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TRENDY



TIMES

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AUGUST 8, 2017 VOLUME 8, NUMBER 22

Colonial Offers the North Country a Unique Musical Experience

Arriving from a performance at the Museum of Fine Arts in Boston, and on the way to The Museum of Modern Art in New York, The Colonial Theatre in Bethlehem NH is pleased to host the unique world music ensemble, Banda Magda, Friday, August 11. On everyone's top 10 list of world music, Banda Magda, founded in 2011, moves from samba to French chanson, from Greek folk tunes to Colombian cumbia and Afro-Peruvian lando. Their songs capture the best of mid-century pop ballads and cinematic arranging, drawing on the band's global background and unchained musicality.

Founded by Greek-born Magda Giannikou in 2011, the singer, film scorer, and composer has collaborated with everyone from Kronos Quartet (she was commissioned by and performed with the quartet at Lincoln Center 2013) to Louis CK (she wrote and sang a duet with CK for the comedian's TV show) and Snarky Puppy

(participated in their Grammy Award Winning Family Dinner Vol.1).

Banda Magda is group of close musical friends that have turned Giannikou's songs into engaging romps that have won them a spot with Carnegie Hall Musical Explorers Series, as well as performances at discerning venues and festivals such as Webster Hall, Irving Plaza, The Kennedy Center, The Jefferson Center, Celebrate Brooklyn, Jazz al Parque, St. Moritz Festival Da Jazz, the Chicago World Music Festival, Atlanta Jazz Festival and WOMAD.

After the success of their brilliantly colorful albums, "Amour, t'es la ?" (Top 10 Billboard World Music Charts, NPR's All Songs Considered, First Listen, NPR's 10 favorite World Music Albums 2013), and "Yerakina" (co-produced by GRAMMY Award-winners Michael League and Fab Dupont), the Banda is in pre-production of their 3rd opus, the vibrant, technical or TIGRE. Thier music has

been described as "Bouncy, upbeat, irrepressibly fun music" – New York Music Daily and Magda herself as "An artist who fires on all artistic cylinders"–NPR

General Admission tickets for the 8 PM performance are \$17; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$14, reserved front & center seats are \$22 (available on line only). Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury or www.BethlehemColonial.org. The doors open at 7 PM with a Harpoon Brewery 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 or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colo-



onial Theatre at 99.9 on the FM dial.

This evening of great world music is made possible by Elise Drake and Harpoon Brewery with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Moun-

tain 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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TRENDY
Dining Guide
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Room 111 @ Victory Lanes

by Gary Scruton

As readers of this column well know my wife, Janice, and I enjoy going out for a bite. Sometimes that means just a quick meal, sometimes it means an evening of entertainment or fine dining, and sometimes it is simply a good hearty meal with good food.

Room 111 @ Victory Lanes in Woodsville is not your average eatery (but what place really is?). The first thing you see when you walk into this establishment is the six lanes of candle pin bowling. During leagues these lanes are hopping with bowlers, but on the evening we visited they were quiet, just waiting for someone to step up and try their skills. I can also note that there are a couple of arcade games in this area for the younger set, or those who feel young, to

test their skills in that realm.

We turned left and walked out to and thru the bar section, then another left put us in the dining area/pool room. Yes, there is a full sized and quite nice pool table in the middle of the room with a pair of regular tables and several high top tables surrounding it. I can also mention that for those who like outside dining there is another door off the bar area that takes you to some deck seating.

As Room 111 is based on an informal seating arrangement we found a table and took our seats. The waitress came over and first asked if we needed menus. This tells me that Room 111 has many regulars who know just what they want. As we are not regulars we needed the help of the menus to decide on the evening's fare.

The second question from our waitress was "can I get

you something to drink?". After all, you do walk thru the bar before you get to the dining area.

"What's on tap?" was my response. And after a run down of several choices I went with an IPA. Janice asked about iced tea and after clarity got a cup of unsweetened, as per her request. I will note here that this glass of tea was price at 92¢ (plus 9% rooms and meals tax, makes it exactly \$1) and it was real tea.

We also decided at this time to start the evening with an appetizer. Specifically an order of mozzarella sticks. They came with a dipping sauce (not the greatest, but certainly a good tasty one, we would have like a sauce with a bit more "zip" to it). The other note of interest was that they were served not so hot that we burned our mouths, but at a tem-

perature that we could enjoy. For anyone who visits Room 111 I would strongly suggest that you also get a menu and read it over. There are some interesting items as well as descriptions. It is obvious that the owner had some fun creating this piece of entertainment.

After a perusal of the offerings I settled on "The Bridge". It was described as everything we love about New Hampshire and Vermont. A beef patty from PT Farms in North Haverhill, plus fresh toppings including bacon, maple glazing and cheddar cheese. The burger came with regular fries or a choice of another side dish. I went with the sweet potato fries. An enjoyable meal.

Janice made her decision to go with the fish and chips on this visit. The waitress told her that the fish pieces were not huge, she showed us with her hands, but the entree came i two options,

with 4 pieces of fish or with 6. Janice chose the smaller option and it filled her up with no problem. The coating on the fish was crunchy and the haddock was nice and moist. the fries were great too!

Room 111 does not have a big kitchen, and to be honest I am not sure food is their first priority. But our meals came out looking very nice and tasted exceptionally good as well, even if they did come out a few minutes apart. We had been looking forward to choosing a yummy dessert, but we found we were just too full to treat ourselves to a sweet.

For those who are looking for a friendly spot with plenty of entertainment options and some very good food, then Room 111 @ Victory Lanes should certainly be on your list of places to visit.

Our total for the evening was \$37.22 before tip.

Volume 8 Number 22 August 8, 2017 Not all Times are Trendy, but there will always be Trendy Times

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Help Us Solve a “Murder in The Mountains” at Dinner Theatre Event by Jean’s Playhouse



Each table of six will be provided with one bottle of Salmon Creek, California wine to choose from. Cash bar will also be available. All tickets for this special dinner theatre night out are \$60.

Annie, The Musical is currently playing at Jean’s Playhouse. With pluck and positivity, little orphan Annie charms everyone’s hearts despite a next-to-nothing start in 1930s New York City.

She is determined to find her birth parents who left her at a New York city orphanage run by the evil Miss Hannigan. Helped by her fellow orphans, Annie escapes Miss Hannigan’s orphanage and finds a new home with billionaire Oliver “Daddy” Warbucks, his personal secretary Grace Farrell, and a lovable mutt named Sandy.

Don’t miss out on the Jean’s Playhouse debut of local canine Fanny as Sandy the dog!

The seven-time Tony award-winning show Annie, The Musical is at Jean’s Playhouse through August 19 with the show times of: Tuesdays, Thursdays, Fridays and Saturdays at 7:30 PM and Wednesday matinees on August 9 and 16 at 2:00 PM.

Jean’s Playhouse will also be presenting You’re a Good Man, Charlie Brown written by playwright Clark

Gesner. Come see a day in the life of America’s lovable loser and his friends, the Peanuts gang. You’re a Good Man, Charlie Brown opens on Wednesday, August 23 at 7:30 PM! Other great times to come see the show are Thursdays, Fridays, and Saturdays at 7:30 PM through September 9, or 2:00 PM matinee showings on Wednesday, August 30th and September 6th.

Theatre tickets can be purchased at the box office window. Tickets are also available now online at www.jeansplayhouse.com or by phone at 603-745-2141. Prices are \$30 for adults, \$25 for seniors, and \$16 for students/children.

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

Jean’s Playhouse presents MURDER IN THE MOUNTAINS, a one-night-only dinner theatre event at the Mountain Club on Loon on Wednesday, August 16 from 7-9 PM.

The scenic Kancamagus Highway is a popular place for a drive, but within this quaint vacation spot is a mystery that may have inspired MURDER! In 1891, Thomas Colbath went on an errand, telling his wife Ruth he would be back soon. He did not return for 42 years! Is this historic home haunted by the love-sick spirit of Ruth Colbath? Was something more evil afoot in the disappearance of Thomas Colbath? Is that evil presence wreaking havoc still? Inspired by true events in the White Mountains of New Hampshire, we invite YOU to try to solve these mysteries! Join us, for MURDER IN THE MOUNTAINS. Who will be next?

The three-course dinner menu starts with a Field Green Salad, Choice of Pan Seared Statler Breast of Chicken or Baked North Atlantic Whitefish, finishing with a Blood Orange Mousse with Raspberry Glazed Cookie for dessert.

TRENDY Dining Guide

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The Nashville based Gospel group Mark209 is in Whitefield

WHITEFIELD - The Nashville based Gospel quartet "Mark209" will be appearing at the Community Baptist Church of Whitefield 6:30 pm on Wednesday, August 9, 2017. The church is holding a FREE community cookout at 5:30pm to which all are welcome prior to the concert.

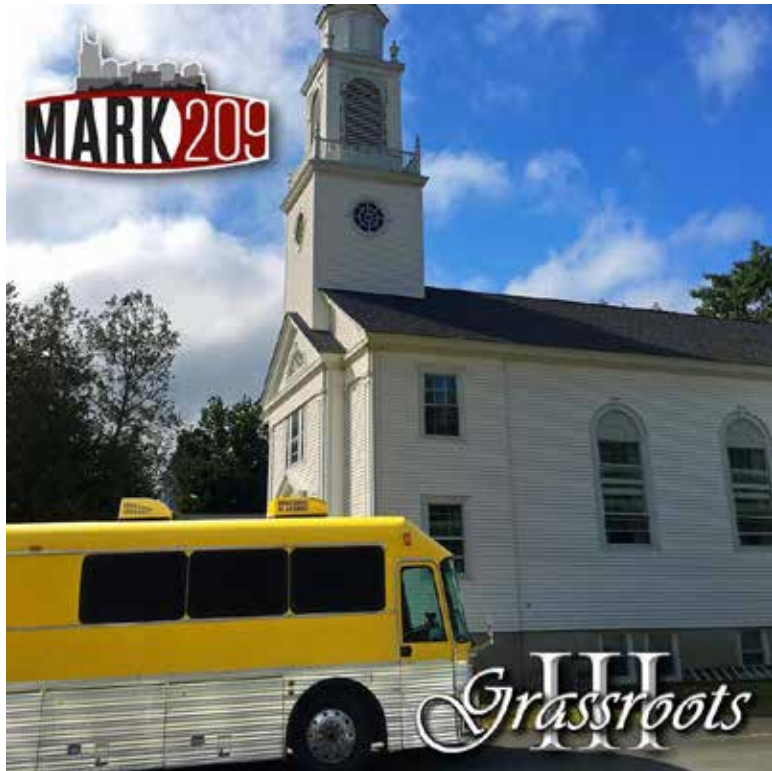
This northernmost stop on their New England tour will offer a worship experience not to be missed. They were here in 2016 and have used a picture of their bus in front of our Whitefield church on the cover of their new CD!

Worship is something that is not just mind or body. It is a wholehearted experience. When MARK209 set out to create something special and spirit driven, they didn't want something that people

just attend. Through the stories and testimonies of the group, to the message written into each song, this is an experience that all can share and relate to. Everyone regardless of age or walk of life will find something to share in with MARK209.

All are invited to come and see what God has in store for you. See more about Mark209 and hear their music at www.mark209.com. There is no admission fee; a free-will offering will be taken.

The church is located at 27 Jefferson Road (Rt. 116), across from the Whitefield Post Office, and has a handicapped access lift. Further information may be obtained by visiting www.cbc1816.church or by calling 603-837-2469.



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\$30Million to NH Towns and Cities

During the previous week, NH Governor Chris Sununu signed Senate Bill 38 into law, and in so doing; he provided NH towns and cities additional financial support toward locally aging infrastructure. Since the first budget hearing, it has been a legislative priority to return funds to local communities in the form of infrastructure grants and to provide property tax relief.

In addition to another \$6.8 million for bridge repairs, SB 38 provides \$30M to local communities. New Hampshire has nearly 17,000 miles of state and town roads, turnpikes and interstate highways. From this total, approximately 70%, or 11,865 miles are municipal roads. Additionally, New Hampshire has more than 475 state and municipal bridges/culverts on the state's "red list." This list designates structures needing repair or replacement. July's heavy rains that caused flash flooding and destruction throughout the Upper Valley did not help.

Due to declining federal

and state support, municipalities have been forced to rely more and more on local property tax to remediate local transportation needs. Even repaving over a road base that does not require major construction work is extremely expensive. The NH Department of Transportation resurfaced 3.7 miles of NH Route 16 in Gorham recently at a cost of \$1.8M. To resurface smaller town roads can approximate \$100,000 per mile or more.

Recognizing that towns are unable to keep up with road maintenance, the legislature returned \$30M to cities and towns to directly support critical infrastructure improvements. The attached chart identifies grant amounts to towns in this region.

Bath	\$63,020.88
Benton	\$12,851.15
Bethlehem	\$92,464.87
Easton	\$7,383.99
Franconia	\$45,704.63
Haverhill	\$151,249.73
Lancaster	\$91,162.53
Landaff	\$25,021.00
Lebanon	\$273,615.37
Lincoln	\$31,043.34

Lisbon	\$67,230.37
Littleton	\$151,304.77
Lyman	\$41,972.66
Lyme	\$82,896.45
Monroe	\$28,751.55
Orford	\$54,779.91
Piermont	\$31,534.59
Sugar Hill	\$43,644.01
Warren	\$31,964.87
Wentworth	\$48,486.27
Whitefield	\$67,763.70

Although these funds may be limited, grant amounts are timely and may assist in repairing damage resulting from the early July storm. As with towns, the legislature faces significant revenue challenges as well. Finding the funds to fix everything that needs attention remains a challenge for NH's lawmakers and elected town officials. Returning funds to municipalities through bills such as SB38 is a good first step. In order to attract and keep new business and jobs in this region, we cannot afford to allow our roads and schools to deteriorate. I recognize that selectboards and school boards across New Hampshire are dealing with heavy issues and having to make difficult choices. I thank all elected officials for your dedication and community service.

Respectfully,
Rep Rick Ladd
Chairman, House Education

Classical Music Concert Music by Schumann, Prokofiev and Rimsky-Korsakov

Soprano Victoria Cole and Pianist Sergey Marchukov present a concert on Sunday, August 13 at 4 pm at Newport United Church in Newport Vermont, and on Saturday, August 19 at 7:30 in St. Johnsbury at the United Community Church South Campus.

Featured are Serge Prokofiev's delightful re-telling of the Hans Christian Andersen fairy tale, The Ugly Duckling, (sung in English) as well as the virtuosic and fireworks-filled Symphonic Etudes by Robert Schumann. A real showpiece for the pianist, this is one of the great masterworks for piano.

Soprano Victoria Cole



lives and teaches in Franconia NH, where she maintains a thriving voice and Alexander Technique studio. She has her Masters in Vocal Performance from Carnegie-Mellon University, and has performed widely in Pittsburgh and NH. She has taught at Plymouth State



University and is currently on the faculty of the Concord Community Music School, and is Music Director of the White Mountain Camerata.

Pianist Sergey Marchukov is a native of Voronezh, Russia where he trained at the State Academy of the Arts. Since coming to America in 1995 he has appeared in many solo and collaborative recitals in Pittsburgh and New Hampshire. He is now serving on music faculty of Point Park University and maintains a private teaching studio. He is busy as a collaborative pianist and has been recitalizing with Ms. Cole over the course of 10 years.

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The Last Rock Farmer Roadshow?



(From Left: Frank Young, Denis Chang, Will Dickerson) The Frank Young Gypsy Jazz Trio will highlight the last performance of the year for the virtuosic acoustic series known as the Rock Farmer Roadshow. Rockfarmer.com for admission.

The Rock Farmer Roadshow is an effort by Newbury based, Rock Farmer Records to bring top level acoustic performers to the upper valley region. Earlier this year, the Skinny Pancake recognized what the Rock Farmer Roadshow is doing and joined the cause as the presenting sponsor for the season.

Having a keen ear for, "musician's musicians," the series creator, Patrick Ross, has hand-picked some impressive talent thus far. This, the last Roadshow of 2017, will be something special for all the guitarists out there.

Frank Young is best described as a guitar wizard with a taste for intricacy. He is known across Quebec for his incredible bluegrass flat-picking, electric guitar and banjo chops, but Young's main focus is acoustic Gypsy Jazz guitar played in the tradition of Django Reinhardt. Teaming with masters of the style Will Dickerson and Denis Chang, this guitar trio will dazzle the audience with velocity, precision, and elegant

guitar-harmony laced with minor chords. Frank Young Gypsy Jazz will be playing unplugged at West Newbury Hall, 219 Tyler Farmer Rd. Newbury VT on August 13 at 3pm.

"We have plans to continue to produce these concerts at additional rural venues in 2018," says Rock Farmer Records founder Patrick Ross. "Until then, we will be releasing video of the series at rockfarmer.com and the Rock Farmer Roadshow YouTube channel."

Get tickets and more information about the Rock Farmer Roadshow at rockfarmer.com or by calling 802-866-3309.

OCT's "Mad Gravity" Takes Off in Bradford

BRADFORD, VT: Old Church Theater presents its 3rd play of the 2017 season with "Mad Gravity", a comedy by William Missouri Downs, opening on August 11th for a two weekend run, with shows at 7:30pm on Fridays and Saturdays and Sundays at 4pm.

Directed by Justina Kenyon, "Mad Gravity" is about newlyweds' eccentric parents who are staging an outlandish play - right in their living room - when they meet the other set of parents for the first time. Laugh-out-loud comedy and wild situations ensue as the conservative parents are cast in the other's crazy play. But when news of a comet heading towards earth arrives, everything shifts into even higher gear and the hilarity just takes off from there. In the cast are Peter Mendes, Anne Foldeak, Megan Gelsi, Meghan Bullard and Chris Leary.

Reservations may be made by calling 802-222-3322 or emailing reservations@oldchurchtheater.org.

Admission is \$12, \$10 for seniors and \$6 for students. NOTE: "Mad Gravity" is not recommended for children.

Old Church Theater is a community theater based in Bradford Vermont, producing 5-6 full length produc-

tions a year, usually from June through October, with an occasional winter production. The next production is "Duets", four short plays about love and relationships, opening September 15th. Visit their web address at www.oldchurchtheater.org.



In a scene from Old Church Theater's new comedy "Mad Gravity", actors (L to R) Chris Leary, Meghan Bullard, Peter Mendes and Anne Foldeak anticipate the comet heading towards earth. Opening August 11, shows are Fridays and Saturdays at 7:30pm and Sundays at 4pm. Call 802-222-3322 to reserve the best seats. Please note, not appropriate for children.

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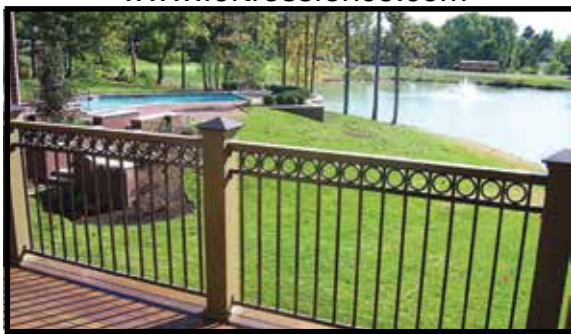
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- Competition training [bodybuilding, figure]
- Posture training
- Critical balance, seniors
- Athletic stretching/flexibility
- Strength • Senior fitness
- Core and fundamental training



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BEST TO CALL AFTER 5 PM
Woodsville, NH

Calendar of Events

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

THURSDAYS THRU SEPTEMBER 7

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

WEDNESDAY, AUGUST 9

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

Wednesday, August 9
GOSPEL QUARTET "MARK209"
6:30 PM
Community Baptist Church, Whitefield
See Article on Page 4

THURSDAY, AUGUST 10

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

FRIDAY, AUGUST 11

CLASSICAL MUSIC CONCERT
5:00 PM
Hebrew Congregation Sanctuary, Bethlehem.
See Article on Page 16

MAD GRAVITY

7:30 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 11

BANDA MAGDA

8:00 PM
Colonial Theater, Bethlehem
See Article on Page 1 and Ad Page 9

SATURDAY, AUGUST 12

West Newbury Summer Festival
8:00 AM - 2:00 PM
219 Tyler Farm Road, West Newbury
See Ad on Page 9

HOWARD FRANK MOSHER TRIBUTE TOUR

6:30 PM
Catamount Arts, St. Johnsbury
See Article on Page 5

MAD GRAVITY

7:30 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 11

SUNDAY, AUGUST 13

COHASE CHAMBER FARM TOUR
10:00 AM - 3:00 PM
See Article on Page 9 and Ad on Page 10

ROSS-WOOD POST #20 ANNUAL PICNIC

12:00 NOON
Ammonoosuc Fish & Game Club, Swiftwater
See Ad on Page 9

FRANK YOUNG GYPSY JAZZ

3:00 PM.
West Newbury Hall, 219 Tyler Farmer Rd.
See Article on Page 5

Classical Music Concert

4:00 pm
Newport United Church
See Article on Page 4

MAD GRAVITY

4:00 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 11

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

WEDNESDAY, AUGUST 16

AMMONOOSUC COMMUNITY TRUST WALK
3:00 - 6:00 PM
Godfrey Memorial Conservation Area, Lyman
See Article on Page 8

MURDER IN THE MOUNTAINS

7:00 - 9:00 PM
Mountain Club on Loon, Lincoln
See Article on Page 3

THURSDAY, AUGUST 17

Baked Bean Supper
5:00 - 7:00 PM
North Haverhill Methodist Church
See Page 7 for Ad

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, AUGUST 18

80TH ANNIVERSARY ST. J PLAYERS REVUE
7:30 PM
St. Johnsbury School Auditorium

FRIDAY & SATURDAY, AUGUST 18 & 19

PEACHAM ACCOUSTIC FESTIVAL
Several Locations in Peacham

MAD GRAVITY

7:30 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 11

SATURDAY, AUGUST 19

Chicken BBQ
4:00 - 6:00 PM
Passumpsic Community Baptist Church
See Ad on Page 4

80TH ANNIVERSARY ST. J PLAYERS REVUE

7:30 PM
St. Johnsbury School Auditorium

Classical Music Concert

7:30
United Community Church So. Campus., St. Johnsbury
See Article on Page 4

SUNDAY, AUGUST 19

WHITEHILL REUNION
12:00 NOON
Whitehill Stone House, No. Ryegate

80TH ANNIVERSARY ST. J PLAYERS REVUE

2:00 PM
St. Johnsbury School Auditorium

MAD GRAVITY

4:00 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 11

MONDAY, AUGUST 21

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

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

August 8:

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

August 9:

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

August 15:

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

August 16:

Beading w/Faith @ 9:00
Bone Builders @ 9:30
Writer's Group @ 10:30
Greif Support @ 10:30
Mahjongg @ 12:30
Bingo @ 1:00

August 17:

Art/Painting @ 9:00
Cribbage @ 12:30

August 18:

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

August 21:

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

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

August 22:

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

August 23:

Bone Builders @ 9:30
Writer's Group @ 10:30
Greif Support @ 10:30
Mahjongg @ 12:30
Bingo @ 1:00

August 24:

Art/Painting @ 9:00
Cribbage @ 12:30

August 25:

Senior Feet – Foot Clinic @ 9:00

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

August 28:

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

Tai Ji Quan @ 2:00

August 29:

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

Haverhill Historical Society's Summer Lecture Series

Haverhill, NH – The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to offer "Robert Rogers of the Rangers – Tragic Hero", a program presented by George Morrison of Bow, NH. This presentation will take place on Tuesday August 15 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public. The venue is handicapped accessible.

On a frontier where individualism flourished, New Hampshire's consummate woodsman was just the leader to bring his men back safely from deep in dangerous country, even in stormy, freezing weather. The famous "Major Rogers" renown was such that he became perhaps the single-best-known American on both sides of the Atlantic. In October 1765, a private audience with young King George III led, eleven months later, to the plan of an expedition to find the long-dreamed-of Northwest Passage to the Pacific - forty years before Lewis and Clark. But who was this frontier farmer, raised in Dunbarton, New Hampshire? Thirty years after his death in obscurity in May 1795, Rogers' exploits were mined by James Fenimore Cooper for his best-selling novels, and in the 20th and 21st centu-

ries, for other histories, novels, movies, and television. George Morrison takes us along on a journey from colonial North America to the 21st century.

This presentation is sure to be of local interest even if you haven't ever stopped to read the historic marker on Rt. 10 just south of Woodsville. The junction of the rivers at Woodsville/Wells River was to be the rendezvous point for the Rangers after their attack on the Abenaki village at St. Francis, Quebec on Oct. 4, 1759. Here they were to meet a rescue party with much needed food, but due to Abenaki pursuit and hunger they arrived too late and the rescue party had come and gone. Many Rangers perished in the immediate area.

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

Seeking Vendors for 6th Annual So Long Summer – Hello Fall Festival

WRAP is seeking vendors for the 6th annual So Long Summer Hello Fall Festival to be held on September 2, 2017. The Festival is always held the Saturday before Labor Day. The festival is held rain or shine, from 9:00am -2:pm on Main Street and Railroad Street in downtown Wells River

Changes for 2017 include: Booth fees will increase to \$6.00 to coincide with this being the 6th year if space is reserved before August 16th. After August 16th if space is available the fee is \$12.00. This change will help WRAP plan better and help with advertising. Booths for non-profit groups not raising money will again be free.

Spaces will be reserved on a first come first serve basis. Registration forms may be obtained by emailing WRAP at wrapwr@gmail.com, calling Richard M Roderick at 802 757 2708 or picked up at the Baldwin Memory Library on Mondays - 10am to 5pm, Wednesdays

- noon to 6pm and Fridays - noon to 7pm.

The 2017 Festival will include the perennial favorites, the Baldwin Memorial Library Book Sale, The Giant Zucchini Contest, Share Your Harvest Table, a number of free prize drawings, and the WRAP Bake Sale at the Welcome Center, and a BMU Car Wash at Wells River Chevrolet. A new event this year will be the Cohase Chamber of Commerce Rubber Ball River Race.

Last year 26 vendors, and 11 information booths lined Main Street along with several businesses participating with either in-store specials or sidewalk sales. There were also 9 different prizes up for grabs in 6 different free prize drawings.

If you have any questions please contact WRAP at wrapwr@gmail.com, or call Richard M Roderick at 802 757 2708.

Join the fun and help make the Festival a success.

Living The American Dream

BATH – Bath Public Library is pleased to present Dori Hamilton, "Living the American Dream" on Saturday, August 26th at 2:00 pm at the Bath Public Library.

Dori grew up on a dairy farm in Pennsylvania, joined the Navy Nurse Corps during the Vietnam War, cared for presidents Carter and Reagan as Senior Nurse and traveled the world. For the past 17 years, since her retirement as a Naval Commander, she has been living the life she loves in New

Hampshire, raising sheep and spinning yarn on her 40 acre farm.

Dori is a strong believer in community service, volunteerism and paying it forward. She has truly lived the American Dream.

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

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

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

The Bath Library Book Club will be discussing "The Floating Brothel", by Sian Rees, on Thursday, September 14th at 6 pm at the Bath Public Library.

In July 1789, two hundred and thirty-seven women convicts left England for Sydney Cove in Australia's New South Wales on board a ship called the Lady Julian. Historian Sian Rees delved into court documents, letters, and journals to extract firsthand accounts of the women's experiences on board a ship that both held them prisoner and offered them refuge from their oppressive existence in London. Forced by the economy of the times to beg, steal, and

sell themselves, the women of the Lady Julian defined resourcefulness, and set up profitable businesses in their various ports of call. This is the rollicking and exhaustively researched story of that extraordinary group of women and their voyage halfway around the world.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 6:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrarykjb@gmail.com

UNDER THE TENT Baked Bean Supper at 1951 prices

THURSDAY, AUGUST 17, 2017
5:00 - 7:00 PM
Adults - \$1.25 Children - 50¢

MENU:	Baked Beans - Hot Dogs
	Brown Bread
	Potato Salad - Jello Salads
	Ice Cream Sundae - Drinks

NORTH HAVERHILL UNITED METHODIST CHURCH
2900 Dartmouth College Hwy., North Haverhill
Inside Church if raining • Take Outs Available

ACT Heads to Lyman for 4TH Summer Nature Walk

LYMAN – Join the Ammonoosuc Conservation Trust (ACT) and get a chance to walk a beautiful conservation property in Lyman not usually open to the public.

The Godfrey Memorial Conservation Area on Goldmine Road is being open for this event, which will have both a forest and historical theme. The nature walk is being hosted by ACT and co-led by the Lisbon Area Historical Society.

The walk is Wednesday, August 16th from 3 -6 p.m. The public is invited to join

us for some fun outdoors and learning about the history of mining in the area from Historical Society members.

This is the fourth in a series of five nature walks this summer on local lands conserved by ACT. The walks take place every other Wednesday throughout the summer from 3 - 6 p.m. Participants should pre-register for this event via the ACT website or by calling the office at (603) 823-7777. ACT Executive Director Rebecca Brown and Outreach and Member Services Director Gal Potashnick will help lead

the hike.

The Godfrey Memorial Conservation Area is home to stunning views of the White Mountains, open fields, and plenty of wildlife. A former dairy farm, the conservation area provides critical habitat for bats, which hibernate in the caves not far from the property. ACT currently conserves over 1,500 acres in Lyman including the Pettyboro Farm Conservation Area and the Gardner Mountain conservation easement. All provide important habitat for bats and other wildlife.

This event is free; a \$5 suggested donation is welcomed and very much appreciated. This is not a long walk (no more than a mile), but it will go from an easy grade of woods road into some bushwhacking to get to the mine and see the effects of mining operations on the terrain. The group will move at an easy pace but please be prepared for off-trail walking.

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 plenty of water. Nature guidebooks and binoculars are great to bring along.

Let's Celebrate and Give Thanks

It might seem out of character for a Yankee, but the completion of ordinary (and extra-ordinary) community projects like annual cleanup day, installation of a new swing set, the opening of a community space, or some other community-based project, however big or small, should be celebrated. Celebration can be an excellent tool for thanking the community and its volunteers for their hard work. It's true, modesty and frugality are stalwart traits of a New Englander, but when used appropriately, a pinch of heightened praise, can go a long way. By celebrating, you thank them for their generosity and create goodwill for future endeavors.

In practice, a celebration might be as simple as a direct and private set of kind words, or as grand (that and then some) as a parade. But critical to that thank you, is a level of observance that is appropriate to the accomplishment, time and energy spent. Perhaps a potluck is in order, an awards ceremony, or maybe a nice article in your local newspaper. As the old proverb goes, "It takes a village to raise a child" as do community-based projects. While a small set of guiding hands often bring projects together, without

the community, success can often be limited in scope or short-lived in time. Community support cannot be overstated or underestimated, and by that same token should be celebrated, even if just a simple set of kind words—"Thank you for your support."

By celebrating, you give thanks, honoring those that have contributed and supported your efforts. Moreover, it's that thank you that will help move your group, organization or rabble-rousing crew to its next successful project or endeavor. While proof isn't always in the pudding, sometimes it can be! By sharing the positive outcomes you're capable of, I'm quite certain the more likely you'll have support and success moving forward. So cheers. Celebrate. Give thanks. To your successes, however great or small—"Huzzah!"

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. He provides communities programming and technical assistance designed to empower and move communities forward. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.



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THANK YOU!

Many thanks to the over 300 volunteers who helped make this happen.

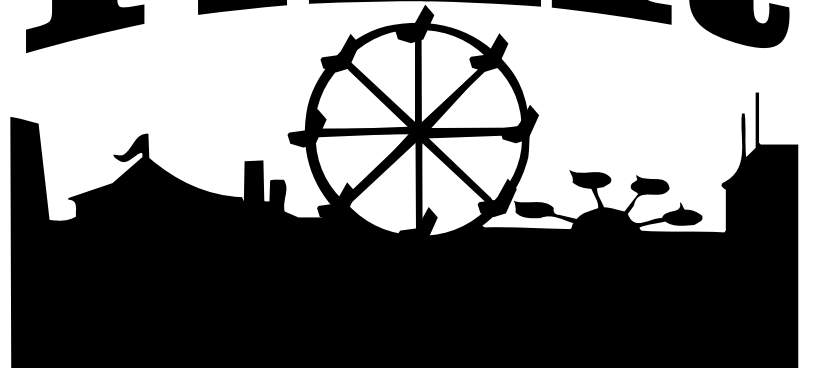
Thanks as well to the thousands of attendees who come and enjoy all the Fair has to offer.

And a huge and heartfelt thanks to our many business sponsors for their enthusiasm in supporting the fair.

Finally, a thank you and congratulations to the hundreds of competitors at this year's fair.

*The all volunteer Officers and Board of Directors of the North Haverhill Fair thank one and all, and wish you a great 12 months until we meet again,
July 25 - 29, 2018*

North Haverhill FAIR



David Lackie, President
Gerald Stoddard, Vice President
Dianne Ingalls, Treasurer
Linda Stoddard, Secretary
Board of Directors: Jim Aldrich, John Aldrich,
Debbie Bigelow, Harold Clough, Mike Clough,
Tim Clough, Chris Dellinger, Kevin Horne,
Hannah Leland, Dick McDanolds,
Gary Scruton and Bob Stoddard

Cohase Chamber Hosts Free Farm Tour

The public is invited to visit a diverse assortment of farms on Sunday, August 13 from 10 AM to 3 PM during the Cohase Chamber of Commerce Annual Farm Tour. This self-guided tour is free and offers the chance to experience the rich agricultural heritage of our beautiful region.

Visit a working dairy farm and see robotic cow milking machines in action!

Travel to area vegetable farms and learn more about how sustainable crops are grown and harvested!

Spend time at an herb farm and learn about how

herbs are produced and how they are used for health, beauty and food purposes!

Stop at a commercial flower farm and learn how our region's beautiful flowers make their way from the farm to retail outlets!

Spend time with a diversity of farmyard animals including cows, chickens, horses, angora goats, alpacas, geese, ducks, piglets and even peacocks!

Learn about the various and diverse services our area farms provide including not only food and other agricultural product sales but services ranging from yoga

classes to massage services to cooking classes!

The Farm Tour offers an exciting array of experiences that is sure to please residents and visitors of all ages.

For more information and a downloadable Map and Guide, visit the Chamber WEB site at www.cohase.org or call (802)518-0030. Map and Guides also available at Wells River Chevrolet, Woodsville Guaranty Savings Bank, Wells River Welcome Center, Blackmount Equipment and other area locations.

Orange East Senior Center

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

The Boyz will be playing music on Friday, August 11 starting at 11 a.m.

The Tabor Valley Singers will be performing on Friday, August 18 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, August 25th 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 winter hours will begin on August 30. Classes will be on Wednesdays from 3:00 pm. to 5:00 p.m. This class is for all levels.

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

us a call.

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

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

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

Road Trip to Saint Gaudens

The Bradford Historical Society will present a "Road Trip to Saint Gaudens" a National Historic Site located in Cornish, New Hampshire, on Saturday, August 12, 2017 at 9:30 am.

Participants are asked to meet at the Bradford Park 'N Ride to Caravan to Cornish. If you need a ride, call 802-222-9621.

Over 100 pieces of Saint-Gaudens' sculptures are exhibited in the galleries and on the grounds of the park. The sculptor's home, "Aspet" contains three rooms of original family furnishings.

An orientation film (18 min.), will introduce you to the life and artwork of Augustus Saint-Gaudens. The park, with the exception of "Aspet," may also be toured

on your own, as all artwork has interpretive labels. Or, you can take scheduled tours. Visit their website at <https://www.nps.gov/saga> to plan your visit.

An entrance fee of \$10.00 per person is charged for visitors age 16 and over. America the Beautiful Passes including the Annual Pass, Senior Pass (for ages 62 and older, formerly called the Golden Age Pass), Access Pass, and the Active Military Annual Pass, are honored for entrance to the site.

This year the National Park Service celebrates the bicentennial of Abraham Lincoln's birth and certain parks are highlighting their connections to the 16th president

ROSS-WOOD POST #20 AMERICAN LEGION

ANNUAL FAMILY PICNIC

Sunday, August 13, 2017
12:00 Noon

Ammonoosuc Valley
Fish & Game Club
Route 112
Swiftwater, NH



MENU:

Hot Dogs, Hamburgers, Baked Beans,
Various Salads, Watermelon & Beverages

There will be door prizes.
Plus games & prizes for the children.

All members of the Legion, Auxiliary, SAL & Riders along with their guests are invited to attend & enjoy the day at no cost.

MEADOW LEASING

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BANDA MAGDA

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The Maia Papaya Café, Bethlehem



THE COLONIAL THEATRE

MAIN STREET, BETHLEHEM, NH | EVENT LINE: 603.869.3422 | BethlehemColonial.org

WEST NEWBURY SUMMER FESTIVAL



SATURDAY, AUGUST 12

8:00 am - 2:00 pm

ALL DAY: Silent Auction, White Elephant Sale,
Displays, Bake Sale, Music

'Maddie Cakes' Gourmet Pastries (8:00 - 10:30)

'Whimsical' Table Setting Display (9:00 - 2:00)

Historical Society Schoolhouse- Open (10:00 - 2:00)

"Let It Grow" Parade (10:30)

Ribs Barbecue - Adults \$10/Kids \$5 (11:30 - 1:30)

Taste of Local Desserts (12:00 - 2:00)

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or 802 222-7480 for more info



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North Country Senator Jeff Woodburn had his 5th annual North Country ice cream and dairy tour to celebrate National Ice Cream Day on Tuesday. He was accompanied by Executive Councilor Chris Pappas of Manchester on a full day tour including visiting four ice cream shops and the Landaff Creamery and dairy farm. From the left is County Commissioner Linda Lauer, of Bath, Dale Locke, Deb and Doug Erb, Councilor Pappas and Sen. Woodburn. The New Hampshire dairy industry impacts state and local economies with more than \$141 million in total output, 3717 jobs and more than \$19 million in labor income.



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Bill Briggs to be Honored in Franconia

Bill Briggs will be honored as Pastor Emeritus at the Franconia Church of Christ on August 27th in a worship service at 10:30 followed by a brunch.

The Reverend Briggs served the church as minister from 1972 to 1988, publishing his book *Faith Through Works: Church Renewal Through Mission* in 1983, chronicling seven missions of the Franconia Church at that time.

Since returning to Franconia, Bill Briggs has continued to contribute to the life of the church through participation in services as both a member and leader, and by involving members in his life-long work in Honduras, helping communities in the Yoro area develop sanitation and housing, medical clinics, and educational facilities and opportunities.

This celebration and conferring of the honorary title will recognize the important role he has played in the lives of the congregants and surrounding community. People are invited to share memories at the brunch and the offering will benefit Honduras Hope.



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HAVERHILL, NH - Easily walk to the lakes with beaches this summer. Adorable well maintained chalet is for vacation fun or year round living. Douglas fir beams, 2 Bedrooms with skylights, pellet stove, large private rear deck, Several recent upgrades to the home. Owner is licensed real estate broker. New roof to be installed and new washer and dryer. \$116,500.



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Barbara Tedesco - OBITUARY

North Haverhill, NH – Barbara Tedesco, 88, formerly of Bellows Falls, VT, resident of Grafton County Nursing Home, passed away after a brief illness, surrounded by her family at Cottage Hospital in Woodsville, NH on Friday, July 21st.

Barbara was born in Haverhill, NH to Harold P. Blake and Lottie (Sargent) Blake. She graduated from Haverhill Academy in 1946, and then worked as a nursing assistant to several area facilities, including Glencliff. In later years, after raising her family, she worked at Whitney Blake manufacturing in Bellows Falls, VT.

Barbara's hobbies included knitting, crocheting, and needlepoint. She loved the outdoors and working in her flower gardens, enjoyed swimming and was an avid reader.

She is predeceased by

her husband, Michael B. Tedesco and son, Michael C. Tedesco, and her beloved dog, Molly. She is also predeceased by brothers, Harold Blake of NH, Richard Blake of MI, Donald Blake of NH, Ronald Blake of VT, Merton Blake of NH, Stanton Blake of NH, and one sister, Blanche Dennis of NH.

She is survived by her children, Babetta Lynde and fiancé William Farley of NH, Pamela Tedesco of VT, Kathie Bonor and husband Morris of Woodsville, NH and Timothy Tedesco of North Haverhill, NH; two grandchildren, Kathleen Hamel of



MO and David Lynde of NH. She is also survived by one brother, Thomas Blake and wife Linda of Woodsville, NH, several sister-in-laws and extended family.

As per her request, there will be no services. Please make any memorial contributions to the local animal shelter of your choice.

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Stay Calm on the Investment “Roller Coaster”

Unless you live near an amusement park that does a lot of advertising, you probably didn't know that Aug. 16 is National Roller Coaster Day. Actual roller coasters provide people with thrills. But as an investor, how can you stay calm on the “roller coaster” of the financial markets?

Here are some suggestions:

- Know what's in front of you. If you've ever ridden a roller coaster in the dark, you may find it scarier than if you boarded it in daylight – after all, it can be unsettling not to know where you're going. The same can be said about investing: If you have no idea what's in front of you, you might find the journey unnerving – and if that happens, you could make panicky decisions, which are usually bad ones. So prepare for the inevitable market volatility – it's a normal part of the investment landscape.

- Buckle up. When you're on a roller coaster, you need to buckle your seat belt or use a restraint. You want to have the excitement of the ride, but you certainly don't want to take unnecessary risks. And you can enjoy some of the

excitement of investing without incurring more risk than you are comfortable with, too. One way to lower your risk level is to diversify across a range of investments – stocks, bonds, government securities, and so on. That way, if a market downturn primarily affects just one type of investment, you'll have some protection. However, although diversification can reduce the impact of volatility on your portfolio, it can't protect against all losses or guarantee a profit.

- Choose a strategy for the journey. Different people have different ways of handling a roller coaster ride. Some like to throw their hands up, enjoying the feeling of abandon, while others hold on tightly to the bar in front of them. When you invest, you also need a strategy that works for you, and the best one may be the simplest: Buy quality investments and hold them for the long term. How long is “long term”? It could be 10, 20, 30 years or more. Famed investor Warren Buffet says his favorite holding period is “forever.” If you've chosen a mix of quality investments appropriate for your risk tolerance, you may be able to

hold them until either your goals change or the investments themselves undergo some transformation.

- Stay for the whole “ride.” When you hop on a roller coaster, you've got no choice – you're staying until the ride is over. As an investor, though, you can exit the investment world whenever you like. But if you take a “time out” from investing every time the market drops, you risk still being out of the market when it rallies – and the early stages of a rally are often when the biggest gains occur. Furthermore, if you keep investing during a “down” market, you'll be buying shares when their price has dropped, which means your dollars can go further – and you'll be following one of the basic rules of investing: “Buy low.”

You can't take out all the twists and turns of the investment road, but by following the above suggestions, you can help make the ride less stressful – and possibly more rewarding.

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

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The Mikey Williams Memorial Fund
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New Hampshire Cannabis Freedom Festival Returning to White Mountains August 25 - 27

Lancaster, NH - Once again plans are well underway for the upcoming NH Cannabis Freedom Festival. Rick Naya and friends are hosting the leading Freedom Festival of its kind in the State of New Hampshire.

Lancaster was chosen for its spectacular summer scenery and fresh air. Located in the heart of the Presidential Range, Roger's Campground is a family and pet friendly resort offering traditional tenting and RV camping, as well as cabin rentals, motel rooms and all with unbeatable mountain views! With a pool, water-slide, arcade room and a large playground there is all sorts of entertainment to keep families busy all weekend. Nearby are plentiful hikes and the family favorite theme park Santa's Village. Camping is \$29 per night and RV camping is \$42. Hotel rooms start at \$100 plus NH Room and Meals tax. Rogers can be reached at 603.788.4885 or at rogers@ncia.net.

This will be the second year at Roger's and among

enthusiastic, returning exhibitors is Shakin' It Trading Post of Hookset NH who offers all sorts of smalls and festival ware. Katmandu Bazaar of Concord, NH offer culturally diverse foods and authentic spices as well as clothing from Nepal. And coming all the way from the Dallas / Fort Worth, Texas area is Jake Pender and his Free Pipe program.

Entertainment will be ongoing throughout the weekend with all sorts of bands, speakers, and artisans. Come learn from those advocates like Joseph Lachance of Manchester and Representative Glen Aldich of Gilford, NH who recently voted in favor of HB 640 (2017) which decriminalized possession of 3/4 ounce or less of marijuana.

Steve Paquin is a riveting painter from Concord with a fertile imagination. Steve live paints what he sees ongoing at festivals and then makes the paintings available immediately. The official glass blower for the Festival is The Glass Hollow of Tilton NH. Owner/Artisan

Joshua Holebrook will not only be exhibiting his goods but will be doing his art in a live glass blowing demonstration. He is also known as the artist behind the Freedom Cup Trophies. Three lucky judges will vote at the Second Annual NH Bake-off while anxious chefs stand-by waiting to win the grand prize.

The aroma will be amazing from the abundant food carts, especially Goodwin's Concessions of Washington, NH who offers the perfect munchie treats like fried Oreos, fried pickles and fried cheesecake. Who can resist such specialties? Another budding entrepreneur is Luv Java of Concord who creates high performance butter coffee. Keene business woman Little Zoe's Pizza will be coming with her amazing hand crafted Organic Fresh Pizza.

Exhibitor space is still available. A special “community” area will be dedicated to non-profit organizations, advocacy enthusiasts, politicians and those support business related to the Cannabis Business in any way. The Pot Shop which is based in Rochester NH and is a non-profit organization will be returning. It is a museum and art gallery dedicated to the history of, research and education of the cannabis industry. For exhibitor information call Rick Naya - office 693-715-1101.

The North Country Longspurs will be holding their 21st Annual NWTF JAKES EVENT on



Saturday, September 16th

It will be held at the Bunnell Camp in Passumpsic, VT.
Registration starts at 7 am and ending at 3:30 pm.

All participants between the ages of 7 to 17 will take part in learning stations and activities. Regular JAKES are 7 to 12 and X-Tremes are 13 to 17. Regular JAKES will have learning stations such as pond life, BB gun shooting, fishing techniques, archery, forestry walk and kayaking. X-Treme JAKES will participate in learning stations such as shotgun shooting, map and compass, turkey hunting tactics and first aid. There will be a presentation by a draft horse team after lunch.

The registration fee is \$15 per youth. This includes membership to either regular JAKES or X-Treme JAKES quarterly magazine, lunch, goodie bag, and all activities. Parents are asked to contribute \$2 each towards lunch costs.

For a registration form, contact Colleen Racenet at 802-535-7459, or go to our website, northcountrylongspurs.com. Like us on Facebook!



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Small Steps

by Kellie Quackenbush

Four years ago, my parents and my husband's mother would come to our house one night a week for "Family night". We would have supper and dessert and talk about the random things that interested us, it was a pleasant evening during the work week.

My husband's mother had been living alone since the passing of her husband and the lonely life of a widow was hard on her. We developed a plan, we would renovate her house and the three of us would live together. No more lonely times for "Ma". Getting the plans together and the work of renovation took a bit of time. The one thing we knew we did not want was stairs inside the house. Our contractor was great, all of us are living on one floor and there are no stairs to fall down.

Outside, coming into the house, we have a small porch. The original design had a ramp that would be a straight shot up to the porch and into the house, in the event of an emergency, easy access. However, it would have been a change from the steps down to the yard facing the road that "Ma" had enjoyed for over 50 years. So, instead of a ramp, we

had small steps built off of the porch. Each day as she took the dog out, they were looking at the same view as she had enjoyed for the past 50 years.

Last month, there was an emergency. As the ambulance crew struggled with their stretcher taking the turn from the steps into our house on that small porch, a comment was made about the difficulty of getting in and getting out with the little porch and the small steps. The struggle to get our loved one out of the house and into the ambulance was heart-breaking.

Our loved one was treated at the hospital and has returned home. The feelings and memories from the experience-seared into my brain. What if it were a worse situation, one where minutes would have been the difference between life or death?

This past Monday, our contractor came back. Nightly, we have been comforted by the sounds of construction. A ramp is being installed, giving a straight shot onto the porch and into the house. The small steps remain, facing the view that has been much beloved for over 50 years but now we are secure knowing that if there is an emergency--a stretcher can come up the ramp.

The Little Beeffers 4-H Club participated in the Bradford Fair from July 13-July 16.

Fitting and Showmanship Class Winners:

First place-Pee-Wee Ella Dannehy.

First place novice-Olivia Allard. Also receiving blue ribbons were Joe Beck and Keegan Dannehy.

First place Junior-Andrew Dannehy. Also receiving blue ribbons were Dominic and Vinnie Cataldo.

First place Senior-Wyatt Basch. Also receiving blue ribbon Patrick Reardon-Estes.

Awards for Type Classes First place-Spring Heifer Calf shown by Joe Beck was Maggie.

First place-2 yr. old shown by Wyatt Bach was Lucy.

First place Cow over 3 yrs old-Patrick Reardon-Estes with Meg.

First place Feeder Steer shown by Patrick Reardon-Estes for Aidan Lewis was Zeus.

First place Market Steer shown by Vinnie Cataldo was Leighton.

First place Cow Calf Pair was Patrick and Joe with Meg and Maggie assisted by Ella Dannehy.

First place Fall Heifer Calf shown by Keegan Dannehy was Becca.

Also receiving Blue Ribbons were Dominc Cataldo with Gypsy, Andrew Dan-



nehy with Quinn and Olivia with Laurie.

Keegan won Junior Champion with Becca.

Patrick won Senior Champion with Meg.

Vinnie won Champion Steer with Leighton.

Grand Champion was Keegan with Becca.

A huge thank you to Pat and Hugh Underhill and Webster Jones and the parents to help make this a huge success.

Submitted by Dominic Cataldo Secretary Little Beeffers



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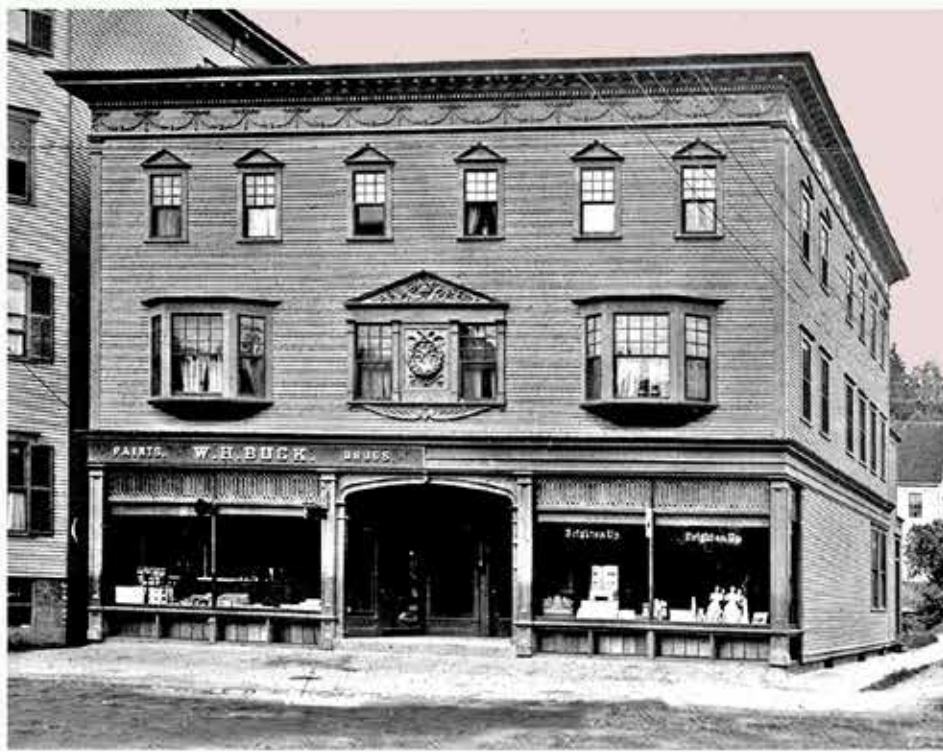
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The Buck Block was built in 1904 by William H. Buck as his W. H. Buck Pharmacy with additional retail space on the ground floor. The building has housed a pharmacy ever since, except for a 2 year period 2000-2002. In 1924 he building was sold to W. A. Knight.

The Knight Pharmacy continued until 1939 when James G. Thomas purchased the building. It remained Thomas Pharmacy, as Robert Brock and Duane Hobbs bought the store in 1974, operating the store until they retired in 2000. After a period of 2 years of no pharmacy in the village, the Wells River Pharmacy was opened by Dennis Straight.

The ownership, and the name, of the lunch counter has changed, but the Wells River Pharmacy continues the long time reputation of this building as "The Drugstore".

Information supplied by Hod Symes, author of THE "CROSS-ROAD" A History of Wells River, Vermont

By Marianne L. Kelly

So. Ryegate, VT—These days the sounds of painting, cleaning, refurbishing, and building permeate Groton’s Main Street. So what’s all the fuss about?

Beginning October first My Farmers Market, currently located in So. Ryegate, will relocate to its new premises, the former Brown’s Market Bistro. The excitement and support for this venture from the local community is so palpable that one hopes the final move is not anti-climatic.

My last column referred to their need to raise a substantial amount of money through various fund raising activities. As of this writing, fund raising efforts have exceeded all expectations.

Owner Jennifer Bone repeated that “This is not about the money.” Indeed she and her team are passionate about offering Groton and surrounding communities the benefits that come with “local farms, local businesses, clean food and a healthy community.” Many of these local farms and businesses will offer their products in the new location. The availability of the commercial kitchen will allow local farmers to

produce value added items for retail sales.

Upstairs is a beautiful, airy office space loft with rooms overlooking the Wells River. Jennifer would like to rent each room to practitioners offering massage therapy, aromatherapy, midwifery services, (no births) Reiki, and the like for \$200 per month.

There are plenty of reasons for the public to participate in this venture. A \$2,500 lifetime membership yields a 20% discount on all local retail goods, 5% discount on all local vendor items, free admission to all events, and a once a year “thank you” dinner compliments of the vendors.

Also on the agenda are several pop up dinners. The first will be on Sat. Aug. 26, and at \$100 per person diners will enjoy a full meal complete with music, spirits and the opportunity to meet local farmers and vendors. Seating is limited and tickets can be obtained at the So. Ryegate store. All food is local and donated.

Mark August 19 on your calendars, as this is the date for the 2nd annual tomato festival.

Speaking of tomatoes, several varieties are avail-

able, and they are absolutely gorgeous! Along with summer and zucchini squash, lettuce, green beans, onions, peas, cucumbers, peaches, raspberries, blueberries, corn, and more make for a beautiful, healthy summer meals.

Speaking of meals, choose from a wide selection of freshly prepared meals from our chefs, for those times you are too tired to cook, or wish to feel like a guest at your own party. Oh, yes, don’t forget dessert! My Farmers Market bakers offer the most mouth watering pies, pastries, cookies, and ice cream for your enjoyment.

There is no need to travel miles to buy the staples. They’re here in bulk and smaller amounts.

Looking for a gift? Check out the beautifully hand crafted gifts offered by local artisans.

This is a most exciting time at My Farmers Market and we are thrilled and grateful for the support from the community. This is your market, your place to meet neighbors and friends for a breakfast, lunch or a simple cup of coffee.

Stay tuned. There’s much more to come. For more information, check My Farmers Market Facebook page or email myfarmersmarket@gmail.com

My Farmers Market is located on Creamery Rd. off Route 302 in So. Ryegate. We are open Tues.-Sat. 9-6 and Sun 11-2.

Come say “Hello!”

Amit Peled and Elizabeth Borowsky Mesmerize Audiences

By Eileen Regen

Cellist Amit Peled and pianist Elizabeth Borowsky present an exceptional evening of passionate, compelling music of composers Max Bruch, David Zahavi, J.S. Bach, Ernest Bloch, and David Popper at 5 p.m., Friday, August 11, in the Bethlehem Hebrew Congregation sanctuary, 39 Strawberry Hill, Bethlehem.

Hardy von Auenmueller and Karl Spaeth (German Society of Philadelphia) wrote: “Amit Peled and Elizabeth Borowsky provided an exceptional concert at the Germany Society. The synergistic collaboration of these two highly skilled artists produced music of uncommon sonority and depth – inducing an almost hypnotic state within the enraptured audience. A magical experience!”

Amit Peled, a musician of profound artistry and charismatic stage presence, is acclaimed as one of the most exciting instrumentalists on the world concert stage today. During the 2017-18 season, Peled will continue sharing the sound of the historic cello of Pablo Casals with his audiences. Marta Casals Istomin, widow of Maestro Pablo Casals, personally handed him this famed instrument, a Goffriller, ca. 1733.

Following his enthusiastically received Alice Tully Hall concerto debut when he played the Hindemith Cello Concerto, the New York Times stated, “Glowing tone, a seductive timbre and an emotionally pointed approach to phrasing that made you want to hear him again.”

In 2016, Peled released his “Casals Homage” featuring the legendary 1915 Pablo Casals program that Peled has been performing worldwide since 2014. An active chamber musician, Peled is a founding member of the famed Tempest Trio with pianist Alon Goldstein and violinist Ilya Kaler.

“The Journey to My Jewishness” follows Peled’s musical and spiritual journey from his childhood in a small kibbutz in Israel and listening to his mother singing the traditional, “Eli, Eli,” to playing Max Bruch’s “Kol Nidre” as a young cellist and personally connecting with the Yom Kippur message. Peled’s narrative in conjunction with his selections of moving works in a passionate performance provokes a unique spiritual journey for each member of

his audience.

In a note to Sounds in the Sanctuary Chair Martin Kessel, Elizabeth Borowsky wrote, “The program includes ‘Kol Nidrei’ (Bruch), ‘From Jewish Life’ (Bloch), ‘Suite #1 in G major’ (Bach), and ‘Hungarian Rhapsody’ (Popper). Yes – very familiar pieces that most of you have heard countless times. But here’s what’s amazing: no matter how many times you have heard any of these pieces, this performance will show them to you in a new light and make you fall in love with this music all over again. . . . I have performed each of these works . . . several times with Amit. Each time, he finds a new, perfectly compelling, and absolutely electrifying interpretation that leaves me on the edge of my seat and the audience on their feet.”

Elizabeth Borowsky enjoys a vibrant musical career as soloist and collaborative pianist, educator, composer, speaker, and recording artist. “She is an engaging performer and can draw even the most reluctant audience member into her spell.” (Fidelio Magazine)

Borowsky has been a featured performer at Carnegie Hall and The Kennedy Center, and she has performed recitals in over thirty countries. She was awarded the Acte Préalable Prize for Outstanding Interpretation of Chopin’s Music, resulting in her solo album, Chopin Recital.

Borowsky has written and published music for piano, trio, and orchestra. As founder and director of Piano Prodigies LLC, a unique approach to private piano instruction that focuses on holistic artistic and personal development of each student, she has earned a reputation as a dedicated, effective teacher.

A reception with the artists, hosted by Gail Robinson and Martin Kessel, follows each performance.

Sounds in the Sanctuary is supported in part by the Mascoma Savings Bank Foundation, The Maria Mautner Fund in Memory of Maria Mautner, and generous donations from music lovers in the community and abroad.

Sounds in the Sanctuary events are open to the public. Tickets at the door: BHC Members \$12, General Admission \$15. For general information please contact Martin Kessel at martink1937@gmail.com

Not all Times are Trendy, but there will always be Trendy Times August 8, 2017 Volume 8 Number 22



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Thank you for your understanding.



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Wedding Days And Second Chances

by Maggie Anderson

Fifty years ago before Dad took my arm and walked me down the aisle he turned to me and said "You know if you're not sure you really want to do this, now is a good time to say so."

A couple of weeks ago our neighbors in the village showed us how long ago it was that my dad offered me the escape route I didn't take. They threw a pot luck party in celebration of my fifty years with Hank. They had a beautiful, and delicious! cake made for the occasion and some of the best cooks in the county showed up with dishes whose aroma wafted in ahead of their bearers.

They gave us a sweet little tree with tiny lights and fifty brand new one dollar bills sprouting from its branches. We haven't told anybody yet but Hank is going to trans-

plant it and see if he can get it to produce some hundreds. If it does we're gonna make a fortune, we're going to build a farm stand and start selling cuttings from that thing.

Hank and I took some of our wedding pictures along to prove that at one time, albeit a long time ago, we were both young and adorable. They were photos of us standing at the threshold of a life together that stretched beyond the horizon we could see on that perfect June evening in southern Oregon.

Those shots were as close to an illusion as they could get because yesterday I was changing out of a wedding gown, finished literally a few hours before, throwing on cut-offs and a blouse borrowed from a bridesmaid because my trousseau had been accidentally left at home, and hopping into Hank's Austin Healy to drive

off into a future that whizzed past while we weren't looking.

People had talked about the passage of time and how the future can sneak up on you while you're changing a diaper or packing lunches for school but until you share a coffee some morning with a twenty year old guy who is suddenly older than most of the men in the local paper's obituaries you cannot grasp the idea that fifty years can disappear faster than your younger brother did when it was time to wash the dishes.

I walked by a young couple with a brand new baby at a grocery store a few years back. I remember the looks on their faces when I leaned in for a peek at the new baby boy and told them to enjoy these moments because he would be twelve years old next week. I would have given a month's pay to have been there the moment they remembered as they were paying for pizza for the boys who showed up for their son's twelfth birthday party – remember that woman who said?

I would do the fifty years over again in a heartbeat even if I knew the rough times would be part of the package. I can tell you this though, if I got the chance to do it all again I would pay more attention. Though I'd still make mistakes they would be different ones the second time around having learned a few things this time. I'd take longer walks, enjoy the sparkling night sky for hours and linger longer at the beach. I'd hold my children tighter, pamper my husband more than I have and try to be more aware of the lives we were living as they slipped away while we were sleeping or busy with all the stuff the world convinces us we should be more concerned about.

And I would try to live by my father's words when he told me "You'd pay far less attention to what people thought of you if you knew how seldom they did."

sion offers Annie's Project, a national program of informal agricultural business courses designed to bring women together to learn from farm management experts and each other. Workshops include time for questions, sharing, reacting and connecting with presenters and fellow participants. The atmosphere fosters a relaxed, fun and dynamic way to learn, grow and network with other farm women.

Cooperative Extension will offer Annie's Project in central New Hampshire in January 2018 and in the Seacoast region in April 2018. Nationally, Annie's Project courses have successfully reached more than 9,000 farm and ranch women in 33 states.

"[Annie's Project] equipped me with new skills, reinforced skills, answers, new resources, and friendships," said Tina Sawtelle, co-owner of Pinewoods Yankee Farm in Lee and Annie's Project participant in 2014. "Watching my classmates gain confidence, strength, and support made me feel connected to a larger network that I continue to tap... our small group setting was instrumental for sharing, communication, learning and support...our group of women participants were diverse in background, type of farming they did, and the level of their experience."

More information can be found at <https://extension.unh.edu/Workshops-Events/Annie's-Project> or contact state coordinator Kelly McAdam at kelly.mcadam@unh.edu or (603) 527-5475.

UNH Cooperative Extension Weekend Program for Women Farmers

BRETTON WOODS, NH – UNH Cooperative Extension will host Annie's Project, an agricultural business workshop for women, on October 27-29 at the AMC Highland Center in Bretton Woods, New Hampshire. Topics include: effective communication and leadership styles on the farm
farm taxes
recordkeeping
financial analysis
saving for retirement
insurance
public relations
mediation

Registration is free, but the cost of overnight accommodations and meals is \$75 per night plus tax, or \$50 for meals only. Online registration is available at <http://bit.ly/AnnieRetreat2017>.

About Annie's Project
Women have a significant role in agriculture, both nationally and right here in New England. According to the 2012 USDA National Agriculture Census, women are involved in 69% of farm operations in New Hampshire, either as a principal operator or partner. New Hampshire has seen a 12% increase in women operating the farm as a business. Studies from the Pennsylvania Women's Agricultural Network find women farmers in the Northeast are a key part of the local food movement. They are developing relationships within their community, growing food sustainably, and using innovative and collaborative means to make the farm profitable.

To support women in agriculture, Cooperative Extension

To The Editor

To the Editor,

This letter is for all the Trump supporters who complain that people are not treating the man with the proper respect due to him because he holds the office of President of the United States. Let me elucidate why Donald Trump does not deserve to be treated with respect as President of our country; in his first 6 months in office, Trump has disrespected and degraded the office of the Presidency by lying constantly to the American people, repeatedly behaving like a spoiled child having tantrums with vulgar tweets day and night, wasting much of his supposed work time in the White House watching cable TV instead of receiving intelligence briefings or working with legislators on important national business, speaking derisively of our justice department and attempting to damage our constitutional system of checks and balances by influencing an FBI investigation, possibly committing obstruction of justice.

He has denigrated our intelligence agencies, whose dedicated employees work to protect us, wasted millions of tax dollars for personal, family expenses at his various mansions and golf clubs where he spends an inordinate amount of time off, dam-

Alice,

I went to Google to find a definition for respect: "a feeling of deep admiration for someone or something elicited by their abilities, qualities, or achievements."

I will let our readers decide for themselves if President Trump has met that criteria. Please note that this definition includes the word "or" not "and" meaning that only one or two of those descriptions need apply to earn "respect".

As I have often done in spaces similar to this in the past, I have not, nor do I plan to in the future, tell anyone how they should think or feel about any subject. Instead I would prefer to help move the conversation along with a different perspective, or perhaps an alternative viewpoint.

I do that now by saying that President Trump was elected in November of 2016. He is our president until January of 2021 (unless something very dramatic happens before then) when he begins his second term or someone new is sworn in as President of the United States of America. However that turns out I firmly believe that our nation will survive, because it is stronger than any one person, one group of people, or even an entire political party.

Gary Scruton, Editor

aged the international reputation of the United States by snubbing our allies and hobnobbing with foreign despots - including Russia's Putin, who attached our nation's electoral process last year in what our military leaders call an act of cyber-war, and possibly helped Putin in this act of war during his dirty campaign for the presidency.

This list of offenses is incomplete; he has also snubbed the distinguished organization of the NAACP, tolerated White Supremacists, antisemitic, and racist statements and violent acts from his followers, embarrassingly leered at attractive women at official function, happily betrayed his own voters by supporting a Republican health care plan that would cause millions of them to lose health insurance, refused to ever take personal responsibility for a mistake or failure or wrong-doing - always finding someone else to blame.

I'm sure I still have yet to cover all the detrimental attributes of this pathetic human being, but surely have provided evidence of why Donald Trump is not worthy of being treated with respect even if he is (catastrophically, unfortunately) President.

Alice Morrison,
Newbury, VT

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Dear Marci

Dear Marci,

I turned 65 a while ago and I didn't enroll in Medicare Part B. I kept my Vermont Health Connect plan instead. How can I enroll in Part B now?

Fred

Dear Fred,

If you do not enroll in Medicare when you are first eligible during your initial enrollment period, you must wait for the general enrollment period to sign up for Medicare. That period runs from January 1 through March 31 of each year. If you enroll during this period, your Medicare benefits start July 1. You will likely have a late enrollment penalty for not signing up for Medicare when you were first eligible.

However, if you have health coverage through Vermont Health Connect and did not enroll in Part B, there is a special opportunity available only until September 30 that may allow you to enroll without any penalty. It is called time-limited equitable relief. You may be able to use this to have your penalty reduced or eliminated.

To request time-limited equitable relief, contact the Social Security Administration or visit your local Social

Security office and ask to use it to enroll in Part B and/or eliminate your penalty. Bring proof you are enrolled in a Vermont Health Connect plan, such as a recent premium bill. The deadline to ask for relief is September 30, 2017.

You can reach Social Security at 800-772-1213. If you have questions or need more information after contacting Social Security, call the Senior HelpLine at 800-642-5119.

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

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

To learn more about how federal health insurance works, you can attend the free Medicare Boot Camp scheduled for 9-11 a.m. August 17 in NVRH Conference Room 127 in St. Johnsbury. Please use the contact information in the paragraph above to register.

Cooperative Extension welcomes Mary Saucier Choate as a Field Specialist in Food Safety in Grafton County

Mary comes to us with a strong background in teaching food safety to consumers and professionals. For seventeen years, she led programs on food safety, nutrition and wellness at the Co-op Food Stores in Hanover and Lebanon, New Hampshire, and White River Junction, Vermont.

Most recently, Mary served as manager of outreach and stakeholder engagement with the Partnership for Food Safety Education. She developed and guided the organization's strategy to deliver trusted, science-based behavioral health messaging to reduce the risk of food-borne illness.

With a Bachelor of Arts degree in Communication from the University of New Hampshire and Master of Science in Food and Nu-

trition from Framingham State College, Mary brings well-rounded expertise in the science of food safety, and skill in program development and delivery.

Mary is a long-time resident of Grafton County and brings valuable knowledge of the area and its clientele. As the food safety team's newest member, Mary will provide training in safe food handling methods for retail food establishments. She will also work with the state's agricultural producers and processors to provide information that will help businesses implement best practices to maintain the integrity of our local food supply.

Amy Papineau, program team leader for Extension's Food and Agriculture program believes that Mary is an excellent fit for the posi-



tion and will be a great resource to the businesses and people she will serve. "We're very excited to add Mary to our Extension team. Not only does Mary bring strong technical expertise, she also brings incredible passion and excitement for teaching the science of food safety."

"I am grateful for the opportunity to work with Extension and the local farmers and food service workers I will be serving as a food safety resource," says Mary.

Brimfield

by Elinor Mawson

Brimfield, Massachusetts is a small town near Springfield. But 3 times a year it is a mecca for antique lovers, dealers, collectors, and people who just want to be there.

Somewhere in the 60's a man named Gordon Reed decided to hold a flea market in his hayfield, and it took off like a shot. He ran it on a Saturday and there were rules: no one could enter the field until 6 AM, you had a designated space, and everything had to be cleared out by 6 PM.

My first time there, I left home at 3 AM and sat in a long line of vehicles until the

gates opened. I had a huge inventory of picture frames and Victorian mottoes which were very popular at the time and I just about sold out.

Gordon Reed decided that the May market was so well attended he would have another one in July and a third in September. These dates were just as sought out and Brimfield got put on the map.

It wasn't too many years that Gordon's daughters decided to run a flea market in another of their father's fields which turned out to be successful as well.

Now, the flea markets run most of a week, three times a year. Some dealers go from field to field, setting up

and then buying more items to make it worthwhile.

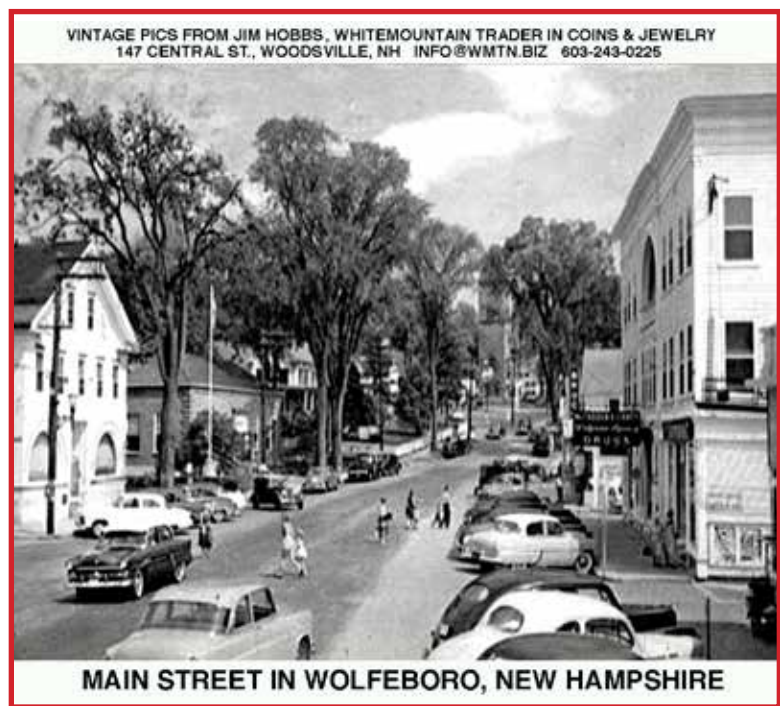
It has been many years since I went to Brimfield. But while I was there, I sold some interesting items that would be hard to sell anywhere else. Some of the fields would let you park on your designated space but not set up until dawn. However I remember selling a zebra skin at 2 AM and not getting caught!

Of course, most dealers slept in their vehicle and I was no exception. I recall falling asleep to the sound of a crap game going on in the next van. And I had brought my own food which got a little tired after 2 days.

By necessity there would be a row of johnnys on the spot; they got quite rank after a busy day. Somebody (don't ask) put a sign on one that said "out of order" and that one remained unbothered and clean for the duration!

One early morning a hot-air balloon went over our field. I waved at the people in the gondola and one of them said, "I have never seen so much junk in my whole life!"

I haven't been to Brimfield for quite some time.. I am sure there are a lot of changes in the way things are done, and there are a lot of items that have become antiques since I was there. It is a great venue for people all over the eastern seaboard--some to sell and even more to buy. Looking back, I have decided that it is a place for a much younger person than I.



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Arthritis is one of the more common chronic illnesses in the United States affecting 37 million, or one in seven, Americans. Twice as many women get the disease as men. Two of the most common forms of arthritis are rheumatoid and osteoarthritis. Rheumatoid arthritis usually begins between the ages of 25 and 50, normally affecting the joints on both sides of the body and involves the inflammation and thickening of the synovial lining. As the condition progresses, it begins to erode the bone.

Osteoarthritis usually begins after 40, developing slowly over many years and causing the breakdown of joint tissue. It can affect any joint, but commonly occurs in the weight-bearing joints including hips, knees, feet and spine.

One of the symptoms of arthritis is erosion of cartilage. Glucosamine is a naturally-occurring substance in cartilage that functions as a supporting material and stimulates production of other constituents. The amount of time required for the majority of an herbal/natural arthritic therapy is three to six months, showing positive results within the first month. Additionally, alkalinizing the body through diet creates a faster recovery and long-lasting results.

An arthritic formula focusing on degenerated disc repair, cartilage and bone rebuilding. Hyaluronic acids and anti-inflammatory actions relieve pain and swelling during the rebalancing / healing process. This formula is designed to aid in eliminating chronic pain and stiffness, rebuild worn and damaged cartilage, supports strong joint structure, helps cushion the joints, contains joint lubricating nutrients. An excellent source of collagen for connective tissues.

A bone mineral density (BMD) test is can provide a snapshot of your bone health. The test can identify osteoporosis, determine your risk for fractures (broken bones), and measure your response to osteoporosis treatment. The most widely recognized BMD test is called a central dual-energy x-ray absorptiometry, or central DXA test. It is painless—a bit like having an x-ray. The test can measure bone density at your hip and spine.

Peripheral bone density tests measure bone density in the lower arm, wrist, finger or heel. These tests are often used for screening pur-

poses and can help identify people who might benefit from additional bone density testing.

A BMD test measures your bone mineral density and compares it to that of an established norm or standard to give you a score. Although no bone density test is 100-percent accurate, the BMD test is an important predictor of whether a person will have a fracture in the future.

Most commonly, your BMD test results are compared to the ideal or peak bone mineral density of a healthy 30-year-old adult, and you are given a T-score. A score of 0 means your BMD is equal to the norm for a healthy young adult. Differences between your BMD and that of the healthy young adult norm are measured in units called standard deviations (SDs). The more standard deviations below 0, indicated as negative numbers, the lower your BMD and the higher your risk of fracture.

As shown in the table below, a T-score between +1 and -1 is considered normal or healthy. A T-score between -1 and -2.5 indicates that you have low bone mass, although not low enough to be diagnosed with osteoporosis. A T-score of -2.5 or lower indicates that you have osteoporosis. The greater the negative number, the more severe the osteoporosis.

Herbs To Aid and Heal Arthritis include:

HORSE CHESTNUT: (Aesculus Hippocastanum), The actions of Horse Chestnut are astringent and anti-inflammatory, influencing largely the vessels of the circulatory system.

SOLOMON'S SEAL ROOT (Polygonatum Multiflorum) A tonic herb used in control of wasting diseases; can be used to re-establish friendly flora in the intestines; acts as a tonic on the mucous membranes. Primary uses: as part of a bone building formula.

COMFREY ROOT & LEAF: (Symphytum Officinale), A soothing mucilaginous astringent and toning herb, rich in allantoin (skin conditioning agent), with impressive wound and bone healing properties, both internally and externally; also particularly useful for irritation and inflammatory conditions.

HYDRANGAEA ROOT: (Hydrangea Arborescens), A diuretic herb particularly useful for chronic inflammation; also effective for arthri-

tis swelling and kidney fluid retention.

CELERY SEED: (Apium Graveolens), Reduces blood pressure. Relieves muscle spasms. Good for arthritis and liver problems.

DEVIL'S CLAW TUBER, ROOT: (Harpagophytum Procumbens), An anti-inflammatory and blood cleansing herb with prostaglandin promoting activity; a specific for inflammation and pain of arthritic and rheumatic conditions; to relieve inflammatory liver and gall bladder problems.

BOSWELLIA TREE: (Boswellia Serrata), A natural gum resin that detoxifies the joint tissue and supports comfortable movement; supports the body's natural response to inflammation; promotes healthy circulation while soothing and cooling the joints.

FEVERFEW HERB: (Tanacetum Parthenium), A specific in the treatment of migraines; as part of a formula to relieve arthritic inflammation.

PRICKLY ASH BARK: (Zanthoxylum Clavus Herculis), Increases circulation in the legs against cramping, varicose veins, etc...; externally and internally for rheu-

matism.

BROMELAIN: (Ananas Comosus) A protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues.

WHITE WILLOW BARK: (Salix Alba), An analgesic for the pain of arthritis, bursitis and gout; for sore muscles and tendons; to lower fever through increased blood flow and sweating

YUCCA ROOT: (Yucca Spp.), An anti-inflammatory phytosterol with the ability to break up inorganic mineral obstructions and deposits; used in pain-relieving combi-

nations for arthritic and joint pain, and sediment-caused inflammation as in gout, rheumatism, and cystitis or prostatitis.

ALFALFA: (Medicago Sativa), Leaf & Seeds. For arthritis, to stimulate the body to remove inorganic mineral deposits from the blood, as a blood clotting agent in counteracting internal bleeding from ulcers.

MEADOWSWEET HERB: (Filipendula Ulmaria), Contains aspirin-like chemicals which relieve fever and rheumatic pain.

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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by Cindy Pinheiro
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write to the editor at
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Chicken a la Cin Pin

Hello, hello my fellow chefs. I spoke to Gary, my Editor and he told me I received comments about me and my recipes. I'm tickled pink! Thank you friends, keep those comments coming in, I like to be tickled pink! Today's recipe is a great chicken recipe. It's delicious, easy, and leftovers come great. I cook white rice on the side and spoon some extra cooked sauce from the pot over it. So you have a complete meal, meat, veggie, and starch. I always have used my electric frying pan but it's not working for some reason, probably over use... It was a bridal shower gift from 1974!!! So I guess I can't complain!!! But I'm a yard sale fanatic, I'm sure to locate one at a good price. Last week I bought a big crock pot at a yard sale

and it's like new and I paid \$2.00, that's 2 dollars!!! I was thrilled!!! Okay here's the recipe, Happy cooking!!

- 2 Tbsp. Vegetable oil
- 2 1/2 pounds chicken cut into serving size (I like legs and thighs, but you can use breasts, wings, even a boneless assortment.
- 1 large can whole peeled tomatoes
- 1 small can stewed tomatoes
- 1 cubanelle pepper or any you like (I cut thick rings then cut in half)
- 3 mushrooms (if big cut in half)
- 1 vidalia onion (cut in 1/2 inch rings & separate rings)
- 2 tsp. Chopped garlic (I cheated and used jar already chopped from dollar stores it works great and

always at hand) but fresh is good too.

I don't add salt but sprinkle black pepper. Use your judgement sometimes. If my batch is big I add another 1/2 packet of onion soup mix, the flavor is delicious.

Trim excess fat off chicken, I use kitchen shears snip - snip. You can take off all skin if you want.

Brown chicken in 2 Tbsp oil over medium to low heat in large skillet pan, deep is best. I use a heat diffuser for even browning but if your pan is electric Teflon you don't need diffuser. My batch came to the brim of my largest fry pan so I put it in a large sauce pan. You need room to stir a little occasionally.

Drain oil and melted fat. Mix both cans of tomatoes with your veggies using the juice. Don't drain liquid then add dry onion soup

mix, mix well. Put a few large spoonfuls of tomato mixture in pan first, then put your browned chicken and top with rest of tomato mixture.

The chicken falls off the bone.

Simmer 45 minutes. Cook your amount of rice on the side.

That's it. I remove cover last 5 minutes to thicken and fill the house with great aroma. Happy cooking my

fellow chefs. Please keep your comments coming in, Gary just might print it!!! It's fun to see your name in the paper, or even any questions you may have, just ask me.

A mild red wine goes well or mild white wine. Drink responsibly.

Remember it's Delicious!!!

Signing off..... CIN Pin



Not all Times are Trendy, but there will always be Trendy Times August 8, 2017 Volume 8 Number 22

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