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TRENDY

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TIMES

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SEPTEMBER 20, 2016 VOLUME 7 NUMBER 25

New Turf, Old Haunts: A Collection of recent paintings by Ben Barnes

Northeast Kingdom Artisan's Guild is proud to present "New Turf, Old Haunts", a collection of recent paintings by Ben Barnes in our Back Room Gallery, Northeast Kingdom Artisans Guild, in St. Johnsbury, VT from 30 September – 19 November 2016. The artist will welcome visitors at a reception on Saturday October 1st from 4- 6. Please join this celebratory salute to St. Johnsbury and welcome Ben to this, his new hometown. Wine & hors d'oeuvres will be served

Barnes writes, describing his work and motivation, "While planning my move to Saint Johnsbury, I became eager and excited to explore this new old place, and to set my brush to depicting it, in all its nuance and complexity. I was lucky enough to take on an abandoned property, right in the middle of town, and during a chilly February, I moved my family here, and began my new painting project as soon as the house was livable. With my camera hanging by its strap, I take

half aimless walks around this little city: its Victorian neighborhoods, its railyards, the overgrown yards of old factories and warehouses, the rivers and dams, its outlying farms. The connection was instantaneous. There is so much to see within walking distance, that I feel I could never see it all. I choose my subjects based both on their visual interest, and their historical or personal meaning. I am shy of nostalgia, and so prefer images that admit to their era. I enjoy it when the viewer can feel both the past and the present. I cherish the mark of the maker, long forgotten, but tend not to edit out the telltale signs of our modern day: the powerlines, the cars, the updated construction materials. That said, I have also realized that while my subject may seem cur-

rent to me today, the speed with which we change our surroundings, the landscape around us, is exponential. And so I have developed further reverence for the details of the particular place, knowing that what seems commonplace to us now, will only a short time into the future, seem unmistakably rooted in

our past. It may jog our memory, and hopefully help us appreciate our memories, as well as the ephemeral nature of the present."

The Artisans Guild is located at 430 Railroad Str., St. Johnsbury, VT. It is open Monday – Saturday from 10:30 AM to 5:30 PM. 802-748-0158



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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

The Bliss Village Store in the heart of Bradford Village has surprises in store for anyone who has not visited before. For those who live or work in downtown Bradford it is probably a regular shopping location. You can walk thru the front door and get a newspaper, or a candy bar, or a beverage of your choice. But there is way more than that. Go around the corner and you come to the deli counter, which doubles as an ice cream counter with an outside window during the warmer weather days.

As we have found before, the deli counter has daily specials and an ever chang-

ing variety of precooked dishes. On this evening there were actually three of us in our party. Janice and I had brought along our friend Kathy for the meal and later a visit to Old Church Theater.

We walked up to the counter to look over what was available for the day and quickly realized that the two men behind the counter were right out straight. There were a couple of ladies already waiting for their orders, plus at least one more phone order came in before we got to the ordering area.

As this was Kathy's first visit to the Bliss Village Store she had some questions before she ordered. For that reason it was somewhat

unfortunate that the order taker seemed to be new. A question about the pizza sub and just what was included, did not receive a knowledgeable response. Kathy then decided to go with a cheeseburger sub. She was given a choice of several types of cheese (cheddar was her choice), plus a side order of sweet potato fries.

Janice made a decision to also go with the sweet potato fries. Her main dish was a pastrami Reuben.

I knew that I did not want a sandwich for supper and therefore was looking over the deli case closely to see what main dish they were offering on this Friday night. The decision was not really hard. There was a big pan of

lasagna.

After giving our orders we headed for the back room to find a table or booth to wait for the staff to bring out our meals. On the way we stopped at the big glass front coolers to make another decision about a beverage. Among us we had two Snapples and a Diet Coke. We took these with us to the table and waited.

Even though the deli counter was quite busy the wait was no longer than one would expect in any eatery. The sandwiches came out first followed by my lasagna. As is probably not a surprise, the counter guy was not what your would call a good wait staff person as I needed to made a trip back to the deli counter to get a bottle of ketchup for the ladies. Again they were busy and it was obvious that several others had already used the booths earlier in the day.

Janice's Reuben had plenty of pastrami and sauerkraut and a bit less 1000 Island dressing, just the way she likes it. She also said she enjoyed the crunchy sweet potato fries. Kathy concurred on the fries. She

also enjoyed her sandwich. My lasagna, like most I have ever eaten, was a bit different than others. It contained hamburger and ricotta cheese and lasagna noodles, but it also had some curly pasta. As I said, different, but quite tasty, and quite filling.

When we were finished we put our plates and baskets into the dish pan that sat on top of the garbage can at the entrance to the back room. Again, this is not your standard eatery, but more of a convenience for those who wish to eat in instead of take out.

When I got to the front counter I offered up our deli slip and then told the guy at the register about our added drinks. (We also added a couple of candy bars for desert at the theater.) The total for all three of us was thirty-two and change. Plus there was no tip needed.

I think the comment that best sums it up was "it was real food". A meal that satisfied each of us without any of the frills. Well worth going back again and a great prelude for an evening at the theater.

September 20, 2016 Volume 7 Number 25 Not all Times are Trendy, but there will always be Trendy Times

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Tintype Experience Coming to Sugar Hill

On October 1-2, Tintype Artist, Edith Weiler will be at Sugar Hill's Autumn Celebration. She will speak about and make tintypes, as well as displaying her recent work. Dale's Auto Body of Lisbon and other local businesses are sponsoring this special event at the Sugar Hill Meetinghouse. Edith "Potter" Weiler has been studying tintype making and its history since 2010 and practicing the 19th century medium independently since 2013. She graduated from the New

Hampshire Institute of Art with a Certificate in Photography in 2004. She is a Littleton High School graduate and is thrilled to come back to the area to share her talent. Her tintypes were recently on display at the Kimball-Jenkins Gallery in Concord. Deerfield enlisted her services for their 250th celebration. Through October, you can see more of Edith Weiler's work at the Twiggs Gallery in Boscawen.

During Sugar Hill's Autumn Celebration weekend, she is welcoming sitters to have their own one-of-a kind 19th Century Wet Plate Colodion Tintype made on location between 10 am and 2 pm. This is an opportunity to experience a photography experience that dates back to the Civil War era. Each sitting takes about one half hour. The goal is always to make it right the first time, but on occasion, a few tries may be necessary. **EVENT SPECIAL** for a single tintype: \$30.00. Signature mounting or framing done by the artist is extra. For more information or to contact Edith about "tintypes", visit www.eyefthemaker.zenfolio.com

Women's Organizations Host State House Gubernatorial Candidate Forum

(Montpelier) – A Gubernatorial Candidate Forum on Women's Issues will take place Thursday, September 22nd from 12:00 to 1:30 at the Vermont State House in Montpelier.


This non-partisan event is presented by the Vermont Commission on Women, the League of Women Voters of Vermont, and Vermont Federation of Business and Professional Women, and moderated by Anne Galloway of VTDigger.org, an independent investigative news organization.

The forum's candidate questions were drawn from the public, organizations serving women and girls

in Vermont, and experts in fields such as child care, pay equity, and health care. In addition to prepared questions, there will be time for audience question submissions.

Live video streaming of the forum will be available through ORCA Media and via the Event's Facebook Page, and live audio streaming via Vermont Public Radio's Vermont House stream.

Visit the Facebook Event Page, women.vermont.gov, or contact the Vermont Commission on Women at 800-881-1561 for more information. The forum is free and open to the public.



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September 20, 2016

Volume 7 Number 25

Education Baggage?

While driving this morning along a stretch of NH 25 between Glenciff and Warren the early morning scene reminded me of a past moment while sitting on the front deck of a friend's house in Homer, Alaska. Coming from the ocean, Louis and I saw an immature bald eagle flying right towards us. The eagle was struggling with a large, flopping salmon in its talons. The eagle was powering along, but not gaining any altitude. We wondered, what is this eagle doing, and instead of veering off to the tall spruce beside the house, the bird dropped the "heavy" fish short of the deck and suddenly soared upwards and over the roof. We retrieved the salmon.

Upon entering Warren, I thought, "What would it be like if teachers, principals and school boards could function without the "heavy" baggage of so many mandated rules and time consuming Federal regulations?

When I entered teaching and later school administration we didn't have this costly set of regulations mandating what we could or should teach or do. Since that era, times have certainly

changed. Our country now annually spends more than \$600 billion for K-12 education. The U.S. Department of Education spent \$375 M designing a redundant set of tests that measure and hold schools accountable to Common Core Standards. Additionally, American education has been deluged by countless failed initiatives supposedly designed to make our students brighter and better equipped to face world challenges? Some may remember: A Nation at Risk, Outcome Based Education, Goals 2000, No Child Left Behind, Race to the Top, and now the Every Student Succeeds Act (ESSA). And of course there are the reform movements that gave so many parents heartburn: Modern Math, Open Classrooms, Creative Writing, Whole Language, Inquiry Science, and the list goes on. Why must America's classrooms undergo this constant "think tank" barrage? With the advent of creative writing parents were told that it was OK to just let a child get his or her thoughts on paper, and not to worry about grammar, punctuation, capitalization,

or spelling. We missed it then, and we have continued to strikeout year after year.

In New Hampshire alone, our state department of education has some very talented and well-prepared employees, but they are being governed by rigid rules and regulations of which many are written Washington lobbyists and politicians. Approximately 196 NH DOE employees, or 81% of the total department, are paid by federal dollars. That sends a clear message that Washington has grabbed control of public education, and despite our high level of education funding, the US continues to lag behind schools within other countries in the areas of reading, math, and science.

The Nation recently adopted the new Every Student Succeeds Act that replaces the previous law, No Child Left Behind. Although welcomed with support and hope that the new law would return some control to local and state education, the new law will not deviate much from previous mandates. Federal over-reach certainly threatens the basic principles of state and local control of schools. As with the bald eagle, our schools and your children will soar once the costly, controlling baggage of Federal rules and regulations is dropped. Respectfully submitted, NH Rep Rick Ladd

More Veterans Eligible For Benefit

Concord - State officials gathered recently for the signing of HB430, which allows towns to extend current property tax credits to all honorably discharged veterans. Rep. Brad Bailey, Monroe, was a co-sponsor of the bill. Previously, only veterans who served during specific periods were eligible to receive the credit. Bailey said he had been approached by veteran Angelo Costa of Franconia who was not allowed the credit because his service did not occur within the periods allowed. "Angelo, along with others, went to Concord to testify on behalf of this bill," stated Bailey. "Citizens engaged in the legislative process can make a difference, and Angelo did."

"Any towns that adopt the new change will be able to give the property tax credit



Veteran Angelo Costa of Franconia stands with NH Rep. Brad Bailey of Monroe. Costa was on hand for the signing of a bill to benefit veterans.

to all who served honorably", said Bailey. "When someone signs up to serve their country, they don't know if they'll be serving in conflict or not, but they're willing to take the risk for us. That's why I felt all veterans should receive this benefit in the towns that offer it."

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37 Postcards From Old Church Theater

by Gary Scruton

There is no question that Old Church Theater has hit another home run with their latest production "37 Postcards". This play was billed as a comedy. In fact on opening night director Gloria Heidenreich started off the evening by encouraging those in attendance to laugh as much and as loud as they wished. It is true that many comedys done by local theater groups loses some of its humor by actors talking over the laughter of the audience. That was not the case on this evening. Every actor seemed to have the timing down perfectly and allowed the laughter to end before giving the next line.

As much as was made about the humor in this play, there could be as much said about the deeper meaning of what these characters were going thru in their lives. The advertising also mentions that there are some "PG-13" scenes. I can testify that there are indeed some portions of the play where the language gets a bit tricky for any young audience members. However most of those lines came from Nana, played very aptly by Sheila Kaplow, and were in short outbursts that initially caught most everyone by surprise. Of course a bit later in the production Nana did have a bit of a change in attitude and became softer, and yet more alive.

Most of the other "risqué" language came from Aunt Ester, Athene Chadwich. Her lines were a bit mellower on their own, but taken in context could be considered on the same level as sexting. I need to also mention that Aunt Ester's use of her endearing term for others also brought a chuckle from the audience.

One of the reasons that the timing was so good during this performance was that most all of the actors on stage have plenty of experience. The one exception was Margaret Albee who portrayed Gillian Moore, the initially soon to be bride, who was also the stranger in the household. Though Margaret has not been on stage since 8th grade, her performance seemed spot on. Even when she appeared with a wet dress, her lines were not simply recited, but rather spoken as though they were the thoughts of the young lass who walked



The cast of Old Church Theater's "37 Postcards", playing one more weekend Friday and Saturday at 7:30pm and Sunday at 4pm. Clockwise from center top, Gloria Heidenreich, director; Athene Chadwick, Sheila Kaplow, Melissa Mann, Margaret Albee, Anthony Helm and Miles Conklin. Observant readers might notice a dog, "Pippin", on Margaret's lap, who also makes an appearance live on stage.

into a bit of a wonky household. To be fair I must mention one other first time actor, Pipin. But we could all forgive him if his lines were not perfect, or if he strayed a bit from the director's instructions.

One other actor who did not appear to stray at all was really the main character, Avery Sutton, portrayed by Anthony Helm. Anthony not only was called on to have the timing to wait for a laugh, or to give a laugh line, but he also had to be able to go from the funny to the deep and heart wrenching portion of the story. Spending 8 years in Europe with a bottomless trust fund, on the surface, doesn't seem to be a bad thing. But when the whole story is revealed it turns out that it may have been the toughest 8 years of his life.

Speaking of a tough 8 years, there was no one who seemed to take that time any tougher than Melissa Mann in the role of Evelyn Sutton. Sure, she was wel-

coming home her son from his extended vacation, and she had 37 post cards telling her all that he had been doing, but in reality was not a place she was well equipped to function. Melissa, like Anthony, had to move ahead into reality and face a world that was nothing like what had been happening.

Miles Conklin also must receive a word in this review. His portrayal of Stanford Sutton was done with the dignity that seemed very appropriate for a many of his stature. Plus his scene on the floor was done with realism and class. A solid round of applause for all of that.

Overall, I feel that this is the best production so far during the 2016 season at Old Church Theater. It features solid acting, wonderful timing, and a story that allows you to laugh, but also can make you question many things once you have a chance to replay the story and wonder, where did those 37 Postcards come from?

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

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Woodsville American Legion Post #20

WEDNESDAY, SEPTEMBER 21

WREN BETA COURSE
5:30 - 8:00 PM
Littleton Business Center, 33 Main St.
See Article on Page 4

THURSDAY, SEPTEMBER 22

VERMONT GOVERNOR FORUM
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Vermont State House, Montpelier

THURSDAY, SEPTEMBER 22 THRU SATURDAY, OCTOBER 1

STEEL MAGNOLIAS
7:30 PM - Matinées @ 2:00 PM
Jean's Theater, Lincoln
See Article on Page 17

FRIDAY, SEPTEMBER 23

37 POST CARDS
7:30 PM
Old Church Theater, Bradford
See Ad on Page 20 & Article on Page 5

SATURDAY, SEPTEMBER 24

TAG SALE
8:00 AM - 2:00 PM
First Congregational Church, Littleton

CHURCH YARD SALE

8:00 AM - 5:00 PM
Bread of Life UPC, Profile Rd., Bethlehem

FREE CLOTHING DRIVE

9:00 AM - 12:00 NOON
Warren, NH Town Hall

FALL BOOK SALE

9:00 AM
Haverhill Corner Library, 67 Court Street

LITTLETON SEWFLAKES QUILT SHOW

Littleton Opera House
See Article on Page 10

JAZZY CHILDREN FUN QUARTER AUCTION

4:00 PM
Blue Mountain Union School
See Ad on Page 7

CHICKEN PIE SUPPER

5:00 PM
North Danville Baptist Church
See Ad on Page 7

PORK DINNER/ROAST PORK & PULLED PORK

5:30 - 7:00 PM
United Congregational Church UCC of Orford

TALES OF THE HUNTING CAMP

7:00 PM
Bradford Academy Auditorium

SWEET JAMM

7:00 - 10:00 PM
Alumni Hall, Court St., Haverhill

37 POST CARDS

7:30 PM
Old Church Theater, Bradford
See Ad on Page 20 & Article on Page 5

PORTLAND CELLO PROJECT

8:00 PM
Colonial Theater, Bethlehem
See Article on Page 14 and Ad on Page 7

SUNDAY, SEPTEMBER 25

LITTLETON SEWFLAKES QUILT SHOW
Littleton Opera House
See Article on Page 10

BENEFIT TEXAS HOLD 'EM CASH GAMES

11:00 AM
VFW Post 10038, Lyndonville

37 POST CARDS

4:00 PM
Old Church Theater, Bradford
See Ad on Page 20 & Article on Page 5

TUESDAY, SEPTEMBER 27

DANIEL WEBSTER, NH'S FIRST FAVORITE SON
7:00 PM
Alumni Hall, Court St., Haverhill
See Article on Page 8

SATURDAY, OCTOBER 1

SUGAR HILL AUTUMN CELEBRATION
10:00 AM - 3:00 PM
Route 117, Sugar Hill
See Article and Ad on Page 3

BATH HISTORICAL CHILI COOK-OFF

3:00 - 6:00 PM
Bath Village School
See Article on Page 8

ARTIST RECEPTION

4:00 - 6:00 PM
Back Room Gallery, St. Johnsbury
See Article on Page 1

TURKEY DINNER

5:00 PM
East Concord, VT. Methodist Church

SUNDAY, OCTOBER 2

SUGAR HILL AUTUMN CELEBRATION
10:00 AM - 3:00 PM
Route 117, Sugar Hill
See Article and Ad on Page 3

BENEFIT TEXAS HOLD 'EM CASH GAMES

11:00 AM
Breslin Center, Main St., Lyndonville

PADDLE THE BORDER

11:00 AM Suggested Launch Time
Newbury Boat Launch, Connecticut River

MONDAY, OCTOBER 3

HAVERHILL SELECT BOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, OCTOBER 4

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

COMMUNITY DINNER BELL - 5:00 PM

All Saints' Church, School St., Littleton

Orange East Senior Cntr, Bradford

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

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

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

Horse Meadow Senior Center

Sept 19:
 Bone Builders @ 9:30
 Hearts & Hands Quilting @ 12:30
 Tech Time w/Paul @ 1:00
 Crafts 2 @ 1:00
 MS Support Group @ 1:00
Sept 20:
 Nifty Needlers @ 9:30
 Dental Trivia/Bingo @ 10:00
 Golf Outing @ 12:30
 Classic Bone Builders @ 2:00
Sept 21:
 Bone Builders @ 9:30
 Flu Shot Clinic (by appt) @ 10:00
 Writers Group @ 10:30
 Bingo @ 1:00
Sept 22:
 Art Class w/Barb @ 9:00
 Cribbage @ 12:30
 Line Dancing @ 12:45
 Jewelry 1 @ 1:00
 Classic Bone Builders @ 2:00
Sept 23: CLOSED
Sept 26:
 Bone Builders @ 9:30
 Hearts & Hands Quilting @ 12:30
 Tech Time w/Paul @ 1:00
 Tai Ji Quan @ 2:00
Sept 27:
 Nifty Needlers @ 9:30
 Herb Group @ 1:00
 Jewelry 2 @ 1:00
 Classic Bone Builders @ 2:00
Sept 28:
 Bone Builders @ 9:30
 Writers Group @ 10:30
 Bingo @ 1:00
Sept 29:
 Art Class w/Barb @ 9:00
 Cribbage @ 12:30
 Line Dancing @ 12:45
 Classic Bone Builders @ 2:00
Sept 30:
 Bone Builders @ 9:30
 Mahjongg @ 10:30
 Dec. Arts 1 @ 1:00
 Tai Ji Quan @ 2:00

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.
 Mary Robinson will be here Wednesday, September 21 at 11:00 a.m.
 No Strings Attached will be playing music on Friday, September 23 starting at 11:00 a.m.
 The Orange East Senior Center will be closed on Monday, October 10 in observance of Columbus Day. There will also be no bingo that evening.
 Our Annual Penny/Silent auction will be on Saturday, October 15, from 9 a.m. to 2 p.m. We still need unopened and unused items for the penny auction. Please drop them off at the Senior Center between 9:00 a.m. and 2:00 p.m. Monday through Friday. I am also looking for items for the bake sale that will be on that day.
 We are looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to volunteer.

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 winter hours will be on Wednesdays from 3:00 p. 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!

Groton Library News

Books, Books, and More Books! Friday, Sept. 30th from 2:30-7pm. Saturday, Oct. 1 from 9am-3pm. The Friends of the Groton Library group is happy to announce their annual Fall Foliage Day Book Sale. There will be hundreds of books arranged category (for easy rummaging) will be available, including children's, history, cooking, crafts, biographies, classics, language, music, poetry...plus DVDs, too! And, during the final hour on Saturday (2-3pm), fill a bag for \$5! All sales by donation, and all proceeds support library programs. Note: We are still accepting book donations during our open hours. Thank you!
 Annual Handmade Afghan Raffle. TWO beautiful afghans to choose from this year, handmade & donated by our Crafts & Conversation library group. Winning tickets will be chosen at the Chicken Pie Supper on Oct. 1. Tickets are \$1 each or 6 for \$5. Stop by the library to get your tickets! (Proceeds from last year's afghan raffle made our popular VINS Falconry program possible this year.)
 Crafts & Conversation.

Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!
 Vermont Humanities Council Book Discussion Series. Begins on Monday, Oct. 3 at 6:30pm with "Interpreter of Maladies" by Jhumpa Lahiri. To or from the United States, spanning India, Cuba, and Greece, this series of Pulitzer-winning works spotlights characters in the midst of broader migrations. These sessions are free, open to the public, and accessible to those with disabilities. Books are available to loan in advance.
 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

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Round House" by Louise Erdrich on Thursday, October 13th at 6 pm at the Bath Public Library.
 One Sunday in the spring of 1988, a woman living on a reservation in North Dakota is attacked. The details of the crime are slow to surface as Geraldine Coutts is traumatized and reluctant to relive or reveal what happened, either to the police or to her husband, Basil, and thirteen-year-old son, Joe.

In one day, Joe's life is irrevocably transformed. He tries to heal his mother, but she will not leave her bed and slips into an abyss of solitude. Increasingly alone, Joe finds himself thrust prematurely into an adult world for which he is ill prepared.
 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 bathlibrarykjb@gmail.com

Chicken Pie Supper

**Saturday
September 24
5:00pm**



North Danville Baptist Church
Eat In Or Order A Delivered Take Out
 Orders Must Be Placed By Thursday, September 24.

Adults \$12 • Children 12 & Under \$6 • Preschoolers FREE

**Chicken Pie, Mashed Potato, Gravy,
Squash, Apple Rings, Coleslaw, Rolls,
Cranberry Sauce, Pickles, Apple Crisp & Beverage**

**Dining Room Seating Is First Come, First Serve
No Reservations Taken For The Dining Room • Handicapped Accessible**

**Delivery available in Danville & St. Johnsbury.
Call Cheryl 227-3035 or Judy 748-8519 to place orders.**

BENEFIT NORTH DANVILLE BAPTIST CHURCH LADIES AID

Quarters In! Paddles Up!

3rd Annual Quarter Auction to benefit

The Jazzy's Children Fund

Making Smiles Happen One Family at a Time

www.jazzyschildren.org

Saturday, September 24

Blue Mountain Union School
in the Cafe



Auction Starts at 4:00 Doors Open at 3:15

Paddles Cost \$3.00 Items Sell from 25¢ to \$1.50

What is a Quarter Auction? Upon arrival, you can buy a numbered paddle. Auction items will be on display with a bid price of 1, 2, 3, 4, 5 or 6 quarters. As the items are presented, if you want to bid, you place the bid amount in the bowl provided on the tables and hold your paddle in the air. If the auctioneer picks your paddle number you win the item, walking away with an **AMAZING** deal.

**We will also have Vendors selling their items
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SATURDAY, OCT. 15, 8 PM
 TICKETS: \$13, \$16, \$19

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 www.BethlehemColonial.org

Giant Zucchini Contest & Other Winners Announced

WRAP announced the prizewinners from the free drawings held during the 5th Annual So Long –Hello Fall Festival. It seems like the “luck of the draw” was with Haverhill and Ryegate residents who entered, as 8 of the 9 prizes given away went to a resident from one of those two towns.

The lucky winners from Ryegate were:

Lynn Gelsleichter - South Ryegate, a \$10 certificate from A Sharp Edge

Betty Beauvais – East Ryegate, book – “Saving Your Sanity without Losing Your Mind” by local author, Maggie Anderson

Cody Bilodeau - East Ryegate, a local product gift basket from NewburyConnect

Timothy Peterson Jr. – So Ryegate, book - “The Mollie Chronicles – Rescued” from Spice of Life

The Haverhill lucky residents were:

Shirley Slack -Woodsville, a local product gift basket from NewburyConnect;

Leslie Waterman – Woodsville, a gift certificate from The Rivers Edge Eatery;

Wallace Trott from Pike

won a FitBit Fitness Tracker, the 2nd place prize from Wells River Chevrolet. Bob Cavellius from Woodsville won the 3rd place prize from Wells River Chevrolet, a \$100. Gift Certificate.

The first place prize @ WRC - the 39 inch flat screen TV went to Judy Peters from East Thetford.

Giant Zucchini Contest

Ainsley and Casey Kendall of South Ryegate, teamed up with their little brother Elliot hoping to reclaim 1st place in the Giant Zucchini Contest. While their 10 pound zucchini was heavier than their 9.4 pound 2015 entry, it wasn't nearly enough to beat out newcomer Braelynn Parsons' 14.4 lb. green vegetable. Braelynn has the distinction of growing the heaviest zucchini (so far) in the history of the contest besting the Kendal sister's 13.5 pound entry in 2014. Seven was not a lucky number for Mary Durfee and Rachel Longmoore of Newbury and James Munis of Wells River who all grew 7 pound zucchini for a 3-way tie for third place. This year's contest attracted 18 entries.

Haverhill Historical Society's Summer Lecture Series

Haverhill, NH – The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to offer “Daniel Webster: NH's First Favorite Son”, a program presented by Richard Hesse of Hopkinton, NH. Mr. Hesse is Professor Emeritus at the UNH School of Law. This presentation will take place on Tuesday September 27 at 7:PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public and the venue is handicapped accessible.

New Hampshire's Daniel Webster was instrumental in the development of national political and legal policy in the formative years of the American Republic. His national and international diplomacy and his oratorical skills cast him as a leader and a world-class statesman. Richard Hesse reviews Webster's life and career with attention to his NH ties. Webster covered a case in the Grafton County Court

here in Haverhill in 1805. The Court, at that time, was most likely a building that stood to the south of the current Pearson Hall which was built in 1816. The earlier building was destroyed by fire in 1814.

Richard Hesse has published works on a variety of legal and ethical topics. He served as a community lawyer in Philadelphia, heading a police community relations project before moving to Boston to head a national project focused on the rights of consumers. His academic concentration is on state and federal constitutional law and international human rights. Hesse has been an advocate for civil and human rights for more than 45 years and was twice awarded the Bill of Rights Award by the New Hampshire Civil Liberties Union.

For more information, contact Roger Warren, 603 787-2446 or barogw@hotmail.com

Littleton Food Co-op Help Above The Notch Humane Society

The Littleton Food Co-op partnered with Above the Notch Humane Society in August for the Partner of the Month program. Littleton Food Co-op shoppers raised a record breaking \$2080 dollars for ATNHS. The Partner of the Month program helps organizations increase awareness of great work being done in our community as well as a fundraising opportunity. Any local non-profit may become a Partner of the Month by contacting the Co-op at 603-444-1430.



Pictured in the photo from L to R are: Co-op employees Bekah Daniels handing the check, Rodney Mitton, Michael Peacock, Amanda Schrader, ATNHS Board President Richard Larcom receiving the check, Bobbi-Sue Baker, Melody Fenwick.

ANNUAL

North Haverhill
FAIR



ASSOCIATION

PICNIC

Sunday, September 25

Steaks ready about 12 Noon

All Volunteers and their families are welcome.

**OVER 2000
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MANY SETS OF 4**



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Hastings to Join Staff at WRSB



WELLS RIVER, VERMONT – Wells River Savings Bank is pleased to announce the addition of Joy Hastings to their staff. She brings 15 years of banking experience with certification as a mortgage broker, an investment advisor, and branch manager. After graduating from SUNY in Potsdam, NY., Joy began her banking career at HSBC Bank in Massena, NY as an investment banker, and later at Community Bank as a mortgage officer and assistant manager. She has also been a branch manager for Key Bank in Massena, NY & Barre, VT. Joy has relocated

to the upper valley and will be managing the East Thetford branch of Wells River Savings Bank. She looks forward to working in a community bank setting and

getting to know her customers and their families. In her spare time she is remodeling her home in West Newbury, VT.

NEK Council on Aging's new Executive Director Meg Burmeister is touring the 17 kitchens which contract with the Council to provide Meals on Wheels; 14 also provide sit-down lunches in a community setting like this one at the Danville Senior Action Center. "Any one of any age can join their neighbors or make new friends here," Burmeister said. In the summer, grandchildren are seen at some sites breaking bread with their elders. Those younger than 60 pay \$5 for

a complete meal that meets USDA nutritional guidelines. For those older than 60, the price varies from dining room to dining room, but no senior is ever turned away. Burmeister met Calvin Hazeltine (center), Donald Page, Jean Ashley, and newcomers Sue-Ann and Paul Anair over a lunch of encrusted salmon, yellow rice, Harvard beets, and Brussels sprouts, with gingerbread for dessert prepared by cook Wendy Fearon.

HARVEST TIME EXPRESS
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Not all Times are Trendy, but there will always be Trendy Times
 September 20, 2016
 Volume 7 Number 25

10 **Littleton 'SewFlakes' Quilt Show**

The Littleton Quilt Guild is having their biennial quilt show on Sept 24th and 25th at the Littleton Opera House. Many beautiful quilts made by the members will be on display. There will also be vendors, demonstrations, door prizes, raffle quilts, and light lunch available. The admission charge is \$3 per person. The Littleton Quilt Guild meets once a month at the Littleton Community Center and promotes learning new quilt techniques, sharing sewing ideas and projects, and contributing to

local charities and organizations through quilt projects. New members and guests are always welcome. This



show is just one of many events in Littleton during the September 24th and 25th weekend-part of the 'Art in the Mountains'.

Ryegate Cane Bestowed on Madeline

Madeline Chase Batten Chaffee was born on January 4, 1920 in Watertown, Mass., and her entire life has been nothing short of remarkable accomplishments! Madeline received a B.S. degree from Boston University and went on to become a high school science teacher. When WWII broke out, she felt a call to serve in the military and against her parents wishes she enlisted. She was deployed to Hawaii just 24 hours before the bombing of Pearl Harbor, which she experienced in horror. Remaining in Hawaii throughout the war as a parachute rigger for the Naval Air Force, she would fly on missions searching for enemy submarines. Eventually Madeline got her pilot's license and to this day she



from left to right: Dover Ford, Madeline Batten Chaffee, Jenny Nelson, Marsha Nelson.

remains a member of the Civil Air Patrol. She is an active member of the VFW Lyndonville Post 10038 and never misses an opportunity to participate in events on Memorial Day and Veterans Day!

What an honor to bestow the Ryegate Cane on this extraordinary woman

Volume 7 Number 25 September 20, 2016 Not all Times are Trendy, but there will always be Trendy Times

HARRIS ENERGY

Join us on Saturday October 1, 2016

from **10-2** at our **NEW** location,
456 West Main St. Littleton, NH
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Carrie Gendreau of Littleton Elected to Woodsville Guaranty Savings Bank Board of Directors

[Woodsville, NH – September 15, 2016] James E. Graham, President and CEO of Woodsville Guaranty Savings Bank, announced today the election of Carrie Gendreau of Littleton, NH to the Board of Directors of Woodsville Guaranty Savings Bank and Guaranty Bancorp, Inc.

Carrie brings with her great success in the areas of organizational management, leadership, and marketing. She is the owner of the Training Connection, which provides professional leadership development and consulting for businesses throughout the region. She is also the owner of Emma and Co. Consignment Boutique in Littleton. In addition, Carrie teaches a variety of communications and business-related courses for Granite State College, White Mountain Community College, and WREN (Women's Rural Entrepreneurial Network), and is a Certified Instructor for Dale Carnegie and Associates. She and her husband, Bill, also own, fix up, and manage investment properties in the Littleton area.

Carrie holds a Masters in Organizational Development and Leadership from Spring-

field College, a New Hampshire real estate license, and certificates for a long list of professional development programs, and was the recipient of the 2010 Granite State College Distinguished Faculty Award. She is the current President of the Littleton Area Chamber of Commerce and is a member of the board of the NH Retail Association. She is a past director of the Morrison and Ammonoosuc Community Health Services, both of which she served as a director and committee member.

"We are so pleased to have Carrie join our board," stated James. "Her expertise and enthusiasm for business management, sales and marketing, and community service make her an excellent addition to the bank's board. Her election also marks the first woman to join the bank's board, a milestone that is welcome."

"It is a huge honor to serve WGSB," said Carrie. "I have a great deal of respect for the bank's people, for their mission of service to customers and to each other, and for management's interest and investment in supporting and developing its employees. I look forward to working with the



bank's Board of Directors to continue the service and results that have made WGSB number one in so much of its area."

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2011 Mini Cooper \$16,994 \$268⁵⁶ A MONTH #40377, Countryman, All-4, AWD, 1.6L Turbo, Hid-Ltr, Sunroof	2015 Chrysler 200 \$15,938 \$227⁶⁹ A MONTH #40405, Limited, 4dr, 2.4L, 9sp Auto, Back Up Camera	2014 Kia Optima \$18,474 \$263⁵² A MONTH #46021A, EX, 4dr, 2.4L, Leather, 9k miles
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Fashion Week in Japan

by Maggie Anderson

I am in Tokyo, Omotesando to be exact, swirled into the vortex of Fashion Week. Last night even the walk back to my train was one for the books.

Had the weather been cooler and kinder, I might have been able to sit and watch the show for awhile longer. Half of these people made me look like the backwoods farmer's daughter - that I really am, just don't tell anybody - and the other half made me feel as if I was w-a-ay overdressed!

There were beautiful young women draped in silks that undulated with every whisper of a breeze. The cut of some of the designs crisped the edges of conventionality and crumpled it into a ball of discarded paper when disappointment has given way to brilliance. There were remarkable clothes on remarkable bodies in every doorway and every inch of open space in the city.

Japan's fashion scene is as fresh and forward as any city in the world but Fashion Week also offers a backdrop for those a bit farther removed from the scene to be seen. That's the Fashion Week I was riveted by.

One guy came down the hill into the fray wearing a huge purple plaid wool coat that was cut so that when he let the sleeves hang down and just draped it over his shoulders the cuffs dragged the ground making it look like it had been designed for a really big chimp, with extra long arms and a circulation problem! How that man could walk in that thing in that heat without fainting in the middle of the sidewalk was a mystery to me.

He was keenly aware of himself. He kept slinging his arms out so that the cuffs would fall a certain way, in case a photographer jumped in front of him and stole a photo because he was just such a model of fashion. I kept expecting him to trip over somebody while he was busy enjoying his own image in every plate glass window he passed. He

even had an entourage following in his wake - or maybe they were just catching the breeze from that enormous coat! He cut through the crowd like a frigate, maybe they were just catching a wave!

As soon as Chimpy disappeared into the crowd behind us I looked up to find that Spider Man's distant cousin had joined the party! He was one of the smallest, most fragile looking little men on the street - honestly I don't know why I thought Spidey should be a regular sized man - isn't he supposed to be some kind of spider, spiders aren't that big, why should he be?

He was wearing a skin-tight suit and with his size and all if it hadn't been for the pattern, which was over the top, absolutely dizzying colors and design, he may have disappeared completely. He was wearing a huge pair of goggles, to mimic spider eyes I imagine and he was wearing a giant backpack which had a shoulder rigging that looked like it might be big enough to house a parachute if he heard a distress call and had to leap into action. You never know when you might have to bail from skyscraper and believe me, last night the only way you could see anybody in distress would be from a tall building, unless of course you were right behind Chimpy, he was impossible to miss, impossible to pass too!

Spidey stopped to ask directions from a couple sitting on a bike rack and when they looked up they were so startled by his image she almost fell off her perch! He had been looking into shops as he made his way up the hill, I think he wanted everyone to know he was searching for something but I think he was just enjoying his own view and stopped to talk so they could enjoy it too!

There were shaved heads, blue hair, boots with ten inch platform soles - which on the hill in Omotesando are death-defying. I saw more black lace than Victoria's ever sold and more black lips than you'd

find in a licorice taste testing lab.

The atmosphere though crowded was convivial, a party on every inch of sidewalk. Each doorway was crammed with throngs of people reaching for the goodie bags filled with photos and invitations to spend your money on even more of their stuff. And the staff manning their posts couldn't give them away fast enough.

There were opportunities to have your photo taken in front of a brand new Audi - holding a gigantic replica of the interlocking logo, sure sorry I didn't have time to wait in line for a picture of me trying to hold that sucker up, it was huge. There is not a new car on the planet that could induce me to stand in a line blocks long in that heat just to have a photo of me standing in front of the newest model and holding up a gigantic line of interlocking silver circles.

Can you imagine the speculations that will be made a couple hundred years from now when someone unearths a box filled with those images, what will they think was going on? And pity any poor alien who whisks through the galaxy and stops to take a leak in some alley down here and finds a box of those images, what will he think was going on? I'd love to be there when he takes the box back to the mother ship and tries to tell them about the important discovery he's just made! Maybe I could get Spidey to be a fly on the wall for a change and hear what they're saying about us up there!

It was a once in a lifetime experience and like others I've been through - glad I was there, happy that it's over!



North Country Senator Jeff Woodburn was the guest speaker at the Pomona Grange at their meeting in Bath recently. From the left is Jean Abbott, of Dalton, Riverside Grange, Dalton; Les Avery, of West Stewartstown, Sen. Woodburn, Mohawk Grange; Stephen Tracy, of Stratford, Stratford Grange; Ann Leger, of Shelburne, Winthrop Grange; Winston Merrill, of Bath, Pine Grove Grange; Linda Lauer, of Bath, Pine Grove Grange; and Arthur Merrill, of Antrim, State Steward of the NH Grange.

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The ideal candidate will possess strong experience with accounting software and spreadsheets, the ability to exercise independent judgment in matters relating to accounting activities; strong general business skills and an aptitude for strategic thinking. Bachelor's degree in accounting as well as prior supervisory experience is strongly preferred.

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Want to Retire Early? Start Planning Now

The average American retires at about age 63, according to data from the U.S. Census Bureau. If you enjoy your work, of course, you may want to go well beyond that age. But what if you don't want to wait until 63 or so? Can you afford to retire early?

Possibly – if you follow these suggestions:

- Research the costs involved. What will you do during your retirement years? Will you travel the world or stay close to home, pursuing your hobbies? Will you downsize from your current home? How will you pay for health care until you're old enough for Medicare? You will need to answer these and other questions to determine how much you will need to sustain a comfortable lifestyle as an early retiree.

- Invest more – and invest for growth. One big advantage in retiring at the usual age, or even later, is that it gives you more time to invest. But if you're determined to retire early, you will almost certainly need to accelerate your investment rate –

which, in practical terms, means you'll likely have to contribute more each year to your IRA and 401(k) or similar employer-sponsored retirement plan than if you were going to retire later on. Plus, you may have to "ratchet up" the growth potential of your investment portfolio. However, because growth-oriented investments typically are more volatile than other investments, you will be taking on more risk than you might otherwise. If you are truly uncomfortable with this risk level, you may need to re-evaluate your plans for retiring early.

- Cut down your debt load. It's always a good idea to enter retirement with as few debts as possible – but if you want to retire early, you may need to be even more diligent in controlling your debt load.

- Know the rules governing retirement plan withdrawals. If you want to retire before age 59½ and begin taking distributions from your IRA or 401(k) plan, you will generally be subject to a 10% early distribution penalty, plus normal income taxes. (To withdraw your earnings from a Roth IRA tax and penalty free, you generally must

have owned the account for at least five years and have reached age 59½. You can withdraw your contributions at any time tax and penalty free.) However, you may be able to avoid the 10% penalty if you take "substantially equal periodic payments," which are calculated based upon your age and other factors. Once these distributions begin, they must continue for five years or until you reach age 59½, whichever is longer. Other rules apply to these distributions, so before taking any, you will want to consult with your tax and financial professionals. And keep in mind that if your withdrawal rate is too high, you risk seriously depleting your retirement accounts, especially if your investments decline in value during the years you're taking these payments.

Most importantly, do everything early: Plan early, invest early (and don't stop), and lower your debt load early. Getting a jump on all these activities can go a long way toward turning your early retirement dreams into reality.

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

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Portland Cello Project to Perform at the Colonial

The Colonial Theatre in Bethlehem, NH, with the support of Peabody & Smith Realty and MLK & Company, will host a live performance by the genre-bending Portland Cello Project Saturday, September 24 at 8 PM. The Portland Cello Project is a collective of cello players from Portland, Oregon who have been performing since October 2006. Since the group's inception, Portland Cello Project (or, PCP, as their fans affectionately call them), has wowed audiences all over the country with extravagant performances, mixing genres and blurring musical lines and perceptions wherever they go. The group had evolved into a nationally recognized performance and educational group with a revolving cast of cellists, releasing full-length albums, performing everywhere from punk rock clubs to, loading dock street parties, to exclusive private events, and symphony halls all over North America, spending more than a quarter of the year touring, and featuring a diverse reper-



toire of well over 1,000 pieces of music.

General Admission tickets for the 8 PM performance are \$25; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$19; Reserved Front & Center tickets (available on-line only) are \$30. 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 music is made possible with additional support from New Hampshire Public Radio, Vermont 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

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My Farmers Market Becomes Local Food Hub

by Marianne L. Kelly

So. Ryegate, V T — Who knew last April, that a fledgling farm stand housed in an Amish shed with a few local vendors and sparsely filled shelves would become in just a few short months an integral part of South Ryegate and surrounding communities?

According to My Farmers Market owner, Jennifer Bone, “We started this with the vision of running a farmers market that offers more shopping hours to the community, and what has evolved is a local food hub with the promise of a cooperatively run alternative food system.”

That My Farmers Market has become popular with locals and visitors alike is not surprising, and considering the GMO controversy, is very telling about changing attitudes about where our food actually comes.

Everything sold at My Farmers Market with few exceptions is provided by local vendors. Customers can find a wonderful variety of locally grown plants, seasonal vegetables and fruits from the Bone Farm and surrounding farms as well.

In addition, local vendors who man the store provide a wide variety of locally produced meats, cheeses, bread, pastries, pies, jams, jellies, relishes, flavored butters, ice cream, maple syrup, local honey, eggs, mushrooms, Chaga and Reishi. Choose from a good selection of bulk items, as well as seasonal specialties such as garlic scape pesto, and so much more. One can even find the basic dairy products like milk, butter, and cheese as well as soda, and non-toxic, chemical free home health and personal care items.

Locally made sandwiches, “heat and eat” meals for those nights that you are simply too tired or not motivated to cook dinner are available. Want something special? Just ask and they will try to accommodate you.

Customers can also buy beautifully and artistically produced hand crafts that will never be found in box stores. Crafts include knitted and crocheted items, wood crafts, embroidered towels, hand made baskets...they're all here, and all local. Friends helping friends, neighbors helping neighbors. The winners are the communities that are brought together.

There is much fun to be



had here. One cold, blustery morning last April they kicked off the season with a successful maple syrup tasting complete with freshly grilled pancakes, that brought many people who enjoyed the pancakes, syrup and warmth of this market despite the cold weather. Since then, they have hosted other special events including tomato and blueberry festivals complete with contests and winners.

Next up are the events that make Autumn such a popular, fun season.

On Saturday, September 24, between 10am and 2 pm, My Farmers Market will host an Apple Festival, complete with an apple pie contest, apple cider pressing, and apple creations from our food vendors. This event also includes a craft fair that will showcase vendor creations.

You can even bring your knives and scissors to be sharpened while you shop, taste the apple pie entries, and vote for your favorite, sample the freshly pressed cider (don't forget to take some home with you). This family event is sure to be a big hit.

Anyone who thinks they bake the “world's best apple pie,” is invited to enter the contest. The winner will

receive a \$20 gift certificate to My Farmers Market. Pies should be brought to the market on Friday between 9 & 6.

Not to be out done by the apple and craft festival, My Farmers Market will also host a Pumpkin Festival on October 22.

The pumpkin festival will include a pumpkin pie contest for those who make the “best pumpkin pie,” as well as pumpkin carving and painting. Buy your pumpkin from the market and the activities are free.

Once again a \$20 gift certificate will be awarded to the winner.

Halloween will be special this year as My Farmers Market invites everyone to a “haunted market walk” on Oct. 31 from 5-9pm.

What started out as a dream on a chilly, windy Spring morning, has blossomed into a warm and inviting successful hub where people can gather, purchase locally grown and produced products and share their news.

My Farmers Market is located on Creamery Road, just off Route 302 in So. Ryegate. Hours are Tues.-Sat.- 9-6 and Sun.11-2. For more information email myfarmersmarket@gmail.com.

See you there!



North Country Senator Jeff Woodburn conducted a tour with State Lottery Director Charlie McIntyre recently which included a stop at Wayne's Market in Woodstock. From the left is Director McIntyre, store owner Chris Clermont and Sen. Woodburn. Woodburn sponsored a law that increased store winning on major jackpots from \$30,000 to \$70,000.



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Visit Local Conservation Projects That Benefit Soil Health and Water Quality

How do landowners remedy field erosion caused by untimely weather events, or improve pasture quality and water supplies for livestock? The GCCD Fall Tour of Conservation Practices will look at several projects, and discuss natural resource planning and conservation practices. Join Grafton County Conservation District (GCCD), participating landowners and partner agencies to learn firsthand what conservation practices can be done to manage natural resources for soil health and water quality. We will meet on Thursday, September 29, 2016 at 9:30AM at the Simpson field and stream-bank restoration project on Route 302 in Lisbon, NH. All are welcome to join us. We will caravan in personal vehicles from site to site. The Tour will be held rain or shine, so dress for variable weather, and plan on light hiking at each stop. Bring a bag lunch. Call Pam at (603) 353-4652 if you plan to attend. Feel free to join us along the way. Our schedule of site visits includes:

Field, Stream and Buffer Restoration Project, Simpson property, about two miles north of Lisbon village on Route 302: In winter 2013, an ice jam created a gully causing extensive erosion of the Ammonoosuc River bank, and loss of productive farmland. The damage qualified for USDA Emergency Conservation Program (ECP) financial assistance from the Farm Service Agency (FSA) and technical assistance from Natural Resources Conservation Service (NRCS). A plan was developed to restore the stream back to its natural course, restore

the damaged cropland, and plant a two-acre riparian buffer. The planned riparian buffer will be extended to adjacent land owned by the Ammonoosuc Conservation Trust (ACT). The Connecticut River Watershed Council (CRWC) agreed to assist the landowner with the required Wetlands Permit from NH Department of Environmental Services (NH DES), and additional funding for the desired extended buffer. Partners met on-site and discussed how to make this project happen and most of the site work was completed in late fall 2015. This project demonstrates how patience, persistence and partnerships can achieve success.

Mill Brook Farm, owned by Harry and Becky McGovern 373 Mill Brook Road, Landaff: Several years ago, Harry worked with the NRCS Environmental Quality Incentives Program (EQIP) to develop a conservation plan, and complete a rotational grazing system and solar water system on the homestead side of the road. EQIP provides financial and technical assistance to agricultural producers in order to address natural resource concerns and deliver environmental benefits such as improved water and air quality, conserved ground and surface water, reduced soil erosion and sedimentation or improved or created wildlife habitat. The McGovern's have added beef and pork into their operation. Again working with a NRCS conservation planner, a conservation plan was developed to address their changing needs. Across the road is a new heavy use area for wintering cattle, and a hub for rotational grazing in the

summer. The improvements include a new well, pump house, heavy use/paddock area and fencing.

GCCD recently received Conservation Moose Plate funds to purchase an AerWay aerator to rent to smaller farmers to improve soil health. The AerWay is great for pasture renovation and relief from compaction on smaller acreages. GCCD has attached a Herd broadcast seeder allowing seed to be applied in the same pass. There will be a demonstration of the AerWay giving everyone a chance to see how it works.

We will stop at the Landaff Town Hall to enjoy our bag lunches and coffee will be provided by the Mount Hope Grange. After lunch, we will continue on to the Iris Farm in Sugar Hill.

Iris Farm, Sandra White, and Wendy and Ron Cole, 321 Route 117, Sugar Hill: Wendy Cole's grandparents began dairy farming at the Iris Farm in the 1920s. Wendy and Ron are new to farming, and began working with NRCS to develop a rotational grazing system for beef cows. With EQIP technical and financial assistance, field drainage was improved by re-constructing two waterways with cattle and equipment crossings, cattle watering pipeline with frost-free hydrants, and high-tensile perimeter fencing for grazing paddocks. A concrete heavy use area was constructed for cattle feeding during winter and wet months, and an access road and cattle trails were built to facilitate equipment and cattle movement near the barn area.

Letter to the Editor

To the Editor,

My wife and I have been visiting the NE this last week - the "Freedom Trail" in Boston, the auto road on Mount Washington, Vermont's covered bridges and looking forward to Middlebury, VT's TAM Trek 18 mile run Sunday. But, I have to tell you, one of the most memorable high-

lights of this trip will be having breakfast in Peg's Cafe in North Woodstock and reading the "Trendy Times", Sept. 6, Letters to the Editor. Life is good.

Dale

P.S. You bear your cross well.

Dale R. Evans, DVM
Bellingham, WA

Dr. Evans,

I'm not really sure how to answer this letter. But, obviously, I will give it a shot.

First, I'm glad you have enjoyed New England. Like any area in this great country, we have some great things to see and to do. All you have to do is look around a little. Some of the greatest places to visit can be in our own back yard.

In regards to your comment about our "Letters to the Editor", I can only reiterate that we do not take sides in any political debate. Well, that may not be exactly true. I will on occasion take the opposite side of a letter writer just to get a discussion moving ahead. But I have not, and will not, endorse any single candidate for any office. I strongly feel it is the duty of every citizen to make those choices on their own by reading or listening to those candidates and where they stand on the issues important to the individual voter. Then cast your ballot for the one that most closely mirrors your own views.

I should also mention that when growing up my elders always stressed that you should answer any letter sent to you. As Editor, and owner, of Trendy Times I feel it is my obligation to answer all such letters.

Again, thanks for the words, and let's hope you come back to visit again soon.

Gary Scruton, editor

Oxbow Football Under The Lights



Oxbow High School is excited to announce its first ever Friday night football game under the lights on Homecoming! Join in on the fun Friday, September 23rd at 7pm when Oxbow will face U-32 on the field.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



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Small-Town Southern Belles Share Shampoos and Gossip in Steel Magnolias at Jean's Playhouse

Steel Magnolias is a comedy-drama play about the bond among a group of Southern women in north-west Louisiana. Written by Robert Harling based on his experience with his sister's death, the play opened off-Broadway in 1987 before being adapted into the 1989 film with Sally Field, Dolly Parton, Shirley MacLaine and Julia Roberts. Steel Magnolias is "...suffused with humor and tinged with tragedy" (NY Post). This all-female classic show will be playing September 22nd through October 1st, Thursday, Friday and Saturday evenings at 7:30 p.m. with 2:00 matinee performances on Monday, September 26 and Wednesday, September 28. More information on this production can be found at www.jeansplayhouse.com.

Make an evening of supporting local arts on Saturday, September 24 and join us at 5:00 p.m. before that evening's performance of Steel Magnolias for a special Meet the Artist reception. Robert Gordon's exhibit "Painting the Landscape of New England" will be on display at Jean's Playhouse through December 2016. Robert Gordon paints the mountains and rivers of New Hampshire, the villages and farms of Vermont and the coastline and harbors of Maine and Massachusetts. His painting style is broad and free-flowing, with detail kept to a minimum. His chosen subjects range from the intimacy of gardens and still-life to the wild grandeur of landscape and seascape. Bob has won over forty awards and has exhibited in one-man and national group shows all over the country. Bob teaches both beginning and advanced students in his gallery on the Kancamagus Highway in Conway. Please join us at Jean's Playhouse on Saturday, September 24, from 5:00 to 7:00 PM to meet and talk with Bob about his art work.

Jean's Playhouse is proud to announce A White Mountains, NH Community Arts Event: SCROOGE! The Musical, this December 2016. A powerful story of redemption, Charles Dickens' A Christmas Carol has enchanted audiences the world over with its simple message of holiday joy. Ebenezer Scrooge, that most unrepentant and miserly of fellows, is made to see the light as he



The cast of Steel Magnolias in rehearsal. Steel Magnolias plays September 22-October 1, 2016 at Jean's Playhouse.

survives a merciless battery of revelations by the ghosts of his own life: Jacob Marley and the Spirits of Christmas Past, Present and Future. In SCROOGE! The Musical, the same cast of characters- Scrooge, Marley, the Cratchits, and more- will grace the stage, but now they will act, sing and dance their way into the hearts of the audience! By combining the core professional, community and youth theatre groups at the center of our mission, we anticipate that a company of professional, local and youth performers and designers will work side-by-side to produce this beloved tale with live musical accompaniment, lush costumes, cinematic projections, and theatrical lighting and effects over the first three weekends in December.

We invite you to join us for auditions on Sunday, September 25 or Monday, September 26 from 6-8 PM. Multiple roles are available for all ages and voice ranges. We ask that you please come prepared to do the following: read from the sides we will provide; sing 18-24 bars of a song (please bring

your sheet music); and be dressed for and prepared to learn/perform a short dance segment. If you have a resume and headshot, please bring them with you. If you attend the first evening of auditions there is no need to attend the second. Show dates and times are the following: December 2-4, 9-11, and 16-18, Fridays and Saturdays at 7:30 PM and Sunday matinees at 3:00 PM. For further information, please contact Sharon Paquette at spaquette@jeansplayhouse.com.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (newly opened!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.

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Katy and the Tires

by Eleanor Mawson

The annual cleaning of the town water tank took place early Monday morning. It is a necessary ritual, performed around the Fourth of July since the town's well was first drilled.

The cast and crew are much like other groups of volunteers; a reliable core that serves to anchor the rest of those who drag themselves up to the drive next to the cemetery, roll up their sleeves or their pant legs and spend an hour making sure the villagers have the same freezing cold, sweet water they've come to expect each time they turn on their taps.

The list of volunteers has always been in flux but lately the changing of the guard is more pronounced. Several have left the village and taken up permanent residency in the cemetery, presumably to oversee the efforts of those left behind. There have been strokes and surgeries, bad knees, weak hearts and missing lungs to shorten the list.

Somehow in spite of everything there are always just enough bodies to scoop sediment, set the traps in the front room, sweep and vac the walls, ceiling, and

crevices of lurking dust and spiders, turn the pump back on and pour the necessary amount of chlorine in before the chart is filled in, the lights turned off and the outer door is locked again.

This year we were lucky, two of the through hikers on the AT volunteered to help, they weren't planning to hit the trail until 9 or 10 anyway and they were told we would surely be finished before then so they jumped aboard. Interesting guys, their trail names traditionally chosen at the start of the long journey, were Sprout and Whiskers. These guys told us they were happy to help, glad of the chance to offer some payback for all the folks they'd met along the trail who were so generous and so helpful to them.

When the job was done and the pump was humming we wished them safe travels, offered hearty thanks for their efforts on our behalf then went back inside and added their names to the list of the important details of the day.

Now every time I turn on the tap and am rewarded with that icy sweet refreshment I'll picture Sprout and Whiskers high in the mountains headed for Maine.


Happy trails guys.

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Herbs for Pain Relief

Pain is a mechanism our bodies use to draw attention to a problem that the autonomic system cannot handle by itself. Pain signals us to consciously address the underlying cause. Pain is almost completely individual. It can stem from large centers that control the main pain blocks of the body, and also from specific local areas that demand exact pinpointed action. Even mental trauma will eventually manifest itself as a physical pain. There are different kinds of pain – physical, emotional, chronic, local, sporadic, throbbing, dull, spasmodic, sharp, shooting, etc... Add to this the fact that every person feels and reacts differently to pain, and you have some idea of how difficult it is to make or find a universal analgesic or pain killer.

Pain can be your body's best friend. It alerts you when something is wrong and needs your attention. It identifies the location, severity, and type of problem, so that you can treat the right area. But pain can also be your body's worst enemy. Continuous, constant body trauma saps strength

and spirit, causes irrational acts and decisions, and alters personality. This is the reason pain killers are useful. They allow you to think clearly, work and live, while addressing the cause of the problem. Other than injury or degenerative disease, chronic pain is based in lifestyle habits. Poor nutrition (to most people's surprise), plays a big role in back and muscle pain. For instance, a lack of green vegetables and calcium-rich foods may be the underlying cause. A stressful lifestyle exhausts adrenal and pituitary glands resulting in physical pain. An over-acid diet can eat away protective mucous membranes and nerve sheathing, so improving body chemistry through a better diet and herbal supplements affords long term nerve and stress relief. Being seriously overweight puts strain and pain on body parts from feet to shoulders.

Chemical pain-killing drugs, while strong, afford relief by masking pain, or deadening certain body mechanisms so that they cannot function. Herbal pain relievers are more subtle and work at a deeper level,

to relax, soothe, ease and calm the distressed area. They allow you to use the pain for information about the state of your body, yet not be overwhelmed by the trauma to body and spirit that unrelieved pain can bring.

Herbal analgesic combinations are effective for each of the pain areas. For many people, natural therapies and herbs are superior to pharmaceutical drugs and their side effects. Herbs may be used topically or taken orally. They work by soothing membranes, relaxing muscles and spasms, calming the mind and providing oxygen or pain relief. All of them allow the body full function and communication while it is healing. Relaxation techniques like chiropractic adjustment, shiatsu massage, biofeedback, acupuncture, and massage therapy are excellent methods to use along with pain relieving herbs for the best results in controlling pain.

Frontal lobe head pain is one of the body's most insistent mechanisms for drawing attention to a health problem. Earaches, toothaches, face twinges, sinus pressure and over the eyes headaches all signal us to address the trouble right away. The frontal lobe pain center occurs roughly from the ear line forward, and includes all parts of the face and skull. This type up-front pain is usually caused by the pressure and swelling and inflammation, and is characterized by throbbing or sharp shooting twinges. Frontal lobe is frequent in children, who seemed to be more plagued than adults with toothaches, earaches and headaches caused by asthma or allergy attacks. Fortunately, most underlying causes for frontal lobe pain can be addressed easily and successfully with herbal an-

algescics, these are safe and gentle for children as well as effective for adults.

Vascular headaches like migraines and cluster headaches appear to be disorders of the brain, indicating vascular instability, cranial artery constriction and inadequate brain blood supply. There is neurological inflammation and a drop in estrogen levels. Migraines affect 15% of American men and 30% of American women. Chronic stress is a leading cause of migraines. Cluster headaches, characterized by two or more sudden, extremely painful headaches in a day, come in cycles for several days, and recur every few months. Both of these specific headaches respond to herbal pain relievers. Herbs act as relaxants for neutral pain in the neck, face and base of the brain. They encourage body chemistry balance by providing brain and nutrient support.

Neuritis (peripheral neuropathy) is an inflammation of a nerve or nerves characterized by a burning or tingling sensation in the muscles or nerve area, resulting in numbness of the nerve area. It is usually a degenerative process, and often part of a degenerative disease, such as diabetes or leukemia. Trigeminal neuralgia is sudden, sharp, severe pains shooting along the course of a nerve – often because of pressure on the nerve trunks, or poor nerve nutrition and an over-acid condition. Herbal healing compounds are a good choice because they act as tonics and sedatives, boosting circulation while calming and soothing, relieving pain while helping to rebuild and muscle strength with mineral-rich nutrients. Herbs should be combined with stress management techniques, such as Reiki or massage therapy

for best results.

The spine is a major seat of human nerve structure, and as such manifests many of the body's emotional, psychological and physical stresses, eighty percent of Americans suffer from back pain at some time in their lives and almost 40% wind up with crippling back pain. Causes for back pain can be as far apart as a slipped disc and family financial problems, in fact, lower back pain is a far more complex problem, than once thought. High stress lifestyles and poor dietary habits inhibit mineral absorption needed for strong back muscle structure. Organically grown foods, sea plants, herbs and outdoor exercise for vitamin D are good habits to consider for healing. Major back surgery, like removing discs may do more harm than good. Diet improvement, supplementation and other healing modalities that treat more than just the physical pain, is often the best answer.

Analgesic herbs include: White Willow Bark, St. John's Wort, Kava Kava, Valerian Root, Wild Lettuce, Wood Betony, Scullcap, Cramp Bark, Black Haw Bark.

Alkalinizing herbs include: Kelp/Sea Vegetables, Garlic, Tumeric, Dandelion Root, Yellow Dock Root, Black Cohosh Root, Spirulina, Nettles, Marshmallow Root, Alfalfa.

Body chemistry balancers include: Devil's Claw Root, Pau D'Arco Bark, Lemon Balm, Dandelion Root, Ashwaganda, Chamomile, Ginger Root, Parsley Leaf & Root, Chlorella, Barley Grass, Slippery Elm Bark, Licorice Root.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991.

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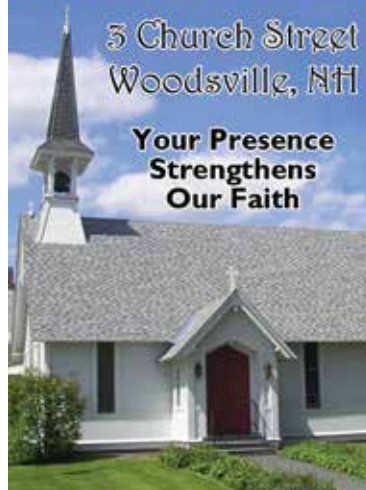


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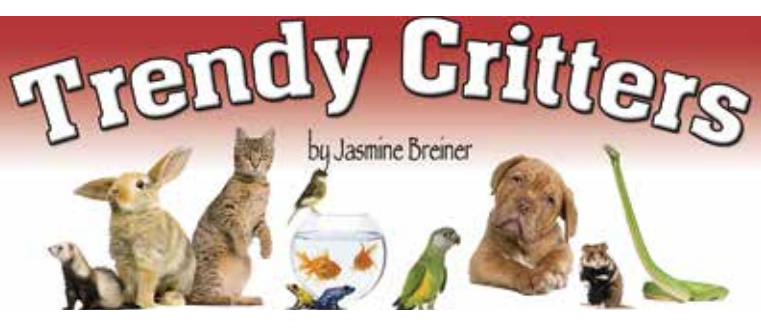
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Blue-Green Algae Cautions

Blue-green algae, or cyanobacteria, are an ancient group of algae. Although they are most closely related to other bacteria, they can photosynthesize like green plants. Blue-green algae reproduce rapidly in lakes and ponds with adequate amounts of "sunlight", "air/water temperature" and "nutrients" like phosphorus and nitrogen.

Within a few days a clear lake or pond can become cloudy with algae growth. This is called a bloom. Although blue-green algae blooms can create nuisance conditions and undesirable water quality, most blooms are not toxic.

Some kinds of blue-green algae produce natural "toxins" or "poisons". When these algae die and break down, toxins can be released into the water. Avoid contact with blooms and dense accumulations of these algae.

Children are at higher risk of exposure to blue-green algae because they are more likely to drink the water.

Cyanobacterial toxins may cause illness and be a danger to pets.

Do not allow pets in algae-contaminated water because they will also drink the water and consume algae on their fur.

If animals ingest the toxin, they can be quickly paralyzed and die. Signs of poi-

soning include weakness, staggering, difficulty breathing, convulsions and death. During the summer of 1999, the death of two dogs was attributed to blue-green algae poisoning after drinking large amounts of contaminated water directly from Lake Champlain.

Conditions as of September 9, 2106 in inland lakes:

- Carmi - Good conditions. No reports of blooms. This area is considered generally safe.
- Iroquois - Good conditions. No reports of blooms. This area is considered generally safe.
- Memphremagog - Good conditions. No reports of blooms. This area is considered generally safe.
- Morey - Mixed conditions. Watch for changing conditions and avoid blooms.
- Chittenden Reservoir - Good conditions. No reports of blooms. This area is considered generally safe.
- Stoughton Pond/North Springfield Reservoir - The US Army Corp of Engineers has closed the reservoir due to an on-going cyanobacteria bloom.
- North Hartland Lake - The US Army Corp of Engineers has closed the reservoir to recreation due to a bloom.

Changing Society's Perspective

Editor's Note: This is the next submission in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective.

We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.

Chivalry is NOT DEAD!

by Bret A.

It is simply compassion for one's fellow human being.

I see this when someone young or old, man or woman, stops to hold a door for my spouse.

You see she uses a walker to help maintain her independence. She is fiercely independent. She won't ask you to do it, or even expect it from you, but she does appreciate it. For that matter so do I.

I don't have to worry whether she will be able to get into a building or not. There always seems to be someone ready to grab a door, or offer some small assistance.

Yes, there are those that will go out of their way to avoid the whole thing.

Shame on you if you have ever done that.

That simple act of kindness can make another person's whole day.

To those of you that have done so, you are AWE-SOME! We Thank you!

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September 20, 2016

Volume 7 Number 25

COUNTRY 101.3 WYKR-FM



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by Ronda Marsh

If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Pumpkin Angel Food Cake with Cinnamon Cream Cheese Frosting

I am really excited to share this recipe with you; it's probably one of my favorite finds this year, gleaned from the postings on good 'ole Facebook. I was in a fever to give it a try, because it seemed a bit too simple to be as good as it looked in the pictures, but lo and behold if it wasn't even better!

I enlisted the services of sous chef Halee by promising to send her home with some of the finished product, and in no time at all we had a dessert fine enough to have come from a fancy bakery. Of course, we had to immediately sample the results (quality control is my top priority, you know!) before we declared this cake to be an undeniable success.

The original recipe had one teaspoon of pumpkin pie spice in it, but I doubled it and I'm glad I did. I wanted the flavor of the spices to be discernible when combined with the cool creaminess of the frosting, which, by the way, is another wonderful invention all of itself. The addition of the cinnamon takes it to another level, and I anticipate I'll be using that stuff to frost an apple cake in the not-too-distant future!

Only one word of caution here: because the pumpkin is so moist and dense, be sure to completely cool this cake on a rack, and af-

ter frosting, store it in the fridge. Someone I know told me that they left their cake on the shelf overnight, and it started to mold...not a happy ending for any cake!

So celebrate the onset of cooler weather and the anticipation of our beautiful New England autumn with this delightful, easy confection. You're gonna love it!

Cake:

- 1 box angel food cake mix
- 12 teaspoons pumpkin pie spice
- 11 (15 oz. can) pumpkin puree

Frosting:

- 18 Tablespoons butter, room temperature
- 16 oz. block cream cheese, room temperature
- 11 teaspoon vanilla
- 11 teaspoon cinnamon
- 1 Dash of salt
- 1 2-1/2 cups powdered sugar

Preheat oven to 350°F. In a large bowl, whisk together the cake mix and pumpkin

pie spice. Add the pumpkin puree and stir well to combine. Pour mixture into a well-greased 9"x11" pan and bake for 25 to 30 minutes, until the top springs back when touched lightly. Place pan on rack and cool completely before frosting. To make frosting, place butter and cream cheese in bowl

of mixer and beat until fluffy. Add the vanilla, cinnamon, salt, and powdered sugar. Continue beating until light and fluffy. Frost cake as desired or cut cooled cake into squares and pipe frosting on top individual servings. Refrigerate any leftovers for up to 3 days (but I bet there won't be any!)

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Paddle The Border

Sunday, October 2, 2016

From Newbury Boat Launch (Beside the Haverhill/Newbury Bridge)
To Bugbee Landing (Next to Bradford Golf Course)

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10:00 - 11:00 AM.

Volunteers will be at the boat launch to help unload and protect boats before launching.

All Events Are Weather Permitting

Suggested Launch Time 10:30 - 11:30 AM (Approx. Paddle Time 3.5 Hours)
BBQ Lunch provided by Rotary with music by Strawberry Farm Band

All participants MUST abide by safe boating rules and regulations

EVENT SPONSORED and SUPPORTED BY: Haverhill Recreation Commission • Newbury Conservation Commission • Woodsville/Wells River Rotary Club • Cohase Chamber of Commerce • Butler's Bus Service • Bradford Conservation Commission • Upper Valley Land Trust • Upper Valley Trails Alliance

Paddle The Border - Spring is scheduled for Sunday, May 21, 2017

For Further Information Contact **Mike Thomas (802) 757-3960**
or email mikethom1@charter.net
www.cohase.org • www.newburyconservation.org