

A **FREE** PUBLICATION

TRENDY



TIMES

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AUGUST 9, 2016 VOLUME 7 NUMBER 22

Littleton Food Co-op partners with Above the Notch Humane Society

LITTLETON, N.H.—The Littleton Food Co-op is tickled to partner with Above the Notch Humane Society to raise funds, cultivate community connections, and increase awareness during the month of August. Based in the White Mountain region of Northern New Hampshire, Above the Notch is a non-profit Humane Society servicing the Littleton, Bethlehem, Franconia, Sugar Hill, Easton, and Lisbon regions of NH. ATNHS seeks to provide assistance to needy animals via food, shelter, socialization and veterinary care; to the community with regular obedience classes, adoption support, animal care education, and spay/ neuter clinics; and support other area animal shelters and rescue leagues by assisting with their programs and needs.

This year the ATNHS will be building their own shelter in Sugar Hill. The society was established 14 years ago and up until this time have borrowed or rented shelter space. The new building is in the planning and design process and will be built by building trade students at the Hugh J. Gallen Career Technical Center during the upcoming school year.

As the Littleton Food Co-op's Partner of the Month, Above the Notch 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 bene-

fit the partner of the month. This program has been a major success in more than doubling dollars raised for partners in the past. Thank you to our generous shoppers.

Representatives from ATNHS will be at the Co-op Friday and Saturday afternoons throughout August and will be at the Co-op's Localfest event on Saturday August 13 from 12-3pm. Stop in to meet them and for more information visit www.atnhs.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, call 603-444-2800 or just stop by!



The Littleton Food Co-op begins construction on their 3.3 million dollar expansion project which will add 9500 square feet of community and retail space to the current store. The project is expected to last 7 months and the co-op will remain open for regular business hours during this time. The 5 year goals for the project are to increase annual sales by more than \$4 million, increase local purchases to \$3 million annually and create 30 new jobs. The groundbreaking ceremony was scheduled for Monday August 8th at the co-op beginning at 11:30 am with speakers at noon.

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TRENDY Dining Guide

Juniper's

by Gary Scruton

Some readers may know about Juniper's at the Wildflower Inn. Many others may actually not know about this gem that is located on a gorgeous ridge north of Lyndonville. We had made 7:00 pm reservations and were just as happy that we arrived about 20 minutes early and were able to continue down the country dirt road to see some more of the great views from both sides of this prototypical Vermont road. Lined with big maples and able to see views from both sides on the road one could imagine that this is the road others were planned from.

But our destination was the Inn itself and the opportunity for a fine dining experience. Like so many such eateries there are multiple eating locations. Juniper's includes an outdoor deck which sits under a lattice work of tiny white lights that offer an interesting glow after dark. Before dark there is the sunset to admire. And those outside, as well as many from inside take the opportunity to take pictures of just such a Vermont sight. We actually sat inside on the enclosed porch that offered us a protected view of those wonderful mountains.

But let me get to the meal. Actually the eating experience began with a perusal of the beer, wine and cocktail list. It was an extensive list that was obviously updated on a regular basis. I say this because the beer I decided on had just run out.

Our waitress was happy to suggest a replacement and even gave me a sample of the new beer to try before ordering. My wife went with a white chardonnay from the state of Washington. I went with a dark beer from the Queen City Brewery in Burlington, VT. Choosing local just adds to the dining experience.

We took our time going thru the menu and our waitress Ashley was happy to allow us to do so. When we made our decision she was happy to answer a couple of questions and help us with a suggestion or clarification here or there. I settled on the hanger steak. It was listed as hand cut with some extra flavorings including juniper berries. As usual I ordered it cooked medium. With a choice of garlic mashed potatoes, brown rice or a

baked potato, I opted for the mashed. The meal also included soup or salad. The green salad I chose came with a maple vinaigrette dressing. (Maple? Sure!).

Janice opted to start her meal with French Onion soup. With a beef base made from scratch, lots of sauteed onions and topped with homemade croutons and mozzarella cheese baked to a steaming temperature, she exclaimed it was one of the best she had ever had. For her main course, she decided on the Mediterranean Pasta which is a delightful combination of feta cheese, olives, artichoke hearts, red peppers, diced tomatoes spiced to perfection served over a bed of angel hair pasta. Janice added chicken to this selection.

Janice's meal presented well in the large oval bowl it was served in.

We continued to enjoy our beverages and the scenery

as the kitchen was busy making our meals. At one point our server stopped in again to ask if we wanted the dinner rolls that come with the meal. She explained that so many people do not eat the rolls and rather than throw them away, she now asked. Well I am a big fan of rolls and so they were served and I held on to them until the main meal.

The Steak? It had a little crust on it, but really melted in my mouth. The garlic mashed potatoes were also delightful. The meal was topped with several asparagus spears that did not disappoint either.

Janice's pasta dish was plentiful, and also delicious. When you eat a well prepared and nicely served meal, sometimes it is hard to say a lot about it. Needless to say at this point, the meals were both consumed with gratitude and with delighted taste buds.

On past trips to Juniper's we've had the opportunity to partake of a couple of items from their dessert selection. We planned to do the same on this visit. With Ashley's help we settled on a slice of a caramel and chocolate pie which was topped with crushed sea salt. On the first bite I noted that though I anticipated the final taste to be the caramel, there was a piece of the sea salt that took that honor. We shared the desert and when finished we both were smiling at the wonderful finale to our meal and our experience at Juniper's this time around.

The total cost for our meal and beverages was just shy of \$75 before tip. This is more than we pay at a lot of eateries, but there are many aspects to the price that any such establishment charges. To me a treat such as this is well worth the bottom line and a perfect way to celebrate a special occasion.



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Bradford's Own "Secret Garden" Opens August 12

BRADFORD, VT: In what is probably the best-known and most anticipated production of the season, Old Church Theater opens "The Secret Garden" on August 12th for a two weekend run, Fridays and Saturdays at 7:30pm and Sundays at 4pm, at their home theater at 137 N Main St in Bradford, VT.

"The Secret Garden" was written especially for Old Church Theater by William Fray, using the original story by Frances Hodgson Burnett as his source. It is co-directed by Brian Kenyon and Sukie Hausmann who have brought together original music, poster artwork and many new actors to tell the famous story of an abandoned garden and its power to heal and renew.

In the cast are Candace Belcher, Mike Fernandez, Journey Hausmann, Ken Hullican, Destiny Lange, Naomi Wallner and the playwright William Fray as the Old Gardener. Original music has been composed by Lisie Hausmann and poster art by Max Judas. Stage Managers are Ariana and Sukie Hausmann.

"The Secret Garden" is a wonderful story about pos-

itive thinking. The story is about an ill-tempered child who loses her family to illness and is sent to live with distant relatives. There, she finds there a locked garden which no-one has entered for years. But curiosity gets the better of her and she locates the key to open it, and inside she finds healing for herself and her friends in this wonderful place. Truly, a story for the whole family.

Admission is \$12, \$10 for seniors and \$6 for students. You may make reservations for the best seats by calling 802-222-3322, or tickets@

oldchurchtheater.org. Production dates are August 12-13-14 and 19-20-21

Old Church Theater's September production is the comedy "37 Postcards", already cast and preparing to go into rehearsal. Directed by Gloria Heidenreich, it would probably be rated PG-13. Old Church Theater is a non-profit community group since 1985, staging 5-6 productions a year from May to October. More information is available at www.oldchurchtheater.org or FaceBook.



"Journey Hausmann, Mike Fernandez and Destiny Lange are featured in Old Church Theater's upcoming play "The Secret Garden", opening August 12th in Bradford. Call 802-222-3322 for information and reservations."

Cohase Chamber Announces 2016 Farm Tour

Free, Fun and Educational Tour of Diverse Area Farms

The Cohase Chamber of Commerce is excited to announce their 2016 Farm Tour, which is scheduled for Sunday, August 21. This free event, which features a diversity of farms throughout the region is a chance for residents and visitors to explore our area's diverse agricultural heritage. Join a farmer for a tour, follow one of the self-guided tours or visit the farm stands, cafes and stores! The diversity of farms include vegetable production, dairy production, composting operations, livestock, fruit production,

cider and wine production, and much more. Visit all of our participating farms or choose those that interest you most! Pack a lunch and enjoy a farm picnic, dine at one of our participating farm cafes or purchase delicious local items from a participating farm stand or store. The Farm Tour is a fun family event that will provide both adults and children a fun and interesting learning experience while allowing you an upfront and personal view of area farms, farmers, plants and animals. For more information, pick up a Farm Tour Guide and Map at Blackmount Equipment, Wells River Chevrolet and

the Piermont and Woodsville branches of Woodsville Guaranty Savings Bank or download the brochure from the Chamber website at www.cohase.org. For more information, email the Cohase Chamber of Commerce at cohasechamber@gmail.com or call them at (802) 518-0030. The Farm tour is made possible through the generous sponsorship of Wells River Chevrolet, Woodsville Guaranty Savings Bank, Blackmount Equipment and Tilden Electric and is presented in conjunction with DigInVT's Open Farm Week.

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by Dennis Ruprecht

Never have I believed more in America than I did at the Democratic National Convention. Hearing President Obama, the first African American President, speak about what America means to him, witnessing the historic nomination of Hillary Clinton, and seeing celebrated diversity brought the American Dream to life for me, something I had cynicism for previously.

President Obama isn't just the first African American President. He's also the kid with a funny name from the southside of Chicago who is now a figure for every single African American child, man, and woman who

strives to one day be President.

Hillary Clinton isn't just the first woman to be nominated for President by a major political party. She's a woman who's endured sexism her entire life while tirelessly advocating for social justice and equal rights for women. Hillary Clinton revolutionized most of the world's attitude toward women when she spoke to the United Nations 4th World Conference on Women Plenary Session in 1995 proclaiming that, "human rights are women's rights and women's rights are human rights." Hillary Clinton was a champion for all women then and is especially now. She is an example to every single girl and

woman that they can do anything that a man can, and that there can be and will be a Madam President.

Bernie Sanders isn't just a U.S. Senator from Vermont who's inspired millions and brought great change. He's an impoverished kid from Brooklyn just trying to do his best, and is a hero to all disadvantaged people who just try to make it day by day.

Democrats aren't just LGBTQ, young, women, low income, or disenfranchised. Democrats are anyone who believe that America is already great, and that whether you're black or white, young or old, gay or straight, male or female, religious or secular, we all are Americans and we are stronger together.

My American Dream is to serve in politics and the Democratic National Convention revitalized my dream. Barack Obama, Hillary Clinton, Bernie Sanders, and all of the other courageous and impassioned leaders at the DNC reminded me of why I love and believe in government. To me, politics at its best is the greatest vehicle to help others, and government at its best is the greatest institution for good. To me, that's what it's all about: helping others and doing the most good.

So thank you Bernie, Hillary, and Obama for helping me to realize that a kid from "Nowhere", New Hampshire can also change the world, and exemplifying that in America it doesn't matter what you look like, where you've come from, the money in your pocket or the lack thereof. You too, can achieve even your wildest dreams. You, too, can be President of the United States of America.

VT Governor Forum

Get to know where the candidates for governor stand: save the date for a forum on women's issues, Wednesday, September 14th, noon to 1:30 at the State House. Presented by the Vermont Commission on Women, League of Wom-



Home-Educated Students May PARTICIPATE

Within the past few days, several home-schooling parents have contacted me asking, "Can my high school student participate in the local school district's competitive sports program?" The quick answer is "yes," but the student must adhere to the same conditions as required of students attending the public high school.

The New Hampshire Interscholastic Athletic Association has always encouraged home-schooled student participation on high school teams such as soccer, volleyball, or cross country running, but the organization emphasizes that every athlete must be in compliance with NHIAA rules and follow the resident high school's academic and other eligibility standards governing co-curricular activities.

The New Hampshire Legislature further clarified access to school activities several years ago. "Nonpublic or home educated pupils shall have access to curricular courses and co-curricular programs offered by the school district in which the pupil resides. The local school board may adopt a policy regulating participation in curricular courses and co-curricular programs, provided that such policy

shall not be more restrictive for non-public or home educated pupils than the policy governing the school district's resident pupils. In this section, "co-curricular" shall include those activities which are designed to supplement and enrich regular academic programs of study, provide opportunities for social development, and encourage participation in clubs, athletics, performing groups, and service to school and community. For purposes of allowing access as described in this section, a "home educated pupil" shall not include any pupil who has graduated from a high school level program of home education, or its equivalent, or has attained the age of 21."

Therefore, any home-schooled student may participate in their resident high school athletic program as long as the home-educated student meets and is held to the same school board approved activity policy requirements as enrolled public school students. School board policies should address issues associated with academics, acceptable behavior at school and within the community, compliance with substance abuse policies, and more.

With high school fall athletic programs starting this month, I encourage home-educated students to be involved and gain the benefits of competitive high school sports. In addition, there may be a special school course in chemistry or the arts a home-educated student may want to take advantage. If a home-educated student opts to enroll in a high school academic class, the school district may count the student for reimbursement purposes for each course taken.

There are many fine curricular and co-curricular offerings within the public school system. I encourage home-educated families to contact their local public school system to learn more about these opportunities and choices.

Respectfully,
Rep Rick Ladd



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From The Desk Of



Dear Constituents,

Last week I had the opportunity to stop in at a new restaurant in Plymouth, a place high on a little hill called "The Last Chair." Great food, great environment and a great story of homegrown success here in the Granite State. This unique establishment was the dream of Matt and Dave, two local guys. I got to hear their story—the genesis of their dream and the hard work they put in to making their dream a reality. Their story confirmed to me that in this last legislative session, we were on the right path to making New Hampshire a more business friendly state by the laws we enacted this session and in past sessions.

As a former Main Street director working with small businesses (and being a small business owner myself), I know how hard our restaurants, retail shops, and other businesses work to survive. I also know how much our local businesses support our communities.

So it is frustrating when it

seems like we have to constantly defend our efforts to help businesses. For example, in the process of building our state budget, we brought forward language that would reduce the business profits tax and business enterprise tax over the next three budgets (from 8.5% to 7.9% on the business profits tax and by 10% for the business enterprise tax). You may recall that the Governor vetoed our budget saying that our proposed cuts would blow an \$80 million hole in the state budget. But we knew that was not correct and here we are today, with an estimated \$100 million plus over revenue projections. The Governor had proposed more than \$129 million in new fees and taxes; but we found a way to build a budget without adding an unnecessary financial burden onto our hardworking citizens and still provide relief to our hardworking businesses.

We sent a signal to the business community that we were serious about bringing back the New Hampshire Advantage and being a state that can lead New England

economically.

Other business-friendly legislation included expanding the research and development tax credit. In 2016, almost 200 New Hampshire businesses received tax credits. The research and development tax credit program benefits all businesses – small, medium, and large throughout the Granite State. According to the Commissioner of the Department of Revenue Administration, "this year more companies than ever before received grants, proving that businesses, especially small businesses, continue to see the advantage of this important tax credit in helping them grow, create jobs, and thrive in the Granite State."

We also enacted legislation that protects New Hampshire businesses from unfair tax treatment when they go public or acquire new investment capital.

We approved reforms to workers' compensation, enabling employers to contest unreasonable health care changes.

We updated and reformed New Hampshire's securities laws.

And, we lowered the business profits tax for the first time in 20 years and the business enterprise tax for the first time ever, enabling New Hampshire to start to regain its competitiveness over neighboring states.

Our focus has been to

get New Hampshire's economy moving forward and these business-friendly laws and modest cuts in the state's business taxes sends a message to our job creators in New Hampshire and those looking to move here that we're open for business. New Hampshire had the 3rd highest business tax rates in the country and these reductions starts us on the path to a competitive business environment.

So when I left "The Last Chair" that evening, I thought about all the good things we've done in the last six years and more specifically in this last session to help the businesses in the Gran-

ite State. There is more to do to help New Hampshire become the state that leads the pack in attracting new businesses and working to retain the businesses we have now. And I am confident that our success will breed more success in the years to come.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call (271-4980) or email at Jeanie@jeanieforrester.com.

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Jeanie Forrester

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Climb up on your Soapbox and let everyone know what your thoughts are on today's issues.

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

Your Presence Strengthens Our Faith

Schedule of Services
Sunday: 10:30 am
Holy Eucharist and
Children's Corner

Calendar of Events

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

TUESDAY, AUGUST 9

FREE "LYME TOWN BAND" CONCERT
6:30 PM
On The Common, Fairlee Vt.

WEDNESDAY, AUGUST 10

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

THURSDAY, AUGUST 11

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church

CONN RIVER VALLEY BEEKEEPERS

7:00 - 9:00 PM
Grafton County Extension office, North Haverhill

FRIDAY & SATURDAY AUGUST 12 & 13

OCT PRESENTS: SECRET GARDEN
7:30 PM
Old Church Theater, Bradford
See Ad on Page 20 and Article on Page 3

FRIDAY, AUGUST 12

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

SATURDAY, AUGUST 13

ALL YOU CARE TO EAT BREAKFAST
8:00 - 10:00 AM
Lakeview Grange, West Barnet

WEST NEWBURY SUMMER FESTIVAL

10:30 PARADE / 8:00 AM - 2:00 PM
West Newbury Hall, 219 Tyler Farm Road

THE JAMES HUNTER SIX

8:00 PM
Colonial Theeatre, Bethlehem
See Ad on Page 7 and Article on Page 11

SUNDAY, AUGUST 14

ROSS-WOOD POST 320 FAMILY PICNIC
12:00 NOON
Ammonoosuc Valley Fish & Game Club, Bath
See Ad on Page 5

ST. J PLAYERS "IT'S ONLY A PLAY"

2:00 PM
St. Johnsbury School Auditorium
See Article on Page 5

OCT PRESENTS: SECRET GARDEN

4:00 PM
Old Church Theater, Bradford
See Ad on Page 20 and Article on Page 3

TUESDAY, AUGUST 16

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

WEDNESDAY, AUGUST 17

ACT NATURE WALK
3:00 - 6:00 PM
ACT Office, 729 Main St., Franconia
See Article on Page 16

THURSDAY, AUGUST 18

CLEAN STREAMS COLD BEER EVENT
6:30 - 8:00 PM
Schilling Beer Co., Littleton
See Article on Page 11

'38 THE HURRICAN THAT CHANGED NE

7:00 PM
Wells River Congregational Church
See Ad on Page 18 and Article on Page 15

VFW Post #5245 monthly meeting

7:00 PM
VFW Hall, North Haverhill

FRIDAY & SATURDAY AUGUST 19 & 20

OCT PRESENTS: SECRET GARDEN
7:30 PM
Old Church Theater, Bradford
See Ad on Page 20 and Article on Page 3

PEACHAM ACCOUSTIC MUSIC FESTIVAL
See Article on Pae 8

SATURDAY, AUGUST 20

MIKEY WILLIAMS ALUMNI SOCCER GAME
11:00 AM WOMEN, 1:00 PM MEN
Woodsville High School
See Ad on Page 5

SUNDAY, AUGUST 21

COHASE CHAMBER FARM TOUR
9:00 AM - 5:00 PM
Get Map at www.cohase.org
See Ad on Page 11 and Article on Page 3

BOB BENJAMIN SINGERS

3:00 PM
Old Goshen Church, Bradford

OCT PRESENTS: SECRET GARDEN

4:00 PM
Old Church Theater, Bradford
See Ad on Page 20 and Article on Page 3

MONDAY, AUGUST 22

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

WEDNESDAY, AUGUST 31

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

TUESDAY, SEPTEMBER 6

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

WEDNESDAY, SEPTEMBER 7

ANNUAL MEETING WOODSVILLE / WELLS RIVER FOURTH OF JULY COMMITTEE
7:00 PM
Woodsville Emergency Services Building

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
ST PAUL'S BIBLE STUDY ON JAMES, 6:15 PM, 113 Main St., Lancaster
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

Horse Meadow Senior Center

August 9
Nifty Needlers @ 9:30
Classic Bone Builders @ 2:00

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

August 11
Art Class w/Barb @ 9:00
Floral Arrangement w/ Jane @ 9:30
Classic Bone Builders @ 2:00

August 12
Bone Builders @ 9:30
Mahjongg @ 10:30
Ceramics 1 @ 1:00

August 15
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tech Time w/Paul @ 1:00
MS Support Group @ 1:00
Decorative Arts 2 @ 1:00

August 16
Nifty Needlers @ 9:30
Herb Group @ 10:00
Classic Bone Builders @ 2:00

August 17
Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

August 18
Art Class w/ Barb @ 9:00
Cards w/Jeanne @ 9:30
Crafts 2 @ 1:00
Classic Bone Builders @ 2:00

August 19
Bone Builders @ 9:30
Mahjongg @ 10:30
Anniversary Celebration @ 11-1:00

August 22
Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30
Tech Time w/Paul @ 1:00
Paper Crafts 2 @ 1:00

August 23
Nifty Needlers @ 9:30
Jewelry 1 @ 1:00
Classic Bone Builders @ 2:00

August 24
Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

August 25
Art Class w/Barb @ 9:00
Ceramics 2 @ 1:00
Classic Bone Builders @ 2:00

August 26
Bone Builders @ 9:30
Mahjongg @ 10:30
Health Fair @ 10-2:00

August 29
Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30
Tech Time w/Paul @ 1:00

August 30
Nifty Needlers @ 9:30
Herb Group @ 1:00
Jewelry 2 @ 1:00
Classic Bone Builders @ 2:00

August 31
Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

Orange East Senior Center

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

Mary Robertson will be here Friday, August 12 to play music at 11:00 a.m.

Taber Valley Singers will be here Friday, August 19 to play music 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.

Our summer volunteers will be leaving shortly, so we will be looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9a, m. and 2p.m., but you can set your own hours and the day or days you would like to volunteer.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitch-

en will be open selling drinks and food.

Computer class hours will be changing on Wednesday August 24 back to 3:00p.m. to 5 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

Tuesday, August 9: RSVP Bone Builders Exercise Program (10:15 am), No Strings Attached Band (11:30 am), Lunch at noon: Ham, Potato, Summer Squash, Apple Salad, Gingerbread

Tuesday, August 16: RSVP Bone Builders Exercise Program (10:30 am), Grace Bagley, Piano (11:30 am), 50/50 Raffle (noon), Lunch at noon: Stuffed Peppers, Mixed Vegetables, Fruit Salad, Cookies

Tuesday, August 23:

Foot Clinic (8:30 am on), RSVP Bone Builders Exercise Program (10:30 am), Entertainment by Vi (11:30 am), Lunch at noon: Chicken, Potato, Green Beans, Salad, Pudding

Tuesday, August 30: RSVP Bone Builders Exercise Program (10:30 am), Birthday Celebration, Hanaford Healthy Saver Program (10:00-11:30 am), Lunch at noon, Pork Bake, Potato, Carrots, Jello Salad, Blueberry Cake

Groton Library News

Bookin' Bootcamp Mon., Aug. 15 at 5pm. For kids & teens ages 7 & up. Meet for fun, free, past-paced exercise in Groton's Veterans Memorial Park (rain location = Groton Community Building). Led by a certified personal trainer!

Three Healing Kitchen Spices. Thurs., Aug. 18 at 6:30pm. Join Herbalist Melissa Laurita Kohl to talk about the common benefits of all culinary herbs and spices, while highlighting the particular uses of turmeric, ginger, & cinnamon. The herbs in your spice cabinet are powerful medicine and can be used in a pinch to treat colds, infections, inflammation, digestive upset, & more. We will sample tea & a yummy herbal treat. No experience necessary -- all are welcome! Free and open to the public.

Book Discussion: "All

the Light We Cannot See." Mon., Aug. 22 at 7pm. Join us for a lively discussion of the New York Times best-seller "All the Light We Cannot See," written by Pulitzer Prize winner Anthony Doerr. Copies available at the library.

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

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

All of our programs are free and open to residents of all towns.

Want to Connect to Other Readers?

Join the Bath Book Club!

The Bath Library Book Club will be discussing "A Reliable Wife" by Robert Goolrick on Thursday, September 8th at 6 pm at the Bath Public Library.

He placed a notice in a Chicago paper, an advertisement for "a reliable wife." She responded, saying that she was "a simple, honest woman." She was, of course, anything but honest, and the only simple thing about her was her single-minded determination to marry this man and then kill him, slowly

and carefully, leaving her a wealthy widow, able to take care of the one she truly loved.

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

Discovering New England Stone Walls

Please plan to join us, Tuesday, August 16th, 7:00 pm at the Abbie Greenleaf Library, Main Street, Franconia, for a fun and informative presentation by Kevin Gardner. Kevin, author of "The Granite Kiss", will explain how the many miles of stone walls were built and how styles evolved to make the

stone walls a significant part of the New England landscape.

This program, free and open to the public, is sponsored by the New Hampshire Humanities Council and brought to you by the Franconia Heritage Museum. Light refreshments will be served.

WARREN

HUGE FAMILY YARD SALE

Something for Everyone and Cheap!

Saturday & Sunday, August 13 & 14

51 Lund Lane
Warren, NH
9 am - 3 pm

Rain Dates: August 20 & 21





THE JAMES HUNTER SIX

"One of the best-kept secrets in British R&B and soul"
— Van Morrison

SATURDAY, AUG. 13, 8 PM • TICKETS: \$19, \$25, \$31

AVAILABLE AT: BethlehemColonial.org, Catamountix.org, Littleton Food Coop; Maia Papaya Café, Bethlehem, NH; and Catamount Arts, St. Johnsbury, VT

THE COLONIAL

MAIN STREET, BETHLEHEM, NH | 603.869.3422 | www.BethlehemColonial.org

Peacham Acoustic Music Festival - August 19 & 20

The Peacham Acoustic Music Festival (PAMFest) returns on Friday August 19th and Saturday August 20th for what has come to be a highly anticipated weekend of music, dance, food and fun for young and old alike set in idyllic Peacham Village. Through broad community support PAMFest has become one of the premier events in the region.

This year PAMFest again brings a variety of acoustic genres to the stage. There will be bluegrass, jazz, old time, swing and folk music with workshops and jam sessions. Dance continues to be a strong component of PAMFest with three contra dances, one family dance, a Cajun two-step dance and Morris dancing.

The craft fair returns and will feature the Family Tent with hands-on activities for the kids, plus the ever popular Instrument Petting Zoo.

This all takes place in Peacham, Vermont – an historic and picturesque community nestled in the Northeast Kingdom – widely hailed as one of the most beautiful villages in New England.

CONCERTS

The heart of the festival revolves around a schedule of world class concerts presented in three very different venues – the historic Peacham Congregational Church, the Outdoor Stage, and the intimate setting of the Peacham Café.

Friday Evening Concert – August 19 - 5:30-10:00 pm – Opening Concert

COSY SHERIDAN has been called “one of the era’s finest and most thoughtful singer-songwriters.” She first caught the attention of national folk audiences in 1992 when she won both the Kerrville Folk Festival’s New Folk Award and The Telluride Bluegrass Festival Troubadour Contest, then released her critically acclaimed CD Quietly Led on Waterbug Records.

She is one of the most respected touring musicians on the folk circuit, appearing everywhere from Carnegie Hall to the Jerry Lewis Telethon and the Philadelphia Folk Festival. The Cornell Folksong Society wrote: “Sheridan is frank, feisty, sublimely and devilishly funny. She fuses myth with modern culture; Persephone with Botox.”

BOB AMOS & CATA-MOUNT CROSSING - straight ahead bluegrass featuring reknowned songwriter/musician Bob Amos on banjo, guitar and vocals, Sarah Amos on vocals, Freeman Corey on fiddle, Gary Darling on mandolin,

Steve Wright on guitar, and Chris Krueger on bass. The band puts on a stellar, high energy show with terrific original material and bluegrass classics.

With the release of his newest CD Sunrise Blues (June 2016), Bob is once again in the bluegrass spotlight with a whole new batch of original songs to entertain Friday evening concert goers.

Erynn Marshall & Carl Jones “Smokey and sweet – like the finest aged whiskey – that’s what Carl and Erynn’s singing and playing brings to mind. A lovely touch in their playing and a beautiful melding of melancholy and cheerfulness which is exactly what I love to hear.” says John Doyle (2015).

Erynn Marshall and Carl Jones are old-time musicians and inspired tunesmiths. They are married – in life and music. Southern song-duets and soaring instrumentals rooted in the traditional sounds of older players, this duo stays true to their own muse. Together Carl & Erynn’s expressive, musical meanderings transport the soul.

Cantrip - The name is an Old Scots word meaning a charm, magic spell or piece of mischief and it aptly describes the unexpected twists and turns in their musical arrangements, likewise the compelling potency of their musicianship. Cantrip is made up of Dan Houghton - accomplished on borderpipes, flute, bouzouki and guitar, Jon Bews - a brilliant fiddler, and Eric McDonald – extraordinary guitarist – and they all contribute to the vocals. Individually they are amazing – but together they weave a magic spell with a bit of mischief.

Saturday – August 20 – 6:00 - 10:30 – Grand Finale Concert

Cantrip – This extraordinary band returns to the concert stage to open the Saturday Concert.

Jamie Masefield and Doug Perkins with special guest Rob Morse - Trekking the worlds of jazz, bluegrass, and Latin with Vermont-grown flavor and improvisational mastery, Masefield & Perkins with bass man extraordinaire, Rob Morse will exhilarate the audience with their acoustic chops. This is the first time these luminaries of the local and regional jazz and bluegrass scene will play together performing strikingly original pieces as well as Bird and Monk, and Mingus.

ANNIE AND THE HEADONISTS - Take a little bit of folk music and mix it with acoustic blues, Western

swing, and vintage jazz from the 1920s and ‘30s, and you end up with Annie and the Hedonists She delivers a lyric like it was a cherished bedtime story; as comfortable as your favorite sweater; as truthful as...well, I can’t think of anything that honest. Her band mates, Peter Davis, (guitar, banjo, clarinet, piano, vocal), Jonny Rosen, (guitar, vocal) and Don Young, (bass, guitar, vocal), are first and foremost accomplished, serious musicians. “Everybody had a grin all night long,” says Ithaca radio host Phil Shapiro of an appearance on his show Bound for Glory. “They’d slip seamlessly from old jazz to gospel, to country, to even a couple of Dylan songs. They know how to connect all this music, and do it so it’s pure magic.”

Dance, Dance, Dance Friday Evening and all Saturday

The dance – always an important part of PAMFest – has grown substantially this year. We offer three Contra Dances and a Family Dance. The contra and family dances will feature Luke Donforth, an excellent dance caller from Burlington, VT. The band providing music for the Contra Dances is Cantrip – expect the music to be amazing from these three powerhouse players. The Family Dance on Saturday morning will have Erynn Marshall and Carl Jones doing the musical honors as Luke weaves his spell for the young and old alike.

But there is more! There will be a Wake Up With Yoga session led by Karen Gallus; Morris Dancing demonstration followed by a workshop featuring the Midnight Capers Morris & Sword and a Cajun Dance Workshop featuring the music of the Cajun Double Fiddles.

Other Notable Performers:

Norman Kennedy was born in Aberdeen, Scotland – Norman spent his early years learning songs, stories, and the art of weaving. During the 1950s, he made annual trips to the Outer Hebrides to learn the local weaving, Gaelic songs, and cultural practices. Now living in Marshfield, Vt Norman travels the country performing the old songs, telling stories, and instructing people in traditional weaving techniques, including the rarely practiced community method of waulking (shrinking) cloth accompanied by group song. In 2003, the National Endowment for the Arts named Norman Kennedy a National Heritage Fellow.

Cajun Double Fiddles - Alec Ellsworth and Katie

Trautz are a Vermont based duo, playing traditional old-time and Cajun music. Both musicians are fiddlers who weave harmonies and melodies together with their instruments and voices. They have traveled to Louisiana numerous times where they’ve learned and shared Cajun and Old-time music, bringing the southern traditions back to Vermont and now to the PAMFest Stage.

Dana & Susan Robinson - The genius of a Dana and Susan Robinson performance lies in their ability to capture the imagination of their audience, evoking a transformative experience that touches on the deepest humanity. They can make the audience howl with laughter or hush with poignant reflection as they take them on a journey across America and convey the mystery and wonder of the places they visit.

The Bayley-Hazen Boys - These boys take you on a rollicking ride from the hills of northern Vermont down through Americana to the southern Appalachians. With an energetic and entertaining stage presence, the “Boys” add a special element to our PAMFest lineup.

Alan Greenleaf - Singer-songwriter Alan Greenleaf is one of Vermont’s most prolific and beloved songwriters. Robert Resnik considers Alan “the best songwriter in Vermont”. A self-taught finger picking guitar player Alan’s songs and lyrics reflect the people and country around him. His music draws from many American traditions, including country, Appalachian, Blues and Jazz.

Ethan Azarian - was raised in Cabot, Vermont where he says he enjoyed growing up in a creative environment surrounded by music and art. It never really occurred to him that he could or would do anything else but make music and art. Ethan will bring his gentle spirit to a unique solo performance at the Peacham Café.

Saturday August 20th Outdoor Stage 1:00-4:00 Alan Greenleaf/ Dana & Susan Robinson/ Cajun Double Fiddles/Erynn Marshall & Carl Jones/ Cosy Sheridan/ Annie and the Hedonists Peacham Café 11:30-4:30

Ethan Azarian/ Alan Greenleaf/ Norman Kennedy/ Jamie Masefield & Doug Perkins/ Erynn Marshall & Carl Jones/ Bayley Hazen Boys

Afternoon Church Concerts 2:00-4:30 Bayley Hazen Boys/ Bob Amos and Catamount

Crossing/ Norman Kennedy/ Band Scramble Concert

WORKSHOPS - Start off at 9:00 AM with workshops taught by the performers at the Congregational Church and other nearby locations. Offerings range from instrument workshops to song writing and jam sessions.

JAM SESSIONS –There will be jam sessions throughout the festival beginning Friday, some will be formal and many impromptu. People are encouraged to bring their instruments and join a jam or start your own!

Notably Erynn Marshall & Carl Jones will lead an old time jam Friday from 2:00-4:00 the Bayley Hazen Boys will again be leading the popular bluegrass jam on Saturday from 10:30-11:45.

INSTRUMENT PETTING ZOO- Back by popular demand is Young Tradition Vermont’s with a program designed to give young, old and curious a chance to explore different instruments and become inspired to start playing. There will be “zoo keepers” to help visitors explore these musical treasures.

CRAFT FAIR – from 10:00 – 4:00 the craft fair will open for business. There will be a diverse group of vendors offering numerous crafts, jewelry, massage, rum, baskets and more.

The FAMILY TENT returns offering a variety of activities for the children (young and old). The giant xylophone will be back and an instrument make and take playshop will be offered. Rick Brown returns guiding everyone with juggling, plate spinning, devil sticks and Diabolo instruction.

FOOD COURT - The festival has food vendors serving a variety of fare featuring Jamaican, pizza, barbeque, ice cream, wraps, and more.

CAMPING – Camping is available at no charge through the generosity of our neighbors at Kempton Farms, but reservations are requested by calling (802) 592-3632.

TICKETS – Tickets for PAMFest are available at CATA-MOUNT ARTS regional Box Office, St. Johnsbury VT, or by calling (802) 748-2600. 24-hour online sales are available at www.catamountarts.org

Tickets will be available at the festival registration desk while supplies last.

The Peacham Acoustic Music Festival is produced by Frank Miller and Copithorn Productions in partnership with Catamount Arts and support from generous sponsors. For more information visit www.pamfest.com

When Life Hands You Cucumbers, Make Pickles!

By Jessica Sprague,
Food Safety Field Specialist



If cucumbers are threatening to take over your garden it may be time to start making pickles! The perfect blend of spices, sugar and vinegar combined with fresh cucumbers makes for a delicious treat you can enjoy even after the seasons change. There is some basic information on pickled products and the important ingredients you need to ensure none of your produce goes to waste, and it is preserved safely.

There are several different types of pickled products described within the book, *So Easy to Preserve*, a reliable resource for canning information published by the University of Georgia Cooperative Extension. Information, as well as recipes, can be found online at the National Center for Home Food Preservation, or in the United States Department of Agriculture (USDA) Complete Guide to Home Canning.

1. Brined pickles or fermented pickles are preserved through a curing process in brine (water and salt) for one or more weeks. The fermentation leads to the production of lactic acid. This lactic acid serves to preserve

the product.

2. Fresh pack or quick process pickles may be allowed to cure in brine for several hours, but they do not ferment as in the process described above. Instead, fresh pack or quick process pickles are covered with boiling hot vinegar, spices and seasonings before being sealed and processed.

3. Fruit pickles are prepared from whole or sliced fruits and simmered in a sweet, spiced syrup made with an acid such as vinegar or lemon juice.

4. Relishes are made from chopped fruits and vegetables and cooked to the desired consistency in a spicy vinegar solution.

Pickles are a high-acid product when prepared correctly. The vinegar or lactic acid is important to preserve the product, but it doesn't make it invincible! Each of these products must be processed in a boiling water canner to destroy potential pathogens like *C. botulinum* and spoilage microorganisms like yeasts and molds. Each recipe should specify the exact processing times for the product in a boiling water canner. Use only reliable, approved recipes for these, and all other canned products to ensure accurate information.

In addition to proper processing, it is important that

the correct ratio of ingredients are used according to the approved recipe. So *Easy to Preserve* highlights the following tips for each ingredient in pickled products:

Produce: Use the amount of produce called for by the recipe and consider using a scale for this purpose. Some recipes will call for several pounds of cucumbers. That's hard to eyeball!

For best results use pickling varieties of cucumbers at their peak, and within 24 hours of harvest. If you are purchasing cucumbers they should not be waxed as this will inhibit the pickling solution from penetrating the produce.

Wash the cucumbers well with water. Any soil left on the produce could contain bacteria that may cause spoilage. Interestingly, the blossoms contain enzymes that can cause softening, so remove a 1/16-inch slice from the blossom end of the vegetable before using.

Salt: For best results, use "pickling" or "canning" salt which can be found at most grocery, hardware or farm stores. Other salts contain anti-caking agents that may make the brine cloudy.

Vinegar: Use cider or white vinegar of 5% acidity. You can find the level of acidity on the product label. Keep in mind that cider vinegars may darken the product over

time.

It is very important not to use homemade vinegars or any vinegar of unknown acidity. You also don't want to dilute the vinegar. Remember, the acid is required for a preservative effect.

Sugar: White or brown sugar may be used for pickling. Brown sugar may have a better flavor for some recipes, but it may darken the product.

Sugar substitutes are not generally recommended for pickled products as the heat and/or storage may lead to bitterness. If you choose to use a sugar substitute, follow recipes approved for the specific product for the best results.

Spices: Fresh, whole spices will provide the best quality pickles. You can tie them up in a clean, white cloth or cheesecloth for the preparation steps and then remove it before packing the jars.

Powdered spices may cause the product to darken and become cloudy, but may be used.

Firming agents: There are several options for firming agents that will lead to a crisp product. Perhaps the simplest method is to always use up-to-date methods and quality products--it's that simple! The next easiest step is to soak the cucumbers in ice water for 4 to 5 hours prior

to pickling, which will help maintain a yummy crunch even after processing. Another option is calcium chloride. These products may be applied according to the manufacturer's directions. This firming agent can be added to jars before applying the lids, and is safe in quick process pickles.

Embrace the cucumbers taking over your garden! Making pickles is an easy, flavorful way to preserve foods during the peak of the season and a great way to introduce yourself to the basics of boiling water canning.

If you have questions about canning or pickling you can explore the National Center for Home Food Preservation website to do some reading. If you feel like chatting with someone, give our friendly Education Center and Info Line a call between 9am-2pm, Monday-Friday at 1-877-398-4769 and they can assist you in finding resources and information for your food preservation adventures. You can also email them at answer@unh.edu.

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County. She can be reached at 603-787-6944 or jessica.sprague@unh.edu.

Spaghetti Dinner to Feature Republican Candidates

ASHLAND NH: Jeanie Forrester, Bob Giuda, and Randy Subjeck are coming to Ashland. They will be speaking at the next Pemi-Baker Valley Republican Committee's All-you-can-eat spaghetti dinner. It will be held on Friday, the 19th at the American Legion Hall, 37 Main Street, Ashland NH, where they will join you in everybody's favorite meal, spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert. After their presentations, they will welcome your questions.

Jeanie Forrester is a candidate for Governor. She is currently serving her 3rd term as NH State Senator from District 2. She is Chairman of the Finance Committee and Capital Budget Committee. She has won numerous awards for service to the families, children, and communities of New Hampshire.

Senator Forrester earned her bachelor's degree in political science with honors at the University of New Hampshire and went to work for Governor John H. Sununu. While serving full-time on the Governor's staff, Jeanie

completed her MBA at the Whittemore School of Business & Economics.

As a US Naval Academy graduate, an attack pilot in the US Marine Corps, an FBI agent working against drug trafficking, and a commercial airline pilot, Bob Giuda's life has been eventful. He has also owned several small businesses. He found time to serve Warren as a Selectman for 4 years, and represented the surrounding communities in the NH House for 3 terms (6 years). While in the Legislature, he spent two terms on the Ways and Means Committee, successfully opposing proposed sales and income taxes, and helping address inequities in education funding. He also served on the Rules and Labor Committees, and was appointed Deputy Majority

Leader of the House because of his effective leadership. He is running for the NH State Senate from District 2.

Randy Subjeck is a candidate for Grafton County Commissioner, District 2. He traveled a long way to get to Piermont, where he and his wife, Heather, a retired US Army veteran, reside.

He was born in California and spent his early years in Colorado. He was later a Police Officer in Nebraska and had an opportunity to enter the field of satellite communications, which eventually brought him to his overseas work. For 15 years he ran his own Satellite Communications Company and was a Senior Program Manager in both government and private sectors.

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Heavenly Hunks and Soul-Cleansing Musical Satire!

Lincoln, New Hampshire – August 3, 2016 - Heavenly Hunks and Soul-Cleansing Musical Satire!

It's been an exhilarating summer full of crossdressers, minstrels, and mouthy puppets here at Jean's Playhouse! Now we're adding hunky pop heart throbs to the list. We are bursting at our sequin-lined seams to announce the musical comedy presented by our professional Papermill Theatre Company, Altar Boyz, will be opening on August 25th and will run through September 10th.

Altar Boyz is a hilarious musical satire starring five

studly Christian vocalists: Matthew, Mark, Luke, Juan, and Abraham. The musical is presented as a real time final concert in the "Raise the Praise" tour of the fictitious all-male singing and dancing quintet, the Altar Boyz. During their farewell performance, the members of the band attempt to decrease, if not completely abolish, the number of burdened souls in the venue by the close of the show. Like many boy bands before them, each member experiences their own personal highlights and struggles and throughout their tumultuous performance, we begin to see their own

burdens sneak through the seams of their superficial foundation. This show, with music and lyrics by Gary Adler and Michael Patrick Walker and book by Kevin Del Aguila, will be playing August 25th through September 10th at 7:30 pm on Tuesday, Thursday, Friday, and Saturdays. There will be two matinee performances at 2 pm on Wednesday, August 31st and 12 pm on September 7th. More information on this production can be found at jeansplayhouse.com!

Stay tuned for the mainstage productions this fall season! Steel Magnolias



Altar Boyz opens at Jean's Playhouse on August 25

opens September 22nd – Oct 1st and the fall season closes out with On Golden Pond which shows October 6th- 15th.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT

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

Volume 7 Number 22 August 9, 2016

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

Billboard Topping Blues Belter At The Colonial

The Colonial Theatre in Bethlehem, NH, with the support of Northern Lights Music and Moat Mountain Smoke House & Brewing Company will present British soul music sensation and Grammy Award nominee The James Hunter Six, in concert Saturday August 13.

It's been 10 years since James Hunter burst onto the scene with his U.S. debut *People Gonna Talk* (GO/Rounder 2006), topping the Billboard Blues chart, earning a Grammy-nomination, and attracting universal acclaim from critics and his fans—including Van Morrison, Sharon Jones, and Allen Toussaint. Over the last decade, he's toured extensively around the world on the club, theatre, and festival circuits, steadily growing a dedicated audience comprised of hardened gig-goers, old-school baby boomers, and young hipsters alike. His follow-ups *The Hard Way* and *Minute By Minute* (GO/Fantasy), further cemented Hunter's reputation as a soul powerhouse, heralded for his talents both as a live performer and perhaps even more so as a songwriter, with *The New Yorker* describing his "tight, taut compositions" as "rooted in American soul music without being bound to it."

Now Hunter is back with his fourth album, *Hold On!* marking his debut on Daptone Records, America's premier soul imprint and Hunter's second collaboration with famed producer Gabriel Roth. It also marks

a cumulative and consecutive total of 48 original songs written exclusively by Hunter, without resorting to a single covered recording. At age 53, Hunter feels he has finally found his home for making music. "The great thing about working with Gabe is that he can get our tunes on tape exactly the way I heard them in my head when I was writing them," explained Hunter. "It's a rare thing when a producer knows what you're going for before you've told him. It's good to be associated with a record company that 'gets' us."

And the feeling is mutual. From Roth's perspective, "In today's R&B world, littered with retro-soul cronies, ear-twisting melisma, and hollow affectations, James has a voice that stands out not only for its natural beauty and grit, but for its honesty. His songwriting shares the masterful architecture and the inspired creativity of Smokey Robinson, each rhyme and rhythm crafted meticulously, somehow twisting familiar themes into unfamiliar new shapes."

In May 2015, James and his longtime trusted bandmates (Jonathan Lee, drums; Lee Badau, baritone saxophone; Damian Hand, tenor saxophone; Andrew Kingslow, keyboards/percussion; Jason Wilson, bass) returned to the Roth's Penrose Recorders in Riverside, California (AKA Daptone West) to cut *Hold On!* live to 8-track tape.

General Admission tickets for the 8 PM perfor-



mance are \$25; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$19; Reserved Front & Center tickets (available on-line only) are \$31. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook Facebook.com/BethlehemColonial, follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

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

Ammonoosuc Trout Unlimited to Host Clean Streams Cold Beer Event

The Ammonoosuc Chapter of Trout Unlimited will be hosting an evening gathering about stream stewardship and fly fishing at Schilling Beer Co. in Littleton. Join the Ammonoosuc Chapter of Trout Unlimited and their partners; Trout Unlimited National, NH Fish & Game and Plymouth State University's Center for Business and Community Partnerships for light fare, cold beers and an overview of the conservation work these partners are doing to support healthy fisheries and resilient communities in the watershed. The evening will feature a brief talk about stream connectivity, a short film, refreshments, raffle and of course, great beer. Meet the Ammo TU anglers and learn about the great lineup of fall events the chapter is hosting. Tickets include appetizers and a complimentary Schilling Beer!

Come explore how the human built environment interacts with natural systems and how we can move towards healthier ecosystems and more resilient infrastructure while supporting strong fisheries. This region faces environmental pressures from resource extraction, second home development and climate change. The area depends heavily on the

health of natural resources to support recreation, tourism, industry and the North Country quality of life. In order to encourage wise resource management and stewardship, a community must begin to appreciate the preciousness, wonder and complexity of nature and our place within it.

This partnership among Ammonoosuc Trout Unlimited, Plymouth State University's Center for Business and Community Partnerships and New Hampshire Fish & Game, combines biological research, community outreach, and conservation of brook trout habitat to encourage stewardship of natural resources at the local level and cultivate appreciation for the natural world that surrounds and supports us.

Hosted by Ammonoosuc Chapter of Trout Unlimited. All proceeds support the North Country stream conservation work.

The event will be held on Thursday August 18th 6:30-8 pm at the Schilling Beer Co. 18 Mill St., Littleton, NH. The suggested donation/ticket: is \$10/Student (under 30), \$25/Adults. Limited Seating, advanced registration recommended- registration/tickets can be purchased at www.ammotu.org

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Volume 7 Number 22 August 9, 2016 Not all Times are Trendy, but there will always be Trendy Times

72nd Annual North Haverhill Fair

RAYMOND A. WHITE, JR. - OBITUARY



As always there was plenty of entertainment. From the Adventure Tent to the Friday night concert with Lauren Alaina, all ages were entertained.



The McDanolds Arena is always busy with events each day of the fair. Two of this year's demolition derbies are pictured here. The Power Wheels event was new and well received.



Animals are another big part of the fair. From the Bishop Pulling ring to just outside the Kennedy Arena, whether pulling or just showing off, the handlers and spectators were given a show.



Sign-age is also important at the fair. From the welcoming banner, to the new informative animal banners there is an effort to be sure all are aware of the many things happening.



This year's North Haverhill Fair was not short on talent. From Hotel California, the original Eagles tribute band, to the Thursday night North Haverhill's Got Talent competition, the Thayer Stage was usually full of sound for all to enjoy.

Raymond A. White, Jr., 77, of Littleton passed away peacefully at home on July 29, 2016 after fighting cancer for 3 years, with his companion by his side. Raymond was born in Benton, NH, September 29, 1939.



He enjoyed fishing, hunting, he was a state candlepin doubles bowling champ "74", NASCAR racing and working with wood. He worked at Connors & Hoffman for 32 years. He liked to ride motorcycles and water skiing, playing cribbage with family & friends.

Ray enjoyed 16 years with his companion Barbara Blackburn. His predeceased parents were Raymond and Ella White. He is survived by his son Raymond Allen and Kelly White of Elmira Heights, NY, daughter Tracy and Chad St. Francis of Manchester, NH, brother Henry and Diane White of Littleton, NH, sisters Harriett

Robinson of Littleton, NH, Doris and Dennis Fekay of Littleton, NH, Jennifer and Gerard Ferland of Williston, VT, Monica Smith of Littleton, NH, grandchildren Eric White, Tyler White and Connor White, Paige and Deanna Freeman, Brody and Kylie St. Francis and Deangelo Fadden.

There will be a celebration of Raymond's life on Saturday, August 27th from 11-4 for family and friends at 183 Partridge Lake Road, Littleton, NH. Any money donations can be made to Norris Cotton Cancer Center, 1080 Hospital Drive, St. Johnsbury, VT 05819.

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What Can Investors Learn from Roller Coaster Rides?

If you have an interest in looking up obscure holidays and celebrations, you will find that August 16th is National Roller Coaster Day. As you know, a roller coaster is used as a metaphor for many areas of life – including the financial markets. As an investor, what can you learn from this thrill ride?

Here are a few suggestions:

- Don't jump off. This is pretty standard advice for all roller coaster riders – but it's also a good recommendation for investors. Specifically, you don't want to exit the financial markets when they turn volatile. It can be tempting to do so, because the markets do indeed experience dizzying drops from time to time. But if you jump out of the markets when they're down, you may be on the outside when they start their climb, potentially missing out on gains.

- Protect yourself. When you're on a roller coaster, you are typically advised to keep your arms and

legs inside the car to protect your extremities from dangerous contact with the track

and other cars. As an investor, you also need to protect yourself from dangers such as a market downturn. If you owned just one type of asset, such as aggressive growth stocks, and a downturn occurred, you'd likely take a big hit. One of the best ways to help avoid this possibility is to diversify your holdings among stocks, bonds and other investments. Although diversification can't guarantee a profit or protect against losses, it can help reduce the impact of volatility on your portfolio.

- Keep looking forward. When you're on a roller coaster, you don't want to look backward. Not only could you strain your neck, but you'll also be unprepared for the ups, downs, twists and turns that await you. When you invest, you want to keep looking forward as well. By keeping your eyes, and your focus, on your long-term goals, such as a comfortable retirement, you can be better prepared to follow a consistent strategy designed to help get you to your destination.

- Don't bring extra baggage. For obvious reasons, it's not a

good idea to bring any loose or extra baggage inside a roller coaster car that may have you going upside down at 90 or so miles per hour. As an investor, you don't want to be saddled with any extra "baggage," either – and one of the biggest sources of this baggage is unrealistic expectations. If you think you will earn double-digit returns every year, you will likely be disappointed – and your disappointment could lead you to make unwise decisions, such as constantly buying and selling investments to improve your performance. This type of activity is expensive, time-consuming and usually futile. So, when you invest, maintain realistic expectations – it can help you stay on track toward your goals.

By following these basic guidelines for roller coasters, you'll enjoy a safer ride. And by observing similar rules for investing, you can help make your investment "journey" smoother – and less scary.

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

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SEE YOU ALL SATURDAY, SEPTEMBER 17TH!

Musings of a First Time Exhibitor

by Marguerite R. Christopher

I have always loved country fairs. I brought my kids to them even when they did not want to go. They quickly changed their minds as soon as we got there. They loved it all, the rides, fried dough, ice cream, and the livestock

pens, and equestrian shows. The North Haverhill Fair especially rocks!

Now my kids are grown and I find myself still going to country fairs but in a different capacity. I have entered some quilts I made. I also entered a baby quilt my mother made for my babies. Never expecting anything but just the pleasure of exhibiting, my quilts won a first, a second and a third prize!

Being a volunteer with the beekeepers' display has its perks in that one can view displays beforehand. What a pleasure it was to feel so good and proud as I looked at my quilts without a crowd around hanging there for all to see. Of course I took pictures of them with their ribbons and will always have a warm feeling of my accomplishments and the North Haverhill Fair.

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Summer Visitors

by Elinor Mawson

The annual cleaning of the "Don't EVER accept a man's invitation!" was my mother's proclamation many years ago. I can hear her voice now, and she meant it! And every time it comes to mind, I think of the Neilsons.

My father was a traveling salesman and was gone from home during the week. There was never any time during the weekends for us to go anywhere; we never went on a vacation. We had a huge house, though, and that gave my father the idea that he could invite people to come and share it.

So it was with very little notice that every summer, a car would come in the driveway, and out would come Mr. and Mrs. Neilson, Ted Jr. (8), Barry (6), Diane (4) Baby Lynne--and THE DOG.

And they stayed a week. Mr. Neilson looked like Arthur Godfrey, and acted like him too. Mrs. N. was a quiet, mousy little thing. And the kids!!! They acted like they had been brought up in a barn.

As I said, we had a large house which had multiple doorways and stairways. Those kids loved it! They would run through the back door, dash through several rooms, banging on the piano as they went by. Then they would charge through some more rooms, bang up the front stairs, whirl through the bedrooms and fling themselves down another stairway to another back door. We looked on in awe: we could never get away with that--but nobody said a thing. I don't have to tell you that they were accompanied by the dog.

Meals were something else altogether. My mother had a rigid budget, and it was quite difficult to make the week's food stretch to another 5 or 6 people--and the dog. Of course our visitors never brought any food, although my father told my mother that Mr. N had given him \$20. to help out.

My sister and I did most of the meal preparation. I don't remember what we made, but it couldn't have been too fancy. I do recall that there

was quite a bit of fussing at the table (something else we never did). And then my sister and I did the cleanup after the meals. I found myself disliking the Neilsons --more every year.

If that wasn't bad enough, our parents would go out to dinner every couple of days and guess who babysat everyone?

It was a week from hell.

After several years, we prevailed upon my father to not invite these people ever again. The boys were getting bigger and more aggressive. They also ate like horses. I think my mother finally had had it, too.

I don't recall ever seeing the Neilsons again. We heard bits and pieces about them as the years went on, and I don't think any of them fared too well.

We had other summer visitors through the years, but nothing like that family. Fortunately we grew up and had our own summer company. They were most always well-intentioned and were always invited by my husband and me.

"Thirty-Eight: The Hurricane That Transformed New England"

The Newbury and Ryegate Historical Societies are co-sponsoring a program by Corinth resident Stephan Long, and author of the recently published book "Thirty-Eight: The Hurricane That Transformed New England" on Thursday, August 18, 2016 at 7:00pm in the Wells River Congregational Church Vestry.

While Tropical Storm Irene is still fresh in the minds of many Vermonters and many area residents will remember Tropical Storm Floyd in 1999 that caused major flooding and power outages throughout Vermont, far fewer people remember the hurricane of 68 years ago. The unnamed September 21, 1938 Hurricane is also referred to as the Great New England Hurricane and Long Island Express as hurricane naming didn't begin until 1953.

Long's presentation of the Hurricane makes the hurri-

cane come alive using pictures and memories of survivors as well as his extensive knowledge of forestry and the natural history of New England. Long is a founder and former editor of Northern Woodlands magazine which began as Vermont Woodlands in 1994. The '38 hurricane was not just a storm that caused great damage throughout New England but it also brought social and ecological changes that can still be observed today. Long is also the author of More than a Woodlot published in 2012.

The program is free and open to the public. The Wells River Congregation Church located at 76 Main Street South and is ADA accessible. Light refreshments will be served. For more information contact Richard M Roderick at 802 757 2708 or newburyhistorical@gmail.com



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THANK YOU!

The 72nd Annual North Haverhill Fair was another great success.

Many thanks to the over 300 volunteers who helped make this happen.

Also thanks to the thousands of attendees who are the reason we spend so much time and effort to produce this event.

And a huge and heartfelt thanks to our many business sponsors for their enthusiasm in supporting the fair.

The all volunteer Officers and Board of Directors of the North Haverhill Fair thank one and all, and wish you a great 12 months until we meet again, July 26 - 30, 2017



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41st NH Highland Games & Festival

CONCORD, NH – The rich culture, traditions, and history of Scotland are on full display at the 41st New Hampshire Highland Games & Festival at the scenic Loon Mountain Resort in Lincoln, NH. The NH Highland Games & Festival, running Friday, September 16 through Sunday, September 18, is one of the largest and most diverse Scottish events in the US. You don't have to be Scottish to enjoy the pageantry and excitement of piping & drumming performances and competitions, highland dancing, fiddle, harp, sheep dog trials, and heavy Scottish athletic competitions. Scotland's cultural history comes to life in living history encampments and the clan village, where more than 60 clans wear their tartans and share their traditions. Scottish and Celtic performers will be playing traditional and modern music, ranging from traditional ballads to tribal beats and bagpipe rock. Children can participate in the Festival Youth Program, which features games (including children's caber tossing), crafts, storytelling, and more. For

a full schedule of events and activities, please visit nhscot.org.

The Games are organized and managed by NHSCOT. "For more than 40 years, the Games have entertained people of all ages and walks of life. It's a great combination of sport, fun, and culture... and you don't have to be Scottish to take part in the week-end-long festivities," said NHSCOT Executive Director Terri Wiltse.

NH Highland Games & Festival Highlights

Sheep dog trials: The Games kick off on Friday with sheep dog trials as the main event. Watch the border collies as they make their way through an obstacle course, where the goal is for each dog to run four sheep through five obstacles. Collies and their handlers come from all over the northeast and Canada to compete for the Campbell Cup.

Competitive heavy athletics: Athletes from the US, Canada, Iceland, Scotland and Europe will be competing at the Games in the Caber Toss, Weight Over Bar, Weight for Distance, Sheaf

Toss, Hammer Throw, and Loon Stone Carry competitions. Four-time World's Strongest Man title holder Magnús Ver Magnússon will be judging the competitions.

Each year NHSCOT proudly sponsors the New England Disabled Heavy Athletics competition as part of the Games. Partnering with New England Disabled Sports, NHSCOT developed the first adapted heavy athletics so that disabled athletes could compete.

Lively, soul-stirring music by new and returning performers: New this year to the line-up of high-caliber performers are: the hottest band in Scotland, Skerryvore, playing Celtic-infused rock, pop, jazz, and country music; alternative Celt-roots artists from Canada, the Glengarry Bhoys; award-winning fiddler Troy MacGillivray; Wendy MacIsaac, a Cape Breton fiddler; Cape Breton singer/songwriter Buddy MacDonald; and Searson, playing spirited fiddling, dancing and harmonies. Returning favorites are: the tribal sounds of Albannach; nationally renowned Scottish accordionist John Carmichael; traditional Scottish band, The Brigadoons; and Scottish troubadour Charlie Zahm. Some concerts are free with admission; some require a paid admission. See nhscot.org for details.

Piping, drumming, fiddle, harp and dance competitions: On Saturday and Sunday, pipers, drummers, fiddlers, and harpists will show off their skills in both solo and band competitions. Dancers will compete in Highland and National dances, such as – the Sword Dance, Highland Fling, Sailor's Hornpipe, and Flora MacDonald's Fancy – as part of the prestigious White Mountain Premiership competition on Sunday.

Festival Youth Program: The Games features a youth program where children can try their hand at various craft projects; listen to a storyteller; participate in games (tossing the haggis, caber toss, stones carry); and interact with presenters of highland music or dance. Events are designed for children 5 years to pre-teen.

Whisky and beer tasting: Learn about and taste the whiskies of Laphroaig and Auchentoshan, and popular Scottish beers. Must be 21 to participate. Advance purchase is advised as these popular events often sell out before the start of the Games.

Fascinating seminars: The Games' Honorary Chieftain, Dr. Joseph John Morrow, the Lord Lyon, King of Arms, will share the history of Court of the Lord Lyon and its continuing importance in contemporary Scotland. Brian Wilton, director of the

Scottish Tartans Authority and author of several books, will share his infectious love of tartan and tartan design.

Scottish merchandise: Shoppers will find a great array of goods from "across the pond" including T-shirts, colorful tartan apparel, hand-crafted jewelry, and more.

Ticket Information

The Games run from Friday, September 16 through Sunday, September 18 at the Loon Mountain Resort on 60 Loon Mountain Road in Lincoln, NH. All events are held rain or shine. No pets are allowed; only recognized guide or service dogs are permitted.

Discounted tickets are \$20 per person for Friday and Sunday, \$30 for Saturday and are available until August 15. Weekend tickets (3 days) are \$50 per person or \$60 at the gate on opening Friday. Admission includes all daytime concerts in the main concert tent as well as other venues; heavy Scottish athletic competitions, sheep dog trials, highland dance, fiddle, harp, piping and drumming and pipe band competitions, clan village, Scottish shopping, demonstrations, youth program, and living history area.

Single day tickets are available in advance online at nhscot.org or at the gate each day.

Gale Forest Nature Walk August 17th

LYMAN – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk at the Gale Family Forest in Lyman on Wednesday, August 17th from 3:00-6:00 p.m. The public is invited to this free program to learn all about trees, ferns, wildlife, wetlands, and the history of the land.

The Gale Forest nature walk will explore 167 acres of land conserved by Christopher and Pamela Gale of Charlottesville, Virginia. The Gales purchased the property 50 years ago with hopes of retiring there, but when their plans changed they chose to donate the land to ACT for conservation and management.

The land is mostly wooded but also has a hay field high above Partridge Lake. The forest has been managed for timber over the years, and a snowmobile trail runs through it. The land was once farmed by the Hurd family, and later the Hubbard family. Its topography is shaped by the glaciers, with eskers running

throughout and some unusual plants and tree species.

This is the fourth in a series of five nature walks this summer on local lands conserved by ACT. 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 Director of Education & Outreach Liz Wyman and volunteer Linda Moore, who will teach participants about plants and wildlife. Joe and Terri Hurley of Lyman will co-host the Gale Forest walk. Their land abuts the forest, and Terri is part of the Hubbard family that farmed the land.

"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.

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 and directions to the ACT office, please visit 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 or call (603) 823-7777.

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Letter to the Editor

To the Editor,

Wooden pallets stacked with cash in various foreign currencies were flown on an unmarked plane to Iran. The US cannot exchange US dollars to Iran, but it amounts in value to 400 million dollars. Four American hostages were released.

The White House says ransom was not paid. Two different negotiating teams and it was Iran's money that was the settlement of a long standing US Iran claim. It is just a coincidence. Really same day payment and same day release...

The White House said it was not a prisoner exchange. Yet Iran says it is a ransom paid. The White House lies again. It was ransom paid. And our citizens are not safe anywhere in the world. If Iran can detain Americans, then other countries can.

Congress is jumping up and down saying our citi-

zens will not be safe. Talk, talk, talk.. Congress is all talk.... Unfortunately.

Our citizens will not be safe. Since the exchange, and it was an exchange, Iran has arrested 2 Iranian-Americans and 2 dual nationals from France since the release of the money.

There is the saying "if it looks like a duck, swims like a duck, and quacks like a duck, it is a duck." Smells like ransom paid for 4 American citizens.

We have to look at the ramifications of this exchange other than American citizens are not safe overseas.

Can Iran hold the world hostage and say, pay us or we will use nuclear weapons? They will have nuclear power soon. They are constantly improving their ballistic missile program and will eventually develop long range missiles that will reach the US. There is no reason why this would not

happen.

Obama has bowed down to Iran. They know it and keep crossing the red line. Will Hillary?

Do we want the next President to continue this foreign policy? I certainly do not want this.

The United States should not pay ransom for anyone for any amount. Jefferson knew this. Why cannot we learn from history?

In 1785 Algerian pirates captured American ships and \$60,000 was demanded for their release. For 15 years, America paid millions of dollars for safe passage of American ships.

Jefferson was against this practice and when sworn into practice, he refused to pay ransom. Tripoli declared war on the United States and soon to follow were Tunis, Morocco and Algiers.

Linda Riley
Meredith, NH

our democracy to go to the polls and vote for the person we want to be elected to any given position. This is true from President all the way down to local Selectboard members or even town clerks. I will simply say, learn all you can about the candidates vying for your vote. Then be sure to go to the polls on election day, or vote by absentee ballot, and cast your ballot. If nothing else, it gives you the right to complain later if things do not go your way.

Gary Scruton, Editor

Linda,

I believe I have written in a response before that old saying "if we do not remember our history, then we are doomed to repeat it."

I have also said in the past that Trendy Times will not endorse, or promote against any candidate for any elected office. Instead we are happy to offer up a chance for all elected officials, or those running for office, to submit written information for us to pass along to our readers.

It is, without doubt, an important part of



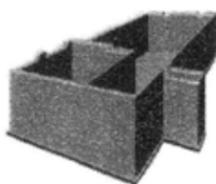
Whitehill Reunion

The descendants of James and Abraham Whitehill will hold their 89th annual reunion on Saturday, August 20, 2016 at the Whitehill Stone House on the Groton/ Peacham Rd in North Ryegate, Vt.

A chicken dinner will be served at 11:00 followed by the annual meeting and group photo.

Our guest speaker will be Paul E Wood who will give a presentation, which is FREE and open to the public, at 2:00 on Inventive Vermonters:

A Sampling of Farm Tools and Implements. This presentation is sponsored by the Vermont Humanities Council. For questions or more information call 802-253-4729.



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Letter to the Editor

To the Editor,

Recently Rick Ladd, NH Representative from the Haverhill area, wrote a Trendy Times article (July 26 issue) telling us about the revenue problems with the current gas tax and why he believes that switching instead to a tax on mileage driven was a bad idea. He went so far as to say that even studying such a new system was a bad idea.

(sigh)

I am afraid that this attitude has become far too prevalent with too many politicians. All we hear from

them is why the current system isn't working and why any new proposal is "a bad idea" or will be "a job killer". Where are THEIR proposals for how we fix the problem(s)? Where are THEIR new ideas? Mr. Ladd, instead of telling us the system is broken and pooh-pooh'ing ideas to fix it, make some proposals on what you think we SHOULD do. Isn't making things better part of your job?

Thanks,
Paul Hunt, Bradford, VT

Paul,

New ideas to solve a problem can be one of the biggest hurdles for any group to clear. Whether it be a legislative body, or a non-profit group, or even a family, making a call to find a new way around an existing issue can be time consuming and often frustrating. That being said, I agree that offering a new idea (whether proven or not) is better than simply saying no.

I must also agree with Representative Ladd that questions should be asked about the decision for New Hampshire to offer up over a half million dollars in credits compared to other states giving much less, though it is cash. It is also this sort of watchdog that we need to have looking after budgeted funds.

The one thing I would hope to see is that progress is made to fund existing, and planned, road and bridge improvements throughout New Hampshire.

Gary Scruton, Editor

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Ray of Hope

by Maryanne Aldrich

I wanted to personally invite you to join us for our upcoming fundraising event at the Castle in the Clouds in Moultonborough, NH. This fundraiser, which will be held on Thursday -- September 15, 2016 from 6-9P, is to support the Behavioral Health Unit that will be opening at Cottage Hospital in October 2016.

The Ray of Hope – A 65+ Behavioral Health Unit, will pay homage to the Late Councilor Ray Burton for his many years of service to the state of New Hampshire and the North Country. As many of you are aware we are facing a mental health crisis in our nation and with our most vulnerable population quickly aging into the 65+ arena, Cottage Hospital is committed to offering a space to intervene on this epidemic.

For our many local businesses, I would love to offer a tour of the new facility or provide you with additional information about what this

unit will mean for the future of our Hospital and the positive impact it will provide to our community with job creation and economic stimulation.

If you would like to purchase tickets, be a sponsor or purchase an ad spot, please feel free to contact me (information below), please note that these options are also tax deductible.

If you are unable to attend, please consider making a donation to the Hospital. You can contact me directly to discuss payment options or make a payment to:

Cottage Hospital – Ray of Hope
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90 Swiftwater Road
Woodsville, NH 03785

Your tax deductible donation will help offset the capital investment of this project and secure the future for our community hospital. Every donation helps!

KCP Presents Announces 2016-17 Series: Sierra Hull, Alvin Ailey II, Vienna Boys Choir and more

Bluegrass mandolin ace Sierra Hull will return to the Northeast Kingdom Friday, September 16th, to kick off the KCP Presents 2016-17 season. After releasing her first album at 10 years old, Hull was mentored and befriended by Grammy-winner (and former child fiddle prodigy) Alison Krauss. In the following few years, Sierra Hull picked up five International Bluegrass Association nominations and the Bluegrass Star Award. In 2011, at 20 years old, Hull gave a command performance at the White House with Krauss.

For her eagerly anticipated return to St. Johnsbury (she opened for Peter Rowan in 2010), Sierra Hull will share the bill with the tough-to-pigeonhole, five-piece Mike + Ruthy Band, which blends bluegrass, folk, rock, and “raucous old time hoot music” that has made them an audience favorite at bluegrass festivals and concert halls from coast to coast.

Sierra Hull and the Mike + Ruthy Band are just the start of what promises to be a memorable KCP Presents season. On Friday, November 4th, the Alvin Ailey II dancers will perform a program anchored by Ailey’s signature choreographic work, “Revelations,” which tells a monumental story of

African-American faith and tenacity from slavery to freedom through a dance suite set to spirituals, gospel, and holy blues. More than a popular dance work, “Revelations” is a cultural treasure. New York Times dance critic Alastair Macaulay puts it simply: “Let’s agree that Ailey’s “Revelations” is one of the great works of the human spirit.”

On Friday, February 17th, the series will present Momix, an audience favorite created by Kingdom native Moses Pendleton. On Friday, March 17th, The Aquila Theater will perform Agatha Christie’s spine tingling crime thriller, “Murder on the Nile.” International programming will include a rare holiday concert by the Vienna Boys Choir on Friday, December 9th and a sizzling night of Latin jazz by the Havana Cuba All-Stars on Monday, October 17th.

On Saturday, April 29th, The Upright Citizens Brigade’s (UCB) touring company will work its side-splitting improvisational comedy. Over the years, UCB has produced a Who’s Who of comic talent, including Amy Poehler (“Parks and Recreation,” “Saturday Night Live”), Kate McKinnon (“Saturday Night Live”), Rob Corddry (“The Daily Show”), Jack McBrayer (“30

Rock”), Bobby Moynihan (“SNL”), Aziz Ansari (“Parks and Recreation”), Ed Helms (“The Office,” “Hangover”), and Ben Schwartz (“House of Cards,” “Parks and Recreation”).

Sultry torch singer Storm Large is probably best known as Pink Martini’s alternating vocalist. She did not perform at Pink Martini’s two previous St. Johnsbury visits; China Forbes did. But Storm promises to make up for lost time when she closes the KCP Presents season with a Mother’s Day concert on Sunday, May 14th at the St. Johnsbury School.

The KCP Presents series is presented and produced by Catamount Arts working in association with business and community partners including Kingdom County Productions and with grant support from the National Endowment for the Arts. Thanks to an NEA grant aimed at building a new generation of audiences, this season’s KCP Presents Series will continue its new Access Arts policy of free student tickets for all events except Alvin Ailey II and Momix. Season passes and individual show tickets are on sale now at www.kcppresents.org, www.catamountarts.org, or by calling 802-748-2600. Tickets purchased 30 days in advance are 20% off.

Volume 7 Number 22 August 9, 2016 Not all Times are Trendy, but there will always be Trendy Times

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The Newbury and Ryegate Historical Societies present:
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NCHHA Hospice Volunteer Training Scheduled

North Country Home Health and Hospice Agency is pleased to announce the annual hospice training. The agency enjoys a wonderful corps of volunteers, but new volunteers are needed to meet the growing number of patients and families in the 22 communities served by NCHHA.

The philosophy of hospice is based on the belief that providing support and comfort for individuals at the end of life protects dignity, allows patients to remain as active as possible, and to live a higher quality of life.

The six-evening, 18 hour training prepares volunteers by expanding their understanding of the hospice philosophy, the needs of the dying, pain management and comfort care, grief and bereavement, and communication with the hospice family. There is no charge to participate in the training program which will be held at Littleton Regional Hospi-

tal on Thursday evenings, beginning September 8th.

Volunteers provide important services to hospice families. They serve wherever patients reside, whether in their own home, nursing home, or during a period of hospitalization. They offer emotional support and companionship, help with routine tasks, run errands, grocery shop, prepare meals, wash laundry and do light house-keeping, or reminisce and record life stories. Volunteers may also assist staff in the hospice office, or participate in community outreach and fundraising. Many share special talents such as Reiki, music, gardening, or pet therapy.

Preregistration is required. For additional information, contact Sue Buteau, Hospice Volunteer Coordinator for North Country Home Health and Hospice, at 444-5317 or sbuteau@nchha.org.

Changing Society's Perspective

19

Editor's Note: This is the fourth 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.

Multiple Sclerosis

By Gayla Spaulding
Bath, NH

People living with MS understand the following statements all too well:

"If you just try harder."

"You're just depressed - once you get that under control you'll feel better."

"If you lose some weight that would help."

"Of course you're tired - I have days like that, too - but I push through and so can you."

These are just a few examples of usually well-meaning people encouraging us to cure our own fatigue and get back to the activities of daily life. If only it were that

simple.

About 80% of people with Multiple Sclerosis list fatigue as one of their worst symptoms, yet it seems to be among the least understood. Because we 'look so good,' it is difficult for others to comprehend the continuous assault going on inside our central nervous system. Fatigue can't be measured or touched and it takes a good deal of energy to explain it to those who don't have MS.

Recently I saw a good reference to an explanation of MS fatigue - if healthy people begin the day with a tank full of gas in their vehicle, people with MS get perhaps only a gallon or two to get where they need to go on any given day. Our tank hits empty long before others' fuel supply.

My fatigue comes with physical activity - I can be mentally engaged all day long, just don't require me to get up and move because this is when the exhaustion hits hard and fast. My central nervous system isn't wired like a healthy person, and the signals are constantly corrupted and move slow-

er. Due to balance issues, my body is always fighting to keep me upright, but in exchange my energy reserve is used much more than a healthy person. My body is in a constant battle almost all the time when I move and that is the main source of my fatigue. It is different for each and every one else as to what brings on their fatigue.

What seems to be the same for all of us, though, is the inability of those close to us to really understand why we have to stop. I often refer to this as the 'lay down or fall down' option, and rightly so. If needed, our bodies will stop us if we aren't smart enough to do it ourselves. As we learn to live with our MS, we also have to learn to be smarter about pushing through when we should be hitting the brakes, but getting those around us to understand can be hard or even feel impossible. It is a tough lesson to learn and it took me a while, but I no longer allow myself to be prodded into pushing when I just don't have it to give.

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

August 9, 2016

Volume 7 Number 22

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by Ronda Marsh

If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Aunt Bev's Blueberry Tea Cake

If you are a fan of blueberries, then you are probably already aware that this year appears to be a banner one for those petite deep-purple globes. Whether cultivated or wild, the little super-fruit are flourishing in New England this season. It reminds me of my childhood summers, when my mother (who adored picking any kind of berry) would coerce me (who hated picking berries) into going "on safari," while she gathered gallons of the tiny field blueberries that carpeted our fields, which she then sold to a local hotel and bakery. I'm afraid I was not always a willing participant, and spent a lot of time moaning about the heat, sweat and bugs, but I sure did enjoy the desserts that resulted from her work, in spite of all my whining. One of my favorites is this cake, which originated from my Aunt Bev, who was my dad's older sister. In addition to being one of the classiest ladies I've ever known, she was a remarkable seamstress and an excellent cook. So, when my brother-in-law recently presented me with a pint of local high-bush

berries, I immediately went looking for Aunt Bev's recipe. Long story short, after a whole day devoted to sorting through my mom's recipes, I still had not come up with the Tea Cake. And, if you've ever been through a similar experience, you know that the longer you can't find something, the more you become obsessed with finding it. Finally, I gave up on the search and sent an e-mail to my Aunt Bev's daughter, cousin Nancy, in hopes she would still have that recipe from her mom's collection. Let me add here that Nancy is just a year younger than me, and during those long-ago summers, while I was

complaining it was too hot, sweaty, and buggy to pick berries, oftentimes we were joyously running around getting equally hot, sweaty, and buggy, but it didn't seem to matter, as long as we were just goofing around, with no enforced berry-picking!

Nancy, who now lives in Colorado, (and is an excellent cook herself) very graciously stopped in the middle of unpacking from a move to a new condo, and immediately forwarded me the recipe. What a gal! Now THAT'S a cousin (and a recipe) worth keeping!

- 1-1/2 cups blueberries, rinsed and dried
- 2 tablespoons butter, room temperature
- 1 cup sugar
- 2 eggs, separated
- 1-1/2 cups flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup milk
- Powdered sugar (for dusting the cake)

Preheat oven to 350°F. Prepare an 8X8 pan by greasing and flouring it.

Cream butter and sugar. Add the egg yolks, beating until creamy. Sift together the flour, baking powder

and salt. Add dry ingredients to the egg/sugar/butter mixture alternately with the milk and beat till smooth. In a separate bowl, beat the egg whites until stiff. Gently fold the whites into the batter, just until incorporated. Spoon half of the cake batter into the pan and spread it evenly. Toss the blueberries with about tablespoon flour to coat. Sprinkle the berries evenly over the batter, then top with the remaining batter. Bake 35-40 minutes,

or until a toothpick inserted in center comes out clean. Remove cake and allow to cool slightly before dusting with powdered sugar.

Volume 7 Number 22

August 9, 2016

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