

A FREE PUBLICATION

TRENDY



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TIMES

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White Mountain Jewish Film Festival Begins July 11

By Eileen Regen

The sixth season of the White Mountain Jewish Film Festival sponsored by Bethlehem Hebrew Congregation begins July 11 in Bethlehem, New Hampshire, and everyone is invited! Films are set for July 11 and 25, August 8, 22, and 29 in the historic Colonial Theatre on Main Street in the heart of Bethlehem. Each film evening begins at 6 p.m. on the Colonial Theatre patio with complimentary refreshments and a chance to chat with fellow film fans. At 6:30, a noted guest speaker will share insights relating to the subject matter of the film, and at 7 p.m., the film begins. When the theatre lights come back on, please stay for a spirited Q & A session.

So many great films out there - and so little time! The film committee culled through dozens of new films and older classics to find movies that would entertain and move audience members. We are pleased to announce our films for 2019.

July 11: Heading Home: The Story of Team Israel

This story of sports and personal growth charts the underdog journey of Israel's baseball team competing for the first time in the World Baseball classic. Their odyssey takes them from Tel Aviv and Jerusalem where they are greeted as heroes, to Seoul where they must debunk their has-been, wannabe reputations. For this family film, adult-accompanied children under 18 are admitted free.

Guest Speaker Seth Kramer produced and directed "Heading Home" along with partners Daniel Miller and Jeremy Newberger.

July 25: The History of Love

This wonderful love story, based on American author Nicole Krauss' bestseller, "The History of Love," is a saga spanning decades and continents from pre-war Poland to America. The cast includes Gemma Arterton and veteran actors Derek Jacobi and Elliot Gould.

Guest Speaker Carole

Renard is the Wexler Oral History Project's NEH Oral History Project Coordinator at the Yiddish Book Center in Amherst, MA.

August 8: The German Doctor

In Patagonia, 1960, a German doctor meets an Argentinean family and follows them on a long, deserted road to a small town where the family plans to start a new life. Eva, Enzo, and their three children welcome the doctor into their home, not knowing that they are harboring one of the most dangerous criminals in the world.

Guest Speaker Marjorie Agosin, daughter of Jewish parents who fled Europe and settled in Chile, is an award-winning Chilean author, poet, and professor.

August 22: Trumbo

In 1947, Dalton Trumbo (Bryan Cranston) was Hollywood's top screenwriter until he and other artists were jailed and blacklisted for their political beliefs. This is the story of Trumbo and others

who stood up to Congress over what they felt was an illegal investigation and censorship of people's beliefs and free speech during the Second Red Scare after WWII.

Guest Speaker Rick Winston returns to define the background for the film as well as that period of history in this country. He is the author of "Red Scare in the Green Mountains: Vermont in the McCarthy Era 1946-1960." Institute.

August 29: The Women's Balcony

An accident during a bar mitzvah celebration leads to a gender rift in a devout Orthodox community in Jerusalem in this rousing, good-hearted tale about women speaking truth to patriarchal power, and about community, traditions and values along with the power of women to keep all of these together.

Guest Speaker Dr. Shay-



na Weiss is the Associate Director of the Schusterman Center for Israel Studies at Brandeis University.

Tickets are available at the door: \$10 General Admission, \$9 BHC & Colonial Members. Season passes for all five films will be available on opening night: \$45 General Admission, \$40 BHC & Colonial Members.

For additional information about the White Mountain Jewish Film Festival and all Bethlehem Hebrew Congregation programs, please check out www.bethlehem-synagogue.org and follow us on Facebook.

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TRENDY Dining Guide

Tuttle's Family Diner

by Gary Scruton

Good delicious food at a good price. Sometime when you go out to eat, that is exactly what you are looking for. When you can add in smiles and conversation from the staff and other customers, then you have an evening that simply feels right.

Janice and I had enjoyed a busy Fourth of July and the night after we were ready for a chance to "get a bite to eat" at a local eatery. The schedule allowed us to travel only a short distance from home into Wells River Village and see the Tuttle family and their fairly new establishment.

One note I should make at this point is that being on

Main Street in Wells River is both a plus and a minus for the Tuttles. The plus is their great visibility to those passing by on busy Route 302. The negative is that there is not a lot of parking in front of their establishment. The easy solution, and we used it on this night, is to pull around behind the neighboring Wells River Savings Bank and take advantage of the ample parking area. Then it's just a short walk to the front door.

Tuttle's Family Diner has a good line of diner stools for young and old to sit on right up at the counter. But Janice and I tend to prefer sitting at a table. Luckily for us, just as we walked in another group was leaving a table and we moved right in. Jennifer took

very little time to get to the table to get it cleaned off and then to bring us some menus. Of course we were also sitting right in front of their big chalkboard with another good list of specials.

Janice started the selection process with a cola while I went with a summer favorite iced tea. ("Do you want lemon with that?" "Yes, please").

Jennifer also asked us about straws when she came back with the drinks. We both turned them down, not because we are huge conservationists, but we feel that it is an accessory that we just don't need.

Now for the tough choices, what to eat. Janice decided to try out the fried had-dock dinner with fries and a

side of cole slaw. I decided to take an order of chicken parmesan. It came with garlic bread and a side order (cottage cheese for me).

Even though the counter was not full at this time on a Friday evening, there were a number of people seated and from our spot we could hear a number of conversations going on among both friends and strangers. A counter at a diner can do that for you.

It was a good thing that Janice and I were hungry. My plate had a full serving of spaghetti that was cooked to just the right degree. Not mushy, but not hard. On top of that was four good sized pieces of chicken, nicely cooked to tasty. On top of that was a good amount of sauce. All of that was topped off with some melted mozzarella. Jennifer also brought over a shaker with more cheese if I needed it. On a separate plate was a piece of garlic bread cut in half and cooked up to a delicate brown. It was all more than I could manage to put away. The chicken and bread all got eaten, but I simply could

not eat the rest of the spaghetti.

Janice's fish was a nice golden brown, She says that it tasted just as good as it looked. In regards to portion, there were three good sized pieces of fish. The side of handcut french fries were darker than I have seen in some places, but they were not burned. They simply looked darker. The taste (yes, I stole one) was all that you could ask for in a french fry. Her other side was cole slaw and it also more than met her taste test.

Neither Janice nor I could fully finish our meals, and though Jennifer reminded us that she had plenty of take home containers we still turned down the chance to try a bit of desert. Instead we sat back, took a deep breathe and enjoyed the after glow of a good hearty meal.

The total cost for our two meals and beverages was \$30.64 which we paid for with a credit card. The tip was left, in cash, on the table.

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Heading Home: The Tale of Team Israel Opens White Mountain Jewish Film Festival in Bethlehem

"Heading Home: The Story of Team Israel," a stirring story of sports, patriotism, and personal growth will delight the whole family on Thursday, July 11 at the Colonial Theatre, Main Street, Bethlehem, NH. The evening begins at 6 p.m. on the Colonial Theatre patio with a complimentary reception for ticket holders. At 6:30, Seth Kramer, one of the film's producers will introduce the film which begins at 7 p.m.

"Heading Home" is a David and Goliath story of Israel's national baseball team as it competes for the first time in the World Baseball Classic in 2017. In this story of sports, patriotism and personal growth, audiences can follow the journey of Israel's national baseball team that began with a collection of Jewish ballplayers who went on to surprise the world with their unexpected victories over more powerful and experienced teams from South Korea, Cuba, and the Netherlands. They took third place in the international tournament and now qualify for the next World Baseball Classic in 2021.

Team Israel's lineup included several Jewish American Major League players including Ike Davis, Josh Zeid, and Rayan Lavarway. The 28-man team flies to Israel, a place none of the players had ever visited. With little in common but their religion and love of baseball, they



Cody Decker carries Team Israel's mascot, the Mensch on a Bench, during the 2017 World Baseball Classic.

bond during the long flight from the United States to Israel and as they visit famed Israeli sites such as the Western Wall, Yad Vashem, the Dead Sea, and Masada. They also take part in the ground-breaking ceremony for a new baseball field in Bet Shemesh, Israel. With their Mensch on the Bench mascot by their side, the team members laugh, cry, and do much soul-searching as they discover the pride of representing Israel in a worldwide competition.

This movie was the idea of MLB.com reporter Jonathan Mayo, who initially wanted to make a movie to demonstrate his affection for baseball and his Jewish background. He created this documentary about Jewish major leaguers traveling to discover their roots and establishing their place in the World Baseball Classic. Mayo and his friends Daniel

Miller, Jeremy Newberger, and Seth Kramer produced this film.

"Heading Home" won Audience Awards for Best Documentary 2018 in Washington, Philadelphia, and Boca Raton Jewish Film Festivals, and at the Gold Coast International Film Festival.

For this unique family film, the festival offers free admission to youth under 18.

Tickets are available at the box office: \$10 General Admission, \$9 for BHC & Colonial members. Season passes will be available on opening night for all five films in the White Mountain Jewish Film Festival Series: \$45 General Admission, \$40 for BHC & Colonial members. For additional information about the film festival and all BHC-sponsored Building Community Through the Arts programs, check out www.bethlehemsynagogue.org.

ACT Speaker Talks Dragonflies in July!

SUGAR HILL – Bugs are bugs, right? Not when you're looking at dragonflies! They are not only beautiful with a wide range of colors and markings but they're taking a bite out of our biting insect population by chowing down on midges and mosquitoes along with pretty much anything else they can catch.

Come discover, or learn more about, the wide and wondrous world of dragonflies in our region at Sugar Hill's Crapo Building on Friday, July 19 from 6 to 7:30 p.m. with the Ammonoosuc Conservation Trust (ACT) partnered with the Richardson Memorial Library.

Our special guest speaker will be Carl Martland, a founding member of ACT and an avid amateur naturalist. Carl will share his latest photographs of the dragonflies and damselflies found in our area, explain why they are important, and give tips on where to find them in your own backyard.

This presentation is updated from last year's event and will have new and excit-

ing reports of the latest species spotted. Part of ACT's monthly speaker series this event is free and open to the public, although donations are welcome and gladly accepted. The program is geared toward adults and older children, but all are welcome. Save your spot by pre-registering at act-nh.org/

education-events. Everyone who pre-registers is entered to win a cool door prize!

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

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The Denny Report
 by NH State Representative
 Dennis Ruprecht



Delegation Approves County Budget

On June 24th the Grafton County Delegation, consisting of all of the county's state Representatives, met and approved a responsible, bipartisan budget that keeps our county functioning smoothly and provides funding for critical programs and services. Though there was a small overall increase in the budget, the increase was smaller than that of the previous fiscal year, and a number of towns will see a decrease in their county tax rate. Of the 8 towns that I represent, 4 of them - Bath, Benton, Haverhill, and Piermont - will see a decrease in their county tax rate.

The county commissioners, the executive committee of the county delegation, and the county delegation at large worked hard to hold the line on spending and limit any increases, but some towns will see a small

increase in their county tax rate. However, a town's valuation compared to the other towns in Grafton County is a major factor in determining which towns see increases and decreases. For the towns that see increases in their tax rate, the increased rate will be distributed over an increased valuation, so an individual's tax bill in a town with an increased rate may very well remain unchanged from the previous fiscal year.

The county budget was the product of months of hard work and compromise on the part of our county commissioners and of the executive committee of the delegation. I thank the commissioners, the executive committee, and every member of the delegation for their hard work, careful consideration, and service to our county.



Budget: State and County

As projected by legislators on both sides of the aisle, Governor Chris Sununu vetoed the state's two-year budget for fiscal years 2020 and 2021. In his veto message, the Governor stated, "New Hampshire has built a thriving economy that is the envy of the Northeast, a result of our 2017 efforts to lower the tax burden on employers and engage in smart regulatory reform." The proposed legislative budget "reverses (New Hampshire's) winning formula in a manner that both threatens the state's economic growth and leaves the next legislature with a massive deficit. This budget takes us down the wrong path, and the people of NH will never support it."

The proposed legislative budget, crafted by Democratic majorities in both the Senate and House, would

devastate small businesses that are the life-blood of the State, resulting in a 12.5% tax increase. The veto was expected, and within one day of receiving the budget, the Governor rejected the \$13 billion dollar package, approved by the legislature along party lines.

During the past year, the State's robust economy generated a \$260M surplus. The Governor clearly stated, "it doesn't make sense to raise taxes" in a time of such a significant surplus. In vetoing the budget, it doesn't imply that needed fiscal support for property poor communities such as Haverhill will not occur. I strongly believe that a compromise budget will eventually be approved that includes targeted aid support and that contains a reversal of the annual 4% stabiliza-

tion deduct that has negatively impacted many districts such as Charlestown, Franklin, Berlin, Claremont, and Haverhill. The Legislature and the Governor have a 90-day time frame to arrive at a compromise.

On another legislative note, 24 Grafton County representatives attended a meeting held on June 24, 2019 for the purpose of approving a county budget for FY20. It was moved to appropriate \$46,611,726 for fiscal year 2020. I amended the motion to reduce the recommended appropriation by \$371,726.00. That amendment failed, 4 to 20. In the next vote, the budget passed 21 to 3; a 5.4% increase above the current year.

Lastly, a committee has been formed to develop recommendations regarding the county's supplemental funding (\$524,848) for a wide and expanding variety of social service agencies. I have consistently advocated that the county should support senior services. I also support funding the many worthy programs that support women, other vulnerable populations, drug and alcohol treatment, medical care, and transportation services; however, I question current appropriations that provide after-school programming or summer youth programs that should be the responsibility of local or state government, school districts or the private sector. It is time to establish a meaningful social service funding policy that is sustainable and aligned with the primary functions and responsibilities of county government and its departments.

Respectfully Submitted,
 NH Rep Rick Ladd
 Ranking Representative,
 House Education

Volume 10 Number 20
 July 9, 2019

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

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The 54th Season at the Weathervane Theatre!

WHITEFIELD, NH - The Weathervane Theatre, a professional, award-winning, equity theatre in Whitefield, NH, is thrilled to announce the 2019 54th Summer Season of alternating rep. Under Producing Artistic Director Ethan Paulini, the Weathervane will present 8 weeks of musicals, comedies and classics never before seen on the Weathervane stage:

Irving Berlin's White Christmas - Opening Tuesday, July 9, Sponsored by Bank of New Hampshire

Six Dance Lessons in Six Weeks - Opening Wednesday, July 10, Sponsored by Bill Pikounis & Nicole Sakowitz

Lady Day at Emerson's Bar and Grill - Opening Saturday, July 13, Sponsored by Presby Transportation Museum

Spring Awakening in Concert - Opening Monday, July 22

The Drowsy Chaperone - Opening Tuesday, July 23

Bright Star - Opening Thursday, August 1, Sponsored by Littleton Coin Company

The Curious Incident of the Dog in the Night-Time - Opening Monday, August 12, Sponsored by Anthony & Elisabeth Colacino

Sister Act - Opening Wednesday, August 21, Sponsored by Mountain View Grand Resort & Spa

In addition to Paulini, this year's resident equity company includes alums Shinnierrie Jackson and Marisa Kirby along with Leigh Barrett, Courtney Blackmun, Jorge Donoso, Napoleon M. Douglas, Geoffrey Kidwell, Ira Kramer, and Alison Mahoney. Joining them in the professional company is alum Andrew Cuccaro with Carrie Greenberg, Grace Livingston Kramer, Jocelyn Lonquist, Benjamin Nurthen and Sam St. Jean.

Also appearing in these mainstage productions are members of the intern company: Patrick Agonito, Julia Bogdanoff, Theo Brown, Noah Casner, Nicholas Cooper, Drew Elhamalawy, Lily Lord, Connor McNinch, Mia Mooko, Brooke Solan, Vanessa Vacanti, and Michelle Zink-Muñoz. The intern company also makes up our Patchwork Players, presenting original musicals for family audiences every Friday at 11am. This year's line up includes Miles Burns' Life on a Plate and Billy Goats Gruff, Valarie Speaks and Dale Jones's The Adventures of Tommie Sawyer and Families are Like Fudge written by the company themselves! Look for Patchwork Players

on the road at various venues throughout the North Country. Patchwork Players is sponsored by Crosstown Motors.

The resident artists is a mix of returning veterans and new and exciting artisans. Justin Parks returns as Production Manager. Resident designers include alumni Rien Schlecht (Costume Design) Isaiah Parnell (Sound Design) and Sam St. Jean (Properties Design) and new designer Scout Hough (Lighting Design). Colin Keating returns as Music Director.

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the Unit-

ed States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Tickets and subscriptions are now on sale. They are available by calling 603.837.9010 or visiting our website www.weathervanetheatre.org. The Box Office is open Monday-Saturday at 389 Lancaster Rd. Whitefield, NH. Performances are at 8pm with 2pm Saturday matinees starting July 20 and 2pm Thursday matinees starting August 22.

Weathervane can be found on Facebook at /weathervanetheatre and all other social media platforms @weathervanenh. Patchwork Players can be found on Facebook at /WVPatchwork



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Entries accepted: Wednesday, July 24 3:00 - 6:00, Thursday, July 25 3:00 - 6:00 & Friday, July 26 8:30 am - 12:00 noon

Art Show

Entries accepted: Friday, July 19th from 5:30-7:00 PM and Sunday, July 21st from 9:00 - 10:30 AM

Photography Show

Entries accepted: Friday, July 19th from 5:30-7:00 PM and Sunday, July 21st from 9:00 - 10:30 AM

Arts, Crafts & Collections Entries accepted Sunday, July 21st 1:00 - 7:00 PM

Power Wheels Demo Derby Entry Deadline: Friday, July 26 @ 6:30 PM

Log Loader Competition Entry Deadline: Thursday, July 25 @ 6:00 PM

Kiddie Tractor Pulling Entry Deadline: Saturday, July 27 @ 3:00 PM

King Arthur Flour Baking Contest

Entries accepted Wednesday, July 24 8:00 - 10:00 am or 3:00 - 6:00 PM

Youth Tractor Pulling Entry Deadline: Saturday, July 27 @ 10:00 AM

North Haverhill's Got Talent Entry Deadline: Sunday, July 21

4x4 & Truck Pulling Entry Deadline: Sunday, July 28 @ 12:30 PM

Horse Shoe Pitching Entry Deadline: Sunday, July 28 @ 9:30 AM

Hand Mowing Entry Deadline: Thursday, July 25 @ 9:30 AM

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

Tractor Pulling Entry Deadline: Saturday, July 27 @ 11:45 AM

Kiddie Parade Entry Deadline: Saturday, July 27 @ 11:00 AM

Maple Products Entry Deadline: Tuesday, July 23 @ 4:00 PM

Hay Bale Sculpture Entry Deadline: Sunday, July 21

Car Show Entry Deadline: Wednesday, July 24 @ 6:00 PM



Some competitions require an entry fee, Others are Free.

General Admission	\$12
Five Day Admission	\$48
Veterans w/ID Day (Wednesday)	\$5
Senior Day - 65+ (Thursday)	\$8
Children 5-12	\$3
Children Under 5	Free

**For Complete Rules
And Entry Forms
Check Our Website:
www.nohaverhillfair.com**



Calendar of Events

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

TUESDAY, JULY 9

STEEL PIER JAZZ BAND
6:30 PM
Fairlee Town Common

CRUISING NH HISTORY:

7:00 PM
Alumni Hall, 75 Court St., Haverhill Corner

WEDNESDAY, JULY 10

ROCKIN' RON THE FRIENDLY PIRATE
10 AM
St. Johnsbury Athenaeum

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, JULY 11

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem
See Article on Page 1

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

FRIDAY, JULY 12

DAVID ROSANE & THE ZOOKEEPERS
7:00pm - See Article on Page 7
Peacham Congregational Church

SATURDAY, JULY 13

NOTCH ABOVE PHOTO CLUB
1:00 - 3:30 PM
Bethlehem Public Library.

ACT SHOES 'N BREWS
1:45 PM Shoes / 3:30 PM Brews
Dalton - See Article on Page 8

HVERHILL'S GOT TALENT

5:00 - 7:00 PM
Railroad Park, Central St., Woodsville

WRITERS FOR RECOVERY BOOK LAUNCH!

6:30 PM
Unitarian Church, 130 Main Street, Montpelier

SUNDAY, JULY 14

8TH ANNUAL GARDEN TOUR & TEA
11 AM
Registration: Denny Park Bradford
See Ad on Page 9 and Article on Page 7

BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash Game - 1:45 PM Tournament
Moose Lodge 1779, St. Johnsbury

ATHENAEUM FRIENDS' AFTERNOON TEA PARTY

1:00 PM
St. Johnsbury Athenaeum

THE JEREMIAH INGALLS SINGERS

3:00 PM
Old Goshen Church, Bradford

MONDAY, JULY 15

WHAT PLANTS DO & HOW THEY DO IT
5:30 - 7:00 PM - See Article on Page 15
Bethlehem Public Library

MONDAY-FRIDAY, JULY 15-19

TENT REVIVAL
7:00 PM - See Ad on Page 7
Huntington Field, East Corinth

TUESDAY, JULY 16

GEORGE VOLAND JAZZ QUINTET
6:30
Fairlee Town Common

WEDNESDAY, JULY 17

BOOK READING AND TALK: CHARLES FERGUS
7:00 PM
St. Johnsbury Athenaeum

THURSDAY, JULY 18

VFW Post #5245 monthly meeting
7:00 PM
VFW Hall, North Haverhill

THURSDAY-SUNDAY, JULY 18-21

BRADFORD FAIR
See Ad on Page 16

FRIDAY, JULY 19

DRAGONFLIES IN YOUR BACKYARD
6:00 - 7:30 PM - SEE ARTICLE ON PAGE 3
Sugar Hill's Crapo Building

SATURDAY, JULY 20

LUNAR LIBRARY CELEBRATION
12 NOON
St. Johnsbury Athenaeum

BIRDS OF THE WHITE MOUNTAINS

1:00 PM
Joseph Patch Library, 20 NH Route 25, Warren

SUNDAY, JULY 21

NEWBURY'S FRANCES PARKINSON KEYES
4:00 PM
Newbury Congregational Church
See Ad on Page 14 & Article on Page 7

MONDAY JULY 22

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

TUESDAY, JULY 23

CHAD HOLLISTER TRIO
6:30
Fairlee Town Common

WEDNESDAY-SUNDAY, JULY 24-28

75TH ANNUAL NORTH HVERHILL FAIR
1299 Dartmouth College Highway, North Haverhill
See Ad on Page 5

THURSDAY, JULY 25

WHITE MOUNTAINS JEWISH FILM FESTIVAL
5:30 Guest Speaker - 7:00 Film
Colonial Theater, Bethlehem

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHN SBURY

6:15 PM - VFW Post, Eastern Ave.

DRAWING FROM LIFE - 6:00 - 8:00 PM

Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

RSVP BONE BUILDERS

1:30 - 2:30 PM

United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 - 9:15 AM - St. Johnsbury House

RSVP BONE BUILDERS

9:00 - 10:00 AM

Municipal Building, Lyndonville

9:15 - 10:15 AM

Congregational Church, East St.

Johnsbury

6:00 - 7:00 PM

Community Church, Concord

MON./WED./FRI.

RSVP BONE BUILDERS

1:30 - 2:30 PM - United

Community Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM

Horse Meadow Senior Center,

North Haverhill

RSVP BONE BUILDERS

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

Congregational 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

RSVP BONE BUILDERS

2:00 - 3:30 PM - East Haven Library

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 September 5- June 5

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

RSVP BONE BUILDERS --

8:30 - 9:30 -- Monroe Town Hall

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

2:00- 3:00 PM - East Haven Library

TUESDAYS/FRIDAYS

RSVP BONE BUILDERS

9:00-10:00 AM

St. Johnsbury House

RSVP BONE BUILDERS

9:30-10:30 AM

GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI

8:30-9:30 AM

United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - United Community

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 - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

THURSDAYS

GROTON LUNCHESES W/FRIENDS

10:00AM - 2:00 PM / Lunch @ 12:00

Groton United Methodist Church

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

TOPS (Take Off Pounds Sensibly) --

Weigh-in @ 6:00 p.m., meeting @ 6:30

-- Monroe Public Library

FRIDAYS

RSVP BONE BUILDERS

9:00 - 10:00 AM - St. Johnsbury House

9:30 - 10:30 AM

Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community

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

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM

September thru May

Brainerd Memorial Library, No. Danville

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.

The Rise And Fall Of British Servants

Bath Public Library has received a grant from New Hampshire Humanities to present Ann McClellan, "Life Downstairs: British Servant Culture in Fact, Fiction and Film" on Saturday, July 27th at 2:00 pm at the Bath Public Library.

While servant narratives have been popular for centuries, there seems to be a resurging interest in these stories in recent decades. Many contemporary British and North American writers, filmmakers, and television executives have turned to master/servant relationships as their subject matter. Films like *The Remains of the Day* and *Gosford Park* garnered numerous Oscar nominations and substantial box office profits. PBS created such classics as *Upstairs, Downstairs* and *Manor House*, as well as the phenomenally successful *Downton Abbey*! Even mainstream American television has piloted its own versions of the British servant in shows as wide-ranging as *The Fresh Prince of Bel Air* to reality TV's *Supernanny*. Join Ann McClellan as she explores

the history behind the rise and fall of British servants and why Americans are so fascinated by their stories on page and screen.

A dedicated Anglophile, Ann McClellan has a PhD in English Literature and has more than fifteen years' experience of college-level teaching. As a specialist in 19th- and 20th-century British literature, McClellan's work explores the complex relationships between literature and culture, with published research ranging from fictional representations of British women intellectuals to her current project on fan culture and the popularity of *Sherlock Holmes*.

This program is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

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

The Bath Library Book Club will be discussing "Under the Wide and Starry Sky", by Nancy Horan on Thursday, August 8th at 6 pm at the Bath Public Library.

A story of the unconventional love affair of Scottish literary giant, Robert Louis Stevenson, and American divorcee Fanny Van de Grift Osbourne. They meet in rural France in 1875, when Fanny, having run away from her philandering husband back in California, takes ref-

uge there with her children. Stevenson, too, is escaping from his life, running from family pressure to become a lawyer.

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

Cohase Chamber To Host 8th Annual Garden Tour & Tea On July 14th

The 8th Annual Cohase Garden Tour & Tea is scheduled for Sunday, July 14, 2019, from 11 AM-3:30 PM. This extremely popular event which showcases gardens in the Lower Cohase region of Vermont and New Hampshire has become one of the most popular garden tours in our region and continues to grow in popularity each year. Tickets are \$20 and can be purchased by cash or check the day of the event at Denny Park, on Main Street in Bradford VT, starting at 10:30 AM until 1:30 PM. Denny Park is adjacent to downtown Bradford, at the north end of Main Street. Tickets are also available for purchase online by

credit card at www.cohase.org.

Although the full slate of gardens is still being finalized, some of the gardens highlighted this year will include a garden featuring over 300 varieties of day-lilies, an apiary and views; sprawling country gardens with hardy roses, hydrangeas, and fruit plants, in a Vermont hillside setting; a specialized greenhouse with exotic orchids, cacti, and other unusual plants, grown by an experienced hybridizer; and an off-the-beaten-path peaceful garden featuring cut flower gardens. Court Street Arts at Alumni Hall in Haverhill Corner, NH

will host the afternoon tea from 1:00-3:00, which is included in the ticket price. In addition, watercolor artists will be painting at Alumni hall and in some of the featured gardens. Any artists who are interested in participating in the event should contact the Cohase Chamber at cohasechamber@gmail.com or by phone at (802) 518-0030.

The event is sponsored this year by Odell Insurance, Wells River Savings Bank, WYKR, Eastman Electric, JM Landscaping, North Haverhill Agway, Blackmount Equipment and North Country Organics.

Newbury's Frances Parkinson Keyes: Renowned Around the World.

The Newbury Historical Society will present "Newbury's Frances Parkinson Keyes: Renowned Around World" on Sunday July 21 at 4:00pm at the Newbury Congregational Church Vestry at 4915 Main St S, Newbury. Ms Keyes wrote more than 50 books, perhaps her best known book is *Dinner at Antoine's*. She spent part of her childhood in Newbury, as well as part of adult life. She married Henry Keyes from Haverhill, New Hampshire who later served as Governor in NH as well as in

the US Senate.

The program is a cooperative effort with the Beauregard Keyes House and Garden Museum in New Orleans. Ms Keyes spend the latter part of her life at the Beauregard House, that she bought in the 1950s. In addition to the electronic program from the Beauregard Keyes Museum, George Willard, Newbury Resident and long time Newbury Historical Society board member will present additional information gleaned from the society's archives.

It is fitting that this program be held in Newbury Village in July just down the street where she spent many years. She was born 154 years ago on July 21, 1865 and died 49 years on July 3, 1970.

This program is free and open to the public. The Newbury Congregational Church is ADA accessible. Light refreshments including birthday cake will be served.

For more information contact Emmy Hausman at 802 584 3874 or emmy@hausman.net

2019 Woodsville Wells River 4th of July Winners:

- First Prize Business - Karen's Kare**
- Second Prize Business - Ab's Bootcamp**
- Third Prize Business - Wells River Chevrolet**
- First Prize Organization - Domestic Abuse Awareness**
- Second Prize Organization - Cottage Hospital**
- Third Prize Organization - Blue Mountain Grange #263**
- First Prize Private Entry - Aidan Lewis - 1950 Oliver 444**
- Second Prize Private Entry - Loren Phelps - 1958 Willys Jeep CJ3B**
- Third Prize Private Entry - Wyatt Basch - 1953 FarmAll Super C**
- First Prize Storefront Decorating - Robert Lawrence Salon**
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JULY 15 THROUGH JULY 19
7:00 PM

Paul Huntington's Field Off Route 25, East Corinth, VT
Uplifting Music & Singing every night
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BCGA is a full gospel Christian association based in North Carolina. Our doctrine is based ocmpletely on the Holy Bible. Our mission is to draw people to a saving knowledge of Christ Jesus, teach biblical truths and encourage one another in our daily walk as a Christian. We are open to all Christian denominations. We believe there is one true church (all who believe Jesus Christ is the savior of the world).

For more info, call DeeDee Huntington 802-439-5730, Ginny 802-439-9362, Randall Butler 910-346-8980 or 910-581-8961

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

July 9, 2019 Volume 10 Number 20

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Our office hours will still be 9 am - 5 pm Tuesday - Friday
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Or email Gary@TrendyTimes.com

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ACT's 'Shoes & Brews'SM Heads to Cöos County in July!

DALTON – Tucked away on Dalton Mountain “Above the 15-Mile Falls” (above-thefifteenmilefalls.com) is a privately-owned preserve with farmland, spectacular views, and an interesting history. On Saturday, July 13th, you’re invited to discover part of this newly conserved parcel, not usually open to the public. Bring a friend (or several!) to walk along old woods roads and single-track trails to a breathtaking panoramic view of the CT River valley.

Join the Ammonoosuc Conservation Trust’s (ACT) Outreach Director Gal Potashnick alongside ACT members and property owners, Jim & Sandy Dannis for ACT’s July’s ‘Shoes & Brews’ event from 1:45 – 5pm. The ‘Shoes will start at about 1:45pm in Dalton while the Brews is set to begin at 3:30pm at Lancaster’s Copper Pig Brewery. Not able to make it to both portions? You can join either or both. If you’re only coming to the Brews, bring a friend(s)!

Make sure to wear your boots for the ‘Shoes portion of the event. We’ll gain about 400’ of elevation as we take in the flora and fauna that may cross our path. The approx. 2 mile up and back to Spruce Knob will move at a slow to moderate pace with plenty of stops for wa-

ter along the way and time at the summit to take in the view. Kids are encouraged to come along and dogs are also welcome!

After the hike, the group will head over to the Copper Pig Brewery in downtown Lancaster for snacks and refreshments. The Brews portion will officially run from 3:30 to about 5 p.m., and all are welcome to come and go as needed. A big thank you to the Copper Pig Brewery for helping to support this event by not only hosting for the very first time but sponsoring this ‘Shoes & Brews!

Registration for the ‘Shoes is required and is capped at 20 participants for your safety and enjoyment, so please be sure to register ASAP. Registration for the Brews is not required but is very much appreciated to

help organizers plan accordingly. Registration closes at noon on Friday, Jul 12. You must be registered to receive details about the meeting location. To sign up today go to act-nh.org/new-events/acts-summer-snb-spruce-knob-copper-pig-071319.

Our ‘Shoes & BrewsSM events are a great way to get outside and explore new places, meet new friends, and enjoy some delicious local fare. Check the ACT website or sign up for our monthly E-News to find out about future ‘Shoes & BrewsSM and other ACT events.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.



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Cohase Chamber Announces New Executive Director

The Cohase Chamber of Commerce recently announced that Sarah Pushee of Bradford, Vermont has been hired as the chamber's new Executive Director effective July 8, 2019. She will succeed Erik Volk who has served in the role since 2015.

Pushee, who is a Thet-



and has previously served on the Board of Trustees for the Bradford Public Library. "We are very excited to welcome Sarah as our new Executive Director. Her enthusiasm and passion for promoting the local business community are sure to keep the Chamber on a good path," stated Marvin Harrison, co-President of the 150+ member chamber. Ms. Pushee is also excited

about her new role and looks forward to meeting and engaging with local business owners, identifying how the Chamber can add value to their businesses and creating additional engagement in the regional community. "I am really excited for the opportunity to work in my community," says Pushee. "It has been a goal of mine since moving back to the Cohase region."

ford, Vermont native has lived in Bradford, Vermont since 2005. She is a graduate of the University of Vermont and has worked in various industries including construction, heating/plumbing, landscape architecture and civil engineering. She has a variety of business experience including direct sales, purchasing, business development and office administration. Ms. Pushee is a current member of the Bradford Planning Commission

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Cohase Chamber of Commerce

"Art in the Garden"
8th Annual
Garden Tour & Tea
Sunday July 14th

Explore a selection of lovely gardens at your leisure, and enjoy a delicious **\$20** Afternoon Tea*
Featuring beverages & Light Fare at Alumni Hall in Haverhill, NH per ticket includes Tea

Gardens Open from 11:00 am - 3:30 pm
Tea Served from 1:00-3:00 pm

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Located at 2572 Route 302 in Lisbon, BGCNC opened its doors in 2005 in response to the pressing need for affordable, high-quality after-school programming in the Littleton, New Hampshire area. During our early years, we were an affiliate of the Boys & Girls Club of Manchester. Acting as our mentor, the Manchester Club guided and trained us with regards to becoming a Club of our own. We are proud to say that we received our charter from the Boys & Girls Clubs of America in October 2013, formally becoming the Boys and Girls Club of the North Country.

For 14 years, BGCNC has been in the forefront of development in the community, working with young people from disadvantaged circumstances: economic, social, and family. We have actively sought to enrich the lives of boys and girls whom

other agencies may have difficulty reaching or accommodating. Starting with around 10 children in 2005, we are currently serving 244 children of the North Country from 27 surrounding towns. We are dedicated to ensuring that our community's children and teens have greater access to quality programs and positive role models that will enrich their lives and shape their futures.

Great futures truly do start at the Boys & Girls Club of the North Country and it is because of supporters like you and partnerships with our community. Thank you, Littleton Co-op for being a proud supporter of our Club! Please visit the BGCNC Facebook page or our web-

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Life Events Can Lead You to See a Financial Advisor

Over the years, you'll experience many personal and professional milestones. Each of these can be satisfying, but they may also bring challenges – especially financial ones. That's why you may want to seek the guidance of a financial professional. Here are some of the key life events you may encounter, along with the help a financial advisor can provide:

New job – When you start a new job, especially if it's your first "career-type" one, you may find that you have several questions about planning for your financial future, including your retirement. You may have questions about how much you should contribute to your employer-sponsored retirement plan. What investments should you choose? When should you increase your contributions or adjust your investment mix? A financial advisor can recommend

an investment strategy that's appropriate for your goals, risk tolerance and time horizon. **Marriage** – Newlyweds often discover they bring different financial habits to a marriage. For example, one spouse may be more of a saver, while the other is more prone to spending. And this holds true for investment styles – one spouse might be more risk-averse, while the other is more aggressive. A financial advisor can help recommend ways for you and your spouse to find some common ground in your saving and investment strategies, enabling you to move forward toward your mutual goals.

New child – When you have a child, you will need to consider a variety of financial issues. Will you be able to help the child someday go to college? And what might happen to your child, or children, if you were no longer around? A financial advisor can present you with some college-savings options, such as an education savings plan, as well as ways to protect your family, such as life insurance.

Career change – You may change jobs several times, and each time you do, you'll need to make some choices about your employer-sponsored retirement plan. Should you move it to your new employer's plan, if transfers are allowed? Or, if permitted, should you keep the assets in your old employer's plan? Or perhaps you should roll over the money into an IRA? A financial

advisor can help you explore these options to determine which one is most appropriate for your needs.

Death of a spouse – Obviously, the death of a spouse is a huge emotional blow, but it does not have to be a financial one – especially if you've prepared by having the correct beneficiary named on retirement accounts and life insurance policies. Your financial advisor can help ensure you have taken these steps.

Retirement – Even after you retire, you'll have some important investment decisions to make. For one thing, you'll need to establish a suitable withdrawal strategy so you don't deplete your retirement accounts too soon. Also, you still need to balance your investment mix in a way that provides at least enough growth potential to keep you ahead of inflation. Again, a financial advisor can help you in these areas.

No matter where you are on your journey through life, you will need to address important financial and investment questions, but you don't have to go it alone – a financial professional can help you find the answers you need.

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

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The Friendship

by Elinor Mawson

One day when I was visiting my friend Henri, his father, a retired auctioneer, came to me and asked if I would be interested in purchasing the contents of his 30 by 60-foot warehouse and also the contents of 3 storage trailers on his property. I went to look it over and was overwhelmed with what he was offering. Everything there was the leftovers of his auctions for the last two decades and there was

so much I couldn't get an idea of what there was. He named a price of \$6000.00 which I knew was a bargain, and while I was mulling it over, he offered the contents of a ping-pong table in his basement as a bonus. He announced that it would all have to be gone in 2-weeks time.

He gave me 24 hours to accept or decline. I talked it over with my husband and we decided to include Mary Lou into the bargain, since we knew that we would need another person involved, knowing the time constraints. She listened carefully and came up with an answer: "You will have to do all the work, I don't have time. I will take care of the money". She anted up her share of the purchase price, I went to the bank for a 60-day loan, and the auctioneer started counting the days.

I had a home, family and part-time job, but I got it done. First, I cleaned out the storage trailers which were only partially full. Anything that was worth selling outright was brought to my garage for storage. Then I started on the warehouse which was so full you couldn't get past the door. I employed my son and a friend to do the heavy lifting and we packed those trailers so full that there wasn't

room for a playing card in between.

In two weeks, we had the trailers moved to the rear of the plumbing supply store and started a series of yard sales that were legendary in the seacoast area. Mary Lou and her family were supposed to help with the selling but the first sale was conducted by my husband and me because her family had gotten food poisoning the night before and couldn't help.

After about 4 weekends the trailers were empty. We sent 100 items to auction where they put us into profit. We had enough items left over to keep our shops loaded for nearly a year. I took a van load of picture frames to Brimfield where they sold like hotcakes.

Every so often, Mary Lou would give me my share of the moneys we had taken in. I had enough to buy a second-hand sports car from my brother in law--in cash. Of course I paid off my loan first.

Every so often, Mary Lou would lament, "Elinor --we gave that stuff away! It's like it grew on trees!" I had to agree, even though I had done a huge amount of work. It was one of the most fun I ever had in the antiques business.

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Thank you for your understanding.



TRENDY TIMES
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A Rose by Any Other Name

by Maggie Anderson

Father's Day fell on our fifty-second wedding anniversary this year. I was astonished by the fact that two years had passed since half the village gathered in celebration of our fiftieth. The years fly by so quickly these days by the time you take notice of what day it is you find that tomorrow is already yesterday.

A friend asked how our weekend went, did we find a way to celebrate. It was a fair question but I don't think she was ready for my answer. When I told her of the weekend's festivities she looked as though she thought it the saddest thing she'd ever heard. I think she must have been picturing champagne and bubble baths or massages instead.

I told her we had done all the glamorous stuff, made a dump run, had the septic tank pumped, even installed a new toilet seat. She stood there with a look of pity on her face. That I didn't understand because when you've been dealing with a gurgling toilet and a seat with an unfortunately placed crack in it, there's nothing sweeter than the sound of rushing water and the lack of fear about how to explain an odd wound in a weird location when you get to the emergency room.

Hank and I learned long ago that life does not come with any guaranty, has no expiration date and, even if it did, we might waste it the way students do when they know the date for their final exams - goofing off every minute until the day before and then cramming all night for the test. We never want that to happen so we squeeze every day with the intensity of a cider press.

Our language of love is a bit different from the movie versions of the International language, in fact we speak a language few people understand. I remember the year I had just landed in Tokyo and finally set my suitcase down at the hotel when I got word that Hank had been rushed to Dartmouth Medical Center with a possible stroke. My return was the stuff of nightmares, everything that could go wrong did, includ-

ing a tornado that grounded us in Newark for six hours.

A friend picked me up at Logan, gave me what little new information she had about Hank's condition, and said he had told the kids he'd left a note for me by the phone. My friend assured me that he must have written to tell me how much he loved me, and how important I had been to him for so many years. In a sense she was right.

Hank's note told me where he had left the wrench I'd need to hook the propane tank up to the kitchen range, he let me know where the paperwork was for the new space heater that had just been delivered for the upstairs bedroom, and how to clear the auger in the pellet stove. He ended with his usual "I love you, Hank" but as far as I was concerned, he'd already said that.

We wrap our lives around days and activities important to us and even though they are just numbers on a page, our two most important days of the year are the date of our wedding anniversary and New Year's Eve. In many ways my life began when Hank met me at the altar all those years ago, it is the most meaningful day of the year for me.

New Year's Eve holds the second place. We've always viewed it as another chance; a brand new year not yet marred by missed appointments, broken promises, or wasted days, a blank page to fill with the beauty we hope for every New Year's Eve.

Each time we rip December's page from the calendar January offers us one more shot to get it right.

See time is flying by, I'm talking about New Year's Eve and June's not yet over, before it's gone, or before it rolls around again, Happy Anniversary Hank.

NEK Council on Aging Welcomes New Director of Nutrition and Wellness

St. Johnsbury, VT – The Northeast Kingdom Council on Aging is pleased to welcome Laura Valcour as Director of Nutrition and Wellness. The new position, reporting to the Executive Director, manages all Council nutrition and wellness programs for Essex, Caledonia, and Orleans counties.

"We are thrilled to bring Laura to our team to share her extensive experience in nutrition and wellness with our communities," said Meg Burmeister, Executive Director of the NEK Council on Aging. "We are excited to combine the management and supervision of our nutrition and wellness programs since they are so vital to each other. A key role in helping our elder Vermonters to live a healthy and independent lifestyle includes healthy eating and increased mobility. Laura's experience in the fields of nutrition, health, and wellness will be a key asset to our partnerships with clients, meal sites, area non-profit and community organizations, governmental agencies, and business leaders."

Valcour brings over 20 years of experience as a chef, culinary nutrition educator, farmer's market manager, and culinary program director. She holds a B.S. in Nutrition from Benedictine University and is a graduate of the Cooking/Hospitality Institute of Chicago (Le Cordon Bleu). She is currently pursuing CHES certification (Certified Health Education Specialist.)

She was the long-term Owner/Culinary Nutrition Chef-Instructor at Chefs For A Day, Inc. in Willowbrook, IL, where she developed, planned, and coordinated interactive cooking programs for children. Laura

also developed cooking programs, aligned with school curriculums, following NSLP and CLOCC guidelines for Pre-K – 12 grades. She was awarded "Those Who Excel Award of Excellence" from the Illinois State Board of Education for contribution in promoting nutrition education for grades K – 8.

She has served as a media spokesperson on TV and as a public speaker in the Chicago area with appearances in American Academy of Pediatrics Healthy Children and Chicago Parent Magazine. In addition, she served as a Demonstration Chef for corporate wellness programs with Midwestern University, Western Suburban Dietitians' Association, several area hospitals, and the Right Fit Sport Wellness/Argonne National Laboratory.

In addition, she developed recipes and filmed a 16-part video series in collaboration with the Edward-Elmhurst Hospital "Healthy Kitchen" library and created several holistic wellness events, such as "Yogi & The Chef," "Inflammation Fighters with a Doctor of Physical Therapy," and "Diet Myths and Truths with a Registered Dietitian."

Previous to her role at Chefs For A Day, Valcour was the Food and Beverage Director/Culinary Nutrition Educator for the Midtown Athletic Club in Willowbrook,



IL and the Burr Ridge (Illinois) Park District Culinary Nutrition Chef-Instructor/Farmer Market Manager. There she coordinated many community-based nutrition programs for all ages through collaborations with area retailers, farmer's markets, parks and recreation departments, county public health departments, and area restaurants.

"During my career path, my mission and joy has been in serving the needs of others. Whether it was in writing grants to expand our farmer's market, creating online videos for a Healthy Kitchen Library, or in creating and serving meals for our active adult luncheons, I have been given a blessing to share my knowledge and skills," said Valcour.

She recently moved from Illinois to Morrisville, Vermont to be closer to her family who originally settled in Hardwick and Craftsbury.

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Do you Remember the WHY?

"The Declaration of Independence was the Promise, The Constitution the Fulfillment"

Every year the "short" form of the Declaration of Independence is usually put in most papers, to remind us of what we have inherited and "now what we have lost and are losing with leaders, representatives, such as we have." None who are brave, care enough, or speak up for or against wrongdoing, to Follow the US Constitution and most who know nothing of the US Constitution.

If this paper puts the Declaration of Independence in their newspaper, you will be reminded about what it means to be "Free in America" and in the "Live Free or Die" state. The following words will either remind you or shock you of what we have inherited and what we are losing and have lost, here in the USA and the world community. You will either be Happy or full of Despair of what has been done to our community, state, country, continent, earth, waters, planet, atmosphere, WORLD. "If something is wrong, it will never be right."

Norman Vincent Peale
"So. its time to make things right according to the US Constitution and the Declaration of Independence."

It's up to you, to make it

better than the way we inherited it.

Happy Independence Day
July 4th 2019

The Declaration of Independence of The United States of America IN CONGRESS, July 4, 1776

The unanimous Declaration of the thirteen united States of America

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another; and to assume, among the Powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers

in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shown, that mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpation, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. --Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpation's, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolution, to cause others to be elected; whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavored to prevent the population of these States; for that purpose obstructing the Laws of Naturalization of Foreigners; refusing to pass others to encourage their migration hither; and raising the conditions of new Appropriations of

Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary Powers.

He has made judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our People, and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from Punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing taxes on us without our Consent:

For depriving us, in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighboring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with Power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large armies of foreign mercenaries to complete the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy of the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms

against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections among us, and has endeavored to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppression We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free People.

Nor have We been wanting in attention to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpation, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, rec as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the United States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by the Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the Protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

HISTORY Repeats itself

Submitted by Nancy Leclerc
N.Woodstock,NH

Acceptance

by Cyndi Wellman

Respect

We all would like someone to admire us. Feel like we have achieved and have abilities towards us.

Recently, a friend's young child sent Bret and I a cute letter. On the envelope: She wrote the following: "Mr. Bret AND Mrs. Cindy" I bet the mailperson got a chuckle. Defiantly put a smile on my face. If only we would respect our elders/peers like children do. Most well be-



haved children do.

Some adults could really use a lesson. Reminder; "Excuse me" when we want to talk to someone. To holding the door for someone. And letting a handicapped person park in handicap parking spot. Politeness can go a long way.

Newbury Historical Society Presents:

**Newbury's
Frances Parkinson Keyes:**

Renowned Around the World.

Sunday, July 21, 2019, 4:00 PM

**Newbury Congregational Church
4915 Main St S, Newbury
ADA Accessible**

Light Refreshments will be served.

Program is free and open to the public



What About Ma?

by Kellie Quackenbush

Why I Went Back To High School

Years ago there was a television show, called "Welcome Back Kotter". It was the story of a man who had moved away from his home to get a college degree and be a part of the world--only to return, years later, to the high school he had attended but now was a teacher. It was a story of perspective and giving back.

A bit over a year ago, an advertisement in the newspaper caught my attention. A local high school was looking for a temporary "one on one" aid for a student. The advertisement had run for several weeks and I was drawn to it, they needed an individual aid or "IA" for one student, and it was only going to be for the last few months of school. The qualifications, they had listed as requirements, were all skills and credentials that I had obtained in my life.

I submitted my Resume and an application--I was hired!

School has changed since I had attended, much like Mr. Kotter in "Welcome back, Kotter", I was looking at school with new eyes. The main issues of education, social pressures and self awareness still are a major part of the high school experience. Other issues such as school safety, poverty, hunger, bullying and mental health are also a part of the high school picture.

In the news there are reports of school shootings that happen at schools that are not very different from our own. "Over the past several years, a string of high-profile mass shootings in U.S. schools have resulted in dozens of deaths and led to debates about the best ways to keep students safe. In a poll conducted shortly after 17 people were killed in the shootings at Marjory Stoneman Douglas High School in Parkland, Florida, 57 percent of teenagers said they were worried about the

possibility of gun violence at their schools." per Pew Research Center, "A majority of U.S. teens fear a shooting could happen at their school, and most parents share their concern," website last visited on November 13, 2018. Safety is a topic that is shared between students, teachers and administrators, are we safe? We like to hope we are.

In our region, poverty and hunger are detriments to students trying to do well in school. Students can receive a free or reduced breakfast and lunch program if their parents turn in the paper work.

"Student poverty is a growing problem. Data from the National Center for Education Statistics shows that as of the 2014-2015 school year, low-income students comprised a majority (52 percent) of public school students in the U.S. That represented a significant increase from 2000-2001, when only 38 percent of students were considered low-income (meaning they qualified for free or discounted school lunches)." per U.S. Department of Education, National Center for Education Statistics, website last visited on November 13, 2018.

"Low-income students tend to perform worse in school than their more affluent peers. Studies have shown that family income strongly correlates to student achievement on standardized tests. Parents with fewer financial resources generally can't afford tutoring and other enrichment experiences that can boost student achievement. In addition, low-income children are much more likely to experience food instability, family turmoil, and other stressors that can negatively affect their academic success." per Stressing Out the Poor: Chronic Physiological Stress and the Income-Achievement Gap,

website last visited on November 13, 2018.

In our region, we have dedicated school administrators that will assist any parent with the piles of paper-work that students must turn in each year. For families that need the program for breakfast and lunch at school, it is for the child, the paperwork must be turned in. "Home work Club" is a free after-school program to help students succeed. They even have a "late" bus for students that stay for after school programs. Help is available, we just need to take the "stigma" away from asking.

I am happy to be helping students. Showing young adults that the world is as big as it seems on television and at the same time as small as eating lunch. What makes a day go from sad to glad for a child/student is knowing that somebody cares. I can not fix all of the problems that students face each day. What I can do is help students find the resources they need to thrive.

If you want to help, call the principal at your local school and ask what they need. A cash donation for any program or a donation of a piece of equipment, it all helps. Together we can build a better tomorrow.

How Plants Work and Why They Do What They Do

UNH Cooperative Extension, the Master Gardener Association of Grafton County, and the Bethlehem Public Library are pleased to announce a talk by Jonathan Ebba, Field Specialist for Commercial Horticulture in the UNH Cooperative Extension:

Title: "How plants work and why they do what they do: Botany and plant physiology for non-scientists."

Description: Sometimes we think of plants simply as animals who can't walk, but they are so different in so many ways. This presentation will give a deeper appreciation of how and why plants do what they do. From making their own food, to perpetual growth to reproduction, plants are fascinating in form and function, and knowing a bit about these differences will help us to better understand the plants in our life. Why does pinching a plant make it bush-

ier? Why do we "sucker" tomatoes? If plants make their own food, why do I still fertilize them? Why don't my zucchini flowers make fruit? After this evening, you should be able to answer these questions and many more!

Speaker: Jonathan Ebba has been in commercial greenhouse production since 1995. After his career as a grower, he taught Horticulture at the Thompson School at the University of New Hampshire. He now is a Field Specialist for Commercial Horticulture with UNH Cooperative Extension where he works with growers in NH to increase knowledge, profitability and sustainability."

DATE: Monday, July 15, 2019, 5:30-7:00 pm

PLACE: Bethlehem Public Library

Open to the public! 1.5 CEU's for Master Gardeners

YOUR COUNTRY IS...



STEVE HARMON
6:00am-10:00am



PENNY MITCHELL
10:00am-3:00pm



TAD SVENDSON
3:00pm-8:00pm

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

Strawberry Rhubarb Pie

Hello hello my fellow chefs. Summer has officially arrived and I hope you are enjoying it. The hot temperatures are brutal but I'm not complaining. I'm staying in for the 90's and humidity and at night I stay in the shade to get fresh air and stay cool. I'm lucky to have my small air conditioner, it helps big time. Hopefully you are lucky enough if you have air conditioning.

Let's get down to this week's summer favorite recipe. I hope you give this a try because it's pretty easy. So let's get started with how to make it.

Preheat oven to 350 degrees.

Ingredients

- 2 Cups of strawberries
- 2 Cups of rhubarb
- 1 1/4 Cup of Minute tapioca
- 1 Cup of white sugar
- 1 package of ready made pie crusts, for top and bottom.
- 2 Tablespoons butter



Take the pie crust out of the refrigerator. It will be easier to unroll when room temperature. You can certainly make your own pie crust. I have always had trouble to make them so I use store bought. In large bowl, cut up strawberries not too small because they shrink while baking. Peel the rhubarb and cut into 1" pieces. Put in the minute tapioca and sugar and toss. Let it sit for 15 minutes and toss again.

Put your bottom crust in your pie plate and spoon the fruit mixture in and place cut up butter on top. Put on your top crust and seal with a fork or if you are good at a fancy edge you can certainly do that. Cut slits in top crust. Put a little milk on your hands and pat on top crust. You can brush the milk on if you prefer.

Bake for about 40 - 45 minutes until fruit bubbles slowly through slits and it has browned. Let cool after baking then refrigerate. This thickens the juices. That's it, easy peasy!

When cooled you can cut a piece of this Delicioso Strawberry Rhubarb pie. I hope you enjoy this summer treat. Serve with ice cream or by itself and have a cup of hot coffee, iced coffee or milk. It's very refreshing.

Well folks that's it. Please give this recipe a try, I think your family will be proud of you. If you have any questions please contact Gary and I will help you out.

So until next time I'm signing off, Sincerely Cin Pin.

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July 9, 2019

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

JULY 2019

THU 18TH • FRI 19TH SAT 20TH • SUN 21ST

Rosaire's Royal Racers

The Horsing Around Show

Tractor Pull

Johnny Cash Tribute Show

The Rowdy

Northeast Kingdom Express

Monster Truck Rides

Donna Thunders & The Storm

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