

A **FREE** PUBLICATION

**TRENDY**

**TIMES**

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# Going The Distance To Raise Funds & Awareness To Stop Diabetes

## Cyclists Pedaling Through North Country on 4th Leg of Multi-Day Tour Around New England

Montpelier, VT – More than 60 cyclists from around New England and the country will pedal through the North Country to the Comfort Inn and Suites at Maplewood

on Tuesday, July 12, on the fourth leg of a trek to demonstrate they are in it for the long haul to stop diabetes.

The New England Classic Tour de Cure is a multi-day bicycling event that raises funds for the American Diabetes Association. Cyclists pedal 150 miles on a weekend or 550 miles in a week traveling through Massachusetts, New Hampshire, Maine and Vermont. This intrepid group of cyclists takes in the scenery, takes on the mountains and ride together to make a difference in the lives of more than 29 million Americans living with diabetes, including almost 130,000 people in New Hampshire and more than 50,000 people in Vermont. Their 108-mile route on the fourth day begins in Bartlett,

N.H., with rest stops in Bath, N.H., at the Upper Valley Grill in Groton, V.T., and at the Irving Oil station on Route 2 in Plainfield, V.T.

Among those riding in the NEC are a number of Red Riders – cyclists who have type 1 or type 2 diabetes. This year they include members of Team Blood Glucose, a group from the UK who pedal to spread the message that for those with or at risk of diabetes, activity, sports and exercise is a core tool to prevent or manage the disease.

The NEC is part of the American Diabetes Association's Tour de Cure series of fundraising cycling events held in 44 states nationwide. In 2014, more than 60,000 cyclists in 86 events raised more than \$29 million to sup-

port the mission of the American Diabetes Association: to prevent and cure diabetes and to improve the lives of all people affected by diabetes.

The New England Classic Tour de Cure is sponsored nationally by Lilly Diabetes, Primal Wear and Gold's Gym, and locally by Bikes + Life, Hub Bicycle, Novo Nordisk, Parker-Chomerics, Pfizer Inc., UPS and Whole Foods Market.

The American Diabetes Association is leading the fight to Stop Diabetes and its deadly consequences and fighting for those affected by diabetes. Founded in 1940, the Association funds research to prevent, cure and manage diabetes; delivers services to hundreds of communities; provides objective



and credible information; and gives voice to those denied their rights because of diabetes. For more information on diabetes, please call the American Diabetes Association at 1-800-DIABETES (800-342-2383) or visit diabetes.org. Information from both these sources is available in English and Spanish.



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# TRENDY Dining Guide

## Room 111 at Victory Lanes

by Gary Scruton

When is a new place not a new place? How about, when is an old place not an old place? It can be just a matter of perspective as to which way you look at it. In this case the building itself has been around for over a century (according to the menu). But the menus and the business are both brand new (Beginning February, 2016). But not everything is new, or old.

Room 111 at Victory Lanes is an interesting combination of food and fun. The Victory Lanes come from the fact that the six lanes of candlepin bowling still exist. Sure they are not brand new (certainly not 100 years old, though), but they do have some miles, and have seen plenty of those small bowling balls headed down the

alleys. But that was not the reason for our visit. We were there to eat.

The afore mentioned menu, once opened, has a very good selection of pub type foods. There is a full selection of nachos, burgers, hot or cold sandwiches, and some other options like salads and french fries. Plus, as one would expect, there is a full bar with a nice selection of local beers and the standard national brands. Victory Lanes is not a formal eatery, meaning don't wait for a hostess to show you to a seat. We walked thru the bar and could either go out onto the back deck, or turn left into the pool room that had several high tables, a couple of low tables, plus a juke box and table side game monitors. There was

plenty to look at besides the menu with sports and culinary memorabilia on the walls and ceiling.

After a few minutes we did come up with our requests. Our waitress (who actually introduced herself as the owners mom, and not the regular waitress) was more than helpful. She informed us that she had personally tried every item on the menu. Janice answered the call to "make your own burger". The PT Farm patty was loaded up with tomato, bacon, ketchup, lettuce and cheese. It came with one side and she picked the sweet potato fries. My choice was the Philly cheesesteak sandwich topped of course sauteed peppers and onions. It also came with one side and I went with a favorite,

onion rings. I was offered a choice of dipping sauce and went with my standard, ketchup.

While waiting for our meals we enjoyed a pair of Sam Adams Summer Ales from the bar tap. We were also entertained by one of those brain teaser games on the table. As mentioned we were sitting in the pool room and towards the end of our visit a couple came in to play pool. I must mention that they were quite reasonable about their game. The gentleman even asked us if we minded the juke box. It is nice to see, and enjoy, such courtesy, not to mention the good tunes he picked out.

The meals were served hot out of the kitchen and were plenty for our appetites. The cheesesteak was moist enough that the roll actually gave up and I needed to use the fork for much of the sandwich. It was also matched well enough that I asked for another Sam to go with the first. Janice enjoyed her burger that was served on a large solid bun. It was cooked just as she had asked, and the toppings were as per her request. (After all, that is the way a "make your own" should be.)

The onion rings were made with thick slices of onions cooked perfectly to a crisp and the sweet potato fries were cooked to what Janice considered perfection, well done in the middle and just slightly crisp on the outside.

With the beverages our total bill was just over \$40 before the tip. So I would be happy to point you to Room 111 at Victory Lanes whether you want a game of pool, a string of bowling, friendly waitstaff or just a good bite to eat.



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# TRENDY Dining Guide

## Whippi Dip

by Gary Scruton

It was a dark and stormy night. (Wait, hasn't that been used somewhere?) But really, it was a summer night with thunder storms very close by. As Janice and I did one of our yearly volunteer jobs we got a bit wet as the beginnings of the storm rolled into the Connecticut River Valley. By the time we got close to Orford and Fairlee it was all we could do to still see the road in front of us. Lucky for us we had planned to make a stop at Whippi Dip in Fairlee for our Friday evening meal, and the rain simply meant that there would probably be fewer people around at this great summer time eatery and ice cream shop.

As we pulled in to Whippi Dip the rain slackened a bit

and we made a bee line for the overhang and some dry space. We were not the only ones either. There was not a line as one often sees at any ice cream stand, but we were also not lonely, there were several others who braved the weather to get to this eatery.

For us, we were there to enjoy something besides ice cream. Whippi Dip indeed offers a good variety of items on their menu. There are burgers, sandwiches & subs, salads & sides, plus our area of interest, seafood. On this evening Janice went with an order of fried haddock. It came with slaw, fries and tartar sauce, and she upgraded to sweet potato fries. I also picked seafood, but went to one of my favorites, fried scallops. It also comes with slaw, fries

and tartar sauce and I too upgraded to the sweet potato fries. I could have also upgraded to curly fries or onion rings. The girl at the order window took our name and we went around the corner to wait our turn at the pick-up window.

On a nicer night we certainly would have taken a seat at one of the picnic tables, but this particular evening, a bit more cover was required and we took our meals back to the vehicle. One of the first things I noticed about my meal was the coleslaw. It almost looked more like a salad. It was not finely chopped and mixed with mayo. Instead the pieces were bigger and had a different, possibly a vinaigrette dressing. I liked it. In regard to the scallops, there were

big, very juicy, scrumptious and plentiful. Even the tartar sauce was in a cup that offered a more than adequate amount for my liking.

Janice's haddock meal offered two large sized pieces of moist, delicious, flaky fish, plus the other items that filled her tummy nicely. Sweet potato fries seem to be popping up in more and more locations. The folks here cooked them just right. Cooked thru, but not so crispy that you lost the sweet potato flavor.

As we enjoyed our meals the storm moved further into

New Hampshire and by the time we finished we could put the windows back down and enjoy a nice July evening.

One final note about Whippi Dip, they serve great food, all your ice cream treats, and even breakfast, but they don't take plastic. So when you plan to stop, have a good check, or bring good old fashioned cash. But you won't need a lot of that cash. Our full meals came to just about \$25.00 without drinks, and there was not tip needed. We'll be back for more seafood.



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## Higher Education Affordability

How many are faced with post secondary education debt? For many families, higher education is unaffordable and a debt nightmare.

As with most parents, I encouraged my children to better prepare themselves for careers and the complexities of today's world by attaining a post secondary education. However, tuition costs associated with a college degree, technical education, or an advanced certificate are increasingly placing higher education from the reach of many.

Tuition trends at flagship state schools in New England have skyrocketed. In-state tuition costs during the 2015-16 year were as follows:

- University of Connecticut (Storrs) \$13,364
- University of Massachusetts (Amherst) \$14,356
- University of Maine (Orono) \$10,610
- University of New Hampshire \$16,986
- University of Rhode Island \$12,862
- University of Vermont \$16,738

Attending a community college such as White Mountain Community College in Berlin does cost less,

but that college tuition price tag of \$7,344 when compared to other community colleges both in and out of state is high. So, how can students and parents, afford the costs of a higher education? This question has been answered by many with one word...."debt." NH's student debt is second when compared to the rest of the country according to the "Institute for College Access & Success and the Project on Student Debt." The NH class of 2014 owed an average of \$33,410 in student loans, with 76% of students graduating with loans, the highest percentage nationally.

Post secondary education affordability requires attention from returning and new legislators; however, in an effort to save some expenses, parents and students should consider the following question: "What college major and type of degree leads to the highest salary two years after graduation?" I realize that there are some occupations society needs, like social work and teaching that do not pay well. As a retired teacher and school principal, I value the importance of these

careers and encourage those wanting to enter these fields of work to pursue their goals. Follow your dreams and aspirations; we need well-qualified, professional social workers and teachers. However, a researcher at the Minnesota Department of Employment and Economic Development did ask the above question, and students responded that the best paying job might be a chemical engineer or anything with computers. In Minnesota, the correct answer was, "A specialized plumbing and water supply program."

With today's excessive tuition costs, students cannot afford to cycle through colleges and majors for six years before earning a bachelor's degree. By doing so, loans and debt accrue to staggering proportions. To help, some states have developed detailed data systems that explain that more education doesn't always mean or result in higher earnings. For example, a two-year associate's degree program in repairing industrial equipment could result in earnings of \$58,000 three years out of school. Parents and students who pick a career first and then shape their education around that goal will most likely save tuition costs and reduce later debt than the student who meanders without a determined path.

Education affordability and student debt is a serious issue. Better planning does result in some savings; however, the University System of NH and the Community College System is aware of the affordability issue, and working with the legislature and the NH business community to attain resolution.

Rep Rick Ladd  
Chairman, House Education Committee

## Think, Laugh, and Enjoy Latest Performance at OCT

by Gary Scruton

From the very beginning of the night it was obvious that this was not your normal evening at Old Church Theater.

As our usher brought us to our seats we could hear some music in the background. Once seated we noted that the music was coming from the stage itself as a young lady with a unique voice was sitting on a stool, playing guitar, and entertaining those who were already in their seats. I should note that this same young lady came back at intermission to further show off her talents. Very nice addition!

The performers who were cast in this production were, as usual, able to take the parts and make them come alive. They were led (at least experience wise) by Meghan Bullard who seems to be in every production, and continues to show new sides. In this role she not only got laughs, and a few gasps, but she also had the new opportunity to speak directly with the crowd as she was being grilled over the murder that had happened earlier in the performance.

The other suspects, all on stage to also answer questions and face the audience's grilling, were all making their second appearance as cast members at OCT. But despite that apparent lack of experience they all appeared to perform beyond that level. Though the play had a couple of minor hiccups in the early scenes, there were no real "missed" lines, and the timing of the laugh lines, as well as the "gasp" lines were enjoyable

and set the audience at ease.

Regarding the play itself, that also started off differently as several of the first actors came on stage from behind the crowd instead of from the wings of the stage. This was certainly a forewarning of things to come. Dead to the Last Drop is a murder mystery performance with some comedy. But don't worry if I, or some other person, tells you who did it, because that could (and probably will) change during the next performance. A key part of this play is that after the first two acts the audience is brought into the action very directly. Robert, portrayed very strongly by Ken Hullican, actually addresses the crowd at the end of the second act so that as the lights come up for Act 3 we were ready to ask some questions and attempt to get to the bottom of this mystery. Obviously this portion of the performance is not scripted and therefore allows those on stage (the suspects) and Robert to interact, as well as act. On opening night they all seemed to accomplish this with ease and confidence. The curve that was thrown that evening was that some in the crowd were questioning Robert himself as a suspect. (He attempted to brush that aside, but faced some persistence).

As the second weekend of this latest Old Church Theater performance is still to come I will try to not give away too much, but I must also say that even if you were able to attend on the first weekend, you could see something new on the second weekend.

All in all "Dead to the Last Drop" is another feather in the cap of Old Church Theater. It is well worth your time to see it, at least once. And if you want to bring the family, go ahead, the material is fine for all even with a couple of only somewhat risqué moments.

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# From The Desk Of



Dear Constituents,

The session has finally ended...it seemed like it never would! With a budget that was vetoed and then overridden, serving on the joint drug task force, and over 800 bills in 2016 alone, it has been a very busy session.

In 2016 session, I sponsored/co-sponsored 47 bills, most of which were signed into law by the Governor. A sampling of some of the legislation includes:

- Authorizing energy infrastructure development and designating energy infrastructure corridors. This legislation has been a long time coming and a lot of good bi-partisan work was done to accomplish this.
  - Naming a welcome center in Littleton in honor of Executive Councilor Raymond S. Burton.
  - Giving authority to federal border patrol agents to make arrests in Coos county. This legislation was brought forward to address the shortage of law enforcement in the northern part of the state.
  - Establishing a state grant program to assist state and local law enforcement agencies in addressing the opioid crisis.
  - Implementing a system of care for children's behavioral health.
- Overall legislative accomplishments for the 2016 session include:
- Improving the Business Environment:
  - Continued the modern-

ization of the state's banking, credit union and trust laws.

- Updated the state's LLC statutes.
- Allowed the sampling of wine and beer and farmers markets.
- Eliminate excessively burdensome requirements on the construction industry (vetoed).

### Taxes:

- Eliminated the Start Up tax, making NH a better place to start a business and grow.
- Quadrupled the small business capital expense deduction to \$100,000.
- Updated state laws to conform with the IRS code, cutting down on the time it takes to file returns.
- Updated tax laws to make it easier for businesses to file.

### Heroin/Opioids:

- Added \$5 million for drug prevention and treatment.
- Established a new position at the Department of Justice to prosecute high level drug crimes.
- Updated ruling-making for opioid prescriptions.
- Made it easier for licensed alcohol and drug councilors to move to NH and work in their field.
- Allows pharmacies to take back unused prescriptions, reducing the supply of addictive painkillers
- Created Drug Court program to divert those addicted from drugs into treatment rather than the prison system.

- \$1.5 in funding for State Police overtime to partner with local law enforcement. Established a study commission to study the use of Narcan.

- Increased penalties for fentanyl possession.
- Updated insurance requirements for those being treated for addiction.
- Updated the health education curriculum to include age appropriate drug and alcohol education for children. Provided funding the prescription drug monitoring program.
- Banned the use of synthetic urine (used to fake out drug tests).

### Energy:

- Created energy infrastructure corridors along state's divided highways to allow new infrastructure be buried next to highways.
- Increased the net metering cap to prevent a shutdown of the solar industry.

### Transportation:

- Passed the 10 year highway plan that will finish I-93 with 4 lanes in both directions between Manchester and the state line, pave 550 miles a year, and replace or rehabilitate 80 bridges.

### Healthcare:

- Banned restrictive physicians' contracts that increase the cost of healthcare.
- Right to Try, allowing those with terminal illnesses the right to try non-FDA approved medications.
- Extended the Health Protection Program for another 2 years, with no increased taxes, no new taxes, and no General Fund dollars use to support the program.

### 2nd Amendment:

- Passed Concealed Carry (vetoed)

- Common Sense:
  - Passed RealID and allows each person to make the choice of a RealID or a non RealID compliant driver's license when they renew.

### Elections:

- Participate in the Interstate Cross Check Program to uphold integrity of NH's Elections.
- Increased transparency for campaign contributions. Ensured National Guard members have access to absentee ballots.
- Require a person to be a resident for at least 10 days before being eligible to vote (vetoed).

### Education:

- Allow towns without a public school to tuition students to a private school (vetoed).

### Rainy Day Fund:

- Increased Rainy Day fund by \$40 million.

### Local:

- Established the Drinking Water and Ground Water Trust Fund to take money

received by the state from damages or settlements from MBTE lawsuits and use those funds to remediate or run waterlines to those impacted by contamination.

- Additional grants to towns promised funds from the clean water and waste water revolving

And while the session has ended, my work continues—representing the 27 communities in District 2. Whether it is helping someone get assistance from DHHS, attending a ribbon-cutting in Holderness, or working with residents in Plymouth to get resolution to rumble strips installed by DOT that are causing havoc—this is the true work of serving the people.

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](mailto:jeanie@jeanieforrester.com).

Your Senator  
from District 2  
Jeanie Forrester

Not all Times are Trendy, but there will always be Trendy Times July 12, 2016 Volume 7 Number 20

## B.C. MASONRY

B.C. Masonry is ready for Another Great Season! Masonry of all Types:  
Chimneys • Stone • Brick • Fireplaces




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## Kayak Instruction

on the Connecticut River  
Saturday, July 16  
2-5pm



at the Pastures Campground  
Rte 10, Orford NH 03777  
Kayaking for up to 10 people at a time  
Guided by Bonna Wieler, ACA certified kayak instructor

Details:

- Instruction, paddling techniques and tips
- Equipment provided: kayaks, paddles, PFDs
- Guided trips available at other times
- The cost for Kayak instruction is \$15 per child or adult. contact Bonna Wieler 802-333-3549 cell 802-274-0810 [boldpaths@gmail.com](mailto:boldpaths@gmail.com)

**The Pastures Campground Kids Day**  
10am - 2pm  
The cost for craft day is \$2.50 for our pinewood derby kits.




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# Calendar of Events

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

## WEDNESDAY, JULY 13

MONTHLY MEETING -  
ROSS-WOOD POST #20 AMERICAN LEGION  
6:00 PM  
American Legion Home, Woodsville

## THURSDAY, JULY 14

SUMMER SUPPERS  
5:30 PM  
Groton United Methodist Church  
See Ad on Page 7

## THURSDAY-SUNDAY, JULY 14-17

BRADFORD FAIR  
66 Carson Lane, Bradford  
See Ad on Page 13

## THURSDAY-SATURDAY, JULY 14-30

GODSPELL  
7:30 PM  
Jean's Playhouse, Lincoln  
See Article on Page 18

## FRIDAY, JULY 15

DEAD TO THE LAST DROP  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 10 and Article on Page 4

## SATURDAY, JULY 16

W. NEWBURY BACKROOM BARN/YARD  
SALE  
8:00 AM  
7292 RT 5 South, Newbury

## COHASE CHAMBER GARDEN TOUR & TEA

11:00 AM - 3:00 PM  
Fairlee, VT (and surrounding towns)  
See Ad and Article on Page 11

## DEAD TO THE LAST DROP

7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 10 and Article on Page 4

## SUNDAY, JULY 17

DEAD TO THE LAST DROP  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 10 and Article on Page 4

## TUESDAY, JULY 19

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

## WEDNESDAY, JULY 20

ACT NATURE WALK  
3:00 - 6:00 PM  
ACT Office, 729 Main St., Franconia  
See Article on Page 17

## THURSDAY, JULY 21

SUMMER SUPPERS  
5:30 PM  
Groton United Methodist Church  
See Ad on Page 7

## VFW Post #5245 monthly meeting

7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, JULY 22

LIZ VICE - GOSPEL SOUL, R&B  
8:00 PM  
Colonial theater, Bethlehem  
See Ad on Page 3

## SATURDAY, JULY 23

WHITE MT. GARDEN CLUB GARDEN TOUR  
10:00 AM - 3:00 PM  
Franconia Town Hall or Whitefield Common  
See Article on Page 16

## ACT STREAM SAFARI ON GALE RIVER

1:00 - 4:00 PM  
Dow Field, Franconia  
See Article on Page 10

## SUNDAY, JULY 24

ST. ALBANS RAID IN THE CIVIL WAR  
2:00 PM  
First Congregational Church, Newbury  
See Ad and Article on Page 9

## MONDAY, JULY 25

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

## TUESDAY, JULY 26

TURNING 11 ON THE APPALACHIAN TRAIL  
7:00 PM  
Alumni Hall, Haverhill  
See Article on Page 13

## WEDNESDAY-SUNDAY, JULY 27-31

NORTH HAVERHILL FAIR  
1299 Dartmouth College Highway, No. Haverhill  
See Ad on Page 8

## THURSDAY, JULY 28

SUMMER SUPPERS  
5:30 PM  
Groton United Methodist Church  
See Ad on Page 7

## SUNDAY, JULY 31

JEREMIAH INGALLS SINGERS  
3:00 PM  
Old Goshen Church, Bradford

## WEDNESDAY, AUGUST 3

ACT NATURE WALK  
3:00 - 6:00 PM  
ACT Office, 729 Main St., Franconia

## THURSDAY, AUGUST 4

SUMMER SUPPERS  
5:30 PM  
Groton United Methodist Church  
See Ad on Page 7

# 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 Horse 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

## Orange East Senior Center

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

On Wednesday, July 20, Serenata will be playing music starting at 11:00 a.m.

No Strings Attached will be playing on Friday, July 22nd starting at 11:00 a.m.

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!

## Orford Senior Center Schedule

Tuesday, July 12: RSVP Bone Builders Exercise Program (10:15-11:00 am), No Strings Attached Band (11:30 am), 50/50 Raffle (noon),

Lunch: Chicken, Potato, Broccoli/Cauliflower, Salad, Strawberry Shortcake

Tuesday, July 19: RSVP Bone Builders Exercise Program(10:30-11:15 am), Dan Freihafer, Piano (11:30 am),

Lunch: Meatloaf, Potato, Peas, Salad, Tapioca Pudding

Tuesday, July 26: Foot Clinic (8:30 am), RSVP Bone Builders Exercise Program (10:30-11:15 am), Entertainment by Vi (11:30 am),

Birthday Celebration, Lunch: Turkey, Portato, Stuffing, Squash, Salad, Pumpkin Dump Cake.

## Want to Connect to Other Readers?

### Join the Bath Book Club!

The Bath Library Book Club will be discussing "The Night Circus" by Erin Morgenstern on Thursday, August 11th at 6 pm at the Bath Public Library.

The circus arrives without warning. No announcements precede it. It is simply there, when yesterday it was not. Within the black-and-white striped canvas tents is an utterly unique experience full of breathtaking amaze-ments. It is called Le Cirque des Rêves, and it is only open at night. But behind the scenes, a fierce competition is underway: a duel between two young magicians, Celia

and Marco, who have been trained since childhood expressly for this purpose by their mercurial instructors. Unbeknownst to them both, this is a game in which only one can be left standing.

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

## Groton Library Upcoming Programs

Storytime Yoga: Summer Series Finale. Fri, July 15 at 4pm. Children ages 3-6 & their caregivers are invited to share a special storytime at our library. Guided yoga poses will be woven into stories, games & activities.

Bookin' Bootcamp: Summer Series. Mondays at 5pm. For kids & teens ages 7 & up. Meet at the library for fun, free, past-paced exercise in the Groton park (rain location = Groton Community Building). Each week will have a different book theme & be led by a certified personal trainer! Meets Mondays from 5-5:45pm: July 18, 25 & Aug. 8, 15 (no Aug. 1).

Animal Athletes. Friday,

July 22 at 1:30pm, Groton Community Building. This interactive program by Southern Vermont Natural History Museum will look at the amazing physical feats some of our local wildlife are able to perform. Artifacts, live animals & more will help us explore these amazing abilities & compare them to the incredible qualities of the human animal. Be ready to move & run for this program! Recommended for ages 6 & up.

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

## Hod Symes To Speak to RHS

The Ryegate Historical Society will hold its summer kickoff meeting on Wednesday, July 13th at 7:00 p.m. at Whitelaw Hall in the village of East Ryegate.

Our speaker will be Hod Symes, who authored the book The Cross-Road: A History of Wells River, Vermont.

Hod, who was raised in Wells River, has done extensive research on the town and will surprise you with facts and maps on the early settlement of Wells River.

Please join us; everyone is welcome to this fascinating lecture!

## Horse Meadow Senior Center

### July 15:

Bone Builders @ 9:30  
Mahjongg @ 10:30  
Food Commodities @ 11:45  
Paper Craft 2 @ 1:00

### July 18:

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

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

### July 19:

Nifty Needlers @ 9:30  
Herb Group @ 10:00

### July 20:

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

### July 21:

Art Class w/ Barb @ 9:00  
Cards w/Jeanne @ 9:30  
Jewelry 2 @ 1:00

### July 22:

Bone Builders @ 9:30  
Mahjongg @ 10:30

### July 25:

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

Tech Time w/Paul @ 1:00  
Decorative Arts 2 @ 1:00

### July 26:

Nifty Needlers @ 9:30  
Glass Painting Class @ 1:00

### July 27:

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

### July 28:

Art Class w/Barb @ 9:00  
Crafts2 @ 1:00

### July 29:

Super Hero Day  
Bone Builders @ 9:30  
Mahjongg @ 10:30

## ServSafe® Food Protection Certification Course

This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants in the ServSafe® training will learn basic food sanitation principles from receiving to serving, improving the quality of food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® certificate as food safety managers.

Jessica Sprague, UNH Cooperative Extension Field Specialist, Food Safety, is a

nationally certified ServSafe® instructor and will be teaching this two-day class on Aug 17th and Aug 18th from 9:00 a.m. to 2:00 p.m. each day at the Grafton County UNH Extension office in North Haverhill, NH.

For more information go to <http://bit.ly/29uC1WI> or call the Grafton County UNHCE office at 787-6944. Seating is limited. Registration must be received at least 2 weeks prior to class.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.



**myFarmersMarket**

Healthy Food, Sustainable Farms, Vibrant Communities

**"The finest in local products"**



OPEN:  
Tuesday thru Saturday 9 to 6  
Sunday 11 to 2



**Just off Rt. 302 on Creamery Road in South Ryegate.**  
*"Just look for the yellow flags"*

## Summer Suppers

at the

### Groton United Methodist Church

Menu Includes

Roasted Meat		Casseroles
Hot dishes		Tossed Salad
Rolls		Pasta/Jell-O Salads
Baked Beans		Pies

*Tasty food made with love!!!*

Thursday nights beginning @ 5:30 in Groton

July 14th, July 21st, July 28th, August 4th & August 11th

**Pay by donation .... Suggested Price \$8.00 Adults, \$5.00 Kids 10 & under**

*Good church cooking for over 50 years now!!!*

**AD SPONSORED BY: POWERS PLUMBING & HEATING**

# North Haverhill FAIR



1299 Dartmouth College Highway,  
North Haverhill, NH 03774

## BE PART OF THE FUN

Join One of These GREAT Competitions  
**WEDNESDAY - SUNDAY**  
**JULY 27, 28, 29, 30 & 31, 2016**  
For full regulations and schedule please check our website at:  
[www.nohaverhillfair.com](http://www.nohaverhillfair.com)

## ART & PHOTOGRAPHY SHOW

Items must be brought to the fairgrounds on Saturday, July 23, 2016 from 4:00pm – 6:30 PM and Sunday July 24, 2016 from 9:00am - 10:30am.  
Go to [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for complete rules & regulations. Brandi Young: [youngsphtography98@gmail.com](mailto:youngsphtography98@gmail.com)

- |                               |               |                                       |
|-------------------------------|---------------|---------------------------------------|
| People/Portraiture            | Livestock     | Architecture                          |
| Wildlife                      | Still Life    | Flowers                               |
| Landscape                     | Photoshopped/ | NEW - Selfie                          |
| Nature                        | Manipulated   | Fair Theme: Country Road Views (2016) |
| Documentary = (tells a story) | Pets / Misc.  |                                       |



## EDITH G. HENSON MEMORIAL FLOWER SHOW

Items must be brought to the fairgrounds on Wed., July 27, 3-6pm, Thu., July 28 3-6pm and on Fri., July 29 from 8:30 – noon  
Go to [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for complete rules. Hannah Leland 603-728-8117 or [hannahleland@gmail.com](mailto:hannahleland@gmail.com)

- |   |   |   |
|---|---|---|
| 1. Bouquet of one (1) variety (no fillers)      | 9. Elegant Picnic Basket Floral Display       | 17. Hanging Plants  |
| 2. Arrangement in your choice of container.     | 10. Table Centerpiece using fresh cut flowers | 18. Plants  |
| 3. Arrangement in a vase                        | 11. Creative arrangement in a seashell        | 19. Ferns   |
| 4. Arrangement in a basket                      | 12. Fairy Garden:                             | 20. Cacti   |
| 5. Arrangement of wildflowers                   | 13. Theme Category: "Country Road Views"      | 21. Herbs   |
| 6. Arrangement in a pitcher                     | 14. Exhibit of one (1) annual in a vase.      | 22. Window Boxes  |
| 7. Miniature under 3" high                      | 15. Exhibit of one (1) perennial in a vase.   | 23. Gay Morse Memorial Class: Creative display of live plants in a planter. |
| 8. Patriotic arrangement of red, white and blue | 16. Arrangement of silk flowers               |   |



## ARTS, CRAFTS AND COLLECTIONS

Items must be brought to the fairgrounds on Saturday, July 23 from 1:00 to 7:00 pm  
Go to [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for complete rules. Jane Oakes 603-272-4928.



- |  |                                     |   |
|--|-------------------------------------|---|
| Class I Quilts and Spreads:<br>72"x96" or larger         | Class VI Household Items            | Class XIV Pictures –<br>Needlework must be framed |
| Class II Quilts and Spreads:<br>60"x84" or larger        | Class VII Crocheting                | Class XV Ceramics                                 |
| Class III Any other quilt smaller than 60"x84"           | Class VIII Knitting                 | Class XVI Leaded Stained Glass                    |
| Class IV Wall Hangings                                   | Class IX Rugs                       | Class XVII Miscellaneous Decorations              |
| Class V Embroidered Articles,<br>not pillows or pictures | Class X Decorative Painting         | Class XVIII Holiday Decorations                   |
|  | Class XI Pillows, 9" square or over | Class XIX Afghans - 54" or longer                 |
|  | Class XII Handmade Wooden Articles  | Class XX Miscellaneous                            |
|  | Class XIII Stuffed Dolls & Animals  |   |

### Kiddie Tractor Pull

Sponsored By: **Undercover Tents**  
**Saturday,**  
**July 30 • 3 pm**  
**Kennedy Arena**  
Prizes for All Participants  
**Debbie Bigelow •**  
**603-787-6524**



### Little Miss Fair Queen

Sponsored By:  
**Coventry**  
**Log Homes**  
**Girls aged 6 to 12**  
Deadline for entry: Friday, July 22, 2016  
**Amy Crocker • 603-787-2566**



### King Arthur Baking Contest

**Thursday, July 28**  
Drop Off Wednesday, July 27  
**Junior & Adult Classes**  
Recipe Must Be Followed Exactly  
Entry Form Can Be Found At:  
**WWW.NOHAVERHILLFAIR.COM**



### Kiddie Parade

Sponsored By: **Wal-Mart**  
**Saturday,**  
**July 30 • 1pm**  
**Adventure Tent**  
Prizes for All Participants  
**Debbie Bigelow •**  
**603-787-6524**



### Power Wheels Demolition Derby

**Children aged 3 to 9**  
**Friday, July 29**  
**McDanolds Arena**  
Before 4 Cylinder Demolition Derby  
**David Aldrich • 603-747-8070**  
**or 603-787-6791 - Work**

### North Haverhill's Got Talent

Sponsored By: **Dead River Oil Co.**  
**Thursday, July 28**  
6 pm Preliminary Round \* 8:30 pm Final Round  
**Thayer Stage**  
Cash Prizes for Top 3 Contestants  
**Don Vogt • 603-787-9992**  
Deadline to Entry: Saturday, July 23

# Newbury Historical Society Summer Program Starts

"The St. Albans Raid in the Civil War" will be the first of three programs sponsored by Newbury Historical Society this summer.

The St. Albans Raid was a major event during the Civil War but many people including many Vermonters and area residents do not know about it. It was a Confederate attack on the railroad center of St. Albans in 1864 but it was not a battle and troops didn't descend upon the city. The raid was an attempt by Confederacy to divert President Abraham Lincoln's attention from the battles in the South to the Canadian border. St. Albans was chosen as the first of many but in the end it was the only one. Twenty-one Confederate soldiers who had escaped Union prisons planned the infiltration of the northern Vermont town and took the town hostage and robbing its banks.

Local author Michelle Sherburne will present the program on July 24th at 2:00pm on Sunday July 24th at the First Congregational Church in Newbury, at 4915 Main St. (Route 5). Light refreshments will be served. The program is free and open to the public.

The talk based on Sherburne's book "St. Albans Raid: Confederate Attack on Vermont", was published in September 2014, the week of the St. Albans 150th four-day celebration commemorating the Raid. In 2015, she was featured as the historian expert on the Travel Channel's "Mysteries at the Museum" show that featured a segment on the St. Albans Raid.

She lectures about the Raid around Vermont and New Hampshire as well as working in area schools to teach children about the Civil War.

In addition to this book, Sherburne has published two books on the Underground Railroad -In 2013 "Abolition and the Underground Railroad in Vermont" was released and this past January, "Slavery and the Underground Railroad in New Hampshire." was released.

She also co-edited with the Peacham Historical Association, "A Vermont Hill Town in the Civil War: Peacham's Story."

Sherburne works as the production manager for the Journal Opinion in Bradford and lives in Newbury with her husband.

The second Newbury Historical Society Program co-sponsored with the Ryegate Historical Society will be the '38 Hurricane by Steve Long on August 18th at 7:pm at the Wells River Congregational Church. Steve Taylor will present the third program "The Poor Houses and Town Farms: The Hard Row for Paupers" on September 11th at 2:00pm at the West Newbury Congregational Church.

**Barnies Greenhouse**  
Next to Barnies Market  
RT. 2, CONCORD, VT

*Hanging Baskets  
Vegetable Plants  
Annuals  
Some Perennials*



OPEN DAILY 4-6 /SAT & SUN 8-6

# Littleton Food Co-op Partners with Copper Cannon Camp

Littleton, N.H.—The Littleton Food Co-op is thrilled to partner with Copper Cannon Camp in Franconia, New Hampshire to raise funds and create community connections and awareness during the month of July. The mission of Copper Cannon Camp is to enrich the lives of under-served youth of New Hampshire by providing a quality, tuition-free camp experience.

From the Copper Cannon Camp website:

"The story of Copper Cannon Camp is about giving back. The founder of Copper Cannon Camp, Hamilton Ford, overcame an underprivileged childhood of his own. When he was young, Ham received the opportunity to go to a summer camp, just as children at Copper Cannon Camp get to do today. While he was attending the camp for families, Ham noticed several things that had a permanent impact on his life. He said that while he and his family were at camp, it was the first time he saw his mother truly smile. Also, it was the first time he knew for sure he would receive three proper meals a day, every day. Finally, the camp

experience was one of the most fun, educational and impactful times of his young life, and he decided that every kid deserved the same experience.

Ham decided that if he ever was able to, he would pay the experience forward and give back for what he had received as a child. Years later, in 1963, he finally got that opportunity. Ham had a ski lodge and started bringing in children from local orphanages during the summer months to provide them with a summer camp experience. That random act of kindness quickly grew into an established organization.

In 1976, the organization moved from its location south of Franconia to its present location, a 128-acre plot of land next to the White Mountain National Forest.

The mission has always remained the same. Copper Cannon is the only camp in New Hampshire to provide a completely free traditional summer camp experience to all children who deserve it."

As the Littleton Food Co-op's Partner of the Month, Copper Cannon Camp will receive all donations collected at the checkout canisters

and \$1 from every pizza sold during Pizza for Partners Friday nights through the month. The Co-op recently upgraded the check out process so customers paying with a credit or debit card may round up their purchases in our Pennies for Partners campaign to benefit the partner of the month.

For more information about the camp visit [www.coppercannoncamp.org](http://www.coppercannoncamp.org).

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 8 a.m.-8 p.m. All are welcome to shop the Co-op, member or not. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com), call 603-444-2800 or just stop by!

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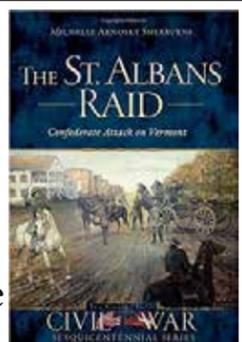
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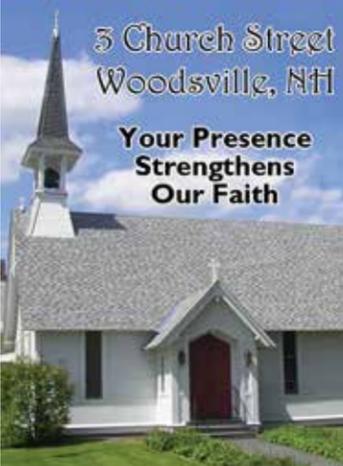
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# Cohase July Tour Showcases Area Gardens

The Cohase Chamber of Commerce is pleased to invite you to its 5th Annual Garden Tour in the "upper Upper Valley" towns of West Fairlee, Bradford, Fairlee and Orford. This year the event has changed from its previous Sunday afternoon time frame to a Saturday tour, and from mid-June to mid-July! The 2016 Garden Tour will take place on Saturday, July 16th from 11AM-3:30PM, with maps, directions, and garden-related discount coupons available starting at 10:45 at the Fairlee Town Common, rain or shine! Tickets are \$20 per person, and include Afternoon Tea, available from 1:00-3:00 and hosted this year at Ariana's Restaurant in Orford, NH. Light refreshments and beverages will be available while visiting the large kitchen gardens on the restaurant's property, which provide fresh herbs and produce to Ariana's chef, Martin Murphy, throughout the growing season.

Also on tap this year- visit the peaceful gardens surrounding an old 1787 Federal homestead in a quintessential Vermont country setting. Located on a quiet dirt road not far from Lake Fairlee, this property has been beautifully maintained for nearly 230 years! Featuring a collection of hostas, a shade garden, many perennials, interesting trees and shrubs, and charming rock gardens, you may choose to wander down to the pond as well, and enjoy the picturesque setting at your leisure. Another property of interest is a charming English cottage-style garden

with much personality and colorful plantings! A wooden cart full of petunias catches your attention as you drive in, and is perfect for the rural, farm location of this garden. Nearby is a new home and garden with lovely long-range views of the hills and river from their property high above the valley. Though the gardens are new, they have been thoughtfully designed and planted by the owners, who have a landscaping business background. A pretty white birch arbor and a beautifully carved wildlife



totem pole add personal touches to the neat and tidy perennial gardens around the house. The gardeners of all these wonderful properties will be available to answer questions and chat about their efforts at each stop.

Two other interesting stops this year are unusual garden offerings- the Three Sisters Vineyard is high on a hill in Bradford and has recently started producing wine from their vines, planted nearly a dozen years ago. Your admission to this year's tour allows you a visit to see the lush vineyard,

learn about this venture, and have a sample of their delicious wine! The hilltop setting provides beautiful views of the rolling hills of Vermont too! Another fun stop will be the local commercial flower-growers whose pretty flowers you often see at local markets, such as the Co-Op. This farm along Rt 10 in Orford has greenhouses, barns and impressive acres of field-grown annuals they use as cutting gardens to admire. Cottonstone is conveniently located near our final stop on the Tour- the old

brick farmhouse on the former Bunten Farm in Orford, now serving as Ariana's Restaurant. Chef Martin will provide a few snacks to enjoy for afternoon tea, as you peruse his extensive veggie and herb gardens.

This year's tour is made possible through the generous contributions of Wells River Savings Bank, Odell Insurance, North Country

Organics, North Haverhill Agway, Blackmount Equipment, Garden House Studio, EC Brown's Nursery, DD Country Supply and Ariana's Restaurant.

For more information checkout the Chamber's website, [www.cohase.org](http://www.cohase.org), or call Anne Dall at 603-353-4620, or email at [adall@yahoo.com](mailto:adall@yahoo.com).

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<b>2013 Chevy K1500</b> \$27,540 \$433.51 A MONTH #25253A, Z71, Xcab, 5.3L, All-star, App pack, Leveled, 18's, Low miles	<b>2013 Chevy K2500</b> \$27,275 \$429.36 A MONTH #36029A, Z71, Crew, 6.0L, Leather, Tow, Nice	<b>2015 Chevy Colorado</b> \$29,982 \$426.12 A MONTH #36169A, Z71, Crew, 3.6L, Heated Leather, Tow

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5th Annual Cohase Chamber of Commerce

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## Haverhill Historical Society to Sponsor Appalachian Trail Program

Haverhill, NH — The Haverhill Historical Society will sponsor a presentation by Dylan and Russ Wilcox called "Turning Eleven on the Appalachian Trail," the Society has announced. The program will be held at Alumni Hall in Haverhill Corner on Tuesday, July 26 at 7:00 PM. It will be free and open to the public.

Woodsville residents Dylan Wilcox and her father Russ began hiking the Appalachian Trail on April 1, 2015 and finished on November 24 in time to be home for Thanksgiving. The pair hiked the trail in sections over that period to allow time for Dylan to return periodically to her fifth grade studies. They celebrated her eleventh birthday with a whitewater rafting trip on Maine's Kennebec River. The pair will discuss their experiences and the people

they met along the Trail.

Dylan (Trail name: "Baby Blue") and Russ ("Desolation Row") pursued a "flip flop" hike, starting at Trapper John shelter in Lyme, New Hampshire, traveling south to Bear Mountain in New York, returning to Moosilauke to complete the leg to Mount Katahdin in Maine, and finally, resuming the southbound trek from Bear Mountain to the Trail's end in Georgia.

This presentation is one of a series of summer programs sponsored by the Historical Society. The next program will feature Allen V. Koop discussing the World War II German POW camp in Stark, New Hampshire. That program is scheduled for Tuesday, August 30.

The Haverhill Historical Society is on-line at <http://HaverhillHistoricalSociety.blogspot.com>

## MARCUS RICHARD SMITH - OBITUARY

Wells River, VT- Marcus Richard Smith, 34, passed away on Tuesday, July 5, 2016 in Groton, VT.

He was born to Craig R. Smith and Terri Blodgett in Haverhill, NH on July 25, 1981.

Marcus graduated from Woodsville High School. He was a self employed mechanic. Marcus loved spending time with his children, fishing, and snowplowing with his dad, 4-wheeling, and mudding at Goss's Mud Bog. He will be remembered for his warm and genuine smile, and for harassing his siblings.

Marcus had three beautiful children with his long-time girlfriend Danielle Burroughs.

Marcus is survived by his children Ethan Francis Smith, Fallon Devon Smith, and Ryan Marcus Smith; his father, Craig R. Smith

of Wells River, VT; his sisters, Crystal R. Smith and wife Tammy of Enfield, NH, and Kimberly R. Crawford of Woodsville, NH; his brothers, Craig J. Smith of Deltona, FL, Todd Blodgett and Charlene of West Fairlee, VT, and Shane W. Crawford of Manchester, NH; nieces and nephews, Trevor, Andrea, Kera, Kaleb, Olivia, Shania, Sebastian, Kaylee, and Bailey; his grandparents Frank and Jacqueline Smith of Canaan, NH, his aunts and uncles, Deanna Smith of Canaan, NH and her two children Joe and Samantha, Jenn Hobbs and her husband John of Canaan, NH and their three children Cory, Caleb, and Connor, Denise Smith-Brooks and her husband Galon Brooks of Woodsville, NH and their three children Tommy, Billy Joe, and Stacy; and many loving friends.



A celebration of Marcus's life will be on Saturday, July 16th at 1 PM, at his dad's home at 1938 Route 302, Wells River, VT.

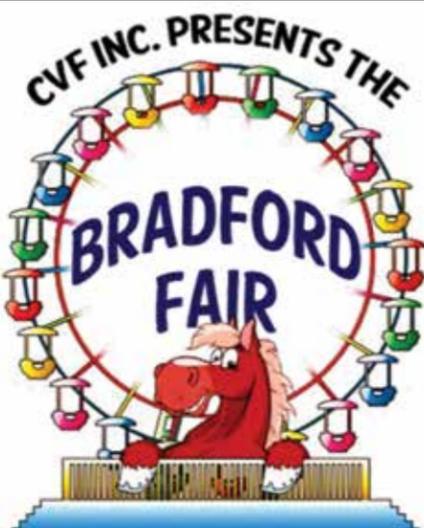
For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

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

July 12, 2016

Volume 7 Number 20



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## Act Today to Avoid Financial Regrets Tomorrow

"Regrets? I've had a few." – Frank Sinatra.

Mr. Sinatra, one of the most famous entertainers of the 20th century, did things his way, but he was also familiar with remorse. He's not alone, of course. We all deal with regrets – and financial ones are among the most troublesome.

Here are the leading financial regrets, according to a recent survey by Bankrate.com, along with some suggestions for avoiding them:

- Not saving for retirement early enough – This was the top regret expressed by survey respondents. Saving and investing early for retirement offers you two key benefits. First, the more time you give growth-oriented investments, the greater their growth potential. And second, by saving and investing for retirement early in your career, you will likely need to put away less money each year than

you would if you waited until, say, your 40s or 50s. So, if you aren't already doing so, contribute as much as you can afford to your IRA

and your 401(k) or similar employer-sponsored plan. And increase your contributions every time your salary rises.

- Not saving enough for emergency expenses – You can't plan for all expenses. Your furnace might die, your car may need a major repair, you may incur a sizable doctor's bill – the list goes on and on. If you don't have the money available to meet these costs, you might be forced to dip into your long-term investments. That's why it's important to maintain an emergency fund, containing three to six months' worth of living expenses, in a liquid, low-risk account.

- Taking on too much credit card debt – If you don't overuse your credit cards, they can be handy and helpful, in many ways. Try to keep a lid on your credit card debt, keeping in mind that your debt payments reduce the amount of money you have available to invest for your long-term goals, such as a comfortable retirement.

- Not saving enough for children's education – This may be perhaps the most difficult regret to address – after all, it's not easy to save for your own retirement and

simultaneously put money away for your children's college educations. However, if you can afford to save for college, try to do so in as advantageous a manner as possible.

- Buying a bigger house than you can afford – If you tie up too much money in mortgage payments, you will have less to contribute to your various retirement accounts. And while home equity certainly has some value, it generally does not provide you with the same liquidity – and probably not the same potential for growth and income – as an investment portfolio that's appropriate for your needs and risk tolerance. So, think carefully before purchasing that big house – you might be better served by scaling down your home ownership and ramping up your investments.

You can't avoid all the doubts and misgivings you'll encounter at various stages of your life. But if you can reduce those regrets associated with your finances, you could well increase your satisfaction during your retirement years.

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



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ABOVE THE NOTCH  
HUMANE SOCIETY

## Sleeping Sentinel Concert Scheduled with Banjo Dan!

Concert Salutes Anniversary of "Sleeping Sentinel" of Groton

Groton Vermont: The Groton Historical Society along with the Groton Free Public Library and the Groton Recreation Committee are excited to announce the "Sleeping Sentinel Concert" performed by renowned musician Banjo Dan on Saturday, September 3 at 5:30 PM at the Veterans Memo-

rial Park in Groton Center. The concert is free and open to everyone.

The concert is in celebration of our local history and in recognition of the 155th anniversary of Groton native Private William Scott's ("The Sleeping Sentinel") famous pardon by President Abraham Lincoln. The concert will feature not only great music but also a Sleeping Sentinel Trivia Contest with prizes, a cider press demonstration by Artesano Meadery as well as delicious refreshments.

Banjo Dan is a Vermont-based musician known for his work with the Mid-nite Plowboys and the Sky Blue Boys as well as his commitment to documenting Vermont history through song. This concert will feature songs from Banjo Dan's new "Sleeping Sentinel" album as well as other tunes highlighting Vermont and local history. "The Sleep-

ing Sentinel" album is the fourth and final volume of Banjo Dan's "Songs of Vermont." The centerpiece is a ten-part suite of songs and tunes relating to Vermont's role in the Civil War and especially the remarkable story of Private William Scott of Groton, Vermont, the Civil War soldier who fell asleep on sentry duty, was arrested and court-martialed, sentenced to death by firing squad, pardoned at the last minute by President Lincoln, and went on to die a hero's death in battle. Additional songs recall the tragic tale of the Ascutney farmer who resisted the building of the Interstate highway through his homestead, the "Big Bang" of Berlin, growing up in St. Albans in the 1950s, and much more. Many of these songs will be featured at this concert with a spotlight on Groton's own Sleeping Sentinel.

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## Letter To The Editor

To The Editor,

The Democrats are having a sit in for gun control. They want to control my ability to defend myself, my family and property.

There was a terrorist attack in Orlando. He, like all terrorists, wanted to kill, maim and hurt as many people as possible. He bought the guns and ammunition legally.

Does anybody think that a law against buying a certain gun would have stopped him? Would he have bought a less lethal gun? NO!

He would have bought them illegally, leaving we law abiding citizens without the same protection.

Does anyone think that someone who is intent on murdering people (we do have a law against that), would stop at not committing another law?

Terrorists will use anything to kill and hurt as many people as they can. I can hide from a terrorist with a gun. I can run. If they use a bomb, I would be in a worse situation.

Do you think they might use something more devastating. In the past they have used guns, bombs, machetes, cars, and yes... even planes.

Hillary, Obama... they have security to protect them. When the secret service puts their guns away, then they can talk to me about my guns.

I do not own a gun presently. I have a security system in my home as there was an attempted break in.

I have a license to carry and will be taking gun safety classes before buying a gun. I plan on buying a shotgun, a hand gun and a rifle. I have the right to protect myself. The constitution gives me that right and I am not going to let the federal government take that away from me.

Wealthy can have security who carry guns, but law abiding citizens should not have them. Charlie Rangel said he and Congress deserve the right to have a protection. What makes the rich allowed to have protec-

Linda,

You have brought up many issues. Let me try to respond to a couple.

I also do not currently own a gun. However, I feel that I have every right to own one if I so choose. I strongly believe that before I buy a firearm, however, a background check should be done, and I should prove that I know how to handle the weapon I am buying.

There is no question that those who wish to break the law, will find a way to do so.

Regarding radicalized terrorists, it can be

tion and not us regular citizens? What makes our representatives in Washington DC think they are better than us?

A few months ago, the police chief of Washington D.C. said in terrorist situations, people need to be able to protect themselves. There was an uproar. Police may take time to get to the situation. In the minutes for the police to get there many people will be killed or hurt.

We need classes to protect ourselves. The Laconia police had a class. But we need more. The state is going to give NH state employees classes to protect themselves in these situations.

I want to be able to attend that class.

In Orlando, people hid in the rest rooms. The terrorist went in there. We need to learn how to prevent someone from coming in a door with no lock. I was told fire extinguishers are great to protect. I want to be shown. We need this ingrained in our brains so if this happens, we do not need to think, we can react correctly to protect ourselves and others.

But what is most important is that law abiding citizens should be able to carry a gun. These mass shootings were in gun free zones. There was one off duty police officer that tried. But he was alone. Do you think if there were more law abiding citizens, there would have been so many deaths and injuries?

When the no fly list started there were 400 people and now there are over 7 thousand. Senator Ted Kennedy was on the list and it took him 6 months to get off. A citizen would have to pay legal fees to get off the list. About 1 thousand Americans are on the list. A law abiding citizen should not have to pay legal fees to get off a list he does not belong on to buy a gun.

Both the watch list and no fly list are government lists. I do not think the names on it are public. Do you want the government to have lists that will define

what we can do and we have no access to it? We have no idea if we are on the list.

The federal government wants to let in people from terrorist countries and they cannot guarantee that they are not terrorists, yet they want to try to keep guns from Americans.

The Terrorist watch list has over 70 thousand names on it. How many innocent Americans are on it?

Why do the feds want to prevent innocent Americans from buying guns and yet let in terrorists?

Why are our borders so porous? Why is the person who tried to shoot Trump, from Europe and he overstayed his visa?

Drug dealers are arrested with guns that the serial numbers are taken off. There is a federal law against possessing these guns. But what does the federal prosecutors do? They make a deal with the drug dealers and the gun possession is not part of the prosecution and the dealers agree to possession and sale. Saves on court trials. Then when the government wants to let people out of prison, there is nothing mentioned about guns so it is not a violent crime and they are let out early. What a scam?

Take away guns from legal and law abiding citizens and drug lords get a free ride with illegal guns...

The liberals change the subject. A terrorist killed and injured many. Stop the terrorists. Stop them coming into the country. Stop Americans from becoming militant in some of these mosques.

The Orlando terrorist was friendly with a suicide bomber who went to Syria to ignite the bomb and kill.

Most mosques have law abiding citizens, but some are radical and need to be watched.

So typical of the liberals to change the subject from what really is the problem.

Linda Riley  
Meredith, NH

very difficult to identify all who fall into that category. I do not know the statistics, but I do know that this country has seen many "home grown" radicals, as well as those who have recently immigrated to this country. I believe that our immigration policies are in need of an overhaul. We need to allow in those who have a good reason to be here, and to keep out, when possible, those who wish to do us harm.

The bottom line, to me, is this. Guns do not kill people, people kill people.

Gary Scruton, Editor

## Letter To The Editor

To the editor,

You've heard the expression, "until you walk in my shoes." Before you take your dog for walk on a hot day, take off your shoes, and walk a mile on the hot pavement. If it hurts/burns your feet it well certainly burn your dog's paws. It would be better to leave it at home, in its own backyard on some cool grass to lay around on. Maybe even a kiddie pool or sprinkler, for it to run through. Or inside.

Remember don't leave your pet outside on a hot or freezing day or inside a car while you're inside a store shopping. Make sure they have plenty of water and

shelter.

There are a lot of don'ts to own a pet. First of all remember when you get them it will be "expensive" through their lives. Ticks are here, check your pet often. Medicate. Remember, they're small when you get them, but they will grow up. Some will be "BIG". They are great companions and always happy to see you. You, be happy to see them as well.

They are like a small child, take care of them. Be safe and keep your pet safe as well, enjoy your Summer.

Nancy Leclerc  
N. Woodstock, NH

Nancy,

You make some very good points here. Let me mention one more. When you are going to a public gathering, like a concert, fair or amusement park, be sure to check ahead and see if pets are allowed on the grounds. Many such venues do not allow pets on the grounds, and if you have brought your pet with you, you will need to choose between not going yourself, or leaving your pet in the car. Neither of those are what you intended when you left home. So take an extra minute to check things out and be prepared.

I also recently read that a new law allows for a passerby to forceably open a locked vehicle in order to rescue a child or pet that is in danger. Of course there are specific steps to go through in order to take this step. First and foremost be sure to contact authorities before doing it yourself.

Gary Scruton, Editor



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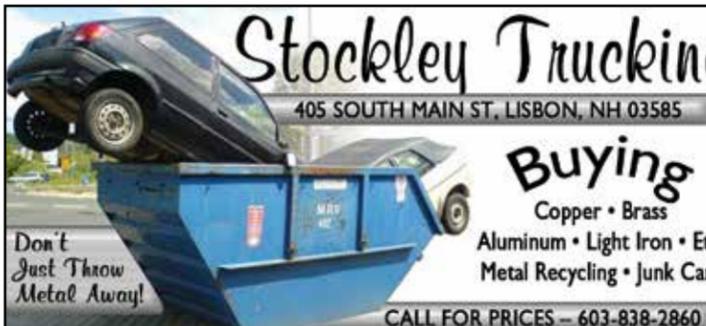
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# A Walk in the Woods - Looking for Warblers and Other Birds

By Jim Frohn,  
Grafton County Forester



I recently joined a group of foresters, biologists, conservation commission members, and others on a walk in the woods for a workshop called Forest Management with Birds in Mind to discuss forest management practices and their effects on songbird habitat.

We joined Len Reitsma on his family's Reitsma American Tree Farm in Canaan, NH for the walk. Len teaches Environmental Biology at Plymouth State University, and for the past year, he has been working with conservation biologist Dan Lambert and Environmental Biology students as well as foresters and wildlife biologists to develop forest management guidelines for some of the Northeast's Species of Greatest Con-

servation Need (SGCN). Of particular interest to Len is the Canada warbler, one of the SGCN bird species.

In order to study the effects of timber harvesting practices on bird community diversity, a timber harvest was conducted on the Reitsma family's land in March 2012. The harvest involved a series of 15 group and patch cuts, ranging from 1/2 acre to 3 to 4 acres in size. Within each group or patch, most or all of the trees were removed in order to open the canopy and stimulate the germination, sprouting, and growth of tree seedlings, grasses, forbs, and shrubs. Scattered live trees left standing in the patches are used by Canada warblers for singing perches. In between patches, either light thinning was done or the area was left alone.

The limbs and tops of trees were treated differently in the patches as well. Some patch cuts had the entire tree removed, in others some of the trees were topped in the patch, and in some others the branches were brought back to the patch with the logging machinery and piled.

In order to monitor the effects of the harvest practices, point counts were taken before and after the harvest. Point counts involve estab-

lishing a series of points on the ground in the woods; then at each point an observer who is well-versed in bird identification by sight and song stops for 10 minutes and records all birds seen and heard. Comparing the pre-harvest to post-harvest counts, the effect of the group and patch harvest was an overall increase in bird species diversity, with no negative impact on bird species that are associated with forest interiors. Counts done in May and June during the same year as the March harvest were already starting to show increases in the number of species; counts done a year later showed an even greater increase. Prior to the harvest, Canada warblers were not present in the forest, or their numbers were very low; after the harvest their numbers increased. Other species that increased as a result of the patch cuts include the magnolia warbler, Nashville warbler, verry, black and white warbler, and several others.

The most exciting part of our walk was the chance to observe some of these songbirds up close. One of Len's grad students was monitoring a mist net set up nearby. Birds that were caught in the net were promptly removed with no injury to the bird. Three birds captured during our visit were a magnolia warbler, a Canada warbler, and a black-throated green warbler, which we got to observe up close, and some of us even got a chance to hold them. Mist nets are a tool used by researchers to capture birds for population and health monitoring. Captured birds are often affixed with small bands around their leg

so that researchers can keep track of them over time. Len told us about one particular warbler that was first banded nine years ago, and has returned to the same spot in the forest year after year. And these birds are travelling all the way from Central and South America! It's amazing to think that they can travel all that distance and find the same spot year after year.

Another thing we learned at the workshop is that a variety of birds use a variety of habitats in the forest. Differences in forest habitats involve tree species composition, size classes (seedling, sapling, poletimber, etc.). Some birds use freshly cleared areas, some use seedling and sapling stands, some use pole timber, and some use mature sawtimber size stands. Most species use more than one type of habitat in the forest, rather than depend strictly on one type. The Canada warbler, for example, uses hardwood forest types that range from sapling size to poletimber size. Some birds have narrower habitat niches, such as the olive sided flycatcher, which prefers recent clearcuts and seedling size stands. The white throated sparrow, on the other hand, uses a wide band of forested habitats, from freshly cleared openings to poletimber stands that are around 20 years old. Even birds that are more abundant in older forests, such as the ovenbird and the red-eyed vireo, also use younger forests.

A take home message for me was that in order to maintain a variety of forest bird species on the land-



scape, there needs to be a variety of forest habitats. As mentioned in last month's article, many of the "natural" disturbance patterns that existed on the landscape are no longer as prevalent as they once were or they are non-existent today, so it is up to us to create these habitats where appropriate and needed. Since harvesting trees is the chief means of creating these habitats, it is important for there to be strong markets for forest products. The harvest that created habitat for the Canada warbler and increased the overall diversity of songbirds on the property also produced sawlogs for lumber, pulpwood for paper, firewood for home heating, and chipwood for generating electricity. The next time you see a truckload of logs travelling on the road, it is likely that the harvesting of those trees created habitat that will support a wide range of species, while at the same time providing a livelihood for local people and raw materials for society. Planning and coordination between landowners, foresters, biologists, and loggers results in positive outcomes for people and wildlife.

## White Mountain Garden Club announces It's 2016 Garden Tour

The White Mountain Garden Club Garden Tour will take place on Saturday, July 23, 2016 from 10:00 Am to 3:00 PM. There are eight gardens on the tour spread among Littleton, Bethlehem, Franconia, Sugar Hill and Whitefield. Tickets for the tour are \$10.00 each until the day of the tour. On that day they will be \$15.00 each. Three raffle prizes will be available. They include a lovely, original watercolor painting entitled Summer View contributed by Susan Retz. Two additional prizes are garden trugs each containing garden gloves and tools. Raffle tickets are \$1.00 per ticket or six for \$5.00.

Tickets for the tour and raffle will be on sale at the following locations: WREN in Bethlehem until July 22nd; Littleton Coop, July 9 & 16 from 10:00 Am to 2:00 PM; The Nest Gift Shop, Main Street, Littleton on July 8th for Littleton's 2nd Friday Celebration from 5:00 PM to 8:00 PM. On the day of the tour, July 23rd, tickets will be available at the Franconia Town Hall porch and at the Whitefield Common from 9:30 to 11:00 AM, where all brochures will be distributed with directions to the gardens. All funds raised by the White Mountain Garden Club Tour will be donated to support local charities.

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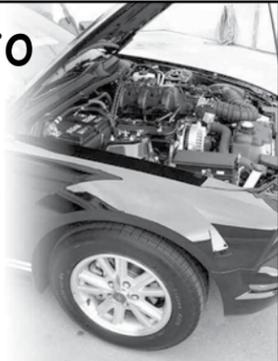
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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



# TRENDY TIMES

A FREE PUBLICATION

Volume 7 Number 20  
July 12, 2016  
Not all Times are Trendy, but there will always be Trendy Times

## Local Student Saves Haverhill Taxpayers Over \$16K

On Sunday, July 5, 2016, Raymond Dube received his high school diploma from North Country Charter Academy (NCCA) in Littleton, NH. Raymond was originally due to graduate in June of 2017, but transferred to NCCA in September of 2016 from Woodsville High School. At NCCA students are allowed to work at their own pace. Because of this unique aspect, Raymond completed 2 years of traditional high school instruction in one year, thus saving Haverhill tax payers a year of tuition, currently over \$15,000 per student.

Raymond completed his course of studies with honor roll grades. He has been accepted into the Automom-



otive Technology Program at White Mountain Community College, scoring highly on the Accuplacer test. He will begin classes in the Fall & will continue to apprentice at Flatlander Foreign Auto in Haverhill, NH.

## Whitney Announces Run For Grafton County Commissioner

Stephen Whitney has announced his candidacy for the Republican Nomination of Grafton County Commissioner, District 2.

My purpose in running for Grafton County Commissioner is to serve the county in a fiscally conservative manner, while ensuring that residents are able to access needed social services and programs.

Until my retirement I served as a correctional officer for over 25 years for the Grafton County Department of Corrections. During that time I was a member of the Grafton County Employee Council where I participated in negotiations with the County Commissioners on employee related issues and

gained an in- depth knowledge of County government departments.

As coordinator of Operation Impact, a youth diversion program conducted in the jail and schools throughout Grafton County with inmate speakers who talked about the consequences of their actions, we made over two thousand presentations and thousands of young people participated in the program. My work in this program as well as being a lifelong resident of Bath, gave me first hand knowledge of issues facing communities in Grafton County.

I live in Bath with my wife Teresa and graduated from Plymouth State in 1976 with a BS degree in Busi-

ness Administration. I am a member of the Bath Zoning Board, Bath Cemetery Commission, Bath Budget Committee, Friends of the Bath Public Library, Haverhill Area Substance Misuse Prevention Coalition, Incorporator of Cottage Hospital, member of Mt. Cube Masonic Lodge in Orford, NH. and past member of the NH Advisory Group on Juvenile Justice and former trustee of the Bath Town Trustee funds. I am a volunteer at the Grafton County Nursing Home, and volunteer driver for Meals On Wheels at the Horsemeadow Senior Center in North Haverhill.

I can be reached by email at [Whitney4graftoncomm@hotmail.com](mailto:Whitney4graftoncomm@hotmail.com).

## Gubernatorial Candidate Forrester to Host Annual Complimentary Ice Cream Social

Sen. Jeanie Forrester, R-Meredith, and candidate for Governor, will host an ice cream social at the Horse Meadow Senior Center on Wednesday, July 27th immediately following lunch.

"I'm pleased to host this ice cream social at Horse Meadow Senior Center.

For six years I've held this annual event to provide an opportunity for constituents to share their thoughts with me.

As a Gubernatorial candidate, I want to continue that practice and share with folks why I've decided to run for Governor and answer ques-

tions they may have. It's a great way to be accessible, answer questions or concerns, and have some ice cream," said Forrester.

The ice cream social is free and open to the public. RSVP's are appreciated by email at [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com) or 279.1459.

## Bronson Hill Nature Walk Wednesday, July 20th

SUGAR HILL – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk on conservation land in Sugar Hill on Wednesday, July 20th from 3:00-6:00 p.m. The public is invited to this free program to learn all about trees, flowers, ferns, wildlife, and the history of the land.

The Bronson Hill nature walk will introduce participants to 320 acres of land conserved by ACT through the generosity of several local families. The Foss Forest, MacCornack-Evelyn Forest, and Bronson Hill Conservation Area form a significant unfragmented tract of forest that is home to wildlife and features splendid views of Franconia Notch. Trails on the properties are open year-round for enjoyment by the public.

This is the second in a series of five nature walks this summer on local lands that ACT has conserved. The walks take place every other Wednesday from 3:00-6:00 p.m. All programs meet at the ACT office at 729 Main Street in Franconia, and the group will carpool to a different site each week.

The summer nature walk series is led by ACT's Direc-

tor of Education & Outreach Liz Wyman and volunteer Linda Moore, who will teach participants about plants and wildlife. There will also be special guest hosts who have been involved in the conservation and management of each property.

"This is a unique opportunity for people to explore the beautiful conservation lands in our area and learn about the natural and cultural history of our region," said Wyman. She has previously taught field courses on natural history and ecology at White Mountains Community College and the Community College of Vermont.

Participants of all ages are welcome. All walks will be at a slow to moderate pace with many stops to observe and enjoy nature.

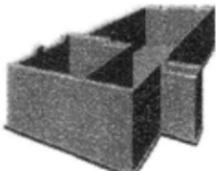
Recommended gear includes long pants, boots or

sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guide books and binoculars are optional for those who want to learn and see more.

The full schedule of nature walks includes Whipple Field on July 6, Bronson Hill on July 20, the Crocker Preserve on August 3, the Gale Forest on August 17, and Cooley-Jericho Community Forest on August 31.

For details on each hike, please visit [www.aconservationtrust.org/education-events](http://www.aconservationtrust.org/education-events).

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at [www.aconservationtrust.org](http://www.aconservationtrust.org) or call (603) 823-7777.



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# Prepare Ye for GODSPELL!

After a whirlwind opening to our 30th season with the hilarious hit, *Leading Ladies*, Jean's Playhouse is thrilled to announce the upcoming unveiling of our second show this season, *GODSPELL*, presented by our professional Papermill Theatre Company!

*Godspell*, an eclectic blend of songs- including international hit "Day by Day"- is employed to bring Jesus's messages of kindness, tolerance, and love vibrantly to life. The entire production consists of parables from the Gospel According to Matthew set to music, as Jesus Christ recruits a band of followers to teach valuable lessons through song and dance. This vibrant musical by Stephen Schwartz and John-Michael Tebelak opens July 14th and runs Tuesday, Thursday, Friday, and Saturday at 7:30 pm through July 30th. Two Wednesday matinee performances will take place at 2 pm on July 20th and 27th. More information on *Godspell* can be found on our website!

Stay tuned for the rest of our mainstage performances this season! Avenue Q: opens August 4th-20th; *Altar Boyz*: August 25th – September 10th; *Steel Magnolias*: September 22nd – Oct 1st; and the fall season closes 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. Specialty packages including the "NH Resident Friday Night Package", "Six Play Package", and the "3fer Matinee Package" are being sold through June 30th, so solidify your deal today while they are still available! Call the Box Office at 603-745-2141 to make your reservation!

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](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

# Zucchini and Summer Squash

By Heather Bryant,  
Regional Field Specialist,  
Food and Agriculture



I had my first seasonal meal of zucchini last week. For me, zucchini and summer squash are a sign that summer is firmly here and a wider variety of seasonal produce is on the way. Smaller farm stands start to open up at this time of year and farmers' markets seem to really start hopping.

Zucchini and summer squash are also pretty versatile. I like to add them to pasta and tomato sauce dishes. They're also good boiled or steamed with onions and black pepper. Then there's stir fry, zucchini parmesan, baked with a little cheese, grilled on the barbecue, veggies and dip, and of course who doesn't like zucchini bread especially if you add chocolate. Some people will tell you that certain varieties are better in certain dishes, I focus more on the stage of ripeness.

For most dishes, zucchini and summer squash are best harvested when the skin is still glossy and they are 7-10 inches long or 3-4 inches in diameter for the patty pans. They are less likely to be spongy and have defined seeds at these sizes so they hold up when you cook them. Timely harvest, while easier said than accomplished, also keeps the plant producing new flowers and new fruit. Fortunately, if you lose control of the planting and they get bigger they are then perfect for zucchini



bread.

Perhaps rather than "if you lose control of the planting" I should say "when". Zucchini and summer squash are the perfect plants for the new gardener because they tend to produce far more than you expect or can ever keep up with. I sometimes imagine the number of possible recipes were dreamed up by desperate gardeners trying to find something, anything new, to do with their harvest. Keep in mind that both male and female flowers are produced on the same plant, so you don't need more than one. I can hear some reader saying, "But, if I only plant one I have to decide on only one type. Green, yellow, patty pan and crook necked, I like them all." Fortunately for you, the fruit last a week or two in the refrigerator, they freeze well, and you can give them away to your friends, as long as they are not also gardeners.

From my perspective, one of the few real challenges with zucchini and summer squash is their tender skin. They tend to get scratched and pitted very easily and then they don't keep as well.

I cringe when I see people toss them casually into the harvest bucket or shopping cart.

I do occasionally get questions about misshapen fruit that look more like a bottle for feeding calves instead of the typical cylinder with a slightly widened blossom end (see photo). This is an irritating problem, because the misshapen end tends to go bad. You reach down to pick what looks like a great zucchini because you only saw the stem end and the blossom end turns to mush in your hand. If the problem is very bad, you may notice the fruits dropping off the plant before they are even ready to harvest.

In most cases this problem is due to poor pollination and it tends to be sporadic for a few reasons. First, male flowers tend to blossom earlier than the females on the same plant and then the female flower is only receptive to pollination for one day, leaving a fairly short window of opportunity for your pollinators to get to work. Also, many pollinators don't work well in the rain, so a shower on the wrong day can mean a female flower doesn't get fully pollinated. Fortunately, the plants will just keep setting more flowers so the pollinators can try again when it stops raining. If you water with a sprinkler or hose, try doing it in the early evening when most of the days' pollination has already happened. This year we haven't had much rain so if you are seeing this problem, it could also be high temperature and humidity. Pollination is less effective at temperatures above 90°F and/or at high humidity.

On the bright side, it's pretty rare to have a severe zucchini and summer squash shortage even if you do have the occasional pollination failure. Just pick that fruit off, send it to the compost or give it to the chickens, and in a couple days you'll be back in business.

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

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# Minimizing the Influence of Tobacco Industry Advertising on Vermont's Youth

Tobacco is the number one cause of preventable disease and death in the United States, and it has extremely adverse effects on Vermont specifically. About 95,000 Vermonters smoke cigarettes. Over 800 Vermonters die each year from tobacco-related diseases. In 2011, 53,000 people (55% of all Vermont smokers) attempted to quit. Over 400 Vermont youth become daily smokers every year. These numbers are staggering.

The Counter Balance campaign was started by the Vermont Department of health in 2014 with its primary focus on raising awareness on how the tobacco industry targets our youth with tobacco advertising in retail convenience stores and grocery stores. Counter Balance provides the community with tools to help combat the craftiness of the tobacco industry's marketing strategies from recruiting its next generation of tobacco users; Vermont's youth.

As a part of the Counter Balance campaign a survey was administered in 2015 statewide to assess the awareness and attitudes regarding tobacco industry influence. A total of 1,185 surveys were collected in which 75% of parents agreed that youth are exposed to tobacco advertising within their communities. Among the overall sample young adults reported highest tobacco use at 21%.

As part of the Counter Balance Campaign, 767 retail establishments in the state of Vermont that sell tobacco products were assessed in an effort to address the significant influence of tobacco advertising on our community's youth. The tobacco industry spends over one

million dollars an hour on tobacco advertising nationwide. The tobacco industry spends nearly 19,000.00 for advertising in each of Vermont's retail stores that promote tobacco products.

Because advertising tobacco products have had restrictions placed on television, radio and billboards, convenience stores and retail grocery stores have become primary places where the tobacco industry focuses on recruiting new, lifelong tobacco users. Nearly 70% of youth visit these stores at least twice a week for drinks and snacks. With each visit they are bombarded with tobacco advertising on tobacco brands favored by teens like, Marlboro, Newport and Camel, chew and spit tobacco.

Vermont retailers are community partners that help to create healthier, safer communities while the tobacco industry uses retailers to promote tobacco marketing tactics. The tobacco industry wants to use Vermont's stores as a marketing tool to recruit new youth customers.

With nearly 90% of adult smokers claiming to have started tobacco usage before the age of 18, it is clear why the tobacco industry targets Vermont's youth. For every adult tobacco user who dies of a tobacco related disease the tobacco industry must recruit two new

tobacco users in its place. The results have become clear that the tobacco industry's marketing tactics are working. The tobacco industry is using our local community stores statewide to turn our youth into lifelong users of tobacco products.

With the bottom line being that the more often kids are exposed to tobacco advertising, the more likely they are to start using tobacco, the Counter Balance campaign provides Vermonters with the facts, tips, and downloadable information to share with others in our community in an effort to minimize the tobacco industry's marketing influence on Vermont's youth. The Vermont Department of Health also provides Vermonters with a way to help spread the word and to help prevent youth tobacco use by giving Vermonters a chance to vote on which issue you think is most important in ending tobacco's influence at counterbalance.com.

Support the Counter Balance campaign in Vermont by visiting Counter Balance online @ counterbalancevt.com

# Changing Society's Perspective

*Editor's Note: This is the second in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective. We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.*

nitive difficulties and memory problems, headaches, IBS {irritable bowel syndrome}, numbness and tingling of the extremities, sensitivity to bright lights or loud noises or strong odors, and mood and thought processes. I have pain, fatigue, sensitivity to bright lights and loud noise, and word loss.

The only definitive diagnosis is being positive in 11 out of 18 tender points on the body, when pressed on. I am one of the lucky ones, have been able to carry on a pretty normal life, have never been confined to bed. Have tried many different meds. and modalities to ease my pain and fatigue. I am unable to work more than 3 hours a day, have been on SS disability for years.

Anyone can have fibromyalgia, mostly women, but men and children also. Tends to be familial. I swear my Mother had it and my daughter suffers terribly.

**"But you look so good".**

*Fibromyalgia explained by Diane Kirkwood, North Haverhill*

"fi-bro-my-al-ga. "Fibro" means fibrous tissues in the body (and tendons and ligaments). "My" refers to muscle and "algia" means pain.

Pain is the first and foremost of the symptoms, mild or severe and debilitating. Fatigue is the other main symptom but also can include sleep difficulties, cog-

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# Easy-Peasy Maple Walnut Ice Cream

ing maple syrup is not to be turned away from, and requires a constant eye to be sure it doesn't breach over the top of the pan. If it starts to boil up too high, just lift it off the heat until it subsides a bit.

So there you have it; a great ice cream treat, without having to brave the long, hot lines at the ice cream stand. The bonus here is that it's all natural, with no additives or preservatives, and it's sure to make everyone who eats it smile at you adoringly!

- 1-3/4 cups heavy cream
- 2/3 cup maple syrup (I use medium amber)
- 4 egg yolks
- 1/2 cup chopped walnuts

In a medium bowl that has been chilled, using an electric mixer with the whisk attachment (if you have one, otherwise the beaters will suffice,) beat the cream to stiff peaks. Refrigerate. In another bowl, beat the egg yolks, also with the whisk attachment until they are a pale yellow.

In a small pan, heat the maple syrup to a boil over medium-high heat and cook 2 minutes, watching carefully to make sure it doesn't boil over. With the mixer

running, slowly drizzle the boiling maple syrup into the eggs in a steady stream. Beat the mixture on high until it has cooled to room temperature, about 5 minutes or so. Dump about 3/4 of the chopped nuts into the whipped cream, then, using a rubber spatula, fold the whipped cream into the egg mixture, using care to deflate as little as possible.

Transfer mixture into a 5-by-10-inch loaf pan. Sprinkle the reserved nuts over the top. Cover with plastic wrap. Freeze at least 4 hours, or until set. Keeps for up to a week. Serves 8 to 10.

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This week's column is a repeat of one I published a few years ago. I pulled it from my files because with the hot and muggy summer weather upon us, I figured a cool, creamy and easy dessert recipe is always in demand!

Not to pat myself on the back, but this has got to be one of my best recipe adaptations ever! It all started a few weeks ago, when I got my latest issue of "Everyday Food" magazine, and spotted their version of Honey Ice Cream. What intrigued me, beside the fact that there only a few basic ingredients required, was that there was no mention of an ice cream freezer at all. Imagine that! As you might guess, it wasn't long before there was a batch curing in my freezer. Over the next few days, my family and I enjoyed the frozen treat with apple strudel, pound cake, and all by itself. And while it was tasty enough and very creamy, the honey flavor was just a little too intense for me, and unlike traditional ice cream, it never really fully cured and leaned toward more of a soft-serve consistency. I pondered the whole process, and came up with what I thought might take this idea from just okay to exceptional. Being the dyed-in-the-wool New Englander that I am, I've always got some local maple syrup in my refrigerator, and considering that it has a viscosity similar to honey, I knew it could be substituted for the requisite boiling liquid. I also figured that if I tucked my bowl for whipping the cream in the freezer be-

fore using, and switched to the whisk attachment in lieu of the regular beaters, I might be able to whisk more air into the whole thing and enable it to freeze more fully. Guess what? It all came together seamlessly, and with the addition of some chopped walnuts, I was able to produce a truly remarkable Maple Walnut Ice Cream with very little work and no ice cream freezer.

One word of caution here: This is not a recipe to be tackled with little people around your feet, as boil-

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