

TRENDY TIMES



20 Pine Street, Woodsville, NH 03785
Phone: 603-747-2887

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com

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Memorial Day Ceremonies in Haverhill



by Gary Scruton
(Member American Legion Post #20)

The Monday Memorial Day Holiday turned out to be a wonderful weather day. It was greatly appreciated by not only those planning a picnic or other family gathering, but also by those who either participated in, or attended one of several Memorial Day Ceremonies inside the boundaries of the town of Haverhill.

Haverhill boasts both American Legion Ross-Wood Post #20 and Haverhill Memorial Veterans of Foreign Wars Post #5245. These two veterans organizations have a number of dual members and on days like Memorial Day they work together to remind all of the true meaning of the holiday.

This year's ceremonies began with a 9:00 AM gathering at the Veterans Memorial at the VFW Field in North Haverhill, located behind the Haverhill Municipal Building. The guest speaker was recently elected Haverhill Select Board Member Matthew Bjelobrk who spoke about his past years of service. One note of his was that since 9-11 he has seen a

sure just how he should respond to such a thank you.

After this ceremony both the Legion and the VFW went to separate cemeteries in order to honor those buried in specially designated area at Pine Grove Cemetery in Woodsville and Horse Meadow Cemetery in North Haverhill.

Following those ceremonies the two organizations again combined in order to march the traditional Memorial Day Parade on Central Street in Woodsville. This year's guest speaker this year was newly elected Legion Post Commander Walter Dellinger. Sgt. Dellinger (ret) told of some of his time during three deployments as a member of the NH National Guard, two of which were abroad. His memories included the loss of a fellow member of his squad.

Another highlight of the Woodsville ceremony was the inclusion of the Woodsville High School band who performed the National anthem as well as an additional selection. The gathered groups then marched to the Ray Burton Bridge for a short ceremony and finished with a final set of firing squad and taps at the Legion Post Home.



significant increase in the number of people thanking him for his service. He also mentioned that he was not



Front Page Photos Courtesy of Joe McQueeney, Bare Bones Photography

Top left: Speaker Matthew Bjelobrk, VFW Commander Steve Wheeler and color guard at VFW Field,

Center: Honor (Firing) Squad
Bottom Middle: American Legion Color Guard.

Bottom Right: Legion Sr. Vice Commander Bob Williams and VFW Chaplin Fred Delman

Top Right: A mother at her son's gravesite.

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TRENDY Dining Guide

Gather Together Cafe

As much as I enjoy getting the opportunity to visit an old favorite eatery, it is equally exciting to have the chance to visit a new location. To be honest this was not the first time either Janice or I had been to the Gather Together Cafe. We had previously found a couple of reasons to visit Erin Atkinson and her crew at this new and different eatery.

The Gather Together Cafe is located in one of the big old homes in Woodsville right on the corner of Central Street (Route 302) and Pine Street. The parking area is not large meaning many people simply park on the side of the street. But even if you have to walk a bit the

new deck and entrance are welcoming and lead you right to the front counter and waiting area. That counter includes a glass case that features some of the day's pastries and other delights being offered. Turn to your right and you will see a pair of signs of other food choices. One is a list of breakfast foods, the other are for those looking for lunch items. The counter below these signs held three carafes of coffee, each being a different style or taste.

On the late Sunday morning that we walked to the Cafe (yes, we live that close) our timing was rather good. We found Erin and her assistant as the only two in the fa-

cility. But by the time we had decided what to order there were already more people in line looking to meet their own mid day needs.

Janice settled on an order of quiche and a smoothie. It turned out that the Cafe had been plenty busy that day and as a result they had run out of the popover that normally accompanies the quiche. For that reason Janice got a choice of a different side. She took a simple option of buttered toast.

I also took my cue from the posted options and went with an order of waffles. Erin warned me that I had better be hungry because the order does tend to fill people up. I also asked for a cup of coffee. At this point I was given the choice of a regular cup

(actually decent sized) or a "large" cup. In both cases they were good solid coffee mugs.

After ordering and paying for our meals we went to sit down in the front dining area. Again, the Gather Together Cafe is not huge. There are only five tables in that front area. There are also two or three tables on the front deck. Plus Erin has two other areas on the ground floor for seating. One area is set up like a living room. A couch, a few chairs, and appropriately enough, a coffee table. There is another room that features two large tables with chairs. (As an additional note I have had the chance to attend some local meetings in both of these two spots as Erin has quickly become a very generous host).

As we sat at our table we notice a stack of square cards on the table. Naturally we turned one over and found "conversation starters" printed on the other side. Questions like "What is your all time favorite Sit-Com?" or "If you had \$1,000,000 to give to charity, who would you give it to?"

Our meals were delivered to our table along with

needed silverware. Janice's quiche was very nice and came with fruit on the side. The wheat toast she had chosen was 2 oversized slices nicely toasted, and as a whole was an excellent breakfast. Her smoothie (berry please) could have been a meal in itself, much thicker and richer than she had expected but delightfully tasty.

My waffles came out and Erin was right. Quite a mouthful, and then some. The waffles were stacked two on two and were very fluffy. The real maple syrup (in my opinion the only topping needed, though there was a choice) topped them just fine. On the side was a scoop of cut up fruit including some blueberries. I did finish my meal, but was glad to have the walk home to work some of it back off.

When finished a sign by our table asked us to take our dishes to the front area and place them in the appropriate bucket. Not a problem, it was on our way out the door.

The total cost of the meal was \$27.90. There was a tip jar on the front counter so that you could add to it when ordering, or on your way out.



gather
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Sugar Hill Quilts Reveal Lives of the Women Who Made Them

The Sugar Hill Historical Museum opened Friday, May 24 with a brilliant display of antique quilts created by Sugar Hill residents and a charming collection of vintage toys.

Once in a very great while, something truly extraordinary drops out of the blue, unexpected and stunning. This year's exhibit tells the surprising story of the Sugar Hill Signature Quilt – how it came to us, who made it, and its place in the history of Sugar Hill.

Last summer, an historic Sugar Hill Signature Quilt dropped into Director-Curator Kitty Bigelow's lap! An email from a stranger began: "My friend, Beth, has found a signature quilt in a secondhand furniture shop near her hometown in Massachusetts." The message explained that the quilt was being used as padding to protect a chair. When it was discovered that the quilt came from Sugar Hill, it was given to the Sugar Hill Historical Museum, and Bigelow commenced an intense research project into the women who made and signed it.

This quilt was created in 1914 as a bridal gift for one of the young women of the town by the Willing Workers, a community group that con-



tinues to this day. They produced a quilt for each Sugar Hill bride. Thirty-six women participated in the creation of this remarkable piece, and each of them signed a square in ink in her own hand. The quilt, made of cotton, is a tied quilt. Evenly spaced visible knots of cotton thread served to keep the inner layer of cotton batting in place and prevent it from bunching.

The exhibit offers a glimpse into who these women were, where they lived, who they married, and when they died. Next to the quilt is a map of Sugar Hill showing the location of the homes of some of the signers, along with a photograph of each signer's home. On a large display board, is a photo of each woman, the square she signed, her home and grave stone.

Of central importance to the whole enterprise is the bride herself, Miss Maude Alice Jesseman, whose photo is on display as well. Her sister, Miss Millie Jesseman, was the organizing force behind this bridal gift, and her square is the only pink one. She signed it "For sister, from Millie."

The quilt defines a pattern of familial and social relationships that illustrate the society and culture of Sugar Hill in 1914. Mothers and daughters, aunts and nieces, grandmothers and granddaughters, sisters and cousins, friends and neighbors are all represented in this tangible display of a rural way of life that thrived in Sugar Hill. Many of these women were born, lived and died in Sugar Hill. Some, including the bride, left Sugar Hill, but returned to be buried among family and friends.

The museum invites visitors to enjoy this extraordinary chance to turn back the pages of time and look into the lives and work of this closely-connected group of friends and neighbors who worked together to produce this handmade work of art.

Quilting is a craft and art long practiced in America for its utilitarian value and its artistic rewards. Out of necessity, early American women pieced together scraps of fabric to make a top layer, placed an insulating layer of cotton or wool between it and a bottom piece of fabric, and secured the three layers with stitching or knots.

Design was always a part of the project. Quilters either created their own patterns or followed those of others, and many traditional patterns emerged. Some are still followed by modern quilters. Over time, quilting purely as an art form took its place alongside its more practical sister.

The signature quilt style

was often used for commemorative purposes. This design involved quilt squares signed by either the makers of the quilt or by others, and was used as a gift or as a fundraiser. Quilts were created to mark a special occasion or in remembrance of friendship among the women who made them.

Other quilts from the Sugar Hill collection are on display around the gallery. All of them were either made in Sugar Hill or have a Sugar Hill Connection.

Antique beds and tools of the trade – work baskets and scissors - are displayed in this gallery. Each woman would have had her own workbasket, threads, scissors, and other necessary materials. The toy closet houses a lively collection of vintage toys, and in the Cobleigh Tavern visitors can examine a cozy 1769 kitch-

en and more quilts.

Adjacent to the main gallery is a well-stocked gift shop filled with delightful items and an extensive collection of books about quilts, toys, and Sugar Hill history. The main feature on the bookshelf is the history of the women who crafted the 1914 signature quilt, the highlight of this year's exhibit.

New on the four-building museum campus is the 1931 Reid-Burpee House, furnished to reflect its period.

Exhibits change annually in the Sugar Hill Historical Museum located on Sugar Hill's Main Street, just across from the post office. The museum is open from 11a.m. to 3 p.m. on Fridays and Saturdays, May 24 through October 7 this year. Admission is free, donations are welcome.

Littleton Community Center Invites You "Come, Learn And Play Mah-Jongg"

Littleton, NH – The Littleton Community Center announces an afternoon of noncomputer gaming fun. Beginning in June, the LCC will host a family friendly game of Mah-Jongg each Thursday of every month starting at 1 PM.

If you enjoy playing cards, chess, checkers, backgammon, tic tac toe or any other memory game, you'll love Mah-Jongg. Originating in China and developed throughout the world since the early 20th centu-

ry, Mah-Jongg is a game of skill, strategy and a certain degree of luck. "It's guaranteed to hold your interest," says Kathy Doriski, who has been playing and teaching the game for forty years.

Whether you're a beginner, intermediate or experienced player, the Littleton Community Center is the place for you. It's free and open to all ages.

For more information, please call 603-444-5711 or email littletoncommunity-center@gmail.com



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The Denny Report
by NH State Representative
Dennis Ruprecht

A Year (So Far)
In Review



While the legislative session comes to a close across the river in Montpelier; NH lawmakers are still in the thick of it in Concord. As we consider a number of bills tomorrow (May 23rd) ranging from driving regulations to the death penalty, I am reminded of the variety in issues taken up by the legislature each week—issues ranging from one town’s request to adorn a bonfire with a car (yes, a car) in order to commemorate its anniversary, to the considerations involved in crafting a \$12.9 billion state budget.

While it’s the budget that will likely extend legislative activity well into June, it’s important that we get it right. It’s necessary for the state to have a balanced budget in order to operate, but a budget is more than just a spending bill, it reflects our state’s values—just as our personal budgets reflect our own. As Granite Staters, we believe in fiscal prudence, but we also see the value in education, and it’s time that we reconcile the two.

My campaign was about

balancing fiscal responsibility with funding for public schools and it turns out that many people in Concord have the same aspirations, albeit with different solutions in mind. I’m not starry eyed about our prospects, with schools closing in Berlin and many others facing financial uncertainty, but I’m also optimistic. Public schools are the cornerstone of a strong economy, democracy, and middle class—the great equalizers that guarantee equal opportunity for people of all backgrounds and from all walks of life.

I mention this because of the great work the legislature has been doing this past year to work towards funding our schools in fiscally responsible ways. While we have much more work to do on a range of issues, I’m optimistic that there is more good being done in Concord than harm. Our government systems demand consensus, and we’re working on building it day by day, one person at a time, in order to build a New Hampshire that works for all of us.



Will Cooler Heads Prevail?

As reported in several previous articles, the state budget as sent to the Senate by the Democratic House majority increased the next biennium budget (FY20 and FY21) by 13% or in terms of dollars, a \$1.5B increase beyond the current operating budget for FY2018-19. A 13% increase for any budget, family, town, county or state is simply unacceptable and unsustainable.

To support such a significant increase, the House budget as passed by the majority depended upon new taxes and fees, including a capital gains tax. The idea of a capital gains tax has received a cool reception in the Senate. Also, within the past few days, Senator Diesch (D) of Peterborough along with several elected officials from the House and Senate, attempted to attach an amendment to an unrelated bill proposing a 6.2% income tax on high wage earners. Fortunately, cooler minds in the Senate prevailed and that motion also went down in defeat. At this point, with

one month remaining in the session it is hopeful that the Senate Finance Committee, chaired by Senator Lou D’Allesandro (D) Concord, for whom I have the greatest respect, will strike a more level headed budget compromise in which NH’s Advantage may be maintained. New Hampshire has many critical needs requiring fiscal attention such as education funding for property poor communities, Medicaid expansion, addressing substance abuse, and constructing necessary facilities to support our high risk populations; however, as with your family, town and county budgets, the state is faced with limited resources and having to weigh one critical need against another.

In addition to the state budget process, Grafton County Commissioners have submitted their recommendations for the fiscal year 2020 budget appropriations and revenue estimates. With few members of the public attending the public hearing on May 20,

Commissioners provided a summary of proposed revenues and expenditures for county departments and programs for the upcoming year. “The fiscal year 2020 budget recommendations show an overall budget of \$46,623,726 which is an increase of 5.43% or \$2,402,185 from fiscal year 2019. The amount to be raised by taxes is \$27,691,914 or an increase of 6.49% or \$1,688,378 from fiscal year 2019.” (Grafton County Commissioners’ Proposed 2020 Budget) The Executive Committee, comprised of 9 Grafton County legislators, will next meet with department heads to discuss the Commissioners’ proposed budget and make recommendations in accordance with the following schedule: June 3, 7, 10, 14, and if needed on the 17th (with all meetings starting at 9:00 AM). After reviewing and taking action, the budget will move forward to the full county delegation for that body’s final action on June 24. If a Grafton County resident has a concern or question regarding the proposed budget, please do not hesitate to contact me at ladd.nhhouse@charter.net or your local representative. Respectfully Submitted, Rep Rick Ladd, Haverhill

Software Search Conversion For
Grafton County Registry Of Deeds

The Grafton County Registry of Deeds is pleased to announce the very successful conversion to the new search records system Laredo. This process involved a great deal of background work by the staff and years of planning and negotiation with software partner Fidlarc Technologies of Exeter, New

Hampshire and Davenport Iowa. Register of Deeds Kelley Jean Monahan, who is serving her 5th term in office, has been working on this conversion for 6 years. “We had to work on programming and paring of support systems, testing of many components, hardware and software re-

lated. This has been a very rewarding experience. We have heard a great deal of positive feedback from the regular users.” said Monahan. New features include a “Laredo on the go” download application for iPod or iPhone use, a notification system where a title search can be saved and named which will trigger a text or email telling the user that an additional document has been recorded to that criteria. Multiple webinars and live “in house” trainings were offered to the professional users and the municipalities. “We now have a very secure and powerful set of tools in place to assist the public, the professionals and our municipalities in ensuring that business involving the office of the Registry is done in an efficient and innovative manner. More information may be found at their website at NHdeeds.com.

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Volume 10 Number 17
May 28, 2019
Not all Times are Trendy, but there will always be Trendy Times

A Rep's Repartee

by NH State Representative Jerry M. Stringham

Wayfair Legislation – Aim First, Fire Second

If you are a business owner who occasionally takes orders over the phone and ships to out-of-state customers, sells your products on Amazon or eBay, or just receives orders on your webpage for out-of-state shipments, you may have heard of the US Supreme Court's Wayfair decision. The Wayfair Decision, named for the manufacturer who sells furniture, lost a Supreme Court case to the State of South Dakota. Even though Wayfair had no buildings or offices in South Dakota, the Supreme Court ruled that Wayfair's promotions and sales were sufficient to establish that Wayfair "does business in" South Dakota. The legal term for this is "nexus." This reverses a long-standing Supreme Court case that determined a business has to have a physical location to establish a nexus.

Because Wayfair is doing business in South Dakota, South Dakota wants them to collect sales tax on any orders placed for shipment to South Dakota. Since last year's decision, about 30 states have enacted laws or regulations to collect sales tax from businesses like Wayfair, each at their own tax

rate and for orders shipped to its state's citizens. This includes businesses located in New Hampshire.

Many large, multi-state businesses that include New Hampshire operations have implemented practices consistent with the Wayfair Decision. For some NH businesses, collecting and remitting the tax may threaten their ability to exist. There are thousands of tax jurisdictions in the US as some states have rates that vary by town. What small business has the time to figure that all out?

The NH constitution protects businesses from requirements that represent an "undue burden." NH businesses do not collect and pay sales tax to the state. Our state's Attorney General is prepared to take other states to court when they place onerous requirements on NH businesses. Properly crafted legislation can help limit the applicability of Wayfair in the state of NH.

The NH House Ways and Means Committee has spent more time on Senate Bill SB-242 than any other legislation in committee this session. The bill must support the Granite State's constitutional principles and

be reasonable in the eyes of an independent court. Some provisions our committee has added include notification and registration requirements, a provision for NH businesses to retain a portion of the tax collected (as they do for state Rooms and Meals tax), and restating our undue burden requirements. We have been aided by articulate, experienced, and gifted attorneys from our state, some of whom have and may argue these provisions in the US Supreme Court.

NH is one of five states without a broad-based sales tax. So, while other states have enacted legislation and are planning how to spend their new sales tax revenue, NH is playing defense for our businesses and acting with more forethought. Any new laws, like SB-242, will not change the Wayfair Decision. The goal is to limit Wayfair's reach when other states cross the undue burden protections afforded businesses by the New Hampshire Constitution. If you are a NH business and have concerns, most states are requiring sales of at least 200 items to that state or at least \$100,000 of goods before collecting and filing are required. Our state would like to hear from you if you have received a notice from any other state.

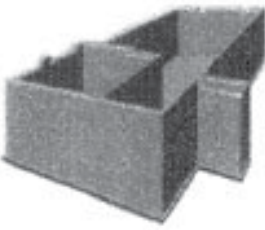
Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email jerry@jerrystringham.com.

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Open Air Market Slated For Pollyanna Day

Littleton, NH – The Littleton Community Center is hosting its 9th Open Air Market on June 8th from 9 am – 1 pm in conjunction with the Pollyanna Day festivities. "This year the Open Air Market will have a number of vendors featuring locally made products, flea market finds and homemade baked goods, including delicious pies," states LCC Hostess, Wendy Clark. "There is still some space available for interested participants."

The Littleton Community Center is a non-profit organization that exists to preserve the beautiful historical property and to cultivate a sense of community by providing a

place where all people can comfortably come together to participate, share and learn. The Open Air Market is one of the LCC'S annual fundraising events and is an opportunity for community members to see one another in a fun and relaxed setting.

Clark invites everyone to come check out the Open Air Market, take a tour of the building and participate in a 50/50 raffle with proceeds to benefit the restoration of the LCC Carriage House Annex.

For more information, please call 603-444-5711 or email littletoncommunitycenter@gmail.com.

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Jazz Band to Perform at Littleton Community Center

Littleton, NH – The Littleton Community Center is again hosting the Sippican School Jazz Band on Wednesday, June 19 at 2:00 pm in an upbeat program of traditional jazz favorites. Last year's concert was "full of energy and lots of fun" according to the Community Center's hostess, Wendy Clark.

The band is made up of 25 students ages ten to twelve from a small public school in the seaside town of Marion, Massachusetts. Despite their young ages, they perform at a very high

level and audiences greet their performances with enthusiastic applause. Look forward to some improvisational solos!!

Bring a chair and join us on the front lawn of Littleton's Unique Historical Property to enjoy this talented group of young musicians directed by Hannah Moore. It's sure to be a fun and inspiring afternoon for all ages. For more information, please contact the Littleton Community Center at 603-444-5711 or email littletoncommunitycenter@gmail.com

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FARM & GARDEN

Calendar of Events

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

TUESDAY, MAY 28

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

THURSDAY, MAY 30

FRIENDS OF THE ATHENAEUM ANNUAL MEETING
9:30 AM
St. Johnsbury Athenaeum

BATH GHOST WALK

7:00 PM
Carbee Cemetery, Rte 135, Bath
See Article on Page 7

FRIDAY, MAY 31

THE GHOST OF PAUL REVERE
8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 4 and Article on Page 11

SATURDAY, JUNE 1

NORTH COUNTRY CORNHOLE TOURNAMENT
10:00 AM - Double Elimination
Toad Hill Farm, Franconia
See Article on Page 7

SUNDAY, JUNE 2

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
Tom Breslin Center, Lyndon

TUESDAY, JUNE 4

12,000 YEARS AGO IN THE GRANITE STATE
7:00 PM
Alumni Hall, Haverhill Corner

THURSDAY, JUNE 6

WOODSVILLE WELLS RIVER 4TH OF JULY MONTHLY MEETING
7:00 PM
Woodsville Community Field Building

SATURDAY, JUNE 8

PLANT SALE BY LITTLETON GARDEN CLUB
9:00 AM - 1:00 PM
Littleton Community Center Porch, Main Street
See Article on Page 5

LUPINE FESTIVAL MARKET

10:00 AM - 4:00 PM
Sugar Hill Meeting House & Grapo Building
See Ad on Page 9

WHITE MOUNTAIN DAR MEETING

11:00 AM
Whitefield Public Library
See Article on Page 7

RICK CLOGSTON CONCERT

5:00 - 7:00 PM
Railroad Park, Central St., Woodsville

SUNDAY, JUNE 9

LUPINE FESTIVAL MARKET
10:00 AM - 3:00 PM
Sugar Hill Meeting House & Grapo Building
See Ad on Page 9

BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash Game - 1:45 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY, JUNE 10

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

WEDNESDAY, JUNE 12

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

THURSDAY, JUNE 13

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

FRIDAY, JUNE 14

FLAG DAY CEREMONY
6:00 PM
Ross-Wood Post #20 American Legion, Woodsville

SUNDAY, JUNE 16

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

WEDNESDAY, JUNE 19

SIPPICAN SCHOOL JAZZ BAND
2:00 PM
Littleton Community Center
See Article on Page 5

THURSDAY, JUNE 20

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

SUNDAY, JUNE 23

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:45 PM Tournament
American Legion Post 30, Rt. 5, Lyndon

SUNDAY, JUNE 30

LYME TOWN BAND'S ICE CREAM SOCIAL
4:00 PM
Fairlee Town Common

THURSDAY, JULY 4

WOODSVILLE WELLS RIVER FOURTH OF JULY CELEBRATION
11:00 Parade / 10:00 PM Fireworks
Central Street & Community Field

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
1:30 - 2:30 PM
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

MON./WED./FRI.

RSVP BONE BUILDERS
1:30 - 2:30 PM - United
Community 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
RSVP BONE BUILDERS
2:00 - 3:30 PM - East Haven Library
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
2:00- 3:00 PM -East Haven Library
TUESDAYS/FRIDAYS
RSVP BONE BUILDERS
9:00-10:00 AM
St. Johnsbury House
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 - United Community
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 - West Barnet Senior Meal Site
NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHESES W/FRIENDS
10:00AM - 2:00 PM / Lunch @ 12:00
Groton United Methodist Church
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
9:00 - 10:00 AM - St. Johnsbury House
9:30 - 10:30 AM
Grace Art Gallery, Hardwick
1:30 - 2:30 PM - United Community
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

June 2019 Activities
WE ARE LOOKING FOR VOLUNTEERS, ESPECIALLY IN THE DINING ROOM, RECEPTION, & MEALS ON WHEELS DELIVERY

JUNE 15: 8 AM - 2 PM
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*Exploring Drawing Class by The Arts Alliance of Northern NH July 9-Aug. 27, 9:45-11:45 call to reserve a spot. 603-787-2539. No cost.

*Massage by Donna Paye, Tuesday, June 4, beginning at 9, call to reserve a spot

*Foot Clinics: Friday, June 7 with Beverly Sinclair, RN, call to schedule an appointment

Monday, June 3 and 17 with Susan Hanna Rose, RN, call to schedule

*Let's keep UKELE going with our peer run practice sessions on Wednesdays at 1:00

*Herbal Class with Elaine on 6/14 & 6/28 at 12:30

*Domestic Trauma Group meets on 6/13 & 6/27 @ 10:30

*Grief Support - 1st Wednesday of each Month at 10:30 in the library, contact Florence *Thornton for more information fthornton@gcssc.org, 787-2539

*Interfaith Coffee 6/4 & 6/18 at 9:30

*Cards with Jeannie Friday, June 7 @ 9:30

*Floral with Jane on Thursday June 13 @ 9:30

*Haircuts with Marshall Meade, licensed barber on June 3 & 17th starting at 1:00, Cost is \$10, call or stop in

*Giggles for exercise, by Cyndi Wellman, another way to exercise. For people of all ages and mobility issues

*BOCCE BALL by Adaptive Sports of the North Country on 6/14, 7/26, 8/16 from 1:00-2:00

Bone Builders daily: M, W, F at 9:30 T & TH at 1:30 BINGO on Wednesdays at 1:00

Cribbage on Thursdays at 12:30

Mahjong on Fridays at 9:30

Hand & Foot Cards on Fridays at 12:30

Memoir Writing Group on 6/14 & 6/28, Jessica Aiken Hall

Plastic Canvas on Tuesdays at 12:30

Nifty Needlers on Tuesdays at 9:00

Music:

The Boyz - 6/19

Byron Berwick-6/12

Bob Benjamin - 6/13 & 6/27

Barry Hayes - 6/4, 6/26, 6/28

Carl, Gloria, & Friends - 6/6

Ethel Cooper - 6/14 & 6/20

Phyllis Vogel - 6/11 & 6/26

Wayne Klinger - 6/10 & 6/24

Bancroft House Hosts Cornhole Tournament

Franconia - The Greater Littleton community is invited to spend June 1st enjoying family fun and good-spirited competition in the 2019 North Country Cornhole Tournament to benefit the Bancroft House. Cornhole is cross between the popular games Toss Across and Horseshoes. Teams of two compete to toss a corn-filled bag through a hole thirty feet distant. Cornhole tournaments are gaining in popularity, with leagues forming and tournaments taking place across the country.

Earl Duval, Chair of the Bancroft House Board of Directors states, "Cornhole is a fun, family-oriented activity for individuals of all ages which fits nicely with our mission to serve homeless families. As a non-profit, the Bancroft House is always seeking new and creative means to spread awareness of the issue of North Country homelessness and raise funds to support our mission at the same time."

Duval has spent the winter preparing for the event. "The first year in any event is always the most challenging in organizing an event of this nature" comments Duval. Through the generosity of the Toad Hill Farm, Lowes, Walmart, 99 Restaurant & Pub, Irving Oil, Presby Construction, Blue Sky Towers, Bianco & Sons Sausage, and many participants the event is sure to be a great success.

The tournament hosted

by Mandy & Gene Young at the Toad Hill Farm in Franconia will begin at 10:00 AM with double-elimination competition throughout the day. The event will offer breath-taking views of the White Mountains, Cornhole tosses for the kids with prizes, a 50-50 raffle, food and beverages, and music. Cash prizes to the top three finishers. Family and friends are invited to bring lawn chairs, a hearty appetite and enjoy an afternoon cheering on the competitors (sorry... no coolers allowed).

To date this year, the Bancroft House has provided 828 "bed nights" to over twenty North Country residents as they sought permanent housing. "The Bancroft House is on track to have one of its busiest years on record" states Duval. "Despite the reports of a healthy economy, the Bancroft House has been at or near full capacity to date. The demand never wanes for individuals who have experienced tragedy, illness, or bad luck when it comes to finding and maintaining a roof over their heads."

Individuals wishing to participate in the event can print out a registration and pledge form from the News & Events page at www.thebancroft.com or e-mail eduval@dkt-legal.com for more information. Registration is limited to only 64 teams.

The Bancroft House, founded in 1982, provides a

secure, temporary home for women, children, and families in need with compassion and respect for those we serve in a clean, comfortable, safe environment. The mission of the Bancroft House depends almost completely on the generous support of individuals and private organizations.

Annual Ghost Walk In Bath

On Thursday, May 30th, the Bath Historical Society will be holding their annual Ghost Walk. This year, the Ghosts will be walking at the Private Carbee Cemetery located on Route 135 in Bath ... approximately 2 miles north of the Raymond Burton Bridge at 7 PM ... rain or shine. Join us for this enjoyable evening while we listen to some of the inhabitants of the cemetery comment on their lives.

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Margaret Pratt Community Celebrates the 26th Annual National Senior Health & Fitness Day®

Bradford, VT - Margaret Pratt Community, Bradford's newest assisted living community, will celebrate the 26th Annual of National Senior Health & Fitness Day® (NSHFD) on Wednesday, May 29, 2019. As an official event site, Margaret Pratt Community will hold several different activities and health stations open to the public from 10am - 3pm at 210 Plateau Acres, Bradford, VT.

On this day, Margaret Pratt Community, along with Orange East Senior Center, Little Rivers Health Care, Bradford Public Library and The Space on Main, will join an estimated 100,000 older adults across the country participating in local activities to help promote active, healthy lifestyles through physical activity, good nutrition, and preventive care.

The National Senior

Health & Fitness Day is a wonderful opportunity for seniors to make, renew, and revitalize their commitment to live healthier lives through better health and fitness. It is also a great opportunity to visit Margaret Pratt Community and enjoy a fun day they have planned with staff and residents. From yoga with Jill Cray, and a chronic pain station with Little Rivers Health Care, to goodies to take home, and a chance to win prizes, Margaret Pratt Community has a full day planned for everybody.

For more details on all of the events happening at Margaret Pratt Community and across the town of Bradford, visit the event page on Margaret Pratt Community's Facebook page or contact Jamie Rogers at 802-222-5554.

White Mountains DAR To Meet

The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Saturday, June 8, gathering at 11:00 AM. The meeting will be held at the Whitefield Public Library, 8 Lancaster Road (Route 3 North), Whitefield.

A short business meeting will precede our guest speaker, Commander David Lewis USN of Colebrook, NH. Commander Lewis served on the USS Liberty and was injured when it was attacked by Israeli forces during the Six Day War in 1967. Joan Mellen, Professor Emerita at Temple University and author of 24 books, interviewed Commander Lewis for her book about the attack and

the unanswered questions surrounding it. The book, "Blood in the Water: How the US and Israel Conspired to Ambush the USS Liberty," is dedicated to Commander Lewis. Books will be available for purchase. Light refreshments will be served.

Guests and the public are welcome and always cordially invited to attend DAR meetings. For handicap accessibility use the rear parking lot and ramp. Additional parking is available behind in the church lot.

For further information about the meeting or membership in the Daughters of the American Revolution (DAR), please contact Alicia Prater (991-3755).

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NEK Council On Aging Delivers Veggies Buckets

St. Johnsbury, VT - In celebration of May as Older Americans Month, the NEK Council on Aging worked with several community partners to create 21 self-sustainable vegetable buckets for area older Vermonters. The buckets are crafted to retain water to reduce the need for significant maintenance and they can easily fit in a small space.

Karen Budde, the RSVP Volunteer Coordinator for the Council, visited the 8th grade class at the Good Shepherd School in January to present them with the concept and to explain how the community could support area elders to live well and as independently, with dignity, for as long as possible. In addition, she spoke of the value of volunteerism.

"Our older community friends and neighbors' physical health are important, and

the veggie buckets provide a means for eating foods that are higher in nutrients. Our elder friends look forward to taking responsibility for the veggie bucket and they increase their activity level by taking care of it," said Budde. "The artwork created on the buckets by the students was so amazing - for many elders, it was a very special gift. This is the third year we have coordinated this effort and we are grateful to have the help of the students from Good Shepherd this year. They did a great job."

The plants for the containers were provided by the Weed and Seed Club of St. Johnsbury and Maple Grove Farms provided the buckets. Karen Budde and Loralee Tester, 8th grade advisor for the Good Shepherd School, personally delivered the buckets to recipients.

Cottage Hospital CEO Awarded For Outstanding Achievement In Rural Healthcare

Woodsville, NH (May 14, 2019) — Cottage Hospital's Chief Executive Officer Maria Ryan, PhD, APRN, has been selected by the National Rural Healthcare Association (NRHA) as this year's recipient for the coveted Louis Gorin Award for Outstanding Achievement in Rural Health Care.

This award is presented annually in memory of Louis Gorin, a federal employee who for 25 years helped lead the design and authorization of health initiatives for rural America. Award recipients are selected based on their creativity, unselfishness, compassion, cooperative attitude in seeking ways to make lasting contributions to rural health care, and a demonstrated effect on rural health at the state and national levels.

As a leader, Ryan is known for her energetic leadership, and the ability to envision and create successful outcomes in complex situations. Dr. Ryan has diverse healthcare and functional expertise from rural to tertiary medicine, with a tenacious commitment to driving results and motivating staff to peak performance. Under Ryan's leadership, Cottage introduced their Center of Orthopedic Excellence, the Ray of Hope Geriatric Behavioral Health Center, a designated trauma center for adults and pediatrics, and a transfer-center that accepts medical, surgical and intensive care patients from other hospitals. Enhanced surgery recovery protocols were also introduced to improve patient's surgical experience and help in decreasing in opioid use. Additionally, Cottage staff are training



Cottage Hospital CEO Maria Ryan and NRHA CEO Alan Morgan

in mind-body integration, which she believes will lead to better health outcomes for patients.

Outside of the hospital, Dr. Ryan is a volunteer on many boards in the area, including Chair of the New Hampshire Rural Health Coalition, Board of Trustee member for the New Hampshire Hospital Association, New Hampshire Bishop's Charitable Assistance Fund, the Foundation for Healthy Communities, the New Hampshire Musculoskeletal Institute, Catholic Charities, and the New Hampshire Rural ACO. Ryan is always willing to provide familiarity and understanding in regards to legislative matters concerning rural hospitals and healthcare. In 2017, the American Hospital Association appointed her a delegate for their Regional Policy Board on small or rural hospitals.

"I have always been a lifelong advocate of the Patient's Bill of Rights, as well as a healthcare employee advocate creating supportive working environments," said Ryan. "I am so proud and extremely grateful and humbled to be recognized for such a prestigious

award, and will strive to provide industry-leading and innovative health care to rural communities."

Cottage Hospital programs have also earned numerous accolades including the "Top 20 Best Quality" designation from the National Rural Health Association in 2014. In addition, Cottage was one of only two in New Hampshire to receive Gold Recognition for its part in the National Hospital Organ Donation Campaign to encourage organ, eye and tissue donations and registrations.

The 2019 Awards Luncheon will be held at NRHA's 42nd Annual Rural Health Conference on May 9th in Atlanta. Over 1,000 rural health professionals are expected to be in attendance to recognize outstanding individuals and organizations and their contributions to rural health.

About NRHA

The National Rural Health Association is a national nonprofit membership organization with more than 21,000 members. The association's mission is to provide leadership on rural health issues through advocacy, communications, education and research. NRHA membership consists of a diverse collection of individuals and organizations, all of whom share the common bond of an interest in rural health.

About Cottage Hospital
Cottage Hospital is a rural community hospital located in Woodsville, NH. For more than 110 years, the hospital has been serving 26 towns in the Upper Connecticut River Valley of New Hampshire and Vermont with a broad range of services that include the Ray of Hope Geriatric Behavioral Health Center, the Rowe Health Center, the Center for Orthopedic Excellence, a transfer-center accepting medical, surgical and intensive care patients from other hospitals, and designated trauma center for adults and pediatrics. For more information, visit www.cottagehospital.org or call 603-747-9000.

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Warren, NH Chosen for Second NH Solar Shares Location

Warren, NH: NH Solar Shares announced today that they will be partnering with the Appleknockers General Store to build their second community solar PV array in Warren, NH. NH Solar Shares is a program run by the Plymouth Area Renewable Energy Initiative designed to share solar energy with income eligible families, increase the portion of solar energy on the grid and contribute to a healthier environment.

"When we first heard about NH Solar Shares and their mission to bring the benefits of solar energy to local families in our area, we were immediately interested," said store owner, Tori Berger. "We want to support our local community in any way we can and we have the perfect roof for installing solar panels."

NH Solar Shares built their first community solar project in Plymouth, NH last Fall on the hillside behind the Frosty Scoops ice cream stand owned by the Common Man Family of Restaurants. Currently ten local families from the Plymouth area serve as shareholders for the Plymouth solar array. Once the project in Warren is underway, NH Solar Shares will be looking for families from the Warren/Wentworth area to sign up for the program. There is no cost to sign up and new families rotate through the program every two years.

The solar energy generated from the community solar arrays are credited monthly to the families' electric bills. To participate, households must be in the NH Electric Cooperative service territory, qualify for NH Fuel Assistance and be



interested in learning about both solar energy and home energy savings.

"We are committed to working long term with NH Solar Shares and supporting its effort to build community PV arrays in our service area and bring the benefits of solar energy to more of our members." Said Steve Camerino, President of the

NH Electric Cooperative.

The Plymouth Area Renewable Energy Initiative is kicking off a special small donor fundraising campaign to help raise the funds to build the community solar project in Warren. For just pocket change, community members interested in supporting the project can reduce climate change by

donating to the cost of the solar panels for the project. Learn more about the Buy C02 Fundraising Campaign here: <https://nhsolarshares.org/carbon/>

NH 03264; 603-536-5030 nhsolarshares@plymouthenergy.org For more information visit www.nhsolarshares.org

NH Solar Shares LLC is a wholly owned subsidiary of the Plymouth Area Renewable Energy Initiative - a 501-C 3 Not for Profit Tax Exempt Charitable Organization.

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SERVICES

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LOOKING FOR PART TIME WORK as companion for elderly or handicapped. Light housework, chores, meals, possibly errands, play cards. No lifting. Prefer Monroe, NH or Barnet, VT area. Margie Emmons, 376 Coppermine Road, Monroe, NH 03771. natureheals9999@gmail.com 07.09

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“Holler Folk” Comes to The Colonial

With the support of Moat Mountain Brewing, the newly renovated Colonial Theatre in Bethlehem, NH is pleased to present The Ghost of Paul Revere with special guest The Jason Spooner Band, Friday, May 31.

“We grew up listening to Radiohead and the Beatles and Led Zeppelin and Pink Floyd,” says Griffin Sherry, guitarist/singer in The Ghost of Paul Revere. “Everyone assumed we were a bluegrass band because we were playing these traditional instruments, but we weren’t writing traditional music. We were just writing songs with the instruments we had.”

The result is a sound that the Portland, Maine-based band describes as “holler folk,” not because it involves a lot of hollering, per se, but because it invokes the rich communal tradition of field hollers, with their call-and-response melodies, sing-along hooks, and densely layered harmonies. That sense of musical camaraderie is essential to everything The Ghost of Paul Revere does.

“The Monday before Newport we got a message saying to pack our bags and come on down,” remembers Sherry. “We hadn’t played much outside of Maine or started opening for any big acts yet at that point, and it was a hugely inspiring moment.”

Word began to spread about the rowdy pickers from the north. The Boston Globe raved that they “create the type of music for which festivals are made,” while No Depression said they “prove that superior roots music can come from anywhere,” and Dispatch Magazine wrote that they possess not only “the chops, but the heart to reach their audience and leave an undeniable impression.” Hitting listeners straight in the feelings has been the band’s M.O. since its inception in 2011, and they’ve used their powerful stage show to convert the masses at every stop along their long and winding journey, which has included shared stages with artists like The Avett Brothers, The Travelin’ McCourys, Brown Bird, The Revivalists, the Infamous Stringdusters, and more.

The ingredients behind northern New England’s Jason Spooner Trio read like a bizarre musical science experiment. Start with a prolific, singer/songwriter (Jason Spooner) with heavy roots, folk & blues influences. Then mix in a classically trained bassist (Adam Frederick) with foundations in jazz and a knack for serious pocket grooves. Lastly, shake things up with a rock-solid drummer (Reed Chambers)



with deep-seeded roots in funk, soul & reggae and you’ve begun to scratch the surface of this unique, energetic band.

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$29 for general admission tickets; Colonial, Catamount Arts and St. Kieran’s Community Center for the Arts, Gem Theater and Loading Dock members \$25. Reserved Front & Centers seats (available on-line only) are \$39. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury or www.BethlehemColonial.org. The doors open at 7 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events

find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line or tune in to North Country Community Radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great Americana music is made possible with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tillotson Fund, The Jane B. Cook 1992 Charitable Trust, and The Colonial’s promotional partner, Catamount Arts.

Vermont Comforts of Home

Upper Valley Services has expanded our scope and area of services to Vermonters’ looking for alternatives to living and aging in traditional medical and nursing facilities. Now they can be supported through our Comforts of Home Program. The new initiative works with individuals to match them with qualified, supportive shared living providers in the communities in which they want to live. Shared Living Providers open their homes and hearts, giving people the opportunity to receive the skilled supports they need at home. An array of individualized supports including but not limited to personal care, medication management, support to attend social events, and overall care and support to live a life with dignity and choice are the responsibilities of our skilled Shared Living Providers. If interested in learning more about becoming a shared living provider, please contact us at 802-222-9235 email kwright@uvs-vt.org

If you enjoy the little things in life, and could help individuals maintain a balanced, healthy, fun, and relaxing life, you’re who we are looking for.

Upper Valley Services of Bradford

Direct Support Specialists, to provide support to individuals with intellectual/developmental disabilities in their community, work place, and home. Qualified candidates will be dependable, creative, demonstrate skills to support life-long learning and develop meaningful relationships. Background checks, valid driver’s license with a reliable vehicle and valid insurance required. Full time. Part-time positions available, and additional per diem substitute hours available. Why you should apply:

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Shared Living Providers

Seeking individuals or families interested in welcoming a person with disabilities into their home. We are currently seeking homes to provide support with problem solving, decision making, and interpersonal skills. We are seeking team players ready to shape an inclusive setting that promotes a fulfilling life. Responsibilities include providing supports to move individuals toward achieving their goals, transportation, scheduling routine medical care and creating opportunities for recreation and socialization. Compensation includes a monthly tax-free stipend and room and board.

Please call Kelley at (802) 222-9235 to complete an application. Additionally, email can be sent to kwright@uvs-vt.org, to submit resume or request an application.

Federal Grant Money Available for Recreational Projects

The New Hampshire Division of Parks and Recreation announces Grant Round 30 of the Land and Water Conservation Fund (LWCF).

The LWCF State and Local Assistance Program of the National Park Service (NPS) is intended to preserve and enhance opportunities for public outdoor recreation. Various levels of local government including cities, towns, counties, and school districts are eligible to apply for assistance and sponsor projects. Funds may be used for the development of facilities and/or acquisition of land for public outdoor recreation use. The program requires that sponsors commit to a minimum 50% share of total project costs, and maintain funding areas in perpetuity.

The New Hampshire Division of Parks and Recreation administers the program within the state.

Potential applicants must submit an “Intent to Apply” form with the Division by 4 p.m. June 28, 2019. Forms, which provide program administrators with basic project information, are available on nhstateparks.org under Community Recreation. The content of the submitted forms along with project site inspections will be evaluated for eligibility. Potential applicants whose project proposals are determined to be eligible will receive an invitation to apply including full application packets and further instructions.

Under the last grant round, eleven municipal projects were selected totaling \$1,295,603.50 in funding requests.

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Executive Director



Cohase Chamber of Commerce

The Cohase Regional Chamber of Commerce seeks an energetic, motivated individual to serve as its Executive Director. This is a part-time position (15 hours/week) that reports to the Board of Directors. Previous experience preferred.

Overall Responsibility:

- Responsible for the day-to-day Chamber of Commerce management, the implementation of policies established by the Board of Directors, and the coordination and implementation of activities, the majority of which are carried out by the volunteer base.
 - Maintains a smooth and effective relationship with members, functioning as liaison with the Board of Directors, while actively managing all of the business affairs of the organization.
 - Serves as the organization’s official spokesperson.
- Requirements**
- Professional presence, leadership, and strong interpersonal and communication skills.
 - Ability to build consensus.
 - Experience managing a coordinated online presence among most relevant social media channels.
 - Knowledge of computer software applications, including, Microsoft Word, Microsoft Excel, Microsoft PowerPoint, Microsoft Publisher, Constant Contact and WordPress.
 - Self-starter who has a high level of initiative.
 - Leadership style that encourages team effort.
 - Consistent attendance at monthly Board meetings, committee meetings, chamber events and occasional regional meetings as needed.

The Board is accepting resumes on a rolling basis with intent to fill the position by June 15, 2019. Please email your letter of interest and resume to cohaseexecsearch@gmail.com.

The Cohase Chamber of Commerce serves the beautiful Cohase region, nestled in the valley of the Connecticut River. This region encompasses the Vermont towns of Newbury (including the villages of Newbury, Wells River and West Newbury), Bradford and Fairlee, and the New Hampshire towns of Haverhill (including Haverhill Corner, North Haverhill, Mountain Lakes, Pike, and Woodsville), Orford and Piermont.

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Vacation and Retirement: Different Goals Require Different Investment Strategies

To achieve any of your financial objectives, you need to save and invest – that much is clear. But just how you save and invest may differ from goal to goal. Let's look at two common goals to see the differences in your savings and investment strategies.

The first goal we'll consider is a dream vacation – one lasting a couple of weeks or more, possibly to an exotic locale. So, for the investments you've designated to fund this vacation, you need two key attributes: liquidity and low risk. The liquidity requirement is pretty self-explanatory – you want to be able to get to your vacation funds exactly when you need them, and you don't want to be slapped with some type of early withdrawal or tax penalty.

The low-risk part of your vacation strategy means you want investments that won't drop in value just when you need to sell them to use the proceeds for your trip. However, you need to be aware that those types of stable-value

investment vehicles likely will not offer much growth potential. As you may know, the investments with the greatest possible rewards are also those that carry the highest degrees of risk. Yet, by starting to invest early enough in more conservative investments, and putting away money regularly, you may be able to compensate for the lack of growth opportunities.

Now, let's turn to your other goal – retirement. When you are saving for retirement, your primary objective is pretty simple: to accumulate as much money as you can. Consequently, you will need a reasonable percentage of your portfolio devoted to growth-oriented investments. But what's a reasonable percentage? There's no one-size-fits-all solution – the amount of growth investments in your portfolio should be based on several factors, including your age, risk tolerance and projected retirement lifestyle.

Furthermore, this percentage may need to change over time. When you're just starting out in your career, you may be able to afford to take on the greater risk that comes with having a higher percentage of your portfolio in growth investments. But as you get clos-

er to retirement, you might want to begin shifting some dollars toward more conservative vehicles – you don't want to be over-exposed to the volatility of the financial markets just when you need to start selling investments to help fund your retirement.

Nonetheless, you won't want to give up all growth investments, even during your retirement years. You could spend two or three decades as a retiree, and over that time, inflation could take a big toll on your purchasing power. To counter this effect, you will need to own some investments that have the potential at least to equal, and ideally outpace, the cost of living.

The examples of taking that extensive vacation and enjoying a long retirement illustrate the importance of recognizing that you will have many goals in life – and you'll need to prioritize and plan for them, sometimes following significantly different investment strategies. When you do, you'll give yourself a better chance of reaching your destinations.

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

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NEWBURY, VERMONT

JUNE 18TH, 1843

Lost And Found

by Elinor Mawson

Not long ago, there was a supplement in the Manchester paper containing the names of people who had money coming to them from various sources. Just on a whim, I looked for my name and VOILA! there it was.

I called the number it supplied and found that I had \$161.00 that had been unclaimed! The woman I talked to said she would send me the paperwork to be filled out and notarized, and that was subsequently done. And after several weeks, I received a check. It was almost like that money came down from the sky

Nearly a year ago I withdrew several hundred dollars from the bank, put it in the bank envelope and, since it was a Saturday, went on my usual routine of yard sales and flea markets. When we were finished, we wended our way South to our son's house where we were being given a party for our 60th anniversary.

Somehow or other my glasses came apart and I couldn't fix them. There was no way I could, last a whole weekend without them (they were "readers" from Wal Mart), we started looking for a pharmacy where they could be replaced.

Since we were taking the long way to the seacoast, we went through several small towns and there weren't any drug stores big or small that we could see. When we reached a small college town north of Manchester, we passed an independent pharmacy which looked promising, we stopped, and I went in.

When I asked if they had the type of glasses I needed, I was directed to the back of the store. There were all of 3 pairs of glasses--two which weren't strong enough and the third was a pair of "cat's eye" spectacles which were the right strength and \$20. Even though I didn't want to spend that much, I decided they had to do.

So I took the money out of the bank envelope, paid for my purchase, and ran out to the car to model my new glasses for my husband.

That evening we talked about going to a nearby flea market the following day, and I looked in my pocketbook to find out how much money I had left. There was no money and no bank envelope!

We searched and searched. My husband went through the car with a fine-tooth comb. No money! Needless to say, we were both fit to be tied!

At our party the next day

we were a little subdued, but there was no sense in sharing our misfortune. We had a good time, ate some wonderful food, and pretty much chalked our loss up to a lesson learned.

When we got home the following Monday, we got a call from our bank. The person asked if we had been in Henniker recently and my heart took a leap! It seems that an employee of the drug store had seen me drop my money envelope but it was too late to catch us before we took off. She looked into the envelope, saw the bank receipt and gave them a call. She had the last four digits of our account, and between them, the mystery was solved. The bank person said a lady named Sarah had found the money and called the bank.

The next day, armed with a thank you note, we went back to Henniker. Sarah wasn't there that day, but I offered a reward to her colleague who said Sarah wouldn't accept it. I couldn't believe my good luck and left the note for Sarah when she came in.

My note thanked Sarah for being honest, a good citizen, and a wonderful person. I also told her to tell her mother she had raised a fabulous daughter.

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Brenda Ann Deming: OBITUARY

Brenda Ann Deming, 76 passed peacefully on May 18, 2019 with family by her side at The Glencliff Home in Benton, NH.

Brenda was born on June 10, 1942 in Lebanon, NH to Philip Ira Deming and Barbara Deming (Voudrin).

Brenda spent many years working at the former Barge Inn Restaurant as a waitress. She enjoyed talking and learning about her customers, who soon became friends.

She loved the summer, and often was caught in her convertible with the top down listening to Neil Diamond. She collected rocks and pieces of nature each piece having a story, often of a grandchild that brought the item to her with love.

Brenda loved to listen to the trains they reminded her of her dad. She also loved sports often visible at her children's, grandchildren's and great grandchildren's games, always taking school spirit and sportsmanship seriously.

She was a lover of Jesus. She loved country music and could often be seen at the local music jams or found listening and jamming out to Johnny Cash.

She was the ultimate provider, remaking beds, not allowing anyone else to do the dishes or laundry because it would just never be done



right. She devoted her life to making sure everyone had their needs and wants met before worrying about her own.

She was a beautiful soul and loved by nearly everyone she met. She became Gram to so many as she decided to raise and be the guardian of two of her grandchildren. She was Gram to all their friends. And any person she met was greeted with a hug. She loved and advocated for all children. She was a true warrior and selfless champion.

She was predeceased by her son, Perry Davidson.

She is survived by her twin sister Sandra "Lee" Baird, of North Haverhill, NH. Brother Carlton Deming of Arizona. Brother Randy Deming and wife Becky Deming of Oklahoma. Her son Philip

Davidson and wife Annette Davidson of Woodsville, NH. A grandson Jason Davidson and his children Camren, Gavin and Lexis. Joseph Davidson and his son Oakley. Her grandsons Jake, Luke, and Ean Davidson and their families. Her son Thomas Davidson of Barre, VT. His two children Emily Davidson and Elizabeth Davidson and their families. Her daughter Christal Millette of Willow Springs, NC. Her granddaughters that she raised Shyanne Allbee, husband Brandon Allbee, and great grandson Beau Allbee of East Ryegate, VT and Sarah Hatch of Carlisle, PA. Also survived by other great grandchildren, nieces, and nephews.

A celebration of life will be held at The American Legion Ross-Wood Post #20, 4Ammonoosuc Street, Woodsville, on Friday, June 14, 2019 at 4pm.

In lieu of flowers donations can be made to Copper Cannon Camp, PO Box 124, Franconia, NH 03580.

Edna M. (St. Lilaire) Twombly: COMMITTAL NOTICE

Edna M. (St. Hilaire) 94. Twombly of Littleton, New Hampshire passed away peacefully at Littleton Regional Hospital on December 28, 2018 at the age of

SERVICES – A Grave-side Service will be at Grove Hill Cemetery, Lisbon, NH on June 1st at 11:00 AM.



Members of the 8th grade class at the Good Shepherd School join Karen Budde (left) NEK Council of Aging RSVP Volunteer Coordinator and Lorelee Tester, 8th grade advisor as they took a break from creating portable vegetable bucket gardens for area elders. The team created 21 self-contained gardens with the help of several community partners.

Dale W. Powers: CELEBRATION OF LIFE



Woodsville, NH – Dale W. Powers, 66, died Friday, December 21, 2018, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

A Celebration of Life was to be held on Saturday, May 25, 2019 beginning at 11 AM at the Orange East Senior Center, 176 Waits River Road, Bradford, VT. For more information or to sign an online condolence please visit www.rickerfh.com

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

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Ray "ROS" Charles Edwards: OBITUARY

Ray "ROS" Charles Edwards passed away on Monday, May 6th, 2019 in Lebanon, NH at the age of 69.

Ray was preceded in death by his parents, Raymond and Mary (King) Edwards.

Ray is survived by his son Josh (Megan) Edwards and their son of Chicago, IL; sister Mary Lou (Fred) Phelan of Southbury, CT and their children; brother Robert Edwards of Bridgeport, CT and his children and his best friend Laura Kay of Woodsville, New Hampshire.

Ray was born on November 22nd, 1949. He attended various schools before turning his humanitarian efforts to creating The Cloverleaf Drop-In Center of Littleton, NH. The center was designed to provide peer support in the recovery process from mental illness. Ray continued providing mental



health support to others until his passing.

For those wishing to pay respects, family and friends will gather Saturday, June 8th at The Shared Ministry of Lisbon-Landaff at 49 S Main St in Lisbon, NH at 11am. In lieu of flowers, the family asks that you make donations in memory of Ray Edwards to Second Chance Animal Rescue at 1517 Meadow Street, Littleton, NH 03561.

OUR MISSION:
To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes.

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What About Ma?

by Kellie Quackenbush

All About Feet

Many years ago, I went on a hike up Mount Cube in Orford, NH with my new boyfriend. I grew up looking at that mountain every day and, for a number of silly reasons, had never climbed it. My boyfriend, also from Orford, told me it was an easy hike and we could pack a lunch and picnic on the top. This we did but when we had finished our hike, I noticed my boyfriend was not walking well. It turned out that he had been abusing his feet for many years and this hike had made his bad feet worse.

Per the May, 2019 edition of the AARP Bulletin, "Unhappy Feet" by Cassie Shortsleeve, "foot issues can trigger problems in the knees, hips and shoulders. ...seek out a podiatrist to help you with foot pain."

Proper foot care, washing your feet and trimming toenails is a good start. However, if you have bunions, warts, corns, hammer toes, ingrown toenails or fungus -- it would be best to seek out help to address these issues. Many people, even in the health

industry, underestimate the importance of good foot care.

Ma has had to spend an extended amount of time in a skilled nursing facility and despite my warning to the staff about the sensitive nature of her feet, we have seen what happens when care is not taken. No, Ma is not a diabetic. Yes, if not treated properly, her feet will get fungus and worse. This is true for everyone, if you ignore foot care, your feet will cause you pain.

Lucky for us in our Region, the Senior Centers do have foot care days. All you have to do is call and be put on a list for the day, bring a towel and small fee and your feet will be cared for by a skilled foot nurse. If you would rather be referred to a podiatrist by your doctor, Cottage Hospital in Woodsville, NH has a very good podiatrist to help with foot pain and injuries.

The best plan is to treat foot problems early. Summer is upon us and getting your feet treated so you can enjoy the easy barefoot days is now. Let us all get ready to put our best foot forward.

Senior Feet Foot Care For Age 55 & Older



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CONTRIBUTING WRITERS MAGGIE ANDERSON, ELINOR P. MAWSON, MARIANNE L. KELLY, ROBERT ROUDEBUSH, CINDY PINHEIRO, KELLIE QUACKENBUSH	EDITOR / PUBLISHER.....GARY SCRUTON WEB MASTERPAUL HUNT

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Will You Have Birch or Bamboo Sir?

by Maggie Anderson

I have driven up to the Horse Meadow Senior Center in search of a computer that will actually cooperate this morning. I had traveled down to Warren hoping to sit in front of the Town Hall and hook up to their wifi but, after I had the piece I was working on ready to send off in time to squeal in just before the paper's deadline, something went horribly wrong and the computer ate the whole thing.

Having to rewrite a piece is not the worst thing that can happen to a writer but it never comes out the same, the stars are not in the same alignment or something and all of the real-world issues interrupt the flow of ideas and the rhythm of the sentences. This is a story I just have to share so I'm giving it another shot and hope you will forgive my persistence.

I call it WILL YOU HAVE BIRCH OR BAMBOO SIR?

Last week as I was driving down to Hanover I noticed a huge black bulge at the top of a birch tree. I slowed enough to see that it was a bear and I spun around to get closer, not close enough to be a hot lunch but close

enough to see what he was up to and maybe get a photo or two.

Either he found a way to access cable or he was a very well-traveled bear because I watched him give a perfect imitation of a panda, perhaps he thinks he is one. It is possible that he is in the middle of an identity crisis but were he wearing a panda-colored coat he could not have been more convincing.

Pandas seem to spend twenty minutes of their day stripping bamboo shoots, playfully stuffing them into their adorable faces and the rest of the day well, sleeping as far as I can tell. Their appeal has almost nothing to do with their activity, I've seen people at the Ueno Zoo in Tokyo come running just to snap a photo of a panda who simply rolled over mid-nap.

My guy must have figured by imitation he might garner some of the panda's adoration.

He had climbed to the top of a young birch tree, wiggled his ample behind into the highest crotch of that tree, supported his weight with his hind feet, and reached up and dragged a branch down so he was able

to wrap his tongue around it and strip it of every tender, chick down-colored shoot along its length. When a branch was too far or at too odd an angle for him to wrap his tongue around, he simply braced himself with one giant paw and snapped the chosen branch off so that he could better get to the goodies he craved.

He was there three days in a row, sitting in the top branches of impossibly small birch trees calmly enjoying a satisfying brunch of new spring greens. I was left wondering how the trees did not snap under so large a bear and I recalled Pooh having slid down a drooping branch and onto the ground, wondered if my guy planned the same dismount as soon as I pulled onto the highway again.

I have not seen him in awhile but have no doubt he is sampling what the forest has to offer and has moved on to some of the goodies closer to the ground.

If there's a bear whisperer anywhere close or somebody has Dr Dolittle's phone number feel free to get in touch with me. I still think this guy needs to talk to a professional.

NH State Parks Provides Hiker Shuttle at Franconia Notch State Park

CONCORD, N.H. – New Hampshire State Parks is announcing the pilot hiker-shuttle service will be provided again this year in Franconia Notch State Park. This service offers a safe and legal alternative to parking on Interstate 93 for people visiting the Franconia Notch and the White Mountain National

Forest.

run May 18 through Sunday October 20 on Saturdays, Sundays and Holidays. The shuttle will run continuously from 8:30 a.m. to 8 p.m. Saturdays and Sundays (rain or shine). Cost will be \$5 per person and only cash is accepted.

Increased visitation to the White Mountains Region, particularly at the Falling Waters/Old Bridle Path trailheads near Lafayette Place, has caused parking lots to fill quickly, resulting in illegal and unsafe parking along Interstate 93. State agencies, the White Mountain National Forest and other partners have been working together to explore alternatives to parking on the highway.

As a pilot program, dogs are allowed initially. State officials will evaluate the shuttle service program, adjusting as needed and determining its overall feasibility.

The shuttle service will operate out of Cannon Mountain's Peabody Base Lodge (Exit 34C) parking lot. Hikers can park in the lot and take the approximately 10-15 minute ride one-way to Lafayette Place. Then the shuttle will pick visitors up at the Falling Waters/

Bridle Path and return them to the Peabody Base Lodge parking lot. Lafayette Place and Falling Waters/Bridle Path trailheads will be the only stops other than the Peabody lot. We encourage drivers to drop passengers off at these locations to reduce the number of people that need to use a shuttle.

For information on additional available hiker parking lots, parking lot capacity and trails accessed from parking lots, visit www.nhstateparks.org/visit/state-parks/franconia-notch-state-park.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. NH State Parks and Recreation is comprised of the Bureau of Park Operations, Bureau of Historic Sites, Bureau of Trails, Bureau of Community Recreation, and Cannon Mountain. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides, and natural areas. To learn more, visit www.nhstateparks.org, follow NH State Parks on Facebook and Twitter, or call 603/271-3556.

Hayfever & Pollen Allergies

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 allergies 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, hay fever, 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 misidentifies 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, hay fever 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 neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Herbal suggestions for allergic reactions include:

EYEBRIGHT HERB:

(Euphrasia Officinalis), An anti-bacterial and astringent herb, effective in maintaining the health of the optical system; also a specific anti-catarhal for sinusitis and other congestive states; as part of a decongestive allergy formula; as part of a liver cleansing and stimulating formula. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

BAYBERRY BARK: (Myrica Cerifa), Bark of the Root. A strengthening hormone balancer particularly for female organs; astringent activity for venous congestion, particularly for mucous membranes; a gargle for sore throat, and relief of sinus and adenoid problems. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

CALAMUS ROOT: (Acorus Calamus) A bitters tonic for treatment of gastro-intestinal disorders; a specific for regeneration of speech and brain impairment after a stroke. The root oil is anti-bacterial.

NETTLES LEAF: (Urtica Dioica), A widely applicable

and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and dysentery, and for inflammatory skin conditions; as a specific in mucous cleansing formulas for asthma relief and lung congestion. lungs. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D & E.

GOLDEN SEAL ROOT: (Hydrastis Canadensis), A major anti-biotic and healing tonic herb, used to fight infections of all kinds; it is also a source of natural insulin, and a hemostatic to control both external and internal bleeding. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

OSHA ROOT: (Ligusticum Porteri), An important native American anti-viral, with broad spectrum immune stimulating properties in overcoming pathogenic agents; also effective as a circulatory aid in lowering blood pressure. Primary Uses: as an important part of an immune stimulating tea; as part of a combination

to overcome flu and other viral infections. Excellent remedy for sinus infection, relieves congestion almost immediately; as part of a blood balancing formula for circulation. **STRONG BUT SAFE FOR CHILDREN AND PREGNANT WOMEN.**

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)
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Macaroni and Cheese

Hello hello my fellow chefs. First I would like to say thank you to Gary my Editor and to my readers for all your well wishes. I really appreciated it. I had surgery and still recuperating but feeling better with every day. The sunny days really help, finally I feel like Spring is here.

Well let's get to this recipe and how to make it.

Ingredients

- Preheat oven to 350 degrees
- 1 lb. Elbow Macaroni
- 8 oz. Velveeta cheese cubes
- 1/2 Stick of butter plus 2 Tbsp. melted butter for top
- 1 1/2 Cups of milk
- 1/4 Cup of flour

- 1 1/2 Cup of Ranch dressing
- 8 oz. Shredded Mozzarella cheese
- 1 Cup of Seasoned Panko Bread crumbs

Cook your pasta with 2 Tbsp of salt in the water

While cooking get a saucepan for the cheese mixture. Melt the butter, add the flour and whisk together. Add the milk and cubed Velveeta. Mix well. Add the ranch dressing and mix. Then add the shredded mozzarella. Mix well until smooth. If it's too thick add a little more milk, mixing well. Keep warm on low heat.

Get a 13" by 9" glass casserole dish and spray

with Pam. When the elbow macaroni are cooked, drain and put back in pan and add the cheese mixture and mix well. Put it in the 13" x 9" greased glass pan and spread to even out spreading to the sides. Sprinkle the breadcrumbs over the top and drizzle the 2 Tbsp. melted butter over them.

Bake in preheated oven for about 25-30 minutes until golden brown on the bottom and sides. Take out and let sit for about 5 to 10 minutes.

Voila that's it for this recipe. Now enjoy this "Delicioso" dinner. It's easy and filling, no more boxed Mac and cheese!

So folks, I hope you make this wonderful recipe and enjoy it. You can serve with a salad and some browned Kielbasa if you like. Enjoy your meal with a chilled Chablis Wine or beer. Remember to drink responsibly. It's good to be back writing my column. Thank you for following. So until next time I'm signing off, Sincerely Cin Pin.



WHS teacher Jaline Mulliken was awarded a Running Start Champion Award on Tuesday, May 7th, for her long-term work with the Running Start program. The ceremony was held in the Governor's Chambers and featured remarks from Governor Chris Sununu and NH Ed Commissioner Frank Edelblut. We are very proud that Mrs. Mulliken is receiving well-deserved recognition for her efforts!

Pictured from Left to Right: Eric Chase-WHS Principal, Jody Camille- White Mountain Community College, Governor Chris Sununu, Jaline Mulliken, Mr. Mulliken

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