

TRENDY



TIMES

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APRIL 18, 2017 VOLUME 8, NUMBER 14

Recycled Percussion Comes To North Haverhill Fair

The Thayer Stage at the North Haverhill Fair has seen many great acts over the past years. There has been a wide array of upcoming country artists on the rise, and during the past few years some quality Saturday night entertainment with an emphasis on rock and roll. This year the Saturday night entertainment will once again feature a rock group, but with a bit of a twist. Recycled Percussion is known as a junk rock band. Plus this 6 Time National Act of the Year is a native to New Hampshire. They are taking a break this summer from their recent Las Vegas shows and are making the North Haverhill Fair one of those proud spots to showcase their unique style and sound. Founder Justin Spencer has led this national phenomenon to great heights, but they have not forgotten their philosophy: "Recycled Percussion is passionately committed to being socially responsible demon-

strated through our messaging to children to achieve their dreams; our dedication to helping the homeless; and our innovative rock and roll performances. Our goal is to positively impact not only the community in which we live, or our hometown, but to impact everyone who becomes a part of the Recycled Percussion Experience!"

So circle the date of Saturday, July 29 and be sure you are seated in front of the Thayer stage during the 73rd annual North Haverhill Fair. Show time is 8:00 PM and as always the show is free with your paid general admission.

Many groups and individuals have gotten their start in talent shows and this year's fair is no different. Once again on Thursday night, beginning at 7:00 pm, North Haverhill's Got Talent will take over the stage. This show is a chance for anyone with any talent to perform in front of the judges and spectators in hopes of winning one of three cash

prizes for the top performers. The finals of the competition will start at 8:30 PM.

Another stage and another performer for this year's fair will be Lance Gifford, Magician. This show has toured all around the US and Canada and makes a summer stop at the North Haverhill Fair for all five days. Lance Gifford's unique style and flare for theatrical presentation sets his illusions and magic tricks apart from those of the average magician. He and his company perform some of the world's most modern and intriguing illusions, including the Death Drop illusion one of the most death defying illusions of modern time.

This year's fair will also feature the wide array of traditional events that visitors have come to expect. Wednesday night has a ride special, a car show and the first of two nights of Demolition Derbies. Plus the Little Miss Contest and more entertainment on the Thayer Stage. Also on Wednesday



are ox pulls and the Mini tractor pulls.

Other long time events that are returning include the Sunday 4x4 Truck Pull, Saturday's tractor pull, horse pulling on Saturday & Sunday with pony pulls on Friday. Friday night will also feature a second Demolition Derby. Plus be sure you visit the Blaisdell Maple Museum, the Gerald Stoddard Arts and Crafts building, the Presidents Commercial building, the Rutherford dairy barn and

the new addition to Kennedy Arena where you will find oxen, sheep and goats.

Admission continues to be just \$12 for adults and includes admission to all the shows and events. Children 12 and under are still admitted free. Parking is also free in the adjacent field.

The 73rd Annual North Haverhill Fair runs from Wednesday, July 26 thru Sunday, July 30 at the Fred C. Lee Memorial Field at 1299 Dartmouth College Highway (Route 10) in North Haverhill, NH. For more details and further updates check out the website www.nohaverhillfair.com. Bring the whole family!

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TRENDY Dining Guide

Polly's Pancake Parlor

By Gary Scruton

The world is made up of so many wonderful parts and pieces. That means that you can almost always be looking forward to a first, or a bucket list item that is within reach, and most often very enjoyable.

One such occasion happened for me just recently. For many years I have had Polly's Pancake Parlor on my personal bucket list. It just never seemed to be the right time to get there. That changed when the folks at Polly's became an advertiser with Trendy Times and I obediently found the time to check one more item off my personal bucket list and do my job at the same time. And yes, it was very enjoyable.

Of course Polly's looks much different these days. It now features a brand new facility that rose from the razed area of their previous and long time location on Route 117 in Sugar Hill. Because I was never fortunate enough to get to the old site so I can not give a comparison perspective. However, I can say that the new facility offers more seating than the old place, plus a gift area and even a waiting room for those like us who did not heed the suggestion to call ahead. We actually planned ahead to go on a Saturday morning but just walked in. The helpful hostess informed us that if we had called ahead we would have been put on the list (not a reservation, but just a spot on the list). As it was we were

told we would need to wait about 45 minutes. It was actually only about 30 which gave us time to look around in the gift shop.

On this visit there were three in our party as we had brought our friend Kathy. We were seated at a large table (set for 8) as the morning seemed to have only small parties. Every table came with a set up of condiments including lots of butter, a maple spread and of course, real maple syrup.

Our waitress soon arrived and took our drink orders. Obviously with a name like Polly's Pancake Parlor, the main menu item is pancakes and that is what we all ordered, but I need to mention that the menu also had plenty of other breakfast foods as well as sandwiches for those who don't want breakfast.

When it came to our specific orders there was more to

decide than just pancakes. Polly's offers six batter types of batter (from regular to buckwheat) and 4 add-in's (like walnuts or blueberries). Kathy actually mentioned later that she does not normally like pancakes, but considering where we were it was the choice to make, plus she had heard from another friend that they were delicious. Her order was for the gingerbread style with walnuts and a side of bacon. Janice went with the buckwheat pancakes. She decided on sausage as her side. Both of these orders were what is called Kathie's Combo on the menu. It allows for 3 pancakes of your choice of batter, add-ins, and a side. A good feed.

Of course I needed to be a bit different so I went with the Pancake Sampler Combo. This gave me six pancakes, and I could mix and match batters plus an add-in. (I actually did not take full advantage of that and got the regular batter with blueberries. It also included a side, in my case it was sausage patties.

As I mentioned we were seated at a large table not far from the front hostess stand. But the real show at Polly's was going on over on

the other side of the dining hall. That's where the pancakes were being prepared. (I hope that my next visit will get me a better view). As it was we got the view of the White Mountains out the beautiful front windows.

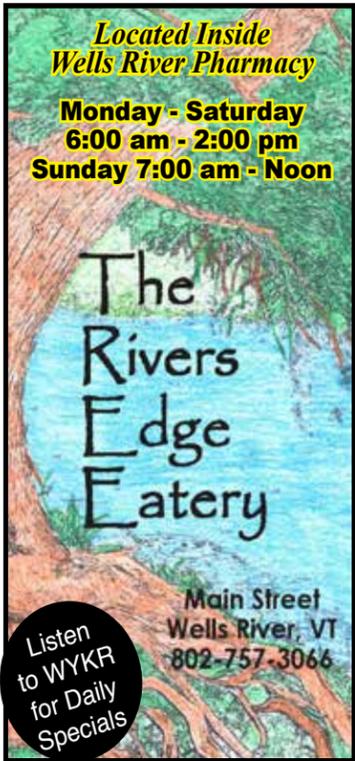
Now for a little more about those pancakes. They were all the same size (listed as 3"). Nicely formed and with a good thickness as well. The other thing was that with my order of six hot cakes, only three were served on the first trip. That's the way it was planned. My other three showed up just about the time I was finishing the first three. That meant that the hot cakes were always hot. What a wonderful way to serve a delicious breakfast. By the way the sausage was also excellent with a good little tang that is just the way I like it.

All three of us very much enjoyed our breakfast. Add in the setting of this relatively new facility, and the unique way of serving pancakes in two servings, and it adds up to a check off on the bucket list that will be long remembered and probably soon repeated.

The total cost of our meals was \$45.06 before we added our tip.

Volume 8 Number 14

April 18, 2017



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For More Details
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Lisbon Lions To Host 14th Annual Spring Senior Citizen Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 14th Annual Spring Senior Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, April 22nd, at the Lisbon Regional School cafeteria at 12 noon. The menu will feature a complete ham dinner and strawberry shortcake or cake for dessert.

Please come out to celebrate spring's arrival, enjoy great food and visit

with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are happy to provide transportation to the event, if needed.

To make reservations to eat at school (appreciated, but not necessary), to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by April 20th.

Cohase Chamber to Host Business Succession Planning Seminar

Haverhill, NH, The Cohase Chamber of Commerce will be holding a Business Succession Planning Workshop on Thursday, May 11 from 5:30-7:00 PM at Alumni Hall in Haverhill Corner, NH. The seminar will discuss the very important, but often overlooked topic, of Business Succession Planning. Business Succession Planning refers to the process of planning for what will happen if business owners or key management personnel can no longer run their business due to retirement, illness, death or other life event. Many small businesses do not plan ahead for such occurrences and find themselves scrambling to save their business and/or protect its future. Join the Cohase Chamber and a panel of experts to discuss key elements and strategies that businesses should consider before such events occur. A panel of legal and financial experts will provide expert insight and advice.

The planned panel includes:

- Graham Gove - Vice-President at Wells River Savings Bank, Graham is a long time commercial banker who has been involved with many area business successions.

- Dan Grossman - A partner with Grossman & Ripps, PLLC, Dan brings over 30

years of diverse legal experience with a primary focus on estate planning and real estate to clients throughout New Hampshire and Vermont.

- Phil Lapp - Co-Managing Partner at Gallagher, Flynn and Co., LLP, Phil has provided tax services for businesses of all sizes and types including small businesses and entrepreneur-led businesses.

- Nathan Muehl - Owner of Northern Mountain Associates Wealth Strategies, Nate has assisted numerous area residents and businesses with professional financial planning and investment services.

- Markell Ripps - Also a partner in the law firm Grossman & Ripps, PLLC, Markell's focus is estate planning and administration, real estate transactions, landlord-tenant matters and guardianships.

The seminar is made possible through the generous support of Odell Insurance Agency, Inc of Bradford, Vermont. The seminar is FREE for Cohase Chamber of Commerce members. Admission is \$10 for non-members. For more information or to RSVP, e-mail cohasechamber@gmail.com, call (802) 518-0030 or visit the Chamber WEB site at www.cohase.org.

News from My Farmers Market...

Finally Spring!

By Marianne L. Kelly

So. Ryegate, VT—It seems at long last Spring has arrived in our area and especially at My Farmers Market.

We have a special treat for those who love real maple syrup, and who in this area doesn't? Join us for our second annual Maple Syrup Festival on Saturday, April 22 from 11-2, and treat your taste buds to sugar on snow, and freshly prepared hot pancakes, all with our local maple syrup.

While you're there, browse through the store and check out all we offer including sprouts, early greens and veggies, daffodil, hyacinth and other potted plants, and of course delicious food and wonderful gifts from our local vendors. New this year are organic seeds from Fedco to plant in your gardens.

Market owner Jennifer Bone thanks all who participated in the Spring CSA program, and encourages interested people to sign up early for the summer CSA, as memberships are limited.

For more information visit www.myfarmersmarket.com or the My Farmers Market Facebook page.

You can also send Jennifer an email at myfarmersmarket@gmail.com.

Our featured vendor for this issue is Jodi Fleurie-Wohlleb of Rusted Feather Farm (formerly Wohlleb Family Farm).

"I knew I had to change the name of the farm when we recently moved from Lyman, NH to Groton, VT" she said, "but just couldn't think

of a good one." Inspiration came on a snowy winter day, when, while sitting by her fire, she realized her chickens were a rust color and Rusted Feather Farm was born.

Jodi, a self admitted addicted chicken farmer, started her venture 11 years ago as a hobby with just six chicks. Her farm has since grown to number 400 free running chickens, that she plans to add substantially to in order to increase egg production.

Rusted Feather Farm eggs can be found at My Farmers Market, Littleton Co-op, in Sugar Hill, the Newbury General Store, and Upper Valley Grill.

Jodi also bakes delicious muffins, bars, giant cookies, filled cookies, whoopie pies, brownies and more to the delight of her customers at My Farmers Market. "I like the old recipes that Grandma used to make her spe-

cial treats," she said. "I am not afraid of sugar and butter and use them in all my baked goods."

Hers is truly a family operation with her children, Miles age 7, and Heidi, age 6 her assistants. They are an intricate and important part of the smooth operation of the farm, as they clean up after the chickens, repair and build nest boxes, and collect, clean and help package the eggs for transport to customers.

Miles and Heidi also help package the yummy treats their mom bakes and sells at My Farmers Market.

Stop and say hello to Jodi at My Farmers Market every Wednesday from 9-12.

For more information email her at bcwohlebb@yahoo.com

My Farmers Market is located on Creamery Rd. just off Route 302 in So. Ryegate and is open from 9-6 Tues-Sat. And 11-2 Sun.

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Legislators to Offer Detailed Reports at April Chamber Legislative Breakfast

With the legislature nearing completion, the Northeast Kingdom Legislative Breakfast will cover many of the issues being discussed at the capital, offering local legislators time to provide more detailed reports on their committee work and bills affecting the Northeast Kingdom. This month's session will be held Monday, April 24, at 8 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury.

Some of the issues expected to be addressed are the state budget, transportation, agriculture, labor and economic development issues, education funding, taxes and fiscal policies. Longtime community leader Gretchen Hammer serves as moderator for the forums.

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following

legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the last legislative forum of the season on May 22. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.



New England Commission - Employability

On April 12, the New England Commission on Higher Education and Employability met with Rhode Island Governor Gina Raimondo in a regional effort to develop strategies to increase student career readiness. The commission is comprised of business leaders, state policymakers, chancellors and presidents of various New England colleges and universities. I was one of four elected officials selected to participate on the commission during the upcoming months.

The issue of employability and properly preparing our future high school and post secondary graduates to meet the region's rapidly changing, increasingly complex economy and society is a serious matter.

Higher education in this country is a remarkable success story. For decades, American colleges and universities have been the envy of other nations in terms of both overall quality and in sheer numbers of Americans with post secondary educations. The U.S. has a lot to be proud of. HOWEVER, signs of frustration and discontent with higher education are becoming more common among the public, the employer community, state and federal funders of higher education and students themselves. At the root of the dissatisfaction is the concern that the value of higher education is less obvious as costs climb, debt increases, and with student educational outcomes not significantly improving stu-

dent employability.

Students and parents often ask, is there a cost benefit in attending a costly post secondary institution. Tuition increases have been outpacing inflation and states have reduced their commitment to investing in higher education. The average debt of a graduate from UNH is \$36,500.

In addition, employers and colleges do not see eye to eye on how well secondary and higher education is preparing graduates for the workforce. "While 96% of college representatives felt confident in their institution's ability to prepare students for the workforce, only 11% of business leaders agree that today's college graduates have the skills and competencies that business needs."

Further, there is growing evidence that the economic value of credentials varies greatly, both within and across institutions. Some associate degrees have higher returns than some baccalaureate degrees; and some credentials have stronger labor market payoff than many associate degrees. For example, a nursing degree from a community college has a higher return than a terminal sociology or political science associate degree. A vocational certifi-

cate in a field that does not value certificates or where demand is weak will result in lower earnings than a certificate aligned with market demand. The U.S. labor market is in a period of steady change away from jobs requiring repetitive and routine skills, both manual and cognitive, and towards jobs that require more non-routine social and analytical skills.

It is now absolutely necessary for high schools, post secondary institutions, and parents to help students make better career choices. Across New England, educational institutions must rethink their interaction with regional employers to better align curriculum and student experiences with employer employability skill needs. Simply having a certificate, associate's degree or a four-year degree may not be enough. When looking for a post secondary experience, ask if programming includes internships and work-integrated learning, and competency-based learning. Employers are looking for skills and work-integrated learning in prospective employees. While in high school, students should also be discussing and thinking "career pathways," and when seeking a post secondary experience, keep in mind that your future employer will be looking for a person that can demonstrate a range of professional skills that correlate with effective contribution to an ever changing, complex work environment. Communication skills are imperative.

NH Rep Rick Ladd

Sen. Woodburn holds office hours in Bath and Littleton on Friday, April 21, 2017

North Country State Senator Jeff Woodburn will hold office hours for his constituents on Friday, April 21, 2017 at the Bath town office from 9:30 -10:00 and at the Littleton Town Library from 11:15 am to 12:15 pm.

The public is invited and encouraged to attend. For those unable to attend, they

can send their comments and opinions to Senator Woodburn at Jeff.Woodburn@leg.state.nh.us or 603.271.3207. "Some of the best ideas for legislation come from meetings with constituents," Woodburn said, "I always enjoy these meetings."

Barefoot in the Park in St. Johnsbury

They say that opposites attract, and in this case they attract a great deal of humor and laughter!

Join the St. Johnsbury Players for their production of Neil Simon's "Barefoot in the Park"

It is the story of a newlywed couple (Corie and Paul) just learning about one another, a mother-in-law (Mrs. Banks) wound as tight as a top, and a crazy upstairs neighbor (Mr. Velasco) no one can seem to figure out. Join Corie and Paul on their new adventure called Marriage as they try to navigate through their differences while trying to please Corie's straight-laced mother, and keeping Mr. Velasco from falling of the ledge, literally.

This Neil Simon comedy is sure to please the whole family while you follow this

Rebecca Rule Appearing May 21st in Littleton

The Respiatality center will be sponsoring a concert featuring Rebecca Rule, May 21st at 2pm, at the Littleton Opera House. Rebecca is a native of New Hampshire who is well-known for her writing and storytelling presentations which feature her home state. Her tales are captivating and humorous, suitable for the whole family. If you like to laugh and are itching to get out into the warm air of spring, put this event on your calendar!

Local singer/songwriter Barbara Desroches will be appearing with Rebecca, entertaining with country and folk songs for adults and children.

This program is a fundraiser for the Respiatality Center, a non-profit organization which aids persons with early Alzheimer's and other dementia and their caregivers. If you have any questions about the May 21st program or the services Respiatality provides, call Patricia Dexter at 603-991-0155.



ensemble cast of characters as they learn about love, compromise, adventure, and how exciting life can be.

It is being performed at the St. Johnsbury School April 28th and 29th as well as May 5th and 6th at 7:pm with a special Matinee performance on May 7th at 2:00pm. Tickets are \$10, \$7 for students and Seniors. Tickets can be purchased at the door or in advance through Catamount Arts

(<https://tickets.catamountarts.org/public/shows/barefoot%20in%20the%20park/events>). Barefoot in the Park is produced in part through our generous sponsors: Passumpsic Savings Bank, Union Bank, Community National Bank and Catamount Arts. For more information contact 802-535-8052. Photo Credit: Corie (Leigh Holliday) and Paul (Noah Fink) navigate the waters of newlywed life.

Make It and Take It Essential Oils Workshop

Bethlehem, NH - Want to learn more about essential oils and how they can help promote a healthy, natural way of life? Join Claudette Paulin Eames as she educates attendees on the various advantages of essential oils and guides them in creating their own personal mixture, which they can bring home.

This interactive workshop will be held on Saturday, May 6th from 10am-Noon at the WREN Classroom in Bethlehem. Pre-registration is encouraged.

WREN is a nationally recognized not-for-profit that

supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, or to register, call (603) 869-9736, email at wrencentral@gmail.com, or reach us on the web at www.wrenworks.org.

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Facebook Boot Camps with Josh Simonds Return to WREN

Bethlehem, NH - Back by popular demand, WREN will host Josh Simonds on Monday May 1st and Wednesday May 3rd as he guides entrepreneurs to achieving higher visibility and more sales through the use of Facebook.

During Facebook Boot Camp Part I on Monday, May 1st from 6-8pm, Josh will lead participants through the basics of setting up a Facebook page, keeping it active and talk about when, how, what, why you should post, setting students on the path to attracting new clients to their business. This workshop prepares attendees to get even more from the Facebook Boot Camp part II that follows Wednesday of the same week.

On Wednesday May 3rd from 6-8pm, attendees delve in to Facebook Boot Camp II, where students will learn some of the more technical features that are available from this important social media tool. After the basics of Part Part I, Josh Simonds will help participants with

paying Facebook to reach out to specific age groups, genders, and people with specific interests in a specific geographic location. He'll cover the basics of advertising, or "boosting", your posts on Facebook. The second half of the class will offer time for specific questions or issues that may have arisen after the Facebook Boot Camp Part I session.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wrencentral@gmail.com, or reach us on the web at www.wrenworks.org.

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CLOSED SUNDAYS UNTIL MAY

Calendar of Events

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

TUESDAY, APRIL 18

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

THURSDAY-SATURDAY APRIL 20-22

HEATHERS - THE MUSICAL
7:30 PM
Alexander Twilight Theater, Lyndon State College

THURSDAY, APRIL 20

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

FRIDAY, APRIL 21

SENATOR WOODBURN OFFICE HOURS
9:30 -10:00 AM Bath town office
11:15 AM - 12:15 pm.Littleton Town Library
See Article on Page 4

FRIDAY NIGHT EATS: BBQ PULLED PORK SANDWICHES W/BAKED BEANS

5:00 - 7:00 PM - \$5.00
American Legion Auxiliary Unit 83, Lincoln

SATURDAY, APRIL 22

SPRING SENIOR CITIZEN DINNER
12:00 NOON - Lisbon, Lyman, Landaff Only
Lisbon Regional School Cafeteria
See Article on Page 3

SUNDAY, APRIL 23

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
American Legion Post 58, St. Johnsbury

HAVERHILL REC ACOUSTIC MUSIC JAM
12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville

HEATHERS - THE MUSICAL

2:00 PM
Alexander Twilight Theater, Lyndon State College

MONDAY, APRIL 24

LEGISLATIVE BREAKFAST
8:00 AM
St. Johnsbury House, 1207 Main St.,
See Article on Page 4

WEDNESDAY, APRIL 26

AMMIA; MEETING - ELECTION OF OFFICERS
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THURSDAY & FRIDAY, APRIL 28 & 29

ANNUAL RUMMAGE SALE
9:00 AM - 3:00 PM
Fairlee Community Church of Christ

FRIDAY & SATURDAY, APRIL 28 & 29

BAREFOOT IN THE PARK
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

SATURDAY, APRIL 29

10TH ANNUAL INDOOR FLEA MARKET
9:00 AM - 12 Noon
Peacham Church

ANNUAL RUMMAGE SALE

9:00 AM - 5:00 PM
1:00-5:00 PM - \$2 Bag Sale
Fairlee Community Church of Christ

UPRIGHT CITIZENS BRIGADE THEATRE

7:00 PM
Alexander Twilight Theater, Lyndon State College
See Article on Page 9

SUNDAY, APRIL 30

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
VFW Post 10038, 156 Hill St., Lyndonville

MONDAY, MAY 1

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

FACEBOOK BOOT CAMP PART I

6:00 - 8:00 PM
WREN Classroom, Bethlehem
See Article on Page 5

WEDNESDAY, MAY 3

FACEBOOK BOOT CAMP PART II
6:00 - 8:00 PM
WREN Classroom, Bethlehem
See Article on Page 5

WOODSVILLE AREA FOURTH OF JULY COMMITTEE MONTHLY MEETING

7:00 PM
Woodsville Emergency Services Building

FRIDAY & SATURDAY, MAY 5 & 6

BAREFOOT IN THE PARK
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

SATURDAY, MAY 6

ESSENTIAL OILS WORKSHOP
10:00 AM-Noon
WREN Classroom, Bethlehem
See Article on Page 5

SUNDAY, MAY 7

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
Moose Lodge 1779, Portland St., St. Johnsbury

HAVERHILL REC ACOUSTIC MUSIC JAM

12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville

BAREFOOT IN THE PARK

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

THURSDAY, MAY 11

FREE ORAL HEALTH SCREENING FOR ADULTS
By appt. 603-448-1558 or sedson@gcsc.org
United Congregational Church, Orford

BUSINESS SUCCESSION PLANNING WORKSHOP

5:30-7:00 PM
Alumni Hall, Haverhill Corner, NH
See Article on Page 3

FRIDAY, MAY 12

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:30 - 2:30 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
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM – 11:30 AM
Linwood Senior Center, Lincoln

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
COMMUNITY DINNER BELL - 5:00 PM
All Saints' Church, School St., Littleton
Orange East Senior Cntr, Bradford
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
1:30 - 2:30 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
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
1:30 - 2:30 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
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

Every Tuesday:
8:30 Community Breakfast

April 19

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

April 20

Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00
4H Garment Show @ 11:00
Cribbage @ 12:30
Line Dancing @ 12:45

April 21

Bone Builders @ 9:30
Mahjongg @ 10:30

April 24

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Sign Language @ 12:45

April 25

Nifty Needlers @ 9:30
Classic Bone Builders @ 10:00

April 26

Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00

April 27

Art Class w/ Barb @ 9:00
Classic Bone Builders @ 10:00

Cribbage @ 12:30

Line Dancing @ 12:45

April 29

Bone Builders @ 9:30
Mahjongg @ 10:30

Want to Connect to Other Readers? Join the Bath Book Club!

The Bath Library Book Club will be discussing "In the Woods", by Tana French, on Thursday, May 11th at 6 pm at the Bath Public Library.

As dusk approaches a small Dublin suburb in the summer of 1984, mothers begin to call their children home. But on this warm evening, three children do not return from the dark and silent woods. When the police arrive, they find only one of the children gripping a tree trunk in terror, wearing blood-filled sneakers, and unable to recall a single detail of the previous hours.

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

Orange East Senior Center

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

For our March for Meals fundraiser, we will be holding Meat Bingo on Monday, April 10 at 6:00 p.m. The doors open at 5:00 p.m. There will be meat and cash prizes given out that evening.

Tai Chi class has started on Wednesdays at 10:30 a.m.

No Strings Attached will be playing music on Friday, April 21 at 11:00 a.m.

The Boyz will be here on Friday, April 28th at 11:00 a.m. to play music.

The Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

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

Computer class winter

hours will be on Wednesdays from 3:00 p. until 5:00 p.m. This class is for all levels.

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

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

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

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

SCAR Offering Low-cost Shot Clinics in April

As part of the organization's mission, Second Chance Animal Rescue of Littleton is once again partnering with Whitefield Animal Hospital to offer low-cost vaccinations for cats and dogs. We will be at the following sites in April 2017: Lisbon Town Hall (Saturday, April 22, 10am-Noon), Bethlehem Fire Department (Saturday, April 22, 1:30-3:30pm), and the SCAR shelter at 1517 Meadow

St, Littleton (Saturday, April 29, 1:30-3:30pm). Rabies shots will be available for \$13. Bring proof of previous vaccination to get a 3-year certificate. Distemper, kennel cough, and feline leukemia will be available for \$15 each. Please have cats in carriers and dogs on leashes. For more information on these and other events, visit the shelter's website www.secondchancear.org.

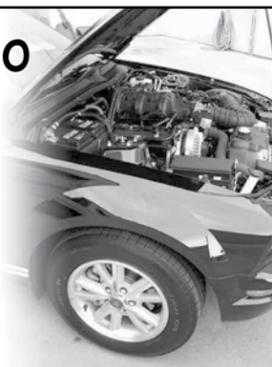
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Pemi-Baker Republican Dinner

ASHLAND NH: We're back! The first Pemi-Baker Valley Republican Committee's All-you-can-eat spaghetti dinner of 2017 will be held on Friday, April 21 at the American Legion Hall, 37 Main Street, Ashland NH. You can join us in everybody's favorite meal, spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.

This the ninth year that the PBVRC has hosted these dinners, frequently with special guest speakers. Our experienced members work hard to provide a meal

to come back for, with many guests often journeying from as far away as Littleton and Lebanon. Here they get to know our local folks and enjoy dinner with them. Reservations are not required.

How much does it cost? Tickets are \$10 at the door for adults, \$5 for children 5-12 years, and 4 and under are FREE, with a special family price of \$25.00. Non-perishable items or cash donations for the Plymouth Food pantry are encouraged.

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

Groton Free Public Library News

Free Computer Help through May 6. Receive free one-on-one assistance with your computer questions at our library. PC & tablet topics may include (but are not limited to) exploring Facebook & Pinterest, using Microsoft Office or Google Docs, downloading e-books/audiobooks, creating an email account, searching the web, or taking free online classes. Sign up for a 30 minute session at the library, or call 584-3358.

Open Book Discussion: Monday, April 24 at 6:30pm. Join us for a lively discussion of "The Round House" by Louise Erdrich. Books are available for loan from the library.

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.

Find us on Facebook (Groton Free Public Library). or contact Anne: grotonlibraryvt@gmail.com, 802-584-3358.

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9:30 - 5:00

New Hampshire State 4-H Dairy Quiz Bowl Contest



The New Hampshire 4-H Foundation recently sponsored the 2017 New Hampshire State 4-H Dairy Quiz Bowl Contest which took place in Walpole NH. 4-H members from Grafton, Coos, Rockingham, and Cheshire County took part in the event.

Senior members participated in the contest in an effort to earn a position on the State team, which will participate in the Quiz Bowls at Eastern States Exposition and at the National Dairy Quiz Bowl in Louisville, Kentucky in the fall.

The top team honors in the senior division went to the Grafton/Cheshire team. This team included Melissa Ells, from Orange, Bethany Wheeler, from Canaan, and George Gowdy, from Walpole. The second place team was from Coos County, included members: Danielle DeBlois from Colebrook, Adrienne Hook, from Brunswick, VT and Abigail Brown, from Colebrook. The third place team all from Cheshire County's Switch 'n Horns 4-H Club included Lauren Scanlon, from Westmoreland, Emma Harvey, from Winchester, Alex Kercewich, from Alstead, and Andrea Majewski, from Westmore-



land.

The top individual of the senior contest was Danielle DeBlois, from Colebrook. George Gowdy of Walpole was second, and Bethany Wheeler of Canaan was third. Lauren Scanlon of Westmoreland finished in fourth place, Melissa Ells of Orange finished in fifth, Alex Kercewich of Alstead placed sixth, Andrea Majewski of Westmoreland placed seventh, and Adrienne Hook, of Brunswick, VT, placed eighth.

In the junior division the Grafton County teams placed first and second. First place team winners included: Kylie Ells, of Orange, Lisa Brailey, of Danbury, and Olivia Clifford, of Canaan. Second place team members included:

Sophie Tullar, of Piermont, Fiona and Angus Spence of Lyme. The Cheshire County team comprised of Edward Gowdy from Walpole, Rex and Jacob Ward from Langdon, and Hannah Bernier, from Rindge, finished in third place. Lisa Brailey was high individual of the contest followed by Kylie Ells in second. Third place went to Angus Spence, fourth to Fiona Spence, and fifth to Olivia Clifford. Rounding out the top eight included Rex Ward in sixth, Sophie Tullar in seventh, and Jacob Ward in eighth.

Novice members also participated in this event. In the novice division, high individual went to Lucy Jackson, of Rindge, followed by Braydon Patch in second, Tyson Patch in third, both from Walpole, and Colton Stark from Charlestown in fourth.

The senior members who qualified to be on the State Team were Danielle DeBlois, George Gowdy, Alex Kercewich, and Andrea Majewski.



WELLS RIVER, VERMONT –Wells River Savings Bank is pleased to announce the addition of Erin Fredieu to their staff. Erin is managing their Bradford, Vermont branch. Erin brings 17 years of banking experience and has strong memories of Wells River Savings Bank, as it was her first bank growing up in the village of Newbury, VT. She has worked at other Upper Valley and Rhode Island banks but really likes the neighborly atmosphere at WRSB, where she actually knows her customers and they know her.

Erin looks forward to supporting children's programs locally, particularly when it comes to music and sports.

Recently married, many may already know her from Bradford village, where she lives with her husband and daughter.

**NORTHEAST
KINGDOM
ARTISANS
GUILD**



What you see is what you get? Or is it? The new exhibit at Northeast Kingdom Artisans Guild, Seen/Unseen, a group show from artisan in a variety of fields, challenges that assumption.

Seen/Unseen

An Exhibit of the Unusual

April 28 through June 13, 2017

Hours: Monday-Saturday 10:30 am – 5:30 pm

Artists Reception/Gala Opening

Saturday 6 May 2017

4:00 to 6:00

The Back Room Gallery

Northeast Kingdom Artisans Guild

430 Railroad Street

St. Johnsbury, VT

Art often conveys a message that is not at first evident. The image may seem obvious, but a disturbance catches your eye. Something seems out of reach, invisible, maybe. Concentrating on the image, you may suddenly see a figure hiding or an anomaly in the structure, a bit out of sorts with what you first thought. The mystery deepens, and may come into focus. The title may give a clue. Unseen becomes seen, or titillating the mind, haunting like the image or idea concealed. Come and view these works, and take your mind on a voyage to see a sea of imagination.



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Live Comedy from Upright Citizens Brigade, Saturday, April 29th at LSC

Bi-coastal comedy powerhouse, The Upright Citizens Brigade Theatre (UCB), a veritable incubation lab for comedic talent, is bringing their legendary touring company to Lyndonville. Known for smart, irreverent sketches and sizzling stand-up, not to mention a star-studded roster of A-list alumni, the UCB TourCo will play Lyndon State College's Alexander Twilight Theater on Saturday, April 29th at 7pm.



Founded by Saturday Night Live veteran Amy Poehler with comedians Matt Bessler, Ian Roberts, and Matt Walsh, UCB has helped launch some of the biggest stars in comedy today, including Kate McKinnon, Aziz Ansari and Horatio Sanz. UCB talent can be found on TV shows like Broad City, Saturday Night Live, and The Unbreakable Kimmy Schmidt; in films like Bridesmaids, The Hangover, and The Heat; and in the writing rooms of Key and Peele, The Daily Show, and Inside Amy Schumer.

The April 29 UCB Touring Company show will feature Andy Bustillos of HBO's Girls, The OA, and Divorce, as well as Tanner Dahlin of Celebrity Ghost Stories and Guy Code. They will be joined by Jessica Morgan and Matthew Starr, who tour theaters and col-

leges nationwide with their characteristic wry ad-libbing and hip, hilarious improvisation. Long-form improv is known as the high-wire act of performing arts, but this quick-witted quartet makes fast, easy work of it in two sets, seizing upon random words, audience shout-outs, and odd props to invent absurdist scenarios and zany characters on the fly.

Series producer Catamount Arts requested an all-ages-appropriate show for the Lyndonville engagement, and was promised a show that's "more Woody Allen 'R-rated' than Kevin Smith 'R-rated.'" UCB is known for bold language and adult content, so concerned families are advised to visit the Upright Citizens Brigade web site at <http://ucbcomedy.com> to preview the

nature of their material.

UCB TourCo's Lyndonville appearance is the penultimate show in this year's KCP Presents Performing Arts Series, which has brought to the Kingdom such diverse acts as The Havana Cuba All-Stars, Alvin Ailey Dance Company, and the Vienna Boys' Choir. The final show in the 2016-17 series will be singer and Pink Martini guest star, Storm Large, at St. Johnsbury School, Sunday, May 14th.

For tickets and more information regarding Upright Citizens Brigade on April 29th and/or upcoming KCP Presents performances, visit www.kcppresents.org or call the Catamount Arts box office at 748-2600. Thanks to a National Endowment for the Arts grant, student admission to UCB is free.



The Cottage Hospital Auxiliary concluded a successful Spring Basket Raffle on April 11th. Shown above with a box of nearly 1,000 raffle tickets are Brenda Long, Auxiliary Co-President, Laraine King and Patricia Brady, Spring Raffle Co-Chairs and Chris Roberts, Auxiliary Vice President, who picked the first winning ticket. The Auxiliary donates proceeds from fundraisers to Cottage Hospital through purchases of special equipment, seasonal plantings and other general support.



The Caledonia Southern Essex Health Collaborative, a network of community partners established in 2013 to improve residents' health and well-being, gained valuable on-site leadership training from the Baltimore-based Annie E. Casey Foundation at the NEK Council on Aging's offices in St. Johnsbury April 4. The local team is part of a national initiative designed to produce results in rural as well as urban areas. Leadership development is part of the 18-month program launched last September. Standing from left, Meg Burmeister, NEK Council's executive director; Kelly Goodall, Feeding America's capacity building manager; Jennifer Gross, the Foundation's senior associate of leadership development; Chris Meehan, Vermont Foodbank's chief impact officer; Laural Ruggles, NVRH's community health improvement coordinator; Tawnya Kristen of Green Mountain United Way; Dave Reynolds, the collaborative's program coordinator, and Kelly Hamshaw, data coordinator at UVM's Center for Rural Studies. Seated from left: Toni Cooke, a Foundation consultant in leadership development, and Kari White, Northern Counties Health Care's director of quality initiatives.

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Louise

by Elinor Mawson

I didn't meet Louise until she was in her eighties, but you would never have guessed her age. She dressed like someone in her thirties, drove a Mustang convertible and talked like a twenty-something.

Louise was married to a very old physician that she called "Doctor." And she had a son, George, that she called "Doddie dear". He was in his sixties, but you could just tell that she thought of him as her little boy. He lived in Boston and came to visit her on the Greyhound bus once a month or so.

As I got to know her better, Louise told me about her life. Of course the story was in dribs and drabs, but I soon was able to put it together in order, and it was an amazing tale.

Louise and her sister Ruth were brought up on Beacon Hill. When Louise was about 17 years old, she was married off to a man who ran a mining camp in Chile. As soon as the knot was tied, she and husband got on a ship and sailed for South America. Ruth, who was younger, stayed on Beacon Hill and inherited her parents' estate.

Meanwhile, Louise set up housekeeping in the mining camp and subsequently had George who was a sickly little boy. When he didn't get better over time, his parents sent to Brazil for a doctor who turned out to be a German who had fled his country before Hitler took it over. He cured George, and took

quite a liking to Louise.

He went back to Brazil and got a divorce from his wife, while Louise got a divorce from the mining man and they emigrated to the US with George in tow.

Doctor had to go back to Medical School, but he finally graduated and the family moved to New Hampshire where Doctor set up his practice

It was at about this time when Louise and I met. We both had a liking for antiques, and shared a lot of information and memories of the business. When George came to visit, they would take a whole day and go antique shopping. I remember when they came in our shop, George would fall in love with an item and say, "Mother, I want this!" Mother would reply, "Doddie dear, that is too expensive and Mother doesn't have that much money."

George wouldn't turn a hair. "Then I will have to ask Aunt Ruth for the money".

And Louise would say, "You'll just put it in your safe-deposit box anyway!"

Then they would get in Louise's Mustang and drive away--with the top down.

You will probably read more stories about Louise. She was an interesting character to say the least. A couple of times four of us from the antique shop went to Maine to open a restaurant for a friend. Another time, we went to her home to buy a dishwasher. But those stories will have to wait for another day.

Most Vermonters Want to Ban Trapping and Eliminate the Wasteful Killing of Wildlife



Stowe, VT - A new survey reveals that 75% of Vermonters polled believe the use of leghold traps, body gripping traps, and drowning traps should be outlawed. The 2017 Vermonter Poll conducted by the University of Vermont's Center for Rural Studies included questions addressing the opinions of state residents on wildlife management policy.

Seventy percent of Vermonters are also opposed to the killing of wildlife without intent to consume or use the remains, or unless the targeted wildlife is causing damage to property.

"When people learn that Vermont still allows the use of such antiquated and agony-inducing traps, such as legholds, they are eager to learn how they can help stop it," said Brenna Galdenzi, President of Protect Our Wildlife, a group that has been working to reform wildlife management policies in the state.

"Traps are indiscriminate," adds Holly Tippet, Secretary of Protect Our Wildlife. "Every year, dogs and cats, endangered and other protected species like American Marten, as well as hawks, ravens, and owls are caught in traps set for other animals."

Only 0.15% Vermont residents trap. This translates to about three out of every 2,000 people. Meanwhile, a significant majority of Vermonters enjoy simply watching wildlife. A 2015 survey sponsored by the State of Vermont found that 81% of residents had participated in wildlife viewing within a mile of home in the previous year, and 74% had traveled farther than that to view wildlife. Wildlife advocates argue that the interests of a small minority of residents dominate state wildlife policy, to the detriment of the majority who are most interested in seeing wildlife and knowing they are diverse, plentiful and healthy.

"The Department and the Board do a great injustice to the residents of the state as well as future generations, when they manage most wildlife in terms of sustainable "harvest" levels, rather than for abundant populations that contribute to dynamic, vigorous, resilient ecosystems, and which may be enjoyed by all residents of the state," Mollie Matteson, a senior scientist, with the Center for Biological Diversity, based in Richmond, Vermont.

In response to a petition submitted last year by a trapper, the Fish and Wildlife Board has been considering extending trapping seasons. The trapper's petition initially sought to extend trapping seasons on muskrats, bobcats and otters; extend trap check times on underwater and off-the-ground Conibear

traps set for fishers and bobcats; and extend land trapping through January. Due in part to advocacy by wildlife protection groups, the only active petition items still remaining are the extended trap check times on underwater traps, and an extended otter trapping season, which Protect Our Wildlife has been aggressively opposing since last fall.

"Vermont law says that 'The State, through the Commissioner of Fish and Wildlife, shall safeguard the fish, wildlife, and fur-bearing animals of the State for the people of the State, and the State shall fulfill this duty with a constant and continual vigilance,'" says Galdenzi. "The people of the state clearly want trapping and the wanton waste of wildlife—such as open season on coyotes, opossums, and other animals—to end. But it remains to be seen whether the Fish & Wildlife Department and Board will embrace a changed culture that seeks more humane wildlife management, and greater focus on biological diversity, conservation, and abundant populations of watchable wildlife."

To learn more about POW's effort's to stop the extension to otter trapping, visit their website at www.ProtectOurWildlifeVT.org

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The Parker House was originally operated as a boarding house by Mrs. Hortense Ramsay. In 1872 Mrs. Ramsay sold the building to a railroad man with 30 years service ... Mr. John L. Davis and he opened Woodsville's first

hotel. Mr. Davis also built another hotel, the Gardner House, between what is now the Bowling Alley and McAllister Jewelers! The Gardner House became the second hotel in Woodsville.



It started in the wee hours of the morning and many lives would have been lost if it hadn't been for the alertness of the night clerk in the Wentworth Hotel ... Mr. Dalton, who discovered the fire, notified the fire department,

and rushed into the Parker House awakening the guests, most of which escaped with only their Night clothes!
 The fire happened in 1912 and soon after the Henderson Hotel was built on this lot.

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Don't Get Swayed by These Investment "Myths"

Over time, you will run into various suggestions for investing successfully. Yet upon closer inspection, many of these ideas turn out to be "myths" – which could cause you trouble if you treat them as solid advice. Here are five of these myths, along with some reasons for ignoring them:

- You can find the next "big thing." All of us probably wish we could have "gotten in on the ground floor" of Apple or Microsoft or some other tremendously profitable company. And who knows? There may indeed be a similar other business out there, waiting to take off. But it's almost impossible for anyone to identify these potential "blockbusters." There's really no shortcut to investment success – you need the patience and discipline to invest for the long term, and you need to build a portfolio that's appropriate for your goals and risk tolerance.

- Investors should always seek to "buy low and sell high." This is actually good advice – or it would be, if were possible to consistently follow it. But how can you know when the market is "high enough"

to sell or "low enough" to buy? You can't – and neither can anyone else. Trying to time the market rarely works. A more appropriate strategy is to invest regularly and to diversify your holdings among stocks, bonds, government securities and other vehicles, based on your goals and risk tolerance. Diversification can help protect you against market downturns that primarily affect just one asset class. Keep in mind, though, that diversification can't guarantee profits or protect against all losses.

- It's always smart to buy investments that have performed well recently. You may have read, in investment prospectuses, that "past performance is no guarantee of future results." These words are certainly true; just because an investment has had a good run recently, it doesn't mean its success will continue indefinitely. You need to evaluate each investment on its own merits and on how well it fits into your overall portfolio.

- International investing is too risky. In today's global economy, it may be more risky not to invest some of your portfolio internationally. U.S. stocks represent less than half of global stock market capitalization – so by stopping at our borders, you are depriving yourself of a world of opportuni-

ties. It's true that foreign investments carry some special risks relating to currency fluctuations and political and economic events, but you can help contain this risk by confining your international holdings to a relatively small percentage of your portfolio. A financial professional can suggest the best ways for you to add a global element to your investments.

- You need a lot of money to make a lot of money. Of course, it doesn't hurt to have a sizable amount of money to invest right away. But the world is full of people who started investing with small sums and ended up having enough money to enjoy the retirement lifestyle they had envisioned. If you're just beginning to invest, put in as much as you can afford each month; as your income goes up, increase your investments. As an investor, time is your greatest ally.

Sticking to a consistent investment strategy can help you write your own investment tale – and you can leave the myths to the storybooks.

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



CPR Refresher

by Maggie Anderson

Last week I attended a town meeting. It was an informal gathering designed to breathe new life into one of the many small towns and villages dotting the landscape all over this country.

The local gendarme was there in case verbal disagreements came to blows and though there were several local politicians sprinkled throughout the crowd they were not spreading too much of the usual political

hot air and we were actually forced to heat the building by other means.

The conversations addressed the issue of attracting tourists, the best ways to accomplish that and how to entertain them once they arrive. The businesses still here and the many possible activities available in our area were talked about. The virtues of our little hamlet were extolled and there were suggestions about how to climb to the heights we hope to reach.

I was alarmed by the number of references to our "graying community" and threatened to dye my hair in protest but even that would not alter our truth. Our town, along with hundreds of others, is in need of a transfusion not only of new blood but also more of the enthusiasm that was palpable in that room.

It is not a new story, one generation builds a life in a place and one or two generations later their needs change or wanderlust sets in and hair gray or brown people look beyond the welcome sign for a different way of life or an easier place in which to earn a living and care for growing families.

My maternal grandmother's farm was abandoned years ago by kin and cousins who simply couldn't manage to do all they need-

ed to in a place far from what they saw as security and civilization. We face the same problems here.

The meeting was a good start. It gave folks the chance to voice opinions, offer solutions and to comment on the things being done and the progress already made. If every journey begins with a single step we are well on our way.

My biggest concern is the absence of a filling station. Where I was born a sign announcing "Last Gas for the Next 100 Miles" was an invitation to stay awhile as well as a warning, because believe me in the southwest a town without a gas station is a ghost town.

The meeting was positive and civilized, the officer could well have stayed home and caught a basketball game. Even so I left with a nostalgic nod to the town meetings I attended with my dad when I was a kid. Often when they adjourned there were further discussions and fisticuffs in the parking lot and the policeman didn't step in to make arrests because he was as often as not one of the pugilists.

Last night's meeting was so calm and respectful the details pale in comparison, the best I can say about it is that a good time was had by all.

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Thank you for your understanding.



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Five Essential Steps to Community Action



There are five essential steps that you should consider when moving a community to action. While there are other steps involved, generally informed by the depth and uniqueness of each project and community, these five steps can provide a good outline to your community action.

First, look at the proposed project's strengths, weaknesses, opportunities and threats; industry folks call this a SWOT analysis. For example, if you're looking to create a community park, think about who might use the park, both as intended and not; have you identified a community need for the park; who are the potential users of the park; who would maintain the park; are there other parks or places that exist, or could exist that might meet that identified need; where would the park be located, are there alternative locations; what challenges might there be to the park; who might be against the park and why? By thinking about the ins and outs of your proposed project, it'll help you get a better sense of its feasibility and next steps.

Second, if it's not you, identify your champion. You'll need some person,

group or organization that's willing to take the project on, hopefully as a priority. Importantly, while you, as the one who came up with the idea, might want to be the champion, you should critically ask yourself, do you have time to move the project forward? Are you willing to reach out to others to help complete the project? Are you going to be able to accommodate the evolving needs of the project? Are you prepared if, after your best efforts, the project doesn't have legs? Ultimately, the project champion should be a good leader—someone who can work well with others, accommodate project evolution, and positively engage with the community. While it's important that the person care deeply about the project, it's this community engagement, leadership, and team work that will help carry the project forward.

Third, community buy-in. Gathering community feedback and receiving the collective head nod is a key stop on the road to project success. Practically, community support can provide that much needed boost to grant funding applications related to the project, and truly, most importantly, provide a welcome home for the project. A word of advice, a community can be a project's strongest

advocate and source of unrelenting support, or it can be your fiercest challenger and opposition. I cannot stress it enough—community support is, quite simply: Super-wicked-important-to-the-max. While there may always be some resistance to a project within a community, doing your best to seek as much community support as possible should not be overlooked.

Fourth, follow through. Once you have community buy-in, it'll be up to your champion and countless volunteer hours to push the project forward. Perseverance is key, but keep in mind, while some projects, no matter how great of an idea, how strong your champion may be, how overwhelming your community support, and countless volunteer hours the project may have catalyzed, ultimately some projects never come full circle, and I would argue that's okay. All is not lost. The process and effort to move that project forward likely created a network of collaborators, partners, volunteers, and support you'll need for other projects. You've set the stage for future success.

Fifth, look back and evaluate. Whether you were ultimately successful in implementation of the project or not, it's important to evaluate what you did and how you did it, what went well, what could have been done better, and what didn't you do that might have improved the outcome. Evaluation will help you learn from, and capitalize on, your process so that you find more success in the future.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. He provides communities programming and technical assistance designed to empower and move communities forward. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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

And 50 dose not cut you off from hope, I found. Hope's still there. Lots yet to learn, see, and do.

Sixty came and went without too much damage and the sixties passed pretty much waiting for 70.

Now I'm here, one stroke of the brain later, lots of rock walls and written words later, lots of laughs, just the right amount of wine, good and not so good, still got some good family and a few friends I'm lucky to have, now I'm here.

You know, hope's still there at 70. And you got it, I'm getting mighty curious about 80 already and will probably begin telling people that I am 80 around the age of 78. Don't forget to laugh at me and yourself as the years move on.

Swinging By Seventy

By Robert Roudebush

Shouldn't be too hard for you to guess how old I am now.

I've been telling people for some time that I'm already 70 just so I could get used to it.

Now that I am really 70, I've decided that I'm going stay 70 for 5 or 6 more years and see if anybody notices.

Or if anybody cares. You might care if you've not yet gotten there and wonder if you ever will – I often did not, didn't think that I'd ever hit 40 or 50, much less 60 plus 10.

Or you might care if you've already been there and know it's OK, or maybe even better than OK. Maybe the best years of your life, considering the possible alternatives, especially one...

My favorite decade markers so far? 30 was cool, 40 sucked, but I liked 50 quite a bit, I was seasoned but not yet sagging. It beat the hell out of 40 somehow. 50 had something to do with a realistic appreciation of what I had already achieved and a clear-eyed appraisal of what I knew I'd no longer achieve.

Jason Christopher Eno: OBITUARY 13

Piermont, NH - Jason Christopher Eno, 45, of River Road, died on Sunday, April 9, 2017, following an accident while felling a tree in Thetford, VT.



Jason was born in Haverhill, NH on November 6, 1971, to Raymond A. Eno, Jr. and Barbara Marie (Young) Eno. He was a graduate of Woodsville High School, Class of 1989. He was employed by Dartmouth College in the heating and electrical division of the maintenance department.

Jason was a Harley-Davidson enthusiast. He enjoyed landscaping and working outdoors, especially with his John Deere tractors. He also loved camping in Maine, maple-sugaring, and hunting. Most important, however, was family time. He treasured time with his children and his grandson, Patrick.

He was predeceased by his parents, Raymond Eno, Jr. on June 21, 1988 and Barbara Eno on September 21, 2011.

Jason is survived by his children, Julie Eno and fiancé Andrew Jensen and Christopher Eno, both of Pike, NH; two grandchildren, Patrick and Adeline; two sisters, Nicole E. Tewksbury and Aaron Fadden of

North Woodstock, NH and Andrea M. Zambon and husband Glenn of Newbury, VT; a brother, Ross W. Eno of Bethlehem, NH; along with nieces, nephews, aunts, uncles, and cousins; his two lifelong friends, Tim Spooner and Bob Thornton; and many friends.

Calling hours were to be on Saturday, April 15th from 11 AM-1PM with a time of remembrance at 1PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Rev. Jane Wilson, of the Bethany Congregational Church of Pike, to officiate.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

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Dear Marci: Medicare Question

Dear Marci,

How does Medicare coordinate with my employer's insurance?
Zayden

Dear Zayden,

Medicare and current employee insurance will work together in different ways under different circumstances. Without knowing your specific situation, a simple answer is not possible. Instead, let's review some of the more common examples in which the two forms of health insurance coverage coordinate:

1) If you are 65 or older, current employee insurance from your or your spouse's work pays primary to Medicare if the employer has 20 or more employees. Current employee insurance from your or your spouse's work pays secondary to Medicare if the employer has fewer than 20 employees.

2) If you have received Social Security Disability Insurance (SSDI) for 24 months, or more, and have Medicare, current employee insurance from your or your family member's work pays primary to Medicare if the employer has 100 or more employees. Current employee insurance from your or your family member's work pays secondary to Medicare if the employer has fewer than 100 employees.

Note that if you have Medicare due to disability, the insurance based on current employment can be from your or your spouse's current work or from your family member's current work. This is an important difference, because if you are eligible for Medicare due to age, the current employment-based coverage can only be from your or your spouse's current work.

3) If you have Medicare due to have End-Stage Re-

nal Disease (ESRD) the Medicare coordination rules change depending on where you are in your 30-month coordination period. That coordination period begins the month you first become eligible for Medicare due to ESRD, even if you do not enroll.

Medicare pays secondary to your employee coverage if you are still within your 30-month coordination period. Medicare pays primary to your employee coverage after the 30-month coordination period. Remember, if you have ESRD, how Medicare works with your employee coverage depends on the coordination period and not on the number of employees at your company.

4) If you are self-employed and provide your own coverage and that of at least one other person, Medicare considers you to have current employee insurance. (Medicare calls this a 'group health plan through current employment status' as you are offering coverage to at least one other employee.)

A group health plan for a self-employed individual often pays secondary to Medicare, so you usually need to enroll in Medicare Parts A and B, which will pay primary. If you have coverage through an association, such as the local bar association, you are also considered to have current employee insurance.

If your current employee insurance is supposed to pay primary, there is certain coverage the employer and the plan cannot do. Once you are eligible for Medicare, the employer cannot: a) offer different coverage than the coverage offered to employees who are not eligible for Medicare; b) refuse to cover you, or c) restrict your coverage.

The employer-based plan

also cannot:

i charge you more for your premium, deductible, coinsurance charges, and/or copays

i limit the benefits you receive

i give you misleading information to get you to dis-enroll

i pay providers less for services

i require you to wait longer for your coverage to begin

i end your coverage because you become eligible for Medicare.

Call the Social Security Administration (SSA) at 800-772-1213 if you have coverage questions because of your employment status. Write down the date and time of the call, the name of the representative you spoke to, and the outcome of the call. Also speak with the human resources department of the employer that provides your coverage if you have additional questions about how your employee coverage works with Medicare.

Marci

Dear Marci is prepared by the non-profit Medicare Rights Center, New York.

For free, personal and unbiased assistance on benefits, rights, options for people on Medicare and their families, call Andrea Labor of the State Health Insurance Program (SHIP) located at the Northeast Kingdom Council on Aging: 800-642-5119 or send e-mail to info@NEKCouncil.org and put SHIP in the msg line. Please also use either to register for the next Medicare Boot Camp, especially if you are about to turn 65 or you want to refresh your understanding of Medicare. This free, two-hour workshop is scheduled to begin at 9 a.m. Thursday, April 20, at NVRH's Conference Center in St. Johnsbury.

Friends of NH Drug Courts Establish Beckett Family Fund

The Friends of New Hampshire Drug Courts announced it received \$10,000 from the Beckett Family of Services and a commitment for another \$10,000 donation later this year that it will use to help drug court participants access safe and sober housing, education and vocation training, and transportation.

This gift allows the Friends to launch the Beckett Family of Services Fund, its first endowed fund that will enable the statewide, non-profit group to further its mission to support drug court participants throughout New Hampshire. To that end, grants and loans will be awarded to eligible drug court participants to help meet their educational, transportation and housing needs – three areas deemed critical to a drug court participant's transition from treatment to successful long-term recovery.

"We are extremely grateful to Jay Wolter and the Beckett Family of Services for their generous donation that allows us to create this fund. It will provide drug court participants greater support at achieving long-term recovery," said Edward Rajsteter, president of the Friends of NH Drug Courts.

Wolter is chief administrative officer of Beckett Family of Services, an alliance of non-profit agencies that serves youth and adults with behavioral challenges. It is based in Orford, NH.

"I am confident in the work being done by the Friends and drug courts. Their impact is real and, with our funds and the support of others, the impact will be even greater," Wolter said.

The Friends of the NH Drug Courts is the nation's first, statewide non-profit agency formed to support all established and developing drug courts in the state. Seven drug courts currently operate in Belknap, Cheshire, Grafton, Rockingham and Strafford counties. Hillsborough County has drug courts

in Manchester and Nashua.

The Friends work to promote and raise funds for social, educational and other programs to benefit drug courts. To date, its fundraising efforts have focused on participant program service, such as funding incentive programs, classes and other immediate expenses.

This gift will enable the Friends to expand its mission by establishing its first sustainable, named fund to help drug court participants overcome obstacles to successful, long-term recovery.

The Friends plan to award loans and grants to a participant from each drug court who demonstrates exemplary performance or faces an unforeseen expense.

"The funds are intended to be used to secure safe and sober housing, educational advancement, or transportation, which is essential to get to work and drug court in rural areas with limited public transportation," Rajsteter said.

"These items are essential for the purpose of having transitional housing, to better yourself through education, and to have transportation," Rajsteter said.

The Friends expect to award the first round of grants and loans at its inaugural annual meeting on May 11, 2017 at the Common Man Restaurant, Concord, NH.

Drugs courts offer non-violent offenders with a history of drug addiction an opportunity to participate in an intense, court-supervised treatment program instead of going to jail or prison.

They promote public safety by reducing the crime rate of drug-addicted offenders, reducing recidivism rates, and enabling those with serious addictions to receive treatment.

Please visit the Friends' website, www.friendsofnhdrugcourts.org, for more information about the Beckett Family of Services Fund or the Friends of NH Drug Courts.



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Environmental toxins, secondary smoke inhalation, alcohol, prescription and pleasure drug abuse, "hidden chemicals and pollutants in many foods that cause allergies and addictions, caffeine overload, and increased daily stress are all becoming more and more a part of our lives. These things greatly deplete the body and immune system. Poor immunity eventually results in debilitating disease. This has become the prime factor in allowing today's "civilization" diseases, such as Candida Albicans, Chronic Fatigue Syndrome (EBV), Lupus, AIDS, and ARC, HPV, etc...to take hold. Indeed all disease, physical and psychological, is created or allowed by the saturation and accumulation of toxic matter in the tissues, and the lack of oxygen and minerals in the vital fluids, throwing defense mechanisms off and vitality out of balance.

In the past, detoxification was used either clinically, for recovering alcoholics and drug addicts, or individually, as a once-a-year mild "Spring Cleaning" for health

maintenance. Today detoxification is becoming necessary not only to health, but for the quality of our lives, since we are surrounded by so much involuntary toxicity. Optimally, one should detoxify two or three times a year to prevent disease and encourage health; in the Spring, Summer or early Fall, when the body can get an extra boost in this effort from sunlight and natural Vitamin D.

Herbs are rich in food-source nutrients and minerals. In the dried state, they provide very concentrated food nutrients, and are capable of becoming part of the body to stimulate cleansing, to fuel growth, and build resistance to disease. Herbs are unique in these abilities, where drugs, medicines, and even chemically extracted vitamins are not.

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(*Linum Usitatissimum*), Mucilaginous seeds with high Omega 3 oils, effective as a laxative and stool softener, and as a soothing agent in inflammatory respiratory problems. Use as part of a fiber laxative combination; in a pulmonary or bronchial relief formula. Use as a poultice to relieve abscesses, boils, shingles, psoriasis outbreaks and other skin swellings. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, sulfur, vanadium, zinc. Vitamins B1, B2, B3, B5 & E.

SLIPPERY ELM BARK: (*Ulmus Fulva*), A strengthening, soothing demulcent herb, ideal for sore, inflamed, ulcerated mucous membranes and wasting disease. Use as a key part of combinations for stomach, bowel and colon sores, ulcers and inflammation; as a specific for stomach and lung cancer lesions; as a throat coat and demulcent expectorant for dry sore throats and coughs; as a soothing part of a formula for indigestion and gastritis; a soothing astringent for diarrhea. Use as a poultice or compress for bed sores,

gangrene and abscesses; as part of an arthritis or gout formula; as a tea to settle the stomach from nausea. Calcium iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

MARSHMALLOW ROOT: (*Althaea Officinalis*), A mucilaginous calcium rich herb to soothe and heal mucous membranes, for skin, lungs, digestive tract and bile. Use as a specific soothant in formulas for bronchitis, congestion and scratchy coughs; as a specific in treating allergy symptoms; to soothe bladder and urethra inflammation; for the relief and dissolving of kidney stones; to increase and enrich mother's milk; externally for strengthening and soothing varicose veins and skin abscesses or dermatitis; as a natural fiber to regulate bowel activity and increase colonic flora; as part of a vermifuge; as a tea to soothe the throat; as part of an herbal calcium formula. Nutrients: amino acids, calcium, iron magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

BIBHITAKI FRUIT: (*Terminalia Belerica*) An Ayurvedic herb used for all types

of Kapha imbalances and is especially helpful in supporting the organs and tissues where Kapha tends to accumulate. Supports proper function of the lungs and healthy, comfortable breathing. Helps maintain balances body fluid levels while toning and cleansing the colon. Promotes healthy vision, voice and hair. Maintains proper function of heart, Liver and Kidneys.

BROMELAIN: (*Ananas Comosus*) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Contains amylase, protease, lactase.

PAPAIN: Pineapple enzyme, also contains amylase, protease, lactase.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991.

Tune Up Your Brain And Body

ST. JOHNSBURY - For centuries, we've known there's a connection between the health of our brain and that of our body. But now, science is able to provide insights about making lifestyle choices that just may help us keep our brains and bodies in good condition as we age.

Join Nancy Oakes, an Alzheimer's Association community editor and the Northeast Kingdom Council on Aging's Family Caregiver Support director, as she leads a special two-hour workshop on the latest research on diet, nutrition, exercise, cognitive activity and social engagement.

Healthy Living for Your Brain and Body: Tips from the Latest Research is scheduled for 6 to 8 p.m. Tuesday, May 2, in NVRH Business Center Room 127. It is open to men and

women of any age who are looking for information on how to age as well as possible.

"At any stage in our lives, there are lifestyle habits we can embrace that will improve our health," Oakes said, "and maybe delay the onset of cognitive decline." Oakes continued. "We'll share tips from the latest research on habits we can adopt to increase our chances of living longer without dementia and we'll also set some goals for ourselves."

Oakes debuted this Alzheimer's Association workshop last fall in Newport to a SRO crowd at North Country Hospital. Registration is required for this free workshop. By May 1, please either call: 1-800-642-5119 or send e-mail to: info@NEK-Council.org and put "healthy brain" in the subject line.

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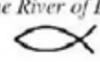
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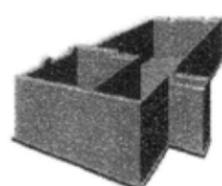
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If you would like to reach Ronda, you can email her at trendychefronda@gmail.com

Simple & Good Salisbury Steak

Editor's Note: Though Ronda is not yet back in her kitchen whipping up some new taste treats, we continue to find some very timely, and tasteful bits from the past. I hope you enjoy this one as much as those who have tried it. (This recipe first appeared in May 2010).

If you've ever been to a diner or family-style restaurant, you are sure to be familiar with a version of the dish I'm offering up for your consideration today. Salisbury steak is really not a steak at all; but ground beef formed to resemble the rather oval form of a steak, combined with other ingredients, then cooked and usually served with some type of a pan sauce. It's comfort food at its finest...hot, satisfying and inexpensive to make. Here's a fun little factoid about the origin of Salisbury steak: Contrary to what you might assume, it was not created by a chef, restaurateur, or even a home cook. Salisbury steak gets its title courtesy of Dr. James Henry Salisbury, who was a chemist and physician, and whose experience as a field doctor during the Civil War convinced him that most ailments suffered by Americans could be traced to eating too much fruit and vegetables, which he felt were toxic. He

believed that meat should be eaten at every meal, and at a time where meat was pretty much a luxury for the average citizen, he invented this dish as a way to make less desirable ground meat more appealing. He even went as far as to suggest that a diet consisting solely of Salisbury steak and water would cleanse and purify the system! As you might guess, Dr. Salisbury's nutrition theories were relatively short-lived, and he spent his

life in obscurity. The good news is that his method of serving ground beef outlived him, and while I certainly would not recommend eating Salisbury steak for breakfast, lunch and dinner, I think a little comfort food once in a while is good for whatever ails you! Try making this dish substituting ground turkey for the beef, for a truly healthy alternative.

- 1 egg
- ½ cup bread crumbs
- 1 teaspoon Italian seasoning
- ½ teaspoon pepper
- ½ teaspoon minced garlic
- 1 pound (more or less) ground beef (I use 90% lean)
- 2 slices bacon, cut in a very small dice
- 1 Tablespoon olive oil
- 1 cup sliced mushrooms (fresh or canned; whatever you have)
- 2 Tablespoons flour
- 1 cup chicken broth (I use 'Better than Bouillon' chicken base)
- 1 Tablespoon ketchup
- 1 teaspoon Worcestershire sauce



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In large bowl combine egg, crumbs, seasonings, diced bacon and beef. Form 4 oval patties. In a large skillet, brown patties in olive oil over medium heat 5-7 minutes on each side, or until almost cooked through. Remove and keep warm. Drain all but 2 Tablespoons of fat from pan and add mush-

rooms. Sauté until tender. Sprinkle in flour and cook for one minute. Gradually stir in broth, ketchup & Worcestershire. Bring to a boil; cook and stir 2 minutes. Return patties to skillet, reduce heat and simmer 4-5 minutes to heat through. A great meal when served with mashed potatoes and a salad.



The Littleton Food Co-op and the Bancroft House of Franconia, NH partnered during March 2017 to raise funds and awareness for the Bancroft House's work. Customers at the Littleton Food Co-op rounded up their purchases at the cash registers as part of Pennies for Partners and purchased pizzas to raise over \$1300.00 for the Bancroft House. To find out more about this program stop by the co-op, visit www.littletoncoop.org or call 603-444-2800. Pictured from left to right are Robert Gorgone, Bancroft House Director and Mark Hollenbach, Littleton Food Co-op staff member.

Not all Times are Trendy, but there will always be Trendy Times April 18, 2017 Volume 8 Number 14

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