

TRENDY TIMES

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MAY 16, 2017 VOLUME 8, NUMBER 16



Peace-Love-Freedom, Fourth of July Theme for 2017

The Woodsville Wells River Fourth of July Committee is happy to announce several decisions regarding the 2017 celebration.

First of all the theme for this year's celebration has been chosen. Kathy Goslant of Woodsville offered up "Peace-Love-Freedom" as her suggestion. The committee pondered this, and many other suggestions for the 37th annual parade and celebration. The theme means most to those who wish to participate in the street parade. As most probably know a panel of judges look over each of the float entries in two categories (business & non-profit) and grades them on their look, workmanship and their

relationship to the theme. This year's choice seems to offer itself to a wide range of ideas and directions.

Along with the floats there are always many other units in the parade. Again for 2017 Shriner units will once again head down Central Street. Plus there are plans for at least two bands for the parade. Other marching units are still encouraged to sign up for the parade. There is no fee for anyone to participate, but all participants are asked to pre-register if at all possible. To do so you can check the Face book page, or contact Parade Chairman Steve Strout at 603-747-2878.

As it has since it began, the parade will step off at 11:00

AM. Again this year it will form up at the Woodsville Elementary School. All participants are asked to register upon arrival. Military units will form on Montebello Street with a registration desk near the intersection with Park Street.

After the parade there will be plenty of activity at the Woodsville Community Field. This year those activities will include the return of D&L Amusements with carnival rides for all ages. As usual there will also be plenty of fair food and a flea market full of interesting items.

Other activities will also include the bingo tent and the return of the dunk tank. In both cases there are still spots for volunteers to step

up to help with these projects. Again contact can be made thru the Face book page or via email: Woodsvillefourthofjuly@hotmail.com

Returning this year will be music on the field as well. Though the exact bands are not yet announced, there is a promise to have live music as well as some music from a DJ.

Money is raised to put on this annual event in several different manners. One is the cash raffle that features over a dozen cash prizes. Tickets are just \$10 each and are available from many committee members or at some local businesses. Tickets will also be available on the field on July 4th.

The fireworks display is planned for 10:00 PM this year and promises to be a great show with the proposed changes.

So make plans now for Peace-Love-Freedom during the 2017 Woodsville Wells River Fourth of July Celebra-



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TRENDY Dining Guide

P & H Truckstop

By Gary Scruton

In some recent columns I have mentioned how much fun it can be to experience a new eatery for the first time (or for a second ever visit). It can also be very satisfying to visit a long time location with the chance to write one of these reviews for the first time.

That is the situation with this column and the P&H Truckstop (aka The Big One) just off Interstate 91 in Wells River. I still remember when this eatery started as Del's Diner when the interstate first went thru. But there have been many changes since then.

One thing that has stayed consistent is that P&H still

serves a good meal at a good price, like any good truck stop does.

Our visit happened on a Saturday lunchtime. Janice and I brought along our friend Kathy and we sat in the back dining room. P&H does indeed have two dining areas, plus a good length of stools and counter. They also have meals to go plus a Bake & Take area, and many other choices.

Back to our visit. All three of us decided on a good hearty meal on this particular day. Kathy went with a fried haddock meal and she opted for fries, cottage cheese and a dinner roll.

Janice took advantage of one of the listed daily specials, a roast turkey dinner.

She also got mashed potato, stuffing, squash and cranberry sauce topped off with gravy. She declined the offer of the roll. She did, however, add the salad bar. Both ladies ordered diet sodas with their meals.

I asked for just water as a beverage. Then I went with one of my favorite, yet seldom eaten meals. Liver and onions. It came with mashed potato and gravy, squash and a dinner roll.

While waiting for the meal I noticed again the separate game room that is offered. This room is virtually sound proof allowing for those who wish to run a few quarters thru the games to not disturb those who like the quiet. It also is a safe spot for

the younger set to be while parents watch thru the big window.

Our waitress brought Kathy and my rolls out a while before the meals. These are big fluffy homemade style rolls and can almost fill you up on their own. It is now the custom for most of the waitresses to ask if you want the roll when it comes with your meal. As our waitress mentioned, many people do not touch their roll due to dietary or other reasons and therefore the rolls are simply wasted. So ask first is now the policy.

Our meals were not long in arriving. Kathy's haddock was a nice big piece of breaded haddock, which she very much enjoyed. She does not like tarter sauce on her fish, but a good portion was provided.

When Janice came back from the salad bar she had a nice bowl of lettuce, cherry tomatoes and other veggies that fit her dietary needs just fine. When her meal came she soon passed her scoop of stuffing to me (stuffing is another favorite of mine)

and was more than satisfied with her serving. In fact she needed a container in order to take some of her meal home.

In regards to my liver and onions, it also included a couple slices of bacon on top of the liver. (I ordered it medium and though it at first looked a bit overcooked, it turned out to be just fine). There was plenty of dark gravy on my potato and the squash was a nice topper to the meal.

All three of us had all we wanted (actually needed) to eat. When it came time for dessert we were quite interested in the wide selection of pies, but simply had no room to put it and passed.

As I have almost always found at P&H Truckstop, the food was plentiful, tasted fine, and was served by a courteous and friendly waitress, who was more than willing to take a moment to chat with us.

As all three of us also qualify for the senior discount at P&H our total bill came to \$37.42 before the tip.

Volume 8 Number 16
May 16, 2017

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

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Ribbon Cutting to be held at Littleton Food Co-op

Littleton Food Co-op will celebrate our expanded store grand re-opening, with a ribbon cutting ceremony on Friday, May 19th at 10:00 AM at the Littleton Food Co-op, 43 Bethlehem Rd, Littleton, NH 03561.

We are delighted to celebrate with our community of members, member lenders, community lenders and our local representatives.

The Littleton Food Co-op is a member-owned grocery store. The movement to bring a regional cooperative food store to Littleton began in early 2006. The initial informational meeting, called

by Co-op President Jeffrey Wheeler and Vice President Michael Claflin, drew an enthusiastic crowd of more than 300 people from Littleton and surrounding towns in both New Hampshire and Vermont. After just opening our doors in May 2009, we're excited to celebrate the grand re-opening of our now expanded store and thank everyone who made it possible.

We'll have a small ribbon cutting ceremony followed by an energy tour of the expanded building and light refreshments.

Nick Adams To Speak at Spaghetti Dinner In Plymouth

ASHLAND NH: Company's coming! The Pemi-Baker Valley Republican Committee requests the honor of your presence at our next all-you-can-eat spaghetti dinner, which will be held on Friday, May 19 at the American Legion Hall, 37 Main Street, Ashland NH. It starts at 5 PM and goes to 7 PM. You can join us in everybody's favorite meal, spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.

Our special guest will be Nick Adams, who is the founder and executive director of The Foundation for Liberty and American Greatness, a 501c3 non-profit organization dedicated to promoting American exceptionalism and combating anti-Americanism worldwide, with a particular focus on elementary, middle and high schools.

He was born and raised in Australia and is an immigrant to America. He has received a rare Extraordinary Green Card, and is an amazing American Patriot. He has appeared on many major television shows, including Fox & Friends, The Sean Hannity Show, and the Laura Ingraham Show. The Heritage Foundation, Gov. Mike Huckabee, Chuck Norris, Dr. Ben Carson, and many others have endorsed his works. He has spoken

at conventions, universities, high schools, and churches all over the country, and on Friday the 19th, at the beginning of the evening, he will be here.

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.

Local People Connect w/Local Goods!

LITTLETON, N.H.-The Littleton Food Co-op is delighted to continue to grow a partnership with the Littleton Farmers' Market during May 2017.

The Littleton Farmers' Market strives to connect local people with local goods. The Market sets-up on Riverglan Lane in the Littleton Senior Center parking lot, in Littleton, New Hampshire. The Littleton Farmers' Market guarantees you'll enjoy all the fresh local fruits and vegetables, pasture-raised pork, beef, and chicken, goat cheeses, breads, gluten-free goodies, NH and VT maple products, prepared foods, and crafts! The market runs every Sunday from June to October, from 10 am to 1 pm!!

The Littleton Food Co-op community is invited to support The Littleton Farmers' Market by 'rounding up' their purchase dollars at the cash registers and by purchasing pizzas on Friday night. One dollar from each pizza purchased is donated to The Littleton Farmers' Market.

Representatives from The Farmers' Market will be at the Co-op on Friday May 12 and 19 from 4 - 7:00 pm.

Stop in to meet them!

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. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

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Last Chamber Legislative Breakfast of Season

Local legislators will update guests on legislation enacted, discuss how such legislation affects the Northeast Kingdom and report on their committee accomplishments at the last legislative breakfast of the season, which will be held Monday, May 22. The session will last from 8 to 9 a.m. at the St. Johnsbury House dining room, 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 organiz-

es the monthly forums and provides a brief report each month. Following legislator updates, there will be time allotted at the end of the breakfast for questions from the public.

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.



Emergency Budget Appropriation

The House will meet on Thursday, May 18, to address an emergency supplemental appropriation to fund the Department of Health and Human Services through June 30. The Senate recently amended HB 629, legislation that establishes a preference for the appointment of a child's grandparents as guardians of the minor in certain cases in which the parent is afflicted with substance abuse or dependence. This is a good bill, as the bill states that families should be kept together and not placed in foster care if at all possible.

As amended by the Senate, HB 629, a common sense, family oriented bill, has become an appropriation bill for the Department of Health and Human Services. The bill's amending language appropriates an additional sum of \$33,200,000 to sustain the department

through June 30. This sum shall be in addition to any other funds appropriated to the Department of Health and Human Services or received as matching funds. The bill authorizes Governor Sununu to draw a warrant for this amount of money in the state treasury not otherwise appropriated. This would come from surplus.

Although this appropriation most likely will be supported by the full House, the need for this emergency legislation presents a number of far reaching questions. It is common knowledge that the number of people in New Hampshire who died last year from drug overdoses approximated 500 individuals, 22 more than in 2015, with 70 percent of those deaths the result of fentanyl or fentanyl combined with another opiate. New Hampshire is in a substance abuse crisis of epidemic proportion,

which requires adequate interdiction, and treatment resources that extend beyond current availability. However, the department's ballooning budget cannot be sustained at this rate in year's to come.

In the past, when budget needs of one department such as Health and Human Services grew significantly, other departments such as Education and Transportation were unable to fully fund required programming that resulted in more downshifting to the local level. The process of downshifting can no longer be absorbed. The Governor's proposal to fund full day kindergarten at the amount of an additional \$9M per year is a needed program that will: strengthen the education process, afford young parents more opportunity to join the workforce, and importantly, offset local appropriations and eliminate some downshifting. Developing a statewide budget is a challenging process; however, I am hopeful that Concord will arrive at a responsible, balanced budget in the upcoming days.

Respectfully,
Rep Rick Ladd
Chairman, House Education



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11:30 am: Piano Concert with Joseph Hansalik
12:30 pm: NH History & Family Stories with Sara Glines
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News from My Farmers Market

By Marianne L. Kelly

So. Ryegate, VT—Don't let the recent cool weather fool you. Spring has definitely arrived at My Farmers Market in South Ryegate.

Market owner, Jennifer Bone has been busy stocking salad greens, spinach, fiddleheads, asparagus, beets, parsnips, wild leeks, and potatoes, many grown on Bone Farm. Next up are radishes, and Jennifer says, "The peas are looking great!" Looking for plants? We've got geraniums, heirloom tomatoes, six pack nasturtium, and some beautiful hanging baskets, pansies and zinnias with more on the way, so be sure to stop in.

In addition to bread, pastries, local meats, ice cream, honey, maple syrup, beautifully designed gifts, and so much more, we have increased the number of heat and eat meals and desserts, to make it easier to answer that age old question, "What's for dinner?"

Welcome new vendors, Vermont Fresh Pasta and Sauces, Vermont Made Garuka bars, and Nana's Kitchen's Diane Frost who arguably bakes the best pies in the area. Welcome back Vermont Peanut Brittle and Karim Farm Cheese.

You can now drop off your knives scissors and small garden tools preferably on Thursday from 9-12 to be sharpened by A Sharp Edge in Bradford, and pick them up the following Thursday from 9-12 at the market, or by appointment.

Don't forget to mark your calendars for May 27, and join us for our second annual Rubber Duck Race. This is an incredibly fun family event that you won't want to miss. Come to the market to choose your duck and bring it to the back where Dave Bone will call the race. The race starts at 12 noon sharp. Good luck Duckies!

Featured Vendor...

Angela Cotrill

"I have always loved mushrooms, finding them in the woods, and all their different shapes and colors," said Angela Cotrill of Cot-Winkel Acres Forest Farm in Newbury. However, she admits she didn't always like eating them. It wasn't until she was a teenager that she tasted stuffed mushrooms for the first time, and became hooked.

Angela did extensive research on becoming a Certified Ethical Forager so she could harvest and sell wild mushrooms, and make this a part of her lifestyle. "Part of what I like about most

mushrooms is they grow in the woods. I did not want to build a climate controlled warehouse," she said.

Angela currently grows log grown, forest cultivated Shitake mushrooms. She noted that translated, Shitake means "oak grown," and hers are grown on red oak harvested on her farm.

"Most mushrooms sold in grocery stores are grown in climate controlled buildings on saw dust or manure," she said, adding, "Mine are grown on logs in the woods in fresh air, sunshine and natural rain."

"An advantage to growing Shitake mushrooms is you can force them to fruit. Once the logs have been inoculated and the mycelium (the plant part of the fungus) has grown through the log for eight long months the farmer can force it to send out mushrooms, the fruiting bodies, by soaking the logs in water for about 24 hours," she explained. "This is the cue for the mycelium to send out fruit. Those mushrooms will be fully developed in about 6-10 days depending on temperature. When we harvest one group of logs, we begin soaking the next group, and if we watch the weather carefully, we can harvest a crop of mushrooms every week from late Spring to mid Autumn."

On June 17, Angela's mushroom yard will be part of The Family Outdoor Adventure Group sponsored by The Tenney Memorial

Library in Newbury. Contact the library for specifics.

Angela is keenly interested in the medicinal qualities of mushrooms, and hopes to branch out and grow Reishi and Hericium. Researchers are discovering that Hericium, besides being delicious, might benefit Dementia and Alzheimers patients in restoring their cognitive abilities. The eating and tincturing of this mushroom can become an important preventative for people who know these diseases are part of their family histories.

Angela stresses that mushrooms are a great part of a healthy diet, and a great replacement for people who are advised to eat less meat. They contain many needed vitamins and minerals, and create Vitamin D when exposed to sunlight. "Expose your mushrooms, gill side up to sunlight an hour before cooking to increase your Vitamin D intake," she advised.

"Mushrooms are a part of the Permaculture approach to life for my husband and me," she said.

Visit Angela at My Farmers Market Thursdays from 12-3. Email her at angela@cotwinkelacres.com.

My Farmers Market is located on Creamery Road, just off Route 302 in So. Ryegate (Look for the bright yellow flags).

Hours: Tues.-Sat. 9-6 and Sun. 11-2.

Email: myfarmersmarket@gmail.com

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Welcome Back

Littleton Farmers Market is returning for its 19th year. Opening day is Sunday, June 4th at 10:00 Am on the green adjacent to the covered bridge and the Senior Center. Everyone is invited to visit and enjoy. (We are "dog friendly" too, so long as leashed.)

There are about 40 local vendors selling farm fresh vegetables, fruit, meat, cheese, bread, flowers, relishes and jellies. See and touch alpaca and sheep fiber and woolen products and watch the wool spinning demonstration. Eye catching birdhouses, pet coats and collars and unique wood and furniture items made by local craftsmen will attract your attention. Goatsmilk soap and lotion will sooth your skin and make wonderful gifts. One of a kind jewelry,

pen and pencil sets, leather goods and so much more are available for that special someone and to treat yourself. All products are made by local vendors who are here to talk with you and to answer your questions.

As you wander about you can discover delicious homemade food to satisfy your appetite. Each week a local musical group will provide free entertainment. A free space is available to non-profit organizations (call Dori to schedule 603-838-5149).

So much to see and do at the LITTLETON FARMERS MARKET every Sunday from 10:00 Am to 1:00 OM beginning June 4th through October 8th. Convenient shopping using cash, credit and debit cards, EBT and SNAP.

The first
Railroad Park Concert
of the season featuring
Parker Hill Road Band



Plus our annual
Chili Contest
Sunday, May 21st
5:00-7:00 PM
Chili drop off is between
3:30-4:00 PM

Railroad park is located behind Modern Furniture on the banks of the Connecticut River in Woodsville.
Ample parking just east of the park.
Rain location: the Clifford Memorial Building
South Court Street, Woodsville



Attention Paddle The Border Participants:
We welcome all to come enjoy some music and chili after your fun paddle on the Connecticut River.




Memorial Day Parade
Monday, May 29 - 11:00 AM

Steps off at Woodsville Village Pizza
Central Street, Woodsville

Ceremonies at:
Central Street Monument
Guest Speaker:
Oliver Brooks, NH Vice Commander

Ray Burton Bridge

Ross-Wood Post #20 American Legion
4 Ammonoosuc Street, Woodsville

THE PUBLIC IS CORDIALLY INVITED TO VIEW ANY OR ALL CEREMONIES

Calendar of Events

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

TUESDAY, MAY 16

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

MONDAY-FRIDAY, MAY 15-19

FREE CLOTHING EVENT
10:00 AM - 6:00 PM 603-764-9469
Warren Town Hall

THURSDAY, MAY 18

PASTA DINNER
5:00 - 8:00 PM - \$12 per person
American Legion Auxiliary Unit 83, Lincoln

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY, MAY 19

SPAGHETTI SUPPER & SPEAKER
5:00 - 7:00 PM
American Legion Hall, 37 Main St., Ashland
See Article on Page 3

SATURDAY, MAY 20

QUILT SHOW AND BAKE SALE
10:00 AM - 2:00 PM
North Haverhill United Methodist Church

FREE CLOTHING EVENT

10:00 AM - 12:00 NOON 603-764-9469
Warren Town Hall

LINDA DUXBURY CONDUCTS THE EAST TOPSHAM PRESBYTERIAN CHURCH CHOIR

7:00 PM
East Topsham Presbyterian Church

SUPPER & MOVIE (BIRTH OF WARREN)

5:00 PM Supper / 6:00 Movie
Warren Village School

ITALIAN DINNER

5:30 -- 7:00 pm - Kathy Sanborn 603 353-9422
United Congregational Church of Orford, Main St.

SUNDAY, MAY 21

PADDLE THE BORDER - SPRING
10:00-11:00 AM Suggested Launch Time
Woodsville Community Field to Bedell Bridge
See Ad on Page 16

BENEFIT TEXAS HOLD "EM POKER

11:00 AM Cash Game 1:30 Tournament
VFW Post 10038, 156 Hill Street, Lyndonville

HAVERTHILL REC ACOUSTIC MUSIC JAM

12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 13

REBECCA RULE CONCERT

2:00 PM
Littleton Opera House

CONCERT IN THE PARK & CHILI CONTEST

5:00 - 7:00 PM
RAILROAD PARK, WOODSVILLE
See Ad on Page 5

TUESDAY, MAY 23

A WALK OF THE LAND BY UDI GOREN
7:30 AM
BETHLEHEM PUBLIC LIBRARY
SEEARTICLE ON PAGE 8

SATURDAY, MAY 27

PENNY/YARD SALE
8:00 AM
7292 Route 5 South, Newbury

BLUES LEGEND JAMES MONTGOMERY

7:30 PM
Jean's Playhouse, Lincoln

SUNDAY, MAY 28

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

MONDAY, MAY 29

MEMORIAL DAY PARADE & CEREMONY
11:00 AM
Central Street, Woodsville
See Ad on Page 5

TUESDAY, MAY 30

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

SATURDAY, JUNE 3

OCCSA Reunion
5:00-9:00 Pm or so
VFW Post 10037, St. Johnsbury

SATURDAY & SUNDAY, JUNE 3 & 4

SUGAR HILL LUPINE FESTIVAL
10:00 am - 4:00 pm
See Ad on Page 3

SUNDAY, JUNE 4

TEE IT UP FOR KIDS TOURNAMENT
8:00 am Shotgun Start
Maplewood Country Club, Bethlehem
See Ad on Page 9

BENEFIT TEXAS HOLD "EM POKER

11:00 AM Cash Game 1:30 Tournament
American Legion Post 30, Rt. 5, Lyndon

HAVERTHILL REC ACOUSTIC MUSIC JAM

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

WEDNESDAY, JUNE 7

WOODSVILLE AREA FOURTH OF JULY
COMMITTEE MONTHLY MEETING
7:00 PM
Woodsville Emergency Services Building

FRIDAY, JUNE 9

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
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.

Udi Goren Leads "A Walk of the Land" May 23 at Bethlehem Public Library

by Eileen Regen

Israeli photojournalist and educator Udi Goren appears at 7:30 p.m., Tuesday, May 23 at the Bethlehem Public Library to lead us on the Israel National Trail in a 75-minute presentation that includes breath-taking photographs of Israel's people, national monuments, mountains, creeks, and landscapes.



Udi Goren, travel photographer, speaker, teacher, and artist is the first to have walked and documented the entire Israel National Trail.

A personal crisis invoked by the 2014 war in Gaza motivated Goren to set out on a two-and-a-half-month journey along the Israel National Trail as a form of self-exploration and recovery.

and most beautiful long-distance hikes, the trail stretches 700 miles from Israel's Lebanese border in the north all the way past Eilat in the south, close to Israel's border with Egypt.

Goren is the first professional photographer to have walked and documented the trail in its entirety. "Through the trail and through my own personal story, I tell the story of Israel," Goren says.

Following his service in the Israeli army, Goren graduated with honors from the visual journalism program of the Brooks Institute of Photography in California. He interned with National

World-renowned as one of the world's best, toughest,

Geographic Television and with famed photojournalist Ziv Koren. In addition to his work in Israel, Goren, a travel photographer, has visited, documented, and collected stories around the world. He considers Israel the most interesting place he has traveled. "I think that Israel, my homeland, is the most interesting place on earth. In such a small place, you can find such extremes and variety, different scenery and people, religions, and history. However I also have fascinating anecdotes and pictures to share of Argentina, Cuba, Rwanda, Mexico, Mongolia, and Nepal."

Goren's visit is made possible by the Jewish Federation of New Hampshire and is locally sponsored by Bethlehem Hebrew Congregation, Bethlehem Public Library, and the Appalachian Mountain Club Highland Center. Light refreshments will be served following his presentation. For a preview of his artistry, visit his website: www.udigoren.com/lectures/a-walk-of-the-land-the-israel-national-trail.

You are invited to experience the beauty of Israel through Udi Goren's lens and fascinating stories as he presents Israel's history, cultures, and natural sites. The event is free and open to the public.



The recent Installation of Officers took place on Wednesday, May 10 at Ross-Wood Post #20. The Ladies Auxiliary Unit #20 also installed their officers after a fine dinner was served. Incoming officers of the Auxiliary include, (l-r) Deb Tegu-Chaplain, Terri Derney-Secretary, Patti Eaton-Sgt-at-Arms, Eleanor Leach-Pres., Nancy Partington-1st Vice, Gino Sullivan-2nd Vice, Lori Thompson- Treasurer



More than 40 local members of the business community attended the recent Cohase Chamber of Commerce Breakfast hosted at the Colatina Exit in Bradford. After a hearty meal all participants introduced themselves. Then several of those attending were asked to provide an update of some of the happenings in the Cohase Region. Those projects ranged from beautification projects to artist gatherings, to other upcoming events.

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Veterans Ride For FREE On 2 Local Railroads Memorial Day Weekend

Lincoln, NH – The Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach, NH begin weekend operations on Saturday, May 27, 2017 – Memorial Day Weekend.

On this special 3-day holiday weekend, the Railroad is pleased to offer complimentary tickets to all U.S. Military Veterans. “This unique opportunity is being extended to all U.S. Military Veterans who have retired, are still serving on active duty or are prior service. It’s our way of saying thank you to Veterans everywhere for their service and dedication to this great country” stated Benjamin Clark, Vice President of the Hobo & Winnepesaukee Scenic Railroads. Regularly priced tickets will be also available in Lincoln, Meredith and Weirs Beach for family members wishing to join their Veterans aboard the train as well as the general public.

The Hobo Railroad’s one-hour and twenty-minute round trip excursions travel along rail that dates back to the late 1800’s through naturally wooded areas along the banks of the Pemigewasset River from Lincoln through North Woodstock and south to Woodstock, NH and back.

The Winnepesaukee Scenic Railroad offers one and two hour excursions along

the western shore of Lake Winnepesaukee and Paus Bay from Meredith and Weirs Beach to Lakeport, NH and back along rail that was once part of the famous Boston, Concord & Montreal Railroad that operated in the late 1800’s.

Daily operations for the Hobo & Winnepesaukee Scenic Railroads kicks off Friday, June 23, 2017. Both railroads offer a variety of group programs for school groups, community organizations, recreation & parks organizations and bus tours from May through late October. The Hobo Harvest Time Express in Lincoln as well as Turkey Dinner Trains and Fall Foliage Trains in Meredith are also available throughout the Foliage season for groups as well as the general public.

“People of all ages love to look at trains and we have a number of special events scheduled throughout the season where they can see and experience rail travel up

close and personal,” stated Benjamin Clark, Vice President of the Hobo & Winnepesaukee Scenic Railroad, “Come check us out, we have a train ride for everyone!”

The Hobo Railroad in Lincoln, NH is located just off Exit 32 on I-93, left on Route 112 directly across from McDonalds. The Winnepesaukee Scenic Railroad station is located off Route 3 at 154 Main Street in Meredith, NH, while the Weirs Beach ticket booth is conveniently located on the Boardwalk at 211 Lakeside Avenue across from the arcades, just off Route 3. All trains at the Hobo & Winnepesaukee Scenic Railroads operate rain or shine and all excursions are round-trip.

For more information regarding 2017 train schedules and special events for the Hobo & Winnepesaukee Scenic Railroads, visit www.HoboRR.com or call 603-745-2135.



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Monday - Friday 8-6; Saturday 8-5; Sunday 10-4



TRAIN RIDES

May 27, 28 & 29, 2017
 Sat/Sun: 11am, 1pm & 3pm
 Mon: 11am & 1pm

Veterans Ride Free Memorial Day Weekend
Thank you for your service!

Tickets: \$17 adults / \$13 kids 3-11 (ages 2 and under free!)
www.HoboRR.com
 64 Railroad Street, Lincoln, NH (603) 745-2135

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8:00 am Shotgun Start
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36' LAYTON CAMPER, ref., mw, AC, HT Slide out LR, full kitchen, slide out shower, queen bdr., awn. \$4,200 OBO. 603-838-5541 05.30

1995 CHEVROLET PRIZM, and 1997 Toyota Corola for sale. Good engines and automatic transmissions. \$500 each. 603-272-4903 05.30

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ROLL BUFFALO NICLES 1913-1938 \$120.; WWII Silver Nicles, 1942-1945 (8) coins \$10.; Wheat Pennys, 1911-18-19, 28 (5) coins \$6.; Jefferson Proof Nicles, 1964-75 (9) coins, \$24.; Indian Head Pennys 1881-1908 (19) coins \$49.; 802-439-3254 05.30

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UMC .32 S&W SHORT w/wood projectiles, 1920's-1930's (10) total, \$10' Rem-UMC.32 S&W short blanks, 1920's-1930's, (11) total, \$10; Win. .25 auto 6.35 mm, full box, 1930's-1940's \$30; Shot Shell collection (29) total, 1940's-1980's, \$35. 802-439-3254 05.16

ROLL BUFFALO NICKELS 1913-1938 (40) coins, \$120; War time silver nickles 1942-45 (8) coins, \$16; Other coins available, vintage British Cordite Powder, Plug, Shell Casing & Projectile, \$5. 802-439-3254 05.16

SUSAN B. ANTHONY PROOF DOLLAR 1980-5, \$8; 1943 Steel Penny MS-65, \$6; 1909 VDB Penny \$40; Indian Head Pennys 1881-1908 (21) total coins \$50; Wheats 1911, 18, 19, 20, 21 & 28 \$6; Ike Proof Dollars 1973-S - 1978-S, \$40. 802-439-3254 05.16

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A Walk in the Woods – Looking for Moose Antlers

By Jim Frohn,
Grafton County Forester
UNH Cooperative Extension



Now that the snow has finally melted, walks in the woods take me into the higher terrain, looking for moose antlers. This is a popular pastime in moose country, and a great reason to get out into the woods before the leaves emerge.

The best places to find shed moose antlers are where moose spend the winter. These seem to be in higher elevations, where spruce, fir, birch, striped maple, and mountain ash are found. Areas where I've found moose overwintering tend to have shorter trees due to the thinner soils, and consist of a natural patchwork of dense trees and openings. Perhaps this mix is what makes the area attractive to moose. The openings have available browse, and the denser areas provide cover from wind and cold temperatures.

While deer gravitate toward dense lowland spruce-fir forests for winter cover, moose like the higher elevations. Moose are certainly better adapted to the more open conditions of the highlands – they can reach higher for browse, and their long legs allow them to navigate deep snow. I remember one winter when the snow was three or four feet deep, watching a moose easily trotting through the snow without much effort. Seeing that made it clear to me why northern New England is moose country – they're simply adapted to the winter conditions.

Bull moose grow antlers every spring and summer, and then shed them in late fall and winter. The antlers are mainly used during the breeding season, called the "rut", which is usually around September. The size of a healthy bull's antlers increases each year until it reaches its prime, then starts to decline as it ages. A large set of antlers signals to younger or weaker bulls that the moose wearing them is not to be messed with. Sometimes equally matched bulls will battle each other, but these infrequent fights are usually brief

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shoving matches rather than battles to the death. Every once in a great while, bulls' antlers will be so hopelessly interlocked that they can't break free and they gradually succumb to starvation.

After the rut is over, bulls typically shed their antlers between November and March. Mature bulls tend to drop theirs first. Carrying large antlers uses more energy, and mature bulls that were active during the rut have low energy reserves, so it makes sense from a survival perspective to lose their antlers before winter. Younger bulls tend to lose their antlers later. One April I saw a bull carrying one antler, and two weeks later I saw him again, still carrying it! He must have been getting tired of feeling lopsided.

When moose drop their antlers, they're not only leaving a prize for shed hunters to find, they're also leaving an important source of minerals for rodents. Mice, squirrels, and porcupines chew on antlers for calcium and other minerals, and to keep their teeth filed down. All the more reason for shed hunters to get out in the woods as soon as the snow melts. As the season goes on, it becomes harder to find antlers – not only do the leaves make them harder to see, but the rodents

make them disappear.

Another, more concerning, factor has made moose antlers difficult to find. When I worked in northern New Hampshire in the mid-1990s, it was typical to see several moose every week, and sometimes several per day. You had to be very careful driving on the roads at dawn and dusk, especially around swampy areas where they commonly gathered.

The high population was largely a result of widespread improved habitat. In the late 1970s and early 1980s, an insect called spruce budworm devastated many thousands of acres of spruce-fir forest in Maine and the northern regions of New Hampshire and Vermont. Subsequent salvage harvesting resulted in thousands of acres of clearcuts, which quickly grew back to aspen, birch, red maple, and other favorite moose foods. The availability of so much food resulted in a greatly increased moose population. Since no population can expand forever, eventually something reduces the numbers. Given a lack of predators besides humans, and human predation being closely controlled, another, less visible control mechanism stepped in: parasites. Moose host

a number of parasites, but the winter tick has caused the most damage. A high moose population, combined with milder winters, created ideal conditions for the tick to thrive. High numbers of ticks (sometimes in the tens of thousands) feeding on a moose cause the animal to lose a lot of blood, and as the winter progresses, the affected moose will rub off a lot of hair. Blood loss weakens the moose, and combined with hair loss often leads to the moose's death by exposure. Calves are particularly vulnerable, and where it was once common to see a cow with twin yearlings, it's now common to see a cow with no yearlings come spring, or at best a single calf.

Despite the devastation wrought by the winter tick, moose populations still persist. Early reports from New Hampshire say that calf survival is higher this year. In the northern parts of the state, snow fell and stayed earlier than recent years. Once snow falls, the ticks stop attaching to moose. The longer it takes for snow to arrive, the longer time the ticks have to attach to a

host moose. Earlier snowfalls give the moose more of a chance. And as moose numbers decline, tick numbers should decline as well. Central and southern New England is at the southern end of moose range; since winters are milder the further south you go, the more susceptible moose will be to ticks. But even as far south as Massachusetts, moose are still holding on. My parents recently had a moose in their backyard in north central Massachusetts, and from the pictures they showed me, it looked fairly healthy.

Like all wildlife, moose populations will continue to respond to habitat conditions, predation, parasites, and diseases. As long as suitable habitat is available, moose populations will survive.

Though fewer moose makes it more difficult to find shed antlers, they're still there for those who put in the effort to look for them. And it's still a great reason to get into some of the more remote areas where moose, and many other fascinating animals, like to live.

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May is National Physical Fitness and Sports Month. If you can exercise regularly, you'll help yourself feel better, control your weight and even reduce the chances of developing certain diseases. But why not extend the concept of "fitness" to other areas of your life – such as your investment portfolio?

And to help maintain a healthy portfolio, you can draw on some of the same principles that apply to keeping your body in good shape.

Consider, for example, one of the things that happen when you exercise – namely, your body uses more oxygen. As an investor, you may need your portfolio to get "oxygen" in the form of infusions of new investment dollars. If you stop putting money into your portfolio, you'll need to rely on your existing investments to grow enough to help you meet your long-term goals, such as a comfortable retirement. Could that happen? Maybe, but you will likely be better off by investing consistently, year after year. And by spreading your contributions over a period of decades, you don't have to

come up with large sums at any one time.

Another element important to exercise is the need to avoid injury. That's why all sorts of athletes, both competitive and casual, stretch before they swing into action. Many of them also take other injury-avoidance steps, such as strengthening their "core" through abdominal work and increasing their flexibility through yoga. When you invest, you can be "injured" if your portfolio takes a hit during a market downturn. However, this type of injury will likely be much more severe if your portfolio is over-concentrated in just one asset class and the downturn primarily affects those exact assets. But if you own many different types of assets – stocks, bonds, government securities, and so on – you may reduce the impact of a downturn on your portfolio. Keep in mind, though, that this type of diversification can't guarantee profits or help you avoid all losses.

While exercise is essential to maintaining good health, it isn't the only factor involved. You should also get regular check-ups with a medical professional, who can run various tests to measure changes in cholesterol, blood pressure, heart function and other areas. To help ensure

your portfolio is healthy, you also need to chart its progress over time. And that doesn't just mean determining if you're getting the growth you need, though that's obviously of great interest to you. You also need to evaluate whether your portfolio has gotten out of balance, which can occur without your doing anything at all. To illustrate: If you start out with a certain percentage of one type of investment, such as stocks, and these stocks grow to a point where they now take up a bigger share of your portfolio, you may be taking on more risk than you had intended.

Consequently, you should review your portfolio at least once a year to evaluate both its performance and its balance. Once you've compared where you are today with where you were a year ago, you'll be in a better position to make appropriate changes if needed.

Do what it takes to keep yourself physically fit – but also take steps to ensure your investment portfolio is in good shape. It's vitally important to your future – and you can do the work without even breaking a sweat.

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

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The Vacuum Cleaner Man

by Elinor Mawson

I have written often of my father. When he came home from World War 2 he was a Lieutenant Colonel who must have had PTSD as well as culture shock. When he had gone in 1942 he left a 4 year old, an infant and a wife who was a shrinking violet. Four years later he found an 8-and a 4-year old and a wife who had become very independent. He set about to cure us all of our lifestyles.

My little sister was scared of him--he had a loud voice and expected immediate obedience. I tried to be invisible and stay out of his way. My mother tried to regain her shrinking violet status but didn't do a very good job of it.

A couple of months later, we moved from my grandparents' house to a home of our own. It was fine at the time, but our family grew to 6 in the next few years and

we ended up moving again--from a 6-room house to a large farmhouse with 14 rooms. This was wonderful because we all had our own bedroom and lots of other space indoors and out.

We had become old enough by now to help around the house. One of us dusted, one vacuumed, all of us "picked up". Although my father was on the road a lot, he expected an orderly house when he came home.

Our elderly vacuum was constantly pressed into service. Its attachments were wearing out, the hose was always getting clogged and it was very heavy to lug around--especially up the stairs. And the cord was perpetually too short! It was time for a new one.

One day when my father was down in the basement fixing the water pump, the vacuum cleaner man came to the door. He gave quite a pitch and we all gasped over the sleek modern machine

that he brought with him. My mother was all set to buy it when she remembered my father was downstairs and went to talk to him.

We didn't hear what she said but it set my father off, and he went into lieutenant colonel mode. WHY DO WE NEED A NEW VACUUM CLEANER? THE ONE WE HAVE IS PERFECTLY GOOD! I AM SICK AND TIRED OF PEOPLE KNOCKING ON THE DOR AND TRYING TO SELL SOMETHING. YOU GO RIGHT UPSTAIRS NOW AND TELL THAT MAN TO GET OUT AND NEVER COME BACK!

My mother slunk upstairs. The vacuum cleaner man and the 3 of us were beet red we were so embarrassed. "I guess you heard my husband", she mumbled. The man didn't say a word. He collected up his materials and nearly ran out the door.

We used the old vacuum until it eventually died. When my mother went back to work she bought a new one with her own money. We never mentioned the vacuum cleaner man again (when my father was around, anyway). But the vacuum cleaner man, I am sure, never forgot the incident until his dying day.

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Longtime Thunder Road Co-Owner Tom Curley Passes at 73

Barre, VT – Longtime Thunder Road Speedbowl co-owner and promoter Thomas M. Curley passed away on Friday, May 5 due to complications from a lengthy illness. Curley was 73 years old.

Born May 10, 1943, Curley was involved in local and regional auto racing for most of his adult life. After spending considerable time at Thunder Road as a spectator and driver in the 1960s, he became the NASCAR Northeast regional director in 1978, and a year later created the NASCAR North Tour. He and Thunder Road founder Ken Squier then acquired the track in 1982 from former owner Tommy Kalomiris.

After leaving NASCAR, Curley created the American-Canadian Tour (ACT) sanctioning body in 1986. Under Curley's leadership, both Thunder Road and ACT became household names for racers and fans throughout the Northeast, making the Barre high banks one of the most popular auto racing destinations in the region. Among his many accomplishments, he helped relaunch the famed Flying Tiger division that has competed since 1982, and created the ACT Late Model rules package used at Thunder Road and numerous other tracks.

Curley's stewardship was driven by the philosophy of making racing more exciting for the fans and more affordable for the racers. This commitment extended to all divisions, and his "ladder system" for weekly racing became known throughout the country. Many racers who came up through his system went on to both regional and national prominence, and he also made the track a popular destination for the nation's top racing stars.

Racing Promotion Monthly named Curley the North



American Promoter of the Year in 2004 in recognition of his efforts. He also received the Lowes Motor Speedway National Short Track Promoter of the Year Award in 2003 and the Trackside Magazine Promoter of the Year Award in 1992. Curley was inducted into the New England Auto Racing Hall of Fame in 2009.

Though his health had declined in recent years, Curley continued to be a presence at Thunder Road. He and Squier had recently completed the sale of the track prior to his passing. Funeral arrangements have not yet been announced.

For more information, contact the Thunder Road offices at (802) 244-6963 or visit www.thunderroadspeedbowl.com.

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ADAM JOSEPH WARD - OBITUARY

Lisbon, NH- Adam Joseph Ward, 36, of Ledge Road, died on Tuesday, May 2, 2017.

Known by many as "Tex", outfitted with cowboy boots and wrangler jeans, rarely passed on an opportunity to get dirty and have fun. Never wanting to be idle, he embodied the "Work hard and play harder" mentality, always giving 110% in everything he did. From four wheeling, hiking, logging, hunting and fishing; Adam loved the outdoors. He was a kind hearted and loving son, brother, uncle, cousin and friend. Always willing to jump in and help others, many times ahead of his own needs, Adam was true to his family and friends. He will be sorely missed.

Adam was born in St. Johnsbury, VT, on June 27, 1980, the son of Theodore "Ted" and Fey (Sawyer) Ward. He was a graduate of St. Johnsbury Academy,



Class of 1999. Adam joined the U.S. Air Force in 1999 and served until 2005 as a crew chief for the F-16 fighter jets in various locations throughout the US, as well as overseas. After the service Adam returned home to New Hampshire and worked in various roles in logging, building and construction.

He is survived by his parents, Theodore "Ted" and Fey (Sawyer) Ward; two sisters, Ashley Chauvin and husband Dan of New Jer-

sey and Autumn Makela and husband Todd of Washington; two nieces, Eleanor and Adeline; he is also survived by numerous, aunts, uncles, and cousins.

Calling hours were held on Tuesday, May 9, from 6 to 8 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

Services were held on Wednesday, May 10, at 11 AM at the Ricker Funeral Home.

In lieu of flowers, memorial contributions may be made to the North Country Longspurs and Jakes Day, 523 Littleton Road, Monroe, NH 03771.

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

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

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At the peak of rail service in Woodsville there were nearly 100 trains a day utilizing the facility. Watching people rushing to change trains, or scurrying across the street to the Christopher store for ice cream, a cigar, magazine or a newspaper was like watching ants near an anthill!

Sometimes there would be three lines of passenger cars lined up by the depot. Later in the evening the sound of a freight train would be heard in the distance.....

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Letter to the Editor

To the editor,

Friday night in Boston, Dr. Field and Dr. Bolanos were murdered in their condo.

Bampumim Teixeira tied them up and slit their throats. He was trying to leave the condo with a packback full of jewelry, when he was apprehended by the police.

Teixeira had served time for armed robbery. Lisa Grant, the judge, changed his sentence to less than 365 days, so that he would not be deported.

This happened in neighboring state. But these criminals are coming to NH.

The news articles and reports do not mention that he was a legal immigrant but with a sentence of 365 days would let ICE know and after serving his sentence he would be deported.

Why don't the "investigative reporters" investi-

gate this? Why don't the investigative reporters look into the sentences of criminals and illegals?

Is it because the victims were white and the criminal was not? Or just that he is an immigrant?

Judges in Massachusetts take the concerns of the criminals over the victims many times.

Lawyers go judge shopping and lives of Americans are in jeopardy.

It is easy for these criminals to cross the border.

NH must protect itself.

Thank God we can arm ourselves.

How can the rights of a criminal be more important than the lives of Americans?

I thank President Trump that he is going to appoint conservative federal judges that will care about the law and the victims.

Linda Riley
Meredith NH

Linda,

Though you obviously do not believe it, I wish to believe that judges do care about every day Americans. I also believe they care about non-Americans who may appear before them. While it is true that there are some judges whose records may indicate strong leanings in one direction or another, I still believe that most are good, honest members of the bench who do their job.

I must also say that this is true with almost all other jobs or positions in this country, and probably around the world. Most do their job and do it well. But there will always be a few who break the rules, or bend them severely, in hopes of either getting ahead, or to benefit someone else.

Life is an imperfect journey. There will be twists, turns and possibly a few rollovers along the way. But we need to have the desire to get straightened out and continue the journey.

Gary Scruton, Editor

Philly and Favorite Hats

by Maggie Anderson

I'm fascinated by the interactions that play out between folks when they travel. I met a young woman at the miniature show in Chicago who was born in New Hampshire and now lives in California. I was born in Pasadena, California and now live embraced by the beauty of New Hampshire's White Mountains. Of all the millions of people in this country the two of us met and shared a conversation in Chicago.

Then at the doll and teddy convention in Philly last weekend I met a guy who was born in the Oregon town our four children were born in and not only did he attend the same high school my husband graduated from, his mother is actually from Pasadena. Travel makes strange connections, it puts us in touch with folks we would never otherwise meet and those meetings always surprise me.

Our recent ride on the Amtrak got us in touch with a few unusual characters, one was a woman who chanced to board the train from one door as I stepped in through the next and when we came face to face with one another she looked me up and down and promptly told me my style was ok. I could do better but that she loved my hat. I should work with the hat.

I had to take a second even to remember what I was wearing. It had been a whirlwind weekend, every moment filled with food, friends, busy hands and full stomachs so when I dragged myself out of bed to jump the shuttle to the airport early enough to make

the 9:20 Vermonter to White River Junction from Philly's 30th Street Station I was more worried about making my train than making an impression on my fellow travelers. I dressed quickly and for comfort and I only slapped my hat on because I was too tired or too lazy, or both, to get up even earlier in order to mess with my hair.

She hadn't asked me a question so I didn't really know how to respond and before I decided whether or not to ask her who had made her the fashion police I looked her over and realized any debate would be futile. She was dressed like a bag lady and was wearing knee-high green rubber boots. Her hair was pulled tight against her head so that the only way you could tell she had hair was to get a glimpse of the top of her head as she got up from her seat or settled into it. She carried an enormous flowered bag and got quite upset with the conductor when he suggested she not let it dangle from above her head. He told her she'd either break something valuable to her or knock herself out if we hit rough tracks or a sudden turn. As soon as he disappeared into the next car she stuffed it up there again.

She chattered away with anybody she came close to, even stood up to look over the seat and tell me again how much she liked my hat. Things went well until she got annoyed with the young guy who came to help me stash my heavy suitcase up on the overhead rack. He was not as refined as she felt he should be and after he asked some questions regarding the smell in that part of the car she told

him she thought he was disgusting and in her haste to be as far away from him as was possible made the mistake of paying little attention to what he was trying to do and ended up nearly being squashed between him, my suitcase and the bag she had crammed into the overhead rack.

My Galahad began to get a bit annoyed with her and her attitude and he didn't seem to be the sort of guy who would mince words, at least he hadn't so far. I stepped in to see if I could get them to play nice, she wasn't having any of it and headed off to the dining car and he, still sputtering, was winding up for a big finish which I managed to diffuse by telling him she wasn't really aware of the impact of her behavior. I told him her porch light was on but nobody was home. And as quickly as the storm had begun it was over. Names traditionally chosen at the start of the long journey, were Sprout and Whiskers. These guys told us they were happy to help, glad of the chance to offer some payback for all the folks they'd met along the trail who were so generous and so helpful to them.

When the job was done and the pump was humming we wished them safe travels, offered hearty thanks for their efforts on our behalf then went back inside and added their names to the list of the important details of the day.

Now every time I turn on the tap and am rewarded with that icy sweet refreshment I'll picture Sprout and Whiskers high in the mountains headed for Maine.

Happy trails guys.

Volume 8 Number 16
May 16, 2017
Not all Times are Trendy, but there will always be Trendy Times

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Thank you for your understanding.



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This compound is specifically indicated for the treatment of nerve and muscle spasms, nerve trauma, nerve injury, and nervous agitation. As a restorative, it repairs the vital force after injury, trauma, or shock. It is specifically useful in the treatment of anxiety, insomnia, hyper-excitability, tension, nerve exhaustion, and nerve disturbances. This compound can also be used as an anti-viral agent for the treatment of shingles and herpes. This formula has been used successfully to aid individuals "quitting smoking" drug addictions and alcohol addiction.

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CALIFORNIA POPPY: (Escholzia Californica), Useful in treating sleeplessness and over-excitability in children, acting as a sedative. California Poppy is a non-addictive alternative to the Opium Poppy and may be used as a general anti-spasmodic.

MILK THISTLE SEEDS: (Silybum Marianum), A specific in a liver regeneration and rebuilding combination, particularly in cases of hepatitis and cirrhosis; to increase the secretion and flow of bile from liver and gall-bladder; as a safe promoter of mother's milk; as a liver protective and disease preventative. Nutrients: calcium fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc.

SCHIZANDRA BERRY: (Schizandrae Chinensis), A very strong tonic and adaptogen herb with circulation-stimulating activity. A longevity and immune stimulation combination; to help in allergic skin reactions; used for asthma and dry cough. Contra- indications: Avoid during pregnancy.

VALERIAN ROOT: (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety,

and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

GINGER ROOT: (Zingiber Officinale), A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Primary Uses: as a catalysts in all formulas where circulation to the extremities is needed, (as in arthritis); for respiratory and lung/chest clearing combinations; in digestive system stimulants and alkalizers for clearing gas. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground

Melanie Osborne is the owner of Thyme to Heal herbs and has a private practice on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School, in Shelburne Falls, MA.

by Cynthia "Aiken" Wellman

On May 23/new life! Suppose you were 11 years old and your Kidneys Failed! What Would You Do? Personal triumph and a commitment to life. My story and struggle for life. And the outstanding courage of my friends and family.

Includes I'm a small-town girl overcame pain, suffering, and fear. Fear? Was my fear that of kidney disease only? Why, no it was the fear of being isolated from doing the things I loved. Like snowmobiling with a group of friends in the wintertime. I've become more adventuresome as I've grown older and hopefully wiser. My husband, Bret and I have taken motorcycle/Trike rides. Downhill skiing to more. Instead of being afraid of such "recklessness." I have found

I loved it. Although I was forced to age quickly when I was 11. And facing death, I try and keep a youthful attitude about my life and the people with whom I share it.

I've learned that there are risks with anything you do. And that fear can become an isolator. My Celebration of Life - just might help you with yours.



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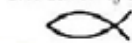
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by Ronda Marsh

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

lence to fill these pages with interesting and timely articles. That is why we cherish so much writers like Ronda who have spent so much time and effort in providing entertainment to our readers. We can never pass along enough appreciation to those who are currently, or have in the past, sent such articles to us for publication.

We continue to look for writers, not only for this column, but for any other line of interest that any of our readers might have. We can obviously not promise anything more than the opportunity to have your writings read and considered for presentation to the public in an upcoming publication.

FROM THE EDITOR: For those of you (including me) who have come to enjoy this space and the interesting stories and recipes from Ronda Marsh, this is a tough article to write.

As you have noticed over the past few months we have been running older articles due to her health and therefore her inability to get in her kitchen and come up with some new taste treats.

We are still in hopes that Ronda's health will improve and that she will return to her pots and pans as well as her computer, and once again start submitting some new writings. In the meantime, however, we feel we must put a hold on this column.

Of course if there is someone else out there who would like to fill this space with some

of their favorite recipes, we would be happy to read those submissions and perhaps put one or more in this space.

As the owner and editor of a small publication like Trendy Times it is an ongoing chal-

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All Events Are Weather Permitting

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Suggested Launch Time 11:00 AM
Approx. Paddle Time 3 1/2 Hours

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Paddle The Border - Fall is scheduled for Sunday, October 1, 2017

For Further Information Contact Mike Thomas (802) 757-3960 or email mikethom1@charter.net
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