

A FREE PUBLICATION

Celebrating Our 9th Anniversary

Next Issue: Tuesday, October 16  
Deadline: Thursday, October 11

TRENDY



TIMES

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OCTOBER 2, 2018 VOLUME 9, NUMBER 26

## 60th Annual West Newbury Turkey Supper, October 6th

What do the West Newbury Turkey Supper and the song, "At the Hop" by Danny and the Juniors have in common? They both debuted in 1958. While others were focused on the invention of super glue and the hula-hoop or reading the newly published Doctor Zhivago, the residents of West Newbury were busy cooking turkeys, peeling squash, baking rolls, perfecting their pie crusts, and setting the table in the the West Newbury Hall for the first Turkey Supper.

So much has changed in the last sixty years. The world population was a mere three billion in 1958. A gallon of gas cost twenty-five cents and a postage stamp sold for only four cents. Yet in West Newbury, much of what could be found in 1958 is still present today in a community that values neighbors and friends coming together to work hard on a common project. The roll recipe is the same, turkeys are still cooked the night before in the homes of community members, the

squash peelers still gather on Friday afternoon, armed with their tools and the bicep strength necessary to peel 250 pounds squash for the 600 people who will come to the dinner. The journal that has been kept through the years documents the waiters and waitresses, the coffee pourers, the dishwashers, and of course, the person whose job it is to "Control the Crowd." Many of the names found in the yellowed pages belong to people who will show up again this year to do their part.

The records do not indicate what the price was to attend the first West Newbury Turkey Supper, but it was likely a bargain – just as it is today. The meal includes turkey, dressing, mashed potatoes, homemade rolls, squash, coleslaw, cranberry sauce, cider, coffee, and pie;

\$13 for adults and take-out, \$6 for children ten and under.

The icing on the cake (or the whipped cream on the pie, in this case) is that you will eat family-style and get to meet new neighbors and friends, as you sit together in the beautiful West Newbury Hall. And you are supporting a community that believes that it is imperative to work and laugh together for the greater good – a belief that has been held and practiced for 60 years.

The community is ready – the bakers have committed to their pie assignments – apple, pumpkin, or mincemeat; local businesses have agreed to their donations; 27 ovens are ready to cook turkey; 30 gallons of cider have been secured (the decision was made in 1981 to serve cider, rather than Kool-Aid.



Every fall for 59 years the West Newbury Community Hall has welcomed guests to their Annual Turkey Supper. The 60th supper this year will pay for a new furnace and hot water system for the historic Hall.

Sometimes change is good; and over 120 volunteers are ready to roll up their sleeves and help prepare the feast.

Come join us, but reserve soon – the journal documents many years when folks were turned away at the door! Seatings are at 5:00, 6:15,

and 7:15. Reservations can be made by emailing westnewburyhall@gmail.com or by calling (802) 429-2876. Take out is also available. The Hall's address is 214 Tyler Farm Road, West Newbury, Vermont.

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# TRENDY Dining Guide

## The Happy Hour Restaurant

by Gary Scruton

Even when you visit an old friend, or a business, you have visited many times in the past there are new things to be discovered. That becomes even more apparent when there has been some personnel, or ownership, change at that location. With that in mind we went to the Happy Hour Restaurant at lunch time on a Sunday recently.

When we sat and received our menus Barb, our waitress (and one of the long time employees at the Happy Hour) made sure she pointed out the Sunday specials on the back of the menu. Barb also asked if we

wanted something for a beverage. We both took on a cup of coffee to get the meal started.

After a bit of conversation and coordination between Janice and I we were ready for Barb's return. Janice asked about the soup of the day. Barb let her know that the choices were French onion soup, or a pumpkin bisque. With some thought Janice decided to try the bisque. Barb did offer her a sample to be sure she liked it, but Janice declined and took the soup and salad bar menu offering.

I took advantage of the special Sunday offering and ordered the baked haddock option. There was also pot

roast or roast turkey. This meal came with a potato choice (mashed, please, with gravy) and I stayed with the squash option.

While we were waiting for our meals to arrive the hostess, while passing by, stopped to offer us another cup of coffee. Instead of that offer we asked for a couple of glasses of water.

Janice's bisque did not take long to arrive. It came in a good sized bowl with two packages of oyster crackers. The pumpkin bisque was sweet and was somewhat like pumpkin pie filling, nice and creamy. When my meal arrived Janice took her plate and headed for the ample Happy Hour sal-

ad bar. She returned with lettuce, green peppers, mushrooms, chopped egg, cottage cheese, shredded cheese, baked beans, potato salad and tomatoes. She skipped the salad dressing.

My meal came on a nice sized plate with a baking dish filled with haddock and a lemon slice on top. The mashed potato was ample along with a good helping of squash. The gravy came in a separate bowl on the side. By the way, it was all quite tasty

We sat and enjoyed our meals while we watched many others come and go in this long established, even though recently sold, establishment. This would be a good time also to mention that the new owners have

done some remodeling of this restaurant. They are showing off their changes with a couple of special days. Keep watch for ads, or stop in yourself for more details.

My meal not only included the main meal, but it also included my early cup of coffee, and a dessert. Barb informed me that I could choose between bread pudding or grapenut pudding. I have not had either in some time but went with the bread pudding. It was served with a heaping helping of whipped cream on top and was a great topping for my Sunday meal.

The total for our two meals was \$27.01 before we added in our tip.

Volume 9 Number 26  
October 2, 2018

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

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## Celebrate Your Community Forest: ACT's 6th Annual Hike & Potluck

EASTON – Everyone is invited to celebrate autumn together for the 6th annual hike (10 a.m.) and potluck (5:30 p.m.) on Sunday, October 7th, hosted by the Ammonoosuc Conservation Trust (ACT).

Enjoy the trees in the throws of autumn with your friends and neighbors hiking through the your community forest. The Cooley-Jericho Community Forest (CJCF) created in 2012 was the first of its kind in the nation. It encompasses 840 acres of forestland making it one of the largest unfragmented forests in the region outside of White Mountain National Forest.

The forest is in Easton and shares boundaries with Sugar Hill, Franconia, and Landaff. Thanks to the willingness of these four towns to work together, and with ACT, the Cooley-Jericho Community Forest is now protected as a shared community resource.

To celebrate 6 years since the creation of the CJCF, ACT is offering two group hikes so that people of all ages and abilities can explore the Cooley-Jericho. Both hikes begin at 10:00 a.m. and will be somewhat challenging. Some trails contain steeper sections and moderate elevation gain, hikers should be prepared for the terrain. The group will

move at an easy pace with many stops to observe and enjoy nature. Kids are encouraged to come along and dogs are always welcome!

Participants will get to see beautiful vistas from a few outlooks on trail. This property is also an excellent place to observe forestry practices and the process of ecological succession. We may even find evidence and talk a bit about the wildlife in the forest such as moose, bear, and coyote.

Following the hikes, everyone is invited to the ACT Community Potluck the eve-

ning of Sunday, October 7 from 5:30-7:30 p.m. at the Easton Town Hall. Bring your favorite dish to share and come socialize, catch up and learn about the latest happenings at ACT and the CJCF. Along with a dish to share, please bring with a serving utensil and an ingredient list. Please also bring your own beverage; coffee and tea will be provided.

Both the hikes and the potluck are free and open to the public, and participants are welcome to attend either event if they cannot make it to both.

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## School Security Grants

On Thursday, September 20, the Public School Infrastructure Commission recommended approval for two additional applications from schools in our region: 1) French Pond School, SAU23 and 2) Monroe Consolidated School. The recommended applications will now be submitted to Governor and Council for final fiscal approval.

The French Pond school application requested \$29,000 and in accordance with grant procedure, the SAU will receive 80% or \$23,200. This grant is in addition to previously received public infrastructure funding obtained for Haverhill earlier this year. French Pond funding will be used to: 1) install an intercom system to allow school staff to converse and identify visitors via existing cameras prior to entry, 2) create a vestibule at the front door of the main building to improve access control, 3) purchase a card access system to restrict access and

reduce possible issues with lost or missing keys, and 4) add safety and security film for window glass throughout buildings to reduce shattering and fragmentation of that glass and slow down intruders who are trying to gain access to the school through those areas.

The Monroe Consolidated School submitted three applications, of which all applications were discussed and recommended by the commission for Governor and Council approval. Monroe will receive \$467,200 to secure the main entryway. The school will also receive \$7,833 to install a PA system throughout the interior of the building along with exterior areas, and lastly, \$9,543 has been awarded for the installation of security cameras throughout the interior and exterior of the building.

The Public School Infrastructure Commission comprises representation from the Senate and House, along with Director Perry Plummer

from Homeland Security and Commissioner Frank Edelblut from the Department of Education. Director Perry Plummer, Homeland Security, will present commission members at the October 26 meeting, applications from remaining districts. To date, the commission has recommended close to \$28M for improving security and safety infrastructure issues throughout NH schools. Approximately \$2M remains for over 40 districts and a large number of schools within those districts. I commend Superintendent Laurie Melanson, SAU 23, and Superintendent William Lander, Monroe School District, for working with their school boards, school staff, and community members to identify imminent safety issues and who quickly submitted applications to improve school safety and security.

Lastly, the legislative committee tasked with submitting recommendations to improve funding equity among NH's schools is nearing the November 1 deadline. It is highly likely that committee members will recommend a formula that is not strictly based upon "per capita" state funding support, but integrate allocation amounts based upon equalized property valuation per student. This approach will assist districts such as Haverhill, Berlin, and Claremont.

Respectfully Submitted,  
Rep Rick Ladd  
Chairman, Public School  
Infrastructure Commission

## North Country Wood Industry Gets A Boost

By Sen. Jeff Woodburn

The wood industry has long been the straw that stirs the drink of the North Country economy and is central to the history and culture of the region. Thanks to a strong bipartisan effort, the legislature, by a single vote, overrode Governor Sununu's veto of Senate Bill 365. The bill, which I co-sponsored, requires electric utilities to purchase energy from six of the state's independent biomass power plants for three years. It is yet another reminder of how important the role of government is in the North Country's fragile economy and the importance of every vote.

Governor Sununu, and at least one local candidate, saw only the cost but none of the far-reaching benefits of supporting a local, renewable, and dependable energy source. Energy markets are wildly unpredictable so it's important that we have a diverse energy supply and squeeze every dollar and job out of every kilowatt of energy produced. Unlike other energy sources, these dollars are not shipped or tucked away in silk purses or platinum stock portfolios. They circulate, touching many hands and many businesses, and changing many

lives. But most importantly, the wood industry sustains important jobs – hard, back-breaking, and grinding work that long was the core of the North Country economy and our way of life. Not everyone can work in the service or tourism industry and we should never abandon industries that produce things.

To me, these subsidies, like tax credits and loan guaranties, are about expanding economic opportunities and creating a local economy that works for all people and all places. That's why I've worked so hard to support the redevelopment of the Balsams resort and many other local projects that require some degree of public support. Over the past six years in the Senate, I have seen a developing attitude of economic feudalism – whether it be in decreased funding for public schools, municipal aid, or eliminating the Coos County tax credit which gave our region a small advantage in luring industry. But last week the biomass industry got an important boost and I was proud to cast a vote for the North Country and for our way of life.

(Jeff Woodburn, of Whitefield, represents the North Country in the State Senate.)

## Dog Mountain Fall Dog Party 2018

Saint Johnsbury, VT - On Saturday, October 6, Dog

Mountain will be hosting their annual Fall Dog Party! It's the most beautiful time of the year in New England, and it's time once again to celebrate autumn the Dog Mountain way!

There will be a host of activities for the whole family. Farm fresh local food by Chez Mami food truck, foot-tapping live music by Don & Jenn, pet-friendly vendors, a bounce house for the kids, lawn games, door prizes, and, of course, Dog Mountain's famous dog contests!

We hope you can take the time to grab your camera, hop in the car, and take the scenic ride to leaf-romping, four-legged fun at Dog Mountain. Your dogs will thank you! The Fall Dog Party is free to the public and will be held rain or shine.

For more information about this or any of Dog Mountain's events, go to [www.dogmt.com/Events](http://www.dogmt.com/Events) or call 800.449.2580. We look forward to seeing you there!

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## Old Church Theater Announces 2019 Season Performances

BRADFORD, VT: Old Church Theater has released its 2019 season of plays, all of which will continue to be presented at its temporary theater (176 Waits River Road) until "the old church" has been restored.

In May 2019 there will be two one act comedies: "Bob's Date" by John Shanahan, and "Ten Ways To Survive The Zombie Apocalypse", by Don Zolidis; In June will be the comedy/drama "Pine" by Eugenie Carabatoso; In August the classic "The Lion, the Witch and the Wardrobe" by Joseph Robinette will feature opportunities for children to act; In September will be the drama "Nightfall with Edgar Allen Poe" by Eric Coble; and closing the regular season will be the comedy "The Dog in the Dressing Room" by Deborah Savadge. A special "cabin fever reliever" in mid-winter is also planned with perhaps a holiday show

in December 2019. More information on the 2019 shows, including performance dates, directors and auditions, will be announced soon.

Old Church Theater's next event is the last play of the 2018 season, "With This Ring" by Joe Simonelli, opening October 19th and playing two weekends. The group then holds a fund-raiser, "Creative Harvest", on November 10th with entertainment, door prizes, raffles and more, all to raise money for the restoration of "the old church". Following on November 18th will be the group's annual meeting with reports, voting, details of the 2019 season, and updates on funds raised and restoration plans for the old church.

More information may be found at [www.oldchurchtheater.org](http://www.oldchurchtheater.org), on Facebook, or by emailing [info@oldchurchtheater.org](mailto:info@oldchurchtheater.org).

## Ribbon Cutting Event to Launch The Space On Main

Bradford, VT 9/23/2018 - The Space On Main will be joined by Ted Brady (Deputy Secretary, Vermont Agency of Commerce and Community Development), Samantha Sheehan (Owner & Executive Director of Valley Works & Communications Manager of Vermont Businesses for Social Responsibility), and Erik Volk (Executive Director of the Cohase Chamber of Commerce) to commemorate the opening of its Main Street location with a ribbon cutting ceremony in Bradford. The dedication will take place on Friday, October 12th at 11:00am. Launch party tickets can be purchased for 6:30pm that night featuring food catered by Colatina Exit and music by DJ ShaR4.

The Space is a new non-profit community-based coworking, maker, and gathering space fostering entrepreneurship, collabo-

ration, creativity, and innovation. The Space On Main, Inc. was founded in July 2017 and will be leasing the former Hill's 5 & 10 building. Vin and Angela Wendell, of Colatina Exit, own the building and have completely renovated every aspect, totalling over \$500,000. The Space On Main team has fundraised nearly \$100,000 in the last 9 months to cover equipment, furniture, and build-out costs specific to its offerings.

It is the mission of The Space on Main to foster entrepreneurship, innovation, the arts, education, health, and recreation in order to increase opportunity for personal and collective growth in the Cohase Region of Vermont and New Hampshire by providing a creative facility with access to affordable equipment, work spaces, and classes. It is The Space

On Main's goal to ensure prosperity of the community by leveraging talent in the region by creating pathways to outside individuals, services, and technologies.

The Space On Main's startup funds have come from grants and donations by Vermont Community Fund, Jack & Dorothy Byrne Foundation, Couch Family Foundation, Hypertherm HOPE Foundation, Odell Insurance Agency, Co-operative Insurance Companies, Woodsville Guaranty Savings Bank, Wells River Savings Bank, Copeland Furniture, Community Bank, All-Access Infotech, Alarmco, and amazing community members.

To sign up for membership, reserve space for events, provide monetary support, or for more information, visit [www.thespaceonmain.org](http://www.thespaceonmain.org).

## Wood Additions to Streams Workshop

Can water quality and fish habitat be improved by adding wood to streams? Join Tom Ebert, Natural Resources Conservation Service (NRCS) District Conservationist, Ryan Harvey, forester and trail consultant, and Jim Frohn, UNHCE Grafton County Forester to learn about the benefits of adding wood to streams. Our host, Bruce Schwaegler, worked with Tom and Ryan to install several wood additions to streams during the summer. We will take a look at environmental benefits, site selection, permitting and what it takes for a successful project. This Grafton County Conservation District (GCCD) workshop will be held on Tuesday, October 16 at 2:00-4:00PM in Orford. We will meet and park at the Pondsides Lodge 598 Indian Pond Road, Orford, and walk to the project site.

Due to past land use history, northeast streams tend to lack woody biomass. This biomass provides several critical benefits to water quality and fish habitat. Fast flowing water carries sediment, twigs and logs downstream, often creating a deeper, straighter channel, resulting in faster moving water, sometimes causing damage downstream. Wood in streams can create cascades and riffles increasing oxygen in the water. It helps form deeper pools where fish can survive the summer heat, and shade to reduce

water temperature. Having organic matter in streams provides diverse habitat for increased insect populations. During high water events, wood in streams can force the water into natural flood plains and reduce the water velocity and damage downstream.

Adding wood to streams can be a planned conservation practice to benefit water

quality and fish habitat. If you are a landowner or land manager concerned with habitat improvement join us on Tuesday October 16 to learn more about this practice. Please contact Pam at GCCD by phone (603) 353-4652 or email: [pamela.gilbert@nh.nacdn.net](mailto:pamela.gilbert@nh.nacdn.net) for more information, and to register for this meeting.

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Haverhill Recreation sponsored

### Acoustic Music Jams!

*Do you play an instrument or just enjoy country and bluegrass music?  
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**Robert E. Clifford Memorial Building**  
65 South Court Street (Route 135) Woodsville,

**Hours 12:00-4:00 PM**  
**Sundays: September 23**  
**October 14, November 11**  
**& 25, December 2 & 16**

**\$3.00 entry fee**  
*Your volunteer facilitators are Jim & Ruth Strout*

Light snacks provided!  
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# Calendar of Events

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

## WEDNESDAY, OCTOBER 3

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

BREAD AND ROSES, TOO  
7:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, OCTOBER 4

LET'S KNIT TOGETHER  
2:00 - 4:00 PM.  
Bath Public Library

## THURSDAY-SATURDAY OCTOBER 4-6

MOUNTAIN DOULCEMER PRESENTATION  
See Article on Page 13

## FRIDAY, OCTOBER 5

EUROPEAN COFFEE HOUR (NEK STYLE)  
1:00 - 4:00 PM  
West Barnet Church

## FALL FOLIAGE HAM FUPPER

4:00 PM until all are served  
Barnet Center Vestry, Barnet Center  
See Ad on Page 3

## SATURDAY, OCTOBER 6

5TH ANNUAL CRAFT FAIR  
9:00 AM - 2:00 PM - See Article on Page 13  
The United Congregational Church of Orford

## MAKE-AN-OFFER YARD SALE

9:00 AM - 4:00 PM  
Warren, N.H. Town Hall

## PEOPLE'S ART SHOW

10:00 AM  
Lisbon Arts Gallery, Main Street, (near the bank)

## ELAINE FRENCH SPEAKS ON ART IN CHINA

11:00 AM  
Lisbon Arts Gallery, Main Street, (near the bank)

DOG MOUNTAIN ANNUAL DOG PARTY  
See Article on Page 3

BATH HISTORICAL SOCIETY PIG ROAST  
12:00 Noon - See Article on Page 9  
Bath Historical Building, On the Common

60TH WEST NEWBURY TURKEY SUPPER  
5:00, 6:15 & 7:15 PM  
214 Tyler Farm Road, West Newbury

## SUNDAY, OCTOBER 7

MAKE-AN-OFFER YARD SALE  
9:00 AM - 4:00 PM  
Warren, N.H. Town Hall

## 6TH ANNUAL HIKE AND POTLUCK

10:00 AM Hike / 5:30 PM Potluck  
hosted by the Ammonoosuc Conservation Trust  
See Article on Page 3.

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

## GRAND HOTELS OF THE WHITE MOUNTAINS

7:00 PM - See Article on Page 7  
Easton Town Hall, 1060 Easton Valley Rd.

## MONDAY, OCTOBER 8

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

## WEDNESDAY, OCTOBER 10

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

## THURSDAY, OCTOBER 11

ST. LUKE'S COMMUNITY MEALS  
5:00 - 6:30 PM  
St. Luke's parish House, Woodsville

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

## FRIDAY, OCTOBER 12

THE SPACE ON MAIN  
11:00 AM Lunch 6:30 PM Launch Party  
The Space on Main, Bradford  
See Article on Page 5

## COOK A BOOK: CELEBRATING HISPANIC HERITAGE

1:00 PM  
St. Johnsbury Athenaeum

## SATURDAY, OCTOBER 13

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

Cabot Apple Pie Festival  
9:00 AM - 3:00 PM  
Cabot School Gym, Gym Road & Main St.

## SUNDAY, OCTOBER 14

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

## ACOUSTIC MUSIC JAM

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

## MONDAY, OCTOBER 15

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

## THURSDAY, OCTOBER 18

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

# 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 JOHNSBURY**  
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.

## Horse Meadow Senior Center

Activities for October, 2018  
We need meals on wheels drivers, mileage reimbursement. Contact Wanda Peters- 787-2539!

Lunch is served daily at 12:00, except when noted  
**CLOSED ON October 26:**  
Volunteer Appreciation Day  
Breakfast Buffet: Every Tuesday @ 8:30-10:00  
Find-a-Sticker 10/3 @ Noon  
50/50 Raffle: 10/17 @ Noon  
\*Meals are available M-F for home delivery.

\*A variety of Exercise Equipment is available daily in Bertha's room at HMSC  
**SPECIAL DAYS:**

October is Domestic Violence Month, on 10/18/18 @ 10:45 we will begin a Domestic Trauma Sup. Group  
Play Reading Group: 10/29 @ 10:30 "Our Town" sign up or call for info. 787-2539  
Wanda S.

October 8 @ 12:15: Ice Cream Social with Senator Bob Guida

**ENTERTAINMENT:** Starts between 11&11:15  
Phyllis: 10/9, 10/23  
The Boy-z: 10/17

Ethel Cooper: 10/11, 10/18, 10/24

Bob Benjamin: 10/4, 10/25  
Wayne Klinger: 10/8, 10/22  
Carl, Gloria & friends: 10/3  
Barry Hayes: 10/10, 10/31

**CLINICS:**  
Senior Feet with Beverly Sinclair- Call HMSC for the date and to make an appointment

**ON-GOING ACTIVITIES:**  
Cancer Support Group now meets once a month: This month is 10/11 @ 10:45  
Domestic Trauma Support Group @ 10:45, Thursday 10/18, Contact Jessica for info. 787-2539

Notary Services Wednesdays from 7:00 AM to 11:00 AM, Mel Colby JP, NP (NH)  
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:00

Grief Support with Florence, Mon. at 10:30 in the library  
Interfaith Fellowship & Coffee beginning at 9:30 on 10/2, 10/16 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @ 1:00

Herbal with Elaine on Fridays, 10/5, 10/19 @ 12:30  
Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00  
Floral Arrangements w/ Jane: Thur. 10/11 @ 9:30  
Mahjonn: Every Friday @ 10:30

Cribbage: Thur. @ 12:30  
Hand & Foot Card Games Fridays @ 12:30

Drums Alive: Tues. @ 12:30  
Sewing with Rosemary: Mondays @ 10:00

HMSC Chorus: Mon. @ 12:30  
\*Also, Please think about volunteering

## NorthWoods Accepting Nominations for 6th Annual Buzzell Award

CHARLESTON, VT — NorthWoods Stewardship Center is pleased to accept nominations for the sixth annual George Buzzell Forest Stewardship Award. In honor of the esteemed county forester for which it is named, this award recognizes an individual who is making a positive impact on Northeast Kingdom forests. An award ceremony will be held at the NorthWoods Stewardship Center on Tuesday, December 11, 2018.

During his 44 years as Orleans County Forester, George Buzzell exemplified the best practice of his trade, including research that helped to re-define sugarbush management in Vermont. George also cast a welcoming net--encouraging education and inviting the widest community into the conversation and practice of forestry.

With this award, we honor

the outstanding contributions of our late friend George Buzzell and recognize others who are carrying the torch of forest stewardship in the Northeast Kingdom.

Eligible candidates are those who have demonstrated extraordinary commitment to sustainable management of forestland in the Northeast Kingdom, and who have also worked to advance and/or share knowledge to ensure the long term resiliency and productivity of our forests. The individual's direct impact can include hands-on work, policy improvement, education and training, or a combination.

NorthWoods welcomes nomination of award candidates until Monday, October 22nd. For the nomination form and instructions, please contact Sam Perron at NorthWoods, (802) 723-6551 ext 302, or sam@northwoodscenter.org.

## Better Nitrogen Management Workshop

Getting nitrogen application right means better crops, a better environment, and a better bottom line for your farm. Join us for a workshop on nitrogen management at the UNH Cooperative Extension Conference Room, 3855 Dartmouth College Hwy, North Haverhill, NH 03774, Thursday, October 18 from 1 to 3 p.m.

The four keys to nutrient application are to apply the right product at the right amount at the right time and in the right place for maximum plant benefit. Applying too much nitrogen, applying it at a time when plants can't take it up, or applying it in a place where plant roots can't reach it results in reduced crop yields, wasted inputs of materials and time, and the risk of contaminating surface and groundwater.

Chad Cochrane, NRCS Resource Conservationist,

and Bill Fosher with the New Hampshire Association of Conservation District's Connecticut River watershed soil health initiative, will be on hand to present options for developing plans to make the best use of farm nutrients.

This workshop is geared primarily at corn silage producers, but anyone who applies manure or other supplemental nitrogen sources to any crop will benefit from the discussion.

This workshop is co-sponsored by the Grafton County Conservation District, NH NRCS, and NHACD. Join us on Thursday, October 18 to learn more about nitrogen management. Please contact Pam at GCCD by phone (603) 353-4652 or email: pamel.gilbert@nh.nacdnet.net for more information, and to register for this meeting.

**A No Wrong Door System** is a powerful network of aging and disability groups. We work to support people needing long-term care and services.

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1-800-642-5119**

## Scrapbooking with Gayle

Come join the fun at the Bath Public Library's – "Scrapbooking with Gayle" a Patriotic themed - Scrapbook Page Workshop on Thursday, October 18th from 2 to 4 pm.

Who can come? Adults of all ages, this free program is open to the public. This workshop requires prior registration; we need to be sure we have the necessary paper cutouts for your photos. Please register no later than Thursday, October 11th. All materials will be provided free of charge.

### Groton Free Public Library News

Beginning Monday, October 1st @ 6:30 PM, Groton Public Library will host a weekly meditation group facilitated by Alan Massey, a Forest Rd resident. Alan was a career Family Counselor, Teacher and Group facilitator in California and now lives with his wife, Kirsten Murch, at their Groton retirement retreat.

Each hourly session will consist of mini-teachings, guided meditation, silent meditation, and shared discussion. All are welcome!

Teen Art MeetUp- New Schedule starting in October \*\*\*FRIDAYS@ 3:00-

What to bring? Please bring a few of your own patriotic or military-related photos, clippings or journal entries, etc. – and tape runner, paper cutter and craft scissors - if you have them.

Gayle, our local scrapbook enthusiast, will share her love of scrapbooking and offer assistance to new and experienced scrapbookers.

Stop by the Bath Public Library for more information. Contact us at bathlibrary-jb@gmail.com or call 747-3372.

4:30pm\*\*\*

Meet up with other creative types and share what you are working on. Explore various media. Bring your sketchbook! Join us for another great teen social outing at the Groton Free Public Library! Come and create art! Ages 12 and up.

Groton Free Public Library: 1304 Scott Highway, Groton, VT, 05046. Open Hours: Mon. 2:30-7pm, Wed. 10am-4pm, Fri. 2:30-7pm, Sat. 10am-12pm. Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary. www.grotonlibraryvt.org/802-584-3358.

## The History of the Grand Hotels of the White Mountains

The Kinsman Valley Club of Easton has received a grant from the New Hampshire Humanities Council to present The History of the Grand Hotels of the White Mountains on Sat., October 6th, 7 pm at the Easton Town Hall, 1060 Easton Valley Rd. (Route 116) Easton, NH.

Architectural historian Bryant Tolles, Jr. shares the history and architecture of the grand resort hotel phenomenon and hospitality tourism in the White Moun-

tains of New Hampshire from the pre-Civil War era to the present. The primary focus is on the surviving grand resort hotels: The Mount Washington Resort, the Mountain View Grand, the Balsams, the Eagle Mountain House and Wentworth Hall and Cottages.

This program is free and open to the public. Refreshments provided. For further information, email: kvceaston@gmail.com or Maria Hynes, 603-823-5008.

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# A change of seasons, a time to reflect, on yourself, and the community

By Geoffrey Sewake,  
University of New Hampshire  
Cooperative Extension

Leaves are turning and the days are getting shorter, morning dew washes over the hay fields as we awake to a blanket of fog, squash overflows our gardens, and canning, stacking and rak-

ing become weekly chores. While the warmth of the summer sun still finds its way to our skin, and shorts continue to be a staple of the weekly wardrobe, it is the sweaters, coats and boots that are quietly taking over our daily attire. You may find yourself sleeping deeper, enjoying the crisp mornings

and cooler evenings tucked under the covers. Kids return to school after summer's long break to play and learn. There's recess, eating in the cafeteria, reading in the library, working in the classroom---a reboot to a child's routine.

As I take my dog for his morning walk, I practice observing, I quiet my mind and wondering thoughts, I practice being present without context, allowing what I sense to come to me without the bias of my crowded and chattering mind. I see

the orange, red and green leaves. I hear the chirps, songs and saying of insects and birds. I feel the crunch of gravel under my boots and the call of a distant loon. Droplets of water glisten in the soft morning light, the sun makes its way through the dense, pillow-like fog. The air is damp and green, a feature I'm sure will soon change once the frost and snow are upon us. I stroll through my local cemetery, observing a peaceful rest. I stop for a moment. I listen to my breath, my breathing, my surroundings.

When I get home, I feed my dog, and pour myself a cup of coffee, black, no cream or sugar. I allow my mind to again ponder, to wander, to contemplate my walk. I think about the cemetery, with so many at peace--all having been a part of my community, this place. From bakers, to homemakers, these folks continue to contribute to this place, albeit in a different way, as memories and memorials, as a place of wander and quiet repose. Even gone, they continue to be a thread woven into the fabric of my community. For those of us not interred, we continue to weave new threads into the collective quilt, adding to our shared sense of community.

For me, this particular fall is a joyous one. My son started pre-school, and I will soon welcome a baby girl. As my life changes, so too will the contributions I make to my community---increasing family responsibilities will decrease my availability to

give back. But I know that my contributions, albeit smaller, will still be meaningful and appreciated. Honestly, you don't need to be a select board chair, organizational trustee, or committee member to contribute to the place you live. You can volunteer a couple hours here or there, help plant some vegetables in a community garden or your neighbor's yard, read a book during story hour, help someone with their groceries, open a door for a stranger or someone you know, send a smile someone's way or pass on a friendly hello. A community is woven by the relationships and interactions of those who live in it. Sure, it is important to have some folks willing to chair committees and run for political positions, but it is the efforts and volunteer time of everyone that help enrich and make our communities unique and wonderful, full and complete.

What does your community quilt look like? Do you want to be more involved or maybe involved in a different way? Perhaps there's a group, organization or folks in your community that share some of your interests. Reach out, and see if they have something you'd be interested in contributing to or building on!

The author, Geoffrey Sewake, is a Community Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at [geoffrey.sewake@unh.edu](mailto:geoffrey.sewake@unh.edu).

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## Hobo Railroad TRAIN RIDES

Lincoln, NH

### Along The River

## NEW FALL HOURS!

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## 2018 Youth Halloween Party



**Saturday, October 27, 2018**  
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There will be a "spooky" walk for the little ones starting at 5:00 PM with dancing, games, activities and don't forget "Ghoulish" goodies will be sold!

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## Another Big Year for Auxiliary's Big Ticket Raffle

WOODSVILLE, NH - The Cottage Hospital Auxiliary held the drawings for its Annual Big Ticket Raffle on Saturday, September 15th at a picnic celebration held in the Cottage Hospital Gazebo Courtyard. Winning raffle tickets were drawn for four top cash prizes of \$1,500, \$1,000, \$500 and \$250. The winners of the Big Ticket Raffle's top cash prizes were Mary Jo Locke - \$1,500, Charles Barton - \$1,000, Beverly Jacobs - \$500 and Susan Belyea - \$250. Also there were two additional prize drawings with Marcia Welsh winning an overnight stay at the Omni Mt. Washington Hotel in Bretton Woods, NH and Dave Selent winning a \$300 chefs wine pairing dinner for four at Ariana's Restaurant in Lyme, NH.

The real winner of the Big Ticket Raffle is Cottage Hospital with the proceeds from the raffle raising \$9,500 in donations for the purchase of much needed new equipment for the hospital's Center for Orthopedics Excellence and Rowe Rural Health Center. The Auxiliary has already purchased a smoke evacuator for orthopedic surgeries and will be buying a bariatric high-low exam table for the Rowe Health Center.

On Saturday more than 70 people including ticket purchasers, Auxiliary members and their families together with senior hospital administration officials, gathered for the picnic, raffle drawings and some good times. Cottage Hospital CEO Dr. Marcia Ryan and Director of Administration Karen Woods both addressed the attendees and thanked the Auxiliary for all it does for the



hospital throughout the year and in particular the great fundraising it does each year with the successful Big Ticket Raffle. In addition to the top cash prizes, 25 other picnic attendees won great door prizes donated by area businesses.

"The Auxiliary sincerely thanks all of our raffle sponsors, donors and ticket purchasers whose support once again made the Big Ticket Raffle a tremendous success," stated Brenda Long, Auxiliary Co-President and Raffle Co-Chair. "The raffle proceeds has enabled the Auxiliary to purchase and donate much needed new equipment to Cottage Hospital and help achieve Cottage Hospital Auxiliary - PO Box 143, Woodsville, NH, 03785 the Auxiliary's year long mission of helping the hospital provide excellent care to its patients," stated Marcia Selent, Auxiliary Vice President and Raffle Co-Chair.

Key to helping make the raffle a great success were the Raffle's 2018 Event Sponsor - Dead River Company of North Haverhill and the two picnic sponsors - Baker Newman & Noyes of Manchester, NH and Tuttle's Family Diner of Wells River,

VT. In total there were 43 local area businesses that were sponsors and donors for the 2018 Big Ticket Raffle. Thanks to them all.

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.cottage-hospital.org/support/cottagehospitalauxiliary](http://www.cottage-hospital.org/support/cottagehospitalauxiliary) or call 603-747-9707.

## Bath Historical Pig Roast

The Bath Historical Society will be holding our 2nd Annual Pig Roast ... with all the fixin's!!! Come join us Saturday, October 6th, at the Historical Society property on the common in Bath, NH (Route 302).

The cost of the dinner? \$12.00 per person. Serving will start at noon and end

when we run out of food!!! Last time we ran out early!

All the proceeds of this fundraiser will benefit the museum and exhibits.

Come on down ... enjoy some delicious food ... and ... enjoy some wonderful conversations with community members! Hope to see you there!"



Presentation of 100th point game ball to Alex Enderson at Woodsville High School on September 21st, 2018. Coach, Alex, Coach Ackerman and Coach Lester Photo courtesy of Scott Nichols

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### Letter to the Editor

To the Editor,

I feel compelled to reply to the recent letter from a reader that lavished praise on Donald Trump, listing his supposed accomplishments. It is evident that the letter writer's sole source of news is the scurrilous television entertainment program Fox News, which has been shown to "report" constant lies in an effort to support Trump.

The letter writer would do well to heed the Latin phrase, *Cincit Veritas: Truth Prevails*. The truth about the crimes perpetuated by

Donald Trump and members of his family will be revealed through the investigative process of our legal system.

If the letter writer were to educate himself by reading legitimate sources of news and watching authentic news stations on television and use the process of critical thinking, he might actually begin to understand the true appalling nature of the so-called "achievements" of this arguably illegitimate, definitely corrupt, authoritarian fool of a "President".

He would also do well to consider the Latin term

*hubris*, meaning "excessive pride or self-confidence," given his boastful enumeration of his own self-perceived good qualities. He is no more qualified as a citizen of our country because he is a "home owner, happily married father of two adult children-professionals...grand-pa [sic] three times, retiree of 20 years U.S. Army...stable, like to smile and laugh whenever possible..." than an unmarried, childless, moody, non-veteran renter.

Alice Morrison, Newbury

*Alice,*  
You are correct that according to our Constitution the bar to be elected president is fairly simple. At least 35 years old, born a US citizen, and been a resident for at least 14 years. No mention of anything else.

In regards to your comment about news or entertainment sources, they certainly do abound. Anyone can turn on the radio, the TV,

or look on the Internet and find a story that backs up your belief, whatever that may be. The trick is to look at more than one source. Then weigh the material you gather and make a decision. That is the American way.

I will close by urging us all to become informed by whatever means we choose and to be sure we vote on Tuesday, November 6, 2018.

Gary Scruton, Editor

### The Gallery at WREN presents: Working the Layers | Works by Nancy E. Adams and Martha Elmes

On Friday, October 5, from 5-7pm, the Gallery at WREN presents the opening reception of Working the Layers, featuring two artist who work in layered mediums to achieve reflections of the world around us. Nancy E. Adams is a mixed-medium encaustic artist who manipulates hand-dyed cotton to mimic colorful sunrises, sunsets, and ocean storms. Martha Elmes is a paper artist, printer, and painter who layers and arranges her mediums to create imaginative, winsome, and provocative pieces. Both artists invite viewers to spend time with their works, to contemplate not just the product, but also the process of creating art.

The opening reception is part of the monthly First Friday events in Bethlehem, which include exhibits at 42 Maple Contemporary Art Center, Maia Papaya, and Rek•Lis Brewery. After the reception, Working the Layers will be on display in the Gallery at WREN during the month of October, open daily from 10am-5pm.

Working the Layers is generously sponsored by Cherry Blossom Floral Design of Littleton, NH, who is a long-time supporter of WREN and WREN artists.

Martha Elmes is an artist and art educator with a BA from St. Lawrence University and a MA in Arts and Education from Lesley University. She is a longtime Adjunct Art Faculty at Lyndon State College and past resident at the Vermont Studio Center. She taught Art in area

schools for over 40 years. She is now repurposed as a paper artist, printer, and painter. Martha has exhibited in many Vermont galleries, including Burlington's Flynn Theater for Discover Jazz commemorating Miles Davis and the music of "Bitches Brew", and the "Arts Connects" Juried show at Catamount Arts. She has work in galleries in New Orleans on Royal Street, New Hampshire, and Vermont.

Nancy E. Adams is a mixed-media encaustic artist who blends her interests in photography and fiber arts with the luminous quality of beeswax to create dreamlike seascapes and landscapes. Her technique of manipulating hand-dyed cotton contrasts with the more traditional process wherein color is achieved through the use of colored encaustic medium. Recurring ocean and mountain themes predominate and are a reflection of the artist's New England heritage. Nancy enjoyed a 25-year horticultural career with UNH Cooperative Extension before pursuing her artistic talents full time. Nancy established Studio 25 in 2004 as a NH fiber arts



studio dedicated to creating functional art - scarves, handbags and fashion accessories. That same year, she became a juried member of the League of NH Craftsmen (LNHC). Her work can be seen at LNHC retail stores, Exeter Fine Crafts, at WREN, and on her website: www.studio25nh.com.

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### Letter to the Editor

#### Two Outstanding Candidates

I'm urging voters at the general election Tuesday, November the 6th to support two remarkable candidates who will serve us well at the county and state levels of government - Dennis Ruprecht, Jr., a Democrat running for State Representative, District 15, and Marcie Hornick, seeking to work as our next Grafton County Attorney.

Young Mr. Ruprecht - call him "Denny" - is a recent Woodsville High School graduate; he will be 19 when he takes office in January of 2019 and embodies fresh and vigorous thinking and energy in getting the job done for us all, not just the rich and powerful. He's now a college student who already has accumulated more public-service experience than most of us will ever get. He praises both the respected Ray Burton and current state Senator Jeff Woodburn as examples of effective leadership. He's already worked with U. S, Representative Annie Kuster, and has worked as

a page in the NH House and attended the Democratic National Convention as part of the New Hampshire Delegation.

Attorney Marcie Hornick has 15 years experience advocating for the rights of the accused and indigent in our area as a Public Defender and will pursue the Grafton County Attorney position with equal zeal, holding people accountable for their actions. She was Managing Attorney of the Northern Grafton County Public Defender's Office, a leadership position, who hired, trained and mentored others in the demanding tasks they faced daily. Marcie's predecessor in the post was Lara Saffo, who set quite a high bar, and Marcie has the experience and judgment to more than reach that bar.

There's a fresh wind blowing in Grafton County and across the state - time for new people and new approaches - vote Denny and Marcie November 6th. Robert Roudebush Former Selectman, Haverhill NH.

Robert,

It is now just seven weeks (from our publication date) until the general election in November. During that time I continue to urge all voters to do your homework and learn what you can about the candidates that have offered up their services to us. I want to trust that anyone running for office has the best of intentions. I also want to trust that what I read about those candidates is true and informative.

So do your part in this great tradition and civil right. Be sure you are registered to vote and take the time on November 6th, or vote with an absentee ballot.

Gary Scruton, Editor

**Because of Roe v Wade, more than 61 MILLION unborn children have died through abortion.**

*Eternal Father: We cry out for Your Mercy and ask You to remove the scourge of abortion from our land. May the Light of Your Truth come upon our nation, once again. We ask this through the Victorious Name of Jesus. Amen*

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## Can You Count on a Bountiful Investment “Harvest”?

We’re officially in autumn – the season when we bring in what we planted in the spring. But the concept of planting and gathering isn’t confined to agriculture. In fact, it can be used in many walks of life, including investing. So what can you do to help work toward a successful investment “harvest”?

Here is (not quite) a bushel of ideas:

Plant the right “seeds.” When farmers plant specific crops, they know about what to expect – how long it will take for them to grow, how much yield they’ll produce, and so on. When you invest, you too need to plant “seeds” by choosing investments that are designed to help meet your goals. For example, to accumulate enough money for a comfortable retirement, you will probably need to own a reasonable percentage of growth-oriented vehicles, such as stocks – you generally can’t expect the type of growth you need by investing solely in fixed-income investments, such as bonds and certificates of deposit.

**N u r t u r e**

your “crops.” Agricultural workers are diligent about cultivating their crops through proper irrigation, fertilization and weed control. And if you want to keep your investment portfolio healthy, you also must find ways to nurture it. First of all, you will need to keep adding new dollars regularly, because the larger your overall investment base, the more you can expand its growth potential. But you might also need to do some “weeding” of your own, because over the years, you may have purchased some investments that, for one reason or another, are now no longer suitable for your needs. If that’s the case, you might be better off by selling these investments and using the proceeds for new ones that could fill gaps in your portfolio.

Diversify. Farmers may plant a mix of crops: corn, soybeans, flax, legumes, fruits, and so on. Consequently, if one crop fails, it won’t sink the farmer’s entire business. As an investor, you, too, need to diversify, because if you only own one type of asset class, and a financial downturn hits that asset, your portfolio can take a big hit. But spreading your dollars among stocks, bonds, cash and other investments can help reduce the impact of market volatility on your

holdings. (However, diversification can’t guarantee profits or protect against all losses.)

Thus far, we’ve looked at ideas on how you can create a healthy investment crop. But once it’s time to actually start harvesting your portfolio – that is, once you begin liquidating parts of it to support yourself during your retirement years – you also need to act carefully. Specifically, you need to establish a withdrawal rate that’s appropriate for your situation, based on your age, lifestyle, income sources and other factors. You could be retired for two or three decades, so it’s essential you don’t withdraw so much during your early years of retirement that you risk outliving your money. A financial professional can help you determine the rate that’s right for you.

The agricultural harvest season only lasts a few weeks. But doing a good job of growing and managing your investment crop can help you reap the rewards far into the future.

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

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## May The Chimes Ring Out

by Maggie Anderson

Last week I watched the television coverage of the Tower of Voices wind chime monument nearing completion in a setting so serene it is all but impossible to imagine how unsettling and chaotic the reasons behind its inception.

Sadly anyone over the age of five, a few even younger, remember the day the Twin Towers fell, the Pentagon was attacked, and the peace of the Pennsylvania countryside was forever scarred by the memories of that sad September day 17 years ago.

I remember. How could I not? I had checked, chosen, and then changed my mind over a United Airlines flight leaving Boston for Los Angeles with a stop in Ontario where my girlhood friend and her husband were going to meet me and drive me to a doll show I was planning to attend.

I joke about having married for love rather than money. I tease my husband and tell him if I’d married for money I wouldn’t have to work so hard and I could keep the things I create because we wouldn’t need the income their sale generates. Though that may be true, if I’d married for money I would not be here at all.

Because that United flight

was out of my financial comfort zone I booked a flight departing from Manchester, New Hampshire the morning of September 12th instead. I figured it would not only save me a hefty sum on my airfare but the later departure would also give me one more day to finish pieces I was working on for the show.

Turns out all flights were grounded on September 12 so I missed that show. But if I had boarded United’s Flight # 175 I would never have made it to another show anywhere.

I cannot breeze through the early days of new Hampshire’s Autumnal rustlings without knowing I’ve had one more unexpected year. The reflections September brings are often questions of my stewardship of another chance to make my life count, to improve the world I live in. Have I done enough? Do I fully appreciate the gift of my 17th extra year of life?

I’ve heard about the murals and street art going up on the building sites around the grounds of the 9/11 Memorial where the Twin Towers identified New York City’s skyline for so many years. The art will offer a bright refuge in solemn surroundings and everyone who goes there will see that the edges of our deepest scars can be softened even if they’re nev-

er completely healed.

I gave the writers in my Wednesday workshop an assignment last week, two in fact. The first was to walk into any room in their house, choose any random object and write about it. The second assignment was to write an obituary. I gave them free reign to write what they’d like theirs to say, what they’re afraid it might say, or maybe leave out, and I told them they could create one that is purely fictitious.

In the spirit of togetherness I offer my own attempt to complete the assignments.

After the workshop ended when I came home and walked into the living room I saw, hung out of the cat’s reach, the wind chimes our son made for me in a class working with clay when he was 7 years old. He gave them to me for Mother’s Day and before I had even untied the ribbon on the tissue paper wrapping he said “Be really careful Mom, don’t let them bump into each other.”

As for my obituary I’m hoping it goes like this, Maggie Anderson died last week still in her roller skates with a smile on her face. She left us in the early whispers of Fall on September 11, 2057. Though she only had 56 extra years to work with she made a difference.



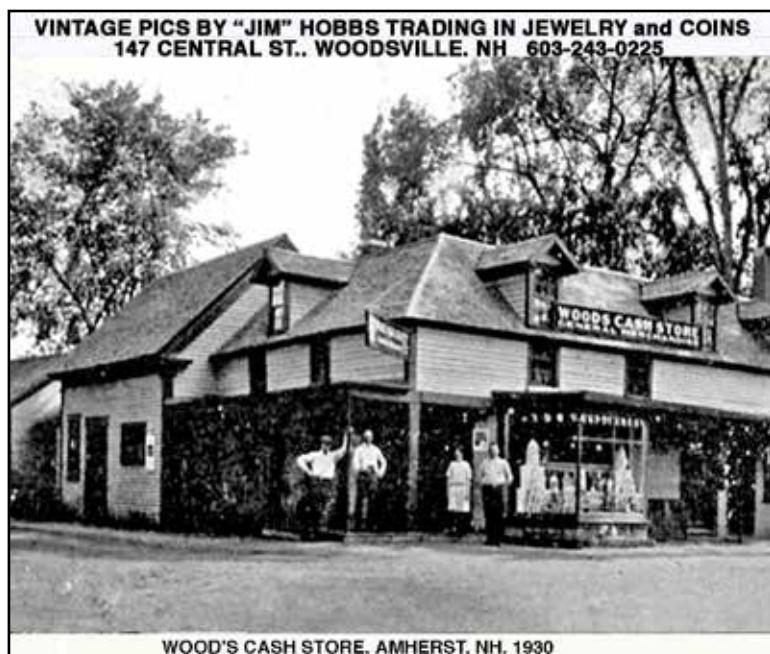
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## Claire Jeanne Kalil: OBITUARY

North Haverhill, NH- Claire Jeanne Kalil, 67, of Brushwood Road, died unexpectedly at her home on Thursday, September 13, 2018.

Claire was born in Lowell, MA on January 13, 1951, to Albert and Rachel (Massicotte) Vaillancourt. She married Francis C. "Frank" Kalil on July 7, 1973. In 1996, they moved from Lowell to North Haverhill.

Claire worked for Wang Computers in Lowell as a systems analyst. She served as the business manager for St. Jeanne D'Arc Parish and as an administrative assistant at the Union National Bank, both in Lowell. Most recently she has been employed as an LNA at Kendall at Hanover for 13 years.

She was the adult religious education teacher organizer at St. Marie Parish in Lowell and the religious education teacher for St. Joseph Catholic Church in Woodsville, where she was a communicant. At St. Marie's, she was instrumental in implementing the Divine Mercy Program. Claire also volunteered for local food pantries in Lowell and Woodsville and worked for Catholic charity dinners.

She is survived by her husband of 45 years, Francis "Frank" Kalil of North Haverhill; a sister, Lorraine Atkins and husband Harvey of Littleton, MA; two brothers, George A. Vaillancourt of Woodsville and Donald Vaillancourt and wife Kathleen of North Haverhill; two nieces, Valerie Franchi and



her children and Susan Atkins; a nephew, David Atkins; several aunts, uncles, cousins, and Faithful and True friends; along with dear friends, Stephen and Mary Cataldo and the clan. She is also survived by three brothers in law, John Kalil and wife Susan, Tony Kalil and wife Nancy, and Mark Kalil and partner Brett Butkus; and a special cousin, Betty Cloutier of North Haverhill.

There will be no calling hours.

A funeral mass was held on Friday, September 21st at 11 AM in St. Joseph Catholic Church, 15 Pine Street, Woodsville, with Father Maria Sebastian Susairaj, HGN, officiating.

A private burial will be observed at a later date in St. Joseph Catholic Cemetery, Bath, NH.

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

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

## Gail R. O'Day: OBITUARY

Gail R. O'Day of Winston-Salem, NC, died on September 22, 2018, surrounded by the love and prayers of family and friends near and far. At the time of her death, she had been contending with the challenge of a glioblastoma brain tumor for nearly four years from the appearance of her first (unrecognized) symptoms. An avid hiker, she compared her challenge to the most treacherous trail she ever hiked in her beloved White Mountains of New Hampshire, and she met it with characteristic realism, fearlessness, strength, and resilience.

Gail Radcliffe O'Day was born on December 2, 1954, in Muhlenberg, New Jersey, where her mother, Sally Wilcox O'Day, was living while her father, Arthur F. O'Day, was serving in the Korean War. Upon his return the family settled in Sally's hometown of Scituate, Massachusetts, where Gail grew up. From then on Gail almost never missed a summer visit to Scituate to visit her grandmother, Meredith Perry Wilcox, granddaughter of A. W. Perry, founder of Boston's A. W. Perry Real Estate firm; to walk on the beach or stroll out the boardwalks across her favorite marshes. In 1965 the family, now growing with the addition of Gail's four sisters, moved to Chappaqua, New York, where Gail graduated from Horace Greeley High School.

One of Gail's most formative experiences was her several summers at Camp Wyonegonic in Denmark, Maine. There she formed lifetime friendships that grew even deeper over time, resulting in dozens of cards and notes from Wyo friends sent during her illness. She

died with a Wyo pillow on her bed and a photo of Moose Pond and Pleasant Mountain on a bedside table.

Gail graduated from Brown University in 1976. She went on to attain a Master of Theological Studies from Harvard Divinity School and a Ph.D. in New Testament from Emory University.

After a year teaching at Hamilton College, Gail accepted a position in New Testament and Preaching at Eden Theological Seminary in Webster Groves, MO, in 1983, where her teaching and scholarship began to flourish. In 1987 she returned to Emory University, teaching in the Candler School of Theology and the Graduate Division of Religion. Here she completed a well-known commentary on the Gospel of John for the New Interpreters Bible widely acclaimed by pastors and scholars, and wrote or edited many books and articles on John, the New Testament, and preaching.

In 2003 she embarked on her administrative career, serving as Academic Dean of Candler for seven years. Wake Forest University offered her the deanship of the School of Divinity in 2010, where she served with distinction in leading the newest divinity school of any top-ranked American university.

Gail continued fulltime as Dean for a remarkable two years after her first brain surgery in 2015, integrating her treatments into her daily routines. Six weeks after her second surgery in 2017 she led her last hooding and commencement ceremonies. Even as she lost physical capacities in the months thereafter, she sustained her delight in conversation,

her sharp wit, and her keen insights into people and institutions.

In 1999 Gail married her long-time friend and colleague Tom Frank. Shortly after their marriage, Gail and Tom bought a second home in Sugar Hill, New Hampshire, where they enjoyed many summers and holiday seasons together among a community of friends and neighbors. Sugar Hill became Gail's base for hiking and respite in a place of extraordinary beauty. She enjoyed the concerts of the North Country Chambers Players, was active in the St. Matthew's Chapel community, and contributed to the work of the Ammonoosuc Conservation Trust.

Gail's father, Arthur F. O'Day, died in 2014. She is survived by her husband, Thomas Edward Frank; her mother, Sally Wilcox O'Day of Scituate and Jupiter, FL; four sisters, Wendy O'Day, Linda O'Day Kennedy, Susan O'Day, and Brooke O'Day; nephew Matthew Kennedy and niece Amanda Kennedy Dubiel and her husband Roman Dubiel; and two great-nieces, Justice Kennedy and Poppy Dubiel.

A memorial service was held on Saturday, September 29, 11:00 a.m., at First Trinitarian Congregational Church in Scituate. Memorial gifts may be designated for the Gail R. O'Day Beloved Community Fund of the Wake Forest School of Divinity, and mailed to Wake Forest University, Office of University Advancement, P. O. Box 7227, Winston-Salem, NC 27109, or donated online at: <https://forms.secure.wfu.edu/giving?designation=other&comment=Gail%20R.%20O%27Day%20Beloved%20Community%20Fund>

## Three Day Mountain Dulcimer Event Coming to St. Johnsbury



Join Mountain Dulcimer player, performer and instructor Stephen Seifert, in St Johnsbury, VT, October 4-6 for a 3-day comprehensive guided tour of mountain dulcimer playing philosophy, technique, and music for ALL LEVELS. Regardless of your level of musicianship, he will give you the big picture. No matter what you're new to or already good at, his method of playing and learning to play can help you

be a better musician. This hands-on, pick-moving approach will include plenty of tunes and playing exercises designed to challenge and encourage. If you would like more information or to sign up, visit [stephenseifert.com](http://stephenseifert.com) This event is sponsored by Kingdom Mountain Dulcimers, an active mountain dulcimer community in the Northeast Kingdom - Vicki Moore 802.748.2655 or [goodoletunes@gmail.com](mailto:goodoletunes@gmail.com)

## Fall Craft/Vendor Fair In Orford

Come and Shop at the Annual Fall Craft/Vendor Fair, at the United Church of Orford UCC, Main Street (Route 10) on Saturday, October 6, 2018 from 9 a.m. until 2 p.m. Welcome Surprise for first 50 attendees.

Some of the items on sale include: doll house miniatures, crochet decorations, pins, magnets, bookmarks, sewn & quilted items, BBQ Pork, Soy Candles, Wood products (stools, etc). Original watercolor framed pictures, matted copies and note-cards made from the originals, wool items (yarn, batting, roving, skirted fleece), LuLaRoe, Jewelry/

Crafts, Handmade paper crafts, Paparazzi Jewelry, Useborne Books & More.

This is an outdoor indoor festival with a variety of vendors and a \$5 bag lunch.

There are still some, but limited spaces available outdoors and indoors and the fair would be happy to have a pumpkin vendor. Spots are \$20.

Bag Lunches \$5 (Sandwich (CK/Egg/Ham), chips, apple, candy, cookies, drink)

For more information contact Chair Woman Elizabeth J. Wilson ([wilson.elizabethjane@gmail.com](mailto:wilson.elizabethjane@gmail.com)) (802 522-8868)

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# What About Ma?

by Kellie Quackenbush  
**All About The Flu Season**

"The 2017-18 season was the first season to be classified as a high severity across all age groups." per the Centers for Disease Control and Prevention's Summary of the 2017-2018 Influenza Season. What does that mean for this year? It means that children and senior citizens need to be careful about their health.

The Centers for Disease Control and Prevention's report about last year's flu season reports that the risk was higher and the number of people that had the flu was greater than expected. People died from the flu and 58% of those deaths were people over the age of 60. With these facts in hand, the Centers for Disease Control and Prevention has created a new flu vaccine that will address a combination of potential strains of flu that we may encounter this year. For children, seniors and people with fragile health, the flu vaccine is highly recommended. We are currently in "Flu Season" which does not end until February 2019.

Ma has been getting her flu shots every year for many decades now. As she approaches her 90's, I would

say it has been working for her. However, a great deal of common sense goes into protecting one's health. Ma was always good about getting proper rest and eating a healthy diet. Something for the rest of us to consider.

Getting a shot is not the only thing we can do to protect our health. Every door knob you touch can be covered with germs and bacteria, so make a habit of using a hand sanitizer when you are out and about. Unless you have your gloves and winter gear cleaned, think about new stuff. Mittens, scarves and gloves grow bacteria and mold as they get wet and dirty. Winter coats have pockets full of all sorts of icky things as that is where the gloves and dirty tissues go.

It took a lot of convincing but Ma got a new winter coat a few years ago and don't you know--she went the rest of that winter without a sniffle or a cold! Makes you think--for us, Ma is always worth taking a bit of extra time to get her coat cleaned and replacing the old scarves and gloves. As we enter this Flu Season, take care of yourself.

# The Project #2

by Elinor Mawson

The next week went by in a blur. I was unable to get out of bed without a lot of help. By using the telephone, I made arrangements for the kids to transfer to our local school, and make a doctor's appointment for one of them.

I also tried to figure out what they were going to wear besides socks. Their wardrobes were sketchy at best. When it came to food, I decided to make things as simple as possible and asked them what kind of sandwiches they liked. Fortunately peanut butter and jelly was a favorite and that's what they got.

So they started school, rode the bus, and anyone that had any questions called on the phone. (This was before cell phones and texting.) Meanwhile, I had to get medical help and called a "loose cannon" doctor who made house calls. He showed up with the greeting, "It's going to cost you \$35 before I talk to you."

From my bed, I replied, "My checkbook is on the kitchen table and you'll have to dig to find it."

I wrote the check and he wrote a prescription for something that took most of the pain away and I was able to somewhat function--mostly analyzing what kinds of things that came out of the trash bags, and seeing what had to be added.

My mother, who was on crutches, came to help out. My aunt from down the street brought a pie and asked a lot of questions--most of which I wouldn't answer. I knew that whatever I told her would be on the airwaves in no time flat, which would probably cause even more trouble.

I contacted the state welfare office, hoping they could answer some of my questions and perhaps help us decide what to do with the children. I got little help from them, except they told me that I had to prepare and serve their meals separately from our own. I also contacted the welfare office from

the state they came from; all I got was a lot of music and "She's not at her desk right now". It was a lost cause.

AS time went on, we had to accommodate the mother too. She was in a state of depression and was very little help. The young toddler needed to be seen at Shriners' hospital in Springfield, and my husband took the mother and daughter for her appointment, since I was still unable to ride that far. The little girl was scheduled for an operation in a month, which had to be dealt with. I began to feel that I had bitten off more than I could chew.

Things got worse. My husband and I had to go out in the garage to talk. Sometimes we went to Dunkin Donuts for coffee and tried to sort out our burgeoning family. What we finally came up with was the old folks' message: It is easier to get them in than it is to get them out. There was no relief in sight--except my back was getting better a little at a time.

To be continued

## Connecticut River Joint Commissions Receives Grant from State of Vermont

The Connecticut River Joint Commissions (CRJC) announces that it has received a \$34,960 grant through the State of Vermont Agency of Natural Resources Department of Environmental Conservation. This one-year grant provides funding to implement CRJC's July 2018-June 2019 work program. The Commissions will continue its emphasis on the grassroots work of the local river subcommittees as our local eyes and ears, and in guiding implementation of our river management plans.

CRJC will focus on the key issues facing the watershed, and will continue to play its bi-state role of convening, catalyzing, and leading dialogue on these issues, and making recommendations to the two states as appropriate.

Current focus areas for CRJC include:

- Participating as a stakeholder in the federal relicensing of hydroelectric facilities at Wilder Dam, Bellows Falls Dam, Vernon Dam in New Hampshire and Vermont.
- Providing a forum for open discussion about projects affecting the Connecticut River and its watershed and commenting on plans that would alter its resource values and characteristics.
- Joining with The Vermont Clean Water Initiative - Clean Water Vermont, an exciting and growing collaboration among municipalities, state agencies, local and regional partners, farmers, businesses and the public to take action that will safeguard the public's access to clean and safe

water throughout the state. Vermonters and visitors love the state's streams, rivers, lakes, ponds and wetlands - they help define the Green Mountain landscape. We know our quality of life depends upon access to clean and healthy water.

New Hampshire's Connecticut River Valley Resource Commission and Vermont's Connecticut River Watershed Advisory Commission, created by their respective legislatures in 1987 and 1988, were directed to cooperate with each other to preserve and protect the resources of the Connecticut River Valley, and to guide its growth and development. They have met together as the Joint Commissions since 1989.

Both Commissions are advisory and have no regulatory powers, but advocate for and engage in public involvement in decisions which affect their river and their valley.

For more information about CRJC, please visit the website at <http://www.crjc.org>

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Thank you for your understanding.

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# Allergies & Asthma

by Melanie Osborne

If it seems that your allergies are a lot worse in recent years, you may be right. Allergic reactions are multiplying, manifesting themselves not only as common symptoms of sneezing, headaches and rashes, but also as changes in personality and emotions. They are an unrecognized cause of many modern illnesses. The substances that cause allergies are called allergens. They can stem from almost anything, but the most common allergens are grass, pollen, dust, certain metals, some cosmetics, lanolin, hair and dander from some animals, insect bites or stings, some common drugs, some foods, and some chemicals in soaps. Most allergens produce clogging and congestion as the body tries to seal them off from its regular processes, or tries to work around them. Extra mucous is formed as a shield around the offending substances, and we get the allergy symptoms of sinus clog, stuffiness, hayfever, headaches and watery, puffy eyes. Sometimes the body tries to throw this excess off through the skin, and rashes, fever blisters, abscesses or a scratchy sore throat occur.

Allergies have a domino effect and they can affect any part of the body. Besides producing uncomfortable, unsightly symptoms, allergies can be imprisoning. They can make it impossible to go for a walk in the country, or even go outside for fresh air. They restrict healthful aerobic exercise because congested sinuses lead to less efficient breathing and poor overall body function. They also limit friendships with friends that have pets (over 80% of the American population).

In times past, an allergy was defined as an inappropriate response by the immune system to a substance that is not normally harmful. While this definition is still true, there is no question that the harmful burden of toxic substances on our bodies is increasing. Impaired immune response from toxic overload is one of the primary causes of allergies. In modern times, it is hard to escape from

the increasing exposure to chemicalized foods, polluted water, air and soil, industrial chemicals, car exhaust, acid rain, and UV radiation allowed by the depletion of the earth's protective ozone layer. Compromised intestinal flora from over-reliance on anti-biotic drugs, disturbance of infant immune systems through repeated immunizations, not to mention our stress-infused lifestyles, all result in reduced immune response and the inability of our bodies to cope with allergens.

In most allergic reactions, the immune system mis-identifies a substance, or can't identify a substance (usually a chemical), as an invader. Your white blood cells overreact in either case, and the allergic response becomes a disease in itself. Common responses are asthma, eczema, hayfever or severe headaches. Research on the immune system shows that allergy-prone people produce an over-abundance of certain complex proteins known as antibodies. These in turn, trigger special cells known as mast cells that release inflammation-causing chemicals throughout the body. These chemicals, called histamines and leukotrienes, must be either be neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Asthma is a life-threatening allergic reaction, but until recently, it was considered to be a mild condition that one got over or grew out of. However, new statistics show that 15 million Americans (3% of the US population, with perhaps many more undiagnosed) currently have asthma, compared to 6.8 million in 1980, an increase of 30% in the past decade alone. US hospital admission rates due to asthma have almost quadrupled in the last two decades and reported deaths due to asthma have jumped 68% in the same period.

Drugs and over-the-counter medicines only relieve allergy and asthma symptoms. Drugs for allergies and asthma consist of antihistamines, steroids and desensitization shots. In ob-

stinate cases, laser surgery may be used to vaporize mucous-forming nasal tissue. Yet most of these treatments do not work because they don't get to the cause of the problem. At best, they provide temporary symptom relief; at worst, they create side effects which may be worse than the problem itself.

Managing seasonal allergies – seasonal allergies are Type 1 allergies, with symptoms we most associate with allergies – sinus congestion, itchy watery nose and eyes, headaches, sneezing, coughing, scratchy throat, face swelling, insomnia, fatigue, skin itching and rashes. The most common causes of environmental allergies stem from :

- 1) allergic reactions to air pollutants such as asbestos, heavy metals, smoke and fumes;
- 2) allergic reactions to seasonal factors such as dust, pollen, spores and molds. This type of allergy most easily develops when the body already has an excess accumulation of mucous that harbors the allergen irritants. Common drugstore medications for Type 1 allergies only mask symptoms, often cause undesirable drowsiness, and have a rebound effect. The more you use

them the more you need them.

Essential Herbs for managing seasonal allergies include:

Echinacea Root, Golden-seal Root, Chlorella, Spirulina, Kelp & Sea vegetables, Eyebright, Bayberry, Nettles, Calamus Root, Bee Pollen, Osha Root, Astragalus Root, Marshmallow Root, Elder Flower and Berry, Dandelion Root, Eucalyptus and Rosemary.

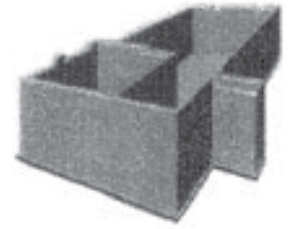
Essential Herbs for controlling asthma symptoms include:

Burdock Root, Licorice Root, Japanese Green Tea, Kelp & Sea vegetables, Bilberry Leaf & Berry, Hawthorn Berry, Leaf & Flower, Marshmallow Root. Ephedra, Red Sage, Wild Cherry Bark, Gotu Kola, Acerola Cherry, Lobelia, Mullein, Coltsfoot, Elecampane, Mulberry, Thyme, Pleurisy Root.

Most herbs are best compounded to create "whole body" responses.

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  
to contact Cindy (aka Cin Pin)  
write to the editor at  
gary@trendytimes.com

## Sausage with the Garbage

Hello hello my fellow chefs! There is a story behind this recipe. When I was young my family went to The Big E which is a yearly Exposition with food, music, games, etc.. Walking by the food carts we smelled a delicious aroma of what they called sausage with the garbage. Best tasting "garbage" we ever ate, not that we ever ate garbage!! My mom started to make it at home and we all said how Delicioso she made it. So from that day on we had "Sausage with the Garbage" added to our dinner menu. Now here's what to do and what you will need to make this for dinner.

1 Package of Italian sausage sweet or hot, your choice

- 2 Large Green Peppers sliced in rings and cut in half
- 2 Large Vidalia Onions sliced thin and cut in half
- 1 Tablespoon Butter
- 3 Grinder Rolls

If you have a large family just double the recipe.

Use a large deep frying pan.

Get your Italian sausage

and fry over low to medium heat. When all browned remove them and set aside.

In same pan put the 1 Tablespoon Butter and add your peppers and onions. It will look like a lot but they cook down. Toss as they cook using the residue from the bottom of your pan from cooking the sausage for fla-

vor. As you cook you will see your pile go down and get a beautiful brown color. When all cooked put the sausage back on top of pile of peppers and onions to get nice and hot.

Slice your grinder roll and put some peppers and onions in bottom, put two sausages and cover with more veggies. That's it! You now have made Sausage with the garbage!!!

I cut up some cantaloupe and served it with the grinders. You have all the food groups. Serve with Paisano red wine by Carlo Rossi, inexpensive and tasty. I hope you enjoy this easy recipe and add it to your supper recipes for something different. ENJOY!!! Drink responsibly.

Well folks, until next time I'm signing off, Cin Pin.



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Volume 9 Number 26

October 2, 2018

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

# Paddle The Border

## Sunday, October 7, 2018

From Newbury Boat Launch *(Beside the Haverhill/Newbury Bridge)*  
To Bugbee Landing *(Next to Bradford Golf Course)*

**FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10:00 -11:00 AM.**

Volunteers will be at the boat launch to help unload and protect boats before launching.

**All Events Are Weather Permitting**

**Suggested Launch Time 10:30 - 11:30 AM (Approx. Paddle Time 3.5 Hours)**  
**BBQ Lunch provided by Rotary with music by Strawberry Farm Band**

**All participants MUST abide by safe boating rules and regulations**

**EVENT SPONSORED and SUPPORTED BY: Haverhill Recreation Commission • Newbury Conservation Commission • Woodsville/Wells River Rotary Club Cohase Chamber of Commerce • Butler's Bus Service Bradford Conservation Commission • Upper Valley Land Trust • Upper Valley Trails Alliance**

**Paddle The Border - Spring is scheduled for Sunday, May 19, 2019**

**For Further Information Contact Mike Thomas (802) 757-3960 or email mikethom1@charter.net**  
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**NORTH HAVERHILL, NH-** New Englander with over 3000 sq. ft. of living area. Built in the 1920's with fine details. Features- Hardwood floors, beautiful moldings, built-ins, lovely winding staircase, 4 bedrooms, 2 bathrooms, whirlpool tub, 2 pellet stoves. 2 glassed enclosed porches, in-ground pool self-cleaning, 3 bay garage, out building. 1½ Acres with gardens and so much more. \$269,000.

**HAVERHILL, NH-** Cute efficient Chalet within short walk of the Lakes, beach, basketball court, pool. Open concept offers vaulted ceilings, 2 bedrooms, kitchen with dining area. Lovely porch off the kitchen. Hardwood floor in LR, ceramic tile in the Kitchen and Bath. Snow mobile from the property. \$79,500.

**PIKE, NH-** Exquisitely and tastefully restored 1880 home with two acres of field, woods, and remnants of an old school house. Living area is 2300 sq. ft. which includes master bedroom with private bath and 3 additional Bedrooms, 3 bathrooms including private bath, restored hardwood floors, remodeled kitchen, country porch, 3 bay garage deep enough to store up to 5 vehicles. \$239,500.

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