

TRENDY



TIMES

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The Anthem Sunrise Ascent Climbs to New Heights

Franconia, NH: The 10th Annual Anthem Sunrise Ascent on Mt. Washington held on August 4th saw 13 athletes with various disabilities reach the summit of Mt. Washington and raised more than \$100,000 to support year-round opportunities for sports, recreation, and wellness for people with disabilities. This major event benefits Adaptive Sports Partners of the North Country (ASPNC) and New England Disabled Sports (NEDS).

The Anthem Sunrise Ascent challenges athletes with varying degrees and types of disabilities to reach the summit of Mt. Washington, the highest peak in the Northeast, by hiking the Mt. Washington Auto Road. This year, 13 adaptive athletes—each with their own support team—successfully completed the inspiring and arduous journey to the summit. The

event drew nearly 300 individuals from all over the New England region and beyond.

“The Anthem Sunrise Ascent raises nearly 1/3 of the annual budget for ASPNC” says ASPNC Executive Director Thomas Shovlin. “None of this would be possible without the support of hundreds of participants, community businesses and donors, and our two top-level sponsors, Anthem Blue Cross Blue Shield in New Hampshire and the Mt. Washington Auto Road.” Anthem was the summit sponsor and the Mt. Washington Auto Road delays its opening and provides significant contributions as the host of this event.

In addition to the challenge of reaching the summit, each team competes in a peer-to-peer fundraising campaign with the goal of raising \$6,288 for the height of Mt. Washington. Nearly every team

reached this goal. The top fundraising team was led by Sasha Segal of Woodsville, NH. Together, Team Sasha raised over \$30,000. Other teams were led by Becca Coulter of Lancaster, NH, Bex Fillmore of South Weymouth, MA, Charlie Walker of Littleton, NH, Chester Eastwood of Conway, NH, Jimbo Bonneau of Rochester, NH, Erik Kondo of Lexington, MA, Greg Durso of Burlington, VT, Jesse Walker of Wolfeboro, NH, Marsha Gray of Waterford, VT, Linda Shurpik of Concord, NH, and Martin Wallem of Epping, NH.

“This event continues to grow every year, and its due to the passion of our volunteers, participants, and donors and sponsors. It goes to show the power of team work and community and does so much to provide life-enriching opportunities for people with disabilities. We are looking forward to an even bigger event, including more athletes

next year on August 2, 2020 for our 11th Annual Sunrise Ascent,” says Shovlin. “Thank you to the Mt. Washington Auto Road, Mt. Washington State Park, our summit sponsor Anthem Blue Cross and Blue Shield in New Hampshire, our half-way house sponsor Bank of New Hampshire, our mile marker sponsors Eversource and Noyle Johnson Insurance, mule team sponsors FLIR, Franconia Gas, Turtle Ridge Foundation, Paramount Electric, and our toll house sponsors Tender Corporation, Walker Motor Sales, Inc., Little City Thrift Store, and Franconia Auto Service Team — all of whom made this milestone 10th year the best yet.”

“Improving the lives of the



people in our communities is our mission at Anthem. That’s why we’re proud to be a supporter of Adaptive Sports Partners of the North Country and New England Disabled Sports and everything they do to help Granite Staters with disabilities stay active, especially helping them achieve the amazing accomplishment of trekking up Mt. Washington,” said Lisa Guertin, president of Anthem Blue Cross and Blue Shield in New Hampshire.

To learn more about this event and the athletes, or to donate to a team, please visit www.sunriseascent.org.

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TRENDY Dining Guide

Juniper's at the Wildflower Inn

by Gary Scruton

From the stand point of the owner of a business there is not a much better feeling than letting potential customers know that reservations are suggested. This line means that there is an anticipation of a full house, and if you don't want to stand in line, or be disappointed in not getting in at all, you should contact them ahead of time to let them know you want a seat. That is the case for Juniper's at the Wildflower Inn in Lyndonville. I called early on a Saturday and found out that we could only be seated if we ate early (5:00 or 5:30), or late (8:00 or 8:30). We decided on the 8:00 time and ate a late lunch that day.

We arrived to an almost full parking lot and soon dis-

covered that they now also have the "Spoke Easy" a bar area not far from their bicycle rental shop. But we had reservations and were soon seated by the hostess who gave us menus. Our seats were on the enclosed porch overlooking a beautiful ridge line and very colorful sunset. We noticed a number of tables of diners outside on the deck which had string lighting overhead, as well as at a picnic table where they were finishing up a meal to candlelight.

Our waitress soon brought us water and asked about beverages. We were still deciding so we waited. When she returned Janice had decided to go light and ordered a fish sandwich with sweet potato fries. She stuck with water for a beverage. I went off my normal path and

ordered something I don't think I had ever had before, chicken and waffles. Mine came with two sides (sweet potato fries and macaroni and cheese). I also asked for a maple flavored breakfast beer that was listed. Our waitress told me that there was only one left the last time she looked, but she would check. She soon returned to tell me I was too late. So I asked her to bring what she thought would be a good replacement. She came back with a nice dark Porter that the bartender had suggested. (Nice job to them both). She also brought us a mini loaf of fresh baked bread along with some butter infused with honey. Whoa!

The porch at Juniper's has a pair of larger tables as well as about 6 tables for 2. As in any dining area the

conversations can get loud one minute and very quiet the next. Little snippets of conversation pop in and out depending on the noise. It is one of my joys while dining out.

Our meals were both served on square, white, almost flat, porcelain plates. Janice's sandwich was so tall that it had a metal skewer holding it together. She actually decided to cut it in half before even attempting to pick it up to eat. Along with the large chunk of deep fried fish was lettuce, tomato and tarter sauce. She commented at the end of the meal that it was just perfect for her meal.

My meal was as advertised. Though it could have also been called a chicken sandwich. A nice fluffy,

maple syrup laden, waffle topped with a chunk of boneless fried chicken, topped with another waffle. My two side dishes also both offered something different. The sweet potato fries came with a small container of a dipping sauce. It was a horseradish based sauce and I have recently come to realize I like horseradish. It worked just fine. The macaroni and cheese should probably have been names cheese and macaroni. A hearty cheese sauce disguised whatever pasta they had used. But certainly no complaints from me. I also enjoy my cheese.

The total for our two meals and beverage came to \$49.66 including the tax. As normal we left a cash tip on the table for Alesha.

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Respitality Has Spaghetti Dinner To Celebrate 7 Years

RESPITALITY is celebrating its 7th Anniversary with a Spaghetti Dinner on September 5th from 5-7:00. The dinner is being held at the New Life Christian Center, 475 Whitefield Road, on Route 116 Bethlehem. All proceeds from the spaghetti dinner will go to the Respitality program which provides respite for caregivers who have loved ones that are experiencing the early stages of Alzheimer's disease or other related dementia.

At Respitality they provide a safe, nurturing and

stimulating environment one day a week (Tuesday) from 9-3:00pm. Respitality is a non-profit ministry that is staffed by volunteers who attend a one day training along with a State of NH back ground check.

Their goals at Respitality are to provide a break for the caregivers and honor the guest who has the disease. They do it by celebrating the life of the guest, through reminiscing, their achievements and valuing them at this stage in their lives. This is a vital need in our communities, serving both Grafton

and Coos County. It is located just outside of Littleton on the Whitefield Road.

If you would like more information about the program or would like information about the Spaghetti Dinner, please call Patricia at 991-0155. The dinner includes salad, garlic bread, dessert and a beverage. A meatless spaghetti sauce will be served. Meatballs will be available for those who would enjoy them.

The dinner is by donation this year. Please consider coming out and supporting this much needed service.

Littleton Industrial Park Hosts Community Open House

Littleton, NH – Businesses within the Littleton Industrial Park are jointly hosting a Community Open House on Thursday, September 12, 2019 from 1-7pm.

With 380 acres dedicated to commerce, the Littleton Industrial Park is home to 18 businesses, which employ more than 1,200 people. From manufacturing high quality boots to healing bug bites and wounds to managing content and delivering packages...it all happens from the hub of the Littleton Industrial Park.

During this self-driving tour, you'll stop at participating businesses in the

Industrial Park to learn who they are and what they do, more about their community outreach efforts and current employment opportunities. These companies will provide a brief facility tour, light refreshments, giveaways and answers to all your questions. Participating businesses include; Littleton Coin Company, Genfoot America, Inc. New England Wire Technologies, Schwan's Sales Enterprises, Secured Network Services & Tender Corporation.

Pick up your "Passport" and begin at Littleton Coin Company (1309 Mount Eustis Rd. Littleton, NH) any

time from 1-7pm on September 12th. Once you've completed this self-guided tour, turn in your Passport at any of the participating businesses to be entered to win prizes valued at \$100! Before you head out – don't forget to grab a bite from Nomads Kitchen food truck – they'll be on-site for the duration of the event.

For additional information check out the Littleton Area Chamber of Commerce Facebook event visit their website littletonareachamber.com. Phone inquiries, please call Carol Stevens at 603-444-4205.

Art Gallery Opening Reception for Dylan Frazier

New Hampshire native, Dylan Frazier, brings his multimedia artwork to 42 Maple Contemporary Art Center in September. Frazier's body of work, titled "Missionary (Juxta)position" is a look inside Frazier's chaotic mind, From three-dimensional sculptures and installation pieces to two-dimensional photography and paintings, he aims to tell stories beyond face value and beyond the norm.

Frazier is a multipotentialite artist, born and raised in New Hampshire. Although predominantly self-taught, Frazier cultivated his creativity throughout his scholastic career by taking coursework at Dartmouth College as well as Northern Vermont University.

Having looked up to artists such as Salvador Dali and Shepard Fairey, Frazier grew an affinity for their free-

dom of expression through many mediums. This, in turn, has led him to create with various materials; including assemblage, photography, graphic design, and painting.

Frazier's freedom of expression has given him the ability to not only create on a whim for himself but to create directly for others. His work can be found in shops across New Hampshire as well as gracing the covers of many musical releases, show posters for national

and international acts, and merchandise.

An opening reception for Frazier is scheduled for Friday, September 6 at 7 p.m. at 42 Maple Contemporary Art Center. "Missionary (Juxta)position" will be on display through the end of September. The opening reception is a free event open to the public. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org.



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Moving Toward Budget Compromise

Discussions between the NH Legislature and Governor Sununu's Office are moving toward a budget compromise for the next biennium, FY20 and FY21. As reported in previous articles, the committee of conference budget proposal sent to the Governor from the legislature was vetoed, as it is unsustainable and would result in structural deficits. The State is now operating on a three-month continuing resolution that provides state agencies and departments authority to continue operations until a new compromise budget is agreed upon and enacted into law by the governor. If a compromise cannot be reached in the next 30 days, it is highly likely the resolution will be extended for another 3-month timeframe. Hopefully, a compromise will be achieved within the month.

New Hampshire's economy is very strong; however, there are specific and important budget challenges such as revenue, revenue distribution and sustainabil-

ity that must be resolved. Education funding is front and center.

On August 29, 2019 Governor Sununu offered a draft proposal to superintendents, principals and teachers. Following a very productive meeting, the Governor put his compromise proposal before elective officials in Concord. Budget funds within the proposal:

1. Increased stabilization grants to school districts most in need – a \$14 million increase over the biennium,
2. Implements the legislature's new disparity aid formula which will distribute \$25 million in the new aid over the biennium,
3. Provides funding for full-day Kindergarten, finally achieving all of our goal of funding Kindergarteners the same as all other students - \$18 million in new aid over the biennium, and
4. Provides for \$60 million in School Infrastructure Aid Grants to all districts over the biennium.

In his letter, Governor Sununu mentioned, "By be-

ing smart and using onetime revenues to provide large infrastructure grants to each district, and thoughtfully increasing adequacy aid in a sustainable manner, we will be making an additional \$131 million investment into our public education system this biennium – without raising taxes. That is something we can all be proud of."

Education funding is an important aspect of the biennium budget, especially to the Town of Haverhill as I have addressed in previous articles. While attending an all-day budget hearing this week, I met with various legislators and key department personnel to again communicate the need to support funding those school districts with state board approved building aid proposals. Haverhill's Woodsville High School remains the top priority, followed by Russell Elementary in Rumney and Maple Wood Elementary in Somersworth. The combined cost for these projects over the biennium totals \$19.3 million.

Within the Governor's education funding draft proposal, Haverhill would receive an additional \$411,098 in FY20 and \$589,493 in FY21. These amounts are above current law. The Governor's proposal addresses and reverses the current 4% annual stabilization deduction, fully funds special education aid and provides full adequacy funding for kindergarten. This proposal is positive and conveys to the public that Governor Sununu recognizes the value of and believes that partisan politics does not belong in education.

Respectfully Submitted,
NH Rep Rick Ladd
Ranking Representative,
House Education

Bluegrass Meets Hip-Hop At The Colonial



The Colonial Theatre in Bethlehem, NH welcomes back the genre-bending band Gangstagrass Saturday, September 7.

Bluegrass and Hip-Hop may sound like an odd combination, but don't tell that to Producer Rench, who birthed the fusion in 2006, with Gangstagrass. "There are a lot more people out there with Jay-Z and Johnny Cash on their iPod playlists than you think," says Rench. He should know—he's toured the country with a band of bluegrass pickers and hip-hop emcees to the delight of standing room crowds everywhere.

When FX Network came to Rench looking for the Gangstagrass sound for the theme song to their new series *Justified*, he had bluegrass players lay down an original track with rapper T.O.N.E-z, the younger brother of early hip-hop legends Special K and T-La-Roc. The result was "Long Hard Times To Come," the song that opened every episode of six seasons of the hit series. "Long Hard Times To Come" was nominated for an Emmy Award in 2010, contending for best theme song after critical praise and

massive fan response.

With two emcees R-Son and Dolio The Sleuth trading verses, Dan Whitener on Banjo, Landry McMeans on dobro, and Rench on guitar, and frequent 3 part harmonies, the Gangstagrass live show has garnered a reputation among fans for its dynamism and spontaneity.

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$19 for general admission tickets; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts, and Loading Dock members \$15. 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](https://www.facebook.com/BethlehemColonial)), follow The Colonial on twitter (@Colonial-NH), 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 party music is made possible by Tami Nason with additional support from New Hampshire 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.



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Pig Roast Revelry

By Robert Roudebush

You know what a good party is, whether you're attending one or throwing one. A good party is unmistakable for several reasons - it's the result of chemistry that for some reason either happens or it does not. A good party can not be forced, it is the fortunate coming together of several elements that spark energy and good humor. Sometimes that kind of party can occur by accident, by good luck, but more often than not, it happens by design, good planning, good choices. Which ever way it happens, you feel great being part of it.

A good party sharpens your senses and your attention, brightens your eyes, and bushes your tail, makes you a little wittier, a little faster. It makes you receptive to and appreciative of others feeling the same rush, eager to join in and spark conversation and laughter, to give back what you're getting. I think the word used these days is interaction.

It can even make you feel more attractive and that's the primary reason people love good parties. It has been known to make folks appear more youthful, even me, which means at a really good party, I come across as somewhere north of one-hundred and twenty seven. You can also greet and meet folks you haven't met yet, renew current friendships, strengthen long-standing ones.

I went to one of those good parties recently, on August 24 at the beaches in the Mountain Lakes District. I was one of about 70 or more people there, and it was a sterling example of folks from the town of Haverhill and of Mountain Lakes merrymaking together for good fellowship. It

was called a pig-roast, and it was called "first-annual" tho some folks recall there being one some time ago. Whatever the case, you can bet there will be at least a "second annual" based on the success of this one.

Good luck played a part in the chemistry. For most of the folks socializing and chowing down on melt-in-your mouth roast pig and other picnic favorite foods, the weather could not have been better - a cool Saturday afternoon and early evening, bright sun, a brisk humidity-free breeze off the water, no sweat, no buzzers swarming. Every body dressed super casual, young folks doing what young folks do on summer days with a couple of inviting lakes a short excited run away.

But most of the chemistry flowed from the good planning, good choices, good execution categories and there were numerous key people responsible. Mike and Polly Bonanno, Cindy and Randy Berenson, Charlotte and Bill Clark, the Garofalos, Kristi, who is District Administrator, and Fred, one of the town's Selectmen, Mark and Linda Johanson, Don and Barbara Keating, Dottie and Bob Long, and Marcia and David Selent.

All the folks from town were invited guests of MLD residents, and each person present was responsible for a pre-paid fee of \$10.00. The funds went mainly to hire the professional chef and crew who roasted and served the flavorful moist meat. His name is "biscuit" and a venerated elder member of biscuit's family turned out some of the best apple crisp I have enjoyed. In fact, I enjoyed it twice that night and was headed back for a third enjoyment but was too embarrassed to make the short walk again.

Town Manager Brigette Codling and her husband Mark were there, as well as all five of the town Selectmen, the other four being Howard Hatch, Darwin Clogston, Tom Friel, and Mathew Bjelobrk. In addition to Commissioner Long, one other District Commissioner was present, Mark Johanson.

Several families relatively new to MLD were part of the jollification - Gaurav and Stephanie Bahl and their two children, John and Cheryl Hakola, Brian and Annette Loutrel, and James and Deborah Silva.

A good party is a lot more than just a good time. It is immediate of course, as in instant gratification, but it is far more. The after-party glow lasts, in memory and in heart. A good party is, without exaggeration, life affirming and therefore should be a regular part of all of our lives.

Nightfall with Edgar Allan Poe Comes To OCT In Bradford

Bradford, VT: Over the next two weekends, the Old Church Theater will be presenting "Nightfall with Edgar Allan Poe" by Eric Coble. Four Classic Poe tales will be brought to life in this unique and powerful play. The play opens on September 13th and will be presented over two weekends on Fridays and Saturday at 7pm and Sundays at 3pm at the temporary theater space located just past Farmway in Bradford, VT. Admission is \$12, \$10 for seniors and \$6 for students. Reservations are recommended and can be made by calling 802-222-3322 or emailing boxoffice@oldchurchtheater.org

Nightfall is co-directed by Eli Hunt and Carrie Anne Quinn. Hunt previously directed Squish and one of the four "duets" a few seasons ago. This is Quinn's first foray into directing, having appeared on stage many times in shows such as 10 Ways to

Survive the Zombie Apocalypse, Pride & Prejudice and Ethan Frome.

The story of Nighfall brings audiences into the mind of Edgar Allan Poe who is trying desperately to convince himself - and the audience - that he's not insane. This show is a theatrical adaptation of four tales which Poe himself considered his best: "The Raven," "The Fall of the House of Usher," "The Pit and the Pendulum," and "The Tell-Tale Heart." Enter the world of Poe and check your heart-beat at the door.

Old Church Theater is a community theater which has been based in Bradford, Vermont since 1985. Nightfall is the fourth of five shows in the 2019 season. The final production of the season is a comedy by Deborah Savadge titled "The Dog in the Dressing Room" which opens on October 25th.



Grafton County

Invites applications for the following positions

LNA's - Full-time/Variied shifts

Provides resident care in a manner that supports and compliments standards of nursing practice.

Must have completed an approved LNA training program and be licensed / licensable in New Hampshire. Also requires patience, empathy, and a strong desire to assist residents and demonstrate love for the elderly.

\$14.23 - \$19.12 HOURLY WAGE PLUS SHIFT DIFFERENTIALS

RN/LPN's - Full-time / Variied shifts

Provides professional nursing care to our residents within the scope of administrative guidelines and in accordance with established policies and procedures. Certification in cardiopulmonary resuscitation required. Must have completed a state approved nursing program and be licensed/licensable in New Hampshire. Requires strong assessment skills and ability to correctly analyze emergency situations and implement effective courses of action. Demonstrates a team-player approach, works well with peers, maintains a cooperative and pleasant demeanor.

RN: \$25.60 - \$35.44 HOURLY WAGE PLUS SHIFT DIFFERENTIALS

LPN: \$20.94-\$28.14 HOURLY WAGE PLUS SHIFT DIFFERENTIALS

Department of Corrections Cook - Full-time

The Cook position plans and assists in meal preparation within the Department of Corrections setting.

Preferred candidates will have culinary degree, with knowledge of all aspects of food preparation and kitchen operations including cooking for those with special dietary requirements and or restrictions.

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Email: hr@co.grafton.nh.us

Or in person at:

Grafton County Human Resources

3855 Dartmouth College Hwy.

North Haverhill, NH 03774

(603) 787-2034

E.O.E.

The logo for Harman's Cheese & Country Store, featuring a central illustration of a farm with a house, barn, and people, surrounded by the text "HARMAN'S CHEESE & COUNTRY STORE" and "SUGAR HILL, NEW HAMPSHIRE".

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Oct 5-6: Autumn Celebration

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Calendar of Events

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

TUESDAY, SEPTEMBER 3

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

THURSDAY, SEPTEMBER 5

RESPITALITY SPAGHETTI DINNER
5:00 - 7:00 PM See Article on Page 3
New Life Christian Center, Bethlehem

FRIDAY, SEPTEMBER 6

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

ART OPENING RECEPTION - DYLAN FRAZER
7:00 PM See Article on Page 3
42 Maple Contemporary Art Center, Bethlehem

SATURDAY, SEPTEMBER 7

GANGSTAGRASS IN CONCERT
8:00 PM See Ad An Article Page 4
Colonial Theater, Bethlehem

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

CANDLELIGHT SERVICE W/REV. BARTLETT
6:30 PM
Old Goshen Church, Bradford

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

EXTENDING THE GROWING SEASON:
7:00 PM
St. Johnsbury Athenaeum

THURSDAY, SEPTEMBER 12

COMMUNITY OPEN HOUSE
1:00 - 7:00 PM See Article on Page 3
Littleton Industrial Park

WOODSVILLE BOOK CLUB / FIRST MEETING
5:30 PM (603) 747-2818 See Article on Page 7
63 Central St. (Opera Block) Woodsville

ROSS-WOOD POST #20 SONS OF THE
AMERICAN LEGION MONTHLY MEETING
6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, SEPTEMBER 13

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

FRIDAY & SATURDAY, SEPT. 13 & 14

NIGHTFALL WITH EDGAR ALLEN POE
7:00 PM See Ad on Page 16/Article Page 5
Old Church Theater, Bradford

SATURDAY, SEPTEMBER 14

NWTF FAKES EVENT
7:00 AM - 3:00 PM See Ad on Page 12
Bunnell Camp, Pasumpsic

EASTON TOWN HALL YARD SALE

8:00 AM - 3:00 PM
1060 Easton Valley Road

FRIENDS OF THE ATHENAEUM PIE SALE

10:00 AM
St. Johnsbury Athenaeum

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

NORTH HAVERHILL FAIR ASSOC. PICNIC

12:00 NOON See Ad on Page 14
North Haverhill Fairgrounds

NIGHTFALL WITH EDGAR ALLEN POE

3:00 PM See Ad on Page 16/Article Page 5
Old Church Theater, Bradford

TUESDAY, SEPTEMBER 17

PAINT BY PAGES: WHERE PICTURE BOOKS
MEET ART
1:00 PM
St. Johnsbury Athenaeum

THURSDAY, SEPTEMBER 19

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

FRIDAY, SEPTEMBER 20

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

SATURDAY, SEPTEMBER 21

LITTLETON ARTS & CULTURE FESTIVAL
See Ad On Page 16

HOGWARTS HOMECOMING

1:00 - 4:00 PM See ad on Page 7
Court Street Arts, Haverhill

ANNUAL CHICKEN PIE SUPPER

5:00 PM
South Ryegate Presbyterian Church

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHN SBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren
MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS
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

New Head Librarian In Woodsville

Patty Vaughn, Head Librarian at Woodsville Free Library, will be leaving that position as of August 30 after 19 months of service. Patty moved here from Virginia a few years ago where she had worked at the University of Virginia's Academic Library. She became Woodsville's Head Librarian in January 2018, but family connections in Virginia require her to return.

During her short tenure, Patty has established friendships with many patrons, learning their reading proclivities and recommending books and new authors for their pleasure. She established the Story Time program at the library for children attending the local Head Start Program--Twelve to fifteen young eager readers would attend once a month until this Summer's vacation. And, importantly to our library, Patty took on

the task of "weeding" the library's collections to make room for new, more current materials.

Patty will be succeeded by Frank Moulton, who started as Assistant Librarian in October 2018. Frank has worked in Academic and local libraries most of his career all over the country. He is currently working at the Woodsville Library as well as the Atheneum in St Johnsbury. The Library is in the process of hiring a part-time assistant.

Library hours are Tuesday, Wednesday, and Friday from 1:00 – 8:00 PM, and, on a pilot basis, Saturdays from 10:00 AM until 1:00 PM.

The library is seeking volunteers to help out at the library, substitute for librarians as necessary, and to serve on the Board of Trustees. Leave your name and contact information at the Library!

New Book Club in Woodsville

Join us September 12, Thursday, at 5:30 p.m. for the first meeting of the Woodsville Book Club.

Bring a favorite book and ideas to share.

Refreshments will be served.

Donna Clark, owner of Shear Animal Styling Salon in Woodsville, is providing a lovely place to meet at 63 Central St, Woodsville, NH

For more information call: 603 747-2818

Horse Meadow Senior Center September Activities

Lunch is served daily at 12:00, except when noted

Breakfast Buffet: Every Tuesday @ 8:30-10:00

Find-a-Sticker September 4th @ Noon

50/50 Raffle September 18th @ Noon

*Meals are available M-F for home delivery.

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

SPECIAL DAYS:

CLOSED Fridays,

September 20 & 27th

ENTERTAINMENT:

Starts between 11&11:15

Phyllis: 9/10, 9/24

The Boy-z: 9/18

Ethel Cooper: 9/5, 9/11, 9/19

Bob Benjamin: 9/12, 9/26

Wayne Klinger: 9/23

Carl, Gloria & friends: 9/4

Marshall Meade: 9/16, 9/30

Byron Berwick: 9/3

Joanne: 9/9, 9/25

CLINICS:

9/9, 9/16 Foot Clinic with Susan Hanna Rose RN, from 9-12pm

9/6: Foot Clinic with

Beverly Sinclair, Call Center for appointments and dates 787-2539

ON-GOING ACTIVITIES:

Domestic Trauma Support Group @ 10:45, Thursday 9/5 & 9/19, Contact Jessica Aiken-Hall

Healthy Lifestyle Share on Thursday at 10:30, 9/12 & on 9/26

Chad Proux Nutritionist will do a healthy cooking demonstration

\Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30

Interfaith Fellowship & Coffee beginning at 9:30 on 9/3 & 9/17 w/ Pastor Wayne Chevalier. All welcome!

Hearts & Hands Quilting: Mondays @ 1:00

Herbal with Elaine on Friday 9/13 @ 12:30

Nifty Needlers:

Every Tuesday 9:00-2:00

Writers Group:

Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Haircuts by Marshall Mead

9/16, 9/30 @ 1:00 Cost is \$10

Floral Arrangements w/ Jane: Thursday 9/5 @ 9:30 Mahjongg: Every Friday @ 9:30

Cribbage: Thursdays @ 12:30

Hand and Foot Cards: Fridays @ 12:30

Beginners Quilting:

Wednesdays @ 1:00

Massage by Donna Paye, 9/3 must call or stop in to set up appointment time

Art/Painting with Barb Thursdays at 9:00

Gripe Group 9/12 @ 10:30 contact Florence 787-2539

*Also, Please think about volunteering here at Horse Meadow or delivering meals!

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• **Copies of my book are available.**

- ♦ Look through some quirky finds in my space.
- ♦ I will be returning from Japan mid September with a load of new surprises from my treasure hunts.

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ATTENTION: Railway Farm & Garden Customers:
With the store now closed, come to The Green Thumb, the source for all those great plants.




Hogwarts Homecoming

SEP 21 | 1-4PM

Hogwarts Homecoming is a celebration of magical fun and merriment. Offerings include flying lessons with New England Circus Arts, live owl show, the snakes of Slytherin, Quiddich, and more! Take a stroll down Diagon Alley to visit Honeydukes, the wand and potion show and joke around at Weasley's.

Ticket: \$10 online at courtstreetarts.org.
Advanced purchase is recommended for all the wizards perks.



Court Street Arts
at ALUMNI HALL
75 COURT STREET, HAVERHILL, NH | WWW.COURTSTREETARTS.ORG



Golf Tournament

4-person Scramble
Saturday, Sept. 14, 2019 9:00am
At Blackmount Country Club
400 Clark Pond Rd., N. Haverhill, NH 03774
Price: \$60.00 per player (includes lunch and golf cart)

SHOT GUN START

Please make checks payable to
Upper Valley Services 267 Waits River Rd., Bradford, VT 05033
Attention: Kelley Wright

TEAM NAME:

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THANK YOU IN ADVANCE FOR YOUR SUPPORT

7
Not all Times are Trendy, but there will always be Trendy Times
September 3, 2019
Volume 10 Number 24

Where Sky Meets Land in The Gallery at WREN

The Gallery at WREN kicks off September with the Opening Reception of WHERE SKY MEETS LAND on Friday, September 6 from 5-7pm. The exhibit features new paintings by Michele Johnsen and Gisele Thompson, two celebrated New Hampshire artists with a long-standing relationship with WREN.

Both artists share a deep love for the iconic pastoral scenes of Northern New England, which is evident in their large scale, brightly colored works. Johnsen also speaks of the artist's role in encouraging others to think about their effect on the environment.

"Along with the pure attachment to aesthetic quali-

ties," she says, "I reflect on how, as an artist, my work is a never ending journey that brings attention to both beauty and responsibility."

And Thomson points to the importance of being in direct contact with nature. "A walk in the woods can be the start of a new painting, or even the beginnings of a new understanding of color or composition," she muses.

The exhibit will be on display through September 30. The Gallery at WREN is open daily, 11am-6pm.

Michele Johnsen has spent a life time as an artist and maker. An art teacher for more than 14 years in the Colebrook School System, she graduated with an MFA in Visual Art from NH

Institute of Art in Manchester, NH in 2017. She's been incremental in establishing several art associations in the Colebrook area including Lovering Mountain Arts, Colebrook Arts, and the Great North Woods Committee for the Arts. Her work has been included in a long list of group and solo shows around the country that include The NH Institute of Art Biennial, Climate Gallery in Long Island City, The Shaw Gallery in Keene, Soo Rye Gallery in Rye, NH, and The Gallery at WREN.

Gisele Thompson has been painting professionally for over 20 years. Having relocated to her home state of New Hampshire after 28 years in Long Beach, CA,



Gisele celebrates the beauty and iconic scenes of the Granite State. She has a Masters in Fine Art from CA State University Fullerton and is a member of the NH Art Association, WREN and NH Made. She has shown work widely throughout New England, New York and California.

2019 marks the 25th anniversary of WREN, a nationally recognized not-for-profit in Bethlehem that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development.

Established in 2001, The Gallery at WREN sets the

standard for fine art galleries in the North Country, and serves as a cultural outlet for the creative expression of a community, where the public can gather to enjoy, learn about and appreciate art. The Gallery was the original catalyst for Bethlehem's First Friday events on Main Street back in 2012. In addition to monthly Meet the Artist receptions during First Friday, the Gallery hosts a variety of events throughout the year including artist talks, demonstrations, slide-shows, and workshops, all aimed at directly engaging the community with art and art-making.

Volume 10 Number 24 September 3, 2019 Not all Times are Trendy, but there will always be Trendy Times

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HAVERRHILL, NH - Haverhill Commons area on one acre. Features lovely refinished pine floors, new quality appliances, first floor bedroom and 2 upstairs. Spacious eat in kitchen, optional wood heat with oil forced hot air heat. New decking front porch, basement spray foam walls. Barn with rear pasture and fenced. Ready to move in. \$147,500.

WEST FAIRLEE, VT - Premium lot with brook frontage on 2 sides. Three bedroom mobile home with garage. Well and septic, gas hot air heat, Suitable for large or small family. Bring the pets and enjoy the 1 acre parcel of land. Lovely rural setting. Peaceful sound and a cool retreat. \$89,500.

WOODSVILLE, NH - Located on end of street. Quiet neighborhood is perfect for a family. Four bedrooms, 1 1/2 bathrooms, front porch, attached 29' x 16' garage/barn with large overhead attic. Comes with newer appliances. Town water and sewer. Living area 1800 sq. ft. to roam in. \$117,500.

BATH, NH - Great Opportunity to own 2 fields with views equaling 1 1/2 acres. Can buy just one lot. Comes with RV's to use while building. For the two together \$90,000.

HAVERRHILL, NH - 21 Acres with dramatic view of Sugar Loaf and Black Mountain with trimming. Power at road side. \$59,500.

BATH, NH - Fabulous frontage on the Connecticut River. 11.6 Acres offers an absolutely perfect building site and nice road to the water. Power at street. \$89,500.





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After School Kids (ASK) in Whitefield

The After School Kids program at Community Baptist Church in Whitefield is gearing up for the new school year!

After School Kids (ASK) is a free recreational program which opens for the year on Monday, September 9. Students in grades 4-8 at Whitefield Elementary School are welcome to be part of this safe, fun, and enriching after school environment Monday-Friday from 3:30-5:30. Each day includes a hearty snack, outdoor games, and time for homework. Many days we also enjoy additional activities such as cooking, crafts, and science activities. Experienced adults work to create a caring community for our young neighbors.

If you have questions, just ASK! For more information, or to register your child,



email gsvigne@gmail.com or call Community Baptist Church at 837-2469.

After School Kids is a partner program of the NH Food Bank, and is also funded in part by a grant from the Neil and Louise Tillotson Fund.

Rte. 10, Orford, NH (603) 353-9901
www.millgardesfarmstand.com

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Letter to the Editor

In May, I resigned from the Haverhill Cooperative School Board. I could no longer work with a board and administration that is failing our students. I tried to follow the chain of command – first teachers, then principal, than superintendent, and finally bringing my concerns to the board – they do not want to listen! They are putting our students' education behind finance and personnel. In the 20 years that I have lived in Mountain Lakes, the last 3 years are the first time that I have not defended our education system. We might be small, our administration was not the best in the past, but our education was outstanding. Not anymore. At the core of the faults lie how we are implementing competencies and the lack of rigor at our schools, and that fault lies with our administration – SAU down to our schools. It's time for a change.

I started this process by asking 4 essential questions of the 144 middle and high school principals around the state. The response I received was outstanding. Almost everyone in this state wants to share what they are doing, what is working, and what isn't. Why aren't we listening? Here are their responses:

1. How long after starting competencies did you switch to competency grading? How does your competency grading work (Summative and formatives – both counting or just summatives?) How do you, if at all, calculate top honors?

No school started grading without fully developing

their competencies, unless, like Haverhill, it came top down. Those schools that are successfully implementing competencies made sure that they had their rubrics all written, did at least a trial year of implementing and refining those rubrics and collecting sample work, and then worked on how the grading would look. Some count formative assessments, some don't, but consistently, they have a clear understanding of how the grading is going to work in every class. Except for those middle schools that have done away with the traditional 5th grade, 6th grade, 7th grade, 8th grade for a blended competency completion system, students have to complete all competencies for a course to move on. High schools are still calculating top honors except for one that has moved completely to Summa, Magna, and Cum Laude.

2. I know there are generic rubrics, but for summative assessments, how detailed do the rubrics get? Is it easy to tell what is a 1, 2, 3 or 4? Are rubrics the same, no matter which teacher is teaching the material? Do they ever cross grade (grade each other's students)?

Across the board, the rubrics are consistent by course at the high school and by grade at the middle school. The rubrics may start out generic, but before competency grading was implemented, they were refined to be more specific as they go through the trail period at the schools. The same rubrics were used

for a course, no matter the teacher. Cross grading was done in some schools to evaluate the effectiveness of the rubrics. After the cross grading, teachers met to redefine rubrics even further. Every school that considered themselves successful at implementing competencies had collected Sample Work for 3s and 4s for each of their rubrics. I have repeatedly asked our high school principal and superintendent about rubrics. They have sometimes said they are specific and sometimes generic. Which is it? It can't be both. They do both agree we don't need Sample Work, which would show any student how to achieve a 3 or 4!

3. How is late work handled? What is considered "late"? How late is the late work accepted? What happens when you get to the end of the school year and students haven't finished work? Is there a grade penalty for late work?

High Schools had different ways of handling this, however, they all agreed, late work was penalized and only accepted if a student went to a teacher before the work was due and had some sort of formal process for asking for an extension. However that part was handled, late work was always penalized meaning they could not receive the full 4 points. Students were not allowed to hand in work after grades closed but rather sent to summer school to finish the competencies, again with a penalty. Currently at Woodsville High School, students can hand in work at any time, even after school is out for the summer, with no penal-

ty, no conversation with the teacher, no consequences whatsoever. How is this fair to those students that do their work on time? Moreover, how does this actually prepare them for college or real life? Our administration at all levels think this is fair. Why don't we ask the students that do their work on time or the teachers that have to grade their late work how fair this actually is?

4. How do advanced students advance? Do they have to wait for others to catch up or are teachers prepared to teach them concepts so they can move forward? What happens if they finish a course ahead of others? Is this a possibility at your school?

As of right now, no school is prepared to handle advanced students. From the conversations I have had, I can understand why – they are concentrating on perfecting their rubrics, teaching students and teachers how to use rubrics, and modifying as they all learn together before tackling this topic.

We are going to have a beautiful high school, but the education is poor. In 3 years, we have lost 5 teachers and 17 courses at WHS and none of it due to budget cuts. Almost everyone who should be taking an honors class is taking it online – one has to wonder why? The administration has taken it upon themselves to cut our offerings and allow teachers not to teach rigor our students expect. Don't believe the course catalog – you won't find all those courses at our school! They have been cut, how could they not with a smaller staff. A small group of staff is running the

show, ruining our kids' education, and the moral at our school. Too many of our good staff (at all 3 schools!) are looking for another place to work or have already left. Don't let the board reports fool you – they are wrong – our turnover is enormous for the number of staff we have!!!

We are failing our students. Since my resignation, the number of parents, students, and staff from all three schools that have expressed their appreciation for my time on the board, but more importantly, their concern for the direction of our district, is overwhelming. Last year, I encouraged the staff to use their union rep to speak up about what was going on. You will have to ask them how that went. This year, I not only encourage the staff to speak up, but parents, students, and community. We need to band together. Everyone who has a complaint about our education at any of the schools, whether you're a staff, student, parent/guardian, or community member needs to go to the next board meeting Monday, September 9, 2019 at Woodsville High School at 6 PM. And every board meeting after that! We need to speak up!!! That is the only way!

In March 2020, 3 board seats will be up for grabs. All at-large. We need to fill those seats with people who will fight for our education. This will give us the majority on the board and finally take BACK OUR SCHOOL!

Michelle Reagan
North Haverhill, NH (Mountain Lakes District)

Michele,

Let me add my voice to those saying thank you to you for your efforts toward the education of our students. The job of being a school board member is not always easy. It takes a certain type of person to be willing, and able, to step up and fill one of these important positions. Thanks also for the work you have done toward learning more about this new grading

method. For many of us who simply know about letter grades it is obvious we also need to be educated.

Please allow me to say this about that upcoming election in March 2020. With three seats being available at this upcoming election (each being for a 3 year term) and each also being an at-large seat (due to a change in the rules passed at the 2019 Annual School Meeting) it means that any resident of Haverhill can

run for one of these offices. Therefore it will also be critical for the voting public to learn as much as possible about the candidates. I trust that those candidates will participate in any open forums offered, and that the voters will also participate by attending, asking questions, and learning what they can.

Gary Scruton, Editor

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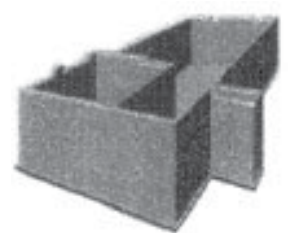


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financial advisor can review your employer-sponsored retirement plan and help you determine how to use it to your greatest advantage.

- Help you save for college – Higher education is expensive, and costs are rising every year. If you'd like to help your children – or grandchildren – go to college someday, you need to save and invest early and often. A financial advisor can suggest appropriate college savings vehicles and strategies.

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- Help you adjust your financial strategy – Not much will stay constant in your life – and that includes your financial strategy. Any number of events – a new child, a new job, a new retirement destination – can cause you to adjust your investment moves, as will some of the factors influencing the financial markets – economic downturns, changing interest

rates, new tax laws, and more. A financial advisor can help you change course as needed – and sometimes encourage you not to change course, when, in his or her professional opinion, you might be tempted to overreact to some event or other.

While a financial advisor can help you in many ways, you'll need, above all else, to feel comfortable with whomever you choose. Ultimately, you'll want to pick someone who understands what's important to you, and who will follow an established process to create personalized strategies and recommend specific actions needed to help achieve your goals. And you'll want someone who will be with you in the long run – someone who will revisit your objectives and risk tolerance and who can adjust your strategies in response to changes in your life.

A financial advisor can make a big difference in your life. So, work diligently to find the right one – and take full advantage of the help you'll receive as you move toward your important goals.

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

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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.

The Ties That Bind

by Maggie Anderson

One of my favorite cousins rests beside the pond behind the farmhouse my family has passed down from generation to generation for almost a hundred years now. My immediate family's occupation of it began as the lilacs were blooming when I was eight years old and lasted the longest stretch of years I ever lived in one place until Dad stopped to "set a spell" on the agate flats in southern Oregon just before I entered the eighth grade.

Currie's family was caring for the farmhouse and creating new legends until the day his warm and generous heart gave out and he stepped off the final platform.

I do get down that way now and then, when I do I always stop to tell him what everybody's been up to since he left us. I would call him collect from my house here in the mountains but the powers that be may refuse to accept the charges and demand payment in person from me so, not wanting to risk it, I sit by the pond for a chat when I pass that way instead.

Our fathers were two of the five sons and one daugh-

ter our grandmother raised alone from the time my dad, the baby of the bunch, was a toddler all through the Great Depression and on until she reached the end of her journey here on earth when I was fourteen years old.

Currie and I reconnected at my father's funeral after a long continental and familial divide and kept that connection open afterwards by means of weekly phone calls. We had a sort of leap frog connection, each called the other every other week and talked for ten minutes until Hank and I moved to the east coast from Oregon and Currie and I were close enough to get together when we had new jokes to share or stories to tell.

In the old days he and I set our timers for ten minutes and said a quick goodbye as soon as our respective alarms sounded. Ten minutes may not sound like much of a conversation but neither of us had an extra nickel to our names and long phone calls in those days could have you living on the street if you didn't pay attention to the passage of time.

Hank's heart nearly exploded once when our

phone bill arrived and we found that my "chat" with one of my bride's maids cost us forty-two bucks. That may not seem like a big deal now but at that time our monthly mortgage payment was fifty dollars. Believe me I'm more surprised than you are to find we are still married.

Currie was one of the family's many jokesters, he could have made a living doing stand-up comedy if he hadn't been allergic to time clocks and company regulations. His was a freer spirit than most, Currie preferred to live round the edges of society's net, fondling its knots now and then but only from what he considered a safe enough distance not to become ensnared.

It was his turn to call one week and about seven or eight minutes into his allotted ten he got pretty worked up and breathlessly asked me if I wanted to hear something really funny. When I gave him an equally excited, "yes" he hung up the phone and all I could hear was a busy signal. I spent the rest of the week trying to explain that people in our family thought that sort of thing was funny. Maybe they just needed to be there.

The day is calling me. Hank has gone down to make coffee. I asked him if he would grab my mug off my work table and rinse it out before he fills it again, I caught Chantilly with her head jammed into it for a prewash last night and much as I love her I'm not really into swapping spit, not with her anyway.

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Donna Lee Robinson: OBITUARY

Lyme, NH - Donna Lee Robinson, 84, of Orford Road died Friday, August 9, 2019 at the Jack Byrne Center in Lebanon, NH.

She was born June 3, 1935 in Massillon, Ohio the daughter of Samuel T. Morris and Helen (Kaylor) Morris. The family moved often as her Dad was an engineer working on highways and dams. She attended schools in Worcester, MA and was a graduate of Keene State College in Keene, NH.

In 1958 she married William Edgar Green III and they had five children. Besides raising her family, Mrs. Robinson was a substitute teacher for local schools. Mr. and Mrs. Green divorced in 1969. She was employed by Dartmouth College, working many years at Baker Library. She also worked part-time as a bookkeeper at Southworth's Paint Company/Jay's Septic until her retirement. On January 1, 1971 she married Robert A. Robinson in Orford, NH.

Mrs. Robinson was a 50+ year member of the Order of the Eastern Star, member of OES Chapter Connecticut Valley-Mt. Moosilauke #42 in Orford, NH, Worthy Matron of Chapter #42, past Worthy Grand Matron for New Hampshire, past Grand Representative OES for the state of Virginia, and a volunteer with the Orford Fast Squad. She loved cats, her



dog "Bitsy," reading, puzzles, bird watching, camping, and in her younger days, deer hunting.

Survivors include one daughter, Kathryn L. Green of Lyme, NH, two sons, William E. Green IV of Piermont, NH and Thomas D. Green of Lyme, NH, five grandchildren, and three great-grandchildren. She was predeceased by her husband, Robert Robinson, and two sons, Clayton Mark Green and David Matthew Green.

Funeral services will be held Sunday, August 25th at 1:30 pm in the Orford Street Congregational Church, Orford, NH. Burial will follow in the Highland Cemetery, High Street, Lyme, NH.

Donations in her memory may be made to the Lyme Fast Squad, in care of Lisa Rayes, PO Box 126, Lyme, NH 03768, or to the Lyme Congregational Church Parish Nurse, 1 Dorchester Road, Lyme, NH 03768. Arrangements are by Hale Funeral Home in Bradford, VT.

Joanne Fontaine: OBITUARY

New London, NH - Joanne Fontaine, 76, of Pleasant Street died Friday, August 16, 2019 at Dartmouth-Hitchcock Medical Center in Lebanon, NH.

She was born April 29, 1943 in Barre, VT the daughter of Maurice Fontaine and Phyllis Fontaine Dow. At an early age the family moved to Corinth, VT where she attended Cookeville Grade School. Mrs. Fontaine was a 1960 graduate of Bradford (VT) Academy, and later attended Champlain Business School in Burlington, VT.

On October 12, 1961 she married Richard Pushee, and they were divorced in 1974. On July 12, 1980 in Piermont, NH she married Robert Marcott who survives. Mrs. Fontaine had been a private duty caregiver for many years for families in the Upper Valley. She enjoyed camping, cooking, scrap booking, and spending time with her family.

Besides her husband of New London, NH, she is survived by one daughter, Robyn (Peter) Falso of Campton, NH, three sons, Wade (Pamela Charlesworth)

Pushee of North Haverhill, NH, Shawn (Ann) Pushee of North Haverhill, NH, and Lance (Sally) Pushee of Leesburg, FL, 8 grandsons, 8 great-grandchildren, a brother, Arthur Fontaine of Palo Alto, CA, a sister, Mary Clark of West Fairlee, VT, and many nieces, nephews and cousins. She was predeceased by a brother, Maurice Fontaine.

Private funeral services and burial will be held at the convenience of the family. There are no calling hours. Donations in Mrs. Fontaine's memory may be made to the American Cancer Society, VT Division, PO Box 42040, Oklahoma City, OK 73123. Arrangements are by Hale Funeral Home in Bradford, VT.

Charlie R Green: OBITUARY

Bath, NH - Charlie R Green, 73, of Abbott Ave, died unexpectedly on Saturday, August 17, 2019. Charlie was born in Hartford, CT to Charles Irving and Irene (Sauselen) Green on October 22, 1945. After graduating from Farmington High School (CT) and working for various employers, Charlie joined the US Navy in 1968. After training, he served as a journalist aboard several different ships, before returning state side to serve with the Seabees in Louisiana for a short time just prior his honorable discharge.

Over his lifetime, Charlie was employed by Pratt & Whitney Aircraft for 15 years at their Southington CT location repairing jet engines, Camp Walt Whitman in Piermont, NH for 10 years as one of a two man maintenance crew for the entire camp and property, and probably his most loved employment as a building trades teacher at the Beckett School in Pike, NH for over 10 years.

Charlie was a very civic minded individual and served on the Bath Planning Board for many of his 30 year history in the town ... along with being a member Bath Historical Society along with committee work on a number of Old Home Day Celebrations and the Town's

Deborah Louise (Irving) Wetherbee: OBITUARY

Benton, NH - Deborah Louise (Irving) Wetherbee, 62, passed away suddenly at her home on Thursday, August 29, 2019.

She was born in Franklin, NH to Alfred Isadore and Marjorie Rena Mary (Jones) Irving on June 28, 1957 and was a graduate of Newfound High School. On October 22, 1977 she married Hue O. Wetherbee.

Deb was a loving wife, mother and grandmother who laughed loudly, enjoyed life and her red Mustang. Deb worked for 22 years at the Glenciff Home for the Elderly, first as an LNA, then as an LPN and was a loving caregiver and friend to her residents and co-workers. Glenciff is where she found true purpose and fulfillment and where she met her dear friend, tattoo buddy, and "work daughter," Jen Paronto.

Deb loved many things in life: country music, NASCAR



Bicentennial Celebration. Loving the outdoors, Charlie also belonged to the Boy Scouts of America, starting as a scout himself and progressing from Scoutmaster to being a member of a small group of adult leaders earning his Wood Badge. He was also a member of the Ammonoosuc Valley Railroad Club, serving the club in various positions. At the time of his death, Charlie was a member of Ingerson-Smith American Legion Post #41 in Whitefield, NH, a former member of Ross-Wood American Legion Post #20 in Woodsville, NH, along with serving as a District 8 officer for many years in various offices. He enjoyed many activities at Horsemeadow Senior Center - among the most was being a member of their writing group. Within the last few years of his life, he became a published poet and enjoyed his woodworking.

He is survived by his wife,

Christine (Mannings) Green of Bath; a son, Charles K Green and wife Crystal of Bath, NH; a daughter, Olivia E Hurd of Vermont; 4 grandchildren, Dylan Green, William Charles Green, Karlie Andrews and Benjamin Green; 5 siblings, Dawn Green of Florida, Larry Green and wife Joan of Plainville, CT, Debra Green of Collinsville, CT, Chet Green and wife April of Belton, SC, and Scott Green and wife Karen of Unionville, CT; a half-brother, David Daigneault of Connecticut; and nine nieces and nephews along with cousins.

Charlie was predeceased by his parents Charles I Green and Irene Sauselen and his step mother Dorothy Green.

A Celebration of Life will be held on Saturday, September 7, 2019, at 1 PM at Ross Wood Post #20 American Legion, 4 Ammonoosuc Street Woodsville, NH.

Burial will be held at New Hampshire State Veterans Cemetery, 110 Daniel Webster Highway, Boscawen, NH.

For more information or to offer an online condolence, please visit www.rickerfh.com Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.



race, her fur babies, "The Grinch Who Stole Christmas," flip flops, gardening, and her camp in Pittsburg. But there was nothing she loved more than her family. She cherished watching her grandchildren grow.

Deb is survived by her husband of 42 years, Hue O. Wetherbee; her son, Hue O. Wetherbee, Jr. and his wife Hailey K. and grandchildren Gabrielle C. and Myles P. Wetherbee of Canaan, NH; siblings, Daniel Irving and

wife Donna of Bristol, NH and Gloria Kemp of Lincoln, NH; along with many nieces, nephews, cousins, and cousins in law, whom she adored.

She was predeceased by her brothers Ralph Irving and Dick Irving and her sisters Marie Moses and Kathy Moses.

At Deb's request, there will be no calling hours.

A graveside service will be on Saturday, September 7th at 11 AM in the Warren Village Cemetery with Melissa Gould, Funeral Celebrant, leading the service.

Memorial contributions may be made to the Coos Animal Sanctuary, PO Box 345, Colebrook, NH 03576.

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Bryan S. Gould **Thomas W. Mayo**

Of Guys, Honey, And Other Expletives

by Elinor Mawson

For some unknown reason, the word "guys" has crept into our lives. That word is used by just about everyone when addressing a group of people. It has assaulted our lives and now everyone is a "guy". I hate it.

What would happen if everyone was called "girls"? It makes very good sense if both sexes are called "guys". I am sure that any male would object as strenuously as I do about "guys". But I guess the term "guys" is here to stay,

What is the matter with the word "folks"? Or "people"? Or "ladies" or "gentlemen"? I know its a little more formal, but I object to being in a nice restaurant and being called a guy.

I can't tell you how many times I have been called "honey". Most of the time it has been in a hospital setting where nobody knows your name and they feel like they have to call you something. And of course if I were many years younger than I am now, maybe--just maybe--I would be called by

name.

Not long ago I was talking on the phone with someone I hadn't met.

Our conversation was contentious and I was quite riled up. Then she called me "honey".

"Don't call me 'honey', I said quite loudly.

"Oh", she said. "I used to work with old people", (How is THAT for an excuse?)

I don't have to tell you that she became one of my un-favorite people.

I find the words "dear" and "sweetie" almost as bad. I was never called these names until I turned 70. When it happened, I knew I was an old lady, and I didn't like being reminded of it.

Our parents and grandparents were never called "guys" and I wonder what they would think if they were living now in our casual world. I also wonder how we have become accustomed to being called these generic words. I guess we just have to get used to it.

But I still hate it.



What About Ma?

by Kellie Quackenbush

All About Working With A Sprain/Strain

This summer, among my many adventures, was a strained tendon. Over the years, everybody faces a few sprains, strains, breaks, bumps and bruises and I am not an exception. Along with the typical treatments of wraps, pain creams, rest, braces and stretching is physical therapy. Physical therapy involves attending appointments, getting exercises and stretches to do at home and general advice on how to avoid the injury in the future.

It will be 10 to 15 years before I can even think about retiring. My income is essential to the economic function of my home. With that in mind, suggestions that I start thinking about retirement, do I have arthritis and questions about my age do not sit well with me. As with many people over the age of 45, I am in that part of life where the kids are on their own but still need help (dollars) and the folks are starting to have issues in this crazy economy (what is a co-pay?).

At this time, for me, there are no confirmed diagnosis of arthritis but despite my best efforts, I still on occasion get a sprained or strained muscle. Being fairly active and busy with work, I try not to let little things slow me down. Unfortunately, it does take time for these things

to heal, "Ligaments are tissues that connect bones at a joint. Falling, twisting, or getting hit can all cause a sprain. Ankle sprains are common. A strain is a stretched or torn muscle or tendon" per <https://medlineplus.gov/sprainsandstrains.html>, "At first, treatment of both sprains and strains usually involves resting the injured area, icing it, wearing a bandage or device that compresses the area, and medicines. Later treatment might include exercise and physical therapy."

Busy people, like me, hate slowing down. However, I do take my breaks at work, go slow up and down stairs and limp at the end of the day. What does not change is the quality of the work I do. Getting the job done, that is what I do and that is what people my age do.

My bottom line is to ask folks not to judge someone by the limp in their step or the slower pace they may walk. Think about the work they are doing and the dedication they are giving. Being an active working participant in society is very important. Age and physical challenges that people face are sometimes the driving factors that make older workers better and more determined.

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Herbs for Children's Health

This is the time of year again that families and schools are focused on keeping children exceptionally healthy, to counter coughs, colds and flu. We all have the responsibility in our own homes to protect our families and others. Children are also returning from an extensive vacation and with herbs and stronger sleep patterns we can keep their minds sharp all day long.

Diet is the most important way to keep a child's immunity and defense systems working. Pathogenic organisms and viruses are everywhere. But, they aren't the major factor causing disease if the body environment is healthy. Well-nourished children are usually strong enough to deal with infection in a successful way. They either do not catch the "bugs" that are going around, or if they do, illness is short in duration, (childhood diseases are one of Nature's ways of building resistance), or, they get the problem over and done with quickly. A wholesome diet can easily restore a child's vitality. Even children who have eaten a junk food diet for years quickly respond to a diet of fresh fruits, vegetables, whole grains, low fats and sugars, in as little as a month's time. A child's hair and skin takes on a new luster, they fill out if they are skinny, and lose weight if they are too fat. They sleep more soundly and regularly. Their attention spans increase, and many learning behavior problems diminish or disappear.

A child's body responds very well to herbal medicines. Herbal remedies are building, strengthening and non-traumatic to a child's system. Most children love herbal teas, herbal glycerin drops, syrups and homeopathic medicines much more readily than you think.

Most herbal remedies can be taken as needed, then reduced and discontinued as the problem improves. Take only one or two herbal combinations at the same time when working with a child's system. Choose the herbal remedy that addresses the worst problem first. One of the bonuses of a natural healing program is the frequent discovery that other conditions were really complications of the first problem, and often take care of themselves as the body comes into balance. In addition, rotating and alternating herbal combinations according to the changing health state of the child allows the body to remain most responsive to herbal effects. Reduce dosage as the problem improves – allowing the body to pick up its own work and bring its own vital forces into action. It's best to let the herbs gently rebuild health. Even when a good healing program is working, and obvious improvement is being made, adding more of the remedy in an effort to speed healing can aggravate symptoms and worsen the condition. The way to use herbs is as important as the herbs you choose.

Herbal Remedies (glycerin drops and/or teas) for high nutrition, anxiety, insomnia and/or restless sleep, hypoglycemia and hyperactivity include:

Elder Berries, (Sambucus Nigra) An expectorant and sweating herb for respiratory problems. This herb is excellent for quick-onset, quickens the duration of coughs/colds and flu. An anti-inflammatory, elder increases blood circulation and can reduce fever when needed. Vitamins A, B1, B2, B3, C, Calcium, essential fatty acids and flavonoids.

Fennel Seeds (Foeniculum) an aromatic anti-inflam-

matory herb with digestive and diuretic abilities. Helps stabilize the nervous system and moves waste material out of the body; pain-relieving and mucous-counteracting. An important part of an anti-gas; as a tea and wash to relieve conjunctivitis and inflammation of the eyelids. Amino acids, Calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, vitamins B1, B2, B3, C and E.

Lemon Balm (Melissa Officinalis), primarily a calming, sedating, diaphoretic herb. Used to treat nervousness, insomnia and depression; an anti-spasmodic for calming respiratory catarrh (mucous) and for acute symptoms of colds, fevers and flu, and specific for hyperactive children with digestive disturbances. Excellent before bedtime to insure restful sleep. A good night's sleep can be insurance for a peaceful morning. Break fast with a protein meal.

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.

Acceptance

by Cyndi Wellman

There's Always a Way!

Last winter I rode with my sister some. She had a full-size truck. I thought, I could get in her truck. She had running boards on it. It took a few attempts to get in. Beyond me, how my sister was patient.

Finally, I was determined to get in her truck. After struggling 3 different rides. I asked her. If she had a step up. I don't know who was happier. Kindness happened.

Another alternative!

Last 20 years I used to go up and down 2 flights of stairs. I had handles on my



laundry basket. Laundry Room was in the basement. One step at a time. Without clothes hang onto the railing/proceeded. It was my exercise.

If you're unable to do this and have stairs in your house. Perhaps, you could find out if a Glide stair lift chair would work. So, you can do your laundry! Or cooking/chores!

Now, saving my energy n' will have 1 level home!

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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small. Mix well while cooking. When chicken turns white and vegetables are tender add stuffing and mix well. Scramble the egg and put in pan and mix well. Fill peppers moulding top with your hand. Put in baking pan with cover placing them side by side. Sprinkle paprika on top to help them to brown. Put 1/2 Cup of water in bottom, cover and bake for 45 minutes. Take cover off and bake 10 more minutes. I used a Corningware baking dish with cover, or cover with foil if you don't have a covered baking dish.

That's it! I had my friend Jane over for dinner and she said they were "Delicioso". I served a small salad with it. We enjoyed a nice chilled Chardonnay that went well with this dish. We drank responsibly!

So folks that's it for this edition. Please try this recipe, it's easy peasy. If you have any questions please contact Gary and I will help you out. Until next time my friends I am signing off, Sincerely Cin Pin.

Chicken Stuffed Peppers

Hello hello my fellow chefs. Well I hope that your summer is going well. It seems like the summer went by so fast but these cool nights are great for sleeping. My grass really needs watering it's getting crunchy so I would not mind a bit of rain.

So my friends let's get started with today's recipe, what to buy and how to make it. This is a nice alternative to hamburger and rice or bread stuffed peppers.

Preheat oven to 350 degrees

Ingredients

- 3 pack of peppers, yellow, red and Orange
- 1 Large onion chopped small
- 2 Celery Stalks chopped small
- 2 Cloves Garlic minced
- 1 Pound chicken cutlets diced small, (boneless and skinless).
- 1 Large egg
- 1 Cup Pepperidge Farms herb seasoned stuffing mix
- 2 Teaspoons parsley flakes
- 1 Teaspoon of Salt and pepper or to taste
- 1/2 Stick butter
- 2 Tablespoons vegetable oil
- Paprika

Cut peppers in half lengthwise. Remove top, seeds and inner ribs. Melt butter and add oil to frying pan. Add onions, celery and garlic. I chopped mine in my



food processor. Add your chicken and salt and pepper and the parsley. To get nice small cubes of chicken slice lengthwise then cut across to make the cubes nice and

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