

2011, The Fiddlers' Contest was renamed in honor of Pat O'Hagan, who ran the contest for several years until her death in 2010.

The contest is free and open to all ages, with competitive categories for Youngsters (under 12); Juniors (12-18); Adults (over 18); and Seniors (over 60). The prize money for first and second place winners is: Youngsters (\$40/\$25), Juniors (\$100/\$70), Adults and Seniors (\$200/\$150).

Participants are asked to perform three pieces: a waltz, a hoedown, and a tune of their choice, such as a jig or strathspey.

Since its early years, the contest has been a beloved and popular event at Sheffield Field Day, drawing participants from as far away as Maine and Stanstead, Quebec.

For questions, please call Bobbie Bristol at (802) 626 8293 or bbkinnell@aol.com.

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Pairing with these great Americana sounds will be a range of delicious local fare and a craft brew garden. Attendees are encouraged to bring chairs and picnic blankets. Event parking will be along Route 5 and in marked locations throughout Newbury Village.

The event is presented with Court Street Arts at Alumni Hall and sponsored by the Wells River Savings Bank with additional support from Housewright Construction, Perry's Oil Service, H.J Graham Agency, Odell Insurance, Woodsville Guaranty Saving Bank, Valley Floor and the Four Seasons-Sotheby's Real Estate of Fairlee. Ticket are \$20 at the door or online (kids under 12 free) at courtstreetarts.org or at the Newbury Village Store and Wells River Savings Bank locations.



*Newbury Village Common, VT will be filled with the music of the Bow Thayer Band, Crunchy Western Boys and The Van Burens at the second annual UnCommon Jam Music Festival on Sunday, Sept. 6 from 2-7pm. For more on this day of music, food and fun, visit courtstreetarts.org.*

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# Letter To The Editor

Imagine a world where the decisions that affect a community are made by the residents of that community. A place where true democracy exists and the people can vote up or down on an issue that affects their health, safety, property and the environment of their community. It's hard to imagine such a world since any American alive today has never experienced such a thing. Decisions have always been made in this country from the top down, while the people who live in those communities are at the bottom of the decision-making totem pole.

It has a lot to do with innate human hierarchical thinking, which means we, like most other living creatures, naturally defer to a higher authority, even if we complain and occasionally lash out at that oppression. That's why we repeatedly vote to elect politicians. We expect our elected officials to know best and do the moral and ethical things that will protect us and our environment even though we're disappointed over and over again.

There is also the "Normalcy Bias" which is a fantasy world we live in which says the way things are today will be the way they will always be. In other words, why fight city hall -- this is the way it works.

This is why unpopular projects such as fracking, gas pipelines, Northern Pass, and inefficient wind turbine ventures get approved and imposed upon unwilling communities. It's because the people simply don't fight back in a productive manner. We fight each project as a single issue and we end up settling for mitigation of damage to the people and the environment. Outright victory is rare, and this leaves us frustrated and disillusioned. The only way for people to take back control of this country is to fight for a systemic change to the process.

Voters in several communities across New Hampshire have decided to fight for this systemic change. In 2006 Barnstead became the very first municipality in the nation to prohibit corporations from privatizing its water. Through an overwhelming Town Meeting vote, they adopted an ordinance

banning corporations from massive water extraction projects. This ordinance, known as The Barnstead Water Rights & Local Self-Government Ordinance, is based on constitutional rights, not regulatory law. Why did they do this? Because they saw their neighbors in Nottingham trying to fight a permit the state department of "environmental services" issued to USA Springs, allowing them to extract up to 300,000 gallons of water per day from a local aquifer to bottle and sell. Being a rural farming community, they understood immediately the threat on their lives and the impact that could have. In 2008 Nottingham passed their own Community Bill of Rights Ordinance and has since won their battle against USA Springs. (The permit expired and the company filed for bankruptcy.)

Folks further north in Sugar Hill, Easton and Plymouth have passed similar ordinances that puts their constitutional rights above the "alleged rights" of Eversource (formerly PSNH) and Hydro-Quebec to use them as a resource colony so they can profit from the Northern Pass project. Four towns in the Mt. Cardigan/Newfound Lake region have also adopted ordinances providing a "Right to a Sustainable Energy Future and Community Self-Government" to protect the pristine ridgelines and waters from the subterfuge that is industrial wind projects.

Today the New Hampshire Community Rights Network is looking for sponsors to introduce a bill for a constitutional amendment that would solidify those community's right to protect their health, safety and welfare. There will soon be a letter addressed to your town select board asking them to place a resolution on the next warrant in support of this amendment as well. We encourage everyone to support this resolution.

Albert Einstein once defined insanity as doing the same thing over and over again and expecting different results. To learn how to make real change, go to [nhcommunityrights.org](http://nhcommunityrights.org).

Cindy Kudlik, Grafton, NH  
NHCRN Board Member

Cindy,

*I am an optimist. I truly believe that most of the citizens of New Hampshire and this great contry have not given up. There is a very large number of people who go to vote on a regular basis. Remember that especially here in NH we get to vote on every single member of our legislature every two years. If you don't think the person doing the job is doing it right, vote for someone else. Or help someone else to run that you can back.*

Gary Scruton, Editor

# The Cat's Journey <sup>11</sup>

By Elinor P. Mawson

Carol is a cat lover. She owns two--one of which has only 3 legs--but she treats them like her children, and loves to talk about cats to her friends.

Several years ago, during a call to her friend in California, she learned that her friend's cat had passed away. Carol, also a "fixer", determined to replace the cat, even though she lived 3,000 miles away.

After a call to her brother, also from California, she laid out her plan. She would find a cat, put it on a plane, and her brother would pick it up at LAX. He would then proceed to her friend's house and make the delivery. (She related this story, but didn't relate what the brother had to say. I wish I knew!)

Somehow, somewhere, Carol found a cat. She then contacted the airline and got all the facts and figures (She didn't go into detail about this, either.)

After she paid for the proper cat carrier and drove to the airport, she called her brother with pick-up time and place. She told him that he had to be close to his cell phone for the day in case there were other details.

She watched the cat being loaded into the hold, called her brother again, and headed for home. When the plane was scheduled to land, she called him again, only to find out that the plane was not on time. By now, he was at the airport and quite nervous,

since his wife was hosting a dinner party that evening and he didn't want to be late.

Carol called every fifteen minutes, only to find out that the plane hadn't landed yet. She called the lady who was getting the cat with an update every fifteen minutes, also.

Finally, she got her brother on the phone; he was in the baggage department, looking for the cat. When he found it, the condition of the cat and carrier were not the way they started out, and he was not anxious to put them in his Mercedes. He called Carol, who told him that the cat couldn't be transported in the trunk and he would just have to use the back seat. The brother was not pleased.

With minutes to spare, the cat was delivered to Carol's friend. He dropped the carrier on the front steps and left soon after. (I'm told that he was late for the dinner party, and his wife was not pleased, either.)

The friend opened the cat carrier. The feline took off like a shot and wasn't seen for 3 days.

I am told that the brother's wife was in a snit for nearly a week. The Mercedes was never the same again. The cat finally appeared and assimilated itself into its new home.

Meanwhile, Carol paid some huge bills and wondered why she didn't suggest to her friend that she find a cat somewhere near her home in California.

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# No Secrets To Investment Success

Many people look for the “secrets” to investment success. Is it timing the market just right? Is it finding those hot stocks or getting in on the “ground floor” of the next big thing? Actually, these types of moves have little relevance to the vast majority of investors — even the most successful ones. So let’s take a look at some steps you can take that can be effective in helping you work toward your financial goals.

It’s time in the market...not market timing. Some investors think they can succeed at “market timing” — buying when the price is low and selling when the price is high. And this would indeed be a good strategy if they could predict highs and lows. No one can accurately forecast these peaks and valleys, though. So, instead of ducking in and out of the market in a vain attempt to catch the highs and lows, simply stay invested. The more time you spend in the market, the lesser the impact you’re likely to feel from short-term price swings. And if you’re always invested, you’ll always be in a position to benefit from the next market rally.

It’s “buy and hold” — not “buy and sell.” Even if you aren’t trying to time the market, you may be tempted to buy and sell frequently as you look for new and better opportunities. Yet, this constant buying and selling can

be costly. Frequent trading, with all the additions and subtractions from your portfolio, can make it hard for you to follow a consistent, unified investment strategy. You’re better off purchasing quality investments and holding them for the long term, until either your needs change or the investments themselves no longer possess the same attributes they did when you purchased them.

It’s building a strong foundation — not getting in on the “ground floor.” Many people regret not being one of the initial investors of a company that has done spectacularly well. But most new companies don’t achieve anywhere near that level of success. So, instead of looking for the next big thing on the “ground floor,” try to build a strong “foundation” consisting of a mix of quality investments suitable for your risk tolerance, goals and time horizon. This type of investing may not sound glamorous, but a strong foundation is better equipped than a possibly shaky ground

floor to withstand the shifting winds of market forces.

It’s cool-headed thinking — not chasing “hot stocks” — If you browse the internet or watch one of the investment shows on cable television, you are bound to read or hear about “hot” stocks. But by the time the news reaches you, these stocks may already be cooling off. Even more importantly, they might not be right for your needs in the first place. Instead of chasing after hot stocks, which, by their nature, carry a strong emotional component (namely, the desire for quick, big gains), try to coolly and dispassionately analyze your situation to determine which investments are really most appropriate for your goals.

There really aren’t any shortcuts to reaching your desired financial destination. But by taking the slow and steady path, you can work toward getting there.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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171 Central St. • Woodsville, NH 03785  
Tuesday – Friday 9:00am - 5:00pm

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## OBITUARY

# WILLIAM "BILL" MARDEN SIMPSON



trees along the survey lines on Piermont Mountain and around the lakes. Boise Cascade eventually sold the property, so Bill began another career painting with Bill Knehr of Pike. He then found a job painting at Dartmouth College where he worked for 20 years before retiring in 1990. He painted many landmark buildings including Baker Library.

Not one to remain idle, Bill decided to become an independent painting contractor. He painted his way up and down the Upper Connecticut River Valley for 10 years before an accident with a ladder ended his work career.

Bill always believed in volunteering. In 1964, as part of Piermont's Bicentennial celebration, Bill painted all of the date signs that were hung on each house specifying when that house was built. Some of those signs are still hanging today. He was a long-time volunteer fireman with the Piermont Fire Department helping build the new fire station and digging the Piermont "Puddle".

Continuing his service to country Bill was a member of the North Country Iwo Jima Survivors Group and a lifetime member of the American Legion of Ross-Wood Post #20 in Woodsville, NH. He was also a lifetime member of the VFW Post #5245 in North Haverhill, NH. Bill was a great proponent and successful salesman for the Buddy Poppy program that helps disabled veterans and survivors of deceased veterans.

Bill really liked to work, but he also enjoyed an active lifestyle including hunting, fishing, skiing, skating, and hiking. He spent a lot of time at the family camp on Lake Armington. And every year he had to go to the beach. In recent years he enjoyed mowing his lawn and working on the weekly bingo games at the VFW.

A talented singer, Bill loved to sing along to the piano after dinner. And he loved going to dances. He enjoyed everything musical from Big Band to Country to

Gospel. His favorite shows were Lawrence Welk and the Gaithers Precious Memories. He loved to reminisce about life in Piermont and Haverhill corner, and he was a fount of knowledge when it came to those towns' histories.

Bill was a wonderful son, husband, father, grandfather, and great grandfather. He never met a stranger, welcoming everyone into his home for a cup of coffee and a meal. He loved to get a hug and a kiss from "the girls", a constant source of amusement for his family and friends. He was a good friend and will be greatly missed by all who knew him.

He leaves behind his loving wife of 69 years, Ellen, of Piermont; his daughter, Karen Simpson, and his daughter-in-law, Brenda Strong, of Laconia; his daughter, Julie Simpson Lamarre, and son-in-law, Bruce Lamarre, of Piermont; his granddaughter, Karen Lamarre Gansz, and her husband Chris Gansz of Warren; his granddaughter, Gail Lamarre Pearl, and great grandchildren Xander, Liam, and Mackenzie Pearl of Piermont; and his grandson, Timothy Lamarre and his wife, Hannah Marsh Lamarre, and great grandchildren, Isabelle and Tristen Lamarre of Boiling Springs, SC.

Calling hours will be held on Friday, September 4th from 6:00-8:00 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A celebration of Bill's life will be held on Saturday, September 5th at 11:00 AM at the Piermont Congregational Church, 101 Church Street, Piermont, NH.

In lieu of flowers Bill asked that anyone, wishing to, could make donations to either:

VFW Post 5245, c/o Dale Pierson, 3 Beech Street, Woodsville, NH 03785; or Piermont Fire Department, c/o Bruce Henry, 224 River Road, Piermont, NH 03779

For more information please visit [www.rickerfh.com](http://www.rickerfh.com). Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

Piermont, NH – William "Bill" Marden Simpson, aged 90, passed away on Thursday, August 20th from complications associated with an accidental fall at his home on July 8th. He died peacefully at his home surrounded by his family.

Bill was born in Haverhill, NH on January 14, 1925, the only child of J. Ralph and Elsie Mitchell Simpson. Bill attended Haverhill Academy with the class of '43. He did not graduate with his classmates, because he enlisted in the US Marine Corps at the age of 17 on January 4th of 1943. Bill was awarded a "War Emergency Diploma".

Bill proudly served his country as a member of the newly formed 4th Marine Division in the South Pacific Theater. He served as a telephone lineman on the front lines. His division saw successful campaigns on the Marshall Islands, Saipan, and Tinian. On February 19, 1945 the 4th landed on Iwo Jima. Within the first hour on the island Bill sustained a shrapnel wound for which he was awarded the Purple Heart. Ten months and 4 operations later Bill received an honorable discharge from the USMC in 1945.

Bill married his teenaged sweetheart, Ellen Morse of Medford, MA, on August 9, 1946. They lived in Manchester, NH where Bill attended sign-painting school on the GI Bill. After 2 years they moved to Littleton where Bill drove a delivery truck for Profile Dry Cleaners. In 1950 Bill and Ellen bought their farm on Rt 10 in Piermont where they have lived ever since. Bill farmed with his father until Ralph's death in 1957.

He sold the dairy herd and went to work for Whiting Milk Company in Bradford for 19 years. When Whiting decided to move to NY Bill made the decision to stay in Piermont. He found a job with Boise Cascade demolishing the Lake Tarleton Country Club and cutting




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The North Country Longspurs want to encourage those who wish to register their children between the ages of 7 and 17 to send in their registrations today or call Colleen Racener at 802-748-1415 to register over the phone. Registration forms are also available at [northcountrylongspurs.com](http://northcountrylongspurs.com). Like us on Facebook to get updates!

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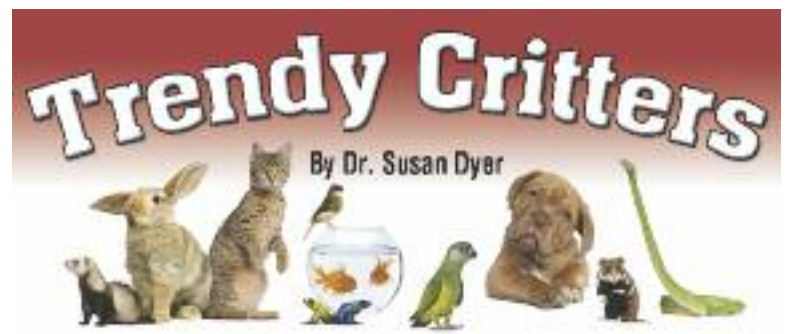
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**Trendy Critters**  
 By Dr. Susan Dyer



**Proper Rabbit Nutrition**

By M. Kathleen Shaw, DVM  
 Vermont Veterinary Medical Association

In part 1 of this series, we discussed proper rabbit nutrition. Part 2 will discuss what can happen if the gastrointestinal tract is not working properly and some common causes and treatments.

tal disease, especially in dwarf rabbits can prevent dental issues from building as they age. Limit access to carpet fibers if the rabbit is prone to chewing on them.

Gastrointestinal problems can be caused by obstruction (hairballs, carpet fibers) or pain which can cause a stasis effect where the gastrointestinal tract stops moving. If a rabbit stops eating or having a bowel movement for more than 6 hours, this is a medical emergency. Other symptoms include pain which can show up as tooth grinding, a hunched posture and lack of movement. Rabbits rarely vocalize from pain so this is not a symptom.

GI stasis can range from mild cases, in which the gastrointestinal tract slows down, to severe, when there is an intestinal blockage and the rabbit is hypothermic and in shock. Stasis can be caused by obesity and lack of exercise, some medications, hairballs, pain, dental disease, and other illnesses. At the first sign a rabbit stops eating, veterinarians recommend that a rabbit be seen right away.

Prevention of gastrointestinal problems include proper diet, preventing obesity by restricting pelleted feed, providing more hay and fresh leafy greens, and getting the rabbit out of its cage to exercise. Regular veterinary check ups for den-

Common treatments for stasis in rabbits include hydration, pain medication, exercise and improvement of dental disease and nutrition. Gastrointestinal stasis is a process that is time dependent and attempts at treatment at home often result in death. Please consult with your veterinarian prior to attempting any home remedies.



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# The Dangers Of Second-Hand Smoke 15

According to the Vermont Department of Health secondhand smoke is the smoke that is given off when you burn a tobacco product, like a cigarette, e-cigarette, pipe or cigar. It is also the smoke that is exhaled by a smoker. There is no safe level of secondhand smoke. If you are around secondhand smoke, it is as if you are smoking too. Even if you

are only around the smoke for a short amount of time, it has dangerous effects and makes you more likely to get heart disease, lung cancer, asthma and strokes.

Secondhand smoke has more than 4,000 chemicals. Many of these chemicals are toxic and cause cancer. According to the CDC, nonsmokers who are exposed to secondhand smoke at home

or work increase their lung cancer risk by 20–30%.

Here are some important facts about exposure to secondhand smoke from the CDC.

During 2011–2012, an estimated 58 million nonsmokers in the United States breathed other peoples' tobacco smoke. During 2011–2012, secondhand smoke exposure was highest among:

Children aged 3–11 years (40.6%)

Non-Hispanic Blacks (46.8%)

People living below the poverty level (43.2%)

People living in rental housing (36.8%)

Chronic respiratory diseases such as COPD, are the third leading cause of death in Vermont, accounting for over 300 deaths per year. 23% of deaths in Vermont are due to heart disease. 1200 Vermonters die yearly from Heart Disease. An estimated 14,000 people living in Vermont have had a stroke. 260 Vermonters die yearly from stroke. Cancer causes 1 in 3 deaths in Vermont. Every year 521 are diagnosed with lung cancer and 388 die from it. What can we do?

- Educate youth and adults
- Adopt tobacco-free policies
- Provide evidence-based resources to help people quit tobacco use

Local, community based resources are available statewide for help. The Vermont Department of Health offers Free Quit tools. 802Quits offers many different steps you can take to help you prepare to quit smoking. 802Quits offers free Nicotine Replacement Therapy to smokers trying to quit. Vermont Quit Partners are available in communities throughout the state.

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## Dear Marci...

Dear Marci,

My doctor diagnosed me with obstructive sleep apnea and said that I need a continuous positive airway pressure device to help me breathe at night. I have Original Medicare and was wondering whether it will cover the CPAP device.

Martine

Dear Martine,

Original Medicare will cover an initial three-month trial of your continuous positive airway pressure (CPAP) device if you have been diagnosed with obstructive sleep apnea (OSA). Your physician and supplier must submit paperwork to Medicare to justify your need. To qualify for coverage of a three-month trial, Original Medicare requires these steps:

1. Your doctor must diagnose you with obstructive sleep apnea based on an examination and subsequent sleep test. This test can be performed in your home or at an approved facility.
2. Your doctor must certify that you had a face-to-face exam with him or another health professional within the six-month period before the CPAP was ordered.
3. You must use a Medicare-approved supplier who provides you and/or your

caregiver with instructions about proper use and care for the CPAP device. Medicare will usually pay for most durable medical equipment (DME) from a select group of contract suppliers.

4. For continued coverage of your CPAP device after the three-month trial, you must be re-evaluated by your provider during those initial three months. He must certify the CPAP device is helping you and that you are using it as recommended.

If these conditions are met, Medicare will cover 80 percent of the rental fees for a CPAP device for 13 months, once the Part B deductible is met. After that you will own the device. Note that these 13 months include the three-month trial. At the end of the trial, Medicare will continue to pay for the device if your doctor certifies you have benefited from the device and used it properly. Medicare will also pay 80 percent of the cost of CPAP supplies, such as masks and tubing.

On the other hand, if your symptoms did not improve during the initial three-month trial of CPAP therapy, you can re-qualify for Medicare coverage following a new sleep study in a facility, and a re-examination by your physician.

Good luck with this process! Remember, you can always talk with your doctor to stay informed about your health-care services.

Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 1-800-642-5119.

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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com).

## Summer Picnic Curried Chicken Salad

One of my earliest childhood memories is of a picnic with my Mom. I was about three years old, and we were perched on top of one of my favorite places in the world: the "big rock," which is a huge split boulder, doubtless swept across the continent by the receding ice-age glacial sheet, and conveniently dumped at the edge of our field. Its flat and angled surfaces had made it the perfect play-spot for generations of my family...but I digress. Just as we begin sipping our thermos of ice-cold lemonade, and I hungrily take the first bite of my delicious chicken salad sandwich, the sunny summer day suddenly changes. The wind picks up, billowing black clouds roll in, and huge raindrops begin to



fall. As we hurriedly scramble to pack up our as yet uneaten feast, I begin to cry, mourning the demise of our special picnic lunch, but my mom is laughing, unfazed by my distress. "This just adds to our adventure!" she joyfully yells over the now

pounding rain. She grabs my hand, and we run all the way home, our picnic blanket suspended over our heads, and laughing at our dripping selves. After we dry off, our interrupted picnic resumes, albeit on the living room floor, and accompanied by

the symphony of pounding rain on the roof.

A great memory, and one that recurs spontaneously every time I make chicken salad the way my mother taught me. Over the years, I've added a touch or two of my own to this recipe by including dried raisins or cranberries, which I feel complements the mild kick of the curry powder. If I am feeling really magnanimous,

I might even splurge on a ridiculously expensive jar of Major Grey Chutney; mix in a good big spoonful, and that will take it to a whole different level.

Chicken Salad makes a great luncheon sandwich, or piled on salad greens for a no-oven required supper. Perfect for a memorable summer meal...I'm living proof of that!

- Meat from 2 poached chicken breasts, diced (or breast meat from a purchased rotisserie chicken)
- 2 stalks celery, diced
- 1 Tablespoon onion, finely diced
- ¼ cup dried cranberries, or raisins
- 1 teaspoon (+/-) curry powder
- ¼ teaspoon poultry seasoning
- Salt & pepper to taste
- ½ cup (+/-) Mayonnaise

Place chicken, celery, onion, and cranberries in a bowl and toss together. In a separate bowl, mix curry, poultry seasoning, salt and pepper into mayonnaise. Pour dressing over chicken, and mix well to coat. Refrigerate until ready to serve as a salad, or spoon onto toasted sandwich bread or rolls. Serves 4.

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