

First Friday Arts Event and Free Concert Kicks Off on June 2 in Littleton NH

Littleton, NH-The Littleton Cultural Arts Commission's First Friday Arts events are back this summer, beginning on June 2 from 5-10 pm in Littleton, NH. On the first Friday of each summer month, local Littleton businesses on and around Main Street will extend their business hours and stay open late to host artists, musicians, and food vendors in celebration of the arts and culture of Littleton and the surrounding Country North region. Made possible by New Hampshire State Council on the Arts, the Littleton Opera House, The Loading Dock, Littleton Studio

School, Mojo Music Productions, Catamount Arts, and many other local businesses and organizations, the First Friday events are free and open to the public.

From 7-10 pm at the Riverfront Park, the first free concert of the summer will feature the Patrick Ross Band with Kat Boylan. In addition to live music, there will be local food trucks as well as Schilling Beer Company's Beer Garden at the Riverfront Park. Additional musicians performing at the subsequent First Friday events this year include What?, Chickweed, Jonee Earthquake Band, and the Van Burens. The other First Friday events of the

summer will take place in Littleton on July 7 and August 4.

Event co-founder and Littleton Cultural Arts Commission Committee Member Jason Tors says of the event returning for its third year, "We are all super excited about what this event has grown into and its impact on connecting the artists and makers in the north country with the wider community. First Friday Arts started with the idea of bringing people together and forging connections with local businesses and artists and now, in it's third year, we are seeing how those seeds of an idea have germinated into

a grass roots community experience that has taken on a life of its own."

A digital map of participating artists and businesses will be available on the day of the event at www.littletonculturalarts.or g. For more information, please visit the website, and be sure to follow the LCAC on Instagram for day-of updates and shoutouts @littletonculturalarts.







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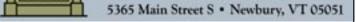
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Jan's Fairlee Diner to home. It is an enjoyable

by Gary Scruton

One of the great aspects of "going out to eat" can sometimes be the trip to and/or from the chosen eatery. Living here is the Cohase region of New Hampshire and Vermont there are wonderful sights almost wherever you look. Janice and I live in Woodsville and our destination for a Friday lunch was Jan's Fairlee Diner. So for us the first choice was our travel route. Down Route 10, and back on Route 5 was the route we chose. But on the way home we veered off that route and instead explored some of the wonderful back roads of Bradford and Newbury actually hitting a main road in Ryegate before getting back

part of our trip "out to eat". But to be honest the key factor is that you find a good place to eat. And we feel that that happened when we stopped in at Jan's Fairlee Diner. As is the normal routine we walked in the door and found our own seats. Jan's has a row of about six booths plus a number of stools at the counter. We are most comfortable in a booth or at a table so



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we found an empty booth and took our seats.

Lunch menus were on the table so we pulled those out and began our next search. Our waitress soon appeared with the first question of the day. "What would you like to drink? Janice got a coke while I just got a glass of water. Though sometimes we are quick about making our food choices, this day it took me a bit longer and our waitress had to come back a couple of times before we could order.

Janice settled on a Reuben sandwich which she upgraded to include



fries rather than chips. I decided to try the open face hot pot roast sandwich which came with mashed potatoes, gravy and applesauce. As I was hungry and really like chowder I added a cup of corn chowder. The waitress noted that Jan is very quick at the grill so she would bring my chowder right out, which she did within about a minute. Along with the supplied oyster crackers the chowder went down nicely. It had plenty of corn and big pieces of potato. I finished it just before our meals arrived.

Janice's Reuben was

almost more than she could eat. The grilled rye bread was stuffed with corn beef, sauerkraut, swiss cheese and topped off with russian dressing. She mentioned that perhaps she should have stayed with the potato chips instead of upgrading. As for my sandwich it did not require a knife to cut it up and enjoy. The potatoes were a smallish portion, but certainly the pot roast was the star of the show and well deserved.

The total cost for our meals was \$40.88 which we paid with a credit card that our waitress took up to the register. As usual we left the cash tip on the table when we headed back out the door.

on Facebook



Breakfast

2

Number

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Littleton Food Co-op Partner of the Month Program

On a sunny day in May, Deborah and Nicolle from Response - Domestic & Sexual Violence Support Center, stopped at the Littleton Food Co-op to receive funds collected through the store's Partner of the Month Roundup program. \$5,160.28 will go to supporting community members dealing with domestic and sexual violence in our area. A big thank you goes to the Coops members/owners and customers who rounded up at the register during the month of April. A little giving from just rounding to the next dollar really adds up by the end of the month!

May's Partner of the Month is Believe in Books Literacy Foundation. The mission of the Believe in Books Literacy Foundation is to advance the healthy development of young minds through liter-



Nicolle and Deborah Haynes-Kenney hold the Big Check for April Partner of the Month

story, and gift brand new books to students in 60+ classrooms, throughout parts of New Hampshire and western Maine during the academic school year. Visits are scheduled 4-5 times throughout the school year. Our Outreach Reading Program visits Littleton Head Start, Little Leopards, Bethlehem Ele-



acy programs that encourage early reading, imagination, and physical activity.

Believe in Books Literacy Foundation offers a free 'Outreach Reading' literacy program for preschool and kindergarten students. With this program, they visit, share a



mentary, and Franconia Children's Center. In the summer, our Bookmobile makes weekly stops at Lisbon's Boys and Girls Club of the North Country and Littleton Recreation, where we give away books each week.

Member-owned Littleton Food Co-op serves the community by providing high-quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Through our Partner of the Month Program, the co-op sponsors a different local non-profit each month of the vear. All of the Partners are locally focused, socially and environmentally responsible, non-political, and secular. Partners are chosen by our Members/Owners by popular vote. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily from 7 am - 8 p.m. For more information or to become a member, please visit www.littletoncoop .com, call 603-444-2800, or just stop by.



The Firefighter

by Elinor Mawson

Jackie was 9 months pregnant when she started having problems. The ambulance was called and she was soon inside. The paramedic who assisted her found that her blood pressure was very low and proceeded to give her oxygen and other meds while on their way to the hospital. After several hours she was deemed OK and sent home. A few days later she delivered a healthy boy--our grandson Michael.

At a class outing a few months later I encountered the same paramedic who was there with his son. I stopped and told him how much we all appreciated his care of our daughter in law. "She is very special to us," I said, "and we're happy that everything turned out all right."

He looked very uncomfortable. "Just doing my job," he replied.

I thought about his answer for a long time. It lacked compassion for one thing. He may have brought others to the hospital in bad shape, and was used to being thanked for it, but I felt like my thanks were more of a problem than a compliment.

Fast forward three years later. Our son, Jackie's husband joined the firefighters in our town after a 10-year wait. He was over the moon to finally be one of the first responders and having a career. As his parents, we were thrilled for him.

I don't usually give advice to our adult sons, but I made a huge exception this time. I told him, "When someone thanks you for what you have done for him/her, don't say "Just doing my job!" Say, "I'm glad I was there."

"You'll make them feel like you care about them." He looked thoughtful but didn't say anything.,

Sometime in the next several months, I asked him if he had a chance to take my advice. Very quietly, he nodded his head.

And I couldn't help but be happy for the person who had received his reply.





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Ammonoosuc Valley Fish & Game Club Route 112 Bath, NH avfgclub.org

Kids' Fishing Derby Saturday, June 3, 2017

(Ages 2-5/6-9/10-12) 8:00 – 9:00 AM – Free registration 12:00 Noon – Prize results

Free hot dogs and drinks



NH's Biennium Budget Process

Will New Hampshire have an approved FY24 -FY25 budget by June 30? The short answer is "Yes," but the budget process has many hurdles, some taller challenges than others. There are three primary bills that contribute to each biennium budget. HB1 is the bill or legislation that makes appropriations for the expenses of certain departments of state, such as Health and Human Services, Transportation, Education, Safety, etc. HB2 is often called the "trailer bill," as it identifies policies, formulas and uses for all appropriations identified in HB1. Lastly, HB25 addresses appropriations necessary for capital improvements such as bridges, roads, buildings, etc.

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In regard to state funding for education, the budget process started many months ago when the Governor presented his budget to Representatives and Senators in Concord. Due to continued surpluses in the Education Trust Fund, the Governor developed and proposed a \$962,426,109 education budget to the Legislature. His proposed changes to the adequacy formula for education were driven by student need, rather than the status quo. His recommended formula simplified education funding while phasing in targeted aid to

municipalities. Upon receiving the budget, the House of Representative continued work on the education formula, and through the Ladd/ Luneau floor amendment, passed HB1 with an appropriation of \$1,031,195,489, exceeding that of the Governor. This was the first time in more than a decade, that the House passed the biennium budget by a bipartisan "voice vote."

Within the past week, the Senate released its education funding package with a total appropriation of \$1,034,275,108. This appropriation beyond that of the House sounded appealing to many school districts, but actually redirected funds away from property poor communities, while a number of wealthy communities gained significant funding. It was obvious, the Senate amended version needed more work. A second amendment has since been developed, and through that proposal, property poor communities will receive more support above current levels, but not at the level recommended by the House.

This is where the education budget process stands as of the writing of this article. The Senate must act on all House bills, including HB1 and 2 by June 8. If the House does not agree with the Senate budget version, a committee of conference will be conducted between June 15 and June 22. This is the process in which elected officials from the Senate and House meet to iron out the issues, and hopefully arrive at compromise. It is; however, the intent of House and Senate leadership to reach a solution within the next few days. There are also a number of other moving parts in the biennium budget needing resolution. With Health and Human Services now absorbing more than 1/2 of the total state budget, funding programs such as Medicaid Expansion present a number of long-term challenges in terms of state and federal revenue and a growing Medicaid eligible population.

Respectfully submitted, Rep Rick Ladd, Chair, House Education

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

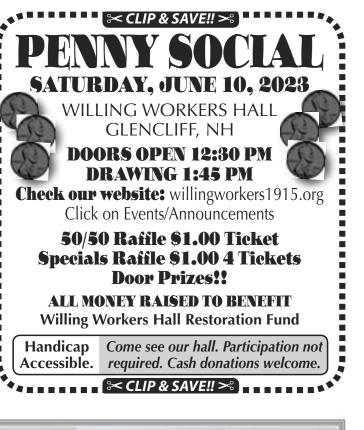
The Bath Library Book Club will be discussing "A Gentleman in Moscow," by Amor Towle, on Monday, June 12, 2023 at 4:30 pm at the Bath Public Library.

Brimming with humor, a glittering cast of characters, and one beautifully rendered scene after another, this singular novel casts a spell as it relates Count Alexander Rostov's endeavor to gain a deeper understanding of what it means to be a man of purpose.

The novel begins when, in 1922, Count Rostov is deemed an unrepentant aristocrat by a Bolshevik tribunal, the count is sentenced to house arrest in the Metropol, a grand hotel across the street from the Kremlin. Rostov, an indomitable man of erudition and wit, has never worked a day in his life, and must now live in an attic room while some of the most tumultuous decades in Russian history are unfolding outside the hotel's doors.

Books may be picked up at the Bath Library; hours are Monday 9:00 am to noon and 1:00 pm to 4:30 pm; Wednesday 9:00 am to noon; and Saturday 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 b a t h l i b r a r y l j h @ gmail.com

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June Activities At Horse Meadow Senior Center

6/1 9:30 Bone builders, 1:00 Outdoors Walking Group, 1:00 Red Bird Mission presentation, 1:00 Food Pantry

6/2 9:00 Kids Ballet, 9:45 Kids Jazz, 10:00 Popcorn & Movie, 10:30 Senior Stretch, 12:30 Mahjongg, 12:30 Computer help

6/5 9:30 Chair Yoga, 10:00 Grief & Loss Support Group, 10:30 Candy Bar Bingo, 1:00 Drums Alive, 1:00 Cards/Cribbage

6/6 9:00 Nifty Needlers, 9:30 Bone Builders, 12:30 Crafting Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry, Music by Jane Wilcox

6/7 9:30 Chair Yoga, 10:30 Board Games/puzzles, 1:00 Bingo, 1:00 Drums Alive

6/8 9:30 Bone builders, 10:00 Floral with Jane, 12:30 Hymn Sing w/Byron, 1:00 Outdoor Walking Group, 1:00 Food Pantry by appt.

6/9 9:00 Kids Ballet, 9:45 Kids Jazz, 10:00 Popcorn & Movie, 10:30 Senior Stretch, 12:30 Mahjongg, 12:30 Computer Help, 12:30 Herbal w/Elaine 6/12 9:30 Chair Yoga, 1:00 Drums Alive, 1:00 Cards/Cribbage 1:00 Dementia Support Group

6/13 8:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith Chat, 12:30 Crafting Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry, Music by Jane Wilcox

6/14 9:30 Chair Yoga, 10:00 Veteran's Coffee, 10:30 Board Games, 1:00 Bingo, 1:00 Drums Alive,

6/15 9:30 Bone Builders, 12:30 Fraud presentation by WGSB, 1:00 Outdoor Walking Group, 1:00 Food Pantry by appointment

6/16 9:00 Kids Ballet, 9:45 Kids Jazz, 10:00 Popcorn & Movie, 10:30 Senior Stretch, 12:30 Mahjongg, 12:30 Computer help

6/19 9:30 Chair Yoga, 10:00 Grief & Loss Support Group, 10:30 Candy Bar Bingo, 1:00 Drums Alive, 1:00 Cards/Cribbage

6/20 9:00 Nifty Needlers, 9:30 Bone Builders, 12:30 Crafting Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry, Music by Jane Wilcox

OLD CHURCH THEATER PRESENTS

6 NIGHTS OF ONE ACTS!

6/21 9:30 Chair Yoga, 10:00 Book Discussion, 10:30 Board Games, 1:00 Bingo, 1:00 Drums Alive

6/22 9:30 Bone Builders, 1:00 Outdoor Walking Group, 1:00 Food Pantry

6/23 9:00 Kids Ballet, 9:45 Kids Jazz, 10:00 Movie & Popcorn, 10:30 Senior Stretch, 12:30 Mahjongg, 12:30 Computer Help, 12:30 Herbal w/Elaine

6/26 9:30 Chair Yoga, 1:00 Dementia Support Group, 1:00 Drums Alive

6/27 9:00 Nifty Needlers, 9:30 Bone Builders, 9:30 Interfaith Chat, 12:30 Craft Time, 1:00 Outdoor Walking Group, 1:00 Food Pantry

6/28 9:30 Chair Yoga, 10:30 Board Games & Puzzles, 1:00 Bingo, 1:00 Drums Alive

6/29 9:30 Bone Builders, 1:00 HMSC Walkers, 1:00 Food Pantry by appointment

6/30 9:00 Kids Ballet, 9:45 Kids Jazz, 10:00 Popcorn & Movie, 10:30 Senior Stretch, 12:30 Mahjongg, 12:30 Computer help

Spring Wildflower Walk



by Linda Scherf Weeks State Park Association

Weeks State Park Program - Spring Wildflower Walk - Sunday June 4, 2023 - 1 to 4 pm - Free to the public.

Spring has sprung and it is time to get outdoors to enjoy the signs of spring. Please join us for this free wildflower walk led by field ecologist and naturalist, Matt Peters, who has over a dozen years of experience studying the flora, fauna, geology and soils of Weeks State Park.

Matt has led nature walks at the park for many

years.Meet at the parking lot at the start of the scenic road up Mount Prospect at 1 PM. Bring a hand lens and flower guide if you like and dress for the weather. A paper list of common spring wildflowers will be provided at the assembly point. The free program ends at 4 PM.

Matt Peters is a consultant field ecologist and botanist for the Vermont Fish and Wildlife Department. He complies inventories of natural communities and rare plants in New Hampshire and Vermont.



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Calendar of Events

EVENTS FROM LOCAL NON-PROFITS, SCHOOLS AND TOWNS. PRESENTED FREE BY TRENDY TIMES.

FRIDAY, JUNE 2

BEG, STEAL OR BORROW (VT Bluegrass) 6:00 PM Lake Morey Resort waterfront

PINE HILL SINGERS

7:00 PM Admission by donation Alumni Hall, Haverhill See Article on Page 8

BEG, STEAL OR BORROW (VT Bluegrass) 6:00 PM Lake Morey Resort waterfront

FRIDAY & SATURDAY, JUNE 2 & 3

6 NIGHTS OF ONE ACTS BY OCT 7:00 PM See Ad on Page 5 Bradford Academy Builing, 172 No. Main St.

SATURDAY, JUNE 3

KIDS FISHING DERBY 8:00 AM See Ad on Page 3 Ammonoosuc Valley Fish & Game Club Route 112, Bath

THE LIFE & ART OF ADELAIDE PALMER 1:00 - 3:00 PM See Ad on Page 3 Piermont Village School

SUNDAY, JUNE 4

SPRING WILDFLOWER WALK 1:00 - 4:00 PM See Article on Page 5 Weeks State Park, Lancaster

6 NIGHTS OF ONE ACTS BY OCT 3:00 PM See Ad on Page 5 Bradford Academy Builing, 172 No. Main St.

MONDAY, JUNE 5

HAVERHILL SELECT BOARD MEETING 6:00 PM Clifford Memorial Building, Woodsville

TUESDAY, JUNE 6

WOODSVILLE WELLS RIVER 4TH OF JULY COMMITTEE MEETING 7:00 PM Woodsville Commun ity Field

FRIDAY, JUNE 9

SHEMEKIA COPELAND IN CONCERT 8;00 PM See Ad on Page 4 Colonial Theater, Bethlehem

FRIDAY & SATURDAY, JUNE 9 & 10

6 NIGHTS OF ONE ACTS BY OCT 7:00 PM See Ad on Page 5 Bradford Academy Builing, 172 No. Main St.

SATURDAY, JUNE 10

PENNY SOCIAL 12;30 PM See Ad on Page 4 Willing Workers Hall, Glencliff

WILLING WORKERS SOCIETY OF SUGAR HILL LUPINE MARKET 9:00 AM - 3:00 PM See Ad on Page 4 Sugar Hill Meetinghouse, 1445 Route 117

THE WALK FOR ANIMALS Starting at 9:30 AM Vermont State House lawn, Montpelier

OPEN MIC NIGHT 6:30 - 9:00 PM Horse Meadow Senior Center, No. Haverhill

SUNDAY, JUNE 11

6 NIGHTS OF ONE ACTS BY OCT 3:00 PM See Ad on Page 5 Bradford Academy Builing, 172 No. Main St.

MONDAY, JUNE 12

BATH BOOK CLUB 4:30 PM See Article on Page 4 Bath Plublic Library

ROSS-WOOD AUXILIARY UNIT #20 MEETING 6:00 PM 4 Ammonoosuc Street, Woodsville

WEDNESDAY, JUNE 14 FLAG DAY CEREMONY

5:00 PM See Ad on Page 3 4 Ammonoosuc Street, Woodsville

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING - 6:00 PM 4 Ammonoosuc Street, Woodsville

EVERY THURSDAY

ELLS RIVER

WORKING ON WELLNESS 6:00 PM Monroe Public Library

EVERY FRIDAY

SHARE THE HARVEST TABLE NOON - 7:00 PM Baldwin Memorial Library, Wells River.

EVERY SUNDAY

BETHANY CHURCH WORSHIP SERVICES 9:00 AM "the church set apart on the hill" Mt. Moosilauke Highway, Pike, NH Phone: jo anne at 603-787-6658

WEEKLY EVENTS AT CLIFFORD MEMORIAL BUILDING

South Court Street, Woodsville PICKLEBALL Tuesday & Thursday evenings at 6:00 PM Saturday mornings at 9:00-10:30 AM LINE DANCING every Wednesday evening 6:00 - 7:00 PM

ANTIQUE STROLLERS WALKING PROGRAM Monday – Friday from 11:00-12:00 Morrill Municipal Building, North Haverhill





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Volume 14 Number 17

2023

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May.

but there will always be Trendy Times

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Pine Hill Singers present: "The Birds & The Bees The Love of Nature & The Nature of Love"



The Pine Hill Singers announce their spring choral performances on Friday, June 2 at Alumni Hall at 75 Court Street, Haverhill, NH at 7pm. Admission is by donation. No proof of vaccination or masks is required.

The singers will reflect in song and poetry on the beauty and harmony of nature, the longings and happiness of love - and the connections that composers and poets have found between them for eons.

Their program celebrates love and nature and the many ways they are featured in songs throughout the ages. The singers will make you smile with love songs about mashed potatoes (of all things) and The Trolley Song from the musical "Meet Me in St. Sarah Quartet's Louis".

Endenroth's Bumble Bee, both from exciting new choral composers, are stunning pieces about Nature. Vermont's own Gwyneth Walker's I Will Be Earth, along with madrigals and Broadway tunes will show the many complicated sides of love. You'll leave humming the melody from Cole Porter's Let's Do It and Hoagy Carmichael's Skylark.

The Pine Hill Singers have brought outstanding choral performances to the local area for more than two decades. They are of diverse professions, musical abilities, ages, experiences. and life Their thematic concerts feature an eclectic variety of music from classical to contemporary, Broadway to pop, and patriotic to global. They sing to promote social justice, musical excellence and fun!

Colonial Receives \$5,500 NH Gives Matching Gift for Solar Array

The Colonial Theatre in Bethlehem, NH received a generous pledge from Jeffrey Burt, Jane & Ned Brewer, and Betsey & Chuck Phillips to match NH Gives gifts dollar-fordollar up to \$5,500 in support of a solar array project slated for 2024. "This is a tremendously exciting opportunity for The Colonial" Executive Director, Christine Etter explained. "Solar panels will significantly and responsibly offset The Colonial's electricity costs, lower carbon emissions, and play an important role in allowing our Theatre to extend its presenting season."

Hosted by the NH Center for Nonprofits, NH Gives is the state's largest day-of-giving - bringing together hundreds of nonprofits and tens of thousands of donors to raise much money and as awareness as possible for the causes served by NH's nonprofit sector. It is Granite 24-hours for Staters to give back to the nonprofits that give so much to our communities every day. NH Gives begins at 5 PM on June 6 and ends at 5 PM on June 7. This year The Colonial's NH Gives campaign will support this special solar panel project, in addition to its mission.

"So please, mark your calendars for 5pm on June 6th and consider supporting The Colonial Theatre. Your doubled gift will help The Colonial implement this solar project next year, and support our work as we continue to enrich lives, inspire minds, and celebrate diverse perspectives." Etter added.

A revitalized Colonial has, for over two decades, provided the North Country with outstanding music, films, community and family events. According to Americans for The Arts, in a typical year the theatre returns over \$500,000 to our community and supports over a dozen full time jobs. In recognition of this fact, these generous community members see the continued health of the Theatre and its switch to renewable energy as essential to a prosperous and growing community. In further recognition of the importance of this solar array project, The



has been Colonial awarded a \$51,000 Congressionally Directed Spending Request and a \$4,400 donation from Mascoma Bank in support of this solar array project. This NH Gives matching gift initiative will bring The Colonial one step closer to bringing this important project to fruition.

Those who are interested in joining The Colonial's NH Gives initiative can visit the Theater's website at www.BethlehemColonial.org. While you are there sign up for The Colonial's regular eblasts so you won't miss a beat!

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Haverhill Heritage Inc. (HHI) is proud to announce that they received a matching grant from the Foundation 1772 for \$7500. This money will be

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BradfordLaundry.com

ing the front porch of the Wentworth Brown house on the Sound end of the Haverhill Common. This part of the project will bring the exterior of the house towards completion this summer. The work will

BradfordLaundryLLC@gmail.com

be completed by American Barn and Building from Piermont, NH.

The 1772 Foundation was named in honor of its first restoration project, Liberty Hall in Union, New Jersey. Built in 1772 by William Livingston, New Jersey's first elected governor, the residence was home to generations of the Livingston and Kean families, including Stewart Barney Kean, who founded the 1772 Foundation in 1984. Liberty Hall has since been converted into a museum and the Foundation, thanks to Mr. Kean, continues to provide ongoing support for it and many others like it across the country. Upon Mr. Kean's death, in 2002, the Foundation grew from a \$2.1 million private foundation to one with over \$80 million in assets. In the twenty years since then, the foundation has granted more than \$50 million for historic preservation work throughout the United States.

This grant is made possible from the 1772 Foundation in cooperation with the New Hampshire Preservation Alliance.



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Volume 14 Number 17

May 30, 2023

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Lisbon Area Historical Society to Hold Museum Grand Opening and Creation of Time Capsule

LISBON - Lisbon Area Historical Society (LAHS) will celebrate the Grand Opening of its new museum in the historic former Congregational Lisbon Parish House Church building at 9 Depot Street in Lisbon on Saturday, June 3, 2023, from 10am to 3pm. Attendees are encouraged to bring a small item to add to a time capsule being created to mark the event.

Guest speakers at 11am will be Ben Wilson, Director of NH Division of Historical Resources and Cassie Mason, Grants Officer, NH State Council on the Arts. They will speak briefly about the significance of the State Register and preservation. At 1pm, there will be a short program by Chris Hadsel, Director of Curtains Without Borders, who helped conserve Lyman's three historic painted stage curtains that are on display in the new LAHS museum. Grant funding received by LAHS in the amount of \$14,867 for the conservation of the curtains was made possible through the NH Moose Plate Program administered by NH State Council on the Arts.

The purchase and renovation of the new LAHS home and museum was made possible by generous donors and volunteers, careful budgeting, and perseverance over many years. Phase I, the first-floor renovation, is complete, and LAHS is seeking grant funding for Phase II which includes renovations to the present finished and operational basement and completion of accessibility.

"We have been working very hard to plan and set up our new facility so it will be poised to serve as a point of interface to engage all ages in local heritage and culture and provide a sense of belonging and connection. Our new facility provides a venue for research, entertainand education ment, through the museum collection, resources, and programs. The new facility also provides an opportunity and space for collaboration with other organizations and local schools, and we look forward to those partnerships," explains LAHS President Dorothy Wiggins.

Current displays in-



Lisbon Area Historical Society will open the doors of its new museum in the historic former Lisbon Congregational Church Parish House during a Grand Opening on Saturday, June 3 from 10am-3pm. Courtesy photo

clude a special exhibit about Sylvanus Dayton Morgan (1857-1940), one of the most prolific White Mountain architects and builders of his day. Morgan was hired to build the 1891 Lisbon Public School on Highland Avenue and then chose Lisbon as his home. He built his family home across from the school and many other homes and buildings in Lisbon, including the LAHS property, which is now on the New Hampshire State Register of Historic Places.

The library/reference and conference room has a growing collection of books and artifacts, images, and information on Lisbon's American Legion Post #14, Friends in Council, and maps. Visitors may use the library room to review the library collection and museum files for entertainment or specific research.

The railroading room includes model buildings and artifacts from the lifelong collection of Lisbon railroading enthusiast Roger Robar, including images and information compiled during the five years Robar served as Clerk of the Works on the restoration of the Lisbon Historic Railroad Station and Museum. The exhibit includes Robar's scratchbuilt scale model of the landmark Wells River-Woodsville B&M pin-consteel doublenected decker Baltimore truss railroad bridge that still the Connecticut spans River. Young-Cobleigh The Tavern exhibit and related period artifacts are housed in a dedicated room full of some of the oldest artifacts from Lisbon's past and the stories that go along with the famous tavern, the site's Revolutionary War fort and militia musters, the stagecoach era, the property's owners, and the

property's Cobleigh Airport.

LAHS serves Lisbon, Lyman, and Landaff, New Hampshire by preserving and promoting the rich history of the three towns. The museum hours are 10am-2pm on Monday, Wednesday, Friday, and Saturday with additional hours by appointment or chance. Volunteering to help staff the museum presents an opportunity to learn about local history, socialize, and be a part of this new area museum and resource. New volunteer staff orientations will be held at the museum on Tues., June 20 at 6pm and Sat., June 24 at 10am for those who may be interested. For more information, please call 603-838-2003 email or lisbonareahistoricalsociety@gmail.com. To learn more about LAHS go to www.lisbonareahistory.org.









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Weathervane Theatre To Host New **Subscription Series**

WHITEFIELD, NH

Weathervane Theatre is pleased to present a new subscription series that offers engagement and entertainment at one low price.

Named North Country Exchange, this subscription package is a special evening series featuring three of Weathervane's most anticipated comedies of the 2023 season - Stones in His Pockets, Meteor Shower, and A Midsummer Night's Dream. In addition to a ticket to each of these productions, there is a preshow reception and a post-show Q&A featuring a panel of artists and experts related to the production.

"Right now in our society people are lonelier than ever," said Weathervane Marketing Director Carrie Greenberg. "They crave connection so for us to be able to offer an experience that offers community and engagement in addition to high quality entertainment is very exciting."

This series gives patrons an inside look at some of this year's productions in a way never before offered to Weathervane audiences. Audiences will be able to ask their own questions to the cast, creative team, and industry leaders related to the production's topic as well as an opportunity to congregate with fellow members of their community about the shared experience.

Weathervane's most affordable subscription package, North Country Exchange ranges in cost from \$39 to \$95 and includes one ticket to each of the following performances:





Stones in His Pockets -Thursday, June 29 at 7:30 PM

ABOUT: The hilarious and poignant story of an Irish Village turned upside down by the arrival of an American film crew. Two actors play 15 characters in the Olivier Award-winning comedy!

Meteor Shower - Friday, July 28th at 7:30 PM ABOUT: From the legendary Steve Martin comes a surprising new comedy with an offbeat

and absurdist look at the comic anxiety lurking just beneath the surface of modern marriage set against the backdrop of a once-in-a-lifetime meteor shower.

A Midsummer Night's Dream - Wednesday, August 23 at 7:30 PM

ABOUT: Shakespeare's most popular comedy. When magical, mischief-maker Puck gets ahold of a love potion, he

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sets in motion all the comical antics that arise from four young lovers' adventure through the woods.

North Country Exchange subscriptions are on sale now 24/7 at weathervanenh.org. The Weathervane box office is currently open for phone and in person sales 10 AM - 12 PM Tuesday - Friday.

Weathervane's 58th season opens June 9, 2023 and runs through October 14, 2023. Season productions include Jersey Boys, Stones in His Pockets. Honky Tonk Laundry, Meteor Shower, A Midsummer Night's Dream, Mamma Mia!, Guys and Dolls, and Primary. Subscriptions, Dinner and a Show packages and single tickets are currently on sale at weathervanenh.org, by phone at 603-837-9322, or by visiting the box office at 389 Lancaster Rd. in Whitefield.

AUTHORIZED DEALER

Weather



To the Haverhill Selectboard.

I write this letter specifically to the Haverhill Selectboard for a number of reasons. First and foremost I am a proud member of the Haverhill community, and have been for almost my entire life (so far).

However the happenings of the last six months, or more, have shaken me. During that time we have had a total of THREE duly elected Selectboard members resign. Each has had their own reasons. But it certainly appears from my standpoint that they have decided that their own health. both physical and mental, were more important than serving the town of Haverhill. I can not blame any of them for that decision.

Now let's move on to the next decision, again by members of the Haverhill Selectboard. It will be the duty of the three remaining members to appoint two fellow residents of Haverhill to join them and move forward with the duties they were elected to perform. Again, as I see

it, those duties include making policy for the town and overseeing that those policies are followed by the employees of the Town of Haverhill.

With that in mind, who should be appointed to fill these seats? First would be someone willing, and able, to perform those duties. But, once more in my opinion, not someone whom the voters of Haverhill have already rejected. Now this will be difficult, no doubt. And therefore the decision should not be rushed, even though it also should not be de- Imes layed. A three member es also should not be deboard is still a viable board and has the authority, and hopefully the ability, to function. But the voters of Haverhill have previously decided that а five member board is better.

Therefore I call on the remaining members of the Haverhill Selectboard to think hard about who you want to sit at that table with you. What opinions or perceived mandates they may bring with them, and then, and only then, you need to choose wisely. Gary Scruton, Editor

Volume 14 Number 17



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What Should You Expect From Your Investments?

To help achieve your financial goals, you may need to invest in the financial markets throughout your life. However, at times your investment expectations may differ from actual returns, triggering a variety of emotions. So, what are reasonable expectations to have about your investments?

Ideally, you hope that your investment portfolio will eventually help you meet your goals, both your short-term ones, such as a cross-country vacation, and the long-term ones, such as a comfortable retirement. But your expectations may be affected by several factors, including the following:

• Misunderstanding – Various factors in the economy and the financial markets trigger different reactions in different types of investments — so you should expect different results.

When you own stocks, you can generally expect greater price volatility in the short term. Over time, though, the "up" and "down" years tend to average out. When you own bonds, you can expect less volatility than individual stocks, but that's not to say that bond prices never change. Generally, when interest rates rise, you can anticipate that the value of your existing, lower-paying bonds may decrease, and when rates fall, the value of your bonds may increase.

• Recency bias - Investors exhibit "recency bias" when they place too much emphasis on recent events in the financial markets, expecting that those same events will happen again. But these expectations can lead to negative behavior. For example, in 2018, the Dow Jones Industrial Average fell almost 6% – so investors subject to recency bias might have concluded it was best to stay out of the markets for a while. But the Dow jumped more than 22% the very next year. Of course, the reverse can also be true: In 2021, the Dow rose almost 19%, so investors who might have been susceptible to recency bias may have thought they were in for more big gains right away - but in 2022, the Dow fell almost 9%. Here's the bottom line: Recency bias may cloud your expectations about your investments' performance - and it's essentially impossible to predict accurately what

will happen to the financial markets in any given year.

 Anchoring – Another type of investment behavior is known as "anchoring" - an excessive reliance on your original conviction in an investment. So, for instance, if you bought stock in a company you thought had great prospects, you might want to keep your shares year after year, even after evidence emerges that the company has real risks - for example, poor management, or its products could become outdated, or it could be part of an industry that's in decline. But if you stick with your initial belief that the company will inevitably do well, and you're not open to new sources of information about this investment, your expectations may never be met.

In many areas of life, reality may differ from our expectations — and that can certainly be true for our investments. Being familiar with the factors that can shape your expectations can help you maintain a realistic outlook about your investments.

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



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Amateur Radio Field Day June 24 & 25 2023

Prouty.

Field Day is an annual event in which groups of Amateur Radio (Ham) operators world-wide set up their radios under simuemergency lated conditions to see how well they can communicate with other Hams. Field Day is also fun event, which allows the Ham community to show our skills to the local community.

Operating "off the grid", radio amateurs, referred to as "Hams", "hang wire" for antennas and use generators, solar power and other emergency power sources to see how many contacts can be made in 24 hours. Hams transmit and receive messages with voice, digital, and Morse Code signals. When disaster strikes and normal communications channels are disrupted, the Amateur Radio community has been able to get the lines of communication set up so that critical resources can be moved to the areas of need. This has been true for disaster relief, like hurricanes and tornadoes; internationally following earthquakes and tsuna**Ine 24 & 25 2023** mis; and in times of local day severe weather. Ham operators work with the local authorities as well as with Lan many disaster relief Lan groups in all these cases. to th Hams also provide communications support for many public service events, such as the Boston Marathon and The cas

Ham radio is also an interesting hobby. If you like making new friends worldwide, there are opportunities for you. If you have an interest in science, space exploration or technology, Hams are involved there as well. Many of the Astronauts manning the International Space Station (ISS) are Ham operators, licensed by their own countries. These Space Explorers provide class room contacts from the ISS via amateur radio setups that local Ham operators provide to schools for such purposes. If you have considered a career in electronics or radio, Ham radio has opened these doors for many of today's professionals.

day operation. The public is invited to visit the LARK Field Day site, located at Lancaster Fair Grounds in Lancaster, NH. Directions to the fairground From the South, travel North on Route 3 to Lancaster, NH.

From the East, travel West on Route 2 to Lancaster, NH. Go through town and continue North on Route 3 for 1/4 mile past the Traffic Circle.

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If this sounds interesting to you, please join us during our annual field South on Route 3. Fairgrounds are on right just past the National Guard Armory. There will be directional signs posted to direct you to the Field Day Event.

LARK will be on the air continually starting 2:00 PM on Saturday June 24 through 2:00 PM on Sunday June 25. Visitors will receive a guided tour of the activities. Information on how to earn a radio amateur license will be available.

Vermont Fish & Wildlife's Trapping & Coyote Hounding Recommendations Don't Improve Animal Welfare or Public Safety

STOWE, VT-Wildlife advocates were excited at the prospect of two wildlife-protection bills during the 2022 legislative session: S.201, a ban on leghold traps and S.281, a ban on coyote hounding. The Commissioner of the Vermont Fish & Wildlife Department (Department) convinced legislators that they did not need to ban these activities outright and that the Department address would these highly contentious activities via rule-making and make them more humane. But we know that there's no way to make a leghold trap more humane. Same goes for addressing the inherent cruelty of siccing a pack of powerful hounds on a lone coyote, an activity that is akin to dog fighting. "But that didn't stop Department from the wasting countless hours of staff time and resources from making toothless, unenforceable recommendations that will result in no meaningful changes to lessen the suffering that animals endure as a result of these cruel activities," said Brenna Galdenzi, President & co-founder of Protect Our Wildlife.

S.201, now Act 159, directed the Department to improve trapping safety and the welfare of animals trapped during the state's recreational trapping season. The Department ignored recommendations from wildlife advocacy groups on the advisory panel for that directive, which included Protect our Wildlife, the Vermont Wildlife Coalition, and the Humane Society of the United States. The groups' recommendations included prohibiting bodycrushing kill traps on land and requiring traps be set away from trails and other

vered paw, was found in the woods by one of Protect Our Wildlife's members. This trap is marketed as a "padded," BMP-approved leghold trap. "It is telling that the Department never includes photos of living, trapped animals in their press releases or other communications," said Jennifer Lovett, POW Board member and conservation biologist. "Instead, they use sanitized images of trappers in the field, never showing the desperate look of terror on a trapped animal's face as they struggle to escape before they are bludgeoned death-that to cruel reality of trapping doesn't support the Department's narrative."

Aquatic mammals like beavers can hold their breath for extended periods of time and thus suffer even greater in these cruel devices. The American Veterinary Medical Association further states that drowning is not a humane form of death. Protect Our Wildlife has photos and videos of Vermont animals in leghold and body-crushing kill traps depicting visible injuries, which tell the real story about this cruel practice.

S.281, now Act 165, directed the Department to create rules guiding the use of hounds to hunt coyotes, a practice that is not currently regulated. Wildlife advocates made recommendations including prohibiting baiting coyotes and also requiring the hounds to be under visual and verbal command of the hounders, but the Department did not adopt those recommendations. "Their proposed changes are what most hounders are already doing, which will translate to zero meaningful changes to lessen the cruelty or to protect wildlife and the public whose private property rights are violated every year," said Jane Fitzwilliam from the Vermont Coyote Coexistence Coalition. The Department considers the use of GPS and shock collars to be methods of controlling the hounds, even when the hounds are running miles away from the hounder. "Protect Our Wildlife and other wildlife advocacy groups participated



in working group meetings in good faith and while we didn't expect to get everything we asked for, we had hoped for some meaningful changes," Galdenzi said. "The silver lining that will hopefully come from this is to illustrate to legislators that the only way Vermont will see safer, more humane policies as it relates to hunting and trapping is through legislation."

Protect Our Wildlife looks forward to the 2024 legislative session where bills to ban recreational trapping, H.191 and S.111, and bill H.323, a ban on hounding, will hopefully be enacted into law.

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Letter to the Editor: He Will Be Missed

To the Editor,

I would like to take this opportunity to express my sincere sympathy to the family of Dr. Robert Peraino of Franconia, NH. He was a frequent conservative contributor to this publication. His passing came as a shock to me, and I will personally miss his many well thought out letters to the editor which were based on facts and not hearsay. My only regret is that I never had the opportunity to meet Dr. Peraino in person. I am sure we would have had some interesting conversations.

Undoubtedly, there are other readers out there who will similarly miss his contributions.

Robert Briggaman North Concord, VT

Robert.,

I, also, never met in person Dr. Peraino, but will certainly join with you in mourning his passing. It is not everyone who has the ability to write a "Letter to the Editor". It is, I believe, not a hard skill to write a letter, but to put your thoughts down on paper in a concise and understandable manner to help inform others, is a skill. And like any skill it gets better the more your practice.

So please, all of our readers who would like their thoughts known to others, take pen in hand (or more preferred, take fingers to keyboard) and tell us your thoughts. Then I can continue to test me skills in responding. Gary Scruton, Editor





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public areas on all public lands in order to protect people and their pets.

The Department's trapping changes are misleadingly termed "best management practices" (BMPs) for trapping, but those practices still allow for tremendous suffering to individual animals. For example, research finds that 30% of animals that are trapped can suffer amputations, and even death, and the traps still meet the BMP criteria. The trap included in this release containing a se-

Stephen John & Guests: Conversation with Businesses, Community Leaders & Non-Profit Organizations!



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The rising temperatures make it feel like summer. Summer actually begins on June 20th but don't tell the kids that. People have already been hiking and swimming and gardens were planted well before Memorial day. Some people would like to blame global warming for the early pollen season and the early arrival of biting bugs. Heat, bugs and allergens all make for an interesting summer.

leads to droughts. In some areas, like Western North America, high volumes of snow during the winter is now creating floods and mud slides. "Much of the Mediterranean is suffering from persistent drought conditions, which are worsened by extreme heat. The droughts have taken a toll on agricultural yields, including wheat and barley crops." per scientificamerican.com.

The hot summer days also bring back those nasty biting insects and the bugs that invade your home. In a list of most common summer insects, Ticks, Mosquitoes, Black flies, Ants and Roaches top the list for the most troublesome. Thank you, Homepest .com.

"Mosquitoes are perhaps the most dangerous of summer pests. They are most well known for their pesky biting habits, which can leave itchy, red bumps. But the real threat posed by this pest is their ability to transmit numerous diseases including West Nile virus, malaria, yellow fever, dengue and eastern equine enceph-

alitis (EEE). Ticks are always an issue during the summer months, but with their populations expected to be unusually high this season, they will be a major concern for those spending time outdoors. Of greatest concern is the blacklegged deer tick, found in the Northeastern U.S., Yellowjackets, Africanized 'killer' bees, wasps, hornets and other stinging insects are a summer staple. But these pests can pose a serious health risk if a hive is threatened or provoked, causing them to swarm and sting en masse." per www.pestworld.org.

Avoiding things that cause summer allergies is one way to stay healthy in the summer. "Ragweed is one of the most common summer allergy triggers. It can travel for hundreds of miles on the wind. So even if it doesn't grow where you live, it can make you feel bad if you're allergic to it." per WebMD.com. Cut grass, mold and smog can add to breathing problems in the summer months.

What to do to avoid the heat, bugs and bad air found in the summer--plan ahead. If you don't have air conditioning in your home, get a window or portable air conditioner to provide a cool place on those hot days. Plan on trips to go swimming, bring your sun block and bug repellant with you. Wear a mask or face-shield to avoid contaminents in the air. An N-95 is going to make a difference in your health when outside in public.

When it is very bad outside, stay home, be safe and enjoy another day.

Pomp and Circumstance

by Maggie Anderson

Some mornings I wake up with a question on my lips even before I've smelled the coffee. This is one of those mornings.

What I'm wondering is, when all the schools have adopted "they/them," etc. pronouns, even in math problems, what sort of problems and confusion will pop up in the English grammar classes?

Students who already leave school unable to construct a grammatically coherent sentence, are now going to be expected to include a cornucopia of gender choices when completing assignments.

Most students k-12 have no idea what the new fruit salad of gender choices mean, and, with the current stats on the reading skills acquired in public many of our schools, have precious little hope of spelling them correctly to begin with.

Here's a thought, how about we focus on teaching students to read?

Throughout human history, the ability to read has been one of the most important skills a person can have. Precisely why oppressors the world over have always sought to keep those they would control from learning to read.

The ability to read gives people more power than can be measured by any scale. This one skill lays the world's history before you. Being able to read gives you a look at the world's triumphs, it's struggles, and the efforts to overcome them. It offers a snapshot of every group's effort to crush their neighbor.

If you can read, you can learn anything. It's humanity's strongest weapon against so many threats.

Simply put, if you can't read, you must depend on somebody else to tell you what the truth is, their truth of course.

So how about we weed the chaff from the wheat, cut to the chase, and teach these students to read before we hand them a diploma they can't decipher?



TRENDY TIMES STAFF



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Thank you for your understanding.



ENDY A FREE PUBLICATION

WHS Top CTE Student

Woodsville High School is thrilled to announce that Jaylin Pereira has been recognized as the Top Career and Technical Education (CTE) student for the year 2023 at River Bend Career & Technical Center.

This prestigious honor is awarded to students with exceptional dedication, skill, and achievement in their chosen technical field. Jaylin has consistently exhibited these qualities, making her a standout student at the River Bend Career & Technical Center.

"Jaylin's passion and commit-

ment to her technical education have been impressive," said Hayden Coon, principal of Woodsville High School. "Her achievements reflect her hard work, talent, and the spirit of excellence that we value in our students at Woodsville High School and River Bend Career & Technical Center. We are incredibly proud to recognize her as our Top CTE student."

Please join us in congratulating Jaylin Pereira on this well-deserved honor.

Pictured with Jaylin is Mrs. Jill Nichols, Senior Class Advisor



WHS Class of 2023 Class Marshalls

Woodsville High School is delighted to announce that Juniors Mackenzie Griswold and Ben Taylor have been chosen as the Class Marshalls for the graduating Class of 2023.

The role of Class Marshall is a prestigious honor bestowed upon students who have demonstrated academic excellence, leadership, and a solid commitment to their class and school community throughout their high school journey.

Mackenzie and Ben have exemplified these qualities and more. Both have consistently shown academic diligence, leadership skills, and a dedication to service that has positively impacted our school community.

"Mackenzie and Ben's commitment to their studies, peers, and community truly stand out. They embody the spirit and character of Woodsville High School," said Jill Nichols, WHS Senior Class Advisor. "We are incredibly proud to have them represent the Class of 2023 as Class Marshalls."

Class Marshalls Mackenzie and Ben will play a pivotal role in graduation ceremonies and other important school events. Their responsibility is a testament to their hard work, dedication, and the respect they've earned from faculty and peers alike.

Please join us in congratulating Mackenzie Griswold and Ben Taylor on this well-deserved honor.

Woodsville High School is a public high school in Woodsville, New Hampshire. It is committed to excellence in education and aims to foster an environment of respect, integrity, and personal growth.

Paddle The Border (PTB) Spring ¹⁵ 2023 Wrap Up

Paddle the Border was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" our shared asset, the Connecticut River.

And for the start of our 20th year we did just that. With well over 80 boaters put in the river at the Community Field in Woodsville and landing at Bedell Bridge State Park in Haverhill Corner. There they were greeted with music by the Strawberry Farm Band, who have been faithful supporters of PTB all 20 year of the Paddle.

"What a festive event Paddle the Border is", said Michael Thomas representing Newbury Conservation Commission, one of the many supporting groups. Thomas added "At the launch site in Woodsville folks are full of anticipation and excitement to start the 3½ to 4 hour float down the Connecticut River. At the take out, Bedell Bridge State Park, every one has a big smile on their face, knowing what a journey they had."

Paddle the Border owes its success to all the volunteers from Newbury Conservation Commission, Haverhill Recreation Commission, Cohase Chamber of Commerce, Upper Valley Land Trust, Cohase Rotary Club, WYKR Radio, Butler's Bus Serve, and Strawberry Farm Band.

A BIG THANKS to all the Volunteers who help park cars, help folks in their boats at the launch and out of their boats at the end. To Butler"s Bus Serves, and the driver for help shuttling folks at the start of the paddle.

To all the paddlers we thank you for coming and enjoying the best of the valley-the Connecticut River. See you for Paddle the Border Fall October 1st from Newbury Crossing Boat Launch to Bugbee Landing in Bradford, Vermont.

For more info on PTB or other Newbury Conservation Commission events contact Michael Thomas mikethom1@ charter.net. Happy Trails.

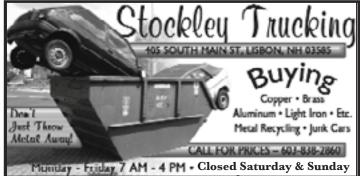
UT Martin Names Local Student To Spring Semester Chancellor's Honor Roll

MARTIN, Tenn.-The outstanding academic achievements of undergraduate students at the University of Tennessee at Martin have been honored with publication of the Spring 2023 Chancellor's Honor Rolls for the College of and Applied Agriculture Sciences, College of Business and Global Affairs, College of Education, Health, and Behavioral Sciences, College of Engineering and Natural Sciences and the College of Humanities and Fine Arts.

To be eligible for the Chancellor's Honor Roll recognition at UT Martin, a student must take at least 12 hours of credit (pass-fail courses are not included) and achieve a 3.2 (B) grade point average based on a 4.0 scale. Students can make the Chancellor's Honor Roll with honors (3.2 through 3.49), high honors (3.5 through 3.79) or highest honors (3.8 through 4.0).

Landaff – Meredith J. Copithorne, High Honors.

UT Martin is a comprehensive regional institution in the University of Tennessee System offering 18 bachelor's degree programs and five master's degree programs. The main campus in northwest Tennessee is one of five primary UT campuses. For more information, visit utm.edu.



Vot all Times are Trendy, but there will always be Trendy Tim

Thanks to Scott Nichols | Woodsville High School for providing this information. Library, Media & Tech Specialist, Director of Communications & Engagement, Extended Learning Opportunities Director, Mentoring Director, National Honor Society Co-Advisor, WHS Class of 2023 Co-Advisor, phone: 603-747-2781 x229, site: WoodsvilleHighSchool.com/LLC, email: snichols@sau23.org_address: 9 High Street, Woodsville, NH 03785





Omelette Muffins

Hello hello my fellow chefs! How are you all doing today? I'm fine and I went through my bank and got approved for a loan. I have to wait two more weeks before I can access the money so I've been searching online and there are a lot more than I expected. Car Gurus has been helpful. I'm looking at a Toyota Corolla and the red color has really caught my eye. So there is a light at the end of the tunnel. My cat Bella is home and she is doing so good. The Mitzvah Fund, an organization in Vermont, helped me out with the surgery and care Bella needed. They have an operating room setup that they drive and do the surgery in. It's totally amazing. They saved her life. Well let's get started

Well let's get started with today's recipe and how to make it. It makes 12 muffins.

Ingredients 5 baby potatoes Tricolor if you can find them, very thinly sliced 1/4 stick of butter cut into 12 pieces 10 large eggs 1/4 cup Parmesan cheese grated 1 small yellow pepper

finely chopped 1 small tomato chopped small

1/2 cup fresh spinach chopped small



1/4 cup ham chopped small

1 small onion chopped small

1 slice 1/4" thick mozzarella cheese. You can find this at the deli. Cut into 12 pieces

Preheat oven to 350 degrees. Spray Pam In your 12 cup muffin tin or grease with Crisco.

Place a few slices of potatoes in bottom of prepared muffin pan and top with a piece of butter. Place in oven for 5-7 minutes so potatoes get warm and the butter melts.

In large bowl beat eggs well then add Parmesan cheese and beat until mixed well. In another bowl mix pepper, tomato, spinach, ham and onion and toss. When potatoes are done remove from oven and spoon the veggies and ham on top then ladle eggs In each cup and top with mozzarella cheese. Bake for 20-22 minutes until eggs are set and tops are toasty brown. That's it you are done. Remove from muffin pan and serve with some hash brown potatoes. Easy peasy and "Delicioso"!

If your family doesn't finish them they reheat wonderfully well in the microwave. Please give this recipe a try I think you will like them. You can use cooked sausage or cooked bacon, add a different veggie, it's pretty versatile and a different way to serve eggs. Try it for breakfast, lunch or dinner. I like having breakfast for dinner.

Well folks that's it for today's recipe. I hope your Memorial Holiday was good. Stay safe and healthy. Until next time I am signing off, Sincerely, Cin Pin



Members of the American Legion presented colors, offered a firing squad tribute, and played taps on Saturday, May 28 at Bear Ridge Speedway. Photo courtesy of Alain Brin

Memorial Day ceremonies in Woodsville included thoughts from guest speaker Hayden Coon,(r.) Principal at Woodsville High School. Ross-Wood Post #20 American Legion Commander Gary Scruton stands next to the podium. Sargeant-at-Arms Bill Dickey is seen in the background at the gazebo on Central Street.



Photo courtesy of Mary Chaloux



Volume 14 Number



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