

# TRENDY TIMES

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## Woodsville/Wells River 4th Of July 2015 Boasts New Entertainment New Rides, Inflatables, Games And Music

More fun for everyone this year, reports the Woodsville/Wells River 4th of July Committee. The committee contracted with Imperial Shows, LLC of Meriden, CT and Real Bounce/Choquette Inflatables of Barre, VT to provide an action-packed midway for the annual celebration.

"There will be something for every age group," commented a committee member. "We're expecting four inflatables along with rides that will appeal to old and young alike."

Imperial Shows provides food service, rides and games to local events throughout New England. They have received 4.9 out of 5 stars in their Facebook page reviews,

with many favorable comments about their family oriented and safe operation.

Real Bounce/Choquette Inflatables, a family business in operation since 2008, will be bringing four inflatables from their large inventory of bounce houses and interactive games. Get ready to rumble with the Pedestal Joust with one-on-one combat that is exciting for participants and spectators. The Obstacle Challenge will include 40 feet of challenge obstacles and takes participants on a journey crawling through tunnels and maneuvering around horizontal and vertical pop-ups.

The Woodsville/Wells River 4th of July Committee organizes an annual celebra-

tion of the birth of our nation. This all-day fun-filled family oriented event includes a parade, bands, rides, raffles and more – with a grand fireworks display followed by more music and dancing.

In addition to the attractions provided by Imperial and Real Bounce, free face painting, Travelin' Barnyard and Buddy the Clown will provide entertainment for kids of all ages. Offering varied genres of music through five bands catering to all music tastes: Parker Hill Band, Red Hat, Sky Kind Band, Mirage, and Hiway 5, beginning at 1pm and playing throughout the day until 11pm.

The parade starts at 11 am sharp at the Woodsville El-



ementary School and travels 1.7 miles down Central Street, crossing over the Connecticut River into Wells River and ending at the Wells River Fire Department. This year's theme, which was submitted by Mary Choate of Monroe, NH, is "Home of the Brave." Anyone interested in participating in the parade can find registration forms at An Affair to Remember, A Party Store on Central Street in Woodsville, send an email to woodsvillefourthofjuly@hotmail.com or call 603-747-2878. Registration is FREE!

There are prizes for several categories, including Business Floats, Organization Floats and walkers/Bicyclists.

All other activities are at the Community Field in Woodsville, NH where there is free parking. The field opens at 9am with Flea Market and Vendors, and the midway opens at 1pm. For more information, check out the Facebook page at www.facebook.com/woodsville.river.fourthofjuly or email the committee at woodsville.fourthofjuly@hotmail.com

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# TRENDY Dining Guide

## The Other Side Of The Menu – Fifth Look

By Robert Roudebush

**QUESTION - Why do people ever choose to become waiters or waitresses?**

**ANSWER** – What makes you think they choose that job?

**Q - Well, don't they? I'd never do it, I'd never wait tables.**

**A** – Sure you would if you had to. Since you feel that way, you are someone who should not be waiting tables. Wonder how you feel about the folks who wait on you when you eat out? Admire them for their skills, or do you look down on them because you perceive them as lacking somehow? Getting into restaurant floor service full-time is usually more accident than design, especially here in America. Training to become a chef, interestingly enough, is more highly regarded here. But waiting tables is very often a job that chooses you. In some countries, notably Europe, waiting tables is an honored and respected profession, one to be proud of and perhaps pass on down through your family. Mostly not in the United States. It is only recently that the word “profession” has been applied to table-service, and too many people are still convinced it is second or

third-class work at best. So you're not alone. Getting into waiting tables was surely an accident for me, and it turned from a part-time job to make good cash in a short time into a career of more than 25 years at various levels of front-of-the-house work. And 25 years is not a longtime by some standards of folks I know who have made their living that way for 40 years or more. I did not set foot into an eatery as a professional until I was 30 years old.

**Q - Were you any good at first?**

**A** – Not really. I see young servers today who remind me of me as a younger man. Boundless energy, big desire to please, but little attention to detail and not much timing or depth of knowledge. But I had some conditions working for me back then - I was at ease talking to people, carried myself well, had a pretty good memory (although lousy handwriting, still do) and I wasn't so ugly that I drove customers screaming out of the restaurant. I got by OK on slow nights on small stations and made the same kind of money – OK.

**Q - But you got better and**

**stuck around for quite a few years. How'd that happen?**

**A** – That was no accident, that was work. I got better at waiting tables the same way I began learning about wine. I noticed servers who were better than I was and I got envious. I began to study them, to watch what they did and how they did it.

**Q - Like what?**

**A** – I watched Val, the head waiter in my first restaurant and wanted his job. I eventually got it. What an effortless pro he was. I noticed he

greeted all the wine and liquor salespeople who came to the restaurant and took them aside for little talks. I found out he was working for free in our kitchen with the cooks on his days off, learning how the food was prepared from scratch and cooked. I copied some of those good habits and was amazed at what I learned. On the restaurant floor though, as long as I looked young enough, I still got away with letting my customers think I was “just doing this part-time”. Because they mostly wanted to believe that such a personable young man surely had some other job besides waiting tables, or at least was “also going to college somewhere.” And there were periods of my early waiting career when that actually was true, I was

in fact working elsewhere too (a second waiting job at another restaurant!).

As the years passed and my hair went grey, all of us, the customers and me, had to face facts - that this was my real job. By that time I had quit copying others and developed my own style, my own way of standing out at my job. Standing out means you're memorable enough that customers ask for you by name. By then, even if I do say so myself, I was damn good. NPR voted me “best waiter in Kansas City” for a couple or three years in a row” during my heyday in the 80s and 90s.

**Q - I had no idea.**

**A** – Neither did I until it happened to me.



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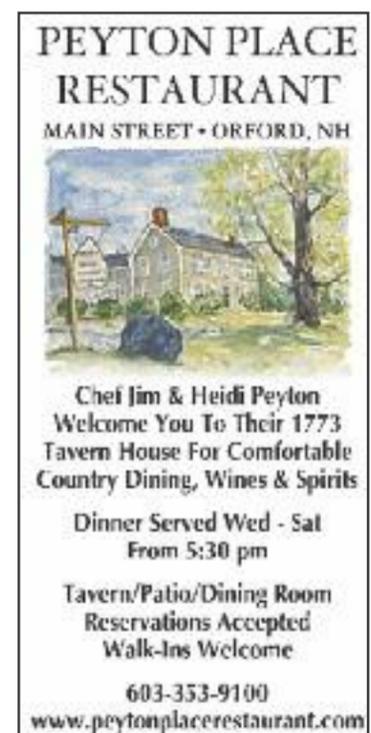
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# Richard Thompson Kicks Off 100th Season At The Colonial

The Colonial Theatre in Bethlehem with the support of Northern Lights Music and MLK and Company are very pleased to inaugurate the 2015 Live! At the Colonial performance series and The Colonial's Centenary Season on Thursday, April 30 with a solo acoustic performance by one of the off the most acclaimed guitarist/singer/song writers in rock & roll history. Named by Rolling Stone Magazine as one of the Top 20 Guitarists of All Time, Richard Thompson is also one of the world's most critically acclaimed and prolific songwriters. He has received Lifetime Achievement Awards for Songwriting on both sides of the Atlantic - from the Americana Music Association in Nashville to Britain's BBC Awards and the prestigious Ivor Novello. In 2011, Thompson was the recipient of the OBE (Order of the British Empire) personally bestowed upon him by Queen Elizabeth II at Buckingham Palace. Most recently, the Americana Music Honors & Awards nominated him for "Artist of the Year".

A wide range of musicians have recorded Thompson's music including Robert Plant, Elvis Costello, REM, Del McCoury, Bonnie Raitt, Los Lobos, David Byrne, Don Henley and many others.

Thompson's massive body of work includes over 40 albums, many Grammy nominations, as well as numerous soundtracks, including Werner Herzog's Grizzly Man. His most recent CD, Electric, was produced by the great Nashville musician Buddy Miller (Band of Joy, Patty Griffin.). Electric continues to receive positive praise with Rolling Stone declaring, "...the excellence is undeniable."

This year saw Richard Thompson headlining dates around the world as well as co-headlining shows with Emmylou Harris & Rodney Crowell. Thompson and his band joined the Americanarama Tour sharing the stage with Bob Dylan, Wilco, and My Morning Jacket culminating with Dylan himself covering RT's classic song "1952 Vin-



cent Black Lightning".

Thompson's genre defying mastery of both acoustic and electric guitar along with dizzying energy and onstage wit continue to earn Richard Thompson massive new fans and a place as one of the most distinctive virtuosos in folk rock history.

General Admission tickets for the 8 PM performance are \$49; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$39; Reserved Front & Center tickets (available on-line only) are \$60. Tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more

information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great folk music made possible with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation and The Colonial's presenting partner, Catamount Arts.

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# Wells River Chevrolet Sponsors Cottage Hospital Auxiliary Golf Tournament Hole-In-One Prizes

WOODSVILLE, NH – The Cottage Hospital Auxiliary announced today that Wells River Chevrolet will again sponsor the Hole-In-One prizes for its 13th Annual Golf Tournament to be held on Saturday, May 30, 2015 at the Blackmount Country Club in North Haverhill.

This year Wells River Chevrolet, located at 10 Railroad St., Wells River, VT, has upped its commitment to the Auxiliary's golf tournament by sponsoring a 2015 Chevrolet Silverado Pick-Up Truck as the top hole-in-one prize for the tournament. The top prize will go to the first tournament player who gets a hole-in-one on the 1st hole on tournament day.

Golf players at the Auxiliary's tournament will be competing for the top hole-in-one prize and three additional bonus hole-in-one prizes also sponsored by

Wells River Chevrolet. The three additional bonus hole-in-one prizes are for the first tournament player who gets a hole-in-one on the 8th, 10th, and or 17th holes.

"Wells River Chevy is committed to helping the Cottage Hospital Auxiliary with its annual golf tournament and its effort to raise funds for the construction of Cottage Hospital's new Dr. Rowe Health Center," said Jeffrey Moore, General Manager, Wells River Chevrolet. "The delivery of quality health care to our community's residents is essential and we are pleased to partner with the Cottage Hospital Auxiliary to help fund the new health center, which will provide new and expanded services to area residents. We are your local Chevy dealer and proud to be helping our local hospital," Jeff Moore continued.

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# Odell Insurance Agency And Co-operative Insurance Companies Award Community Grant To Act n' Spire

Act n' Spire received a \$2000 grant from Odell Insurance Agency and Co-operative Insurance Companies in April.

The grant, awarded as part of Co-op's Community Grants Program, will be used to help pay for the repair and restoration of the Old Church Theater building in Bradford, VT.

"We think Act n' Spire is doing great work for our community," said Erin Odell of Odell Insurance. We're proud to support their efforts."

Co-operative Insurance Companies' Community Grants Program was established in 2004 to assist with community projects across Vermont and New Hampshire. Through this program, Co-op partners with its agents and directors to provide funds for capital campaigns throughout the two states.

"Groups like Act n' Spire are meeting needs in the same communities that Co-op serves," said Brad Fortier, Co-op's Director of Marketing. "We think it's important to do our part as neighbors to help them out, and this grant program is one more way we can do that."

Act n' Spire was one of



L to R is Joe Button from Act n' Spire and Randy Odell from Odell Insurance.

only 9 recipients in VT and NH to receive a Community Grant from Cooperative Insurance Companies in 2015.

Odell Insurance Agency is a Co-operative Insurance Agency established in 1971

and has been proudly serving our community offering personal, farm and small business insurance with a local hometown approach.

Co-operative Insurance Companies has been meeting property and casualty insurance needs since 1915, offering farm, home, auto, business, and other insurance to people in Vermont and New Hampshire. It is owned by its members and committed to protecting them with fast and fair claims service, loss prevention expertise, and local operations. The company has headquarters in Middlebury, Vermont, with regional claims offices and more than 50 agencies across Vermont and New Hampshire.

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Within past days, the media has closely followed legislative bills addressing topics such as gambling and educational funding, but another bill, HB 427, relative to the state fire and life safety codes, is also deserving of our attention.

HB 427 updates the state fire code from the previously adopted 2009 version to the 2015 edition. The codes are updated every three years, and NH's last adoption is now two cycles out-of-date.

It is time that the State updates the Fire Code for a variety of reasons. Some of the proposed code changes in the 2015 edition are necessary in order to keep New Hampshire in conformance with industry standards, technological change, and to provide business and industry competitive and cost saving insurance. A few key changes include:

1. Recognition that new technology will save owners money and provide better fire and life safety protection. As an example, language within the new code allows exit lighting to be on motion detectors so that exit lights are not constantly on all of the time using energy.
2. New requirements to enhance public safety such as calculating occupant load for business uses that better represents actual space used.
3. Expanding provisions concerning responsibilities, training, and duties of crowd managers to help ensure emergency readi-

ness in places such as sports arenas, nightclubs and concert halls.

4. More relaxed and common sense rule making for new and existing residential board and care facilities, based upon clinical needs to secure residents for their own safety.

5. Placement of carbon monoxide detection and alarm for new educational and new day care facilities.

Aside from the 2015 code providing fire chiefs and inspectors more flexibility in working with property owners, the updated edition will include all changes to NFPA 1 and 101 that are currently in NH statute. NH law presently eliminates the requirement for sprinkler systems in one and two family dwellings. In addition, training necessary to update inspecting officials will be offered by the Fire Marshall's office at no cost.

Hopefully the bill will be adopted with an amended effective date of January 1, 2016 rather than the bill's initial effective date of 2018, in order to provide communities and business the lowest possible insurance ratings.

As the prime sponsor of HB427, I am hopeful that this bill will be signed into law, as the Insurance Services Office (ISO) partially bases lower insurance costs in states having adopted current fire and life safety codes and that are not more than two-three year adoption cycles behind. The life and fire safety of all is paramount.

Not all Times are Trendy but there will always be Trendy Times April 28, 2015 Volume 6 Number 15

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# OCT Season's Opener "The Mousetrap"

Bradford VT – Old Church Theater is in the final stages of rehearsing its spring opener, "The Mousetrap" by Agatha Christie, slated to open at its North Main Street theater on May 1st.

Directed by Brian Kenyon, the cast includes Vincent Moore, Bailey Ray, Andrew Stimson, Meghan Bullard, Ginny Peck, Nick Buonanduci, Jim Heidenreich and Chuck Fray.

"The Mousetrap" is the longest continually running play in history, having opened in London in 1952, and is a favorite of theaters all over the world. The story is about a group of people staying at a guest house in the midst of a raging snowstorm when a policeman arrives on skis to tell them their lives are in danger: A murder in a neighboring town has just occurred and all signs point to this house as the next place for the killer to strike. Almost no sooner does he say that when a guest is murdered. Very soon everyone is under suspicion and the audience is kept in the dark until the final moments when the real killer is exposed. Filled with suspense and humor, this play one of Agatha Christie's best.



The cast of Old Church Theater's mystery-murder "The Mousetrap" poses during a break in rehearsal. Clockwise standing: Andrew Stimson, Director Brian Kenyon, Chuck Fray, Nic Buonanduci, Jim Heidenreich, Ginny Peck, Bailey Ray, Meghan Bullard and Vincent Moore.

"The Mousetrap" by Agatha Christie has been performed all over the world since it opened in 1952 in London, and has played there continuously, making it the longest running play ever.

The play will be presented beginning May 1st and will run two weekends with shows Fridays and Saturdays at 7:30pm and Sundays at 4pm. Tickets are \$12.00 at the door, \$10.00 for seniors and \$6.00 for students. Reservations are available at 802-222-3322 or on the web at [www.oldchurchtheater.org](http://www.oldchurchtheater.org). Preview photos will be available on

the web a few days before opening.

Old Church Theater's next production is "Crimes of the Heart" by Beth Henley, to be presented the first weekend of June. Three other plays are slated for presentation in 2015 through late September; the entire lineup may be seen at [www.oldchurchtheater.org](http://www.oldchurchtheater.org).

## Senator Forrester To Host Kick Off Spaghetti Dinner

Special Guests Potential GOP Presidential Candidate Carly Fiorina, Executive Councilor Joe Kenney, Grafton County Sheriff Doug Dutile

(Meredith) Sen. Jeanie Forrester, R-Meredith, will host her annual complimentary spaghetti dinner on Wednesday, April 29th at the Horse Meadow Senior Center in North Haverhill from 5:30 p.m. to 7 p.m. Special guests include potential GOP Presidential Candidate Carly Fiorina, Executive Councilor Joe Kenney, and Grafton County Sheriff Doug Dutile.

"This annual event is my way of saying "thank you" to my constituents for their support," said Forrester. "I am so pleased that Carly Fior-

ina, whose is considering a run for the White House, will be joining me to meet and listen to citizens of District 2. Also confirmed to attend is Executive Councilor Joe Kenney and Sheriff Doug Dutile. It is important to hear about the issues that are important to constituents and continue to find ways to address their concerns," added Forrester.

The event is free and open to the public. RSVPs are greatly appreciated. Your email or phone RSVP by April 27th will automatically enter your name into a raffle for a gift certificate to a local business.

To RSVP or for more information call 279.1459 or email at [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com).

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and St. Johnsbury School Chorus

**Carmina Burana** by Carl Orff  
and other short works

Friday 1 May at 7:30 pm  
First Congregational Church, Littleton, NH

Saturday 2 May at 7:30 pm  
Bradford (VT) Congregational Church

Sunday 3 May at 3:00 pm  
South Congregational Church, St. Johnsbury

Tickets from Catamount Arts or at the door.  
Details at [northcountrychorus.org](http://northcountrychorus.org)

# Calendar of Events

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

## WEDNESDAY, APRIL 29

**COMPLIMENTARY SPAGHETTI DINNER**  
5:30 PM – 7:00 PM  
Horse Meadow Senior Center, North Haverhill  
*See article on page 5*

## THURSDAY, APRIL 30

**RICHARD THOMPSON CONCERT**  
8:00 PM  
Colonial Theater, Bethlehem  
*See article on page 3*

## FRIDAY & SATURDAY

### MAY 1 & 2

**BLITHE SPIRIT**  
7:00 PM  
Jean's Playhouse, Lincoln  
*See article on page 16*

### MOUSETRAP

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## FRIDAY, MAY 1

**CASINO NIGHT**  
TBA  
VFW Post #1343  
118 Western Ave, St. Johnsbury

### THE VERMONT MOVIE

7:00 PM  
Baldwin Library, Wells River

### CARMINA BURANA BY CARL ORFF

7:30 PM  
First Congregational Church, Littleton  
*See ad on page 5*

## SATURDAY, MAY 2

**8TH GRADE AUCTION**  
12 Noon - Free Pizza Lunch  
Barnet School

### WILDLIFE IN NH EVENT

7:00 PM  
Horse Meadow Senior Center, N. Haverhill

### CARMINA BURANA BY CARL ORFF

7:30 PM  
Bradford Congregational Church  
*See ad on page 5*

### NO PLACE TO GO

7:30 PM  
Alexander Twilight Theater, Lyndonville  
*See article on page 14*

## SUNDAY, MAY 3

**SPRING CRAFT FAIR**  
8:00 AM – 3:00 PM  
United Congregational Church of Orford

### SUPER BINGO

1:00 PM  
St. Johnsbury Academy Gym  
*See ad on page 7*

### BLITHE SPIRIT

7:00 PM  
Jean's Playhouse, Lincoln  
*See article on page 16*

### CARMINA BURANA BY CARL ORFF

3:00 PM  
South Congregational Church, St. Johnsbury  
*See ad on page 5*

### MOUSETRAP

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## MONDAY, MAY 4

**GOOD OLE BOYS & GIRLS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, MAY 5

**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, MAY 6

**WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING**  
7:00 PM  
Woodsville Emergency Services Building

## FRIDAY & SATURDAY

### MAY 8 & 9

**MOUSETRAP**  
7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## FRIDAY, MAY 8

**AMERICAN LEGION RIDERS MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## SATURDAY, MAY 9

**MORE THAN YOU CAN EAT BREAKFAST**  
8:00 AM – 10:00 AM  
Lakeview Grange, West Barnet

### FROM SEA TO SHINING SEA/ UPPER VALLEY COMMUNITY BAND

7:30 PM  
Lebanon Opera House

## SUNDAY, MAY 10

**ANNUAL MOTHER'S DAY BREAKFAST**  
7:00 AM – 10:30 AM 802-222-4014  
Masonic Lodge, Waits River Rd., Bradford

### MOUSETRAP

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## MONDAY, MAY 11

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

## TUESDAY, MAY 12

**GARDEN GROUP**  
6:00 PM 802-757-2693  
Baldwin Memorial Library, Wells River

### THE HUNGRY HEART FILM

6:30 PM  
Tenney Memorial Library, Newbury  
*See article on page 7*

## WEDNESDAY, MAY 13

**INSTALLATION OF OFFICERS - ROSS-WOOD POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

## Ongoing Weekly Events

### SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10 AM – 12 Noon – Littleton Fire Station  
**BINGO - 6:00 PM**  
Blue Mt. Grange Hall, Ryegate Corner

### SUNDAYS

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

### MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
**NOON - Darling Inn, Lyndonville**  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
9 AM – 10 AM  
Municipal Offices, Lyndonville  
10:30 AM – 11:30 AM  
Municipal Offices, Lyndonville  
**BINGO - 6:00 PM**  
Orange East Senior Center, Bradford

### MONDAYS/WEDNESDAYS

**CARE COORDINATOR/ ENROLLMENT SPECIALIST - 1:00 PM**  
Baldwin Library, Wells River

### MONDAYS/THURSDAYS

**WALKING CLUB**  
6:30 PM – Woodsville Elementary School  
**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM – St. Johnsbury House

### TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church, Danville  
**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
**NOON - Senior Action Center,**  
Methodist Church, Danville  
**NOON - Presbyterian Church, S. Ryegate**  
**NOON - Darling Inn, Lyndonville**  
**T.O.P.S. (TAKE OFF POUNDS SENSIBLY)**  
Weigh In 5:00 PM – Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
**EMERGENCY FOOD SHELF**  
4:30 PM – 5:30 PM  
Baldwin Memorial Library, Wells River  
**WEIGHT WATCHERS MEETING - 5:30 PM**  
Orange East Senior Cntr, Bradford

### AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM  
St. Luke's Parish Hall, Woodsville

### TUESDAYS/THURSDAYS

**ACTIVE OLDER ADULT STRENGTH CLASS - 1:30 PM**  
Woodsville Post Office, S. Court St  
**GROWING STRONGER FITNESS CLASS**  
2:00 PM – 3:00 PM 800-642-5119  
East Haven Library

### TUESDAYS/FRIDAYS

**GOLDEN BALL TAI CHI**  
8:30 AM – 9:15 AM  
First Congregational Church, Lyndonville

### WEDNESDAYS

**AQUA AEROBICS - 9:00 AM**  
Evergreen Pool, Rte 302, Lisbon  
**ADULT STRENGTH TRAINING**  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
**BINGO - 6:30 PM**  
Haverhill Memorial VFW Post #5245  
North Haverhill  
**CRIBBAGE - 7:00 PM**  
Orange East Senior Center, Bradford

### WEDNESDAYS/FRIDAYS

**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
**NOON - Presbyterian Church, West Barnet**  
**NOON - Darling Inn, Lyndonville**

### THURSDAYS

**ADULT STRENGTH TRAINING**  
10:30 AM – 11:30 AM  
Senior Action Center  
Methodist Church, Danville  
**NEK AGENCY ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
**NOON - Senior Action Center,**  
Methodist Church, Danville  
**NOON - Darling Inn, Lyndonville**

### FRIDAYS

**ADULT STRENGTH TRAINING**  
9 AM – 10 AM - St. Johnsbury House  
1 PM – 2 PM - North Congregational Church, St. Johnsbury  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, 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, May 7th for our May 12th issue.*

# Groton Free Public Library News

Wednesdays, May 6 & 13 at 6:30pm: Free Yoga Classes! Residents of all towns & all yoga levels are invited to take advantage of free Wednesday yoga classes, taught by Kelsey Root-Winchester of Rising Spirit Yoga. Classes are held at the Groton Community Building and are co-sponsored by the Groton Library & Groton Recreation Committee. Bring your own mat, or sign up at the library to borrow one: 802-584-3358/grotonlibraryvt@gmail.com.

Friday, May 8: Art Classes for Kids. 3:30-4:30pm: Window Sun Catchers (ages 5-8, or 3+ with adult). Create and take home a catcher craft to welcome in the Spring rays of

sunshine! Snack included. Then, 5-6:30pm: Drawing in 3D (ages 9-13). Learn how to create a drawing that looks 3D! This free class will focus young artists on light source & shading, perspective, and use of overlapping & color. Pizza dinner included. Please sign up: 802-584-3358/grotonlibraryvt@gmail.com.

Monthly Monday Book Discussions. This month: "The Uglies" by Scott Westerfeld on Monday, May 18 at 6:30pm and "Charming Billy" by Alice McDermott on Monday, May 25 at 7pm. Pick up your copy from the library and join us for a lively conversation!

Every Tuesday at 10am: Round Robin Reading Story-

time. For children ages 0-5 and their caregivers. Come share stories and playtime!

Every Wednesday, 1-3pm. Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

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

## The Hungry Heart

The Hungry Heart will be shown at Tenney Memorial Library, Newbury, VT, on Tuesday, May 12 at 6:30 pm. Area health professionals will join producer Bess O'Brien in a discussion following the film. Admission is by donation.

The Hungry Heart is an intimate look at the often hidden world of prescription drug addiction, treatment, what leads people to abuse drugs, and the road to recovery. The story is told via Vermont pediatrician Fred Holmes who worked with patients struggling with this disease.

Dr. Holmes prescribes suboxone to his patients struggling with prescription drug addiction. Much like methadone, suboxone helps many addicts in their recovery process— for some taking suboxone is a crucial stepping stone to long term recovery, for others it is a crutch, for others suboxone is abused and diverted onto the street. Through the film we see Dr. Holmes struggling with these challenges and trying to make sense and keep the faith in the midst of many contradictions.

Most importantly however, as the film progresses we begin to see the simple but profound connection that Dr. Holmes creates with each patient. The film shines a light on the healing power of conversation and the need for connection that many of these young addicts yearn for but do not have in their lives.

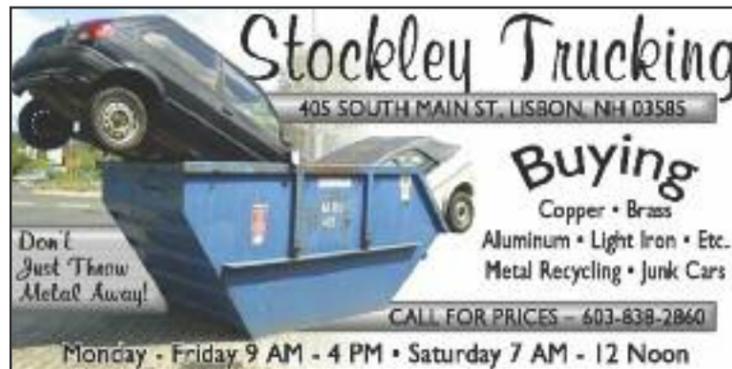
In addition, the film interviews a number of older addicts who talk about their recovery process juxtaposed against Fred's patients. The road to recovery is paved

with both success stories and strewn with relapses, downfalls and tragic losses. However, through the movie we see the many faces and diverse populations of addiction, and their continued search for a life of recovery.

Tenny Library thanks Family HOPE from the New-

bury Health Clinic and the Wells River Savings Bank for their help in underwriting the performance rights to The Hungry Heart.

Contact: Catherine Kidder, Trustee  
ckidder28@gmail.com,  
802 429-2632

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# Oxbow Community Scholarship Fund Needs You

As the end of this school year nears, the Oxbow Community Scholarship for Excellence (OCSE), an incentive-based scholarship program to provide post-secondary funds to all eligible Oxbow seniors, finds its annual fund nearly \$4,000 short of its goal of \$15,000.

We recognize that this has been a challenging year for raising funds, but hope that members of the greater Oxbow community might be able to help us reach our goal by making a tax-deductible donation to: OCSE, 36 Oxbow Dr., Bradford, Vt 05033. This is the seventeenth year of the program with over \$224,000 raised and distributed to-date.

If you are an Oxbow alum who has received support via an OCSE scholarship in the past or know someone who has, please consider joining

the one-hundred plus donors in supporting Oxbow HS grads. Check us out on Facebook, as well, and pass the word to other alums and 'friends of Oxbow.'

Many thanks to antique appraisers, Chuck Eaton, Wendy Hynes, John Hooker, Uriah Wallace & Fred Adams, who donated their time and expertise to the recent fundraiser for the OCSE and to those who brought their treasures to be looked over and evaluated.

For more information, please feel free to contact one of the following committee members: Lomond Richardson, Dan Lemay, Patti Clark, Donna Clements, Denise Daigle, Kathy Damon, Dave McKnelly or me.

Sincerely,  
Marvin Harrison for the OCSE Committee

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## SUPER BINGO

Sunday  
May 3, 2015

\$6,000+ In Prizes

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Early Bird Game 12:30 / \$1.00 For Strip Of 3 Cards  
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3/8" x 48" x 96" AZEK Beaded Pattern	\$50.00 (1)
3/8" x 48" x 120" Beaded Pattern	\$60.00 (1)
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4' x 10' white FRP Liner Panel 36 pcs	\$25.00 Ea.
LARSON Full Glass #356-60 storm door	\$300.00+ \$99.00
Bilco C Basement Door - small dent	\$572.00 \$399.00
10 x 50 EPDM rubber roof .60 thick	\$199.00
5/0 x 6/6 white patio door - ordered wrong	\$349.00
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12 bundles (4sq) Timberline HD Gray	\$15/bund.
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Misc. Primed moulding	\$.50 LF

# Floodplain Forest Of Tomorrow Created Today



LISBON -- A floodplain forest of the future started taking shape along the Ammonoosuc River last week, as crews planted over 2,000 young trees and shrubs along its shores. The stretch of river between the bridge at Route 302 and 117 and the New England Wire soccer field in Lisbon is especially dynamic. Ice jams and flooding have scoured the riverbanks and often overtaken the adjacent fields and caused significant erosion.

The Ammonoosuc Conservation Trust (ACT) purchased 24 acres along the river and around Hanno Pond just north of Lisbon village on Route 302 two years ago. This is now the Ammonoosuc River Wildlife Management Area. Last week's work is part of a restoration and conservation strategy, according to ACT Executive Director Rebecca Brown. "As the new trees and shrubs take root and grow they'll help stabilize the riverbank against erosion and provide wildlife habitat," Brown said.

Last May, Lisbon Regional School students helped out by planting willow, elderberry, and dogwood stakes along the edge of the river as the first phase of bank stabilization. "These young stakes planted last year look good right now," reported Brown. "It's a challenging place to establish new vegetation but many survived the winter, and are beginning to bud. We were really lucky

with the easy ice-out this year. These species are chosen for riverbank restoration because they bend easily and can withstand higher flows, but it's really nice that they didn't have to prove themselves when they're only a year old!"

ACT hired Redstart Forestry of Corinth, Vt. to do this year's planting. A crew of about eight people was at work last week digging holes in the sandy soil with an auger, planting the wiry trees and shrubs, and around each a placing a square of black biodegradable membrane that allows rain to pass through, but keeps down weeds to help the new plants get a foothold. Over a dozen different tree species, including silver maple, cottonwood, and oak are in the mix. Small wildlife openings are being left to attract birds such as woodcock and warblers. A walking path will meander along the river and through the land. Otters, ducks, beavers, songbirds, and a pair of bald eagles make their homes along the river.

Rivers in their natural state meander and spread out over a wide area depending on the topography. Over time, the Ammonoosuc River has been constrained by dams, the railroad, roads, and other development. It is likely that the river was actually straightened generations ago to allow for easier passage of log drives. When rivers are constrained from meandering or spreading their

volume, large amounts of water traveling through small channels can result in erosion. Ice jams and heavy rainfall also eat away at the Ammonoosuc River's banks.

Last week, the crews were planting willows and dogwood along the first 35 feet from the river's edge, creating a riparian erosion buffer. Larger trees like yellow birch, maple, pine, and oak were planted further inland. The saplings were sourced from the Intervale Conservation Nursery in Burlington, Vt. and from a nursery in Montana.

"The survival rate of the trees depends on the weather this summer," said Ben Machin of Redstart. "The wetter the better, as this sandy soil will actually dry out fast, despite how wet it is right now. If they survive the summer it is likely they will establish."

As part of its management of the entire 24-acre site, last summer ACT restored flow on a small stream on the property that had been blocked and was flooding adjacent land. The land dried out and will be planted again this summer for corn by Springvale Farm of Landaff.

ACT acquired the land and is doing the restoration work with funding from the Aquatic Resources and Mitigation Fund administered by the NH Dept. of Environmental Resources. Ray Lobdell of Landaff is the consulting wetland scientist for the project.

More information about ACT, the North Country's regional land conservancy, can be found at [www.aconservationtrust.org](http://www.aconservationtrust.org).



Cottage Hospital Auxiliary was honored to have Martha Cunningham, a Therapy Dog Trainer, and her dog, JD come to visit us at our last meeting on Tuesday, April 14th.

Martha explained the difference between therapy dogs and service dogs and what is involved in obtaining a therapy dog certification. She also gave us a demonstration of the discipline JD has.

JD visits Cottage Hospital and The Glencliff Home weekly.

The Auxiliary would like to thank Martha and JD for their visit.

**Dogs**      **Boarding**  
**Cats**      **Grooming**  
**Exotics**    **Dental Care**  
**Poultry**    **Surgery**



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**HAVERSHILL, NH** - Modern Chalet built in 2008 offers spacious rooms, cathedral ceiling in living room, open loft room with master bedroom adjacent, 2 first floor bedrooms, open concept Living Room, Dining and Kitchen. Access to 2 lakes and beaches that Mountain Lakes offers. 30 Minutes to skiing. Turn Key. \$ 136,900

**WOODSVILLE, NH** - Four Unit apartment building with a nice size lot. Units consist of three 1 bedroom, two 2 bedrooms and one 3 bedroom. Building is approximately 2300 sq. ft. a bog with a 2 car detached garage. Situated on 0.32 of an acre. Nice location. Shopping, restaurants, banking and more are close by. \$ 136,500.

**BATH, NH** - Mountain Views, fields and woods enhance this lovely Ranch with a wonderful kitchen for the one who loves to cook, 3rd floor Family Room with woodstove, Formal Dining, Skiing room off the Living Room, 1st floor Master Bedroom with whirlpool tub, lower level is finished, root cellar, landscaped w/variety of plantings. 2 AC's. Mower in condition. Country setting, but only 10 minutes from shopping. \$ 238,900.

**HAVERSHILL, NH** - Continuous rolling lawn 1.11 Acres, Single level living, 3 Bedrooms, spacious kitchen, bright sunny Living Room, 2 Bathrooms, 11' x 24' addition for a hobby room or what you may need it for included is a handicap ramp. Paved driveway, bathrooms are remodeled, extra feature or finish shed for storage. \$ 99,500.

**LITTLETON, NH** - Imagine waking up on your own horse farm. Main barn consists of 5 stalls with turn out of the stalls, large tack room, high ceilings, electric, good size Hay Barn and chicken coop in barn run in for smaller ponies. Smaller 3rd barn and 12.8 Acres of rolling pasture. Newer run in shed. Ranch style farm home with a large entry to the open concept Living Room with fireplace along with a patio overlooking the farm, Dining area and kitchen with plenty of cabinets, 2 Bedrooms, hardwood floors and more. Great place to relax and ride. \$ 185,000.

**PERMONT, NH** - Nice Rustic setting consisting of 2.50 acres. Great home for a vacation spot or year round. Open floor plan- kitchen area to Living Room, enclosed room with slides that enhance the view. First floor bedroom, second floor has see open room perfect for a bedroom and sitting area. Wood flooring throughout the home. Great size 2 car garage with full storage overhead. Very wooded area on the high side of road. \$ 275,000.

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# Resurrection – A Journey Tribute – July 25

The schedule is now almost complete for the 2015 edition of the North Haverhill Fair. For the second year in a row the Saturday night entertainment on Thayer Stage will feature music from a past era of rock and roll. But this is music that is certainly well known today as well as it was back in the 1980's. This year that music will be presented by Resurrection: A Journey Tribute. This group, from the Nashville, Tennessee area has already traveled from coast to coast, even though they were formed just over one year ago. The reason for their obvious popularity has many aspects. For any tribute band they must first, and foremost, sound like the band they are imitating. Resurrection: A Journey Tribute not only sounds like the originals, but the drummer used to play with Journey. Plus the bassist, George Hawkins, Jr., co-wrote and recorded

the lead-off track, "You Better Wait", with Steve Perry on his LP, "For the Love of Strange Medicine". Of course, any good tribute band must also have a lead singer who can bring the music to life like the originals. To this end Ryan Christopher takes the mic and knows how to use it. For all Journey fans this night will be a great visit to the past. For those who do not know Journey as well, this night could be one of the most entertaining concerts ever at Thayer Stage. So prepare to hear such hits as "Separate Ways", "Faithfully", and "Who's Crying Now" and be entertained. Saturday, July 25 will also feature some great standards at the 71st annual North Haverhill Fair. The day begins with the Rich Kinder Memorial Lumberjack Competition. This event will undoubtedly again feature long time lumberjack competitors as well as many college

competitors in such events as ax throwing, log rolling and cross cut sawing. There is also the very popular under hand chop that sees both male and female competitors working hard to chop thru their block of pine. Also on Saturday will be the annual tractor pull along with the Kiddie Tractor pull where every young competitor will be able to win a prize. Saturday will be capped by a spectacular fireworks display that is best seen from the grounds themselves. There are many other traditional events scheduled for this year's fair. Ride specials will take place on Wednesday and Thursday nights along with Sunday afternoon. Wednesday and Friday nights will also see demolition derbies. And the McDanolds Arena will host the big 4x4 truck pull on Sunday. And on Thursday evening the Vermont Tractor Pullers Association will bring



in some modified tracts as well as some 4x4 trucks to show off their strength on the great 300' clay track. Other evening events will include the North Haverhill's Got Talent competition on Thursday. Wednesday will again be Senior Citizens Day and Veterans Appreciation Day. The evening includes a concert by the Upper Valley Community Band. The Friday night concert at this year's fair will feature Season #7 winner from "The

Voice", Craig Wayne Boyd as he performs on the same stage as his coach, Blake Shelton. Admission prices for this year will be the same as last year with a price of \$12 for adults while children under 12 are still free. That admission price will continue to allow attendees to enjoy all shows and competitions as well as to visit the exhibit buildings with Grange, 4-H and individuals displaying their year's work.

## They Passed With Noses In The Air

We Are All In This Together – Oil Paintings by Ann Young at the Northeast Kingdom Artisans Guild April 27 through June 14, 2015.

Ann Young was born in Chicago and grew up in the mid-west. She now resides and paints in rural northeastern Vermont and Brooklyn, NY. A graduate of Rhode Island School of Design, she has delved into many media. Ann first began modeling ceramic sculpture of human figures and animals, then progressed to large scale totemic carvings in cedar. Combining the two sculptural forms, Ann composed large gallery installations. In recent years



she has focused exclusively on oil painting. Her work investigates the human condition through representational imagery of people, places and situations. The emotional geography of the human form, individual and social, in its diverse parts, are of paramount importance. This strong element of social realism is characterized by bright colors, strong imagery and universal themes. The Guild's address: 430 Railroad St., St. Johnsbury. Hours: Monday - Saturday, 10:30 am - 5:30 pm. 802-748-0158. nekartisansguild.comnsguild.com



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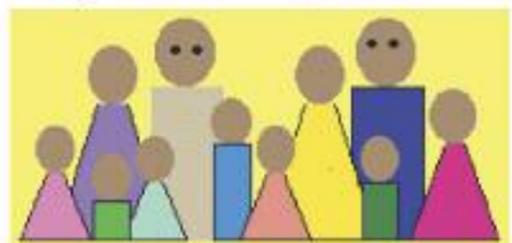
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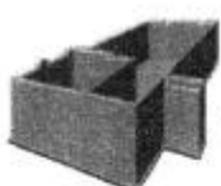
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# RENEWBURY!

## A Big Success With Big Plans For The Future

Some 140 Newbury residents of all ages and from all corners of the town gathered on Friday evening, March 27th and Saturday, March 28th for ReNewbury!, a celebration and planning event that, at its core, sought dialog on ways of enhancing life in the town. In the process, it provided lots of neighborly chats, good food prepared by townspeople, humorous stories of times past by Frank Bryan, and the premiere performance of the song, "Newbury, My Home Town," sung by Newbury Elementary students. Vermont Poet Laureate, Sydney Lea, read his poem, "Yoked," evoking thoughts of how best to steward the land inherited from our ancestors.

Delia Clark of Taftsville, Vermont, led the central vision-to-action portion of ReNewbury. Several days prior to the forum, she had trained 20 facilitators from the town to lead discussions in small groups examining Newbury's strengths, its challenges, and its hopes for the future. Five Oxbow High School students were among the facilitators.

The forum generated lots of ideas, enthusiasm, and energy. Ultimately, participants grouped the ideas that emerged under five broad headings, and townspeople chose the area they were most interested in pursuing. The five committees that emerged were:

- Newbury Connect Committee. This committee seeks ways of coordinating and

disseminating information about organizations and their activities and events across the town. In the process, it seeks to increase the volunteer pool that supports local organizations and their events.

- Events Committee. This committee seeks ways of strengthening the community by offering activities and events that will bring people together, improve the quality of life for its residents, promote the resources in our town, and provide FUN. It seeks to promote events that already exist and to create others.

- Community Cultural/Recreational Center Committee. This group seeks to conduct a feasibility and market study to determine the community's interest and support for such functions as an art gallery, a performance space, and additional hiking trails.

- Full Internet Access and Cell Phone Coverage Committee. The need for town-wide affordable internet and cell service to level townspeople's ability to communicate and work remotely was a theme of ReNewbury. This committee will explore ways of making such universal access a reality.

- Local Food Network Committee. This committee's goal is threefold: to support the local economy by promoting local food production, to make local foods affordable, and to foster

better health and nutrition. It will examine ways of fostering both.

Energy and transportation issues pervaded the discussions at ReNewbury, so several of the committees will address issues related to these, such as creating bike lanes and establishing community composting. The Newbury Selectboard is expected to examine the feasibility of community solar for generating energy for town buildings.

Improving Newbury's village of Wells River was another focus at the forum. The Wells River Action Committee (WRAP) will pursue ideas such as attracting a grocery store and lining Main Street with trees.

Individuals, too, have committed to pet projects. As a way of making local foods available to low-income residents, one Newburyite is researching how to start a "Willing Hands" program in town. Volunteers would glean produce from farmers' fields after food production has ceased and would donate it to area food shelves.

ReNewbury! has come and gone, but the goodwill, community resilience, and energy it sparked is alive and strong. All committees welcome new participants as they undertake fresh initiatives to strengthen their community. Emmy Hausman (emmy@hausman.net) or Kate Maver (k8maver@gmail.com) can be contacted for further information.

## Tips For Successfully <sup>11</sup> Transplanting Tomatoes

By Heather Bryant,  
Regional Field Specialist,  
Food & Agriculture

Tomatoes are one of the most popular crops for gardeners, but between our short growing season and the variety of diseases that attack tomatoes, they can be a real challenge to grow. Getting your plants off to a good start can make the difference between success and disappointment. A common barrier to getting a good start is transplant shock, but there are a number of tips that can help minimize the problem.

The first tip is to avoid starting your transplants too early. Ideally you want to start your transplants 6-8 weeks before you plan to plant them. Memorial Day weekend is a convenient time to plant but keep in mind that the weather has to cooperate. Tomatoes do best when you transplant them into soil that is about 60°F and after the risk of frost is past. If you started your transplants at the end of March and the weather doesn't cooperate over the next few weeks you may end up with transplants that are over mature. Here in Grafton County and especially the way this year has gone so far, I recommend planning around the possibility you might not be able to plant until the first week of June.

Ideally, transplants should be dark green, with no purple or yellow on the leaves, and stems no thicker than a pencil. Purple or yellow leaves can be signs of phosphorous or nitrogen deficiency respectively, and larger plants will take longer to overcome transplant shock.

The next tip is to harden off the plants. The idea with hardening off is to transition the plants slowly from indoors to out. A week to ten days prior to planting, start putting the plants outdoors

and leaving them out for progressively longer periods of time during the day. If the night time temperature will be 60°F or above, they can stay out all night. If you have been watering the transplants multiple times per day, start slowly watering less frequently until you are only watering once a day.

When it's time to plant them, water them several hours before planting and plant them in the late afternoon or on a cloudy day. Also, make sure you space them well. If you plan to basket weave the tomatoes, they can be spaced 18" – 24" apart in rows at least 6' apart. If you plan to use cages, space them further apart. For more information on basket weaving see [https://extension.unh.edu/resources/files/Resource000598\\_Rep620.pdf](https://extension.unh.edu/resources/files/Resource000598_Rep620.pdf)

The final tip is to use starter solution. Starter solution is fertilizer that has 2-3 times as much phosphorous in it as nitrogen and potassium. To choose an appropriate product, look at the N-P-K number. This number stands for the percentage by weight of nitrogen (N), phosphorous (P) and potassium (K) in the product. Any product labeled for vegetable transplants where the second number is 2-3 times larger than the first and third numbers will work well. Mix the product with water according to the instructions and then immediately after planting, water with a cup of solution per transplant. Phosphorous is important for good root growth, so it will give your plants a boost in getting over transplant shock.

For more information on growing tomatoes see [https://extension.unh.edu/resources/files/Resource000609\\_Rep631.pdf](https://extension.unh.edu/resources/files/Resource000609_Rep631.pdf) and have a great growing season!

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# How Can You Become A "Healthy" Investor?

May is National Physical Fitness and Sports Month. This "month" is designed to encourage people to follow a healthy, active lifestyle. You can take steps toward this goal, of course, but why not carry the concept of improving health to other areas of your life — such as your investments?

Toward that end, consider these suggestions:

Give your portfolio a regular "check-up." To maintain your fitness, it's a good idea to visit a doctor for a check-up on a regular basis. And to help ensure the "health" of your portfolio, you may want to periodically review it with the assistance of a financial professional — someone who can point out gaps in your existing holdings or changes that may need to be made.

Follow a balanced investment "diet." As you know, nutrition experts recommend that we adopt a balanced diet, drawing on all the major food groups. Too much of any one category — for example, an excess of meat or of dairy products — can lead to health concerns. An analogous situation exists when you invest — if you own too much of one particular asset class, such as aggressive growth stocks, you might expose yourself to an "unhealthy" degree of risk, because you could take a big hit during a market downturn. But not all investments move in

the same direction at the same time, so if you own a mix of stocks, bonds, government securities and other vehicles, you can lessen the impact of volatility on your portfolio. In investing, as in all walks of life, balance and moderation are important.

Don't let investments get "lazy." Exercise is essential in staying fit and healthy. Yet, exercise can also be hard work, causing many of us to put it off to "another day." Some of your investments may also not be working hard enough for you. To cite one possibility, you might own quite a few certificates of deposit (CDs). There's nothing "wrong" with CDs, and they do offer a high degree of preservation of principal, but they provide very little in the way of return, particularly in a low-interest-rate environment, such as we've had over the past few years. So, if you have a plethora of CDs, you might be depriving yourself of the opportunity to own other investments that "work harder" by offering you the growth potential you'll need to make progress toward your long-

term goals.

Avoid "unhealthy" habits. Many of us are guilty of unhealthy habits, such as eating too much or failing to address stress. Taken together, these bad habits can harm the quality of our lives. As an investor, you can also fall into some bad habits. To name just a couple, you could waste time and effort by chasing after "hot" investments, which may already be cooling off by the time you hear about them, or you could decide to take a "time out" from investing when the markets are turbulent. Another bad habit: Investing either too aggressively or too conservatively for your goals and risk tolerance. By avoiding these and other negative habits, you can help yourself stay on track toward your objectives.

It takes diligence and vigilance to stay physically fit and healthy. And these same attributes are just as important in keeping your investment strategy in good shape. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor

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# OBITUARY – NOREEN ELLEN CHASE



Bath, NH - Noreen Ellen Chase, 82, of Goose Lane, died on Saturday, April 11, 2015 at Cottage Hospital, Woodsville, NH, after a period of failing health, with her family by her side.

Noreen was born in Haverhill, NH, July 19, 1932, the daughter of Elmer G. and Lilla (Martin) Stimson. She graduated from Woodsville High School with the class of 1950. Noreen married Robert C. "Bud" Chase on July 24, 1950.

Her love of the Lord was known, and Noreen and Bud were founding members of Calvary Baptist Church in Woodsville. Noreen was very active in, and faithfully attended the church. She loved tending her flowers, feeding the birds, baking donuts and bread, picking berries, and making jams. Noreen helped her husband run their family farm on Goose Lane, the

Chase Hill Dairy Farm in Bath. They received the Green Pastures Award in 1984, being recognized as the top dairy farm in New Hampshire. Noreen loved working on and around the farm, especially taking care of the calves. She had also worked at Cottage Hospital for 11 years and Glenclyff Home for the Elderly for 22 years, as a nurse's aide. During their retirement years, Noreen and Bud enjoyed taking bus trips and seeing different areas of the country.

She was predeceased by her husband, Robert C. "Bud" Chase on July 7, 2010; a son, Robert D. Chase on December 24, 2006; and four siblings, Ardeth Ball, Eunice Dale, Wilma Fillingner, and Delton Stimson.

Survivors include her six children, Pastor Steven Chase and wife Marietjie of Greenfield, MA, Peter Chase and wife Stacia of Newbury, VT, Bonnie Henson and husband Douglas of North Haverhill, NH, Sally Chase DeWitt of Maitland, FL, Julie Keith and Rob Ellingwood of Littleton, NH, and Donna Chase of Houlton, ME; a daughter in law, Barbara Chase of Colrain, MA; 18 grandchildren, Dylan Chase, Ryan Chase, Christina Chase Kennedy, Stephanie Chase, Tyler

Chase, Hannah Chase, Joshua Chase, Sarah Chase, Jonathan Chase, Josiah Chase, Lisa Chase, Nicholas Chase, Jonathan Henson, Justin Henson, Joy Henson, Alison Hersom, Jack B. Williams, and Mollie Saunders; 15 great grandchildren; a sister, Elsie Roderick of Bath; a brother, Preston Stimson of Sterling, VA; and several nieces, nephews, and cousins.

Calling hours were held on Friday, April 17 from 6 to 8 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A funeral service was held on Saturday, April 18 at 11 AM at the Calvary Baptist Church, 18 Elm Street, Woodsville, NH, with Pastor Alan Morrison from the Calvary Baptist Church officiating. Burial will be at the convenience of the family at the Pine Grove Cemetery, Swiftwater Road, Woodsville, NH.

In lieu of flowers, memorial contributions may be made to the Calvary Baptist Church, c/o Building Fund, 20 Elm Street, Woodsville, NH 03785.

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

Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

## Grafton County 4-H

### Fashion Review And Textile Event

By Donna Lee, Program Coordinator

Spring flowers and butterflies were the backdrop for 4-H youth at the annual Fashion Review show, held at the Monroe Town Hall on Saturday, April 18, 2015. Forty-one Grafton County 4-H members modeled their garments and other items as part of the Textile Event this year. With the help of their 4-H leaders, members worked diligently to complete their sewing, knitting, crocheting, quilting or fashion selections projects in time for this event.

Judges from Grafton County and eastern Vermont helped to judge the items on Friday, April 17th. As noted by one of the committee members, "...it takes a lot of volunteers to be able to do this event each year...". With over forty volunteers working throughout this two day event, 4-H members were able to receive praise and constructive comments for improvement as they modeled their projects before the judges. 4-H shows are judged on the Danish system, which allows each participant to earn a ribbon, based on a set of standards.

Based on age eligibility and point totals, the following

individuals will be representing Grafton County at the State Activities Day Fashion Show on May 30th at the University of New Hampshire in Durham: Emily Sherman, Hunt Mountain 4-H club; Elizabeth Stoddard, Emily Stoddard, Grace Flynn, Lilah Flynn, Kiara Reagan, Maachah Krull, and Faith Englert all of the Bob-O-Links 4-H club; and Justin Gall, Littleton Raccoons 4-H club.

Special thanks go to our prize sponsors for the event: Barnyard Quilting; Little City Thrift Store; Lloyd Steeves; Marilyn Fuller; Mike Brown; One Stitch, Two Stitch; Seams Sew Easy; Trendy Threads; WalMart; Windfall Clothing; and Yarn Garden. The Grafton County 4-H program is able to exist because of the tremendous support we get from local businesses – thank you!

All participating textile 4-H members, whether first year sewers or advanced seamstresses, did a wonderful job of demonstrating their skills by showcasing all their hard work at the Fashion Review. To see more projects done by our Grafton County 4-H youth, please stop by the North



*Mara Chamberlin is a member of Partridge Lake Riders 4-H Club in Littleton. She is pictured wearing the summer top and skirt she created along with the throw pillow she sewed.*

Haverhill Fair this summer!

If you would like more information about the 4-H program in Grafton County, please contact Donna Lee, UNH Cooperative Extension, 3855 Dartmouth College Highway, Box 5, N. Haverhill, NH 03774 or call 603-787-6944 or email: [Donna.Lee@unh.edu](mailto:Donna.Lee@unh.edu).

## Letter To The Editor

On behalf of our 4-legged friends in need of assistance to find new homes, The Above The Notch Humane Society would like to express our warmest thanks to the generous restaurants, chefs, patrons, donors, and the general public for the overwhelming success of our yearly fundraising event, Fido's Feast. As a result of your generosity, we were able to raise over \$7000 to continue our efforts to save unwanted, abused, and neglected animals and work to find them new, loving homes.

Please be sure to mark your 2016 calendars as next year's Fido's Feast culinary event to benefit the Above The Notch Humane Society will be tentatively held on March 20th, 2016. We hope to see you there and thanks again to all who participated!

Sincerely,  
Richard Larcom, Bobbe McIntyre  
Nicole Clark, Nancy Cooper  
Sharon Mellacci, Frank Mellacci  
Tamela Swan, Jon Swan  
Christina Ferraro

Board Members,  
The Above The Notch Humane Society

Dear Board Members,

*Like the board members of so many non-profit groups in this area your work is so much appreciated even though you may not get the recognition that you deserve. The efforts you put in to make Fido's Feast a success are just the latest sample of that devotion and effort.*

*Keep up the good work! Congratulations and thank you, one and all.*

Gary Scruton, Editor

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# “No Place To Go” To Play Lyndon State College

Kingdom County Productions will present the exclusive New England performance of Ethan Lipton and His Orchestra performing Lipton's Obie Award-winning show, "No Place To Go." Showtime is 7:30pm, Saturday, May 2nd at the Alexander Twilight Theater, Lyndon State College. Tickets are now on sale at Catamount Arts or by calling 888-757-5559 (toll-free). Online sales are available at Kingdom-County.org.

"No Place to Go" was called "One of the ten most galvanizing moments on stage in 2014," by lead New York Times theater critic Ben Brantley. The show combines satirical theater and music to conjure a humorous

look into the near future when playwright and composer Lipton is told that the company where he's worked for the past 10 years is moving to another planet. The problem is: Lipton doesn't want to go.

Part love letter to his co-workers, part query to the universe, part protest to his company and country, Lipton's "No Place to Go" delivers an hilarious, irreverent, and personal musical ode to the unemployed. Directed by Leigh Silverman, this acclaimed production is a Woody Guthrie-meets-Woody Allen chronicle of the last weeks of its hero's "permanent part-time" job as his company moves to a place very far away: Mars.

As a playwright, Ethan Lipton's work has been seen and heard in NYC, LA, Boston, Chicago, Seattle, Edinburgh, and Berne. He has received playwriting grants from New York Foundation for the Arts and the National Endowment for the Arts, as well as commissions from Playwrights Horizons, Clubbed Thumb and True Love. He has received an Obie Award and a Drama-Logue Award, been an O'Neill Conference finalist and a resident playwright at New York Stage & Film. As a performer, Ethan has backed up Laurie Anderson on "The Late Show with David Letterman," and he originated the role of Klipspringer in the Elevator Repair Service pro-



duction on "Gatz."

Ethan Lipton & his Orchestra has been a band since 2005, playing at Joe's Pub at the NY Public Theater, Mass MoCA and many others. The band includes Ethan Lipton (vocals), Eben Levy (guitar), Ian M. Riggs (standup bass) and Vito Dieterle (sax). Ethan writes the lyrics and melody, and the quartet arranges the songs together. EL&HO has released five albums and been named the city's "Best Lounge Act" by New York

Magazine. In 2012, the band won an Obie for No Place to Go, which was produced by the Public Theater at Joe's Pub. The show earned rave reviews and has since been featured on radio shows such as Weekend Edition, The World, Word of Mouth, and Soundcheck.

Ethan Lipton and His Orchestra will be produced and presented by Kingdom County Productions (KCP). For information contact series producer Jay Craven (jcraven@marlboro.edu).

## Mike And Math, Math And Mike

By Elinor P. Mawson

When Mike was about 4 years old, he listened to his brother and grandmother doing "mental math". This consisted of the grandmother giving a long problem verbally, and the brother solving it in his head. (Example: Take the days of the week, add 2, subtract five, add the number of hours in the day and subtract 1.) Ryan, at 7 years old and in second grade, did quite a job on these problems and was very proud of himself.

One day in the midst of a session of mental math (take the number of eggs in a dozen and take half away, add 1 and subtract 4), Mike replied "3" before his brother had figured out the answer.

I don't have to tell you that Ryan went away in disgust, and Gram and Mike went on to do more and more difficult problems until he was doing fractions, negative numbers and even some division. By the time Mike got to first grade, he was a whiz. When the teacher asked the students to put an equation on the board, the other kids would write  $2+2+4$  for example. Mike would start writing at one end of the chalkboard and go to the other end, and extend the equation to the board on the other wall--and

always have the answer correct.

One time, his grandmother gave him a math workbook to use when he came to visit. He opened it up to a section on Time and exclaimed happily, "CLOCKS, CLOCKS!!" He did the whole work book in record time.

After awhile, though, baseball and other sports took the place of mental math, and those fun times ended. He became fascinated in statistics of the major teams, and his grandmother started calling him "The next Jerry Remy". He could talk sports with his older relatives for hours on end. And of course, he watched every game on TV that he had time for, and comment on every move.

Michael is now a senior in high school; his goal is to be a sportscaster. He plans to major in Sports Communication. Not long ago, he took an entrance test to a college.

The examining person took one look at the math part of the test and said "WOW! Are you going to be an architect? Your math scores are amazing!"

Somewhere in the background, I heard his grandmother chuckle.

Volume 6 Number 15

April 28, 2015

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

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# Colonial Celebrates Centenary Season



The Colonial Theatre in Bethlehem, NH will open for its 100th consecutive season April 30. One of the oldest continuously operating movie theaters in the country, The Colonial has become, under the 14 years of management by The Friends of the Colonial, one of the premier performing arts centers in the region as well. Plans are underway for a season of celebration including an August 8th street party, a Centennial Film Series highlighting films with benchmark birthdays in 2015, as well as an expanded film schedule with two features weekly and much, much more.

Kicking off the season on April 30, The Colonial is pleased to host and evening with singer/songwriter and guitarist extraordinaire Richard Thompson. Named by Rolling Stone Magazine as one of the Top 20 Guitarists of All Time, Richard Thompson is also one of the world's most critically acclaimed and prolific songwriters. The Los Angeles Times has called him "The finest rock songwriter after Dylan..."

Following Richard Thompson will be a LIVE! At The Colonial season of award winning performers including guitarist Leo Kottke, Celtic rockers Gaelic Storm, Americana and blues artists The Woods Brothers, the Gypsy Swing theatrics of A Caravan of Thieves, the Klezmer and Tango stylings of Ljova & Kontraband with The North Country Chamber

Players, the 3-part country harmonies of Red Molly, African Reggae with Sierra Leone's Refugee All Stars, the 8 piece Afro-Peruvian collective Novalima and, putting an exclamation point at the end of great season, the blast furnace voice of the "Queen of the Blues" Shekemia Copland returns to The Colonial.

Popular favorites will be returning, like the Colonial Children's Series with the Weathervane's Patchwork Players, the Manhattan Short Film Festival, and the White Mountain Jewish Film Festival, as well as National Theatre Live Performances, One Off Features for the serious cinephile, Open Mic Nites, and a host of community partnerships. All in all, a jam-packed Spring, Summer and Fall of eclectic, enriching and entertaining events.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre, provide previously unavailable high quality film and performing arts programming, and offer vision of small town revitalization based on the arts. To learn more about upcoming movies and events, buy tickets, become a member, register to receive The Colonial's weekly e-Announcements, or just find out how you can Be Part of It!, please visit [www.Bethlehem-Colonial.org](http://www.Bethlehem-Colonial.org) or find The Colonial on Facebook at [BethlehemColonial](https://www.facebook.com/BethlehemColonial).

# Dear Marci...

Dear Marci,

My Part B premium is difficult for me to afford each month. I called Medicare to ask about help paying for this, and they told me to apply for a Medicare Savings Program. What is a Medicare Savings Program?

Emma

Dear Emma,

A Medicare Savings Program (MSP) is an assistance program that can help pay for your Medicare costs if you have limited finances. MSPs may also be called Medicare premium assistance programs or Medicare buy-in programs.

There are three main types of MSPs. Each program has certain income and asset limits in order to qualify for them:

1. Qualified Medicare Beneficiary (QMB) pays your Medicare Part B premium, as well as your Medicare deductibles, coinsurances, and copayments. Although most people get Part A for free, some individuals must pay a

Part A premium. QMB also helps pay the Part A premium. You can qualify for QMB even if you qualify for Medicaid.

2. Specified Low Income Medicare Beneficiary (SLMB) pays your Medicare Part B premium. You can qualify for SLMB even if you qualify for Medicaid.

3. Qualifying Individual (QI) pays your Medicare Part B premium. You cannot have both QI and Medicaid.

In addition, all three MSPs allow you to enroll in Medicare outside of the formal Medicare enrollment periods. They also waive any late enrollment Part B premium penalties that you may have. When you have an MSP, you also automatically qualify for Extra Help, the federal assistance program that helps to pay Medicare prescription drug costs.

To qualify for an MSP, you must have Medicare Part A and meet certain income and assets guidelines. If you do not have Part A but meet QMB eligibility guidelines, your state should have a process to allow you to enroll in Part A and QMB. Many

states allow this throughout the year, but others limit when you can enroll in Part A.

Keep in mind that you should still apply for an MSP if you need the help even if your income seems slightly above your state's income and asset guidelines. This is because states use different rules to count your income and assets to determine your eligibility for an MSP. Certain income or assets may not count, and some states do not have an asset limit. Know that you cannot choose which MSP you receive, but are assigned to one of the three MSPs based on your income and assets. To learn about MSPs in your state and to find out where to apply, contact your State Health Insurance Assistance Program (SHIP) or your local Medicaid office. You can find the contact information for your SHIP by going to [www.shipta-center.org](http://www.shipta-center.org) or by calling 877-839-2675.

Marci

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

April 28, 2015 Volume 6 Number 15

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PRN	July 19	New Hampshire	12:30
MRN	August 16	Michigan	12:00
MRN	September 20	Chicagoland	1:00
PRN	September 27	New Hampshire	1:00
MRN	October 4	Dover	1:00
MRN	October 18	Kansas	1:00
MRN	October 25	Talladega	1:00
MRN	November 1	Martinsville	12:30
PRN	November 8	Texas	1:00
MRN	November 15	Phoenix International	2:00
MRN	November 22	Homestead-Miami	2:00

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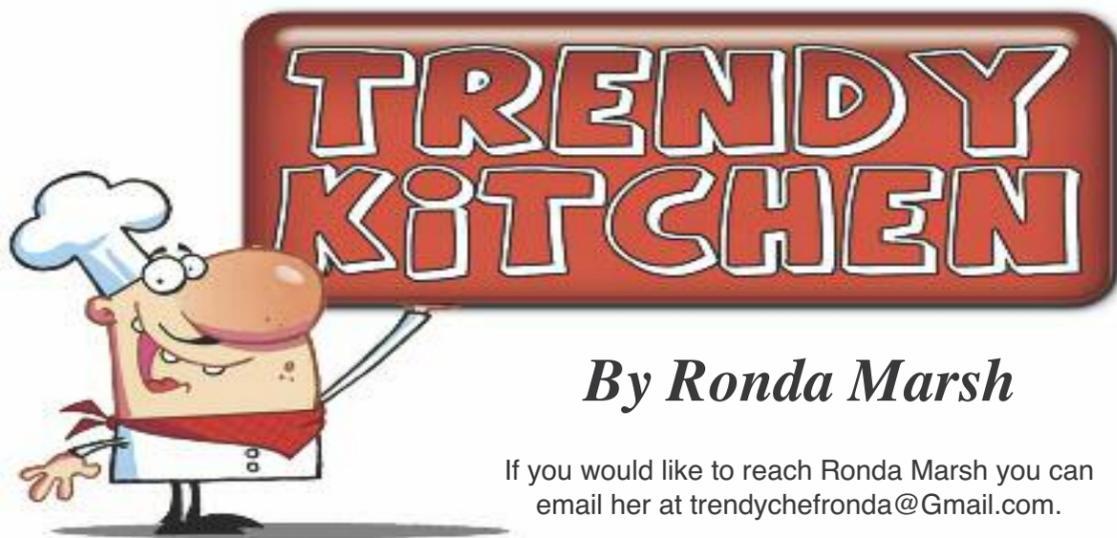
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*By Ronda Marsh*

If you would like to reach Ronda Marsh you can email her at [trendychefronda@Gmail.com](mailto:trendychefronda@Gmail.com).

## 3-Ingredient Homemade Bounty Bars

You may find it hard to believe, but in less than an hour, with just 3 common pantry items, you can whip up some pretty tasty candy treats. These Bounty Bars are very similar to what we know as a Mounds Bar, but marketed by a rival company in Europe and Australia. Someone came up with a homemade version, and I saw it on Facebook. Coincidentally, I happened to have an overabundance of coconut (I mistakenly bought a bag, not realizing I already had two in the freezer), so with very little convincing required, I got niece Adrienne to jump in with both hands. The most challenging part of this recipe is to resist skipping the refrigeration time, but don't try it...you'll end up with a gloopy (but still tasty) mess. Also, before forming the bars, be sure to spritz your hands with cooking



spray to minimize sticking, or if you happen to have some coconut oil, that's even better. Using a microwave to melt the chocolate makes tempering a breeze, but if you prefer you can do it in a double-boiler; just be careful whichever method you choose, not to overheat chocolate or it could seize, and there's just no fix for that.

If you have a bunch of kids to entertain on a rainy afternoon, give them the ingredients, a big bowl and a spoon and let 'em loose in your kitchen. I can't guarantee that your kids or kitchen won't end up covered in chocolate, but I CAN guarantee that those chocolate-covered kids will be grinning from ear-to-ear!

- 1 cup sweetened condensed milk
- 3 cups sweetened shredded coconut

- 1-12 oz. bag semi-sweet chocolate chips

Measure coconut and sweetened condensed milk into a large bowl. Stir together with a wooden spoon until well combined. Refrigerate mixture for at least ½ hour to firm up a bit. When ready to proceed, line work surface with waxed paper or parchment. Lightly oil hands (I used coconut oil) and form log shapes from the coconut mixture, placing on the paper. Refrigerate again while getting chocolate ready. Place about 2/3 of chocolate bits in a microwaveable bowl. Microwave on full power in 30 second increments, removing and stirring in between, until chocolate still has a few lumps, but is mostly liquid. Add the remaining 1/3 of chips and stir until smooth and shiny. Using two forks, dip the chilled coconut logs and place back on paper. Allow chocolate coating to set at room temperature, or refrigerate. Makes 17 to 20 chocolate bars.

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## Playhouse Players Present BLITHE SPIRIT At Jean's Playhouse



*Playhouse Players Diane Nickerson, Barbara Webb, Chris Peck and Colleen Eliason in Noel Coward's supernatural comedy BLITHE SPIRIT, at Jean's Playhouse May 1-3.*

Lincoln-Woodstock's community theatre group the Playhouse Players stage Noel Coward's supernatural comedy about wives (of this world and otherwise) fighting over one man!

Socialite and novelist Charles Condomine invites the eccentric clairvoyant, Madame Arcati, to his house to conduct a séance, hoping to gather materials for his next book. This scheme backfires when he finds that the ghost of his annoying and temperamental first wife, Elvira, is back and determined to disrupt Charles' marriage to his second wife, Ruth, who cannot see or hear Elvira's ghost!

Vicki Etchings from North Woodstock returns to the helm once more to direct the Playhouse Players' sixth pro-

duction at Jean's Playhouse. With Chris Peck from Lincoln, Barbara Webb and Ethan Fifield from Plymouth, Diane Nickerson from Sanbornton, Colleen Eliason from Campton, Cara Towers from Thornton and Lisa Lovett from Holderness.

BLITHE SPIRIT performs May 1-3, Friday and Saturday at 7:00 pm and Sunday at 2:00 pm. Tickets are \$15, general admission, available at the door, online at [JeansPlayhouse.com](http://JeansPlayhouse.com), or by calling 603-745-2141.

Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

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