

TRENDY TIMES

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AUGUST 21, 2018 VOLUME 9, NUMBER 23



7th Annual "So Long Summer - Hello Fall Festival" September 1st



coffee kombucha, handmade greeting cards, photography, all this and more will be on sale from 9:00am to 2:00pm at the 7th Annual So Long Summer-Hello Fall Festival on September 1st in downtown Wells River.

The perennial favorites such as the Baldwin Memorial Library book sale, the Giant Zucchini Contest, the Share Your Harvest Table, and the WRAP Bake sale will all be there. The Cohase Chamber of Commerce Rubber Ball River Race on the Wells River returns after its inaugural run at the festival last year. Tickets for the balls are available from any Cohase Chamber board member and at the Trendy Times office at

171 Central St. in Woodsville. The "owner" of the winning ball will receive \$300, the second place winner \$200 and \$100 for third place.

New this year will be Music in the Gazebo at the Welcome Center and a public address system on Main Street announcing events during the festival

Lots of information will be available at the festival. The Newbury Conservation Commission will have the latest information on the Emerald Ash Borer infestation in Vermont, NewburyConnect and the Newbury REDI District booth will have information on connecting volunteers and community groups to each other, and connecting

every home and business in Newbury with affordable, high-speed internet access. 302 Cares and Kingdom Recovery Center will have information substance abuse and recovery. The Newbury Historical Society booth will offer a chance to test your knowledge on Newbury's one-room schoolhouses and win a gift certificate to the Happy Hour. Food 4 Kids, OSIP Adult Day Services and the Mentoring Project will all have booths. Little Rivers Health Care will be offering free blood pressure checks and other health information. Internationally, the Cohase Rotary Club booth will highlight Rotary's effort to end polio worldwide

Fall is not just a sidewalk sale event, it's a place to find out what community groups are doing, it's an event where you can leisurely stroll the sidewalks, meet and greet your neighbors, buy a raffle ticket or two, listen to some home-grown music information and perhaps get an early start on your Christmas shopping. So Long Summer - Hello Fall Festival is held rain or shine.

The Baldwin Library Block Party will be held the evening before the Festival on August 31st at the Wells River Congregational UCC Church from 5pm-7pm. Tickets are available at the Baldwin Memorial Library.

For more information about the "So Long Summer Hello Fall" Festival contact Peggy Hewes at the Baldwin Library, 802- 757-2693; librarian@baldwinlibraryvt.org, or Richard M Roderick at 802-757-2708 or wrapwr@gmail.com

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TRENDY Dining Guide

Juniper's at Wildflower Inn

by Gary Scruton

For those of you who read this column on a regular basis you know that I almost always visit one of our advertisers along with my wife Janice. But Janice went on vacation (without me) and so I needed a new dining partner. Luckily I knew just the person to ask.

We went to a spot that not only serves some great tasting and hearty meals, but that also is part of an outdoor recreation destination and who also offers rooms for vacationers.

I made reservations and we arrived on a Thursday evening at 6:00 PM. The hostess actually shops at my wife's store and when

she came out to seat us she recognized the name but not me. I found it humorous and once I explained that Janice was on vacation she was a bit embarrassed but easily moved along to show us to a table on the porch overlooking a great view of the Green Mountains of Vermont.

Juniper's is certainly a fine dining facility. Linen napkins, nice silverware, a wine bottle of water left on the table along with our glasses of water, and freshly made bread all add to that rating.

Our waitress explained up front that though she was our server for the evening, she was also helping to train another young lady as a server so we would have twice the regular attention.

My companion started the dining experience with a mixed vodka cocktail. "Do you have flavored vodka?" "Yes we do." Then a list and the beverage was ordered. I waited to make a call on beverage until I decided on my meal. We also ordered up an interestingly name appetizer - drunken mussels. They were served in the shell with a wine sauce, hence the name. Delicious, and the sauce was also great for dipping the bread.

For meals I went with a fettuccine Alfredo with scallops instead of chicken. My companion went with one of the specials of the evening. A curry flavored seafood dish over rice. It contained mussels, scallops and shrimp

over a bed of brown rice.

As we finished our appetizer the evening crowd started to arrive. This included a family that took to one of the outside picnic tables and others on the outside deck, plus a number of groups in the porch area.

Our meals came out and we both agreed that we would not be hungry on this night. My meal was served in an oval serving bowl type of vessel. The white sauce was delicious, the noodles were large, and the scallops were plentiful and fulfilling. There was also some broccoli included in the dish. I simply sat and fully enjoyed this meal.

The seafood dish that my companion ordered was more than enough for any one person would probably need to eat. The mussels were served in the shell (just like in the appetizer) plus there was plenty of shrimp and scallops. The curry certainly spiced up the meal. As expected a good portion of the meal went home and I enjoyed it the next day.

Though I have enjoyed desserts at Juniper's in the

past there was no chance of that happening on this evening even though our waitress was more than happy to offer some selections for us.

This evening of dining was very much enjoyed. Not only was the meal all that one could ask for, but the company of my older daughter April made for a very memorable occasion. The total cost of our meal was \$90.06 before tip.

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Auxiliary Announces Big Ticket Raffle Drawing and Picnic Date

WOODSVILLE, NH - The Cottage Hospital Auxiliary announced that the 3rd Annual Big Ticket Raffle's four top prize cash drawings for \$1,500, \$1000, \$500 and \$250 will be held on Saturday, September 15th from 12 Noon to 2 p.m. together with its raffle picnic. (Rain date for picnic and raffle drawing is Sunday, September 16th - same time and location.) The raffle drawing and picnic will be held at Cottage Hospital's Gazebo Courtyard which is accessed from the back of the hospital. The drawing and picnic are open to all ticket purchasers, sponsors and supporters

and their families. In addition to the drawings for the top cash prizes, raffle ticket purchasers in attendance will also have the opportunity to win some terrific door prizes donated by many of the area businesses.

"Raffle ticket sales are going very well and a few unsold tickets are available for purchase. The cost of a Big Ticket Raffle ticket is \$50 and only a total of 200 tickets are being sold which really increases your odds of winning," stated Brenda Long, Auxiliary Co-President and Raffle Co-Chairperson. "Anyone interested in buying a raffle ticket can contact any

of the Auxiliary members or me at marcia.selent@charter.net and we can arrange for you to purchase a raffle ticket," stated Marcia Selent, Auxiliary Vice President and Raffle Co-Chairperson.

Key to helping make the raffle a great success are the many returning and new sponsors and donors. This year our new event sponsor is Dead River Company of North Haverhill. Other new sponsors include Twin River Campgrounds & Cottages of Bath, Tuttle's Family Diner of Wells River, Darling's Auto Repair of Ryegate, Gateway Sports of Wells River, and Lavoie's Auto Care Center of Haverhill.

For more information

about the 2018 Big Ticket Raffle or make a donation, please contact either of the Auxiliary's Raffle Committee co-chairpersons; Marcia Selent at marcia.selent@charter.net or Brenda Long at brendalong@gmail.com.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization.

Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

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TRENDY Dining Guide

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DEMO DAY
1:00 & 6:00 pm
PIG SCRAMBLE - Noon

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Dino Trail T-Rex Roaming
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Punch and Judy Puppet Show
Children's Tent Activities
Pirates of the Colombian Caribbean
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Not all Times are Trendy, but there will always be Trendy Times August 21, 2018 Volume 9 Number 23

Starr to Run for NH Senate District 1 (Coos and much of Grafton counties).

David J. Starr of 22 Ridge Cut Road Franconia announced that he is running for the NH Senate District 1 seat. Starr is a long time Cannon Mt skier with family in Bethlehem. He graduated from Franklin and Marshall College in 1964, served in the US Air Force for six years, and then obtained a degree in electrical engineering from University of Delaware. He worked as a design engineer up and down Route 128 until retiring to the North Country in 2007. Starr is a parent of three, an NRA member, a former chairman of the North Grafton Republican Committee, and a blogger (NewsNorthwoods.blogspot.com). If you really want to know where Starr is coming from, read a few posts on his blog.

Starr believes in representative democracy, which means the representatives

and senators should cast the votes their district wants cast, and not merely cast votes based upon personal prejudices. Starr will vote against a state income tax, and a state sales tax and any other kind of new tax. Starr believes that working people can spend their money more wisely than the state can. He is in favor of reducing state spending as much as possible. Starr is also against casino gambling in New Hampshire, seeing that it takes money from many who can least afford it. Starr believes that the North Country needs more broadband internet service.

Starr sees a lack of employment as the North Country's greatest challenge. Kids graduating high school cannot find jobs, and so they leave for Manchester and Boston. Many would love to settle down and raise families here, where they grew

up, but they have to leave to find a job. The area needs more industries. We can offer any industry a fine, highly motivated, highly skilled work force that loves the area and has no intention of leaving.

One way of attracting new industries would be to pass right-to-work. Companies simply will not invest in states that are not right-to-work, if New Hampshire were to become right-to-work; we would be the only right-to-work state for 500 miles in every direction. That will bring in some investment, for sure. I know that right to work is hard on union leadership, but only 7% of New Hampshire workers are union, and half of them are government workers, police, firemen, teachers and such. Surely benefits to the majority of workers outweigh the desires of union leadership.



Biomass Power and Jobs in NH

During this past legislative session, New Hampshire House and Senate lawmakers overwhelmingly voted to pass SB 365 and SB 446. The first bill is relative to the generation of energy at eligible biomass and waste-to-energy facilities and the second allows state, county or local government units to install their own renewable generation facilities that will benefit from lower electricity costs and that may receive revenues in the form of net metered payments for excess power generated. Both bills have been vetoed by the Governor and will come up for another vote of members in the House and Senate on September 13, (Veto Day). It takes a 2/3's vote of each legislative body to override a bill vetoed by

the Governor.

During a recent visit to the Bridgewater Power Plant, I learned more about the value of 'biomass power' in New Hampshire. According to Resource Management, Inc. (RMI), "There are six wood-fired power plants (biomass plants) in New Hampshire that are important to NH's economy. They are located in Alexandria, Bethlehem, Bridgewater, Springfield, Tamworth and Whitefield. (The first three are located in Grafton County.) These plants burn wood chips and produce green, local electricity. Another thing they produce is wood ash, which comes from combustion of wood chips – just like your home wood stove produces wood ash after burning wood. This wood ash 'by-product' is a valuable fertilizer for farmers throughout New Hampshire."

The bills are aligned with NH's self-sufficient, cost efficient way of life. Further, by lowering their electric bills, businesses will stay competitive and municipalities will save taxpayer money. The investment in self-generation projects, such as small hydro, solar, or biomass-co-generation, will keep our energy dollars in-state, drive economic activity, support jobs, and increase state and local business tax and property tax revenues. HB365 does not result in any cost-shifting or subsidies.

In a recent statement, Stacey Thomson, owner of Thomson Timber Trucking and Harvesting in Orford said, "Chips and biomass are 60% of my timber business. It (HB365) directly affects us." He had been delivering an average of about 600 tons of wood chips per week to New Hampshire biomass plants until orders nearly ground to a halt in wake of the Governor's veto.

Both of these bills are critical to NH's economy. 40% of all cut wood is used in biomass energy, and this industry supports over 930 NH jobs. As with other Representatives and Senators from the North Country, I voted in support of these bills earlier this year. I will do so again by trying to override the Governor's vetoes. In a study completed by Plymouth State University in 2016, it was determined that NH's six biomass plants support 931 jobs and generate \$254.5 million of annual economic activity. We can ill afford to see these plants close.

Respectfully,
NH Representative
Rick Ladd

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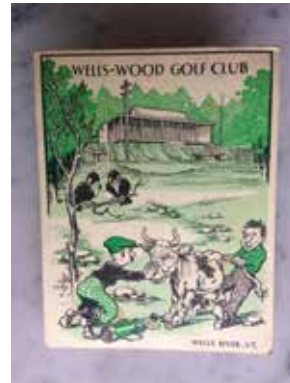
"Wells River Stories Seldom Told"

Speaker - Hod Symes,
Pres. of Newbury Historical Society
and author of "The Cross Road -
A History of Wells River"

Newbury Historical Society

Thursday August 23 7:00pm

Wells River
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Pat O'Hagan Memorial FIDDLERS' CONTEST

LABOR DAY

Monday, September 3th, 2018

at SHEFFIELD FIELD DAY

Miller's Run School Gym ~ Rte 122, Sheffield, Vermont

Registration 1:30 pm

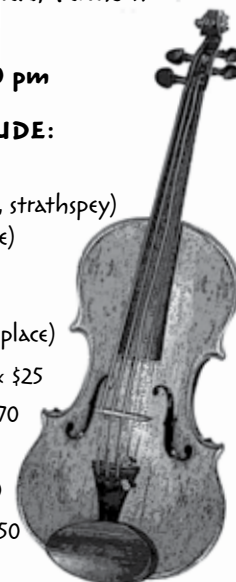
Fiddlers' contest begins at 2:00 pm

PERFORMANCES TO INCLUDE:

1. WALTZ (tune in ¾ time)
2. TUNE OF CHOICE (for example: jig, strathspey)
3. HOEDOWN (reel, hornpipe)

DIVISIONS & PRIZES (1st & 2nd place)

1. YOUNGSTERS (under 12) \$40 & \$25
2. JUNIORS (12-17) \$100 & \$70
3. ADULTS (18-59) \$200 & \$150
4. SENIORS (60-79) \$200 & \$150
5. SUPER SENIORS (over 80) \$200 & \$150



For more information, contact Bobbie Bristol 802.626.8293 or bbkinnell@aol.com

A Pair of Trios Performed at OCT

by Gary Scruton

The latest production from the folks at Old Church Theater was their annual multiple one act play night. This year there were only two of those one act performances but each was longer than normal.

The first play of the Friday night we partook of the action was called The Holding. It featured three actors who were on stage from beginning to end. Though there were only three actors on stage a fourth "voice" was also very important to the plot of this psychological drama. "The Voice" announced to the three on stage that they were in a locked cell and only one would leave. The ones locked up, as well as the audience, were also told that among them was a social worker, a con artist, and a murderer. From my seat I immediately took a guess on who fit each description. (I was right). The plot thickened when a box was slid through the door. It contained a gun with two shells, some newspaper clippings, a bracelet, and other paperwork. Just enough to make those involved more curious and ill at ease.

The conclusion was as

promised by "the voice" as only one walked out. The real question was, was it the right one to leave?

The actors did just a wonderful job of portraying their given roles. Tony was well portrayed by Tony (Helm). Meaghan Bullard was in yet another play with yet another personality, and did another fine job. The third member of this trio was Barbara Swantak as a mild mannered, but emotional Anna.

There was plenty of applause after this first play of the evening, but there was also some thinking among members of the audience.

With a quick, and efficient change over of the stage at the new Old Church Theater, the second play of the evening was soon ready to move forward. This one, ironically perhaps, also had just three performers. Plus there was a fourth "unseen" who had a major influence on the proceedings..

The play, called Squish, revolved around Roger, the bug, as well as the deceased mother of the three sisters who now occupied her historic home. As in the first play of the evening there were three very distinct personalities on display. Cal, portrayed by Emma Stein-

cross, might be referred to as a clean freak. She spent much of her time cleaning the flowered floor linoleum and fretting about every other aspect of the home. Carrie Ann Quinn was cast as Francie, the ever present companion to Roger. She was also Roger's protector and interpreter. The third member of the cast was working the second half of a doubleheader. Barbara Swantak portrayed, somewhat ironically, Angel in this performance. Angel was the author of "the true story" of the girls' mother but could not get her sisters to read what she had discovered and written.

The performance came to a climax when Angel set a trap for Roger and put Francie in a no win situation.

As a whole these two plays at Old Church Theater were somewhat dark. They left me thinking about a deeper meaning behind what was obvious to the audience. Who was the voice? Did the result prove or disprove the working theory? Was Roger's trainer ahead of her time, or simply crazy? Was the home really an historic building?

Not So Silent Buster Keaton

Film Event

The OAKS organization is hosting a special fundraising event on Thursday, August 23 at the Colonial Theater in Bethlehem. Eric Van Leuven concert pianist and film historian will accompany the Buster Keaton film 'One Week'. The event will open with a special OAKS celebration reception at 5:30pm with refreshments and all are welcome with the program beginning at 7pm. Tickets are \$10 and will be available for purchase at WREN's Local Works Marketplace in Bethlehem. This event promises to be exciting and very entertaining.

Eric Van Leuven, MD has been a student and lover of films for 56 years, having received movies of Charlie Chaplin and The Keystone Kops one boyhood Christmas. He attended film festivals at the now-defunct Kips Bay and Elgin Cinemas in NYC with his dad, studied film history and participated in the Dartmouth College Film Society while a student there.. Collecting films and sharing his extensive knowledge of early film history is a passion for him, and recent performances include the Cuttyhunk Island Cultural Council in Massachusetts and WRENegades in Bethlehem NH. His extensive collection includes films from 1916 thru 2010 (on "the big reels"), including shorts, animation, trailers, old drive-in announcements and full-length features.

Eric continues to provide psychiatric care at Northern Human Services in his semi-retirement and is a volunteer projectionist at the Colonial Theater in Bethlehem NH. Tickets for this special event will be available locally and by calling

OAKS at 603-575-5502. The OAKS board and volunteers look forward to welcoming everyone to this event. This event has been sponsored by Robert Lenar, MD, Cold Mountain Café, rek'lis, Bethlehem Reimagined, Passumpsic Bank, AHEAD and Maia Papaya.

ORGANIZED ACTS OF KINDNESS FOR SENIORS, is a nonprofit dedicated to helping seniors live independently in a happy, healthy, safe environment and it will begin operations in September. The participating communities in Northern New Hampshire are Bethlehem, Franconia, Easton, Sugar Hill, Littleton and Whitefield. Kay Kerr, who spearheaded this initiative, is also the Founding Director of OAKS. OAKS is led by a robust board of directors, many who are from local companies and organizations. For more information about becoming a volunteer or a member contact OAKS by email oaks4info@gmail.com or call 603-575-5502.

Colors of Kingdom Festival Seeking Groups to March in September 15 Parade

Northeast Kingdom – One of the largest events in St. Johnsbury is looking for your assistance in making the celebration even better.

The Northeast Kingdom Chamber's Colors of the Kingdom Autumn Festival will be held Saturday, Sept. 15, in downtown St. Johnsbury and the regional organization is looking for participants from all over the Northeast Kingdom to participate in its annual parade.

This year's theme is "What Makes the Northeast Kingdom Special," and civic and social groups, businesses, sports teams, car clubs, veterans, youth groups, individuals and politicians are all encouraged to be a part of this 10 a.m. event. The parade starts at 10 a.m., on the dot, from Summer Street School, heads onto Main Street, wends its way down Eastern Avenue and marches right through the heart of downtown St. Johnsbury on Railroad Street before dispersing at Maple Street.

"We would like as much participation as possible from all corners of the Kingdom, as this event, truly, celebrates what makes the region special," said Kim

White, Colors of the Kingdom Autumn Festival chair. "The festival is extremely well attended and we would like to have as many groups as possible in the parade. It is a great way to promote your group or business."

Participants interested in being part of the parade can contact the Northeast Kingdom Chamber at 802-748-3678 or director@nekchamber.com.

"Last year, more than 27 community groups were a part of the festival and 30

participants were in the parade, and we would like to top that figure this year," said White. "We want this event to become bigger and bigger." The Colors of the Kingdom Festival also includes train rides, an arts & crafts fair, a jazz festival, sidewalk sales, music, tours of local attractions, historical activities, a farmers' market and much more. The event can be found on the chamber web site, www.nekchamber.com.



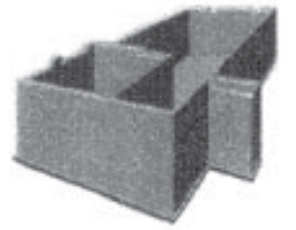
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71ST SHEFFIELD FIELD DAY

September 3rd, 2018

Labor Day EVENTS

1847 Town House Museum Open 8am-4pm

Grand Parade 10:00am

Sutton River Band 11am-2pm

Chicken Barbeque 12:00pm

Fiddlers Contest 2:00pm

50/50 Raffle 4:00pm

Children's Activities * Pony Pulling
Softball Tournament * Bingo * Ticket Raffle
Crafts & Vendors * Horseshoe Tournament
Floral Hall * Pony Rides
Food Booths All Day

Calendar of Events

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

TUESDAY, AUGUST 21

FAIRLEE SUMMER MUSIC:
6:30 PM The Renegade Groove
Fairlee Town Common

WEDNESDAY-SUNDAY, AUGUST 22-26

CALEDONIA COUNTY FAIR
Lyndonville, VT - See Ad on Page 3

THURSDAY, AUGUST 23

NO SO SILENT BUSTER KEATON FILM FESTIVAL
5:30 PM Reception 7:00 PM Show Time
Colonial Theater, Bethlehem
See Article on Page 5

WELLS RIVER STORIES SELDOM TOLD

7:00 PM
Wells River Congregational Church
See Ad on Page 4

FRIDAY, AUGUST 24

CONCERT - ALON GOLDSTEIN, PIANO
5:00 p.m.
Bethlehem Hebrew Congregation Sanctuary

SOUNDS IN THE SANCTUARY

5:00 PM
Bethlehem Hebrew Congregation Sanctuary
See Article on Page 9

SUNDAY, AUGUST 26

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
Tom Breslin Center, Main St., Lyndonville

ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 12

TUESDAY, AUGUST 28

FAIRLEE SUMMER MUSIC:
6:30 PM The Party Crashers
Fairlee Town Common

THURSDAY, AUGUST 30

FILM - THE HISTORY OF LOVE
6:00 p.m.
Colonial Theatre, Bethlehem

SATURDAY, SEPTEMBER 1

SO LONG SUMMER HELLO FALL FESTIVAL
9:00 AM - 2:00 PM
Wells River Village
See Article on Page 1 and Ad on Page 9

SUNDAY, SEPTEMBER 2

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
Tom Breslin Center, Main St., Lyndonville

A CONCERT OF ORGAN MUSIC AND DUOS FOR HARPSICORD AND RECORDER

2:00 PM
Orfordville Church, Route 25A, Orford

MONDAY, SEPTEMBER 3

SHEFFIELD FIELD DAY
8:00 AM - 4:00 PM
See Ad on Page 5

FIDDLERS" CONTEST

2:00 PM - Registration at 1:30 PM
Miller's Run School Gym, Sheffield
See Ad on Page 4

WEDNESDAY, SEPTEMBER 5

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

SATURDAY, SEPTEMBER 8

ALL YOU CAN EAT BREAKFAST
8:00 - 10:00 AM
Lake View Grange, W. Barnet

SUNDAY, SEPTEMBER 9

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
Moose Lodge 1779, Portland St., St. Johnsbury

ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 12

MONDAY, SEPTEMBER 10

ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

TUESDAY, SEPTEMBER 11

NEW HAMPSHIRE PRIMARY DAY
A Polling Station in Your Town

WEDNESDAY, SEPTEMBER 13

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, SEPTEMBER 14

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

Saturday, September 15th

BIG TICKET RAFFLE & PICNIC
12:00 Noon - 2:00 p.m.
Cottage Hospital's Gazebo Courtyard, Woodsville
See Article on Page 3

SUNDAY, SEPTEMBER 16

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
American Legion Post #58, St. Johnsbury

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHN SBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren
MONDAYS/WEDNESDAYS
RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS
10:30 - 11:30 AM
United Community Church, St. Johnsbury
MONDAYS/THURSDAYS
ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St. Johnsbury
6:00 - 7:00 PM
Community Church, Concord
Golden Ball Tai Chi
8:30-9:30 AM - St. Johnsbury House

MON./WED./FRI.

RSVP BONE BUILDERS
10:30 - 11:30 PM - United
Congregational Church, St. Johnsbury
TUESDAYS
BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational 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 September 5- June 5
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
RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
3:00 PM - East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
Golden Ball Tai Chi
8:30-9:30 AM
United Methodist 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
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
TOPS (Take Off Pounds Sensibly) --
Weigh-in @ 6:00 p.m., meeting @ 6:30
-- Monroe Public Library
FRIDAYS
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
1:30 - 2:30 PM - United 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
SATURDAYS
STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville
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.

Groton Free Public Library News

Pizza and Movie
Friday, August 24 @ 5:30pm
There will be a pizza party and a movie on August 24 for children 10 years old and older. Sign up by August 22 by email or phone to make sure we have enough pizza as we hang out and watch the movie Rock Dog! Bring your friends and enjoy the good company!

NEW~TEEN ART Meet Up
Wednesday, August 29 @ 3:30pm

Groton Library Teen Art Meet Up's will be starting officially on Wednesday, August 29th at 3:30pm-4:30pm. Prior to the official start, we will be meeting on Wednesday, August 22nd to discuss materials we need, things we would like to learn about, and what activities we would like to plan. Please come to the meeting on the 22 at 3:30pm to plan what we all would like these meetups to be like! Come and create art! Ages 12 and up.

NEW~Make Musical instruments and gadgets
Mondays, 9/10, 9/17, 9/24 @ 4:00pm

Join us in using lots of neat stuff to make music, musical noises, instruments and gadgets that make simple sounds to several real notes. You will make things to hit, slap, or bang together (percussion); things to blow over, into, or thru (wind); and things that vibrate by plucking, scraping, bowing and rubbing. If you are 7 years old or older sign up soon, we are only offering this program for 10 people.

For all library supporters with "stuff" to recycle, we could use: long toothpicks, rubber bands, tape, duck tape, bal-

loons, old flip flops, bicycle spokes (or a whole wheel), plastic pipe (white colored, or clear), card board or paper tubes (6"-48"), and even old circuit breaker boxes can be used. If you have any questions about what is needed, call Richard Montague @ 802-584-3486

Bread and Roses, Too
BOOK DISCUSSION
August 29 @ 3:00pm
Please join us at our next meeting on Wednesday, August 29, at 3:00 in the li-

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

The Bath Library Book Club will be discussing "The Invention of Wings", by Sue Monk Kidd, on Thursday, September 13th at 6 pm at the Bath Public Library.

The story follows Hetty "Handful" Grimke, a Charleston slave, and Sarah, the daughter of the wealthy Grimke family. The novel begins on Sarah's eleventh birthday, when she is given ownership over Handful,

Shrub Identification Workshop

Friday, September 7, 2018
9:30 a.m. - 1:00 p.m.

Need help identifying shrubs and which ones are useful for wildlife? Join Matt Tarr, UNH Extension Wildlife Specialist and Kelly Boland, NRCS Wildlife Biologist, assisted by Grafton County Forester Jim Frohn, for a shrub identification workshop at the Schwaegler Family Tree Farm at 440 Indian Pond Road in Orford, NH. We will discuss and

identify a variety of shrubs in upland and wetland habitats. Bring a bagged lunch. This workshop will be held outside; please be prepared for the weather conditions. There is no cost for this workshop. Pre-registration is required and can be done by calling the UNHCE Grafton County office at 603-787-6944 or e-mailing teresa.locke@unh.edu. 3.5 category 1 SAF CFE credits available.

who is to be her handmaid.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon 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

identify a variety of shrubs in upland and wetland habitats.

Bring a bagged lunch. This workshop will be held outside; please be prepared for the weather conditions.

There is no cost for this workshop. Pre-registration is required and can be done by calling the UNHCE Grafton County office at 603-787-6944 or e-mailing teresa.locke@unh.edu.

3.5 category 1 SAF CFE credits available.

Italian-American girl and a runaway boy. Its title comes from the strikers' banners that proclaimed, "We want bread and roses, too."

Expected speaker is Ed Robbins to talk about his own years in the International Brotherhood of Electrical Workers and his work at the three 15-Mile-Falls dams; the third is at McIndoe Falls. Others with their own or generational family stories to tell about the immigrant experience or labor movement are also invited to share.

In addition, there will be photos and ephemera on display from the Kanell Collection relating to the con-

struction of Comerford Dam from 1928-1931, a project that altered the course of Waterford's history in the long years following the Great Depression as well as that of Monroe, NH and the Pattenville section in west Littleton, NH.

The free program takes place in the Community Room located on the lower level of the Lower Waterford Congregational Church. The door on Maple Street will open at 6:15 p.m. Refreshments will be served.

Orange East Senior Center News

Orange East Senior Center will hold a Penny Sale on October 13, 2018. The money that is raised will go directing to our Meals on Wheels Program that serve our local community. In order to maximize this benefit, we are seeking quality items to offer as prizes and hope you might consider donating to this important cause.

Each week volunteer drivers deliver hot and cold meals to homebound seniors in Bradford, Corinth, Newbury, Wells River, Topsham, Fairlee, and West Fairlee. For many, this is their only meal of the day and can

mean being able to remain in their home and community as their only other option is to live with relatives or in assisted living facilities.

Like many of our rural counterparts, we struggle with increasing need and decreasing funds. Our mission has been and will continue to be, "To see that no senior in our area goes hungry." We will never turned anyone away.

Thank you for considering a donation, we are a 501 c (3) non-profit Center and need your help. If you would like further information, please call me at the center.

Horse Meadow Senior Center

Lunch is served daily at 12:00, except when noted
Breakfast Buffet: Every Tuesday @ 8:30-10:00
*Meals are available M-F for home delivery.

Come dressed in Western Attire, Raffling off a Handmade Wooden Bowl, Picnic Basket, Doll with hand crocheted Western Outfit, BBQ and Music by Cowboy Bob Benjamin: Horses will be here courtesy of Rebecca Guillette of Open Acres Ranch

*Our 18th Anniversary is Thursday August 23rd, Western Wear Theme,

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The North Country Longspurs will be holding their 22nd Annual NWTF JAKES EVENT on Saturday, September 15th
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.
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!

Waterford Calls for Labor Stories of the Past

WATERFORD, VT - The Waterford Historical Society is inviting all with an interest in the immigrant experience in America, the labor movement, and local history - especially as it relates to the construction of Comerford and Moore Dams - to participate in a unique program on Wednesday, Aug. 22, at 6:30 p.m.

It is taking its cue from the Vermont Humanities Council that this summer is promoting Katherine Paterson's "Bread and Roses, Too". The novel tells the story of the 1912 labor strike in the Lawrence, MA textile mills through the eyes of an

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Not all Times are Trendy, but there will always be Trendy Times August 21, 2018 Volume 9 Number 23

Logging Then and Now – So Much Has Changed, and So Much is Still the Same

By Jim Frohn,
Grafton County Forester,
UNH Cooperative Extension

Last weekend at the North Haverhill Fair, I helped out at the Rich Kinder Memorial Woodsmen's Competition, which celebrated its 22nd year. Rich was a much loved and well-respected county forester, as seen by the numerous family members and others who have helped keep the competition going for all these years, and the small army of volunteers in attendance.

Old Logging Skills

Most of the events were based on old logging skills using the tools of the trade. The events included log rolling with peaveys, timed cutting with bow saws and two-person crosscut saws, horizontal chop of a squared timber with an axe, and tree felling with an axe.

These old skills are kept alive through sport, but in the early days of logging in this country, these skills and tools accomplished a tremendous amount of work. When one thinks about how

much timber was felled and sent to market with hand tools, along with plenty of human and animal muscle, it's almost difficult to fathom. Millions of board feet of sawtimber and millions of cords of pulpwood were felled and brought to market with axes, crosscut saws, bow saws, and other hand tools, along with oxen and horses and the many specialized tools related to animal power. Not only did the work of bringing timber to market require plenty of strength, it also required plenty of skill and ingenuity.

An Evolving Industry

Over the years, logging has evolved with advances in technology, differences in conditions in the woods, diminishing average tree size, changes in products that can be made from wood, and changing market demands. The technology used in logging today would be unrecognizable to the woodsmen of old. One thing that hasn't changed, however, is the need for skill and ingenuity. The tools and skills have changed,

but modern loggers need to be just as proficient with their tools as the loggers of yesteryear had to be with theirs. In many ways, today's logger needs to be much more skilled than his 19th and early 20th century counterpart. In the old days, a woodsman could be, and usually was, a specialist. He specialized as an axeman, a teamster (the person who handled the teams of oxen or horses used to get the

timber out of the woods), a scaler (wood measurer), timber cruiser, river driver, or other job. Today's logger needs to possess numerous skills, including felling trees, operating, maintaining, and repairing equipment, estimating timber, marketing wood, negotiating contracts, working with foresters, landowners, and wood buyers, running a business, and any number of tasks needed to keep operating.

Modern Logger Training

To that end, last week I visited the School of Logging at Paul Smith's College in New York's Adirondacks, a region that is equally rich in logging history as New England. The college's forest manager, Dave Falkenham (former Grafton County Extension forester) helped start the School of Logging, and he generously gave his time to discuss the School with me and Steve Gaines from New Hampshire Timberland Owners' Association.

Just as in the past, skilled loggers are needed in the woods today. Unlike in the past, however, fewer people are joining the logging profession. At the height of the original lumbering era, people came from many places to work in the forest industry. In addition to New England and Quebec, people came from England, Ireland, Russia, Poland, Germany, Sweden, Finland, and Norway to work in the woods, on river drives, and in sawmills.

Today, the logging workforce is aging, and fewer young people are entering the profession. This is for a variety of reasons, one of which is misperceptions about what logging involves. It has always been a challenging trade, but logging

today involves far less sheer physical labor than it once did. Modern logging involves operating and maintaining sophisticated, expensive machines that require knowledge of hydraulics, electrical systems, and diesel engines. Logging needs to be done in accordance with environmental regulations, and in such a way that protects the trees to be grown for the future, soil and water, wildlife habitat, and aesthetics. All this needs to be accomplished while merchandising the harvested trees for the highest value and making a profit.

Though the overall logging force is getting older, there were 13 eager young students at this year's School of Logging, ranging in age from late teens to early twenties. The aim of the four week program is to introduce students to the principles of the modern logging profession, and to train them in some of the skills needed to work on a logging crew. Students were trained in tree felling, chainsaw maintenance, first aid, personal protective equipment, and equipment operation and maintenance. During the second half of the school, the students worked with a logging contractor on an actual timber harvest. They were responsible for felling trees, skidding them to the landing, and cutting them into logs bound for various mills, and they needed to do all of these things as efficiently as possible while leaving the land in good condition. Just as real loggers need to do every day. The students worked under the close supervision of the instructors, which included the contractor and equipment operators. The instructors were all dedicated to the proper training of the next generation of loggers.

Still a Vital Industry

The logging industry has gone through many changes over the last 300 years. Logging technology has evolved from felling trees with axes and crosscut saws, bucking



them into lengths with crosscut saws and bow saws, and bringing them out of the woods with oxen and horses and to the mills via streams and rivers. Along the way the chainsaw, bulldozer, and rubber-tired skidder were developed and brought into use, and equipment used to load logs evolved from using cable systems to hydraulics. Engines went from being powered by steam to gasoline to diesel. Today's logging equipment is highly engineered for power and efficiency while being as light on the land as possible.

Desired trees in the marketplace changed from large white pines for ship masts in colonial times to hardwood veneer and sawlogs, in addition to softwood sawlogs, today. In the early days, there were only markets for lumber, so trees that weren't of lumber quality weren't harvested. Technology was developed that made wood fiber efficient for papermaking. At first spruce and fir were the desired species, but gradually hardwoods became the preferred fiber, and trees of any quality could be used. Markets for softwood pulp became almost non-existent in recent years. Other recent changes include the reduction of papermaking and the subsequent loss of markets for millions of tons of pulpwood, and the decline of biomass chip markets.

Through all the changes, the need for wood as a basic material of society has remained, and we continue to develop new uses for it. Despite the ups and downs in the markets, and the sometimes seemingly dire status of the industry, there will always be a need for renewable, versatile wood, and skilled loggers to harvest it.



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Alon Goldstein Closes

Sounds In The Sanctuary Season

By Eileen Regen

Sounds in the Sanctuary audiences will be pleased to welcome Israeli-American pianist Alon Goldstein to BHC for his third visit. His exciting program of Scarlatti, Debussy, Bernstein, Liszt, and Beethoven is set for 5 p.m., Friday, August 24 in the Bethlehem Hebrew Congregation Sanctuary, 39 Strawberry Hill, Bethlehem.

One of the most original and sensitive pianists of his generation, Goldstein, who has performed with famed symphonies and conductors throughout the world, is admired for his musical intelligence, dynamic personality, artistic vision, and innovative programming.

Born in Israel, Goldstein studied at the Rubin Academy of Music at Tel-Aviv University. A ten-time winner of the America-Israel Cultural Foundation Scholarship, Goldstein went on to study with Leon Fleisher at the Peabody Conservatory of Music where he also served as Fleisher's teaching assistant - a role reserved for his most exceptional students. After receiving his Masters degree in 1997, Goldstein became a "Performance Fellow" at the Guildhall School of Music and Drama in London. In this unique post, which was created specifically for his musical and interpersonal skills, he initiated an innovative chamber music concert series, collaborating with students and



faculty members, as well as constructing annual festivals devoted to the piano repertoire for four hands.

Goldstein spent two seasons as Artist-in-Residence at the Theo Lieven International Piano foundation in Lake Como, Italy. He has also played with major North American orchestras, including the Philadelphia, San Francisco, Los Angeles, Houston, Saint Louis, Baltimore, and Vancouver Symphonies, as well as with the Orchestre National d'Île de France and with the George Enescu Philharmonic, Bucharest. He has given recitals in major cities throughout the US and Europe. Over the past several years, Goldstein has taught and played at the Steans Institute of the Ravinia Festival, New York's International Keyboard Festival in Texas, Gijon Piano Festival, and Tel Hai International Piano Master Classes in Israel. He is a winner of several competitions, including the Francois Shapiro in Israel and the Nena Wideman Competition in the US, and he is the recipient of a Salon di Virtuosi

Career Grant.

In 2017, two Goldstein CDs were released on the Naxos label: Mozart Piano Concertos Nos. 20 and 21, and The Tempest Trio's Volume 2 of Dvorak Piano Trios Nos. 3 and 4.

Tickets [\$17-\$20] may be purchased at the door. For more concert details, please visit www.bethlehemsynagogue.org/afternoon-concert-series/

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Bear Raids, Episode Two

by Maggie Anderson

Well just when we thought it was safe to open our own fridge we found ourselves in the middle of another bear raid, the second in four days. This time the little thug tore out the newly-boarded window, crawled in and helped himself to an all-he-could-eat buffet and then he took as much as he could carry out the window and up to the top of the hill behind the house.

I found the empty bag from the second sack of cat food we've had to buy in the last four days up there. He hadn't torn it open, he just reached in like a kid with a bucket of popcorn at the Saturday matinee. I have an image of him lying back reaching into the sack for a handful at a time, watching all the stars and thanking them for his luck.

He has some odd preferences, loves mayo that's for sure. He gripped the plastic bottle with his teeth, twisted the lid off and licked that sucker cleaner than I could have done with a rubber spatula. His tongue must be twelve inches long.

We know he's a northern

bear, or at least we know he's not from Mexico because he tore the bag of tortillas open but left them behind without eating a single one. At first I thought maybe he simply preferred corn tortillas but when I found that he had also ripped open Hank's container of jalapeno peppers and promptly spit the ones he'd tried onto the floor and stuffed the container back into the fridge we decided he's definitely not a Mexican bear.

He doesn't like almond milk either, he yanked it out, tasted it and jammed it back into the fridge as well, puncture wounds and all. He didn't eat the greens, I plan to tell his mother about that, and he is apparently concerned about his cholesterol because he left all the eggs untouched.

Regardless of my cousin's opinion that we live so far north we have polar bears for pets, he is not a polar bear either. He's black and I am still trying to get ahead of all the hairs he left behind to prove it.

When we realized he had no intention of leaving any food in the house and was planning to return as often

as he was able to destroy the carefully structured repairs to our windows and eat everything in the house we gave up and called Fish and Game. They set a trap which he sprang within a couple of hours, probably as soon as the jelly donuts and vanilla the trigger was laced with wafted over the hill and into his nostrils.

They're taking him way up north, if he behaves himself and picks his own berries from now on he'll live a long and happy life, if however he finds another woman's kitchen to remodel and his tags give him away I'm afraid it'll be a really short life for him. I'm hoping he finds the right meadow and stays away from everybody's freezers, I like to think of him sitting on a hill under the stars, popping blueberries and feeling he's just come home from the Grand Tour.

As far as we can figure he made off with about 200 bucks worth of food, not counting the cat's food, destroyed the windows twice, trashed the kitchen twice and left us a bit shell shocked. Actually the cat's more ticked off than shocked, especially since she had to make a run for it and spent the night alone

in the barn hoping he wasn't interested in cat meat. While she was hunkered down in the barn and Hank was hunting for her I was wiping suspicious-looking blood red spots hoping he hadn't eaten her too.

The trap was set just in time, a couple more raids from him and I'd be signing up for food stamps or hanging out at Walmart with a cardboard sign saying - WILL WORK FOR FOOD!

Sheriff Doug Dutile Kicks off Re-Election Campaign With Ice Cream Socials in Grafton County

Last week Sheriff Doug Dutile officially kicked off his re-election effort for Sheriff of Grafton County with an ice cream social at Horse Meadow Senior Center in Haverhill. "It has been an honor serving the citizens of Grafton County for the past 14 years and I hope to earn the voters continued support in this upcoming election," said Dutile. "The ice cream socials are a way to connect with my constituents and learn about their concerns one-on-one," Dutile continued.

"I've put my law enforcement experience, leadership, reliability, honesty and compassion to work for the people of this county and I have been so fortunate to have a wonderful team of men and women in our department who work hard and really care."

"With 40 years of law enforcement experience, and 27 years with the Grafton County Sheriff's Department, I believe I have the proven experience and leadership to

represent the people of Grafton County. As Sheriff, I want to continue serving the citizens of Grafton County and I hope to earn your support and ask for your vote on September 11th and November 6th.

A New Hampshire native son, Sheriff Dutile lives in Haverhill with his wife Barbara. He is active on local boards and non-profit organizations, is a member of the New Hampshire Police Standards and Training Council and is Chairman of the



Haverhill resident Steve Seminario and Sheriff Dutile at Ice Cream Social at Horse Meadow Senior Center.

New Hampshire Attorney General's Drug Task Force Steering Committee.

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You'll always want to base your investment decisions on your own needs and goals. But there may be times when you might consider adjusting your portfolio because of risks and opportunities. Now may be one of those times.

Here's some background: In recent months, the Federal Reserve has raised short-term interest rates several times, and given its generally favorable outlook on the economy, it has indicated it may continue bumping up interest rates gradually over the next year or so. The Fed doesn't control long-term interest rates, but these rates often follow the lead of short-term movements. However, longer-term rates haven't yet risen as much as shorter-term ones, which means the difference between short- and long-term rates is relatively small, historically speaking.

This doesn't mean you should make drastic changes to your portfolio. You still need to stick with the asset allocation that's

suitable for your situation, which typically involves owning a certain percentage of growth-oriented vehicles, such as stocks, and a certain percentage of fixed-income securities, such as bonds. However, if you do have space in the fixed-income part of your portfolio, you may find the higher interest rates offered by short-term bonds and certificates of deposit (CDs) to be attractive. To take advantage of this opportunity, though, you will need to have the cash available to invest.

Some people hold too much in cash, waiting for interest rates to rise, or as protection against the risk of a market decline. But holding excess cash involves its own risk – the risk of not investing. So, if you have your cash needs covered, you may want to consider investing any excess cash.

To determine if you are holding excess cash, you'll need to review your entire cash situation. For example, do you have enough cash,

or cash equivalents, to create an emergency fund of three to six months' worth of living expenses? This fund can be vital in helping you pay for things like a major car repair or an unexpected medical bill without dipping in to your long-term investments. And, of course, you need enough liquidity to provide for your lifestyle, including your regular spending needs – your mortgage, utilities, groceries and so on. Also, you may want to set aside enough cash for a goal you want to reach in the next year or so, such as a vacation.

But if you have taken care of all these needs and you still have excess cash, you may want to consider putting this cash to work, possibly by investing in short-term fixed-income vehicles now being issued at higher interest rates.

And keep in mind that regardless of where interest rates are going, bonds and other fixed-income investments can offer some key benefits to investors. In addition

to providing a source of regular income, these types of investments can help reduce the effects of volatility on your portfolio. While bonds can, and will, fluctuate in value, they typically can provide more stability to your portfolio and tend to behave differently than stocks over time.

After years of historical lows, shorter-term rates now have risen to levels that are more attractive to investors. Take the time to review your situation, perhaps with the help of a financial professional, to determine if taking advantage of these rates may be appropriate for you.

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

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Stephen W. Ruggles: OBITUARY

Stephen W. Ruggles, 71, died August 1 in Manchester, NH, at CMC after a long battle with diabetes.



Mr. Ruggles was born June 29, 1947 in Woodsville, NH, to Herbert and Lillian (Emery) Ruggles.

His favorite pastimes included woodworking, hunting, fishing, hiking, reading and movies. One of his favorite spots was Palmer Brook. He also loved his cats. After he attended school in Littleton, Stephen went on to serve two years in the US Army, stationed in Italy. Upon return home, Stephen remained in the area, eventually settling in Littleton. He worked at Hitchiner, Mfg. for many years, and in his spare time spent many hours in his woodshop.

Mr. Ruggles is survived by his wife of 33 years, Florence Ruggles of Littleton; son John Ruggles of Dalton; stepchildren and their spouses, Louise and Steve Nichols of Littleton, Jennifer Marsh-Crowe of Lisbon, Carl and Patience Marsh of

Lisbon, and Lavender Marsh and Ryan Albert of Austin, TX. He leaves behind grandchildren Cierra Robinson, Stephanie Cogswell, Krystal Marsh, Kyle Marsh, Jacob Marsh-Crowe and Charlotte Albert, and great-grandchild Hunter Cogswell, sister-in-law Sharron Ruggles, and niece Stacy Davis.

He was predeceased by his parents Herbert and Lillian Ruggles, son Jeffrey Ruggles, and brother David Ruggles.

A celebration of life was to be held August 9 at the American Legion, 2400 St. Johnsbury Rd, Littleton, NH, from 6-8 pm.

Letter to the Editor

To the editor,
Jean Burling Endorses Marcie Hornick to be Grafton County Attorney

It is my pleasure to endorse Attorney Marcie Hornick, for the position of Grafton County Attorney in the September Democratic Primary, and again in the November General election.

Marcie has many years of successful trial experience. She regularly appeared before me when I was the Supervisory Trial Judge in Grafton County

Superior Court. She tried cases before juries, negotiated plea agreements and collaborated with other Drug Court members to make the Grafton County Drug Court a success. She has positive working relationships with the agencies, elected officials and law enforcement departments in NH and in Grafton County, critical to performing the duties of County Attorney. She has the management skills required for the position, gained by her experience as managing director

of the Littleton Public Defender office.

She possesses all the skills and the experience to fill the position with integrity, intelligence, professionalism and excellent judgment. Her personal qualities, her devotion to the law, and her experience, qualify her to assume the responsibilities of the office on day one, as an outstanding Grafton County Attorney.

Respectively,
Jean K. Burling,
Cornish, NH

Jean,
Thank you for your past service to the residents of Grafton County and the state of New Hampshire. Also thank you for your thoughts about this upcoming primary election. I encourage all voters to be informed and then vote on Tuesday, September 11 in this year's primary.
Gary Scruton, Editor

Letter to the Editor

To the editor,
Scoundrels, Liars and Thieves

The scoundrel elected President is so smell-bad wrong so often on so many issues so publicly he challenges anyone opposed to him to adequately describe just how bad he is, although quite a few of us keep trying. Look at the word "scoundrel" - it has an old-fashioned kind of ring to it, like "blackguard" or "knave", an outmoded endearing cuteness.

Yet despite his massive ego, there is nothing cute or endearing about spirit-ugly Trump, Here are some more hit-the-nail-on-the-head definitions of scoundrel - "criminal, crook, loser, lowlife, lawbreaker, con, backstabber, liar and trash".

Speaking of trash, here

is a cliché I can no longer hold back on Trump - "Trash attracts trash".

Scope out the sheer quantity of losers, liars and thieves he has gathered around him to advise him and ruin several departments in his cabinet - these are butt-kissers profoundly unqualified for the jobs they've been handed but keep on in them because they close their eyes, steal the money and say nice things about a very un-nice man. Gathering such scum around you are the tactics of a frightened insecure small person.

Another phrase applies here - "There's a fool born every minute", sometimes said, "There's a sucker born every minute" - while there's no proof that P.T. Barnum was the first con-man to say it, the phrase is undoubtedly true and

Trump counts on it, because he is the most infamous con-man alive today. Trump - the man who never met a lie he did not like - has conned a certain percentage of Republican voters and a majority of the Republican led congress into going along with him when he trashes his own intelligence community, and the U.S. Justice Department, trashes the free press as an "enemy of the people", trashes dying war heroes while he never served a day in the military and has still not had the courage to visit American troops in a war zone.

As sad and bad as Trump is, how are we to describe the supporters that make his continued political existence possible?

Robert Roudebush
North Haverhill

Robert,
Once again you are willing to stand up (or possibly sit down) and write your opinion so that others have no question as to where your position is. I commend you for taking that step and in so doing moving forward the conversation. It is with statements like this that discussion ensues and, I hope, eventually multiple parties can come to a reasonable decision as to how best move forward.

Now I am not saying I agree or disagree with your position. Rather I am simply saying nice job speaking out. Another way to speak out is to be sure to vote. The Vermont

primary was on Tuesday, August 14. The New Hampshire primary vote is Tuesday, September 11. This means voters have a chance to voice their opinions, though in secret, as to how things are going and who they want to represent them in the years to come. Whether that is to further the current policies, or to change paths.

The next voting opportunity across the country will be Tuesday, November 6. If you are registered to vote, please educate your self on the candidates and exercise your right to vote. If you are not registered, please consider doing so.

Gary Scruton, Editor

The right to life is contained in the text of America's founding document - Our Declaration of Independence adopted by the Continental Congress in 1776, which states:

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The Wild Child #2

by Elinor Mawson

Suzanne had an active social life. She lived on Cape Cod where there were lots of restaurants, night clubs and other places to have a good time. After her second husband died and left her well-off, she took advantage of all that the Cape had to offer.

In the summer, of course, the population of that area grew by leaps and bounds. Hotels displayed "No Vacancy" signs all summer long. And it was nearly impossible to eat in a nice restaurant without a wait of an hour or more.

But Suzanne had a plan. She would call for a reservation and say she was "Dr. Miller", name a time, and leave her house immediately. When she arrived and said "Dr. Miller", she would be shown a table then and there.

One time when her sister was visiting, Suzanne called for reservations at a posh eating place. It was the day before Christmas and every

restaurant was jumping with business. Unfortunately the owner was Maitre 'D that evening, and became very impressed with "Dr. Miller".

"What is your specialty?" he asked in his most unctuous manner.

"I'm a proctologist" she replied, looking him in the eye.

It was all they could do not to laugh at the horrified look on the man's face. He didn't know what to say. He just picked up the menus and guided them to a table.

Somewhere between entree and dessert, he visited their table. After some talk about the food, he apologetically asked, "Are you really a proctologist?"

"Oh yes," said Suzanne. "I will be anxious to see you if you ever need me."

The man fled, and they never saw him again.

The "Dr Miller" idea worked many times for Suzanne. She was very convincing. But after awhile, it didn't work any more because she changed her name when she married husband #3.

And that's another story.



What About Ma?

by Kellie Quackenbush

All About Lunch

Once a week at my house we would have "family dinner", usually during the week so that an ordinary work day would be finished with a fun gathering of family and friends. We would invite my Mom and Dad, Ma and the aunt and uncle down the road and sometimes friends would join us. I always had too much and leftovers would be sent home for lunch the next day. That was one way we made sure our older family members did have lunch at least once a week.

As driving and mobility became an issue, we reached out and found "Meals on Wheels", a service that provides a meal delivered close to lunch time by a kind volunteer from the community. For the New Hampshire side, the Grafton County Senior Citizens Council, Inc. has several towns that they work with to provide bene-

fits to Senior citizens and the house-bound. In Vermont, the Central Vermont Council on Aging provides this type of service. Depending on income and individual circumstance, the meals may have a small price or could be free. Having someone visit and bring lunch to Ma while I was working was a very good solution.

Funding for programs that benefit our senior citizens is always an issue. While some families do pay for the meals, others are overwhelmed with the health-care costs and expenses that go with multi-generational families. That leaves a hope that County, State and Federal government would recognize the needs of our aging populations. Feeding our people that are most in need is a growing problem for all ages.

Recently, Mike Rowe visited Haverhill, New Hampshire and taped a new episode of his Facebook show "Returning the Favor". While Mike Rowe may be best known for doing dirty work on his cable tv program, "America's Dirtiest Jobs" his new internet show is about finding people

doing amazing things for their communities. His trip to our little corner of the world was to shine a bit of light on children going hungry in school. Even with school lunch programs, there are children who (for reasons beyond their control) cannot pay for lunch. We have one person working with many to fix this issue. Isidro Rodriguez volunteers to help erase school lunch debt in Haverhill NH, by doing fundraisers for his Food 4 Kids program.

It is hard to think about Americans being hungry but the reality is that this is not some "city" or "other country" issue. This is our issue, we let pride keep us silent but it is time to speak up and let others know when we need help. If you are able to donate or help a neighbor, please do so.

With school starting soon, if you are able, call the school and ask if you can pay for a child's lunch or contribute to a need that they may have. Winter is about to be upon us, please remember to give to programs for the Seniors in our area. My last request of you, my happy reader, is to call or write to your elected officials and tell them that you care about Senior citizens and wish they would expand help for those in need. Let them know that feeding children in school is important. Let the elected representatives know you are watching what they are doing for us.

Volume 9 Number 23 August 21, 2018 Not all Times are Trendy, but there will always be Trendy Times

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Tuesday – Friday 9:00 am - 5:00 pm

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Hobo & Winnepesaukee Scenic Railroads Announce 2018 Fall Schedule

LINCOLN, NH – The Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach, NH recently announced they will be making the annual switch to their Fall schedule following Labor Day weekend.

After a single week of weekend operations following Labor Day on September 8 & 9, 2018, the Hobo Railroad in Lincoln, NH will resume daily operations on Saturday, September 15, 2018. Offering one hour and twenty-minute train rides, departures will be available from the Hobo Junction Station in Lincoln, NH at 11:00am and 1:00pm daily through Sunday, October 14, 2018. In addition, 3:00pm train rides will be added to the schedule on the following five Saturdays – September 15, 22 & 29 and October 7 & 14.

The Hobo Railroad's annual Harvest Time Express Fall celebration returns on September 15, 2018 through October 14, 2018. Referred to by many as "New Hampshire's Classic Fall Foliage Experience", the Railroad takes on an entirely new

look for Fall with the addition of the Hobo Farm Stand which is filled with pumpkins for sale and the Hobo Farm Yard which turns into a family-oriented playground with games like pumpkin bowling, ring toss, horse shoes, bean bag toss, sack races and corn hole, not to mention a display of restored antique tractors provided by the Presby Transportation Museum in Whitefield, NH.

In addition, the Hobo Railroad's popular "Cornstalk Critters" will once again be on display and available to pose with between 10:00am and 3:00pm daily. This year's Cornstalk Critters were created by North Woodstock, NH Artisan Jackie Wilson exclusively for the Hobo Railroad. The theme for the "Cornstalk Critter's" this year will be "Scarecrows of the Small Screen – Celebrating iconic TV personalities through the years." Included in the mix of nine straw-filled characters will be "Mr. T" from the A Team; Laverne & Shirley from the TV show with the same name; "Mr. Spock" from Star Trek; "Gilligan" from Gilligan's Island; "The

Fonz" from the TV show Happy Days; "Batman & Robin" and "Fred Rodgers" from Mr. Rodger's Neighborhood. All nine characters will be posed and dressed in such a way as they should all be easily recognizable. Tickets for the Hobo Railroad's Harvest Time Express Fall Celebration are \$20 for adults and \$15 for children 4-11, while ages 3 and under ride for free.

Fall operations will wind down at the Hobo Railroad in Lincoln, NH the weekend of October 20 & 21 with scheduled train departures at 11:00am and 1:00pm both days. Ticket prices for the Hobo Railroad on the final Fall weekend of Fall operations will be \$17 for adults and \$13 for children 4-11, while ages 3 and under will ride for free.

The Winnepesaukee Scenic Railroad based in Meredith & Weirs Beach, NH switches to weekend-only operations after Labor Day weekend with 1-hour round-trip train rides available from Weirs Beach at 11am, 12pm & 1pm on September 3, 8 & 9, 15 & 16 and 22 & 23, 2018. Beginning the weekend of September 29 & 30 and continuing on Octo-

ber 6, 7 & 8, 13 & 14 and again on October 15 & 16, 1-hour round-trip train rides will depart Weirs Beach at 11am, 1pm & 3pm. The final weekend of train operations for Weirs Beach will be October 20 & 21 with 1-hour trains departing the Boardwalk-based ticket booth at 11am, 12pm & 1pm. Tickets for the 1-hour round-trip excursions from Weirs Beach throughout the Fall season are \$18.00 for adults, \$14.00 for children 4-11, while ages 3 and under ride for free.

Available on the following four weekends: September 29 & 30 and October 6, 7 & 8; 13 & 14 and 20 & 21. Tickets for the Fall Foliage Specials are \$65.95 for Coach Class, \$95.95 for First Class and \$110.95 for Presidential Class. All tickets include the hot buffet lunch at the Common Man. Advance reservations are required. Reservations can be made by visiting <http://www.hoborr.com/tickets.html> or by calling (603) 745-2135.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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Quick Quiche

Hello hello my fellow chefs. I hope you are all good and healthy. I've been enjoying my summer. I bought two patio tomatoes. One of them is big size and the other is a cherry size. My tomatoes are beautiful but taking a long time to ripen. I have had only six ripe ones so far.

- 1 1/2 tsp. Oregano
- 1 1/2 tsp of salt
- 1 1/2 tsp of pepper
- 1 Chopped garlic clove
- 1 1/2 Cup flat leaf fresh Parsley, pull off leaves, no stems
- 1 1/2 Cup vegetable oil
- 5 Extra large eggs



They were so Delicious!!!

Okay, here's how you make a Quick Quiche.

Preheat oven to 350 degrees

3 Cups of chopped broccoli, bite size. I used mostly tops but if you use the stems, cut them small.

- 1 Cup Bisquick
- 1 Chopped Vidalia onion
- 1 1/2 Cup grated Parmesan cheese
- 1 Cup shredded mozzarella cheese

Mix all ingredients together in large bowl. Spray or grease a deep round baking dish. Put your well mixed quiche in the baking dish and bake for 30-35 minutes.

My round glass dish broke so the picture shows I used a 9" x 9" corning ware. Use what you have. It will brown nicely. You can serve with soup or salad and I think a nice light Rose wine goes well to enjoy your dinner.

You can use any vegetable in this no crust easy Quiche. I've made it with zucchini yellow or green, cauliflower, spinach, whatever you like. Although I don't think peas are good, I never heard of pea quiche,

but who knows, if you like peas, go for it. You can use different cheeses too. Use what you have and like. No rules! Hey even crumbled cooked bacon would be great. I hope you enjoy this easy

Quiche as much as I do. It's quick, easy one bowl and the dish you bake it in you store the leftovers. Also remember to drink responsibly. Well folks, until next time I'm signing off, Cin Pin.

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Back to School Message from the St. Johnsbury Regional Prevention Partnership

Another beautiful Vermont summer is coming to a close, and kids will soon be transitioning from the backyard to the schoolyard. It's natural to want to trust your teens and give them a healthy sense of independence as they head back to school. But the truth is that while our teens deserve our trust, they also deserve our commitment to helping them stay on track and out of trouble.

It's important that parents pay extra attention to teens' behavior during such times of transition. Research shows that teens often literally can't help but make bad decisions. During the teen years, the part of the brain responsible for making complex judgments is not as mature as the parts dedicated to emotion and motivation. So it's only natural for emotions and impulses to win out over good judgment. At the same time, the incredible changes that take place in the brain during these years leave it very vulnerable to the effects of alcohol and drugs—meaning that the decisions your teens make now could impact them for life.

Constant monitoring of your teen can seem overwhelming. Instead, identify a few areas of concern that help you set clear boundaries. Here are a few tips you can use to help your teen.

1. Know your teen. Ask questions often and get to know your teen's friends.
2. Limit access to dangers. For example, keep your alcohol under lock and key and monitor the quantity.
3. Monitor your child when you're at work or out of town. For example, know your child's schedule—and have her check in from each destination and when she reaches home.

Learn more helpful tips and strategies to keep your kids and community safe with ParentUp, an initiative of the Vermont Department of Health at <http://parentupvt.org>.

If you think your teen is drinking or using drugs, find information and help at:

- <http://parentupvt.org/>
- For more information contact Northeastern Vermont Regional Hospital, Prevention Services at 802-748-8400

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