

A FREE PUBLICATION

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TRENDY



TIMES

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JUNE 13, 2017 VOLUME 8, NUMBER 18

## Beer Festival to Raise Funds for Life is Good Children's Foundation

LOON MOUNTAIN, NH Tickets to the New England Brewfest, one of the most popular annual beer festivals, taking place Friday, June 23-Sunday, June 25, are on sale on the event's official website [www.newbrewfest.com](http://www.newbrewfest.com).

Located at the foot of scenic Loon Mountain, the New England Brewfest features three days of a unique blend of beer-infused social events, educational workshops and its signature Saturday Night: ON TAP tasting event.

Western White Mountains Chamber of Commerce, which is producing the event for its 13th year, also released a preliminary list of 30 participating breweries: Angry Orchard Hard Cider, Brooklyn Brewery, Hidden Moon Brewing, Magic Hat Brewing Company, Nauti Seltzer, One Love Brewery, Samuel Adams, Sebago Brewing Company,

Shipyards, Smuttynose Brewing Company, Switchback Brewing Company, Traveler Beer Company, Wachusett Brewing Company, Woodchuck Cider, Bolton Beer Works, Henniker Brewing, Moat Mountain and Bad Lab Brewing Company.

Life is Good Kids Foundation (LiGKF) was named the event's official charity partner. The mission of The Life is Good Kids Foundation is to spread the power of optimism to help kids heal. Visitors to the official New England Brewfest website will have the opportunity to make donations of any amount to LiGKF.

Beer aficionados, industry professionals and travelers enjoying a weekend getaway in New England will sip and savor brand new brews and seasonal favorites. Tickets are sold separately for each of the weekend events:

### Friday June 23, 2017

Cafe Lafayette Craft Beer Train (\$75) - 2-hour train ride

along the Pemigewasset River features a selection of locally sourced dishes, each paired with a craft beer.

One Love Brewery Beer Pairing Dinner (\$65) - Beer-centric menu offers a series of stationed-pairings.

### Saturday June 24, 2017

ON TAP at the New England Brewfest (\$40) - Includes admission, event t-shirt, official tasting glass, all beer samples, live music, and on-site parking. General admission begins at 4pm; VIP ticket (\$60) offers early entry at 3 pm. Event ends at 8pm, and shuttle bus transportation will be available to select lodging properties.

New England Brewfest Seminars (\$45) - A unique learning opportunity from 10am to 1pm.

### Sunday June 25, 2017

Brewers Brunch (\$35) - Breakfast buffet at the Mountain Club on Loon at 9:30am, with an opportunity to meet brewers from around New

England and learn more about them.

Believing Brewers (\$8 gondola tickets to mountain-summit service available at Loon Mountain Sports by requesting "church ticket") - Hosted by Loon Mountain Ministry.

An array of lodging packages to suit a range of budget needs can also be booked via the New England Brewfest website. Special ticket, meal and lodging packages are being offered by local spa resorts, condominiums, lodges and economy-priced hotels.

For more information, to buy tickets, reserve lodging, or to make a donation to LiGKF, please visit [www.newbrewfest.com](http://www.newbrewfest.com). ; Attendees at all Brewfest events must be 21 years old, ID required.



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# TRENDY Dining Guide

## Bliss Village Store

By Gary Scruton

I have mentioned in this column before that there are many ways to define an eatery. There are fancy spots, fast spots, every day spots, and simply good food spots. Due to this column my wife, Janice, and I have been able to visit, and eat, at many of these establishments. (Yeah, it's tough work, but somebody's got to do it).

For this issue we traveled into the village of Bradford and one of the long standing businesses that has served the needs of multiple generations of local residents as well as visitors. From the outside the Bliss Village Store has the look of a long standing part of the community. Once

you step inside and walk around the corner to the deli you find one of the reasons it has been around so long. The deli case has plenty of slice-able meats and cheeses, plus there is always a nice selection of ready to eat meals that you can purchase by the pound or by the serving. There is also a grill behind the counter and a nice menu of items from sandwiches to pizza along with several varieties of ice cream.

The night we headed to Bradford we took a friend with us, so there were three meals all together, and as usual we all ordered something different. Our friend Kathy ordered a bacon cheeseburger and sweet po-

tato fries. Janice decided on a roast beef sandwich and an order of regular fries. My decision was made easier by one of the signs on the front of the deli counter. It mentioned a special of a lobster roll with french fries and cole slaw. Once we placed our orders we walked over to one of the many glass fronted coolers in order to pick out our drinks for the meal. Janice and I grabbed some nice iced tea while Kathy went with a simple bottle of Poland Springs water (she ended up getting a second bottle before we left).

The dining area at the Bliss village Store is not anything fancy. A couple of booths and a couple of tables sit in a room with a nice

big window overlooking the Bradford Golf Course and the White Mountains of New Hampshire in the distance. Not a bad view at all on a nice early June evening.

When the meals were ready the gentleman behind the deli counter brought them all out together to us along with forks for all and a squeeze bottle of ketchup. No fancy wait staff just pleasant service.

When the food did arrive we, as usual, were not disappointed at all. Kathy ordered her burger well done. Her comment was something like "I don't want any moo left in my burger". Though many places now highly recommend not ordering well done meats Kathy said that this burger was cooked all the way through but was still delicious, not dry, and just the way she wanted it. I should also mention that the burger was served on a Kaiser type bun and extended beyond the bun on all sides with bacon seen all around also. The sweet potato fries were also a hit for Kathy as they were nice and crisp on

the outside but moist on the inside. They quickly disappeared.

Janice's comments about her roast beef sandwich included "look at all that meat!" The wheat bread, lettuce and tomato slices topped with a dab of mayo made the perfect sandwich and the fries on the side were cooked and crispy without being dried out.

In regards to my lobster roll, it came on a hot dog roll that had all it could do to hold all of the lobster salad that was dished into this vessel. Along with the roll were some more of those wonderful fries, and a side of cole slaw. The slaw was, as is true in many spots, served in one of those white paper cups. I considered it a good tasting side without any of those unusual additions that can sometime surprise, and sometimes disappoint those who like it simple.

Over all the three of us enjoyed a good meal, a nice view, and a price \$31.19 that can keep anybody coming back on a regular basis.

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

June 13, 2017

Volume 8 Number 18

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# Winnepesaukee Scenic Railroad Readies For 94th Annual Laconia Motorcycle Week

Lincoln, NH – The Winnepesaukee Scenic Railroad will once again offer those wishing to attend activities during the 94th annual Laconia Motorcycle Week round-trip train service from their Meredith Station located at 154 Main Street to Weirs Beach and back on Saturday & Sunday, June 10 & 11, 2017, and again on Thursday through Sunday, June 15, 16, 17 & 18, 2017.

Trains will depart Meredith Station for Weirs Beach on Saturday and Sunday, June 10th and 11th, every hour on the half-hour starting at 10:30am through 4:30pm with return trips departing from Weirs Beach to Meredith every hour on the hour from 11:00am through 5:00pm.

On Thursday, Friday & Saturday, June 15, 16 & 17, trains will depart Meredith Station for Weirs Beach every hour on the half-hour starting at 10:30am and operating through 9:30pm with return trips departing from Weirs Beach to Meredith every hour on the hour from 11:00am through 10:00pm.

On Sunday, June 18, 2017, Trains will depart Meredith Station for Weirs Beach every hour on the half-hour starting at 10:30am through 2:30pm with return trips departing from Weirs Beach to Meredith every hour on the hour from 11:00am through 3:00pm.

Free parking is available



Train service from Meredith, NH to Weirs Beach, NH aboard the Winnepesaukee Scenic Railroad and back during Laconia Motorcycle week provides event-goers with an opportunity to avoid the traffic congestion along Route 3 and take advantage of free parking at the Meredith Station at the same time.

at the Meredith Station for those wishing to take the train to Weirs Beach and back during the 94th annual Laconia Motorcycle Week. Tickets for the round-trip train service from Meredith to Weirs Beach and back are \$20.00 per person, while ages 2 and under ride for free.

Please note that the Winnepesaukee Scenic Railroad will no longer be offering train service from Lakeport, NH to Weirs Beach and back on Friday and Saturday during Laconia Motorcycle Week as they have in previous years.

The Winnepesaukee Scenic Railroad station is conveniently located just off Route 3 at 154 Main Street in Mer-

edith, NH, while the Weirs Beach ticket booth is conveniently on the Boardwalk at 211 Lakeside Avenue across from the arcades, just off Route 3. Trains at the Winnepesaukee Scenic Railroads operate rain or shine during the 94th annual Laconia Motorcycle Week and all excursions are round-trip.

For more information regarding train schedules for the 94th annual Laconia Motorcycle Week June 10-18, 2017, visit [www.HoboRR.com](http://www.HoboRR.com) or call 603-745-2135.

# Concert Debut of White Mountains Camerata

“It’s not every day the North Country sees a brand new locally-based musical ensemble,” says Victoria Cole, Music Director of the new community chamber choir, White Mountains Camerata. “This is a project I’ve thought about for some time, and finally in March, I just decided to start. We have quickly grown. It’s very exciting.”

The Camerata fills a hole in the local music scene. “The North Country Chorus out of northern Vermont has been doing the standard large-chorus repertoire for many years” said Cole. “And Pine Hill Singers does the women’s chorus stuff. But no one is offering the mixed-voice chamber-size choral repertoire. We have about 20 singers right now. I’m hoping for around 28 total. Eventually, this is the size group that would sing the cantatas of J.S. Bach, for example, or much of the repertoire written by the great German Romantic composers like Brahms and Schumann who wrote extensively with this size group in mind.”

The first public outing for this brand-new ensemble will be on Thursday, June 22

at 7:30 pm at All Saints Episcopal Church. The Debut Concert is free and open to the public. Pianists Joseph Hansalik and Robert Wilson are collaborators

“This is more of a musical soiree— it’s a bit of a potpourri then we will usually do. We have pieces by Morley, Brahms, and Charlie Chaplin all in the mix. At the beginning of every artistic endeavor there’s a period of trying things out to see what fits. At least right now we are an amateur, non-auditioned group so I just picked out six short pieces and we’ve worked to refine these and had some fun singing rounds and working on building skills and confidence.”

The Camerata will be joined by guest soloists April Streeter, mezzo-soprano and Emma Strange, soprano. “These are two very young very talented singers from northern Vermont. It’s a pleasure to offer them an audience.”

A gala reception follows the Concert. Free Admission.

Questions? Call Victoria Cole, Music Director at 603-728-7022. Email: [victoria.cole1@gmail.com](mailto:victoria.cole1@gmail.com)

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## Budget...Not a Slam Dunk!

The deadline for the NH House of Representatives to finalize a budget proposal for legislative approval and submission to Governor for the upcoming biennium is fast approaching. Republicans, who control the legislature and the corner office, are struggling to reach a compromised budget. For the first time in years, the House failed several months ago to approve and forward the budget to the Senate. This left the task of developing the next state budget to the Senate. The Senate has since constructed a \$11.8 Billion state budget, but that document and its bottom line is causing heartburn for some who are threatening to scuttle the proposal.

House Republicans are divided on the budget issue. A small contingent of House members have formed a group called the "Freedom Caucus," which is very similar to the conservative counterpart in Washington. Several months ago, this group joined a majority of Democrats in voting down the original House budget proposal that should have been sent to the Senate. Freedom Caucus members wanted to further cut the already lean budget, while Democrats opposed the budget for opposite reasons. Together the divergent perspectives voted to reject the House position. The Senate has since developed and forwarded their proposal to the House. As of this writing, House leadership is reworking the Senate's version of the budget in hopes of attracting a majority necessary to move

the bill forward to the Governor. Democrats argue that the budget does not go far enough in providing assistance to those with mental illness, those requiring substance abuse intervention, and assisting children at risk of abuse. Further, the minority questions revenue cuts that Republicans are seeking by reducing the state's business profits and enterprise tax rates. Others, Republican and Democrat, have concern that the Senate's budget does not contain the annual \$9 Million necessary to support full-day kindergarten. It is hoped that state support for full-day kindergarten will help offset funds raised currently by towns like Haverhill.

Governor Sununu presented a budget that contained full-day kindergarten, support for NH's opioid epidemic, funds for capital improvement projects, scholarship funding for post secondary education that will better support NH's workforce requirements, and more. All members of the House should come together and compromise on this critical issue. The many negative ramifications and fallout that may occur if the House fails again to pass a sensible, balanced budget could be devastating to the state. Governor Sununu and the citizens of New Hampshire deserve legislative support and a fiscally responsible budget.

Respectfully Submitted,  
NH Rep Rick Ladd, Haverhill  
Chairman, House Education

## Someone you should know... Lori and David Wright: Barnet Mountain Meats

By Marianne L. Kelly

Barnet, VT — Spring brings rain, flowers and bucolic mountain scenery. This April also brought Barnet Mountain Meats to the area.

"We have two smokehouses out back, my husband David and I have always raised pigs, and David has always smoked ham and bacon," said Lori Wright. She and David decided that they wanted to turn smoking meats into a business, but first they had to jump many hurdles to meet the very strict building and meat inspection requirements of the State of Vermont.

"My husband has always loved smoking meats, and I wanted to have something that I could do at home," said Lori, a former home health care nurse.

Her favorite part of her business is serving her customers, and "I actually don't mind doing the paper work at all," she said.

The state inspector discouraged them from working outside, and when he cited all the changes and building that would have to be done to be able to use the two smokehouses, they decided it was easier and more efficient to remodel a building on the property, bring it up to state standards, rather than David climbing up the bank in winter and hauling wood to smoke the meats. The new building is also safer and more convenient for the Wrights and their customers. "This is so much easier," said Lori.

The Wrights meats were so popular among family and friends. They realized they just might have a good retail operation, and decided to take the plunge. "We sometimes did custom work for people who raised their own pigs, but have not re-

ceived a lot of volume on that front yet," said Lori.

"We're keeping busy with the retail part of the business right now," she said, adding, "We've got quite a few stores selling our meat, and it looks like we may be getting more." At the moment Barnet Mountain Meats can be found in the Newbury Village Store, Marty's 1st Stop in Danville, and CC in Barton, and most recently all three White's Markets in St. Johnsbury and two in Lyndonville respectively. "We just ordered a new and larger machine to accommodate all the vacuum packing that we must do."

"Right now," said Lori, "We just have our apple tree smoked bacon, and are going through HAACP (Hazard Analysis & Critical Control Point) program. After 90 days, if we pass the inspection, we will add smoked sausage." They plan on offering maple breakfast sausages to start, "then go through all our recipes and add one at a time. We will not offer links, but will shape the sausages into rounds and patties so they can more easily be used for spaghetti and other sauces," said Lori. They expect to have the sausage available in late summer or fall.

They also are looking forward to offering ham at some point. "We have to do one product at a time, so we can make sure everything is done properly, including all the lab tests required for meat and recipes. The labels will be full disclosure so everyone knows exactly what's in our meats. We will specialize in bacon, sausage and ham."

"We get all our meat locally through PT Farm in No. Haverhill. They deliver boneless, skinless pork bellies for the bacon. We put



them in brine, and smoke the meats on Wednesdays and Thursdays, then slice and wrap and everything is ready for the store and our customers. We weigh them several times before final packaging."

"We have three grades of bacon," said Lori. "A" is the very best, which is the thickest slabs of bacon. "B" is good but not as perfect as "A". Size might be different, there might be a bit more fat. It's all perfect, just a bit irregular. "C" are ends." The prices reflect the grade. Best is \$7.25 lb, average \$6.75 lb. ends are \$6.00 lb.

They have advertised on radio station 101.5 in St. Johnsbury, the Caledonian Record, the Bridge Weekly and Trendy Times to introduce their new business to the area.

Apparently the radio and print advertising are bringing new people to their door. It is not unusual to hear "I heard it on the radio, or saw it in the paper," noted Lori.

Lori is currently promoting her bacon through Pete and Jerry's Organic Eggs and Marty's 1st Stop. Buy 1lb. Of bacon at Marty's 1st stop and Pete and Jerry's will give you one dozen large organic eggs, while supplies last.

Visit Lori at Barnet Mountain Meats Tuesday through Saturday from 9-5. There is a flag outside the building to welcome you.

For more information call (802) 633-2502.

Lori and David Wright are delightful and knowledgeable, and people you should know.

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# World Premier Performance Opens Old Church Theater Season

by Gary Scruton

Another season has gotten off to a great start at Old Church Theater in Bradford. The first production of the year "One Night in the Valley" was also a world premier for this complete performance. Combined, these two facts led to some well attended performances for this amateur group of actors and other volunteers.

This is not the first time that a world premier has happened at Old Church Theater. Playwright Tony Sportiello also wrote and premiered at OCT "Second Chance" which went on to play in Dallas and London. Due to some scheduling issue the playwright was unable to show up for opening night of this production, but instead showed up for the second Friday night of the performance. Many other people also showed up that night at this local gem.

The performers, as well as the director, were not first timers however. Though a couple of the cast were making their debut at OCT they already had plenty of experience playing in front of audiences at other theaters. The remainder of the cast, and director Diane Chamberlin, are familiar names and faces at OCT. And it showed!

The play was billed as three separate stories all happening at the same time, but in different homes around the San Bernardino Valley. The challenge given to the crowd was to figure out what they all had in common and therefore how they were tied together.

Another billing for this performance was that there was some "adult" language. I will tell you that yes there were some lines that one could not say on TV, but it was by no means overwhelming, and seemed to be placed in appropriate times without any great fanfare. To me this goes to the credit of the playwright for well chosen words, and to the actors for using the words written as they were intended.

At the conclusion of the Friday, June 9 performance the playwright took questions and made comments which gave all that were in attendance a unique perspective to the play we had just seen. It was at this time that we learned that two of the three portions (the chess game & the marriage) of the play had been written and performed previously. The difference was that they were performed as stand alone, one act plays. It was not until the third portion (the opera singer) was added, and a few revisions were written in, that this became a "full evening" of entertainment.

Regarding the challenge to the audience of deciding what the catch was to pull all three stories together, it was, like any good mystery, not revealed until late in the play even though there were certainly plenty of hints along the way.

Though I have enjoyed many seasons of being a member of play audiences, I can not recall a performance where all the actors (with one exception) were on stage all the time, whether acting or not. In fact all these

actors probably spent more time sitting or standing still in the dark, than they spent under the spotlights. This was done by quickly changing from one scene to the next with the simple turning on or off of certain lights. This is not to say that the performance was choppy. Just the opposite. It moved along smoothly and flawlessly as the performers picked up where they left off the last time their lights were up.

One of the other interesting aspects of this play is that the author stated that on his way back to New York he planned on writing in some revisions. That means that this play will never be performed the same ever again. Mr. Sportiello certainly enjoyed this performance but made the statement that it's "impossible to know what you have" until you actually see it performed. Now that he has, he has some fine tuning to make it even better.

The people of Old Church Theater should be proud of what they presented on opening weekend. The one issue is that the bar has been set high for the remainder of the season. I look forward to seeing this troupe reach those heights.

# Local Student To Attend 73rd Session of ALA Granite Girls State

Devin Foley, who attends St. Johnsbury Academy has been selected by the American Legion Auxiliary Ross-Wood Unit #20 to attend ALA Granite Girls State. Devin will meet approximately 100 other students from communities throughout New Hampshire also selected to attend Granite Girls State.

ALA Granite Girls State is a mythical state patterned after the State of New Hampshire and follows New Hampshire government procedure as closely as possible. It is a program of the American Legion Auxiliary and is for High School girls that have completed their junior year of High School. These young ladies will learn first-hand how the State of New Hampshire and their local town and city governments work. The girls will elect their own town, city, county and state officials. They will have a chance to act out a typical city, town and county meeting. They will receive knowledge of the two-party system, hold a caucus, hold Primary

elections, a convention rally and General Legislative sessions. They will have their own legislature where they introduce, debate and make their own bills.

ALA Granite Girls State is being held at St. Anselm's College located in Manchester, New Hampshire week of June 25th - June 30th, 2017. These young ladies will spend an intense week of study, working together as self-governing citizens. The American Legion Auxiliary selects these young women and find sponsors to help pay the cost.

Two of these young ladies will be selected to go to Washington, DC to represent New Hampshire at ALA Girls Nation. They will be among about 100 girls selected nation-wide to represent their state. While there, they will learn about the Federal government, possibly meet President Trump, and the Senators and Representatives from New Hampshire and visit several of the memorials, including Arlington Cemetery.

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

June 13, 2017

Volume 8 Number 18

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**It's Time To Register For the 4th of July Parade in Woodsville/Wells River**

**CASH Prizes: FREE Registration.  
2017 Theme: Peace-Love-Freedom**

**Woodsville/Wells River Area 4th Of July Committee**  
P.O. Box 50, Woodsville, N.H. 03785

**REGISTRATION FORM** Number: \_\_\_\_\_

Commercial/Business Entry

Non-Profit/Organization/Family Entry

Non-motorized Vehicle/Bicycle, etc.

Band

Motorized Vehicle Car, Tractor, Etc.

Other

Color Guard  
 VFW  
 AL  
 Other

Contact Person \_\_\_\_\_ Tel. No. \_\_\_\_\_

Name of Unit \_\_\_\_\_

Home Town of Unit \_\_\_\_\_

Brief Description (For Announcer)  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The parade steps off at 11 AM on Tuesday, July 4th. All entries should be checked in by 10 AM. For further details, contact Parade Chairman Steven Strout at 603-747-2878

# Calendar of Events

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

## TUESDAY, JUNE 13

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

## WEDNESDAY, JUNE 14

MONTHLY MEETING - ROSS-WOOD  
POST #20 AMERICAN LEGION  
6:00 PM  
7:00 PM ANNUAL FLAG BURNING CEREMONY  
American Legion Post, Woodsville  
See Ad on Page ???

## THURSDAY, JUNE 15

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

## FRIDAY, JUNE 16

ALL-YOU-CAN-EAT SPAGHETTI DINNER. T  
5:00 - 7:00 PM  
American Legion Hall, 37 Main Street, Ashland

## SATURDAY, JUNE 17

STRAWBERRY FESTIVAL & FLEA MARKET  
First Congregational Church, Haverhill

## FATHERS DAY OXEN PULL

10:00 AM  
North Haverhill Fairgrounds  
See Ad on Page 8

## (NOT SO) ELEMENTARY, MY DEAR WATSON.

1:00 p.m.,  
Joseph Patch Library, Warren  
See Article on Page 9

## A COUNTRY AFTERNOON TEA

2:00 PM  
Sugar Hill Meetinghouse

## CAMERA! LIGHTS! ORAL HISTORIES! RHU-BARB!

6:30 p.m.  
Fellowship Hall, Lower Waterford Road See  
Article on Page 9

## SUNDAY, JUNE 18

FATHER DAY HORSE PULL  
10:00 AM  
North Haverhill Fairgrounds  
See Ad on Page 8

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

## TUESDAY, JUNE 20

DOCUMENTARY FILM: HUNGRY HEARTS  
7:00 PM  
Wells River Congregational Church  
See Ad on Page 17

## "COVERED BRIDGES OF NEW HAMPSHIRE"

7:00 PM  
Alumni Hall, 75 Court St., Haverhill Corner.  
See Article on Page 9

## THURSDAY, JUNE 22

WHITE MOUNTAINS CAMERATA  
7:30 pm  
All Saints Episcopal Church, Littleton  
See Article on Page 3

## SATURDAY, JUNE 24

4TH ANNUAL WELLS RIVER PICNIC  
9:00 AM/Flea Market thru 1:45 Ice Cream  
Elizabeth Berry Park, Rourt 5 South, Wells River

## Wells River Community Picnic

9:00 AM  
Berry Memorial Field, Wells River  
See Article & Ad on Page 8

## TAG SALE

9:00 AM - 2:00 PM  
St. Luke's Episcopal Church, Woodsville  
See Ad on Page 7

## VANISHED VETERANS

2:00 PM  
Bath Historical House, 15 Lisbon Road, Bath  
See Article on Page 9

## PULLED PORK, BRISKET SUPPER

5:30 - 7:00 PM / Newtown Military Band 7:00 PM  
United Congregational Church of Orford UCC

## SUNDAY, JUNE 25

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

## JEREMIAH INGALLS SINGERS

3:00 PM  
Old Goshen Church, Bradford

## MONDAY, JUNE 26

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

## TUESDAY, JULY 4

WOODSVILLE/WELLS RIVER PARADE  
11:00 AM  
Central St., Woodsville - Main St., Wells River  
See Page 5 for Ad

## 4TH OF JULY BBQ

3:30 - 6:30 PM - Adults \$6/ Children \$4  
American Legion Post #83, Lincoln

## AAaron Audet Band

6:30 - 8:00 PM  
Fairlee Town Common

## FRIDAY, JULY 14

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

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
American Legion Post 30, Rt. 5, Lyndon

## SUNDAY, JULY 23

THE TABOR VALLEY SINGERS  
3:00 PM  
Old Goshen Church, Bradford

## SUNDAY, AUGUST 6

ANNUAL OLD GOSHEN CHURCH MEETING  
2:00 PM  
Old Goshen Church, Bradford

# 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  
**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  
**June 13**  
Nifty Needlers @ 9:00  
Working w/Clay @ 1:00  
**June 14**  
Beading/Jewelry @ 9:00  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Eyeglass Care @ 11:30  
Bingo @ 1:00  
Mahjongg @ 1:00  
**June 15**  
Art Class w/ Barb @ 9:00  
Diabetes Talk @ 12:15  
Cribbage @ 12:30  
Line Dancing @ 12:45  
**June 16**  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Cone Wreath Craft @ 1:00  
Tai Ji Quan @ 2:00  
**June 19**  
Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30  
MS Support @ 1:00  
Tai Ji Quan @ 2:00  
**June 20**  
Nifty Needlers @ 9:00  
Working w/Clay @ 1:00  
**June 21**  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Bingo @ 1:00  
Mahjongg @ 1:00  
June 22: CLOSED  
June 23: CLOSED  
June 26: CLOSED  
June 27:  
Nifty Needlers @ 9:00  
Frame Craft w/Bob @ 1:00  
**June 28:**  
Bone Builders @ 9:30  
Writer's Group @ 10:30  
Eyeglass Care @ 1:00  
Mahjongg @ 1:00  
**June 29:**  
Art Class w/ Barb @ 9:00  
Cribbage @ 12:30  
Line Dancing @ 12:45  
Painting on Slate w/Kim @ 1:00  
**June 30:**  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Cone Wreath Craft @ 1:00  
Tai Ji Quan @ 2:00

## Groton Free Public Library News

Our Expanding Solar System: Astronomy & Myth. Friday, June 23 at 4pm. Family-friendly & free! Come learn about the newly discovered planetoids in our far solar system, as well as the indigenous creator gods and goddesses for whom they are named! We'll also consider a different answer to the question: Is Pluto a planet? Pencils & crayons will be on hand, along with the new Planetary Gods & Goddesses Coloring Book. Program led by Kelley Hunter, Ph.D., a longtime astrologer, mythologist & stargazer.  
Book Discussion: Monday, June 26 at 6:30pm. Join us for our next book group gathering to talk about "The Road Home," a novel by Rose Tremain. Copies of the book are available to loan from the library. New folks always welcome!  
Meet Our Town Trucks! Wednesday, June 28 at

10:00am. We all love trucks & the folks who drive them, and now you can spend a morning in the driver's seat! Meet our local crew who keeps our roads safe, and find out more about their job, tools, & trucks. Hosted in the Library parking lot, so please plan to park your own vehicle at another lot nearby.

Crafts & Conversation: Every Wednesday from 1-3pm. Stop in or stay a while during this friendly DIY craft and conversation time. All levels of crafty folks welcome to share tips, ideas & good cheer!

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) Sat (10-12).

## Orange East Senior Center

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

No Strings Attached will be playing music on Friday, June 23 starting at 11:00 a.m.

The Orange East Senior Center will be closed on Monday, July 3 and Tuesday, July 4 in observance of Independence Day

Tai Chi class is on Wednesdays at 10:30 a.m. instructed by Ursula Austin who is certified on Fall Prevention Tai Chi.

The Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

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.m. until

5:00 p.m. This class is for all levels.

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

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

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

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

## Want to Connect to Other Readers?

### Join the Bath Book Club!

The Bath Library Book Club will be discussing "City of Women", by David Gillham, on Thursday, July 13th at 6 pm at the Bath Public Library.

On the surface, Sigrid Schröder is the model German soldier's wife, but behind this façade is an entirely different Sigrid, a woman of passion who dreams of her former Jewish lover, now lost in the chaos of the sec-

ond world war.

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

## Children's Summer Reading Program at Bath Public Library

Your children are invited to join Bath Public Library's Summer Reading Program and attend the fun programs and events we are planning for children preschool to 12. This summer's theme, "Build a Better World", explores all kinds of ways in preparing children for success by developing early language skills. The programs are free and open to children of all abilities.

The Bath Public Library cares about your children and has planned programs to keep them reading and learning all summer. Whether keeping track of the amount of time your children spend reading or the number of books they have read this summer, children who join the Summer Reading

Program keep their minds active and enter school in the fall ready to learn and ready to succeed.

Planned activities include: the Children's Museum of New Hampshire, a theatre group performing Beauty & the Beast, Maker-space Fun, a CLIF presenter and book giveaway, and a balloon artist & ice cream social - every Wednesday morning at 10:00, from June 28 through July 26. Come join the fun!

Stop by the Bath Public Library for a schedule of events and registration form for our 2017 Summer Reading Program. Contact us at bathlibrarykjb@gmail.com or call 747-3372 for more information.

### Senior Feet

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TAG  
SALE

Food  
Sale Too!!

Rain  
Or Shine

Saturday, June 24

9:00 AM - 2:00 PM

St. Luke's Episcopal Church  
Corner of Central & Church Street, Woodsville

## WE NEED MORE

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Movie DVD's

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June is the last month to bring in Summer  
items. Fall/Winter items accepted July -  
December. Full consignment guidelines  
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## Trendy Threads

9:30 to 5:00  
Wednesday - Friday  
1st & 3rd Saturday

171 Central St.  
Woodsville, NH  
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www.TrendyThreadsWoodsville.com

## 4th Annual Wells River Picnic Expands

Wells River Action Program has added several new events and activities to their annual community picnic and ice cream social to be held on June 24th. This year a flea market, food, children activities and music have been added. There are still some spaces available for the flea market, and registration forms may be picked up at the Baldwin Library or by emailing wrapwr@gmail.com. Forms and the \$10.00 registration fee are due June 16th.

You can again bring your own picnic or this year choose to purchase your picnic items -- hot dogs, soda, chips, lemonade and popcorn etc from on site vendors. Also new this year, Jazzy's Children Fund will provide a number of kid's activities, and Pam and the Rusty Rangers will provide music.

The Newbury Historical Society will host a Newbury version of Story Corps beginning at 11:00pm. Historical Society members will be on hand until 1:00pm to record personal short stories about an event or remembrance that occurred in Newbury, involved Newbury residents or has/had a Newbury connection. This can be something that happened last week or something that happen a few years ago or many years ago.

The Vermont Institute of Nature Science (VINS) will return with another Raptor Program. Sponsored by the Baldwin Memorial Library the program begins at 1:00pm. The day ends with WRAP serving ice cream at the conclusion at about 1:45pm.

The picnic is June 24th. The flea market will begin at 9:00am, music at 10:00, story corps, food, children activities at 11:00 and raptors at 1:00. The day ends with free ice cream at about 1:45pm. All events take place just south of Wells River Village at the Berry Memorial Field at 143 Main Street North.

The wider Wells River Community is invited to come enjoy our wonderful park, visit with some of your neighbors, enjoy a picnic, hear some music or a tell a story, or learn about raptors in an entertaining way, and have some ice cream. Attendees should bring their own chairs, blankets, pop-up canopies, non-alcoholic beverages and insect repellent and sun block.

Limited parking will be provided but the general public is encouraged to park in downtown Wells River and walk or bike to Berry Field.

For more information contact Pam Kinney at 802 588 -5038, Judith Sawyer at 802 588- 5020 or by email - wrapwr@gmail.com



**Robert's Thrift**  
**Pink Tagged Items 25¢**  
**Green Tagged Items 1/2 Price**  
**FATHERS DAY ONLY SALE:**  
**50% OFF EVERYTHING**  
 Daily Specials \* Every Day Something Different  
 Located Under The Post Office In Bradford • 802-222-5001

**4th Annual**  
**Wells River Community Picnic**  
**and Ice Cream Social**  
**RAIN or SHINE**  
**Saturday, JUNE 24th 9:00 AM – 2:00 PM**  
**Berry Memorial Field - 143 Main Street North**

**FLEA MARKET**  
**9:00 AM – 2:00 PM**

Music:: 10:00 AM - Noon  
 Pam and the Rusty Rangers

Kids Games -  
 Jazzy's Children Fund  
 11:00 AM – 1:00 PM

Baldwin Memorial  
 Library presents  
 VINS -  
 Raptor Nest Building  
 1:00 PM

Hot Dogs, Soda, Chips Etc  
 11:00 AM – 1:00 PM

Newbury Historical Society  
 Story Corps  
 11:00 AM – 1:00 PM



Bring your own picnic,  
 non-alcohol beverage,  
 blankets, chairs, pop-up canopy,  
 insect repellent and sun screen.

## Experience "Hot Blooded - The Foreigner Experience" at the 73rd Annual North Haverhill Fair

The schedule for the 73rd annual North Haverhill Fair is now complete. This family fair has gained a reputation for outstanding entertainment on the Thayer Stage as well as in the other venues. And they are all free with your paid gate admission.

The final piece to this year's schedule was "Hot Blooded - The Foreigner Experience" which will appear on Friday, July 28 at 8:30 pm on Thayer Stage. Songs like "Cold As Ice" and "Jukebox Hero" are just two of the iconic sounds that this band covers with an experience that will not soon be forgotten. This group will continue the recent string of top notch tribute bands that have been crowd pleasing, and entertainment fulfilling. Most seats for this concert are on a first come first serve basis, with room for you to bring your own chair, or find a seat in the bleachers.

On Saturday night, July 29, NH based Recycled Percussion takes over the stage with their unique style of musical performance. Again this concert is free with paid general admission.

Other music on Thayer Stage will include Wednesday night with the Decato-Sanborn Project performing their version of



Americana music. This band fills the air with music at 7:00 PM on Thayer Stage. This performance follows the Little Miss North Haverhill Fair competition that will showcase these young ladies talent and ability to answer a couple of questions.

Thursday night on the Thayer Stage will see the return of North Haverhill's Got Talent at 6:00 pm. Deadline for applications is July 21. Check the website for full details. Also happening on Wednesday and Thursday will be the return of "Minute To Win It". This gives those in the crowd the opportunity to step up and try to win prizes or cash for performing a small task in 60 seconds or less. It's great fun for those watching as well as those volunteering.

The final performance on Thayer Stage for the 2017 North Haverhill Fair will be the Mark Shelton Band and their Elvis Tribute. Mark is

well known in the northeast for his tribute shows as well as his life story. Again, all these shows are free with your paid general admission.

Another site with great action every day of the fair is the 300' clay pulling track. The action starts with the ever popular Demolition Derbies. Wednesday will feature the 6 & 8 cylinder demo derbies as well as the mini van division. The second night of collision clashes will be Friday with the 4 cylinder division plus the second year of the Power Wheels division for the younger set. Check out the fair's website for full details and rules.

A new event at this venue this year will be Thursday night's Log Loader competition. This event will bring in some new talent showing off what they can do with these familiar trucks and the equipment attached. The \$1,000 first prize purse is sure to kick up the competition a notch and should be great entertainment. Full rules for this event will be on the web site soon.

The entertainment does not stop there. Saturday has the long standing tradition of farm, antique and enhanced tractors pulling the transfer sled down the track. Then on Sunday the noise level goes up again when the 4x4 Truck Pull hits the track with doodlebugs and 2 wheel drive units being featured as well.

There is always something special happening at the North Haverhill Fair. Other events include daily animal pulling events, Woodsmen's Contest, Car Show, Horse Show, and the magic of Lance Gifford to make your visit worth the \$12 gate admission fee which gets you admission to all these shows, plus all the other displays. Children under 12 are still Free as is the parking.

If you are interested in hitting the Fiesta Show rides then check out the special on Wednesday, Thursday, Friday and Sunday. Again details can be found at www.nohaverhillfair.com



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## Vanished Veterans in Bath

BATH – Bath Historical Society is pleased to present George Morrison, “Vanished Veterans, NH’s Civil War Monuments & Memorials” on Saturday, June 24th at 2:00 pm at the Bath Historical house.

New Hampshire towns did not erect monuments to prior wars, but the emotional and family toll, unprecedented in American history, drove the decision to honor our local soldiers and sailors of the War of Rebellion. From Seabrook to Colebrook, Berlin to Hinsdale, along Main Streets and 19th-century dirt roads, in city parks and on town greens, in libraries and town halls, and in cemeteries prominent and obscure, George Morrison located, inventoried, and photographed the fascinating variety of New Hampshire’s Civil War memorials. He shares his discoveries, from the earliest obelisks, to statuary and artillery, to murals,

cast iron, stained glass, and buildings from the 1860s through the 1920s.

George Morrison earned a BA in History at the University of New Hampshire. He served for 27 years as a high school teacher. A long-time researcher of unpublished primary sources, Morrison has contributed to the work of numerous aviation historians and artists in several countries. He is a life-long photographer, historian, and motorcyclist. Morrison has already traveled over 18,000 miles in the course of researching monuments and memorials, an interest sparked by a puzzling 1918 monument inscription.

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

## Haverhill Historical Society’s Summer Lecture Series

Haverhill, NH – The Haverhill Historical Society has invited Glenn Knoblock of Wolfboro Falls, NH to present his program “Covered Bridges of New Hampshire” on Tuesday, June 20 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free, open to the public and the venue is handicapped accessible. Prior to the presentation the Haverhill Historical Society will hold its annual meeting beginning at 6:30.

Covered wooden bridges have been a vital part of the New Hampshire transportation network, dating back to the early 1800’s. Given New Hampshire’s myriad streams, brooks, and rivers, it’s not surprising that 400 covered bridges have been documented. Often viewed as quaint relics of a simpler past, they were technological marvels of their day. It may be native ingenuity and New Hampshire’s woodworking tradition that

account for the fact that a number of nationally-noted covered bridge truss designers were New Hampshire natives. Glenn Knoblock discusses covered bridge design and technology, and their designers, builders, and associated folklore.

Glenn Knoblock is an independent scholar and author of fifteen books and over 100 articles. He is also the author and historian on projects relating to Northern New England bridges, New Hampshire cemeteries, brewing history, and African-American military history. Knoblock has served as the main military contributor to Harvard and Oxford University’s landmark African American Biography Project. He holds a BA in History from Bowling Green State University.

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

## (Not So) Elementary, My Dear Watson: The Popularity of Sherlock Homes

On Saturday, June 17th at 1:00 p.m., the Joseph Patch Library in Warren welcomes Ann McClellan, professor and chair of the English Department at Plymouth State University, who will present (Not So) Elementary, My Dear Watson.

The recent spate of Sherlock Holmes movies, television shows, and literary adaptations indicate the Great Detective is alive and well in the 21st century. Holmes is the most portrayed literary

character of all time, with over 230 film versions alone in several different languages over the past century, Sherlockians created societies like the Baker Street Ir-regulars, wrote articles sussing out the ‘sources’ of Doyle’s works, and, most recently, developed an entire online world of Holmesian fan fiction. Sherlock Holmes is now a multi-million dollar industry. But why? Why is Sherlock Holmes so popular?

This presentation explores the origins of Arthur Conan Doyle’s famous detective and tracks his incarnations in literature, film, advertising, and modern media in order to crack the case of the most popular detective.

Free and open to the public, this program promises to enlighten and entertain. For more information, call the Joseph Patch Library at 764-9072.

## Camera! Lights! Oral Histories! Rhubarb!

WATERFORD - Curious about “the who” of the Davies Memorial Library?

Want to know what it was like growing up in the now-gone village of Upper Waterford on the Connecticut River?

Interested in how dairy farming used to be done in a milk house attached to an iconic red barn?

Come find out in the first public reveal of Waterford’s videotaped oral histories from such long-time residents as George Bullock, Geneva Powers Wright, her brother, Willard Powers, sister-in-law Patricia Wallace Powers, and Doris Carol Fuller Bonnett. Their stories are, by turns, funny and insightful, and capture an era that started to disappear with the construction of Moore Dam in the early 1950s.

Designed for anyone with a connection to or curiosity about the post-Revolutionary War town chartered in 1780, this benefit event includes a wide variety of delicious rhubarb desserts and refreshments.

Part of the on-going Welcome Home to Waterford series, this is the 3rd annual joint fund raiser between

Vermont’s youngest historical society and the Congregational Church’s Ladies Social Circle.

It is scheduled for Saturday, June 17, in the Fellowship Hall at the corner of Lower Waterford Road and Maple Street. Doors open at 6 p.m.; program begins at 6:30 p.m. The Maple Street door is handicap accessible.

Proceeds help the Waterford Historical Society’s associated costs for its on-going videotaping of oral histories and the Ladies’ steadfast goal to raise much-needed restoration funds for the historic building that opened for worship

in January of 1860.

Seating is limited to 90. Tickets are \$10 adults; \$5 for children under 12. To reserve a place (or a table for 10), please call WHS treasurer/secretary Roberta Smith: 748-0923 or Ladies’ member Carroll Campbell: 748-3455.

Can’t attend, but interested in making a tax-deductible financial gift to either worthy organization? You can send a donation to the: WHS at P.O. Box 56, Lower Waterford, VT 05848 or Congregational Church, P.O. Box 111, Lower Waterford, VT 05848.

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Bradford Conservation Commission is pleased to announce its award of the 2017 Friends of Wrights MT Scholarship to Oxbow High School Senior, Natalie Barton of Bradford. Eligibility requirements for this \$500 scholarship include evidence of community service, including the school and greater Bradford environment and pursuit of studies related to protecting our Natural Resources.

Natalie met all those requirements and more. At Oxbow, she developed a grant application and received \$3,500 in funding to plant apple trees and blueberry and raspberry bushes on campus, after selecting suitable sites for each variety. Getting approvals from the Oxbow Buildings and



Grounds Committee, Administration and School Board helped Natalie to engage in the process of a community endeavor.

Looking into the future, Natalie conceived the idea of engaging local 5th graders in the project with Ox-

bow 10th graders. Providing instruction in proper planting, Natalie's well-trained captains organized the elementary school students who completed the planting together. It was her long-range vision that when the 5th graders reached 10th grade, they would be harvesting the fruits of their labor.

The Friends of Wrights MT Scholarship is awarded each year to an Oxbow Senior who resides in Bradford and plans to pursue further studies related to the environment. The scholarship is seeded each year from the proceeds of the Bradford Conservation Commission's Annual Race to the Top, which is a National Trails Day Event held in the Wrights Mountain/Devil's Den Town Forest.

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Due to David's retirement and the impossibility of replacing him with another who has so much dedication knowledge, and experience, the Perry's Appliance store will close at the end of June.

Over the past 40 years, David says he has seen many trends and changes in the industry, some of which are repeating right now. "I remember when there were 4-5 stores in Bradford that sold appliances and another 20 stores in the surrounding area." All of those stores closed their doors succumbing to competition from big box stores and the demands of manufacturers who demand large orders and brand exclusivity. "That we were able to hold on this long is a testament to the loyalty of our customers and our reputation in the community. We were able to carve out a niche by providing quick delivery and rapid repair service." And though David would never say it himself, much of the credit belongs to him.

David has earned a well-deserved retirement and is looking forward to spending more time with his family and grandchildren. "Sailing has always been my passion so we plan to spend more time cruising along the New England coast during the Summer and Fall and then sailing our boat South for the Winter."



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The G. Hampton McGaw Chapter of the National Honor Society (NHS) at Woodsville High School held a car wash on Saturday, May 27th at Woodsville Elementary School. The organization raised over \$800 for the National Honor Society Scholarship Fund. Each year, the group awards 1-4 NHS Community Scholarships and 1-2 NHS Appreciation Awards.



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Not all Times are Trendy, but there will always be Trendy Times June 13, 2017 Volume 8 Number 18

# David Perry to Retire After 40 Years in the Appliance Business

Bradford, Vermont - David Perry, manager of the Perry's Oil Appliance Store in Bradford is retiring after 40 years with Perry's Oil. Due to David's retirement and the impossibility of replacing him with another who has so much dedication, knowledge, and experience, the Perry's Appliance store will close at the end of June.

David's history in the business and the community goes back over four decades. Having added propane delivery to their growing fuel oil business in the 1950's, the Perry family realized that the fastest way to get more customers using propane was to sell customers propane fueled appliances. The business grew and in 1961 they bought the Union Block building and shared space with Central Vermont Public Service. Gas appliances were sold on one side of the building by Perry's and electric appliances were sold on the other by the electric utility. In 1972, CVPS moved out and Perry's expanded again to create showroom space, selling all types of appliances.

David joined the business as a teenager in 1977. "I started as a helper in the service department and then I drove delivery fuel trucks for a couple of years," says David. "During the early 1980s I managed the parts department and in 1985 we followed the trends to start selling TVs and satellite antennas. That market grew and so did my role so that when my parents reached retirement at the end of the decade, I took over with running the appliance end of



the business."

Over the past 40 years, David says he has seen many trends and changes in the industry, some of which are repeating right now. "I remember when there were 4-5 stores in Bradford that sold appliances and another 20 stores in the surrounding area." All of those stores closed their doors succumbing to competition from big box stores and the demands of manufacturers who demand large orders and brand exclusivity. "That we were able to hold on this long is a testament to the loyalty of our customers and our reputation in the community. We were able to carve out a niche by providing quick delivery and rapid repair service." And though

David would never say it himself, much of the credit belongs to him.

David has earned a well-deserved retirement and is looking forward to spending more time with his family and grandchildren. "Sailing has always been my passion so we plan to spend more time cruising along the New England coast during the Summer and Fall and then sailing our boat South for the Winter."

As we say farewell to David we are also working to liquidate the remaining inventory in our store and warehouse. So come on by to say goodbye to David and also take advantage of deep discounts on a variety of home appliances.

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# Dawn Irene Langley - OBITUARY 13

North Haverhill, NH  
Dawn Irene Langley, 69, died on Tuesday, June 6, 2017, at Cottage Hospital, Woodsville, NH.



Dawn was born in Boston, MA, on October 11, 1947 to Robert Bruce and Vivian (Brown) McLeod. She graduated from Jamaica Plain High School in 1965 and attended Boston University.

Dawn was a librarian at the Woodsville Free Library for 25 years, retiring in June of 2016. Locally, she also worked at Lost River, the Grafton County Nursing Home, and at Ski Monteau in Mt. Lakes.

Dawn moved to the area from Attleboro, MA, in 1985. She had attended the Methodist Church. Dawn had a love of books and of reading and shared this love with her library patrons. She enjoyed gambling trips to casinos with her son, Mike, and her friends. She played computer puzzle games, enjoyed watching her television programs, and was a fan of Amazon. Dawn cared for a variety of pets over the years. She always enjoyed a good meal out with friends. She was proud to achieve 31 years of sobriety with AA.

She was predeceased by her husband, Walter Langley, a Mansfield, MA, police officer, killed in the line of duty on October 2, 1983. She was also predeceased by her longtime companion, Bruce L. Newton, on March 25, 2017.

She is survived by two sons, Jeffrey Simpson of North Haverhill and Michael Simpson of Woodsville; a grandson, Seth Simpson of Gresham, OR; a sister, Kathy Houpt and husband Joe of Palacios, TX; a nephew, Robert Houpt of Pensacola, FL; and aunt, Verna Barber of Concord, NH; along with several cousins and dear friends.

There will be no calling hours.

A celebration of Dawn's life will be held at the home of her son, Mike Simpson, at 19 Cherry Street, Woodsville, on Saturday, June 24, from 12-2 PM.

Memorial contributions may be made to Cottage Hospital, Med-Surg Department, PO Box 2001, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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## Financial Gifts Can Help Dad for Years to Come

Father's Day is almost here. Dad will probably like any gift you give him, of course, but this year, why not go beyond the ordinary? By presenting your father with an appropriate financial gift, you can bring him some benefits that can keep on giving.

For starters, how about a back-to-school gift for Dad? If you have children, you may already be familiar with 529 plans, which many parents use to help their children pay for college. But 529 plans have no age limits, so there's nothing stopping you from reversing the usual formula and opening an account for your father. While 529 plans are commonly used to pay for four-year colleges, the money can also go toward most two-year community colleges and trade schools, so if Dad has a future interest in learning about anything from anthropology to auto repair, the 529 plan you've established can give him the gift of knowledge and enjoyment.

As the owner of a 529 plan, your earnings can accumulate tax free, provided they are used for qualified higher education ex-

penses. (529 plan distributions not used for qualified expenses may be subject to federal and state income tax, and a 10% IRS penalty on the earnings.) Furthermore, if you invest in your own state's 529 plan, you might be able to deduct the contributions from your taxes.

Here's another suggestion: Help Dad reach a distant goal. For example, if you know your father will be retiring in, say, 10 years, you could give him some type of bond that matures just when he retires. During those 10 years, he will receive regular semiannual interest payments, and when the bond matures, he'll get the original principal back. He can then use this money to help fulfill a long-held dream – perhaps one of traveling the world or even opening a small business. Whatever he decides to do with the money, it will make a nice retirement gift.

If you're giving Dad a corporate bond, make sure it's "investment grade," which means it has received one of the highest ratings for safety from one of the major bond-rating agencies. Investment-grade bonds are generally the least likely to default. If your father is in one of the upper tax brackets, he might benefit from a municipal bond, whose interest

payments are exempt from federal income taxes and possibly state and local taxes, too. (Some municipal bonds, however, are subject to the alternative minimum tax.)

Finally, you may want to help Dad plan his legacy. Although your father may be interested in what sort of legacy he will leave, he may not yet have taken any steps in this area – in particular, he might not have created a comprehensive estate plan.

You might consider giving your father some resources on estate planning, such as books or online articles. Better yet, though, consider setting him up with a consultation with a legal professional. It will take considerable time and effort to create the necessary documents, such as a will, a living trust, a durable power of attorney, and so on – and since the future is not ours to see, it's best to take care of these tasks sooner, rather than later.

Father's Day is just a blip on the calendar. But by giving Dad some valuable financial gifts, you can help brighten all his days.

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

## Ode To Mrs. Crossley

by Maggie Anderson

The Vintage Voyagers writers group meets at the Horse Meadow Senior Center in North Haverhill every Wednesday at 10:30 AM. I'm happy to say that when I wandered in one day several years ago they let me stay, allowed me to contribute to the conversation and, when the meeting closed just before lunch was served, I'm happy to report that not one of them told me never to darken their door again.

I enjoy it so much I actually changed one of my work days in order to continue to join them on as many Wednesdays as possible. I'm not comparing them to cats that become family after having them around for a long time but I do see the Vintage Voyagers as extended family which is sort of strange because with six brothers already I really didn't need any more when I wandered in that first day.

It is an unusual group, the numbers roll with the tides of the seasons, various surgeries and crazy work schedules. The core group is made up of unique per-

sonalities and backgrounds and occasionally a writer who does not have to resort to a bottle to hide their graying hair stops in.

There are several teachers in the mix and when Summer looms we often find ourselves discussing some of our own favorite teachers. We do dip a toe into the bad teacher pool now and then but that water's not very comfortable and the deep dive hasn't happened too many times.

Yesterday with the beautiful Spring weather and all the talk of graduations near and far I found myself thinking about my fourth grade teacher. My fondest memories of school and its requirements were the teachers who without warning would stray from the script and have everybody haul their little bodies outside to paint in the fresh air, to learn something about the flowers that were blooming beneath their feet or the insects already busy gathering next season's food and tending this season's brood.

There were days when if you happened to pass the schoolyard Mrs. Crossley's

fourth graders would be lying on their backs watching the sky and listening to her description of the cloud formations or the birds that skimmed beneath the clouds. We were enchanted not only by Mrs. Crossley's lecture but also the camaraderie of her willingness to lie down in the grass with us and share what she knew.

There are teachers and then there are teachers. Mrs. Crossley was a star among them. We loved her because in many ways we felt she was one of us, only smarter, or at least she knew stuff we didn't know until she came into our lives.

The first time Hank and I came to New Hampshire for a vacation I tried to find Mrs. Crossley. I wanted to tell her how important she had been to me, how many things I paid attention to because she impressed upon us their importance and the fleeting nature of their existence.

I wanted to tell her that Hank and I had often taken our children to some spot just to see what nature was up to at that moment. I wanted her to know that we talked about her whenever we did the unexpected. But when I checked in at my old school sadly I found Mrs. Crossley had graduated to an upper classroom and I never got to thank her.

So here's to Mrs. Crossley and others like her who found a way to reach us and made the search an adventure. I thank you all.



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# News From My Farmers Market

By Marianne L. Kelly

So. Ryegate, VT—Finally, after a cool, wet Spring, the warm sunny weather we have all be waiting for has arrived...for the moment.

At My Farmers Market this means a continuous march of seasonal vegetables and flowering plants. As of this writing we have asparagus, onions, parsnips, lettuce mixes, spinach, bok choy, sprouts, radishes and whatever else is ready for our shelves, with more coming. Owner Jennifer Bone says the peas are looking good! We recently received a nice supply of locally grown rhubarb.

With summer om the horizon, we leave our dining room tables and move to more casual outdoor entertaining. Our food vendors are looking forward to helping you be a guest at all your parties and events, by offering a variety of salads, finger foods that include Quiche bites, Spanikopita triangles, and appetizers, as well as bread, rolls, cookies, pastries, cheesecakes, and everyone's favorite...pie.

We are working on a summer menu of suggestions. Just ask if you don't see what you want. We will also be well stocked at the market with prepared meals and more, so stop in and check us out. Order on Tuesday and pick up on Friday or Saturday.

Take advantage of our knife, scissors, and small garden tools sharpening service. Drop your job off on Thursday from 9-12 and pick

it them up either on Saturday, the following Thursday morning, or by convenient arrangement. You can also drop them off at other times. Marianne is on duty each Thursday and can answer your questions. A brochure is available at the market.

Mark your calendars and bring your family and friends to our second annual strawberry festival on June 24, where we will be serving strawberry shortcake from 11-2.

Does anyone know if fairies like strawberries? Genevieve Bone believes they do. She is building a fairy village complete with fairy mushroom stools, gourds, bird houses, colorful stones, sticks and shells to welcome these whimsical creatures should they decide to visit. "Nothing plastic," said Genevieve. "Everything must be of the natural world, just like

the fairies."

What?! You don't believe in fairies? Don't tell that to Genevieve. We're not going to try to convince you either way.

After you've eaten your strawberry shortcake, follow the magic path behind the market to the babbling brook where Genevieve will welcome you, and see for yourself.

Oh yes, don't forget to bring some strawberries with you...just in case...you never can tell with fairies.

My Farmers Market is located on Creamery Rd. off Rte. 302 in So. Ryegate. Follow the bright yellow flags.

Hours are 9-6 Tuesday-Sat. 11-2 Sun. Closed on Monday

Visit our Facebook page and visit our web site: [www.myfarmersmarket.com](http://www.myfarmersmarket.com)

See you at My Farmers Market!

## Card of Thanks

The family of Adam J. Ward would like to sincerely thank everyone for the acts of kindness and sympathy: food, cards, flowers, donations to North Country Longspurs, memories shared, and your loving support and prayers.

Also, a special thank you to Bryan, Melissa and Tom at Ricker Funeral Home for being so caring and helpful at this most difficult time.

Adam will always be remembered for his warm smile and kind manner.

Thank You,  
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Ashley and Dan Chauvin  
Autumn and Todd Makela  
And Family

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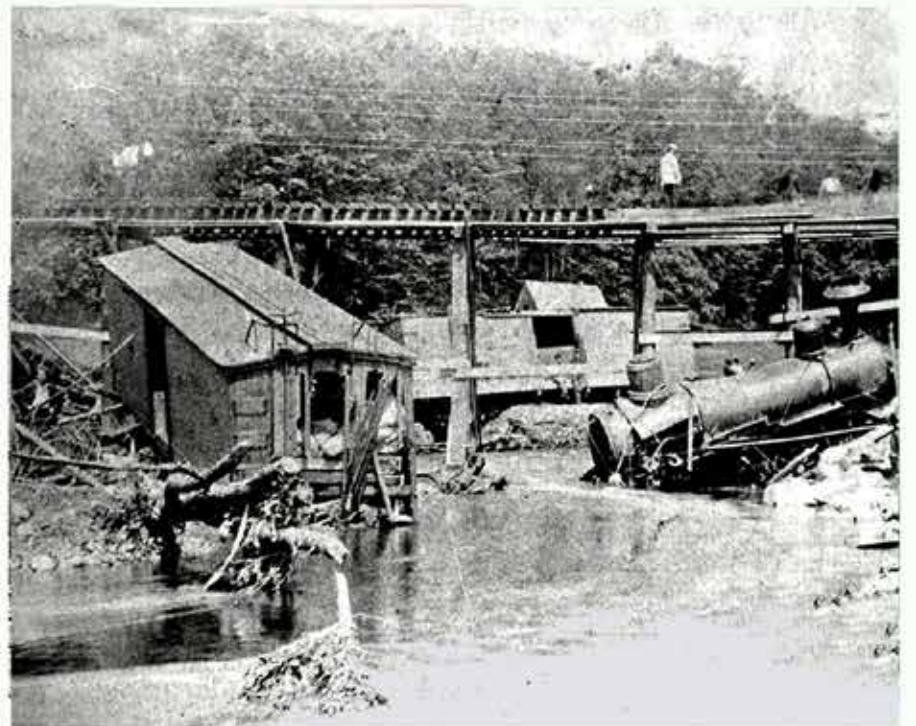
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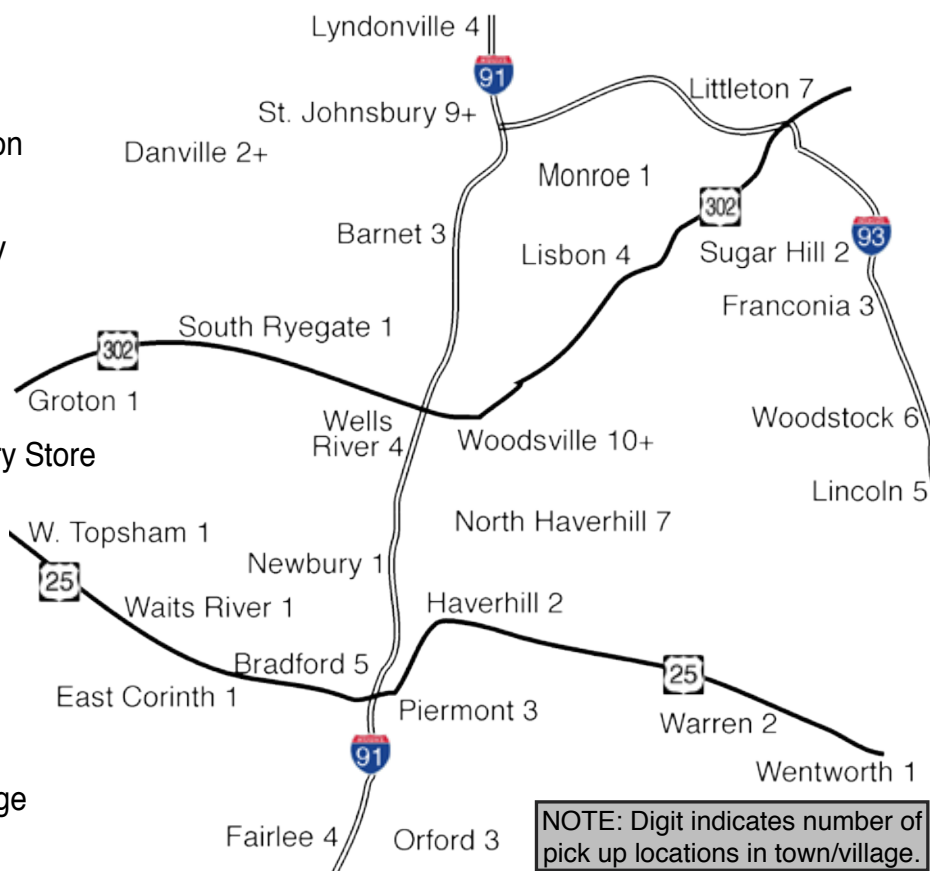
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# The Great Wall

by Elinor Mawson

It has been some years now since our trip to China but there are some things that seem like they happened yesterday. Going to the Great Wall is one of them.

Our China trip was planned for several years with Yige and Nora, with whom we had become friends. Yige had been working in my classroom as an ESL (English as a second language) person as I had several students who needed his help and support. He was also working on his second Master's degree at UNH and gave me his papers to edit before he turned them in. I often say I learned more about English doing this job than I had learned in college!

So it was with Yige and his wife Nora that we planned our trip and one July day we got on a plane for our trip of a lifetime. They had flown from east to west; we took a different airline and flew from west to east. We were to meet in Shanghai, which we did. Then we took a train with them to their home city. Nora stayed with her parents and Yige accompanied us to Beijing (a long story which will have to wait until another column).

It was decided to take the trip to the Great Wall in a taxi. It was about 50 miles away but Yige told us it was the easiest and most cost-effective way to go. I know it was more comfortable than a tour bus or other contrivance to get to our destination.

I don't know what I expected to see, but when we got there the first sight was a large flea-market atmosphere--dozens of booths selling all sorts of souvenirs, clothing, you name it. And dozens of people shouting at us--"You buy Missy?" We ignored them all--except for a man selling plastic rain ponchos--for it had begun to rain.

Yige led us to a gondola which took us up to the wall. We probably could have climbed our way up, but this was easier. On our way, we saw a man selling camel rides!

The place was crowded with mostly Chinese tourists. Every so often we would hear someone speaking English --and it was always a complaint--"I'm frozen!" or "Did you ever see so many people in your life?" We thought "How could you

complain when you are on the Great Wall of China?"

We walked and walked. The surface was slate and could be slippery, but fortunately there were sturdy handrails and we took advantage of them. Most of the way was steep because the wall is built on top of the mountains. We looked at the landscape which was hilly, and since it was raining, there were clouds hanging on to the sides of the hills. Up at the top of one steep grade was a souvenir stand! I have to say we were amazed at that.

Yige took a lot of pictures of us. Today I must admit I wish it wasn't raining since all of the pictures show us looking bedraggled in our pink polka-dotted ponchos!

We must have been there a couple of hours. Every so often we would stop and exclaim how wonderful it was to be there. But everything must end and we took the gondola back down to the parking lot. We succumbed to a couple of souvenirs--like a Chinese vest and some little suits for our grandsons which said "I climbed the Great Wall".

On the way back to Beijing we stopped for lunch, and when we got the check we found that we had to pay for our taxi driver's lunch as well. Apparently that is a Chinese custom.

A couple of days later we took another taxi back to the Ming Tombs and also to a garden type place featuring huge stone animals. They were both interesting and wonderful. But they were nothing like our trip to the Great Wall of China.

# Do We Need To Get A Lifeline?

by Kellie Quackenbush

I was visiting a friend not so long ago, and they were telling me of the problems the older couple that lived across the street from them had been having. The husband, in his 90's had some memory issues. On several occasions, when the wife would go out to get the mail, the husband would lock the door behind her, she then would be locked out of the house. She would beat on the door and yell for her husband but he would not open the door. My friend said they would hear her and they would call the husband and tell him to open the door.

Another friend had told me of the plight of their parents. Retired farmers that had at one point known the names of everyone that lived in their town. Now the mother and father live alone in a small house in the country. Recently the father has been having falls. There is no cellular phone service where they live. Recently, the father has had falls outside while walking alone and been unable to get up. The sadness, in my friend's voice, easily understood as the horror of the incident was retold. How cold it was and how long the father had been stuck laying on the ground, hoping someone would find him.

This winter, a man had gone to get his mail from the mail-box. Walking from his house down the driveway to get his mail, a task he had done thousands of times before. He slipped on the snowy drive and broke his hip. Without a phone, he lay on the ground for an untold length of time until someone

noticed him on the ground in the middle of his driveway. It was too late, he had died from the elements.

Thinking about the above examples, which are all true examples, it is easy to say they clearly needed a lifeline or one of the many safety alert systems that are now available. Why did these people not have such a system? That is the issue. We all have seen the advertisement, "Help, I've fallen and I can't get up." Some of us laugh, others grimace but nobody wants to ever think they would ever be in such a situation.

It is difficult to imagine how moving through our lives as strong independent people, one day we become weak and need help. It starts with an injury or sometimes an illness, we shake it off as we recover but continue aging. Pride moves us forward, we won't be that woman on the TV ad, we can get up.

As time goes by, it is the little changes that often go unnoticed that add up to limited movement or frail health. The eyesight dims with cataracts. The joints creek and knees sting going up a flight of stairs. Unwilling to appear weak in front of grown children, denial looms. Anger and frustration at anyone who may suggest

there is a reason to be concerned for safety. Waiting until there is an accident or medical emergency before making any adjustments for the limitations that failing health or age require in most cases is a grave error.

One of the biggest reasons given for not getting a lifeline or emergency call button is cost. Unwilling to share that in retirement, there are limited funds. The cost of living is more than most people have expected. Social Security does not cover everything. Shame at being so very close to poverty keep many people from seeking assistance.

Help is available. The Lions Club has been assisting seniors and those with limited finances with walkers, wheelchairs and other durable medical equipment. They also have a program to help people get a lifeline, an emergency call button, at no cost to the recipient. Speaking to one's doctor, they also are aware of other programs that could help. When in doubt, go to the town selectman or town clerk and they can direct you to local resources to address your needs.

Addressing the question, do we need to get a lifeline, if you are asking the question--the answer is yes.



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# A Walk in the Woods – Looking for Guitars

By Jim Frohn,  
Grafton County Forester  
UNH Extension



A walk in the woods - to look for guitars? No, I didn't leave my guitar in the woods by mistake on a camping trip. Actually, I was looking for trees that are suitable to make wood parts for guitars, called tonewood.

I recently visited with a NH business owner who specializes in exactly this. He has been involved with music, sound, and wood for his entire adult life. He has built guitars, owned a company that made loudspeakers with wood cabinets, supplied specialty wood for famous rock guitarists' signature lines of electric guitars, and has been involved in producing tonewood for many years. He described tonewood production as being more akin to gem cutting than lumber production.

So what is tonewood? It's the wood used for the tops, sides, backs and necks of guitars, violins, mandolins, and other stringed instruments. The producer I visited, specializes in tonewood for guitars. The top of the guitar, the soundboard beneath the strings on the main body of the instrument,

is usually made of spruce. Various spruce species are used, but red spruce, a New England native, is described as a "holy grail" of tonewoods. The properties of red spruce wood produce excellent acoustic results. There is a lot of science behind what makes certain woods suitable for musical instruments, but there is a lot of art in recognizing and optimizing it. An experienced tonewood producer can knock on standing trees with a hammer or his hand and get a sense of whether or not they will yield good tone wood.

Not just any red spruce is suitable to become a guitar top. The tree needs to be at least 24" in diameter at breast height (preferably 28"), and the minimum top diameter of a log is 20". The wood can have no more than 8 growth rings per inch, with steady, even growth, and needs to be free of knots, twist, and rot. In other words, suitable logs come from old, slow growing, but healthy trees. Since most forests in New England have been logged at least once, spruces that are suitable for tonewood are very difficult to find. But they are out there. Some of the most promising places are dense stands on north facing slopes and ravines in difficult to reach

places. Trees in these areas are protected from the wind so are more likely to grow straight, and are difficult to access for logging so are more likely to grow large. The trees need to be grown in dense stands in order to keep their growth slow and to reduce branching and wind damage.

Because of their rarity, spruce trees with these characteristics are very valuable. A tonewood spruce log can be worth 10 to 20 times the value of a spruce destined to be made into 2 x 4s or other dimensional lumber. There aren't a lot of these large, old, slow growing spruces around, so cutting them may seem more like mining the last of a resource rather than stewarding it for the future. However, tone wood quality trees can be purposefully grown, as is done in Switzerland and other high-altitude European forests. The key is to identify them early, keep them densely spaced, prune the bole, and track them over time. This of course is a multi-generational endeavor, since tonewood spruces are harvested at 200 to 250 years old. With today's GPS and mapping capabilities, it's much easier to keep track of these trees than in the past. Since it's unlikely that a lot of landowners are going to identify and grow future tonewood trees, there will never be an excess of these trees available and prices will remain high. Demand far exceeds supply, with a long-term trend of increasing scarcity. Those that do grow these trees on purpose will be providing a significant financial benefit for future generations and can take pride in developing



a highly valued material to be made into a beautiful musical instrument.

### Making the tops

After the tree is identified and felled, the suitable logs are brought to the shop where they are cross cut into 24" long sections called bucks, then further split by hand into pie-shaped billets varying in number between four and eight per buck, with a tool called a froe. This tool is essentially a blade and a wood handle perpendicular to each other, which was historically used for splitting shingles and riving boards. The wood is split instead of sawn in order to closely follow the grain and preserve its integrity. Each billet is then sawn on a band saw into individual guitar top halves, with the grain of each piece oriented exactly perpendicular to its surface. The process of producing the tops requires much careful handling and attention to detail, gained through experience. They are air dried and stored between flat boards in stacks; these are called stock books. The wood from each tree is carefully tracked by its position in each log, so if a luthier (guitar maker) likes a particular set of tops, then the supplier can

provide them with another pair from the same section of log. It takes two pieces to make a top, so they are sold in bookmatched pairs. (Picture butterflying a steak- a section is cut in half lengthwise, then the adjacent pieces are opened like a book, so the grain matches up.)

After learning more about tonewood, I wanted to see if I could find some suitable trees. I remembered a particular stand of large spruce where I once worked in Maine. There was a steep ravine and a lot of rocks, difficult to reach with logging machinery. When visiting the state in early March, I went out to see if I could locate these trees. I was able to find them, but as is true with many things, they were a little bit smaller than they were in my mind's eye. But they were of decent size, so they may have potential for the future. The largest one I found had a 23" diameter, and it appeared to be clear of knots, but it's hard to tell. The growth rings are probably narrow, given the poor soils in the area. So who knows, maybe a few years down the road the wood will end up in someone's guitar, and the legacy of the tree will live on in the music.

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Thank you for your understanding.



# TRENDY TIMES

A FREE PUBLICATION

Volume 8 Number 18 June 13, 2017 Not all Times are Trendy, but there will always be Trendy Times

# Natural Sun Protection

My sun worshipping days are over, as a teenager I believed that bathing in it was a great idea and did so often. The ozone layer today is much more dangerous and doctors and other health professionals are very clear on the dangers of too much exposure. Every group is stressing the importance of using sunscreen protection on a daily basis, however the mass produced marketed products contain carcinogens. I heard on the radio last week that there is now a sunscreen pill and the marketing group was calling out for those wishing for a free trial, for me that is asking to put cancer directly into one's body. In my shoppe many ask what I use to keep my healthy complexion and for sunscreen. As always I only use nature, healthy skin obviously comes from inside out, I live on Super greens, for sun blocking properties many natural oils contain SPF (Sun Protection Factor) qualities. I choose oils that I would eat, alone or with other ingredients.

I have written before on the incredible benefits of Sea buckthorn berries, this infused oil has a SPF of up to 50%; Sesame seed oil has a SPF of up to 30%, Apricot oil has a SPF of up to 30% and contains vitamin B17, which is widely known for its cancer preventative qualities. Other oils that have a SPF of up to 20% are Olive, Coconut and

Peanut. Avocado oil is excellent for moisturizing the skin and hair because it has very high vitamin A & E contents and absorbs ultraviolet radiation from the sun. One does not need to protect the skin with expensive lotions, providing you keep Organically pure oils in your kitchen, you are ready for the 20 minutes of sun required daily to absorb vitamin D. Besides being linked to skin cancer, overexposure to the sun also breaks down collagen, the protein substance that gives the skin elasticity, making wrinkles and lines more apparent. This is why people who spend a great deal of time outdoors in direct sunlight have drier, tougher-looking skin.

You can still be active outdoors and enjoy the sun, but use common sense and the following guidelines to protect your skin:

- Always use sun protection. PABA, also known as para-aminobenzoic acid, this water-soluble B vitamin, when applied topically and combined with other sun protectors such as jojoba oil and Shea Butter, offers excellent UVA-UVB protection. PABA can be purchased in a liquid form at many of the better pharmacies and health food stores.

- Avoid being out in direct sunlight during the middle of the day. This is usually from about 10:00 a.m. to 3:00 p.m. You can still tan (and

burn) before ten and after three, so "cover yourself."

- Always wear sunglasses. Sunglasses are the best beauty tool for slowing down wrinkling around the eyes and they help to protect the eyes from harmful rays.

- Cover your hair with a hat or a scarf if out in direct sunlight for a long period of time, as the sun can be very drying. This is especially important if you dye your hair, as the sun can also lighten the color. You can spread a small amount of your favorite SPF oil on your hair for protection.

Below are some of the qualities of my common choices:

**Green Tea:** The potent phytochemicals in green tea, especially its catechins, have been shown to be highly effective protectors against skin cancer. Green tea works both when consumed as a beverage and applied topically.

**Milk Thistle Seeds:** Silymarin, the active compound in Milk Thistle, is a significant protector against sun-related cancers.

**Sea buckthorn berry oil:** Anti-aging: Rich in vitamin A and vitamin E, sea buckthorn can help reduce the

appearance of wrinkles and retard premature skin maturation.

**Skin diseases:** Several studies have investigated sea buckthorn's ability to treat conditions such as acne, dermatitis, eczema, skin lesions and rosacea. Its skin-healing abilities are due to its high essential fatty acid, flavonoids, protein and vitamin content.

**Sun Block:** Sea buckthorn naturally absorbs the sun's harmful UV rays which can cause skin damage and may lead to skin cancer, SPF up to 50%.

**Wound and burn healing skin rejuvenation:** Palmitoleic acid, which is just one of the fatty acids produced by sea buckthorn, is a naturally occurring substance in the skin. Thus, sea buckthorn has proved very effective in the treatment of wounds, burns dermatitis and even cancers of the skin.

**Sesame Seed Oil:** A pale yellow oil made from sesame seeds; it has a mild sesame scent. It has sun screening properties, one of the highest for natural oils, up to 30% SPF. This oil can be found in the cooking oil section of the better grocery stores.

**Shea Butter:** Also known as Karite butter, studies show that this moisturizer is

able to block ultraviolet radiation alone or when combined with PABA.

**Apricot Kernel Oil:** A light oil obtained from the kernels or pits of apricots, it is a popular body oil as it does not leave an oily film on the skin, SPF up to 30%, vitamin B17. This can be harder to find, it is available in some food co-ops and online.

**Coconut Oil:** A solid white oil at room temperature. It preserves the skin and hair by providing a protective layer that locks in natural moisture. You can use it as a conditioner for your hair, skin, and lips.

**Jojoba Bean Oil:** The jojoba plant is found in Southern Arizona, Southern California, and Northern Mexico. On the jojoba shrub grows a pod that contains one to three seeds, 48 to 51% of which is oil. Jojoba bean oil has become very popular recently because it is very similar to our bodies' own natural oils. Native Americans and Mexicans have used jojoba beans for centuries.

*Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice 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, MA.*

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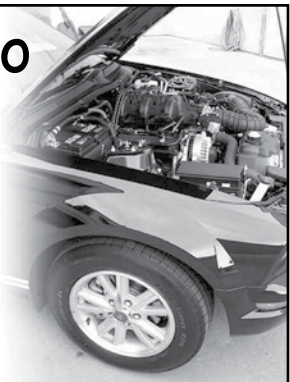
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Ethan Eames of Littleton served as a page last week at the NH House of Representatives in Concord. His day included meeting the Speaker of the House, Shawn Jasper, and Secretary of State Bill Gardner. The Sergeant-At-Arms kept Ethan busy running up and down the stairs from the House Chamber to the House Clerk's office delivering copies of votes cast by members. He participated in the annual "Hot Dog" Day cookout on the grounds of the State House, as well as the Speaker's Ice Cream Social. Ethan's parents are Jack and Victoria Eames and he will be entering his junior year at St. Johnsbury Academy in the fall. Ethan is pictured with Rep. Brad Bailey, Rep. Erin Hennessey and Rep. Linda Massimilla.

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