

TRENDY TIMES

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AUGUST 22, 2017 VOLUME 8, NUMBER 23



6th Annual "So Long Summer - Hello Fall Festival"

The 6th annual So Long Summer - Hello Fall Festival will include the perennial favorites such as the Baldwin Memorial Library book sale, The Giant Zucchini Contest, Share Your Harvest Table, a number of free prize drawings, and the WRAP bake sale at the Welcome Center, plus the BMU Class of 2022 Car Wash at Wells River Chevrolet.

The festival is September 2nd, from 9am - 2pm on the sidewalks on Main and Railroad Streets in downtown Wells River. A new event this year will be the Cohase Chamber of Commerce Rubber Ball River Race on the Wells River. At 11:00am 100 rubber balls will be dropped into the Wells River in back of Jock Oil and race down the Wells to the finish line in back of the Welcome Center. The "owner" of the winning ball will receive \$300, the second

place winner \$200 and \$100 for third place. Tickets for the balls are available from any Cohase Chamber board member and at the Trendy Times office at 171 Central St. in Woodsville.

The Main Street sidewalks will be alive with over 30 vendors and information booths offering everything from homemade bread, jams and jellies, relishes, maple syrup, and fresh local fruits and vegetables; plus antiques, crafts, jewelry, books by local authors, VHS tapes, colored glassware and woodcrafts and yard sale, flea market, attic treasure and household items. On site knife, scissors and small garden tool sharpening will again be available at the festival this year. New booths this year include El Viajero Clothing offering new casual clothing and Go Solar, a new business located in Bradford.

Dad's 4 By Tool and Supply will have special deals on trailers during the festival, Gateway Sports will have In-Store specials and fishing gear on sale on the sidewalk and The River Edge Eatery will have a festival Lunch Special.

Folks will also have the opportunity to find out what the Newbury Conservation Commission is doing in town. Stop by the NewburyConnect booth and see how they are working to connect volunteers and community groups to each other and also sign up for two free drawings there. The Newbury Historical Society booth will offer a chance to test your knowledge about Wells River History and to win prizes. The Garden Club also sponsors the "Share Your Harvest" table and gardeners are encouraged to bring their excess bounty to share. Internationally, the Cohase Rotary Club booth will highlight Rotary's effort to end polio worldwide and the Help Kids India booth features their work with pre-schools in India and Wisdom Stoves returns demonstrat-

ing their clean burning charcoal stoves that were developed for use in Kenya. They plan to have their truck that runs on wood there too.

The Giant Zucchini Contest weigh-in will take place at High Noon using the shipping scale at Copies and More. Registration for the big oblong vegetables is at 10:00am at the Wells River Area Garden Club's booth. Rumor has it that Braelynn Parsons will be defending her title with a 2017 entry.

So Long Summer - Hello Fall is not just a sidewalk sale event, or a farmer's market, or a flea market or a place to find out what community groups are doing, it is all of them rolled into one big event. It is an event where you can leisurely stroll the sidewalks, meet and greet your neighbors, get some information and perhaps get an early start on you Christmas shopping.

So Long Summer - Hello Fall Festival is held rain or shine.

Festival goers should note that the Baldwin Library Block Party will be held the evening



before the Festival on September 1st at the Wells River Congregational UCC Church from 5pm-7pm

For more information about the "So Long Summer Hello Fall" Festival contact Peggy Hewes at the Baldwin Library, 802-757-2693; librarian@baldwinlibraryvt.org, or Richard M Roderick at 802-757-2708 or wrapwr@gmail.com

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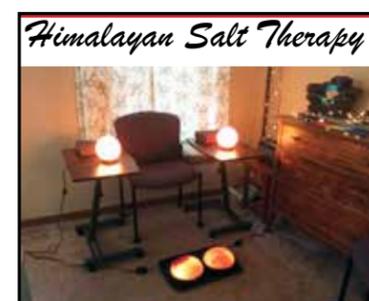
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TRENDY Dining Guide

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Juniper's

by Gary Scruton

Most everyone likes a good meal. Of course "a good meal" can mean different things to different people. It can even mean different things to the same person. A solid meat and potatoes meal works for me on many occasions. But I also do enjoy seafood, or pasta, or many other meals. And there are times when just a peanut butter and jelly sandwich equals "a good meal".

Another way of receiving "a good meal" is at what many would call a fine dining establishment. Such a spot is Juniper's at the Wildflower Inn up on Darling Hill in Lyndonville. Many of these such establishments are in historic or elegant locations. Juniper's does offer a magnificent view of the setting sun. But the real test of any eatery is the food, and the

service.

As recommended we made reservations for the two of us. They probably were not really needed as we visited on a Monday evenings. But right from the start the staff was helpful. In fact when I called they still had my name in their data base and quickly took our request for an inside table.

Janice and I were seated on the glassed in porch which allows for a great view west toward the Green Mountains and the upcoming sunset. Outside there are also several tables. On this particular night that area had a couple of families whose children were enjoying the outdoor setting and the bit of freedom it allowed.

When we were seated we were given two glasses of water as well as a full bottle of water. The bottle looked like a wine bottle and

certainly added even more to the very nice arrangement on each table. Our waitress, Olivia, then offered us other beverages. I asked for some suggestions to go with the appetizer of calamari that we quickly had decided to try. I told her that I like my dark beers and she suggested a glass of Switchback.

I have heard others say that they do not like calamari "it's too chewy" is the most often heard comment. I agree, when it's not prepared right. But I must say that at Juniper's it was delicious. Janice and I shared the mound of appetizer that was served. It came with a dipping sauce made with banana peppers, a more sweet and less hot pepper. I can tell you that this dish was excellent. It did not take us long to eat them up while still savoring the taste.

Next came our entrées.

One of the specials on this night was a somewhat standard fare, prime rib. Janice got hers with sides of potato mash and a three bean salad. I combined two of my top choices, pasta and seafood. The menu offered a linguine Alfredo with either chicken or scallops (at an extra fee).

Our meals arrived in two different types of eating vessels. Janice's prime rib was served on a large square ceramic plate. It needed to be large in order to hold the meat that was featured. Cooked just the way she ordered it, there was immediately recognition that a good chunk of her meal was going home with us. She enjoyed each mouthful, but ended up needing a carry home container.

My pasta dish was served in a vessel I had never encountered before. It was not a bowl, nor a plate. The front and back had high sides like a bowl, but the sides were

lower, almost like handles. It was also large, and again needed to be in order to hold all the noodles and the large sea scallops that were added. The scallops were most delicious, and the noodles and sauce were so enjoyable that I wanted to linger for as long as possible to enjoy them. Like Janice I also needed a carry home container as there was simply too much food to eat at one sitting. (The leftovers were another meal, and equally as tasty.)

We had initially hoped to enjoy a dessert at Juniper's, but the tremendous appetizer and entrées simply would not allow it.

There is much more to fine dining that just the setting. When you add quality and quantity to the formula it equals a very enjoyable experience.

The total cost for our meal was \$70.91 before tip.



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Walk for Awareness and Action

On August 26, 2017, the Wells River Action Program (WRAP) Prevention Committee will sponsor the 2nd Annual Walk for Awareness and Action from 9:00 am – 3:00 pm at Kenneth Berry Memorial Park, 143 Main Street, Wells River, Vermont. Parking will be available at Wells River Savings Bank, 47 Main St. N. in Wells River, VT. Transportation will be provided to and from the walk. There will be speakers at 9:00 a.m. who will kick off the walk which will begin at 9:30 a.m. The walk will

end back at the park where the event will close with additional speakers and food.

The purpose of the walk is to raise awareness about substance use, misuse and abuse. There will also be a call to action for community members to become involved in their own community's prevention initiatives. For more information about the walk, and an agenda, please visit Dart-Nek, Drug Abuse Resistance Team on FaceBook.

In November of 2016, a town meeting was held in

Wells River to address the concerns of area residents as they relate to substance use, misuse and abuse. This led to the formation of the Wells River Action Program Prevention Committee. The committee has met once monthly since January of 2017.

The group includes parents, a member of the local school board, a member of the Wells River Village Trustees and WRAP, the librarian from the Baldwin Library, community professionals with an interest in substance abuse prevention, the prevention consultant from the local office of the Vermont Department of Health in St. Johnsbury, the Regional Prevention Partnerships Coordinator from NVRH, and the Prevention Specialist from NVRH. This is a community led group that receives technical assistance from the prevention professionals involved as needed.

Meetings are typically held on the fourth Monday of the month from 5:30 p.m. -7:00 p.m. at the Baldwin Library. All those interested in prevention work are welcome. For further information contact Cheryl Chandler, Regional Prevention Partnership Coordinator at c.chandler@nvrh.org (802-748-8401), Tennyson Marceau, Prevention Specialist at t.marceau@nvrh.org (802-748-8401) or Tonia Brown, Prevention Consultant at Tonia.Brown@vermont.gov (802-751-0170)

Teams Sought for 48 Hour Film Slam

Bradford, VT, – The Cohase Chamber of Commerce is excited to announce its 8th Annual 48 Hour Film Slam and welcomes teams from Vermont, New Hampshire and beyond to participate in what has become one of the most celebrated Film Slam competitions in the region.

The Slam will begin the evening of Friday, September 8 and will conclude the evening of Sunday, September 10 with a public screening of the completed films at the Bradford, Academy Building in Bradford, Vermont.

A panel of judges from the film industry and community will award cash prizes for the winning films as well as a Peoples' Choice award.

Teams will be required to create a film in 48 hours utilizing an assigned genre, a specific line of dialogue, a specific area landmark, a specific prop and product placement from one of the event sponsors. Cash prizes including a first place prize of

\$500 will be awarded to the top three teams along with a cash prize for the People's Choice Winner. No registration fee is required but only a limited number of teams can be accommodated.

"This is a great event for all ages which showcases the creative film talent in our region. The Chamber is always amazed at what the teams can create in 48 hours," said Erik Volk, Executive Director of the Cohase Chamber of Commerce.

Teams interested in participating or anyone who would like more information about the event, should contact the Chamber at cohasechamber@gmail.com or by phone at (802) 518--0030.

This event is made possible through the support of Woodsville Guaranty Savings Bank, Odell Insurance, Valley Floors, Wells River Chevrolet, Wells River Savings Bank, WYKR, Chapman's Store and Trendy Times.



TRENDY Dining Guide



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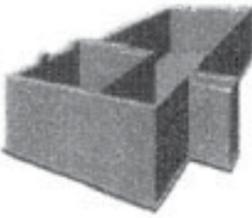
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Not all Times are Trendy, but there will always be Trendy Times August 22, 2017 Volume 8 Number 23

Status of NH Medicaid Expansion!

In 2014, under then Governor Hassan, Medicaid was expanded to cover approximately 52,000 residents. From 2014 through 2016, the federal government paid 100% of Medicaid Expansion costs. That changed in 2017 when funding costs were reduced to 95% and this required the state legislature to raise the 5% balance.

As with many federal programs, initial funding starts at 100%, but usually within a few years federal involvement shrinks and the state becomes responsible for the reduced balance. In New Hampshire's case, the state's share was estimated at \$50 million for 2017 through 2018.

In an effort to continue New Hampshire's Medicaid Expansion for 2017 and 2018, legislators explored various fund raising options. Without finding a viable and reliable source of state revenue needed, the short-lived expansion program would

have been curtailed. To avoid program elimination, the legislature struck a deal with hospitals and insurance companies. Increasing taxes or fees to raise the 5% shortfall was not supported by the legislature; consequently, hospitals and insurance companies voluntarily agreed to contribute an amount equal to the federal reduction to meet the needed \$50M. Legislation that passed in 2016 included this understanding, but it also included a provision that N.H. Medicaid expansion would go out of existence at the end of 2018 unless lawmakers reauthorize it this session.

This summer, Governor Sununu was informed by the Centers for Medicare and Medicaid in Washington that the funding scheme NH developed to support the 5% unfunded balance amount through voluntary hospital and insurance company contributions "may be out of

compliance with federal requirements." In a letter sent to N.H. Health and Human Services by CMS Medicaid Director Brian Neale, it was stated, "To the extent New Hampshire's next budget does not include necessary changes to achieve compliance the state may be faced with financial consequences that could include a deferral or disallowance action." In short, unless N.H. identifies another plan to raise the needed \$50M, it appears that N.H. may be penalized with the loss of future Medicaid expansion funds. The CMS Director has indicated that N.H.'s current funding agreement with hospitals and insurance companies will be allowed through 2018, but not for years 2019 and 2020.

N.H. Medicaid expansion serves approximately 52,000 residents. The program began in 2014 and was reauthorized in 2016 to continue through 2018. That is when the agreement with hospitals and insurance companies will end if another plan to appropriate the needed \$50M is not identified. With that said, I am sure N.H.'s Medicaid Expansion Program will take center stage in Concord when the 2018 session begins this coming January. Without Medicaid Expansion, 52,000 residents will find themselves without medical coverage and have no sufficient alternative in place.

Respectfully,
Representative Rick Ladd
Chairman, House Education

"Ray's Angels" to help PSU Students with Tuition

PLYMOUTH, NH – Raymond S. (Ray) Burton '62, Plymouth State alumnus and long-serving member of the New Hampshire Executive Council, was known as a selfless public servant who believed no challenge was too small to tackle, and any challenge could be overcome by New Hampshire residents working together. Today, Plymouth State University (PSU) announced the creation of "Ray's Angels" – a fund to support PSU students who experience tuition shortfalls and demonstrate financial need in closing the gap.

"This tuition shortfall is due, in part, to the demographics of our state and students," says Paula Lee Hobson, Vice President for University Advancement. "39% of our undergraduate students have a documented financial need at the highest level, and 43% will be the first in their families to attend a University. They come from hard working families who want their children to earn college degrees, but do not have the financial resources to fund their students' tuition and living expenses. The Ray's Angels fund will make a huge difference for these deserving students."

"We were shocked to learn some students drop out of college because they can't find the money to meet what may seem like a small amount to some people," said Duane Baxter, chairman of the Raymond S. Bur-

ton Legacy Fund. "To these students, even \$200 may be insurmountable." This realization prompted The Raymond S. Burton Legacy Fund to approach PSU to create "Ray's Angels."

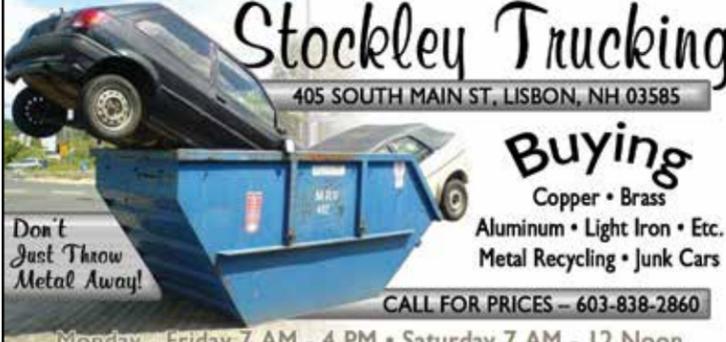
"Raymond was a helper. He loved helping young people through teaching and mentoring, and he loved his alma mater, Plymouth State University," Baxter said. "When we heard some students face this very real circumstance, a lightbulb went on – we knew this was the way Raymond could help."

The Legacy Fund named the grant program, "Ray's Angels" as a nod to Burton's tireless devotion to serving others.

"The cost to attain a college education has changed considerably over the years," said Donald L. Bix, president, Plymouth State University. "Decades ago, a student might put himself or herself through college by working part-time jobs, but this is no longer the case. 'Ray's Angels' will assist students who need it most and allow them to remain in college and finish their degrees."

"Ray's Angels" will complement the ongoing work of the Plymouth State University Student Support Foundation (SSF), a national youth philanthropy club created by John '85 and Carrie Morgridge of the Morgridge Family Foundation. The SSF provides micro grants to help students meet immediate, short-term financial needs while teaching the noble nature of philanthropy to fellow students.

"Ray's Angels" will be seeded and supported by the Raymond S. Burton Legacy Fund, and the University is accepting outside additional contributions. To support "Ray's Angels," visit www.plymouth.edu/advancement/give-online or call Paula Lee Hobson, Vice President for University Advancement, at 603-535-2901. Support can also be sent to The Raymond S. Burton Legacy Fund, earmarked for "Ray's Angels" to PO Box 201, Bath, NH 03740



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OCT'S 3RD Production of the Season: Mad Gravity

by Gary Scruton

What's in a name? There's the old Shakespeare line about a rose. There are other descriptive names that tell you most all you need to know, like the TV show NCIS. But how about when the name doesn't really fit? To me that was the case with the most recent production by Old Church Theater entitled Mad Gravity.

OK, so there were a few times when anger was well displayed on stage. Like when Mary (Meghan Bullard) threatened to remove a portion of her husband's (Dr. Joe played by Chris Leary) anatomy if he came any closer. Or when Eudora

(Anne Foldeak) made mention of police action toward a never seen, but possibly soon to be son-in-law.

And gravity was mentioned when the possibility of a comet (or was that an asteroid) was predicted to hit, or at least come very close, to earth causing widespread death and destruction as well as causing the earth to lose its gravitational pull. There was also some mention of a previous performance with a similar title.

But this play really centered on a couple, Mary & Archie (Peter Mendes) who some would call exhibitionists. And that's where this play took a different spin. Not only were we, the audience, there to

watch a play, but we were at times asked to participate in the performance, and even lend a phone as the actors used the main aisle as an exit rather than those on stage. This twist meant that more than just sitting was required of those beyond the "4th Wall". Laughter is almost always an ingredient at Old Church Theater, and during this performance it was used quite frequently. But there was also the need for repeating chants when that 4th wall disappeared. Even the man running the lights (Jim Heidenreich) was called on for special effects at various times.

With all these ingredients and more, first time Direc-

tor Justina Kenyon certainly had her hands full. But as is the most usual case it all came together. There was a scene late in this performance where all four main actors were on stage in a bit of a huddled mass. They were not playing twister, no matter how they tried to pass it off as such. But the coordination of movements during such a scene is not an easy accomplishment. Each actor must be in the right spot, make their arms, legs and other body parts go in the right direction, and be sure to know their lines to keep the scene moving, while also pausing during the inevitable laughter. It was a Hoot!

Another scene that I want to mention is the one just before the arrive of the space sphere when Mary made the decision to "let loose". Maybe the first kiss seemed a bit suppressed, but the second appeared to be arm dropping. And then her line that was delivered as she again went thru the audience that may have made some blush, but had others howling with laughter.

In all I think OCT and especially the cast put on another great show. It may not have been for children (I would agree with that statement), but it was very entertaining and was an evening well spent.

St. Johnsbury Players Hold Auditions for Neil Simon's The Odd Couple

The St. Johnsbury Players announce auditions for their Fall 2017 production of Neil Simon's classic comedy "The Odd Couple". Auditions will take place on Sunday August 27 and Monday August 28 at 6:30pm at the former South Congregational Church in St. Johnsbury. The show will be performed at the St. Johnsbury School on Oct 20, 21, 27, 28, at 7:30 with a Sunday matinee at 2pm. on the 29th. Direc-

tor Jan Clausing is looking to cast 6 men ages 40 to 60 and two women ages 30 to 50. Rehearsals will start Sept. 3rd and will be 3 nights per week for the principals, less for the other actors until production week. This is a very funny show with good speaking parts for all actors. For more information contact the director at 802-467-3043, or jclausing@kingcon.com. All parts are open.

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Pat O'Hagan Memorial FIDDLERS' CONTEST

LABOR DAY

Monday, September 4th, 2017

at **SHEFFIELD FIELD DAY**

Miller's Run School Gym ~ Rte 122, Sheffield, Vermont

Registration 1:30 pm

Fiddlers' contest begins at 2:00 pm

PERFORMANCES TO INCLUDE:

1. WALTZ (tune in ¾ time)
2. TUNE OF CHOICE (for example: jig, strathspey)
3. HOEDOWN (reel, hornpipe)

DIVISIONS & PRIZES (1st & 2nd place)

1. YOUNGSTERS (under 12) \$40 & \$25
2. JUNIORS (12-17) \$100 & \$70
3. ADULTS (18-59) \$200 & \$150
4. SENIORS (60-79) \$200 & \$150
5. SUPER SENIORS (over 80) \$200 & \$150



For more information, contact Bobbie Bristol 802.626.8293 or bbkinnell@aol.com



www.caledoniacountyfair.com

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LYNDONVILLE, VERMONT**

Take exit 23, I-91 and turn north
on Rt. 5, follow the signs.

GATES OPEN AT 7AM

**AGRICULTURAL FAIR WITH
FAMILY ENTERTAINMENT**

**DREAMLAND
AMUSEMENTS**
YOUR TICKET TO FAMILY FUN

TUESDAY, AUGUST 22
AUCTION - 6 PM

WEDNESDAY, AUGUST 23
CARLOAD EVENING

4 PM GATES OPEN
6 PM MINI-HORSE PULL
7 PM UTV/ATV/SNOWMOBILE RACING

THURSDAY, AUGUST 24
CHILDREN'S DAY

7 AM GATES OPEN
9 AM YOUTH DAIRY CATTLE JUDGING
9 AM FARM TRACTOR PULL
10:30 AM PONY PULL, 1,850 LBS.
2:30 PM PONY PULL, 2,250 LBS.
6:30 PM YOKED CATTLE SHOW
6:30 PM PONY PULL, FREE FOR ALL
6:30 PM POWER WHEELS DEMO

FRIDAY, AUGUST 25
MILITARY DAY -
HONOR OUR TROOPS

7 AM GATES OPEN
9 AM DAIRY CATTLE JUDGING - OPEN SHOW
10:30 AM HORSE PULL (DISTANCE
IN 5 MINUTES)
2:30 PM HORSE PULL, 3,100 LBS.
6:30 PM 4 X 4 PULL
6:30 PM HORSE PULL, 3,300 LBS.

SATURDAY, AUGUST 26
FAMILY DAY

7 AM GATES OPEN
8 AM GARDEN TRACTOR PULLS
9 AM GYMKHANA REGISTRATION
9:30 AM CATTLE COSTUME CONTEST
10:30 AM HORSE PULL, 3,200 LBS
11 AM SHEEP AND GOAT SHOW
11:30 AM GRAND CAVALCADE
1 PM LOG LOADER COMPETITION
2:30 PM HORSE PULL, 3,500 LBS.
6:30 PM HORSE PULL FFA

SUNDAY, AUGUST 27
DEMO DAY

7 AM GATES OPEN
9 AM HORSE SHOW - ALL DAY
10 AM OX PULL, 2,000 LBS
NOON PIG SCRAMBLE
NOON OX PULL, 2,400 LBS.
1 PM DEMO QUALIFYING
1:30 PM OX PULL, 2,800 LBS.
3 PM OX PULL, 3,200 LBS.
5 PM OX PULL - FREE FOR ALL
6 PM DEMO FINALS

ADVANCED SALE TICKETS: \$14 Advance Sale Tickets - Good Any Day
AVAILABLE AT: DADS 4 BY - St. Johnsbury & Wells River • AGWAY - Lyndonville

GATE PRICES: \$30 Carload Price (Legal sitting ONLY) - Wednesday Evening

\$17 - Thursday-Sunday • Seniors \$12 - Thursday • FREE Active & Deployed Troops & Families - Friday

INCLUDED IN ADMISSION PRICE: All (GS) Events, Parking, Amusement Rides, Exhibits, & Demonstrations.



Calendar of Events

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

THURSDAYS THRU SEPTEMBER 7

PEACHAM FARMERS MARKET
4:00 - 7:00 PM
Academy Green, Peacham

WEDNESDAY, AUGUST 23 - SATURDAY, SEPTEMBER 2

YOU'RE A GOOD MAN, CHARLIE BROWN
7:30 PM (2:00 PM Matinee August 30)
Jean's Playhouse, Lincoln
See Article on Page 11

WED.-SAT., AUGUST 23-27

CALEDONIA COUNTY FAIR
Fairgrounds Road, Lyndonville
See Ad on Page 5

SATURDAY, AUGUST 26

WALK FOR AWARENESS AND ACTION
9:00 AM
Berry Park, Wells River
See Article on Page 3 and Ad on Page 8

BEAUSOLEIL IN CONCERT

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

SUNDAY, AUGUST 27

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

ST. JOHNSBURY PLAYERS AUDITIONS

6:30 pm
Former South Congregational Church, St. Johnsbury
See Article on Page 5

WEDNESDAY, AUGUST 30

ACT NATURE WALK
3:00 - 6:00 PM
ACT Office, Main Street, Franconia
See Article on Page 9

SATURDAY, SEPTEMBER 2

SO LONG SUMMER - HELLO FALL FESTIVAL
9:00 AM - 2:00 PM
Main St. & Railroad St., Wells River
See Article on Page 1 and Ad on Page 11

FOR GOD AND COUNTRY 5K RUN
Rumney Bible Conference
See Article on Page 9

SUNDAY, SEPTEMBER 3

BRAZILIAN FOLK & BLUEGRASS MATUTO
4:00 - 7:00 PM
Dog Mountain. St. Johnsbury

MONDAY, SEPTEMBER 4

FIDDLERS' CONTEST
2:00 PM
Miller's Run School Gym, Sheffield
See Ad on Page 4

SHEFFIELD FIELD DAY

8:00 AM - 4:00 PM
See Ad on Page 7

TUESDAY, SEPTEMBER 5

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

WEDNESDAY, SEPTEMBER 7

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

THURSDAY, SEPTEMBER 7

SPAGHETTI DINNER
5:00 - 7:00 PM
See Article on Page 7

THE CONNECTICUT, NEW ENGLAND'S GREAT RIVER

7:00 PM
ALUMNI HALL, HAVERHILL
See Article on Page 7

SUNDAY, SEPTEMBER 10

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

THE TABOR VALLEY SINGERS

3:00 PM
Old Goshen Church, Bradford

MONDAY, SEPTEMBER 11

FACEBOOK BOOT CAMP I
6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 14

WEDNESDAY, SEPTEMBER 13

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

FACEBOOK BOOT CAMP I

6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 14

MONDAY, SEPTEMBER 18

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

INSTAGRAM WORKSHOP

6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 14

WEDNESDAY, SEPTEMBER 20

TWITTER WORKSHOP
6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 14

THURSDAY, SEPTEMBER 21

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

NHARNG RETIREE LUNCHEON

Edward Cross Training Center, Pembroke
See Article on Page 8

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

August 22:

Nifty Needlers @ 9:00
Plastic Canvas Craft @ 1:00

August 23

Bone Builders @ 9:30
Writer's Group @ 10:30
Greif Support @ 10:30
Mahjongg @ 12:30
Bingo @ 1:00

August 24:

Art/Painting @ 9:00
Cribbage @ 12:30

August 25:

Senior Feet – Foot Clinic @ 9:00

Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

August 28:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tai Ji Quan @ 2:00

August 29:

Nifty Needlers @ 9:00
Plastic Canvas Craft @ 1:00

August 30:

Bone Builders @ 9:30
Writer's Group @ 10:30
Greif Support @ 10:30
Mahjongg @ 12:30
Bingo @ 1:00

August 31:

Art/Painting @ 9:00
Cribbage @ 12:30

September 1:

Bone Builders @ 9:30
Mahjongg @ 10:30
Blood Pressure Check @ 11:00

Tai Ji Quan @ 2:00

September 4: CLOSED

September 5:

Nifty Needlers @ 9:00
Plastic Canvas w/Gerrie @ 1:00

September 6:

Bone Builders @ 9:30
Beginning Sewing @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Mahjongg @ 12:30
Herbs w/Elaine @ 12:30
Bingo @ 1:00

September 7:

Art/Painting @ 9:00
Floral w/Jane @ 9:30
Cribbage @ 12:30

Line Dancing @ 12:45
Cards w/Jeanie @ 1:00

September 8:

Bone Builders @ 9:30
Mahjongg @ 10:30
Tai Ji Quan @ 2:00

September 11:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Horse Meadow Singers @ 1:00

Tai Ji Quan @ 2:00

September 12:

Nifty Needlers @ 9:00
Plastic Canvas w/Gerrie @ 1:00

September 13:

Beading w/Faith @ 9:00
Beginner's Sewing @ 9:30
Bone Builders @ 9:30

Respitality has Spaghetti Dinner

RESPITALITY is celebrating its fifth Anniversary with a Spaghetti Dinner on September 7th from 5-7:00. The dinner is being held at the New Life Christian Center, 475 Whitefield Road, Route 116 Bethlehem. All proceeds from the spaghetti dinner will go to the Respitality program which provides respite for caregivers who have loved ones that are experiencing the early stages of Alzheimer's disease or other related dementia.

At Respitality they provide a safe, nurturing and stimulating environment one day a week (Tuesday) from 9-3:00pm. Respitality is a non-profit ministry that is staffed by volunteers who go through a one-two day training along with a State of NH back ground check.

Their goals at Respitality are to provide a break for

the caregivers and honor the guest who has the disease. They do it by celebrating the life of the guest, through reminiscing, their achievements and valuing them at this stage in their lives. This is a vital need in our communities, serving both Grafton and Coos County. It is located just outside of Littleton on the Whitefield Road.

If you would like more information about the program or would like information about the Spaghetti Dinner, please call Patricia at 991-0155. The dinner includes salad, garlic bread, dessert and a beverage. A meatless spaghetti sauce will be served. Meatballs will be available for those who would like them.

The dinner is by donation this year. Please consider coming out and supporting this much needed ministry.

"The Connecticut: New England's Great River" @ Alumni Hall

Haverhill, NH – The Haverhill Library Association has received a grant from the New Hampshire Humanities Council to offer "The Connecticut: New England's Great River", a program presented by Adair Mulligan of Lyme, NH. This presentation will take place Thursday September 7 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public. The venue is handicapped accessible.

The largest river in New England rises in a small beaver pond near the Canadian border and flows over 400 miles through four states, falling 2,670 feet to the sea through America's only watershed-based national fish and wildlife refuge. Adair Mulligan leads an armchair tour of this great river in New Hampshire and Vermont, exploring its history and natural beauty through the seasons and among the communities that have sprung up along its banks. Next, the discussion will shift to how the river has influenced the lives of those who live there, and how they, in turn, have affected the river. Much more

than a travelogue, this presentation explores the many issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future.

Adair Mulligan has a run-away curiosity about the natural and cultural history of northern New England. Author of *The Gunstock Parish, A History of Gilford, New Hampshire*, she has also contributed to *Proud to Live Here in the Connecticut River Valley*; *Where the Great River Rises: An Atlas of the Upper Connecticut River*; and *Beyond the Notches: Stories of Place in New Hampshire's North Country*. Executive Director of the Hanover Conservancy, she served for 20 years as Conservation Director of the Connecticut River Joint Commissions. Mulligan holds an MA degree from Smith College.

For more information contact the Haverhill Library Association, 603 989-5578 or mail@haverhilllibrary.org. Hours: Monday, Wednesday and Thursday 4 - 7 PM, Tuesday and Saturday 10 AM – 1 PM.

Orange East Senior Center

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

The Tabor Valley Singers will be performing on Friday, August 18 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, August 25th starting at 11:00 a.m.

The Orange East Senior Center will be closed on Monday September 4 in observance of Labor Day. There will be no bingo that evening.

The Senior Sunshine Bowling League will begin its new season on Monday, Sept. 11 at Woodsville's Victory Lanes. New members are being sought for teams of four for candlepin bowling. Meetings at Mondays alternating between 9:30 am and 1 pm. Open to individuals 50 years and older. If interested or want additional information call IRENE MANN, coordinator, at 802-439-5701. Current members include folks from all area towns in VT and NH. Primary goal is being a member of a congenial group and having fun. The price is \$9 and there is shoe rental available.

Tai Chi class is on Wednesdays at 10:30 a.m. instructed by Ursula Austin who is a certified on 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 kitchen will be open selling drinks and food.

Computer class winter hours will begin on August 30. Classes will be on Wednesdays from 3:00 pm. to 5:00 p.m. This class is for all levels.

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

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

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

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



SHEFFIELD FIELD DAY

LABOR DAY

EVENTS

1847 Town House Museum open Sam-4pm
GRAND PARADE 10:00am
SUTTON RIVER BAND 11am-2pm
CHICKEN BARBECUE 12:00pm
FIDDLERS CONTEST 2:00pm
CASH PRIZES 4:00pm

Pony Pulling • Softball Tournament
 Pony Rides • Bingo • Red Ticket Raffle
 Game Booths • Floral Hall
 Horseshoe Tournament
 Crafts & Vendors

FOOD BOOTHS ALL DAY

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For God and Country 5K Run

"In the United States Labor Day is celebrated annually on the first Monday in September as a holiday for the labor movement in America. It is dedicated to the economic and social achievements of employees in the United States. The first Labor Day Parade was held in New York in Union Square in 1882." (http://www.softschools.com/facts/holidays/labor_day_facts/1301/)

Here at Rumney Bible Conference the staff, the residents and our guests wanted to celebrate Labor Day and the workers in Rumney who do so much for our town and our conference grounds. We want also to celebrate our country's history of "In God we Trust." For these reasons, we have invited the Police Chief, the Fire Chief and a pastor to represent the laborers of Rumney and to receive our heartfelt thanks for their services. Each summer we have children and families come from all over New England and further to enjoy the great outdoors, spend time in worship and have fun. Would this all be possible or run so smoothly if we did not have the support of

the police, the firemen, and the town of Rumney? We are so thankful to live in a country that gives us freedom, stability and opportunities. Our founding fathers made our country's principles based on God and His wisdom and our country is blessed because of this. The workers of today are continuing these principles and we want to show our appreciation.

So, we have many reasons to celebrate and we invite Rumney and all the surrounding communities to join in with us on September 2nd here at Rumney Bible Conference. There are a lot of activities planned – a yard sale, a 5k Run or Walk, a spontaneous soccer game for all interested, a bake sale, a game room, kids' fun races, a lunch cookout for \$5, and swimming opportunities. Lots of things to do and lots of things to celebrate, so we invite you to come and cheer, "For God and Country!"

Rumney Bible Conference, 31 Gilford Avenue, Rumney, NH 03266 info@rumneybibleconference.org 603-786-9504 www.rumneybibleconference.org

My Farmers Market...Moving Right Along

By Marianne L. Kelly

So. Ryegate, VT—There is an air of excitement and anticipation as My Farmers Market continues preparing to occupy the former Brown's Market Bistro on Groton's Main Street.

As of this writing there are just ten tickets left for the multi-course pop up dinner on August 26 at 6pm in the new location. They are available at the My Farmers Market store.

At \$100 per person guests will enjoy a feast of the following: fresh salsa and homemade corn chips, cheese sampling, humus and rustic crackers, tomato and basil bisque, herb croutons, roasted Cornish game hen, medley of seasonal vegetables, farm summer salad, feta, vinaigrette, tuile cookie filled with fresh picked fruit and yogurt crème, Artisano Meade, Whistling Pig Red Ale, Adams Family Farm Lemonade, and Upper Valley Coffee Roasters freshly roasted coffee.

Become a lifetime member of My Farmers Market for \$2,500 and receive 20%

off all local retail goods, 5% off all local vendor items, free admission to all My Farmers Market events, and an annual "thank you" dinner, compliments of My Farmers Market.

My Farmers Market will host a special Labor Day Weekend flea market type tag sale on Sunday, September 3 from 9-3. Interested vendors can set up indoors or outdoors and sell their wares. Spaces are first come, first served and are by donation.

Proceeds from these fund raising activities and events will help defray the start up costs for the new location.

The harvest keeps growing with new additions coming in every day. Enjoy the season's bounty of several varieties of tomatoes, peppers, onions, mushrooms, potatoes, cucumbers, carrots, radishes, cabbage, corn seasonal fruits, and more.

Also available are the "staples," as well as local cheeses, pies, pastries, bread, bagels, jams, jellies, relishes, maple syrup, honey, pickles, local meats, lo-

cally made ice cream, flash frozen fish, culinary herbs, locally roasted coffee, as well as a fine selection of bulk items, herbal tinctures, natural lotions, natural tonic, insect repellent, and other natural products.

Our popular prepared meals are guaranteed to answer that age old question, "What's for dinner?", and our fine handcrafted gifts are just the answer for the person who has everything.

My Farmers Market greatly appreciates the ongoing encouragement and support from the community during this time of transition, and look forward to serving you.

For more information on email myfarmersmarket@gmail.com

My Farmers Market is located on Creamery Road, just off Rte. 302 in So. Ryegate.

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

See you at the market!

ACT Wraps Up Summer Walks at Wedick Nature Reserve August 30th

BETHLEHEM – Join the Ammonoosuc Conservation Trust (ACT) to walk a beautiful and ecologically diverse conservation property in Bethlehem open to the public for ACT's final summer nature walk.

The walk on the John P. & Jean L. Wedick Nature Reserve on Wing Road will have both a forest and geologic theme. The nature walk will be led by ACT volunteer Bill Vales, and will focus on the geologic history of the property and how our landscape has been shaped by glaciers. We'll also explore the diversity of flora and fauna special to this nature reserve.

This is the fifth and final nature walk in a series of five this summer on local lands conserved by ACT. Spaces are limited and so pre-registration is required via the ACT website or by calling the office at (603) 823-7777. The group will meet in the parking lot of ACT's Franconia offices in the Plain Kate's building, 729 Main St, for sign ins and will carpool to the property from there. ACT Executive Director Rebecca Brown and Outreach and Member Services Director Gal Potashnick will also help lead the hike.

The Wedick Nature Re-

serve includes a mile along the Ammonoosuc River. Through their conservation easement, the Wedicks have ensured that this part of their land will be open for public access – forever. The rest of the 120-acre property is not ordinarily open for public access, but over the years the Wedicks have offered it as a site for geological education field trips. The property is unusually diverse; it includes mixed northern forest, early successional forest, a pond, wetlands, and a gravel pit that was once the bottom of an ancient glacial lake. This pit, once operated by Mr. Wedick and now closed, offers unmistakable evidence of our region's geological past. The abundance of glacial material on the property offers habitat for unusual plants and wildlife.

The walk on this special property is Wednesday, August 30th from 3-6 p.m. The public is invited to join us for some fun and learning outdoors.

This event is free; a \$5 suggested donation is welcomed and very much appreciated. This is not a long

walk (no more than a mile) loop and is quite flat with some gently graded terrain. Participants should be aware that we will be mostly in the open and not well shaded; please come prepared wearing hats and armed with sunscreen. The group will move at an easy pace with many stops to observe and enjoy nature.

Recommended gear includes comfortable clothing for being outdoors in warm weather, boots or sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guidebooks 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.

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



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KCP Presents Announces 2017-18 Season

Two-time 2017 Grammy-winning singer, songwriter, and multi-instrumentalist, Sarah Jarosz, will open the season with a concert that will celebrate Lyndon Institute's 150th anniversary. Showtime is 7pm, Thursday, September 14th at Lyndon Institute Auditorium. Jarosz blends folk, bluegrass, country, and Americana influences, employing an understated elegance that evokes intimacy and simplicity.

The New York-based Aquila Theater will return to St. Johnsbury's Fuller Hall at 7pm, Saturday, October 14th, with an acclaimed performance of Jane Austen's romantic comedy, "Sense and Sensibility." The story revolves around the lives of two sisters, Elinor, who

is level-headed and full of sense, and the hopelessly romantic Marianne.

Grammy-winning Cape Breton fiddler Natalie McMaster will return to St. Johnsbury's Fuller Hall at 7pm, Thursday, November 30th for a special holiday concert performed with her husband Donnell Leahy.

The Choir of Clare College, Cambridge, England will also perform a seasonal offering, "Of One That Is Fair and Bright," of choral music dating back to the 16th century.

2018 will get off to a sizzling start when The Hot Sardines perform at 7pm, Friday, January 19th at St. Johnsbury Academy's Fuller Hall. Fueled by the belief that classic jazz feeds

the heart and soul, the Hot Sardines are on a mission to make old sounds new again and prove that joyful music can bring people together in a disconnected world.

Ballet Jazz of Montreal will perform at 7pm, Tuesday, February 6th at Lyndon Institute Auditorium. This internationally renowned troupe blends ballet, modern and street dance in a delicious blend of hip, funky moves infused with energy, humor and imagination.

The Dublin Irish Dancers will perform their music and dance show, "Stepping Out" at 7pm, Thursday, March 8th at Fuller Hall. The show is choreographed by Anthony Fallon who was, for 12 years, the principal dancer for Riverdance.

Apollo's Fire will perform its "Bach's Coffeehouse" program at 7pm, Tuesday, March 20th at Fuller Hall - just three days before they play Carnegie Hall.

The Jennifer Hartwick Band will close the regular season at 7pm, Saturday, April 7th at Fuller Hall, St. Johnsbury Academy. Northeast Kingdom native Hartwick is a consummate performer, thrilling audiences as a vocalist, trumpeter, composer, lyricist and educator.

Tickets and season passes are available at the Catamount Arts Box Office at 115 Eastern Avenue in St. Johnsbury or by calling 802-748-2600. Online sales are available at www.kcppresents.org. Student tickets are free to all shows, except dance, and all ticket buyers save 20% on purchases made up to 30 days in advance.

KCP Presents is produced by Catamount Arts working in association with Kingdom County Productions and with support from generous sponsors, donors, and grants from the Vermont Arts Council and the National Endowment for the Arts. Media sponsors Vermont Public Radio and Vermont Broadcast Associates provide key underwriting support. For more information contact series curator Jay Craven (jcraven@marlboro.edu)

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Jean's Playhouse presents You're A Good Man, Charlie Brown

Happiness is... going to see You're a Good Man, Charlie Brown at Jean's Playhouse!

Join Charlie Brown and all your favorite characters as the Peanuts gang jumps right off the page of the Sunday Comics! Based on the characters created by Charles M. Schulz with music and lyrics by Clark Gesner and additional music/orchestrations by Andrew Lipka, this musical comedy is sure to delight and entertain audiences of all ages. The story centers on that loveable loser, Charlie Brown and the gang as they take you through an average day in their lives. Join in the fun as the kids go to school, fly kites, and discover the true meaning of happiness.

You're a Good Man, Charlie Brown opens at Jean's Playhouse on Wednesday, August 23rd, at 7:30m. Performances run until September 9th with shows on Tuesday, Thursday, Friday and Saturday evenings at 7:30

and Wednesday Matinee's at 2pm. Be sure to Join us on Wednesday, August, 30th for a talk back with the actors and members of the production team following our 2pm Matinee! We hope to see you soon!

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

Come join us this fall for Six Dance Lessons in Six Weeks, playing September 21-30. An aging but formidable retiree hires an acerbic dance instructor to give her lessons in her condo in St. Petersburg Beach, Florida. Antagonism between the gay man and the wife of a Southern Baptist minister gives way to profound compatibility as they swing dance, tango, foxtrot and cha-cha.

And rounding out our 31st professional main stage the-

atre season is I and You, playing October 5-14. Anthony arrives unexpectedly at his classmate Caroline's door with a beat-up copy of Walt Whitman's Leaves of Grass and an urgent assignment from their English teacher. Homebound due to illness, Caroline hasn't been to school in months, but she is quick and sardonic, at odds with Anthony, who is athletic, sensitive and popular.

Jean's Playhouse is a non-profit performing arts center that operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the sum-

mer 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 or call 603-745-2141 for more information.



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Saturday, Septmeber 2, 2017

9:00 am - 2:00 pm

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WELCOME CENTER -- WRAP's Bake Sale -

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Cohase Rotary Club, - Wisdom Stoves -
NewburyConnect (free drawing) -
Newbury Historical Society - Test your Knowledge of Wells River history and win a prize,
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Virginia Ruth Elms - OBITUARY

North Haverhill, NH- Virginia Ruth Elms, 91, formerly of Petticoat Lane, died on Thursday, August 10, 2017, at the Grafton County Nursing Home in North Haverhill. Virginia was born on October 14, 1925, in Medfield, MA, to Fred and Sarah (MacQueen) Hicks. On August 2, 1944, she married Charles V. "Chuck" Elms, Jr. and together they owned and operated their dairy farm, the Elms Farm.

Virginia was a member of the Worldwide Church of God and the White Mountain Riding Club. For three years, she served as a member of the Haverhill School Board. She was a former director of the North Haverhill Fair Association. As a lover of horses, she organized the horse show at the fair for many years. She was the 4-H horse project leader for the Bob-O-Link 4-H group along with being a Girl Scout leader. In her younger years she showed Corgi dogs. Virginia enjoyed gardening, was a talented seamstress, having made lot of school clothes over the years, and was a great cook. In her spare time, she also did knitting crocheting, painting and leathermaking.

She was predeceased by her husband, Charles V. "Chuck" Elms, Jr., on October 4, 1993, and her brother, Fred Hicks, Jr.

Virginia is survived by her daughter, Evelyn J. "Bunny" Elms, and her son, Charles V. "Butch" Elms, III and April, both of North Haverhill, a sister in law Edna Elms of Tucson, AZ, along with nieces and a nephew, Kimberly

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There will be no calling hours.

A graveside service was to be held on Friday, August 18, at 10 AM, in Horse Meadow Cemetery, Horsemeadow Road, North Haverhill, with Father William Watts, officiating.

Should friends desire, memorial contributions can be made to the charity of one's choice.

For more information or to offer an online condolence, please visit www.rick-



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

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<p>Special Interest Ford 9N Tractors (4) Ford 8N Tractor '16 Polaris Sportsman 450, 4x4 '72 Oldsmobile Cutlass</p>	<p>'09 Chevy HHR '09 Chevy Impala '09 Saturn Aura '09 Toyota Rav 4 '08 BMW 535 '08 Dodge Avenger '08 Dodge Ram 1500 '08 Suzuki SX4 '08 Toyota Yaris '07 Chevy Malibu '07 Chrysler Sebring '07 Ford Explorer '07 Mazda 3 '07 Saturn Ion</p>	<p>'07 Subaru Forester '07 Subaru Impreza '07 Toyota Corolla '07 Toyota Sienna '07 Volvo XC90 '06 Chevy Equinox '06 Chevy TrailBlazer '06 Ford Focus ZX4 '06 Jeep GR Cherokee '06 Kia Sedona '06 Lexus RX 400h '06 Mazda MPV & MORE! Partial List, Subject to Change</p>
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Baldwin Memorial Library – 6th Annual Fall Fundraiser

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 August 22, 2017
 Volume 8 Number 23

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Can You Save for College and Retirement?

Few of us have unlimited financial resources — which means that almost all of us need to prioritize our financial goals. Consequently, you'll have some decisions to make if you'd like to help pay for your children's college educations someday while, at the same time, saving for your own retirement.

Your first step in addressing these objectives is to maintain realistic expectations. Consider the issue of paying for college. Right now, the average four-year cost (tuition, fees, room and board) is about \$80,000 for in-state students at public universities and approximately \$180,000 for private schools, according to the College Board. And these costs are likely to keep rising in the years ahead. Can you save this much for your kids' education?

Instead of committing yourself to putting away this type of money, take a holistic approach to saving for your children's higher education. After all, you probably won't be the only one to help pay for college. Depending on your income and assets, your family might be eligible for some needs-based financial

aid awarded by the college. Also, you should encourage your children to apply for as many scholarships as possible — but keep in mind that most scholarships don't provide a "full ride." Here's the bottom line: Don't assume you will receive so much aid that you don't need to save for college at all, but don't burden yourself with the expectation that you need to pick up the full tab for your children's schooling.

On a practical level, you may want to commit to putting a certain amount per month into a college savings vehicle, such as a 529 plan. You can generally invest in the 529 plan offered by most states, but in some cases, you may be eligible for a state income tax incentive. Also, all withdrawals from 529 plans will be free from federal income taxes, as long as the money is used for a qualified college or graduate school expense of the beneficiary you've named. (Withdrawals for expenses other than qualified education expenditures may be subject to federal and state taxes and a 10% penalty on the earnings.)

By starting your 529 plan early, when your children are young, you'll give the investments within the plan more time to grow. Plus, you can make smaller contribu-

tions on a regular basis, rather than come up with big lump sums later on. And by following this approach, you may be in a better financial position for investing in your IRA and your 401(k) or other employer-sponsored retirement plan. Obviously, it's to your benefit to contribute as much as you can to these plans, which offer tax advantages and a wide range of investment options. If you're investing in a 401(k) or similar employer-backed plan, try to boost your contributions every time your salary increases. At the very least, always put in enough to earn your employer's matching contribution, if one is offered.

And once your children are through with college, you can discontinue saving in your 529 plan (although you may want to open another one in the future for your grandchildren) and devote more money to your retirement accounts.

It can certainly be challenging to save for education and retirement — but with discipline and perseverance, it can be done. So, give it the "old college try."

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



Josh Simonds of Face First Solutions Shares His Marketing Expertise at WREN!

Bethlehem, NH - Are you looking to sharpen your marketing skills for your business in a low key, informative platform that is sure to help take your business to the next level? Join Josh Simonds of Face First Solutions, both a knowledgeable and easy going instructor and manager of dozens of social media accounts, in any of five different workshops that he will lead at WREN in Bethlehem during the month of September.

The ever popular Facebook Boot Camps Parts I & II will take place on September 11th and 13th, respectively, from 6-8pm at WREN in Bethlehem where attendees can expect a lively instruction period and learning tips and tricks to make navigating the social media site

a snap, attracting new clients and customers to your site!

On Monday, September 18th from 6-8pm, Josh is back in Bethlehem to lead a workshop on understanding and using Instagram, a powerful social media program that can be an important tool to help you connect directly with your customers online. Get an overview of the many ways you can share videos and photos to bring attention and growth to your business.

Everyone knows about Twitter these days, and on Wednesday, September 20th from 6-8pm Josh will share his expertise regarding hash tags, tweets, and followers with students who can use that information to help promote their business's brand, generating leads.

Finally, on Thursday, September 21st from 6-8pm, Josh will be on hand

to give an overview of Email Marketing with MailChimp, a web based email marketing service. In this class, students will learn to import and create lists, create engaging newsletters, learn how to sell your products via email, and create campaigns that will convert clicks into cash.

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

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The North Country Longspurs will be holding their 21st Annual NWTF JAKES EVENT on Saturday, September 16th

It will be held at the Bunnell Camp in Passumpsic, VT. Registration starts at 7 am and ending at 3:30 pm.

All participants between the ages of 7 to 17 will take part in learning stations and activities. Regular JAKES are 7 to 12 and X-Tremes are 13 to 17. Regular JAKES will have learning stations such as pond life, BB gun shooting, fishing techniques, archery, forestry walk and kayaking. X-Treme JAKES will participate in learning stations such as shotgun shooting, map and compass, turkey hunting tactics and first aid. There will be a presentation by a draft horse team after lunch.

The registration fee is \$15 per youth. This includes membership to either regular JAKES or X-Treme JAKES quarterly magazine, lunch, goodie bag, and all activities. Parents are asked to contribute \$2 each towards lunch costs.

For a registration form, contact Colleen Racenet at 802-535-7459, or go to our website, northcountrylongspurs.com. Like us on Facebook!

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3-Attraction Pass Sale Extended Thru Sept. 1

Lincoln, NH – The Hobo Railroad in Lincoln, NH announced today that the sale and use of the popular 3-attraction Family Fun Pass which includes an 80-minute ride aboard the Hobo Railroad, a round of miniature golf at nearby Hobo Hills Adventure Golf and all-day access to Clark's Trading Post has been extended through Friday, September 1, 2017.

The 3-attraction pass was created in 2016 and immediately became popular with those vacationing in the Lincoln-Woodstock area – primarily because it offers quite a savings and it doesn't have to be used in one day. Family Fun Pass users can spread the use of their passes over the time they're in the area by enjoying a train ride at the Hobo Railroad one day, maybe a round of miniature golf at Hobo Hills Adventure Golf after dinner one evening and then spending another day at Clark's Trading Post – all for only \$39.95 per person for ages 4 and up. Available exclusively through the Hobo Railroad, the sale and use of the 3-attraction Family Fun Pass has been extended through Friday, September 1, 2017.

"After speaking with our Family Fun Pass partners,

Hobo Hills Adventure Golf and Clark's Trading Post, we agreed to extend the use of this year's Pass from Sunday, August 27th to Friday, September 1, 2017", stated Paul Giblin, Director of Marketing & Business Development for the Hobo Railroad. "The last week of August can be one of the nicest and most enjoyable weeks of Summer so it really made sense for us to extend the sale and use of the Family Fun Pass an additional week for those who will be in the area."

The Hobo Railroad is conveniently located at 64 Railroad street in Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds. Hobo Junction Station is currently open daily from 10:00am to 4:30pm.

For more information regarding the Family Fun Pass, visit www.HoboRR.com or call 603-745-2135.

Coalition Formed to Keep Woodsville Schools Open

HAVERHILL, NH – Concerned citizens, along with current and former students, came together recently to discuss funding needed for upgrades and updates at Woodsville Elementary School and Woodsville High School. Out of these discussions, the Keep Woodsville Open Coalition was formed and currently includes local citizens, students, alumni, and business owners. Their mission is to keep Woodsville schools open and Woodsville students in town.

Based on possible plans the group had heard from the school board regarding moving students out of the state, coalition members felt it was time to be sure all the facts were available before voting on such a drastic measure.

They had heard a lot of promises about the savings that came with such a move, but hadn't seen any studies to back them up. What was clear to them all was that taxpayers would still be

paying to educate students no matter where they were sent.

Sending students out of state means people not from Haverhill will be deciding how much it costs to educate Woodsville students and sending the bill to the town.

Questions like the cost of busing students out of state, and which state education standards apply to Woodsville students remain unanswered. The coalition believes there are just too many unknowns at this point.

"People have always seen the value of a quality education. The great American workforce is built upon a quality education. We all know that very, very few of us can afford the cost of a K-12 education on our own, so for more than 100 years, communities have promised to share the cost of educating our students," said Linda Blake, retired Woodsville Elementary School teacher.

"Public education is built on the idea that the value of an education is so great for our children and our future, that we all promise to share in its cost - even if our children are no longer in school."

Coalition members want to be sure that the town does what's best for Woodsville students. Public education is based on local, public control in New Hampshire. Sending students to out-of-state schools robs Woodsville parents and taxpayers of that control, and robs Woodsville schools and community of vital funding and resources.

The group has established a Facebook page (Keep Woodsville Open) and website (keepwoodsvilopen.com) to encourage dialog and provide information. They are also encouraging everyone to attend the September 11 School Board meeting at 6pm at Woodsville High School.

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THEN AND NOW

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



The building on the corner of Creamery and Main in Wells River was built in 1828. Although first used as a tannery, it very soon became a general store, through the years operated by men well known in the village, such as Timothy Shedd, A. T. Baldwin, Franklin Deming, S.E. Clark and W. B. Clark. The era as a general store ended in 1966, when Wendell Clark closed the IGA Store. From 1861 until 1886, the Post Office was in Franklin Deming's store - he was the postmaster. The building ownership changed when Wendell Clark deeded the building to the Masonic Lodge, which had long occupied the second floor. The building has remained a mercantile operation to this day, an antique store run by Harley Kaiser in the late 1960's and early 1970's, later a gift shop, then a business supply store run by Steve Ross and now the "Copies & More" establishment operated by Glenda Hoffman.

So for over 180 years this building has been a landmark in appearance on Wells River's Main Street, and has contained a merchant serving the needs of folks from the surrounding area.

Information supplied by Hod Symes, author of THE "CROSS-ROAD" A History of Wells River, Vermont

Bath Grange honors Sugar Hill Police Chief Wentworth

Recently Pine Grove Grange of Bath honored Sugar Hill Police Chief David Wentworth for his Law Enforcement service. Members from Mt Hope Grange #77 of Landaff, Blow-Me-Down Grange #234 of Plainfield, Winthrop Grange #315 of Shelburne and a few special guests joined Pine Grove Grange #298 for the presentation at the Grange's annual picnic held at the Inn at Sunset Hill in Sugar Hill on August 7.

Chief Wentworth was sent to the picnic on a ruse; to be surprised by this well-deserved recognition. Each year, Granges around the state choose to honor a member of Law Enforcement for their service to their communities. Pine Grove Grange selected Sugar Hill's Chief David Wentworth as their 2017 Law Enforcement Officer of the Year.

Chief David Wentworth is a local man, graduating from Lisbon High School in 1982. He joined the Air Force, serving in Law Enforcement Canine from 1982 to 1990. In 1991, he returned to the area as a Police Officer for Littleton Police Department.

In 2003, David Wentworth was hired in Sugar Hill by Police Chief Jose Pequeno. When Chief Pequeno was in Iraq with the NH Army National Guard, Sgt. David Wentworth stepped in as acting Chief. In August 2007, after Chief Pequeno's debil-

itating injuries prevented his return, Sgt. Wentworth was promoted to Sugar Hill's Police Chief. Chief Wentworth also currently works part-time with the Grafton County Sheriff's Department.

Earlier this year, Chief Wentworth took personal vacation time to assist former Chief Pequeno in Florida; making life easier for Jose's family. Over the years, Chief Wentworth has spent time assisting former Chief Pequeno and his family. This friendship is just one example of Chief Wentworth's love for his community. He is a wonderful and dedicated employee of the Town of Sugar Hill; obvious through his daily dealings with residents and visitors.

He endeavors to work with residents and local businesses to provide the needed services that they identify. Recently, when work on Route 18 blocked easy access to a Sugar Hill business, Chief Wentworth made sure that extra detour signs were in the proper places. He has put a program in place to visit residents that live alone; a welfare check that is much more like a visit. He knows the Sugar Hill area residents by name and many count him as a good friend, knowing that he is always just a phone call away.

During the busy Lupine (June) and Autumn Foliage seasons, Chief Wentworth spends extra time ensuring

that locals, tourists, photographers and landowners are safe and protected in the Sugar Hill area. He puts in extra time during the town's annual celebration weekends, caring both for participants and visitors. In recent years he identified a need and allocated a paved parking area for motorcycles. When a visiting auto club came, he not only provided a safe place for their classic cars but assisted when they arrived.

Chief Wentworth works closely with the school community, both at Lafayette Regional (K-6) and Profile Regional (7-12). Bike safety, reading to the children and lunch at school are just some of the activities that bring him closer to the students. Often during the year, you will see Chief Wentworth visiting with a young child and both of them exploring the Police vehicle.

At Profile High School, Chief Wentworth has been an exceptional mentor to young men and women interested in law enforcement. He spearheaded the internship program in Sugar Hill as well as mentoring and supporting Franconia's program. In the process of building this successful program, Chief Wentworth created a rigorous, authentic interview protocol and designed a diverse internship experience. He molds his focus to the needs and interests of each intern and works closely with the Profile staff.

Chief Wentworth has many years of community service with the Above the Notch Humane Society not only as a volunteer but as a board member and past president of this non-profit organization. His expertise in handling dogs was an asset as he dealt with cruelty



August 7: Sugar Hill Police Chief David Wentworth receiving Grange Law Enforcement Officer of the Year award from Pine Grove Grange #298 Master, Linda Lauer.

and abandonment calls. He gave freely of his personal time to drive dogs to where they needed to be. His sensitivity enabled him to assist people through the hard issues, like surrendering an animal. Chief Wentworth has his own dog training business and upon his retirement in September, he will spend more time dog-training (and also fishing).

Chief Wentworth's love for the community and area is evident by his participation in the annual Special Olympics Law Enforcement Torch Run and by his participation in many local

non-profit events, including being dunked several times in ice water for the ALS Ice Bucket Challenge. Most of the community is unaware of all he does because he does it quietly behind the scenes.

The Grange, established in 1867, has a strong tradition of community service. Pine Grove Grange #298 has members from several area towns and is very pleased and honored to recognize Chief David Wentworth for his service, not only as a Law Enforcement Officer but as a member of the communities he has chosen to serve.

Emergency Conservation Program (ECP) Signup Announced

A heavy rain/flash flooding event that occurred on July 1, 2017 has caused severe damage in some areas of Grafton County. Farmland suffering severe damage may be eligible for assistance under the Emergency Conservation Program (ECP) administered by the Grafton County Farm Service Agency (FSA) Office.

Qualifying damage includes damage that:

- will be so costly to rehabilitate that Federal assistance is or will be needed to return the land to productive agricultural use,
- is unusual and is not the type that would recur frequently in the same area,
- will affect the productive capacity of the farmland,
- will impair or endanger the land.

A producer qualifying for ECP assistance may receive cost-share levels not to exceed 75 percent of the eligible cost of restoration measures. No producer is eligible for more than \$200,000 cost sharing per natural disaster occurrence. The following types of measures may be eligible:

- removing debris from farmland
- grading, shaping, or releveling severely damaged farmland

- restoring conservation structures and other similar installations

PRODUCERS WHO MAY HAVE SUFFERED LOSSES FROM THE FLOOD/SEVERE RUNOFF THAT TOOK PLACE ON JULY 1, 2017 MAY CONTACT THE GRAFTON COUNTY FARM SERVICE AGENCY OFFICE AND REQUEST ASSISTANCE.

THE SIGN UP PERIOD IS FROM AUGUST 10, 2017 TO SEPTEMBER 11, 2017.

To be eligible for assistance, practices must not be started until all of the following are met:

- an application for cost-share assistance has been filed,
- the Grafton FSA County Committee (COC) or its representative has conducted an onsite inspection of the damaged area,
- the Agency responsible for technical assistance, such as the Natural Resource Conservation Service (NRCS), has made a needs determination, which may include cubic yards of earthmoving, etc., required for rehabilitation.

For more information about ECP, please contact the Grafton County FSA Office at 603-353-4650 (ext. 2) or visit www.fsa.usda.gov/sc.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.



TRENDY TIMES

A FREE PUBLICATION

Letter to the Editor

To the editor,

Most people care about wildlife and assume that the Vermont Fish & Wildlife (VFW) Department is working to protect all wildlife on behalf of all Vermonters. Some biologists are doing important work, but other folks at VFW are only working on behalf of hunters, trappers, and anglers. VFW should be working to protect wildlife for their own sake – especially during spring and summer months when wild animals have young and should not be killed. Sadly, a lot of so-called “nuisance” animals are killed outside of hunt-

ing and trapping seasons. Killing them may also result in the deaths of more wild animals, as young animals can be orphaned.

Furthermore, the “nuisance” behavior – seeking food or a den site or building a dam to create a pond - may simply be an animal’s attempt to care for her young. Killing a “nuisance” animal won’t prevent another animal from engaging in the same behavior, either.

To make matters worse, VFW does not regulate “nuisance” trapping, so they don’t know how many animals are killed, where, why, whether the problem

was solved, or any biological information about those animals. For an agency that should base its decisions on science, that’s pretty unscientific.

Fortunately, there is a group of people working to protect wildlife in Vermont. Protect Our Wildlife (POW) is a non-profit organization that has secured grant funding for a new “Living With Wildlife” campaign to help municipalities and the public humanely address wildlife conflicts; you can learn more online at www.protectourwildlifevt.org/conflicts.

Sincerely, Linda Huebner

Linda,

As I have probably written before, I am a proud native of this area. Being born and brought up here I have had plenty of exposure to hunting and fishing during my lifetime. I am not a hunter myself, though I was somewhat for a short time. I like to fish, but seldom find the time to do so. I make these points in order to say that we all have a certain amount of history with wildlife, good or bad, extensive or very narrow, from which we form our opinions.

I also want to say that I firmly believe that the more information you have, the better conclusion you can form, and therefore a better decision can be made. This is true whether it be regarding wildlife, politics, or just everyday

decisions.

Vermont and New Hampshire are very lucky to have as much forested, and open, land as we have. There are many reasons for this fact, but the end product is that we share much of our land with wildlife. That means that we must be able to cohabitate with wildlife in many of those areas. After all, they were here long before we were.

My bottom line will still be, get as much information as possible to make a reasonable decision that works for as many as possible. Just remember, as the saying goes, “You can’t please everyone.”

Gary Scruton, Editor

Letter to the Editor

To the editor,

“I was as harsh as anyone on President Barack Obama for his “obstinate” refusal to acknowledge Islamic Terrorism. Trump beat that drum incessantly. Evil should be named, and failure to publicly address terrorism makes it harder to stop. “GB. UL..

To compare Donald Trump to BO is frightening. BO did not call ALL Muslims, “Islamic Terrorist,” as did Donald Trump. BO, did, with the help of our military, and Muslim friends, did get Bin Ladin, “A Islamic Terrorist” as well as several others.

Not all people of Islam, are, Muslim Terrorist any more than “All Christians, Jews, are KKK, White Supremacist, Nazi’s ,Alt-right, Tea Party groups, are “Terrorist”. To think or say they are, is an insult and absolutely prejudice

and racist. Think on that. Am I _____. If you have to ask, you have answered your question. YOU ARE! Now it’s time for healing. Unless you’re Happy with being one!

People want to know.

Donald Trump had a calling, from his first day of Campaigning to bring down POTUS B.O. Why was DT jealous of BO? BO was NOT born with a Gold Spoon, nor a silver one. Why did DT insult every Republican candidate running for POTUS, threaten of them? Why does DT threaten his members of his cabinet? Why are members of Congress scared of offending DT. Is it like the “Wrath of Trump”. Why does DT insult every country DT visits? Why do some people of other countries ask, “Do you like your POTUS DT?” Why do some people of the USA put their TV on “mute” when

DT speaks? Why do some people of the USA “turn the TV off or switch channels “ when POTUS DT speaks? Do we find him obnoxious? Why does DT support our “graves enemy Vladimir Putin?” Why did DT since 1984 glory in the use of a “nuclear bomb”? “Why not use them, we have them?” DT. Why did DT say if Hilliary wins, use the 2nd amendment. Why do some people think DT has an emotional problem? Afraid he has the controls to the famous “RED BUT-TON!”

Start a New Column “People Want To Know.” Maybe you well get an answer to WHY?

Why hasn’t the News Media ever said anything nice or positive about Barack Obama.?

Nancy Leclerc
North Woodstock, NH

Nancy,

I do believe that our elected president is, indeed, our elected president, or as you say, POTUS. And having reached that elected office he should receive the respect reserved for that position. The same is true for all past presidents.

I also believe that as time goes on history will be a better judge of what is happening now, and what has happened in the past.

An example would be that especially recently there are those who may question some of our founding fathers for the fact that they owned

slaves. This was, during their time, the normal and accepted practice. Was it right? Certainly not in the world we now live. But the fact remains that they did what they did. But does that reduce their accomplishments? Do we tear up our Constitution and/or Declaration of Independence because they helped write it? I don’t think so.

Times change. Attitudes differ. But this form of government is the best we have right now, so let’s not destroy it.

Gary Scruton, Editor

Letter to the Editor

To The Editor -

SMASHING FLIES, QUASHING FIRES

I once knew a man who tried to kill houseflies with a ten-pound sledge.

He didn’t hit ‘em very often but he sure did a hell of lot of damage trying. He’d heft up that heavy metal and swing it around in wild arcs, crashing into wooden doors, splintering door jambs, smashing windows to smithereens, gouging holes in his walls, sounding like a wrecking ball at work. There’s no doubt that when he managed to land that hammer on a fly, he pulverized it into a black and red mist but he damn near tore down his house doing it. And on a regular basis, that sledge would glance off a surface and come bouncing back to him, crushing a toe, or fracturing an elbow, or bloodying his nose, messing up his carefully crafted hair.

This is the same guy who repeatedly tried to extinguish fires in his backyard by hurling gasoline onto them. He’d engage in a frantic dance around those fires, flinging the gas around and he burned himself regularly, singeing that mussed up hair. And the

Robert,

This person you are describing sounds like a very dangerous person. Not only to himself, but also to those near by.

My advice? Keep a close eye on him. When he is calm, try to explain to him that his actions are not helping, but are actually making the issue worse. When he is swinging around that sledge, or spraying around gasoline, step back a bit so you don’t get hurt immediately, but close enough to keep the flames in check, or to prop up a wall before it collapses.

You do not describe an easy situation. And as you said it will take the community as a whole to create a long lasting adjustment. Let us all hope that a solution is found before major damage is done.

Gary Scruton, Editor

whole time, swinging metal or slinging gas, he was raving out loud that it was not his fault, that someone else had let those flies into his house, that someone else had started those fires. He ignored the facts - the flies buzzed into his house through the windows that he himself had broken. Those many fires he tried to put out by pouring gas onto them, those were the fires he had started himself a couple of hours or days ago.

I don’t mind telling you that most of us observing this daily even hourly self-destructive behavior were convinced that this guy was more than a little coo-coo boy crazy. Trump reminds me of this guy.

None of us could slow down this other guy, the one I just described to you, - because he out-ranked us all individually, but the entire neighborhood could work together in self-preservation, so we always had fire-suppressant handy, and emergency services on call so he would not kill himself or burn down his house and our entire neighborhood.

Robert Roudebush
North Haverhill, NH

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What About Ma?

by Kellie Quackenbush

Shuffles

My coworker shared the story of "Shuffles"--her mother in law, a very social lady in her life. After the loss of her husband, she was alone. The good intentions of her friends--being sympathetic and giving her looks of "pity" wore her out. She began to isolate herself.

The nearby son (my coworker's husband) helped her pay the mounting bills. A widow's Social Security check does not pay very much. A plan to build an addition to his home for her to live in was made. The stress of the sudden changes in her life made the mother-in-law sick, a flu-like illness. When she recovered, she was not confident on her feet so she got a walker to help with her balance.

Using a walker, her normal walking had changed, she was more fearful. She stopped trying to improve. After a time, she was not picking her feet up and walking but instead doing a slow shuffle across the floor. The sound of her shuffling feet could be heard through the house and some family quietly nicknamed her "Shuffles".

As we enter our 50's, physical limitations start to present. Knee pains, back pains and arthritis in the joints tend to make us stiff and slow down. Rather than ignore these "minor" aches and pains, this is the time to take action. We do not want

to become a "Shuffles". Talk with your doctor and barring an injury that requires surgery--Get to a physical therapist that can assist with your body mechanics. Do the recommended body movements.

Physical therapy is covered by most health insurance programs, use your benefits. A visit with a dietician can put you on the right path to good nutrition and better health. Developing a daily workout routine can also help prevent a decline. Local recreation centers and senior centers have classes at a low cost, a great class found at Horsemeadows is called "Bonebuilders".

The local gym or health center provide classes as well as workout equipment. If you need more direction in your efforts, some gyms have personal trainers who will work with you for a fee. There are solutions available to be used so that you never become a "shuffles".

Best recommendations, call your health insurance carrier to see what they will help pay for to maintain your good health. Call your local gym to find out class schedules and what other services they can provide. Look into the local senior center to find out what services you might be able to take advantage of. Keep going, be assertive in protecting your golden years.

RiverWalk for MS: September 9

The Fourth Annual RiverWalk for MS hosted by the First Congregational Church of Littleton will be held on Saturday, September 9, 2017 at 9:00 am. Sponsored jointly by the Community Outreach Group and the Christian Education Committee, Kim Smith, CE Director, says, "At the First Congregational Church we discovered that just within our small community church, many lives had been affected by Multiple Sclerosis and we wanted to make a difference." Multiple Sclerosis is a disease that affects many in the community so we are raising money for the National MS Society which addresses the challenges of people affected by MS by funding cutting edge research, driving change through advocacy, facilitating professional education, collaborating with MS organizations around the world, and providing programs and services designed to help people with MS and their families move their lives forward.

This will be a fun walk for all ages and abilities that will start from the church and proceed down the Main Street of Littleton and then down to the RiverWalk area before circling back to the church. You can register at any time between 9 am and 11 am and complete one of three loops (just under a mile) as many times as you wish with a photo scavenger hunt for the children (and the children at heart!). Refreshments are provided for all walkers and MS hats and t-shirts will be distributed to help raise awareness while supplies last. If you already have one, please wear it that day. Registration forms are available at the church on the day of the walk or you

can go to <http://1stconglittleton.org> for more information or find them on Facebook - Littleton, NH RiverWalk for MS.

All proceeds go directly to the National MS Society. In 2016, through the efforts of such a great community, the church was able to raise over \$4,100! Over the last 3 years, our community has raised over \$9,000 for the National MS Society and had a lot of fun! This year's goal is \$5,000, but to accomplish this, we need YOU to help raise awareness and show support for those in the community affected by MS. There are two very simple ways that you can help. The first is to mark your calendar and join them! The second is to encourage others to come along, either to walk or to feel the support of the community.

The First Congregational Church of Littleton, UCC is located at 189 Main Street in Littleton, NH. The church was established in 1803 and moved to its present location in 1833. Regular Sunday services are at 10:00 a.m. with Reverend David Weddington. The church has a vibrant music program which includes integrating choir music into worship ten months of the year, guest musicians during the sum-

mer months, and long-time participation in the Ecumenical Choir Festival. The church also offers Christian education/Bible study programs for youth and adults. The church has been a participant in the Dinner Bell community meal program for many years, and has been as a major donor to the food cupboard managed by All Saints Episcopal Church. Another very important mission of the church is the Shining Lights Learning Center, opened in 2006, which has the mission of providing affordable child care and learning in a Christian setting. Currently under the directorship of Melissa Kam, the center has an average enrollment of 33 children in toddler and preschool programs.

Next up? Mark your calendar for the 38th Annual Harvest Supper, which has become an autumn highlight for both local residents and visitors from afar, will take place on Saturday, October 7th from 5pm to 7pm and offers delicious fare at a bargain price. This is a wonderful opportunity to enjoy good food and good fellowship with friends and family at the First Congregational Church. All are welcome!

A Veterans Thank You

As a Vietnam Veteran I wish to thank the citizens of our great country not only for myself but also on behalf of all those who have served or are now serving in uniform whether on Active Duty, in the National Guard or Reserves. After so many years with little recognition or respect, especially for Korean and Vietnam Vets, it is heartwarming to be thanked for our service to our country. The attention and applause received by service

men and women in parades, at public gatherings, the welcome home ceremonies, and most recently the outpouring of support for Veterans and especially Vietnam Veterans at the Red Sox game has been overwhelming and greatly appreciated. Thank You friends, family, and fellow Americans for your support.

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Mental Alertness, Depression & Senility

Depression is a whole-body illness, one that affects the body, nervous system, moods, thoughts and behavior. It affects the way you eat and sleep, the way you feel about yourself, and the way you react to and think about the people and things around you. Symptoms can last for weeks, months or years. The causes of depression are not fully understood, but they are probably many and varied. Depression may be triggered by tension, stress, a traumatic life event, an over-stimulated immune system, chemical imbalances in the brain, thyroid disorders, nutritional deficiencies, poor diet, the consumption of sugar, mononucleosis, lack of exercise, endometriosis, any serious physical disorder, or even allergies. One of the most common causes of depression is food allergies. Hypoglycemia (low blood sugar) is another common cause of depression. Heredity is a significant factor in this disorder. In up to 50 percent of people suffering from recurrent episodes of depression, one or both of the parents also experienced depression. Heredity is DNA and also "learned behavior."

The herbs in this formula are to help younger, healthy individuals improve the efficiency of their mental faculties, to prevent the onset of senile brain damage, to arrest any degeneration in progress, or delay its onset

as long as possible, to help healthy tissue compensate for deficiencies, and secondarily, to curb irritability, hypersensitivity...easing depression naturally. This formula increases healthy arterial and venous circulation, and improves the general health of the nervous system and the rest of the body, especially the adrenal system. These herbs provide circulation to the cells of the brain, nurture nerves, calm irritability, impart restfulness and clarity of mind to increase mental capabilities.

PEPPERMINT, LEAF: (Mentha Piperita), An effective body cleanser and toner, promotes relaxation, and may be used for all kinds of aches and pains; as a specific in almost every digestive, colon cleansing and bowel combination, to control gas, bloating, flatulence, nausea, diarrhea, ulcerative colitis and Crohn's disease; as a nervine for migraine headaches, anxiety and tension; as part of a circulatory tonic. Nutrients: Calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & E.

SIBERIAN GINSENG: (Eleutherococcus Senticosus), Used in all tonic and energy formulas as a combatant to depression and fatigue, especially in rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to

increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function.

SCULLCAP HERB: (Scutellaria Lateriflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Scullcap affects mental abilities by removing the nervous tension that often interferes with learning, recall, logical thinking and memory formation. Nutrients: calcium, iron, magnesium, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

WOOD BETONY HERB: (Stachys Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain; as part of a headache, migraine or nervous tension pain formula; in the treatment of neuralgia; as a relaxant in a stress formula. Nutrients: choline, magnesium, manganese, phosphorus.

GOTU KOLA HERB: (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health; as a spe-

cific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out"; in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

MIMOSA BARK: (Albizia Julibrissen), is collectively known as the "Happiness Bark" because it is used traditionally as a general anti-depressant. Albizia is thought to enhance all aspects of neurotransmitter secretion and regulation; thus reducing all symptoms of depression; treats internal and external inflammation.

PANAX GINSENG: (Panax Quinquefolium), The

most effective of all tonic herbs, Ginseng has measurable amounts of germanium, and can provide stimulation to all body systems, allowing rebuilding from stress, fatigue, inherent weakness, and nutritional deficiencies. Ginseng is a stimulant for brain and memory centers. Nutrients: Calcium, choline, fiber, folate, iron, magnesium, manganese, phosphorus, potassium, silicon, zinc. Vitamins B1, B2, B3, B5 & C.

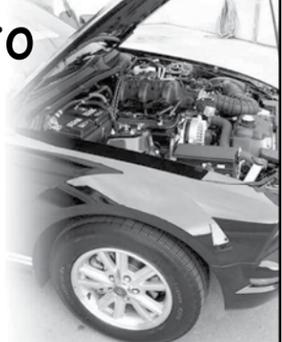
Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
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Ambrosia the CIN Pin way

Hello Hello my fellow chefs! Today's recipe is a delicious easy dessert called Ambrosia. According to the dictionary Ambrosia means the food of the god's, anything that tastes or smells delicious. Well this recipe tastes so delicious, so refreshing and scrumptious, it definitely is fit for a king. The way to a great relationship is through the stomach!!! My first recipe was soup, my second recipe was rice salad, the third was an entrée of chicken, now we get to the dessert. Do you know that desserts spelled backwards is STRESSED!!! But no need to get stressed about making this easy no stress dessert. There are many versions of Ambrosia, this is my twist on an old favorite, stress free.

Ambrosia the CIN Pin way

- 1 large can 30 oz. Fruit cocktail (Drained very well)
- 1 small 8 oz. Can crushed pineapple (Drained very well)
- 1 12 oz. Can Mandarin orange segments (Drained very well)
- 1 fresh apple - your choice - I used Macintosh but Granny Smith's are good to. Cut into small cubes (I leave the skin on)
- 1 cup shredded coconut
- 7 red cherries (optional)
- 1 cup chopped walnuts
- 1 8 oz. Container sour cream
- 1 8 oz. Container thawed cool whip

- 2 tsp. Vanilla extract
- 1 tsp. Ground cinnamon

After all fruit is drained really well put in large bowl



add apple cubes, shredded coconut and walnuts and toss.

In separate bowl mix sour cream, cool whip with vanilla extract and cinnamon. Use vanilla extract not imitation vanilla, big difference in taste. Add this mixture to fruit mixture and gently toss well. Refrigerate for at least 6 hrs. or make night before. Before serving toss lightly then sprinkle cinnamon and add 7 cherries to garnish top. 6 in circle with ,1 in cen-

ter. I found that the 6 hr. In the fridge or overnight softens coconut and the flavors marry.

Voila, that's it! Sounds like a lot but there's no cooking. I hope you enjoy this dessert because it's stress free and Delicious!!!

Don't forget to keep those comments coming in, by e-mail or letter. I love hearing about your experience after you serve it and how your family enjoys you being a master chef. I welcome all comments and suggestions, you know I get tickled pink!!!

Signing off
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