

A FREE PUBLICATION

TRENDY

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TIMES

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73rd Annual North Haverhill Fair - July 26 - 30

One of the best entertainment deals of the summer is about to begin as the 73rd Annual North Haverhill Fair opens on Wednesday, July 26 for a five day run. This family friendly fair features fantastic free fun for all after your \$12 admission fee.

The fair kicks off Wednesday with a great Classic Car Show, the Little Miss North Haverhill Fair Question and Talent contest, plus music from the Decato-Sanborn Project. Wednesday also sees the 6 & 8 cylinder Demolition Derby along with the Minni Van Demolition Derby. For thrill seekers you can also buy a wrist band for the Fiesta Shows ride special that runs from 5-10 pm for \$22.

Thursday also has a ride special for \$25, again from 5-10 pm. The free events include the annual North Haverhill's Got Talent Show, a brand new Log Loader

competition and day long Oxen Pulling events in the covered Bishop Arena. There will also be multiple shows each day with the Magic of Lance Gifford and Company. Also always available is the Adventure Tent with space for the youngsters to play, and the oldsters to relax for a bit.

Friday night's spectacular entertainment is headlined by "Hot Blooded - The Foreigner Experience" a great tribute band that will take you back with songs like "Cold as Ice" and "Feels Like the First Time". Friday also is host to the 4 Cylinder Demolition Derby with a special Veterans Car as part of the show. For an even better deal pay for admission between noon and 5 pm for just \$8.00, plus you can sign up for one of five tablets to be given away, and you can buy ride tickets for 30% off during those same hours.

Saturday is a full day of entertainment from the Kid-die Parade to the Kiddie Tractor Pull, both offering prizes for all participants, and the Hay Bale Olympics. The big show of the night is "Recycled Percussion", whose show, like all the other shows and contests, is free with your paid admission. Earlier in the day is the annual Woodsmen's Contest and a full day of horse pulling events. The night is capped off with a 10 PM Fireworks Display.

The final day of the fair is Sunday, July 30. The 9:00 am Come As You Are non-denominational church service starts the day, but the excitement picks up with another ride special from noon - 5 pm for \$25. There is also another full day of horse pulling, and on the 300' clay track there are a lot more horses as the 4x4 Truck Pull makes noise and dust. The Thayer Stage



wraps up the music of the fair as "The King Returns starring Mark Shelton" from 2-4 PM.

The North Haverhill Fair was originally created to help showcase 4-H clubs and their members' projects from the past year and that has not changed. From dairy and beef shows, to goats and sheep, to woodworking and gardening, there are shows most every day, and plenty of static displays always ready for attendees to look over. Those shows also include a large art and photography show along with quilts and

arts and crafts. And don't forget about all the commercial exhibitors with the latest and greatest to offer.

All these shows, displays and events are covered by your paid general admission of \$12. Children 12 and under are still free at the North Haverhill Fair as is the parking. Veterans are encouraged to attend on Wednesday for just \$5, and senior 65+ get the \$5 rate on Thursday. For more details, rules and regulations, or a complete schedule check out the website at www.nohaverhillfair.com.

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TRENDY Dining Guide

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Peyton Place

by Gary Scruton

I have written this in several previous articles, but it is so true that we have such a wide range of eateries in this area. We are also lucky enough to have many of those eateries participating in our trendy Dining Guide and therefore giving Janice and I a chance to visit and tell our readers about our experience.

This article is about Peyton Place in Orford. This fine dining establishment is located at the historic 1773 Mann Tavern. When you enter the building you very quickly realize that this is not your typical restaurant. Instead there are several rooms that each hold small to large tables set up in various manners. Our table happened to be in front of a window offering some natural light along with the two candles on our table.

Another very unique aspect of Peyton Place is their menu presentation. Once seated and offered a beverage our waitress, who quite often is co-owner Heidi Peyton, brings over the high chair and chalk board that shows off what is on that day's menu. The list includes appetizers as well as entrées, but listed in only a simple form. For example, the night we chose to dine one of the items was Cajun Haddock. When I asked Heidi about the dish she explained that the haddock was served with sweet roasted red pepper Caper garlic butter. The meal also came with sweet potato gratin, and a vegetable medley. Janice asked about the Chicken Broccoli. She was told it was rolled chicken slices stuffed with prosciutto, sweet onions, fresh spin-

ach and served with hand rolled fettuccine topped with a fresh tomato sauce. After a couple of other questions we settled on those two entrées. But we started with a pair of appetizers.

The appetizers we picked were some pork and shrimp spring rolls, and a bowl of Vietnamese Vichyssoise which was served (and mostly eaten) with chop sticks.

I will swap the order around now and start with our appetizers. I had ordered the soup and took on the challenge of the chop sticks. This was wonderful. The main ingredient was a thin rice noodle, but along with that were chunks of shrimp and vegetables. A spoon was also on the side of the bowl and I certainly used it to finish off this very tasty dish.

Janice had ordered the spring rolls that were in a rice wrapping, deep fried and delicious. She said the pork was more like a sausage and they certainly hit the spot.

I should also mention that Peyton Place has a very nice wine list as well as a full bar. I finally settled on a nice white wine to go with my meal while Janice asked for a cola product and after being asked for clarification was served a bottle of a locally made cola with caffeine along with a glass of ice. Both of these also were right on for our meals.

The real stars of the evening though were our entrées. Janice's Chicken Broccoli looked as nice as it tasted. The meal was also served with a vegetable medley and the flavors blended beautifully!

Meanwhile my Cajun haddock was not quite what

I thought it might be. Generally I think of Cajun as meaning "blackened". I was wrong. This haddock was, in my words that night "to die for!" It was indeed sweet, but not too much so. It was also spicy, but not overly. And the sweet potatoes on the side were just awesome. Sometimes it is hard to describe a meal, but let me put it this way. We spent almost two hours on our dining experience and I wish it had lasted longer. I simply savored the meal and slowed down for each taste.

A side note is that when our meals were served the two ladies at a neighboring table looked and asked us about our meals (yes, they looked that nice.)

On this evening we turned down any desert even though a whole new chalkboard was prepared for our viewing. The total of our meal was \$79.57 before tip.

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Colonial Theatre Reaches Out to Community to Complete Campaign

2015 marked 100 years of continuous operations at The Colonial Theatre in Bethlehem. To commemorate this occasion The Colonial initiated The Campaign for The Next Century. The aim of The Campaign was to expand the facility to address a number of facility shortcomings that limited the Theatre's growth and service to the community. The improvements were designed to broaden the programming, improve the audience experience, and create a more sustainable

organization. Over the past two years with the support of a broad coalition of individuals, businesses and foundations The Colonial has raised \$650,000 toward an estimated \$800,000 budget and completed the first phase of improvements. Now, with \$150,000 left to raise to complete The Campaign, The Colonial is reaching out to the community to help take them over the top. "A lot of the heavy lifting has already been accomplished," said executive director, Stephen Dignazio,

"and we will still be reaching out to businesses and foundations, but we are hoping our community will see the value in what we want to accomplish and support our goals."

To date, enhancements and structural upgrades to the auditorium have included new carpets, repainted floors, walls and ceiling, seat renovations, structural supports to the auditorium floor, and state-of-the-art, artist designed sound attenuation panels for an improved movie and live performance experience.

Stage and performance improvements include artist entry and exit points, lighting backdrops, leveling the stage floor, on-stage piano storage and a new digital live PA system.

Over 1500 square feet of new construction was built over the winter and includes two bathrooms, a dressing room, and a green room for artists' use, as well as a loading dock and a secure storage area. The Colonial is now fully handicap accessible for both artists and audience. Safety upgrades consist of a facility wide fire safety sprinkler system and alarm system. "And, oh yes" Dignazio adds, "we got a new popcorn machine, too."

The Campaign thus far has already accrued benefits to the North Country community beyond the immediate enhancements to the Theatre and its audience. "We made a significant effort to hire locally and spent \$600,000 on local contractors for the work to date," Dignazio noted.

Next winter The Colonial plans to initiate the second and final phase of the project which will include installing new bathrooms for audience use (good bye port-a-potties), a year-round on-site theatre office, more safety improvements and an upgraded POS system (point of sale software system for tickets and concessions).

"We have been so fortunate with the amount of support we have received from large foundations, to government agencies, to individual donors," Dignazio adds, "we



are hoping that by opening this process up to our loyal supporters at large we will be able to complete the project and provide northern New Hampshire with a multi-functional, versatile, safe and sustainable community cultural center for the foreseeable future."

One way they are hoping raise the additional needed funds is through the crowd funding platform Kickstarter. "There are a lot of crowd funding platforms around but Kickstarter has the reputation for funding arts and culture projects" Dignazio continued "which is a good fit for us. Also, among the many crowd sourcing tools, it's probably the most well-known and has a great reputation."

The way Kickstarter works is that an individual or organization has to raise a specified amount within a set period of time or you get nothing. Benefits to the

donors are accrued incrementally depending on the amount of the donation—in the Colonial's case, from free movie tickets to an evening at the Theatre for you and 300 of your closest friends. Donor's credit cards are charged only after the goal has been reached. The Colonial is attempting to raise \$50,000 by September 12.

"We launched on July 14 and the first 24 hours were very encouraging" Dignazio reported "but we still have a way to go. We know this is a challenge, but we are confident it will be met with the same support we have received since we began growing the facility 16 years ago." To view the Colonial's Kickstarter video and learn more about The Colonial's Kickstarter campaign and how you can help please visit www.BethlehemColonial.org.

TRENDY Dining Guide

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Not all Times are Trendy, but there will always be Trendy Times July 25, 2017 Volume 8 Number 21

US Supreme Court – June 2017 Public Funds to Religious Organizations! Will this Impact New Hampshire Law?

The United States Supreme Court in a 7-2 affirmative judgment agreed with the Trinity Lutheran v. Comer Case that the state of Missouri cannot deny public funds to a church simply because it is a religious organization. This court decision is huge and departs from previous thinking that public funds cannot be directly provided to a religious organization or houses of worship.

The Trinity case was submitted to the Supreme Court when the state of Missouri refused to direct public funds to upgrade the church playground. Justices expressed concern that Trinity Lutheran faced discrimination with respect to playground surfacing because of its identity as a church. In his brief, Justice Roberts wrote, "But

the exclusion of Trinity Lutheran from a public benefit for which it is otherwise qualified, solely because it is a church, is odious to our Constitution all the same, and cannot stand."

During this past legislative session, the New Hampshire legislature and Governor passed and signed the Croydon Bill, SB191. This law enables public school districts to tuition students to private, non-sectarian schools. If this bill had been passed after resolution of the Trinity Lutheran Case, the Croydon bill may have been amended to include all private school classrooms in which religion is not a part of the curriculum. Has the Trinity Case now opened the door for use public of dollars for all private, church orient-

ed schools? Legislators are asking this question? As with Missouri, the state of New Hampshire has its own version of a constitutional provision or amendment that has been used in the past to deny use of public funding for religious organizations. These amendments are often referred to as "Blaine amendments," adopted shortly after the Civil War when there was suspicion toward Catholics. The recent Trinity decision could open widespread challenges to the application of 'Blaine amendments' throughout New England and the country.

I am writing about this seemingly small case about playgrounds, as it has set the stage for debate next

month when I open sub committee proceedings on SB 193. This is a bill that was retained, partially due to the fact that the bill provides a student in grades 1-12 up to 90% of the state established funding amount deemed necessary for the student to receive an adequate education. Under this bill, parents of eligible students not attending a public school would qualify for a Freedom Savings Accounts upon signing a contract with a non-profit scholarship organization. Yes, funds received could be used for expenses such as tutoring, textbooks, essential technology, various therapies associated with a learning plan, transportation, and including tuition at a private school.

This bill requires much work, as there are many identified financial, curricular, accountability, and impact issues that must be discussed and resolved if the bill is deemed ready to move closer to law.

The Trinity Lutheran Case has certainly added a new wrinkle to what so many have been taught regarding "separation of church and state." The argument supporting use and allocation of public funds for church organizations will certainly have more plausibility and merit in Concord later this summer. I look forward to your email comments. (ladd.nhhouse@charter.net)

Respectfully,
Rick Ladd
Chairman, House Education

The St. Johnsbury Players to present 80th Anniversary Revue

August 17-19th The St. Johnsbury Players will finish their 80th anniversary season with a musical revue celebrating their eight decades of bringing theater to the Northeast Kingdom.

St. Johnsbury Players started in 1936, when a group of friends got together and decided that they wanted to put on a show. Since then the Players have staged and produced over 100 theatrical productions. These productions included comedies, dramas, musicals, variety shows, staged readings and original works. The revue will feature musical numbers from the over forty musicals that Players has staged since 1975.

The cast will feature many St. Johnsbury Players from over the years, some of whom who have been with the group for almost forty years. The cast features Elizabeth Bergman, Mark and Sandi Breen, Donna Brewster, Becky Canedy, Jan Clausing, Lora Dean,



St. Johnsbury Players prepare for 80th Anniversary Revue. At piano Johanna Kennedy. From left to right Sean Breen, Mark Breen, Sandy Breen, Pat Webster, Becky Canedy.

Barry Hayes, Brendan Haddash, Michele Laberge, C Sanford Murray, Jessica Simpson, Bill Taxter, Bill Vinton, Laura Wayne and Pat Webster. There will also be tributes to two long time cast members who have passed: W. Clark Noyes and Freddie King. Noyes was a founding member and King joined the group in 1939. The two were instrumental and active

members throughout their lives, both performing into the eighties.

The revue is directed by Barry Hayes with Jane Vinton producing. The production will also feature local musicians Sean Breen, Kaci Cochran, Johanna Kennedy, Dottie Morton, Donna Murray and Bill Vinton. The production was made possible through generous donations by Community National Bank, Passumpsic Savings Bank and Union Bank

The 80th Anniversary Revue will be performed August 17 and 18 at 7:30pm and August 19 at 2pm at the St. Johnsbury School Auditorium. Tickets are \$10 for adults and \$8 for students and seniors. Advance sale tickets will be available through Catamount Arts (802-748-2600). Tickets may also be purchased at the door. For more information contact Jane Vinton at 802-748-4200 or check out St. Johnsbury Players Facebook page or their website www.stjohnsburyplayers.org.

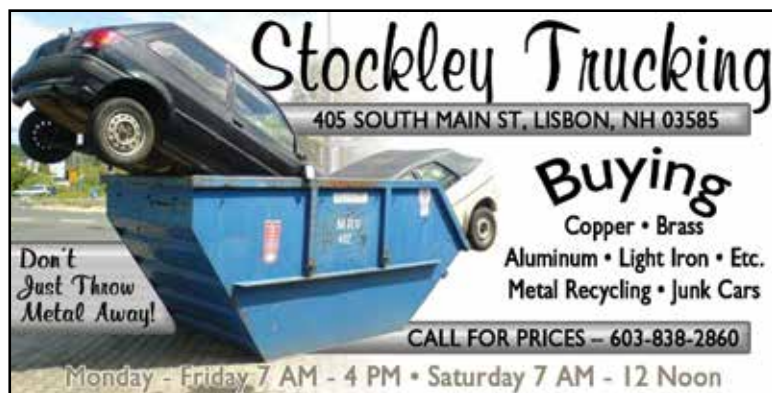
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The Gallery at WREN opens Call for Art for 2018 Season

The Gallery at WREN announces that its 2018 Season Call for Art is now open. Fine artists and artisans are encouraged to apply for a month long show in the well lit Main Street venue. The Gallery serves as a programmatic extension of WREN, operating in ways that support the organization's mission to improve lives and livelihoods through economic, educational, personal and community development. More than just a place for accomplished artists to exhibit their art, The Gallery at WREN works with each artist it serves to provide the necessary business tools needed for growth in the market place.

Open year round, the Gallery presents a new show each month, with opening receptions every First Friday, featuring artists who have been carefully selected by juried committee. Accomplished painters, photographers, potters, sculptors, fiber and multi-media artists have all exhibited their work on the Gallery's walls. Twice a year, WREN members are invited to participate in open-call group shows, which are exceptionally well received and serve not only as supportive learning experiences for new and emerging artists, but as community celebrations of the incredible talent and diversity in our midst. Along with Meet the Artist receptions on the first Friday of each month, the Gallery hosts a variety of events including artist talks, demonstrations, slideshows and workshops, all aimed at directly engaging people with art and art-making.

Applications can be found online at www.wrenworks.org/gallery and are due October 1. There is no application fee, and notifications will

be made by mid November.

For artists wanting a little help with the process, Gallery Manager Katherine Ferrier has created a workshop specifically designed to help artists prepare strong applications, not just for this opportunity, but for other applications such as grants, residencies, etc. "Tipping the Scales: How To Apply for Gallery Shows" is a three hour workshop, held on August 28th from 6-9pm at The Gallery at WREN in Bethlehem. Class fee is \$45 for members and \$75 for non-members, with several scholarships available on a first come first served basis. Space is limited and spots can be reserved through the WREN website.

WREN is a nationally recognized not for profit that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wren@wrencommunity.org, or reach us on the web at www.wrencommunity.org

KCP Announces Howard Frank Mosher Tribute Tour With Filmmaker Jay Craven

Vermont filmmaker Jay Craven will hit the road this summer, for a series of film screenings and personal reflections to pay tribute to his 30-year collaborator, Northeast Kingdom writer, Howard Frank Mosher.

"Howard Mosher died pretty unexpectedly in late January," said Craven. "And many Vermonters already miss him for his laugh-out-loud humor and fertile imagination of our place. Writers miss him, too, because no one was more generous with his time and support."

Craven will open each evening with prepared and off-the-cuff reflections, "My Life, So Far, With Howard," that explore his long collaboration with Mosher. He will then present a 25th Anniversary screening of his first Mosher feature film, "Where the Rivers Flow North," starring Academy Award nominee Rip Torn, Native American actress Tantoo Cardinal ("Dances with Wolves," "Legends of the Fall"), and Michael J. Fox.

"Howard was much more than a source for our film stories and characters," said Craven. "He was also a constant ally, a ready source of laughs, and a steady influence in times of strain. This was especially crucial during our struggles with headstrong actor Rip Torn on the filming of "Rivers." I will tell a few tales that have not been publically shared before—because they cap-

ture a rarely seen side of Howard and his work."

Set in 1927 in Vermont's Northeast Kingdom, "Where the Rivers Flow North" tells the story of an old logger, Noel Lord, and his Native American mate, Bangor, who face the extinction of their way of life when the local power company plans to build a giant hydro dam that will flood them off their land. Lord and Bangor face emotional and physical challenges as they struggle with the power company, Vermont's unforgiving terrain, and their own thorny relationship.

"Where the Rivers Flow North" played more than thirty festival dates including Sundance, Seattle, Avignon, Vienna, and Vancouver. Special screenings include The Smithsonian, Lincoln Center, and Harvard Film Archive. The picture was also one of three U.S. finalists for Critics Week, Cannes International Film Festival. Critical comments include: "Breathtakingly beautiful." (Bob Mondello, NPR); "A freshness rarely seen on screen." (Caryn James, NY Times); "Powerful and unconventional." (Geoff Gilmore, director, Sundance Film Festival) and "Remarkable performances" (actor Gregory Peck).

The Mosher Tribute tour is produced by Kingdom County Productions with sponsorship support from Vermont Public Radio. For more information contact Jay Craven (jcraven@marlboro.edu).

An initial round of play dates includes the following:
 7pm, Thursday, July 27, Next Stage Arts, Putney, VT
 7pm, Friday, July 28, The Bennington Center for the Arts, Bennington, VT
 2pm, Sunday, July 30, Woodstock Town Hall Theater
 7pm, Sunday, July 30, Middlebury Town Hall Theater, Middlebury, VT
 7pm, Saturday, August 5, Norwich Congregational Church
 6:30pm, Sunday, August 6, Weston Playhouse, Weston, VT
 6:30pm, Thursday, August 10, Catamount Arts, St. Johnsbury, VT - Will include an on-stage interview by Rumblestrip radio producer Erica Heilman
 6pm, Saturday, August 12, Northshire Bookstore, Manchester, VT
 6pm, Wednesday, August 16, Highland Center for the Arts, Greensboro, VT
 6:30pm, Tuesday, August 22, Savoy Theater, Montpelier

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- Core and fundamental training

Calendar of Events

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

JULY 13 - 29

THE ADDAMS FAMILY: THE MUSICAL
Tuesday, Thursday, Friday & Saturday
7:30 PM
Jean's Playhouse, Lincoln

WEDNESDAY, JULY 26

THE ADDAMS FAMILY: THE MUSICAL
2:00 PM
Jean's Playhouse, Lincoln

WEDNESDAY, JULY 26 - SUNDAY JULY 30

NORTH HAVERHILL FAIR
Fairgrounds, 1299 Dartmouth College Highway
See Article on Page 1 and Ad on Page 9

THURSDAY, FRIDAY & SATURDAY, JULY 27, 28 & 29

EMMA! A POP MUSICAL
7:00 PM
Vermont Children's Theater Barn, Lyndonville
See Article on Page 20

FRIDAY, JULY 28

SWING ERA JAZZ
5:00 PM
Bethlehem Hebrew Congregation Building
See Article on Page 11

SUNDAY JULY 30

EMMA! A POP MUSICAL
2:00 PM
Vermont Children's Theater Barn, Lyndonville
See Article on Page 20 **STEEP CANYON**

RANGERS

8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 8

THURSDAYS THRU SEPTEMBER 7

PEACHAM FARMERS MARKET
4:00 - 7:00 PM
Academy Green, Peacham

SATURDAY, JULY 29

CHICKEN BARBECUE
5:00 - 7:00 PM
VFW Pavilion, Littleton

SUNDAY, JULY 30

SERATONES OF SHREVEPORT, LOUISIANA,
4:00 - 7:00 PM
Dog Mountain. St. Johnsbury

TUESDAY, AUGUST 1

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

WEDNESDAY, AUGUST 2

**WOODSVILLE AREA FOURTH OF JULY
COMMITTEE MONTHLY MEETING**
7:00 PM
Woodsville Emergency Services Building

SUNDAY, AUGUST 6

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

INCENDIO

4:00 - 7:00 PM
Dog Mountain. St. Johnsbury

MONDAY, AUGUST 7

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

WEDNESDAY, AUGUST 9

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

THURSDAY, AUGUST 10

WEST NEWBURY SUMMER FESTIVAL
ALL DAY
West Newbury Hall
See Article on Page 7

SATURDAY, AUGUST 12

HOWARD FRONK MOSHER TRIBUTE TOUR
6:30 PM
Catamount Arts, St. Johnsbury
See Article on Page 5

SUNDAY, AUGUST 13

ROSS-WOOD POST #20 ANNUAL PICNIC
12:00 NOON
Ammonoosuc Fish & Game Club, Swiftwater

CANDLELIGHT SERVICE

7:00 PM
Old Goshen Church, Bradford

TUESDAY, AUGUST 15

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

THURSDAY, AUGUST 16

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

FRIDAY, AUGUST 17

80TH ANNIVERSARY REVUE
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 4

FRIDAY & SATURDAY, AUGUST 17 & 18

PEACH ACCOUSTIC FESTIVAL
Several Location in Peacham
See Article on Page 8

SATURDAY, AUGUST 18

80TH ANNIVERSARY REVUE
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 4

SUNDAY, AUGUST 19

WHITEHILL REUNION
12:00 NOON
Whitehill Stone House, No. Ryegate
See Article on Page 10

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - North Congregational
Church, St. Johnsbury
9 AM - 10 AM
Municipal Offices, Lyndonville
10:30 AM - 11:30 AM
Municipal Offices, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.

MONDAYS/WEDNESDAYS

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

MONDAYS/THURSDAYS

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

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
SENIOR ACTION CENTER
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville
TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM - Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM - 5:30 PM
Wells River Congregational Church
COMMUNITY DINNER BELL - 5:00 PM
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM - 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS
3:00 PM
East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville
WEDNESDAYS
AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - North Congregational
Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford
WEDNESDAYS/FRIDAYS
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM - 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
FRIDAYS
ADULT STRENGTH TRAINING
9 AM - 10 AM - St. Johnsbury House
1:30 - 2:30 PM - North Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville
SUNDAYS
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

Every Tuesday: 8:30 Community Breakfast

July 25:

Nifty Needlers @ 9:00

July 26:

Bone Builders @ 9:30

Writer's Group @ 10:30

Grief Support Group @ 10:30

Woodsville Eye Care @ 11:30

Bingo @ 1:00

Mahjongg @ 1:00

July 27:

Cribbage @ 12:30

July 28:

Bone Builders @ 9:30

Mahjongg @ 10:30

Tai Ji Quan @ 2:00

July 31:

Bone Builders @ 9:30

Mahjongg Lessons @ 9:30

Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

August 1:

Nifty Needlers @ 9:00

Foot Clinic @ 9:00 (by appt.)

Plastic Canvas Craft @ 1:00

August 2:

Bone Builders @ 9:30

Writer's Group @ 10:30

Grief Support @ 10:30

Herbs w/Elaine @ 12:30

Mahjongg @ 12:30

Bingo @ 1:00

August 3:

Art/Painting @ 9:00

Cribbage @ 12:30

Cards w/Jeanie @ 1:00

August 4:

Bone Builders @ 9:30

Mahjongg @ 10:30

Blood Pressure Check @ 11:00

Tai Ji Quan @ 2:00

August 7:

Bone Builders @ 9:30

Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

August 8:

Nifty Needlers @ 9:00

Plastic Canvas Craft @ 1:00

August 9:

Bone Builders @ 9:30

Writer's Group @ 10:30

Grief Support @ 10:30

Eye Glass Care @ 11:30

Mahjongg @ 12:30

Bingo @ 1:00

August 10:

17th Anniversary

Celebration - Luau

Art/Painting @ 9:00

Floral Arranging w/Jane @ 9:30

Cribbage @ 12:30

Line Dancing @ 12:45

August 11:

Bone Builders @ 9:30

Mahjongg @ 10:30

Tai Ji Quan @ 2:00

August 14:

Bone Builders @ 9:30

Hearts & Hands Quilters @ 12:30

Herbs w/Elaine @ 12:30

Tai Ji Quan @ 2:00

Orange East Senior Center

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

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 a 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!

West Newbury Summer Festival

West Newbury, Vermont Summer Festival. August 12th. A lovely look at small town Americana. 'Maddie Cakes' Gourmet Pastries, 'Let It Grow' Parade, White Elephant Sale, Silent Auction, Whimsical Place Setting Display, Historical Society Schoolhouse, BBQ Ribs Lunch, Taste of Local Desserts. Face Painting and Music throughout the day. Free Admission. 8 am to 2 pm Follow signs to West Newbury Hall, 219 Tyler Farm Road, West Newbury, Vermont. Directions and Information: [www.westnew-](http://www.westnewburyhall.org)

[buryhall.org](http://www.westnewburyhall.org) or Find us on Facebook.

8 - 10:30 am: 'Maddie Cakes' Gourmet Pastries

10:30 am: Parade: "Let It Grow"

11:30 am- 1:30 pm: Ribs BBQ: Adults \$10. & Children \$5.

12 - 2 pm: Taste of Local Desserts

8 - 2 pm: Silent Auction, White Elephant Sale

9 - 2 pm: Whimsical Place Setting Display, Bake Sale

10 - 2 pm: Historical Society Schoolhouse Open

All Day: Face Painting, Music, Activities

ACT Hosts 3rd Summer Nature Walk at Crocker Preserve August 2nd

FRANCONIA – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk on a conservation property in Franconia on Wednesday, August 2nd from 3:00-6:00 p.m. The public is invited to join us for some fun outdoors learning about trees, wildlife, wetlands, and the history of the land.

The Crocker Preserve nature walk will introduce participants to some new trails recently built on the 65 acres of land currently in the process of being conserved by ACT through the generosity of the Crocker family. The family is preserving the land in memory of the late Sarah Crocker by donating the land to ACT. The Franconia Conservation Commission will be asked to hold a conservation easement that prevents future development of the parcel, protecting the land forever. It is a lovely property with a real feeling of peace and seclusion.

This is the third in a series of five nature walks this summer on local lands conserved by ACT. The walks take place every other Wednesday from 3:00-6:00 p.m Participants should pre-register for this event via the ACT website or by calling the office at (603) 823-7777. ACT's Outreach &

Member Services Director, Gal Potashnick, and ACT volunteer Linda Moore will lead this portion of the summer nature walk series. Dee Crocker McKown of Lyman will co-host the Crocker Preserve walk. The property has been in McKown's family for many years.

"This is a wonderful opportunity for members of the community to not only come together and enjoy the beautiful conservation lands in our area, but also learn about the natural and cultural history of our region," said Potashnick.

This event is free; a \$5 suggested donation is welcomed and very much appreciated. The terrain of the approximately one and a half mile loop is quite flat with a lovely wide trail, but is not well shaded; participants should come prepared wearing hats and armed with sunscreen. The group will move at an easy pace with many stops to observe and enjoy nature.

Recommended gear includes comfortable clothing for being outdoors in warm weather, boots or sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guidebooks and binoculars are optional for those who want to learn and see more.



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Peacham Acoustic Music Festival (PAMFest) 2017

The Peacham Acoustic Music Festival (PAMFest) returns for the 7th year on Friday, August 18th and Saturday, August 19th, 2017 for a highly anticipated weekend of music, dance, food and fun for young and old alike set in idyllic Peacham Village. This year PAMFest again brings a variety of acoustic genres to the stage. There will be bluegrass, classical, old time, swing and folk music with workshops and jam sessions. Dance continues to be a strong component of PAMFest with two contra dances, one family dance, a Québécois dance, a swing dance and Morris dancing.

The craft fair returns and will feature the Family Tent with hands-on activities for the kids, plus the popular Instrument Petting Zoo.

This all takes place in Peacham, Vermont – an historic and picturesque community nestled in the Northeast Kingdom – widely hailed as one of the most beautiful villages in New England.

CONCERTS

The heart of the festival revolves around a schedule of world class concerts presented in three very different venues – the historic Peacham Congregational Church, the Catamount Stage, and the intimate setting of the Peacham Café.

Friday Evening Concert – August 18 - 5:30-10:00 pm – Opening Concert

JASON BERGMAN - THE PRIMAL BOYS

Presenting American roots music, blues and bluegrass, the Primal Boys are Russell Seeger, guitar, and Jason Bergman, fiddle, with special guest percussionist Larry Eagle.

Jason Bergman became a Barnet resident after performing on five continents as half the New York duo Jason 'n' Grayson. Bergman is a member of the Vermont Philharmonic and the Montpelier Chamber Orchestra. He has a thriving presence

as a music teacher at the St. Johnsbury Academy and at his studio in Barnet.

Russell Seeger is a talented songwriter and guitarist who's been around the New York scene since the 1970s when he was a member of the Sheiks. As a member of the Last Hombres, Seeger has toured the US, recording the album "Redemption" with drummer Levon Helm. Seeger has also performed with the Kennedys, Peter Rowan, Vassar Clements, John Hartford and Paul Seibel.

Drummer and percussionist, Larry Eagle keeps his musical portfolio diversified. He's a founding member of Bruce Springsteen's Seeger Sessions Band (Grammy winner for traditional folk music) and played drums on pop star John Legend's Grammy nominated second album. The 2013 Andy Statman album Superstring Theory is a quintet record featuring Andy Statman, Jim Whitney, Eagle and special guests Tim O'Brien and Michael Cleveland. Eagle had recorded albums with artists as diverse as country/bluegrass superstar Ricky Scaggs and powerful jazz/soul singer Lizz Wright. Eagle has performed on the Tonight Show, Late Night with Conan O'Brien, Good Morning America, PBS, the BBC and an ice-breaking Baltic Sea ferry out of Naantali, Finland.

BOB AMOS & CATAMOUNT CROSSING - straight ahead bluegrass featuring reknowned songwriter/musician Bob Amos on banjo, guitar and vocals, Sarah Amos on vocals, Freeman Corey on fiddle, Gary Darling on mandolin, Steve Wright on guitar, and Chris Krueger on bass. The band puts on a stellar, high energy show with terrific original material and bluegrass classics.

LOW LILY - "[Low Lily has] an incredible knack for putting a little pop twist on a traditional folk/Americana

sound... it's a blend that works beautifully." Pop-Matters

The string and vocal trio Low Lily (formerly Annalivia) explores the roots and branches of American folk music with traditional influences and modern inspiration that weaves together a unique brand of acoustic music. Liz Simmons (vocals and guitar), Flynn Cohen (vocals, guitar, and mandolin), and Lissa Schneckenburger (vocals and fiddle) are masterful players with deep relationships to traditional music styles ranging from bluegrass to Irish, Scottish, New England, and Old Time Appalachian sounds. When you combine this with stellar composition skills and inventive arrangements you get music that is rooted yet contemporary.

KEN & BRAD KOLODNER TRIO

Regarded as one of the most influential hammered dulcimer players and Old-Time fiddlers in North America, Baltimore's Ken Kolodner has joined forces with his son Brad Kolodner, a rising star in the clawhammer banjo world. Together, they infuse their own brand of driving, innovative, tasteful and unique interpretations of traditional and original Old-Time tunes and songs with a "creative curiosity that lets all listeners know that a passion for traditional music yet thrives in every generation." They will be performing as a trio with bassist Alex Lacquement who locks everything together with his commanding and tasteful choices. Alex is one of the most in-demand and versatile bass players in the Mid-Atlantic.

LLOYD & APRIL WRIGHT - Lloyd and April Wright have been singing, playing and performing together for over ten years. Their style spans seamlessly between old time, bluegrass and country gospel. April primarily plays guitar and Lloyd swaps between banjo, fiddle, dulcimer and mandolin and they both sing, making for quite an eclectic show.

April grew up singing in the church with her mom, dad and family. Lloyd has been playing music for over 20 years starting with the mountain dulcimer when he was 13. In 2000 Lloyd won the National Mountain Dulcimer championship.

Lloyd and April draw from what they learned from their upbringing and incorporate it into their own unique sound.

Saturday – August 19 – 6:00 - 10:00 – Grand Finale Concert

Mean Mary -Known internationally for lightning-fast fingers, haunting vocals, & intricate story songs, Mary travels the genres of folk-rock, bluegrass, and blues. Mean Mary (Mary James), a Florida native now based in Nashville, began life as a musical prodigy—could read music before she could read words and co-wrote songs at age five. By age seven she was proficient on the guitar, banjo, & violin, and entertained audiences across the US with her vocal and instrumental skills. Her life has been one long road show interspersed with TV, radio, and film.

To date she plays 11 instruments and is known for her alluring story songs, incredible instrumental speed, & rich voice that can travel from deep emotion to sparkling trills. She is also an award-winning book author, and the fun loving star of Nashville TV show, Never-Ending Street.

PETE'S POSSE - Vermont based trio Pete's Posse is composed of acclaimed musician Pete Sutherland (fiddle, piano, banjo, melodic and vocals), his talented protégé Oliver Scanlon (fiddle, viola, mandolin, foot percussion and vocals) and the uber-dynamic Tristan Henderson (guitars, mandolin, jaw harp, foot percussion and vocals). Twin fiddles in tight, wild harmony over high-powered guitar and pounding footwork with mandolin, clawhammer banjo, jawharp and rocking keyboards adding their voices to the mix. Songs and tunes, old and new, lyrical and driving: that's the multi-generational heart and mind of PETE'S POSSE, at work and at play.

STEPHEN SEIFERT - Stephen has been playing the mountain dulcimer since 1991. He has toured with David Schnauffer, performed with orchestras around the country, and been a featured performer in Japan. Since 1996, he has taught and performed at festivals and dulcimer clubs in Los Angeles, Detroit, New York, Pensacola, Houston, and many places in-between. "I want to play all styles of music on the mountain dulcimer. I also want to help my fellow dulcimer players pursue their musical desires, whatever they might be, with the least amount of time-wasting detours." Stephen is truly a master of this beautiful instrument and his performance in concert is not to be missed.

QUÉBÉCOIS - Québécois refers to a

French-speaking native or inhabitant of the province of Quebec. Québécois music is rooted in a deep tradition tracing back to the colonization of Quebec during the 17th century. There was a robust fur trade and the voyageurs, hardy Frenchmen who engaged in the transportation of furs by canoe, perpetuated this tradition and developed what would become traditional Québec folk songs. To honor the music of our neighbors to the North, PAMFest 17 is pleased to present a trio of musicians who are expert in the traditions of Québécois music: Jeremiah McLane, David Boulanger and Owen Marshall. They will perform both in concert and for a dance focused on the Québécois musical traditions.

DANCE, DANCE, DANCE Friday Evening and all Saturday

The dance – always an important part of PAMFest – has grown substantially this year. We offer two Contra Dances and a Family Dance. The contra and family dances will feature MARY WESLEY, an excellent dance caller from Burlington, VT with music by PETE'S POSSE and THE KEN & BRAD KOLODNER TRIO – expect the music to be amazing.


The Family Dance on Saturday morning will have PETE'S POSSE doing the musical honors as MARY weaves her spell for the young and old alike.

And there is more! There will be a Wake Up With Yoga session led by DARCIE FELLER; Morris Dancing demonstration followed by a workshop featuring MIDNIGHT CAPERS MORRIS & SWORD, a Swing Dance with live music by JASON BERGMAN AND THE PRIMAL BOYS, and a Québécois Dance (similar to contra) featuring the music of JEREMIAH MCLANE, DAVID BOULANGER AND OWEN MARSHALL.

Other Notable Performers:

BRENDAN TAAFFE - Deeply versed in Irish and American traditions, and a multi-instrumentalist on guitar, fiddle, banjo, and mbira, it is on the mbira that Brendan Taaffe has found a truly distinctive voice, blending old-time ballads with traditional Zimbabwean rhythms. The ripple of the mbira, an instrument over a thousand years old, and Taaffe's lush tenor casts old songs in a new light, creating "the kind of hushed, lonely warmth you experience sitting by a fire in a drafty house."

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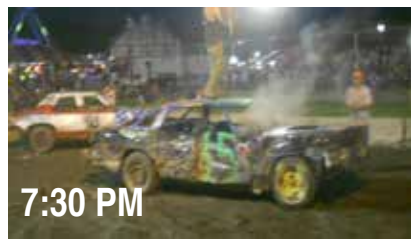
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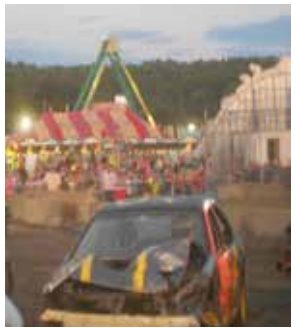


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 2:00 - 4:00



Local Author Releases 8th Mystery Novel

"A bar, a band, a baby. Or two..." So begins the back cover description of Marilinne Cooper's latest novel, *Windfall*. Favorite characters are back and some new ones are introduced in this North

Country mystery, which takes its inspiration from hometown surroundings. "Take two familiar villages, a couple of local bars, and some colorful annual events and combine them into a fic-

tionalized locale on the New Hampshire side of the Connecticut River, and you've got the setting for *Windfall*," she says. "What I've learned is that people love to read a story that takes place where they live or where they are visiting." Although her characters, settings and plot lines may be inspired by real people, and places, Cooper reiterates that the stories are entirely fictional.

The longtime Bethlehem resident is the author of eight independently published mystery novels for which she singlehandedly does all of the layout and formatting as well as the marketing and promotion. "It's a lifestyle, not a living," she admits. "Marketing and managing my books is a bigger job than writing them. These days authors have to get online and out on the street and sell themselves in a very competitive world." And she does just that, at farmers markets each weekend throughout the summer and fall season. She also does what she refers to as "library tours," traveling around New Hampshire and Vermont, selling her novels to small town libraries. "Success for an author is not just how many copies are sold but how many people read you."

This past winter, Cooper literally sold books off her back as she peddled her previous novel, *Snake Island*, out of a daypack on the Puerto Rican island of Culebra where the story took place. "Living the dream can be exhausting. Thank goodness for the support of the local community there who helped me sell books to friends, strangers, sailors and tourists." She adds, "There is nothing more satisfying to a writer than walking down a beach and seeing someone totally engrossed in one of your novels."

Fans of the Tyler Mack-



enzie mystery series will be happy to know that *Windfall* will be launching in the next few weeks at farmers markets and events across the North Country, starting with an "advance copies" promotion on Sunday July 23rd at the Littleton Farmers Market. Signed copies will also be available at other local launch events including the Berlin Farmers Market on Tuesday, July 25th, Lancaster Farmers Market on Saturday, July 29th, a book talk at the Littleton Library on Wednesday, August 9th and the Bethlehem Art Walk on Saturday August 12th.

To learn more about Cooper and her novels, as well as upcoming readings and events, visit www.marilinne-cooper.com.

Whitehill Reunion

The descendants of James and Abraham Whitehill will hold their annual reunion on Saturday, August 19, 2017 at the Whitehill Stone House on the Groton-Peacham Rd in North Ryegate, Vt. There will be a chicken dinner at 12:00 noon followed by the annual meeting and group photo. Bring your appetite and spend the day at the Stone House while enjoying the company of friends, relatives and the beautiful scenery.

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Volume 8 Number 21 July 25, 2017 Not all Times are Trendy, but there will always be Trendy Times

Sounds in the Sanctuary Presents Swing Era Jazz

By Eileen Regen

Brilliant and unique sounds will emanate from the historic Bethlehem Hebrew Congregation building at 5 p.m., Friday, July 28 when Sounds in the Sanctuary Concert Series hosts Peter and Will Anderson, along with Alex Wintz in a swing era jazz concert. This concert is presented as a tribute to Ron Kirby, avid jazz fan and longtime friend of BHC. Concert series chair Martin Kessel said, "Ron and I often talked about bringing jazz to Bethlehem and we very much regret that this was not realized in Ron's lifetime."

Peter Anderson, saxophone, and Will Anderson, clarinet, are known for their exciting renditions of "American Songbook" gems, infectious swing and blues, Brazilian bossa nova, Afro-Cuban hits, mastery of a variety of classical adaptations, and fresh original music. Their inspiration comes from the music of Duke Ellington, George Gershwin, Richard Rodgers, and Cole Porter.

Guitarist Alex Wintz joins the duo for this performance. Wintz, also a recognized name in the international jazz community, has per-

formed across the country and around the world and has appeared at several world-renowned jazz festivals including Montreux and Newport Jazz. A winner of several music awards, he has also appeared on over two dozen recordings and collaborated with several groups as well as working on his own projects.

The New York Times described the Anderson twins as "Virtuosos on clarinet and saxophone." Since moving from their home in Washington, D.C. to New York City to attend Juilliard, this extraordinary partnership of brothers has performed with the Jimmy Heath Big Band, Lincoln Center Jazz

Orchestra, Village Vanguard Orchestra, Wycliffe Gordon, Cecile McLorin Salvant, Paquito D'Rivera, Kenny Barron, Bob Wilber, and Albert "Tootie" Heath. They have been featured live on Garrison Keillor's Prairie Home Companion.

The Andersons have headlined at The Blue Note, Jazz at the Lincoln Center, the Kennedy Center, New Orleans Jazz Festival, Sarasota Florida Jazz Festival, South Carolina's Jazz Corner, Seattle's Triple Door, Miami-Dade Cultural Arts Center, DC's Blues Alley, Oklahoma Jazz Hall of Fame, and Arizona Music Festival.

Déjà Vu, recorded in Oc-

tober 2014 with Albert "Tootie" Heath on drums, is their newest album and features many of their original compositions. Jazz Times hailed it as "a burner that reveals the band's cohesiveness

and spirit."

Tickets at the door are \$12 for BHC members and \$15 for general admission. Tickets may be purchased in advance at <https://tickets.catamountarts.org/public/>



Peter Anderson, saxophone, Will Anderson, clarinet, and Alex Wintz, guitar bring swing era jazz to this year's Sounds in the Sanctuary Music Series.

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Volume 8 Number 21

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Robert Leo Hudson, Jr. - OBITUARY

East Ryegate, VT - Robert Leo Hudson, Jr., 63, of Ryegate Road, died on Thursday, July 13, 2017, at Dartmouth Hitchcock Medical Center, Lebanon, NH, surrounded by his loving family.



Bob was born in Haverhill, NH, on September 1, 1953, to Robert Leo Hudson, Sr. and Elizabeth (Rowell) Hudson Moulton. He graduated with the first graduating class at the newly formed Blue Mt. Union School, in 1971. He married Joanne Howe.

Bob served as a Vermont Game Warden before working for East Ryegate Paper, Palazzi Construction, and Maine Drilling and Blasting. For the past 25 years he was employed as a machinist at Copeland Furniture in Bradford.

In his spare time, Bob enjoyed taking care of his home, lawn, and flower gardens. He made wooden picture frames and boxes for local craft shows. Bird watching was another hobby,

along with making bird houses. His biggest fans were his two pets, Macey Franklin (the dog) and Garfield (the cat).

Bob was predeceased by his father, Robert L. Hudson, Sr., his mother, Elizabeth Moulton, and his sister, Janet Emerson.

He is survived by his wife of 20 years, Joanne (Howe) Hudson of East Ryegate; two daughters, Angela Williams and husband Wade of Woodsville and Crystal Elias and husband Jim of South Ryegate; two sons, Robert Hudson III and wife Carrie of Kittrell, NC and Daymon Hudson and wife Shalua of Virginia Beach, VA; two step-children, Lori Seaverston and Robert Thompson;

six grandchildren, Trinity, Braydon, Cory, Dylan, Hayley, and Mason; a great granddaughter, Alayna; a sister, Joyce Zampieri and husband John of South Ryegate; three nieces, Roxana and Rebecca Zampieri and Karen Santorello and husband Jim; two nephews, Kevin Lamarre and wife Billie, and Josh Drown.

There were no calling hours.

A graveside service was scheduled for Wednesday, July 19, at 1 PM, in the Blue Mt. Cemetery, Ryegate Corner, VT.

Memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

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.

Richard Charles "Doc" Bailey - OBITUARY

McIndoe Falls, VT - Richard Charles "Doc" Bailey, 69, died on Tuesday, July 11, 2017 at Northeastern Vermont Regional Hospital, St. Johnsbury, VT, following a long courageous battle with cancer.



He was born in Haverhill, NH, on October 19, 1947, to Robert Elias and Elizabeth Victoria (Dupuis) Bailey. On August 8, 1967, at the age of nineteen he joined the U. S. Marine Corps. He served overseas in Vietnam during the Vietnam War. Doc was wounded twice during the war and was recognized with the Purple Heart.

After his return from war to the United States, he worked at Pike Industries and later for the US Postal Service in White River Junction, VT until his retirement.

Doc married Judy Girouard in December of 2009 and they resided in McIndoe Falls. He loved playing golf and was a former member of the Lake Morey Resort, Fair-

lee, VT and enjoyed gambling.

He is predeceased by his parents; Robert E. Bailey on September 28, 2009 and Elizabeth V. (Dupuis) Bailey on September 18, 2004; and a sister, Rae A. Bailey on January 15, 2000.

Richard is survived by his wife, Judith Girouard of McIndoe Falls; his brother, Robert "Bags" Bailey and wife Pat of Woodsville and their son, Craig "Baggs" Bailey and his companion Heidi Gwynn; his sister, Deborah Harland and husband William of Monroe and their son Tony and wife Laura, and Tony's sons, Jacob and Colby and several cousins.

There will be no calling hours.

A graveside service was scheduled for Saturday, July 22, at 11 AM at the Pine Grove Cemetery, Swiftwater Road, Woodsville, NH.

In lieu of flowers, memorial contributions may be made to American Cancer Society, 30 Speen Street, Framingham, MA 01701.

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.

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Diversify Your Investments But Consolidate Your Providers

You have probably heard that diversification is a key to investment success. So, you might think that if diversifying your investments is a good idea, it might also be wise to diversify your investment providers – after all, aren't two (or more) heads better than one?

Before we look at that issue, let's consider the first half of the "diversification" question – namely, how does diversifying your investment portfolio help you?

Consider the two broadest categories of investments: stocks and bonds. Stock prices will move up and down in response to many different factors, including good or bad corporate earnings, corporate management issues, political developments and even natural disasters. Bond prices are not immune to these dynamics, but they are usually more strongly driven by changes in interest rates. To illustrate: If your existing bond pays 2 percent interest, and new bonds

you planned to hold your bond until maturity, at which point you can expect to get your full investment back, providing the bond issuer doesn't default.)

Here's the key point: Stocks and bonds often move in different directions. If you only own U.S. stocks, you could take a big hit during a market downturn, but if you own domestic and international stocks, bonds, government securities, certificates of deposit and other types of investments, your portfolio may be better protected against market volatility, and you'll have more opportunities for positive results. (Keep in mind, though, that even a diversified portfolio can't prevent all losses or guarantee profits.)

So, it clearly is a good idea to diversify your investment portfolio. Now, let's move on to diversifying financial service providers. Why shouldn't you have one IRA here and another one there, or enlist one advisor to help you with some types of investments and a different advisor assisting you with others?

Actually, some good reasons exist to consider consolidating all your investment accounts with one provider. For one thing, you'll keep better track of your assets. Many people do misplace or for-

get about some of their savings and investments, but this will be far less likely to happen to you if you hold all your accounts in one place.

Also, if you have accounts with several different financial service providers, you might be incurring a lot of paperwork – and many fees. You can cut down on clutter and expense by consolidating your accounts.

But most important, by placing all your accounts with a single provider, possibly under the supervision of a single financial advisor, you will find it much easier to follow a single, unified investment strategy, based on your goals, risk tolerance and time horizon. You won't get conflicting advice and you'll receive clear guidance on important issues, such as the amounts you can afford to withdraw each year from your retirement accounts once you do retire.

Diversification and consolidation – one is good for building an investment portfolio, while the other can help you invest more efficiently and effectively. Put the two concepts together, and make them work for you.

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

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North Carolina Comes to The Colonial

What does North Carolina sound like? You can find out Sunday, July 30, when, with the support of Littleton Chevrolet, the Steep Canyon Rangers take the stage at the Colonial Theatre in Bethlehem, NH for a LIVE! @ The Colonial performance.

In a state that's also produced Doc Watson, James Taylor and the Avett Brothers, there's hardly a more well-rounded answer than the Steep Canyon Rangers.

A bluegrass band at their core, the Steep Canyon Rangers effortlessly walk the line between festival favorite and sophisticated string orchestra. They're as danceable as the most progressive, party-oriented string band, and equally comfortable translating their songs for accompaniment by a full symphony.

It's that mix of serious chops and good-natured fun that earned the Steep Canyon Rangers the Grammy Award for Best Bluegrass Album Grammy in 2013 (for Nobody Knows You), and that drew celebrated comedian/banjoist Steve Martin to them when he needed a backing band. The Rangers are world-class musicians who are just as at home taking the stage at Carnegie Hall as they are knee-deep in a mountain brook, fly rod in hand.

Fifteen years and nine studio albums since forming

in Chapel Hill, the sextet—who resides in the western N.C. mountains of Brevard and Asheville—returned to their roots at Echo Mountain Recording for their staggering new collection, RADIO which further illustrates the band's dynamic songwriting, instrumental virtuosity and high-energy performance.

The Rangers have been regularly featured on the Grand Ole Opry, as well as major U.S. Bluegrass and Americana music festivals such as MerleFest, Telluride, Grey Fox, DelFest and RockyGrass.

General Admission tickets for the 8 PM performance are \$38; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$29, reserved front & center seats are \$46 (available on line only). Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury. The doors open at 7 PM with

a Dales Pale Ale beer tasting and refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

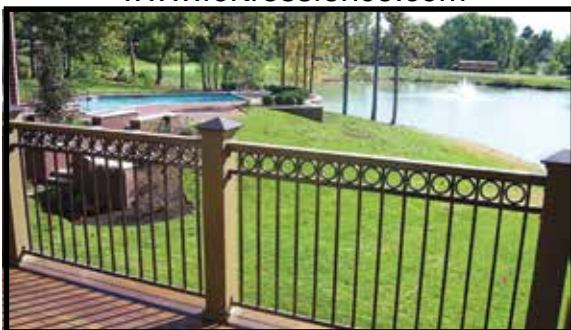
This evening of great Blue Grass music is made possible with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Jane B. Cook 1992 Charitable Trust, Mascoma Savings Bank and The Colonial's presenting partner, Catamount Arts.



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Timothy Morgan Douse - OBITUARY

East Ryegate, VT - Timothy Morgan Douse, 70, passed away on Sunday, July 16, 2017, at Cottage Hospital, Woodsville, NH, with his loving family by his side, after a courageous battle with cancer.

Tim was born May 11, 1947, to George and Doyne Douse of East Ryegate. After graduating from McIndoes Academy, Class of 1966, he enlisted in the New Hampshire Army National Guard and served for six years.

Tim went to work at the paper mill in East Ryegate for a short time. Then, in 1968, he started a career with the State of Vermont Agency of Transportation for more than 38 years, serving as an area supervisor for the last 22 years of his employment.

Tim had to take an early retirement in 2005 after suffering a debilitating stroke. Even after all of his struggles, he never lost his keen sense of humor.

One of Tim's passions was fly-fishing as well as dancing, teaching his daughters and nieces how to two-step and polka. One of his greatest enjoyments was watching his granddaughter, Caitlyn play basketball.

Tim was an avid fan of

the Red Sox, Bruins, and Cowboys. The highlight of his life was last year when Caitlyn planned a trip to a Boston Red Sox game and they sat on the Green Monster together. He greatly enjoyed going to Bruins games with Chris and Dave.

He appreciated that Caren was his main driver to many appointments and taking him to favorite places to go out to eat.

On October 12, 1968, Tim married his high school sweetheart, Virginia Stevenson. They spent 48 years of marriage together.

Tim is survived by his wife, Virginia R. Douse of East Ryegate; two daughters, Christine Stevens and husband David of White River Junction, VT and Caren Loud of East Ryegate; his very special granddaughter, Caitlyn Loud of East Ryegate; his brother, Thomas Douse and wife Carol of St. Johnsbury, VT; two sisters-in-law, Janice Page and husband Frank of Groton and Cheryl Slayton and husband David of East Ryegate; three brothers-in-law, Frederick Stevenson and wife Cheryl of Peacham, VT, Norman Stevenson and wife Penny of West Barnet, VT, and David Stevenson and wife Marilyn of Barnet, VT; and his



very close friend since high school, Bob Ward.

He was predeceased by his parents, George and Doyne Douse, and his in-laws, Stuart Otis and Esther Stevenson, who loved him dearly.

There will be no calling hours.

A memorial service was scheduled for Friday, July 21st at 2 PM at Ricker Funeral Home, 1 Birch Street, Woodsville. Burial will follow in the Blue Mt. Cemetery, Ryegate Corner, VT.

Memorial contributions may be made to either the National Multiple Sclerosis Society, Central New England Chapter, 101A First Avenue, Suite 6, Waltham, MA 02451 or to the American Cancer Society, 30 Speen Street, Framingham, MA 01701.

Sylvia Jean Dillon - OBITUARY

Woodsville, NH - Sylvia Jean Dillon, 75, of Pine Street, passed away on Thursday, July 13, 2017, at Dartmouth Hitchcock Medical Center, Lebanon, NH, surrounded by her loving family.

Sylvia was born in Littleton, NH, on July 29, 1941, to Ernest H. Wells and Lena M. (Boudreau) Sherman. Over the years, she was employed at various area shoe shops, along with Landy Veal in Woodsville. She also did housekeeping and worked for Rag Bag Cleaners.

She enjoyed talking on the phone and discussing the weather. She watched Lifetime TV and her favorite shows, Wheel of Fortune, Who Wants to be a Millionaire, and General Hospital. Always looking for a bargain, Sylvia liked going to yard sales and shopping. She made a great macaroni salad. She loved her cat, Gizmo, and cared deeply for her family and their family gatherings. Sylvia was a selfless woman.

Along with her parents, she was predeceased by three sisters, Patty Shute, Marion Tardiff, and Linda Webster.

She is survived by her husband Todd Dillon of Woodsville, to whom she was married on March 28, 1989; six children, Cathy Chase and husband Scott



of Landaff, NH, Lisa Thompson of Wells River, VT, Tina Boynton and husband John of Littleton, Ralph Hudson, Jr. of Claremont, NH, Dawn Hudson and Jeff Towne of North Haverhill, NH, and Peggy Marshall and husband Jeff of Guildhall, VT; many grandchildren and great grandchildren; three sisters, Gladys Hanks of Whitefield, NH, Betty Tardiff of Pike, NH, and Sandy Dodge of Whitefield; and many nieces, nephews, and cousins.

There will be no calling hours.

A Celebration of Life will be on Saturday, August 5th at 2 PM at Ricker Funeral Home, 1 Birch Street, Woodsville.

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.

6th Annual Bethlehem ArtWalk seeks artists and vendors!

The 6th Annual Bethlehem ArtWalk is set for Saturday, August 12. The deadline for artists and crafters to register to sell their wares is fast approaching on August 1.

The ArtWalk is an open, non-juried event that welcomes artists and performers of all types. If you are an artist, street performer, craftsperson or food vendor and are interested in becoming a participant at the 2017 Bethlehem ArtWalk please visit the vendor registration page on the website (www.bethlehemartwalk.com) to secure your spot.

The booth fee is \$30 for those selling goods, with all proceeds going to cover the costs of the event. Registration is free to Performers and Musicians, who are welcome to put out a hat and collect donations.

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secure your spot.

Booths will be set up along both sides of Main Street. Lots will be assigned according to organizers' discretion and are assigned on a "first come, first served" basis. A limited number of spots with electricity are available.

This year's ArtWalk will feature an Art Car Parade, live music and food vendors in addition to the colorful pop-up art galleries around town, enlivening Main

Street, and drawing visitors from around the state.

The ArtWalk is an open, non-juried event that welcomes artists and performers of all types. If you are an artist, street performer, craftsperson or food vendor and are interested in becoming a participant at the 2017 Bethlehem ArtWalk please visit the vendor registration page on the website (www.bethlehemartwalk.com) to secure your spot.

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Train Wreck in Tilton, NH 1910
 Do you know more about this wreck?
 Perhaps you can identify the people pictured here.

Two Appointed to State Women's Commission

(Montpelier) – Speaker of the House Mitzi Johnson has appointed two new Commissioners to Vermont Commission on Women: Marybeth Christie Redmond of Essex and Emilie Kornheiser of Brattleboro.

Marybeth Christie Redmond's work and career have focused on utilizing writing and public communications to raise up the voices of women, girls, and the most marginalized residing in our state. She currently serves as a partner in the Vermont Story Lab project, training nonprofit communicators to weave storytelling through the fabric of their organizations to increase impact and reach. For six years (2003-2009), she taught journalism at St. Michael's College, helping undergraduates write and report for digital media with a focus on underserved communities. From 2010-2014, she co-founded a program for Vermont's incarcerated women called writing inside VT, which utilizes writing as a tool for self-change. This effort resulted in a nationally published book of the women's poetry and prose, entitled "Hear Me, See Me" in 2013. Ms. Redmond also directed the development and communications efforts at Vermont Works for Women, a nonprofit organization training vulnerable women for meaningful, livable wage employment (2013-2016). While there, she served on the steering committee of Change the Story VT, an innovative partnership between Vermont Works for Women, the Vermont Women's Fund, and the Vermont Commission on Women that aligns policy, program and philanthropy to fast-track women's economic status in the state. Prior to making Vermont her home in 2003, Ms. Redmond worked as an on-air TV reporter in Connecticut, New York and Indi-

ana.

Emilie Kornheiser comes to her work with a passion for community voice, leadership, and most importantly, to support communities to own and tell their own stories— understanding and agreeing to a shared vision and outcomes. Currently the Early Childhood Action Plan Director with Building Bright Futures, and recently with Promise Communities for the State of Vermont, she supports communities to identify and achieve shared outcomes for young children and families. Before a career transition to local service, she was an international development consultant with a private firm working primarily under federal contract. In this position, Ms. Kornheiser strategized, trained, brokered, and evaluated partnerships between private corporations and government agencies to meet humanitarian and community development goals. She has worked overseas promoting democracy and supporting small business development, in various positions at community-based organizations serving vulnerable populations throughout Vermont, and started her own small business in Brattleboro.

The Vermont Commission on Women (VCW) is a non-partisan state agency working to advance rights and opportunities for women and girls. Sixteen volunteer commissioners and representatives from organizations concerned with women's issues guide VCW's public education, coalition building, and advocacy efforts. VCW offers many services to the public, including a toll-free information and referral service at 800-881-1561 and many publications, including The Legal Rights of Women in Vermont handbook. For more information, please visit women.vermont.gov.

To the Editor,
United States Gives the American People a Gift, Democracy Begins with the First Amendment Freedom of the Press/ weakened, no cameras Freedom of Speech? No editorials, letters.

We, in the United States and other countries around the world give the people, the greatest gift they will ever receive ,Democracy.

Some fear that Democracy will be abandon when Government Leadership changes.

Citizens before us have sacrificed greatly to protect our Democracy, our US Constitution. Some have sworn an Oath to Honor and Protect this Constitution. Some have given their lives for Democracy and what the Constitution represents. It must not be taken lightly. It must be respected just as our Flag must. It represents what America is and has stood for for over 200+ years. Together, to give the people of America this opportunity to live in freedom. And not let any, Political Party, President, Members of Congress take away our Freedom, that he or she will be held accountable for all actions, whether it be lawful or um-lawful .

For this just cause, the blood of many people has been spilled on this soil.

People in the United States are still divided about whether the Electoral College should be the final decision on the appointing/ electing the POTUS. This decision should be amended, if needed, introduce an Amendment, a Bill, to "Abolish the Electoral College" in the next Congressional election in 2018 and be ready for changes in the next Presidential Election 2020.

The overwhelming majority of Americans support the Amendment of the US Constitution to Abolish the Electoral College, before the next Presidential Election. AND let the Peoples vote/Popular vote Actually

Nancy,

The question of the Electoral College is a very tough one. I have heard strong arguments on both sides of the question. One being that if it is only a popular vote, then candidates may ignore small states like New Hampshire & Vermont during the general election. On the other side is, like you say, the person who wins a majority of nation wide votes, does not win. It is a very debatable question.

I would like to point out that any Amendment to the US Constitution starts with a vote of 2/3 of the US House & Senate, or 2/3 of the US States. Then we the voters get a chance to say yes or no on the proposal.

I am very proud to live in a democracy. I

Letter To The Editor

Count, and not make our vote "irrelevant."

"We the people" of the United States, are going to spend more money and energy to help re-build our Democracy and rebuild our economy than we have spent in the past 30 years of rebuilding our infrastructure, our schools, our Healthcare industry, we are not going to let Foreign Countries as Russia to interfere with our Democratic Form of Government, nor will we let any group or political party commit treason, espionage or interfere with destroying the United States and our US Constitution, our way of life. As they did in 2009. "Citizen United, In Robert Draper's book", "Do Not Ask What Good We Do: Inside the U.S. House of Representatives" Draper wrote that during a four hour, "invitation only" meeting with GOP Hate-Propaganda Minister, Frank Luntz, the below listed Senior GOP Law Writers literally plotted to sabotage, undermine and destroy America's Economy,

And Newt Gingrich said "we well be known as traitors."

<http://www.unitevoters.com/callitreason.htm> (a must read)

Over the coming months and years, this assistance will help us develop our political parties and civic organizations, our legislatures and local governments, our elections and our courts.

It will go to rebuild our schools and our media, our electrical grids and roads, and all the different foundations of our economy, healthcare for all and infrastructure, water, sewer, as well. You can't drink the oil, we must have water, clean water so Government can not "personally" get rich from other people's tragedy. (Keystone Pipeline Kinder Morgan)

All Americans support this work—whether they are Republicans or Democrats. If you see evil, you must speak up. Or it could be you next. And no-one will speak for you. Building a

Democracy out of the ruins of a brutal dictatorship requires great courage, effort, and patience on the part of ordinary people. It takes a long time to clean up what has been torn down. Understand how difficult it will be, how important it is—not only to the future, but for all of the American People, not to have anyone dictate who your POTUS and Congress will be, but for you to Vote and choose your elected leaders. If they are to destroy our Democracy in our country we must by all means remove every last dictator as if they were a terrorist. War is never the answer! Begin with the 1st Amendment, our most sacred Amendment. When some try to take Freedom of Speech, Freedom of the Press, our only source for Truth away, we will be doomed, and under a Government other than Democratic. Where citizens choose and vote for their Representatives, their President and is not "appointed." So be aware of your surroundings and the actions of your Government. Are they secretive or is Free speech really Free?

If you choose this path of Democracy, freedom, and peace, the democratic peoples of the world—not only the US, but the European Union, Japan, Norway, Pakistan, Puerto Rico, Sweden, Iceland, New Zealand, Canada, South Africa, Germany, India, Ireland, Mexico, Uganda, Poland and so on—all want Democracy, all will be with us.

In a Democracy, one doesn't always get everything they want, one must "compromise". In an election, it has always been the one with the most votes, the majority votes, is the winner.

Again, where citizens vote for their President and he or she is not "appointed" our vote is NEVER "irrelevant."

That is "Democracy ".

Nancy Leclerc
N. Woodstock, NH

am also proud to have been one of those who raised my hand to volunteer to serve our country in the military. I am equally proud of all the others who have also served, most in a larger roll than me.

I am also very proud to have been a registered voter since I turned 18, and have not missed an election, whether national, state, or local for many, many years. It is one of my rights, and even more so, one of my duties as an American to participate in each of these elections, no matter which side of the question I may reside.

So enjoy and exercise your freedoms and rights. It is the best way to keep them.

Gary Scruton, Editor

Sometimes There's A Reason - Other Times There's Just An Excuse

by Maggie Anderson

Lately I've been working for a woman who has several lifetimes of memories, and the photos, fabrics and what-alls that dwell in a house lived in by several generations of the same family, to look after.

She is their historian and caretaker and, if anyone in the family had been chosen to assume the responsibility for everyone's treasures, she would surely have been everybody's first choice.

She is meticulous, interested in each item, every piece of glass and all the books and reams of paperwork generated by the various family run businesses throughout all those many years.

I was drawing comparisons between us on my way home last week, puzzling over how each of us ended up surrounded by such an accumulation of things. She had much of hers thrust upon her when she wound up liv-

ing in the old homestead. Not all of the treasure boxes she's now trying to organize were things she bought or brought home herself, most of hers came with the house and its long history.

The same cannot be said for me. Though there are still plenty of boxes and stashes in the eaves of the cabin and the upper lofts of the barn that were abandoned by offspring who married and promptly forgot where they'd left all that stuff and kids who simply turned to go knowing they were fairly certain to find their things again whenever they breezed through town, much of the flotsam I wade through is of my own doing.

Every spare corner of every box and building on the place is filled with things there are reasons for but the reality is I haven't a snowball's chance in the Mojave of ever finishing all those projects, repairing all the things that only need a bracket or a touch-up of

paint or varnish. I won't live long enough to pack the van and head off to enough flea markets or antique shows to turn it all into the cash it was brought home to produce.

My older brother and I have had conversations about our propensities for accumulation of things we carefully guarded after their acquisition. For a long time we believed it was our attempt to have all our favorite things within reach the next time Dad, who died when I was thirty years old by the way, told us to hop into the car because we were hitting the road again.

I don't believe that any more. On my way home Saturday night it suddenly hit me that after a lifetime of living in motels and campgrounds or the back of a station wagon by the side of the road, I just don't want to move again - ever.

And believe me, my treasures and unfinished projects are my assurance that I'll never have to.

Meet Buzz and Duchess..... Looking for a new home....

Buzz (gray) and Duchess (tan) are 3-4 years of age, up to date on their shots and have both been spayed and neutered. These pretty brindle Great Danes are brother and sister.

Due to unforeseen circumstances their family is no longer able to keep them and these sweet dogs have been surrendered to us. We have been told that they are friendly, active, outgoing with people and each other. They have also been crate trained. However, it is recommended that they be the only dogs in the household.

We would like to get them into a new home as soon as possible either fostered or adopted. Our fostering and adoption applications are located on our website which is www.atnhs.org.

If you are interested in fostering, giving them a forever home or would like further information, please contact us at (603)823-7077 or email at: atnhs.email@gmail.com.



Above: Buzz
Below: Duchess



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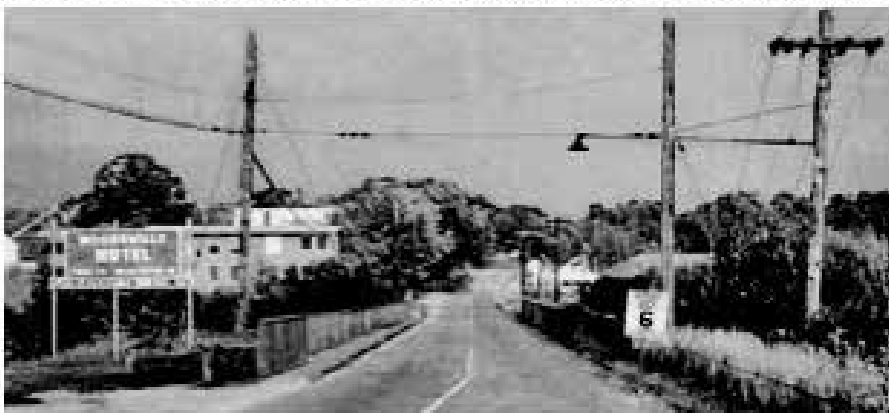
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NOW



James H. Fullerton is a foreman for the bridge and building department for the railroad and was in charge of building the overpass bridge over the tracks, on Smith Street. This bridge (into Stoneville) was known as the "Dry Bridge" and was closed to traffic, and removed, when Central street was extended thru the area previously occupied by the Railroad Engine House!



Open for traffic one day



Closed another day! And then gone forever!

Parent Conferences

by Elinor Mawson

I always loved parent conferences. It was good to get to know something more about my students, but some of them went better than others.

One parent was upset that her child had received a B in Math. She really gave me a hard time when she saw the report card. Finally she stood up and said, "I really think she should have gotten an A." I gave her the report card and a pen and replied, "Then you can change this B to an A yourself". She didn't know what to say and the subject was dropped.

Then there was the parent who looked at her son's D and said, "Well D is almost a C and C is almost a B and B is almost an A". I had no answer for that one.

A mother of a kindergartener came into my classroom and wanted a conference then and there. "I want to change my son's classroom right now. You said that he didn't know his colors. His pre-school teacher said he knew all his colors, and I think you have untaught him his colors and I want him changed to another room. Nothing personal of course!" I replied that I thought it WAS personal, but I would work very hard to get him changed. Oddly enough, his next teacher continued to unteach him his colors, and when he went to first grade he still didn't know them.

Another time when I was teaching Readiness--a sort of gap year between kindergarten and first grade, a lady and her pediatrician brother came to interview me about sending her child to my class. She announced that her son was young for his age and needed the extra year to get ready for grade One. "How do you plan to challenge my son?" she asked. "I don't", I replied. "I let my students socialize, learn listening skills, and enjoy art, music, physical education." She was visibly upset, and left the room. Her brother the pediatrician took my hand and said, "Good for you. He needs a classroom like yours." I never saw any of them again.

And finally there was the father who came to the conference with the opening line, "I have to get rid of my kids." I asked him to repeat what he had just said, and he did. "They are ruining my marriage. My wife can't stand them, and I have to get rid of them." When he left, I asked a colleague who had the sibling of my student and she had heard the same remark. We called another colleague who called the police who went to their apartment and found the children locked in a bedroom. They were removed to foster care and the father was arrested for child endangerment. I never did hear what happened to those children but I can only hope that their future was better than their past.

EXTRA! EXTRA! My Farmers Market is Growing and Expanding!

By Marianne L. Kelly

So. Ryegate, VT—A little over a year ago, Jennifer Bone embarked on a dream she had been "incubating" for some time. She wanted to start a local farmers market that would serve the needs of South Ryegate and surrounding communities.

Little did she know that in that short amount of time, and a roller coaster ride seeking just the right premises and the financing to go with it, her dream would grow to the point that, she would be able to expand My Farmers Market with the purchase of Brown's Market Bistro in Groton.

"This is not about the money," said Jennifer. "It's about doing what we love," she added warming up to her subject. "Our passions are local farms, local businesses, clean food and a healthy community."

The new premises include a much needed commercial kitchen to help vendors comply with state rules and regulations, and will be available to share with other farms. Sharing will give local farmers and food producers, the opportunity to produce and sell their value added products in retail establishments, as well as help defray overhead costs.

"We are deeply connected with our local farms and community, and seek to strengthen our local food system, while supporting some upstarts as well," said Jennifer.

"Mountain Man Pizza has expressed interest in becoming our resident pizza

maker, and would use our local bread baker's dough, and local farm products for ingredients, including freshly made mozzarella."

The wrinkle? They need to raise funds to help them succeed in this new chapter of My Farmers Market.

"We offer lifetime memberships at \$2,500 each that will not only give pride and satisfaction of helping many small local farms and local businesses, but lifetime members receive 20% off all retail goods, 5% off all vendor items, free admission to My Farmers Market events, and a once a year "thank you dinner," compliments of all of us," she explained.

According to Jennifer, "We will also offer the first in a series of "pop up" dinners with limited seating, for \$100 per person starting on August 26. All food is local, donated and served by our farmers and chefs. This promises to be a fun event with music, spirits and a chance to mingle with friends and neighbors and meet local farmers. You can get your tickets at My Farmers Market store in So. Ryegate."

A Gofundme campaign has begun for those wishing to participate in launching this new venture. All donations are sincerely welcome and appreciated no matter the amount. This will be your market...your "go to place," to eat, shop or simply gather for coffee and enjoy breakfast or other locally made item with neighbors and friends.

Visit <https://www.gofundme.com/2qg6kuk>.

Another exciting event is our second annual blueberry festival on July 29 from 11-2. Come join the fun and don't forget to take a pint or two of locally grown blueberries home.

Summer and the humidity have finally arrived and the produce and flowering plants are loving it! Along with everything else we offer, you will find raspberries, tomatoes, peppers, radishes, onions, garlic scapes, some lettuce, peaches, blueberries, log grown mushrooms, with more being added every day. Add a beautiful Bone Farm flower bouquet to your summer table while you enjoy fresh produce, flash frozen fish, prepared meals, pies, breads, pastries, ice cream and more. It's all here. The friendly, knowledgeable service is free.

Take advantage of our take out catering service that allows you to be a guest at your summer parties. Tell us what you want, and our chefs and bakers will take care of you.

Knives, scissors, small tools and garden tools not as sharp as you'd like? Bring them in and we'll get them to our professional sharpener, then right back to you within a few days.

This is a very exciting time for all of us at My Farmers Market, and we invite you to join us in our newest venture. We plan to open in Groton by October 1.

For more information contact myfarmersmarket@gmail.com

See you at the market!

Volume 8 Number 21 July 25, 2017 Not all Times are Trendy, but there will always be Trendy Times

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Liver Disorders and Anemia

Close to two dozen major functions are performed by the liver on a continuous basis. In order to perform all these functions, the liver processes an incredible amount of blood, about three pints every minute. When the liver is diseased many of these functions do not operate correctly. Toxins are no longer filtered out effectively and may be build up in the body, as will the by-products of protein metabolism such as Ammonia. Sugar levels fall. Infection is common, and the kidneys may fail. Severe, uncontrollable bleeding is also common, with coma and death likely. But checked in time, a diseased or failed liver stands a good chance of healing.

It is difficult to overestimate the importance of maintaining a healthy supply of blood. The blood performs many vital functions which sometimes become overtaxed during acute and chronic cellular disease. Likewise, many ailments and diseases are the result of impurities and toxins in the blood. The blood is therefore a target for effective medicinal intervention. The herbs listed below are an incredible blend that could properly be "termed" as alternative, meaning that it gradually changes the properties of the blood from unhealthy to healthy. What happens is toxins and wastes are filtered out, microbial poisons are killed, vital salts are adjusted and balanced, nutrients are supplied and plasma substances are strengthened and enhanced. These herbs are highly beneficial in the treatment of imbalances such as skin sores, easy bruising, diseased gums, exhaustion, anemia, cancers, venereal disease, and other related conditions.

Herbs for blood purifying/Liver Balancing Include:
DANDELION ROOT: (Taraxacum Offinale), A source of natural Potassium and an excellent liver cleansing and strengthening agent, with soothing healing properties for the digestive system and bowel inflammation. Primary Uses: a specific for liver cleansing and healing, including serious liver conditions such as hepatitis, jaundice, and cirrhosis; as part of a bowel cleansing and toning formula; as part of a combination to reduce high blood pressure and its resultant water retention. Secondary Uses: aids weight loss; reduces cholesterol, speeds liver metabolic action.

YELLOW DOCK ROOT:

(Rumex Crispus), A rich source of herbal iron, particularly effective for liver, gallbladder, spleen and skin disorders. Primary Uses: as a specific in treating anemia, and in blood building formulas in general; a specific in liver, gallbladder, spleen and other iron deficiency disorders; as an effective lymphatic cleanser and mild blood purifier; as a mild astringent in a combination for hemorrhoids and other internal bleeding problems; as part of a formula for eczema and psoriasis; as a treatment for jaundice due to congestion; as part of a combination to dissolve cancerous growths and tumors; as part of a strengthening formula in the elimination of intestinal parasites. Secondary Uses: as part of a mild purgative for constipation; to help promote production of bile; as part of a blood building iron and vitamin C compound. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

SARSAPARILLA ROOT: "Mexican" (Smilax Aristolochaeifolia), A natural steroid and progesterone precursor with wide-ranging properties, from improving sports performance and scaling skin conditions. Primary Uses: as a definitive natural steroid for testosterone production in the body, particularly useful for body building as a source of muscle building hormone; as part of a body balancing and blood purifying combination; as a specific for itching, scaling skin conditions; such as eczema, psoriasis and herpes; as a specific in a female or male hormone and gland balancing compound; as part of a treatment for rheumatoid arthritis; as a liver healant for chronic hepatitis. Nutrients: iron, magnesium, manganese, phosphorus, potassium selenium, zinc.

LICORICE ROOT: (Glycyrrhiza Glabra), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nerve, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastrointestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Primary Uses: as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes;

to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas.

CAYENNE PEPPER: (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. Primary Uses: as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming agent for arthritic, lower back and rheumatic

pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to treat shock, and to prevent the onset of shock (as in a heart attack). Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

BURDOCK ROOT: (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Primary Uses: as a specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious

female conditions such as endometriosis inflammation, eruptive fevers and excess fluid retention; as a specific for antihistamine activity in cases of itching, or eruptive skin problems such as acne & eczema. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, 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.



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Cindy's Rice Salad

Editor's Note: Yes, indeed, Trendy Kitchen is back! Albeit with some changes. You will note that there is a new author of this Trendy Kitchen. Cindy wrote to me asking if she could fill the job of author/chef for our Trendy Kitchen. The following is her second recipe. She (and I) would appreciate your feedback, whether it is good, bad, or indifferent.

Hello my fellow cooks. I hope you tried my first recipe, published in the last issue of Trendy Times, the Squahyssoise or Zucchini soup. I have another favorite of mine, it's great for summer cook outs or for any time of the year. It's simple and easy. I have made this for years and bring it to every cookout I go to and when I have a cookout I always make it. I'm proud to say not only do I love it, everyone loves it, even the kids. There's always someone that asks for the recipe. When I began making it, I have to admit I was reluc-

tant to share because, well because it was my discovery of this delicious and different salad recipe, and "stingy me", I didn't share it, saying, "Oh I'll send it to you", but never did! After I was known for making it and bring it, after some 2 years later, I shared it with a few friends, but wrote "Cindy's Salad!" So, here it is.

- 1 box of Uncle Ben's long grain and wild rice. (I use the one that cooks in 5 minutes
- 1 Vidalia Sweet Onion
- 1 Medium Cucumber, (I don't peel it"
- 1 Firm Tomato
- 1/2 Green Pepper
- 1/2 Red Pepper
- 2 Stalks Celery
- 1/4 cup chopped fresh parsley, flat or curly
- 1/3 cup lemon juice
- 1/2 cup vegetable oil
- Salt & pepper to taste

Cook rice according to package, cool in refrigerator. Chop onion into small pieces, slice cucumber 1/4" thick then cut the round piece into

4 pieces, like a crosscut that makes triangle shape. Chop green & red peppers, cut firm tomato into small pieces, chop celery stalks, chop parsley leaves small. Mix lemon juice and vegetable oil together with whisk or fork. When rice is cooled add all the chopped vegetables, pour oil & lemon mixture, toss well with everything. Chill, covered in refrigerator. Toss before serving. That's it! Serve and enjoy. Best flavor if you make it the day before so all the flavors marry. Yummy, it's a great side dish to serve with just about everything. You have your starch and veggie, you can serve with any meat or fish or if you want, have just a bowl of the salad for lunch or snack. You can adjust the amount of vegetables. If you like more cucumber or celery or less onion, feel free to mix it up. One of my friends is allergic to tomatoes so she eliminates the tomato and adds more of another veggie. Laurie uses zucchini cut the same way as the cucumber, little triangles. I sometimes add zucchini to mine even though I use the tomato.

Happy cooking my fellow chefs! Please send in your comments, maybe Gary, the editor, will print it. Chefs like to read what others think about new recipes and their experiences when they serve it, whether you bring it to your next cookout, your own cookout, or just for your dinner.

Signing off with my pen name, Cin Pin.



Janice is in need of a Get-a-Way

Trendy Threads will be closed
Weds, Aug. 9th thru Sat, Aug. 12th
Reopening Weds, Aug. 16th at 9:30am
www.TrendyThreadsWoodsville.com

Vermont Children's Theater presents Emma! A Pop Musical

Vermont Children's Theater will present their final show of their 2017 season, Emma! A Pop Musical. An updated adaptation of Jane Austen's classic novel of the same name. Featuring hit songs of legendary girl groups and iconic female singers from The Supremes to Katy Perry. Girl power has never sounded so good!

Emma is a senior at Highbury Prep and is certain she knows what's best for her classmates' love lives. After setting up her two teachers she decides that she should make a career out of match-making and is determined to find the perfect boyfriend for her best friend Harriet by the end of the school year. As Emma tries to find the perfect match for Harriet she battles wits with fellow senior Jeff Knightly who has reservations about Emma's potential match making skills.

Emma features a cast of over 20 area high school students from all over the Northeast Kingdom. The show is directed by Gianna Fregosi and features music direction by Tyler Emmerston and Mark Violette. Costumes, props and sets are produced by the dedicated executive board members at Vermont Children's Theater and numerous parent and community volunteers.

Emma will be presented on July 27, 28 and 29th at 7pm and on July 30 at 2pm at the VCT Barn (2283 Darling Hill Road, Lyndonville Vt 05851). Tickets are \$10 for adults, \$8 for teens and seniors and \$6 for children under twelve. All tickets for the Sunday matinee are \$5. Tickets are available at the door and advance sale tickets are available at the VCT Barn or by calling 802-626-5358.



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