

TRENDY TIMES

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MAY 30, 2017 VOLUME 8, NUMBER 17

June 3-4: Sugar Hill Lupine Celebration

Join the Celebration on June 3-4 from 10 am to 4 pm, rain or shine. The weekend includes artisan & cooking demonstrations, local authors, story-tellers, concerts, new museum exhibits and the open-air market. All events are free with plenty of parking behind the Sugar

Hill Meetinghouse and handicapped parking available on the building grounds.

Saturday Events include Mary Sturtevant, Path of Harmony, with the Native American Flute and Sara Glines sharing northern NH history through generations of family stories. This year we have a Cooks' Corner in the Crapo Building, using NH-made products in delicious recipes.

Saturday at 1:30 pm; keynote speaker, Rebecca Rule, uses her storytelling skills to share insight on New Hampshire's traditional town meetings. Afterwards she will be available for book signings. This event is sponsored by Samaha Russell Hodgdon PA, Attorneys at Law.

As you wander the market, you will find artisans demonstrating basket-making, woodworking, carding

& spinning wool and making pottery on a wheel. The market has over 65 vendors with a variety of products, from alpaca wool to zucchini relish. White Mountains Helicopter will be offering helicopter rides, a chance to see the Lupine in bloom from the sky.

On Saturday, relax during lunch as you listen to Joseph Hansalik playing favorites on the town's grand piano; and on Sunday, listen to Madison Brown play classical and contemporary works. Lunch offerings include bag lunches and homemade Mac 'n Cheese offered by the Sugar Hill Willing Workers or NH made specialties from MacDaddy's Rollin' Smoke BBQ. For dessert have strawberry shortcake from Mountain View Kettle Corn or visit Coneheads Ice Cream.

Sunday's concert is at



1:30 pm with Uncommon Folk. They bring a plethora of instruments and play the old-time folk songs they love, mixed with some good natured "ribbing". The concert will be inside the Meetinghouse and sponsored by Mascoma Savings Bank.

We wish to thank our volunteers and our sponsors for making this celebration possible: Fortin Home Watch

Plus, The Ledges on Sugar Hill, Photo-Sensitivity, Bretton Woods - Omni Mt. Washington Resort, Polly's Pancake Parlor, Harman's Cheese & Country Store, the Market Vendors and the Town of Sugar Hill

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TRENDY Dining Guide

Everybuddy's Casual Dining

By Gary Scruton

After a full week of work it seems to me that a treat is often in order. For Janice and I that treat is often a nice meal out. It appears that many other people agree with us because on a recent Friday night we traveled to Everybuddy's Casual Dining in Lyndonville and found a good number of others who had decided to do the same thing.

There was not a line when we walked thru the front door, but the hostess did need to clean off a table before she could show us a place to sit. While waiting we also noted that Everybuddy's does a pretty good take out business. Our table

turned out to be one of the best in the place (at least in my humble opinion). We were seated in the glassed in atrium area. This section is glass on both ends, the side and the top. It allows for some great natural lighting and gives you that outdoor feel while being comfortably inside.

Our waitress offered us beverages to start with. A diet soda for Janice and I went with their beer special of the night, a Sam Adams Boston Lager draft. With our drinks served we got down to the real challenge, picking out a couple of meals. Everybuddy's has a nice full menu with breakfast to pizza plus a children's menu for those of the much younger

set. Our waitress also informed us of the evenings dinner specials. I took her up on one of those. Surf and Turf with my choice of the surf (scallops, please).

"Fried or baked" asked the waitress.

"Fried, please, and medium on the steak" was my reply. The meal also came with the choice of two side. Now don't snicker but I went with mac & cheese, and baked beans. It may sound different, but it worked well. Plus I was given a chance to help myself at the salad bar. The salad bar had all the regulars in the first section, lettuce, onions, tomatoes, shredded cheese, etc. Then there was a choice of six salad dressings. Then

came the other add-ons. Baked beans, pasta salad, cottage cheese and probably another six or so choices that I simply could not take advantage of.

Janice went in an entirely different direction. She ordered a taco salad bowl with the option of an edible bowl. A nice, mostly healthy, meal for her that had a "very tasty" edible, deep fried taco bowl shell that was filled. The bowl comes with either beef or chicken (beef for Janice) plus a variety of vegetables. The veggies included peppers, onions, lettuce and tomatoes topped with shredded cheese and a mild salsa with sour cream on the side.

As this was a busy Friday night it was a bit of a wait before our meals were served, but no longer than one would expect from a busy kitchen. Each of my two sides came in a small bowl placed on my bigger plate, plus a nice sized steak knife for the turf portion of my meal. So it was time to dig in.

I must say that the steak was cooked just the way I wanted it, and it had all the taste that one would anticipate. The sea scallops were

also incredibly delicious and made for a very enjoyable meal. As I mentioned the two sides did indeed match well and were in portions that very well matched the rest of my wonderful dinner.

Janice's taco salad also hit the mark and was just what her taste buds were looking for. This was more than she could eat in one sitting and she was able to box up a portion of her meal to go home with us.

As per normal when we had eaten all we could our waitress offered up desserts. Sorry dear readers but we had to turn down the offer. Simply no room to put any of their numerous offerings.

This was not our first trip to Everybuddy's Casual Dining, but its also certain not be our last. We found the staff to be very courteous, efficient, and knowledgeable. The setting was great. We were in a corner, but though the tables next to us were close, they were not so close as to be "in our laps". It was a delightful way to spend a Friday evening.

The total for the meal was \$38.69 before tip.

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ACT Seeks Public Comment on National Accreditation

FRANCONIA — Ammonoosuc Conservation Trust (ACT), the North Country's regional lands conservancy, is seeking public comment on its application for national accreditation.

The land trust accreditation program recognizes land conservation organizations that meet national quality standards for protecting important natural places and working lands forever. ACT was accredited five years ago, and it is time for renewal. Public input is sought as part of that process, and the public comment period is now open.

The Land Trust Accreditation Commission, an independent program of the national Land Trust Alliance, conducts a thorough review of each applicant's policies and programs.

"Going through the extensive process of earning accreditation five years really raised our game as an organization," said ACT Executive Director Rebecca Brown. "Accreditation needs to be renewed every five years, and it's another opportunity to see what we're doing well and what needs improvement. Public comments are really helpful in this."

The commission invites public input and accepts signed, written comments on

pending applications. Comments must relate to how Ammonoosuc Conservation Trust complies with national quality standards. These standards address the ethical and technical operation of a land trust. For the full list of standards see <http://www.landtrustaccreditation.org/help-and-resources/indicator-practices>.

To learn more about the accreditation program and to submit a comment, visit www.landtrustaccreditation.org, or email your comment to info@landtrustaccreditation.org. Comments may also be faxed or mailed to the Land Trust Accreditation Commission, Attn: Public Comments: (fax) 518-587-3183; (mail) 36 Phila Street, Suite 2, Saratoga Springs, NY 12866.

Comments on Ammonoosuc Conservation Trust's application must be received by July 15, 2017.

Ammonoosuc Conservation Trust protects land for the benefit of people and wildlife in the North Country. Over 4,000 acres conserved include family farms and forest land, streams, marshes, and other important places for wildlife, and miles of multi-use trails. For more information visit www.ammonoosucconservationtrust.org or call (603) 823-7777.

Friends of New Hampshire Drug Courts Celebrates National Drug Court Month

NORTH HAVERHILL, NH – The Friends of New Hampshire Drug Courts (the "Friends") celebrate May as National Drug Court Month in recognition of the success of drug courts in helping to combat the opioid and substance misuse epidemic here in New Hampshire and across the nation. National Drug Court Month comes as Congress is considering funding for drug courts and serves as powerful evidence that drug courts are a life-saving budget solution that must have their support.

"Here in New Hampshire, the Friends, a statewide nonprofit, works collaboratively with county treatment courts to provide funding for participant incentive programs to help ensure each participant's success, graduation and reconnection with family, community and workplace," stated Ed Rajsteter, Friends President. "Throughout the year, drug treatment courts hold graduation ceremonies to mark participant's completion of an intensive 18-24 month program of comprehensive substance use treatment, close supervision, and full accountability."

Treatment courts are this nation's most effective strategy to reduce recidivism among substance addicted, nonviolent offenders with criminal histories. Nationally, 75% of individuals who complete such programs are not re-arrested. These courts save up to \$13,000 for every individual they serve and return as much as \$27 for every \$1 invested.

National Drug Court Month is coordinated by the National Association of Drug Court Professionals (NADCP). This year, treatment courts throughout the nation are advocating to ensure continued federal and state funding for these effective, evidence-based programs. Recognition of National Drug Court Month spotlights the tremendous impact drug treatment courts have had on our communities and will send a powerful message that these programs reduce addiction, crime, and recidivism while saving lives, families, and valuable resources for our state.

Today, nearly 3,200 treatment courts are in operation in all 50 states, plus US territories, successfully treating close to 150,000 substance-addicted individuals each year. Since 1989, these courts have saved over 1.5 million lives and billions of tax dollars. In NH there are seven drug treat-

ment courts operating in Belknap, Cheshire, Grafton, Hillsborough-North, Hillsborough-South, Rockingham and Strafford counties.

"Treatment courts are a proven budget solution that stops the revolving door of arrest and incarceration for people with substance use and mental health disorders," said NADCP CEO Carson Fox. "Congress must support drug courts so they can continue to restore lives, reunite families, and make communities safer, all while saving millions of valuable taxpayer dollars."

Drug treatment court is a judicially supervised court docket that reduces correctional costs, enhances community safety, and improves public welfare. In these programs, seriously addicted individuals remain in treatment for long periods

of time while under close supervision. Drug treatment court participants must meet obligations to themselves, their families, and society. To ensure accountability, they are regularly and randomly tested for substance use, required to appear frequently in court for the judge to review their progress, rewarded for meeting goals, and sanctioned for not meeting clearly stated obligations.

The Friends of the NH Drug Courts is the nation's first, statewide nonprofit agency formed to support all established and developing drug courts in New Hampshire. The Friends provide an effective way for corporations and community members to help combat the state's opioid and substance misuse epidemic. For more information, visit - www.friendsofnhdrugcourts.org.



Top: Honor Squad presents arms after ceremonial firing of rifles. Left: Commander Oliver Brooks (l) & Chaplain William Watts offer words during Memorial Day ceremony in Woodsville. Photos courtesy of: Joe McQueeney

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A Salute to Veterans on Memorial Day

In all conflicts certain objectives take on a larger significance because of sacrifice. The Thanh Hoa Bridge spanned a river seventy-five miles south of Hanoi. Heavily defended in its approaches and able to withstand direct bomb hits, thirty-nine Navy and Air Force planes and fifty-seven airmen were lost before the span was dropped. This bridge, more than any eulogy, represents the sacrifice and dedication of our veterans.

In an even more profound manner, history acknowledges the measure of our veterans in victory. World War II, Korea, Vietnam, and the War on Terror all have

their stories of the enemies' horror – whether the brutal suppression of the Warsaw Uprising, the Rape of Nanking, or the twisted and demented treatment of prisoners of war.

In contrast, on many foreign fields from Normandy to Pearl Harbor, the endless rows of white crosses quietly reflect Emerson's, "... the real and lasting victories are those of peace and not of war."

Editor's Note: This article was written and contributed by a reader who asked to remain anonymous. Our thanks, and congratulations, on these written words.



Voter Domicile Verification

Elections are often decided by the narrowest of margins. Every vote counts, and past history in NH proves that one vote can make the difference. Within the past year, the state witnessed Senator Maggie Hassan unseating then Senator Kelly Ayotte by the narrowest of margins. Of the 707,793 votes cast by NH residents for the U.S. Senate position, the difference between the two candidates was a mere 743 votes.

When elections are this tight, it is absolutely imperative that our election laws have built-in protections to ensure against abuse and fraudulent actions. Later this week, the New Hampshire House will take action on Senate Bill 3, which has

already passed the NH Senate. SB3 attempts to tighten the state's voter eligibility requirements by requiring those registering to vote within 30 days of an election to "identify and provide evidence of a verification action" that supports the maintenance of a domicile in the state. It has been revealed that 458 fraudulent ballots may have been cast by out-of-state votes this past November. This bill is a modest attempt to make representations of domicile more difficult while making enforcement of the law easier if there is misrepresentation.

In accordance with RSA 641:1, "an inhabitant's domicile for voting purposes is that one place where a

person, more than any other place, has established a physical residence and manifests an intent to maintain a single continuous presence for domestic, social, and civil purposes." The bill provides a method of establishing domicile and requires all new registrants to produce documentary evidence substantiating that they have taken actions consistent with their intent to make the town or ward their domicile. Proposed language within the bill establishes a wide-ranging list of "verification actions" such as: renting or purchasing a home in the state; obtaining a NH driver's license; enrolling a child in a public school; attending a college or university; living at a homeless shelter; purchasing a state-issued hunting or fishing license; and more. Almost any document ranging from a lease, deed, mortgage payment, or utility bill could suffice.

Those oppositional to the bill advocate that the law does not require change due to the fact that there is no evidence of serious fraud. Those supporting the bill take the position that eliminating any form of fraud should be our standard to ensure that NH's election laws are not violated and that election results truly represent those domiciled in the state.

SB3 passed the House Election Law Committee with a 11-9 vote along party lines. The majority believes the state has responsibility to continuously seek improvements to current law aimed at ballot fraud. This bill is not "voter suppression;" it is aimed only at those who cannot or will not provide even a modicum of evidence to support their claim of residency. When elections are so tight, it is the state's responsibility to take steps to secure our democratic process against fraudulent activity that seeks to influence and disrupt election outcomes.

Respectfully Submitted,
Rep Rick Ladd

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Sugar Hill Historical Museum Opened “Our Hat Trunk” on May 26

By Eileen Regen

The Sugar Hill Historical Museum (SHHM) opened for the 2017 season on Friday, May 26. This year's main exhibit highlights hats from all cultures and in all times. “Our Hat Trunk” is a fascinating history-filled exhibit of headwear from around the world. The museum library is a treasure trove of books and other materials related to this unique exhibit.

Visitors are in for great treats this season from taking the first steps into the entry and seeing the open hat trunk. This Victorian lady's specially designed hat trunk designed to transport delicate hats safely. This 1890s trunk is made of wood and canvas and has sections for five elegant hats. And that's just the beginning!

Next, one enters the main exhibit hall to face the grand centerpiece – a grand hat tree filled with a variety of men's, women's and children's hats set into a base of antique hat boxes. On the side, four elegantly decorated hats are gathered around a table enjoying tea and concentrating intently on a game of Bridge.

Hats, or head coverings, have been part of the costume of every culture throughout history. Hats are worn to protect humans from the sun and weather, to identify one's profession or career, or simply to embellish one's attire. In the main exhibit one can enjoy the variety of hats and styles from a 50-pound underwater welder's helmet to extravagant Kentucky Derby creations, to a delicate bridal veil.

Curator-Director Kitty Bigelow is very excited about the broad coverage of this exhibit and the discoveries she has made during the organization of this year's exhibit. She eagerly recommends that everyone take

an internet journey through the vast resources about hats throughout history and the making of felt. Visitors can peek into My Lady's Closet to view a 100-year lineup of hats representing the decades from 1860 to 1960.

The adjacent room is filled with artifacts recreating the main room of the 1769 Cobleigh Tavern built by Lisbon settler Samuel Young. The tavern building still stands in nearby Lisbon, of which Sugar Hill was once a part.

Before leaving the main building, one has a chance to browse through the museum gift shop and enjoy the collection of old and new items for sale. A wide array of arts and crafts created by local artists will attract attention this year: cards, jewelry, fiber art, pottery, books, photographs, and delicious jam. In addition, the gift shop offers family heirlooms and antiques donated by museum members. It is a fine place to find just the right gifts for any occasion and age. Ann Hartmann, gift shop organizer and shopper, always adds some surprises to the shop's offerings.

In the Carriage Barn, visitors will enjoy inspecting the expanded collection of vintage tools, the mountain brake, the horse-drawn hearse, and the Portland pung used to transport cargo. Also in the barn is an extensive exhibit on the early iron industry in Franconia and Sugar Hill, as well as a recreated blacksmith shop and the original Benjamin Morrill steeple clock, c.1830. In the rear room of this barn is another collection of hats. The sleigh barn is the home of Sugar Hill Engine No. 2, the second fire engine used by the Sugar Hill Volunteer Fire Department when it was formed in 1948. The engine, a refitted 1939 Ford pickup truck, was donated to the

fire department by Mr. Henry Crapo.

A major initiative of the museum this year is planning the restoration of the recently acquired Reid-Burpee House and small buildings adjacent to the museum barn. Plans are underway for the starting project, the replication of a 1930s kitchen. Ultimately, a complete 1930s home will be ready for visitors.

Again, the museum offers a season-long raffle to win a quilt, handmade by Elizabeth Fraser, and a distinctive large blue pottery bowl crafted by local potter Joan Hannah.

The 2017 SHHM Membership Drive is underway! Please contact Dottie Bailey at dudbail@aol.com to join the museum with your support and perhaps an offer to share some volunteer time. The museum now maintains a Face Book page thanks to Ann Hartmann, and, in addition, sends out notices with Constant Contact. To join the Constant Contact list, please contact Eileen Regen at e.sregen@roadrunner.com.

Material compiled for this article is from the visitor guide prepared for the 2017 exhibit by Nancy Martland.

Attic Sale and Luncheon in Sugar Hill

Continuing their tradition of “Good Food, Good Friends, Good Works” The Willing Workers of Sugar Hill extend an invitation to their Annual Attic Sale & Luncheon. This event is held each year in conjunction with Sugar Hill's Lupine Celebration Market.

The Market is scheduled for Saturday, June 3 and Sunday, June 4 from 10 AM – 4 PM, taking over the small village of Sugar Hill. The Willing Workers can be found at the Meeting House in Sugar Hill. More than 65 vendors will be participating in the Lupine Celebration Market this year.

The Willing Workers offer a vast array of treasures in Grandma's Attic. There promises to be something

of usefulness and interest for everyone. They offer their quintessential bag lunch from the Meeting House Kitchen for a modest fee. Macaroni and cheese made with Harman's cheese will be featured as well as other light refreshments. New this year, one will find a kiosk outside the Meeting House filled with vintage linens. Also new this year is the sale of raffle tickets for a handmade quilt.

The Willing Workers Society is a nonprofit, nonsectarian organization comprised of women from various communities. Proceeds are used to benefit area communities' charitable services and a fund for graduating seniors attending college.



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SUGAR HILL LUPINE CELEBRATION

Saturday & Sunday, June 3-4

10 am – 4 pm, Rain or Shine

Carolina Crapo Memorial Building
Sugar Hill Meetinghouse, Historical Museum

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SATURDAY EVENTS IN THE MEETINGHOUSE

10am: Native American Flute, Mary Sturtevant
11:30 am: Piano Concert with Joseph Hansalik
12:30 pm: NH History & Family Stories with Sara Glines
1:30 pm: Moved & Seconded, NH Town Meetings
with Rebecca Rule, storyteller & humorist

NEW! COOKS' CORNER

in the Crapo Building
How to make and use Maple Sugar
Using Asian Eggplant Relish in Recipes
More coming, Check times on Website

LUNCHEON VENDORS

Kettle Corn, Nachos, Strawberry Shortcake
by Mt. View Kettle Corn
Mac & Cheese, Bag Lunches, Baked Goods
by Sugar Hill's Willing Workers
Pulled Pork, Smoked Corn Chowder, Chicken Wrap
by MacDaddy's Rollin' Smoke BBQ
and Coneheads Ice Cream

ARTISAN DEMONSTRATIONS

Basket Weaving, Woodworking,
Sock-Making Machine, Folk Art
Spinning & Carding Wool, Thrown Pottery

SUNDAY CONCERTS

inside the Meetinghouse
10:30am – 12:30 pm
Madison E. Brown on the Grand Piano
1 – 3 pm: Uncommon Folk
A Mix of Folk, Bluegrass, Country Music
with a few stories (some might be true!)

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Sunday, June 11 at
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Calendar of Events

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

TUESDAY, MAY 30

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

BATH HISTORICAL SOCIETY GHOST WALK
7:00 PM
Carbee/Hamm Cemetery, Route 135, Bath

WEDNESDAY, MAY 31

HAVERHILL CRIME WATCH GROUP
6:30 PM
Mt. Lakes Lodge

THURSDAY, JUNE 1

PEACHAM FARMERS MARKET
4:00 PM
Peacham Academy Green

FRIDAY, JUNE 2

OCT "ONE NIGHT IN THE VALLEY"
7:30 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

SATURDAY, JUNE 3

BRADFORD HISTORICAL SOCIETY MUSEUM
OPEN HOUSE & "BRADFORD & WORLD WAR I"
12:00 Noon - 3:00 PM 802-222-4423.
Bradford Academy Building, Main Street

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

OCT "ONE NIGHT IN THE VALLEY"
7:30 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

SATURDAY & SUNDAY, JUNE 3 & 4

SUGAR HILL LUPINE FESTIVAL
10:00 am - 4:00 pm
See Ad on Page 5 and Articles on Page 1, 4 & 5

SUNDAY, JUNE 4

TEE IT UP FOR KIDS TOURNAMENT
8:00 AM Shotgun Start
Maplewood Country Club, Bethlehem
See Ad on Page 8
OCT "ONE NIGHT IN THE VALLEY"
4:00 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game 1:30 Tournament
American Legion Post 30, Rt. 5, Lyndon

HAVERHILL REC ACOUSTIC MUSIC JAM

12:00 NOON - 4:00 PM
Clifford Memorial Building, Woodsville
See Ad on Page 7

TUESDAY, JUNE 6

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

WEDNESDAY, JUNE 7

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

FRIDAY, JUNE 9

LUTE & PIANO CONCERT BY EMERSON, REED
5:00 PM
Bethlehem Hebrew Congregation Building
See Article on Page 9

AMERICAN LEGION RIDERS MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

OCT "ONE NIGHT IN THE VALLEY"

7:30 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

SATURDAY, JUNE 10

ALL YOU CAN EAT BREAKFAST
8 - 10 AM Adults \$7, Seniors \$6, Children \$3
Lake View Grange, West Barnet Village

OCT "ONE NIGHT IN THE VALLEY"
7:30 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

SUNDAY, JUNE 11

OCT "ONE NIGHT IN THE VALLEY"
4:00 PM
Old Church Theater, Bradford
See Ad on Page 9 and Article on Page 8

MONDAY, JUNE 12

ORNAMENTAL PRUNING DEMONSTRATION
1:00 to 3:00 PM
Grafton County Complex North Haverhill

WEDNESDAY, JUNE 14

MONTHLY MEETING - ROSS-WOOD POST
#20 AMERICAN LEGION
6:00 PM
7:00 PM ANNUAL FLAG BURNING CEREMONY
American Legion Post, Woodsville

THURSDAY, JUNE 15

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

SATURDAY, JUNE 17

STRAWBERRY FESTIVAL & FLEA MARKET
First Congregational Church, Haverhill

A COUNTRY AFTERNOON TEA
2:00 PM
Sugar Hill Meetinghouse

SATURDAY, JUNE 24

4TH ANNUAL WELLS RIVER PICNIC
9:00 AM/Flea Market thru 1:45 Ice Cream
Elizabeth Berry Park, Rourt 5 South, Wells River

PULLED PORK, BRISKET SUPPER
5:30 - 7:00 PM / Newtown Military Band 7:00 PM
United Congregational Church of Orford UCC

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.

Horse Meadow Senior Center

Every Tuesday: 8:30
Community Breakfast
May 30
Nifty Needlers @ 9:00
Amen Solution @ 9:00
Excel w/Paul @ 11:00
Working with Clay @ 1:00
Classic Bone Builders @ 1:30
May 31
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00
June 1
Art Class w/ Barb @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Cards w/Jeanie @ 1:00
June 2
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00
June 5
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tai Ji Quan @ 2:00
June 6
Nifty Needlers @ 9:00
Foot Clinic @ 10:00 (by Appt.)
Working w/Clay @ 1:00
June 7
Bone Builders @ 9:30
Writer's Group @ 10:30
Bingo @ 1:00
Mahjongg @ 1:00
Writing w/Maggie @ 1:00
June 8
Art Class w/ Barb @ 9:00
Floral Arranging w/Jane @ 9:30
Cribbage @ 12:30
Line Dancing @ 12:45
June 9
Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00
June 12
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Tai Ji Quan @ 2:00
June 13
Nifty Needlers @ 9:00
Working w/Clay @ 1:00
June 14
Beading/Jewelry @ 9:00
Bone Builders @ 9:30
Writer's Group @ 10:30
Eyeglass Care @ 11:30
Bingo @ 1:00
Mahjongg @ 1:00
June 15
Art Class w/ Barb @ 9:00
Diabetes Talk @ 12:15
Cribbage @ 12:30
Line Dancing @ 12:45
June 16
Bone Builders @ 9:30
Mahjongg @ 10:30
Cone Wreath Craft @ 1:00
Tai Ji Quan @ 2:00
June 19
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
MS Support @ 1:00
Tai Ji Quan @ 2:00
June 20
Nifty Needlers @ 9:00
Working w/Clay @ 1:00
June 21

Birth A Book

Bethlehem, NH - Want to write and publish a book but don't know where to start or finish? You have a unique voice whether it be a story that needs sharing, a lesson that needs teaching or a theory that needs exploring. Your book can help enrich the world! Join Dorothy Holtermann on this exploration workshop and learn the 10 essential things you need to know to write and self publish a book.

Dorothy, the author of best - selling book, "Love Food That Loves You Back" shares her knowledge with workshop attendees on Saturday, June 3rd from 2-4pm at WREN in Bethlehem. She is a former Manhattan attorney and internet business executive turned self-health advocate who has a broad spanning area of experience enriching her power as a highly acclaimed, qualified and ef-

fective coach. Dorothy also has a decade's worth of Amazon.com marketing experience, allowing her access to insider tools and tricks that are critical to unlock the secrets to ensure your book's success.

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 for either of these classes, call (603) 869-9736, email at wrencentral@gmail.com, or reach us on the web at www.wrenworks.org.

Orange East Senior Center

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

The Boyz will be playing music on Friday, June 9 starting at 11:00 am.

No Strings Attached will be playing music on Friday, June 23 starting at 11:00 a.m.

Tai Chi class is on Wednesdays at 10:30 a.m. instructed by Ursula Austin who is certified in Fall Prevention Tai Chi.

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 kitch-

en 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 exer-

Groton Free Public Library News

"Wildlife Encounters" Live Animal Show! Sunday, June 11 at 2:00pm. We kick off our special summer library series with this awesome adventure by Wildlife Encounters staff (from Rochester, NH). This program is proudly co-sponsored by the Groton Free, Baldwin Memorial & Tenney Memorial Libraries -- and FREE for all to enjoy! Join us at the Groton Community Building for this special event.

Book Discussion: Monday, June 26 at 6:30pm. Join us for our next book group gathering to talk about "The Road Home," a novel by Rose Tremain. Copies of the book are available to loan from the library. New folks always welcome!

Museum & Park Passes. We now have numerous passes for free & reduced admission to Vermont museums and attractions available for checkout! All you need is a (free) Groton

Library card. Offerings include: Billings Farm & Museum, Birds of Vermont Museum, Fairbanks Museum & Planetarium, Echo Center, VT State Parks, VT Historic Sites & Shelburne Farms. Many thanks to our Friends of the Library group and the sponsoring institutions for providing these opportunities!

Crafts & Conversation: Every Wednesday from 1-3pm. Stop in or stay a while during this friendly DIY craft and conversation time. All levels of crafty folks welcome to share tips, ideas & good cheer!

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

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

Open M (2:30-7) W (10-4) F (2:30-7) Sat (10-12).



Wells river Fire Department's newest addition. Photo courtesy of Joe McQueeney

cise 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!

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Haverhill Recreation sponsored

2017 Acoustic Music Jams!

Do you play an instrument or just enjoy country and bluegrass music? We have some of the finest local musicians around playing for your enjoyment!

Grab a chair and join in or just come to listen!

Robert E. Clifford Memorial Building
65 South Court Street (Route 135)
Woodsville, NH ~

Hours 12:00-4:00 PM

Sunday,
June 4 & 25

New schedule every 3 months!

\$3.00 entry fee
Your volunteer facilitators are Jim & Ruth Strout

Phone the Clifford Building after 9:30 AM on the day of the event if cancellation is questionable due to the weather. 747-2839

Light snacks provided!

NO Drums * NO Horns * NO Alcohol

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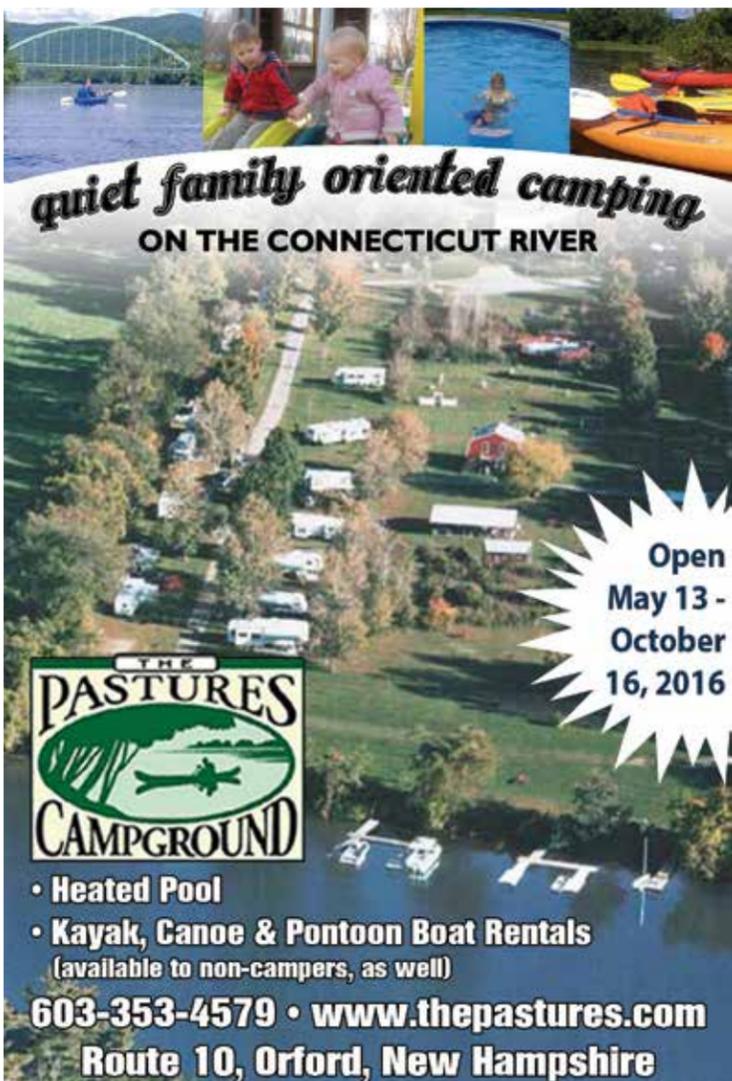
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OCT Features World Premiere Mystery To Open Season

BRADFORD, VT: "One Night in the Valley" by Tony Sportiello, is the mystery which opens Old Church Theater's 2017 season on June 2nd, playing for two weekends, June 2-3-4 and June 9-10-11. Friday and Saturday shows are at 7:30pm and Sunday performances are at 4pm at the theater located at 137 North Main Street in Bradford, Vt.



The cast of Old Church Theater's 2017 season opener, "One Night in the Valley", takes a break during rehearsal: Clockwise standing are Will Giblin, Gary Jesseman, MaryAnn Stanford, Miles Conklin, Ken Hullivan, Bettina Abrams, and Emily Kuvin. The mystery opens June 2nd at Old Church Theater in Bradford with shows two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm. For information and reservations call the box office anytime at 802-222-3322.

Reservations may be made by calling 802-222-3322 or by emailing reservations@oldchurchtheater.org. Admission is \$12, seniors \$10 and students \$6. Season tickets are still available at the box office: 5 admissions for \$50. In a special offering, seniors can get their season ticket for \$45 through the end of "One Night in the Valley". Cash and checks are accepted.

Directed by Diane Chamberlain, "One Night in the Valley" features actors Bettina Abrams, Will Giblin, Gary Jesseman, Miles Conklin,

MaryAnn Stanford, Ken Hullivan and Emily Kuvin. Together they play out three distinctly different stories in a kind of group-acting, where they never leave the stage. As the scenes shift from one setting to another,

it is for the audience to figure out the mystery of what ties the stories together.

Chamberlain commented "The language of the play is inappropriate for children, but the story is sprinkled with a good helping of comedy making the mystery all that more enjoyable to watch." Of special note, the playwright will attend opening night for a question and answer session after the curtain call. Sportiello also wrote "Second Chance" which premiered at Old Church Theater some years ago.

Old Church Theater's second production of the season will open on July 7th. "Making God Laugh" is a comedy-drama in the vein for last year's hit "37 Postcards". Directed by Sheila Kaplow, it follows the holiday celebrations of one family over 30 years. The premise for the title is Woody Allen's line: "If you want to make God laugh, tell him your plans".

Old Church Theater is a volunteer non-profit community theater group offering 5 plays a year since 1985. For more information please visit www.oldchurchtheater.org.

GOLF TOURNAMENT

5th Annual "Tee It Up For Kids"




BOYS & GIRLS CLUB
OF THE NORTH COUNTRY
GREAT FUTURES START HERE.

Sunday, June 4th

Maplewood Country Club

8:00 am Shotgun Start
Scramble Format
Continental Breakfast and Lunch
Golf Contests & Raffles

\$90/person * \$340/team of 4

Contact: Eric@BGCNorthCountry.org 838-5954

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Concert Performed by Tyler Emerson and Jillian Reed Features Flute and Piano to Benefit NH Food Bank

The Bethlehem Hebrew Congregation concert season opens at 5 p.m., Friday, June 9 with a flute and piano concert performed by Tyler Emerson and Jillian Reed as a benefit event to support the New Hampshire Food Bank.

The program includes Prelude and Fugue No. 22 B Flat minor by J.S. Bach; Sonata No. 15 Op. 28 in D major (Pastorale) by Ludwig Van Beethoven; Flute Sonatine for Flute and Piano by Eldin Burton; From "Years of Pilgrimage: Italy," Petrarch Sonnet No. 123 by Franz Liszt; and Scherzo No. 2, Op. 31 in B Flat minor by Frederic Chopin.

Tyler Emerson, a native of Lyndon, Vermont, is pursuing a double major in piano performance and economics at SUNY Purchase College. A 2015 graduate of Saint Johnsbury Academy, Emerson participated in competitions and performances across the state. In 2014, he performed in the Chandler Next Generation Series and in 2015, he was an All-State Scholarship winner in piano.

Emerson has served as music director for the 2016 and 2017 seasons of the Vermont Children's Theater, a nonprofit organization based in Lyndonville. He teaches middle and high school students for two shows each season and accompanies the shows' performances. This summer he will return as a performer at the Admant Music School for a master class session with internationally renowned pianist John O'Connor.

Beyond his academic studies at SUNY Purchase, Emerson works extensively in environmental efforts and



organizations at his college and serves as a coordinator of Freenew, a zero waste initiative.

Jillian Reed is a flute performance major at Carnegie Mellon University. Born and raised in Vermont, she held the principal flute position with the Vermont Youth Orchestra for three years. Additionally, she won the Jon Borowicz Memorial Scholarship, and with it, the honor and privilege of performing Mozart's Flute Concerto in G Major with the Vermont Philharmonic. In a review of her performance, Jim Lowe wrote that she "delivered the brilliance, virtuosity and warmth of this gem with an expressive sound."

In addition to performing,

Reed enjoys the administrative side of the music world, and she has worked as the 2015 and 2016 summer intern for the White Mountains Music Festival with the North Country Chamber Players. In June 2016, she worked for the Carnegie Mellon Flute Studio at the weeklong program, The Consummate Flutist, and she will return this summer. Reed loves the varied age groups with which she interacts as a musician, especially playing music with and teaching young children. This passion for teaching led her to work at the Pittsburgh Flute Academy in the fall of 2016, and to teach at the Middlebury Community Music Center Adagio Summer Camp in August 2016.

Admission is by donation (\$10 suggested). This program, hosted by Bethlehem Hebrew Congregation, is open to the public. All proceeds from this performance will benefit the New Hampshire Food Bank.



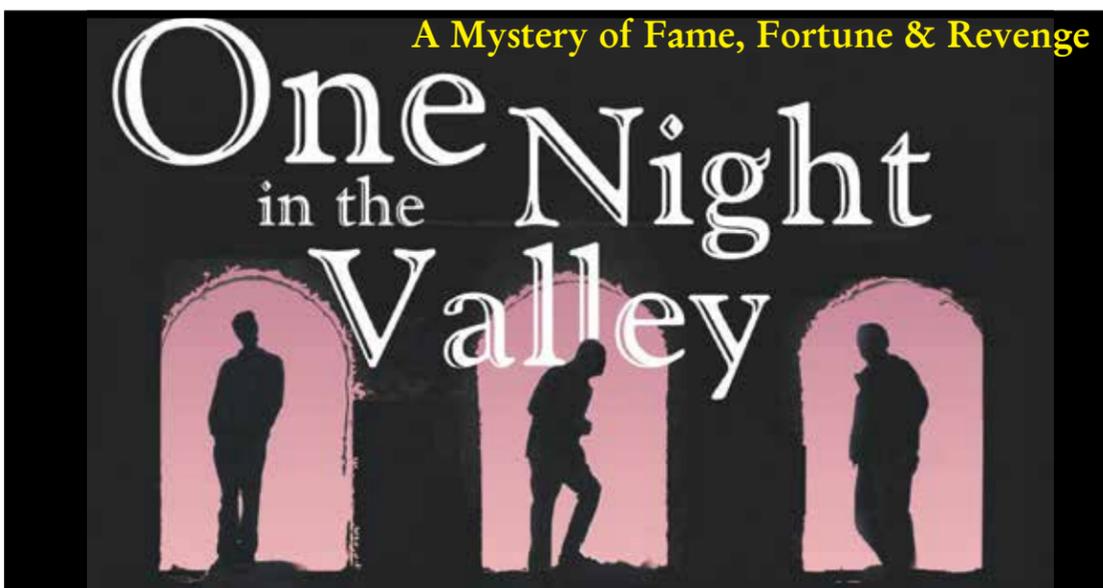
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Sundays June 4 & 11, Showtime 4 pm



Reservations, Call 802-222-3322
137 North Main Street
Bradford, VT
www.oldchurchtheater.org

Admission \$12, Seniors \$10, Students \$6
Not recommended for children.



2017 SUMMER CAMP

June 19 - August 18

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Fee includes: Field Trips & Swim Lessons
Daily Rate Available

Weekly Swim Lessons & Open Swim Sessions

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Pruning Demo: Monday, June 12

On Monday, June 12th from 1 p.m. to 3 p.m. UNH Cooperative Extension will hold an ornamental pruning demonstration at the Grafton County Complex (3855 Dartmouth College Highway, North Haverhill, NH).

Led by Jeremy Delisle, Field Specialist in Merrimack County and former Education Center Coordinator, this is an excellent opportunity to learn about hands-on ornamental pruning from the experts! The workshop kickoff will be in the UNH Cooperative Extension Conference Room. The majority of the pruning demonstration will be outside, so please come dressed for the weather. This event will be held rain or shine.

With the hands-on nature of the workshop, please plan to bring your own pruning equipment. Some pruning equipment will be



available, if needed. Due to limited space, pre-registration is required. Please e-mail Janene.Robie@unh.edu or call 603-787-6944 to register. Registration closes June 7th.

For more information, or if special accommodations are needed, please call the Grafton County UNH Cooperative Extension office at 603-787-6944.

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

White Mountain DAR Names 2017 Good Citizen Award Winners

On Saturday, May 20, the White Mountains Chapter of Daughters of the American Revolution honored the DAR Good Citizens from Littleton High School, Lisbon Regional School, Profile High School, and White Mountains Regional High School at their spring luncheon at Thayer's Inn, Littleton. Laura Superchi of Lisbon Regional School was announced as the chapter's essay winner. The luncheon's program was on the JROTC Spartan Battalion of White Mountains Regional High School and presented by JROTC DAR Bronze Medal Cadet Rebecca Huckstoll of Littleton High School and Sgt Mjr Mike Bruno.

Left to right, front row: Laura Superchi, Lisbon Regional School Good Citizen; Sgt Mjr (retired) Michael Bruno, Spartan Battalion; Madison Norman, Littleton High School Good Citizen. Back row: JROTC Cadet Rebecca Huckstoll; Paula Berry, White Mountains Good Citizens Chair; Kate McCartney, White Mountains Chapter Regent.

Photo taken by Alicia Prater.



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Little Lois and the Corn Sheller

by Elinor Mawson

Little Lois was 8 years old. Her mother had things to do that day when she took her daughter to visit Grammie Wadleigh who lived on a large farm on the other side of town. Lois loved visiting her grandmother because she could help cook (she loved to make date cookies), and explore the barn and other buildings here and there.

On this day, Lois got a little bored after lunch when her grammie was darning socks, so she went outside and walked around. She said 'hi' to the hired man who was weeding the garden (they had to have a hired man because her grampa had died a couple of years before.) Then she went around the barn, and there was the corn house. It was a small building up on posts, and the posts were underneath upside-down buckets--this was so mice and other rodents couldn't climb up the posts and get in to eat the corn.

Lois went into the corn house which was pretty much empty because the corn hadn't been harvested yet. There were a few ears in the corner, and along one wall was the Corn Sheller.

This was a large wooden machine with a crank which turned a wheel inside that had nails all over it. The idea was to put an ear of corn in a hole above the wheel, then turn the crank. The wheel would go around and the nails would take the kernels off the cob and send them out through a trough into a bucket. The cob would go out of another hole and be discarded.

Lois was fascinated! She turned the wheel and watched as the nails went round and round. And being 8 years old, she decided to try an ear of corn and see what happened.

.I don't know how she put the ear of corn into the sheller, but it got stuck somehow, so Little Lois put her hand inside to free it and get it to go right. When she got it unstuck, the wheel went around and caught her hand. She tried to free her hand, the nails refused to let go, and started tearing the skin on her palm and fingers. She was caught fast.

Of course she cried and hollered for her Grammie; but she was way out behind the barn, inside a building, and there was no way anyone could hear her. Several hours went by.

Eventually Grammie re-

membered that she hadn't seen Lois for awhile. When she went out to find her, she first asked the hired man if he had seen her granddaughter. They both started searching and after a couple of minutes, they heard a small wail coming from the corn house. When they saw what had happened to Lois they were aghast.

They had to take the corn sheller apart to get Lois' hand out, and what a mess it was! Grammie hitched up the horse and wagon and took Lois home. Her mother called Dr. Chesley who came to the house, put Lois under ether and sewed up the hand. It took quite awhile.

Years later when Lois had children of her own, she would tell them about her experience, and show them the hand with all the white lines where it had been stitched up.

And many more years later, her daughter would tell her children who would ask their Grammie to show them her hand.

When the daughter would tell her grandkids about their great grandmother and the corn sheller, they would cover their ears and say "Don't tell us that story!! It makes us sad!"

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What Does Conservative Investing Mean to Older Investors?

If you're a certain age, or getting close to it, you might hear something like this: "Now that you're older, you need to invest more conservatively." But what exactly does this mean?

For starters, it's useful to understand that your investment preferences and needs will indeed change over time. When you're first starting out in your career, and even for a long time afterward, you can afford to invest somewhat aggressively, in stocks and stock-based investments; because you have time to overcome the inevitable short-term market drops. At this stage of your life, your primary concern is growth – you want your portfolio to grow enough to provide you with the resources you'll need to meet your long-term goals, such as a comfortable retirement.

But when you finally do retire, and perhaps for a few years before that, your investment focus likely will have shifted from accumulation to preservation. And this certainly makes some sense. Even though you may spend two, or even three, de-

acades in retirement, you actually have many shorter time frames for withdrawing money – that is, selling investments – from your retirement accounts, such as your 401(k) and IRA. In fact, you may be taking withdrawals every month – and you don't want to be forced to sell investments when their price is down. Consequently, you'll want a portfolio that's less susceptible to market downturns. This means that you may need to reduce the percentage of stocks in your investment mix and increase your holdings in investments that have less growth potential but offer greater stability of principal, such as bonds.

If you follow this formula, you will have become a more conservative investor. But this evolution – from aggressive to conservative – isn't that simple, or at least it shouldn't be. If, as mentioned above, you are retired for two or three decades, you will have to deal with inflation. And even at a relatively mild 3 percent annual inflation rate, your purchasing power will decline by about half in just 25 years. This is a real threat to retirees, who, unlike active employees, can't count on increases in earned income to overcome increasing costs of living.

Given this reality, you will have to find your sources of rising income in your investment portfolio. One possibility: Dividend-paying stocks, some of which have increased their dividends for many years in a row. Still, like all stocks, these dividend payers can lose value from year to year, and they can also reduce, or even eliminate, dividends at any time. In other words, they aren't risk-free – which brings us back to the question of how "conservative" of an investor you can really afford to be when you're retired.

In the final analysis, there's no simple answer. On one hand, you probably shouldn't be as aggressive an investor as you were when you were much younger and still working. On the other hand, if you were to primarily own certificates of deposit and U.S. Treasury securities, you might face the prospect of outliving your money. Ultimately, you'll need to maintain a balanced portfolio that helps you control risk today while providing you with growth opportunities for tomorrow.

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

Using Manure and Compost in the Garden

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



By and large, animal manures and composts are an excellent local and natural source of nutrients for your garden. They create a use for a product that would otherwise be waste. They also provide some organic matter and help improve soil structure. However, there are a couple of things you want to keep in mind as you plan where and when to use them.

First, consider where the manure came from. Are the animals healthy and do you know how the manure has been handled? Animals such as pigs, cats and dogs

may carry parasites that will be more easily transferred to humans than the parasites in other types of manure. Also be aware that some manure, particularly fresh manure, will contain viable weed seeds.

Bacteria such as *E. coli*, and *Salmonella*, protozoa such as *Giardia* and parasitic worms may be present in fresh manure. Plant surfaces that come into contact with these manures may then be contaminated as well.

Composting the manure will significantly minimize these risks but it takes time and management. Ideally, you want the compost pile to reach a temperature of 131-140°F for several weeks followed by a slow period of cooling back down to air temperature. Turning is often needed to reintroduce air to the pile and keep the temperature from rising too high.

If composting is not an option or you are unsure if your compost has really been composted properly, we recommend you follow the standards for certified organic growers using manure; till it in 120 days before harvesting anything where the edible portion touches the soil, and 90 days before harvesting anything where the edible portion doesn't touch the soil.

Naturally, washing your hands after gardening will also minimize your risk, and

is a recommended practice whether you are using manures or not. Washing the vegetables you plan to eat raw is also important.

Sensitivity to pathogens can vary from person to person, and those who should be particularly aware are pregnant women, young children, the elderly, or people with illnesses which suppress their immune system. People in a high risk category might consider limiting their manure use to crops they will not eat (jack-o-lanterns and flowers), or crops they will cook (sweet corn).

Finally, remember that using manures can, over time, lead to a buildup of phosphorus in your soil. This is not harmful to you or your plants, but if the levels are high enough, the phosphorus can leach into lakes and streams causing water quality problems. If you have never done so before, or you have not done so in a number of years, consider getting your soil tested. More information on soil testing can be found at this website <http://extension.unh.edu/Agriculture/AGPDTS/SoilTest.htm>

Like many safety issues, awareness is your best defense. For more information on this topic, please see our factsheet titled Guidelines for Using Animal Manures and Manure-Based Composts in the Garden (https://extension.unh.edu/resources/files/Resource002114_Rep3119.pdf).

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VIRGINIA VINEYARD DUNN - OBITUARY

Virginia Vineyard Dunn - 88 of Plymouth, NH died on May 12, 2017 at her home of 62 years, after six months of declining health. She celebrated and enjoyed her 88th Birthday on May 10th with her family.

She was born in Hazel Park, Michigan, the daughter of Opie and Frieda (Burger) Vineyard and was raised in Herkimer/Mohawk, New York.

Virginia had been married to Robert G. Dunn in 1947. They re-located to New Hampshire in 1948. In 1955 they settled in Plymouth where they raised their five daughters and one son.

In 1968 Virginia starting working for the Summer Head Start Program in Plymouth, under the leadership of Director Raymond S. Burton. She then became the full time teacher in 1969.

In 1973 she earned her Associate of Arts Degree, and in 1975 she earned her Bachelor of Science Degree with honors, both from the University of New Hampshire in Family Studies - Early Childhood Development. In 1975 she starting working for the State of New Hampshire - Department of Health and Human Services as a Social Worker. She retired from that employment in 1998. Upon her retirement she became a volunteer at the Speare Memorial Hospital, spending most of her time in the lab and mail room.

She worked there until September of 2016, clocking in 13,803 plus volunteer hours - amazing! It became her second home, and she truly loved the people she worked with. Ginny was an amazing cook and often treated them to her tasty baked goodies.

Virginia loved her family first and took great joy in bragging about them. She excelled at Early American Decorative Painting with oils, taught by Edith Gray of Dorchester and later Tole Painting with acrylics, taught by Carol Elliott of Plymouth. She loved her sewing and needlecraft along with her quilting. She took great pleasure in swimming at the Mid-State Pool. She also loved her puzzles, which she continued to work until the day she passed. She was very creative.

She had been a long time member of the Plymouth Congregational Church and served in many capacities, including Deacon, Sunday School Teacher, Choir and also two Search Committees for a new Pastor.

Family members include her six children - V. Catherine Wilchman and her husband, Paul of Cleveland/Russellville, Arkansas; Barbara D. Dutile and her husband, Doug of Haverhill, NH; William R. Dunn and his companion Lizz Mehegan of Holderness, NH; Elizabeth R. Minickiello and Paul of Plymouth, NH; Tamara D.



McHugh and her husband, John of Bridgewater, NH; and Grace Dunn Janwich and her husband, Ray of Keyport, New Jersey; Ten grandchildren - Rob, Suzi, Mike, Angie, Billy, Alesa, Melinda, John, Brad and Erin; Eight Great Grandchildren - Catherine, Anna, Jordan, Kaylie, Wyatt, Maia, Brady and Lucas; One Great, Great Grandchild - Nicolas. Several nieces and nephews and several very special friends, neighbors and caregivers. One brother - Jack Vineyard and his companion, Linda of Cooperstown, New York; She was pre-deceased by her three sisters, Doris Bucek, Nora Waterbury and Pauline Bruce all from the Mohawk Valley in New York.

Virginia's wishes were not to have any calling hours. A Celebration Gathering and Internment will be at a later date at the convenience of the family.

Memorial Donations may be made in her honor to the Pemi Baker Home Health Agency, 101 Boulder Point Drive, Suite 3, Plymouth, NH 03264

MARYANN VOGT - OBITUARY

Bath, NH - Maryann Vogt, 74, died on Monday May 15, 2017, at the Dartmouth Hitchcock Medical Center, Lebanon, NH.

She was born in Rockville Center, NY, June 11, 1942, a daughter of Nicholas and Frances (Gully) Uriah. Maryann married Donald A. Vogt, Sr. on January 20, 1963.

They moved to North Haverhill, NH in 1977 from Long Island, NY and later to Bath to assist on Don's parents' farm. Maryann worked for several years in the admitting department at Cottage Hospital. Later she started her own cleaning business, cleaning local houses and businesses. Maryann loved working in her flower garden, decorating, tending her plants, watching the Boston Red Sox, vacationing on the Coast of Maine, and attending local church suppers.

She was predeceased by her husband, Donald A. Vogt Sr. on August 28, 1992 and a sister, Nancy Connors on September 18, 1978.

Maryann is survived by her daughter, Donna A. Blais and husband Brian of Candia, NH; her son, Donald A. Vogt, Jr. and Holly Owsianik of Woodsville, NH; five grandchildren, Caitlin Fullerton and husband Justin, Michael Vogt, Carrie Vogt, Ashleigh Blais, and Ryan Blais; a great grandson, Jackson Fullerton; and by two nieces.



A graveside service was held on Tuesday, May 23, at 12 PM in the Pine Grove Cemetery, Swiftwater Road, Woodsville, NH with Rev. Jane Wilson officiating.

In lieu of flowers, memorial contributions may be made to the Horsemeadow Senior Center, 91 Horse Meadow Road, North Haverhill, NH 03774.

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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Silver Fox Outing Club: The Club was started in 1925. Wells River, Vt and joined with Woodsville in 1927. They met at the Wells River Golf Club. The club built the skating rink in the community field, at the end of Connecticut

St, as part of their winter activities. There was, also, a ski slope north of the Nootka Lodge. The club, along with local sponsors, had a carnival ball on February 13th, 1942, followed by an interscholastic Ski Meet on the 14th.

Electronic Bliss

by Maggie Anderson

This morning Hank and I were talking about one person's attraction to another. We know some couples who seem to be worlds apart in so many ways we quit trying to count them and yet, while we scratch our heads, they make it work. How many of them took their chances and followed their hearts or resorted to other means of choosing a mate we don't know but I'm still of the opinion that I want to sit across the table from a person, share a conversation and pick his brain a bit before I give him a gold star or toss him into the reject bin.

Perhaps that's why I am always puzzled by online web sites designed for making contact with the guy or girl of your dreams. I wonder why people believe they can pick a prospective main squeeze the way a victim identifies the face of a criminal in a line up in some police station.

I try to understand why they can't see that Bundy was so attractive he could have modeled for any agency on the planet but I'm not sure my dates with him would have been blissful if I'd picked his photo off the "TAKE A CHANCE ON ME, WE JUST MIGHT CLICK"

web site.

I liken that whole process to the efforts of the poor joker who chooses the biggest, crispiest looking, promises to be the most delectable cream puff in the basket only to find with his first bite that the thing has no filling.

No matter how perfect the shell, a cream puff with no filling is just the hollow shell of what you were actually hoping for. The same can be said of people, no matter what you see on the surface, what you see is not necessarily what you end up with regardless of the adage.

In spite of my misgivings about the whole world of Internet dating there seems to be a new site popping up on my computer screen every other day now. In fact one came addressed to me last week. I was given the opportunity to browse a site filled with photos of single seniors – the site said single seniors in my area, that's rich we live in a town with a hundred people, I haven't seen too many single seniors walking around here.

Though I found it amusing to be invited to thumb through their catalogue of gallant grays Hank spent a restless night wondering if I knew something I wasn't telling him.

News from My Farmers Market

By Marianne L. Kelly

So. Ryegate, VT— Thanks to everyone who visited us at the Newbury Women's Club Flea Market on May 20. The weather was sunny if a little cool, but our customers were friendly and warm. Angela, Jodi and I had a great time meeting and serving you. We quickly sold out of tomato plants and most of our flowering plants. Food and gift sales were great.

My Farmers Market in South Ryegate is blooming with beautiful hanging baskets, containers, flowers for the garden, and potting soil. Inside our cooler you will find locally grown Shitake mushrooms, radish and alfalfa sprouts, pea shoots, Chaga & Reishi for tea, rhubarb, parsnips, onions, radishes, asparagus, spinach, lettuce mixes and more coming. We also have farm fresh eggs, locally produced cheese, pasta and sauces.

Check out our popular prepared meals, and don't forget to pick up local bread, maple syrup, honey, pies, candies, pastries and more. Browse through our fine selection of culinary mixes, sauces and marinades to add interesting flavors to your cooking, as well as items you can buy in bulk or smaller packages.

In addition, we offer a variety of natural skin care products including safe, effective products to handle those pesky fleas and ticks.

Before you go to a box store, browse through the wide variety of gifts made by talented local artisans. You'll love our popular childrens book written by a local author and illustrated by a local artist, colorful greeting cards

by a local photographer, a beautiful planting calendar book, wooden pieces, hand knit and crocheted items, embroidered hand towels, pottery and more.

Those of you who have knives, scissors and small garden tools that need sharpening, can drop them off Thursdays from 9-12 when Marianne is on duty. They will be sharpened at A Sharp Edge in Bradford, and returned the following Thursday or by special arrangement.

"We are always looking for new and innovative ideas to enhance and improve our community oriented market," said owner, Jennifer Bone.

This issue's featured vendor is Spice of Life.

"I often wonder why we insist on defining people by placing them in claustrophobic boxes, when there is so much more to each of us than we initially see. We are multi-faceted individuals, not one dimensional beings," said owner, Marianne Kelly.

Warming up to her subject she continued, "Vermont's Governor Phil Scott is a former Thunder Road stock care racer, and still holds an avid interest in this sport. Your doctor might trade in his or her white coat for a part in a community theater production, or sing in a local choir. A school teacher might also be an accomplished artist, cook, EMT, or entrepreneur. Everyone has something to offer."

Spice of Life is evidence of the multi-faceted rhythm of life. Marianne, a "retired" chef, started out selling her breads and dip mixes at local farmers markets, that evolved into pastries, cakes and whatever else came to mind. Special orders are welcome.

Marianne, also a writer, has published three cookbooks, an entrepreneurial e-book, and has written for local newspapers and magazines. Current projects include a four seasons celebration cookbook and a book

about women in the American Revolution.

She is an accomplished wood burner whose colorful pieces reside in homes in this country and around the world. "I love the process of transferring a design to a cutting board, brushing on several coats of water based polyurethane and finishing with a hard wax. Each cutting board also has a food safe finish on the back. Everything I do must be functional as well as decorative."

Marianne also paints unique designs on canvas shopping bags and finishes each with Scotchguard protection. This summer she will introduce a line of hand painted polymer clay ornaments.

A pet rescue advocate, one of her shopping bag designs has a colorful dog house with a bone over the entrance, surrounded by paw prints, that can be personalized with the pet's name. Customers can choose from several colors.

Marianne and her rescue dog, Mollie, wrote a popular childrens book entitled, "The Mollie Chronicles-Rescued!" that shares Mollie's journey from an abused, abandoned pup in South Carolina to her forever home in Vermont. A second book, "Fur-ever Home At Last," will be available this summer. "Mollie wrote the books, I was her secretary," she laughed. Plans for a series scheduled for next year called "The Mollie & Chollie Mysteries" teams Mollie and a mysterious black cat named Chollie. Together, they manage to solve several mysteries despite their differences. Special pricing is available to rescue groups. A brochure is available.

What's next? Who knows? "I am the poster child for 'Be all you can almost be,'" laughed Marianne.

Visit Marianne at My Farmers Market Thursdays from 9-12. Email: mlkelly9258@gmail.com.

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Hearts and Minds

To stay sharper longer, it seems obvious that you need to take steps to protect your brain. But there's another organ that anyone who wants to stay in good neurological shape should pay attention to, the heart. Research has shown that developing heart disease may increase the risk of Alzheimer's and dementia, and a 2013 review published in the journal "Clinical Epidemiology" notes a link between ischemic heart disease (the kind caused by restricted blood flow to your heart) and cognitive impairment.

When people hear about heart disease, they tend to focus on the four-chambered organ itself. Indeed, a compromised heart is bad news for the brain, which depends on blood-borne oxygen and nutrients to stay healthy. The less successfully the heart pumps blood, the greater the chance that neurons will die or become dysfunctional, and brain function will suffer.

But it's important to keep in mind that the heart is part of an extensive network of blood vessels – arteries, veins, and capillaries – that circulate blood throughout the body. People diagnosed with heart disease usually have damaged arteries that have been hardened and narrowed by plaque buildup (arteriosclerosis). And such damage in one part of the body indicates a risk for damage in other areas – like inside your brain. There, stiffness in even the tiniest of vessels can reduce the flow of blood through your cognitive command center. Over time, this can lead to cognitive decline and an increased risk for dementia.

Most people have heard of the Mediterranean-style diet and the DASH diet (Dietary Approaches to Stop Hypertension) two brain-benefi-

cial eating plans. Eating the Mediterranean way has been linked to preserving brain volume, while sticking to the DASH diet has been found to improve blood flow to the brain. These two well-rounded, heart-disease-preventative diets have been modified and combined to form the "new" MIND diet (Mediterranean-DASH Intervention Delay). It emphasizes vegetables and nuts; limits animal products, saturated fat and sugar; and recommends foods that have been shown in research to steady brain health. In a 2015 study published in the journal Alzheimer's & Dementia, people who were most faithful to the MIND diet enjoyed slower cognitive decline—the equivalent of gaining seven and a half healthy brain years. In a second study, the same group was also found to have a 53 percent reduced risk of Alzheimer's compared with those who were least dedicated.

The MIND diet's brain-boosting foods (with minimum recommended amounts):

- Ⓡ Leafy green veggies (six servings per week)
- Ⓡ Other vegetables (one serving daily)
- Ⓡ Nuts (five servings per week)
- Ⓡ Berries (two servings per week)
- Ⓡ Beans (three servings per week)
- Ⓡ Whole grains (three servings per day)
- Ⓡ Fish (one serving per week)
- Ⓡ Poultry (two servings per week)
- Ⓡ Olive oil (your main cooking oil)

Olive oil, nuts, whole grains and leafy greens are rich in vitamin E, which protects against the buildup of toxic amyloid plaques in the brain and safeguards neu-

rons from damaging free radicals. Omega-3s like DHA (in seafood) help improve brain cells' ability to communicate with one another. It's important to get enough B12 (plentiful in poultry, fish, and nutritional yeast) since a deficiency can lead to memory loss. Nowhere on the list: Sweets. That's because a diet high in sugar can lead to obesity and eventually diabetes—both of which increase dementia risk.

This seems like a good time to point out that an estimated 44 million women in the U.S. are affected by cardiovascular disease, and some of the same risk factors that lead to heart disease and stroke can also contribute to dementia, Alzheimer's, memory loss, and cognitive dysfunction. So it's a no-brainer to start following this advice:

HEART SMARTS: Do Not Smoke. Reduce your blood sugar. Manage your blood pressure.

BRAIN BONUS: It's all about the vessels. Smoking releases harmful chemicals that wear down blood vessel walls. Diabetes is also linked to damage of the vessel walls. And high blood pressure puts undue strain on

vessels and can encourage plaque buildup.

HEART SMARTS: Stay Active.

BRAIN BONUS: Regular moderate to vigorous physical activity strengthens your heart muscle so it can efficiently pump blood. It helps your blood vessels stay strong and clear while promoting the formation of new vessels and allowing them to deliver more oxygen to your body and brain and carry away waste.

HEART SMARTS: Control your cholesterol.

BRAIN BONUS: High levels of bad cholesterol can cause plaque buildup in your blood vessels, leading to blockages that may prevent blood from reaching parts of the brain.

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.

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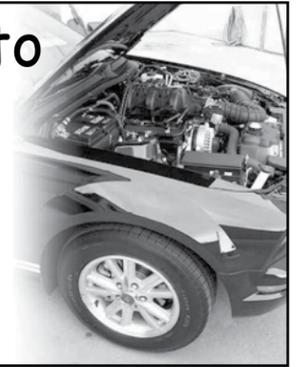
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Instructor Joyce Presby

has years of experience in the field of business development and helping people to launch their careers as entrepreneurs. She will be holding sessions at two WREN locations. She will be in the classroom at 22 Park Ave in Bethlehem, NH on Tuesdays from June 13th through July 18th from 10 a.m. to noon and Thursday's from June 15th through July 20th (no class July 4th) at 117 Main Street, Berlin, on Thursdays from 10am-Noon.

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