

# TRENDY TIMES

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MAY 2, 2017 VOLUME 8, NUMBER 15



## 42 Maple Contemporary Art Center Presents: Abstract Paintings by Valerie Vermeulen

The Gallery at 42 Maple Contemporary Art Center is pleased to present original abstract paintings by NH native, Valerie Vermeulen, which will be on display for the month of May. Valerie spends her days studying and recording the constant, subtle, changing elements of nature and life in various environments of Northern New England. Her work provides a nostalgic sense of place and simplicity, yet is ultimate-

ly defined by the infinite. Her hope is to elevate the viewer, both aesthetically and spiritually.

Her images are reflective, surreal, and organic in nature. Her work also explores the mystery and the solitude of the anonymous human experience. She says she is driven to capture the changing atmosphere and the endless nuances of a landscape, both physical and psychological, to reveal the truth of

true acceptance, and to express it through modalities such as work, love, forgiveness, compassion, and art. Working with our abilities to recognize this light relies deeply within our perceptions. We must cultivate a level of awareness and have the willingness, but most importantly, the courage, to be authentically present. To recognize and embrace the true nature of things as they are."

Valerie was raised in the Lakes Region of New Hampshire where she now resides with her husband and two children. She attended the University of New Hampshire and studied Literature and Creative Writing. She received the Faculty Poetry Prize her Junior year awarded by the Pulitzer Prize poet

Charles Simic. After graduating, despite her passion for writing, she decided to pursue Visual Arts and has been painting diligently ever since. Recently her interest has also turned to photography and an admitted obsession with landscapes. She has shown

and sold her paintings both locally and nationally in galleries and through private commissions, and is now pursuing a career in freelance photography as well.

A portion of all art sales at Valerie's opening reception, on Friday, May 5th from 7



pm to 9 pm, will be donated to the New Hampshire Food Bank. Her artwork will be on display until May 29th. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org.



a limitless reality. In the image, a dream is reflected, and the esoteric quality of a moment has been remembered.

"It is our collective call as human beings to allow consciousness and light in to heal our wounded spirits, to live a life of

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# TRENDY Dining Guide

## The Rivers Edge Eatery

By Gary Scruton

The experience of visiting an eatery, or really any business or attraction, the first time is that there are all kinds of firsts. But as interesting as the first time can be, there is much to be said for the second, or even subsequent visits. The second time around you already know the layout as well as many of the little things to expect.

Our recent trip to The Rivers Edge Eatery was indeed our second visit since the recent change of ownership and name. The last time in they were busy and we got to see how that worked. This time we stopped in early on a Saturday afternoon and found plenty of empty seats

and stools to choose from. This was somewhat expected as the eatery closes at 2:00 PM and like most businesses, they get quiet during their last hour of so of open days.

We took a couple of stools at the counter and looked at the blackboards for some of the day's specials. One of the two waitresses on duty got us full menus and asked about our beverage preferences. I had a rare second cup of coffee for the day while Janice had a simple glass of water.

As mentioned it was an early afternoon and The Rivers Edge Eatery offers their full menu all of their open hours, so we had the chance to choose breakfast or lunch. Janice considered

her options and went with breakfast. Her exact choice was the Vermont omelet. As you might expect the Vermont omelet is loaded with green peppers, onions, ham & sausage. There is also a choice of cheeses (cheddar is better) so cheddar was her choice, and choice of toast (wheat was her chosen option there.) She then added home fries; grilled or deep fried (grilled, please),

I noticed that one of the specials for the day was fish or corn chowder. I do like my chowder. So I started my order off with a cup of the fish chowder and finished off my lunch order with a cheeseburger and onion rings.

Again, the eatery was not real busy when we entered the eatery so our or-

der went right in to the cook right there behind the counter. Our waitress went to the chowder tank and spooned me out a nice cup of chowder along with a bag of soup crackers. I need to say that there was some very nice chunks of fish in that chowder and even a cup hit the spot very nicely.

It was not long before our meals came to us either. Janice's omelet and my burger were served on solid looking plates that went with the theme of a solid eatery.

We both dug in and had no complaints at all about the quality, or the quantity of food we were served. Janice's omelet was all that she would expect to get, the toast was nicely browned, and the home fries were just about perfect.

My burger was also just fine. I will note that it was served with lettuce and onion (I requested that they leave off the offered tomato slice). And I was quite pleasantly surprised to find that the slice of onion on my burger was the same size as my burger. Not just some little bits of onion, but a full slice that matched the burg-

er and bun. The mayonnaise I was offered came in a cup on the side and there was ketchup at the counter. I had all the parts and pieces to a very good burger.

One of the things about sitting at a counter like the one at The Rivers Edge Eatery is that on occasions like our visit, you get to strike up a good conversation with the staff, if you want to. We did so, especially when one of the waitresses had a bit of a misstep with a small plate that hit the floor and became multiple plates. We complimented her on her ability to not hit her foot, and the grace with which she had accomplished the whole incident. Later we heard someone mention to her, kidingly, that if she say a "china" notation on her pay stub, it was not for a vacation.

We enjoyed our visit to the TREE (The Rivers Edge Eatery) and look forward to our next lunch counter encounter.

The total cost of our meals and beverages, including tax, was \$26.98 before tip.

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# Friends of NH Drug Courts Establishes Beckett Family Fund

The Friends of New Hampshire Drug Courts announced it received \$10,000 from the Becket Family of Services and a commitment for another \$10,000 donation later this year that it will use to help drug court participants access safe and sober housing, education and vocation training, and transportation.

This gift allows the Friends to launch the Beckett Family of Services Fund, its first endowed fund that will enable the statewide, non-profit group to further its mission to support drug court participants throughout New Hampshire.

To that end, grants and loans will be awarded to eligible drug court participants to help meet their educational, transportation and housing needs – three areas deemed critical to a drug court participant's transition from treatment to successful long-term recovery.

"We are extremely grateful to Jay Wolter and the Becket Family of Services for their generous donation that allows us to create this fund. It will provide drug

court participants greater support at achieving long-term recovery," said Edward Rajsteter, president of the Friends of NH Drug Courts.

Wolter is chief administrative officer of Becket Family of Services, an alliance of non-profit agencies that serves youth and adults with behavioral challenges. It is based in Orford, NH.

"I am confident in the work being done by the Friends and drug courts. Their impact is real and, with our funds and the support of others, the impact will be even greater," Wolter said.

The Friends of the NH Drug Courts is the nation's first, statewide non-profit agency formed to support all established and developing drug courts in the state. Seven drug courts currently operate in Belknap, Cheshire, Grafton, Rockingham and Strafford counties. Hillsborough County has drug courts in Manchester and Nashua.

The Friends work to promote and raise funds for social, educational and other programs to benefit drug courts. To date, its fundraising efforts have focused on

participant program service, such as funding incentive programs, classes and other immediate expenses.

This gift will enable the Friends to expand its mission by establishing its first sustainable, named fund to help drug court participants overcome obstacles to successful, long-term recovery. The Friends plan to award loans and grants to a participant from each drug court who demonstrates exemplary performance or faces an unforeseen expense.

"The funds are intended to be used to secure safe and sober housing, educational advancement, or transportation, which is essential to get to work and drug court in rural areas with limited public transportation," Rajsteter said.

"These items are essential for the purpose of having transitional housing, to better yourself through education, and to have transportation," Rajsteter said.

The Friends expect to award the first round of grants and loans at its inaugural annual meeting on May 11, 2017 at the Common Man Restaurant, Concord, NH.

Drugs courts offer non-violent offenders with a history of drug addiction an opportunity to participate in an intense, court-supervised treatment program instead of going to jail or prison.

They promote public safety by reducing the crime rate of drug-addicted offenders, reducing recidivism rates, and enabling those with serious addictions to receive treatment.

Please visit the Friends' website, [www.friendsofnhdrugcourts.org](http://www.friendsofnhdrugcourts.org), for more information about the Beckett Family of Services Fund or the Friends of NH Drug Courts.

# Blues Legend James Montgomery with former BOSTON guitarist Barry Goudreau at Jean's Playhouse

This might be our best musical lineup EVER! We are excited to welcome Barry Goudreau, formerly of the multi-platinum band BOSTON.

Barry played on their first two albums, Boston and Don't Look Back. When released, Boston was the fastest selling debut album of all time. Both albums landed on the top of the Billboard POP Charts, with Boston reaching #3 and Don't Look Back reaching #1. Barry went on to form Orion the Hunter, RTZ, and released two records with Brad Delp.

Barry Goudreau will be tearing it up with blues legend James Montgomery. When James 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.

Special Guest Charlie Farren will open on guitar and vocals. Charlie is known for outstanding live solo acoustic performances, and the last time he was at Jean's Playhouse, he brought down the house! He was lead singer and guitarist with The Joe Perry Project and founded Boston band Farrenheit.

With supporting performances by:

· Tim Archibald, bass player with Ernie and the Automatics, RTZ, and Peter Wolf's House Party Five


· Chuck Farrell, guitar player with The Nor'easters, CRB and The Peacheaters – You can catch the Peacheaters headlining at Jerry Jam on Saturday, July 22 in Bath, NH!

· Pete Premo, drummer with the Bruce Marshall Group

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Jean's Playhouse is a non-profit performing arts center that 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 Resort at Loon Mountain (newly opened!) off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

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

May 2, 2017

Volume 8 Number 15

## Full Kindergarten Funding

The House Education committee took action on several bills this past Tuesday that could have significant impact on school districts throughout New Hampshire. HB 193, a bill that would establish a scholarship program allowing parents of an eligible K-12 student to contract and receive a grant, similar to a voucher, to pay for qualifying educational expenses. Due to the bill having numerous fiscal and program issues dealing with private religious schools, the bill was retained in committee. HB 191, a bill that will fully fund kindergarten, was passed by the committee with a 17-4, ought to pass vote. The bill will be voted upon by the full House on Thursday, May 4. As chairman of the committee, I urged committee members to vote in support of the bill, and I will do the same in front of the House

this coming week.

The Governor's "Kids Grant" offered targeted aid to communities based on property valuation, percentage of free and reduced lunch and percentage of English Language Learner students. The amendment, as passed by the education committee, went further than the Governor's proposal, and supports funding for all participating kindergarten students. Full day kindergarten provides a strong foundation for kids, increased high school graduation rates and improved likelihood for a student to go on to college. Students learn skills in kindergarten that set up learning in first grade. In communities with higher poverty, full-day kindergarten provides stability to children and, often, two meals per day. The mayor of Manchester testified that there are many children in this state being born to ad-

dicted mothers and they will soon enter the school system. Grandparents are caring for many children. Kindergarten has also become a workforce issue, with our neighboring states fully funding kindergarten and with parents of young children feeling the program is essential. While passing the bill, committee members agreed with communities throughout New Hampshire, that kindergarten should be developmentally and age appropriate.

Currently, the State of New Hampshire provides 1/2 the funding for each kindergarten students, and unlike grades 1-12, the local community must pick up the other unfunded portion of the kindergarten student's education. While the Governor and 22 of 24 Senators support full kindergarten funding, a number of House members do not. Hopefully, the House vote this week will reflect the perspective of the Governor and Senate, but also the position of the Business and Industry Association, as well as sound educational policy.

Respectfully Submitted  
Rep Rick Ladd

## New Advisors to Vermont Commission on Women: Vermont Early Childhood Alliance and Let's Grow Kids

(Montpelier) – The Vermont Commission on Women (VCW) recently announced the addition of the Vermont Early Childhood Alliance and Let's Grow Kids to its Advisory Council. The Council is made up of organizations whose interests align with the Commission's mission to advance rights and opportunities for Vermont women and girls.

"Lack of affordable child care is often an obstacle to women working full-time and to achieving higher earnings. We know that working women are significantly more likely than men to live in poverty, in part because they often have the main responsibility for the care of young children. Increasing access to high-quality, affordable child care is a key strategy to helping Vermont women stay and thrive in the workforce," said Let's Grow Kids Campaign Director Robyn Freedner-Maguire. Let's Grow Kids is a statewide campaign about the need for more high-quality, affordable child care in Vermont to better support children, families, communities and economy. The campaign's goal is to gain public support for increased, sustainable investment that gives all children the chance to reach their full potential. More information can be found at [letsgrowkids.org](http://letsgrowkids.org).

The Vermont Early Childhood Alliance is a statewide, independent advocacy coalition of parents, community members, organizations, and early childhood providers committed to improving public policies that impact young children between the ages of birth and eight in the areas of health, safety, food and economic security and early care and educa-

tion. To achieve this goal, the Alliance creates an annual legislative agenda in partnership with organizations and provides advocacy support in communications and community organizing. More information about the Alliance is at [vermontearlychildhoodalliance.org](http://vermontearlychildhoodalliance.org).

"As a statewide commission, one of our roles is to act as the spoke of the networking wheel on topics related to improving the status of women and girls. Having an established ongoing relationship with our Advisors makes it easy for us to stay informed, move forward with conversations, and coalesce around action," said Cary Brown, VCW's Executive Director. "We're a small state, and we know that networking is one of the most effective ways to create positive change. The Vermont Early Childhood Alliance and Let's Grow Kids are invaluable partners, informing our Commission on topics like access to early childhood services and programs, including nutrition, housing and health, workplace benefits like paid family leave, shortage of quality affordable child care, and the career needs of our child care workforce."

"The addition of the Vermont Early Childhood Alliance and Let's Grow Kids brings our total to twenty-seven Advisory Council organizations," remarked Marcia Merrill of Jericho, VCW's Chair. "They range from Vermont Women in Law Enforcement, to the Girl Scouts of the Green and White Mountains, to the Women Business Owners Network. Our relationship with these organizations enhances our work, broadens our reach, and deepens our understanding."



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# School Daze

by Joe Benning  
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As Vermonters slowly adjust to the school governance models dictated by Act 46, it was inevitable that some are dazed and frustrated by the idea of forced change to the familiar. We Vermonters, after all, are naturally suspicious of activity under the Golden Dome. But my daily walk reminds me that education governance and delivery are always changing.

The road I live on is a hill, one of the earlier roads in town, built to reach a very old farmhouse perched on the top of that hill. At the other end is an intersection, a connecting artery older than my own road, built to reach widely dispersed farmhouses that controlled an agrarian economy since the early 1800's.

Most driving by that intersection will never see it, but at a walking pace one notices an anomaly in the landscape, a cellar hole that leads the curious (me, anyway) to visit the local library. Perusal of an ancient Caledonia County map reveals the hole was once occupied by the Mosquito School, built to educate the children of the eight or nine families whose parents were area farmers in the nineteenth century. Since transportation at the time was limited to two or four legs, the town was forced by law to distribute schoolhouses to meet the needs of a widely dispersed student population growing up in an agrarian economy. In every town in the Northeast Kingdom, indeed in every Vermont town, educational cellar holes and still existing one room school houses converted to other uses are a common feature of our landscape.

The Mosquito School burned down in the 1950's. I have no doubt a difficult conversation followed, a conversation now being repeated today over Act 46. Times

had changed. The horse and buggy had been replaced by the horseless carriage. Farmers were trading in their plows for better paying jobs in town. There were better educational opportunities if children were sent to the bigger, more centralized schools. Conversely, there was genuine concern for the loss of local control and community engagement that small schools offered. Whether it was prohibitive cost, declining enrollment or a combination of both I do not know. They decided not to rebuild Mosquito School. Foliage invaded where a community once gathered to educate their children.

But the story does not end there. Over the course of the next three decades the remaining one room school houses and fine brick buildings built to educate a growing and more mobile student population became obsolete. By the 1990's, another difficult debate ensued balancing the need for better space against the rising cost of maintaining deteriorating facilities. Familiar arguments over loss of community institutions versus cost savings and new educational opportunities split the town's residents. In the end, a fine new school was built to accommodate 800 students.

But once again, the story didn't end. Over the next

two decades a substantial statewide decline in student population was also felt in Lyndon. (Student head count has now fallen below 500.) The Supreme Court's Brigham decision resulted in legislation requiring state collection and distribution of all education taxes to more equitably deliver education to all Vermont students. But the tradeoff was loss of the local taxpayer's ability to have direct control over his/her property tax rates. Property taxes rose even when local school boards decreased school budgets.

Twenty years later frustrated Vermonters demanded change and the legislature responded with Act 46. It changes governance boundary lines to provide better education at less cost. All change brings discomfort, but the ghosts still lingering over a cellar hole in Lyndon offer hope. Act 46 is not the end of the discussion. It is merely a momentary solution in a centuries-old debate that will continue long after we become ghosts ourselves. Governing boundary lines do not educate our children. The crucial component in our educational heritage is the willingness of parents and neighbors to stay engaged. If Vermonters stay focused on seeing our children succeed, our descendants will be all right.



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# Calendar of Events

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

## TUESDAY, MAY 2

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

## WEDNESDAY, MAY 3

FACEBOOK BOOT CAMP PART II  
6:00 - 8:00 PM  
WREN Classroom, Bethlehem

WOODSVILLE AREA FOURTH OF JULY COM-  
MITTEE MONTHLY MEETING  
7:00 PM  
Woodsville Emergency Services Building

## FRIDAY & SATURDAY, MAY 5 & 6

BAREFOOT IN THE PARK  
7:30 PM  
St. Johnsbury School Auditorium

## SATURDAY, MAY 6

ESSENTIAL OILS WORKSHOP  
10:00 AM-Noon  
WREN Classroom, Bethlehem

NORTH COUNTRY CHORUS PRESENTS ELIJAH  
7:30 PM  
Wells River Congregational Church  
See Ad on Page 7 and Article on Page 9

## SUNDAY, MAY 7

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
Moose Lodge 1779, Portland St., St. Johnsbury

HAVERHILL REC ACOUSTIC MUSIC JAM  
12:00 NOON - 4:00 PM  
Clifford Memorial Building, Woodsville

BAREFOOT IN THE PARK  
2:00 PM  
St. Johnsbury School Auditorium

NORTH COUNTRY CHORUS PRESENTS ELIJAH  
3:00 PM  
United Community Church, St. Johnsbury  
See Ad on Page 7 and Article on Page 9

## THURSDAY, MAY 11

FREE ORAL HEALTH SCREENING FOR ADULTS  
By appt. 603-448-1558 or sedson@gcsc.org  
United Congregational Church, Orford

COMMUNITY MEAL  
5:00 - 6:30 PM  
St. Luke's Parish Hall, Central St., Woodsville

BUSINESS SUCCESSION PLANNING WORKSHOP  
5:30-7:00 PM  
Alumni Hall, Haverhill Corner, NH

ROSIE'S MOM - TALK ABOUT WOMEN IN WAR  
7:00 PM - Museum Open 5:15-7:00 PM  
Bradford Academy Auditorium

## FRIDAY, MAY 12

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

## SATURDAY, MAY 13

ALL YOU CAN EAT BREAKFAST  
8:00 - 10:00 AM - \$7 Adults, \$6 Seniors, \$3 Child  
Lake View Grange, West Barnet Village

3RD ANNUAL SPRING CRAFT FAIR  
9:00AM - 2:00PM 802 522-8868  
United Congregational Church of Orford

FREE CLOTHING EVENT  
10:00 AM - 2:00 PM 603-764-9469  
Warren Town Hall

## SUNDAY, MAY 14

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
Breslin Center, Main St, Lyndonville

## MONDAY-FRIDAY, MAY 15-19

FREE CLOTHING EVENT  
10:00 AM - 6:00 PM 603-764-9469  
Warren Town Hall

## MONDAY, MAY 15

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

## LEGISLATIVE FORUM

7:00 PM  
Lake View Grange, West Barnet Village

## THURSDAY, MAY 18

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

## SATURDAY, MAY 20

Quilt Show and Bake Sale  
10:00 AM - 2:00 PM  
North Haverhill United Methodist Church

## FREE CLOTHING EVENT

10:00 AM - 12:00 NOON 603-764-9469  
Warren Town Hall

## SUNDAY, MAY 21

PADDLE THE OBRDER - SPRING  
10:00-11:00 AM Suggested Launch Time  
Woodsville Community Field to Bedell Bridge

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
VFW Post #10038, Hill St., Lyndonville

HAVERHILL REC ACOUSTIC MUSIC JAM  
12:00 NOON - 4:00 PM  
Clifford Memorial Building, Woodsville  
See Ad on Page 13

Rebecca Rule Concert  
2:00 PM  
Littleton Opera House

CONCERT IN THE PARK & CHILI CONTEST  
5:00 - 7:00 PM  
RAILROAD PARK, WOODSVILLE  
See Ad on Page 7

## SATURDAY, MAY 27

BLUES LEGEND JAMES MONTGOMERY  
7:30 PM  
Jean's Playhouse, Lincoln  
See Aarticle on Page 3

# Ongoing Weekly Events

## MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1:30 - 2:30 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  
**KIWANIS CLUB OF ST JOHNSBURY**  
6:15 PM - VFW Post, Eastern Ave.

## MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**  
10:30 AM - 11:30 AM  
Linwood Senior Center, Lincoln

## 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**  
1:30 - 2:30 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  
**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  
1:30 - 2:30 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  
NORTH DANVILLE BAPTIST CHURCH (ABC),  
Worship and Sunday School, 9:30 AM  
Refreshments at 10:20 a.m.

## Horse Meadow Senior Center

Every Tuesday: 8:30  
Community Breakfast

### May 2

Amen Solution @ 9:00  
Nifty Needlers @ 9:00  
Foot Clinic @ 10:00 (by Appt.)

Working with Clay @ 1:00  
Crafts w/Gerrie @ 1:00  
Classic Bone Builders @ 1:30

### May 3

Beading Class @ 9:00  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Bingo @ 1:00

### May 4

Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 1:30  
Cribbage @ 12:30

Line Dancing @ 12:45  
Cards w/Jeanie @ 1:00

### May 5

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

### May 8

Bone Builders @ 9:30  
Safety Talk @ 11:00  
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

### May 9

Nifty Needlers @ 9:00  
Amen Solution @ 9:00  
Working with Clay @ 1:00  
Classic Bone Builders @ 1:30

Crafts w/Gerrie @ 1:00

### May 10

Bone Builders @ 9:30  
Writer's Group @ 10:30  
Bingo @ 1:00

### May 11

Art Class w/ Barb @ 9:00  
Floral Arranging w/Jane @ 9:30

Classic Bone Builders @ 1:30

Cribbage @ 12:30

Line Dancing @ 12:45

### May 12

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

### May 15

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

MS Support Group @ 1:00  
Tai Ji Quan @ 2:00

### May 16

Nifty Needlers @ 9:00  
Amen Solution @ 9:00  
Classic Bone Builders @ 1:30

Working with Clay @ 1:00

### May 17

Bone Builders @ 9:30  
Writer's Group @ 10:30  
Bingo @ 1:00

### May 18

Art Class w/ Barb @ 9:00  
Classic Bone Builders @ 1:30

Cribbage @ 12:30

Line Dancing @ 12:45

### May 19

Bone Builders @ 9:30  
Mahjongg @ 10:30  
Commodities @ 11:45  
Tai Ji Quan @ 2:00

# Groton Free Public Library News

**NEW!** Billings Farm & Museum Family Pass. We are pleased to add to our borrowing options a family pass for free general admission to the Billings Farm & Museum grounds AND special events. (Special programs & workshops not included.) Check out their website for additional info on this great opportunity located in Woodstock! [www.billingsfarm.org](http://www.billingsfarm.org).

**NEW!** Birds of Vermont Museum Pass. In addition, we now offer a "buy one admission, get one free" pass for entrance to the Birds of Vermont Museum, located in Huntington. Check out their website for additional info on their fantastic collections and events! [www.birdsofvermont.org](http://www.birdsofvermont.org)

Spring Book Discussion: Monday, May 22 at 6:30pm. Join us for our next book

discussion of the highly acclaimed memoir by Hope Jahren, "Lab Girl." Copies of the book available to loan by request. New folks always welcome!

Coming Soon...Summer Programs, kicking off June 11! Coming right up -- SUMMERTIME! Stay tuned for more details about our full schedule of special summer offerings for all ages, designed around this year's national summer reading program theme: "Build a Better World."

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](mailto:grotonlibraryvt@gmail.com), 802-584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12).


## Supper & Auction in Barnet

The Barnet School 8th Grade and the West Barnet Presbyterian Church will be co-hosting a Spaghetti Dinner and Auction on Saturday, May 20th at the Barnet School beginning at 4:30 p.m. with the preview with dinner being served at 5:00 p.m. Dinner is by donation (suggested \$5 pp/\$12 per family) and will benefit the West Barnet Presbyterian Church. The silent auction will be held between 5:00 and 6:00 p.m. with a few of the live auction items being offered during dinner

and the remaining items being offered beginning at 6:00 p.m.

There will be lots of wonderful items . . . an Mike Andrews' autographed baseball from the Red Sox Dream Team in 1967), artwork, firewood, framed photography, knitwear, a basket of Perfecatly Post items, a basket-making class for two, fudge, pet grooming, gift certificates, maple syrup and so much more.

If you'd like to donate an item, please call Joyce at 802-748-1374.



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## North Country Chorus

presents

# Elijah

by Felix Mendelssohn

Alan Rowe, Musical Director  
Featuring baritone Lucas Weiss

Saturday 6 May at 7:30 pm  
Wells River (VT) Congregational Church

Sunday 7 May at 3 pm  
United Community Church - South Bldg  
St. Johnsbury (formerly South Church)

Tickets from Catamount Arts or at the door.

Details at [northcountrychorus.org](http://northcountrychorus.org)

# Quilt History in Bath

Bath Historical Society is pleased to present Pamela Weeks, "New England Quilts & the Stories They Tell" on Saturday, May 27th at 2:00 pm at the Bath Historical house.

Quilts tell stories, and quilt history is full of myths and misinformation as well as heart-warming tales of service and tradition. Quilting is NOT just an American art; nearly every world culture that has cold weather uses quilted textiles. Pamela weaves world history, women's history, industrial history and just plain wonderful stories into her presentation. Participants are invited to bring one quilt for identification and/or story sharing. Prompted in part by the material culture at hand,

the presenter may speak about fashion fads, the Colonial Revival, quilt making for Civil War soldiers, and anything else quilt related she can squeeze in.

Pamela Weeks is the Binney Family Curator of the New England Quilt Museum. Author of the book Civil War Quilts and articles on quilt history, she lectures nationally on quilt-making and quilt history. Weeks uses quilts to tell stories of the Civil War, women's history, and industrial history.

This program is free and open to the public. There will be light refreshments served.

For more information, contact the Bath Public Library at 747-3372 or e-mail [bathlibrarykjb@gmail.com](mailto:bathlibrarykjb@gmail.com)

## Photography Club

A Notch Above Photography Club meets the 2nd Saturday of each month at 1 PM in the conference room of the Bethlehem Public Library, 2245 Main St., Bethlehem, NH.

The club is open to everyone interested in photography regardless of skill level. We meet for informal discus-

sion, tutorials and photo critiques, and we schedule periodic field trips and nature hikes.

New members are welcome. [doctortim@wildblue.net](mailto:doctortim@wildblue.net) for more information or find us at Meetup.com. Join us for fun, fellowship and learning.



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The first **Railroad Park Concert** of the season featuring **Parker Hill Road Band**

Plus our annual **Chili Contest**  
**Sunday, May 21st**  
5:00-7:00 PM  
Chili drop off is between 3:30-4:00 PM

Railroad park is located behind Modern Furniture on the banks of the Connecticut River in Woodsville.  
Ample parking just east of the park.  
Rain location: the Clifford Memorial Building  
South Court Street, Woodsville

**Attention Paddle The Border Participants:**  
We welcome all to come enjoy some music and chili after your fun paddle on the Connecticut River.

**HAVERHILL RECREATION COMMISSION**

# Someone You Should Know: Mark Robie...Robie Farm

By Marianne L. Kelly

Piermont, NH -- Travel north on Route 10 through the New Hampshire countryside, and you are bound to see the 140 year old Robie Farm. According to farm manager Mark Robie, his is the sixth generation to farm this land.

"My ancestors, Corinth, VT natives, bought the farm back in 1870," said Mark who added, "Back in 1870 everyone had a milk cow, but it was mostly sheep farming, that eventually evolved into dairy farming."

Mark's parents, Lee and BettySue Robie still own the farm, with Mark its manager of "three or four years," formerly its head cheese maker for several years.

Lee sells their products on the road, while BettySue maintains the office, and herdsman, Jonathan tends the livestock. The day I visited a calf named Violet was born. Calves are named alphabetically using the first letter of the mother's name, "to keep track of the families."

He noted that "we are in full season now with calving in March and April, drying in December and January, and breeding in June & July."

"We start making cheese in the fall and will milk any cows that don't breed to give us enough milk to supply the store. We occasionally graze so they are in fresh pasture every day over 45 acres of pasture land."

Robie Farm generally has 50-60 head of cattle including young stock. "Right now it's a little higher as we have some that are ready to go to beef and also a lot of new born calves."

Although they don't have a formal tour schedule, peo-

ple can visit and tour the farm. "If people call ahead and let us know they want a tour, we will give them a guided tour if someone is available," said Mark.

Robie farm also makes their own cheese. "We make Toma, a traditional Italian style Alpine cheese. Its nutty flavor and soft texture, makes it good for melting." Another popular cheese is the Piermont. "It's a delicate more front of the palette cheese where Toma is more back of the palette. It's a younger cheese with a fresh taste to it."

Robie Farms Cheese can be found at the Lebanon and White River Coops as well as in the store.

Speaking of the store, it is well worth the trip. Open daily, visitors can purchase Robie Farms beef, veal, sausage and pork. "We have our own sage based sausage called 'crankin' country,' that my brother created," said Mark.

By mid summer they will sell their own chickens as well as cheeses, milk, eggs, homemade bread from Schoolhouse Bakery and more. Customers can purchase Robie Farm meat in bulk for their home freezers by ordering in advance.

According to Mark, Robie Farms partners with several local farms ensuring their ability to supply their most popular products.

"PT Farm is our main slaughter house and through them we have been able to partner with other local farms that raise beef and pork according to our standards. The animals must be humanely raised, growth hormone free, all natural and local, so everything comes from within 50 miles," said Mark.



## The Future

Mark believes his business can best grow through their partnership with other farms, "because we don't have enough land to produce more than we do now."

"We can also grow through diversification," said Mark. He sights examples of perhaps one day someone taking on the responsibility of maple syrup production, or raising honey from honey bees.

His wish list includes finding someone who might want to create an orchard on a portion of the property, or grow a large vegetable garden. "I'd like to see as diverse amount of agricultural procedures as possible. This would allow students to have a wide range of experiences, that might also extend to training in cheese making and learning about slaughtering."

In addition to his managerial duties, Mark is also being trained in sales. "Our sales are helped a lot by Upper Valley Produce. We've become their cheese broker, and all the meats that pass through them for their restaurants come from Robie Farm. They have helped us reach a wider range of stores and restaurants."

"Our mission is to create a sustainable business model. We believe in our products, we believe it's a healthy way to go, and we are thinking of having a training program for people to learn to farm sustainably, then use their knowledge and experience to train others. We believe above all caring for the animals and people are most important."

For these reasons and more, Mark Robie is someone you should know and The Robie Farm is a place you should visit.

Visit the Robie Farm, located on Route 10 in Piermont, NH.

Hours: Daily 6am-8pm  
For more information call (603) 272-4872.



Cottage Hospital hosted a legislative breakfast for elected officials recently to discuss issues relating to health care. Among those attending were from the left, Executive Councilor Joe Kenney, Cottage Hospital CEO Maria Ryan, Grafton County Attorney Lara Saffo, North Country Senator Jeff Woodburn, and New Hampshire Hospital Association President Steve Annan.

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## North Country Chorus presents “Elijah”

North Country audiences will have two opportunities to enjoy Felix Mendelssohn’s popular oratorio “Elijah.” North Country Chorus will perform this masterpiece in English on Saturday 6 May, 7:30 pm, at Wells River Congregational Church, Wells River, VT, and on Sunday 7 May, 3 pm, at United Community Church – South Building, St. Johnsbury, VT (formerly South Congregational Church).



The title role of Elijah will be sung by baritone Lucas Weiss. This New York native is a graduate of Westminster Choir College. He has performed extensively in a wide range of genres. Lucas currently teaches history at St. Johnsbury Academy. After his debut with the Chorus as a soloist in its 2016 Christmas concert, Lucas says he is delighted to be performing with the North Country Chorus once again.

Other featured soloists will include sopranos Julie Drown and Katharine DeBoer, and tenor Talan Bryant. Singers will be accompanied by Peter Beardsley on organ and Robert Wilson on piano. NCC Musical Director Alan Rowe will conduct the performance.

Tickets are available in

advance from Catamount Arts (catamountarts.org) for \$12 (students \$5). Admission at the door will be \$15 (students \$5).

“Elijah” depicts events in the life of the Biblical prophet taken from I Kings and II Kings of the Old Testament. Although composed in German, it premiered in 1846 at the Birmingham Festival, England, in an English version conducted by the composer, and was an instant success. Mendelssohn loved the Baroque music of Bach and Handel and modeled his oratorio after theirs, while incorporating the lyricism and orchestral color of the Romantic era.

For full details visit northcountrychorus.org.

## Pop(!)Up Sculpture Park “Pops” Into Bethlehem

Swing into Bethlehem during the month of May and discover three-dimensional art that has popped up as fast as the flower buds themselves. The folks at 42 Maple Contemporary Art Center are at it again and this time they’re taking it to the street. In their on-going effort to present original artwork in new and unexpected ways, they have partnered with one of America’s leading juried sculptor organizations, the New England Sculptors Association, to create a temporary outdoor sculpture park.

From carved stone and laser cut steel to hand-cast resin and repurposed motorcycle frames, this temporary installation offers a diverse range of sculptures for everyone to enjoy. The organizers at both NESA and 42 Maple cannot think of a better way to welcome spring back to the North Country.

“This is our second collaboration with 42 Maple Contemporary Art Center, and we are delighted to present our members’ sculptures at this outstanding gallery and be a part of the dynamic arts community,” says Marilyn Ewer, executive director of New England Sculptors Association.

“At 42 Maple, we believe



it important to showcase work from a broader spectrum than the immediate area where we are located. The partnership with NESA is an exciting one for us, because not only does it feature artists from throughout New England, it also allows members of our local community to enjoy sculptural artwork – something that is not often available in the White Mountains of New Hampshire,” says Angel Larcom, director of 42 Maple Contemporary Art Center.

Sculptors transform materials using hand tools that were invented hundreds of years ago and machine and computer tools that are state of the art. The tools are secondary; the sculptor’s vision, creativity, and skill make the transformation a work of art.

Juried sculptors who

have works in the exhibition include; David Adilman, James Rappa, Madeline Lord, Fred Manasse, Joseph De Robertis, and 42’s very own resident artist, Valery Mahuchy. With such titles as “Dance, the Storm is Over” and “Geometrodynamics of Black Holes”, there is no shortage of pure creativity on display right in village center.

The opening reception for Pop(!)Up Sculpture Park will be held on Friday, May 5, 2017, from 7 pm to 9 pm and sculptures will be available for viewing, rain or shine, until May 31st. If you are interested in getting involved or learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at [www.42maple.org](http://www.42maple.org).

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# The Fine Art of Condensation

by Maggie Anderson

I've just emailed the requested "short bio" to the facilitator who will be introducing the panelists at the Quinlan Doll and Teddy Bear Convention in Philly next week. Each time I'm asked for a short bio the question of how to condense my life's work into a paragraph or two pops up. I wonder if they will be happy with the basic facts or if they want to delve into the why or the hows of the work that flows from my fingers. If they could bring themselves to narrow their requests a bit and draw a finer bead on what they actually want to know my job of telling them would be a whole lot easier.

As for work, I have done just about any job on the planet, though I still do not tat and have never tried macrame' either. I filled out a resume for a job once in which they said they wanted to know all the jobs I had ever done, apparently they were trying to see if there was a round hole they might fill with this odd peg.

Although it would have been much faster to list the things I hadn't done for a hard-won dollar to feed my family they insisted that they wanted the longer list instead. That list took some time but I got the job.

I was thinking about that

yesterday after having run into one of my more recent sparring partners. I saw him at Walmart buzzing around in one of their electric carts. He had a cake in the basket and he told me he was buying his own birthday cake because his girlfriend was busy up in St Johnsbury all day, I guess he didn't want to leave his celebration to chance.

The guy just turned one hundred years old. I wonder how he'd encapsulate his life's work in a short enough bio to please my facilitator. We jostled a bit, teased each other and marveled at how short a hundred years seems now that neither of us is a kid any more. I told him I used to think the hundred year old lace I used on some of my dolls was ancient until I looked at the calendar last week and realized I will have been married for half a century by the sixteenth of June.

The funny thing is I don't really like Hank very much any more I just hang onto him so none of my old boyfriends can score any cash on all the bets they made that we wouldn't last three months.

I better close with that because if I dig a hole any deeper I'll be baking 24/7 for the rest of my life to make my apologies. Here's to the next hundred for Ed and the next fifty with Hank for me.

## Letter to the Editor

To the Editor,

Some of you may be familiar with official trapping season each year, but did you know that trapping occurs all year long under the guise of "nuisance" wildlife control? This unregulated, year-round trapping and killing occurs at biologically inappropriate times when animals like foxes, raccoons and others are raising their young. This means, among other things, animals are left orphaned with little chance of survival when their mothers are killed.

There are no set parameters as to what constitutes a "nuisance" animal. A warden once told me that a raccoon could be defecating in your garden and that could be considered a nuisance and therefore an excuse to kill the animal. There are many non-lethal ways to address wild animals causing damage that don't involve killing, but the state seems to be mired in

a trap/kill/repeat loop. Tragically, beavers are one of the most heavily trapped animals, leaving entire family units broken. Beaver kits stay with the parents for two years so the loss of a parent can be detrimental to the survival of offspring. Water flow control devices, exclusion fencing and wrapping trees are all long-lasting, humane options to address beaver damage.

Not only is this unjustified trapping and killing bad for wildlife, it's bad for people. Unlicensed, unregistered "nuisance" wildlife control operators can collect payment to trap and kill animals, but these operators are not even required to have a trapping license. This means that they haven't undergone the trapper education program nor are they familiar with best management practices. Animals trapped and killed as "nuisances" aren't reported to the Fish & Wildlife Department so there is no

data collection or controls in place to monitor what kinds of animals are killed, how many and why. For a Department who is responsible for protecting wildlife for the benefit of all Vermonters, including future generations, this seems to be a lapse in responsibility.

We are thankful for bill, H.262, An act relating to the licensing of nuisance wildlife control operators, introduced by Representative Jim McCullough, which will hopefully close some of these loopholes, if the bill is successful. When unlicensed trappers set leghold and body gripping traps during the warmer months when people are out recreating with their dogs, that presents an unintended threat. A baited trap for a raccoon will just as likely trap a dog or cat. We must emerge from the dark ages and find a better way.

Brenna Galdenzi  
Stowe, Vermont

Brenna,

I must agree with you that this new legislation sounds reasonable and needed. It seems logical to keep track of all wildlife that is killed by humans whenever, and however, it happens. It also would make sense for those who are hiring themselves out as trappers to be licensed and well educated. Of course some of that responsibility should land on the shoulders of those hiring such people.

I do understand that there are times when wildlife and humans intersect with unfortunate results. That does not always mean that the animal must lose their life because of it. However,

there are also times when that is a needed remedy. In either case the department in charge of watching over our wildlife should have some authority to help landowners to make the right, and proper, decision.

As a native to this part of Vermont and New Hampshire I have always enjoyed being in the area of wildlife. You never know when you might see an animal, or see the results of their efforts. They are a part of our lives. We need to work to coexist. But at the same time we, as humans, need to look at the big picture.

Gary Scruton, editor

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## Smart Investing Can Help You Keep Moving Toward Your Goals

It's Kentucky Derby time again. Even if you're not much of a horse racing fan, you might appreciate all the Derby's pageantry – the mint juleps, the women's beautiful hats, the singing of "My Old Kentucky Home," and so on. But if you look beyond the hoopla, you'll realize just how much work it takes to put on such an event. And the efforts of one group in particular – the jockeys – may be able to provide you with some lessons in life – and in investing.

For starters, consider the stamina the jockeys show as they steer 1,000-pound thoroughbreds around the track at Churchill Downs. Riding a racehorse is difficult, demanding and dangerous, requiring enormous endurance on the part of the jockey. And in many areas of life, you too will need to show some staying power. That's certainly true when you invest. You need the fortitude to keep on investing, in good markets and bad ones, and during all the phases of your life – even after you've retired. It might not always be easy – during turbulent markets, you may be tempted to take a

"time out" – but the most successful investors are usually the most persistent ones.

Here's another trait shown by Kentucky Derby jockeys: vision. Jockeys must be able to spot the spaces they need to go through to gain the position they want. In other words, they see where they want to go. As an investor, you need this same ability. To illustrate: What do you want your retirement to look like? Will you stay close to home and volunteer? Will you travel the world? Will you even open a small business? You need to envision your goals if you're going to achieve them.

Strategy is also important to jockeys. They all want to win the race, but they employ different methods. For example, three-time Kentucky Derby winner Calvin Borel's strategy usually involves riding his horse on the rail at the inside of the track – so much so that his nickname is "Bo'rail." As an investor, you need a strategy that's appropriate for your goals, risk tolerance and time horizon. Such a strategy will involve choosing a suitable mix of investments, reviewing your portfolio's progress at regular intervals, and making changes as necessary.

Finally, jockeys need knowl-

edge. Is the track in good shape? How has the horse been behaving lately? What's the weather going to be at post time? To be a good investor, you also need plenty of knowledge. You'll need to pose some questions about individual investments you're considering: How will this investment perform under different market environments? Will this investment fit well into my portfolio, or do I already have others similar to it? Is this an investment I can hold for the long term? And you'll also need to learn about yourself as an investor: What is my tolerance for risk? Am I fully considering all my goals, such as college for my kids, my own retirement and the type of legacy I'd like to leave? There's no shortage of questions for active investors to ask – and the best investors never stop learning.

You can learn a lot from Kentucky Derby jockeys. By applying some of their skills and habits to your investment activities, you can keep moving toward your goals – and you won't even have to run in circles.

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

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## The Butter Dish

by Elinor Mawson

Loretta and I had adjoining classrooms for many years. She taught kindergarten and I was teaching third grade. Once in awhile we would open the door and trade some idea, story or gossip. Her classroom was always a little chaotic: Loretta would be sitting in the middle of the room on a kindergarten chair and the kids would revolve around her. I don't want to say that they hung from the chandelier, but it was almost that way.

She was an only child, born in Connecticut. Somewhere along the line, she met and married Joe (whose passion was golf) and they had 6 kids: first 2 girls, then 2 boys and finally twin boys. I am sure their house was something like her classroom! When the kids finally left home, she went back to teaching and ran her class very like her household.

I remember a lot about Loretta. Her lunches at school

were legendary. Apparently they ate a lot of fish at her house. She would bring the dinner leftovers to school, and when she warmed it in the microwave everyone in the area knew all about it.

Loretta at one point, had an hearing-impaired student in her room. They gave her a sort of microphone to wear around her neck which was part of a hearing device for the student. One time someone came into her room with the news that someone was pregnant and Loretta's response was "No s\*\*t" which went right into the student's hearing device.

When Loretta and Joe retired, they sold their house and moved to Florida. They had a large home built on the "back nine" of a golf course and Joe was in heaven. The house had 3 bedrooms, 3 baths a great room and a pool (which was in a screened cage).

In Florida, there are stores called "Rooms to Go". These stores are popular

with retirees who have sold all their goods up North and need to start over. This was where Loretta went when it came time to furnish her new home.

Once when we went to Florida on Spring Break, we were invited to Loretta's for lunch. Of course we had a tour of the place and it sure was picture perfect! Then we sat down to the table in the pool area and that, too was picture perfect. Lunch was served. It couldn't have been more picture perfect!

"Oh, I forgot the butter!" Loretta announced. "Joe, honey, will you get the butter dish?"

Joe duly brought the butter dish and placed it in the middle of the table.

That butter dish hadn't seen the dishpan in a long, long time. Traces of many a stick of butter were on the inside of the cover and along the sides. And there were multiple crumbs from untold slices of toast decorating the butter itself.

Nobody said a word. I sort of suspect that Loretta and even Joe didn't see a problem with it. I probably have had butter dishes that looked somewhat like that.

But in their picture perfect house, on their picture perfect table, it really looked out of place. And every time I see my butter dish I think of my friend Loretta.

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# Michaud, Malone Purchase Thunder Road Speedbowl

Barre, VT – Thunder Road officials have announced that the sale of Thunder Road Speedbowl to former racer Cris Michaud and local businessman Pat Malone has been completed. The duo has assumed day-to-day operations of the famed quarter-mile oval, which had been owned and operated since 1982 by Ken Squier and Tom Curley.

Michaud is a three-time “King of the Road” and has spent 22 years at and around the high banks as a driver and race director. Malone is the owner of Malone Properties, a Montpelier-based commercial real estate company that has sponsored a number of Thunder Road race teams in previous seasons.

Both had previously explored purchasing the race track separately before joining forces. The two will be equal partners in the track, with Michaud in charge of racing operations and Malone overseeing facility management.

“We had been looking into buying it separately, but I knew that I would still need somebody good to manage the racing aspect, so we got together early this past winter,” Malone said. “With our backgrounds, we think it’s a good situation from both sides.”

Thunder Road was orig-

inally founded by Squier in 1960 and gained national prominence under the co-ownership of Squier and Curley. The track is the home of the famed Vermont Milk Bowl, and annually hosts events for the American-Canadian Tour (ACT) and Pro All Stars Series (PASS) along with its weekly Thursday night program.

“I’ve been raised in the racing world under Ken & Tom’s program, and it’s worked,” Michaud said. “We believe in the philosophy of making racing affordable for our drivers and making it entertaining for our fans. Tom and Ken have done a good job with that, and Thunder Road fans expect a lot – they’re very educated. Our plans are to keep the general philosophy the same while also looking at some facility upgrades and other

tweaks.”

“We’ve got big shoes to fill,” Malone added. “It’s hard to come after (Squier and Curley). It’s like having to go after the guy that gives a great speech at a banquet. But we’re going to try and carry on the tradition.”

Both Michaud and Malone stated the facility will remain a race track under their ownership, and they are eager to the racing experience even better for teams and fans.

“Let me make it 100 percent clear: I have no interest, ever, in any kind of development of this race track,” Malone said. “I’m simply involved as a racing fan myself. (Malone Properties) does a lot of projects, but we do them in industrial parks and commercial areas – not places like this. You have my word that it will not happen at Thunder Road.”

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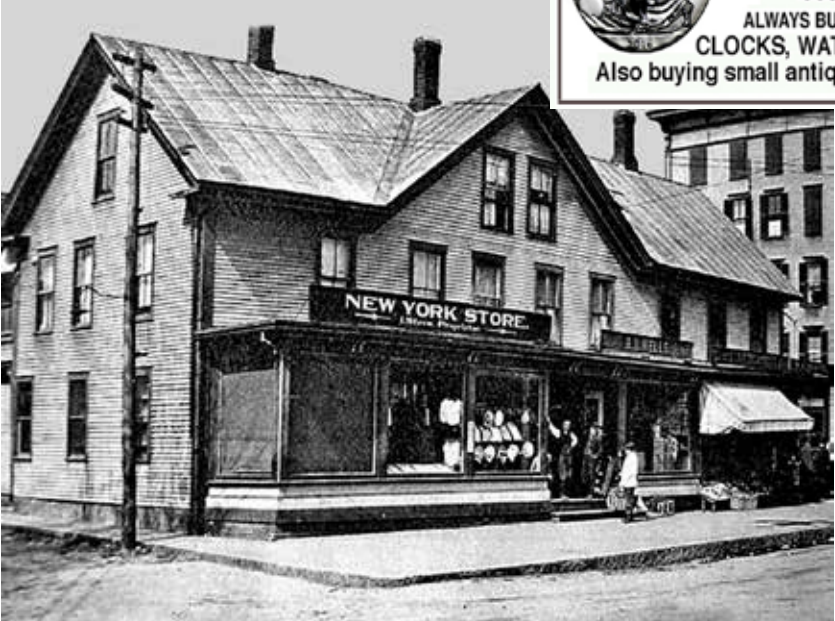
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The Weeks Block, 49-57 Central street, was built by Charles M. Weeks, during 1860-61. This was the first commercial building west of the railroad tracks. Mr. Weeks ran a store on the east side near the covered bridge in prior years.

The new building had many diverse businesses during its 100 years in existence including Q. A. Scott, Beatties Taxi, Kittredge Jeweler, Boemig Jeweler, K&M Dry Cleaners, Mark Burnham Shoes, Jr. Welch Guns, McMeekin Dress Shop, Christopher Store, Fields Store, The A&P Store, and Kugelman's!

There were offices and apartments upstairs in the Weeks Block, later called the Castello Block, including Felix Roy Barber, Luigi Castello, Batties Millinery, Donnahue's Beauty Shop, Dentist offices of Drs. Pricknett, Blake and Baker, Lorenzo's Shoe Shop,

Around 1950 there was a stairway in the back of the block to a couple of apartments. One of the renters was Shortie Millette who cleaned oil burners! The stairs were later removed and entrance was only thru the front stairway. Parker Spooner was in the final stages of opening an Aubuchon Hardware store when the fire broke out in 1961.

# Time to be on the Lookout for Ticks

By Heather Bryant,  
Regional Field Specialist,  
Food and Agriculture



May is right around the corner! This is generally a good thing for me as an agricultural service provider, but there is one bit of unpleasantness that comes with the season. May thru July is the time when American dog ticks and blacklegged ticks become active in New Hampshire. Fascinating, but disturbing little creatures who bite you, causing itchiness, disgust, and in some cases, disease.

Entomologists have spent a good deal of time and effort researching ticks and translating the information they've learned into strategies the rest of us can use to deal with them. Given the season, now is the perfect time to review what we know.

The adult American dog tick is about 1/8" long, and waits in the tall grass or on

shrubs for people, pets and deer to brush by them. The tick can carry Lyme disease, but it cannot transmit the disease to a host, which is very good news for us. It can transmit Rocky Mountain Spotted Fever, but the disease is rare in New England.

The other species that bites people and is common in NH, is the blacklegged tick. Until the 1990's the population of blacklegged ticks in northern areas were thought to be a separate species called deer ticks, but we now know it is only one species. The blacklegged tick is more of a challenge to find because it is much smaller than the American dog tick, the nymphs are about the size of the head of a pin, and the adults are just over 1/16th of an inch long. This tick can transmit Lyme disease and while it the is most common in Southeastern New Hampshire, it is found in Grafton County, and here it is most common in locations near the Connecticut River. Like the American dog tick it waits on tall grass

and shrubs for humans, our pets and other large mammals to brush past it.

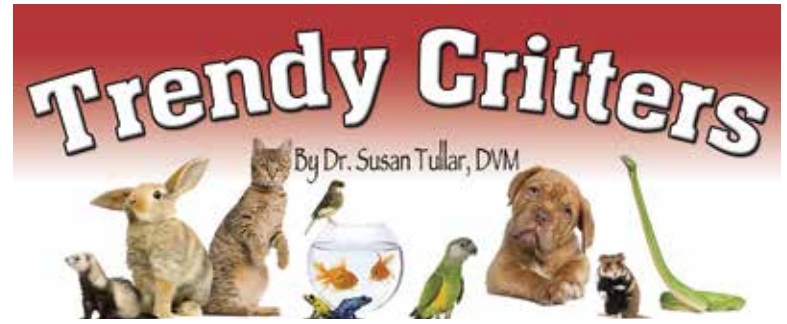
Survey's conducted last fall in the central and southern parts of the state showed lower than normal tick populations which we can hope will translate into lower than normal populations this spring, however, it would be premature to let our guards down.

So what do we do with this information? It really boils down to vigilance and prevention. If you know you are going to be in an area with tall grass and brush, wear long pants and sleeves. Pale colors are best because it makes it easier to see the ticks. Tuck your pants into your socks, and your shirt into your pants. Then, when you get home, change your clothes and check for ticks on yourself, your kids, and your pets. When you follow these guidelines, most of the ticks you find won't have bitten you yet and you can get rid of them. Many of my clients carry pliers in their pockets for just this purpose. If one does bite you, the easiest way to remove them is with tweezers. Grip the tick by the head and use slow gentle pressure. Oth-

er tactics that can help are to keep your lawn mowed, and keep any paths in the woods or through fields that you manage wide enough so that you can walk them without brushing the vegetation.

For more information Extensions entomologist Alan Eaton has put together an information webpage which

includes links to a factsheet and other information on these and other species of ticks in New Hampshire, along with more information on the diseases they can carry. He has also created a video on protecting yourself from ticks and an educational rap that he often performs for his students and colleagues. Well worth a visit!



Ducks make entertaining, interactive, vocal and busy pets that can form strong bonds with their owners. They spend their time looking for food and swimming. They should be housed on straw, hay, peat moss or sand. Concrete should be avoided due to risks of developing bumblefoot, a crippling foot infection.

Diets for ducks can consist of commercial pelleted diets that meet their various needs and life stages. Most species are omnivores and will forage for fresh grass-

es, leaves, stems, flowers, roots and seeds of aquatic plants, garden snails, slugs, worms, night crawlers and bloodworms. Uneaten food should be removed daily and unlimited access to clean water should be provided at all times. Because ducks are very messy, they benefit from extra filtration in their pools or ponds.

Most ducks may be identified as male or female by about 6 weeks of age. The females quack loudly while males make a soft, muffled, hoarse sound. Male ducks, or drakes, will grow a curled tail feather when they mature. One male should be housed with multiple females to alleviate breeding pressure on the females. Ducks breed in the spring and early summer with egg laying subsiding by fall.

Proper care for these entertaining animals will lead to a long healthy life of up to 10-15 years. Consult with your veterinarian if you have any concerns about foot swelling, wounds or respiratory problems as these can all lead to poor quality of life and a shortened life span.

Volume 8 Number 15

May 2, 2017

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

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Thank you for your understanding.

**TRENDY TIMES**  
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# Seasonal Allergies

by Melanie Osborne

If it seems that your allergies are a lot worse in recent years, you may be right. Allergic reactions are multiplying, manifesting themselves not only as common symptoms of sneezing, headaches and rashes, but also as changes in personality and emotions. They are an unrecognized cause of many modern illnesses. The substances that cause allergies are called allergens. They can stem from almost anything, but the most common allergies are grass, pollen, dust, certain metals, some cosmetics, lanolin, hair and dander from some animals, insect bites or stings, some common drugs, some foods, and some chemicals in soaps. Most allergens produce clogging and congestion as the body tries to seal them off from its regular processes, or tries to work around them. Extra mucous is formed as a shield around the offending substances, and we get the allergy symptoms of sinus clog, stuffiness, hay fever, headaches and watery, puffy eyes. Sometimes the body tries to throw this excess off through the skin, and rashes, fever blisters, abscesses or a scratchy sore throat occur.

In most allergic reactions, the immune system misidentifies a substance, or can't identify a substance (usually a chemical), as an invader. Your white blood cells overreact in either case, and the allergic response becomes a disease in itself. Common responses are asthma, eczema, hay fever or severe headaches. Research on the immune system shows that allergy-prone people produce an over-abundance of certain complex proteins

known as antibodies. These in turn, trigger special cells known as mast cells that release inflammation-causing chemicals throughout the body. These chemicals, called histamines and leukotrienes, must be either neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Herbal suggestions for allergic reactions include:

**EYEBRIGHT HERB:** (Euphrasia Officinalis), An anti-bacterial and astringent herb, effective in maintaining the health of the optical system; also a specific anti-catarhal for sinusitis and other congestive states. Primary Uses: as a specific in a decongestive allergy formula; as part of a liver cleansing and stimulating formula. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**BAYBERRY BARK:** (Myrica Cerifa), Bark of the Root. A strengthening hormone balancer particularly for female organs; astringent activity for venous congestion, particularly for mucous membranes. Primary Uses: as a gargle for sore throat, and relief of sinus and adenoid problems; with other spices, as part of an effective natural tooth powder. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**NETTLES LEAF:** (Urtica Dioica), A specific in mucous cleansing formulas for asthma relief and lung congestion; to check hemorrhage of the uterus, nose, lungs and rectum; as rich organic mineral nourishment in

arthritic and rheumatic pain formulas; externally, to clean wounds and ulcers; for childhood eczema and diarrhea. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D & E.

**OSHA ROOT:** (Ligusticum Porteri), An important native American anti-viral, with broad spectrum immune stimulating properties in overcoming pathogenic agents; also effective as a circulatory aid in lowering blood pressure. Primary Uses: as an important part of an immune stimulating tea; as part of a combination to overcome flu and other viral infections. Excellent remedy for sinus infection, relieves congestion almost immediately; as part of a blood balancing formula for circulation. **STRONG BUT SAFE FOR CHILDREN AND PREGNANT WOMEN.**

*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. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.*



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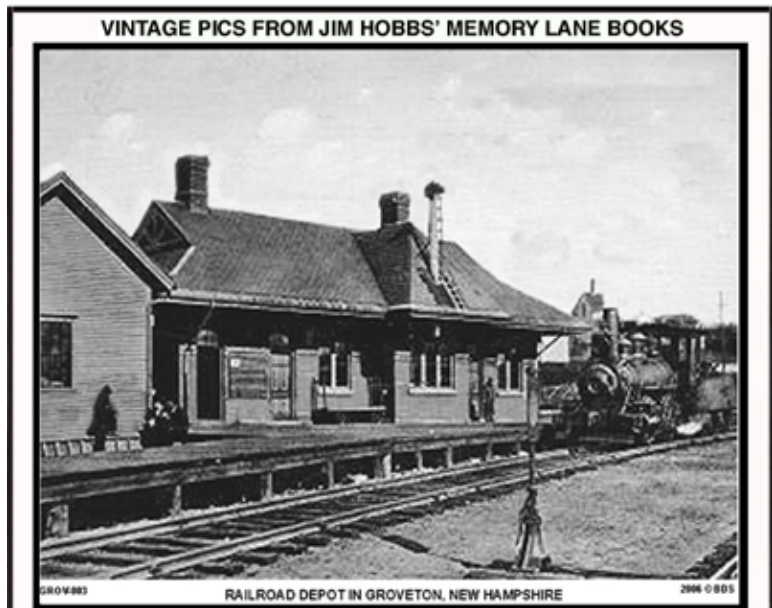
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If you would like to reach Ronda, you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com)

## Elsie's German Spiced Crumb Cake

*Editor's Note: Though Ronda is not yet back in her kitchen whipping up some new taste treats, we continue to find some very timely, and tasteful bits from the past. I hope you enjoy this one as much as those who have tried it. (This recipe first appeared in May 2010).*

One of the few things I enjoy as much as making a good recipe, is reading a good book, and today, my friends, I offer you both. I recently finished "The Baker's Daughter", by Sarah McCoy, an historical novel set in Germany during the final year of WWII, amid the collapse of Hitler's empire. The premise of the novel is structured around a 16 year-old girl, Elsie, who manages to hide a young Jewish boy slated for execution, in her room above her parent's bakery, whilst being simultaneously being engaged to a rather high-ranking officer in the Third Reich. Flash forward to 2007, and several subplots later to Texas, where a now elderly Elsie and her daughter run their own very successful bakery. When a local reporter is sent to do a feel-good story about German Christmas traditions, she instead discovers a much more meaningful and disturbing history, and ultimately becomes fast friends with Elsie and her daughter. At the culmination of the book, there are a dozen recipes for absolutely scrumptious sounding

desserts, and this Crumb Cake is one of them. What initially caught my interest is the very unusual manner in which this cake is put together...not at all like any cake I've ever made. Who knew if it would really produce an edible cake? The recipe calls for buttermilk and hazelnuts, and I never have either of those things on hand, but I did have some walnuts, and I knew if I clabbered whole milk with a little lemon juice, that would take care of the buttermilk issue. I cut their recipe in half (after all, if it turned out to be a disaster, I'd rather have a small amount of disaster to dispose of, than a large one!) and proceeded per the instructions given. It was pretty darn easy, with no mixer required, and a short list of ingredients. Soon, my kitchen was redolent with the wafting odors of cinnamon, sugar and toasting nuts, smelling much as I imagine a German bakery would. When the cake cooled, I was able to cut it into neat squares and slide it out of the pan. It made a great dessert for dinner, but was even better the next morning with coffee! What a simple coffee cake to mix up for a brunch or to bring to work to serve for that mid-morning break...your co-workers will sing your praises! So there you have it: A book review AND a recipe review, all in one; how's that for efficient reading?!

1-1/2 cups all-purpose flour  
 1/2 cup sugar  
 1/2 cup light brown sugar, packed  
 1/2 teaspoon cinnamon  
 1/2 cup (1 stick) butter, softened to room temp.  
 1/2 cup chopped nuts (the recipe says hazelnuts, but I used walnuts)  
 1/2 cup whole milk, room temp.  
 1 teaspoon lemon juice OR cider vinegar  
 1/2 teaspoon vanilla  
 1/2 teaspoon baking soda  
 1 large egg, room temp.

Preheat oven to 325°F.

In a medium bowl, combine the flour, white and brown sugars, cinnamon, and salt. Add the softened butter and using your hands, mix and rub until everything is well mixed and crumbly. Scoop out 1/2 packed cup of mixture and set aside.

In a small bowl, combine the milk, lemon juice (or vinegar), vanilla, and baking soda. Add the egg and whisk it well. Pour the wet ingredients into the dry ingredients and whisk it until well combined and no lumps remain. Pour into a well greased (I used Pam) 8X8 pan. Combine nuts with the reserved crumble mixture and sprinkle over the top of the cake. Bake for 40-45 minutes, until cake tests done. Allow to cool on a rack before cutting into squares to serve.

### NOTES:

- If you have buttermilk, you can use that in place of the milk and lemon juice.
- You can double this recipe, by baking it in a 9X13X2 pan.
- Instead of walnuts, try pecans or sliced almonds.

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## New Hampshire Magazine Names Local Business "Best of NH 2017"

Polly's Pancake Parlor has been selected by the readers of New Hampshire magazine as Best of NH 2017 for two categories, Breakfast Place White Mountains, and Pancakes. The winners will be celebrated at the Best of NH Party on Thursday, June 15 at Manchester's Northeast Delta Dental Stadium from 6:30 p.m. – 9 p.m. Proceeds from the event's ticket sales will benefit Stay Work Play. For the third-year Polly's Pancake Parlor will be presenting their famous pancakes at the party.

The stadium, home to the NH Fisher Cats baseball team, has recently undergone a major facelift--and that's not all that's new. "This is our first year partnering with Stay Work Play," notes New Hampshire Magazine Editor Rick Broussard, "and the relationship is bringing lots of fresh energy to the party." Broussard says the mission of the Best of NH dovetails perfectly with that of Stay Work Play. "It's all about spreading the word about what Guests at the party will stroll the concourse and sample food and drink



from more than 60 Best of NH winners from all around the state. The evening ends with a not-to-miss fireworks display. "It's a perfect finale for an evening that sizzles with great food and fun," says Broussard.

Plus, there will be prizes! One lucky party-goer will have the chance to win an all-inclusive week's vacation for four at Squam Lake, Provided by RDC Resort. One ticket buys attendees the complete BEST of NH experience. To guarantee tickets, log on to [www.bestofnh.com](http://www.bestofnh.com). To ensure the best experience, only a limited number of tickets will be available to this grand celebration.

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