

A **FREE** PUBLICATION

Next Issue: **Tuesday, July 11**
Deadline: **Thursday, July 6**

TRENDY TIMES

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JUNE 27, 2017 VOLUME 8, NUMBER 19

Woodsville Wells River 4th of July Celebration Arrives

Another year has come for one of the biggest 4th of July parades you will find in the northern portions of New Hampshire and Vermont. This annual parade route is about 2 miles long and crosses from Woodsville into Wells River, thus including two states in this celebration of the birth of what is now a 50

state nation. For many who come each year there is only one spot to watch the parade. And those spots are reserved as early as two or three days in advance of the procession. But for any new comers there are still plenty of good seats. Of course there is a way for old or new to guarantee a front row seat for this parade.

The committee that puts on this event is still looking for a few good men or women to step up and volunteer to help on this great day. The job is pretty simple as well. Just show up for the morning briefing at 9:30, then take your spot at the end of one of the streets leading to Central Street to help control traffic before the parade starts. Once the parade is under way, just sit and enjoy with your family, friends or maybe even some new acquaintances.

Another volunteer opportunity on this day doubles as a fund raiser. The field activities on the Woodsville Community Field will include a dunk tank. Spots on the seat are still available for those wishing to raise money for their own favorite non-profit. A full 50% of the money

raised by anyone on the seat will be given to the charity of their choice.

For those who are simply looking for a fun day, there is plenty for them as well. The day's activities start with the flea market on the field. Recently added will also be a workout led by the Abs Boot Camp of North Haverhill. Then comes the great parade that steps off at 11:00 AM from Montebello Street and follows Route 302 to Wells River.

Right after the parade the field activities get started with free face painting beginning at 1:00 PM, live music by the Grass Fed Boys at 2:00, plus bingo and amusement rides from D&L Amusements of Tilton, NH. Later in the afternoon DJ Mike is back with music trivia and cash prizes. You can also win cash with

the Chicken Chip Bingo or the 4th of July raffle which will be drawn about 8:00 PM, featuring a grand prize of \$1,000. The day's musical entertainment ends with Don & Jen Plus and their live rock and roll sounds.

The celebration will be capped off with another Gigantic Fireworks Display shot off from the Wells River side of the river. Great viewing areas can be found around town, but especially where the crowd congregates on the community field.

If you would like to volunteer for one of these volunteer spots, or if you have any other questions about the upcoming event, give a call to Gary at 603-747-3942 or checkout the Facebook page for the Woodsville Wells River Fourth of July Celebration.



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TRENDY Dining Guide

Miss Lyndonville Diner

by Gary Scruton

Summer began this past week. With it came some changes in the weather as the "muggies" set in for the season. What does that have to do with the Dining Guide? Well, I have noticed that many of these muggy nights send people heading out for a local eatery rather than cooking at home and getting the kitchen heated up. I am not sure that was the reason for such a busy Thursday night at Miss Lyndonville Diner, but it certainly was a busy night. When we first arrived there were plenty of tables and booths ready for us to seat ourselves, but as the evening progressed they all filled up with hungry patrons looking for an evening's meal. We were certainly among one

of those groups looking for a good meal without paying a great deal of money. The Miss Lyndonville Diner is one of those quint essential eateries that seems to cover the full range of choices.

On this particular evening I really had no idea what I wanted. Breakfast or supper? A sandwich or seafood? They were all there, and past experience has told us that they all are good.

We did make a choice on beverages as I got a plain glass of water while Janice got a real unsweetened iced tea.

Janice, meanwhile, also seemed to have a need for some extra time to make the call of the upcoming meal. She finally settled on a spaghetti dinner with made from scratch sauce, sausage and

garlic bread. I settled with the idea of seafood and with a bit of help from the waitress chose whole fried clams over the sea scallops. Along with the clams I got steak fries and cole slaw.

As I mentioned it was a busy night at Miss Lyndonville Diner, but our meals came out in a very reasonable time and offered at least one surprise. Janice's spaghetti did have sausage, plenty of sausage in fact. But instead of being cut up and mixed in with the sauce, it was served as large pieces of sausage topping the pile of pasta. The garlic bread was two slices of toast with a buttered garlic topping. It was a different way of serving, but quite delicious and very fulfilling.

In regards to my whole

clams, they were just what I wanted, and they were all that I expected. One thing I must add is that at Miss Lyndonville Diner the price for this meal is on the menu, not listed as "market price" which means it changes regularly. My clams were plentiful and the steak fries I had chosen were also ample and tasty. My cole slaw came in one of those big paper cups on the side. There were also two small containers of tartar sauce for the clams.

I'm not sure just how long the Miss Lyndonville Diner has been around. It certainly has the appearance of a place that has been part of the landscape of Lyndonville for a long time. That is not to say that this eatery is old or run down. It just means that it feels comfortable, like a friend that you have known forever. The staff, though

mostly younger, seems to work together flawlessly as they come and go from the kitchen area to the dining area and back being efficient, timely, and friendly.

Our waitress certainly fit into the mold of a good, reliable, efficient waitress. She met us shortly after we sat down to get our drink order and then gave us time to make our decision. She brought our food and checked on us to be sure we had all we needed. She then came back to see about dessert and to bring a take home box for Janice. I did take her up on her offer of dessert as I ordered a slice of apple pie. It did come warmed up, but I turned down the offer of ice cream, there just wasn't enough room left for more food.

Our total bill came to \$34.18 before tip.



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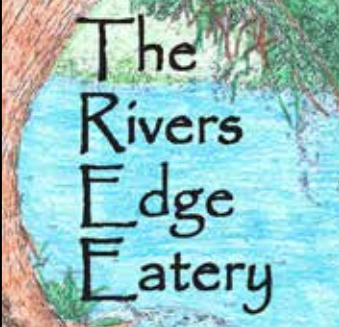
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For More Details
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TRENDY Dining Guide

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Jean's Playhouse Summer Season Kickoff

Jean's Playhouse will be kicking off the summer with the show: Kimberly Akimbo. Written by the Pulitzer - Prize winning playwright David Lindsay-Abaire, Kimberly Akimbo is a hilarious and moving show that follows a family with a teenager that has a rare condition that causes her body to age four times faster than normal. Due to unsuspecting circumstances, Kimberly is forced to reevaluate her family life. Performances take place June 29th - July 8th Thursdays through Saturdays at 7:30 PM and the matinee on Wednesday at 2:00 PM on July 5th. Join us on Opening Night (June 29th) for a special Meet the Cast post-show reception with champagne and deserts.

The Addams Family The Musical written by playwrights Rick Elice, Marshall Brickman and composed by Andrew Lipa is a musical comedy about America's favorite quirky family going through the typical family challenges: growing up and changing. Wednesday Addams falls in love with a 'normal' man from Ohio so the family decides to host a dinner for the boy and his 'normal' family. As the night goes on take a look into what the Addams family will do for love. You can come see The Addams Family The Musical at Jean's Playhouse July 13th - July 29th on Tuesdays, Thursdays, and Saturdays at 7:30PM and the matinees on Wednesdays July 19 and July 26 at 2:00PM.

Jean's playhouse will also be putting on Annie, The Musical written by playwright Thomas Meehan and composed by Charles Strouse, a musical based on the Little Orphan Annie comic strips written by Harold Gray. This heartwarming musical follows a New York city orphan girl and her quest to find her parents. Annie confides in her orphan friends to help her escape the "Hard knock life" of the orphanage. For the first time in 2017 Jean's playhouse will be welcoming furry Company Members, Cleo and Fanny. They will be sharing the role of "Sandy" who is Annie's loveable pooch. Annie, The Musical will be showing August 2nd through August 19th with the show times of: Opening Night Wednesday August 2nd at 7:30PM, Tuesdays, Thursdays, and Saturdays at 7:30PM and Wednesdays August 9th and 16th at 2:00PM.

Tickets can be purchased at the box office window.



Still from Avenue Q, performed at Jean's Playhouse August 2016

Tickets are also available now online at www.jeans-playhouse.com or through the box office at 603-745-2141. Prices are \$30 for adults, \$25 for seniors, and \$16 for students/children.

Jean's Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and

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

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A Good Day for Education

In taking a giant leap forward and before leaving the last day of the budget session, NH legislators approved additional funding for full day KINDERGARTEN. This is really a wonderful policy move for families and young children while it also provides local property tax relief. As with Haverhill and every other NH community, the state pays half the cost, or \$1818 for each enrolled kindergarten student. For all other students, grades 1 – 12, the state pays the full base adequacy cost of \$3636.

Due to NH's compulsory attendance law that requires all children, ages 6-18, to

attend school, the state has not previously provided full support for 5 year old students attending kindergarten.

Effective FY19, local districts that offer a full day kindergarten experience will receive close to full adequacy funding. For example, if your community offers full day kindergarten in FY19 and if the total number of enrolled K students is 50, then your community would receive at total of \$145,000 (\$1818 x 50 stds = \$90,000) + (additional \$1100 x 50 stds = \$55,000).

With the passage of the kindergarten bill, the legislature also approved KENO as a new revenue source. Currently, many NH residents are playing KENO just over the border in Massachusetts. Funds gained from KENO will be deposited in the Education Trust Fund.

Three out of four NH communities recognize the importance and benefits of offering full day kindergarten. Funding resultant from this legislation will offset local costs not currently reimbursed by the state. In my

final closing to the General Court, I stated, "This is the time to put aside politics in support of the vast majority of NH families and our kids. Please support this bill by pressing the green button." The final vote in support of full day kindergarten was 251 to 111. The senate also supported the bill in a bipartisan fashion with a 15 to 8 vote.

The last day of session was a good day for education funding. In addition to kindergarten, the House and Senate approved funding for dual and concurrent enrollment in grades 11 and 12. Upon signature by the Governor, this bill will provide the opportunity for high school students to receive both college and high school graduation credit while taking a science, technology, engineering or mathematics course in high school. Funding in the amount of \$1.8M is now available to support high school students who take 12 college credits prior to graduation. This is a tremendous savings, a strong workforce bill, and will result in less college

debt. The average NH university graduate leaves college with a debt of \$36,000. The legislature also extended career and technical education to students in grade 10. The program previously was open only to students in grades 11 and 12. It is exciting to provide technical and career training such as this to more students. Lastly, a bill providing a new robotics program for elementary and middle schools was approved.

From the start, I have publicly stated that it is time for NH to provide an adequate education that is more than adequate, that's also the best education possible for students in all school districts and that provides greater opportunity for students to receive the skills and knowledge necessary in order for them to enter today's technically demanding workforce. The state budget approved this week moves NH closer to that end.

Respectfully submitted,
NH Rep Rick Ladd
Chairman, House Education

Volume 8 Number 19 June 27, 2017 Not all Times are Trendy, but there will always be Trendy Times

2017 WOODSVILLE/WELLS RIVER 4TH OF JULY CELEBRATION TUESDAY, JULY 4

Community Field
Connecticut St., Woodsville, NH
*Absolutely no pets allowed
on the Community Field.*

2017 Theme

"Peace-Love-Freedom"

Schedule of Events (All times subject to change)

- 9:00 AM Flea Market Opens
- 11:00 AM **Gigantic Parade**
- 1:00 PM Midway Opens
D&L Amusements
- 1:00-6:00 PM Free Face Painting
- 1:30 PM "Critter" Chip Bingo
(Throughout the Day)
- 2:00-4:00 PM Grass-Fed Boys (Bluegrass)
- 2:00-5:00 PM Pirate-Man Dan aka Buddy The Clown
- 2:00-8:00 PM Dunk Tank
- 2:30-9:00 PM BINGO – under the tent
- 4:00-8:00 PM DJ Mike - Themed Hourly
1st hour- "Peace" Songs
2nd hour- "Love" Songs
3rd hour- "Freedom" Songs
4th hour- Combination of all
- 6:00 PM Parade Winners Announced
- 8:00 PM Raffle Drawing
- Winners Announced
- 8:00-10:00 PM Don & Jen Plus (Rock Band)
- 10:00 PM **IMMENSE
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"Making God Laugh" at Old Church Theater in July



Three cast members of "Making God Laugh" enjoy their roles in a recent photo. Left to right: Brendon Chadwick, Beth Button and John Hunt, playing the three children of parents played by Scott Johnson and Robin Ng, (not shown). The comedy opens July 7th for a two weekend run at Old Church Theater in Bradford, VT. For information and reservations call anytime 802-222-3322.

BRADFORD, VT: Woody Allen once said, "If you want God to laugh, tell him your plans!"

"Making God Laugh" is both heartwarming and hilarious, in the style of last year's hit "37 Postcards".

The story follows a typical American family as the parents become empty-nesters and the children see their

plans and dreams evolve (and sometimes dissolve!) as they gather together through 30 years of holiday celebrations, complete with victories, defeats and good-natured family squabbles as they journey life's bumpy road. It's a touching and funny look at how we all do the best we can with what we're given.

The comedy opens July 7th and plays two weekends: Friday and Saturday performances are at 7:30pm and Sunday performances are at 4pm. Admission is \$12, Seniors \$10, and Students \$6.00. Reservations may be called anytime to 802-222-3322 or emailed to reservations@oldchurchtheater.org. Please note this play is not intended for children due to some content and language.

Directed by Sheila Kaplow, the cast includes Robin Ng, Scott Johnson, Brendon Chadwick, Beth Button and John-Paul Hunt. "Making God Laugh" is written by Sean Grennan, and is the second of Old Church Theater's 2017 season. Coming up in mid-August is a farce, "Mad Gravity" directed by Justina Kenyon.

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Levitt AMP St. Johnsbury Music Series Announces Summer Line-Up

Catamount Arts has released the long-awaited line-up for this summer's free live music series scheduled to take place on their new mobile stage at Dog Mountain. St. Johnsbury is one of 15 small to mid-sized towns to win a \$25,000 grant from the Mortimer and Mimi Levitt Foundation to present a free concert series. The Levitt AMP St. Johnsbury Music Series will take place at Dog Mountain every Sunday evening from July 9th through September 17th, and will feature a diverse line-up of musicians from all over the country.

The Series opens on July 9th with Washington, DC's hottest jazz act, Chaise Lounge, with opener Thea Wren. Chaise Lounge performs a blend of music evocative of Capitol Recording Studios in the swinging sixties. Billed as "equal parts dry wit and dry martini," the quintet plays sparkling arrangements of big band standards and original tunes lit up by the luminous vocals of Marilyn Older.

Longtime Vermont favorite Brett Hughes will open on July 16th for Sarah Shook & the Disarmers, an outlaw country band with a sneering bite and no apologies. Shook's original songs take on relationships gone wrong, bad decisions, cruel ironies, and a healthy dose of self-deprecating sarcasm. Backed by guitar, upright bass, and pedal steel, Sarah Shook & the Disarmers were named one of "ten new country artists you need to know" by Rolling Stone.

Psychedelic funksters Evolfo return to St. Johnsbury on July 23rd with opening act Electric Sorcery. Mainstays of New York City's clubs and DIY spaces, Brooklyn's Evolfo is a house-shaking mix of garage rock, psychedelic soul, spiritual funk, and ec-

static freakout. Like die-hard record store crate-diggers, Evolfo breathe new life into old-school grooves to create a sound that's down and dirty with grit and glory.

St. Johnsbury's own Ana D'Leon will open for the Seratones of Shreveport, Louisiana, on July 30th. The Seratones' Southern garage rock sound is a product of Shreveport's unique and fertile sonic landscape, where Memphis soul, Mississippi Delta blues, New Orleans jazz, and Texas swing all meet. NPR praised singer AJ Haynes's Baptist Church-grown voice, and calls the Seratones' sound "lean and compact, with an impressive assortment of anthemic stompers."

Perhaps the Northeast Kingdom's busiest band, Tritium Well opens on August 6th for acclaimed Los Angeles group, Incendio. Incendio performs original genre-defying "world guitar" compositions that feature Latin, Middle Eastern, and Celtic grooves. Averaging over 150 shows annually since 2000, Incendio's live performance is an explosive improvisational journey, showcasing the timeless, evocative sound of the Spanish guitar and stirring hearts worldwide.

On August 13th, 35th Parallel will open for Montreal and Kentucky-based neo-folk rock ensemble HuDost. HuDost's original work ranges in style from "alternative world music" to their self-dubbed "country-and-eastern" fusion, and incorporates an eclectic blend of influences ranging from traditional Sufi music to Balkan folk to Southern gospel. HuDost blends exotic chants, bold guitar licks, and



Brazilian bluegrass band Matuto will play a free concert presented by Catamount Arts at Dog Mountain on Sunday, September 3rd, as part of the Levitt AMP St. Johnsbury Music Series. Photo by Vincent Soyez.

ancient sounds to build a sonic bridge across cultures and time.

Local Celtic music celebrities, The Catamount Pipe Band, will open on August 27th for Prydein, producers of a bagpipe-infused blend of ska, funk, and rockabilly sometimes called (wait for it) sham-rock. Festival favorites nationwide, Prydein deliver a hardcore, high-energy performance known for drawing fans of all ages. Raging on pipes, whistles, electric guitars, and thumping percussion, Prydein's sound is triumphant, infectious, and irresistible.

Brazilian folk and bluegrass stars Matuto will take the stage September 3rd, with opening act, Buzzkill Abby. Matuto's signature brand of rollicking drums and quicksilver accordion licks, described as Appalachia-gone-Afro-Brazilian, merges sultry samba grooves and countrified funk, drawing listeners out of their seats and onto the dance floor. Chicago Tribune calls Matuto's music, "joyous, ebullient, (with) seductively cross-cultural appeal."

hip-hop, Afro-beat, and New Orleans funk. Guitars and full drum sets create an explosive sound that distinguishes HMBB from other brass bands, allowing them to carve out a lively, celebratory niche in New York City's competitive music scene, and making them a natural choice for the 2017 Levitt AMP St. Johnsbury Music Series finale.

Thanks to the Mortimer and Mimi Levitt Foundation and many generous community sponsors, every concert in the 2017 Levitt AMP St. Johnsbury Music Series at Dog Mountain is free. Key underwriters for the series include PeerLogix, uBid, Lake Morey Resort, and Passumpsic Savings Bank. Community and media partners are Kingdom Trails Association, Burke Mountain Ski Area, Kingdom Taproom, St. Johnsbury Animal Hospital, VPR, Vermont Broadcast Associates, The Point FM, and Puffer Broadcasting.

The free concerts are open to all ages, and dogs are welcome. Concerts run from 4 to 7pm every Sunday evening from July 9th through September 17th. There will be a variety of food vendors and a beer tent on-site. For more information, visit www.catamountarts.org or concerts.LevittAMP.org/stjohnsbury.

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Calendar of Events

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

THURSDAY, JUNE 29-SATURDAY JULY 2

Kimberly Akimbo
2:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

SATURDAY, JULY 1

PARKER HILL ROAD BAND
3:00 - 7:00 pm
Lisbon-Landaff Shared Ministry, Lisbon
See Article on Page 8

AIMEE MANN

8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 5 and Article on Page 16

MONDAY, JULY 3

VILLAGE HARMONY TEEN WORLD MUSIC
ENSEMBLE
7:30 PM
Alumni Hall, Haverhill
See Article on Page 9

TUESDAY, JULY 4

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

ORFORD FAIRLEE CELEBRATION

11:00 AM Parade Dusk: Fireworks
Fairlee Town Common for other events

4TH OF JULY BBQ

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

AARON AUDET BAND

6:30 - 8:00 PM
Fairlee Town Common
See Article on Page 8

WEDNESDAY, JULY 5

Kimberly Akimbo
2:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

WEDNESDAY - SATURDAY, JULY 5-8

VACATION BIBLE SCHOOL
5:30 - 7:00 PM
Trinity Church of the Nazarene, No. Haverhill
See Ad on Page 9

THURSDAYS THRU SEPTEMBER 7

Peacham Farmers Market
4:00 - 7:00 PM
Academy Green, Peacham

THURSDAY - SATURDAY JULY 6-8

Kimberly Akimbo
2:00 PM
Jean's Playhouse, Lincoln
See Article on Page 3

FRIDAY & SATURDAY JULY 7 & 8

MAKING GOD LAUGH
7:30 PM
Old Church Theater, Bradford
See Article on Page 4 & Ad on Page 9

SUNDAY JULY 9

MAKING GOD LAUGH
4:00 PM
Old Church Theater, Bradford
See Article on Page 4 & Ad on Page 9

CHAISE LOUNGE

4:00 - 7:00n PM
Dog Mountain. St. Johnsbury
See Article on Page 5

MONDAY, JULY 10

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

TUESDAY, JULY 11

LEFT EYE JUMP (BLUES)
6:30 - 8:00 PM
Fairlee Town Common
See Article on Page 8

WEDNESDAY, JULY 12

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

NO. GRAFTON CO. REPUBLICAN COMMITTEE
7:00 PM
Littleton Regional Hospital Conference Room #1

FRIDAY, JULY 14

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

SATURDAY, JULY 15

STARS & STRIPES FESTIVAL & PARADE
9:00 AM - 4:00 PM
Bandstand Park, Lyndonville
See Ad on Page 7

SUNDAY JULY 16

COHASE CHAMBER GARDEN TOUR
11:00 AM - 3:00 PM
See Ad on Page 11

MAKING GOD LAUGH

4:00 PM
Old Church Theater, Bradford
See Article on Page 4 & Ad on Page 9

SARAH SHOOK & THE DISARMERS

4:00 - 7:00n PM
Dog Mountain. St. Johnsbury
See Article on Page 5

TUESDAY, JULY 18

MOMENT'S NOTICE TRIO (JAZZ/STANDARDS)
6:30 - 8:00 PM
Fairlee Town Common
See Article on Page 8

THURSDAY, JULY 20

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

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SUNDAY, JULY 23

THE TABOR VALLEY SINGERS
3:00 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 JOHN SBURY
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 27:**

Nifty Needlers @ 9:00
Frame Craft w/Bob @ 1:00

June 28:

Bone Builders @ 9:30
Writer's Group @ 10:30
Eyeglass Care @ 11:30
Bingo @ 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

July 3:

Bone Builders @ 9:30
Mahjongg Lessons @ 9:30
Holiday BBQ @ 12:00
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

July 4: CLOSED

July 5:

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

Mahjongg @ 1:00

July 6:

Cribbage @ 12:30
Cards w/Jeanie @ 1:00

July 7:

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

July 10:

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

Tai Ji Quan @ 2:00

July 11:

Nifty Needlers @ 9:00
Plastic Canvas w/Gerrie @ 1:00

July 12:

Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Woodsville Eye Care @ 11:30

Herbs w/Elaine @ 12:30

Bingo @ 1:00

Mahjongg @ 1:00

July 13:

Floral Arranging w/Jane @ 9:30

Cribbage @ 12:30

Crafts w/Bob @ 1:00

July 14:

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

July 17:

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

MS Support @ 1:00

Tai Ji Quan @ 2:00

July 18:

Nifty Needlers @ 9:00
Plastic Canvas Craft @ 1:00

July 19:

Bone Builders @ 9:30
Writer's Group @ 10:30

Orange East Senior Center

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

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

The Boyz will be playing music on Friday, July 14th starting at 11:00 a.m.

Joyful Hearts-a capella gospel quartet will be singing on Wednesday, July 19 starting at 11:00 a.m.

No Strings Attached will be playing on Friday, July 28th starting at 11:00 a.m.

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 summer hours will be on Wednesdays from 10:00a.m. to 12:00 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!

Haverhill Historical Society's Summer Lecture Series

Haverhill, NH – The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to offer "The Grand Resort Hotels of the White Mountains: Architecture, History and the Preservation Record", a program presented by Bryant Tolles, Jr. of Concord, NH. This presentation will take place on Tuesday July 11 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public. The venue is handicapped accessible.

Architectural historian Bryant Tolles, Jr. shares the history and architecture of the grand resort hotel phenomenon and hospitality tourism in the White Mountains of New Hampshire from the pre-Civil War era to the present. The primary focus is on the surviving grand resort hotels: The Mount Washington Resort; the Mountain View Grand; the Balsams; the Eagle Mountain House; and Wentworth Hall and Cottages. Extensive illustrations document these buildings and others no longer in existence.

History professor and museum director Bryant Tolles is the author of books on New Hampshire and Salem, Massachusetts architecture, the grand resort hotels of the White Mountains, the summer cottages of the White Mountains, the resort hotels of the Adirondacks (NY), the resort hotels of the New England seacoast, and college and university architecture in New England before 1860. A graduate of Yale College, he earned his MAT in American Studies at Yale and PhD in American and New England History at Boston University. Bryant has served on the faculty of the University of Delaware, Tufts University, and Harvard University, teaching courses on the history of tourism in America and the history of New England. From 1974-84 he was the executive director of the Essex Institute in Salem, Massachusetts, now part of the Peabody Essex Museum.

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

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Groton Free Public Library News

Build Your Own Butterfly Feeder: Friday, July 7 at 4pm. Build a better world for pollinators! Entice beautiful butterflies into your yard with this fun butterfly feeder. Learn which butterflies like which foods, then build your own butterfly feeder to take home. Led by guest presenter, Jacqueline A. Soule. All ages welcome! (Under 5 with participating adult). Space is limited – be sure to register in advance!

Comic Book Workshop: Be Your Own Hero. Saturday, July 15 at 10am. Learn the basics of drawing a figure and making a simple, four-page comic book. Create a super hero version of yourself based on what you're good at, what you love doing and what you're here to do! Led by guest presenter, Eric Cram. Recommended minimum age of 7. Space is limited – be sure to register in advance!

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!

Attraction Passes Available for Loan: WOW! We now offer numerous passes for free & reduced admission: Billings Farm & Museum, Birds of VT Museum, Echo Center, Fairbanks Museum & Planetarium, Lake Champlain Maritime Museum, Shelburne Farms, VT State Parks, & VT Historic Sites. Many thanks to our Friends of the Library group & the sponsoring institutions for these opportunities!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library). grotonlibraryvt@gmail.com, 802-584-3358.

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**37th Annual Stars and Stripes
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Saturday, July 15th
9 am to 4 pm

HUGE Parade at 10 am
(Get to town early and find a good spot to park, expect traffic detours at 9:30 am).

The parade is followed by music by the Sutton River Band, a special appearance by the Kingdom All Stars, food, clown show, bouncy houses, vendors and more

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The Yellow Quilt--1

by Elinor Mawson

The year was about 1790, and Abigail Berry was engaged to Jacob Brown. She knew she had to make a quilt for her hope chest, and she wanted it to be special. After looking into all her options, she decided that her quilt would be a linsey-woolsey, and it would be yellow.

Linsey-woolsey is a woven fabric made on a loom with linen thread going one way and woolen thread going the other. The result is a sturdy material whose weave isn't terribly tight, but easy to quilt through. And in order to make Abigail's quilt yellow, she had to dye the fabric in a series of herbs and flowers collected from field and forest. When she got the color she wanted she rinsed the fabric in a "mordant" which would hold the color forever. The mordant in this case was vinegar!

When she had collected her materials she put the quilt together. Yes! This was the first thing she did, since it would be a "wholecloth" quilt--quilted only. So she put it in a huge frame, tied its edges to the top, bottom and sides, and started quilt-

ing. She used some quilting patterns and then did some designs of her own. It took many months to complete her project, but after all, it was special.

She brought her masterpiece to their new home when they got married. She never used it, but brought it out to show people if they wanted to see it. She kept it until her son, John Berry Brown got married to Sarah Leavitt --it was her wedding gift to the couple. John and his wife had only one child--Warren, who married Sarah Norris and inherited the yellow quilt.

Warren and Sarah had four children: Arthur, Harry, Mildred and Gertrude. Harry died at 34 from a botched kidney surgery. And Gertrude died on her 18th birthday from "consumption". So, since Arthur would be the only one with the Brown surname, he inherited the yellow quilt.

By now, the quilt had a blue and white cloth bag to be stored in, and it resided in a cedar closet in the huge Victorian house that Sarah had had built. I don't know if any of Arthur and Frances' six children wanted it.

One day when Arthur's daughter, Lois was looking for something in the cedar closet, she came upon the quilt in its special bag. And because she knew its history and loved everything about it, she took it home with her. It was several months before she decided to tell her father what she had done. Arthur said only, "It's in good hands."

Lois kept it for many years. She didn't have a clue what she would do with it until her eldest daughter asked to borrow it to show a quilting friend. Lois looked doubtful about letting it out of her sight. Since she had "borrowed" it from her father she worried about it not coming back.

But her daughter did bring it back. Lois was so impressed that she told her daughter that it would be hers. And several years later, I was given the blue and white bag with the yellow quilt inside. I was told, "It's in good hands".

So now I own the yellow quilt. I'm the 6th generation that it belongs to. It is one of my most cherished possessions. And there is a lot more history about the quilt since I have owned it, but that will have to be told at another time.

Summer Music Series

Debuts in Fairlee

Tuesday nights in Fairlee will soon be a bit more lively, with free summer concerts for families and individuals to enjoy on the town common. The Fairlee Community Music Series makes its debut in 2017 with a lineup of highly talented ensembles spanning a variety of musical genres.

Fairlee residents Denis Lambert and Elizabeth Wilson are teaming up with the Fairlee Recreation Council to start a music series with the dual goals of building community spirit and attracting more visitors to town.

The 2017 season will include the following concerts on Tuesday nights from 6:30-8:00pm:

July 4 - Aaron Audet Band (pop/rock covers)

July 11 - Left Eye Jump (blues)

July 18 - Moment's Notice Trio (jazz/standards)

July 25 - Prydein (American celtic rock)

August 1 - Starline Rhythm Boys (country/honky-tonk)

August 8 - Lyme Town Band (traditional concert band) & Fairlee Community Church Ice Cream Social

August 15 - Ray Vega Quintet (latin originals)

All concerts are free and open to the public.

Performances are scheduled to occur regardless of weather. As long as the weather cooperates, concerts will be held outside on the Fairlee Town Common. The Fairlee Community Church of Christ (located next to the common) has generously offered their space for use as the rain site if necessary.

Audience members are encouraged to bring chairs or blankets to sit on. Packing an umbrella is also a good idea, in case rain begins partway through a performance.

This series is made possible thanks to contributions from The Jack and Dorothy Bryne Foundation, Northstar Fireworks, Wells River Savings Bank, and Sargent Artesian Wells, along with additional donations from local businesses and individuals who prefer to remain anonymous.

For more information, visit www.fairleemusic.org or check out the Facebook page for the Fairlee Community Music Series, and be sure to mark your calendar for Tuesday night concerts on the common.

Lisbon Main Street Concerts

Please join Lisbon Main Street Inc., promotions committee as they kick off the summer free concert season with the Parker Hill Rd. Band on Saturday July 1, 2017 from 3:00 - 7:00 pm on the lawn of the Lisbon-Landaff Shared Ministry on Main Street in Lisbon, NH.

The cookout will begin at 3:00 with typical cookout fare at a reasonable price,

then at 5:00, have your lawn chair or blanket spread out for the Parker Hill Rd Band singing country and blue grass favorites!

The concert is free as are all of the Lisbon Main Street summer concerts, so join us on July 1st then also on July, 13 and 27, and Aug. 10 and 24 for more free music from 6-8 each night! Hope to see you there!



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Summer Time and The Market Is Busy

By Marianne L. Kelly

So. Ryegate, VT—Summer is in full swing at My Farmers Market, and our seasonal crops are racing to the shelves (with help from market owner Jennifer Bone), anxious to be part of the warm weather recipes you create for your table and gatherings.

To date you can choose freshly picked strawberries, peas, cucumbers, kale, spinach, lettuce, onions, peaches, tomatoes, rhubarb, ginger root with more coming in each day.

Decorate your summer table with a beautiful bouquet of freshly picked flowers or choose from several flowering hanging baskets, and handcrafted wind chimes. We still have a nice selection of six packs to plant in your gardens.

The verdict is in. Maria's Bagels are the best! Welcome to our newest vendor who delivers her homemade bagels fresh and warm from the oven each Tuesday and Friday morning.

Summer time is salad time we think you will like this refreshing recipe. Toss together, sliced strawberries, sliced peaches, mango, asparagus, spinach and your favorite nuts, like pistachios, pecans, walnuts or almonds. Kale also works in this salad.

For a refreshingly sweet, tangy dressing combine 1/3 cup honey, 1/4 cup apple cider vinegar (or balsamic if you like a stronger taste), 2TBS poppy seeds, 1TBS finely chopped onion, 1TBS Dijon mustard and 1/2 tsp salt in a blender. Pour over salad.

Summer time is also barbecue time, and we have some nice grill friendly meats for your cookouts.

You don't have to do all the work. We always have wonderful prepared meals

for you to heat and eat, and our chefs and bakers will gladly prepare the side dishes, salads, breads, pastries and desserts, you need for your summer gatherings. Come by or email us with your request on Tuesday or Wednesday and pick up at the market on Friday or Saturday. For other times, please give us at least 48 hours.

We also work with a professional who will sharpen your knives, scissors and small garden tools to a sharp edge. Contact us for more information.

On a lighter, sweeter side, our own Genevieve Bone created an enchanting Fairie Village behind the market near the babbling brook that you simply must visit. While there, relax at one of the picnic tables and enjoy a sandwich, salad, pastry, or just a cup of coffee on a sublime and soothing summer's day.

There truly is something for everyone at My Farmers Market from the best food, crafts, bulk items, snacks, natural personal items, and more. Our friendly, knowledgeable vendors can answer any questions you may have.. and yes, we take credit and debit cards.

Take your time, browse, enjoy a free cup of Vermont Coffee Roasters fine coffee (don't forget to take some home), and enjoy the ambiance of this fun, family friendly market.

My Farmers Market is located on Creamery Road just off Route 302 in So. Ryegate. Look for the bright yellow flags.

We are open Tuesday-Saturday 9-6, and Sunday 11-2.

For more information visit www.myfarmersmarket.com, or email: myfarmersmarketst@gmail.com

See you at My Farmers Market!

Village Harmony Teen World Music Ensemble performs in Haverhill July 3

Village Harmony teen world music ensemble presents a concert in Haverhill at Alumni Hall, 75 Court Street, on Monday, July 3 at 7:30 PM, sponsored by Court Street Arts at Alumni Hall. The group of talented teen singers is led by a remarkable international trio of leaders: Bongani Magatya from South Africa, Samira Merdzanic from Bosnia, and Village Harmony founder Larry Gordon from Vermont. There will be a freewill collection at the door. For more information call Court Street Arts at Alumni Hall, 75 Court Street, Haverhill, NH 03765, 603 989 5500.

The concert program includes South African songs and dances, folk songs from Bosnia and Macedonia, American shape-note songs, traditional songs from Corsica, and renaissance works. The singers are drawn from throughout New England, but also include three teens from Bosnia, two from South Africa and one from England.

Village Harmony is an umbrella organization based in Vermont dedicated to the study and performance of ethnic singing traditions from around the world. Each summer they sponsor ten ensembles like this one, both in New England and in numerous foreign countries, involving both teen and adult singers. Each group develops its own unique sound with a different international team of leaders, but all share common traits: a powerful,



natural, unrestrained, vocal sound; a remarkable variety of vocal styles and timbres, as appropriate to the many varieties of ethnic and traditional music; and the visible, vibrant community among the singers and audience as they share in a joyous celebration of music.

Bongani Magatya is steeped in the vibrant choral singing tradition of the South African Old Apostolic Church. As well as being a charismatic and inspirational singing leader, he is a composer whose thrilling compositions in the traditional folk style are sung by choirs all over South Africa (and increasingly by Village Harmony!) Samira Merdzanic is an accordion player and teacher and choir leader, who for twenty years has

been leading a girls choir, the Bugojno Vocal Ensemble. Last summer this choir took first prize at the choral festival in Ohrid, Macedonia. She will lead a diverse repertoire of traditional city songs, village songs and sacred songs from all the peoples of Bosnia. Larry Gordon is the founder of Village Harmony and has been leading choirs and community music in Vermont for over forty years. He has a vast repertoire of music from harmony traditions across the world and has led scores of Village Harmony study and performances tours to South Africa, Bulgaria, Macedonia, Georgia and throughout western Europe.

Village Harmony's many recordings and songbooks will be available for sale at the concert.

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This year's participants will delve into Edward Elgar's "The Dream of Gerontius" with renowned British choral conductor David Hill, director of the UK's BBC Singers and The Bach Choir, as well as Yale University's Schola Cantorum. Hill will also lead singers through an exploration of "European Sacred Music"

(Oxford Choral Classics, ed. John Rutter), an anthology of over 50 choral gems from the last five centuries, and offer a Conductor's Seminar in which participants can receive mentoring in directing singers. Mezzo-soprano Paula Rockwell of Acadia University, Nova Scotia, will conduct master classes and sessions in vocal technique and also offer a solo recital.

Students enrolled in college are eligible for discounted tuition. Graduate credits can be arranged through the University of Rhode Island. The workshop might qualify for professional development credit for educators.

Full details and registration are available at ogontzarts.com. Questions? Contact Claire Mead at 215-962-2998 or claire@ogontzarts.com.



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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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Russell "Rusty" Wayne Hitchcock - OBITUARY

Woodsville, NH- Russell "Rusty" Wayne Hitchcock, 56, died on Saturday, June 10, 2017 at his residence on Pine Street.

Rusty was born in Woodsville, NH, on December 7, 1960, the son of Freeman Dyke Hitchcock and Patricia Ann (Crapo) Darling.

He graduated from Blue Mountain Union School, class of 1978. Rusty served with the U.S. Army from March 2, 1988 to June 13, 1989.

Rusty loved deer hunting, listening to music, camp fires, and especially spending time with family.

Rusty was predeceased by his parents, Freeman Dyke Hitchcock and Patricia Ann (Crapo) Darling

He is survived by his daughter,

Emma Hitchcock of Bath, NH; three sons, Chad Hitchcock and companion Angel Patterson of Woodsville, Sean Hitchcock of Woodsville, and Michael Flynn of Colchester, VT; a grandson, Ian Hitchcock; a sister, Pam Boughton and companion Lance Lunn of Deep River, CT; a niece, Melainia Martel; two nephews, Christopher Martel and Stephen Martel; three aunts, Ginny Sulham, Bonnie Pineo, and Dixie Poulin and husband Paul; and several cousins.

There will be no calling hours.

A memorial service will be on Saturday, June 24, from 1 to 3 PM at the Ross Wood American Legion Post #20, 4 Ammonoosuc Street, Woodsville, NH.

In lieu of flowers, the family



suggests making a memorial contribution to Ricker Funeral Home, to offset funeral expenses, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Mark Christian Anderson - OBITUARY

Woodsville, NH - Mark Christian Anderson, 48, of Central Street, died unexpectedly on Monday, June 12, 2017, at his home.

Mark was born in Holyoke, MA, on June 19, 1968, to Bruce E. and Van (Ingalls) Anderson. He was a graduate of Woodsville High School, Class on 1987.

In the past, Mark worked for Hatchland Dairy, Windy Ridge Orchard, and PT Farm, all of North Haverhill. Currently, he was employed at WalMart in Woodsville, where he liked to help "old ladies."

In his younger years, Mark participated in 4-H, and eventually became a cooking leader. He continued to enjoy cooking and sharing with others. He also enjoyed spending time at the library, along with hunting, and fishing. Mark rode his bicycle everywhere.

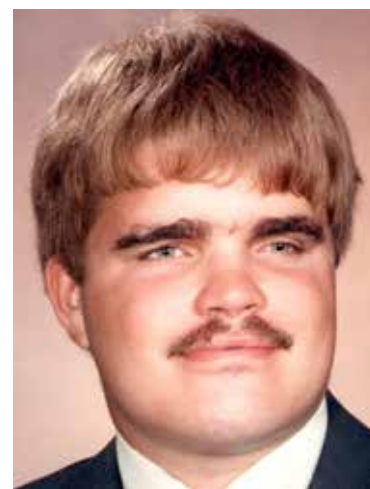
In his spare time, he liked to listen to music and watch videos. He loved giving many gifts at Christmas.

Mark is survived by his parents, Bruce and Van Anderson of North Haverhill; a sister, Julie Exposito and husband Joel of Cooper City, FL; a brother, Travis Anderson and wife Joanna of Grafton, NH; two nieces, Isabella and Analia Exposito; aunts and uncles, Shirley Gould, Mary Ingalls, Marge and Joel Moore, Dennis and Pam Anderson, and Karen and Alfred Hannett; as well as numerous cousins.

There will be no calling hours.

A memorial service will be on Saturday, July 8 at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Burial will follow in Horse Meadow Cemetery, North Haverhill.

Memorial contributions may be made to the Good Shep-



herd Ecumenical Food Pantry, PO Box 124, Woodsville, NH 03785 or to Caledonia-Essex Area Ambulance, PO Box 570, St. Johnsbury, VT 05819.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Janice Paradie, OBITUARY

with her daughters, grandchildren, and great grandchildren.

Janice was predeceased by her husband, Richard Paradie on October 22, 2012.

She is survived by two daughters, Teresa Paradie and Jodi Dow and husband, James, both of Lisbon; three grandchildren, James Paradie, Tazia Dow and Mark, and Tyler Dow and Corin; two great grandchildren, Ciara and Levi Dow; and a sister, Karen Bean of Centerbrook, CT.

Calling hours will be on Tuesday, June 20, from 6-7 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service will be on Wednesday, June 21, at 11 AM in Grove Hill Cemetery, Lisbon, NH.

In lieu of flowers, memorial contributions may be made



Lisbon, NH- Janice Paradie, 69, of Mt. Eustis Road, died on Friday, June 16, 2017, at Littleton Regional Hospital, Littleton, NH, following a period of declining health.

Janice was born in The Bronx, April 9, 1948, to James and Emmy (Daniels) Hasselman. On January 20, 1967, she married Richard Lee Paradie.

Janice worked as a machine operator at Burndy Corporation in Littleton.

In her spare time she enjoyed casino and shopping trips along with visiting her family in Connecticut. She loved being

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Declare Your Financial Independence Day

We're getting close to the Fourth of July, when we celebrate the freedoms we enjoy in this country. The U.S. constitution grants us many of these liberties, but we have to earn others – such as our financial freedom. What steps can you take to achieve the financial independence you need to reach your long-term goals?

For starters, always work to build your resources. Contribute as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plan. At a minimum, put in enough to earn your employer's matching contribution, if one is offered. If you don't take advantage of this match, you are essentially leaving money on the table.

While how much you invest is an essential factor in gaining your financial freedom, how you invest your money is equally important. So make sure you have sufficient growth potential in all your accounts. While growth-oriented investments, such as stocks and stock-based vehicles, carry investment risk, you can help moderate this risk by also including other invest-

ments, such as bonds.

Another way to gain your financial independence is to liberate yourself from the shackles of debt. This isn't always easy, of course – most of us have experienced times when our cash flow simply wasn't sufficient to meet our expenses, so we had to take on some type of debt, either through a credit card or a loan. But the more you can control your debts, the more money you'll have to save and invest for your future.

One way to manage your debt load is to build an emergency fund, containing three to six months' worth of living expenses, which you can use to pay unexpected costs such as a major car repair or a large medical bill. Ideally, you should keep this money in a liquid, low-risk account, so you can access the funds quickly and without penalty. Aside from possibly helping you control your debts, an emergency fund also may enable you to avoid dipping into your long-term investments to pay for short-term needs.

Thus far, we've only discussed achieving your financial freedom through methods of saving and investing. But you also need to consider your protection needs, too. If you were to become ill or suffer a

serious injury, and you could not work for a while, your financial security could be jeopardized. Your employer might offer you disability insurance as an employee benefit, but it may not be enough for your needs, so you might need to purchase some additional coverage on your own. And to help ensure your family's financial security, you'll also need sufficient life insurance.

You also might want to protect yourself from the catastrophic costs of long-term care, such as an extended nursing home stay. The average annual cost for a private room in a nursing home is more than \$92,000, according to the 2016 Cost of Care Study issued by the insurance company Genworth. And Medicare generally covers only a small percentage of these expenses. You may want to consult with a financial professional to learn about ways you can protect yourself from the long-term care burden.

By following these suggestions, you can go a long way toward declaring your own financial independence. Consider taking action soon.

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

Littleton Food Co-op partners with Copper Cannon Camp

LITTLETON, N.H.—The Littleton Food Co-op is thrilled to partner with Copper Cannon Camp in Franconia, New Hampshire to raise funds and create community connections and awareness during the month of June. The mission of Copper Cannon Camp is to enrich the lives of under-served youth of New Hampshire by providing a quality, tuition-free camp experience.

From the Copper Cannon Camp website:

"The story of Copper Cannon Camp is about giving back. The founder of Copper Cannon Camp, Hamilton Ford, overcame an underprivileged childhood of his own. Young Hamilton received the opportunity to go to a summer camp. While attending, Ham experienced several things that had a permanent impact on his life. While he and his family were at camp, it was the first time he saw his mother truly smile and it was the first time he knew for sure he would receive three proper meals



Photo Caption: From Left to Right Josh Lagerquist, former camper/staff Jackie Gillespe and Kimberly Carroll and Melissa bridges, Littleton Food Co-op. Copper Cannon Camp receives a check in 2016 as Partner of the Month.

a day, every day. Finally, the camp experience was one of the most fun, educational and impactful times of his young life, and he decided that every kid deserved the same experience."

Fast forward to the Copper Cannon Camp that exists today. The mission has always remained the same. Copper Cannon is the only camp in New Hampshire to provide a completely free traditional summer camp experience to all children who deserve it.

As the Littleton Food Co-

op's Partner of the Month, Copper Cannon Camp will receive all 'round-up' donations collected at the checkout and \$1 from every pizza sold during Pizza for Partners Friday nights. For more information about the camp visit www.coppercannoncamp.org.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. All are welcome to shop the Co-op, member or not. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!



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Letter to the Editor

Dear Readers,

The Bradford Conservation Commission is gearing up for the production of its 2018 Calendar, "The Beauty that is Bradford's". We are seeking your best photos of landscape, weather, wildlife, people and places in Bradford.

Submissions must be high resolution digital photos in landscape format, and must have been taken in Bradford. You do not need to be a professional

photographer to submit your favorite shots.

Please email your photos to mepriestley@gmail.com by July 10th. A selection committee will make the decisions of which photos, representing four seasons, will be included in the Calendar.

Looking forward to seeing your photos!

Nancy Jones, Chair
Bradford Conservation Commission

Nancy,

What a great fundraiser, and what a great subject you have with this project. I will echo your call for photos of Bradford, and remind all readers that you don't have to be a pro in order to submit. So that photo you took of the Waits River this spring, or the leaves off Route 5 last fall, or maybe even your friend who got a hole-in-one at the Bradford Golf Club last summer, send it in. You never know what the judges might like.

Best of luck to the Commission. I look forward to seeing this latest calendar this fall.

Gary Scruton, Editor.

Letter to the Editor

To Our Taxpayers / School Boards

Don't be lulled by no increase in our summer taxes. They will be going up because the teachers' raises will take effect for the next two years.

We still deserve a money number on what it will take to get our elementary school up to code. Not to demolish or sell it and move up to the middle school
Diane Kirkwood,
North Haverhill

Diane,

Taxes are one of those things that seems to always go up, and almost never go down. Teacher salaries are indeed a big part of our school budget. What happens with their salaries and benefits has a very direct influence on our tax bills.

On the other hand I am all for paying good teachers good salaries. My concern has always been the manner in which many of those raises are generated, not by ability, but by length of employment. But that's a whole other issue.

Regarding the upcoming (I hear October or November) bond vote, I couldn't agree more. More numbers are needed. We, the taxpayers and voters, need to see all the numbers, all the plusses and minuses so that we can make informed and reasoned decisions. I trust that happens this late summer and fall.

Gary Scruton, Editor.

Cohase Lions Club Announces Mad Money Raffle Winners

CONGRATULATIONS to the WINNERS

Thank you for your Community Support

- 1st - \$2,000.00 Winner – Dick & Deb Patten
- 2nd - \$1,000.00 Winner – Roger Fournier
- 3rd - \$500.00 Winner – Don & Susan Bigelow
- 4th - \$100.00 Winner – John W. Aldrich
- 5th - \$100.00 Winner – Colby & Conner Dailey
- 6th - \$100.00 Winner – Tim Corey Grandchildren
- 7th - \$100.00 Winner – Mike Adams
- 8th - \$100.00 Winner – Tricia Fagnant

Letter to the Editor

To the editor,

TRUMP NO LAUGHING MATTER

I regularly find fault in our current mediocrity of a president and recently realized something I'd not noticed before - the poor fellow doesn't laugh. He has no sense of humor. I've not even seen him smile unless it's a quickfake smirk when he's lying about his non-existent exploits. There's something unhealthy with people who don't laugh. I've seen both the Bushes, both the Clintons, an Obama, even a Carter, a Ford, a Nixon and an Eisenhower show humor. Why not Trump?

People who can not laugh are missing something vital to humanity and understanding. I especially value folks who can laugh at themselves, their own foibles, at their own mistakes. They're some of the strongest, most self-secure people I've worked with. Never seen Trump do that. Laughter is a healing balm, both to those who offer it and those who receive. Medical specialists tell us there are physiological benefits to regular laughter, healing powers. Humor is also a fine way to hash out otherwise sticky situations - a really first class negotiator would know and encourage that. Many a truth is said in jest. Trump may consider his not showing humor re-inforces what he hopes

is a stern unblinking toughness, a type of strength. I think otherwise. I have more than once worked with people who laughed only at other's expense, or other's ill-fortune, never out of plain old-fashioned fun and enjoyment. Typically, they were full of self-doubt and insecurity, and felt that showing humor was a sign of weakness.

On the other hand, I'd better watch what I wish for. If Trump started to laugh at his own mistakes, he'd be in stitches all day and all night, and we still would not get anything done. Then the joke would be on me.

Robert Roudebush
North Haverhill, NH

Robert Roudebush
North Haverhill, NH

hopefully with, others when the occasion arises.

I could start this response with a big LOL. But that might be too easy a response.

Maybe it would be better to just chuckle and start watching for myself to see if your observation seems accurate.

In reality my response is more of a puzzled look and slow nod of eventual agreement as I think back on the primary, the general election, and all that has happened since.

I very much agree that a good laugh each day is quite healthy. I also strongly believe that one must be able to laugh at one's self. And I will admit that I am easily humored by some of my own thoughts and/or actions.

It is true as well that I will also laugh at, or Gary Scruton, Editor

Finally I see much humor in good old fashioned jokes. From knock-knock, to genie in the bottle, to a solid pun, there is a certain release, a loosening of the day's troubles, that can have great positive effect on a person's outlook on life, or even their current mood.

So, Robert, let me say I hope you are not right that our president has no sense of humor, but instead is simply not showing one. Let us also hope that our elected officials can show some good feelings to each other and help this country move forward in a positive manner.

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Oscar-nominated, Grammy Award-winning Aimee Mann To Perform in Colonial Theater in Bethlehem

With the support of MLK & Company and Peabody & Smith Realty, The Colonial Theatre in Bethlehem, NH, is pleased to present Aimee Mann and her band Saturday, July 1.

Oscar-nominated, Grammy Award-winning Aimee Mann has just released her first album in five years, *Mental Illness*. The record follows 2012's *Charmer*, which *Rolling Stone* proclaimed "shows off the more pop-oriented side to her usual acoustic tendencies." With this follow-up, she returns to a more musically soft-spoken but still lyrically barbed approach, as heard in the album's lead single, "Goose Snow Cone."

Mental Illness shows off Mann's rich, incisive and wry melancholia in an almost all-acoustic format, with a "finger-picky" style inspired by some of her favorite '60s and '70s folk-rock records, augmented by haunting strings arranged by her longtime producer, Paul Bryan. Additional players include Jonathan Coulton (see below) on acoustic guitar and backing vocals who will be accompanying her in this show.

Mann remains a student of human behavior, drawing not just on her own experiences to form the characters in the songs but tales told by friends. "I assume the brief on me is that people think that I write these really depressing songs," Mann says. "I don't know—people may have a different viewpoint—but that's my own interpretation of the cliché about me. So if they thought that my songs were very down-tempo, very depressing, very sad, and very acoustic, I thought I'd just give myself permission to write the saddest, slowest, most acoustic, if-they're-all-waltzes-so-be-it

record I could... I mean, calling it *Mental Illness* makes me laugh, because it is true, but it's so blunt that it's funny."

After several albums with Til Tuesday, Mann began her solo career in 1993 with the album *Whatever* and made a name for herself through her independent success and the founding of her record label, SuperEgo Records. In addition to her solo albums, she has appeared on many film soundtracks, most notably the song score for Paul Thomas Anderson's *Magnolia*, with "Save Me" landing her Academy Award and Golden Globe nominations for Best Original Song. In 2014, Mann joined up with Ted Leo for a more rock-oriented duo project, releasing a self-titled album under the name *The Both*. Other extracurricular activities since *Charmer* ranged from playing herself on the hit TV series *Portlandia* to performing for President Obama and the First Lady at the White House. Named one of *The Huffington Post's* "13 Funny Musicians You Should Be Following On Twitter," Mann has gained a diehard social media following for her quick wit and stinging observation.

Aimee Mann will be appearing with special guest Jonathon Coulton. Coulton is a geek rock / folk rock musician active since 2003 from Brooklyn, known for his songs about geek culture. He is best known for such compositions as "Still Alive" and "Code Monkey", as well as his cover of Sir Mix-A-Lot's "Baby Got Back". He is the Contributing Troubadour for *Popular Science* magazine and the musical director for John Hodgman's *Little Gray Book Lectures*.

General Admission tickets for the 8 PM performance are \$49; Colonial,

Catamount Arts and St. Kieran's Community Center for the Arts members \$42. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook ([Facebook.com/Bethlehem-Colonial](https://www.facebook.com/Bethlehem-Colonial)), follow The Colonial on twitter (@Colonial-NH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial



Theatre at 99.9 on the FM dial.

This evening of great indie music is made possible with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn,

The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Jane B. Cook 1992 Charitable Trust, Mascoma Savings Bank and The Colonial's presenting partner, Catamount Arts.

Oops, You Are Retired!

by Kellie Quackenbush

It seems everybody is looking forward to retirement. That magic day when the daily grind is no more and you are trouble free. The dream of finally taking life, one day at a time, on your own terms. Finally, you get to do what you want without that pesky job getting in the way.

For some people that is what retirement is, a daily party where you can take your time to enjoy what you truly love. Time to go fishing, have a spa day, devote some real time to your favorite cause, get that yard work done. So many ideas and plans on that wish list of things to do when you retire.

The reality for over 30% of the U.S. population (based on a report by the Governors of the Federal Reserve System) does not have enough savings for retirement. They do not have a pension or retirement plan through their employer or have not invested enough into it or because they do not have a plan through their job have not started one of their own.

The medium retirement account for people aged 55-64 is \$14,500. If they had savings of \$104,000 in savings and used it all to purchase an annuity from a life insurance company—they should receive \$5,000 a year. That is it, \$5,000 per year for their retirement.

So, now you say-hey, what about Social Security?

If you have worked and paid into the Social Security system for 35 years you are entitled to a Social Security benefit. At age 62, there is a reduced benefit that you may receive but you are not entitled to Medicare until your reach the age of 65. There is a premium deducted from your Social Security for the Medicare benefit. The average monthly Social Security check is \$1,200, if you have waited until your full retirement age of 66+. From that amount the premium you pay for your Medicare gets deducted before you receive it and what remains is what you have left of your Social Security benefit.

Taxes, rent, utilities, vehicle repairs and costs, groceries, clothing, medicine and entertainment—all of these expenses still have to be paid when you retire. There are also the miscellaneous expenses that seem trivial while you are working; pets, vacations, gifts for birthdays and graduations, etc.... Pets have to be fed and taken care of with vet visits, dog food, toys and treats.

Another forgotten expense is your own health. Most senior citizens require a supplemental insurance in addition to their Medicare coverage. Medicare only pays 80% of the allowed amount on any service you

may receive and unless you have Medicare Part D, medications are not covered. Unless you wish to pay out of pocket for medications and what Medicare does not pay, a private supplemental insurance policy with another monthly premium will have to be purchased.

Stretching that monthly Social Security check gets even harder when utility costs are not fixed. Long cold winters lead to higher fuel costs and hot summers require more energy to keep cool. Being dependent on Social Security for your monthly expenses may prove to be not enough—especially if something unexpected happens—like a blown water heater or the car dies.

While old retirement theory, to have one year's salary in the bank and to invest in your companies retirement program at the maximum matched amount was good, it is not enough. What to do? Research. If your company has a human resource department, make an appointment to make sure you are optimizing your retirement tools. There are many well respected financial services available to assist people with retirement planning or wealth development. It is never too early to start saving for the day you retire or any other goal you may have.

Resources to use include the AARP Foundation, the American Retirement Association, The National Council on Aging, the Center for American Progress and the Social Security Administration.

The time to act is before you retire and find that you cannot maintain your current lifestyle.

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EXCAVATION

Green Mountain United Way Community Impact Director to Retire at End of June

St. Johnsbury, Vermont – After 9 years as Community Impact Director in Caledonia and Southern Essex Counties for Green Mountain United Way, Nelson Baker will retire on June 30th.

“After my 76th birthday, I began to focus on the fact that I am now closer to 80 than I was to 70 years of age. I am grateful for the last nine years of my “retirement job” with Green Mountain United Way but I now want to focus on spending more time with family and friends.”, announced Nelson in an email to partners, supporters and colleagues on June 8.

Baker, who previously retired as the owner of the P & H Truck Stop in Wells River, Vermont, has worked as Community Impact Director of Caledonia and Southern Essex Counties in the St. Johnsbury office of Green Mountain United Way for the past 9 years, as they transitioned from a primarily fundraising organization to a community impact organization in recent years. Working on initiatives in areas of health, education and financial stability, Nelson was able to connect with many in the community to make an impact. Many individuals and groups have benefitted from financial literacy classes he taught focusing on credit, budgeting, and savings and have

been able to put the tools he gave them to good use to improve their lives and financial stability.

“Thank you, Nelson, for your leadership work here in the Northeast Kingdom”, offered Paul Bengston, CEO of Northern Vermont Regional Hospital in St. Johnsbury. “Nelson’s work has contributed significantly to the health and well-being of the residents of this region. Our country and state need many more people like him.”

“We appreciate all that Nelson Baker has done for the communities we work in. He has been an anchor in the Caledonia and Southern Essex County area and we will honor his work by continuing our commitment to the people of those areas, as well as our entire five-county region, by continuing to strengthen the Community Impact work that we do to LIVE UNITED in our communities.”, said Tawnya Kristen, Executive Director of Green Mountain United Way.

Green Mountain United Way fights for the health, education and financial stability of every person in every community in Caledonia, Essex, Orange, Orleans, and Washington Counties through programs and partnerships like Tatum’s Totes, Working Bridges, financial literacy, and by bringing together nonprofit, govern-



ment, businesses and volunteers around a common vision to create maximum impact and long-lasting results.

About Green Mountain United Way: Green Mountain United Way is a Vermont not-for-profit organization in operation since 1976. They work to improve the health, education and financial stability of every person in every community in Caledonia, Essex, Orange, Orleans and Washington Counties by mobilizing the caring power of communities around our region to advance the common good. No other single organization has the scope and influence to bring together human service agencies, government, businesses, private foundations and dedicated volunteers around a common vision of creating maximum impact and achieving long-lasting results.

Cottage Hospital Auxiliary Honors Departing Member

The Cottage Hospital Auxiliary recognized Maryjane Krepper at its annual luncheon meeting on June 13th. Maryjane was recognized for her long tenure as an Auxiliary member and her years of outstanding volunteering with the Auxiliary’s many fundraising projects.

Maryjane, a long time Auxiliary member, most recently served as its Corresponding Secretary.

Maryjane dedicated her time and talent with the Auxiliary’s annual golf tournaments, bake sales, annual raffles and the holiday decorating of Cottage Hospital. “Maryjane was a dedicated member and volunteer who was always there to help others,” stated Brenda Long, Auxiliary Co-President. “We wish Maryjane the best as she relocates and starts a new chapter in her life.”



Shown above are Marcia Selent, Auxiliary Co-President, Maryjane Krepper and Brenda Long, Auxiliary Co-President.

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BY JIM HOBBS

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One of Pete's Original 1940's Boxes



The Dandy Diner, with Orpheum Theater Advertising Truck. The diner was located directly across the street from the theater!

Peter and Andrew Tegu came to America from Italy in the 1920's and were busy in the theater business by 1927 when they purchased Mr. Henderson's Palace theater that started in the building later becoming the bowling alley. Henderson had moved his theater to his new Henderson Hotel. Peter operated a popcorn machine in the alley between the A&P store in what is now Bank of New Hampshire.. His popcorn machine was in the alley next to Spofford's Drug Store, also in the Henderson building. The smell of hot buttered popcorn drifted throughout the entire street! The Dandy Diner was located directly across the street from the theater! Note Tegu's advertising truck parked in front of the diner!

Dear Marci:

Dear Marci,

I am helping to care for a family member who has a disability and is younger than 65. Does she qualify for Medicaid and what benefits does Medicaid cover?
Marion

Dear Marion,

Medicaid is a federal and state program that covers medical care for certain people with limited income and assets. The limits vary from state to state. People who are eligible for Medicare may also be eligible for Medicaid if their income and assets are below the limits in their state.

Each state runs different Medicaid programs for various groups of people. One type of Medicaid is for individuals who are aged, blind, or disabled and is known by the acronym ABD Medicaid. Generally, an individual has to apply for Medicaid with

their state Medicaid office. Some people automatically qualify for Medicaid because they are receiving Supplemental Security Income (SSI) or because of other Social Security programs. States may require documentation with the application, such as:

- Proof of age, like a birth certificate
 - Proof of identity and citizenship or immigration status, like a passport or green card
 - Proof of address, such as a utility bill
 - Proof of income, like a pay stub or Social Security Administration award letter
 - Proof of assets, like a bank statement
- All state Medicaid programs are required to cover the following mandatory benefits, including:
- Inpatient and outpatient hospital services
 - Nursing facility services

- Home health services
- Physicians' services, laboratory services, and x-rays
- Rural health clinic services

- Transportation to medical services
- Family planning services, nurse midwife services, tobacco cessation counseling for pregnant people, state-licensed free-standing birth centers
- Pediatric and certified family nurse practitioner services

Some states may cover these optional services:

- Prescription drugs
- Physical, occupational, and speech therapy
- Dental services and dentures
- Prosthetics
- Optometry and eyeglasses
- Chiropractic services
- Personal care
- Case management
- Hospice care
- Podiatry
- Private duty nursing

You can learn more about your state Medicaid program or get help applying by contacting Green Mountain Care at 800-250-8427.

Dear Marci is prepared by the non-profit Medicare Rights Center, New York.

For free, personal and unbiased assistance on benefits, rights, and options for people on Medicare and their families, call Andrea Labor of the State Health Insurance Program (SHIP) located at the Northeast Kingdom Council on Aging: 1 (800) 642-5119 or send e-mail to info@NEKCouncil.org and put SHIP in the subject line.

Tips for Pick-Your-Own Adventures

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Strawberries are starting to ripen up which means the beginning of the pick-your-own season! In fact it may seem a little late to you. Given the cool weather we had in late May and early June it is a little late, but our last two springs were hot and dry so by comparison this spring feels a bit late all around.

Late or early a trip to a pick-your-own farm, is a great way to spend a day. To make the most of it, follow these five simple tips.

Plan ahead. Call the farm or check their website before hopping in the car. Even after a farm has started the pick-your-own season, they may occasionally have to shut down for a day or two because they've temporarily run out of ripe fruit or the weather isn't good for having pickers in the field.

Pack some supplies. Water is of course a must. Depending on how you deal with the sun, you will probably want a hat, sunscreen and/or sunglasses. Personally, I go nowhere without my sunglasses, but before I start picking, I check that the sunglasses don't change my perception of the color and therefore the ripeness of the fruit. If you think you will need insect repellent, put it on before you get to the field and then wash your hands before you start picking (a good practice even if you didn't use insect repellent). Finally, most fruit has a longer shelf life if you cool it down quickly after picking it, so bring a cooler to put your fruit in for the ride home.

Consider leaving the pets at home. On first glance, a pick-your-own seems like a great place for a dog, but it

may not be. Except for apples, most pick-your-own crops are going to be in areas where there isn't a lot of shade and they may not have running water. For food safety reasons, many farms would prefer to keep animals out of the picking area.

Understand the farm's guidelines and tips. Most farms will mark out the areas of the field that have the ripest fruit for that given day and will have areas they prefer people to walk or not walk to protect the plants. If you are unfamiliar with a particular crop, they can tell you how to gauge ripeness, give you tips for efficient picking, and they will know which varieties are tart, sweet, firm, best for baking, best for fresh eating, etc. They can also tell you how long a particular type of fruit will stay fresh in the refrigerator, and when to come back for the next crop.

Don't wash the fruit yet! Sounds funny, but when you get your fruit home, to extend the shelf life, don't wash it right away, just put it in the refrigerator and wash it before you eat it. If you think you won't be able to eat it all in two days, put the overflow in the freezer.

Finally, if you really want to impress the farmer, ask what to do with the culls (for example, the one you picked and then realized it was pecked by a bird), and then pick all the ripe fruit in your section. Especially if you are chatting with your friends or supervising kids, it's easy to get distracted and wander a bit or only pick the big ones or the ones that aren't hiding under the leaves. However, "picking clean" is an important management strategy for the farmer. It reduces the risk of plant diseases coming into the field and helps keep the crop healthy long term so you'll have as much fun next year as this one.

Volume 8 Number 19 June 27, 2017 Not all Times are Trendy, but there will always be Trendy Times



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Chronic Inflammation

Inflammation is a natural reaction to injury or infection. The infected tissues swell, redden, become warm and tender, and are often painful. Too much inflammation can do the body harm, however, leading to immobility, weight loss and sometimes gain, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome, fibromyalgia, osteoarthritis and tendinitis, just to name a few. Cardio-vascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overdose (over the counter and prescriptions), exposure to environmental toxins, free radical damage, infections, injury and bacterial, fungal or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis.

Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are anti-oxidants and useful for inflammation reduction, such as spinach and blueberries. Quercetin, found in onions, is good for insulin. Consume half of a fresh pineapple or fresh papaya daily. Pineapple contains bromelain and papaya contains papain, both enzymes that reduce swelling and inflammation. It should

reduce the pain and swelling in two to six days. Only fresh pineapple or papaya (not canned) is effective. Bromelain is also excellent in capsule form. Eat coldwater fish such as herring, salmon, sardines as they are rich sources of essential fatty acids. Of course, eliminate all soda, sugar white flour and other junk foods.

Herbal choices for inflammation and healing include: **BOSWELLIA TREE:** (Boswellia Serrata), A natural gum resin that detoxifies the joint tissue and supports comfortable movement; supports the body's natural response to inflammation; promotes healthy circulation while soothing and cooling the joints. Also known as Indian Frankincense, has a long history of use in religious ceremonies. As a medicinal herb, the gum resin is used to detoxify the joint tissue. It is said to be healing due to its support of healthy circulation, and cooling because of its soothing action on the tissues.

BROMELAIN: (Ananas Comosus) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, and upper respiratory tract infection. Bromelain contains lipase, amylase and protease, as well as cellulose and lactase; has been shown to significantly improve absorption of nutrients, especially essential fatty acids & zinc.

OLIVE LEAF (Olea Europaea) fights all types of bacteria, viruses, fungi, and parasites. Helps stave off colds and flu. May have anti-oxidant properties. Has shown potential for lowering high blood pressure. Good for virtually any infectious

disease, as well as chronic fatigue syndrome, fibromyalgia, Candida Albicans, heart disease and high blood pressure, herpes virus infections, yeast infections, diarrheal diseases, inflammatory arthritis and psoriasis.

WHITE WILLOW BARK: (Salix Alba), A bitters tonic herb most generally used to treat headache pain and nervous system disorders without the stomach irritation properties of aspirin. (Aspirin is a synthetic extraction of white willow). Primary Uses: as an anti-inflammatory specific in headache combinations; as an analgesic for the pain of arthritis, bursitis and gout; for sore muscles and tendons; to lower fever through increased blood flow and sweating. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium selenium, zinc. Vitamins B1, B2, B3 & C.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

Turtle Soup Anybody?

by Maggie Anderson

When we left the house this morning we didn't know we were on a mission, a rescue mission in fact. We had no idea who might be around the next corner in need of our assistance and no way of knowing one guy was in danger of not even making it across the road.

You know some guys are really happy about a helping hand, they appreciate folks who pull over to see if they're in trouble when they've stopped by the side of the road. Some guys make your teeth rattle when they shake your hand in gratitude.

Then there are others who are either so independent they hate it when anybody thinks they need help or are so snarky about receiving it people drive off wishing they'd maybe thought things through a nano second longer before they bothered to stop.

On my way to work this morning Hank and I ran across a guy like that. He was obviously out of his comfort zone but was an ill-tempered aggressive little sucker when Hank jumped

out of the van and tried to help him.

Normally guys at least try to pretend they're happy you stopped to help, even when they wish you'd just driven right on by. This guy was obviously far from the creek without his paddle and was so embarrassed about our having discovered him that he literally turned on Hank. And I mean he turned on Hank, he reared up, spun around like a ninja in a Japanese horror flick and tried to bite him in a valiant attempt to get Hank to buzz off and leave him alone.

I thought his whole demeanor was less than courteous and, if I thought he'd listen I might have told him so. Somehow Hank managed to help him off the pavement in spite of his attitude and we hit the road again.

I have a friend in Tokyo who has a pet turtle. I can tell you one thing for sure, it's not a snapper! What an ungrateful little twit he was.

I know there's an old book around here some place with a recipe for turtle soup, now if I can just remember what shelf it's on.

COUNTRY 101.3

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The G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School recently installed two bird houses at Bedell Bridge State Park as part of ongoing efforts to maintain and beautify the park.

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The Haverhill Civic Engagement Project: A PSU Clusters Initiative

Small-town life in NH relies on a strong sense of community, where everyone has a role to play in making things happen. Whether you volunteer your time, spearhead an initiative, or simply share your opinion, your involvement matters. PSU faculty and students organized these events to gain your insights into how to spark more community participation by having a neighborly chat with as many Haverhill residents as we can. Who knows – you could spark some new happenings in Haverhill!

FRIDAY, JUNE 30TH
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at Hatchland Farms Farm Stand
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TUESDAY, JULY 4TH
Woodsville – Wells River Community Gathering
at Woodsville Community Field
After the parade

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See further up here.

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