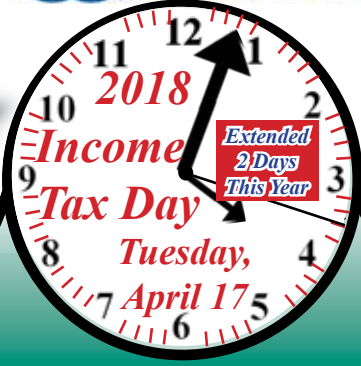


TRENDY TIMES

171 Central Street, Woodsville, NH 03785
Phone: 603-747-2887 Fax: 603-747-2889

Email: Gary@TrendyTimes.com
Website: www.TrendyTimes.com

APRIL 3, 2018 VOLUME 9, NUMBER 13



Everyone Is Invited To Create A Greater Haverhill

Residents of Haverhill N.H. are invited to a community-wide "Creating A Greater Haverhill" forum on Friday, April 13 and Saturday, April 14 at the Haverhill Cooperative Middle School. The purpose of the forum is to celebrate the Haverhill community, gather ideas from all members of the community, and create action steps to improve the future of Haverhill.

Haverhill selectman Wayne Fortier is co-chair of the event. Fortier noted, "When we say we're inviting everyone in Haverhill, we mean everyone. We'd love to see a great turn-out from people from Center Haverhill, North Haverhill, East Haverhill, Haverhill Corner, Pike,

Woodsville, and Mountain Lakes."

Local businessperson Liz Shelton, who also co-chairs the event, agreed, saying, "We need everyone's ideas. This 'vision-to-action' process has been successful in Haverhill in the past. It's not just talk—it's productive action that creates lasting positive change."

The "Creating A Greater Haverhill" forum will kick off

on Friday at 5:00 pm with a free community dinner. The evening's events include an introduction to Haverhill's history, demographics, and youth perspectives. There will be small-group discussions on a variety of topics of interest and concern to area residents. Saturday's activities (9:00 a.m. to 3:00 p.m.) will include reports from Friday's discussion groups, and will focus on identifying commu-

nity members' top priorities, and developing action steps for the future. Free lunch and snacks will be provided for summit participants, and free childcare will be provided.

The "Creating A Greater Haverhill" forum is sponsored by Plymouth State University.

A summit brochure will be sent to all area residents. There is no fee, but organizers are asking participants to register in advance to help

them plan for food, materials, and child care. Please register by emailing jlaicallade@haverhill-nh.com

Registration will also be available at the door.

For more information, please contact Jo Lacaillade, Town Manager, 603-787-6800, jlaicallade@haverhill-nh.com



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TRENDY Dining Guide

Polly's Pancake Parlor

by Gary Scruton

It may have taken a while to get here, but it is definitely "Sugaring" Season here in northern New England. With that great smell of boiling sap in the air, and the idea of that sweet maple syrup coming out of the final spout, it seemed only natural to turn to Polly's Pancake Parlor for this edition of the Trendy Dining Guide.

We have visited before and therefore knew that the best plan is to call ahead and get your name on the list. I called about 9:15 with a projected 10:00 arrival. It was about 15 minutes after we arrived at 10:00 when a table opened up so that our party of four could be seated and ready to enjoy.

For this trip up to Sugar Hill we took along Kathy and Robert. I mention this because Robert is an old restaurant worker himself and looks at things a bit different than us non-server types. One of the first-things Robert noticed was how smoothly the staff seemed to work together. He also

knows one member of the staff and told us that most of the staff are cross trained so that they know all of the positions.

We were lucky enough to get Dana as our server. Not sure she was as lucky, as we asked plenty of questions and gave her a couple of different tasks. But she handled it all with grace, a smile, and even an unexpected comeback or two.

First, of course, what beverages. Robert & I took coffee, Kathy ordered a diet coke (Dana asked if she wanted lemon with that - yes please), and Janice went with an herbal mint tea (not just a cup, but a whole pot of tea was brought to the table).

Robert, being the eldest, was the first to order. He went a short stack of pancakes (two Buckwheat with blueberries and one whole wheat), 2 eggs sunny side up and sausage patties. Later in the meal a glass of V-8 was also added to Robert's meal.

Kathy went with an obvious choice. Kathie's' Choice

is 3 pancakes, a meat (crispy bacon) and two eggs (scrambled).

Janice is where there was a bit of a stray from the normal, but not really at Polly's. She ordered an veggie and cheese omelet (two egg size). Dana asked which vegetables she wanted - Onions, Green Peppers, Mushrooms, Tomatoes or Spinach (all of the above, please). There is also toast included (raisin cinnamon was her choice, and she passed that over to Kathy - not on her diet).

When it came to me it was time to attempt a bit of a curve for Dana. I asked for the six pack of pancakes with blueberries and that day's special add-in, bananas. She asked me what batter and I simply said "mix

it up". I also asked for sausage patties on the side.

For those not familiar with Polly's it needs to be mentioned that in most cases the waitress is also the cook. Talk about being invested in your customer's' satisfaction!

The table we were given at Polly's was one of those great spots, next to a window that overlooks the White Mountains including the Cannon Mt. ski slopes.

Our meals came all at once as Dana is one of those deleterious waitresses that probably could carry meals for a whole crowd if need be, and they all went to the right person, another sign of a waitress that pays attention.

I really can't say much about the meals because it was all so good. Personally I just delighted in the six different pancakes. Each was different batter, or with different add-ins, just what I asked for, and what a delightful taste treat.

I also need to take a moment in this column to inform our readers of something I had never known in regards to tips. Dana informed us that a penny,

left heads up, along with the regular tip was a certain sign to the waitress that the job they had performed was of better than average quality. (We wanted to leave two or three heads up pennies, but decided that one made the message clear).

Both Kathy and Robert had totals of about \$17, while the bill for Janice and I came to \$31.77, all before our tips.



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Devastating Fires and the New Hampshire Supreme Court!

Lately it seems every other day I read about another fire that has destroyed someone's home or business buildings. In a recent article in the Union Leader it was reported in a 24 hour period that there were fires in 10 different communities. On Jan. 5th of this year a four alarm fire in Springfield destroyed a 230,000 sq. ft. planner mill building at Durgin and Crowell Lumber Co. On Jan. 8th in Lancaster, AB Excavating and Logging Co. lost their 60 by 120ft. building.

When a fire destroys either your home or business building; the feeling for the owners and families are the same; it's a gut-wrenching, emotional feeling of loss that's hard to explain unless you've been through it. We witnessed this first hand when a family member lost his dream house that burned to the ground just before moving into it on the 3rd of July 2010.

Shortly thereafter he met with the local Selectboard with a request for a tax abatement on the building so that he would not have to pay property taxes on the burned out cellar hole for the next eight months. The Orford selectmen denied his request and suggested he appeal to the State Board of Tax and Land Appeals, which he declined to do as it could have taken over a year just to have a hearing. He paid property taxes on the burned out cellar hole for eight months. Talk about kicking someone when they are down.

I took it upon myself to try to change this so that no one in the future had to experience the additional agony of paying property taxes on their house, or business buildings after they were destroyed by fire or natural disaster. Former Senator Jeanie Forrester helped by sponsoring Senate Bill 382, "an act allowing for proration of property assessments for damaged buildings". This bill was passed and signed in to law on June 4th, 2012 two years after our family member's house burned to the ground.

Today, any taxpayer who experiences a devastating loss of their home or business buildings can go to the web-site of NH Dept. of Revenue (DRA) and download the two page form with instructions. Once on the DRA's web-site click onto "forms" and scroll down under Document Number until you find "RSA 76:21 Proration Application to Municipality" or you can call DRA phone# 1-603-230-5001 and ask for this form to be mailed to you.

You may be asking why I mention the NH Supreme Court in my title above; it is because they made the right court decision on this important issue. Google "Robert Carr vs. Town of New London" to read the whole story. A quick summary is that the house was hit by lightning and burned to the ground; the owner could not use the house 272 days out of the 365 in the 2014 tax year, which the town had the house assessed at

\$688,000. The Town of New London denied the request of the landowner after filing a "Property Tax Abatement" form because it was late. The Superior Court sided with the landowner so the Town of New London appealed it to the NH Supreme Court and on May 17, 2017 the Supreme Court sided with the landowner and now "Prorated Assessment for Damaged Buildings RSA 76:21" is the law of the land.

My thanks goes out to all who helped move this piece of legislation through the legislative process to become law to help our tax payers through a very difficult time when they have lost buildings that may have been a family home or business. Also thanks to the NH Supreme Court for making the right decision, it won't make anyone whole again after a devastating loss but it will help in a small way to ease the pain and send the right message that in NH we care about our taxpayers. No one should ever have to pay property taxes on a building (home or business) that was lost and is unusable after a Fire or Natural Disaster.

Tom Thomson – Public member of NH Assessing Standards Board
Orford, NH
March 20, 2018

Cohase Chamber Announces COHASE CASH Contest

The Cohase Chamber of Commerce recently announced its new "Cohase Cash" contest which will give the public a chance to win \$100 for supporting local member businesses.

The initial contest will run from April 2, 2018 through April 28th, 2018 and the Chamber plans to continue the program, if successful. The winner will be selected by random drawing on Friday, May 4.

The prize monies must be spent at Chamber member businesses and the winner will select the business(es) where they wish to redeem their winnings.

To enter, participants must submit five receipts or proofs of purchase from five separate member businesses representing transactions that occurred between April 2 and April 28. Receipts can be emailed to cohasechamber@gmail.com, texted to (802) 518-0030 or mailed

to PO Box 35, Wells River, VT 05081. Submissions must be accompanied by the submitter's name, email address, mailing address and phone number. Multiple submissions are allowed as long as each receipt is from a different business. Receipts of any amount from any member business are acceptable. This includes not only retail businesses but also restaurants, service businesses, banks, insurance companies, fuel providers, non-profit donations, farm share purchases and medical providers. Receipts must contain at a minimum, the business name, the date of the transaction and the amount of purchase. Submitters are free to black out personal or other identifiable information, if needed.

For more information and a directory of current member businesses, visit www.cohase.org or email cohasechamber@gmail.com.

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Upcoming NH Legislation

There are a number of legislative issues such as Medicaid expansion, school choice, and Northern Pass that catch the ear of both national and statewide media outlets. There are, however, a number of less controversial bills that go under the media's radar, but they are no less important. This is the case of Senate Bill 402

This legislation names a portion of Rt. 110 in Berlin in honor of Anthony B. Urban. Mr. Urban was a lifelong resident of the North Country and was actively involved in all aspects of youth sports, education, and career guidance for over 70 years. He served on numerous athletic boards and committees as well as coaching in school athletic

programs. Additionally, he was active in several statewide and local public service organizations, including law enforcement, water commissioner, athletic boards, and more.

Tony, as he was best known throughout the North Country and the state graduated from Plymouth State College. He was Assistant Principal at Champlain Valley Union High School in Vermont in 1967/68. From 1963-1966 he served as an Assistant football coach at Berlin High that won the school's only State Football championship at that time. From 1968-1994 he served as the Berlin Junior/Senior High School Assistant Principal and Principal. He helped design and construct the "new" Berlin Senior High School that still stands today, and he served on numerous New England accreditation committees that evaluate schools throughout this region.

Further, two Governors appointed him to the post of Director of Plant and Property Management for the State of New Hampshire in Concord. It is not only proper, but deserving that individuals such as "Tony" be recognized in this

manner.

Other pending legislation includes SB 349, which is relative to course requirements in a career and technical education program. Several years ago, legislation was passed requiring four math courses for high school graduation of which one can be imbedded in a non-math content area course. The intent of current law had been that the non-math area would cover Career and Technical Education (CTE) programs, but there has been uncertainty. This bill clarifies that CTE programs are included.

Lastly, SB 313 addresses NH's Medicaid and Premium Assistance Program and establishes the granite workforce pilot program. It has a 21-0 vote for passage from the Health, Human Services and Elderly Affairs Committee. The committee recommends that Medicaid expansion should be continued as a managed care program. Actuarial information demonstrates this will be substantially less expensive to NH than the current program, and presently, this program currently covers 50,000 people. It would be prohibitively expensive to alternatively fund necessary programs, such as those to address the opioid problem, with general fund dollars instead of this program. Amendments address self-employment as a means to satisfy the work component requirement.

Respectfully submitted,
NH Rep Rick Ladd

Senator Woodburn Hosts North Country Library Tour

The 6th annual North Country Library tour will be held on Monday, April 9, 2018. State Senator Jeff Woodburn and State Librarian Michael York will be touring public libraries in Coos and Grafton counties to celebrate National Library Week. The tour will include libraries in five North Country towns.

The North Country has among the smallest libraries, but size is not the only measure. "Libraries are the life blood of rural areas," said Woodburn. They help connect people to the internet, government services and community programs. Woodburn noted that it is important to support local libraries and keep them strong and independent.

Libraries across New Hampshire will be holding special programs as part of National Library Week, April 8-14 TH. This year's theme, "Libraries Lead" highlights the important role New Hampshire's libraries play in communities throughout the state. The tour was started 6 years ago by Woodburn and the late Executive Councilor Ray Burton.

Joining Sen. Woodburn and Mr. York again this year will be a representative from U.S. Sen. Maggie Hassan's office.

New Hampshire libraries provide a wide variety of services to their patrons. Internet access, downloadable

audio books and eBooks, genealogy information, newspaper and magazine databases, displays by local artists, lectures, children's programs, discounted passed to museums and public meeting spaces are just some of the ways that New Hampshire's libraries serve the needs of our communities.

"New Hampshire has known since its earliest days what important resources libraries are as centers of both knowledge and community," said Michael York, State Librarian. "Libraries continue to be vibrant – and vital – parts of our towns, cities and villages."

- 9:30 AM--Thornton Public Library
Nina Sargent, Director
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Thornton, NH 03285
Telephone: (603) 726-8981
- 10:15 AM--Lincoln Public Library
22 Church Street
Lincoln, NH 03251
Telephone: (603) 745-8159
- 11:30 AM--Lisbon Public Library
Karla Houston, Librarian
45 School Street
Lisbon, NH 03585
Telephone: (603) 838-6615
- 1:00 PM--Bethlehem Public Library
Laura Clerkin, Director
2155 Main Street
Bethlehem, NH 03574
Telephone: (603) 869-2409
- 2:00 PM--Abbie Greenleaf Library
493 Main Street
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The public is welcome to attend any of the stops. For more information, contact Senator Woodburn at 603.271-3207 or Jeff.Woodburn@leg.state.nh.us

Not all Times are Trendy, but there will always be Trendy Times April 3, 2018 Volume 9 Number 13

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ACT's April 'Shoes-n-Brews: Tree ID at Wedick Nature Reserve & Rek'-lis Brewing

BETHLEHEM – The Ammonoosuc Conservation Trust (ACT) is having this month's 'Shoes & Brews on Saturday, April 14th from 1 - 4:30 p.m.! We'll walk and learn some basics of tree identification at a beautiful and ecologically diverse conservation property in Bethlehem open especially to the public for this event.

The walk led by ACT volunteer Jessica Bunker and Trustee Marilyn Booth will start at 1 p.m. and last approximately 1 to 1.5 hours. The group will move at a slow to moderate pace through the Wedick Nature Reserve conserved with ACT in 2009. And take ample time to learn some tips and tricks of identifying our regions' trees and shrubs.

The outdoor portion will wrap up around 2:30 p.m. with a 30 minute window for the group to make its way to the après-walk starting at 3 p.m. at Rek'-lis Brewing. Come enjoy a local brew with your local land trust at Rek'-lis' brand new home on Main Street in Bethlehem. Catch up with old friends and meet new ones in your community over refreshments and a warm up! All are free to come and go as needed. You're invited to stay for a sit down meal and enjoy the new space!

Registration for the hike portion of this event is re-

quired - for your safety and enjoyment we must cap the walk at 15 participants so please be sure to pre-register ASAP. Be aware registration closes on Friday, April 13th. Once registered, you will receive an e-mail with details on the meeting location. Registration for Rek'-lis Brewing is appreciated so organizers can plan accordingly.

Not able to make it to both portions? You can join either or both. If you're only coming to Rek'-lis, please bring a friend(s)!

This program is free and open to the public, with a suggested \$5 donation to support ACT's land conservation efforts. Advanced registration is required. Details and registration information are available at www.aconservationtrust.org/education-events or by calling (603) 823-7777.

The Ammonoosuc Conservation Trust is the North Country's lands conservancy, protecting land for the vitality and well being of our region. Learn more and become a member at www.aconservationtrust.org.

Dog Mountain to Host 6th Annual Labor of Love Volunteer Event

Saint Johnsbury, VT - On Saturday, May 5 and Sunday, May 6, join us for Dog Mountain's annual Labor of Love Volunteer Event.

All who love Dog Mountain & The Dog Chapel are invited to come volunteer their time, talents, and expertise to throw Dog Mountain a party of repairs, maintenance, and general sprucing up. It's a chance for everyone who enjoys Dog Mountain to honor the legacy of Stephen and Gwen Huneck and to give back to the community. This year, volunteers will focus on fun

and challenging projects such as grounds beautification, Dog Chapel upkeep, and repainting Stephen's Studio! Whether it is a few hours or a weekend, any amount of time volunteered to the event is welcome and truly appreciated!

Lunch will be provided for all volunteers. For more information about how to volunteer for the Labor of Love event, please go to <https://www.dogmt.com/Volunteer.html> or call 800.449.2580. To facilitate planning, RSVPs are encouraged.

Old Church Theater Auditions: Roles For Children And Adults

BRADFORD, VT: Old Church Theater announces open auditions for parts in the first two shows of the 2018 season: On April 6th and 7th at 6pm will be auditions for "Stepmothers"; and at 2pm on April 7th and 8th will be auditions for "Pride@Prejudice". Both auditions will be held at the group's new space, just past Farmway in Bradford, at 176 Waits River Road. This is also the site of all of Old Church Theater's productions for the next 3 years as the group seeks to restore Bradford's "old church" into a year-round performance arts center.

"Pride@Prejudice" will be presented the first two weekends of June. It is a faithful re-telling of the classic Jane Austen novel with a comic twist: We watch Elizabeth Bennet and Mr. Darcy fall in love all over again, but this time filtered through the world of the internet through blogs and chat rooms. Quotes from films and even the voice of Ms. Austen make this a delightful post-modern view of 19th century England, and a new way to experience the classic novel. Five actors (3 women and 2 men) play every role in superb authentic costumes. Directed by Gloria Heidenreich (contact her at 802-439-6199).




"Stepmothers" will be presented the first two weekends of July, and is an original stage adaptation of three classic Grimm Brothers fairy tales: The stepmothers of Cinderella, Hansel & Gretel, and Snow White have put up with one-sided stories long enough, so they are finally going to tell their sides of the story! This is a family-friendly musical with lots of fun, and there are even there are roles for children ages 10

and up, as well as adults (6 women and 4 men). Directed by Melissa Mann (contact her via email: mann7276@hotmail.com). The next auditions will be May 19 and 20 at 2pm for two one act plays: "The Holding" and "Squish". These will be presented the middle two weekends of August. More details about all plays are available at www.oldchurchtheater.org.

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Not all Times are Trendy, but there will always be Trendy Times
 April 3, 2018
 Volume 9 Number 13

Calendar of Events

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

WEDNESDAY, APRIL 4

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

THURSDAY, APRIL 5

SAFE SERV TRAINING & EXAM
7:00 AM - 5:30 PM
Pease Public Library, Plymouth
See Article on Page 3

FRIDAY, APRIL 6

FRIDAY NIGHT EATS
5:00-7:00 PM / Steak & Cheese Hoagies
American Legion Auxiliary Unit 83, Lincoln

OLD CHURCH THEATER AUDITIONS

6:00 PM
176 Waits River Road, Bradford
See Article on Page 5

OPENING RECEPTION & POETRY READING

7:00 - 9:00 PM
42 Maple Contemporary Art Center, Bethlehem
See Article on Page 8

SATURDAY, APRIL 7

OLD CHURCH THEATER AUDITIONS
2:00 PM
176 Waits River Road, Bradford
See Article on Page 5

HUNTING HERITAGE BANQUET

5:00 PM
Northern VT University, Lyndon

VARIETY SHOW & CAFE

6:00 PM
Piermont Village School

OLD CHURCH THEATER AUDITIONS

6:00 PM
176 Waits River Road, Bradford
See Article on Page 5

SUNDAY, APRIL 8

OLD CHURCH THEATER AUDITIONS
2:00 PM
176 Waits River Road, Bradford
See Article on Page 5

BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash Game - 1:50 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY APRIL 9

ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

WEDNESDAY, APRIL 11

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

THURSDAY, APRIL 12

ST. LUKE'S COMMUNITY MEALS
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, APRIL 14

ALL YOU CAN EAT BREAKFAST
8:00 - 10:00 AM / Seniors \$7 Adults \$8 Kids \$4
Lake View Grange, West Barnet

15TH ANNUAL SPRING SENIOR DINNER

12:00 Noon (Lisbon, Lyman, Landaff residents)
Lisbon Regional School
See Article on Page 7

ACT SHOES 'N BREWS

1:00 - 4:30 PM!
Wedick Nature Reserve, BETHLEHEM
See Article on Page 5

SUNDAY, APRIL 15

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #58, St. Johnsbury

INTERFAITH HOLOCAUST REMEMBRANCE DAY SERVICE

4:00 PM
BHC Sanctuary, 39 Strawberry Hill, Bethlehem
See Article on Page 8

MONDAY APRIL 16

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

THURSDAY, APRIL 19

PHOTOGRAPHIC TOUR OF ALASKA
1:00 PM
Littleton Community Center
See Article on Page 11

FRIDAY, APRIL 20

FRIDAY NIGHT EATS
5:00-7:00 PM / Grilled Reuben Sandwiches
American Legion Auxiliary Unit 83, Lincoln

SATURDAY, APRIL 21

LYME DISEASE AND YOUR PET
2:00 PM.
Bath Public Library
See Article on Page 7

SATURDAY, APRIL 28

THE OLD COUNTRY FIDDLER: CHARLES ROSS TAGGART, TRAVELING ENTERTAINER
2:00 PM
Bath Public Library
See Article on Page 7

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 JOHNSBURY
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
10:30 - 11:30 AM
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

Golden Ball Tai Chi

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

MON./WED./FRI.

RSVP BONE BUILDERS
10:30 - 11:30 PM - United
Congregational 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

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

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
RSVP BONE BUILDERS
3:00 PM - East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville
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
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 - North Congregational
Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville
THURSDAYS
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Darling Inn, Lyndonville
ST PAUL'S BIBLE STUDY ON JAMES, 6:15
PM, 113 Main St., Lancaster
FRIDAYS
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
1:30 - 2:30 PM - United Congregational
Church, St. Johnsbury
WORSHIP UNDER THE TENT- 7 PM
100 Horse Meadow Rd, No Haverhill
AA MEETING (OPEN DISCUSSION)
8:00 PM - 9:00 PM
Methodist Church, Maple St, Woodsville
SATURDAYS
STORY HOUR FOR CHILDREN - 1:15 PM
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.

Horse Meadow Senior Center

Lunch is served daily at 12:00, except when noted

APRIL EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker: 4/4 @ Noon
Food Raffle: 4/4 @ Noon
50/50 Raffle: 4/18 @ Noon
*Meals are available M-F for home delivery.

*A variety of Exercise Equipment is available daily in Bertha's room at HMCS

SPECIAL DAYS:

4/5 @ 11:15
"Remembering When"
Fire & Fall Prevention
4/12 @ 12:30 WGSB
presents "Protecting yourself from Financial Fraud & Scams"
4/27 @ 11:15 "Food Safety" presentation by Mary Choate UNH Extension Field Specialist
4/25-4/27 Art Show
ENTERTAINMENT: Starts at 11:15
Phyllis: 4/3, 4/17
The Boy-z: 4/18
Ethel Cooper: 4/5, 4/11, 4/13, 4/25
Bob Benjamin: 4/12, 4/26
Wayne Klinger: 4/12, 4/23
Carl, Gloria & friends 4/4
Denys Draper 4/19

CLINICS:

Senior Feet: 4/3 Starting @ 10:00 (\$30 by appt. only)

ON-GOING ACTIVITIES:
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Grief Support with Florence, Wednesdays at 10:30 in the library

Interfaith Fellowship & Coffee beginning at 9:30 on 4/3 and 4/17 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @ 12:30

Herbal with Elaine on Fridays, 4/6, 4/20 @ 12:30
Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00
Floral Arrangements w/ Jane: Thursday 4/12 @ 9:30

Learning to Sew with Rosemary: Wednesdays at 9:30
Mahjongg: Every Wednesdays at 12:30 and Fridays @ 10:30

MS Support Group: 1:00 @ 1:00

Cribbage: Thursdays @ 12:45

Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30
Horse Meadow Chorus Mondays @ 1:00 come join us, no experience necessary

Trivia Games Mondays at 11:00

*Also, Please think about volunteering here at Horse Meadow!

Bath Library Presents: "The Old Country Fiddler: Charles Ross Taggart, Traveling Entertainer"

BATH – The Bath Public Library has received a grant from New Hampshire Humanities to present Adam Boyce, "The Old Country Fiddler: Charles Ross Taggart, Traveling Entertainer" on Saturday, April 28th at 2:00 pm.

Musical humorist Charles Ross Taggart grew up in Topsham, Vermont, going on to perform in various lyceum and Chautauqua circuits all across the country for over 40 years starting in 1895. A fiddler, piano player, comedian, singer, and ventriloquist, he made at least 40 recordings on various labels, as well as appearing in an early talking movie four years before Al Jolson starred in The Jazz Singer. Adam Boyce portrays Mr. Taggart near the end of Taggart's career, c. 1936, sharing recollections on his life, with some live fiddling and humorous sketches interspersed in this living history program.

Adam Boyce, a 10th-generation Vermonter and life-long student of history, has been a popular Humanities to Go presenter since 2005. Beginning in 1991, when Boyce started dancing, fiddling, calling and playing the piano, he has made a study of nearly every aspect of traditional New England dancing and music history. Boyce has also been a regular on fiddle contest circuits as a judge, piano accompanist, and as a competitor.

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

Orange East Senior Center

April, 3
Exercise 9:00
AARP Taxes by App.
Line Dance 10:00
April 4
Computer Class 3-5
April 5
Exercise 9:00
AARP Taxes by App.
April 6
Exercise 9:00
April 9
Exercise 9:00
BINGO 6:00
April 10
Exercise 9:00
AARP Taxes by App.
Line Dance 10:00
April 11
Foot Care Clinic by App
Computer Class 3-5
April 12
Exercise 9:00
AARP Taxes by App. (Last Day)
April 13
Exercise 9:00
Blood Pressure/Wellness Clinic 10:00-12:00
Music By THE BOYZ 11:00
April 16
Exercise 9:00

BINGO 6:00
April 17
Exercise 9:00
Line Dance 10:00
April 18
Computer Class 3-5
April 19
Exercise 9:00
April 20
Exercise 9:00
Music By BARRY HAYES @ 11:15
April 23
Exercise 9:00
BINGO 6:00
April 24
Exercise 9:00
Line Dance 10:00
April 25
FOOT CARE By App
Board Mtg. 12:45
Computer Class @ 3-5
April 26
Exercise 9:00
April 27
Exercise 9:00
Jusic Bu NO STRINGS ATTACHED 11:00
April 30
Exercise 9:00
Bingo 6:00

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Lyme Disease & Your Pet at Bath Library

BATH – The Bath Public Library is pleased to present David Hyde, DVM, "Lyme Disease and Your Pet" on Saturday, April 21st at 2:00 pm.

Lyme disease, also known as Lyme borreliosis, is a bacterial illness that can be transmitted to humans, dogs, and other animals by certain species of ticks. It is caused by the spiral-shaped bacterium *Borrelia burgdorferi* that is carried inside the tick and then gets into the dog's or person's bloodstream through a tick bite. Once in the bloodstream, the bacteria can travel to different parts of the body and cause problems in specific organs or locations, such as joints, as well as overall illness. The presentation will conclude with a Q & A session.

Dr. Hyde graduated from

the University of Minnesota College of Veterinary Medicine in 1998. He has been working in Northern Vermont and Massachusetts for the past 12 years. Dr. Hyde started working for Ryegate Small Animal Hospital in 2001 and has recently returned to Ryegate Small Animal Hospital after a 6 year hiatus.

Dr. Hyde enjoys all aspects of veterinary general practice. His special interest, however, is in veterinary dentistry. He believes strongly in a lifetime of care and a strong personal relationship with owners and their pets.

This program is free and open to the public. There will be light refreshments served.

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

Lisbon Lions To Host Spring Senior Citizen Dinner

The Lisbon Lions Club is once again showing their appreciation to local senior citizens by sponsoring the 15th Annual Spring Senior Dinner, free for all senior citizens living in Lisbon, Lyman and Landaff, on Saturday, April 14th, at the Lisbon Regional School cafeteria at 12 noon. The menu will feature a complete ham dinner and strawberry shortcake or cupcakes for dessert.

Please come out to celebrate spring's arrival, enjoy great food and visit

with friends and neighbors. Home deliveries are available again this year for those unable to attend the dinner at the school. We are happy to provide transportation to the event, if needed.

To make reservations to eat at school (appreciated, but not necessary), to request a dinner delivered to your home, or to request assistance with transportation to the school, please call Donna & Phil Clark at 838-5043 by April 12th.

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Entelechy: Poetry and Picasso by Mark Chain

National Poetry Month was established in 1996 by the Academy of American Poets as a way to increase awareness and appreciation of poetry in America. Long before then, Bethlehem residents took it to town vote in 1987 with Warrant Article 31, and established the town motto to be "Poetry Capital of New Hampshire". To this day, there is still a plaque located in village center noting exactly that.

In honor of April being National Poetry Month, and Bethlehem being the Poetry Capital of New Hampshire, 42 Maple Contemporary Art Center is thrilled to welcome Bethlehem poet, Mark Chain, to the gallery for the month of April with an opening reception and live poetry reading on Friday, April 6th from 7pm to 9pm.

Chain's life has long been a series of fascinating experiences. After a year of University in the mid-1960s, he left for VISTA-training and extended service as a community organizer on New York's Lower East Side. 1969-75 found him living, working, and writing, first at

Franconia College, then in a cabin on Dodge Pond in Lyman. In 1976 his life took him to Munich, Germany. After a decade of publication, readings, translation work, and making radio programs there, Chain returned to the States for 6 months in 1980 to study with and be teaching assistant to Allen Ginsberg and Ted Berrigan at Naropa Institute in Boulder, Colorado.

It was on his return to Germany from Boulder that Chain spent several days in New York, during which time he visited the Museum of Modern Art's "Pablo Picasso A Retrospective" exhibit. After being back in Munich several months, he wrote the drafts of what would become his bilingual series of "Picasso Poems". The next years found him writing a political cabaret piece and beginning work and training in the field of Transpersonal Psychotherapy. Leaving Munich in 1986, he moved to the Upper Black Forest region to continue his therapeutic training and subsequently begin private practice. Chain's work as both

a poet and a therapist has taken him full circle through Germany, Austria, and back to the North Country.

After his return to the U.S. in 1992, he was an adjunct faculty member at Burlington College and the University of Vermont. After moving back to the Littleton area in 1995, he worked as a volunteer therapist at the original Burch House, was a private caregiver in Bethlehem, one of the archivists for the Franconia College Archives, and, in 2005, became founding Executive Director of Alumni Hall in Haverhill. In 2016, after living again in a small cabin in Lyman for 12 years, he decided it was time to "come out of the woods" and moved back to Bethlehem.

It was during his time in Munich that Chain began considering "entelechy"; the exhibit's title, "Poetry...Entelechy", and his work being featured at 42 Maple Art Center reflect this. In it's simplest terms, entelechy means "the



realization of potential". The concept is intimately connected with Aristotle's distinction between matter and form, or the potential and the actual. In this exhibition, you will see Chain's poetry echo and balance a number of Pablo Picasso's paintings. Not only do the words and content of Chain's poetry dance with Picasso's art, but the unique layout of his poetry also mirrors Picasso's visual elements.

Chain will be presenting his poetry on stage at 42 Maple during the opening reception, and all are invited to celebrate National Poetry Month on April 6th from 7 pm to 9 pm. Chain's poetry and Picasso's works will be on display until April 30th. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org

Holocaust Remembrance Service For Interfaith Community Gathering

By Eileen Regen

"Memory is a possibility for a human being to become more human by linking his or her past to the past of countless other human beings. What is memory? It is a way for any human being to redeem his or her past and link that past to a future. In other words, I do not think we should remember for the sake of the dead. It's too late for that. We must remember for the sake of the future, meaning for the sake of our children." Elie Wiesel

To honor this past, to remember the victims and harsh lessons of the Holocaust, and to pay tribute to the heroes and rescuers who risked their own lives to save men, women and children in peril, the Bethlehem Hebrew Congregation (BHC) hosts the fifth annual interfaith Holocaust Remembrance Day Service at 4 p.m., Sunday, April 15, in the BHC sanctuary, 39 Strawberry Hill, Bethlehem.

The Holocaust was the state-sponsored systematic persecution and annihilation of European Jewry by Nazi Germany and its collaborators between 1933 and 1945. Jews were the primary victims – six million were murdered along with Sinti and Roma (Gypsies), people with mental and physical disabilities, and citizens targeted for decimation for racial, ethnic, or national reasons. Millions more, including homosexuals, Jehovah's Witnesses, Soviet prisoners of war, and political dissidents, also suffered grievous oppression and death wrought

by Nazi Germany.

In today's world, daily reports of tyranny, brutality, and anti-Semitism are on the rise. This year's ceremonies around the globe take on even greater importance as communities strive to move forward in unity to combat acts of aggression, terror, and atrocities.

The Holocaust Remembrance Service created by Judith Felsen and Joan Kurtz of the Mount Washington Valley Chavurah is interactive with music, poetry, song and inspiration. During the service, acclaimed pianist Marjan Kiepora will play pieces by Chopin and Bartok. Well-known Lithuanian violinist Borisas Traubas will perform "The Light Lament" for solo violin by Lithuanian composer Giedrius Kuprevičius. Emissary from Israel Noam Wolf will sing one of the Yiddish songs in the program and perform a se-



lected Israeli composition created for Holocaust Remembrance Day.

We invite members of the community who wish to be readers to contact Martin Kessel at martink1937@gmail.com.

The service, followed by a light reception, is open to the public. Your RSVP is important to the event planners. For more information, please visit the BHC website: www.bethlehemsynagogue.org.

To sign up as a reader, and to RSVP, contact Martin Kessel, martink1937@gmail.com.

I Haven't Poisoned Anyone Yet! (that I know of...) A Food Safety Update for Today's Home Cook

So you know all about food safety in your kitchen, do you? See if that's true. Bring your questions and get ready to learn some surprising new ways to keep your food safe and save money at the same time.

Mary Saucier Choate, UNH Cooperative Extension Field Specialist will be presenting this program at the Horse Meadow Senior Center at 91 Horse Meadow Rd. in North Haverhill, NH from 11:15 am – 11:45 am on Fri-

day, April 27, 2018.

Pre-registration is suggested and can be done by e-mailing teresa.locke@unh.edu or calling the Grafton County UNH Extension office at 787-6944. There is no charge for this workshop.

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

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Someone you should know...

Monique Priestly

By Marianne L. Kelly

Bradford, VT—For more than sixty years Hills Five & Dime was the area’s “go to” store for craft supplies, toys for kids, linens, housewares, clothing, and everything in between.

When the owners decided to retire, a huge gap was felt, leaving a hole in the soul of Main Street. The empty store stood sentinel to the vagaries of our economy.

The future of the space looked doubtful until Monique Priestly, secretary of the executive committee of the Cohase Chamber of Commerce, and deeply committed to the town stepped in.

Monique, originally from Massachusetts, moved to Piermont, NH when she was four, then being a student at Oxbow High School moved to Bradford.

For years she had been thinking of creating a co-working space where telecommuters, entrepreneurs, and local freelancers could work. She also saw the space being used for classes, meetings and housing other resources for the community. The empty Five & Ten was perfect and became “The Space on Main.”

The new non profit will allow people access to high speed Internet for a day, week or month for a fee. It will also give artists and oth-

ers a space to teach and, since the space is so convenient, to reach more people.

Monique noted that, “We did not have a lot of money so I took advantage of many different free programs, art classes, etc. and wanted to find a way to provide similar things for the community.”

A designer herself Monique says she bumped into people who wanted to work together, and have a lot of different skills. Originally, she wanted to have a design agency or all functioning agency that would be a self sustaining for profit with artists teaching using the space for teaching children for free or on a sliding scale.

She found herself telecommuting, doing The Young Makers Program at the library, and being a part of several boards, found herself doing the tech set up if a member wasn’t there, but very challenging if she were gone. “I wanted to provide a conference space for those groups where they could easily have people join.” All of this morphed into providing a co-working space, a Maker space and a conference space.

Monique will be leasing the building while she raises the initial \$100K needed for commitment. “Right now I have about \$20K. \$5K came from the Couch Foundation, \$5K from? Who told

her if she could raise \$20K they would match it with another \$20K, \$1K from Odell Insurance. “I’m just about \$5K short from the matching funds,” she said, “and will open as soon as we have the \$100K.”

She’s been using Facebook as a fund raising vehicle, and plans to do an Oxbow Alumni matching fund raiser to bring her closer to the \$5K she needs. She will solicit local banks and others, and apply for as many grants as she can. “As soon as it’s warm enough to use the space I am planning to do a meal.

To meet their budget they need about 25 memberships. “I think there’s much more than that at this point, but so far it is mostly verbal commitments,” she said.

Membership fees allow for per day access, per month 9-5 access or for an additional fee 24 hr, access to the space. “Most important for me is to create a network for members to offer their services for a fee, barter or combination of both,” she said. Desks and chairs will be provided as will Internet access, with members providing their own electronic equipment.

Monique believes that once Space on Main is open, people will come from a 30 mile radius on both sides of the Connecticut River to become members and use the space. “I think it will bring a lot of people into Bradford who don’t normally come here, which will be great for the businesses and perhaps encourage other business to open here as well.”

She’s excited that space will be available to writers and artists who might want to lead workshops, hula hoop dancing, African Batik dyeing, or even arial yoga. She’s most excited that



Space on Main will draw people who never interacted before coming together.

Space on Main will be the perfect place for people who work from home to interact with clients customers and other co-workers sharing the space.

Monique Priestly’s enthusiasm and dedication to bringing people together in a common co-working space

to better their lives and positively impact the Bradford community, is palpable. Her vision and inclusiveness are sure to make Space on Main a great success.

This is why Monique Priestly is someone you should know.

For more information visit www.spaceonmain.org
Email: mepriestly@gmail.com.

12 x 12

Stone to Sand & Back Again

Bob Manning, of Danville, Vermont is a well-known artist of works inspired by Neolithic stone monuments of Ireland and England, both old and new. This exhibition is a series of 35 works, all formatted in a square 12 x 12. The works embrace stories from the artist’s life, from a 1935 swim with his family on the Connecticut seashore to the seashore of the island nation of Ireland—and back again, and again.

The works are a varied trip down memory lane, sometimes partnering Rembrandt with a tennis champion, adding a humorous intimate touch to the intricate drawings and paintings. The central image of the stool where Bob sat as his hand and imagination created these works, is a depiction of wonders, parts of life, so rich that sometimes those not captured fall aside, to the floor, but, oh, what is drawn and shared, so poignantly, are captured in one square



foot.

Come and take a little journey, through a timeless tale, begun in the rocks of creation and the fields and shores of mankind, expressed with beauty in the art of Bob Manning.

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 April 3, 2018
 Volume 9 Number 13

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Electronic Bun Warmers and Things That Go Bump In the Night

by Maggie Anderson

I saw it again yesterday, a TV commercial touting the finer points of the Omnitron Super Bed's mechanics. This model does everything but serve espresso and flush your toilet.

The young spokeswoman gushing about the latest model said she just loves hers "it feels like my bed is hugging me." Here's a shock if I want a snuggle or or a hug in the middle of the night I roll over and wrap my arms around Hank. And I don't fancy a wrestling match with my own bed just to make a pit stop in the night either, life is filled with enough nightmares as it is. I want my bed to remain stationary and not to move until I push it aside to vacuum the dust bunnies hiding underneath. I don't want my bed hugging me or molesting me in any fashion.

Moreover I'm not interested in sleeping in a bed that senses my needs. If my right hip aches a bit I can still figure out how to squirm my way into a more comfortable position without the help of a mechanical bed's sensors. Nor do I want or need a bed equipped with a thermostat that monitors my backside and flips a switch to activate its bun warmer when it decides that my cheeks are cooler than it deems optimal for a good night's rest.

I promise you if I'm chilly once I've crawled into bed I am capable of stealing Hank's covers or throwing another blanket over us. Though the latest model of the Omnitron Super Bed is designed to take our temperatures individually and adjust the thermostat accordingly I cling to the belief that if I'm too warm I will be able to extract myself from the covers unless that thing comes with those little doo-hickies designed to keep the wind from pulling the old table cloth trick in the middle of your Fourth of July picnic. If that's the case I'd be in real trouble.

The ad reminds me of the unfortunate encounter Hank and I had with a bed in a Reno hotel many years ago. I should have thought things through when I realized that in order to trigger the bed's soothing massage feature we had to pump a handful of quarters into a slot that looked exactly like the one for the racing pony outside the Handy Dandy grocery store that scared me out of my socks when I was four years old. I'm telling you that thing had it out for me. I think our vibrating bed may have been the racer's distant cousin.

That bed went totally berserk the minute our quarters clinked together at the bottom of the coin slot. It started tossing and groaning, it

sounded as though it was caught in a vise. All I could think of was ending up like Wylie Coyote flung from a malfunctioning Murphy bed and shooting through the sky only to slam into the ever-present brick wall or the image of him squashed into accordion pleats due to the aggression of an errant folding cot.

Hank must have been thinking along those same lines or that we'd stumbled into the bronc rider's event at a rodeo by mistake. Either way as that bed threatened our lives with its soothing massage we both started to laugh and before we could find something to grab onto we were tossed onto the floor giggling and determined to stay there until our soothing massage was over.

By now you've probably guessed that we will not be purchasing the newest model of the Omnitron Super Bed. Even if we wanted a bed that had so many bells and whistles and was able to do everything but drive the cat to the vet's the thing costs twice what we paid for our first house. It would require the forfeiture of our first born son as a deposit. But just in case we changed our minds I called our daughter in law, she says she won't give him up, not this week anyway.

Public Invited to April 19 Alaska Program

The Littleton Garden Club invites the public to join them on Thursday, April 19 for a Photographic Tour of Alaska. This free program will be held at the Littleton Community Center at 1:00 pm and features local noted naturalist, David Govatski. The Club is celebrating its 80th Anniversary and refreshments will be served following the program. The Littleton Community Center is located on Main Street in Littleton and parking for program attendees is available

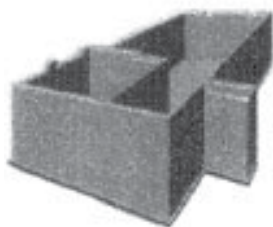
behind the building.

Govatski's presentation comes alive with his own expert photography as he describes the scenery, flora and fauna of Alaska's glaciers, forests, mountains and marine environments. This is a wonderful virtual tour of Alaska. If you've visited the state before, it's a great way to remember Alaska's beauty. And if you haven't yet visited, this is a way to become familiar with Alaska, often described as one of the last frontiers.

David Govatski is a naturalist employed by Raven Interpretive Programs. He has worked in Iceland and Alaska and is a frequent trip leader and speaker at natural history events. He retired from the US Forest Service after a 33 year career and lives with his wife, Kathi, in Jefferson, NH.



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Letter to the Editor

To the editor,
A picture is worth 1,000 words.



Alice Morrison, Newbury, VT

Alice,

I'm really not sure how to respond to your "letter". I will only say once again that another chance to voice your opinion is coming this year when we again elect many local, state and national officials. From local Representatives to US Senator there are ample opportunities to question candidates, or run yourself in order to make a difference.

Gary Scruton, Editor

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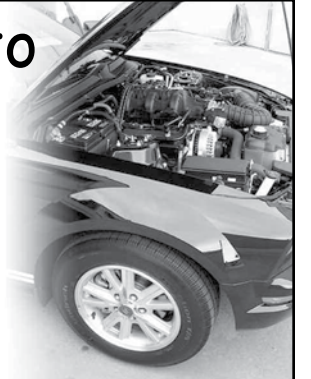
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Should You Make Extra Mortgage Payments or Boost Your Investments?

Every month, you pay your mortgage. And, depending on your circumstances, you may be able to afford to put in additional payments – perhaps sizable ones. But should you? Or, if you really have the extra money, should you invest it?

Initially, you might think it would be quite nice to rid yourself of that mortgage sooner, rather than later. But is it really the burden it seems?

Actually, you get some real benefits from a mortgage. It certainly provides something of great value to you – your home. If you got your mortgage – or refinanced your home – within the past decade or so, you are borrowing money at a pretty favorable interest rate, by historical standards. And even assuming a mild rate

of inflation, such as we've had for the past several years, you'll essentially be paying off your mortgage with cheaper and cheaper dollars over time. Plus, your interest payments may well be tax deductible. (The new tax laws limit deductions on new mortgages of \$750,000 or more. For questions on your specific situation, consult your tax professional.)

So, given these advantages, an argument could be made that you should be in no hurry to pay off your mortgage. Still, you might be tempted to make the extra payments because you'll be building home equity. After all, isn't this equity valuable? It is – to a degree. The larger your home equity, the more money you'll get to keep when you eventually sell your home.

shares in an investment such as stocks – and the more shares you own, the more valuable your investment will be if the price per share rises.

Also, if you were to experience a temporary job loss or some other financial emergency, your home equity might not help you much; if you're not working, you could even have trouble getting a home equity loan. Conversely, your investment portfolio can offer you greater liquidity, depending on your specific investments. Most investment vehicles, such as stocks and bonds, generally can be sold quickly, without much difficulty. (Keep in mind, though, that if you were forced to sell investments when their price was down, you could take a loss on the sale.)

But in the meantime, that home equity may be less useful than you might imagine. For one thing, just building more equity won't make your home more valuable – it will rise (or fall) in value along with whatever's happening in the housing market. By contrast, you could take the extra money and buy more

Clearly, you could gain some advantages by using any extra money to invest, rather than paying down your mortgage. Nonetheless, you may simply get emotional and psychological satisfaction by speeding your progress toward the day when your house is paid off – and that type of satisfaction certainly has value. You'll need to weigh these intangible factors carefully in deciding whether to increase your investments or make extra mortgage payments – because, ultimately, you need to feel that you're doing the right thing, for the right reasons.

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

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WOODSVILLE HIGH SCHOOL KNOWN FOR OUTSTANDING SPORTS HAS LOST IT'S BIGGEST 'SPORT' and SUPPORTER!

"Jimmy Walker"

Just Thought You'd Like To Know

By Jim Hobbs

At the annual district meeting on March 29, 1845, held in John L. Woods' store, Alba Hall was elected moderator and B. S. Bard, clerk. There were evidently suspicions concerning the management of affairs, for first of all it was "voted that all the business done by the committee for the district for the year shall be handed in to the clerk and he shall record it.

The report of the committee made at an adjourned meeting January 22 is one of decided interest as indicating the character of Woodsville's first schoolhouse: Whereas, Russell King, George Witherell, and J. W. Morrison have been appointed at a school meeting held at the store of J. L. Woods Esq. in Haverhill January 17, 1848, for the purpose of examining the schoolhouse on Clay Hill earlier built by J. L. Woods for that purpose, what alterations should be made to make it the building as was contracted for by Alba Hall and Russell King, with the said John L. Woods and report at a subsequent meeting:

We report—that the seats and writing desks are too narrow and imperfectly finished, they should be rebuilt. The window casements are too narrow and new ones should be put up. In many places the lathing is not nailed as should be from which cause the plastering will soon be off and have to be repaired.

There is a problem with the entry door, the lathing in the entry should be plastered or sealed with boards. The chimney is not proper and a new one is required. Three more seats are needed by the teachers desk. After due examination we are of the opinion it will cost twenty-one dollars to make these repairs.

Besides brick business blocks, Woodsville has had its ample supply of smaller buildings used for stores have been factors in the growth and development of the village, such as Barzilla M. Blake the first barber. He also built the Music Hall Block on Pleasant St. (E. W. Balkum, blacksmith) (Isaac Eastman, cobbler) (Alexander Woodman, Henry Holt, I. W. Morrison, Jonathan B. Rowell, Alba Hall, Nathaniel Dickinson, Horatio Hibbard, George Witherell, Addison Ring, carpenters) (Edson B. Hadlock a sawmill on Ammonoosuc Street).

In 1860 the store of Charles M. Weeks stood alone as Woodsville's place of business. In 1830, when John L. Woods bought the Styfield sawmill, there were but two houses in what is now Woodsville, the Brock house, on Ammonoosuc St. and the farmhouse belonging to the Tuttlés, known later as the Alba Hall house, still standing in the southern part of the village on Cheney Corner, Woodsville's oldest building, and occupied by Robert Parks.

The following business directory for 1917, tells its own story: (Auctioneers, C. S. Newell, J. M. Nutter) (Automobile dealers C. L. Bailey, Davis & Clough, Dana Wiggin, E. F. Mulliken; baker, C. N. Davison) (Banks,

Woodsville National and Woodsville Guaranty Savings) (bicycle dealer, George H. Clark) (blacksmiths, Leo Mason, T. U. Sherman) (brick manufacturer, Newton Lang) (books, newspapers and periodicals, E. B. Mann & Co.) (carpenters, builders and general contractors, Cummings Construction Co., J. R. Lowe, George Ring, C. H. Johnson, Fred S. White, George E. Shortsleeve) (cement brick manufacturer, C. H. Johnson) (clothing, R. Stahl & Co., the Batchelder-Libby Co., E. A. Sargent) (coal, James Kearney, Mrs. Mary D. Randall) (confectionery and fruit, R. E. Christopher) (creamery, Woodsville-Lyndonville Creamery) (crockery, china and glassware, V. L. Carpenter & Son, E. H. Lother) (dentists, E. S. Miller, F. G. Weeks, S. S. Baker, P. E. Speed) (dry goods, E. B. Mann, Levi Kugelman, the Sargent Co.) (drain and sewer pipe, E. B. Mann & Co.) (eating houses and cafes, F. H. Battis, J. H. Scharffer, B. L. Mitchell) (electric lighting, Woodsville Aqueduct Co.) (fancy goods, the Sargent Co., V. L. Carpenter & Son) (explosives, E. B. Mann & Co.) (flour and grain, L. C. Butler) (furniture, carpets, Woodsville Furniture Co.) (grocers, the Holbrook Grocery Co., M. W. Field, C. N. Davison, E. B. Mann, the F. H. Mann Co.) (gents' furnishings, E. A. Sargent, R. Stahl & Co., Batchelder-Libby Co.) (hardware and tools, R. R. Scruggs, E. H. Lother) (harness maker, H. G. Smith) (horse dealers, Kimball & Nutter) (hospital, Cottage Hospital) (hotels, Hotel Wentworth, Hendersons) (ice dealer, N. J. Miller) (insurance, R. T. Bartlett, W. F. Witcher, F. P. Dearth, S. W. Mann) (justices, R. T. Bartlett, Dexter D. Dow, George E. Cummings, W. F. Witcher, C. H. Hosford, E. B. Mann, R. U. Smith, F. S. Wright) (jewelers, C. Tabor Gates, R. E. Boemig) (laundry, Woodsville Steam Laundry) (lawyers, C. H. Hosford, E. W. Smith, R. U. Smith, F. S. Wright) (library, Woodsville Free Library) (lumber manufacturer and dealer, D. S. Stone) (masons, John A. Thornton, L. A. Moran) (meats and provisions, Armour & Co., E. E. Craig, C. A. Butson, W. L. Hartwell) (newspapers and job printing, the Woodsville News, Commercial Printing Co. F. E. Thayer, Mgr.) (notaries, R. T. Bartlett, E. B. Mann, F. S. Wright, H. B. Knight, R. U. Smith, F. L. Sargent) (opera house, E. B. Mann, Mgr., J. M. Howe, Treas) (osteopath physicians, Vernon H. Edson, Anna Edson) (painters, C. H. Bickford, C. O. Witcher, Joseph Barney, F. H. Palmer) (paints, oils and paper hangings, E. B. Mann & Co.) (photographer and photo supplies, G. F. Hobart) (physicians, E. M. Miller, O. D. Eastman, S. K. Dearborn, F. E. Speare) (plumbing and heating, R. R. Scruggs) (pool rooms, F. H. Battis, R. E. Henderson) (sewing machines, D. R. Rouhan) (shoe dealers, Batchelder-Libbey Co., R. Stahl & Co., E. A. Sargent) (stables, Davis & Clough, Kimball & Nutter) (tailor, E. Gobeille) (undertaker, D. R. Rouhan) (variety store, V. L. Carpenter & Son) (wood dealers, Kimball & Nutter, James Kearney)

Marilyn Jane Emerson: OBITUARY 13

Wells River, VT- Marilyn Jane Emerson, 77, of Leighton Hill Road, died on Wednesday, March 28, 2018, at the Jack Byrne Center, Lebanon, NH.

Marilyn was born in Newbury, VT on March 15, 1941, to Ray and Helen (Crowe) Powers and was a graduate of Newbury High School, Class of 1958. On July 30, 1958, she married Charles B. Emerson.

Marilyn enjoyed listening to country music, dancing, and playing BINGO. Her fondest moments were spent taking care of "the little ones," her grandchildren. She loved having Christmas celebrations at her home.

She is survived by her husband of nearly 60 years, Charles Emerson of Wells River; four children, Carl Emerson and wife Sharon of Walden, VT, Alan Emerson and wife Linda of Hinesburg, VT, Janice Benoit and husband Richard of Danville, VT, and Neil Emerson and wife Amy of South Ryegate, VT; seven grandchildren; eight great grandchildren; two sisters, Dorothy Longmoore and Marjorie Minshull, both of Newbury; two brothers, Charles "Bob" Powers and Harvey "Bill" Powers, both of



Wells River; along with several nieces, nephews, and cousins.

She was predeceased by two sisters, Patricia Gallant and Irene Vielleux, and a brother, Harold "Bud" Powers.

There will be no calling hours.

A graveside service will be on Tuesday, May 15, at 11 AM, in the Groton Village Cemetery.

Memorial contributions may be made to the American Kidney Fund, 11921 Rockville Pike, Suite 300, Rockville MD 20852.

For more information or to offer an online condolence, please visit www.rickerfh.com

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

Thank You

I'd like to thank the staff and doctors of Cottage Hospital for their kindness and taking such good care of me with my recent stay. We are very fortunate to have the hospital in our community. They save lives every day.

God bless & thank all of you.
Robert Dean
Bath, NH



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A Walk in the Woods – Things to Do in the Woodlot While Waiting for Spring

By Jim Frohn,
Grafton County Forester,
UNH Cooperative Extension



March can be a tough time of year in northern New England. After months of bundling up, putting on snowshoes or skis, and dealing with cold temperatures and snow, many of us are starting to look forward to warmer days, sunshine, and colors besides white, grey, brown, and dark conifer green. Many years, and this one is no exception, we get some warm weather and

snowmelt and a glimpse of bare ground long before winter is actually ready to give up the ghost.

One of the toughest things about winter is the long stretches of grey, gloomy skies. Clear, sunny, cold, blue sky days are some of the best all year, but they are much too infrequent. So instead of waiting for the sun to shine or waiting for warm temperatures, I have several things I like to do in my small patch of woods to help make the long transition from winter to spring much more enjoyable.

Tapping Maples

One thing that helps

pass the time waiting for spring is the age-old tradition of tapping maple trees. Our property, like most rural properties, was once part of a farm. Part of it is occupied with trees that grew in after agricultural uses were abandoned about thirty years ago. Most of the maples are not large enough to tap, but we're lucky enough to have some that are (10" diameter and up), twenty-four in all.

Maple sugaring is like most hobbies – you can spend a lot of money if you're not careful. Twenty-four taps makes boiling the sap into syrup a bit of a challenge. There are many ways to boil sap, but when dealing with a small volume the choices are either a) use up a lot of firewood or propane (we've tried each) or b) are expensive (it's hard to justify buying an evaporator for twenty-four taps), or both. This year I'm bringing our sap to a friend's sugarhouse, to be boiled in his evaporator.

A well-known feeling among sugarmakers is that it's hard to not tap trees every spring once you've started doing it. You look forward to the following spring and think about tapping more trees, and if you don't have any more to tap on your own land, you think about other people's land. You think, "Who has trees I can tap?" On our land, while we don't have many tappable sized maples, we do have plenty of maple saplings. I've been thinning out these trees so the remaining ones will have room to expand their crowns. The larger the crown, the more sap produced. These trees are 1 to 3 inches in diameter, so it will be a long time before we can tap them, if ever. But someone will. And thinning trees is just something that foresters do. We can't help it. We see a stand of overcrowded trees, and the urge to thin it is strong. I recently read a great quote that said something like "in a prosperous society, people plant trees under whose shade they'll never sit." Well, foresters thin stands of trees whose sap they'll never gather or whose logs they'll never harvest. After thinning, the trees will grow to tapping size sooner, and we'll use some of the cut trees for bean poles and trellises in the garden and for firewood.

Pruning Apple Trees

Releasing and pruning apple trees is another great way to spend late winter days, waiting for spring. Plenty has been written about the technical, how-to aspects of apple tree release and pruning. But nothing I've read captures what it's actually like to prune apple trees, especially ones that are a bit overtopped by



other trees in the woods, and haven't been pruned in a long time; trees that have grown wild. The first thing that comes to mind is the word "daunting". The release work is easy enough – identify which trees are shading out or crowding your apple tree, and fell those trees. Pruning a heavily overgrown tree, however, is a different story. First of all, where do you start? There are so many branches, growing every which way. The basic concepts are straight forward – prune off the dead wood first, prune off water sprouts, eliminate crossing branches, favor horizontal branches. Increase sunlight and airflow throughout the crown. But which branches to cut and which to leave? If you home in on the individual branches, you'll be tied in a knot of indecision. The key is to keep the end goal in mind: increase sunlight and airflow.

An apple tree's branches grow every which way, and there are a lot of stiff, spike-like limbs on them. They can be difficult to get out of the tree, they grab your clothes, and they don't pile up neatly. If you expect to prune a tree quickly, you'll be disappointed. Instead of fighting with the tree, trying to get the pruning done quickly, I've learned to slow down and carefully assess the tree. Not only which cuts to make, but how to make them and in what order. This branch needs to be pruned, but instead of pruning it now, maybe it will fall to the ground more easily if I wait until I've pruned some other branches. Occasionally, I step back to judge progress and decide what needs pruning next. Always keep the outcome in mind: increase sunlight and airflow to the crown, and base decisions on accomplishing that. Take your time, because otherwise you'll end up doing more work than necessary, and not enjoy it as much.

In addition to opening up the crown to improve sunlight and airflow, I also prune tall branches. If we can't reach to harvest apples, I'll lower the crown by removing the upper branches. I might leave a few taller branches to provide apples for wildlife. Or I leave the trees with sour, bitter apples for the

critters, and prune the trees with better tasting apples to a height where we can harvest them.

There is no single right way to do it, and fortunately apple trees are quite forgiving. We can prune the heck out of them and they'll still survive, and often times thrive as a result. But I'm not saying to go out and give your apple trees a severe haircut. Better to do the opposite – start light, then gradually prune more. Prune the dead wood the first season, then prune live branches the following year. Like most things in the woods, it doesn't pay to rush.

I like to use what I cut if possible. I save larger branches for the smoker. Apple wood is a favored wood for smoking meats, as are most fruit woods. The rest can be chipped up or at least removed from around the trees.

A Way to Get to Know Your Trees

I sometimes lament that I don't have enough land – I'd like more trees to tap, more acres of future sawtimber, more land to harvest firewood. But having a very small parcel allows me to get to know each tree that I'm keeping for the future. I get to know each sugar maple I tap, because I see them every spring multiple times when tapping, collecting sap, and removing taps. I get to know each apple tree that I prune, then harvest apples from. I get to know each area where I'm thinning trees for better growth. While I'm busy pruning apple trees, tapping maples, and thinning the woods, before I know it the days are warmer and the snow is gone, and another spring has arrived.

For more information about pruning apple trees, contact our UNH Cooperative Extension Education Center (1-877-398-4769 or answer@unh.edu) or attend the Grafton County Conservation District's annual Planting and Pruning Workshop at Windy Ridge Orchard in North Haverhill on April 27 from 5:30 to 7:00pm. Jim Frohn will demonstrate planting techniques and discuss site considerations, and local orchard owner Dick Fabrizio will demonstrate pruning techniques and discuss apple tree care.

What About Ma?

by Kellie Quackenbush

About Those Shoes



Everyone remembers Danny DeVito's portrayal of a high priced lawyer in the movie *The War of The Roses* telling his client, "You can tell a lot about a person from their shoes". We even had Hannibal Lecter in the movie, *Silence of the Lambs*, telling Clarice, that her shoes told a story about her.

Shoes do say something about the person wearing them.

For younger people, flip-flops, sandals, sneakers and hi-heels tell of the carefree youth with the strong growing bodies that forgive the lack of care that we give to foot support. Shoes are a statement of carefree taste and developing style. Of course you can wear 3" stiletto heels and dance the night away. Why not wear those leather moccasins with no arch support.

Time takes a toll on us all and the fun carefree shoes of our youth give way to more sensible shoes. After all, the second definition of stiletto is a short dagger with a tapering blade-who wants knives on their feet? As I clean out Ma's closet, the number of shoe boxes is staggering. From the leather Oxfords of the 50's to the platform shoes, once the rage, of the 70's, sandals from the last

six decades and pumps of every color and every heel type. Some look like they were never worn and others, worn too much. Dancing shoes, sneakers, Hush Puppies and Buster Brown's all have served their purpose. Stacked neatly in the closet in the boxes they had come home in, so many shoes. Another history of the life Ma had lived.

Now, in her late eighties, Ma wears a very colorful pair of Danskin shoes. The ease of slipping on shoes with soft memory foam and wide space for her toes to wiggle makes her happy. No laces to tie or buckles to fasten. She zips around with her walker and gives very little thought to her feet. Comfort is what her shoes give her and "I don't care what anyone thinks" is what her colorful shoes say.

Thinking about the very pointy and painful pumps from yesteryear, I think that we should all be wearing shoes that support our feet and tell the world that comfort is a greater priority than fashion when it comes to our footwear. Although, if you were to ask Ma, she would tell you that she loves the bright pink shoes the best-because her son bought those "special" just for her.

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Chronic Inflammation

Inflammation is a natural reaction to injury or infection. The infected tissues swell, redden, become warm and tender, and are often painful. Too much inflammation can do the body harm, however, leading to immobility, weight loss and sometimes gain, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome, fibromyalgia, osteoarthritis and tendinitis, just to name a few. Cardio-vascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overdose (over the counter and prescriptions), exposure to environmental toxins, free radical damage, infections, injury and bacterial, fungal or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis.

Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are anti-oxidants and useful for inflammation reduction, such as spinach and blueberries. Quercetin, found in onions, is good for insulin. Consume half of a fresh pineapple or fresh papaya daily. Pineapple contains bromelain and papaya contains papa-

in, both enzymes that reduce swelling and inflammation. It should reduce the pain and swelling in two to six days. Only fresh pineapple or papaya (not canned) is effective. Bromelain is also excellent capsule form. Eat coldwater fish such as herring, salmon, sardines as they are rich sources of essential fatty acids. Of course, eliminate all soda, sugar white flour and other junk foods.

Herbal choices for inflammation and healing include:

BOSWELLIA TREE: (Boswellia Serrata), A natural gum resin that detoxifies the joint tissue and supports comfortable movement; supports the body's natural response to inflammation; promotes healthy circulation while soothing and cooling the joints. Also known as Indian Frankincense, has a long history of use in religious ceremonies. As a medicinal herb, the gum resin is used to detoxify the joint tissue. It is said to be healing due to its support of healthy circulation, and cooling because of its soothing action on the tissues.

BROMELAIN: (Ananas Comosus) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, and upper respiratory tract infection. Bromelain contains lipase, amylase and protease, as well as cellulose and lactase; has been shown to significantly improve absorption of nutrients, especially essential fatty acids & zinc.

OLIVE LEAF (Olea Europaea) fights all types of bacteria, viruses, fungi, and parasites. Helps stave off colds and flu. May have anti-oxidant

properties. Has shown potential for lowering high blood pressure. Good for virtually any infectious disease, as well as chronic fatigue syndrome, fibromyalgia, Candida Albicans, heart disease and high blood pressure, herpes virus infections, yeast infections, diarrheal diseases, inflammatory arthritis and psoriasis.

WHITE WILLOW BARK:

(Salix Alba), A bitters tonic herb most generally used to treat headache pain and nervous system disorders without the stomach irritation properties of aspirin. (Aspirin is a synthetic extraction of white willow). Primary Uses: as an anti-inflammatory specific in headache combinations; as an analgesic for the pain of arthritis, bursitis and gout; for sore muscles and tendons; to lower fever through increased blood flow and sweating. Nutrients:

calcium, iron, magnesium, manganese, phosphorus, potassium selenium, zinc. Vitamins B1, B2, B3 & C.

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

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Thank you for your understanding.



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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
write to the editor at
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Frittata or Oven Omelet

Hello hello my fellow chefs. Today's recipe was my mother's. My brother sent me a copy of my mom's Frittata. I changed it a bit. My mom used to make one asparagus omelet and one sausage and ham omelet. I combined them and made a sausage, ham and asparagus Frittata. It's asparagus season so enjoy them while the prices are low.

Snap the bottom where the bend breaks easy as you prepare to cut in 1" pieces.

This is what you'll need.
Preheat oven to 350 degrees

3 links Italian sausages, sweet or hot

7oz. Ham steak cut in 1" pieces

Small bunch asparagus cut in 1" pieces

1 onion chopped small
10 large or extra large eggs

1 1/3 cup milk
1 1/3 cup grated Parmesan cheese

1 tsp. Garlic powder
1 tsp. Salt

1 Tbsp. Parsley (dried) flakes

Squeeze out the sausage meat from its casing and begin frying breaking up to small pieces. Add onion, fry and mix, add cubed ham steak and asparagus, fry and mix well. Put in lightly greased glass baking dish.

In bowl, whisk the eggs, add milk, grated cheese, garlic powder, salt and pars-

ley, whisk well.

Pour egg mixture over sausage mixture. Sprinkle some grated cheese on top and bake for 30 - 35 minutes on middle rack. Be careful not to burn bottom. It will brown nicely.

Cool on rack 10 minutes and serve warm, it's Delicious!

You can serve this for breakfast, lunch or even dinner with a salad and bottle of Riesling wine. Remember to drink responsibly.

Hope you enjoy, till next time I'm signing off, Cin Pin



Last month, the G. Hampton McGaw Chapter of the National Honor Society held its annual food drive at Woodsville High School. The four grades competed against one another to see who could bring in the most food items and / or cash and also to earn Winter Carnival points. The Seniors won with \$450 in food and cash donations, followed by the Freshman with \$150 in donations, the Sophomores in third with \$50 dollars in donations, and the juniors in fourth with \$40 dollars in donations. All donations went to the Good Shepherd Ecumenical Food Pantry in Woodsville

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