

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

MAY 27, 2014 VOLUME 5 NUMBER 17

Sugar Hill Lupine Market

The Sugar Hill Lupine Celebration Market on Saturday and Sunday, June 7-8, will have over 50 vendors with a bit of something for everyone from alpaca wool to zucchini relish. The market hosts artisan demonstrations, seminars, workshops, and concerts from 10 am to 4 pm at the Sugar Hill Meetinghouse and the Carolina Crapo Memorial Building. All events are free and held rain or shine. Plenty of parking is available behind the Meetinghouse.

Saturday, at 10:30 am; The first seminar will be on NH Wildlife by The Rocks Estate of Bethlehem. Moose and Bear will be featured; with tidbit about a few other local animals including porcupines. During this program, animals' secrets are divulged using their antlers, pelts, and skulls as part of this educational and entertaining discussion of habitat and habits. The session will also discuss the The Rocks Estate role as the North Country Conservation & Education Center for the Society for the Protection of New

Hampshire Forests. The Rocks Estate will have a booth at the market with more information and items from their gift shop. The Rocks Estate trail system and grounds are open to the public and their Maple Museum is open June 1st through Columbus Day. Stop by to learn more about this gem that is just up the road.

On Saturday, June 7th at 11:30 am; Author, Eric Pinder, shares stories, photographs, and videos of living and working at the top of Mt. Washington. Have you ever wondered what it is like to live on the summit, where it snows in July and hurricane-force winds are commonplace? Eric's book *Life at the Top: Weather, Wonder & High Cuisine* from the Mount Washington Observatory captures the life of those hardy souls who live and work at the top of Mount Washington year-round. The crew and their cats enjoy this crazy home - even with 100-mph winds, wandering moose, and odd questions from visitors. One of the more famous residents of the Observatory was

Nin. Eric wrote the children's book, *Cat in the Clouds*, a glimpse of Nin's life. Eric will be at the market on Saturday so if you miss his presentation; stop by and he will gladly answer questions, share anecdotes about life on the rockpile, and autograph copies of his books.

At 12:30 on Saturday and at 11:30 on Sunday, Sara Boothman Glines will share northern New Hampshire's history using her Boothman family stories from the 1870s to today. Sara combines family history with her folk art of hand-crafted wooden figures. Each figurine represent a moment in time of a real person in the Boothman family and is complete with the tools of his or her trade, from miniature snowshoes to a miniature basket. Did you know that an iris stem can be turned into a fishing rod?

Sara will have a booth at the market, so if you miss her talks, stop by for a personal visit and story.

Free Hands-on Photography Workshops: Spend time



with professional photographer, George Mitchell of GM Photography on Saturday at 10:30 or at 12:30 pm. And on Sunday, at 11:30 and 1:30 pm, join Meg Brown of Megabug Photography. George and Meg will share photography tips and encourage you to put the tips into action as you snap photos around the Sugar Hill Market. Maybe your market photo will win the Lupine Photo Contest. George Mitchell is well-known in our area as you often find him photographing or volunteering at local events. Meg's photography career is just taking off but she is also an active volunteer, photographing local

events. On Sunday, Meg will emphasize floral photography. We think you will enjoy spending time with these photographers and looking through your camera lens with them.

At 1 pm, there will be free concerts thanks to the sponsorships of local businesses. On Saturday, The Kid Jazz Band of Bristol, NH is coming with Swing, Bop, and Jazz from the 1930's to original pieces of their own. This band has been featured on WMUR's Chronicle and plays around the state. Sunday, The Back Shed String Band with their mix of bluegrass, original tunes, classic country, folk, and old-time music will entertain us. The concerts will be held at the Sugar Hill Meetinghouse and, if nice, will be outside, so bring your lawn chairs.

For more information, visit www.HarmansCheese.com/market or call 603-823-8000.

ST. JOHNSBURY ANTIQUES
Buying & Selling
560 Railroad St • St. J
802-748-6000
Wed - Sat 10am-5pm
Sunday 12 noon-4pm

Pure Envy Salon
802-626-8000
32 Depot Street
Lyndonville, VT

TODD HOLT PHYSICAL THERAPY
31 Main Street
Wells River, VT
802-757-8000
Fax 802-757-8001

Milkhouse Ice Cream
282 Portland Street, St. Johnsbury, VT
Proudly Serving
Gifford Ice Cream
Cones & Dishes
Sundaes & Splits
Open Every Day 12-9

Slice's Homemade Ice Cream
Rte 302 & 10
Just North of Woodsville
12 Noon - 9pm Everyday
Thru Labor Day Weekend
603-747-2180

PAWFECTION GROOMING
Gift Certificates Available!
Michelle Tanner
802-535-7958
100 Depot Street
Lyndonville, VT

Antiques & Emporium
182 S. Wheelock Rd • Lyndonville, VT
Open Daily 10-5 • Closed Tuesdays
802-626-3500
Always Buying Gold & Silver
Also Good Used Furniture

Life Change Counseling
William S. Huntington
Counselor
560 Railroad Street
St. Johnsbury, VT 05819
802-751-1511

CH DANA RV
Monroe, NH
www.chdanarv.com
603-638-2200
Mon-Fri 8-5
Sat 9-3

OXFORD
Fun Bus Day Trip
August 18, 2014
\$39
Per Adult
21 & Over
Bus2Win.com • 802-751-7011

ABB'S ICE CREAM
FEATURING
29+ Flavors Of Giffords Hard Ice Cream
Flavorburst Soft Ice Cream
Scott's Famous
Maple Cream
Open 7 Days • 11am Till After Dark
Rte. 2, Danville, VT

Junction Shop Auto & Repair
VT Inspections • Brakes • Tires • Exhaust & More
Time for Spring Tune-up.
Get your struts & shocks checked.
802-222-4880
418 Waits River Rd • Bradford, VT

Whippi Dip
BREAKFAST
LUNCH AND DINNER
Giffords Hard Ice Cream
Hatchland Soft Ice Cream
Sundae Homemade Sauces
Hours: 7am-9pm Daily
Main St • Fairlee, VT • 802-333-1313

WHITE MOUNTAIN MOTORSPORTS PARK
Saturday, May 31
Regular Event
With 6 WMMP Divisions
Green Flag at 5 PM
Saturday, June 7
N.E.A.R. Cars Plus
6 WMMP Divisions
Green Flag at 5 PM
Rte 3 • N. Woodstock, NH 03252
603-745-6727
www.whitemtnmotorsports.com

Stay Golden Spray Tanning
BY PAIGE AT SHEAR ANIMAL
CENTRAL ST • WOODSVILLE
603-747-2818 • 603-892-1599
WWW.FACEBOOK.COM/STAYGOLDENBYPAIGE

Junctionshop
ANTIQUES & COLLECTIBLES
NOW OPEN FOR THE SEASON!
Thurs-Sat
10:30am
to 5pm
or by appointment
802-222-4880
418 Waits River Rd • Bradford, VT

FAIRLEE DRIVE-IN DOUBLE FEATURE
Gate And Full Snack Bar Open At 7:00pm
First Movie Starts At Dusk
Fri - Sat - Sun
May 30 - 31, June 1
THE LEGO MOVIE PG
BLENDED PG13
Fri - Sat - Sun
June 6 - 7- 8
NON-STOP PG13
NEIGHBORS PG13
802-333-9192 • Rte 5 N, Fairlee, VT • www.fairleedrivein.com



TRENDY Dining Guide

Miss Lyndonville Diner

By Ashley Orser

When you're in Lyndonville, the place to be is the Miss Lyndonville Diner. With all the atmosphere of home and the convenience of dining out you'll be sure to have a good time. When you first walk in the diner exudes an air a friendly experience. In true diner fashion the menu covers every meal of the day, from breakfast to homemade desserts. The hardest part of the meal will be deciding whether to get house made biscuits with sausage white gravy or a cheeseburger piled high with onion rings and BBQ sauce cooked perfectly at

eleven A.M. There's even an extensive menu just for the tiny humans in your life. Everything from pancakes to chicken fingers. Miss Lyndonville is extremely accommodating to those tiny needs as well as the big needs. With a friendly and helpful staff of servers there seems to never be a time where your drinks go unfilled or when you have to wait for that clean spoon because someone happened to drop it on the floor. It seems like everyone's always smiling at Miss Lyndonville, even when you get that quick glimpse into the

kitchen, behind the scenes. One of the best things about this little gem of a diner though is how it all ties together. There are plenty of diners in Vermont and even just a jump across the river in New Hampshire. However there are few diners with the amazing atmosphere and friendly staff that the Miss Lyndonville Diner has. So if you're on your way to Canada or just out for a drive looking for a delightful place to grab delicious food keep this wonderful place in mind.

You asked... We listened!

Due to repeated requests we are PERMANENTLY

OPEN FOR BREAKFAST 7 DAYS A WEEK - 7AM



The Valley View Family Restaurant
Jct. of Rts. 5 & 114
Lyndonville, VT • 626-8685



Miss Lyndonville DINER

BREAKFAST LUNCH DINNER

802-626-9890
686 Broad Street
Lyndonville, VT
Mon-Thu 6am-8pm
Fri & Sat 6am-9pm
Sun 7am-8pm

BROWN'S MARKET Bistro

A Neighborhood Bistro
Featuring Farm to Table Fare



The New Brown's Market Bistro, "Simple food done well"

Open every day except Sunday & Monday from 4 PM till 9 PM

1261 Scott Highway, Gorham, Vermont
www.brownsmarketbistro.com
(802) 584-4124

May 27, 2014 Volume 5 Number 17

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

THE HAPPY HOUR Restaurant

SPECIAL FOR THE MONTH OF MAY
Chicken, Biscuits And Gravy
Served With Mashed Potato And Hot Vegetable \$10

SPECIAL FOR THE MONTH OF JUNE
Fried Coconut Shrimp With Sweet Chili Sauce
Served With French Fries & Cole Slaw \$12

WEDNESDAY NIGHT SPECIAL
2 For \$26: All Wednesday Night Special Dinners Are Served With The Salad Bar And Choice Of A Brownie Sundae Or Cheesecake With Strawberries

THURSDAY NIGHT SPECIAL \$15
All You Can Eat Beer Battered Fried Haddock
Choice Of Potato And Salad Bar

YOUR CHOICE EVERY SUNDAY FOR \$10
Roast Tom Turkey, Pot Roast Or Baked Haddock
Choice Of Potato, Butternut Squash, Coffee & Dessert

Sun-Tue 11:30am - 8:00pm • Wed-Thurs 11:30am - 8:30pm
Fri-Sat 11:30am - 9:00pm
802-757-3466 • Main Street • Wells River, VT
www.happyhourrestaurant.net

Put a Little Bliss in Your Day!

SUNDAY PIZZA SPECIAL

Put a little Bliss in your summer Sunday.

Large Pepperoni Pizza \$7
Large Cheese Pizza \$5
Does not include tax.

Special can not be combined with any other discounts.

Bliss Village Store

Main St., Bradford, VT
802-222-3355

CALAMITY JANE'S RESTAURANT

ON THE COMMON • WARREN, NH • 603-764-5288

"Fish Friday"
Every Friday 4pm - 8pm
All You Can Eat Fresh Haddock Fish Fry
Hand Cut French Fries & Coleslaw \$10.99 plus tax

Karaoke Every Saturday 8pm - 11pm
Dinner & Appetizers Served Until 9:30pm

Sunday 8am - 2pm • Monday 6am - 2pm
Closed Tuesday
Wednesday & Thursday 6am - 2pm
Friday 6am - 8pm • Saturday 6am - 11pm

BREAKFAST SERVED ALL DAY!

Visa/Mastercard Accepted




Make Your Restaurant Part Of The Trendy Dining Guide

2 x 2 (4" wide by 2" tall)
\$36 Per Month (\$18/issue) or \$99/6 issues

2 x 4 (4" wide by 4" tall or 2" wide by 8" tall)
\$65 Per Month (\$32.50/issue) or \$175/6 issues

Contact Gary – 603-747-2887 or gary@trendytimes.com
These rates are for Trendy Dining Guide ads only.

PEYTON PLACE RESTAURANT
MAIN STREET • ORFORD, NH



Chef Jim & Heidi Peyton
Welcome You To Their 1773 Tavern House For Comfortable Country Dining, Wines & Spirits

Dinner Served Wed - Sun
From 5:30 pm

Tavern/Patio/Dining Room
Reservations Accepted
Walk-Ins Welcome

603-353-9100
www.peytonplacrestaurant.com

RAMUNTO'S BRICK OVEN PIZZA

A New York Pizza Family

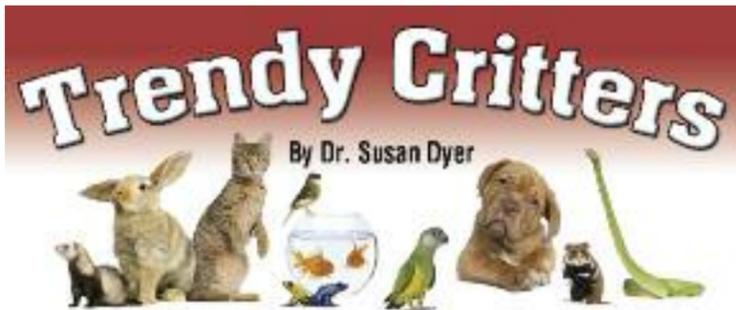


FREE DELIVERY WITHIN 10 MILES

802-751-8500
1216 Railroad Street
St. Johnsbury, VT 05819
Monday-Saturday 11am-10pm • Sunday 12pm-9pm
GLUTEN FREE PIZZA & BEER AVAILABLE

Find us on Facebook at Ramunto's Brick Oven Pizza, St. Johnsbury for exclusive specials, deals & other offers!

Educate your tastebuds, read the Trendy Dining Guide every issue!



Pets Share More Than Love Don't Become A Parasite Host

Most people don't realize that pets can pass some intestinal parasites, "worms", along to their human companions. Dogs and cats can contract many different types of worms. Luckily not all are a health threat to the human population, but a few are important to learn about.

Based on recent research, more than 15,000,000 people in the United States are infected with *Toxocaris*, a common dog and cat roundworm. Children who tend to play in areas where pets defecate, and don't always wash their hands afterward are at high risk for contracting the parasite. Hand to mouth is the most common route of entry. Once the eggs are ingested they hatch and the immature worms travel through the kidney, lungs, eyes, and other organ tissues where they produce damage and can create allergic responses. Infections can leave children with permanent eye or brain damage. Ten thousand children alone are infected annually in the United States. A recent study showed that 37% of the cases of retinal disease in children are caused by migrating *Toxocaris* larvae.

Hookworms are another type of parasite that can be passed from a dog or cat to a human in a variety of different ways. They can gain entry by hand to mouth like the roundworm, but another mode of transmission is also possible. Immature worms found in the soil can burrow through skin directly into the body. Sometimes these worms will then travel under the skin to different areas causing sores to develop, or burrow deeper into internal organs causing extensive damage.

Some common signs of intestinal parasite infection in your dog or cat are a rough hair coat, vomiting, persistent cough, and a general unthrifty appearance. Diagnosis in-

volves microscopic evaluation of your pet's stool. Eggs are shed from adult worms cyclically, therefore if the stool was sampled at a time when worms are not releasing eggs, we would get a negative result. We feel therefore the safest most effective way to control the situation is by regular deworming combined with stool sampling, which could be conveniently done at a yearly vaccination visit.

Deworming is the most effective way to prevent environmental contamination and human illness. We recommend that all cats and dogs be dewormed on an annual basis, especially if there are young children in the family or hookworm or ascarid infections have been previously diagnosed (fecal analysis) in your pet. Puppies, kittens, and their mothers should be on a strict deworming schedule due to the fact that worms can "wake up" inside a pregnant mother and then be passed on to the puppies or kittens. We recommend that pups and kittens are wormed shortly after birth. Puppies should be wormed at 2, 4, 6, and 8 weeks of age. In kittens, because prenatal infections do not occur, egg excretion begins later and they can actually get their first worming at 6 weeks of age and then again at 8 and 10 weeks. Mothers should be treated on the same schedule as their babies.

Children should be kept away from areas that are contaminated with pet feces. Areas where dogs and cats tend to "do their business" should be routinely cleaned up, and all feces should be disposed of properly. By following these guidelines, we can help to protect your pets and in turn prevent intestinal worm transmission to your family members. Prevention is the key to a healthy coexistence with our pets.

Summer Concert Series And Chili Contest

The Haverhill Recreation Commission summer concert series opens May 31, 2014 at Railroad Park on Central Street, Woodsville at 6:00 PM with Parker Hill Road Band and the return of the Chili Contest.

The Chili Contest returns for the 7th year after a year's hiatus last year. This year's contest is being sponsored by the Wells River Action Program (WRAP). There are 3 categories of chili - meat, vegetarian and game that contestants may enter chili to be judged. Contestants may enter in more than one category.

Prizes will be awarded for People's Choice and Judges Favorite. Chili Sam-

plers will be on sale by WRAP and hot dogs, soda and popcorn will be sold by the Haverhill Recreation Commission.

Chili Contest application forms may be picked up at Burnham Shoe and the Baldwin Memorial Library in Wells River, and the town offices in Haverhill and Trendy Times in Woodsville. Applications should be returned to Nancy at Burnham Shoe. Application forms may also be requested by emailing WRAP at wrapwr@gmail.com and completed applications may be returned via the same email address.

The deadline to enter is May 27th. For more information about the contest contact

Nancy at Burnham Shoe or at 802-757-2283 or email WRAP.

The Parker Hill Road Band will again open the concert series this year summer concert series. Parker Hill Road Band is a bluegrass band and has opened up the Railroad Park Summer Series since its inception 8 years ago. Band members are Chris Cate, Bass; Mike (Woody) Woods, Banjo; Paul Amey, fiddle; Tim Cate, mandolin and Tom Rappa, guitar. The band has been together for over 20 years.

In case of rain the Band Concert and the Chili Contest will be held at the Clifford Memorial Building at 65 Court Street in Woodsville.

Plantings In Memorium

Memorial Day is a proud day to look back at our Veterans that gave us our freedom.

The planting and donation of flowers at the Ross-Wood Post #20 monument, Woodsville's historic water trough at Post 20, 4 Ammonoosuc Street in Woodsville, Ross-Wood 20's Veterans Memorial at Pine Grove Cemetery on Swiftwater Road in Woodsville, and the Woodsville Central Street Veteran's Memorial and flag pole are all being done in memory of the following parents who were also WWII Veterans.

Wilson "Stub" Keith of Haverhill, NH (POW), 1001st, 82nd Airborne Division for D-Day jump during the invasion of Normandy
Robert L. Williams of South Ryegate, VT who served in the Panama Canal
Virginia (Hunt) Williams: 2nd Lt., Nurses Corp. 184th, General Hospital, England



The Haverhill Recreation Commission is proud to sponsor the
Parker Hill Road Band for the opening concert at

Railroad Park

Central Street, Woodsville, NH on

Saturday, May 31, 2014 at 6:00 PM

We are pleased to announce that the Wells River Action Program (WRAP) will be sponsoring a Chili Contest with 3 categories:
Meat, Vegetarian and Game

Prizes awarded for People's Choice and Judges Favorite. Samplers and bowls will be sold along with hot dogs, soda and popcorn being sold by the Haverhill Recreation Commission!

(Rain location will be at the Clifford Memorial Building at 65 South Court St)

Register for the Chili contest stopping by and speak to Nancy at
Burnham Shoe in Wells River, Vermont or phone 802-757-2288

YARD SALE HAS BEEN POSTPONED
Donations are still being accepted for the yard sale.

**Estate Auctioneers
and Appraisers**

Specializing in
On-Site Auctions
and
Estate Appraisals
Antique to Modern

Steenburgh

779 Jeffers Hill Road • Pike, NH 03780 • 603-989-5361
josh@steenburgh.com • www.steenburgh.com

**St. Luke's
Episcopal
Church**
3 Church Street
Woodsville, NH

SUNDAY SERVICE 10AM
1st, 2nd & 4th Sundays
Holy Communion With Sunday School
3rd & 5th Sundays
Morning Prayer With Sunday School
Bible Study Following Coffee Hour

The View FROM HOUSE SEAT 87

By Representative Chip Conquest



The final gavel fell on the 2014 legislative session last Saturday, returning Vermont's capitol to a quiet little city with a golden dome. Since this will be my last article for the session it seems appropriate to briefly review some of the noteworthy legislation.

The Governor began the year with a state of the State address that garnered national attention because it focused solely on our state's experience with opiate addiction. While Vermont's problems in this area are not much different than many other states', our willingness to recognize it and take steps to address it will, I believe, serve us well.

To that end, the legislature passed a number of measures that address different aspects of the problem. The law and order approach, aimed at preserving public safety, includes increasing penalties for importation of drugs into the state for sale, as well as for certain burglaries – a crime that has increased dramatically as the number of addicts who need to support their habit has increased.

The "drugged driving" law was changed to make it more enforceable. The language of the existing statute made it very difficult for prosecutors to prove a case. The new language, closer to existing DUI alcohol language, combined with increased training of law enforcement drug recognition experts, should help to get more impaired drivers off our roads. The most promising approaches to the opiate addiction problem taken this year involve increasing the availability of treatment statewide and accurately assessing the risks and needs of those who enter the criminal justice system through drug related charges.

The new statewide risk assessment and needs screening program, based on successful existing models, gives judges and prosecutors information they need to make significantly more informed decisions regarding the right combination of sanctions and supports for each case. Evidence indicates that this is critical to

success in sentencing and treatment.

State spending and revenue plans are almost always the last bills to be voted on. This year was no different. After the last of the differences between the Governor, House and Senate proposals were worked out, the budget contained increases in the reimbursement rates paid to home health care workers, and to health care providers serving low-income patients on Medicaid. There was also agreement on a formula for fully funding the retired teachers health care plan, moving away from the present unsustainable practice of paying for that out of the pension fund.

These decisions were paid for largely by increasing the tax on cigarettes, snuff and smokeless tobacco; temporarily raising the "employer assessments" levied on businesses who do not provide health insurance for their employees; and a strategy for squeezing more money from the state's largest delinquent individual and business tax payers.

A number of us argued for reducing the employer assessment because it seems like a conflicted policy: the Affordable Care Act provides subsidies for eligible individuals who buy insurance directly through the exchange, but employers are taxed when their employees take advantage of that option. In the end the assessment was reduced from the original proposal.

I also argued against raising the tax on tobacco simply to generate general fund revenue. Small increases in that tax have been proven to have little to no effect on smoking rates, so we get none of the health or health care cost benefits anywhere in the state, and in the Upper Valley we just drive more business into New Hampshire.

My biggest disappointment this session was that we did little towards education reform. Late in the session, and by a slim margin, the House passed a bill aimed at "increasing educational opportunity" by mandating that existing school

districts merge into a single district of 1,000 or more students.

Some of us argued that mandated consolidation is not only widely unpopular, but it doesn't address the real issue Vermonters are telling us to address – the rising cost of education.

I was among a small group active in trying to shift the House proposal toward a process that would provide accurate data collection and analysis, identify cost drivers, engage Vermonters to build support for needed change and a shared vision for 21st century education, and result in actionable proposals in the next biennium that would have broad support. In the end only the first of those came to pass.

Finally, three measures popular with folks in our area and around the state made it across the finish line: a ban on the handheld use of cell phones while driving, an increase in the minimum wage, and a requirement that foods made with genetically engineered ingredients be labeled.

The session may be over, but please don't hesitate to contact me this summer if you have questions or comments. I'll be happy to put down my hammer and pick up the phone. conquest@sover.net or (802) 757-3803.

Chip Conquest is the Vermont State Representative for the towns of Newbury, Groton and Topsham



NH legislators are preparing to conclude the current legislative session on June 5. As the legislative session winds down, negative financial news continues to flow from Concord. Governor Hassan recently announced the need for a State-hiring freeze, no new equipment purchases and curtailing out-of-state travel without her approval. In addition, NH must contend with the loss of \$185 million in Medicaid Enhancement Tax revenues after two superior court judges declared the levy unconstitutional. If this is so, hospitals will also be entitled to get back the money paid last October. If the tax is taken off the table then some uncompensated care programs will probably disappear as well, with the net impact over the biennium creating a problem in excess of \$300 million. In short, state revenues are not adequate to maintain the current budget. If our budget woes are not resolved by June 5 or before the close of this fiscal year, NH will almost certainly require a special session this summer.

In addition to budget issues, there are 26 Senate and House listed bills requiring resolution prior to the June 5 deadline. This is done through the Committee of Conference process. Appointed House and Senate Conferees must report their

recommendations on each bill by May 30.

HB1534, relative to fiscal disparities between school districts is one of these bills. I have been appointed chairman of this committee. It is the intent of HB1534 to best determine how the state can target adequacy aid to the communities that need it the most. But, even leaving aside the extreme politics of the last legislature, it is difficult to find language that accomplishes this end in a politically acceptable way, but also protects the fundamental right of each New Hampshire child to an adequate education. I have also been appointed to a committee reporting on SB343, relative to the statewide education improvement and assessment program in grades K-12. Although statewide school testing serves a purpose, many question the need for annual high stakes testing in grades 3,4,5,6,7, 8, and 11 versus testing at fewer grade levels and relying more on in-school formative and competency testing. Similar committee discussions will occur on other issues such as finance, insurance, portable electronic devices and health benefits. And....could there be another attempt to add a controversial, "germane" amendment to one of these bills? Time will tell: I look forward to hearing from you.

GOLF TOURNAMENT



**2nd Annual
"Tee It Up For Kids"**
for the



**BOYS & GIRLS CLUB
OF THE NORTH COUNTRY**

Sunday June 1st

Maplewood Country Club

8:00am shotgun Start - Scramble Format

Continental Breakfast, Lunch, Golf Contests & Raffles

\$85 a person \$320 a team



eric@bgcnorthcountry.org - 838-5954 - Find registration form on bgcnorthcountry.org

**Visit Our New On line Store
WhiteMountainTrader.net**

From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

As you may know, there is more to being a State Senator than just showing up in Concord and voting on legislation. There are standing committees and study committees to serve on, in-District meetings and educational forums to attend, and constituent service. This past Friday morning I had the opportunity to attend the 14th annual CADY Regional Prevention Summit in Plymouth. CADY (Communities for Alcohol- and Drug-Free Youth) is a local program serving 20 communities in Grafton County. This nationally-recognized program has served over 10,000 children, youth and adults through community education, positive youth development programs, and outreach to prevent substance abuse. I was impressed to see over 200 community leaders and youth gathered to celebrate successes and learn more about the impact of drug and alcohol abuse in New Hampshire.

Although New Hampshire is often ranked as one of the healthiest states in the nation, it ranks among the worst for alcohol abuse and drug use among youth, young adults, and adults. According to the NH Department of Health & Human Services Bureau of Drug and Alcohol Services, New Hampshire ranks 4th highest in the country in past year alcohol or drug dependence among 12 – 17 year olds and 9th highest among 18-25 year olds. New Hampshire ranks 2nd highest in the nation among 12-17 year olds for past month marijuana use and 5th highest in the country among 18-25 year olds.

Unfortunately, New Hampshire is also seeing a dangerous resurgence of heroin use. Even though the dangers of this drug are well known, it is on the rise in many communities because it is readily available and cheap. Local law enforcement have reported increases in property crimes, burglaries, robberies, and assaults associated with drug seeking. The number of heroin-related deaths rose substantially between 2010 and 2013. This rise in heroin-related deaths is most prevalent among 20-29 year olds and among males. According to NH State Police Colonel Robert Quinn, forensics data and recent spikes in

overdoses and deaths show that we are in the midst of an epidemic of heroin use.

Drug and alcohol abuse weakens our communities, harms our economy, and costs taxpayers millions each year as a result of increased criminal justice, health care, and other costs. The cost of excessive alcohol consumption alone is more than \$1.15 billion annually in lost productivity and earnings, increased expenditures for health care and public safety costs. The state and local government's share of this is estimated to be \$251 million annually. Effective treatment programs, properly funded, can reduce these costs and consequences.

Fortunately, the Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention and Treatment recognizes the risk and harm that these impacts pose and initiated a strategic planning process early in 2012 to address alcohol and other drug misuse in the state. The state strategy resulting from this process, Collective Action – Collective Impact, is a comprehensive document that outlines a way forward in addressing challenges we face.

I am fortunate to serve on this Commission with other stakeholders who share the goal of reducing alcohol and drug problems and their behavioral, health and social consequences on the citizens of New Hampshire. The Commission routinely advises the Governor on policy, funding and the delivery of effective, efficient, and coordinated alcohol and drug abuse prevention and treatment services.

With my role on the Commission and as a member of the Senate Finance Commit-

tee, I made it a priority to seek additional funding in the current budget and was successful. However, there is still much work to be done and funding will be critical in combating this epidemic.

That is why I've made it a priority to restore the state's alcohol fund in the next legislative session. The alcohol fund was established in 2000 by statute by then State Senator Ned Gordon as a non-lapsing and continually appropriated fund from a percentage of revenues derived from the sale of alcohol at our state liquor stores. These funds are meant to go towards the prevention, intervention, and treatment of alcohol and drug abuse.

Unfortunately, the alcohol fund has never been fully funded. Even though some general funds have been appropriated to the Commission through the Department of Health and Human Services

budget, sadly, full funding has been suspended in every fiscal year since 2003.

Stakeholders throughout the state have worked hard to raise awareness of the problem of drug and alcohol abuse as well as create policy solutions to combat this epidemic. It is long past time to take decisive action. Now is the time to restore our commitment to fully funding the alcohol fund, and as we begin work on the next budget, this will be my priority.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

MURRAY'S STORAGE TRAILERS



**STORAGE TRAILERS
MANY SIZES AVAILABLE
FOR SALE OR RENT**

ALSO AVAILABLE
• WOOD PELLETS
• BARK MULCH
• TOPSOIL • STONE

2975 RYEGATE ROAD
US RT. 5
EAST RYEGATE, VT

802-757-8068

Budget Lumber



**PRESSURE TREATED LUMBER
Prices Good until May 30!**

LENGTH	8	10	12	14	16
2X4 #1	4.07	5.33	6.68	8.22	9.45
2X6 #1	6.04	7.82	9.38	11.05	12.73
2X8 #1	7.87	10.24	12.51	14.59	16.24
2X10 #1	13.41	12.58	16.12	19.82	21.05
2X12 #1	14.58	18.83	25.56	28.54	31.50
5/4X6 #1	6.68	9.10	10.73	12.51	14.37
4X4 #1	10.00	12.76	15.85	N/A	21.29
4X6 #2	N/A	N/A	20.71	N/A	29.95
6X6 #2	21.04	26.92	31.56	36.82	42.40
8X8 #2	N/A	N/A	78.99	N/A	103.56
2X2X36 BAL	1.36	UL-PT1/2	33.94	3 STEP	11.76
2X2X42 BAL	1.56	UL-PT5/8	42.29	4 STEP	15.58
3/4 LATTICE	16.36	UL-PT3/4	48.89	5 STEP	19.49

1-603-787-2517 **BEST PRICING OF THE YEAR!!**
1139 CLARK POND ROAD **8-4 WEEKDAYS, SAT 8-2, SUN 8-12**
NORTH HAVERHILL, NH **TAX-FREE NH**
OPEN 7 DAYS A WEEK **CREDIT CARDS & GOOD CHECKS**

www.yourbudgetlumber.com
woakes@yourbudgetlumber.com

Cheap Kids

499 Route 10
Orford, NH
603-353-9212

Wednesday thru Saturday
9:00 to 3:00

A wonderful selection of
Children's sizes 0-14
and Maternity Wear



On Facebook? Become a Cheap Kids fan!
www.cheapkidsclothingnh.com

"definitely worth the trip"

**CUSTOMIZED INSURANCE FOR
Contractors,
Artisans,
Tradespeople.**

We offer a custom package policy combining a broad range of property and liability protection for you and your business at an affordable premium.



**THE CONCORD GROUP
INSURANCE COMPANIES**
www.concordgroupinsurance.com

CONTACT US FOR FULL DETAILS

SWENSON INSURANCE AGENCY
"SERVICE IS OUR BEST POLICY"



800-491-4765 802-222-4765
www.swensoninsurance.com

Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

CRIBBAGE
1:00 PM
American Legion Post #83, Lincoln

BETHLEHEM GAZEBO CONCERTS
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

**MONDAY/THURSDAY
ADULT INTERVAL AEROBIC CLASS**
6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF
4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

WEIGHT WATCHERS MEETING
5:30 PM
Orange East Senior Center, Bradford

AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

**TUESDAY, MAY 27
NEWBURY VILLAGE ANNUAL MEETING**
7:00 PM
Newbury School Auditorium

WEDNESDAY, MAY 28

A LOOK AT BRADFORD'S FARMING HISTORY
7:00 PM 802-222-4423
Bradford Academy Auditorium

WEDNESDAY & THURSDAY MAY 28 & 29

ST. JOHNSBURY PLAYERS AUDITION
6:30 PM
St. Johnsbury School Auditorium

SATURDAY, MAY 31 MONROE TOWN WIDE YARD SALE

9:00 AM – 3:00 PM
Monroe
See ad on page 17

PARKER HILL ROAD BAND & CHILI CONTEST

6:00 PM – 8:00 PM
Railroad Park, Woodsville
See article and ad on page 3

CELEBRATION IN SONG!

7:00 PM
East Topsham Church
See article and ad on page 11

SUNDAY, JUNE 1

**BOYS & GIRLS CLUB OF
THE NORTH COUNTRY
GOLF TOURNAMENT-TEE IT UP FOR KIDS**
8:00 AM
Maplewood Country Club
See ad on page 4

MONDAY, JUNE 2 GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JUNE 3

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JUNE 4

**2014 SUMMER READING
PROGRAM KICKOFF**
2:00 PM
Bath Village School
See article on page 7

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

FRIDAY, JUNE 6

"COOKING WITH GUS"
7:30 PM
Old Church Theater
See article on page 9 and ad on page 11

SATURDAY & SUNDAY JUNE 7 & 8

**SUGAR HILLS LUPINE
CELEBRATION MARKET**
10:00 AM – 4:00 PM 603-823-8000
Sugar Hill Meeting House
See article on page 1 and ad on page 7

AUDITIONS FOR "LITTLE WOMEN"

1:00 PM
Old Church Theater, Bradford
See article and ad on page 9

SATURDAY, JUNE 7

4TH ANNUAL TENNEY FEST
9:00 AM – 2:00 PM 802-429-2632
Tenney Memorial Library, Newbury
See article on page 7

GRAFTON COUNTY OPEN BARN DAY

10:00 AM – 2:00 PM
3855 Dartmouth College Highway
North Haverhill
See article on page 8

LIFE AT THE TOP OF MT. WASHINGTON PRESENTATION BY AUTHOR ERIC PINDER

11:30 AM
Sugar Hill Meeting House

THE KID JAZZ BAND

1:00 PM and 2:15 PM Weather Permitting
Sugar Hill Meeting House

"COOKING WITH GUS"

7:30 PM
Old Church Theater
See article on page 9 and ad on page 11

SUNDAY, JUNE 8

NATIONAL PILGRIM VIRGIN OF THE USA
7:15 AM
St. Josephs Parish, 21 Pine Street, Woodsville
See article on page 18

BENEFIT TEXAS HOLD 'EM TOURNAMENT

Satellites 11:00 AM - Tournament 1:00 PM
American Legion Post #58, St. Johnsbury

THE BACK SHED STRING BAND

1:00 PM and 2:15 PM Weather Permitting
Sugar Hill Meeting House

"COOKING WITH GUS"

4:00 PM
Old Church Theater
See article on page 9 and ad on page 11

MONDAY, JUNE 9

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

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

Deadline for submissions is Thursday, June 5th for our June 10th issue.

You're Invited To Groton Free Public Library

Volunteers Needed! Helping hands ages 14 and up are needed at the library to work at the front desk to check out books. Have 2 hours a month? Have 1 hour a week? YOU can be a big help in launching our online card catalog! Contact Anne if available: grotonlibraryvt@gmail.com or 802.584.3358.

Fizz Boom Read! (Summer Reading Program)...For young readers of all ages! Highlight events include Squishy Circuits, E-Origami, & Peter Burns' "Stories About Science." Mark your

calendars for our Kick-Off on Friday afternoon, June 20th.

Freedom & Unity: The Vermont Movie. The first-ever documentary series about Vermont is available for viewing at our library. Bring your laptop, or watch on our desktop computers during any of our regular open hours. Want to watch in a group? Reserve our tv & dvd player and viewing space: 802.584.3358 or grotonlibraryvt@gmail.com For more info on this unique film: thevermontmovie.com.

Crafts & Conversation. Every Wednesday from 1-

3pm. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

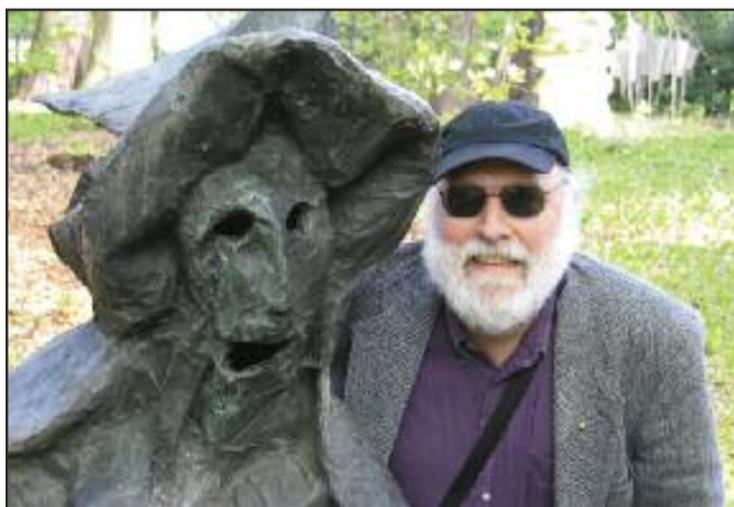
Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

4th Annual Tenney Fest Features Speaker Joseph Citro

Joseph A. Citro, Vermont's Ghost Master General, author, folklorist, and commentator, will be the featured speaker at the 4th Annual Tenney Fest, Tenney Memorial Library, Rte. 5, Newbury, VT, on June 7.

Known for his ability to spook an entire audience in broad daylight, Citro will speak at 1 PM on "Vermont - Bizarre and Baffling," with local tales of the odd, the outré, the supernatural and the sublime.

Citro, a Vermont native, has extensively researched and documented the folklore, hauntings, ghost stories, paranormal activity and occult happenings of New England. In over a dozen publications, both novels and nonfiction, he has guided readers through a dark and occasionally disturbing landscape. It's not always sunny skies above quaint, pristine villages in Citro's New England. Citro has appeared frequently on local and national radio and television. His entertaining lectures and readings are sought after by groups wanting something historically valid but decidedly out of the ordinary. Citro's most recent book is *Weird Vermont* and his novel *Shadow Child* has



recently been optioned as a motion picture.

The talk is part of Tenney Fest, the Tenney Library's annual fund raiser. Good Morning Treats start at 9 AM, along with the Silent Auction and Book Sale. A picnic lunch under the tent with burgers, dogs, homemade salads and Emmy's Famous Hot Fudge Sundaes precedes Citro's talk. Local music is provided by Brian Emerson and the Muddy Roads.

Bidding closes at 12:55 for the Silent Auction and items may be collected after Mr. Citro's talk. Among our items this year are tickets to Jay Peak Waterpark, a half-cord of firewood delivered, handknit sweaters, gift certificates for local restaurants and businesses, a unique

folk art birdhouse, an hookah from India, plants, and an adventure--hike or kayak--of your choice, and much, much more!

The public is welcome to Mr. Citro's speech without charge.

Bath Public Library

The Bath Public Library 2014 Summer Reading Program Kick-off starts out with "Magic by Scott Jameson" Wednesday, June 4th 2:00 pm at the Bath Village School. See the show audiences are calling "Superb", "A blast!", and "Heartwarming fun for the whole family." Join magician and juggler Scott Jameson for an extraordinary performance that will have you laughing out loud and perched on the edge of your seat. Umbrellas will be plucked from thin air, a drawing will come to life, basketballs will be spun and juggled,

and a member of the audience will unlock telekinetic abilities.

Funding for the Kids, Books and the Arts event is provided by the Jack and Dorothy Bryne Foundation, CHILIS, Cogswell Benevolent Trust, and is supported in part by a grant from the NH State Council on the Arts and the National Endowment for the Arts as well as funds administered by the NH State Library and provided by the Institute of Museum and Library Services.

This program is free of charge.

Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

On Wednesday, June 18, we will be celebrating 10 years in this building. There will be an ice cream social after lunch and Mary Robertson will provide music.

We are looking for volunteers for the kitchen for Monday, Tuesday, Thursday and Friday. If you are interested, please call or come by.

Orange East Senior Center will be going to Cape Code and the Islands September 8-12. For more info, please call Vicky at 802-222-4782. Everybody is welcome to come.

The next Texas Hold'em Tournament will be on June 21. There is a \$50 entry fee-the doors open at 5:00 p.m. and the tournament starts at 6:00 p.m. This fundraiser benefits Meals on Wheels.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-the meeting starts at 5:30 p.m.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is June 11. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. The class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

THE LIBRARY NEEDS YOUR SUPPORT!!!

If you're a Newbury VILLAGE RESIDENT, please come to the annual village meeting.

WHEN : TUESDAY, MAY 27 at 7:00 PM
WHERE: School auditorium

We've asked the village to contribute more toward library operations and we need your support for it to pass.

The library would highly appreciate your assistance.

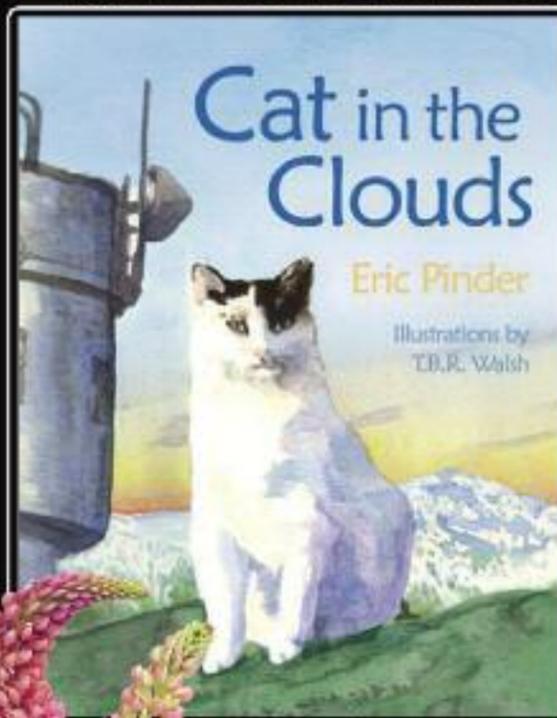
Come and support the library!!!

SUGAR HILL'S LUPINE CELEBRATION MARKET

Saturday & Sunday, June 7-8

10 am – 4 pm, Rain or Shine

Sugar Hill Meetinghouse and Carolina Crapo Memorial Building



Free Concerts: 1 pm and 2:15 pm
Saturday: The Kid Jazz Band
Jazz, Bop, & Swing from Belmont, NH
Sunday: The Back Shed String Band
Blue-grass, Old-time & Folk Music

Over 45 Market Vendors
Home-made Foods, NH-Made Products Pottery,
Soaps, Jewelry, Needle Crafts, Birdhouses,
Photography, Wood Turnings
Local Businesses, Attractions, Non-Profits
Luncheon Entrees Available

Artisan Demonstrations
Basket-Weaving, Wabanaki Beadwork
Wool-Spinning, Folk Art, Woodworking

Seminars & Workshops
Sat, 10:30 am: Wildlife & The Rocks Estate
Sat, 11:30 am: Eric Pinder,
Life at the top of Mt. Washington
Sat, 12:30 pm: Sara Glines - NH History
7 generations, Farmer, Mt Guide, Hotelier
Sat & Sun: Photography Workshops
More Seminars in the Works for Sunday

More Information:

www.HarmansCheese.com/market
Or Call 603-823-8000

Athena's Adult Home Novelties
 Adult Novelties • Spa Parties
 50 Shades of Gray Parties • Bachelorette Parties



APRIL DYKE
 Adult Event Planner
 603-991-6194

ATHENA'S
 HOME NOVELTIES

THE FARMER'S DAUGHTER
 Gift Barn & Ice Cream Parlor

Kiddie \$1 • Small \$2 Medium \$3 • Large \$4
 Big Scoops...Small Prices!

Now Featuring Kingdom Creamery Of VT
 Homemade Ice Cream
 Kiddie \$1.50 • Small \$2.50
 Medium \$3.50 • Large \$4.50

Try Our Barnyard Blizzard!

Primitive Homegoods • VT Products & Pottery



Homemade Fudge (12 Flavors) \$11.99 lb.
 Candles, Soaps, Lotions
 Maple Syrup • Souvenirs
 Flowering Baskets



Mon-Sat 9am • Sun 10am • Rte. 2 • St. Johnsbury, VT • 802-748-3994

HAYING EQUIPMENT



tonutti
 SINCE 1981

TEDDERS
 starting at \$4,250

ROTARY RAKES
 starting at \$6,000

Sigma BALE WRAPPERS
 \$5,000

DADS 4 BY TOOL AND SUPPLY
 22 Memorial Drive, St. Johnsbury, VT • 802-748-4208
 10 Railroad Street, Wells River, VT • 802-757-2000

PT FARM
 QUALITY LOCAL MEATS
 EST. 2004

CUSTOMER APPRECIATION DAY
 FRIDAY JUNE 6, 2014



Refreshments will be served from
 11a - 1p

Drawings for Prizes:
 • 1st Prize is a box of Ground Beef Patties
 • 2nd Prize is a 10# bag of Ground Beef
 • 3rd Prize is a \$20.00 Gift Certificate

Store Location:
 500 Benton Road
 North Haverhill, NH 03774
 (603)787-9199
 We Accept Visa, Mastercard, & EBT

Grafton County Open Barn Day June 7, 2014 In Haverhill Dedicated To The Late Ray Burton

The Grafton County Commissioners and the County Farm employees, with assistance from the UNH Co-operative Extension in Haverhill, will give everyone a unique experience when you visit the Open Barn Day on Saturday, June 7 from 10AM – 2PM. The farm complex is located at 3855 Dartmouth College Highway in North Haverhill. It is with great pride that this day is dedicated to our late County Commissioner Ray Burton who loved the farm and was very supportive of its programs.

The pastures and county lands adjacent to the full and swiftly moving Connecticut

River are green and lush, osprey nesting platforms are awaiting their inhabitants, many crops have been planted, and the scent of spring is finally in the air! Visitors will enjoy wagon and van rides to the county properties in the forests and fields, as well as many educational exhibits, including antique tractors, watch the cows being milked in the historic barns, visit the pigs and their new piglets, kids can make their own butter, and become acquainted with New Hampshire's last county farm with a dairy herd. Free ice cream from Granite State Dairy Promotion and Cabot cheese

will be available as well as a great barbecue for just \$1.00!

So if you've ever wondered what the Grafton County Farm looks like and what its history was make the beautiful drive to Haverhill (rain or shine) on Saturday, June 7 to visit your county's agricultural program, meet the County Commissioners, and enjoy a spring day near the Connecticut River valley. For further questions call Julie Clough, Grafton County Executive Director at 787-6941 or Heather Bryant at 787-6944, UNH Co-operative Extension. Check out the County's website at www.co.grafton.nh.us

Discover Productive Soils Beneath Your Feet

When you attend the Open Barn on June 7, 2014 at the Grafton County Complex in North Haverhill, be sure to visit our Soil Pit and learn about what constitutes a healthy, productive soil. Grafton County Conservation District (GCCD) will have information on soil health and a "soil pit" showing the layers of soil underground. Joe Homer, Soil Scientist, will be on-hand to discuss some of the deep, dark secrets of soil and soil health and how to optimize your soil's potential. For example, soil is more than the minerals we can see. Soil is also composed of air, water and organic matter. Soil is home to worms, ants, spiders, mites, fungi and bacteria,

along with many smaller mammals. Humans rely on soil for everything we need to survive including food, shelter and clothing as well as playing a critical part in the recycling of air and water.

While soil is formed slowly by natural processes – it can take 500 years to form one inch of soil – soil quality can be affected over a short period of time, improving or reducing productivity depending on how it is used by humans. When supplied with information about your soil and how it functions, you can make sound land use decisions, such as, is the land appropriate for agriculture, community development or forestry? How will my gardening and farming

practices affect my soil? A healthy soil will be a balance of physical, chemical and biological properties that can ensure soil remains productive while reducing long-term risks to environmental quality.

The Grafton County Conservation District and Natural Resources Conservation Service display and soil pit will be located near the Farm Stand at the Grafton County Complex during the Open Barn on Saturday, June 7, 2014 from 10:00am to 2:00pm. GCCD is pleased to host Joe Homer, retired NRCS Soil Scientist, at the event with financial assistance from the New Hampshire Association of Conservation Districts.

Poulin Grain Spring Has Sprung Promotion



BROILER CRUMBLES
 • Formulated for the rapidly growing broiler bird.
 • Essential Oils
 • Mos
 \$13.49/50 lb. bag

LAYER PELLETS
 • All Natural
 • More Eggs
 • Essential Oils
 • Mos
 \$11.99/50 lb. bag

PIG PELLETS
 • All Natural
 • Medication FREE
 • Superior Nutrition
 \$11.99/50 lb. bag

PoulinGrain
 A Local Feed Company

Promotion Dates:
 5/19/2014- 6/27/2014

For Exceptional Service Visit:
BLACKMOUNT EQUIPMENT, INC.
 NORTH HAVERHILL, NH 03774
 603-787-6311 • 603-787-6954 FAX

“Cookin’ With Gus”

BRADFORD, VT: Old Church Theater is ready to present the second play of its 2014 line-up, “Cookin’ with Gus”, a comedy by Jim Brochu. Opening June 6th, the show will play two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm. Directed by Barbara Swantak, this laugh-a-minute comedy is appropriate for all ages, and features Anthony Helm, Robert O’Leary, Brenda Danielson

and Victoria Wrong Traudt as “Gus”.

“Cookin’ with Gus” is a stew of hijinks and hilarity: As the play opens we learn that Gussie, a famous food columnist and cookbook author, has been offered her own daily television show. She wants to do it, but her husband Walter is dead set against it. On top of that, Gussie discovers she has stage fright and can’t open her mouth in front of a cam-

era. So everybody tries to help her get over it — Walter through hypnotism, her agent by threats, and even the wacky Gypsy Carmen from next door who casts spells. Just when she thinks she’s cured, the taping turns into a comic nightmare that almost ends her marriage as well!

More information about “Cookin’ with Gus” may be found at www.oldchurchtheater.org. Reservations may

be made at the box office 802-222-3322. Admission is \$10.00 or \$5.00 for students. A special dinner-theater combo may be had at Bradford’s Colatina Exit Restaurant for \$45.99 for two (Fridays and Saturdays only).

In an upcoming event, open auditions for “Little Women” will be held at the theater on June 7 and 8 at 1pm. Please see the website for more information for

this production to be staged in mid-August, directed by Gloria Heidenreich.

Old Church Theater is in its 29th year or staging 5 or more productions a year in its home stage in Bradford. The group has recently made several improvements to the building for audience comfort and many electrical upgrades as well.

“Little Women” Needs Actors Of All Ages

BRADFORD, VT: Old Church Theater announces open auditions for the fourth play of the 2014 season, “Little Women” by Louisa May Alcott, adapted for the stage by Peter Clapham. Auditions will be held on June 7 and 8 at 1pm at the theater at 137 North Main St, Bradford, VT.

Director Gloria Heidenreich is seeking four girls in their teens, one boy in his teens, three women ages about 40-50, one man age

50-60, and two men about age 40-50. The production will be presented in mid-August for two weekends.

This play faithfully follows the famous novel, interweaving the lives of the March sisters, Meg, Jo, Beth, and Amy, and Laurie, the boy next door, as they grow up happily together in a small town in Massachusetts in the 1860’s during the civil war.

All the overtones of gaiety and the undertones of

sadness are present in this well-written adaptation. The play is exceedingly faithful in retelling the experiences of the four sisters, who while struggling to cope with losses due to the family’s declining wealth during the war, gain new meaning in their lives through the simple importance of small human deeds carried out for those less fortunate.

Old Church Theater is in its 29th year of presenting

five or more productions a year, from May through September, at its home stage in Bradford Vermont. As a non-profit organization, it seeks to provide an opportunity the performing arts for all who wish to volunteer in theater,

from acting to set construction, lighting, ushering, stage managing and more. Details about how to volunteer, more and information about “Little Women” auditions is available at www.oldchurchtheater.org.

John Pike To Retire From UNH Cooperative Extension

After 37 years of dedicated service, John Pike will retire as dean and director of UNH Cooperative Extension effective June 30.

Pike joined Extension in 1977 and held the positions of educator, state program leader, and associate director prior to being named dean and director in 1998.

“It has been a privilege for me to serve the people of New Hampshire,” Pike said. “I am truly passionate about UNH and the mission of Cooperative Extension in serving the people of the state, and I can’t think of a better place to have worked.”

“John is an inspiration to everyone who believes in the state’s land-grant mission,” said UNH President Mark Huddleston. “As Cooperative Extension celebrates its 100th anniversary, he leaves a successful organization that is well positioned to continue to bring the research, talent, and resources of the university directly to people across the Granite State.”

Pike is a New Hampshire native and University of New Hampshire alumnus—he received his bachelors, masters, and PhD at UNH.

“Under John Pike’s leadership, UNH Cooperative Extension not only continued

to succeed in its mission, but became a more relevant and resilient organization,” said Anna Boudreau, chair of Cooperative Extension’s volunteer State Advisory Council and Dover resident. “He leaves an indelible mark on all of us, and I know I speak for the more than 3,000 Extension volunteers across the state when I say we’ll

miss his integrity, his professional expertise, and his friendship.”

Pike will stay on as a part-time advisor while a national search is conducted for a new dean and director. A farewell reception will be held on the University of New Hampshire campus in Durham on June 11, 2014, from 3:30 – 5 p.m.



OPEN AUDITIONS
137 N. Main St, Bradford, VT
June 7 & 8 at 1pm
for
"Little Women"

Information 802-439-6199
OR
oldchurchtheater.org

RAILROAD PARK
Located Behind Modern Furniture, Central St., Woodsville, NH

2014 CONCERT SERIES

Saturday, May 31, 2014 • 6-8pm
We are pleased to have the "The Parker Hill Road Band" open our season again this year! The Wells River Action Plan (WRAP) is sponsoring a Chill contest this year too! Pick up your Chill application at Burnham Shoe Store in Wells River, VT, 802-757-2338, at the Haverhill Recreation Department or online at haverhillnh.gov/office3.com

Sunday, June 29, 2014 • 6-8pm
We are so fortunate to have "The Connipion Fits" play for our community! This band has gained momentum quickly and will be opening for the band Kings of Leon at Meadowbrook this summer! Come out for some Sunday evening fun!

Saturday, July 19, 2014 • 6-8pm
Welcoming him back to the Railroad Park stage we are pleased to have a fabulous children's singer and entertainer Steven Richard Lindholm! Children big or small will love him!

Saturday, August 9, 2014 • 6-8pm
The "Back Shed String Band" will play your evening's entertainment! This band has quite a following and will be a crowd pleaser!

Saturday, September 13, 2014 • 6-8pm
"Mirage" will rock Railroad Park! Bring your dance shoes for some classic rock and roll!

GROTON GROWERS FARMERS MARKET
RTE 302-GROTON COMMUNITY BUILDING

Every Saturday Rain Or Shine
9:00 am - 1:00 pm

Seasonal Vegetables and Fruit
Local Beef, Pork, Lamb, Goat & Poultry
Local Artisans Featuring Soaps, Woodcrafts, Etc.
Pastries, Pies, Breads, Brittles, Maple Syrup
Jams, Jellies, Pickles & Relishes
Coffee and Conversations
Farm to Family and Harvest Health Coupons

We Accept EBT And Debit Cards

See You At The Market!

Dogs Boarding
Cats Grooming
Exotics Dental Care
Poultry Surgery



802-222-4903
176 Waits River Rd, Bradford, VT
BradfordVet.com or Facebook.com/BradfordVetClinic

\$1 OFF LISBON Village PIZZA
1 Large One & More Toppings Pizza
Expires 6/9/14
603-838-9050
Gift Certificates Available
In The Business Since 1973
The Original Owner, Jim, Is Back!

Open 7 Days A Week
Sun-Thu 11am-9pm
Fri-Sat 11am-10pm
99 North Main St • Lisbon, NH

North Country
APPLIANCE SERVICE

603-787-6677

DON BOWMAN - OWNER/SERVICE TECHNICIAN
Factory Authorized Service Provider • Serving NH & VT

Begin REALTY ASSOCIATES

With Offices In
St. Johnsbury 802-748-2045
Danville 802-684-1127



Barnet: Sometimes you need a little flexibility. This home allows you to make some choices based on your needs - a single family home with 4BRs, 2 3/4 baths OR a 2-family home with a 3BR, 1 3/4 bath owners unit and a 2-room in-law type apartment. Nice village lot, 2-car garage. Older home but in good condition. \$129,900 -- ML4329639

McIndoe Falls: This farmhouse has 1.94 acres and is ready for your big family and friends with two full stories of living space, expansion available into the attic if desired. There are 2 kitchens, and lots of BR, office, and game room space! Lovely natural woodwork, wood doors and staircase, new water heater, newer furnace, newer lined chimney, 1000 gallon septic, and town water. Enjoy big barn for storage or animals. A great home w/history and ready for your updates with convenience to I-91, Barnet school system and choice of high school! \$165,000 - ML4258239

www.beginrealty.com

WABBO



Wicked Awesome BBO
Has Can't Beat My Meat

Take Out and Catering
603-729-6213
6, Thetford, Vermont

North Country Senator Jeff Woodburn Commends Balsams' Redevelopment Efforts



The Balsams leadership team -- from the left -- Dan Dagesse, Les Otten and Dan Hebert -- are shown with State leaders -- North Country Senator Jeff Woodburn and Resources and Economic Development Commissioner Jeff Rose at the North Country Chamber of Commerce's annual dinner. Otten, a celebrated ski industry entrepreneur, outlined his development plans for the former grand hotel.

LYNDON FARMERS' MARKET

BANDSTAND PARK ~ RTE. 5, LYNDONVILLE
MAY 16TH THRU OCTOBER 10TH, 3-6 P.M.

COME JOIN US EACH FRIDAY AFTERNOON
FOR LOCAL, FRESH VEGGIES, MEATS, BREADS, DAIRY & MAPLE PRODUCTS, HONEY, BAKED & CANNED GOODS, RUM, NUMEROUS ARTS AND CRAFTS, EGGS, FLOWERS, DINNER & SNACKS
SOMETHING FOR EVERYONE!

CALL SALLY FOR MORE INFORMATION
802.535.7528
OR VISIT OUR WEBSITE
WWW.LYNDONFARMERSMARKET.COM

"The North Country gave a warm, enthusiastic welcome to Les Otten and his plans to redevelop the Balsams at the North Country Chamber of Commerce's annual dinner. Our region and state government stand together to assist and support this project. While various hurdles remain, this is an exciting new day in the North Country and sets us on a path toward revitalizing our economy by celebrating our cultural traditions and natural resources. This has been a long journey for those who love this landmark property and is a testament to the resolve, community spirit and vision of two native sons, Dan Dagesse and Dan Hebert, who took on this project when no one else would."

CustomSUPPORT
We're here to help you!



www.customsupport.com

- Windows and Mac Installation & Repair
- Virus & Malware Removal (PC Tuneup)
- Network Installation & Configuration
- Website Design & Maintenance

227 Cross Road
Bradford, Vermont 05033
802.222.4460

paul.hunt@customsupport.com
john.hunt@customsupport.com

Choir Celebrates In Song May 31st

EAST TOPSHAM, VT: The choir of the Topsham United Presbyterian Church will present a concert at 7pm on May 31st at the church, just 4.7 miles off Route 25, through East Corinth village. Directed by Linda Duxbury, the 13-member choir will present "Celebration in Song", which includes a variety of favorite songs and new selections. Admission is free.

The choir sings each Sunday morning in the Topsham church's services, and yearly at Bradford VT's Palm Sunday Choir Festival. The May 31st concert is the second for this choir who hope to make this an annual event.



Seated in front, choir director & pianist Linda Duxbury. L to R, middle row: Karen Charles, Jeanne Smith, Betty Danforth, Virginia Collins, Gloria Heidenreich. L to R, back row: Trish Walden, Jim Heidenreich, Jennifer Wyman, Haley Wyman, Tom Wilson, Jen Brooks-Wooding. Not shown: Ehren Turner and Louise Dodge.



Woodsville Area Head Start children were very excited to make Stone Soup as part of their classroom activity. Pictured here are Home Visitor April Dyke, and children Caleb Impey and Mason Guyette. Head Start is currently taking applications for children ages 3-5. If you would like to enroll your child in a home based program or a five day per week program please call the Woodsville Head Start Site at 747-4186.

April and the two students are shown at left.

Cookin' with Gus

by Jim Brochu



June 6, 7, 8 and June 13, 14, 15

Friday & Saturday at 7:30pm Sunday at 4pm

137 North Main St, Bradford, VT

Reservations 802-222-3322 or oldchurchtheater.org

Residential, Commercial and Agricultural
ROSS PAGE
FOUNDATIONS LLC EST. 1970
Eric Page, Owner
Concrete Foundations/Floors/Slabs • Stamped & Colored Concrete
Thermomass Insulated Concrete Walls
ACI Certified Flatwork Finishers
802-592-3166 • 348 Thad Stevens Rd • Peacham, VT 05862

Celebration in Song!

The East Topsham Choir
Linda Duxbury, director
Refreshing favorites and new songs to lift your soul

May 31, 7pm, East Topsham Church
Free admission All welcome

WOODSVILLE, NH- Delightful New Englander well-maintained mother-in-law apartment. Many modernizations & custom kitchen w/ plenty of custom built cabinetry & counter space & a cozy wood stove. Dining area w/ bay window for plenty of natural light. Large living room w/ bay window, hardwood flooring, 5 bedrooms, excellent size workshop & office. Workshop is heated & has footage on two streets. Many improvements have been made to this home. Wonderful country porch & attached garage. Call for an appointment. \$139,900.

NORTH HAMPSHIRE, NH- NEW LISTING- Adorable 2 Bedroom Ranch. Remodeled in 2008. Kitchen with range/microwave/dishwasher. Cabinets are custom built, open floor plan Kitchen/Living Room, cathedral ceiling w/ fan in Living Room, small room off the kitchen w/ picture window, great room for plants or smaller sitting room, 2 bedrooms, laundry room equipped w/ washer & dryer plus storage. Wide board pine flooring in Kitchen/Living Room. Exterior vinyl sided, country porch w/ stone veneer, sidewalk, comfortable size yard. Great buy! \$78,500.

HAMPSHIRE, NH- NEW LISTING- One level living w/ over 1700 sq. ft. Tastefully remodeled 3 bedrooms, which really pops w/ sunken living room, hardwood floors, dining room, large brick hearth for wood stove. Kitchen w/ plenty of work area overlooking large back yard. Deck w/ built in seats great for cook outs. Great opportunity for a house business, w/ lower level basement office. Situated on 5 acres, main road location. Foreclosure. \$120,000.

GROTON, VT- Lovely Contemporary home. Most of the living area is on the first floor. Living Room, 4 Bedrooms, 2 1/2 baths, 2 car garage. Beautiful 12.4 acres with nicely developed gardens and fruit trees. Four season den with local views. Cozy fireplace, vinyl sided, 200 amp electric, partially finished lower level. Shed for garden tools. \$170,000.

DAVIS REALTY OF NH & VT, INC.
139 Central St. - Woodsville, NH • 603-747-3211 • Fax: 603-747-3575
Email: DAVISRealty1958@gmail.com • Web: www.davisrealtynhvt.com

Nightingale PAWN SHOP

We Pay Top Prices For Gold & Silver
Also Buying Broken Silver, Gold Jewelry & Coins.
We Buy, Sell & Trade Firearms & Do FFL Transfers
WE NEED GUNS! We buy, sell & trade!
NOW BUYING DIAMONDS
WE HAVE A LARGE & GROWING RETAIL INVENTORY
Stop In Or Call 603-838-2444
Ask For Buzzie

OPEN
Tuesday thru Saturday 10 AM - 5 PM Or By Appointment
21 Bishop Cutoff, Lisbon, NH 03585
Corner Rt. 302 & Lyman Road



CLASSIFIEDS

PERSONAL: For Sale, Wanted, Lost, Found: Up to 30 words FREE for 2 issues.
BUSINESS: Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.
 Price reflects classifieds up to 30 words. For longer classifieds premium may be charged.
MAIL OR DROP OFF: Trendy Times, 171 Central Street, Woodsville, NH 03785
EMAIL: gary@trendytimes.com *We accept checks, credit/debit cards or even cash!*



SERVICES

BOAT SERVICE: Is your boat unreliable and ready to go? Doesn't have the power it used to? Our Certified Technicians fix things right. We can water test or dyno test so you know it's fixed. Fairlee Marine www.fairleemarine.com 802-333-9745 09.02

ROTO-TILLING, WEED WACKING, GENERAL LAWN CARE, WOOD CUTTING AND SPLITTING. Minimum charge. Call Frank at 802-461-5896, Ryegate 06.10

ALTERNATIVE HEALTH/HEALING

REIKI RETREAT: Barbara L. Smith RMT, Reiki sessions & classes. 10 years experience. Now also offering chair massage. Gift certificates available. Two locations: 90 Farm St, East Ryegate, VT & at the (Community Wellness & Rehab building) 241 Indian Point St, Newport, VT 802-757-2809. reikiretreat@charter.net, www.vtreikiretreat.com

STILL WATERS HERBAL GIFT SHOP, 376 Coppermine Road, Monroe, NH 603-638-3017. reiki Treatments using crystals. Over 100 loose herbs, herbal supplements and products. Hand-crafted items, gemstones and more. Margie Emmons, RMT, CBT. Open by appointment. www.stillwatersherbalgiftshop.com 12.23

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo & clarinet lessons for beginner & intermediate students of all ages. 30+ years instructing. Call 603-398-7272. 07.22

WANTED

PAYING CASH FOR OLD WATCHES & POCKET WATCHES: working or not. Also old jewelry, hunting knives, gold & silver items. Masonic & military items, American & foreign coins, old unusual items. We make house call. 603-747-4000 07.08

CONSIGNMENTS: We take good late model boats in to sell for you. We do the sale and warranty, you collect the cash. They sell fast and get as much or more than selling it yourself. Fairlee Marine, see them on our website at www.fairleemarine.com 802-333-9745 09.02

USED OIL. We pay 50¢/gallon. We are a certified burner, so we will satisfy your legal disposal needs. Fairlee Marine 802-333-9845 05.27

HELP WANTED

SUMMER CAMP POSITIONS available for girls camp in Thetford, VT. Make a difference while having fun in the sun! Kitchen staff, riding instructors, office staff and counselors. Email kprovost@girlscoutsgwm.org. 05.27

FOR SALE

LAUAN MAHOGANY ROWBOAT, epoxy sealed 10' long, 4' beam, 62 pounds (cartopper). Built in 2012, used only one season. Old oars included. Asking \$150 OBO. 603-823-8554 06.10

HAND CROCHETED BLANKETS, multi-colored. Fit up to a queen sized bed. \$100 each. Also hand knit slippers, men, women & children sizes. Great gifts, different colors. \$5 each. Contact Penny 802-757-2894 06.10

2005 CHRYSLER PT CRUISER CONVERTIBLE. Standard transmission. Car is blue with black top. Excellent running condition. Asking \$4500 or B.O. Call Mutt or Diane at 603-838-6805 06.10

GROTON: 1820 CAPE, 2 ACRES, TOWN ROAD, PRIVATE, OFF THE GRID. Barn needs repair. Appraises \$105,000. As is \$72,000. Call 802-782-7424 06.10

LARGE BIRD AVAIRY. Furniture grade construction. Great viewing of favorite birds, finches, or parrots, easy cleaning, natural perches, and more. It's on CraigslistNH too, Littleton 603-616-8537 06.10

2004 SUZUKI VOLUSIA SL 800 CC. Flawless, no rust, dents or scratches- only 6,900 miles. With cover, one helmet, lots of chrome and leather saddlebags. 802-892-5342 06.10

NEW BOAT PACKAGES are coming in soon. We carry Avalon Pontoons, Polarkraft aluminum, & Carolina Skiff fiberglass boats. With Mercury or Honda motors. Fairlee Marine 802-333-9745 09.02

LIGHTWEIGHT BOAT DOCKS. 1 person can install or take them out. In stock. Standing, floating, or roll-in. Fairlee Marine, see them on our website at www.fairleemarine.com 802-333-9745 09.02

CERTIFIED USED BOATS Lots of good used boats to choose from. Checked over by our certified technicians. If it's not reliable, we won't sell it. Fairlee Marine, see them on our website at www.fairleemarine.com 802-333-9745 09.02

COMMEMORATIVE BEDELL BRIDGE PLATE. About 8" diameter, gold rim. Dated 1866-1963. \$50 or best offer. 802-684-3636 05.27

PURE BRED SIAMESE KITTENS, born March 16. \$300 each. Text or call 603-238-7257 05.27

28 LIVE BUFFALO. Good to graze old fields or pasture. Call for price 802-626-5196, 802-535-2960 or 802-274-6427 05.27

THULE ASCENT 1600 CAR TOP CARRIER. Used once. 16 cubic foot capacity. Open from either side. \$325 firm. Haverhill Please call 603-787-6722 05.27

ANNUAL DAHLIA BULBS. One clump equals 12 or more bulbs. \$3.50 each. Maytag 4 burner range, has many features. 1 burner needs repair. Very clean! Please call for info. Asking \$125. 802-748-4357 05.27

2014 VT MAPLE SYRUP: Fancy, Medium Amber, Dark Amber grades available. Gallon \$45. 1/2 Gal. \$25. Quarts \$15. Pints \$10. Call Dustin 802-274-6471 07.08

WOODSTOVE will heat large area. \$1500. Treadle Sewing Machine \$150. 928-662-8507 05.27

ANTIQUE JELLY CABINET, top portion. No back w/4 shelves. 5 ft wide by 4 ft high. Picture available. \$100. 603-348-7172. 06.24

FOR RENT

BOAT RENTALS, Pontoon, Canoes, Kayaks, Runabout ski boats. Daily and weekly rentals. We launch and pick up. Fairlee Marine www.fairleemarine.com 802-333-9745 09.02

WOODSVILLE, NH - 2nd floor, 2 bedrooms, large living room, large eat in kitchen, small office/den. Heat, plowing, trash removal included. No smoking, no pets. \$800/month. Call for appointment & application. 603-747-3942. 06.24

WOODSVILLE, NH - 2nd floor, 2 bedroom, living room, kitchen & bath. Off street parking. \$750 per month includes heat. No pets and no smoking. For application call 603-747-3942. 06.24

WELLS RIVER COMMERCIAL - Business opportunity in Wells River. Store front and/or front office available, next to Laundromat. Ideal for professional office; large front room with private office. Rent includes heat and electric. Call 802-775-1100 Ext. #7. 06.24

Log Home Supplies

CTA Products Q8 Log Oil,
 PERMA-CHINK Products • Calking • Stains
 Lineal Footage Of Logs • Replacement Logs
 Panel Screws • Gaskets

New Hampshire Deliveries Are Tax Free
 Call us at 802-684-1024

Sharpen Up!

Large And Small Kitchen Knives
 Serrated Knives • Steak Knives
 Small Hand Tools - Chisels • Etc.

Sean Kelly
 802-222-9258
 sean@asharpedge.com

Contact Me For:
 Brochure • Pricing • Drop-Off • Pick-Up

**OVER 2000
 BROKEN-IN TIRES
 MANY SETS OF 4**

GOODYEAR
 CANON TIRE, INC.

CANON TIRE
 1-91 Exll B, Ascutey, VT
 802-674-5600
 NEW TIRES TOO!!!

OBITUARY – CATHERINE LEONA “KITTY” (MASON) ELLIOTT



Benton, NH - Catherine Leona "Kitty" (Mason) Elliott, 87, of Coventry Road, passed away on Tuesday, May 13, 2014, at the Dartmouth Hitchcock Medical Center in Lebanon, NH.

Kitty was born in Bath, NH, on August 6, 1926, to Clayton Albert and Lottie May (Dodge) Mason.

She graduated from Lisbon Regional School, Lisbon, NH. Kitty married the love of her life, John Elliott, Jr. on January 16, 1943. Together they raised seven children, Sandra, Bonnie, Debbie, John, Bruce, Daniel, and Justen. She worked several years for Connors and Hoffman Shoe Manufacturing in Littleton, NH. Kitty was very active in her little community of Benton and served for 27 years as a supervisor of Benton's checklist. Kitty was a very active

member of the Benton Bible Chapel, serving with church affairs and corresponding with missionary work. She also was a member of the VFW Auxiliary Post #5245 of North Haverhill, NH, and was a founding member of the Ammonoosuc Valley ATV Club since its origin in 1999. She loved to take rides with John on the ATV during the day and in the evening in the car looking for deer or moose. In her spare time she loved working in her gardens. She loved spending time with her husband and family. Every night each one of her children would receive a call from her. This was a ritual that she would do even if she knew they were away. She would always end her phone call with "Good night, God Bless, I Love You".

She was predeceased by her parents; two daughters, Bonnie Kenny on August 17, 2006 and Debbie Goss on January 17, 2014; and several siblings.

Survivors include her husband of 71 years, John Elliott Jr. of Benton; a daughter, Sandra LaLeme and husband Lawrence of

Landaff; four sons, John Elliott, III and wife Barbara of Lisbon, Bruce Elliott and wife Gina, Daniel Elliott and wife Laurie, and Justen Elliott and wife MiYong all of Benton, NH; 16 grandchildren; 36 great grandchildren; 8 great great grandchildren; several nieces, nephews, and cousins.

There will be no calling hours.

A memorial service was held on Saturday, May 17, at 11 AM at the Benton Bible Chapel, 504 Bradley Hill Road, Benton, with Pastor Wayne Chevalier officiating. Burial followed at the Mountain View Cemetery with Pastor Harold Noyes officiating.

In lieu of flowers, memorial contributions may be made to the Horse Meadow Senior Center, 91 Horsemeadow Road, North Haverhill, NH, 03774.

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.

Man Mountain Mike

By Elinor P. Mawson

His real name was Gary. But when he was in his late twenties and thirties, he was a wrestler. He wrestled in overalls, and went barefooted, and called himself Man Mountain Mike.

As you have probably guessed by now, he was huge!! And he was also the "villain" in the ring.

He must have been some sight, weighing over 500 pounds, bearded and shoeless, in size 60 overalls.

He met his wife Mary at a wrestling match. She was sort of hefty herself, and loved to watch the guys at work, grunting and tossing each other around the ring.

They fell in love almost immediately, married soon after, and then began their life together going from one venue to another in a Chevy Vega, eating fast food and staying in cheap motels. I asked them once why they didn't buy a motor home. Gary's answer? "Have you ever seen a bathroom in one of those things?"

Gary and Mary really liked their lifestyle; they saw a lot of the country and met a lot of interesting people, as you might imagine. But there were two things that got

them to thinking about what the rest of their life might be like. The first was Gary's feet. They were becoming misshapen from all the abuse they took in the ring. And the second was, much to their surprise, Mary was pregnant.

After much soul searching and exploring their options, they decided it was time to settle down. They bought a house and a Laundromat and became a family. Gary ran the Laundromat (called Man Mountain Mike's) and Mary stayed home with Shawn. Life would have been ideal if it weren't for one huge problem. They were both overweight.

I met them at a Weight Watchers meeting. Gary had "slimmed down" to a little over 400 pounds and Mary was fast catching up to him. But they became fabulous Weight Watchers! Within 18 months, they had both lost most of their extra pounds and looked wonderful. The compliments were many! Gary was walking almost normally, and Mary was a junior petite.

I would like to say that they remained that way for-

ever, but it was not to be. One morning Gary walked out of Duncan Donuts with a large box of yum yums and it was all over. Within a few months, he was right back where he started. Mary tried to maintain her weight loss but it was futile. They had lost weight together and keeping it off together just wouldn't work.

Eventually they sold the Laundromat and moved to another state. Gary began to have health issues: diabetes, high blood pressure, and continual problems with his feet. Finally he ended up in the hospital where he caught a staph infection, and passed away.

We went to his wake. We were amazed to see Shawn, now 13, and as tall as his father had been, but very skinny. I wondered what would become of him and his mother without Gary.

But several years later, we heard that Mary had remarried. And when we saw her again, she had a very nice husband and had become a grandmother.

She showed us a picture of Shawn. He looked just like Man Mountain Mike.

**Second Chance
animal rescue**
"we care when there's no one there"

1517 Meadow Street
Littleton, NH 03561
603-259-3244
www.secondchancear.org

NOW SCHEDULING SPRING CLEANUPS

Including Wood Chipping (Up To 4")
Hauling Dirt With 1 Ton Dump Truck

J & A LAWCARE
603-747-4030
BEST TO CALL AFTER 5 PM
Woodsville, NH

ALSO
TAKING ON
NEW LONG
TERM MOWING
CONTRACTS.

Let 8,000+ Homes
Know About Your
YARD SALE

THIS SIZE
AD FOR
\$20

PRACTICE THE FOUR R'S – RECYCLE • REUSE • REPAIR • REDUCE

Happy 25th Anniversary
Bob & Dawn Dean

**OPEN HOUSE AND
CARD SHOWER**
Sunday, June 8, 2014
2:00 pm to 4:00 pm
Monroe Town Hall • Monroe, NH

Cards May Be Sent To
3 Smith Road • West Bath, NH 03740-0122

B.C. MASONRY

B.C. Masonry is ready for Another Great Season! Masonry of all Types:
Chimneys • Stone • Brick • Fireplaces
Stainless Steel Chimney Liners (Lifetime Warranty)
Block • Patios Walkways and Retaining Walls

FREE ESTIMATES

**Residential or Commercial Fully Insured
Free Estimates**

Bruce Cushman
3rd Generation Mason **802-274-1220**

2014 Subaru Mt. Washington Hillclimb Competitor List Revealed, Largest Field Ever

Lincoln, NH - Officials with the Sports Car Club of New Hampshire and the Mt. Washington Auto Road revealed the competitor list for the return of the legendary Mt. Washington "Climb to the Clouds" Automobile Hillclimb which will take place June 27-29, 2014 on the 7.6 mile Mt. Washington Auto Road.

The Subaru Mt. Washington Hillclimb, also known as the Climb to the Clouds, was first run in 1904 as part of the famous Glidden Tour and serves as one of North America's oldest motorsports events. Following a 3-year hiatus, the 2014 Subaru Mt. Washington Hillclimb will be a 3-day motorsports festival boasting an 80-car competition field - the largest in the event's history - filled with some of the best race and rally drivers from around the world competing for "King of the Hill" honors on the Northeast's tallest peak.

The 2014 entry list includes three of the past five recent Mt. Washington Hillclimb record holders; the top twenty teams from the Rally America National Championship; a variety of high-horsepower, purpose-built hillclimb cars and a hand-

picked vintage class filled with racecars steeped in motorsports history.

Gunning for the overall victory, as well as a new overall course record, will be three past Mt. Washington record holders. They include multi-time rally champion and former Mt. Washington Hillclimb record holder Tim O'Neil from Dalton, NH who set a record of 7 minutes 45 seconds in 1990 driving a 300 horsepower Volkswagen Rally Golf; the 1992 and 1998 Mt. Washington Hillclimb record holder and six-time Canadian National Rally Champion Frank Sprongl from Mississauga, Ontario, Canada who drove Audi Quattros to both his Mt. Washington titles and the current Mt. Washington Hillclimb record holder and 5-time United States Rally Champion, David Higgins, from the Isle of Man and Subaru Rally Team USA who beat the previous record of 6:41.99 set in 1998 by Canadian Frank Sprongl when he posted a blistering time of 6 minutes 11.54 seconds driving a 325 horsepower all-wheel-drive 2011 Subaru WRX STI rally car in June 2011.

David Higgins recently stated "The hill is one of those special driving events and it's mix of different surfaces, bumps and deceptive bends makes it so tough. The added history of the climb also adds some extra pressure. Then you throw the weather into the mix and you know you are going to have to be at your best to succeed."

The ever-popular Vintage Class meanwhile features a lineup of ten prestigious racing cars from the 1940's through the late 1970's. Although all vehicles featured in this class have played a significant role in motorsports history through the years, the 1958 Porsche Carrera-powered Volkswagen "Bathtub" probably boasts the most Mt. Washington history of all cars en-

tered. Driven to a record-setting time of 9 minutes and 13 seconds in 1961 by the legendary Bill Rutan from Connecticut, Rutan and the "Bathtub", as it had come to be known, returned to Mt. Washington 29 years later in 1990 and raced to the top of Mt. Washington once again - beating his 1961 record-setting time by almost a minute!

The three-day motorsports event will consist of two half-days of practice on Friday morning until noon and again on Saturday morning until noon, June 27th and 28th. Although spectators will not be allowed to view practice runs by the drivers and teams on Friday morning, they will be able to enjoy viewing practice from the base area of the Mt. Washington Auto Road on Saturday morning for free

or be shuttled to half-way for viewing from there for a fee.

On Sunday, June 29th, the Mt. Washington Auto Road will be closed for normal operations all day for the 110th anniversary of the Climb to the Clouds. Gates will open to spectators at 6:30am with tickets available for those who would like to drive to the summit of Mt. Washington and walk down to the finish line area to watch the racing action above tree-line. For those interested in watching the racing from the Half-Way viewing area, which is just above tree-line, shuttle tickets will be available in advance and also sold the day of the event for either the morning race session or the afternoon race session.

Letter To The Editor

To the Editor:

I just read an article yesterday about the IRS. 13 billion was given out in the EITC tax credit program.

The EITC (Earned Income Tax Credit) is a program that subsidizes low income families. I read on the Tax Policy Center of the Brookings Institute website that "The credit is fully refundable: any excess beyond a family's income tax liability is paid as a tax refund."

Since 2003 about 1/4 of the payments each year were improper. This is ridiculous.

Can you imagine working in the private sector and 1/4 of your monies in a part of your budget went out by error. Someone would have definitely been fired. And it would have stopped in no time.

To think that these errors are still happening at almost the same percentage since 2003 - that is 10 years and nothing has happened.

No one has been fired. The Congress

has done nothing to stop this program.

Well I should not have written nothing. The IRS has given out bonuses to boost employee morale. What about taxpayer morale? I think the IRS paid 70 million in bonuses in the year 2013 alone.

So let me get this straight. We are trillions of dollars in debt. A quarter of the money we pay back in a program is given to people who should not get it.... And the people doing this get bonuses. And what do our Congressmen and Senators do?

Well, Jeanne Shaheen wrote a bill to limit the amount of money paid for paintings of representatives.... Duh.....

And they say Washington D.C. is broken.... NO kidding!

You can guess who is getting contacted from me today.... What about you... what are you doing? We must contact our representatives and say NO MORE!

STOP WASTING MY HARD EARNED MONEY!

Linda Riley, Meredith NH

Linda,

Wow! Some staggering facts you throw out there. Unfortunately if we listen to many news outlets it sounds like this is not the only place in government that money is wasted so easily, or so rapidly.

It seems very unfair to the taxpayers that it has become so difficult to let any federal or state employees go when they do not properly do their job. Private enterprise, when given the chance, seems to do a much better job.

I am not here to suggest that all government jobs be turned over to private companies. Privatization of some aspects of government makes sense. But not all aspects. And that is where the rub occurs. Electing people who can work with others to make the best decisions for the country as a whole seems to be gone. In today's politics it seems way too many politicians are in the position to see how much they can get for themselves, or for their home district with no regard to the whole. Every one of our 100 US Senators is supposed to be a representative of ALL the people of the United States. Not just their home state. And the same goes for the members of the US House of representatives. Your job is as an elected official of your home district to do the best for all of the United States.

Your point the IRS is, in itself, disappointing. But it goes such much further than just that.

Gary Scruton, Editor

**MANLIFT
RENT**
Day • Week • Month

Trailer Hitch Installations

TOOL BARN, INC.
1233 LOWER PLAIN • ROUTE 5
BRADFORD, VT
802-222-9311
Mon-Fri 7:30am-4:30pm • Sat 8am-12 Noon



A Local Agent For A Local Company

We offer Vermont Mutual:
Home • Auto • Business
Good Claim Service
Competitive Rates



Since 1828

**The
Taylor-Palmer
Agency**
"Insurance Service Since 1860"

Bradford, VT 05033
802-222-5222 • 802-222-2903
www.taylor-palmeragency.com



Serving the area for over 100 years!
Auto • Home • Farm • Business • Life • Health

Donnelly Makes History At Legion Speedway

May 18, 2014 was the first day that a national sanction event was ever held at the speedway. This national sanction was the DIRT car Sportsman Modifieds. An agreement between CV Elms and April May Preston from Bear Ridge Speedway and Si Allen at the Legion Speedway made this happen.

This division has been running at the Bear Ridge Speedway in Bradford, VT for several years. They will be running once a month at the Legion this racing season.

DIRT Modified results: first heat race, Chris Donnelly #20c, Kevin Caffee 73, and Derick Graham #10, second heat #24 Jordan Fornwalt, #77 Alan Hammond, and #1 Jack Cook. The Mod feature had only one caution on lap one when the #15 of David Heath hit the wall in turn four. The rest of the 30 laps went non stop. After display ex-

cellent dirt racing skills the three drivers that received Peanut's Auto trophies were: Gary Siemans #5 for third, Kevin Chafee #73 second and the winner's trophy went to Chris Donnelly #20c.

Super Street results: heat races were won by JP Vallancourt #525 and Derek O'Hern #55. O' Hearn celebrated his birth day on Sunday. The feature event once again saw drivers displaying great driving skills bring fans to their feat in the finishing laps.

Peanut's Auto of Canaan, NH gave trophies to Derek O' Hearn #55 for third, Wade Prentice for second and Charlie Pickering in his #8 picked up the win, this was his first late model win in his career.

Out Law Mini Stocks again had fierce competition. Dave Durkee picked up the heat win Jon Knight #12 k would come back to win the Peanut's Auto fea-

ture with Jim Dukee #9 taking second and #87 James Davis third.

Pure Stocks action would see a repeat win for Ryan Ovitt #77 in the feature. Ronnie Bryson #5x finished second and the Peanut's Auto second place trophy would be his first in his come back year. Third place was captured by rookie Kathy Ottati her first trophy in auto racing.

The Out Law Midget show put the icing on the cake as drivers from all over the northeast came in for their first show of the season. Feature result saw Josh Sunn winning the event in 77m the #47 of finishing second and Adam Pierson #76 third.

Memorial Day weekend will see a regular show for the O'Reilly Auto Parts Twilight Racing Challenge and the Granite State Mini Sprints. Post time 3pm Sundays.

Senior Feet Foot Care For Age 60 & Older



Beverly Sinclair
Registered Nurse

802-449-7385
bev@sinclair-chiro.com

183 North Main St
Bradford, VT

Hood's Plumbing and Heating Inc

Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning

24-Hour Emergency Service For Our Customers

Free Estimates

Give Us A Call!

CHRIS DELLINGER
NH 2712 • VT PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Haverhill, NH

RICH CLIFFORD
CONCRETE FOUNDATIONS

SLABS, RETAINING WALLS, CURBINGS,
SIDEWALKS INCLUDING RAILINGS

NO JOB TOO SMALL

54 Clifford Drive
N. Haverhill, NH

Rich Clifford
603-787-2573



SprayFoam
& CELLULOSE
INSULATION

838-5112
jmyers.nhnr@gmail.com

Quality Work At Quality Prices

Our Experience Is Superior

LEGION SPEEDWAY



Sunday, June 1, 2014
Twilight Racing Challenge + Granite State Mini Sprints

Sunday, June 8, 2014
Twilight Racing Challenge + SCoNE

Gates Open 12 Noon
Hot Laps 2 pm
First Green Flag 3 pm

Adults \$10 • Seniors 62+ and Juniors 12-17 \$8
Kids 11 and Under \$2 • Family Pack \$25
Pit Gate Admission \$30

COUNTRY 101.3
WYKR-FM

Radio Flier
Northeast VT & Northwest NH Country

NASCAR

Day	Date	Time	Racetrack
Sun	6/01	12:00	Dover
Sun	6/15	12:00	Michigan
Sun	6/22	2:00	Sonoma
Sun	7/13	12:00	New Hampshire
Sun	8/03	12:00	Pocono
Sun	8/10	12:00	Watkins Glen International
Sun	8/17	12:00	Michigan
Sun	9/14	3:00	Chicagoland
Sun	9/21	1:00	New Hampshire
Sun	9/28	1:00	Dover
Sun	10/05	1:00	Kansas
Sun	10/19	1:00	Talladega
Sun	10/26	12:30	Martinsville
Sun	11/02	2:00	Texas
Sun	11/09	2:00	Phoenix International
Sun	11/16	2:00	Homestead-Miami

Your NASCAR "Racin' Station" is WYKR-101.3FM !!!

Puffer Broadcasting, Inc.
WTWN AM 1100 "The River of Life"

WYKR 101.3 FM / WTWN AM 1100
P. O. Box 675 / 1047 US Route 302
Wells River, VT. 05081-0675
(802) 757-2773 / (803) 747-2770 / Fax: (802) 757-2774
www.wykr.com




Finding Solutions for Your Financial Needs

Kim R Shillieto
Financial Advisor

One Main Street
Littleton, NH 03561
603-444-0344
www.edwardjones.com

Edward Jones
MAKING SENSE OF INVESTING

Member SIPC

Free Yourself From Cycle Of Emotional Investing

In many areas of your life, you're probably aware that it's useful to keep emotions out of your decision-making — and that's certainly the case with investing. However, it can be difficult to keep your feelings from influencing your investment decisions. But you may find it easier to invest with your head, rather than your heart, if you know a little something about two different cycles: the market cycle and your emotional cycle.

Let's start with the market cycle. If you've been investing for a while, you're aware (probably highly aware) that the financial markets are rarely static — they are always moving up and down, at least in the short term. (Over the very long term, a period of many decades, the markets have trended up.) But these short-term movements, while perhaps appearing as "zigs" and "zags" on a daily basis, actually form a pattern, or a cycle, that can last for months

or years. These cycles are known as bull (up) or bear (down) markets. Going back to the Great Depression, the average bear market has lasted 21 months, while the average bull market has extended for 57 months, according to research from Standard and Poor's Index Services.

These market cycles greatly influence investors' attitudes and behavior. In fact, they lead to the formation of investors' emotional cycles. During bull markets, investors

tend to feel optimism, excitement and even euphoria. But once a bull market ends and a bear market begins, investors start getting nervous. And the longer and deeper the bear market, the greater the depth of emotion felt by investors. These emotions can begin as anxiety and then progress to denial, fear, desperation and panic.

Furthermore, market cycles and emotional cycles don't really align. For example, investors may well experience euphoria when the market has reached its high point and a bear market has just begun. For a while, then, these investors, fueled by their euphoric feelings over the big gains they've achieved, may continue pouring money into the market, even as it's declining. This type of behavior, though, is probably better suited for when the market is already at a low, when investors' dollars will buy more shares. Conversely, investors may reach the peak of their fearfulness at the end of a bear market, just when things are about to turn around. At this point, their fear

may hold them back from investing — even though, with prices low, it can be a good time to invest. Clearly, basing investment decisions on emotions can lead to poor choices.

So don't get caught up in this pattern. Instead, strive to follow a disciplined approach to investing. Build an investment portfolio that reflects your objectives, risk tolerance and time horizon, and seek to hold appropriate investments for the long term. Of course, you may well need to make adjustments along the way, but do it for the right reasons — such as a change in your goals or in the investments themselves — rather than as a reaction to the current market cycle.

Our emotions are powerful, and their power can increase when applied to such a meaningful aspect of our life as our finances. But if you can detach yourself, as much as possible, from the emotional cycle of investing, you can avoid considerable angst — while helping clear the path to pursue your goals.

Robert's Thrift Store

Pink Tags: 10¢
Green Tags: 1/2 Price

Daily Specials - Every Day Something Different
Located Under The Post Office In Bradford • 802-222-5001

Specs*Appeal

"GLASSES THAT GIVE YOU SPECS*APPEAL"

INDEPENDENT • VETERAN OWNED • RETAIL OPTICAL

Focused on providing lenses and frames that...
allow you to see well, fit well, are comfortable & look fabulous!

446 U.S. Route 3N • Fairlee, Vermont
802-333-4400 • Fax 802-333-4411 • www.eyeguyvt.com
Hours By Appointment. Call Or Email: eyeguyvt@gmail.com

quiet family oriented camping
ON THE CONNECTICUT RIVER

THE PASTURES CAMPGROUND

- Heated Pool
- Kayak, Canoe & Pontoon Boat Rentals (available to non-campers, as well)

603-353-4579 • www.thepastures.com
Route 10, Orford, New Hampshire



The Monroe Consolidated School honored retiring 5th grade teacher Jeanne Ward for 26 years of service at community-wide reception on Sunday afternoon. From the left is North Country Senator Jeff Woodburn, Allison Brown, a Junior at Lyndon State College and one of Mrs. Ward's former students, Jeanne Ward, and Grafton County Commissioner Linda Lauer.

Think Local

Shop & Eat Local

Be Local

Trendy Threads

Quality Consignment Clothing
171 Central Street, Woodsville, NH
603-747-3870
Tuesday - Friday and 1st & 3rd Saturday, 9:30-5:00
www.TrendyThreadsWoodsville.com

Reiki Retreat
Offers
Massage
June Special
1 hour \$49.00

Barbara L Smith
Graduate of Green Mountain
Massage School
802-757-2809

90 Farm Street
East Ryegate, VT 05042
www.VTReikiRetreat.com
ReikiRetreat@Charter.net

Congrats To Grad

By Gary Scruton

This is the time of year when there are plenty of graduations or commencement exercises. Almost everyone knows someone who is graduating from some sort of educational institution. Most often we think of high school or college. But there are many others. This is a story of one of those "other" graduates.

Barbara Smith is one of those brand new graduates. Memorial Day weekend Barbara got her Massage Therapy certificate from the Green Mt. Massage School which is housed in the old schoolhouse in East Hardwick, Vermont. During her course of education at GMMS Barbara learned the various techniques of massage. From a simple chair massage, to Reflexology, to the more specialized pregnancy massage the course was a hands on, as well as an information based, process to bring the enrolled students to a point where they could be licensed (if Vermont required such licensing).

Barbara was by no means the youngest student in this particular class. But she may have been one of the most experienced healers in the class. Barbara is not new to using her hands to help heal others. Barbara has been a Reiki Master for over a decade now. In fact Barbara's Reiki career also got its start in the same old schoolhouse. She was in the building for an appointment with a chiropractor. During her treatment Barbara felt "the energy" of the healing hands working on her. The chiropractor encouraged Barbara to explore further and that is when she discovered Reiki. She began her training and became a Reiki Master.

The stories surrounding this old schoolhouse being an education for Barbara Smith does not end with massage and Reiki. Or, more correctly, those stories do not start with those aspects of her life. This is where Barbara first began her life as a student, in this very same schoolhouse. She spent her formative years (grades one thru 5) right here. Even her very first job was here. She worked for her grandfather who was the custodian. Those first jobs included summer cleaning of those old "ice cube tray" covers over the old fluorescent lights. Plus during the school year Barbara helped her grandfather with daily chores.



Now that Barbara has her new certification plus her expertise in the art of Reiki, she feels she has a big edge going forward. With these two types of healing at her disposal it will allow her to

better work with clients to fit the therapy to their specific needs.

So congratulations Barbara on your graduation and best of luck with your future endeavors.



INCOME TAX PREPARATION
Peter B. Lavoice
James K. Lang
 Personal & Professional • E-File • Payroll Services
OPEN TUESDAY & WEDNESDAY
 9:00 AM - 7:00 PM
 Or Call For An Appointment

 603-747-3613 Fax 603-747-3287
 19 Swiftwater Road, Woodsville, NH 03785

MONROE TOWN WIDE YARD SALE
SATURDAY, MAY 31, 2014
9:00am - 3:00pm (Most Sales)
Plant Sale In The Town Park
8:30-11:30
 Free Maps Available At The Plant Sale

Think Local Shop & Eat Local Be Local
 "Like" these advertisers on Facebook and remember to support our local communities.

Custom Support	Dads 4 By & Tool Supply	Davis Realty
Fairlee Dive-In	Groton Growers Farmers Market	Happy Hour Restaurant
Harman's Cheese & Country Store	Haverhill Recreation	Maple Creek Landworks LLC
Legion Speedway	Lisbon Village Pizza	Lyndon Farmers Market
Milk House Ice Cream	Miss Lyndonville Diner	Old Church Theater
Patten's Gas	Pawfection	Peyton Place Restaurant at the Historic Mann Tavern
PT Farm, LLC	Ramunto's Brick Oven Pizza, St. Johnsbury	Reiki Retreat
Second Chance Animal Rescue	A Sharp Edge	Shear Animal
Timberwolf Rubbish	Tool Barn, Inc.	Trendy Threads
Trendy Times	UNH Cooperative Extension - Grafton County	The Valley View Family Restaurant & Tavern
Whippi Dip	C M Whitcher Rubbish Removal LLC	White Mountain Motorsports Park
White Mountain Trader	Wicked Awesome BBQ	Wizd of Pawz Dog Grooming
WYKR 101.3 FM	Antiques & Emporium NEK Vermont	Boys and Girls Club of the North Country
Bradford Veterinary Clinic	Browns Market Bistro	Budget Lumber & Building Materials
Bus2win.com	Cheap Kids	Cozy Cabin Rustics

Stockley Trucking
405 SOUTH MAIN ST. LISBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

Don't Just Throw Metal Away!

CALL FOR PRICES - 603-838-2860

Monday - Friday 9 AM - 4 PM • Saturday 7 AM - 12 Noon

Septic Design & Installation

603-727-2609

Joshua Dickey

LICENSED IN NEW HAMPSHIRE

NEED CASH?

C.M. WHITCHER TRANSFER FACILITY
"Facility To Meet Your Needs"

58 WHITCHER HILL ROAD • WARREN, NH 03279
LOCATED ABOUT 1 1/2 MILES EAST ON NH RT. 118 WARREN

BATTERIES • WASTE OIL • TIRE DISPOSAL • CONTAINER RENTAL
FOR YOUR SPRING OR FALL CLEANOUTS • CURBSIDE GARBAGE SERVICES
CONSTRUCTION & DEMOLITION CONTAINERS • ON SITE DEMOLITION
CONCRETE & MASONRY DISPOSAL • REMOVAL & PICK-UP AVAILABLE

603-764-9300 • FAX 603-764-9302
www.cmwhitcher.com • cmwhitcher@yahoo.com
Mon - Fri 7:30am - 3:30pm

PAYING FOR SCRAP METALS

WIZARD OF PAWZ
Grooming for all your furry friends

Nancy Williams
Owner/Groomer

328 Plain Rd • Bath, NH 03740
603-747-4171
nstjohn84451@roadrunner.com
wizardofpawzgrooming.vpweb.com
BOOKING NOW FOR SPRING TIME SHEDDING

RICH SAFFO
Concrete Form Co., Inc.

Since 1978 Continuous Service

Phone: 603-787-6747 Fax: 603-787-6560

GRS Tire & Auto
Full Service Auto Repair
Foreign & Domestic

Alignments • Brakes • Lube, Oil & Filter Changes
Oil Undercoating • State Inspections • Tires
Towing & Recovery • Tune-Ups • Used Car Sales

GARY SIEMONS, PROPRIETOR
603-747-4192
95 Central Street, Woodsville, NH
Hours: M-F 8-5

Ted's Excavating

SEPTIC SYSTEMS • CELLAR HOLES • DRIVEWAYS
WATER SYSTEMS • DUMP TRUCKS
LAND CLEARING • BULLDOZING

603-787-6108

30 Years Experience • Fully Licensed
2599 Lime Kiln Road • North Haverhill, NH 03774

NCHHHA Receives Deficiency Free Survey

North Country Home Health & Hospice was surveyed in April by New Hampshire Department of Health & Human Services and was found to be in full compliance with the standards of care and regulations that are required for Home Health Agencies. We would like to congratulate our staff for the excellent care they provide and the dedication they show to our patients. This is quite an honor for our agency to receive this deficiency free survey. Our highly skilled and proficient clinical team provides high quality home health care services to both acutely ill and chronic care patients. Many of these

patients are the most vulnerable in our communities who are in need of in-home care support for nursing care, rehabilitation, social work, and personal care. The survey team from the state commented on our high level of skilled care, our ability to collaborate with community providers, and our strong communication with our physician partners. We are so very fortunate to have such a high caliber of staff that are committed to improving health care in this community. North Country Home Health & Hospice has been in the business of providing home health care and hospice services to the residents in our 22 town

service area for over 40 years. In 2013 we provided 28,072 visits and traveled over 230,000 miles in the North Country. Our agency has been recognized nationally with "High Honors" for being in the top 20% of Home Health Care & Hospice agencies for consistent high rated patient satisfaction as well as past Home Care Elite status for top 25% for quality performance in the country. As a community we should all be very proud to have such excellent and high quality Home Health Care providers in this community. Thank you North Country Home Health & Hospice staff for all you do!

The National Pilgrim Virgin Of The USA "Comes To The North Country"

On October 13, 1917 God worked a spectacular miracle in Fatima, Portugal to prove that Our Blessed Lady was appearing to three little shepherd children with an important message for our time.

This miracle took place in front of 70,000 people including government officials and news reports, all of whom testified that it actually happened.

This beautiful image of Our Lady of Fatima was blessed by Pope Paul VI and personally presented to the United States by Bishop Venerable of Fatima in 1967 to serve as the official presence of Our Lady of Fatima to carry the important message of Fatima to the United States. It is a message Pope John Paul II said is more important today than ever.

The National Pilgrim Virgin Statue of the USA pro-

gram is a very important part of this effort. Through this program Our Lady is taking her message to the people of the United States, asking everyone to offer up the sufferings and afflictions that come to us every day as reparation for the sins of our country, for the salvation of souls and to bring peace and spiritual healing to our country and the world. When enough people respond to Our Lady's request. God's grace will be able to reach the souls of our fellow citizens to turn them against abortion and immorality and to restore the Christian culture on which our country was founded.

The Statue Custodian, Mr. William Sockey, will explain how the message of Fatima applies to our country today and discuss what we can do to earn the blessings on our country that Our Lady

promised if her requests were fulfilled. Many will come to honor Our Lady of Fatima and to hear her important message for stopping the moral decline of our America culture and securing God's blessing on our Country and the whole world.

"Seeing the Pilgrim Virgin is almost like making a Pilgrimage to Fatima.

Tour visit, Sunday, June 8th, 2014 from 7:15 AM until 3:30 PM at St. Joseph Parish, 21 Pine Street, Woodsville, NH.

The schedule for the day:

- 7:15 AM: Mass, Custodian Talk, Veneration, Rosary.
- 10:45 AM: Mass Adoration
- 11:45 AM: Talk
- 12:10 PM: Veneration
- 2:00 PM: Rosary
- 2:30 PM: Divine Mercy Prayers & Chaplet

TRENDY TIMES STAFF

EDITOR / PUBLISHER.....GARY SCRUTON
EDITOR'S ASSISTANTJANICE SCRUTON
SALES...RICHARD M. RODERICK, DAVID TUCKER
DAVID EASTMAN & GARY SCRUTON
GRAPHIC DESIGNER.....JEANNE EMMONS
TRANSPORTATION
COORDINATOR.....BARBARA SMITH

DISTRIBUTION SPECIALISTAPRIL DYKE
CONTRIBUTING WRITERS..ELINOR P. MAWSON,
MARIANNE L. KELLY, MELANIE OSBORNE,
ROBERT ROUDEBUSH
IN VINO VERITASROBERT ROUDEBUSH
TRENDY KITCHENRONDA MARSH

Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
ads@trendytimes.com
171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00am - 5:00pm

Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



A FREE PUBLICATION

TRENDY TIMES
www.trendytimes.com

Hives And Seasonal Allergies

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

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

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

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

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

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

Drugs and over-the-counter medicines only relieve allergy and asthma symptoms. Drugs for allergies and asthma consist of antihistamines, steroids and desensitization shots. In obstinate cases, laser surgery may be used to vaporize mucous-forming nasal tissue. Yet most of these treatments do not work because they don't get to the cause of the problem. At best, they provide temporary symptom relief; at worst, they create side effects which may be worse than the problem itself.

Herbs that work best include:

ASTRAGALUS ROOT: (Astragalus Membranaceus), An organ toning and balancing herb, particularly stimulating to the immune system. Primary Uses: as a specific in immune/resistance building formulas. Secondary Uses: as a toning diuretic herb in kidney inflammation formulas. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

BAYBERRY BARK: (Myrica Cerifa), Bark of the Root. A strengthening hormone balancer particularly for female organs; astringent activity for venous congestion, particularly for mucous membranes. Primary Uses: a specific when used with cayenne in controlling profuse and painful menstruation. Reduces toxic waste accumulations and growths in the female genito-urinary tract. Secondary Uses: as a gargle for sore throat, and relief of sinus and adenoid problems; with other spices, as part of an effective natural tooth powder. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

NETTLES LEAF: (Urtica Dioica), A widely applicable astringent and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and

dysentery, and for inflammatory skin conditions. Especially for a variety of children's problems. Primary Uses: as a specific in bladder infection formulas, including cystitis, kidney infection, and stopped urine; as a specific in mucous cleansing formulas for asthma relief and lung congestion; to check hemorrhage of the uterus, nose, lungs and rectum; as rich organic mineral nourishment in

arthritic and rheumatic pain formulas. Secondary Uses: externally, to clean wounds and ulcers; for childhood eczema and diarrhea; as a tincture for hypothyroid conditions to increase thyroid function. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D & E.

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. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

Top Of The Hill Ceramics
Paints, Ready to Paint Pieces & Painted Pieces For Sale

CLASSES
Wednesdays
10:00 am – 12:00 Noon

CALL TO HAVE A CERAMIC BIRTHDAY PARTY!
198 Central St. • Woodsville, NH 03785
Shop 747-3686 • Evelyn 787-6273

**Water Heaters
Appliances
Generators
Heaters**

**PATTEN'S
GAS**

603-787-2422
240 Brushwood Road
North Haverhill, NH 03774

Shelly M. Drew, RMT
Reiki Master Teacher

"it feels good to feel good"

Energy Medicine
Intuitive Counseling
Speaker/Presenter
Classes

4628 Main Street, Newbury, VT
802-584-4470
shellymdrew@yahoo.com

Thyme To Heal Herbs

Melanie Osborne, CHT Herbal Therapist & Teacher
Shoppe & Teaching Facility
Offering Workshops in Herbalism,
Certified Nine Month Herbal Apprenticeship, Reiki 1, 2, 3 Into Mastership

**"Thyme For
Spring Cleaning"
Teas & Tonics**

Shoppe Hours Mon-Sat 9:00am-5:30pm • Appointments Necessary For Consultations
603-838-5599 • 113 South Main Street • Lisbon, NH 03565 • thymetoheal01@yahoo.com

MEADOW LEASING
Littleton, N.H.

 Ground Level Containers
20' - 40'

 Office Trailers

 Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026

Let Us Help You With All Your Storage Needs.

