

# TRENDY TIMES

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JULY 11, 2017 VOLUME 8, NUMBER 20

## Music of Bach, Beethoven, de Falla Opens July 14 in Bethlehem



By Eileen Regen

Bethlehem Hebrew Center proudly opens another outstanding season of concerts by nationally and internationally acclaimed artists. Opening performance at 5 p.m., July 14 features violinist Miki-Sophia Cloud and pianist Bernard Rose, both longtime members of the North Country Chamber Players. They will perform works of Bach, Beethoven, and De Falla.

Miki-Sophia Cloud enjoys a rich musical life as a recitalist, chamber musician, orchestra leader, and artistic director. Since 2009, Cloud has been a core member of A Far Cry, a self-conducted chamber orchestra, where her fine leadership as concertmaster and soloist have been hailed by the New York Times and Boston Globe.

A member of the New York-based Solera Quartet, the Quartet in Residence at the University of Notre Dame, Cloud is also an artistic director of the White Mountains Music Festival, a six-week chamber music festival in Northern New Hampshire.

Cloud is an alumna of Harvard College, Vienna Academy of Music, Yale School of Music, and now a doctoral candidate at New England Conservatory. Last fall, she joined the faculty of Dartmouth College.

She is grateful for the inspiring mentorships of such artists as Miriam Fried, Ani Kavafian, Robert Levin, Riccardo Cincynates, and Itzhak Perlman.

Bernard Rose, a graduate of Columbia College and the Juilliard School, has performed as soloist, accompanist, and chamber musician across the country. He has toured the United States with the Young Concert Artists, served as musical director of the New York Community Opera Company, and worked on many musical productions for educational television.

His affiliation with chamber ensembles includes the Claring Players, West End Chamber Ensemble, Laurentian Quartet, Audubon Quartet, the Rotterdam-based Daniel Quartet and Cremona Arts Trio.

He has collaborated with numerous artists, including Walter Trampler, Noboko Imai, and Eugene Fodor.

Rose is a dedicated teacher, and many of his students are international performers. He has taught at Sarah Lawrence College and at CUNY College of Staten Island, and he has recorded for the Library of Congress Records, KHI Records, and Centaur Records.

The Sounds in the Sanctuary popular one-hour format begins at 5 p.m. Friday afternoons, July 14 and 28, August 11 and 25 in our unique sanctuary on Strawberry Hill.

In addition, at 7 p.m., Tuesday, July 25, the 2017

series offers a special concert featuring Bernard Rose performing the "Goldberg Variations."

Upcoming concerts bring an exciting array of musical talent. On Friday, July 28, Peter and Will Anderson with Alex Wintz present a jazz concert in tribute to jazz fan Ron Kirby. Cellist Amit Peled with pianist Elizabeth Borowsky perform music of Zahavi, Bach, Popper, and Bruch. For the finale of the fourth Sounds in the Sanctuary season, pianist-psychiatrist Richard Kogan presents "West Side Story: The Mind and Music of Leonard Bernstein" in a special 90-minute program on Friday, August 25.

A reception with the artists, hosted by Gail Robinson and Martin Kessel, follows each performance.

Sounds in the Sanctuary is supported in part by the Mascoma Savings Bank



Foundation, The Maria Mautner Fund in Memory of Maria Mautner, and generous donations from music lovers in the community and abroad.

Sounds in the Sanctuary events are open to the public. Tickets at the door: BHC Members \$12, General Admission \$15. For general information please contact Martin Kessel at martin1937@gmail.com

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# TRENDY Dining Guide

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## Whippi Dip

by Gary Scruton

It is fun for my wife, Janice, and I to go to a variety of eateries for purpose of gathering information for this article. One of the most intriguing aspects of that adventure for me is always the perusal of the menu to see where I want to go with my taste buds. Breakfast or supper? Eggs or steak, or both? Which way will I go?

So it was a unique happening when we went to the Whippie Dip in Fairlee. It was different, not because they don't offer a wide range of menu items because they do, but because I knew what I wanted before I even got close to arriving. Regarding the menu, there is a nice selection of fresh seafood, there are local meats for sandwiches and burgers.

Plus they make great salads, biscuits and scones. And you can, of course, top off the meal with either cookies or hard ice cream in so many different flavors and styles.

The full menu is actually posted in their front window which allows for some interesting conversations being overheard while your party is making its decision on menu choices, and others are also deciding or just discussing topics of the day.

The night we visited the order desk was actually around on one side of the Whippie Dip building. The front windows were for ice cream orders and pick up. So once we decided we went around the side and there was an outside counter with an employee sitting there taking orders and passing

them inside for preparation.

Both Janice and our friend Kathy went with the haddock dinner. They also both had sweet potato fries on the side. I was not far off from that choice. I ordered up one of my favorite meals, fried scallops. My meal came with cole slaw and I got onion rings on the side. All of these meals were listed as market price, so what we paid could well be different when you visit.

I should also mention that at the Whippie Dip there is no inside seating. They do offer a number of outside picnic tables on a very nicely flowered patio area. Two of those tables are even under an overhang that covers about half of those tables. As one member of our party quipped that night "It was drippy at the Whippie" as

the scattered showers were scattering some moisture in Fairlee on this particular night. But we were dry.

When our meals were ready our name was announced at the pick up window and we went up to gather our meals and bring them back to our table.

My scallops were all I remembered from past years. They were big, juicy, tasty seafood that was plenty to fill me up. The onion rings were also a very healthy serving. The cole slaw was served in one of those white pleated paper cups that gives you just enough without being too much.

The ladies' meals were also quite plentiful. Janice noted that each of the two pieces of fish she received were as big as the two pieces of fish she had recently gotten at a different eatery. The haddock was extra crispy on the outside and mouth watering

delicious, moist and tender on the inside and was more than they could easily consume. The tartar sauce had a slightly different flavor that your standard run of the mill variety, definitely prepared on site. Janice and Kathy both enjoyed the sweet potato fries.

Of course one of the main aspects of the Whippie Dip business is their ice cream. I must admit that on this particular visit we had no room left for ice cream. We could only look at others who had ordered some of that frozen delight and think about our next visit.

The total cost for Janice's and my meals was about \$34 which included a bottle of water. And I can add that there is no tip necessary when you visit the Whippie Dip but there is a tip jar on the counter if you'd like to reward their friendly smiles.



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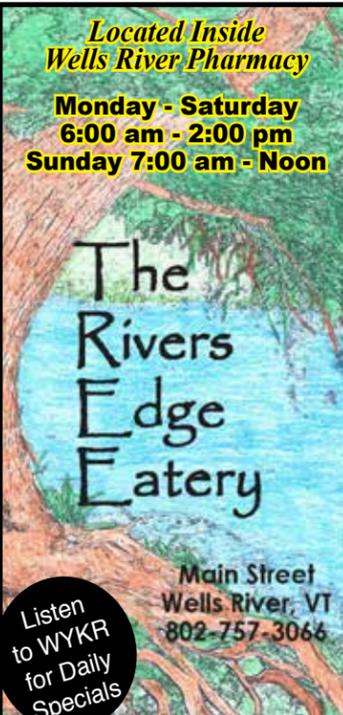
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## PSU Students "Spark" Haverhill Residents

By Robert Roudebush

The first question the students asked was pretty simple - "What do you like about living in Haverhill?" -and the answers from Haverhill area residents came fast and easy. The question and answer event was sponsored by Plymouth State University during an ice-cream social at the Hatchland Farm Dairy Stand on Dartmouth College Hiway last Friday, June 30 in North Haverhill. "Who knows," the locally placed newspaper ads asked in advance the event, "You could spark some new happenings in Haverhill!"

Some common responses emerged, noted on big white flip charts as the Q & A progressed. "The people are the best", insisted one man with three young teens along, all of them enjoying the ice cream treats courtesy of PSU promised by the event. His feeling was echoed many times. Also "it's peaceful, quiet and rural" and others mentioned loving the mountains, and more than a few praised the very ice-cream outlet where they were meeting. The inviting ice-cream stand was certainly a buzzing hive of meeting and greeting on this day as event participants and regular customers mingled in the humid summer air. Lots of folks knew each other and they hugged and shared friendly catch-up chatting. "It's a nice break from Boston", assured a silver-haired lady who said that big city was her primary home. A young mother of two opined, "I like the air, the water, folks up here may not answer their phones as quickly as I'd like, but they keep their word and I've had great luck with locating good carpenters, plumbers, auto mechanics." Ask any question, be prepared for any answer. One man announced to a questioner, "What do I like about Haverhill, nothing", and marched away, being sure to grab the ticket for his free ice-cream.



Isidro Rodriguez (in red), a photographer and graphic designer, speaks to PSU student Jessica Bowman during the Haverhill Initiative Effort recently held as part of an ice cream social at Hatchland Farm Dairy Outlet on Dartmouth College Highway in North Haverhill.

It was a rare sour note.

The give and take lasted for a few hours as part of what is called "an integrated cluster initiative"- such a learning procedure is more than a traditional focus group, or just a survey, it is a way of re-imagining education, explained Dr. Brad Allen, PSU Professor of Marketing and Cluster Projects Leader. Dr. Allen stated that the unique approach is "not your normal approach of structured learning in a classroom. It is interdisciplinary, more of a preparation for functioning in the real world, with a diversity of input, something of an open laboratory."

Two other questions were asked in seeking ways to bolster the theory that "Small-town life in New Hampshire relies on a strong sense of community, where everyone has a role to play in making things happen." "Where do you see the town in ten years?", and "How can PSU help Haverhill?" The ice-cream social

was just the first step in an ongoing process - another gathering would take place on the Woodsville Community Field just following the parade on the Fourth of July, and there would be a forum scheduled sometime in July.

Why choose Haverhill? "It is often trying to determine, how does a town re-vitalize itself from within?", explained Paula Lee Hobson, Vice-President of University Advancement. She pointed out some common challenges facing small New England towns - an aging population, young people leaving for other opportunities, loss of job growth. "How may a small town attract new millennials, new entrepreneurs, new enterprise?"

It must have occurred to several attendees, as it did to me, that this very gathering itself was a real-time demonstration of one of the most proffered answers to the question, what do you like about living in Haverhill - "friendly good people".

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## NH Legislative Review

Within the past few weeks, I have been asked to summarize major accomplishments that occurred in Concord during this past session. There were many; here's a quick overview:

- Passed a 2-year spending plan that meets the needs of New Hampshire with no new or increased taxes, and no downshifting,
- General Funds spending levels for FY19 will be \$85M less than the spending plan for FY09, passed under Democrat leadership 10 years ago,
- Increased the Rainy Day Fund from \$93M to \$100M to protect NH's bond rating and strengthens our financial position,

- Passed reductions in the rate of the Business Profits Tax (from 7.9% to 7.5%) and Business Enterprise Tax (from .675% to .5%) to continue our efforts to reduce the cost of doing business in NH,
- Repealed permit requirements to carry firearms (similar to VT),
- Passed voter domicile reform and clarified voter residency parameters for NH elections,
- Passed \$36M in road and bridge aid, in addition to what is included in the budget, to boost municipalities' ability to address infrastructure needs,
- Established the Dual and Concurrent Enrollment

program affording 11th and 12th grade students to receive up to 12 college credits prior to graduation from high school,

- Allowed towns to receive full day funding for Kindergarten from Keno revenue, with a parental option to attend ½ day kindergarten,
- Allowed towns without a public school or certain grade levels to contract with private nonsectarian schools,
- Established a Robotics Education program and provided funds to school districts to establish a robotics team and competitive events,
- Prohibited the state from REQUIRING a school district to implement common core standards,
- Required school districts to provide advanced notice to parents and legal

guardians of course material involving discussion of human sexuality,

- Required school districts to obtain written consent from a parent or guardian prior to administering a non-academic survey that asks students personal family information, attitudes, and beliefs,
- Health and Human Services receives more funding in FY18-19: \$4.8B, up 7% from the \$4.4B in the current year,
- Increased funding for the Governor's Commission on Alcohol and Drug Abuse Prevention, Treatment, and Recovery,
- Appropriated \$56.8M to the Bureau of Drug and Alcohol Services, a \$23M increase over the previous biennium,
- Established a cross border drug interdiction pro-

gram,

- Established a preference for the appointment of a child's grandparent as guardian of the minor in cases where the minor was taken from the parents due to an opioid addiction, and
- \$22.6M in total funds over the biennium for providing mental health services.

As noted above, much was accomplished, and I expect that next year will net further work on new and retained bills. In closing, we have several wonderful events occurring in July, the North Haverhill Fair and the July 16 NASCAR race at the New Hampshire Motor Speedway. Enjoy the summer.

Respectfully Submitted,  
NH Rep Rick Ladd

## Racial Justice Reform

by Joe Benning  
State Senator  
Caledonia District

On one of the last days of the legislative session I was honored to be at a press conference put on by the Racial Justice Reform Coalition. They were celebrating H.308, a bill crafted as an historical attempt to address racial justice reform in Vermont. The event was held in the Cedar Creek Room at the statehouse, a room dominated by the huge Julian Scott painting depicting Vermonters in the war racial justice reform ignited. It has been a long, frustratingly slow process. But as Representative Kevin "Coach" Christie remarked, "If anybody can bring about racial justice reform, Vermonters can."

As I stood among Vermonters of varying skin tones, feeling the frustrations of those still disenfranchised after over 150 years, it occurred to me that Vermont is indeed a good place to bring about cultural reform. We've done it before. I'd left my hotel room that morning watching Julie Kelley anchoring the news on television. I turned off lights powered by Green Mountain Power, whose CEO is Mary Powell. At the statehouse I was greeted by Sargent-at-Arms Janet Miller. In the hall I passed Mitzi Johnson, Speaker of Vermont's House of Representatives.

The Senate calendar that day featured the three money bills. The state's budget bill would be explained by Appropriations Committee chair Jane Kitchel, whose

sister, Kitty Toll, is her counterpart in the House. The fee bill would be explained by Finance Committee chair Ann Cummings, whose counterpart in the House is Janet Ancel. The capitol bill would be explained by Institutions Committee chair Peg Flory, whose counterpart in the House is Alice Emmons.

I received an email that day from Jen Botzjorn, Superintendent of the Caledonia North Supervisory Union. She interacts regularly with my local school board chair Nancy Blankenship, and works in the same building as my town clerk Dawn Dwyer. In Lyndon we are anxiously waiting to see how Lyndon State College and Johnson State College are melded into one university under President Dr. Elaine Collins.

The previous evening's television anchor, Jennifer Gilman, introduced a segment on the swearing-in ceremony for Karen Carroll, Vermont's newest Supreme Court Justice, marking the first time that males were a minority on Vermont's Supreme Court. Weather guru Sharon Meyer warned me what to wear the next day. I then read Seven Days, Vermont's prominent weekly newspaper, owned by Paula Routy and Pamela Rolston. Online I turned to Vermont's premier digital news site, Vt-Digger, founded and edited by Anne Galloway, and read several stories from statehouse reporters Erin Mansfield, Tiffany Danitz Pache and Elizabeth Hewitt.

It was not so long ago that, even here in Vermont, none of the positions above

were occupied by the female of our species. In Vermont, gender equality is now accepted norm, making gender justice easier to obtain. That happened because Vermonters consciously began judging women not by the makeup of their physical anatomy, but rather by the content of their character. What if we decided to do that with race, as Dr. Martin Luther King, Jr. once dreamed?

As an experiment, I looked around at that sea of multi-colored faces in the press conference and decided to ignore color. I focused instead on each person's accomplishments. I saw politicians of all political stripes, lawyers, reporters, students, teachers, parents, preachers and the myriad of labels that individually make up what Vermont is all about. The room suddenly looked much different- less divisive and with great potential.

That cultural change in view is the key to racial justice reform. Each of us must reset our point of view by acknowledging, and then setting aside, the personal biases we all know we have. Color, like gender, must become irrelevant. Content of character must instead become our common denominator. Racial justice reform will naturally follow, since it stems from the universally recognized desire to be treated fairly. Dr. King's dream for his children, indeed for all children, can finally be realized. And as Coach Christie noted, if anybody can do it, Vermonters can.

## Bethlehem Outdoor Market is in Full Swing!

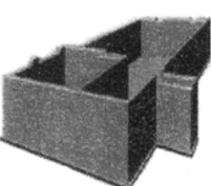
Bethlehem, NH - The Bethlehem Outdoor Market got off to a great start on Saturday, June 17th on a beautiful late spring morning. The Bethlehem Market has run every Saturday, rain or shine, since the summer of 2008, and is now in its tenth summer! Long time vendor, Tracey Upton from Foggy Bottom Ranch Alpacas is one of many returning vendors - she has sold her wide variety of Grafton County grown Alpaca products every year this Market has operated, and shoppers will delight in visiting her unique booth.

Among the returning vendors are DeLucia Family Farm and Vineyards who sells a variety of fresh, local produce and offers samples of their delicious, locally produced wines, Kim Stroup from Old Man Maple, Marghie Seymour with her Grate Garlic graters, Alfred Duguay with his Topsy Treats and Tom Koprowski with Tom's Tasty Treats, offering yummy whoopie pies

and other baked goodies. A Little Bit of China's Jiayi Alkides returned with plenty of hand made, chinese themed, unique jewelry as well.

New to the Bethlehem market is CJEJ Farm from Columbia, NH, offering locally grown pork, veal, chicken and beef, along with tasty ice cream to satisfy the shoppers sweet tooth. Reklis Brewing participates with samples of their many offerings of home brewed beer and ale. Also, shoppers will be pleased to find that Merrily's Homemade Joys has joined the Bethlehem Market - she has been selling her products all over the North Country and now she can be found each Saturday in Bethlehem.

Browsers will find plenty of crafter options, including jewelry, soaps, baskets,art and herbal salves, among the many products available. One is likely to find microgreens, herbs, cut flowers, just about anything - including music!



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# Laughs & Drama @ OCT

by Gary Scruton

The second performance of the season at Old Church Theater is now underway. When this article appears the first weekend of "Making God Laugh" will have passed, but the second weekend is still to come.

Though it is still early in the season it must be said that the Board of Directors at OCT has once again hit on some great shows for this season. After the first show it seemed that the bar had been set high, but this cast has made a great effort to clear it.

With a title of "Making God Laugh" you might expect this performance to be a comedy. You would be right. But if you thought it ended there you would be wrong. This play also had some very deep drama sections with commentary about today's world. That commentary included sexuality as well as the inevitable aspect of getting older and possibly losing some of one's capabilities.

The time frame of this performance was 30 years, from 1980 through 2010, but

it certainly went faster than that. Opening night's performance lasted a little over 2 1/2 hours on a warm evening, but I certainly felt it was more than worthwhile.

As in the first performance of the year the entire cast was on stage for virtually the entire play. And the parts were very much equal as well. This seemed to be the thoughts of the actors themselves as they all came out in mass for their curtain call, in front of a very well attended opening night.

The pretense for "Making God Laugh" came from a line by Woody Allen who was quoted as saying "If you want to make God laugh, tell him your plans." That thought was fleshed out by the three children of Bill & Ruthie who each had their

idea of what life would, or should, bring their way. In the meantime their parents also had an idea of what life should be for their children, and what it had been for them.

The performance had plenty of laughs as the well written play gave many chances for one liners, and in almost all cases the cast was aware and gave the laughs room to roll out of the audience. But as mentioned, there were also some much deeper moments. The final scene of the performance gave a look into the parents later years and what changes might need to happen in their lives as well as the lives of their children. The last two scenes also offered a chance for long dampened personalities to move to the front and take charge.

Enough can not be said about the cast that was cho-

sen for this performance. John Hunt and Brandon Chadwick were cast as brothers and, at least to me, even had a similar look. Plus they were very much in sync during some of those pre-planned movements on stage. Their sister Maddie, portrayed by Beth Button, fit in between the two of them quite well, and even recited her Shakespeare monologue with grace. Bill and Ruthie, the parents were portrayed by Scott Johnson and Robin Ng, and like the children showed off their

ability to age those thirty years from opening scene to the conclusion of the performance.

As is mentioned in some of the publicity for this performance, it is probably not the play you want to bring young children to, but if you want a night of laughs and some deep thinking, then this is just what you want. A well performed, well written, and well directed presentation that just might give those watching an insight to their own lives and the lives of their loved ones.



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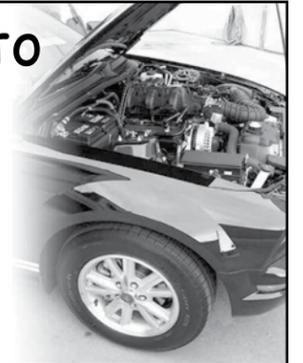
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## 37th Annual Stars and Stripes Festival and Parade

Downtown Lyndonville, Vt.

**Saturday,  
July 15th**  
9 am to 4 pm

**HUGE Parade at 10 am**  
(Get to town early and find a good spot to park, expect traffic detours at 9:30 am).

The parade is followed by music by the Sutton River Band, a special appearance by the Kingdom All Stars, food, clown show, bouncy houses, vendors and more

In Beautiful Bandstand Park in downtown Lyndonville.

Sponsored by the Lyndon Area Chamber of Commerce & Lyndonville Rotary Club

Info:  
802-626-9696

## LIVE! @ THE COLONIAL



## GANGSTAGRASS

FRIDAY, JULY 14, 8 PM

DOORS OPEN AT 7 SERVING BEER & WINE

Tickets: \$15, \$19 • Available at: BethlehemColonial.org, Catamountix.com & Maia Papaya Café, Bethlehem

Gangstagrass fuses string instruments with hip-hop artists, resulting in arguably the best argument yet for a rap and country music marriage. —Rolling Stone

Order LIVE! tickets at: BethlehemColonial.org

JOIN US AT THE MOVIES TOO! PRESENTING THE BEST IN INDEPENDENT & WORLD CINEMA

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Delicious Concessions: Beer & Wine, chocolates, coffee, tea, and more.

THE COLONIAL

MAIN STREET, BETHLEHEM, NH | EVENT LINE: 603.869.3422

## Chicken Barbecue To Benefit SCAR July 29

Second Chance Animal Rescue will hold its 3rd Annual Tony Ilacqua Memorial Chicken Barbecue on Saturday, July 29, 2017 at the VFW pavilion in Littleton from 5 to 7 pm. Tickets are \$12 for adults and \$6 for children under 10.

The meal includes chicken, choice of salads, roll, dessert, and soft drinks/water. A 50/50 raffle and live music are planned. To-go boxes will be available. All proceeds benefit the cats at the SCAR shelter. The VFW will also have a cash bar.

The barbecue was first held in 2015 in honor of the many contributions of late Board member Tony Ilacqua to the organization and cats in the community, letting him remain a part of the cause to which he dedicated so much.

The SCAR shelter is located at 1517 Meadow St, Littleton. For more information about this event call the shelter office at (603) 259-3244 or visit their website www.secondchancear.org.

## JULY SPECIALS!

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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, JULY 11

LEFT EYE JUMP (BLUES)  
6:30 - 8:00 PM  
Fairlee Town Common  
See Article on Page 8

## WEDNESDAY, JULY 12

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

NO. GRAFTON CO. REPUBLICAN COMMITTEE  
7:00 PM  
Littleton Regional Hospital Conference Room #1

## JULY 13 - 29

THE ADDAMS FAMILY: THE MUSICAL  
Tuesday, Thursday, Friday & Saturday  
7:30 PM  
See Article on Page 18

## THURSDAYS THRU SEPTEMBER 7

Peacham Farmers Market  
4:00 - 7:00 PM  
Academy Green, Peacham

## FRIDAY, JULY 14

MIKI-SOPHIA CLOUD & BERNARD ROSE  
5:00 PM  
Bethlehem Hebrew Center, Strawberry Hill,  
See Article on Page 1

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

## MAKING GOD LAUGH

7:30 PM  
Old Church Theater, Bradford  
See Article on Page 5 & Ad on Page 8

## GANGSTAGRASS

8:00 PM  
Colonial Theater, Bethlehem  
See Ad on Page 5 and Article on Page 11

## SATURDAY, JULY 15

STARS & STRIPES FESTIVAL & PARADE  
9:00 AM - 4:00 PM  
Bandstand Park, Lyndonville  
See Ad on Page 5

## MAKING GOD LAUGH

7:30 PM  
Old Church Theater, Bradford  
See Article on Page 5 & Ad on Page 8

## SUNDAY JULY 16

COHASE CHAMBER GARDEN TOUR  
11:00 AM - 3:00 PM  
See Ad on Page 20 and Article on Page 9

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
Breslin Center, Main Street, Lyndonville

## SARAH SHOOK & THE DISARMERS

4:00 - 7:00n PM  
Dog Mountain. St. Johnsbury  
MAKING GOD LAUGH  
4:00 PM  
Old Church Theater, Bradford  
See Article on Page 5 & Ad on Page 8

## TUESDAY, JULY 18

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

MOMENT'S NOTICE TRIO (JAZZ/STANDARDS)  
6:30 - 8:00 PM  
Fairlee Town Common

## WEDNESDAY, JULY 19

THE ADDAMS FAMILY: THE MUSICAL  
2:00 PM  
See Article on Page 18

## NATURE WALK

3:00 - 6:00 PM  
Cooley-Jericho Community Forest, Easton  
See Article on Page 8

## THURSDAY, JULY 20

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

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

## VERMONT AND THE CIVIL WAR

7:00 PM  
Wells River Congregational Church  
See Ad on Page 15 and Article on Page 13

## SUNDAY, JULY 23

BENEFIT TEXAS HOLD "EM POKER  
11:00 AM Cash Game 1:30 Tournament  
American Legion Post #0, Rt. 5, Lyndon

## THE TABOR VALLEY SINGERS

3:00 PM  
Old Goshen Church, Bradford

## PSYCHEDELIC FUNKSTERS EVOLFO

4:00 - 7:00n PM  
Dog Mountain. St. Johnsbury  
See Article on Page 5

## MONDAY, JULY 24

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

## WEDNESDAY, JULY 26

THE ADDAMS FAMILY: THE MUSICAL  
2:00 PM  
See Article on Page 18

## WEDNESDAY, JULY 26 -

## SUNDAY JULY 30

NORTH HAVERHILL FAIR  
Fairgrounds, 1299 Dartmouth College Highway  
See Ad on Page 9

## SATURDAY, JULY 29

CHICKEN BARBECUE  
5:00 - 7:00 PM  
VFW Pavilion, Littleton  
See Article on Page 5

# 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.



## ACT Hosts Nature Walk at Cooley-Jericho Community Forest July 19th

EASTON – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk at the Cooley-Jericho Community Forest on Wednesday, July 19th from 3 – 6 p.m. The public is invited to this free program to learn about the plants and animals as well as the land's history.

The Cooley-Jericho Community Forest was created in 2013 to protect 840 acres of forest land in Easton. ACT worked with the towns of Easton, Franconia, Sugar Hill, and Landaff to purchase this property for public recreation and timber management. This project was the first of its kind in the nation where four municipalities worked together with a land trust to protect a shared community resource.

Cooley-Jericho is one of the largest unfragmented forests in the region outside

of White Mountain National Forest. Visitors can expect to find signs of wildlife such as moose, bear, and coyote. This land has been managed as a working forest, and is an excellent place to observe forestry practices and the process of ecological succession. The ledges boast fine views of Franconia Ridge and the Presidential range.

This is the second in a series of five nature walks this summer on local lands conserved by ACT. Participants should pre-register for this event via the ACT website or by calling the office at (603) 823-7777. ACT's Outreach & Member Services Director, Gal Potashnick, and ACT volunteers will lead the summer nature walk series.

"Cooley-Jericho is a spectacular property that is regularly used by both

hikers and mountain bikers and open to the public year-round. We are so excited to continue introducing people to this wonderful place," said Potashnick.

This event is free to participants of all ages and abilities; a \$5 donation is welcome and very much appreciated. This two-mile walk contains steeper sections and moderate elevation gain, so hikers should be prepared for the terrain. The group will move at an easy pace with many stops to observe and enjoy nature.

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

If you are interested in volunteering to co-lead an ACT hike, or help interpret plants, wildlife, or geology, please contact ACT at (603) 823-7777.

For details on this event and to register online, please visit [www.aconservationtrust.org/education-events](http://www.aconservationtrust.org/education-events).

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

## Littleton Food Co-op and friends present 'Bach and Brews'!

LITTLETON, N.H.—The Littleton Food Co-op is excited to team up with our partner of the month, North Country Chamber Players and local brewing company, rek'•lis, for a July series of Bach and Brews. The Wednesday series takes place July 12, 19 and 26 from 4-6pm.

Beginning Wednesday July 12, Brewer Ian Dowling of rek'•lis brewing company in Bethlehem, NH will be discussing '4 ingredients and the truth'. Each week he will present 1-2 different ingredients used in their beers and discuss the quality and importance of each. From their website "Rek'•lis Brewing Company is a small town brewery that makes huge beers! We know that our precious lives are short and we've decided that life's purpose is to have fun, enjoy it to the fullest, and drink good beer." Each discussion will be complete with product samples. Attendees may have the opportunity to sample Mt. Eustis, a beer being produced in limited quantities in partnership to raise funds for the local ski hill.

Immediately following the discussion with rek'•lis, shoppers will be treated to a different mini concert each week performed by members of the North Country Chamber Players. Serving as a national model for resident ensembles, the Chamber Players have presented countless education and outreach programs in New Hampshire public and pri-

vate schools at town halls, meeting houses, opera houses, radio stations, movie theaters, libraries, factory floors, supermarkets, community centers, senior facilities, hospitals, rehab centers, churches, synagogues, ski lodges, grand resorts and summer camps, among others.

Bach and Brews is a free event open to the public.

As the Littleton Food Co-op's Partner of the Month, The North Country Chamber Players will receive all 'round-up' donations collected at the checkout and \$1 from every pizza sold during Pizza for Partners Friday nights. For more information visit <http://www.whitemountainmusicfestival.org>. Local non-profits are welcome to apply to become a partner of the Month by submitting a letter of interest to [hr@littletoncoop.org](mailto:hr@littletoncoop.org).

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

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

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**Making  
GOD  
Laugh**

By Sean Grennan

Directed by Sheila Kaplow

**Just a normal American family!**

**JULY 7-8-9 AND 14-15-16**

**FRIDAY AND SATURDAY 7:30PM SUNDAY 4PM**

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Students \$6



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# Cohase Chamber 6th Annual Summer Garden Tour And Tea

The Cohase Chamber of Commerce is excited to invite garden admirers and enthusiasts to join us for our 6th annual Garden Tour and Tea on Sunday, July 16, 2017. Starting on the Fairlee, VT Common, tickets, maps and directions, and descriptions of all of the gardens will be available starting at 10:45 at the bandstand for \$20 per person. Each ticket also includes admission to a lovely Afternoon Tea, this year held at Alumni Hall in Haverhill Corner and prepared by Court Street Arts. Gardens will be open from about 11 AM-3:30 PM, and the Tea will be served from 1:00-3:00 PM.

As always, there is something likely to pique everyone's interest along the route- starting with an established perennial garden high in the Vermont hills, with its pretty long-range views, and a serious vegetable gardener's attempt at building an organic and sustainable garden, without the use of pesticides and chemicals, while incorporating new practices in soil management. Visitors will also discover a peaceful

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

The Bath Library Book Club will be discussing "The Dogs of Babel", by Carolyn Parkhurst, on Thursday, August 10th at 6 pm at the Bath Public Library.

When his wife dies in a fall from a tree in their backyard, linguist Paul Iverson is wild with despair. In the days that follow, Paul becomes certain that Lexy's death was no accident. Strange clues have been left behind: unique, personal messages that only she could have left and that he is determined to decipher. So begins Paul's fantastic and even perilous search for the truth, as he abandons his everyday life to embark on a series of experiments designed to teach his dog Lorelei to communicate.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 6:00 pm and Saturdays 9:00 am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603-747-3372 or email bathlibrarykjb@gmail.com

garden with many shade perennials at an historic home just off a pretty NH village green, and a charming country garden that features over 300 kinds of daylilies, along with chickens, ducks, guinea hens and miniature goats! Perhaps the showpiece of

the Tour this year is the extensive, naturalized gardens meandering along the CT River on the Orford/Lyme border. Tucked in among the dazzling perennials are whimsical sculptures of native animals, and as these gardens are considered by

the owner to be a constant "work in progress" there is a new feature near the river this year – a Grotto - in which to relax and let nature surround you.

Bring a friend and join in on this self-guided tour for a couple of hours! Gardeners always come away with inspiration and new ideas to

bring back to their own gardens, but you don't have to be a gardener to enjoy the experience, and admire the hard work and vision of the Gardeners whose places you'll visit!

For more information or to purchase advance tickets, go to [www.cohase.org](http://www.cohase.org), or call 802-518-0030

**Gary Goodwin CPT. CGT.**  
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- Posture training
- Critical balance, seniors
- Athletic stretching/flexibility
- Strength • Senior fitness
- Core and fundamental training



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**73rd Annual North Haverhill FAIR**

**Wednesday - Sunday, July 26-30, 2017**

*Join the Fun. Sign up to Compete. Challenge your Friends. Test your Skills.*

**Edith G. Henson Memorial Flower Show**  
 Entries accepted: Wednesday, July 26 3:00 - 6:00, Thursday, July 27 3:00 - 6:00 & Friday, July 28 8:30 am - 12:00 noon

**Art Show**  
 Entries accepted: Friday, July 21st from 5-7 PM and Sunday, July 23rd from 9 @ 10:30 AM

**Photography Show**  
 Entries accepted: Friday, July 21st from 5-7 PM and Sunday, July 23rd from 9 @ 10:30 AM

**Arts, Crafts & Collections** Entries accepted Sunday, July 23 @ 1:00 - 7:00 PM

**Power Wheels Demo Derby** Entry Deadline: Friday, July 28 @ 6:30 PM

**Log Loader Competition** Entry Deadline: Thursday, July 27 @ 7:00 PM

**Kiddie Tractor Pulling** Entry Deadline: Saturday, July 29 @ 3:00 PM

**King Arthur Flour Baking Contest**  
 Entries accepted Wednesday, July 26 @ 8:00 - 10:00 am or 3:00 - 6:00 PM

**Youth Tractor Pulling** Entry Deadline: Sunday, July 30 @ 10:00 AM

**North Haverhill's Got Talent** Entry Deadline: Sunday, July 23

**4x4 & Truck Pulling** Entry Deadline: Sunday, July 30 @ 12:30 PM

**Horse Shoe Pitching** Entry Deadline: Sunday, July 30 @ 9:30 AM

**Demolition Derbies** Entry Deadline: 7:00 PM night of the event

**Hay Bale Olympics** Entry Deadline: Saturday, July 29 @ 5:00 PM

**Tractor Pulling** Entry Deadline: Saturday, July 29 @ 11:45 AM

**Kiddie Parade** Entry Deadline: Saturday, July 29 @ 11:00 AM

**Maple Products** Entry Deadline: Tuesday, July 25 @ 4:00 PM

**Hay Bale Sculpture** Entry Deadline: Sunday, July 23

**Car Show** Entry Deadline: Wednesday, July 26 @ 6:00 PM

*Some competitions require an entry fee, Others are Free.*

General Admission	\$12
Five Day Admission	\$48
Veterans w/ID Day (Wednesday)	\$5
Senior Day - 65+ (Thursday)	\$5
Children 12 & Under	Free
Parking	Free

**For Complete Rules And Entry Forms Check Our Website:**  
[www.nohaverhillfair.com](http://www.nohaverhillfair.com)




10 **2017 Woodsville  
Wells River  
4th of July  
Parade Winners**

**Non profit floats**

- 1st Place: "Let Freedom Ring" by Oxbow DAR
- 2nd Place: Blue Mountain Grange
- 3rd Place: Calvary Baptist Church

**Commercial Floates**

- 1st Place: ABS
- 2nd Place: Woodsville Eye Care
- 3rd Place: Woodsville Guarantee Savings Bank



One of the long time parade favorites in the Woodsville Wells River Fourth of July Parade is Hericks REgiment. This group of re-inactors stops periodically to fire their vingate canon and thrill many of the on lookers.

**Decorative business**

- 1st Place: Shadow Box
- 2nd Place: Wells River Chevrolet
- 3rd Place: Copies and More

All three parade photos are courtesy of Joe McQueeney



Leading this year's Woodsville Wells River Fourth of July Parade were members of Haverhill Memorial VFW Post #5245 of North Haverhill led by drummer Wayne Mitchell.



New Hampshire Governor John Sununu was one of several politicians who walked in the Woodsville Wells River 4th of July Parade

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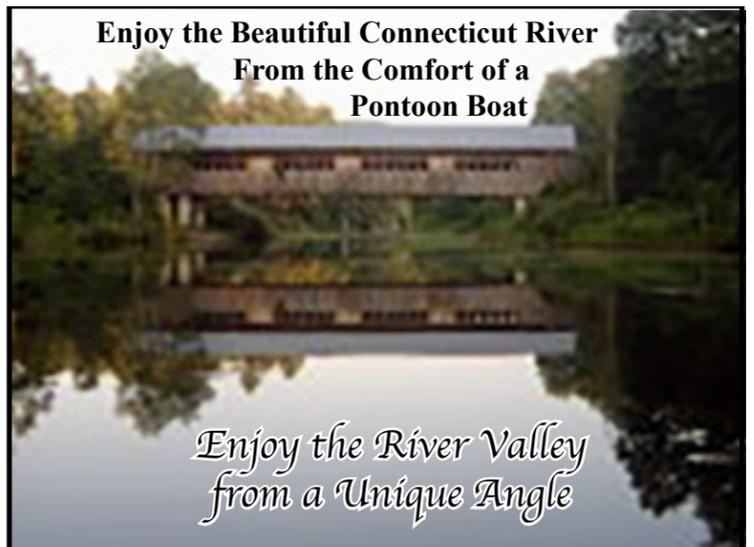
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# “Gangsters” in Bethlehem in July

With the support of Amoskeag Beverages and Samuel Adams Brewery, The Colonial Theatre in Bethlehem, NH, is pleased to present Gangstagrass Friday, July 14.

Best known as the Emmy-nominated makers of “Long Hard Times to Come,” the theme song to the hit FX drama, “Justified”, Gangstagrass is bluegrass meets hip-hop. Performed with real hip-hop MCs, real bluegrass instrumentalists and produced by lead singer/guitarist Rench, Gangstagrass performs both original and traditional music with a twist. After 3 independent releases, their new album American Music is the first Gangstagrass LP that has charted on Billboard, a feat done without any label assistance (#5 Billboard bluegrass charts for 3 weeks.)

Not only has Gangstagrass been on the forefront of the burgeoning genre sometimes known as “Hick-Hop”, they clearly blazed the trail, according to Rolling Stone! Gangstagrass come by it honestly: Rench, mastermind of the group, was schooled on Run DMC and break dancing while he was fed a steady diet of authentic country sounds like Willie Nelson and Johnny Cash. With a new live album in the works for a potential late 2018 release, Gangstagrass will continue in its uncompromising effort to make music that is both authentic and unpretentious.

As the late novelist Elmore Leonard put it “Rench and his friends have done nothing short of creating a new form of music.”

General Admission tickets for the 8 PM performance are \$19; Colonial, Catamount Arts and St. Kieran’s Community Center for the Arts members \$15. Tick-



ets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury. The doors open at 7 PM with a Samuel Adams beer tasting. The show begins at 8 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem’s own com-

munity radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great “Rappalachian” music is made possible with additional support from New Hampshire Public Radio, and The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Jane B. Cook 1992 Charitable Trust, Mascoma Savings Bank and The Colonial’s presenting partner, Catamount Arts.



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## Edith Anne Emory - OBITUARY

Monroe, NH - Edith Anne Emory, 92, passed away on Tuesday, June 27, 2017 at the Cottage Hospital, Woodsville, NH.

Edith Anne was born on April 18, 1925, to Forrest and Ruby (Beattie) Emery. She graduated from McIndoe Falls Academy, Class of 1943 and the University of New Hampshire, Class of 1947. Miss Emory was a music educator, starting in Pittsburg, NH, and continuing at Haverhill Academy, Woodsville Elementary, and Woodsville High School for many years. She also helped with farming at the family farm in Monroe. Miss Emory was a member of the Monroe Methodist Church, now renamed the Monroe Community Church in Monroe, where she served as director of the choir. She was a member of the McLure's Student Band and Alumni Band, and she took over as director when Mr. George McLure died. She was also a member of the St. Johnsbury Town Band, North Country Chorus for whom

she was also the head cook for their annual Madrigal Dinner. She belonged to the Monroe Grange #49 and the Audubon Society where she was very active in birding. Miss Emory collected wildflowers for Fairbanks Museum in St. Johnsbury, VT. For many years she worked summers at the Forest Hills Hotel in Franconia and at Sparhawk Hall in Ogunquit, ME. Edith Anne will be fondly remembered for her donut making.

She is survived by a nephew, Daniel L. Powers and wife Jan of Monroe; a niece, Heather Long and husband John of Axtell, TX; several other nieces, nephews, and a cousin.

She was predeceased by her sister, Priscilla E. Powers on January 9, 2015 and her brother-in-law, Merle R. Powers on September 25, 1988.

There were no calling hours.

A memorial service was to be held on Sunday, July 2, at 1 PM at the Monroe Town Hall, with Rev. Earl Brock,



of the Monroe Community Church in Monroe, officiating.

Burial was to follow in the Monroe Village Cemetery, Plains Road, Monroe.

In lieu of flowers, memorial contributions may be made to the Fairbanks Museum, 1302 Main Street, St. Johnsbury, VT 05819 or the Monroe Community Church, c/o Winston Currier, PO Box 125, Monroe, NH 03771.

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

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

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## Howard Coffin: Vermont and the Civil War

The Newbury Historical Society and the Rye-gate Historical Society are co-hosting a Vermont Humanities Council event: Howard Coffin: Vermont and the Civil War. Vermonters were central to the Union cause and the program will address the Vermont contribution to the Civil War from the battles of Cedar Creek to Gettysburg.

Howard Coffin is a Civil War historian, a seventh-generation Vermonter and author of four books on the Civil War: *Something Abides: Discovering the Civil War in Today's Vermont*; *Full Duty: Vermonters in the Civil*

*War; Nine Months to Gettysburg*; and *The Battered Stars*, as well as *Guns Over the Champlain Valley*, a book on military sites along the Champlain Corridor.

This event will be held at the Wells River Congregational Church, 76 Main Street North, Wells River at 7:00pm on July 20th. Light Refreshments will be served, The church is ADA accessible.

The program is free and open to the public. For more information contact Emmy Hausman at [emmy@hausman.net](mailto:emmy@hausman.net) or 802 584 3874

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## Match Short- and Long-Term Goals With the Right Investments

Not all investments are created equal. Some are better suited for short-term goals, while others can help you build resources for objectives far in the future. As an investor, then, one of your biggest challenges will be to match your short- and long-term goals with the appropriate investment vehicles. How should you proceed?

For starters, identify your short- and long-term goals. Your shorter-term goals will change throughout your life. When you are starting out in your career, for example, you might aspire to purchase a home in the next three to five years. Later on, though, your biggest short-term objective might be to save enough money for a long tour of Europe – without racking up credit card debt.

As for long-term goals, your biggest one likely will be to enjoy a comfortable retirement. But you may well have other long-term plans, too, such as sending your kids to college in 10 or 15 years.

After you have a clear sense of your short- and long-term goals, you can choose the right investments to help you meet them. Let's start with the short-

er-term ones. When you're saving for a down payment on a home or for an expensive European vacation, you want to make sure that a certain amount of money will be available to you at a certain time. Consequently, you may want to avoid stocks or stock-based vehicles, which will constantly fluctuate in price, because you don't want the value of your investment to be down at the moment you need the money. Instead, for short-term goals, you may want to consider a fixed-income vehicle, such as a bond, which is designed to provide regular interest payments and return your full principal upon the bond's maturity (providing the issuer doesn't default, which, with investment-grade bonds, is generally unlikely).

For longer-term goals, such as college for your kids and a comfortable retirement for yourself, it's a different story. To achieve these goals – and especially for retirement – you generally need to accumulate as much as you can. As a result, you need investments with growth potential, which means you will need to consider stocks and stock-based instruments. As mentioned above, stocks will always fluctuate in value, and they may be worth more

or less than your original investment when sold. However, building a portfolio with an investment mix that's appropriate for your risk tolerance, and that contains a reasonable amount of growth-oriented vehicles, can potentially help you overcome short-term volatility and continue making progress toward your long-term goals.

Plus, you have some attractive long-term options available. With a 529 college savings plan, you can save for college and possibly achieve tax benefits, too. And by contributing regularly to your IRA and 401(k) or similar employer-sponsored plan, you can defer taxes while spreading your dollars among a wide range of investments. But there's one thing all long-term investments have in common: You need patience and discipline to stick with them.

So, there you have some ideas on short- and long-term investing. Keeping this distinction in mind when you invest can help boost your confidence that you're making appropriate moves for all your goals.

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

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## North Country artists Marghie Seymour and Susan Retz share exhibit at The Gallery at WREN

On Friday, July 7 from 5-7pm the Gallery at WREN presents the opening reception of EARTH ALCHEMY, a shared exhibit featuring the watercolor paintings of Susan Retz, and the earth-toned pottery of Marghie Seymour. The exhibit is part of the monthly First Friday events in Bethlehem, which include exhibits at 42 Maple Contemporary Art Center. EARTH ALCHEMY is generously sponsored by Cherry Blossom Floral Design, owned and operated by Dawn Berg, in Littleton.

Susan Retz is an architect turned watercolor painter based in Franconia. Born in Paris, France to American parents, she grew up in the DC area. Retz studied architecture at Case Western Reserve University, and went on to become a practicing architect for nearly forty years. When she retired she moved with her husband, Chuck Lovett, to Franconia, where she was drawn to the art community. She has studied drawing, painting,

felting and clay at the Littleton Studio School, and has exhibited her work there, as well as at Ammonoosuc Community Health Services, Cold Mountain Café in Bethlehem and Catamount Arts in St. Johnsbury, Vermont. Susan is active in her New Hampshire community through Moose Track Studio, where she paints, in watercolors, oil and acrylics; the Littleton Studio School, White Mountain Garden Club and WREN, where she is a member of the Board of Directors.

Marghie Seymour has made a living as a farmer, a logger, the manager of the local landfill and recycling program, a solid waste planner, executive director of a small recycling non-profit, and a bankruptcy attorney, thought she now happily calls herself a potter. She skyrocketed to local pottery fame a few years back when she designed a simple garlic grater that ended up having a wide commercial appeal. She now makes them by

the thousands and in turn they pay the bills, make a pottery studio a necessity, and provide an excuse to be muddy most of the time. It is also a job that allows her to spend half of each year in New Mexico, where most of her family has settled down and where the landscape offers ever-changing colors, patterns, and shapes that provide an inspiration never necessary to any of her other careers. Marghie loves the look and feel of antique vessels and, in her recent work, strives to recreate the atmosphere and tactility of both functional and decorative pots and vases found in ancient cultures and in more simple modern ones.

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

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The first great Middlebury, Vermont derailment took place at 4:4) in the morning on Friday, May 5, 1893. At that early hour, the sound of the crash was so loud that the sleeping residents of South Street were jolted into consciousness. The spectators found a shocking scene of devastation. The wooden railway trestle that crossed Otter Creek at the bottom of Water Street had collapsed under the weight of a heavily loaded twenty car coal train. The engine, boxcars and five coal cars crossed just fine, but as the rest of the coal cars came on to the two hundred foot span, the trestle gave way.

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# Rooted in Vermont: Uniting all Vermonters around Local Food

Montpelier, VT – Vermonters were farming, gardening, fishing, and hunting long before there were craft beers and gourmet burgers. Traditions like gardening, hunting, fishing, and foraging are as core to Vermont's local food movement as purchasing local food from farmers, restaurants, schools, and stores. Rooted in Vermont is a grassroots movement that empowers all Vermonters to be a part of the local food movement.

"Vermonters are proud of tradition and our way of life. Local food connects us to the land, to our history, and to our communities. Rooted in Vermont is a movement to help all Vermonters see local food as their own—not because it is a trend, but rather a part of our history and who we are as Vermonters," says Rachel Carter, communications director for the Vermont Farm to Plate Network—a network of over 300 organizations who are nurturing the Rooted in Vermont movement as a component to implementing Vermont's Farm to Plate food system plan.

## Rooted in Vermont Celebrates How Vermonters Acquire and Enjoy Local Food

Growing and foraging; purchasing directly from a farmer or at the store; hunting or fishing; eating at schools, institutions or restaurants serving local food; picking up food at a food shelf; or just sharing Vermont food and drinks with friends and neighbors—these are all examples of being 'Rooted in Vermont' and can be experienced in any Vermont community or online by following or using the hashtag #RootedinVermont.

"Our family has been hunting, making maple syrup, and growing our own veggies for years and that's how we eat local food. I love that Rooted in Vermont includes these traditions in the local food movement. When more Vermonters can see their own values and traditions being celebrated and recognized, they will be

more likely to seek out and purchase local foods—especially when they understand how it will benefit our state," shares Liz Perreault, a Plainfield, Vermont resident who follows Rooted in Vermont on Facebook.

Rooted in Vermont has followers from all over the state on Facebook, Twitter, and Instagram. In fact, Vermonters from all regions of Vermont and how they enjoy local food are featured on the Facebook page every Wednesday.

What constitutes a Vermonter? "Anyone who lives and works in Vermont," says Carter. "The intention of the Rooted in Vermont movement is to create unity among all people who make their home in the Green Mountains without judgement about how they acquire and enjoy food—or any judgements for that matter. We are trying to shift the local food narrative on social media and in Vermont communities to be inclusive and invite all Vermonters to share how they are 'Rooted in Vermont'."

## Increasing Consumer Demand in Local Food

As more Vermonters engage in the Rooted in Vermont movement, grassroots outreach efforts will encourage ways to demonstrate increased demand in local food.

"Cost, convenience, availability, and different food preferences all come into play when Vermonters make decisions about food purchases," says Carter.

"But a little goes a long way! The power really lies with Vermonters to change the system by demanding more local food where we shop so that we have more in-state control about the food available to us and more economic opportunities for our families."

Increased consumer demand sends a signal to the marketplace for more local food to be produced, distributed, and available to Vermonters. Local food sales currently account for \$6.9% (\$189 million) of total food sales in Vermont. If 10% of the food purchased in Vermont was locally produced, it would equate to \$300 million staying in the Vermont economy. Purchasing local products keeps more money here in Vermont, in turn creating jobs, supporting the in-state supply chain, protecting our family farms, and making local food more accessible to more Vermonters.

"I'm excited to see the local food movement grow, especially because increased demand for local food means more family farms and local businesses can be successful and will make more local food available at regular grocery stores and small town convenience stores," shares Perreault. "Rooted in Vermont matters to Vermonters because it will help keep more money in our state and hopefully create more jobs. So many Vermonters struggle with a high cost of living and I think we can all get behind Rooted in Vermont and building a stronger Vermont economy."

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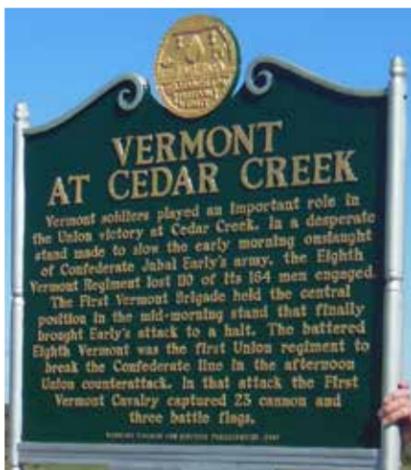
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Co-sponsored by the Newbury Historical Society and Ryegate Historical Society

# The Yellow Quilt - 2

by Elinor Mawson

It was several years between the time my mother "gave" me the yellow quilt and when I actually received it. One day when I was visiting, she said, "Go upstairs and get the quilt out of the cedar chest." So that is what I did. It was in its blue and white bag, and I happily took it home.

It stayed in my cedar closet until we moved out of the house we had been living in for 36 years. Because we weren't moving into a permanent home at the time, we entrusted it to dear friends who had a place to store it. The quilt, along with our grandfather clock was to stay with them for several years.

When our friends brought it back, I was horrified to see that it had been used as a packing blanket for the grandfather clock! I was so upset I couldn't say a word! And the blue and white bag was nowhere to be seen. Needless to say, I quickly made another bag for the quilt, and put it carefully away.

A couple of years later, I participated in a large quilt show in Vermont. A special exhibit of wholecloth quilts was taking place, and I noticed that there were several colors represented in the exhibit—but no yellow ones! I spoke to the curator of the show and told him of my yellow quilt, and he became quite excited, since he had never seen a yellow linsey-woolsey. We made arrangements for him

to come to the house to see it and take photographs. He showed up with a lady whom he introduced as an appraiser and we had a nice visit during which I learned a lot about my quilt. He took quite a few photographs, they told me how much it was worth, and I was flabbergasted at the number they arrived at.

This visit led to a phone call from a lady in Massachusetts who was writing a book about wholecloth quilts. She wanted to see my yellow quilt and asked to borrow it for a weekend so she could study and photograph it. We made arrangements to meet at a local McDonalds the following Friday. Fortunately, she had come highly recommended by the curator and appraiser, so I wasn't nervous about letting her borrow it. And sure enough, she brought it back the following Monday with a lot more information about my quilt. She told me it was the only New Hampshire quilt like it that she had seen. Later on, I received her book in the mail.

What is going to become of the quilt? Right now it is in its blue bag and tucked away. Not long ago, I showed it to my niece who is a quilter and a lover of "old" things. She looked it all over carefully and exclaimed about how different it is and she loved the color. It wasn't difficult to decide where it will go when I no longer have it. She shares the same ancestry as I do, and when she receives it, I know it will be in good hands.

**Congratulations go out to  
Cay Cottrupi & Rena Vigneau**

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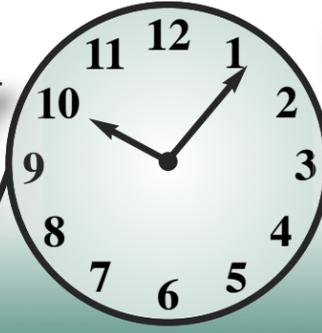
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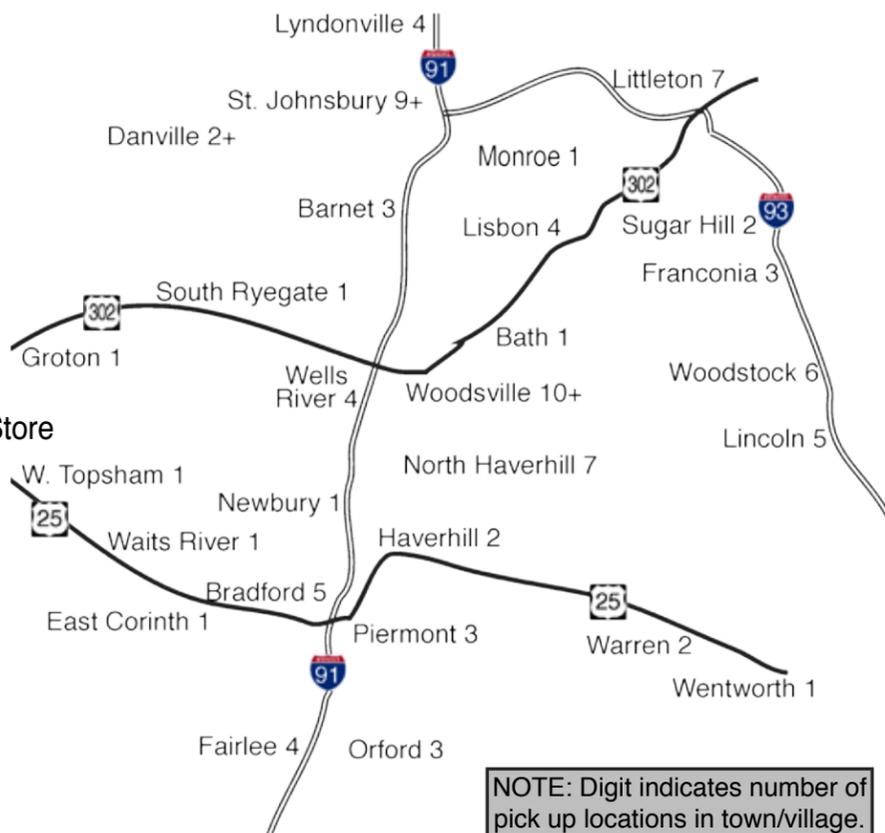
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# News from My Farmers Market

By Marianne L. Kelly

So. Ryegate, VT—As I enjoy the beauty of my morning shift at My Farmers Market, the enchanting wind chimes created by market owner Jennifer Bone that are kissed by a gentle summer breeze serenade me. I am surrounded by the sublime sounds and sights of a North Country summer. I am humbled at my incredible luck at being fortunate to live in such a beautiful area, and be part of such a special venture.

We welcome back our old friends who return each year, and we enjoy introducing our unique market and area to the amazement and wonder of our newest visitors.

When one thinks of a farmers market, a summer Saturday morning in a field, park or parking lot filled with vendors under colorful canopies, selling a wide variety of locally grown and produced food and fine crafts usually comes to mind.

What makes My Farmers Market in So. Ryegate so unique is that we are a combination farmers market, flowering plant stand and general store snugly housed in an Amish shed, and open six days per week.

Here visitors can choose from fresh fruits and vegetables, many of which are locally grown, locally pro-

duced meats, homemade breads, pies, pastries, ice cream, peanut brittle, bagels, herbs, spices, candies, honey, maple syrup, local cheeses, fresh local eggs and more.

Our chefs and cooks offer an outstanding variety of prepared meals, salads, desserts, and accompaniments that allow you to be a guest at your own party or event. And yes, we do take special orders and credit/debit cards. Just let us know what you want and we'll take care of you.

As if this isn't enough, we also offer popular bulk items, fine lines of natural remedies, and a wonderful variety of gifts crafted by our talented local artisans.

Do you have scissors, knives, garden tools or other small tools that need sharpening? Bring them to the market and we will get them to our professional sharpener who will sharpen them in his shop and return them to the market. You can also make special arrangements to pick them up.

My Farmers Market is seeking to expand and seeks farmers who may need the use of a commercial kitchen to process and prepare their value added products to sell in retail outlets.

We are also home to many family friendly events throughout the season. In July we celebrate the blue-

berry, and will hold our 2nd annual blueberry festival on Saturday, July 29 from 11-2. Come sample some blueberry treats and don't forget to take home a pint or two of locally grown blueberries.

We sincerely thank all our local customers who helped make this dream of a community farmers market a success. We also thank our returning visitors as well as those new to our area for making summer so special.

My Farmers Market is located on Creamery Rd, just off Route 302 in So. Ryegate. Look for the yellow flags and follow the signs. We are open Tuesday through Saturday from 9-6, and Sunday 11-2.

For more information check our Facebook Page or email myfarmersmarket@gmail.com

See you at the market!

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## THEN ..... AND ..... NOW

BY JIM HOBBS - WHITE MOUNTAIN TRADER - 603-243-0225 - INFO@WMTN.BIZ - WOODSVILLE, NH



"Hale's Tavern opened for business on June 8, 1895, replacing the Wells River House which had burned to the ground in 1892. Named for the man hired to manage the hotel, and who ultimately became the owner, Jerome F. Hale, Hale's Tavern opened with 29 guest rooms, but later an annex was built giving it 44 rooms. The hotel was a busy stopover for rail travelers - picked up at the station by the horse drawn Hale's Tavern "station wagon" - and also the site for many local organizations to meet. In November 1903 Jerome Hale organized the "New England

Fat Men's Club", a social club for men who weighed over 200 pounds - they met in Wells River annually, with membership reaching 10,000 by 1925, but ceasing to exist after Hale died in 1927. As cars became more prevalent, and as the railroads were used less and less, the hotel fell on bad times, and was sold to an oil company, and torn down, in 1956.

The Wells River Savings Bank obtained the property in 1992, opening a new, modern banking facility where the once proud hotel had stood. The original 1834 bank building remains across the street, part of



the WRSB system, but all regular banking operations are in the new building. Banking was established in Wells River in 1833 as the Bank of Newbury, becoming the National Bank of Newbury in 1865, and in 1892 the leadership of the bank established the Wells River Savings Bank under a charter that allowed other, non competing, banking functions. Because the two ultimately became competitive, they merged in 1980, under the Wells River Savings Bank banner."

Info by Hod Symes, author of "The Cross Road" A History of Wells River, Vermont

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# Jean's Playhouse Presents The Addams Family

The Addams Family, The Musical written by playwrights Rick Elice and Marshall Brickman and composed by Andrew Lippa is a musical comedy about America's favorite creepy, kooky, mysterious and spooky family going through typical family challenges: growing up and changing.

Wednesday Addams falls in love with a 'normal' boy from Ohio, so the family decides to host a dinner for the boy and his 'normal' family. The Addams family seek out their ancestors to see if this 'normal' boy can live up to their unique Addams family values. As the night unfolds, we see just how far the Addams family will go for love.

You can see The Addams Family, The Musical at Jean's Playhouse July 13th through July 29th on Tuesdays, Thursdays, Fridays, and Saturdays at 7:30 PM, with matinees on Wednesdays July 19th and July 26th at 2:00 PM. Join us on Opening Night (July 13th) for a special Meet the Cast post-show reception with bubbly champagne and delicious desserts.

Jean's Playhouse welcomes everyone to feel like a part of the family. On Thursday nights, come dressed up as an Addams family member! The cast will come out and judge the best-dressed audience member of the night, who will win two tickets to a future performance. Talk to the cast and crew about their experiences producing this show at the talk back on Wednesday, July 19th following the matinee.

Jean's Playhouse presents Annie, The Musical written by playwright Thomas Meehan and composed

by Charles Strouse. With pluck and positivity, little orphan Annie charms everyone's hearts despite a next-to-nothing start in 1930s New York City. Helped by her fellow orphans, Annie escapes and finds a new home with billionaire Oliver Warbucks, his personal secretary Grace Farrell, and a lovable mutt named Sandy.

Annie, The Musical will be showing August 2nd through August 19th with the show times of: Opening Night Wednesday August 2nd at 7:30 PM, Tuesdays, Thursdays, Fridays, and Saturdays at 7:30 PM and Wednesdays August 9th and 16th at 2:00 PM.

Save a few bucks: Jean's Playhouse will be running a food drive for discounted tickets to Annie, The Musical. For every non-perishable food item that is brought in, we will discount your ticket \$1 (up to \$5).

Jean's Playhouse will also be putting on You're a Good Man Charlie Brown written by playwright Clark Gesner. You're a Good Man, Charlie Brown Opens on Wednesday August 23rd at 7:30 PM with 2:00 PM mat-

inee showings on Wednesdays August 30th and September 6th. Other great times to come see the show are Thursdays, Fridays, and Saturdays at 7:30PM.

Tickets can be purchased at the box office window. Tickets are also available now online at www.jeans-playhouse.com or by phone at 603-745-2141. Prices are \$30 for adults, \$25 for seniors, and \$16 for students/children.

Jean's Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to RiverWalk Resort at Loon Mountain off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



Jean's Playhouse production of Godspell, July 2016

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Thank you for your understanding.



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# What About Ma? Seeing Subtle Changes

by Kellie Quackenbush

My dad likes to say, "Getting old is not for sissies." He is, of course, correct. Having lived over eighty years, he can tell you a thing or two about the way life was and the way it is now.

What is the age that adult children start being involved in a parent or aged relative's health and home care? The answer is based on the individual. When there is a physical injury or illness, the answer is obvious and there is a cooperative nature in sharing information and help with obtaining medical interventions.

However, with memory illnesses, the shame or fear of having an illness that is affecting the mind can become a battle. Denial. The need to maintain a front that everything is just fine. The changing mental state causes a resistance to any medical assistance. It is important that regular contact be made with aging relatives so that when they need to talk about their health, it is a comfortable conversation.

Changes to look for-

1) Burned dinner or burned up tea pots. Are things in the kitchen being ruined from inattention?

2) Wrong word use. Is Supper being called Breakfast or is the phone now a remote? Calling people or things by their wrong names can be a sign that there is an issue either with memory or medications.

3) Hearing the same story multiple times in the same conversation. One of the first signs of a memory issue is a conversation loop, the same

story gets repeated multiple times in the same conversation.

4) What time did you take that pill? As we age, the number of medications we take gets larger. Organizing pills in a weekly pill box with "morning", "Noon" and "night" can help everyone be aware of skipped medications. Reviewing medication lists and pill boxes on a regular can keep awareness of medication needs open.

5) What is going on with the housework? Is there a decline in cleanliness? Are dirty clothes in the freezer? Finding odd behavior with housework or yard work can indicate a loss of strength or other health issues.

When there is a memory or brain issue affecting a family member, they are aware something is wrong. Because it is an unknown, there can be fear and a desire to hide the problem. This is why many people are not diagnosed with brain illnesses until the symptoms are overwhelming.

Some problems can be fixed with medication adjustments. Other illnesses require a more complex approach. Working as a team with a specialized doctor could alleviate some suffering. Developing a strategy for future care can bring comfort to all.

Sources of information; Alz.Org/Alzheimer's Association, "What is Dementia?" and Healthline, "10 Early Symptoms of Dementia" by Valencia Higuera and Mary Ellen Ellis

# Registration for Jean's Playhouse Broadway Bound Summer Camp is Now Open!

Do your kids love to sing and dance? Do they dream of someday being on the stage? Well, give them a great kick start with Broadway Bound! Jean's Playhouse's unique summer day-camp is filled with unique and creative opportunities for kids wishing to be involved in the theatre. Our camp runs from Monday, August 7th to Friday, August 11th with a final performance on Saturday, August 12th at Noon.

The theme of the camp changes each year, but focuses on daily sessions in creative arts ranging from improvisation, arts and crafts, singing, dancing, theatre games and so much more. We wrap up our week with a final showcase for campers

and their parents on the following Saturday at Noon. All of the campers' families are encouraged to come. Fill our house so these kids can show you their stuff! You can register online at [www.jeansplayhouse.com](http://www.jeansplayhouse.com) or call our Box Office at (603) 745-2141!

A special thank you to our 2017 Broadway Bound Sponsors, the Lincoln-Woodstock Rotary Club and the Agnes M. Lindsay Trust! Due to their generous support, we are able to offer a limited number of partial scholarships for local youth to attend Broadway Bound Summer Camp! Call the office at 603-745-6032 or email [chollingsworth@jeansplayhouse.com](mailto:chollingsworth@jeansplayhouse.com) to inquire about receiving a

scholarship.

Jean's Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to RiverWalk Resort at Loon Mountain (newly opened!) off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.



Aspiring young performers take part in the final performance for Broadway Bound Summer Camp 2016



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by Cindy Pinjrotp  
to contact Cindy (aka Cin Pin)  
write to the editor at  
gary@trendytimes.com

## Squashysoise or Zucchini Soup

*Editor's Note: Yes, indeed, Trendy Kitchen is back! Albeit with some changes. You will note that there is a new author of this Trendy Kitchen. Cindy wrote to me with the following recipe asking if this would work. Well, obviously it worked for me. What do you think? I realize there is not picture (we'll work on that) and it's not Rhonda (whom we miss). But we both trust you will like it.*

Hi, my name is Cindy Pinheiro and because it's zucchini season I thought everyone would enjoy this simple recipe. I have been making it for years and I love it and everyone I serve it to enjoys it. I found this recipe in a paper from Providence, Rhode Island, where I am originally from.

On my honeymoon in

Bermuda in 1974, I love soup so I ordered Vichyssoise soup. When it came it was ice cold! I asked the waiter why it wasn't hot? He replied, Vichyssoise is a cold potato soup. Boy, did I feel stupid, but I was only 20 years old. I tried it but couldn't eat it, I wanted hot soup!

Here you go, give it a try. By the way, it's not Vichyssoise!

4 onions chopped small  
2 Tbsp. Butter  
4 small to medium zucchini (leave skin on) approx. 3 cups  
4 cups chicken broth  
1 cup milk

Salt and pepper to taste

Chop onions small and cook in 1 Tbsp. butter until translucent. Put in blender.

Slice zucchini thin, leave skin on, take out seeds, cut tops and bottoms off. Using same saute pan add 1 Tbsp. butter, melt and add zucchini, cook until tender. Add to blender with onions and add 2 cups chicken broth and blend until smooth. Put

in large sauce pan. Add the other 2 cups of chicken broth, stir, add 1 cup milk and salt and pepper to taste, stir well. Add that mixture to blender to get everything creamy. Blend about 1 minute or so. You might have to do this in

big your blender is. Return to sauce pan and heat through. That's it! Serve hot, warm or cold. I like it warm. Refrigerate leftovers. I hope you love this as much as I do.

Please give me your comments. Signing off with my pen name ... Cin Pin.

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