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LABOR DAY

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TRENDY TIMES



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So Long Summer, Hello Fall In Wells River

The event not to miss at this year's So Long Summer Hello Fall Festival is the judging of the Giant Zucchini Contest. This year's judge is nationally known and is coming from Washington, DC just to judge the contest. In addition to the Giant Zucchini Contest, the perennial favorites are all returning; the Baldwin Memorial Library book sale, the Share Your Harvest Table, and the Cohase Chamber of Commerce Rubber Ball River Race on the Wells River. This year more people will have a chance to win. Tickets for the rubber balls are available from any Cohase Chamber board member and at the Trendy Times office at 20 Pine St. in Woodsville. The "owner" of the winning ball will receive \$300, the second place winner \$200 and \$100 for third place. WRAP bake sale moves from the Welcome Center to the WRAP Registration Table next to Copies and More.

Vendors will be offering handmade crafts, household goods, books, toys, jewelry,

knife and scissor sharpening, maple syrup, and other maple products, photography, antiques, sports memorabilia, men's grooming products, quality cook and bake ware, refinished furniture, bake goods, honey and honey products, perennial potted plants, and 2020 calendars featuring pictures of Newbury today, all this and more will be on sale from 9:00am to 2:00pm at the 8th Annual So Long Summer-Hello Fall Festival on August 31st in downtown Wells River. It is not too early to start your Christmas Shopping. Tuttle's and the Happy Hour are both offering festival lunch specials.

Lots of information will be available at the festival too. The Newbury Conservation Commission will have the latest information on Newbury's new Tucker Mountain Town Forest, the Emerald Ash Borer infestation in Vermont, and

the Cross Vermont Trail. The Newbury REDI District booth will have information on connecting every home and business in Newbury with affordable, high-speed Internet access. 302 Cares will have information on alcohol, tobacco, and other drugs prevention and Little Rivers Health Care health resources and substance abuse treatment options. The Newbury Historical Society booth will offer a chance to test your Wells River knowledge on yesterday and today by matching 6 pictures from years past to what is there today. The winner will receive a gift certificate to the Happy Hour. OSIP Adult Day Services, the Mentoring Project, Central Vermont Council on Aging, Stagecoach Transportation, Margaret Pratt Community, Assisted Living and Memory Care, the Wells River Congregational Church and Go Solar will all have

booths.

Feeling lucky? Tuttle's Family Diner has a free drawing for two deli sandwiches and WRAP will have a free drawing for apparel donated by Green Mountain Monogram. Raffle tickets to purchase are at the Historical Society for a cord of wood - deliverable within 20 miles of West Newbury and the Baldwin Memorial Library for a painting by Newbury artist Judith Lerner.

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



is held rain or shine. Festival-goers who are mobility-impaired are asked to park in either the Jock Oil lot or the municipal parking lot in back of the Wells River Saving Bank. Handicapped parking and store specific parking is available on Main Street.

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

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TRENDY Dining Guide

Miss Lyndonville Diner

by Gary Scruton

After a busy Friday, and preparing for another busy weekend, Janice and I decided to drive north a bit and visit a place where we have often dined. Not far off the interstate, and on Route 5 in Lyndonville is the Miss Lyndonville Diner. One of the nice things about this eatery is that they offer breakfast at any time they are open. When we arrived it was obvious that many other people had also decided to eat out on a Friday night. But we stood by the door only a minute or so before gentleman came out to lead us to one of many two person booths. Miss Lyndonville also has a good number of four person booths and some tables to accommodate larger groups. But for the two of us, this was just right.

We got our beverages, (just water for each of use right now, thanks) and start-

ed looking over the menu. A few specials were also listed on the chalk board hung on the wall. When our waitress first came back to our table we simply had not decided so she went off to assist other hungry guests. We finally came to a decision and put our menus down on the table. Shortly thereafter our waitress returned to take our orders. Janice went with one of the specials. It was listed as stuffed haddock with scallops. It came with a side salad and a choice of side (mashed potato) and a vegetable (green beans). I took advantage of the breakfast at any time option and ordered #15. A half pound of grilled ham steak with toast (wheat) home fries and two eggs (over easy). Janice got her salad and roll very soon after we ordered and enjoyed it. I ate her roll. We then sat back to await our meals.

That is where the night took a bit of a wrong turn. As mentioned the place was busy. Several wait staff members were bustling around clearing tables and almost immediately seating the next hungry customers. We saw many meals being served. But not ours. We were patient, but after about 45 minutes realized something had gone wrong. So we flagged down a different waitress and asked if she could check on our meals. A few more minutes passed and then my breakfast came out of the kitchen. Shortly thereafter Janice's entree and vegetable arrived along with a promise that the mashed potatoes would be out shortly. Another waiting period. Our waitress then appeared again and told Janice that something had happened and that no mashed potato was available. "I'll take a baked potato". It arrived very

soon thereafter, but could have been hotter.

Regarding the meals, Janice very much enjoyed the seafood dish. A wonderful taste with two of her favorite seafoods. My meal featured a huge ham steak that had been grilled and certainly looked to be true to the half pound claim. The eggs were over easy just as I asked for. The home fries were nice big chunks of potato and in a quantity that was quite filling. My wheat toast was covered in butter, but seemed to have lingered a bit between coming out of the toaster and getting buttered.

After finishing our meals our waitress did ask if we wanted any dessert and it took me little time to ask for a slice of blueberry pie. It came out with a big dollop of whipped cream, but no top crust. Different, but very tasty and enjoyable.

Regarding the delay in

our meals, we did not press for a reason, especially since our waitress told us that we were being given a discount because of the delay. We also realize that like anybody that works, mistakes can happen. (Some of you may have even seen a typo or two in this publication on occasion). This simply happened to be our night to be the ones to whom an error happened.

Our final slip gave us a 50% discount on our meals and dessert for the evening. That brought our total to \$19.08. The cash tip we left tried to reflect the fact that we all make mistakes and was based on the regular and not the discounted price. When so many working with others is part of making your meal happen, it is not always apparent where an error occurred. Don't worry, we will return for more great food and service.



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Harmony In The Village, In Song & Deed

By Robert Roudebush

Sometimes you pay to go to a music concert and you leave knowing for sure what you heard was not worth what you paid.

Sometimes you pay to go to a music concert and you leave uncertain if what you heard was worth what you paid – wondering even when you know down deep inside that you were ripped off - that the show was not worth the ticket price. Those are not happy times. It has happened to me.

Sometimes you even go to a show, and pay nothing and you're damn sure even tho you paid nothing, you still got ripped off because the show was that bad. A waste of your time and attention, if not your cash.

But not always, praise the gods. From time to time there are the unexpected blessings – when you go to that music show, say a youthful singing group, and don't have to pay anything, and what you hear is worth one hell of a lot. You realize that you would have been more than well-rewarded even if you had paid \$20 to \$100 or more. That is what happened to me and lots of other smart or lucky folks at Alumni Hall Wednesday night, on August 7th. Village Harmony was the group, a touring singing group of mostly high-school age young folks, returning to Haverhill for the third time in as many years. The cost was zero, though you could donate if you chose. This go-round presented a delightfully diverse group of about 15 performers, all talented, all enthused, all in infectious compatibility, beautifully directed and lifted to stunning harmony and radiating movement energy by Lynn and Will Rowan.

In addition to the Rowans, Bongani Magatyana and his wife Noxie from Capetown, South Africa are leaders of the group and were all full-fledged participants in the performances.

Who in the world is Village Harmony? Founded in 1990, it is an organization based in Vermont, dedicated to the study and perfor-

mance of authentic harmony singing traditions from throughout the world. It's a non-auditioned group, which means, regardless of age, socio-economic status, race, creed, sexual or gender orientation, just show up, love to sing, be willing to work, and you may get in. The umbrella organization includes an extensive program of teen, adult and inter-generational singing camps, community world music choirs in several locales, as well as a semi-professional touring ensemble called Northern Harmony. It is associated with the touring Windborne Singers, described as displaying "stunningly powerful vocal harmony".

As Lynn explained early on in the Alumni Hall event, the bright young singers were in the midst of a three-week adventure. For one week, the group, who had never before met, came together, learned, rehearsed, and memorized multiple vocal numbers in various languages they'd never before heard or spoken. Then for the following two weeks, they toured regionally performing at community venues. Alumni Hall was one of those venues.

Village Harmony's does not just show up and sing. Their ongoing connection with communities goes far beyond that. Their peo-

ple-to-people interaction involves a few members of the community volunteering as "hosts" - adults willing and able to welcome performers into their homes following the performance, provide them with overnight accommodations, and a good breakfast the next morning. Village Harmony offers world class performances with community involvement, which is powerful and unforgettable outreach, in songs and deeds. The camaraderie, the questions asked and answered, the tales told, the laughter offered, the shared humanity experiences revealed, all of these are bonding and indelible, surpassing for me even the excellence of the music.

I was lucky enough to be one of those hosts. Others in our Haverhill community included: Roger and Barbara Warren, Dr. Doug McDonald and Lisa Lakeman McDonald, Bernie and Jane Quigly, Jim and Pam Kinder and Peter Olander.

I don't have the time or space here to share with you the flood of emotions and memories that enriched me by hearing Village Harmony. Next time in town, you gotta hear them.

You could speak with any of us in attendance and as hosts and pretty much hear the same story.

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Legislative Thoughts

As of August 13, 2019, Governor Sununu has vetoed 50 bills; this is not unexpected. As with the state budget, voting on many bills went straight down party lines. For example, HB2, the policy bill defining how budget appropriations would be spent, received 99.5% support from House Democrats and 100% nonsupport from House Republicans. Passage of HB2 would have supported an unsustainable budget and a structural deficit. Aside from budget issues, HB2 also contained a number of policy additions that never had a public hearing. One of those additions would have raised the legal age for the purchase or possession of tobacco to age 21. I am not a smoker; however, the passage of controversial issues such as the legal smoking age from 18 to 21 should undergo the public hearing process.

Another vetoed bill, SB275, requires that all the state's motor vehicles will be zero emissions vehicles by the year 2039. The "Ought to Pass" motion was supported by 94.9% of Democrats and "Opposed" by 99.3% of Re-

publicans. A vote for "Ought to Pass" was a vote in favor of requiring the entire state vehicle fleet to transition to zero emissions vehicles in 20 years. That would mean an estimated \$28 million impact to state agency budgets. State agencies are always working to improve energy efficiency and setting arbitrary deadlines would needlessly drive up costs and stick taxpayers with the bill. The transition to ZEV's will occur naturally if their cost is competitive with internal combustion engines, but not forced by legislation. Seeking a cleaner environment is extremely important, and the Governor is correct in not doing so through costly, forced legislation.

Lastly, the University System New Hampshire trustees voted two weeks ago to move forward with negotiations for two major development projects at UNH. The projects include replacing two undergraduate residence halls with a boutique hotel and parking garage, and building a new, privately owned graduate housing complex. The replacement of the dorms will cost UNH

about \$35 million. I concur with Commissioner Shawn Jasper, Department of Agriculture and Trustee, that it "doesn't make sense to replace residence halls with a hotel only so UNH could invest in suite-style housing for upperclassmen, when underclassmen are the ones in need of housing." I support construction of the new science research center, but question the need for upperclassmen suite-style housing at a time when tuition is at an all-time high, student debt is climbing, and for some college graduates, the cost of a higher education may not be matched or exceeded by later career income.

Legislative committees will meet during the next weeks to address the 156 retained bills that must be reported to the full House for consideration by November 14.

Respectfully Submitted,
NH Rep Rick Ladd

The Denny Report

by NH State Representative
Dennis Ruprecht



Have an Idea? I Want to Hear it

As the N.H. House of Representatives stands in recess, the intervening months between the end of our session in the early summer and the beginning of the new session in the fall and winter is the opportune time to submit legislation. Some of the best ideas for legislation come from constituents and if you have an idea for a bill, please let me know about it by sending me an email at Denny.Ruprecht@leg.state.nh.us.

In the first year of my term I co-sponsored two pieces of legislation with other local legislators: one bill focused on school funding that I co-sponsored with Rep. Rick Ladd (Haverhill) and another bill aimed at repairing the

Week's Crossing Dam in Warren that was destroyed during a storm a few years ago that was sponsored with Sen. Bob Giuda (Warren) and Rep. Sue Ford (Easton). House Bill 709, co-sponsored with Rep. Ladd was retained in committee, but Senate Bill 121, co-sponsored with Sen. Giuda and Rep. Ford was signed into law by Governor Sununu.

My first year provided a great learning opportunity in how the legislative process works, and I am looking forward to using what I've learned to introduce more legislation during the second year of my term, so please send along any ideas that you may have for possible legislation!

Colors of Kingdom Festival To Feature Marching Band: Looking For Participants/Businesses To Be In Parade

There is good news to report on the Colors of the Kingdom parade front. For the first time in a few years, the parade will feature a local marching band! Due to a donation from St. Johnsbury resident Bruce Scott, the annual festival will be able to secure a marching band for the next few years.

"Bruce attended the event in 2018 and was very positive about the daylong festival but told me there was one glaring element missing, a marching band in the parade," said Darcie McCann, Northeast Kingdom Chamber executive director. "He came in that following Monday and gave us a donation that would allow us to have a band for a few years down the road. We are so incredibly grateful for his gift."

The Summertime Band, comprised of musicians from throughout the region, will perform in the parade. The band recently marched in

the Lyndon Chamber's Stars & Stripes Festival. McCann noted it has been historically harder to find a marching band for this event, as schools just started up and their bands are not ready to play in a parade.

The Northeast Kingdom Chamber's Colors of the Kingdom Festival will be held Saturday, Sept. 14, in downtown St. Johnsbury and the regional organization is looking for participants from all over the Northeast Kingdom to participate in this annual parade. While the event is organized by the chamber, it brings together over 29 organizations and 50 businesses to help pull the event off.

This year's theme is "NEK Spice of Life," celebrating all of the colorful aspects in St. Johnsbury and the region that make it special. Civic and social groups, businesses, sports teams, car clubs, veterans, youth groups, indi-

viduals and politicians are all encouraged to be a part of this 10 a.m. event.

The parade starts at 10 a.m., on the dot, from Summer Street School, heads onto Main Street, wends its way down Eastern Avenue and marches right through the heart of downtown St. Johnsbury on Railroad Street before dispersing at Maple Street.

"The Colors festival is a great event for people of all ages, especially families, as we work very hard to have events either be free or at discounted prices," said McCann. "This festival allows visitors to experience all that St. Johnsbury has to offer: amazing arts and cultural institutions, the history & heritage center, great stores and fantastic restaurants. We are hoping that people come to the parade and stay all day to check out the many events."

The Colors of the Kingdom Festival also includes train rides, an arts & crafts fair, bluegrass festival, sidewalk sales, music, tours of local attractions, historical activities, a farmers' market and much more. The event can be found on the chamber web site, www.nekchamber.com.

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



The North Country Longspurs will be holding their 23rd Annual NWTF JAKES EVENT on



Saturday, September 14th

It will be held at the Bunnell Camp in Passumpsic, VT.
Registration starts at 7 am and ending at 3:00 pm.

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



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

For a registration form, contact Colleen Racenet at 802-535-7459, or go to our website, northcountrylongspurs.com. Like us on Facebook! The deadline is Sept. 7th to register.

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Red Baraat Invades The Colonial Theatre

The Colonial Theatre in Bethlehem is pleased to bring world music chart topper Red Baraat back to the North Country Friday, August 23.

Red Baraat is a pioneering band from Brooklyn, New York. Conceived by dhol (double headed drum) player Sunny Jain, the group has drawn worldwide praise for its singular sound, a merging of hard driving North Indian bhangra with elements of hip-hop, jazz and raw punk energy. Created with no less a purposeful agenda than manifesting joy and unity in all people, Red Baraat's spirit is worn brightly on its sweaty and hard-worked sleeve.

Red Baraat's June 2018 album release, "Sound The People", hit the top 10 on the World Music Charts in Europe and was heralded in the US as the anthem soundtrack for the South Asian diaspora the album is full of moments that hit with the force of a spiritual awakening... The funk, ska-punk, and other American forms that make their way into the music are layered intricately within the same threadwork as the ragas on which these songs are pulled from. Each piece is a gesture of cultural harmony, rendering not only genre irrelevant, but the geographic placement of those sounds.

2018 also saw the band touring Kazakhstan, Abu Dhabi, US, Canada and Europe. They headlined the renowned WOMAD Festival in Cáceres, Spain in front of 10,000 people, performed the Vienna Konzerthaus (Philharmonie) in Austria and had the crowd jumping at Rudolstadt Festival in Germany.

But even as it's clear that Red Baraat has built a startling history of performances in iconic settings, the band's bread and butter remains the sweaty clubs, festivals, packed perform-



ing arts centers, and college auditoriums that keeps the band on the road all over the world the last several years. It's here where Red Baraat does what it does best – communing with their audience in a joyful, near hedonistic celebration of music and dance, which tellingly, draws a crowd even more diverse than the players on stage. The universality of what Red Baraat does is undeniable. And this is no happy accident. It is the product of intention and design. Says Jain, "The band...our songs...are addressing the multiplicity of viewpoints," says Jain. "There's 'Zindabad,' which means 'Long Live' in Hindi. In that song, we're saying that we celebrate life, we celebrate devotion – but we also celebrate agitation and revolution. If we can unite people of all backgrounds and ethnicities to partake in the exuberance of life through the universal language of music, then life is that much sweeter." NPR has dubbed Red Baraat "The best party band in years!"

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$30 for general admission tickets; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts,

Gem Theater and Loading Dock members \$25. There are no Reserved Front & Centers seats for this show. 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 world music is made possible with the support of Les Apple 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.

UnCommon Jam Brings Music to Newbury Common

Grammy-nominated singer and songwriter Celia Woodsmith – of the acclaimed bluegrass band Della Mae, joined by an all-star group of musicians from across New England to form the band, Say Darling, head the UnCommon Jam festival on Sunday, August 25 from 1-6pm. Blending distinctive original songs with classic tunes that pay homage to a shared musical heritage, Say Darling will get you off your chair and dancing, or keep you spellbound with evocative vocals. Also joining the lineup is Moxley Union, bringing prime-cut originals and covers drawing from a plethora of styles and genres to create a lively and unique sound.

Rounding out the event is the soulful sound of Linda B & the Barncats, featuring Linda Boudreault and Ted

Mortimer of Dr. Burma fame. This ensemble of Upper Valley all-stars playing soul, rock and funk will have the whole Common dancing.

The festival will also feature local foods, craft beer garden and local goods.

Tickets are \$10 for general admission and free for kids 12 and under. This community event would not be possible without the support of wonderful sponsors - Wells River Savings Bank, Knoxland Farm, Farm-Way Inc / Vermont Gear, Cope-land Furniture, Woodsville Guaranty Savings Bank, Wells River Chevrolet, Oakes Bros, North Country Organics, Odell Insurance Agency, Blackmount Equipment, Community Bank, Housewright Construction, Inc., Valley Floors, Camp Farwell, Otto & Associates.

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13th Annual **MIKEY WILLIAMS** Alumni Soccer Game

Saturday, August 24 • 11 am & 1 pm
Woodsville High School

featuring

| | |
|---|---|
| WHS Womens Alumni vs. WHS Girls Varsity Soccer Team 11 am | WHS Mens Alumni vs. WHS Boys Varsity Soccer Team 1 pm |
|---|---|

Alumni or community members who would like to play, volunteer or make a donation, please contact:
DAVID ROBINSON at 603.359.9330

Proceeds go towards
The Mikey Williams Memorial Fund
to benefit WHS boys and girls soccer players

UNCOMMON JAM

SAY DARLING
ft. Celia Woodsmith (Della Mae)

MOXLEY UNION

LINDA B & THE BARNCATS

LOCAL EATS | LOCAL GOODS | CRAFT BREW GARDEN

NEWBURY VERMONT COMMON
SUN AUG 25 | 1-6PM » Info at: courtstreetarts.org

Calendar of Events

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

TUESDAY, AUGUST 20

THE CIVILIAN CONSERVATION CORPS IN NH
7:00 PM
Alumni Hall, 75 Court St. in Haverhill Corner

WEDNESDAY-SUNDAY, AUGUST 21-25

CALEDONIA COUNTY FAIR
Lyndonville - See Ad on Page 9

THURSDAY, AUGUST 22

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem

FRIDAY, AUGUST 23

SUMMER SUPPER
5:30 pm
Groton Methodist Church, Scott Hwy, Groton

RED BARAAT IN CONCERT

8:00 PM See Ad on Page 7 & Article on Page 5
Colonial Theater, Bethlehem

SATURDAY, AUGUST 24

MIKEY WILLIAMS ALUMNI SOCCER GAME
11:00 AM & 1:00 PM- See Ad on Page 5
Woodsville High School

SUNDAY, AUGUST 25

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

UNCOMMON MUSIC JAM

1:00 - 6:00 PM See Ad & Article on Page 5
Newbury Common

TABOR VALLEY SINGERS

3:00 PM
Old Goshen Church, Bradford

MONDAY, AUGUST 26

POTLUCK SUPPER & MICHAEL BRUNO
6:00 PM See Article on Page 7
Carollina Crapo Building, Sugar Hill

THURSDAY, AUGUST 29

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem

Sunday, September 8 @ 6:30 PM

A Candlelight Service of Worship w/Rev. Harvey Bartlett at Old Goshen Church, Bradford

SATURDAY, AUGUST 31

SO LONG SUMMER - HELLO FALL FESTIVAL
9:00 AM - 2:00 PM See Ad on Page 13 & Article on Page 1
Main Street, Wells River

COMMUNITY WIDE YARD SALE

9:00 AM - 3:00 PM
Littleton Community Center

NEW ENGLAND LIGHTHOUSES AND THE PEOPLE WHO KEPT THEM

2:00 PM
Bath Public Library

MONDAY, SEPTEMBER 2

SHEFFIELD FIELD DAY
8:00 AM - 4:00 PM
See Ad on Page 7

FIDDLERS CONTEST

2:00 PM See Ad on Page 7
Miller's Run School Gym, Sheffield

TUESDAY, SEPTEMBER 3

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

SUNDAY, SEPTEMBER 8

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

STEAM ENGINE SLIDE SHOW BY IAN CLARK

3:00 PM - Bradford Historical Society
Bradford Academy Auditorium, 172 North Main St.

CONCERT OF BAROQUE ORGAN MUSIC AND DUOS FOR HARPSICHORD AND RECORDER
4:00 PM
Orfordville Congregational Church, Route 25A

MONDAY, SEPTEMBER 9

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

WEDNESDAY, SEPTEMBER 11

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

THURSDAY, SEPTEMBER 12

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

SATURDAY, SEPTEMBER 14

NOTCH ABOVE PHOTO CLUB
1:00-3:30 PM at the
Bethlehem Public Library.

PARKER HILL ROAD CONCERT

3:00 - 5:00 PM
Railroad Park, Central St., Woodsville

SUNDAY, SEPTEMBER 15

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

THURSDAY, SEPTEMBER 19

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

SUNDAY, SEPTEMBER 29

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

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 LUNCHES 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

LISBON BIBLE CHURCH, WOOLSON ROAD
Sunday School 9:15 AM

Worship 10:30 AM Bible Study 6:00 PM
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

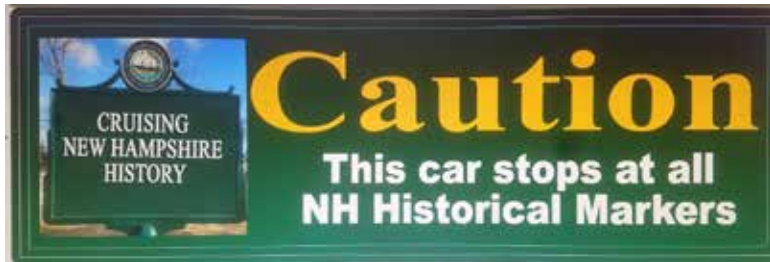
CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Public Pot Luck Supper with Author Michael Bruno

On Monday, August 26th, at 6 pm, the public is invited to a pot-luck supper at the Carolina Crapo Building in Sugar Hill. After the meal, at 7 pm, Michael Bruno will share his experiences of exploring NH history for his book, *Cruising New Hampshire History: A Guide to New Hampshire's Roadside Historical Markers*. This event is sponsored by Pine Grove Grange #298 and is open to everyone. Come, bring a dish to share; join Michael and local grange members for supper at 6 pm. Plates & cups, napkins, silverware, coffee and water will be provided along with ice cream treats for dessert. If you can't join us for supper, come at 7 pm to hear Michael as he shares about our NH Historical Markers

Michael Bruno has been interested in historical markers since he saw his first marker with his Dad. That marker commemorated President Andrew Jackson's visit to New Hampshire in 1833. As a teenager, he and his friends stopped to read the markers they encountered on their travels. In 2015, he wanted to know more about all the markers in New Hampshire; their locations and the stories behind each marker. Unfortunately he couldn't find much about the markers so his wife suggested he write a book that would have the information he was looking for. It took him 3 years to explore, research and write the stories for 255 New Hampshire historical markers. During that process, he had a part in adding a new historical marker in Bethlehem to recognize the contribution Frances Glessner Lee made to forensic science. On Monday night, Michael will share some of the stories he discovered and his experiences as he traveled the state. If you have heard Michael speak before, he



assures us he has different stories to share.

Michael Bruno grew up in the Lakes Region of New Hampshire. He served in the US Army for over 20 years and upon retirement in 2009, he returned to NH. He enjoys living in Bethlehem and is the JROTC Army Instructor at White Mountains Regional High School in Whitefield.

The evening's host, Pine Grove Grange #298, was organized in 1903 in Bath and has members from several area towns. The National Grange, founded in 1867, is our nation's oldest rural public interest and community focused organization. Over the years, the Grange has been a catalyst for prog-

ress and achievements that include Rural Mail Delivery, Rural Electric & Telephone Cooperatives, Volunteer Fire Departments, and State Police Programs all across the USA

During the evening, Michael will sign books and have books available for sale. If you enjoy stopping at historical markers, Michael has the bumper sticker for you: "Caution, This car stops at all NH Historical Markers". All proceeds from bumper sticker sales are donated to Copper Cannon Camp. For more information about this event, contact: Brenda Aldrich at 603-823-8000 or Linda Lauer at 603-747-4001.



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**Combined Services 10am
through August 25th**

Aug. 4 Welcome Pastor David Palmer
North Haverhill UMC
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Aug. 11 & 18 at Woodsville UMC
Maple Street, Woodsville, NH

Aug. 25 at North Haverhill UMC

**Pat O'Hagan Memorial
FIDDLERS' CONTEST**

LABOR DAY
Monday, September 2nd, 2019
at **SHEFFIELD FIELD DAY**
Miller's Run School Gym ~ Rte 122, Sheffield, Vermont


School opens at noon: Fiddling Fun for Kids & Grownups
Registration 1:30 pm
Fiddlers' contest begins at 2:00 pm

PERFORMANCES TO INCLUDE:

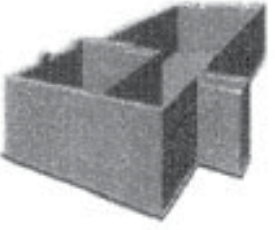
1. WALTZ (tune in ¾ time)
2. TUNE OF CHOICE (jig, polka, strathspey)
3. HOEDOWN (reel, hornpipe)
(All Tunes Played at Dance Tempo)

DIVISIONS & PRIZES (1st & 2nd place)

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



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

The Bath Library Book Club will be discussing "Truth and Beauty", by Ann Patchett on Thursday, September 8th at 6 pm at the Bath Public Library.

Ann Patchett and Lucy Grealy met in college in 1981, and after enrolling in the Iowa Writer's Workshop began a friendship that would be as defining to both of their lives as their work. In her critically acclaimed memoir, *Autobiography of a Face*, Lucy Grealy wrote about the first half of her life. In *Truth & Beauty*, the story isn't Lucy's life or Ann's life but the parts of their lives

they shared together. This is a portrait of unwavering commitment that spans 20 years, from the long cold winters of the Midwest to surgical wards to book parties in New York.

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

LIVE! THE COLONIAL
@.....

RED BARAAT

FRIDAY, AUG. 23, 8PM
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*"A Brooklyn-based ensemble that makes heart-pounding,
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& The Maia Papaya Café, Bethlehem, NH

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**72ND
SHEFFIELD
FIELD DAY**

**September 2nd, 2019
Labor Day
EVENTS**

1847 Town House Museum Open 8am-4pm
Grand Parade 10:00am
Sutton River Band 11am-2pm
Chicken Barbeque 12:00pm
Fiddlers Contest 2:00pm
50/50 Raffle 4:00pm

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

All About Mount Rushmore

by Kellie Quackenbush

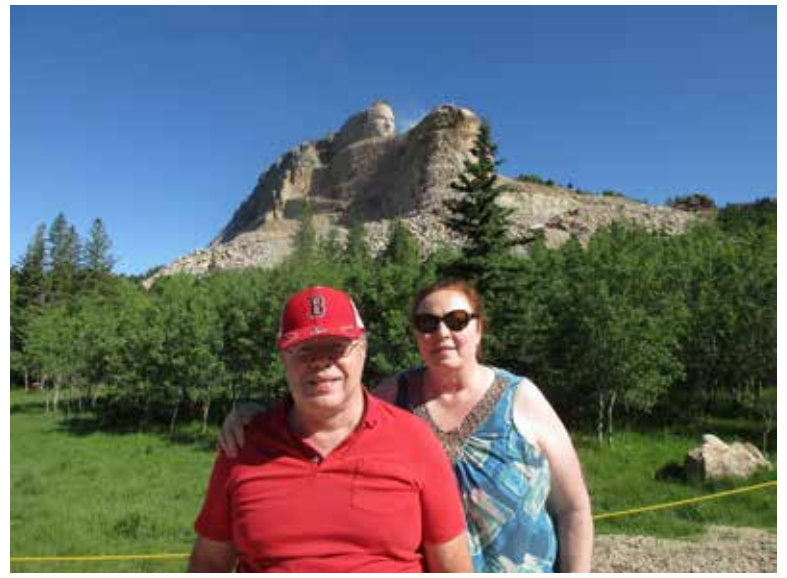
It has been my long held theory, that as a citizen of the United States, one should travel through this United States to understand and see the wonders of our country. How could anyone, with actual authority, speak of the United States without taking the time to behold the wonders we possess? With that thought in mind, when I travel, I like to see more

of the United States. Other countries have lovely sights to behold but until I have enjoyed all of the wonders held in the United States, I will not be roaming far from this land.

With that said, let me tell you about my trip to the Black Hills and the Badlands of South Dakota. Starting with my trek to the Mount Rushmore National Memorial. As it says in the South Dakota (2019-2020) guide, "Between 1927 and 1941, Gutzon Borglum and 400 workers sculpted the colossal faces of U.S. presidents George Washington, Thom-

as Jefferson, Theodore Roosevelt and Abraham Lincoln to represent the first 150 years of the great experiment in democracy that is America."

Located in Custer State Park, Mount Rushmore is truly a monument to behold. Getting to the monument is a breath-taking drive along the Wildlife Loop Road where Buffalo, antelope, sheep and donkeys roam wild and free. The red dirt bluffs and deep gorges where you see water far below are a call of times gone by. Lakes of deep water teaming with fish and lush greenery beckon one to



stay and enjoy the peace.

So many trails, marked for easy access, everyone can enjoy the adventure. Trails are marked and Information boards at the start of the trails give guidance to those who would venture into the wild. Some trails are designed for novice hikers and only take an hour to leisurely walk and others like the 835-foot face of Devils Tower require experience and rock climbing skills. No rock climbing for me, thank you, I did enjoy looking up at the enormous rock face and the film in the "Visitor's Center" (a free feature of the park are several visitor centers strategically placed around the park to provide information and insight into the sites near that center).

There are mountain tunnels along the road to Mount

Rushmore and through each tunnel is a greater view than the last. As we drove through these hand carved tunnels, the wonder of the work done so long ago, to preserve this land, this monument, this history was overwhelming. To think we had gone from rolling hills with wandering buffalo to the high mountain peaks driving on roads that dropped off into deep canyons. My words fail me.

I would highly recommend, the visit. Flying into Rapid City, SD - one is a mere 30 minute drive to Custer State Park and there are many wonderful options for accommodations. As well as the typical commercial hotels and motels, within the park, are camping and lodges that provide a closer view. To be one with nature, this was the experience.

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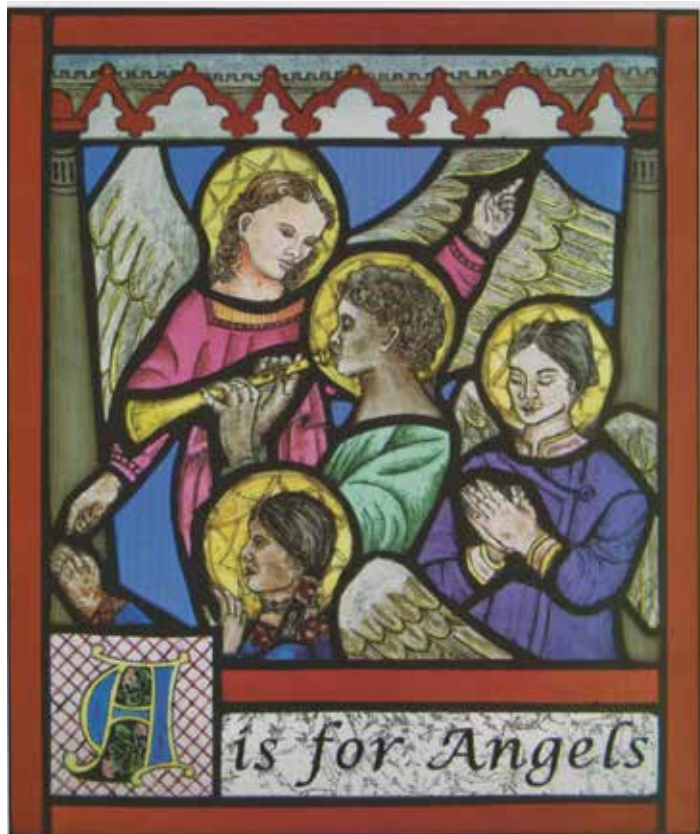
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We Will Always Be One The Art of Elizabeth Robbins

Works in Stained Glass and Mixed Media, August 28th through October 5th 2019. Opening Party, Friday, September 6, from 4 to 6. Meet the artist and enjoy refreshments to delight your senses as you view her luminous art, and celebrate the human family so central in her work. Northeast Kingdom Artisans Guild, 430 Railroad Street, St. Johnsbury, VT 05819. Open Daily, Mon-Sat from 10:30 – 5:30
Elizabeth Robbins graduated with a degree in Art from Southern Connecticut

State College in 1967. She went on to study a wide variety of topics including stained glass, ceramics, photography, fashion design, calligraphy, painting, color theory and art history at such institutions as: Silvermine Guild, Cooper Union and Yale University. Her work and studies took her to New York City, Jerusalem (besides owning a boutique she also did costume design for MGM), Amsterdam and Cambridge, MA. Elizabeth has also traveled extensively worldwide.



She has worked and studied privately with the foremost experts in stained glass: Albinas Elskus, John Nussbaum, Gene Mallard and Jack Smith.

In 1995, Elizabeth was one of four prominent American stained glass artists invited to participate in a special program at Wolverhampton College in Wolverhampton, England. In the company of her peers from around the world, Elizabeth studied ancient painting techniques and modern glass casting techniques.

Her stained glass pieces are unique in the extent of depth and detail achieved

by applying these ancient and modern techniques. She works from her studio in Lyndonville.

Elizabeth's works are displayed in public buildings, homes and museums throughout the United States, Europe, India, and Israel.

In the 1950's Elizabeth spent many hours researching Native American art and regalia at the Brooklyn Museum and at the Native American Museum in the Bronx, NY. Since that time she has become a respected practitioner of beading and leatherwork, and has worked with Native Ameri-

can youths to pass on her skills.

In the Native American tradition of recycling, she makes many of her beads by melting down and reforming scrap stained glass. She combines them with commercial beads to create regalia, clothing, bags and jewelry.

Celebrating her native American Heritage, a new fiber work will be part of the exhibit, as well as work from her two books, A Is for Angel, A New Testament ABC, and In Searching for Absolute Blue, Love is not what you think. Both books will be available at the exhibition.

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The First Day of School

by Elinor Mawson
(Repeated from Fall 2010 at
Author's Request)

Her name was Kim. They called her "Sweet Pea".

The only time I saw her, she was dirty, disheveled, uncombed, but smiling. And excited! She and her mother had just been to Globe and put her school clothes on layaway. She was going to first grade in a few weeks.

Her uncle Arnie was her best friend. He operated a garage and body shop next door to Kim, and they visited every day. She told him about her new school clothes and what she was going to wear the first day, and even told him about her new socks and sneakers. It was going to be the next thing to heaven! She talked about how wonderful school was going to be for her, and how she would learn to read and write in "cursed". She would learn to do math like her mother, and go to music and art like her sister. School would be a place where she could make friends, and they would do things together and maybe even sleep over at each other's homes. School was going to be "everything".

Arnie told me the story of Kim's first day at school. She was up bright and early, washed and brushed and in her new outfit. She was waiting for the bus long before it came into view, and her brother and sister let her be the first in line. She fairly skipped onto the bus with her shiny new lunch box and her

bright red notebook. Arnie's heart was heavy as he sat in the window and watched the bus pull away. His "Sweet Pea" was growing up, and he didn't feel happy about it.

The day was a long one for Arnie. He imagined Kim opening her lunch box and finding the special treat he had bought for her and given quietly to her mother to surprise her. He thought of the other little girls in the class, and how, maybe - just maybe - one of them would become Kim's special friend. He pictured the teacher handing out her first reading book, and Kim's excitement seeing the pictures and looking at the letters that would eventually become words to her.

He was again at the window when the bus pulled up in front of the house that afternoon. Kim's brother and sister go off first, and it was several minutes before Kim appeared at the door.

Gone were the notebook and the hair ribbons. Her shoes were untied and her blouse untucked. Her lunch box looked like it had been used for ten years.

Kim walked slowly into the house. School seemed to be nothing like she had hoped. Maybe it was because the other kids all knew that her father was in jail. Or because her sister had a bad reputation. Or maybe it was because she had bought her clothes at the outlet instead of Old Navy.

Arnie would never know. His Sweet Pea never mentioned school to Arnie again.

Political Theater Does Not Craft A Budget

By Sen. Bob Giuda
(R-Warren)

As a member of the Senate Finance and Ways & Means Committees, I work to ensure that taxpayer dollars are used wisely. During my first term, Republicans drafted a budget that responsibly addressed our state's needs. That budget, coupled with federal tax reform, left New Hampshire with a \$200 million surplus. The budget passed this year by Democrats increased state spending a whopping 13.2%, increased taxes and fees, and created a \$93 million structural deficit.

Governor Sununu's proposed budget didn't raise fees or taxes. It responsibly met our needs by using the state's surplus on one-time expenses through the Capital Infrastructure Revitalization Fund, funding municipal projects to offset costs to local taxpayers. The Democrats' budget raised taxes on every resident and business in New Hampshire, imposing taxes on pre-paid phones, hot tubs and swimming pools, and increasing motor vehicle records and license fees. I voted against it.

Regardless of two years of record high employment and the highest per capita income in the country, Democrats proposed increasing business taxes by 12.5%. Our business climate is among the best in the region and businesses are moving in from other states and expanding current operations. Business tax increases will torpedo our robust economy.

While Democrats trumpet that this budget will provide local property tax relief with a \$40 million distribution to cities and towns, they conveniently fail to mention their pork handouts that will increase local property tax-

es more than \$300 million: a 1.5% retirement COLA for public sector employees costing towns a whopping \$143 million; changes in firefighter Workman's Compensation provisions increasing towns' premiums; and reactionary PFAS/PFOS water quality standards with no credible assessment of costs to municipalities or a way to pay for them - all paid for by local property taxes.

Democrats raided \$6.5 million from the Drinking Water and Groundwater Trust Fund, which provides funding for towns and water districts to complete important water projects. A \$1.65 million grant from this fund helped a well supply and development project for the Plymouth Village Water and Sewer District. Given the emerging water quality compliance issues, we shouldn't be raiding the fund that helps communities pay for drinking water projects.

Education funding remains a major issue for our communities. However, the education funding formula proposed by Democrats never had a public hearing and didn't allow any public input. It revives donor towns, creating fiscal inequities between communities. I introduced amendments to examine unfunded state Special Ed mandates and to add an individual taxpayer burden factor to the school funding formula. Neither survived.

There were several important proposals that did enjoy broad bipartisan support, including legislation I co-sponsored to end the 4% yearly reduction of stabilization grants to school districts and restore them to 100%; to build on past Republican successes by reauthorizing Granite Shield, increasing the number of caseworkers at DCYF, increasing funding for mental health services and fully funding the developmental disabilities waitlist. Included was an appropriation of \$50 million to the state school building aid program, which would have helped Rumney and Haverhill with state aid to advance two sorely needed school construction projects.

At the beginning of this session, Governor Sununu stated that he would not approve a budget that spent beyond our means, increased taxes, or created a structural deficit. The Democrat budget failed on all three counts. Now, Democrats are grandstanding with three days of presentations in Concord to bemoan the effects of vetoing a budget that never was - a complete waste of time. When they want to begin drafting a fiscally responsible bipartisan budget that addresses the needs of our state, I'll be back in Concord working for you.

But I won't be part of political theater that does nothing to produce a budget.

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Be Alert for Opportunities When Preparing for College Costs

Now that summer is winding down, it will soon be “back-to-school” time. When children are young, your logistics for the new academic year may involve little more than a trip to buy school supplies. But if you’d like to send your kids (or grandkids) to college someday, you need to plan far ahead to meet the financial demands. And, as part of your planning, you also need to be on the lookout for all opportunities to help pay those sizable college bills.

Specifically, you’ll need to be ready to take action in these areas:

Financial aid – You should start thinking about financial aid at least a year before your child heads off to college. For example, you can begin submitting the Free Application for Federal Student Aid (FAFSA) on Oct. 1, 2019, for the 2020-21 academic year. And if the past is any guide, you’ll always need to remember that Oct. 1 date for the next school year.

The FAFSA helps colleges and the U.S. Department of Education evaluate your financial need and determine how

much financial support your child requires. And since a lot of financial aid is awarded on a first-come, first-served basis, it’s a good idea to submit your forms as soon as possible once the application period opens.

Scholarships – Colleges and universities offer their own scholarships, but you’re not limited to them. In fact, you might be surprised at the number and variety of college scholarships available to your child or grandchild – but to find them, you may need to do some digging. Find out what’s offered from foundations, religious, ethnic or community organizations, local businesses and civic groups. Also, ask the high school guidance office for information. Your own employer might even offer small scholarships. You can find more information on scholarships on the U.S. Department of Education’s website.

College-specific investments – You might also want to consider an investment designed to help you save for college. You have several options available, each with different contribution limits, rules and tax treatments, so you’ll want to consult with a financial professional to choose an invest-

ment that’s appropriate for your situation.

Community colleges – Not every bachelor’s degree needs to begin and end at an expensive four-year college or university. Many students now fulfill some of their “general” education requirements at affordable community colleges before transferring to a four-year school – often saving tens of thousands of dollars in the process.

Paying for college is challenging. After all, for the 2018-19 academic year, the average annual cost (tuition, fees, and room and board) was \$21,370 for in-state students at public four-year colleges or universities; for four-year private schools, the corresponding expense was \$48,510, according to the College Board. And college costs will likely continue to rise over the next several years. But, as we’ve seen, by being proactive and having a plan in place, you can go a long way toward coping with these expenses and helping your loved ones enjoy the benefits of higher education.

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

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Thank you for your understanding.



TRENDY TIMES
A FREE PUBLICATION

Are We There Yet?

by Maggie Anderson

Monday morning, not early, just morning, I swung my legs over the side of the bed not entirely sure of my ability to stand and dead sure I wouldn’t be able to walk.

We left the house at 4 in the morning on Sunday, drove the 3 hours to Nashua where I spent another 3 hours unloading the car and setting up for the doll show. When the show closed at 2 I spent the next couple of hours doing it all in reverse and then driving all but the last half hour home.

We stopped to grab a Jr Whopper at the BK because I knew there was no way on the planet I was going to feed us when we finally got to our own driveway, I figured I’d be lucky if I had the strength to climb the stairs and, I’ll admit, standing at the bottom of the stairs there was a huge part of my psyche screaming “sleep on the lawn, what’s the matter with you?!”

Hank took pity on me and drove us the last half hour home. If he hadn’t volunteered I was planning to pull into the Walmart parking lot and pretend we were camping. I just didn’t have anything close to vim or vigor left.

By the time we got home it was 6:30 in the evening, we climbed the stairs, fell into bed and slept for 14

hours straight. We slept until the cat jumped onto the bed in an apparent effort to see if either of us was still breathing so somebody would get up and feed her. If she hadn’t we’d probably still be sleeping.

The show was fun, full of surprises. I found a tiny Mrs. Beasley doll with her little horn-rimmed glasses. I’ve been hunting for one for years, ever since I bought a pair of vintage black and blue horn-rimmed frames from Paris. I’m going to put Mrs. Beasley on a pin and wear her when I wear them. We’ll be twins. Sort of.

I talk all the time about how small the world seems these days and was reminded of it again when two women walked up to my table and we realized they had just bought teddy bears from me at the National Doll Festival in Nashville, Tennessee a couple of weeks back.

When I was a child and people posed the inevitable question to me of what I wanted to be when I grew up I always told them I wanted to play with my dolls. Don’t think for a second I don’t remember that every time I find myself slogging home so weary I want to kiss the front steps when I get out of the car.

I’ve heard it said that if you find a job you love you’ll never work a day in your life. I believe that.

Freeman Ellis Robie: OBITUARY

Piermont, NH - Freeman Ellis Robie, 94, of Rte. 10 died August 7, 2019 at the home farm in Piermont where he was born, had farmed with his wife, Winona, and raised their family of four sons, Terry, Lyman (Lee), Timothy and Todd.

He was born January 13, 1925 to Lyman Edward Robie and Gwendolene Diana (Shumway) Robie. He attended Piermont schools and was a graduate of Bradford Academy in Bradford, VT. Mr. Robie married Winona Joyce Emerson on June 30, 1945 and they celebrated 71 years together. They began married life together in Conway, NH where he was employed by Shumway Marshall delivering bottled milk. In 1946 they moved back to Piermont where Freeman began a job as herdsman for Stephen Underhill.

In 1952 they purchased the Robie family farm in Route 10 in Piermont from his father but told his Dad he didn't want the horses. He was getting a tractor! He built up an impressive herd of registered Holsteins that won many awards and were sold around the United State and exported to other countries. He had served as president of the Holstein Friesian Association. He often said he never wanted to be anything but a farmer, and he liked to work. He was a special mentor to Steve Russo in teaching him how to farm. No matter how hard he worked, he and Nonie always found time to socialize and go to dances on Saturday night.

After their barn burned in



1976, Freeman and Nonie traveled much of the United States and wintered in Florida. They enjoyed playing golf and socializing with a close community of friends. He was Bradford (VT) Golf Club's Senior Champion three years in a row from 1998-2000.

Survivors include three sons, Terry Robie and his wife, Cheryl, Lee Robie and his wife, Betty Sue, all of Piermont, NH, and Todd Robie of Thetford, VT, grandchildren and great-grandchildren who always brought a smile to his face, a brother, Paul Robie of Florida, and a host of friends and extended family. He was predeceased by his wife, Winona, a son, Timothy, and grandsons, C. Freeman Robie and Alan Timothy Robie, a brother, Keith Robie, and a sister, Lurlene (Robie) McLam.

A Celebration of Freeman's Life will be held at the Piermont Church Vestry on August 25, 2019 at 4pm, with graveside services preceding it at 3pm in South Lawn Cemetery, Rte. 10, Piermont, NH. Arrangements are by Hale Funeral Home of Bradford, VT.

Mary Jane Taylor: OBITUARY

Orford, NH - Mary Jane Taylor, 71, of Quintown Road died Monday, August 5, 2019 at her home.

She was born June 12, 1948 in Orford, NH the daughter of Ralph Marsh and Gladys Cutler. She attended Orford schools and was a graduate of Orford High School. After her schooling she moved to Manchester, NH. She returned to Orford and on October 2, 1970 married Ronald Taylor who survives.

Mrs. Taylor worked for many years at Channel Mills in Bradford, VT. She was also the longtime bookkeeper for Connecticut Valley Trucking, Inc. in Orford, NH. She adored her grandchildren and spent many hours together with them. She enjoyed gardening, cooking, traveling, and raising flowers.

Besides her husband,

Ronnie Taylor of Orford, NH, she is survived by a son, Rodney Taylor and his partner, Stacey Cass of Orford, NH, a daughter, Cheryl Taylor-Bean and son-in-law Alan Bean of Orford, NH, granddaughters, Brianna Bean, Kylie Taylor and Vanessa Taylor, all of Orford, NH, one brother, Dan Marsh of North Haverhill, NH, 4 sisters, June Garrett, Juanita Schwarz and Helen Pike, all of Orford, NH and Wanda Tumbleson of Idaho, and numerous nieces, nephews, and cousins. She was predeceased by two brothers, Elwyn Marsh and Floyd Marsh, and a sister, Freda Parker.

Graveside funeral services were held Saturday, August 10, 2019 at 2 pm in the Orford Street Cemetery, Orford, NH. Arrangements are by Hale Funeral Home of Bradford, VT.

Virginia "Ginny" Hutchinson: OBITUARY

Corinth, VT - Virginia "Ginny" Hutchinson, 58, of Pike Hill Road died Saturday, August 10, 2019 at Brigham & Women's Hospital in Boston, MA.

She was born October 26, 1960 in Hanover, NH the daughter of Clifford Comstock and Edith (Hodge) Comstock. She attended grade school in Corinth and high school at Thetford Academy. She was employed at Billings Dairy in Norwich, VT and was self-employed as a home healthcare aide. In later years she was a department manager at Walmart in Berlin, VT.

On October 3, 1987 she married Randy Jay Hutchinson in Thetford, VT. Ginny loved her children and adored her grandchildren, family was above all else. She loved animals, especially her horses. She had a special sense of humor and wit that endeared all who knew her. She always enjoyed a good game of cards and watching football. Her positive outlook and compa-

ny will be dearly missed.

Survivors include her husband, Randy of Corinth, VT, two boys, Clifford Wheeler of West Fairlee, VT and Joe Hutchinson of Corinth, VT, two daughters, Jessica Wheeler of Flagstaff, AZ and Candi Hutchinson of Fairlee, VT, and beloved grandchildren, Kalob Wheeler and Ty Jones. She was preceded in death by her parents, and a sister, Joanne Comstock.

Funeral services will be held Saturday, August 24, 2019 at 2 pm at the Meadow Meeting House, Chelsea Road, Corinth, VT. Burial will follow in the Meadow Cemetery. A Celebration of Life will be held following the burial.



Arrangements are by Hale Funeral Home in Bradford, VT.



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What About Ma?

by Kellie Quackenbush

All About The Advocate

There are many times in our life when we find we need a little help from a friend. As we get older and are more secure in our own judgement, we forget that there are circumstances that arise, events beyond our control, where we need someone to speak for us. We need an advocate.

Per the Merriam-Webster Dictionary, the word advocate can be a noun, “: one who pleads the cause of another”, “one who defends or maintains a cause or proposal”, “: one who supports or promotes the interests of a cause or group” or a verb “to support or argue for (a cause, policy, etc.) : to plead in favor of” or “to act as advocate for someone or something”. In healthcare, as adults, we generally act as our own advocate or expect our doctor to advocate for us. The way we ensure the doctor knows and understands who we are and what we want is to file a “Living Will” or “advance directive”.

The “Living Will” or “Advance Directive” is a document in which you answer a number of questions about how you would like to be cared for in the event of an emergency or accident that leaves you unable to speak for yourself. You keep a copy for yourself, give a copy to a trusted friend or family member and make sure your doctor and the hospital you prefer has a copy on file. This will provide answers to what treatments and invasive services you receive after a health emergency.

A health care advocate

is a friend or family member that knows you and has reviewed your “Advance Directive” with you. When you are sick and going to the doctor, your health care advocate goes with you to hear what the doctor is telling you because there are times when there is too much information to process and understand while you are not feeling well. Your health care advocate can listen and take notes so you are able to apply the doctor’s advice later.

“A health advocate can be a spouse, relative, friend, or caregiver that you trust,” says Johns Hopkins expert John Burton, M.D. Even though he encourages all his patients to have an advocate, only about 70 percent do. “It would be better if it were 100 percent,” he says. “The older you are, the more important it is to have another person with you during visits.” as found in HopkinsMedicine.org, “A good health advocate is someone who knows you well and is calm, organized, assertive, and comfortable asking questions.”

Recently, a friend’s husband became very ill with a respiratory infection, on a ventilator and unable to speak, a wrong medication was given to him and he was having a bad reaction. When his wife came in and found him in distress, she immediately called the nurse. The nurse pointed at the “DNR” or “do-not-resuscitate order” on her husband’s chart, the wife immediately called the doctor to rectify the situation.

If he were to die of natural causes, they did not want heroic measures taken, this however, was a medical mistake that was killing him. The wife was the advocate and saved his life.

There was a senior citizen who had been living alone, the recent heat had overwhelmed her and she was admitted to the hospital for dehydration, malnourishment and general weakness, after a week the hospital was ready to discharge her but they found she was still dehydrated. She also had spent the week without a toothbrush so she was not able to brush her teeth. The family was shocked that she was not helped with these issues. However, the woman never told the nurses that she was thirsty. The woman never mentioned she did not have a toothbrush and never asked for help with anything. If you are not able to ask for help, having an advocate speak for you could be the saving grace in any health situation. People who are overly sensitive to being polite and are from a time where one did not “make a fuss” over personal needs are the people who most need an advocate. If pride prevents one from telling the doctor that you have trouble holding a glass of water and cannot use a fork, an advocate would be able to share this information to get proper help.

What I hope you are getting from this is that one needs to file an advance directive with your doctor and hospital (most doctors and hospitals have free documents for you to take home and fill out) and that it is important that you bring someone with you to your doctor’s visits. The old phrase, two heads are better than one, applies here.



Acceptance

by Cyndi Wellman

Thankful

I’m still able to get up and walk every day. I can do the necessary throughout the day. For 40 years. I was able to walk, run, dance, and ride a bike. Stand on an inner tube! Played basketball, cheerleader, sledding, hiking, and so many more.

Life everyday is about changes. I have adapted. Always, hopeful, I can walk



without assistance. But my walker is a godsend. As you all know, I like to be independent. You can be also. Tackle whatever tackle you face head-on. Just be grateful for everyday!

ACT’s Mid-Week Morning Walk in Franconia

FRANCONIA – Does a wander in the woods and lunch al fresco along the Gale River sound tempting? If so, join the Ammonoosuc Conservation Trust (ACT) for its second mid-week summer walk (and optional picnic) on Wednesday, August 28 at 10 a.m. at the Lawrence Forest in Franconia.

The walk will be a loop through the lovely woods of the Lawrence Forest, approximately 2 miles long with some mild elevation gains and losses. We’ll walk at a slow to moderate pace to take in the flora and fauna that cross our path as we follow a lovely stretch of Meadow Brook and even catch a few mountain views!

After the walk, anyone interested in a little socializing will head to a beautiful spot

along the Gale River for an optional picnic lunch from about 11:45 a.m. to 12:30 p.m. Kids are encouraged to come on the walk and picnic but please leave your pups at home for this one.

Registration is required for this walk and is capped at 15 participants for your safety and enjoyment. Please be sure to register ASAP at act-nh.org/education-events. Registration closes at noon on Tuesday, August 27. The walk is free but donations are welcome and gladly accepted.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.



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Herbs For Heartburn / Acid Reflux

Heartburn is a burning sensation and pain in the stomach and/or chest, behind the breastbone. It may be accompanied by bloating, gas, nausea, shortness of breath, and/or an acidic or sour taste in the throat. It often occurs when hydrochloric acid, which is used by the stomach to digest food, backs up into the esophagus (the tube between the throat and stomach), causing sensitive tissues to become irritated.

Normally, the esophageal sphincter muscles pinch itself shut and prevents stomach acid from surging upward. However, if the sphincter is not properly functioning, the acid can slip past it into the esophagus. This condition is referred to as "gastroesophageal reflux disease" (GERD) rather than dyspepsia, chronic heartburn or acid indigestion. GERD can strike anyone, at any age. GERD can scar the esophagus, and if stomach acids make their way into the lungs, it can cause asthma-like symptoms.

People with hiatal hernia often experience heartburn. It can be triggered by certain foods. Common trigger foods include alcohol, caffeine, chocolate, citrus fruits, fatty or fried foods, peppermint, spicy foods and tomatoes. Gallbladder problems, stress, allergies and enzyme deficiencies are other contributing factors. At the first sign of heartburn, drink a large glass of water. Raw potato skins contain large amounts of potassium, this often helps to juice a raw potato and mix the juice with equal water, and or wash and eat the peels, purple potatoes are considered the best. Celery juice every day, sip 1 Tablespoon of raw apple cider in a glass of water while eating. Do not drink any other liquids with meals. Do not eat for three hours before bedtime. Wait at least three hours after eating before lying down.

Estrogens can weaken the esophageal hiatus muscle, which keeps stomach acids in the stomach. Women who are pregnant and women who take birth control pills that contain estrogen and progesterone

are therefore more likely to suffer from heartburn. Try to maintain an exercise program that includes walking, biking or low-impact aerobics. Antacids often provide temporary relief of symptoms, however, many over-the-counter antacids contain excessive amounts of sodium, aluminum, calcium and magnesium. With prolonged use of these products, dangerous mineral imbalances can occur. Excess sodium can aggravate hypertension, and excess aluminum has been implicated in Alzheimer's disease. Do not ignore symptoms of GERD. This condition can cause serious health problems. If heartburn lasts longer than two weeks, you should seek medical and/or holistic treatment.

Herbs for consideration include:

LICORICE ROOT: (Glycyrrhiza Glabra), A healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Used to speed healing of mucous membranes in a formula for gastric and duodenal ulcers.

PAPAYA LEAF & SEED: (Carica Papaya), A nutritive protein digestant with farther reaching enzyme therapy properties for serious disease. Used as part of a gas, bloating, and flatulence relief formula; to relieve colic in infants. Nutrients: calcium, iron.

IRISH MOSS, LEAF & STEM: (Chondrus Crispus), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties; best used as a soothing/coating agent for gastritis and stomach ulcers.

GINGER ROOT: (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, used for indigestion, an alkalizer for clearing gas.

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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Uncover the Story of the 1950s Hollywood Blacklist, August 22 at the Colonial Theatre

by Eileen Regen

"Trumbo," an accurate portrait of the infamous Hollywood blacklist, is next in the White Mountain Jewish Film Festival line-up at the Colonial Theatre, Bethlehem. Be on hand at 6 p.m., Thursday, August 22 to enjoy the complimentary ticketholder reception and the film introduction by film expert Rick Winston. The film begins at 7 p.m.

In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. "Trumbo," directed by Jay Roach and written by John McNamara, is set in the late 40s-early 50s and tells the story of Dalton Trumbo and others who stood up to Congress over what they felt was an illegal investigation and censorship of people's beliefs and free speech during the Second Red Scare after WWII. They were blacklisted in Hollywood by the House Un-American Activities Committee in a Communist witch hunt during this era.

Congress, as well as many members of the Hollywood elite, unjustly blacklisted writers, actors, directors, and others identified as Communists. Some faced jail time; some lost their

homes; all faced difficult realities.

Using words and wit, Trumbo ultimately wins two Academy Awards and exposes the absurdity and injustice under the blacklist which entangled everyone, including gossip columnist Hedda Hopper (Helen Mirren), Orson Welles, Humphrey Bogart, Katharine Hepburn, Charlie Chaplain, Lena Horne, and John Wayne.

Kirk Douglas, producer and star of "Spartacus," is acknowledged to have broken the blacklist when he insisted that Trumbo's name appear on the opening credits as the sole writer of the film. Director Otto Preminger did the same with "Exodus," another Trumbo script. [Pete Hammond, Deadline, 2015].

Kirk Douglas reflected on the blacklisting era: "As actors it is easy for us to play the hero. We get to fight the bad guys and stand up for justice. In real life, the choices are not always so clear. The Hollywood Blacklist, recreated powerfully on screen in "Trumbo," was a time I remember well. The choices were hard. The consequences were painful and very real. During the blacklist years, I had friends who went into exile when no one would hire them; actors who

committed suicide in despair. My young co-star in "Detective Story (1951), Lee Grant, was unable to work for twelve years after she refused to testify against her husband before the House Un-American Activities committee. I was threatened that using a blacklisted writer for "Spartacus" – my friend Dalton Trumbo – would mark me as a "Commie-lover" and end my career. There are times when one has to stand up for principle. I am so proud of my fellow actors who use their public influence to speak out against injustice. At 98 years old, I have learned one lesson from history: It very often repeats itself. I hope that "Trumbo," a fine film, will remind all of us that the blacklist era was a terrible time in our country, but that we must learn from it so that it will never happen again."

Guest Speaker Rick Winston returns to define the background for the film as well as that period of history in this country. He is the author of "Red Scare in the Green Mountains: Vermont in the McCarthy Era 1946-1960."

Tickets are available at the door: \$9 BHC and Colonial Members, \$10 General Admission.

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

Eggplant Roll Ups

Hello hello my fellow chefs. I'm enjoying the beautiful low humidity warm weather and I hope you are too. Today's recipe is an appetizer I enjoy when I visit Rhode Island. I searched different food sites and came up with this. The next time I make it I would peel the entire eggplant because it doesn't cook enough and was a bit chewy, I'll ask you to peel the entire eggplant.

So let's get started with what to buy and how to make it.

Preheat oven to 350 degrees.

- Ingredients
- 2 eggplants
 - 2 Cups of Ricotta cheese
 - 1/2 Cup of shredded



- Mozzarella cheese
- 1/4 Cup of Parmesan cheese
- 1 Tablespoon of basil
- 1 Teaspoon of garlic powder

Salt and pepper (a few pinches of each)

1 Egg
Jar of your favorite pasta sauce

Cut off the top and bottom of the eggplant, peel, then stand it up lengthwise. Slice 1/4 inch slices. If some of the slices are thick trim them with a knife, the more even the better they come out. Place parchment paper in the bottom of a baking sheet. Salt the slices both sides and let them sweat on the parchment paper for 20 minutes then dry the sweat with paper towels. Bake for about 20 minutes. They will soften and be easier to roll up. In the meantime get your ricotta cheese and the mozzarella and parmesan, the egg, basil and few pinches of each the salt and pepper, mix well. When the eggplant is cool enough to handle place a spoonful of the mixture on the eggplant and roll up. Place the roll ups in a baking dish. First place some pasta sauce in the bottom and place the finished roll ups in the dish side by side. Pour your pasta sauce over the top and sprinkle with some mozzarella and extra parmesan.

Cover with foil and bake for about 30 minutes. Uncover and bake 10 to 15 minutes more, until cheese is melted and slightly browned. It has a lasagna aroma while cooking. Remove from oven and let sit for about 15 minutes.

That's it. You can serve with pasta or eat alone with a salad. A nice chilled Paisano or Merlot red wine goes well

with this dish, remember to drink responsibly. Also if you have any questions please contact Gary and I will help you out. I think you will like this recipe cause it's "Delizioso".

Well folks that's it for this edition of The Trendy Kitchen. Until next time I'm signing off, Sincerely Cin Pin.

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