

A **FREE** PUBLICATION

TRENDY TIMES

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JUNE 14, 2016 VOLUME 7 NUMBER 18

New Hampshire Magazine Names Local Business "Best of NH 2016"

Moose Scoops Ice Cream, located by the Town Common in Warren, NH has been selected by the readers of New Hampshire Magazine as "Best of NH 2016" for best Ice Cream Shop in the White Mountains Region.

The winners will be celebrated at the Best of NH Party on Thursday, June 16, at Manchester's Northeast Delta Dental Stadium from 6:30 p.m.-9 p.m. Proceeds from the event's ticket sales will benefit the New Hampshire Food Bank, a program of New Hampshire Catholic Charities.

"We're very excited about returning to the Northeast Delta Dental Stadium, home of the Fisher Cats," says New Hampshire Magazine Editor Rick Broussard. "What says summer better than being in a ballpark? You can stroll the

concourse and sample the fare of more than 60 restaurants and retailers, all of them Best of NH winners. And the evening ends with a not-to-miss fireworks display."

Plus, there will be prizes! One lucky party-goer will have the chance to win an all-inclusive week's vacation for four at Squam Lake, provided by RDC Resort.

One ticket buys attendees the complete Best of NH experience. To guarantee tickets, log on to www.bestofnh.com. To ensure the best experience, only a limited number of tickets will be available to this grand celebration.

Sponsors include Auto-Fair, RDC Resort, Jim Beam Black, Atlas Fireworks, William Hill Estate Winery, Samuel Adams, Eastern Bank, Bud Light Water-Mellon-Rita, Barefoot Refresh Spritzers,

Liberity Utilities and New Hampshire Tourism. Media sponsors are WMUR-TV, 95.7 WZID and 92.5 The River.

The Food Bank, the largest non-profit food distribution center in the state, obtains and distributes donated and purchased food to more than 400 registered agencies that in turn provide the food to hungry people in New Hampshire through soup kitchens, food pantries, homeless shelters, and elderly and children's programs.

New Hampshire Magazine is the state's premier lifestyle magazine. It is published by McLean Communications, a media company based in Manchester, NH. McLean's other publications include New Hampshire Business Review, New Hampshire Home, Parenting

New Hampshire, Destination NH and BRIDE. McLean, which also specializes in event and custom publishing projects, is a wholly owned subsidiary of Yankee Publishing, Inc., publishers of Yankee Magazine and The Old Farmer's Almanac.

Moose Scoops Ice Cream Shop is owned and operated by Bryan and Suzanne Flagg of Warren, NH and is open May-October. They serve local Hatchland Farms

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TRENDY Dining Guide

Happy Hour Restaurant

by Gary Scruton

The summer season has started (meteorologically at least). In Vermont and New Hampshire that also means road construction season. One of the big local projects is the work on Route 5 in Vermont from Bradford to Ryegate. I won't go into detail about that project, but I mention it because we were headed to the Happy Hour Restaurant on a Thursday night, that just happened to be one of the days that the work crew was working in Wells River. I can tell you first hand that it did not seem to detract from the many who wanted to enjoy a fine meal at one of the longest established eateries in the area,

the Happy Hour Restaurant.

When we pulled into Wells River there was still one way traffic so we parked out in the municipal parking lot. By the time we were half way thru our evening people were back parking right on Main Street in front of the Happy Hour.

Inside we found what we have come to enjoy about this family dining location; a plentiful menu, plus an array of specials. We actually had three menus when we sat down. The main menu, a \$10 list of anniversary specials, and a single sheet that had the specials of the day. Plus on the table was a list of weekly specials, plus the beer and wine list. Needless to say it took a while to figure

out what we wanted.

Our waitress was one of the long time staff members at the Happy Hour. She came to our table to take drink orders (and showed her experience by not needing an order book, just relying on her honed memory). We were simple to begin with, a glass of water, and a diet soda.

When she returned we had figured things out. Janice decided to take a trip to the salad bar and a bowl of French Onion Soup. This was going to be plenty as I ordered up an appetizer of steamed baby clams (from the daily special list) along with the baked haddock (from the anniversary list) with sides of a Caesar salad,

and french fries. I also added a glass of merlot house wine to top off the meal.

My salad arrived just after my wife got back from her trip thru the salad bar. A bit after that our baby clams arrived. I must say that there was a very plentiful pile of those clams. The menu had said 16 oz. and we had no complaints.

One of the great things about a good salad bar is that you can't really ever complain about what you get, and as usual the variety was there and Janice's salad was just the way she wanted it. My Caesar salad was also just right. I like the croutons and it worked well with the clams.

The entrees came together, as we had requested. The soup presented very well, lots of melted cheese atop crouton, lots of translucent onions, though it did have a somewhat overly salty taste to the broth. Janice would have preferred a clearer broth with less of a bullion flavor. My baked haddock was right on the money. A casserole dish with a good sized piece of fish, covered with bread crumbs and quite tasty. The french

fires topped it off well.

After we were finished with our meals our waitress asked about dessert. I asked her about the choices and before she made me drool over one of the choices, she made a visit back to the kitchen to make sure it was still available. She returned with a platter that showed off each of the choices. After some thought and only a little drool we went with the cheesecake with strawberries. I must also comment very favorably on this simple dessert. Most often when you get cheesecake it is a narrow slice and stand maybe one inch tall. This slice was a bit wider, and must have stood at least two inches tall. I was glad that my wife had asked for a second fork as there was plenty to share (even though it was difficult to not eat it all myself).

Our latest visit to the Happy Hour provided us an enjoyable meal in an atmosphere that is not stuffy, nor too open, but still feels like a welcoming place. Our final price, before tip, was just over \$51 and we felt like we certainly got our money's worth.

Volume 7 Number 18
June 14, 2016

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

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Old Church Theater welcomes “The Seymour Sisters”

Bradford VT: The Old Church Theater will host Vermont playwright Carole Vasta Folley and her newest work, “The Seymour Sisters” on Saturday, June 18th at 7:30pm for a one-night only performance at their theater on North Main Street. This production is a two woman drama about sisters, who late in life, come together to sort through their parents’ belongings. The play is a touching and often funny look at how adult siblings attempt to rekindle their connection and heal old wounds.

“We are pleased to bring a Vermont playwright to our theater,” said Gloria Heidenreich, president of the Old Church Theater, which has presented over 30 years of summer productions. “We love to expose our audience to new experiences.”

Although “The Seymour Sisters” tackles mature themes, it does so with Vasta Folley’s keen sense of humor. “Comedy is my milieu. Even when I write a drama, there will always be laughter involved as it’s the balm that makes the tough stuff manageable,” says the playwright. “I love the perfect imperfection of the human condition.”

The Seymour Sisters is supported by the Vermont Arts Endowment Fund of the Vermont Community Foundation, whose mission is to support arts organizations and artists in Vermont, as well as creating opportunities for the artists’ work to be shared with their own community. Vasta Folley said she was inspired to take the mission further by sharing her work throughout the state in homage to local theaters. The Vermont tour of The Seymour Sisters, which includes stops in Springfield, Waitsfield, Burlington, and Stowe, opens at the Old Church Theater. The playwright, who has spent time in town when her sister was a minister there, says, “I’m excited to return to Bradford, it’s a beautiful place with a vibrant community.”

Tickets are available at the door (\$12, seniors \$10)



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The Seymour Sisters was developed in 2015 when Vasta Folley was awarded the Flynn Center’s Vermont Artists’ Space Grant. The playwright used the opportunity to explore adult sibling relationships. “Having brothers and sisters when you’re in your fifties and older can be a gift, and yet, not everyone is close to their siblings at this stage of life,” says Vasta Folley. Writing her new play was a way look at whether siblings are meant to be friends and, if not, how to navigate a complicated relationship. “Also,” says the playwright, “how do you reconcile the past with your brothers and sisters, espe-

cially when you each might see it differently?”

Janet Stambolian of Girls Nite Out Productions says of Vasta Folley’s new play, “Carole steps courageously into territory that is at once heartbreaking and universal. But she doesn’t stop there; it is also really, truly funny.”

Vasta Folley’s plays have received enthusiastic audiences and reviews. Her earlier works include Pronouncing Glenn, Alumni Pie, and The Family of Ewe, which was named “One of the Five Plays to Remember from 2013” by the Burlington Free Press. In 2015, Vasta Folley was awarded the Vermont Playwright of the Year. A storyteller at heart, her trademarks are quirky but believable characters and dynamically rich scenarios full of heart and humor.



Playwright Carole Vasta Folley and Robin Owens play *Cecile and Eleanor Seymour* in “The Seymour Sisters”.

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Dr. Cook's Garden Blossomed in Bradford

by Gary Scruton

Another sure sign of summer is the opening of Old Church Theater in Bradford. That opening occurred the first two weekends of June when the latest production hit the boards of this small, but very talented theater group. The show was entitled "Dr. Cook's Garden" and the metaphors simply grew from there.

We were able to attend the Friday night production during the second weekend. This often proves to be a great night to attend as the cast has had a chance to work out the kinks in their production and maybe even add a bit more as they become more comfortable with their roles. Whether or not this night was exactly the same as opening night, that would be fine with me, because this was a production that I am certainly glad I did not miss.

Dr. Cook's Garden has a fairly small cast, just five actors on stage. But to be honest there were really two main actors that had a vast majority of the lines and the action. There is old Dr. Cook, the long time resident doctor in a small Vermont town, and then the young and returning Dr. Jimmy Tennyson, the new doctor returning to his hometown to check up on his former mentor. What

made this performance even more unique was that Jim Heidenreich, Dr. Cook, has now had the opportunity to play both parts. It's kind of like being a ball player and later being a coach, it gives you a perspective that can not be seen by most. I must add that Jim did this opportunity justice. His portrayal of the gardening guru was a bouquet well worth taking in. Along with Owen Mayhew, who was cast as Jim, the two men took on their roles, grew into the parts, and then let the audience harvest and enjoy the final product.

There was one scene in particular in the second act of this production that really told observers that the cast was doing their job. It was a point where drama was the main emotion being portrayed, and you could literally hear a pin drop in the theater. Every ear was turned to the stage. Every eye was on the actors. And every emotion was on edge waiting to feel what came next. Shortly after that moment the audience was laughing because of another one of the twists in the plot. Congratulations to those on stage for making this happen so smoothly.

It should not be overlooked that this production, or really any production, does not happen just because of the actors. The directors need to be given

some credit as well. As they have done on many previous occasions Old Church Theater had a bit of a unique twist here as well. There were co-directors in charge of this play. And those co-directors were father and daughter duo Brian and Justina Kenyon. The playbill indicates that this was Justina's first shot at directing, and I must say I hope it is not her last.

Credit also needs to be given to the other actors on stage. Scott Johnson is a regular on stage and his portrayal of Elias certainly made one easily believe him to be a gardener of his own, as well as the local constable. Joan Cooke and Jennille Smith also had smaller parts in this production, but did justice to their parts (even with one forgotten, but quickly picked up line).

Another scene that demands commentary would be very close to the end of the production, the scene that was the end of Dr. Cook. The fight scene was well choreographed, well performed, and kept the audience entranced with the action.

Dr. Cook's Garden left many in the audience thinking about much more than just those that were in the production. It made them think about the much deeper meaning of the play, which itself is a great testimony to those doing the performance.

In closing, if the balance of the year is as good as the opening production, it will be a great year of performances in the Old Church Theater. So make plans to attend yourself and to bring some of your friends and neighbors to enjoy this blossoming theater group.



Back to Concord

The NH legislature just won't give up the ghost. In an unusual, but what appears to be an acceptable maneuver in keeping with rules of the General Court, legislators will head back to Concord on June 16 to address an appropriation of \$1.5 million in grants for drug interdiction. After being rejected by a House vote of 160 to 159 on June 2, HB 485, a bill to address the drug crisis, will again be on the floor for debate and action this week. As originally written, HB 485 provided funds for local police departments across the state to initiate programs similar to Manchester's Granite Hammer which targets and arrests street-level drug dealers.

Few question the need to rid our region of this devastating drug crisis; however, earlier rejection of HB 485 resulted from a controversial amendment that requested an additional appropriation of \$360,000 over the biennium to help pay for state retiree health plan costs for those 65 years or older.

Amending the original drug bill with language designed to resolve an employee retirement issue untimely led to the entire bill's defeat. Legislators have often used a strongly supported bipartisan bill to attach and move a more controversial amendment forward in the past; however, in this case, many House members were not familiar with the retirement amendment and subsequently voted "no." This led to the defeat of a good bill; however, the legislature did send the message that last minute amendments will be closely scrutinized.

Earlier this year, the legislative task force recommended passage of several bills focusing on treatment, recovery, and education as related to opiates, fentanyl, and the misuse of prescription drugs. Funding was also provided to upgrade the state's prescription drug monitoring system while expanding those required to access and submit data to the monitoring program. SB 485 was another bill in response to municipalities and police departments requesting state assistance for community programs such as Manchester's Granite Hammer that targets street-level drug dealers.

On June 16, SB 485 will again be discussed by the General Court, minus any amending provisions dealing with topics such as employee retirement. With this understanding, leadership in both the House and Senate are hopeful that grant enforcement funding will be appropriated and made available to NH communities.

In addition to the above-mentioned bill, the June 16 session will also address four veto messages from the Governor: HB 582, HB 1208, HB 1266, and SB 446. More about these bills can be found on the House website: http://www.gen-court.state.nh.us/bill_Status/

Respectfully Submitted
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From The Desk Of



Dear Constituents,

The session has ended and we've passed some important legislation that heads to the Governor for her signature. While there has rightly been much legislative focus on the heroin and opioid epidemic, other significant bills were brought forward that addressed issues like creating energy infrastructure corridors; a bill to increase patients' access to doctors; strengthening New Hampshire's laws against sex trafficking; and creating a system of care for children's mental health.

Some bills are fairly straight forward and sail through the legislative process. More often, though, legislation requires a significant amount of work before it is ready for "prime time." One such piece of legislation had to do with providing protection to our residents in the northern most part of our state – Coos County.

In the expansive northern half of New Hampshire, we know that law enforcement presence is stretched thin and especially in emergencies, response times can regularly take up to an hour. This has been a major safety concern for New Hampshire's North Country and I personally experienced this one Friday evening when I joined Lt. Landry from Troop F for a ride-along.

At the beginning of the 2016 legislative session, a bill was proposed that attempted to address this issue by giving U.S. Border Patrol agents the same authority as New Hampshire law enforcement officers, including liability protections. While the U.S. Border Patrol historically provided assistance in some emergencies, they did not have full legal authority or liability protections needed. Because of this, if a worst case scenario occurred where a border patrol agent was harmed,

there was no identification as to which entity would be responsible—that is, would New Hampshire be liable or would the federal government?

The Senate agreed with the concept and recognized the need for more law enforcement officers who would be able to quickly respond to issues in the North Country. Unfortunately, the legislation originally proposed could have caused more harm than good. Simply put, the original bill, however well-intended, was bad legislation.

Because this issue is important to our state and we wanted to make sure the North Country received the additional support from border patrol agents that it needed, we hit the reset button and started over. While Senator Carson (R-Londonderry) and I were not sponsors on the original bill, we were committed to assur-

ing this legislation passed. Working with the Attorney General's Office, U.S. Border Patrol, the Sheriffs in Coos and Grafton counties, and various other Senate staff, we studied the issue carefully, did our homework and dedicated the time necessary to find a workable solution for this longstanding issue. Several meetings were held involving stakeholders and experts. Fortunately, we were able to craft a reasonable solution and in early May, the Senate passed this legislation.

The new language reflected the work done to strike the right balance between how the legal protections for border patrol agents are provided when assisting local law enforcement and state troopers in New Hampshire while ensuring that there were no unintended consequences from the legislation.

The bill requires that border patrol officers undergo certification training by the New Hampshire Police Standards & Training Council. With this certification, border patrol agents are able to assist state troopers and local law enforcement when making arrests and carrying out other enforcement duties in

emergency situations. Also, because of this certification, liability protections are provided by their employer, the federal government.

We recognized that when a citizen needs help from law enforcement, they don't care which agency answers the call, they simply need help, and we need to make sure those who answer the call are appropriately protected. Maintaining the safety and offering protection for New Hampshire's families is essential and we were pleased that the full Senate agreed to our solution and the bill was recently signed into law. This legislation provides the right balance by allowing border patrol to assist local

law enforcement in serving the North Country, while providing them with the proper protections they need.

I was especially proud that we made the commitment to put in the time and hard work to ensure this measure was properly handled, resulting in a workable solution to this complex issue.

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 (271-4980) or email at jeanie@jeanieforrester.com.

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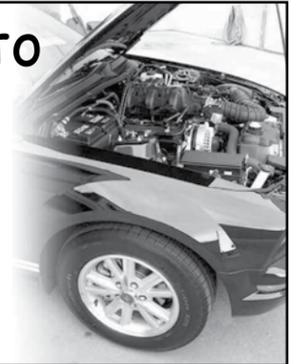
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Thank you.

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Calendar of Events

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

TUESDAY, JUNE 14

FLAG DAY CEREMONY
7:00 PM
American Legion Home, Woodsville

THURSDAY, JUNE 16

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

FRIDAY, JUNE 17

WORSHIP UNDER THE TENT
6:30 PM
100 House Meadow Rd., No. Haverhill
See Ad on Page 4

WILD AND SCENIC FILM FESTIVAL
Doors open at 6:15 PM
Colonial Theater, Bethlehem

PBVRC JUNE SPAGHETTI DINNER.
Ashland American Legion Hall
See Article on Page

SATURDAY, JUNE 18

NORTH HAVERHILL FAIR OX PULL
10:00 AM
1299 Dartmouth College Highway, North Haverhill
See Ad on Page 5

LOW TECH COMMUNITY FAMILY FUN DAY
2:00 - 6:00 PM
Remick Park, Littleton

THE SEYMOUR SISTERS
7:30 PM
Old Church Theater, Bradford
See Article on Page 3

SUNDAY, JUNE 19

NORTH HAVERHILL FAIR HORSE PULL
10:00 AM
1299 Dartmouth College Highway, North Haverhill
See Ad on Page 4

TUESDAY, JUNE 21

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

FRIDAY, JUNE 24

WORSHIP UNDER THE TENT
6:30 PM
100 House Meadow Rd., No. Haverhill
See Ad on Page 4

SATURDAY, JUNE 25

CENTENNIAL BOOK SALE
9:00 AM
Haverhill Library, 67 Court Street
See Article on Page 7

STRAWBERRY FESTIVAL
9:00 AM - 3:00 PM
Haverhill Congregational Church

RESPITALITY'S WALK TO REMEMBER
10:00 AM
Bank of NH, Main Street, Littleton
See Article on Page 18

WELLS RIVER COMMUNITY PICNIC
AND ICE CREAM SOCIAL
11:00 AM - 2:00 PM
Elizabeth Berry Park, Wells River
See Ad on Page and Article on Page 17

MICHELLE SHERBURNE AUTHOR TALK
3:00 PM
Alumni Hall, Haverhill

BBQ Dinner
5:30 - 7:00 PM
United Congregational Church of Orford

SUNDAY, JUNE 26

ACCOUSTIC MUSIC JAM
12:00 Noon - 4:00 PM
Clifford Building, Woodsville

MONDAY, JUNE 27

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

SATURDAY, JULY 2

FAIRLEE FOREST FESTIVAL
11:00 AM
Fairlee Village Center
See Article on Page 11

MONDAY, JULY 4

FOURTH OF JULY CELEBRATION
11:00 AM Parade
1:00 PM Field Activities
9:00 PM Fireworks Display
Central Street & Community Field, Woodsville

FOURTH OF JULY PARADE

11:00 AM
Main Streets, Orford, NH & Fairlee, VT

TUESDAY, JULY 5

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

MONDAY, JULY 11

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

TUESDAY, JULY 19

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:00 - 2:00 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
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln
CARE COORDINATOR/ENROLLMENT SPECIALIST
1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 – 9:15 AM – St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center,
North 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
TOPS (TAKE OFF POUNDS SENSIBLY)
Weigh In 5:00 PM – Meeting 6:00 PM
Horse Meadow Senior Center, N. Haverhill
EMERGENCY FOOD SHELF
4:30 PM – 5:30 PM
Wells River Congregational Church
WEIGHT WATCHERS - 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
3:00 PM
East Haven Library

TUESDAYS/FRIDAYS

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

WEDNESDAYS

AQUA AEROBICS
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 COUNCIL 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 COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
PEACHAM FARMERS MARKET
Peacham Academy Green
LISBON FARMERS MARKET
3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING
9 AM – 10 AM - St. Johnsbury House
1 PM – 2 PM - North Congregational Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 House Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple St, Woodsville

SUNDAYS

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

Haverhill Corner Library Announces Author Event and Book Sale

Haverhill, NH — The Haverhill Corner Library will sponsor a presentation by Michelle Arnosky Sherburne discussing her new book, *Slavery & the Underground Railroad* in New Hampshire, the library has announced. The program will be held Saturday, June 25 at 3:00 PM at Alumni Hall, and will be free and open to the public.

The library has scheduled this “centennial program” as part of its celebration of the one hundredth anniversary of the library’s occupation of its building on Court Street. Also on June 25, in conjunction with the Haverhill Corner Strawberry Festival, the library will raffle a special “centennial quilt,” created by trustee Vesta Smith, and will hold its annual book sale on the front lawn.

In the antebellum period, New Hampshire was a

hotbed of abolitionist activity, Sherburne shows. Abolitionists such as William Lloyd Garrison, Nathaniel Peabody Rogers, and Stephen Symonds Foster helped create a statewide antislavery movement in which abolitionists and freed slaves assisted in transporting escapees to freedom. Sherburne documents New Hampshire’s colonial participation in the slave trade, the rise and influence of the abolitionist movement, the experiences of blacks living in the state, and New Hampshire’s role in the famous Underground Railroad.

Michelle Arnosky Sherburne is also the author of *Abolition and the Underground Railroad* in Vermont and *St. Albans Raid: Confederate Attack on Vermont*, and co-editor of *A Vermont Hill Town in the Civil War: Peacham’s Story*. The

daughter of renowned children’s book author / illustrator Jim Arnosky, she lives in Newbury, Vermont with her husband.

Copies of her books will be available for purchase and signing after the talk.

Founded in 1880, the Haverhill Library Association moved into its current home on Court Street in 1916, and it has served the community from that location for the past one hundred years. It is celebrating that milestone with a number of events, including this author presentation, quilt raffle, and book sale. Sherburne’s appearance is co-sponsored by Court Street Arts at Alumni Hall and the Haverhill Historical Society.

For more information, visit the library’s web site at <http://hliba.blogspot.com/> or call 603-989-5578.

Groton Free Public Library Programs

Chicks 101: Raising Backyard Chickens for Egg Laying. Saturday, June 18 at 10am. Already raising chickens? Thinking about raising chickens? Join us to share your experiences, ask questions & visit with live baby chicks! All ages welcomed. Future adoptions possible with parent permission.

Storytime Yoga: Summer Series. Begins Friday, June 24 at 4pm. Children ages 3-6 & their caregivers are invited to share a 4-week special storytime at our library. Guided yoga poses will be woven into stories, games & activities. Stretch your body and mind this summer!

Book Discussion of “Nothing to Envy: Ordinary Lives in North Korea” by Barbara Demick. Monday,

June 27 at 7pm. Copies are available for lending at the library. New folks always welcomed!

Crafts & Conversation. Every Wednesday from 1-3 pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

Yard Sale Extravaganza a Huge Success! THANK YOU! With the help of all of our community donors, volunteers & shoppers, we were able to surpass our fundraising goal. Special thanks to the Upper Valley Grill, Doug Murray Enterprises & Realbounce.com for their contributions that made this event possible -- and to Modern Woodmen Ameri-

ca for their generous funds match of \$2,500! WOW!

2016 Summer Parks Passes Now Available! Call, email or come by the library to borrow free & reduced entrance passes to VT State Parks, Historic Sites & the Echo Center. Open to all library card-holders. grotonlibraryvt@gmail.com, 802-584-3358.

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.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). www.grotonlibraryvt.org

Oscar’s Dog Park Thanks the Community for Successful Fundraisers

Oscar’s Memorial Dog Park, Inc. had three fundraisers on May 29, 2016 at the Newbury Veterinary Clinic in Newbury, Vermont. We enjoyed great weather, lots of customers and friends who stopped in to buy items or just visit. We appreciated everybody who was involved in these activities for supporting the dog park.

One of the fundraisers was the Silent Auction and we greatly appreciated the businesses and individuals involved in donating items for the auction. The other two fundraisers were the Yard and Bake sales.

We’d like the community to know that the Board of Directors are anticipating

installation of fencing sometime during July 2016, if all goes well meaning supplies are received and volunteers enlisted to begin our dog park project.

We will be having fundraisers on-going over the next few months and we truly hope that the public will support the dog park. There is no off-leash, fenced, dog park within 35 mile radius of Newbury, VT.

Building a dog park is a complex project but in the end, it can have great benefits to those users of the parks.

Fundraising continues to be slow and that is affecting the ability the dog park under construction.

Those wishing to donate to the dog park can do so by sending their donation to:

OMDP
241 Benton RD
North Haverhill, NH 03774-4607

or credit card donation at: www.justgive.com choose Oscar’s Memorial Dog Park as the charity

Those wishing to volunteer their services at fundraisers can send an e-mail to: oscarsMDP@charter.net and request a Volunteer Profile sheet or send a request to the address just above. Please visit our website: <http://www.oscarsdogpark.com> for more information.

Bath Library Book Club

The Bath Library Book Club will be discussing “The Burgess Boys” by Elizabeth Strout on Thursday, July 14th at 6 pm at the Bath Public Library.

Haunted by the freak accident that killed their father when they were children, Jim and Bob Burgess escaped from their Maine hometown of Shirley Falls for New York City as soon as they possibly could. Jim, a successful corporate lawyer, has belittled his bighearted brother their whole lives, and Bob, a Legal Aid attorney who idolizes Jim, has always taken it in stride. But their long-standing dynamic is upended when their sister,

Susan – the Burgess sibling who stayed behind – urgently calls them home, where the long-buried tensions that have shaped and shadowed the brothers’ relationship begin to surface in unexpected ways that will change them forever.

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

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Ammonoosuc Trout Unlimited to host Wild & Scenic Film Festival at the Colonial Theatre

The Ammonoosuc Chapter of Trout Unlimited presents the nationally renowned Wild & Scenic Film Festival in Bethlehem, NH. Join The Clean Water Healthy Trout Initiative partners when they host the Wild and Scenic Film Festival at The Colonial Theatre on Friday June 17th. Doors open at 6:15. The evening will feature live brook trout, refreshments, music, raffle, interactive displays and a line-up of nature, adventure and environmental films to cultivate community and inspire ecological stewardship within the Ammonoosuc watershed.

This unique selection of films will transport the audience to beautiful places near and far, and introduce environmental champions. The films blend stories of conservation, community action, humor and heart-warming adventure to reinvigorate a deep a sense of wonder and appreciation for the natural world that surrounds and supports us.

Clean Water Healthy

Trout, a partnership among Ammonoosuc Trout Unlimited, Plymouth State University, Ammonoosuc Conservation Trust and New Hampshire Fish & Game, combines biological research, community outreach, and conservation of brook trout habitat to encourage stewardship of natural resources at the local level.

This region faces environmental pressures from resource extraction, second home development and climate change. The area depends heavily on the health of natural resources to support recreation, tourism, and industry. In order to encourage wise resource management and stewardship, a community must begin to appreciate the preciousness, wonder and complexity of nature and our place within it.

Hosted by Ammonoosuc Chapter of Trout Unlimited. All proceeds support Clean Water Healthy Trout

Orange East Senior Center

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

On June 17, we will be celebrating Father's Day with live music from Mary Robertson and every father will receive a coupon for a free ice cream from North Woods Café on Father's Day. Please come and enjoy the fun.

The Orange East Senior Center is planning a trip for Wednesday, October 12, 2016 to the Ogunquit Playhouse to see the Broadway musical Million Dollar Quartet. We will be going to lunch at Mike's Clam Shack in Wells, Maine. The cost is \$145 a person and needs to be paid when you sign up.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by. We are in great need of volunteers in our kitchen at the Orange East Senior Center-We need help Monday through Friday-but you can pick a day that works in your schedule and the amount of time you can volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class summer hours will be on Wednesdays from 10:00 a.m. until 12:00 p.m. This class is for all levels.

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.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

Horse Meadow Senior Center June Activities

Every Tuesday: 8:30
Community Breakfast
June 14:

Nifty Needlers @ 9:30
Tai Ji Quan @ 2:00

June 15:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

June 16:

Cards w/Jeannie @ 9:30
Cribbage @ 12:30
Paper Crafts 1 @ 1:00

June 17:

Bone Builders @ 9:30
Mahjonn @ 10:30
Father's Day Lunch @
Noon

Tai Ji Quan @ 2:00

June 20:

Bone Builders @ 9:30
Hearts & Hands Quilters
@ 12:30

Tech Time w/Paul @ 1:00
MS Support Group @
1:00

June 21:

Wound Care Info Session
@ 8:30

Nifty Needlers @ 9:30
Herb Group @ 10:00
Tai Ji Quan @ 2:00

June 22:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

June 23:

Cribbage @ 12:30

June 24:

Bone Builders @ 9:30
Mahjonn @ 10:30
Paper Crafts 2 @ 1:00
Tai Ji Quan: @ 2:00

June 27:

Bone Builders @ 9:30
Hearts & Hands Quilting
@ 12:30

Tech Time w/Paul @ 1:00
Jewelry Class 2 @ 1:00

June 28:

Nifty Needlers @ 9:30
Tai Ji Quan @ 2:00

June 29:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

June 30:

Cribbage @ 12:30
Crafts 2 @ 1:00

Orford Senior Center

Tuesday, June 14: RSVP Bone Builder's Exercise Program (10:15 am), No Strings Attached Band (11:30 am), Lunch at noon.

Tuesday, June 21: Foot Clinic (8:30 am), RSVP Bone Builders Exercise Program (10:30 am), Father's Day

Celebration, 50/50 Raffle (noon), Entertainment by Vi (11:30 am), Lunch at noon.

Tuesday, June 28: RSVP Bone Builders Exercise Program (10:30 am), Grace Bagley, Piano (11:30 am), Birthday Celebration, Lunch at noon.

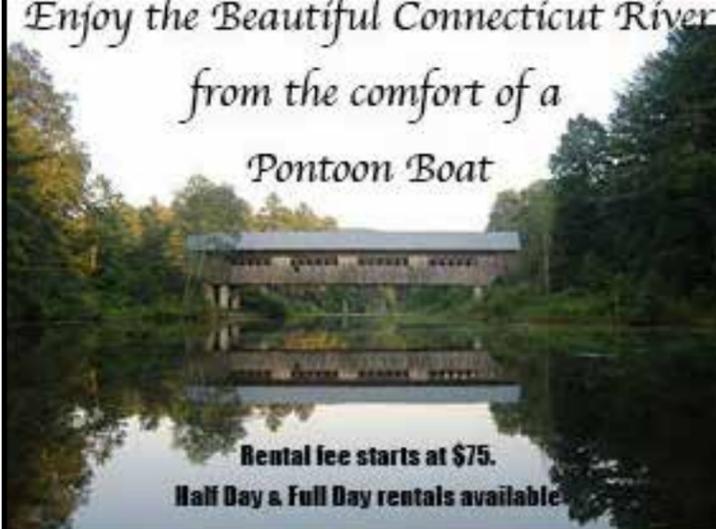
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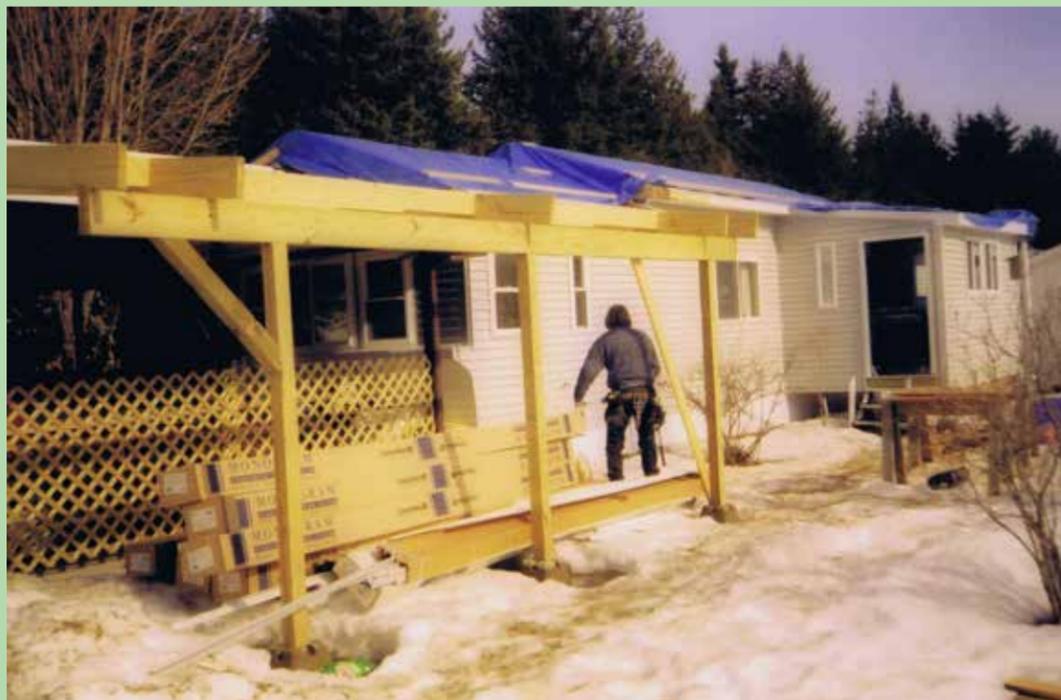
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Rene or Kimberly Morse 603-787-0985

David or Linda Pair 508-345-4600

Joseph or Martha Webb 603-787-9102

A Walk in the Woods - Where a River Once Flowed

By Jim Frohn,
Grafton County Forester



A recent walk in the woods reminded me of the dynamic nature of forests and how they are dependent on disturbance for renewal.

I was walking with a landowner in the woods along the Wild Ammonoosuc River, when she pointed out two old bridge abutments between which the main river channel used to flow. Now it is just a low spot in the woods that has shallow, barely moving water in the spring, and otherwise dries up. The river is currently flowing further to the west, and it runs right along the front doorstep of a camp, the land in front of the camp having been eroded away. The river first changed its course, in recent history anyway, away from the bridge abutments during the 1927 floods, and again during Tropical Storm Irene, causing the loss of the land in front of the camp. If it weren't for the presence of the old bridge abutments, it would be difficult to tell that the main channel of the river used to be there. It is now completely grown back to forest. Which reminded me of the resiliency of forests-how they grow back from disturbances, even from where a river once flowed only 90 years ago- and how they depend on disturbance for renewal.

This disturbance can take many forms and occur at different scales, and be natural or man-made. Disturbances range in scale from individual and small groups of trees, caused by wind throw or insect kill, to larger scale disturbances involving many acres, caused by microbursts, hurricanes, fire, flood, insect epidemics, and beaver activity. Man-made disturbances include timber harvesting and clearing for agriculture or development. Historically, man-made disturbance also included the burning of swaths of land by indigenous people to improve habitat for game, prepare land for farming, and to reduce pest populations.

In the past, natural fires and beaver activity were also more prevalent than today and affected larger areas of the landscape.

When trees fall from a disturbance, plants take advantage of the new opening, with its increased light and exposed soil. If seedlings existed in the understory prior to the disturbance, these will take advantage of the increased light and grow vigorously in response. Seeds that lay dormant in the soil will germinate, and seeds that blow in from elsewhere take advantage of the newly exposed soil if the leaf litter was disturbed. Grasses, forbs, shrubs, and seedlings all flourish in the new conditions. The plant species that benefit most are determined by the size of the opening, which affects the amount of



shade and the temperature in the opening, and the level of disturbance to the forest floor. Existing seedlings will benefit if only the overstory canopy was disturbed; tree species with light seeds that travel on the wind and are intolerant of shade, such as white birch, will benefit from larger openings with exposed mineral soil, such as after a fire. All of these responses to shade, temperature, and soil conditions are used by a forester when developing a plan for regenerating a forest, depending on the desired species and the landowner's goals.

Since we no longer allow fires to burn significant portions of the landscape, and beavers no longer affect the amount of area they once did, timber harvesting is now the primary agent of forest disturbance and forest renewal. It's important to distinguish between timber harvesting as a part of forest stewardship, and clear-

ing trees for agriculture or development. Harvesting, when used as a management tool, is a forest disturbance that changes the current conditions of the forest, yet the forest remains forest. Clearing trees for agriculture or development is deforestation. Each is necessary in the right time and place, but timber harvesting as part of forest stewardship results in a continuing forest; clearing for agriculture or development results in loss of a forest. There is also a difference between the two types of deforestation - agricultural land can grow back to forest once it's no longer farmed, as we've seen in the history of land use in New England; developed land is not forest for a very long time.

The new young forest growth that results from forest disturbance is important to a wide variety of wildlife. Young forest provides dense cover and food sources not found in more mature forests. In fact, almost all species of forest wildlife in New Hampshire and the northeast use young forest for some portion, if not all, of their life cycle. Even birds that are chiefly associated with mature interior forests, such as the hermit thrush, use young forest at some critical stages of their life cycle. A partial list of species that use young forests includes the usual deer, grouse, woodcock, snowshoe hare, and bobcat, but also a wide variety of songbirds such as whip-poor-wills, field sparrows, and a long list of warblers,

and several reptiles. In fact 65 reptile, bird, and mammal species that need young forest have been designated as Species of Greatest Conservation Need in the northeast and northcentral states.

Overall, New England's forests are maturing, and there is a lack of young forests throughout much of the northeast region. So much so that there is now a Young Forest Project underway with the purpose of increasing the amount of young forest on the ground. This project involves numerous partners working to achieve this goal, including federal and state agencies, wildlife organizations, land trusts, towns, counties, Native American tribes, universities, military, private companies, and individuals. They are working together to create enough young forest and shrubland habitat across the region to keep the species that use this type of habitat abundant, or if they are in decline, to give them a much needed boost.

So the next time you see a forest that has been changed by a disturbance, whether it be a timber harvest, wind throw, or clearing by beavers, don't think of it as a loss of a forest, but rather a renewal of the forest that will provide critical habitat for many species over time.

For more information about the benefits of creating young forest habitat, check out the Young Forest Project website at young-forest.org, or contact your county forester.

Brigadier General Peter L Corey Addresses Cohase Lions Club

Retired Brigadier General Peter L. Corey was the guest speaker at the May 19th meeting on the Cohase Lions Club. The General captivated his audience with an overview of his long and diverse career with the U.S. Army including deployment to Kuwait in 2010 as Commander of the 197th Fires Brigade with the largest contingent of New Hampshire Soldiers deployed since WWII. Later he became Director, Joint Staff of the New Hampshire National Guard.

He was responsible for the supervision and management of the Joint Staff with special emphasis on Homeland Defense/Homeland Security, the State Partnership Program and Service Member and Family Services. He retired effective 1 October

tary service.

Membership in the Cohase Lions Club, an affiliate of Lions Club International, is open to all men and women in the area. Contact any member of the club for more information and an invitation to a regular meeting.



2015; (left to right) General Peter Corey, Harold Clifford, and John Aldrich

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Cottage Hospital Auxiliary Picks First Weekly Raffle Winner

WOODSVILLE, NH - The Cottage Hospital Auxiliary held the first weekly raffle drawing as part of its new 2016 primary fundraising event, the 1st Annual Cottage Hospital Auxiliary "Big Ticket" Raffle. On Friday, June 3, 2016, Auxiliary members met to draw the winning ticket for the first of 16 weekly drawings that are part of its Big Ticket Raffle. Weekly drawings will be held each of the next 15 Fridays to win a Cottage Hospital tote bag leading up to the Big Ticket Raffle's three top cash prizes of \$1,500, \$1,000 and \$500 that will be drawn on Saturday, September 24, 2016 between 12 Noon and

2 PM at the Cottage Hospital Gazebo Courtyard.

Dr. Maria Ryan, Chief Executive Officer of Cottage Hospital, drew the winning ticket for the first weekly raffle. Mr. Gary Griswold of Wells River, VT was the first winner and won a Cottage Hospital tote bag and a \$50 Farm Way gift card together with other small prizes. The winning ticket was sold by Auxiliary member Brenda Long.

This year's raffle proceeds will benefit Cottage Hospital's new 10-bed Geriatric Psychiatric Short-Term Care Unit, which is expected to open later this year. Last year, the Auxiliary raised and

donated \$10,000 toward the hospital's new Rowe Health Center.

Raffle tickets cost \$50 each and only 200 tickets will be sold, which really increases the chances to win. Already 120 of the 200 raffle tickets have been sold. Tickets may be purchased from any member of the Cottage Hospital Auxiliary or in person on Tuesday, June 14 2016 between the hours of 2 PM to 4 PM in Cottage Hospital's main corridor.

The two main event sponsors of the Auxiliary's Big Ticket Raffle are Wells River Chevrolet of Wells River, VT and Tyler Simms St. Sauveur, CPAs of Lebanon, NH.



L to R - And the winner is...Picking the first winning ticket for weekly drawing as part of its Big Ticket Raffle are Auxiliary President Marcia Selent, Pat Ottina, Raffle Co-Chair Karen Rajsteter and Cottage Hospital Chief Executive Officer Dr. Maria Ryan.

Bliss Village Store and Deli of Bradford, VT is sponsoring the raffle winners picnic. All three sponsors and Farm Way, Inc. of Bradford are returning long-time sponsors of the Auxiliary's event.

For more information please contact either of the Auxiliary's Raffle Committee co-chairpersons; Karen Rajsteter at k.rajsteter@yahoo.com or Don Perlee at d.perlee@yahoo.com.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

Friends of Fairlee Forest Festival

Friends of Fairlee Forest is kicking off the second century of the Vermont Town Forest Act on Saturday, July 2, 2016 with the Upper Valley's first-ever celebration of its magnificent wild woodlands. The FAIRLEE FOREST FESTIVAL will take place in the Fairlee Village Center from 11 a.m. to 6 p.m., rain or shine. Over thirty participants will offer programs for children and adults on topics such as wildlife, forestry, forest recreation, art, birding, and much more. There will be lively "mountain music" by area bands all afternoon, costumed stilt-walkers, logging horses, face-painters, raptors from VINS, live critters from the Southern VT Natural History Museum, woodland songs, stories, and crafts by author Michael Caduto and others, and booths featuring forest products and crafts as well as those showcasing many

of the region's conservation and forest recreation organizations. Experts from Vermont Audubon, area colleges and universities, and state agencies responsible for Vermont's wildlife and forests will give presentations and workshops. Several of these will accompany guided hikes in Fairlee For-

est on Sunday July 3.

The Forest Festival is part of Fairlee's July 4 weekend celebrations which also include a family fair and band concert Sunday evening and the popular Orford-Fairlee Independence Day Parade, BBQ, and fireworks display on Monday.



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New Life Hebrew Study Center Opens

New Life Christian Center on route 116 has opened a Hebraic Study Center. They kicked off the opening on April 10th, with a dedication of the Joyce E Meinhardt Memorial Library. Rabbi Joyce Meinhardt ministered at the Shekinah Tabernacle in Lancaster until she joined her Lord and Savior on January 7, 2014. Her passing was a great loss to the area communities, especially to her Christian brothers and sisters. Approximately, one year ago, Rev. Jay Dexter was approached by Muriel Trefry, (who was the Rabbi's closest friend and partner in ministry). Ms. Trefry informed Jay that because of the close relationship the he had had with the Rabbi, that her and the board had voted to give all of the Rabbi's books and study materials to New Life Assembly of God. This was a great blessing to the church and to him personally. For several years his dream had been to open a Hebraic study Center at the church. But, as dreams often do, it took a while. He knew when Muriel presented her gift that was God opening the door to his dream. The day of celebration began with a Hebraic Church

Service, complete with the blowing of the shofar and Hebrew worship music. Rev. Dexter's message titled "The Dust of Your Rabbi", giving the educational background of a child growing up Jewish. The celebrating continued as several gather on the third floor to witness the dedication of the Library, and tour of the facility. Refreshments followed. The Hebrew Study Center will be hosting Bible Studies and other ongoing activities. If you would like more information regarding dates, times and events, please feel free to call the Church at 444-1230.



The ribbon cutting is being done by Muriel Trefry with Pastor Jay Dexter,

Jean's Playhouse Announces 30th Season of Theatre in the White Mountains!

Thirty down and counting! Jeans Playhouse is celebrating 30 exhilarating years of professional theatre here in the heart of the White Mountains! Join us for a sensational anniversary season filled with community, rebellion, laughter, and sincerity. We are thrilled to announce the upcoming summer season is opening with Leading Ladies, presented by our professional Papermill Theatre company and The Ugly Duckling, presented by our IMPACT Children's Theatre company, followed by many more!

The laugh out loud comedy Leading Ladies, by Ken Ludwig, opens our 30th season from the heart with two down-on-their luck Shakespearean actors that resolve to pass themselves off as a wealthy elderly woman's beloved nephews to get her cash, only to discover that her inheriting relatives aren't nephews, but nieces! Leading Ladies will play June 23rd-July 9th, Thursday, Friday, and Saturday evenings at 7:30 pm, and Wednesday afternoons at 2:00 pm on June 29th and July 6th. Join us on Thursday, June 23rd, for our Opening Night Gala Event here at Jean's for a delicious, locally catered dinner and musical entertainment before the show! The party doesn't end at the close of the curtain- enjoy some champagne and dessert while you meet the per-



Ken Ludwig's Lend Me a Tenor, July 2015. Another Ken Ludwig comedy, Leading Ladies, opens the season at Jean's Playhouse on June 23, 2016.

formers after the show! More information for Leading Ladies and the Gala event can be found on our website.

If your group of theatre goers aren't quite old enough for a glass of bubbly, join us the day before for the opening of our IMPACT Children's Theatre performance, The Ugly Duckling! Our IMPACT company will be opening their heartwarming story on Wednesday, June 22nd at 10am. The travelling company will perform once again at 10am on Saturday here in Lincoln before venturing out to perform in other communities around the Granite State. They will return the following Wednesday to perform the curious tale, Hansel and Gretel.

That's not all! Stay tuned for performances of Godspell running July 14th-30th, Avenue Q: August 4th-20th; Altar Boyz: August 25th -

September 10th; Steel Magnolias: September 22nd - Oct 1st; and closing out with On Golden Pond: October 6th-15th.

Jean's Playhouse professional main stage series tickets are \$30 per adult, \$25 per senior (65+), and \$16 per child/student. A 10-Pack of tickets may be purchased for \$250, a discount of \$5-off our top-priced ticket. 10-Packs are valid for all performances at Jean's Playhouse (excluding fundraising events) for twelve months after receipt. Call the Box Office at 603-745-2141 to reserve your 10-Pack today!

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (opening this June!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.

Volume 7 Number 18 June 14, 2016 Not all Times are Trendy, but there will always be Trendy Times

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HARRY LLOYD REID - OBITUARY

SUGAR HILL – Harry Lloyd Reid, a gifted leader of people and well-known champion of the North Country, and a loving and devoted husband and father, died last week at the age of 86.

Harry was known and admired by many who skied at Cannon Mountain, and by the scores of people who worked for him when he was manager of Franconia State Park. After his career in the U.S. Army, from which he retired in 1968 as a major, Harry returned home to Sugar Hill and began work at Franconia Notch State Park. He became park manager, and was responsible for the ski area as well as the Flume and all other aspects of one of the state's best loved places. He was then called to Concord to be the operations manager for the N.H. State Parks system. While at Franconia Notch State Park, he was instrumental in the process of ensuring that Interstate 93 would be built in a way that was respectful of the natural beauty of the Notch. Harry was also a firm opponent of privatizing Cannon Mt. Ski Area, believing that the ski area and the park should always remain true to their creation in the service of all New Hampshire people.

After graduating from Dow Academy in Franconia in 1948, Harry joined the Army and served in the 82nd Airborne Division. He served as an advisor in Korea, Taiwan, Viet Nam, and Greenland specializing in Air Defense and artillery. The Army is where he developed his leadership skills. He knew people well, and was able to bring out the best in them. He took those skills with him to Cannon and his public service to New Hampshire. As a former Cannon employee once said, Harry

made more difference in her life than anyone else she knew in the 15 years she worked with him.

Harry grew up on Iris Farm in Sugar Hill. It was only after he left home that he fully understood that not everyone had the privilege and joy of waking up every morning to the stunning vista of the White Mountains as their backyard. Later in life, he worked to protect the land he loved by helping found the Ammonoosuc Conservation Trust, the North Country's first locally based lands conservancy. It was very important to Harry to protect for all time the places that he enjoyed as a boy, hunting, fishing, and exploring, and later shared with his children and other loved ones.

Harry relished his civic roles. He was a selectman in Sugar Hill, the Sugar Hill Fire Chief, served on the town's planning board, school board, on the board of the Tramway Safety Commission, and Ski 93. Following after his father Aubrey Reid, who managed Iris Farm as a prize-winning dairy operation, Harry had a great touch as a gardener. He mentored all sorts of newcomers in growing vegetables in the North Country. He was also a devoted golfer, and at times nearly a scratch one. He was a long-time member

at the Lisbon Valley Country Club, where he would play every day of the season, rain, shine, or snow. There are innumerable Harry stories from his golfing buddies, his employees, Cannon Mt. skiers, fellow board members, and of course his other friends and family. All of them have a touch of Harry's incisiveness and wit.

Harry leaves behind his wife of 20 years, Rebecca Brown of Sugar Hill. He is pre-deceased by his first wife, Peggy (Prevette) Reid, his brother Aubrey Reid, Jr., and sister Elaine Burpee. He is survived by his daughters Alice Kay Reid of Woodville, WA, Audrey Egan of Littleton, Andrea Davis of Albuquerque, NM, and his son Robert Reid of Groton, VT, granddaughters Sarah Green of Seattle, WA and Erin Green of Everett, WA, and grandsons Tristan Brown of Littleton and Chris Davis of Lowell, MA and great-granddaughter Margot Davis.

A celebration of Harry's life will be at the Sugar Hill Meeting House on Saturday, June 18, at 2 p.m. Donations in Harry's honor may be made to the Ammonoosuc Conservation Trust, PO Box 191, Franconia, NH 03580, or on-line at www.aconservationtrust.org.

ESTHER B. HEATH - OBITUARY

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Esther B. Heath, 79, of Landaff, NH passed away peacefully at home on Friday, May 27, 2016.

Esther was born on April 26, 1937 in Hanover, NH to George H. Bryant and Ruth (Dimick) Bryant. She grew up in Lyme Center and graduated salutatorian from Hanover High School. She attended North Hampton Commercial College in North Hampton, Mass.

She worked as a secretary at Dartmouth College until she met and married Norman Heath in 1958 moving to Landaff to become a wife and homemaker. She enjoyed helping with 4-H, was a member of the Landaff United Methodist Women, a long-time member of the Mount Hope Grange serving many offices. She was involved for many years as a Reach to Recovery volunteer for the American Cancer Society. She was an organist for the Landaff and Lisbon churches. She enjoyed music, especially playing her pump organ inherited from her family. She enjoyed knitting, crocheting, gardening, helping with some of the farm work and the farm bookkeeping. She loved to make donuts and pies to please friends and family and her "famous" apple pie was a hit every year

at the Landaff Volunteer Fire Department auction raising thousands of dollars over the years.

She found great pleasure in watching her grandchildren and could be found at most of their sporting events.

She was predeceased by her husband, Norman Heath, her brother Sterle Bryant and a nephew Randy Bryant. Family members include her son, Douglas Heath and wife Tammy along with their children Courtney, Michael, and Lindsey; her daughter Dianne Heath Hartwell and husband Greg along with their children Kristi Hartwell Driscoll and husband Luke and Thomas Hartwell and fiancée Arielle Myers as well as two beautiful great granddaughters Madison Rae Hartwell and Hadley Ann Driscoll. She also leaves her lifelong very close friend, Natalie Morrison and husband Joe along with nieces and cousins.

Per her wishes there will be no calling hours. A graveside service was held on Friday, June 3rd at 1:00 PM at the Landaff Center Cemetery with a gathering to follow at the Landaff Town Hall. Those who wish may make donations in memory of Esther Heath to Landaff Vol. Fire Department, C/O Harry McGovern, 373 Mill Brook Rd, Landaff, NH 03585 or Lisbon Landaff Shared Ministry, 49 S. Main St. Lisbon, NH 03585. For more information or to share memories and condolences go to www.RossFuneral.com

Thank You

I would like to pass along a big thank you to the Monroe FAST Squad and the Woodsville Amulance crew for my initial care. I also wish to thank all the doctors, nurses and Occupational Therapy workers at Cottage Hospital for their wonderful care during my recent stay. I greatly appreciate all you have done for me.

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Three Speakers at June PBVRC Spaghetti Dinner

ASHLAND NH: With roughly three months left until the primaries for state and federal offices, things are really beginning to heat up. That is especially true at the PBVRC June Spaghetti Dinner. Three speakers will ask for your votes on Friday, June 17 at the Ashland American Legion Hall, 37 Main Street, Ashland NH, where they will join you in a meal of spaghetti, meatballs, sausage, salad, garlic bread, beverages, and dessert. After their presentations, you will also get to ask them questions.

Frank Edelblut, from Wilton NH, is running for Governor. He has been an entrepreneur and financial investor for more than 25 years, and is now serving his first term in the NH House of Representatives. He wants to restore fiscal discipline, protect our liberties, and grow our economy with 21st century jobs.

With the NH Senate seat for District from District 2 being vacated by Jeanie Forrester, Brian Gallagher from Sanbornton is seeking to fill that position. He

has spent over 30 years in public finance, for the State of NH and for public school districts. He is currently a member of the NH House of Representatives. His goal and vision is to protect your money, your freedoms, and the economic future for your family and grandchildren.

Jim Lawrence is an Air Force Veteran, small businessman, and three-term State Representative who is running for Congress in NH's 2nd Congressional District. Over 15 years he built a business as a contractor working to streamline projects for the Department of Defense, rooting out inefficiencies and waste, and saving taxpayer dollars.

Join us in welcoming these three gentlemen to our June dinner. Tickets are \$10 at the door for adults, \$5 for children 5-12 years, and 4 and under FREE, with a special family price of \$25.00. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged.

For more information, call Cindy at 603-536-3880 or cindy@hdatech.com.

Booth Announces Candidacy

Rachael Booth of Landaff, NH has announced her candidacy for a seat in the NH House of Representatives for Grafton County District 15 consisting of the towns of Landaff, Easton, Bath, Woodsville, Benton, Haverhill, Orford, and Piermont. She is Navy veteran who served as a Chinese and Arabic linguist for 9 years during the Vietnam War, then worked for 30 years as a Computer Scientist programming and designing software systems for the Navy's Shipboard Weapons Systems, the AEGIS program in particular. As part of her job she also worked closely as a manager with high ranking American and foreign Naval officers giving her the experience needed to find compromises to complex problems. Retired now,



she is a teacher, a musician, an author, and a strong advocate for our children, our seniors, and our veterans. She believes that all Americans should be treated fairly and equally, with respect and dignity no matter their race, religion, sexuality, or gender identity. Please see her website at www.rachael-forstaterrep.com for more information.

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Sen. Jeff Woodburn seeks 3rd term

CONCORD - Surrounded by his son, Avery, and the rest of the Whitefield School's fourth grade students, North Country Senator Jeff Woodburn, of Whitefield, filed for re-election. Woodburn, the the Senate Minority Leader, promised to continue his bipartisan, practical and effective work for the North Country. "I love serving the North Country in the Senate and especially making state government work for ordinary people and showcasing the wonders of living here."

Woodburn was elected in 2012 and re-elected in 2014 winning 60 percent of the vote in both elections. He's a third generation resident of Whitefield and a former teacher and local newspaper reporter. For ten years, he owned an award-winning real estate firm that brokered and developed historic properties. He has five children; two enrolled in the Whitefield School and two more in college. In 2014, Woodburn emerged as the compromise candidate to become the Senate's top Democrat. Along the with the Majority

Leader, Woodburn guides the Senate proceedings and makes important appointments. If the Democrats win three seats or more, he would be in line to be Senate President.

He is a rare Democrat leader as he counts two Republicans as his mentors -- the late Executive Councilor Ray Burton of Bath for whom Woodburn served as a college intern and the late House Speaker Harold Burns of Whitefield. "I'm a persuader not a crusader," he said, "Relationships mean everything to me."

He uses those relationships to bend state government to meet the needs of the North Country, where government is a major economic driver and employer.

"I work with everyone to get results for District 1 and the entire state," he said and specifically pointed to several major accomplishments including -- passage of the NHHealth Protection Plan that expands Medicaid to low income workers, funding to combat the heroin crisis, important regional investments in the Balsams re-



development, millions of infrastructure improvements, laws to support the growing off highway recreational industry and ensuring that state government works effectively for rural areas.

Woodburn has a near constant presence in his sprawling district which encompasses 27 percent of the state's landmass. He said he annually travels "nearly twice the circumference of the earth" but he's not complaining -- it is the best and most rewarding part of the job. "I'm inspired by our landscape and the people that struggle to live here. I'm in a near constant state of wonder and love for the North Country. It never gets old."

Rep. Brad Bailey To Seek Third Term

New Hampshire State Representative Brad Bailey has announced he will seek a third term representing the people of Grafton 14 which encompasses the towns of Bethlehem, Franconia, Lisbon, Littleton, Lyman, Monroe, and Sugar Hill.

Bailey successfully ran back in 2012 and again in 2014 stressing the need to rebuild our North Country economy, be fiscally responsible, keep taxes in check and continue fighting the proposed Northern Pass.

During the last two terms he voted "no" on proposed state budgets that would have increased taxes and

fees by millions and "yes" to budgets that passed without increasing any taxes and fees on the people of the North Country while dramatically increasing funding to combat the opioid crisis, reducing business taxes on job creating companies both large and small, and fully funding Meals on Wheels for seniors.

Bailey was a strong advocate for the successful reopening of the Littleton Welcome Center off I-93 and was instrumental in passing a bill naming the location after former Executive Councilor Raymond S. Burton, who passed away in 2013. "Ray cared deeply about the North Country and knew how much tourism means to our economy," stated Bailey. "I can't think of a better way to honor Ray than naming the gateway to the North Country after him."

Just this year Bailey led the successful fight against charging seniors to ski mid-week at Cannon Mountain; a New Hampshire tradition since 1973.

"I have enjoyed serving the people of my district immensely, and have worked hard to address any questions someone might have," said Bailey. "I am humbled to have been given the opportunity to represent my constituents in Concord and



would be honored to be re-elected in November."

The "Friends of Brad Bailey" campaign team includes fiscal agent Jan Carver of Lisbon, Bethlehem Town Chair John Starr, Franconia Town Chair Jim Alden, Lisbon Town Chair Mike Carver, Littleton Town Chair Stan Fillion, Lyman Town Co-Chairs Jacki and Dave Carbonneau, Monroe Town Chair Denis Ward and Sugar Hill Town Chair Beth Perlo.

Bailey and his family have lived and worked in the Littleton area for over thirty years. He is past-president and board member of the Littleton Area Chamber of Commerce, was elected to the Monroe School Board and Budget Committee, and served as president of the Lyndon State College Alumni Council. Bailey resides in Monroe with his wife and two children

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Give Your Children the Gift of (Financial) Knowledge

It's almost Father's Day. If you're a dad with young children, you can expect some nice homemade cards and maybe even a baseball cap. But, of course, your greatest reward is spending time with your kids and watching them grow. In return, you can give them a gift – the gift of knowledge. Specifically, in the months and years ahead, teach them the financial skills that can help make their lives easier and more rewarding.

For starters, encourage your children to become savers. You can do this in a couple of different ways. First, set a good example. You might explain to your kids that you want to buy a certain item, but you are waiting for it to go on sale. Or, if it's a particularly big-ticket item, like an ultra high-definition television, tell your children that you simply can't afford it now, but that you are putting away some money each week until you can. You might even make a chart showing your progress.

Another way to help your children become better savers is to provide them with a monetary incentive. To illustrate: For every

dollar they put into a "piggy bank" or an actual savings account, tell them you'll put in, say, 50 cents. They are likely to be pleased and excited by how much faster their money grows with your contribution, and they may well become more motivated to save. Furthermore, you'll be giving them a valuable lesson for later on in life, when they work for a business that offers to match their contributions to a 401(k) or other retirement plan. Unfortunately, many young people, upon taking on their first "career" jobs, either under-contribute to their retirement plans or ignore them completely – thereby making it more likely that, later on in their working lives, they will have to come up with much bigger sums each year to accumulate enough resources for a comfortable retirement.

Learning to save is certainly important – but children should also learn about investing. To help get your children interested in becoming investors, point out that they can actually own shares of companies with which they are already familiar – the companies that make the games they play, the movies they watch and the food they eat. In fact, you could even simulate the investment

process by letting them choose a stock and then follow it. To make the results more tangible, use "play" money to represent an initial investment, and add or subtract to the pile to track the ups and downs of the real stock. You might even explain some of the reasons for the stock's movements; for example, if you and your child are following the stock of an entertainment company, and that company produces a blockbuster movie that leads to sequels, spinoffs and merchandise tie-ins, you can point out how these developments have pushed up the company's stock price.

You might also explain that while these short-term price movements are interesting – and maybe even fun – to follow, investing is actually a long-term endeavor, and the best investors often hold stocks for many years before selling them.

By following these suggestions, you can help your children acquire good financial habits – and seeing them put these skills to good use can provide you with many happy Father's Days in the future.

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

All The News That's Fit To Print!

By David Turner

I turned on the news and was shocked, yet again, to see that some crazy person shot several people. Somewhere else a woman had abandoned her newborn in a dumpster and if it weren't for a man hearing the baby cry it would have soon died. I could go on, and on about the terrible things that are reported as "a matter of fact" every day on the television and in the papers, thankfully not our local ones, and I have to ask why? I wake up most mornings in a reasonably good mood. But after reading about some of the things that human beings have done to one another my mood turns from happy to somewhat depressed. I agree these things are appalling. But my question is, if it happened in Florida, why do I need to know? How does it affect my life? There was a study in the 70's where they took 20 kids around 6-8 yrs old and for one year 10 were constantly praised.

The other 10 were continuously berated. At the end of the trial, they followed these children for several years and found the 10 celebrated ones went on to achieve great things, whereas the 10 chastised ones had troubles throughout their lives. Those children needed extensive psychiatric treatment. In much the same way, filling our minds with so much negative information will have an effect on us, if nothing more than leading us to believe that wickedness and violence is everywhere. As we become increasingly dependent on our I-Phones and computers, that information overload only serves to be a constant reminder. If that is the only input there is to gauge the extent of the world condition, our outlook will certainly become tarnished. Recently, while surfing the web, I came across a video. It was a clip from the show "What would you do?" The scenario was a woman with a small child in line at a grocery store who found

she was short of the amount needed. Then, she would start putting things back, like diapers or baby food. Every-single-time someone in line stepped up to say they would make up the difference. A few generous people even paid the entire amount and one gentleman gave her extra money, all of course returned. But, it just shows that when situations get bad, people get good. The actual number of people that are committing these atrocities are so few that they have to cover the entire nation just to find enough "news" to fill their time slot. The number of people that came into my thrift store, not to ask for help but to offer it, warmed my heart. Don't get caught up in the "Need to know!" You don't! There are mostly good people in this world, and good things are happen all the time. It is just not "newsworthy." Remember, where evil abounds, grace abounds even more!



The G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School recently planted a Willow tree at the Bedell Bridge State Park in Haverhill, NH as part of ongoing park maintenance by the organization. Featured in the picture below from left to right are Woodsville High School NHS members: Courtney Derrington, Molly Clough, Lily Kinder, Denny Ruprecht, Tori Clough, Nikita Duling, Vajl Adamkowski.

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Strengthening NH Against Human Sex Trafficking

By: Rep. Brian S. Gallagher

On June 7, 2016, House Bill 1628 was signed into law, "An act relative to human trafficking involving persons under 18 years of age". This new law will make it a crime for any person to pay to engage in sexual contact with a person under the age of 18.

This new law takes a very important step forward to protect children who have been subjected to sex trafficking by establishing felony convictions for individuals who pay compensation to engage in sexual activities with underage persons in New Hampshire.

As the prime sponsor of this House Bill, I am very grateful to the Legislature for passing this proposal. This legislation will hold individuals responsible for soliciting sexual behavior accountable for their unacceptable acts of behavior placed upon a person under age 18.

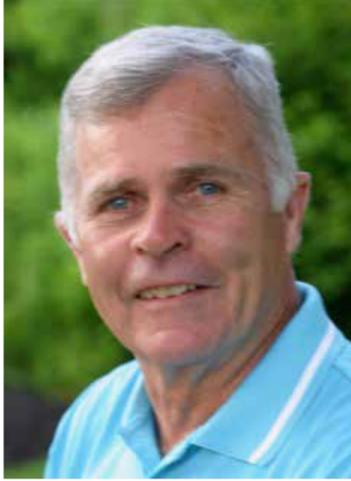
Annually each state receives a rating which is based on the Protected Innocence Legislative Framework. This is an analysis of state laws performed by the American Center for Law and Justice and shared

Hope International which sets a national standard of protection against domestic minor sex trafficking reports New Hampshire's 2015 report card grade was a disgraceful D. I'm confident our rating will improve with HB 1628 now becoming law.

This new law is the direct result of combined effort with support from the NH Coalition Against Domestic & Sexual Violence, Representatives from the NH Police Chiefs law enforcement community and many concerned NH citizens. This will improve our enforcement standing and protections for woman and children going forward.

I wish to personally thank my colleagues in the House, Rep Lachance, Rep Hill, and Rep. Seidel for their support in this initiative. On the Senate side, Senator Jeanie Forrester of Meredith was the prime Senate sponsor in supporting this legislation to protect all woman and children.

We may think this issue is far away in Southeast Asia, Los Angeles, New York or other large cities, however, this horrible evil does happen right here in New Hampshire. We must all work together to eliminate it once



and for all.

This most important law will ensure anyone involved in sex trafficking with any underage children will be held responsible for their actions. It will send a strong message that we have zero tolerance in New Hampshire for crimes against our children

In future legislative sessions all legislators and citizens should continue to work together to strengthen Human Trafficking enforcements. Each step is important to ensure protections for all sex trafficking victims.

Rep. Brian S. Gallagher - Belknap 04
Candidate for State Senate District 2
292 Hueber Drive,
Sanbornton, NH 03269
603-530-2651

3rd Annual Wells River Community Picnic and Ice Cream Social

3rd Annual Wells River Picnic will feature Music and Impromptu Songs, Story Telling and Telling Stories, and Free Ice Cream

Wells River Action Program, the Baldwin Memorial Library and the Newbury Historical Society are once again teaming up to make the 3rd Annual Wells River Picnic and Ice Cream Social a day to remember with music, story telling, Story Corps and free ice cream.

The picnic is June 25th and events will occur between 11:00AM and 2:00PM just south of Wells River Village at the Berry Memorial Field at 143 Main Street North.

The Newbury Historical Society will again be doing a Newbury version of Story Corps beginning at 11:00pm. Historical Society members will be on hand until 1:00pm to record personal short stories about an event or remembrance that occurred in Newbury, involved Newbury residents or has/had a Newbury connection. This can be something that happened last week or something that happen a few years ago or

many years ago.

This year the Baldwin Memorial Library's program beginning at 1:00pm will feature Vermont's own Swing Peepers, a vocal-harmony and multi-instrument duo who perform inventive, earth-friendly and interactive songs and stories. This is a program geared for kids that adults will enjoy too. The Swing Peepers draw out the creativity of audiences by having them participate in creating impromptu songs and stories. WRAP will serve ice cream at the conclusion of the Swing Peepers Program at about 1:45pm.

The wider Wells River Community is invited to come enjoy our wonderful park, visit with some of your neighbors, enjoy your own picnic, hear some stories, or a tell a story, enjoy Swing Peeper's on-the-spot rollicking stories and music and have some ice cream. Attendees should bring own picnic, chairs, blankets, Pop-up canopy, non-alcoholic beverage and insect repellent.

Handicapped parking will

be provided but the general public is encouraged park in Wells River and walk or bike to Berry Field. The event will be held at the Wells River Congregation Church starting at 11:00 in case of rain. The Church is handicapped accessible.

For more information contact Richard M Roderick at 802 757 2708 or by email - wrapwr@gmail.com

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Letter To The Editor

To the editor,

As we see people walking into stores, signs over the entrance, "No Shoes, No Shirts, No Service,"

"Aghast" can't come in without them..

BUT!, Ever notice a person carrying a "gun" on their hip, under their arm, or in their backside/belt and.. in a pharmacy, where powerful drugs are kept, toy department, where most children visit! Walk in because they "think" they can, ..."2 nd Amendment."

What would make you more concern, someone with "no shoes or shirt" or person carrying a Glock

43 Single-Stack 9mm, in a store, in a pharmacy, in toys, where little children like to shop. Not knowing their intentions. How would they react, if you told them to leave.

Sorry "No Shoes, No Shirt, No Service." ...OR Sorry " No Guns Allowed."

Businesses should be able to post "Sorry No Weapons Allowed." (unless law enforcement), Most patrons would feel more comfortable.

Sorry "No Shoes, No Shirts, No Service "

Nancy Leclerc
N . Woodstock, NH

Nancy,

I do see your point. It is hard to determine a person's intentions, whether they are carrying a gun or not. And whether you can see the gun, or not. But I fully support a person's right to carry a firearm if they have been duly checked for such a permit. I would certainly not want just anyone to carry. I firmly believe that a person should be licensed (be sure they know how to use the gun they are carrying), and have the mental capacity to know what to do with such a weapon.

As far as "No Shirt, No Shoes, No Service" I also understand that rule. Stores can have a variety of items on the floor, creating a tripping, or even a cutting hazard to someone without foot attire. And wearing a shirt is simply a matter of good manners (something that often appears to be in short supply).

Over all, it should be at the owner's discretion as to whether or not they wish to post one, or both, or neither of these signs. It is a very thin line, I understand, but the store owner's rights must be weighed against the public's rights.

It's just my opinion.

Gary Scruton, Editor

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Respitality's Walk to Remember

Littleton - Saturday, June 25 at 10:00, Respitality will be having a walk to raise funds and awareness of the services that are available to people who live in Coos and Grafton County.

Respitality is a ministry that serves those who are in the beginning stages of Alzheimer's disease or other related memory loss. Respitality is located at the New Life Christian Center on Route 116 in Bethlehem and are open Tuesdays from 9:00-3:00. The program is run by Director Patricia Dexter and many dedicated volunteers. Each of our volunteer has been trained and has had background checks completed before working with our guests.

Respitality opened its doors on September 4, 2012 with the hopes of supporting families who are caring for loved ones who has Dementia. Our desire is to give the caregiver a day to themselves, knowing that their loved one is being cared for. As we approach our 4th year of operation, we are pleased that we have been able to help many families.

At Respitality we celebrate with our guests, their

life accomplishments and honor them at this stage in their life. We do this through memory boxes and reminiscing. We have a fun and stimulating day which includes lunch and snacks. Some of the day's activities include balloon ball, bowling, ladder ball, bingo, cooking, crafts and so much more.

The Walk to Remember will begin at the Bank of NH on Main Street in Littleton at 10:00 and continue down Main Street, across the Cottage Street Bridge, crossing back over the covered bridge by the senior center, then back to the bank. All funds raised will go to purchase supplies for the program.

If you would like more information about the Walk or have a loved one that could benefit from our program, please feel free to contact Patricia at 991-0155. We continue to look for volunteers who are interested in making a difference. Volunteers are asked to only contribute 3.5 hours per month. If you would like more information about becoming a volunteer or would like to support us financially, please contact us at 991-0155

Quick Facts: Mechanically Tenderized Beef

By Jessica Sprague, Food Safety Field Specialist



Have you noticed anything new on packages of steak or stew beef at the grocery store lately? As of May 17th, the U.S. Department of Agriculture's Food Safety and Inspection Service requires that meat processors disclose whether they conduct mechanical tenderization on beef products. Product labels must also include safe cooking instructions.

Mechanical tenderization is a relatively common practice in which a cut of beef is pierced with small needles or blades to break up the tissue. This increases the tenderness of the product, which is of course a desirable trait in beef. The USDA reports that mechanically tenderized beef products account for about 6.2 billion servings of steaks and roasts each year.

Through the tenderizing process, there is the potential that pathogens on the outside of a cut of beef can be pushed inside by the blades or needles. For that reason it is especially important that consumers cook these products, like all whole cuts of beef, to a minimum internal temperature of 145°F as measured with a food thermometer. The appearance, or "doneness" of a cut of beef is not a reliable way to tell if it has reached a safe internal temperature. A rest time of three minutes after removal from the heat source is recommended for both quality and safety. During this rest time the internal temperature is either

FOOD SAFETY for MECHANICALLY TENDERIZED BEEF

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+ 3min rest time off heat source before consuming

What is Mechanically Tenderized Beef (MTB)?
To increase tenderness, some beef goes through a mechanical tenderization process.

The meat is pierced with needles to break up muscle fibers.

THE RISK
Any pathogens on the outside of the steak may be transferred to the inside during tenderization.

BACTERIAL TRANSFER

USDA United States Department of Agriculture

constant or increases slightly to kill pathogens.

Mechanically tenderized beef products may not look any different from non-tenderized beef products, making these new labels a critical tool to keep consumers informed. To reduce the likelihood of foodborne illness, use the recommended safe cooking instructions for these products in addition to general safe food handling practices with all food.

This article was adapted from "Beef Retailers Now Labeling Mechanically Tenderized Beef" a post by Christopher Bernstein, Director of Food Safety Education with the Food Safety and Inspection Service of the USDA.

If you'd like more information on this and other topics, you can contact the

friendly folks at the UNH Cooperative Extension Education Center and Info Line at 1-877-398-4769 between 9 a.m. and 2 p.m. Monday through Friday or send them an email at answers@unh.edu.

For specific questions about meat and poultry you can also contact the USDA Meat & Poultry Hotline at 1-888-674-6854 or chat live with a food safety specialist at AskKaren.gov available from 10:00 a.m. to 4:00 p.m. Monday through Friday.

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County.

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Thank you for your understanding.

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Council on Aging Receives First Painting From New Catamount Arts Program

Do You Meet the Eligibility Criteria?

ST. JOHNSBURY – The Council on Aging recently became the first mission-driven, client-directed association in the Northeast Kingdom to receive artwork through ArtsConnect@CatamountArts, a new and innovative program facilitated by Catamount Arts.

Established in 1995 to expand public access to art in social-service settings, The Art Connection is headquartered in Boston, and supports Catamount Arts in its efforts to promote visual outreach throughout northern New Hampshire and Vermont, according to Katherine French, who came on board as Catamount's new Gallery Director last year after retiring as Director Emerita of Danforth Art, a museum and art school located just outside of Boston.

"I grew up in the Northeast Kingdom," said French who now resides in Barton. "I know from personal experience how meaningful art can be. It allows us to see the world through the eyes of others and can have a profound effect on our lives."

Social-service organizations that might not be able to buy art are invited, at no cost, to select works donated by New England artists for placement in public meeting places in their offices. The Council on Aging, which is reconfiguring how it uses its administrative headquarters in the historic Summer Street School, has opted to place Lady's Mantle



Caption: NEK Council on Aging Executive Director Lisa Viles accepts Lady's Mantle True Colors painted by Sharon Kenney Biddle of West Barnet as the first non-profit organization to receive artwork through The Art Connection, a Boston-based program affiliated with Catamount Arts that places visual art with public-service agencies that might not otherwise afford to buy it.

True Colors by West Barnet painter, Sharon Kenney Biddle, in its large conference room.

"We're grateful to Sharon for donating a painting that brings lightness to often serious conversations we're having about how best to meet the needs of an aging population," commented Lisa Viles, the Council's Executive Director. "This beautiful painting connects to the natural beauty we all enjoy here."

Kenney Biddle, a well-regarded art teacher in the Peacham and Danville schools before her retirement, chose to depict Lady's Mantle—a flower with soft, cup-like petals that capture water droplets after a rain and grows well in shady locations, including the painter's garden. The frame for the painting was crafted by

Frame Dames of St. Johnsbury, who generously donated their services.

The Council on Aging is now considering acquiring additional art for its ground-floor lobby, a smaller conference room, and for its offices in Newport and Island Pond. Other human service agencies interested in acquiring original art by regional artists through this new civic-wide initiative can contact Katherine French at kfrench@catamountarts.org.

ST. JOHNSBURY – Late last month (FYI: May) Social Security sent out letters about "extra help" for Medicare's Prescription Drug Plan. Are you eligible?

"It's likely to be a hot topic at the next boot camp," said Pat Paine, director of the NEK Council on Aging's State Health Insurance Assistance Program (SHIP).

Paine brings her bi-monthly Medicare Boot Camp to NVRH on Thursday, June 16. The program runs from 9 to 11 a.m. in Conference Room 127 of the hospital's Business Center. The room is ADA-accessible and parking across Hospital Drive is free.

This two-hour introductory workshop to Medicare health insurance is free. Par-

ticipants learn how to apply for the help they need, how to avoid Medicare fraud, and find out if they are eligible for "extra help" for the prescription drug plan.

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by Ronda Marsh
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The Best Caprese Chicken

One of my favorite summertime salads is a super-simple Caprese...thick slices of ripe tomatoes, shingled on a platter with slabs of fresh mozzarella cheese and sprigs of basil, then drizzled with a bit of smoky-sweet balsamic vinegar. It's light, yet satisfying and very pretty, too. "Caprese" just means that it originates from the island of Capri - that beautiful sun-drenched

paradise just off the coast of Italy. Although I've never been there, I've read that every Capresian restaurant and bistro offers a version of this salad, which is appreciated by tourists and natives, alike.

Recently, I've seen several different recipes for "Caprese" dishes, meaning that whatever else is in the dish, it also incorporates tomato, basil, and mozzarella.

When I came across one for Caprese Chicken, I knew I had to try it, and I'm glad I did! This makes a quick and complete meal on its own, especially if you're counting carbs. If you're looking for something more substantial, serve the chicken on a bed of spaghetti, or a slab of toasted ciabatta draped with the burst tomatoes and balsamic sauce. As the Italians would say, it's truly "deliziosa!"



- 1 pound boneless/skinless chicken breasts, (about 3) butterflied open
- 2 Tablespoons olive oil
- 2 cloves garlic, minced
- 1 pint grape or cherry tomatoes, halved
- ¼ cup Balsamic vinegar
- 4 slices whole-milk Mozzarella cheese (be generous!)

- 2 Tablespoons fresh basil, chopped (or 1 Tablespoon of dried)
- Salt & pepper

Pat chicken dry and season both sides with salt & pepper. Heat oil in large skillet and cook chicken over medium-high heat until golden on both sides and cooked through, about 6 minutes per side. Remove chicken to a plate and cover with foil to keep warm. In same skillet, add the Balsamic vinegar to deglaze and bring to a boil. Add garlic and stir until fragrant, about a minute. Add the halved tomatoes, stir and simmer until tomatoes soften, about 7 minutes. Add basil to pan and then nestle the chicken back in amongst the tomatoes. Top chicken with the slices of Mozzarella, and cover to melt cheese. Remove from heat and serve, draping tomatoes and sauce generously over chicken.

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