

A **FREE** PUBLICATION

**TRENDY**

**TIMES**

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MAY 17, 2016 VOLUME 7 NUMBER 16

# PTB - Spring: A Chance To Explore Once Again

by Gary Scruton

The Spring Paddle The Border event starts on the Community Field in Woodsville and travels south on the Connecticut River to the Bell Bridge State Park boat landing. This will take the average paddler about three and a half hours. Of course that time will change dramatically depending on your type of paddling.

One of the nice aspects of this portion of the Connecticut River is that there is exploring to be done. There are a number of islands to paddle around, and inlets to paddle up, if you so choose. There is also ample opportunity to simply paddle downstream and see the sights that Mother Nature has provided on the banks of this local asset.

For those who have not participated in this event before, remember to drop off your boat at the Woodsville Community Field, just off Route 135 south of Woodsville Village, and then drive to the take out point off Route 10 in Haverhill Corner (the access road is just south of the junction of Routes 10 & 25). From there you can catch a ride on the Butler Bus Service school bus with other paddlers back to the put in spot.

Another nice quality of this event is that volunteers are stationed at both ends of the trip to help each boater launch, and take-out. This is great for those who have little experience, or for those who are just getting started on this year's boating activities.

Speaking about the end of

the Spring Paddle, there will be a blue grass band playing for the cool down time after the paddle. Plus the Rotary Club is set to be on hand with hot dogs, hamburgers and drinks for those who wish to purchase a bit. An added attraction at the take out spot this year will be the Cohase Chamber of Commerce (one of the sponsoring groups) with a tent and table of various items from various members of the Chamber. The Newbury Conservation Commission is also expected to have a booth. It should also be noted that these items at the take out are for more than just the paddlers. Members of the general public are invited to drive across the meadow to the site of the former Bell Bridge. Not only can you see all of these activities, but

you could also take a walk on one of the trails leading from the State Park.

For those who may still be on the fence wondering if the Spring Paddle The Border event is for you, allow me to pass along some interesting tidbits. The trip has had paddlers from babies to eighties. There have been dogs in boats, first time paddlers and long time, well known, kayak-


ers and canoeists.

So take advantage of the last weekend of Spring, and see some sights that not everyone else gets to view. Join the dozens of other boaters on the scenic Connecticut River as the Spring Paddle the Border shoves off on Sunday, May 22 about 11 pm. See more details in the ad on page 3. Hope to see you there.



One of many paddling groups that took the time to explore one of the tributaries to the Connecticut River.

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# TRENDY Dining Guide

## Miss Lyndonville Diner

This is not the first time we have had the opportunity to visit Miss Lyndonville Diner. As you may guess this little gem is in Lyndonville (a village within the town of Lyndon) the second largest town in the Northeast Kingdom. One thing that means is that there is plenty of competition in Lyndon and Lyndonville. But Miss Lyndonville is one of the great picks in this busy area. They are open seven days a week and offer breakfast, lunch and dinner options.

We took the chance to visit on a Saturday evening.

We were not the last ones to dine on this particular night, but we were among the last wave. Yet even then I heard one neighboring table of guests ordering breakfast foods and coffee. This is not unusual in a busy place like Miss Lyndonville. I must say that the waitress did not even blink, she just took the order, and as she and the rest of the staff appeared to do, took care of the order with efficiency and grace. As in many busy eateries there is not a lot of time for chit chat between the customers and the wait staff, instead they

get the order and the details, then head for the kitchen to get things started.

When we walked thru the door we saw the "please wait to be seated" sign and did so. One of the waitresses caught our eye and told us we could pick our seat. We picked one of the roomy booths and as we sat down, our menus were waiting for us, and the waitress asked about getting us a beverage. On this evening I was content with a glass of cold water and my wife got a diet soda. (Miss Lyndonville does not have a liquor license.) We noticed on the way in that the Saturday night special was prime rib, almost always a good choice. But we took our time and went thru the menu looking at a wide

variety of possibilities.

When our waitress came back to our table my wife requested the prime rib in the 12 oz. version rather than the 8 oz option. Our waitresses' reply was "Au Jus or BBQ?". Barbecued prime rib, that sounds different. So, no, she did not go with the barbecue, she went the well known au jus. The beef came with a choice of fries, mashed or baked potato (Janice chose the baked with sour cream of course), choice of vegetable (coleslaw) and a tossed salad and roll to start. Janice told me that the prime rib was great., nice and juicy, and the 12 oz. portion allowed her to take some home (to be used the next morning in an omelet).

For me, I found one of my all time favorites on the menu. Whole fried clams are available in many eateries, but often are listed at "market price". Here they were a standard \$13.99. The other thing I have seen before is that when there is

a set price, the portion can be somewhat disappointing. But I went ahead and got my clams with steak fries and coleslaw. I was more than happy with the portion I was served. The plate was filled with the clams and fries, about half and half, and the coleslaw needed to be in its own side dish. Concerning the taste, very nice, and with none of the "grit" that you sometimes find. The breading was also right on, and the fries were thick and nicely cooked. A great meal.

Now how do you top off a great meal? Apple pie with ice cream, of course. The pie was heated up and the vanilla ice cream matched it well.

The Miss Lyndonville Diner is not the most fancy of restaurants. It is not the least expensive, or the most expensive. But it is a great place to eat (just ask some of the regulars), and offers reasonable prices (our total bill was just over \$40. before tip), good food and solid service.

Volume 7 Number 16

May 17, 2016

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# Barr Brothers Kick Off 2016 Live! At The Colonial Theater

With the support of Mascoma Savings Bank and Samuel Adams Beer, The Colonial Theatre in Bethlehem, NH is pleased to announce the 2016 LIVE! At The Colonial season premier event, The Barr Brothers on Friday, May 20th.

Built around the evocative vocals and songwriting of Brad Barr and the sturdy and studious drumming of his brother Andrew, Montreal-based Americana/folk-rock quartet the Barr Brothers were formed in 2006 after the dissolution of the siblings' avant-rock trio the Slip. Originally based out of Boston, Massachusetts, the Barrs spent the bulk of the 1990s touring with the Slip before calling it quits in 2004. Upon relocating to Montreal, the duo hooked up with classically trained harpist Sarah Page and multi-instrumentalist Andres Vial and began operating under the Barr Brothers moniker. The newly minted quartet's eponymous debut album was issued in 2011 via Secret City Records, and elicited positive reviews which helped land the group an appearance on Late Night with David Letterman. The band's new album, *Sleeping Operator*, arrived in October 2014. They have performed at the Newport Folk Festival, with Calexico, and will be touring with My Morning Jacket this spring.

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



tickets (available on-line only) are \$25. 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.BethlehemColo-

nial.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 music is made possible with additional support from New Hampshire Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, and The Colonial's promotional partner, Catamount Arts.

Not all Times are Trendy, but there will always be Trendy Times

May 17, 2016

Volume 7 Number 16

**13th YEAR**

# Paddle The Border

**Sunday, May 22, 2016**

**From Woodsville Community Field**  
On Connecticut Street, Just Off Route 135 in Woodsville, NH  
**To Bedell Bridge State Park Boat Launch**  
Off Route 10, Haverhill Corner, NH

All Events Are Weather Permitting

All participants MUST abide by safe boating rules and regulations

FREE Shuttle Service (for persons and personal equipment only) from Bedell Bridge to Woodsville available from 10:00 - 11:00 AM. Volunteers will be at the boat launch to help unload and protect boats before launching.

**BBQ Lunch provided by Rotary with music by Strawberry Farm Band**

Suggested Launch Time 11:00 AM  
Approx. Paddle Time 3 1/2 Hours

**EVENT SPONSORED and SUPPORTED BY:**  
Lower Cohase Chamber of Commerce  
Haverhill Recreation Commission  
Newbury Conservation Commission  
Woodsville/Wells River Rotary Club  
Upper Valley Land Trust

**Paddle The Border - Fall is scheduled for Sunday, October 2, 2016**

For Further Information Contact Mike Thomas (802) 757-3960  
or email mikethom1@charter.net  
go to www.cohase.org • www.newburyconservation.org • www.haverhill-nh.com (Haverhill Rec)

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## Parliamentary Maneuvering

May 11 was a long day at the NH General Court! For twelve hours, representatives struggled through drawn-out parliamentary maneuvering to complete action on 113 bills. This is the time of year when attempts to add non-germane floor amendments having no relevance to the issue at hand are introduced. This happened while debating SB 533, a bill that provides supplemental appropriations for alcohol and drug abuse prevention, treatment, and recovery needs in NH. The proposed floor amendment would have allowed a person to carry a loaded, concealed pistol or revolver without a license. Although I have always supported legislation aligned with our Constitutional right to bear arms, the introduction of this amendment was poorly timed and had nothing to do with substance abuse. If amended the chances of the bill becoming law would be nil, the Governor would certainly veto the bill, even though the appropriation for drug abuse prevention is a statewide need. I have always supported bills or amendments aligned with the 2nd Amendment of the U.S. Constitution, but by attaching an unrelated floor amendment without first obtaining public testimony

or comment is contrary to proper procedure. Further, any bill that is vetoed by the Governor will then return for legislative action at a costly special session in the fall. Each legislative session costs the state approximately \$40,000. The amendment to SB 533 was voted down, 204 to 98, followed by a voice vote passing the bill as introduced.

In another matter, the Ways and Means Committee, which had been tasked to review SB 441, a bill relative to discounts and admission charges at state parks returned the bill to the House with recommendations. Several weeks ago, the House modified free admission for seniors over the age of 65 for state parks and other areas. The majority of the committee felt that allowing the state to charge seniors over the age of 65 to ski at Cannon Mountain on weekdays was not in keeping with the general policy of giving seniors free access to NH parks. Amending language from the committee, which was accepted by House action, retains the existing free access on weekdays for seniors, and seniors may be charged up to 2/3's of the usual fee for the use of "uphill devices" on weekends and holidays. I supported the need and willingness to provide NH seniors with free weekday skiing; it's part of the brand we call the "New Hampshire Advantage."

Once again, it is a pleasure representing Haverhill and the Upper Valley; my email is: ladd.nhhouse@charter.net

NH Rep Rick Ladd

## Boutin Announces Candidacy For State Rep

Skylar Boutin, of Lisbon has announced his candidacy for the New Hampshire House of Representatives Grafton District 2 seat, which encompasses the towns of Lisbon, Lyman, Monroe, Sugar Hill and Franconia.

Boutin, a Republican, is a North Country native and has been a life-long resident of Lisbon. His family has deep roots in the region. While studying at Plymouth State University he has served on the Lisbon Conservation Commission, currently sits on the town Zoning Board and is also a Supervisor of the Checklist. In addition, Boutin has a keen interest in history and volunteers as a board member on the Lisbon Area Historical Society.

Having spent much time involved with town government Boutin believes he understands the needs of area citizens and would focus on jobs, with fewer onerous regulations, on job creators. Boutin believes in keeping spending in check, thus not spending more than you take in. He feels a well-educated work force goes hand-in-hand with creating a dynamic job climate for our



youth, which will in turn offer them the opportunities to stay in the area.

Managing Boutin's campaign is Katelyn Boutin of Lisbon. Dr. Leonard Joel "Joe" Nyberg of Lisbon will serve as Boutin's fiscal agent. Don Clark, also of Lisbon, will serve as Boutin's Lisbon Town Chair. Lyman residents Bruce and Anne Beane will serve as Co-Chairs in Lyman. Additional town chairs will be announced shortly.

Boutin stated, "I am excited about my run for the State House. I have the energy and time to serve the people, and I hope they will elect me. I am more than happy to have people reach out to me with their questions and concerns by contacting me at skylarboutin@gmail.com or 603-259-6650."

## Legislators to Summarize Session

Local legislators will update guests on legislation enacted, discuss how such legislation affects the Northeast Kingdom and report on their committee accomplishments at the last legislative breakfast of the season, which will be held Monday, May 23. The session will last from 8 to 9 a.m. at the St. Johnsbury House dining room, Main Street, St. Johnsbury.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The chamber would like to thank Kingdom Access Television, WSTJ, the Caledonian-Record and Lyndon State College News 7 for covering the breakfasts throughout the session.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

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SATURDAY EVENTS

Photography Workshop - George Mitchell,

Cheese Making - Kathy Jablonski,

White Mt Poetry - Jeffrey Zygmunt,

Native American Flute - Mary Sturtevant,

Mystery Novel Author - Marilinn Cooper

1 pm: New England, Myth or Reality by Edie Clark

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# From The Desk Of

# Jeanie FORRESTER FOR STATE SENATE

Dear Constituents,

Last week I attended a public hearing on the proposed Northern Pass project hosted by the town of Plymouth. The purpose of the hearing was to inform Plymouth residents of what Northern Pass is offering to the town to be allowed to bury its transmission line through Plymouth. Although the Northern Pass application to the New Hampshire Site Evaluation Committee specifies Main Street as the proposed route, they have asked to bury the line down Green Street which is parallel to Main Street. In exchange, Northern Pass officials have offered to pay Plymouth \$1 million a year for ten years in return for an easier buried route through town.

It was heartening to see over 200+ people turn out for this public hearing. Nearly 30 people spoke in opposition to the project, including four elected officials. There was no one who spoke in support of the project. I was one of those elected officials who spoke and informed the audience that the latest WMUR poll (<http://www.wmur.com/politics/wmur-poll-more-granite-staters-now-oppose-northern-pass-than-support-it/39455822>) now shows that more Granite Staters oppose Northern

Pass than support it. Over five years later, opposition is still fierce to this project and continues to grow.

As a reminder, the current Northern Pass proposal offers to bury a total of 60 miles of transmission line with the remaining 120+ miles still overhead. Northern Pass continues to propose violating private property rights and continues to insist on using out-of-date technology—even though surrounding states have embraced state-of-the-art technology.

We know that New Hampshire doesn't need the power (we already export more power than we use), and that the power is destined to the southern New England states. If it really is about getting power to the New England grid, then why not consider alternatives that would gain support from the citizens of New Hampshire? Why not use the existing Vermont/New Hampshire corridor? Upgrade National Grid's existing 2000 MWH-VDC corridor in Vermont that crosses into New Hampshire within the existing corridor with a single 3200 MW line. The environmental benefits of using an existing corridor instead of slashing through miles and miles of pristine forest, family farms, homes, recreation land, and legally

protected conservation areas are obvious.

Why not use New Hampshire's roadways? A couple years ago I chaired the 361 Commission which was tasked with looking at the viability of burying HVDC lines. During those commission hearings, the NH Department of Transportation identified several viable corridors along existing transportation rights-of-way (where the earth has already been disturbed and no utilities exist). Northern Pass/PSNH/Eversource representatives claimed it would be up to 10 times more expensive to bury the lines versus hanging transmission cables overhead on 100+ foot towers, but they provided no data to back up the claim. (It is interesting to note that in the Northern Pass proposal to bury 52 more miles of line, the construction cost of \$1.4 billion is the same as their first plan that only buried 8 miles.)

Why shouldn't New Hampshire get the same benefit as our neighbor, Vermont? If New Hampshire

got the same rate Vermont is getting for the TDI project, it would receive \$11.5 million a year. Why does NP believe they should be able to bury its lines on 8 miles of town roads in Pittsburg, Stewartstown, and Clarksville and 52 miles of state roads (routes 302, 18, 116, 112, and 3) without paying the towns or the state one red cent?

Energy projects may be a positive asset to New England; but public acceptance, community support and economic impact on New Hampshire must be properly addressed. When states around us are using state-of-the-art technologies, why is it Northern Pass cannot? Failure to answer all these questions and concerns honestly will only continue the mistrust, opposition and delay, quite probably leading to lengthy and expensive litigation.

It's been over five years since Eversource (then PSNH) rolled out its plan to lay a giant extension cord through New Hampshire to get power to the southern

New England states. The opposition continues to be strong even with the Northern Pass "divide and conquer" bribery strategy.

To the Northern Pass officials, this is about New Hampshire choosing New Hampshire's future, not Hydro Quebec or Eversource choosing the Granite State'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. Bury the lines—New Hampshire IS worth it!

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 or email (271.4980 [o] or [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

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LENGTH	8	10	12	14	16
2X4 #1	3.94	5.94	6.69	7.31	9.78
2X6 #1	5.35	6.82	8.59	10.74	11.55
2X8 #1	7.351	10.18	11.97	14.43	15.56
2X10#1	9.27	12.62	16.08	18.58	21.44
2X12#1	14.03	16.21	20.59	21.54	28.72
5/4X6#1	6.88	8.44	10.13	11.60	16.94
4X4 #1	10.37	12.51	14.36	N/A	22.72
4X6 #2	N/A	N/A	SPECIAL ORDER	N/A	SPECIAL ORDER
6X6 #2	22.53	28.35	34.01	40.17	44.31
8X8 #2	SPECIAL ORDER	SPECIAL ORDER	SPECIAL ORDER	4 STEP	13.96
2X2 CLEAR	36" 1.24	42" 1.52		4 STEP	18.80
PT 1/2 PLY	37.95	PT 3/4 PLY	65.44	5 STEP	22.91
PT 5/8 PLY	44.92	PT 5/8 LATT	16.99		

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**FRIDAY, MAY 20, 8 pm**  
TICKETS: \$25, \$19, \$15

**VALERIE JUNE**

**SUNDAY, JUNE 5, 8 PM**  
TICKETS: \$33, \$27, \$21

**GET TICKETS:** BethlehemColonial.org, Catamountix.org, Maia Papaya Café, Bethlehem, NH; Littleton Food Coop; and Catamount Arts, St. Johnsbury, VT

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# Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

## MONDAY - FRIDAY, MAY 16-20

**FREE CLOTHING EVENT**  
9:00 am - 5:00 pm  
Warren Town Hall

## TUESDAY, MAY 17

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

**EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM  
Wells River Congregational Church

## THURSDAY, MAY 19

**VFW POST #5245 MONTHLY MEETING**  
7:00 PM  
VFW Hall, North Haverhill

**EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM  
Wells River Congregational Church

## "ALMOST, MAINE" A ROMANTIC COMEDY

7:30 PM  
Fuller Hall, St. Johnsbury Academy

## FRIDAY, MAY 20

**FRIDAY NIGHT EATS - FEATURING TACOS**  
5:00 - 7:00 PM  
American Legion Auxiliary Unit 83, Lincoln

## "ALMOST, MAINE" A ROMANTIC COMEDY

7:30 PM  
Fuller Hall, St. Johnsbury Academy

**BARR BROTHER IN CONCERT**  
8:00 PM  
Colonial Theater, Bethlehem  
See Ad on Page 5, Article on Page 3

## SATURDAY, MAY 21

**CHILDREN'S FISHING DERBY**  
Cabot Village Store for Details

## FREE CLOTHING EVENT

9:00 AM - 2:00 PM  
Warren Town Hall

## WEST NEWBURY BACK ROOM PLANT SALE

8:00 AM - 2:00P M  
7292 Rt. 5 South, NEWBURY  
Spaghetti & Meatball Dinner  
5:00 - 8:00 PM  
Knights of Columbus Building, Bethlehem

## SUNDAY, MAY 22

**PADDLE THE BORDER - SPRING**  
11:00 AM Suggested Launch Time  
Woodsville Community Field  
See Ad on Page 3 Article on Page 1

**Benefit Hold "Em Poker"**  
11:00 AM - 8:00 PM  
American Legion Post 58, St. Johnsbury

## "ALMOST, MAINE" A ROMANTIC COMEDY

2:00 PM  
Fuller Hall, St. Johnsbury Academy

## SUNDAY, MAY 23

**LEGISLATIVE BREAKFAST**  
8:00 - 9:00 AM  
St. Johnsbury House

## WEDNESDAY, MAY 25

**OLD CHURCH THEATER AUDITIONS**  
6:00 PM  
Old Church Theater, Bradford  
See Article on Page 12

## SATURDAY, MAY 28

**SPRING CRAFT FAIR**  
9:00 AM - 2:00 PM - 1-802-522-8868  
Orford Congregational Church of Christ

## F.O.L.L. ANNUAL PLANT SALE

9:00 AM - 2:00 PM  
Lincoln Library

## FLEA MARKET

9:00 AM - 2:00 PM  
Dalton Municipal Building Gymnasium

## SWEET JAMM MUSIC

7:00 - 10:00 PM  
Alumni Hall, Haverhill

## JAMES MONTGOMERY CONCERT

7:30 PM  
Jean's Playhouse, Lincoln  
See Article on Page 13

## SUNDAY, MAY 29

**OLD CHURCH THEATER AUDITIONS**  
2:00 PM  
Old Church Theater, Bradford  
See Article on Page 12

## BOSTON STAND UP COMEDY

7:30 PM  
Jean's Playhouse, Lincoln  
See Article on Page 13

## WEDNESDAY, JUNE 1

**WOODSVILLE/WELLS RIVER FOURTH OF JULY COMMITTEE**  
7:00 PM  
Woodsville Emergency Services Building

## SUNDAY, JUNE 5

**ACCOUSTIC MUSIC JAM**  
12:00 Noon - 4:00 PM  
Clifford Building, Woodsville

## VALERIE JUNE IN CONCERT

8:00 PM  
Colonial Theater, Bthlehem  
See Ad on Page 5

## TUESDAY, JUNE 7

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

# Ongoing Weekly Events

## MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1:00 - 2:00 PM - 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 PM, Baldwin Library, Wells River

## MONDAYS/THURSDAYS

**ADULT INTERVAL AEROBICS CLASS - 6:30**  
Woodsville Elementary School  
**GOLDEN BALL TAI CHI**  
8:30 – 9:15 AM – St. Johnsbury House

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North 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  
**TOPS (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 - 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**  
3:00 PM  
East Haven Library

## TUESDAYS/FRIDAYS

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

## WEDNESDAYS

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

## THURSDAYS

**ADULT STRENGTH TRAINING**  
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 - Darling Inn, Lyndonville  
**PEACHAM FARMERS MARKET**  
Peacham Academy Green  
**LISBON FARMERS MARKET**  
3:00 PM - 6:00 PM - 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 PM**  
100 Horse Meadow Rd, No Haverhill  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, Woodsville

## SUNDAYS

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

## Haverhill Garden Club Plant Sale

The annual Plant Sale by the Haverhill Garden Club will take place on Saturday, May 28, 2016, on Haverhill Common, Dartmouth College Highway, from 8:30 a.m. until 11:30 a.m. The event will take place rain or shine.

The sale, always a popular event among local gardeners, will feature a variety of plants started, raised and nurtured by members of the club. This year's offerings will include popular annuals such as snapdragons, Sweet William, blue salvia and zinnias. Herbs including dill and basil will be available, as well as different varieties of tomatoes and other vegetables. In addition, there will be a number of mature plants for sale, harvested from members' gardens.

Typically, popular varieties sell out first, and since

supplies are limited; "the early bird gets the worm." Every year the sale attracts both veteran and novice gardeners. Garden club members will be available to answer questions and offer advice on plant location and maintenance.

Funds raised through the plant sale are used for beautification projects and scholarships. The Club has pledged funds to landscape the perimeter of the Bertha Farnum Room extension to the Horse Meadow Senior Center that is nearing completion. Last year the Club restored the garden at the triangle on Court Street in Haverhill Corner between the north and south Commons and will continue caring for it.

Mark your calendars to not miss the Haverhill Garden Club Plant Sale on May 28, 2016, 8:30--11:30!

## Groton Free Public Library

Drop Everything! (at the Library) Calling all Spring Cleaners! This is the final weekend to bring your gently used items to the Upper Valley Grill drop-off box on Friday (4-6pm) or Saturday (9am-12pm). If an alternate donation time is desired, please call 584-3358. Thank you for your support of our upcoming Yard Sale Extravaganza on May 28!

Fri, May 20 at 3:30pm: More Zentangle! Continue learning new Zentangle patterns and create more fun art with your unique designs. Open to all ages, first-timers welcomed.

Fri, May 20 at 5:00pm: More Acrylic Painting. Continue your painting from last session, or, begin with the basics. Teens & adults, first-timers welcomed. All supplies provided.

Tues, May 24 & 31 at 5pm: Free Community Yoga Class! A 3rd season of community yoga classes will be offered every Tuesday in May from 5-6pm at the Groton Community Building with Rising Spirit Yoga. All levels welcomed. Co-sponsored by the Library & Groton Recreation Committee and free to

you! Extra yoga mats available.

Sat, May 28 from 8am-2pm: Yard Sale Extravaganza! NEW family-friendly community event at the Veteran's Memorial Park gazebo on Rte 302, Groton. Yard sale, book sale, fun food, face painting, bounce house & silent auction. All proceeds directly support the Groton Library and will be generously matched by Modern Woodmen of America!

Every Wed. from 1-3pm: Crafts & Conversation. Stop by for some tips, and perhaps share some of your own. The coffee is on!

Saturday Hours Return! Thanks to our amazing volunteers, our library is open again every Saturday from 10am-12pm.

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.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12).  
www.grotonlibraryvt.org

## Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

The Senior Center will be closed on May 30 in observance of Memorial Day. There is also no bingo that evening.

We are looking for substitute drivers for our Meals on Wheels routes. We are also looking for volunteers to help in the kitchen. If you are interested, please call or come by.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class is on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

The Orange East Senior

Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

## Bath Library Book Club

The Bath Library Book Club will be discussing "March" by Geraldine Brooks on Thursday, June 9th at 6 pm at the Bath Public Library.

From Louisa May Alcott's beloved classic Little Women, Geraldine Brooks has taken the character of the absent father, March, who has gone off to war, leaving his wife and daughters to make do in mean times. As March recovers from a near mortal illness, he must reassemble his shattered mind and body and find a way to

reconnect with a wife and daughters who have no idea of the ordeals he has been through.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 6:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email interlibraryloan@together.net.

## Height of Spring Bird Walk

SUGAR HILL – May is a great time of year to see and hear breeding birds including warblers, tanagers, vireos, and thrushes. The Ammonoosuc Conservation Trust (ACT) continues its tradition of offering a free Memorial Day bird walk for birders of all ages.

This year's "Height of Spring Bird Walk" will take place in Sugar Hill on Friday, May 27 from 6:30-8:00 a.m. ACT Executive Director Rebecca Brown will offer tips and tricks for bird identification and will introduce birding by ear.

Participants should meet

at 53 Post Road in Sugar Hill and bring binoculars, bug spray, and a bird book if they have one. Birders of all experience levels are welcome, and this walk is dog-friendly. Details are available online at www.aconservationtrust.org/education-events.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.

## Horse Meadow Senior Center

Every Tuesday: 8:30  
Community Breakfast

**May 17**

Nifty Needlers @ 9:30  
Osteoarthritis Talk @ 12:45

Tai Ji Quan @ 2:00

**May 18**

Bone Builders @ 9:30  
Writers Group @ 10:30  
Bingo @ 1:00

**May 19**

Art Class with Barb @9:00  
Cribbage @ 12:30  
Line Dancing @ 12:45

**May 20**

Bone Builders @ 9:30  
Mahjonn @ 10:30  
Decorative Arts 2 @ 1:00  
Tai Ji Quan @ 2:00

**May 23**

Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00  
Craft Class 2 @ 1:00

**May 24**

Nifty Needlers @ 9:30  
Paper crafts 2 @ 1:00  
Tai Ji Quan @ 2:00

**May 25**

Bone Builders @ 9:30  
Writers Group @ 10:30  
Bingo @ 1:00

**May 26**

Art Class with Barb @9:00  
Card Class w/ Jeannie @ 9:30

Cribbage @ 12:30  
Line Dancing @ 12:45

**May 27**

Bone Builders @ 9:30  
Mahjonn @ 10:30  
Tai Ji Quan: @ 2:00

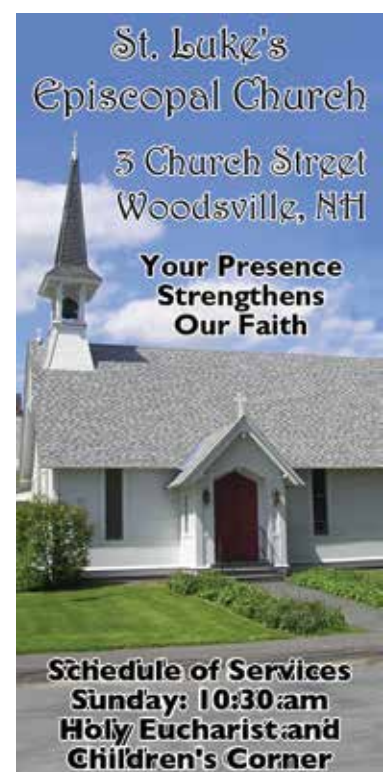
**May 30: CLOSED**

**May 31**

Nifty Needlers @ 9:30  
Jewelry Class 2  
Tai Ji Quan @ 2:00



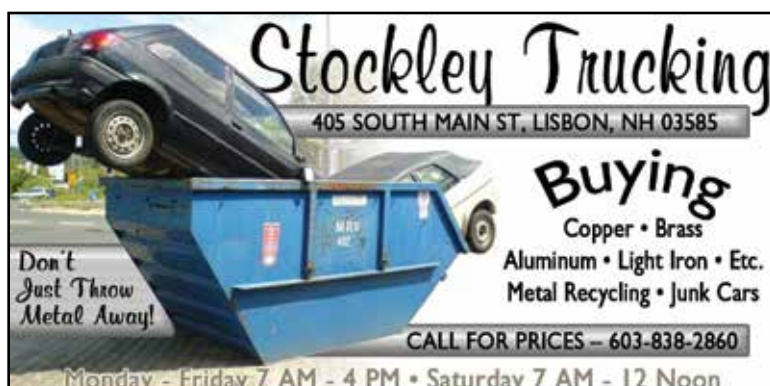
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Harman's Cheese and Country Store, an iconic White Mountains business attraction, celebrated their 35-year under Aldrich Family ownership this past weekend. Maxine Aldrich, left, and Brenda Aldrich received a State Senate resolution honoring their contributions to the state from North Country Senator Jeff Woodburn.

## 7th Annual Sunrise Ascent on Mount Washington Collaboration creates increased opportunities for athletes with disabilities

Franconia, NH, Planning is underway for the seventh annual "Sunrise Ascent on Mount Washington" sponsored by the Bank of New Hampshire to benefit Adaptive Sports Partners of the North Country. This year's event will be held Sunday, August 7 when mule teams assist and accompany adaptive athletes on their climb up Mt. Washington. The ascent teams will begin at the base of the Mt. Washington Auto Road leaving in time to view sunrise as they crest tree line.

The Bank of New Hampshire has again signed on as the event Summit Sponsor. We are grateful for the Bank of NH's continued support of sport, recreation, and wellness opportunities for people of all abilities.

This year Adaptive Sports Partners of the North Country (ASPNC) will again welcome athletes from New England Disabled Sports (NEDS) to the event. A record number of athletes from both organizations and beyond have come forward to accept the

challenge of summiting Mt. Washington, New England's highest peak. This collaborative effort will afford the opportunity for more people with and without disabilities the opportunity to share in the challenge and to work together to raise essential operating funds for adaptive sport organizations.

"Mules" for Ascent teams are being recruited at this time. An ascent team is built around each adaptive athlete who accepts the challenge of this arduous journey. With 18 adaptive athletes committed to making the ascent this year, athlete registration is at capacity and has been closed for this year's climb. At this time, "mule team" members are actively sought.

Teams will meet at the base of the Mt. Washington Auto Road at 4 a.m. These teams comprised of volunteer "mules" hike up to the summit with adaptive athletes. Teams will utilize trailriders, off-road wheelchairs, and handcycles. There will also be several athletes

walking, hoping to reach the summit without the aid of adaptive equipment.

For the adaptive athletes, who love the outdoors, this trek represents the realization of a monumental goal, achieved in spite of disabilities. The volunteer teams, organized around each athlete, participate in a challenging and rewarding group journey.

To find out how you can be a part of this exciting event, visit [www.SunriseAscent.org](http://www.SunriseAscent.org) or contact Sandy Olney, Executive Director of ASPNC (Adaptive Sports Partners of the North Country) at 603-823-5232 or by email at [info@adaptivesportspartners.org](mailto:info@adaptivesportspartners.org).

This event helps fund a significant portion of the annual budget for these not for profit organizations which provide sport, recreation and wellness opportunities for adaptive athletes of every age. Located in Franconia, the ASPNC (Adaptive Sports Partners of the North Country) enriches the quality of life for people with disabilities through sport, recreation and wellness opportunities throughout the year

New England Disabled Sports is located at Loon Mountain Resort in Lincoln, NH and has a satellite operation at Bretton Woods Ski Area. NEDS strives "through sports, to change lives affected by disabilities."



Erik Kondo of Lexington, MA makes an unassisted ascent of Mt. Washington on a handcycle.

Volume 7 Number 16

May 17, 2016

Not all Times are Trendy, but there will always be Trendy Times

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# JROTC Spartan Battalion Celebrates 20th Anniversary



On 28 May 2016, the Army Junior ROTC program at the White Mountains Regional High School will celebrate its 20th anniversary. The popular high school program which promotes leadership and character development is currently under the leadership of Lieutenant Colonel (Retired) Darrel Gearhart and Sergeant Major (Retired) Michael Bruno. The program at the WMRHS was established in September 1995 and is one of only two Army JROTC programs in New Hampshire.

The anniversary celebration will consist of an Open House that is open to Spartan Battalion alumni as well as the public. Activities will begin at 10:00 am and run until 1:00 pm. Planned activities include a tour of the new JROTC classroom area, a display of pictures and videos covering the years of 1995 to present, an alumni drill team and Color Guard competition, a JROTC general knowledge quiz, a rank game, and many other fun activities. A cake cutting ceremony commemorating the 20th anniversary of the Spartan Battalion will take place in the high school gymnasium. A special dedication of the JROTC physical fitness room honoring former cadet, SFC Ryan Savard, will also take place during a private ceremony.

The Junior Reserve Officer Training Corps or JROTC, is a program designed to teach high school students the value of citizenship, leadership, service to their community, personal responsibility and a sense of accomplishment. The JROTC program also instills in students self esteem, self discipline, and the value of teamwork. JROTC prepares high school students for roles in responsible leadership positions while making them aware of their rights, responsibilities and privileges as citizens of the United States of America. In addition to WMRHS students, several sending students from Littleton, Groveton,

Profile, and Lin-Wood High Schools as well as the Charter Academy participate in the program. Cadet Lieutenant Colonel Ivory Blanchette of Lancaster currently serves as the cadet Battalion Commander, the most senior position within the organization. Ivory has been accepted to Saint Michael's College where she will begin her freshman year in the fall of 2016 and plans to major in psychology.

The mission of JROTC is to motivate young people to be better citizens. Although several students take JROTC because they have a goal of joining the military following high school, there is no military obligation or pressure for students to join the military. Cadets are required to wear a military uniform once per week. All uniforms, supplies, books and equipment are provided at no cost to the student. The program is designed to ensure students are successful while in high school, and more importantly, teach them valuable skills that will make them successful following graduation.

In addition to the 20th anniversary of the Spartan Battalion, United States Army Cadet Command which oversees over 1,730 Army JROTC programs will celebrate its 100th anniversary this year as well. The command has over 314,000 cadets and over 4,000 instructors assigned to the organization. The JROTC program is designed to promote good citizenship habits, emphasize character education, student achievement, community service, and giving back to others. The WMRHS Spartan Battalion participates in a community flag education project within our local elementary schools, assists the American Red Cross with blood drives, participates in community parades, presents Colors for many sporting and community events, assists in Project Homebound, and has adopted a highway for cleanup each year.

# Blaze a Trail with Gary Moore

ST. JOHNSBURY – Award-winning outdoors writer and photographer Gary Moore will speak about his adventures throughout seven decades in a special event hosted by the NEK Council on Aging.

The inaugural Summer Street Salon at the Council's administrative offices, here, is part of a nationwide celebration of Older Americans Month. The annual event spotlights the 1965 federal legislation passed by Congress to keep older adults healthy and independent. This year's theme is "blaze a trail."

"We wanted to spotlight the pursuit of an active lifestyle as part of the new directions for living well older Vermonters can take part in," explained Executive Director Lisa Viles. "Close to 450 Northeast Kingdom residents enjoy our free fitness and wellness classes."

At 19 different locations throughout the three coun-

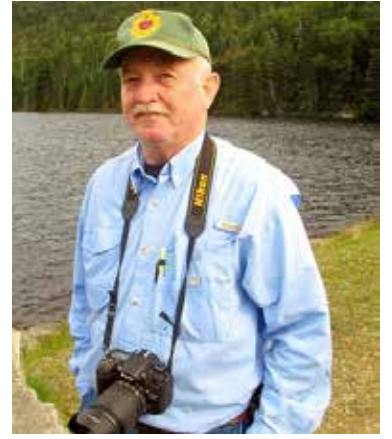
ties, and from 8:30 a.m. to 6 p.m. Monday through Friday, individuals meet up to participant in such diverse work-outs as Growing Stronger, A Matter of Balance, Golden Ball Tai Chi, and Tai Chi for Arthritis. All are evidence-based and are designed to improve flexibility, balance, energy, and to help reduce the risk of disease.

Like his regionally syndicated stories, Moore's illustrated talk promises to reveal the funny, the tender, and the courageous encounters he continues to have. Light refreshments will be served following a Q&A.

Caplan's Army Store and North Country Chiropractic Center, both here, are underwriters of this first Summer Street Salon.

The event is scheduled for 4 p.m. Sunday, May 22, at 481 Summer Street, corner of Winter Street. Admission is by donation. On-site parking is free.

Seating is limited to



the first 50 individuals who RSVP by noon on Friday, May 20, by calling Executive Administrative Assistant Mary Jane Miller: 802-745-1007.

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May 17, 2016

Volume 7 Number 16

## Happy Memorial Day

# WELLS RIVER

<b>2011 Mini Cooper</b> <b>\$17,888</b> <b>\$226<sup>59</sup></b> <small>A MONTH</small> <small>#40377, Countryman, All-4, AWD, 1.6L Turbo, Htd-Ltr, Moonroof</small>	<b>2013 Dodge Charger</b> <b>\$23,733</b> <b>\$299<sup>72</sup></b> <small>A MONTH</small> <small>#3065N, R/T AWD, 5.7L Hemi, Red Climate Leather, NAV, Beats Audio</small>	<b>2015 Volkswagen Passat</b> <b>\$16,465</b> <b>\$188<sup>61</sup></b> <small>A MONTH</small> <small>#40381, Wolfsburg, 1.8L Turbo, Loaded, Heated Leather</small>
<b>2014 Kia Optima</b> <b>\$19,473</b> <b>\$222<sup>61</sup></b> <small>A MONTH</small> <small>#46021A, EX, 4dr, 2.4L, Heated Leather, 9,488 miles</small>	<b>2010 Toyota RAV4</b> <b>\$11,555</b> <b>\$147<sup>35</sup></b> <small>A MONTH</small> <small>#36152A, AWD, 2.5L, AT, Nice Shape</small>	<b>2015 Chevy Colorado</b> <b>\$30,601</b> <b>\$349<sup>18</sup></b> <small>A MONTH</small> <small>#36122A, Z71, Crew, 3.6L, Heated Leather, Tow</small>
<b>2015 Hyundai Santa Fe</b> <b>\$22,820</b> <b>\$260<sup>47</sup></b> <small>A MONTH</small> <small>#40371, Sport, AWD, 2.4L, Low Miles, Sharp</small>	<b>2013 Chevy K2500</b> <b>Just In Call For Details</b> <small>#36029A, Z71, Crew, 4x4, 6.0L, Leather, Tow, Nice</small>	<b>2012 Toyota Tacoma</b> <b>\$23,958</b> <b>\$302<sup>54</sup></b> <small>A MONTH</small> <small>#36039A, TRD, Crew, 4.0L, SR5, Alloys, Tubes, 1 Owner</small>
<b>2009 Toyota Tacoma</b> <b>\$19,586</b> <b>\$255<sup>12</sup></b> <small>A MONTH</small> <small>#36108B, TRD, Crew, 4.0L, SR5, Custom Alloys</small>	<b>2012 Chevy K1500</b> <b>\$23,420</b> <b>\$295<sup>81</sup></b> <small>A MONTH</small> <small>#24214A, LT, Xcab, 5.3L, All-Star, Tow Package</small>	<b>2011 GMC K1500</b> <b>\$25,963</b> <b>\$327<sup>63</sup></b> <small>A MONTH</small> <small>#26009A, SLE, Crew, 5.3L, Heated Leather, Chrome Package, Tow</small>

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<b>2016 Chevy Traverse</b> <small>#36077</small>  <small>\$40,190 MSRP - \$4,500 Savings</small> <b>Sale Price</b> <b>\$35,690</b> <small>LT, AWD, 3.6L, Quads, 7 Pass, Moonroof</small> <small>CHEVY BONUS TAG</small>	<b>2016 Chevy Tahoe</b> <small>#30107</small>  <small>\$59,895 MSRP - \$7,000 Savings</small> <b>Sale Price</b> <b>\$52,895</b> <small>LT, 4x4, 5.3L, Heated Leather, Nav, Tow</small> <small>CHEVY BONUS TAG</small>	<b>2016 Chevy K1500</b> <small>#36066</small>  <small>\$47,365 MSRP - \$8,000 Savings</small> <b>Sale Price</b> <b>\$39,365</b> <small>LTX Crew, 5.3L, All-Star, LED's, Heated Seats, Tow</small> <small>CHEVY BONUS TAG</small>

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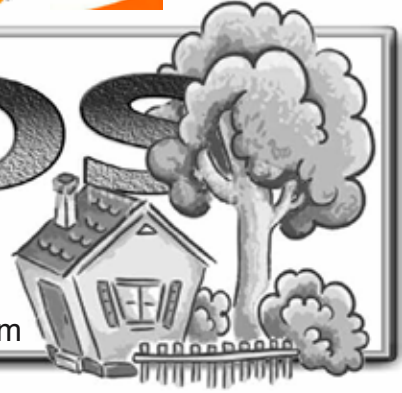
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May 17, 2016

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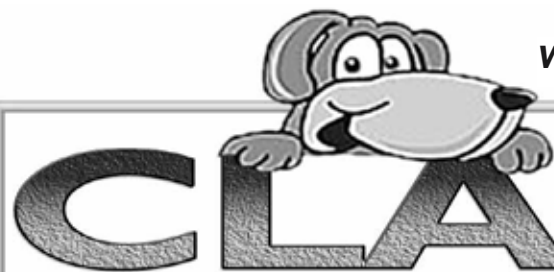
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- For Rent
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- Help Wanted
- Free
- Found
- Personals
- Wanted
- Other \_\_\_\_\_

Description: \_\_\_\_\_

\_\_\_\_\_

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Price: \_\_\_\_\_

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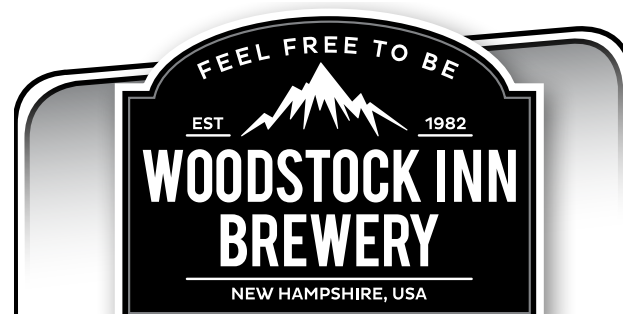
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## Talk to Your Adult Children About Smart Financial Moves

If you have children who are finishing college or embarking on their first full-time job, you obviously want them to get off to a good start in their adult and working lives. And by virtue of your years of experience, you probably have some good advice to offer – especially when it comes to making smart financial moves.

Of course, you can find a broad array of financial topics to discuss. But if you want to concentrate on just a few, you might consider these for starters:

- Investing for the future – When young people are paying off student loans, they may not think they can also afford to invest for the future. Indeed, this can be challenging – but it's not impossible. So, if your children go to work for an employer that offers a retirement plan, such as a 401(k), you may want to point out that they can have money automatically invested – and since they never really "had" this money in the first place, they are less likely to miss it. They can

start by deferring small amounts; when their earnings rise, they can increase their contributions.

- Buying a home and paying off a mortgage – With interest rates still low, now is not a bad time for prospective first-time homebuyers. Of course, if your children truly are starting out in the working world, it will likely take them a few years to save up enough for a down payment. But even after they reach that goal, you may want to warn them not to become "house poor" by spending a large portion of their total income on home ownership. If they do buy a house, though, and their incomes go up as their careers progress, they may wonder if they should pay down their mortgage quicker. While they might feel good about lowering that debt, you may want to point out that an argument could be made for putting money in assets that will likely be more liquid, such as stocks and bonds. For one thing, if your children were to lose their jobs, and they needed cash to tide them over until they were once again employed, they'd likely find it much harder to get money out of their homes than

their investment accounts. Also, in terms of accumulating resources for retirement, they might better off building up their investment portfolios, rather than sinking every extra dollar into their homes.

- Using credit wisely – Urge your children to avoid taking on excessive credit card debt and taking out non-essential loans. As you know, having a good credit score can pay off in several ways, including getting better rates on mortgages. You may want to risk sounding "old fashioned" by encouraging your children to live within their means. And consider pointing out that it's often the people who are the most frugal today who may end up with the most money tomorrow.

It's not always easy for young people to get off on the right foot, financially speaking. But as someone who knows a thing or two about controlling debt, saving and investing, you can help your children out by imparting a few words of wisdom.

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

## OCT Auditions for "Secret Garden"

Bradford, VT: Old Church Theater will be casting THE SECRET GARDEN at auditions to be held Wednesday May 25th at 6pm and Sunday May 29th at 2pm at their theater at 137 N Main St in Bradford, VT. The production is scheduled for two weekends in mid-August, before schools start. This original non-musical version

of the play is written by William Fray, who also wrote the group's "Heidi" some years ago.

Directed by Brian Kenyon, seven actors are needed: 3 females, one about age 10, one about 18, and one about age 40, and four males, one about age 10, one about 12, one about 40 and one about 55. Al-

though there are parts for all ages, the lead will belong to a young girl who can portray someone about age 10. Two young boys will also have significant roles. Adults- perhaps parents- might consider taking on the other roles to make transportation to rehearsals easier.

THE SECRET GARDEN is the beloved tale of youth, relationships and transforming power of positive thinking. Written by Frances Hodgson Burnett in 1910, it is a classic of literature with many versions written for stage, engaging audiences from around the world.

For more information, please visit [www.oldchurch-theater.org](http://www.oldchurch-theater.org) or contact director Kenyon at [brianjkenyon@live.com](mailto:brianjkenyon@live.com). Old Church Theater is a non-profit organization entering its 31st year. It presents five full length productions from June to October. The first play of the 2016 season, DR COOK'S GARDEN, opens June 3rd.



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## Blues Rock and Comedy this Memorial Day Weekend at Jean's Playhouse

James Montgomery, Brian Maes and the Nor'easters Band usher in a night of blues rock at Jean's Playhouse on Saturday, May 28 at 7:30 p.m.

When blues legend James Montgomery plays the harmonica, he "brings it on home". Whether it's recording with Kid Rock, sitting in with Gregg Allman, or fronting his hot band of thirty years, Montgomery plays with authority. While growing up in Detroit he learned first-hand from the masters - James Cotton, John Lee Hooker, and Jr. Wells - at the legendary "Chessmate." Over the years, he's carried on in the tradition and continues to be a vital presence in Blues as one of the most dynamic performers on the scene.

Brian Maes is a graduate of Berklee College of Music Traditional Performance Classical Piano. He was the keyboardist, arranger & backing vocalist with Peter Wolf (J.Geils Band frontman) in the studio and on tour in the United States and Japan 1985-1998. He was also the keyboardist, songwriter, arranger and backing vocalist with the band "RTZ" featuring former "BOSTON" band members, Brad Delp and Barry Goudreau. Brian composed the 1992 "RTZ" hit (#26 Billboard National Charts) "Until Your love Comes Back Around". Brian has done openers for Little Richard, Peter Wolf, KC & the Sunshine Band, Emerson Lake & Palmer. While involved with other bands, he has opened for U2, The Kinds and Aerosmith.

With Special Guest Dave Keller from Montpelier, VT. A first-class singer, guitarist, and songwriter, Keller has earned the respect of the torchbearers of blues and soul music. Now, with a coveted 2014 Blues Music Award (BMA) Nomination for Best Soul/Blues Album of the Year (for his CD Soul Changes), he is poised to take his music even further.

And join us the following night, when Boston Stand-Up Comedy returns to Lincoln on Sunday, May 29 at 7:30 p.m, this time with headliner Frank Santorelli!

Frank is an Italian-American who is best known for playing the recurring role of "Georgie the Bartender" at the Bada Bing in The Sopranos. Frank is also well known for his star role in The Godfathers of Comedy. Frank has starred in numerous movies, including: No Reservations, Meet the Par-



ents, and Crooked Lines. Frank's passion has always been comedy. He has headlined at some of the world's most famous comedy clubs.

Featuring New England Comedian, Drew Dunn, one of the fastest rising young comedians in the New England comedy scene! His accents and voices are flawless and always draws out the laughter. Drew Dunn is a New England native and started his comedy career at the end of his senior year of college. He has performed at Laugh Boston, Nick's Comedy Stop, Headliners Comedy Club, the Comedy Studio and many other clubs in the Northeast.

James Montgomery and the Nor'easters play on Saturday, May 28, followed by Boston Stand-up Comedy on Sunday, May 29. Tickets are \$20 and available for purchase at [www.jeans-playhouse.com](http://www.jeans-playhouse.com) or 603-745-2141.



## Veterans Ride For FREE On Both Railroads Memorial Day Weekend

Lincoln, NH - The Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach, NH begin weekend operations on Saturday, May 28, 2016 - Memorial Day Weekend.

On this special 3-day holiday weekend, the Railroad is offering complimentary tickets to all United States Military Veterans. "This unique opportunity is being extended to all U.S. Military Veterans who have retired, are still serving on active duty or are prior service. It's our way of saying thank you to Veterans everywhere for their service and dedication to this great country" stated Benjamin Clark, Vice President of the Hobo & Winnepesaukee Scenic Railroads. Regularly priced tickets will be also available in Lincoln, Meredith and Weirs Beach for family members wishing to join their Veterans aboard the train as well as the general public.

The Hobo Railroad's one hour and twenty minute round trip excursions travel along rail that dates back to the late 1800's through wooded areas along the banks of the Pemigewasset River from Lincoln through North Woodstock and south to Woodstock, NH and back.

The Winnepesaukee Scenic Railroad offers one and two hour excursions along the western shores of Lake Winnepesaukee and Paugus Bay from Meredith and Weirs Beach to Lakeport, NH and back.

All trains travel rain or shine and all excursions are round-trip.

Both the Hobo Railroad

and the Winnepesaukee Scenic Railroad offer a variety of group programs for school groups, community organizations, recreation & parks organizations and bus tours from May through late October. The Hobo Harvest Time Express as well as Dinner Trains and Fall Foliage Trains are also available throughout the Foliage season for groups as well as the general public.

"People of all ages love to look at trains and we have a number of special events scheduled throughout the season where they can see and experience rail travel up close and personal," stated Benjamin Clark, Vice President of the Hobo & Winnepesaukee Scenic Railroad, "Come check us out, we have a train ride for everyone!"

The Hobo Railroad also offers a full schedule of Santa Express Trains starting November 25, 2016, the Friday after Thanksgiving, that

operate weekends through Sunday, December 18, 2016. In addition, the Journey to the North Pole Trains (formerly known as the Polar Express) also operate weekends during the same period from the Hobo Railroad in Lincoln in support of the Believe in Books Literacy Foundation.

Located in Lincoln, NH, the Hobo Railroad is located just off Exit 32 on I-93, left on Route 112 directly across from McDonalds. The Winnepesaukee Scenic Railroad station is located off Route 3 at 154 Main Street in Meredith, NH, while the Weirs Beach ticket booth is conveniently located on the Boardwalk at 211 Lakeside Avenue across from the arcades, just off Route 3.

For more information regarding 2016 train schedules and special events for both railroads, visit [www.HoboRR.com](http://www.HoboRR.com) or call 603-745-2135.

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# Kate G. Shepard for President

Op-Ed by JJoe Benning  
State Senator  
Caledonia-Orange District

A constituent of mine noticed that I was having a difficult time accepting my parties' apparent choice for president. In truth, I'm not impressed with the front runner in either party. Call me old fashioned, but my vote comes with a price. I expect a candidate for any office to have integrity, the ability to respect all, and a working knowledge of the issues they may face if elected. This is especially important when considering candidates for president, a position by which all other nations will measure us as a people. Policy preferences become lost in the sauce when a candidate exhibits arrogance, ignorance, bigotry, disdain for opposing viewpoints, or takes delight in using fear and paranoia to polarize an electorate. I prefer a candidate determined to make America a better

place to live by uniting rather than dividing.

So my constituent suggested I should vote Kate G. Shepard for president. Now I'm a political news junkie at heart, but I must admit I'd never heard the name Kate G. Shepard. My constituent insisted there was no better candidate. She is loyal to a fault, is extremely intelligent, makes everyone around her happy, has very few demands and presents herself as a strong but positive force wherever she goes. I was intrigued.

Despite the naysayers, America remains the greatest social experiment humankind has ever witnessed. After almost two and a half centuries we remain bound by a constitution that enables both the individual and the nation to reach their highest potentials, free from needless or arbitrary government interference. We've recognized our environment and rich natural resources as precious trea-

sures to be protected. We place education and the welfare of our people highest on our list of priorities. Our military keeps us safe and can keep others safe as well. I want to cast my vote for someone who appreciates these strengths and will know how to use them properly. I want that person to guard against government encroachment on our liberties, and to represent us with integrity when dealing with other nations.

Unfortunately, the present candidates leave me wishing for somebody different. They seem preoccupied with bringing out the worst in us all. We voters don't need doom and gloom; we need someone to constantly remind us that we are extremely fortunate, that nothing is impossible when we are united as a people. We need civility, both at home and abroad.

So is it too much to ask that candidates running for the highest position in the land exhibit the characteristics of Kate G. Shepard? With quiet reserve and noble countenance, her mere presence brings respect and mutual admiration. She flatly rejects the idea of polarizing party animus. She consistently brings cheer to confront negativity and depression, knowing that her political foundation is built on love rather than hate. She might be a bit different from others, with four paws and a tail, but bigotry is not in her DNA. Perhaps someone like Kate G. Shepard is exactly what this country needs at this moment in history. I'm glad ballots come with a "write in" line.

# Protect Your Picnic

## Food safety for the summer.

By Jessica Sprague,  
Food Safety Field Specialist



Summer is fast-approaching and with it comes barbecues, graduation parties, picnics, family reunions and other fantastic events that take us outside to enjoy our hard-earned sunny days. One thing we can all do without through these lovely summer months is foodborne illness, or food poisoning.

We've all seen the culprits. Potato salad sitting out on the picnic table for hours. Fruit salad that has been basking in the sun since morning. Barbequed goodies that have long since cooled (and perhaps been taste-tested by the family dog). To top it all off, those pesky flies who seem to find their way into the party without invitation.

**Start Safe:** Safe food preparation always comes first. Washing your hands with soap and water is one of the most important steps you can take to prevent foodborne illness. Wash equipment, utensils and surfaces before you begin. Rinse and/or scrub fresh produce immediately before preparation. Work in small batches where appropriate and always refrigerate cut fruits and vegetables.

**Travel Safe:** Use a cooler and ice packs to keep things cold if you're transporting items. Foods that need to be kept cold include raw meat, poultry, and seafood; deli and luncheon meats or sandwiches; summer salads (tuna, chicken, egg, pasta, or seafood); cut up fruit and vegetables; and perishable dairy products. Planning to take some leftovers home? Keep the cooler and ice packs handy (and cold!) so you can safely transport food home at the end of the day.

**Serve Safe:** When items are left out in the temperature danger zone (40°F - 140°F) bacteria can multiply rapidly. If possible, position your picnic or buffet table in the shade. An ice water bath is a great way to

keep food cool, and you can easily set one up by taking the serving dish and placing it in a larger dish containing ice. Cover the item to protect it from flies and other sources of cross-contamination, such as curious pets.

For summer salads and dips, prepare several smaller serving dishes as opposed to one large one. This way you can replace a serving dish with a fresh one as necessary, like when that one relative insists on double dipping because, "We're all family here!!"

If cold food isn't being kept below 40°F it shouldn't be left out in the temperature danger zone for more than two hours. At that time the food should be discarded. If it is 90°F or warmer outside, food should be discarded after one hour. This timeline applies for hot food as well. If hot food isn't being kept at a temperature of at least 140°F it should not remain in the temperature danger zone for more than one or two hours, depending on how warm it is outside.

Grill Masters have to follow food safety advice as well. Use a food thermometer to check the internal temperature of food before serving. Namely, cook chicken and poultry products to 165°F, ground beef to 160°F and whole cuts of beef, pork or lamb to 145°F. Avoid cross contamination by cleaning and sanitizing plates and utensils that have come in contact with raw or undercooked items.

Following these simple steps will allow you to rest easy, knowing that you provided safe food to your friends and family. Unfortunately, I make no promises that you'll ever be able to convince that one relative to stop double-dipping.

These summer food safety tips were adapted from the "Summer and Vacations" page at FoodSafety.gov. As always, the friendly folks at the UNH Cooperative Extension Education and Info line are available to answer questions Monday-Friday from 9am-2pm at 1-877-398-4769 or anytime at answers@unh.edu.



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*Thank you for your understanding.*



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# Amazing Heroes

## Patrick Brady

### Combat Medic

This is the first of three articles about Amazing Heroes that will be printed during May.  
by David Turner

Patrick entered the service in 1968. He had a college deferment, but had to cut his classes in half to get a job in order to make enough money to continue his education.

Losing his deferment, he was soon drafted, trained as a medical corpsman and sent to Viet Nam. On just his third mission the helicopter he was in was hit by a rocket as it was landing and crashed in the rice paddies. Slightly wounded, he managed to crawl out of the burning chopper and immediately started running around in the open battlefield, doing what he had been trained to do.

The Viet Cong had set up the ambush flawlessly and they owned the field. The fire was so intense that helicopters trying to assist them were shot up so bad-

ly the commander made the painful decision to call off any more missions. Within the first half hour more than 30 men had been wounded. Ignoring his own wounds he went from man to man, doing what he could to stabilize each one. He gave them morphine, refusing to use any on himself, saving what little he had for the men. After stabilizing dozens of men a mortar round exploded nearby and he was hit in both legs. Unable to walk, and in extreme pain, he grabbed the rice stalks and pulled himself around, and continued to treat the wounded.

Then, the enemy spotted his medical bag. Being a medic made him a prime target. You take out the medic, a lot of men die. They zeroed in. He could hear the bullets sizzling as they hit the water all around him. That did not stop him. Throughout the day he managed to treat most of the wounded.

Although he himself

was wounded twice more, his thoughts remained on those he had not, or could not reach. Finally, he was pinned down by enemy fire so intense it was impossible to move.

The rest of that day, and throughout the night he laid there, listening to his wounded men, crying, calling for their mothers, and he cried. Not for himself, he says, but for his inability to continue to help "his guys." The Air Force flew missions through the night, dropping napalm and firing their machine guns, keeping the Viet Cong from reaching the few remaining troops. The following morning the enemy was finally pushed back far enough to make rescue possible.

Patrick refused to be loaded until every other man, dead or alive, was off the field. On the flight back he was finally able to treat his own wounds, which by then had become infected.

When he was notified that he was to receive the Medal, at first he refused, feeling those who had not survived deserved it more. He wears it for all of those, in all the wars, that were never recognized for their brave acts, because no one saw, or no one survived to tell their story.

## Letter To The Editor

To the Editor.

The Newbury Historical Society is getting ready for the 2016 season of historical displays. Museum open houses and presentations.

There is one item that we have not been able to use the past few years that will again be in use this year. The item is the Newbury Historical Society stand-alone sign, which had been unused due to its broken "feet".

Thanks to Mr. Lance Mill's Construction Technology Class at the River

Bend Career and Technical Center in Bradford, we have a very stable sign with removable feet that we will be using this year. The Class also fixed and put new "legs" on a sandwich signboard.

On behalf of the Newbury Historical Society we thank the class for taking on the two sign rehabilitation projects.

Richard M Roderick  
Programs and Events  
Committee  
Newbury Historical Society

Richard,

It is so nice to hear that the students and staff at River Bend have stepped up to provide a local non-profit group with a real, tangible project that helps out the organization. It is also very nice to hear that the group is giving the students and staff the praise they have earned. Here's hoping other such projects will also be brought forth so that we can all see the goods things happening in our area.

Gary Scruton, Editor

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by Ronda Marsh

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

# Apple Dapple Cake

I hadn't thought about Apple Dapple cake in years, when niece Adrienne suggested we make one for our Fall Cooking Marathon. She'd had a piece somewhere and wanted to give it a try, herself. My knowledge of Apple Dapple stemmed from the fact that when I was young, my best friend's mom used to make it at Christmas. My recollection was spotty, at best, but I did remember that I liked it...that automatically qualified it for our marathon event!

"What is an Apple Dapple cake," you might ask? As far as I can ascertain, there is no documented specific origin, but it appears to be Southern in heritage, and, as is typical of many Southern cakes, it is rich, moist, dense, and sweet. Studded with pecans and finished with a caramel glaze which oozes down, around and into the cake itself, you need only a tiny slice to satisfy your sweet tooth. The ingredients are basic, it is mixed totally by hand, and it looks really impressive sitting on a cake plate. Deceptively easy to make, you can serve it warm for dinner tonight, or just cover it and eat it tomorrow, when that caramel has been absorbed into the outer crumb and creates a little crunch to the surface.

Are you drooling yet? If not, you certainly will be by

the time you cut the first slice!

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon soda
- 1 cup pecans, chopped
- 1 cup vegetable oil
- 2 cup sugar
- 3 eggs
- 2 teaspoon vanilla
- 3 cups raw apples (I use Granny Smith), peeled and chopped fine

Glaze:

- 1 cup packed light brown sugar
- ¼ cup milk
- ¾ cup butter

Preheat oven to 350°F. In a large bowl, mix oil, sugar, eggs and vanilla, using a wooden spoon. Sift together flour, salt, and soda. Add to the first mixture, and mix well. Fold in pecans and apples. Bake in a well-greased Bundt or tube pan for 1 hour, until a toothpick inserted in the cake comes out clean. Remove cake from oven and make the glaze: In a saucepan, melt butter. Add brown sugar and milk, and bring to a boil. Allow to gently boil 3 minutes, stirring constantly. Pour over hot cake while cake is still in pan. Let cake cool completely in pan before removing. Best stored in an airtight container on the shelf, this cake will keep for up to a week. Serves 14.



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