

A FREE PUBLICATION



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TRENDY TIMES

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Woodsville Wells River 4th of July Parade Theme Announced

Believe it or not the nation's birthday will be here before long. Wednesday July 4, 2018 is the date for the next Woodsville Wells River 4th of July celebration. To that end the committee continues to make plans and confirm entertainment for the full day of festivities.

One of the key components of that celebration was the selection of the theme for the 2018 event. After much discussion the committee decided to go with "American Hometown". This is the phrase that will help parade entrants score a few more points from the judges as they participate in one of the biggest 4th of July parades in the state of New Hampshire.

For those interested in joining the fun of this grand parade, there are three categories that cover most of the participants. There is a category for commercial floats.

Any business is welcomed to enter their company vehicle, or a company mascot, or to create a float for this grand occasion. There is also a category for any non-profit group. Again, they are welcome to bring any form of entry and participate. Both of these classes offer cash prizes for the top three positions. \$300 cash for first, \$200 for second and \$100 for third. Another plus is that there is absolutely no entry fee. We do ask that any entry re-register so that we have a little more time to organize the parade. Entrants are asked to report to the registration desk at the Woodsville Elementary School before 10 AM on the 4th in order to be put in place and to be ready for judging by our panel of judges. Judging will also take place during the parade

as our judges will be seated at the reviewing stand on the front porch of "An Affair To Remember" gift shop.

Of course those who also wish to join the parade as a walking, or bicycle riding, or any other mode of transportation are also encouraged and welcomed to join the festivities. Again, the judges will do their thing, and this year these participants will also be eligible for cash prizes.

All of the parade winners will be announced on the Woodsville Community Field during the day's activities. Those activities will also include the drawing of the winners for the annual raffle drawing. Tickets for this drawing are available from committee members and are priced at just \$10 each with a top cash prize of \$1,000



along with another 13 prizes.

The committee is also happy to have a brand new, and still developing, web site. The address is www.wvr4th.org and we encourage you to contact us through that site.

So get ready with your American Hometown ideas. Or buy a raffle ticket. Or better still, step up and volunteer to help out with the day's ac-

tivities. There are many jobs that can be done as an individual, or as a family. Most can be done with just a couple of hours of your time so that you have plenty of time to enjoy the day with your family and friends.

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TRENDY Dining Guide

Miss Lyndonville Diner

by Gary Scruton

I'm not really sure why, but it seems to me that Monday night is one of the best nights to "dine out" if you want to have plenty of room and have a quiet meal. That was true when we traveled to Lyndonville, and more specifically stopped at Miss Lyndonville Diner.

This is a true diner for those who are puritans. There is a counter, though it only has around 10 stools, plus a good number of booths and even a few tables with chairs all around. The Monday evening we stopped the sign was up for us to seat ourselves so we picked one of the two person booths in the corner of what appears

to be the original portion of this diner.

It wasn't too long before a waiter came over with menus. He was shortly followed by our waitress who took drink orders and made the first inquiry about our meal choices. Miss Lyndonville has a rather lengthy menu and it took me a while to decide which way I was going. By her third visit I had decided, but still let Janice order first. She chose the whole belly fried clams. The menu says they have fresh seafood delivered several times a week. Along with her clams she got a baked potato and a yummy creamy cole slaw.

After much pondering I decided to try something

that I had never ordered before. It was called a breakfast casserole. It featured home-fries with onions in a casserole dish with two eggs (over easy please) on top. The meal also came with two slices of toast (wheat please).

As with any good restaurant our meals, though very different, came out together. Janice's clams were plentiful and delicately fried to a crispy gold, tender and delicious. She also mentioned that the cole slaw was excellent. "It was made with the good stuff" was her comment.

My breakfast casserole was also delicious. The over easy eggs were just that way. The home-fries were nicely cooked thru but not

too crunchy. It was a different way of serving a couple of my favorite breakfast foods. I need to say that it will not make my list of top five breakfast meals, but it was certainly filling and well worth the menu price.

One of the reasons that I went with the breakfast route was that I really wanted to save some room for a choice off the dessert menu. Our waitress (Olivia) rattled off a good variety of pies that were available. I asked her "What else is there?" She then mentioned cheesecake, Jello, or strawberry shortcake (we have a winner!). And what a winner it was! What Olivia brought out to me was a dish that looked like it should have been used for a banana split. But it was indeed a warm shortcake, loaded up with strawberries, and generously topped with whipped cream. Wow! What a great dessert, and plenty of it. Plus the menu had it listed for just \$3.99. All the way around it was just what I needed to top off a great meal.

When we were finished our meal our waitress brought over our bill slip.

We had noticed that patrons were going up to the register to pay their bill and we were preparing to do that. I did take our my little piece of plastic and laid it on the table with the slip in preparation. But Olivia appeared again to go that extra step and took it up front to do the swiping. Thanks Olivia.

Our total for the meals, and the dessert was \$30.50 before the tip.

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Woodstock Inn Brewery Scales Design Peaks with New Look and Attitude

After 23 years in the craft beer industry, Woodstock Inn Brewery continues to lead the way with great-tasting beer—and now with a whole new look, too. The brewery is launching 23 new designs for its labels, tap handles, 12-Packs, and advertisements that are contemporary, clean-lined, and even a little cheeky.

“We’ve always strived to create beers that were reflective of the outdoorsy, sporting, and adventurous nature of our state (New Hampshire). Our new design team put together a package that just captured all of it!” says Woodstock Inn Brewery owner Scott Rice.

With slogans like #PoweredByNewHampshire and “Now Made with 100% More New Hampshire,” Granite State pride—and attitude—is all over every can. Although long-term fans of the brewery will still find the old logo featured as a small ‘badge’ on the cans, traditional descriptions are out and playful, conversational blurbs are in: “Celebrate each summit with a 4000 Footer IPA. The citrusy, clean feel and

assertive bitterness will help you feel better about dropping your cell phone in the visitor center toilet.”

The design team of Your Creative Solutionist and Claymore Design describe the new designs as a reflection of Woodstock’s devotion to New Hampshire and to brewing craft beer. “Woodstock was willing to travel into uncharted design territory, because we understand that the gloves are off when it comes to craft beer packaging. These designs reflect Woodstock’s passion for the state as well as for the craft of beer-making itself.”

Woodstock Inn Brewery is located off I-93, exit 32, in North Woodstock, New Hampshire. The Inn features 39 guest rooms, including five that are pet friendly, and a full-service restaurant that serves breakfast, lunch, and dinner seven days a week. The Brewery has both 7 bbl and 30 bbl brewing systems. Tours are by reservation and are available every day at noon, as well as Saturdays at 4 p.m.

2004

by Elinor Mawson

We were comfortably retired, living near our family, with money in the bank and finally out of debt. Sounds wonderful, doesn’t it? Well it was!

My mother-in-law, recently deceased at 94, was the only sad time

We decided to spend a month in Florida, visiting friends, eating out, and continuing to enjoy life. But a phone call from a friend announced that our camp had burned to the ground. It was our favorite place on the planet and full of special things and wonderful memories. It was devastating. Our children handled the clean-up and talked to the fire marshal and police. We agonized about what to do next.

When we got home, we “handled” the insurance company. That involved a lot of paperwork and trying to remember what we had lost. We had recently moved and a lot of our “treasures” had been stored at camp. Somewhere in the midst of it, we decided to rebuild, with our sons as general contractors.

In the meanwhile, we ordered a log cabin kit, rented a place to stay while were building, and searched for an excavator. And the day we found someone with the machine, my mother, 93, passed away.

I appointed myself chief cook and paymaster. This was almost a full-time job,

although I managed to do everybody’s laundry, all the grocery shopping and keeping our living quarters clean. The meals were huge! I made plentiful breakfasts to get everyone going. I took large sandwiches to the job site every day (7 days a week), and created healthy and delicious dinners when they finally stopped work and came home.

We spent the month of July getting the foundation excavated, going to two services for my mother and—oh yes—putting the finishing touches on our granddaughter’s wedding dress that I had volunteered to make when very little was going on in 2003.

The boys were going full tilt with readying for 6 huge cement trucks to pour the foundation. Our kit was to arrive the first of September and everything had to be “just so”. Between capping the cement walls with plywood and going to the wedding, August slipped by.

When the log home kit arrived, we had a family group ready to put everything together—even the youngest grandson found himself pressed into service. The house was ready for the roof man who promised to come the first of October.

He was a month late. We finished as much as we could while we waited. And waited. When the roof was finally on, we could start the plumbing, heating and elec-

trical—and also hitch up the water system and start the septic system.

A “friend” offered to put in the leach field, but he had a million excuses for not showing up. We hired an electrician who showed up sporadically and would quit working to go to the Legion. He offered to take me because he said I would “fit right in” (I always declined).

I was always worried about something. Mostly money, but I worried about timing with the house, whether we would have to stay in our rental through the winter, and how we could keep the boys working. The insurance company dropped us, and it was all we could do to find another company to take us on.

Another real friend came and finished up the septic system. The plumbing, heating and electric were finished enough so we could finally move into the house even though it wasn’t finished.

And on December 10, 2004 we left our rental and moved for what was for us, the last time. It took several years to get settled and finish the necessities. We still need a few ceilings and finished floors, but we are leaving them for the “next guy”.

When the ball dropped in Times Square on New Year’s Eve, we breathed a sigh of relief. As much as we could imagine, we knew that subsequent years could not be as stressful, busy, sad, or involved as 2004 had been.

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NEK Chamber Legislative Breakfast to Focus on End-of-session Crucial Issues

With the Vermont Legislature starting to wind up the session, there will be much to talk about at the Northeast Kingdom Legislative Breakfast on Monday, April 30, from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury. Expected issues that the legislators and chamber will discuss include health care, state tourism funding, workforce/labor issues, permitting, mental health concerns, economic development issues, gun regulations and taxation and fiscal policies.

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative report each month. Following legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held

the last Monday of each month from January to May, from 8 to 9 a.m. Please mark your calendars for the next breakfast on May 21. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Murphy Realty, Myers Containers, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail director@nekchamber.com.



Upcoming Veterans' Legislation

What is the standard or optional "Veterans" tax credit? New Hampshire statute does provide every resident of this state who served not less than 90 days on active service in the armed forces of the United States in any qualifying war or armed conflict identified in RSA 72 a veterans' tax credit that is subtracted each year from the individual's property tax amount. The standard veterans' tax credit in New Hampshire shall be \$50 per year; however, a town meeting may increase this amount to as much as \$500. Haverhill's veterans' tax credit amount is \$500.

SB503, a bill relative to increasing the maximum amount of the optional veterans' tax credit will be acted upon in the House this week. The bill has already passed the Senate. When introduced in the Senate, SB503 proposed increasing the credit to

proposed maximum credit to \$750.

Upon reaching the House, the bill was sent to the Municipal and County Committee for further work and recommendation. Subsequently, the majority of that committee has stated that the current credit of \$500 is a fair and equitable tax credit that does not need change. The minority of the committee has a different perspective. The minority takes the position that this legislation enables local legislative bodies (town meetings) to set the credit amount at any rate up to \$750 per year. In short, the minority believes that towns should be afforded the opportunity to make the final decision, in support of the 'local control' principle.

The committee majority has recommended that the bill not pass. As a veteran, I agree with the majority. Currently, property tax reductions

ly, veterans, current use, disabilities, and more. Although these categories are needed and benefit residents, there is a point in which we must remember that local government requires a basic level of revenue to maintain needed services. When a tax reduction or credit is increased, the burden of generating needed town revenue shifts and results in property tax increases for others.

Lastly, SB341, a bill relative to the veterans' property tax credit for service-connected disability, has an Ought-to Pass recommendation of 16-2. This bill will also be acted upon this week. There is a provision in current statute to allow a municipality to grant a tax credit to veterans determined to be totally disabled due to a service-connected disability. The current amount sets the range from \$701.00 to \$2,000.00. The proposed legislation will increase the upper limit to \$4,000.00 using the same approval criteria.

The New Hampshire House will be acting upon legislation in committees and as a whole through mid May. I look forward to hearing your thoughts regarding the Veterans' bills noted in this article or any other pending legislation. My email is: ladd.nhhouse@charter.net

Respectfully Submitted,
Rep Rick Ladd,
Chair House Education

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April 17, 2018
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Service honors are based on several factors, including the number and quality of recent client reviews. Architecture and interior design photographers whose images were most popular are recognized with the Photography award.

"The Houzz community selected a phenomenal group of Best of Houzz 2018 award winners, so this year's recipients should be very proud," said Liza Hausman, vice president of Industry Marketing for Houzz. "Best of Houzz winners represent some of the most talented and customer-focused professionals in our industry, and we are extremely pleased to give them both this recognition and a platform on which to showcase their expertise."



Catnip, Not Just for Cats

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



My cat Maditra has an appointment for his rabies vaccination later this week. The last time nothing could coax him into his cat carrier. Food and toys had always worked before, but all of a sudden he got wise to it. I finally had to get him a carrier that was large enough I could put him in it even if he didn't want to go. But once he was in there, he had too much room. Without the small space to make him feel safe, the car ride was very traumatic.

This time I'm determined to try to get him back into the small carrier. Over the weekend I brought his carrier into the living room, put it on top of the mat he likes to scratch and sprayed catnip in it. So far so good, he goes in to investigate anytime I apply the catnip and he's even been taking naps in there!

Meanwhile it got me to wondering how does catnip work? Turns out it's a fascinating plant and could be useful for more than just cat behavior modification.

Catnip is a member of the mint family and comes from Europe. It likes full sun, well drained soils, and

adequate moisture. It's a perennial that grows from a taproot and rhizomes. It can grow as tall as 3 feet, but the leaves die back to the ground for the winter. Similar to other mints, it can spread, and while cats love its scent, humans generally don't. One source even described it as vaguely skunk like. It's hardy in zones 3-9 so we can grow it here.

But why do cats like it? Catnip has oil glands on the stems and the undersides of its leaves that produce nepetalactone which attracts some cats. The attraction is an inherited trait, so not all cats are susceptible. However, according to my research, if your cat has the trait you might see playfulness, aggression, anxiety, hyperactivity, drowsiness, purring or drooling. I can't say I've ever noticed Maditra or any other cat drooling, but he will roll around sniffing anything sprayed or sprinkled with catnip.

Catnip has also been shown to have some value in repelling insects. Hotwater extracts repelled flea beetles in one study, and fresh catnip has shown some effectiveness in repelling ants. A 2015 study showed that while it was not remotely as effective as synthetic pyrethroids, essential oils made from catnip did repel mosquitos. A 2009 study indi-

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cated the essential oil could help repel flies.

Bees and wasps will visit the flowers looking for nectar, so if you are looking to grow plants that would provide food for pollinators, catnip could be an option. Two sources said catnip is not a favorite food of deer, which is a good thing in my neighborhood. One author advised putting them in a hanging basket if you want to avoid attracting the neighbors' cats to your yard.

Small catnip plants don't outcompete other plants well, so if you want to grow them, start the seed in the house first and then transplant them outside after they get 5 sets of leaves. To harvest and store your catnip, cut the stems prior to flowering, remove the leaves and dry them for two to three weeks in an area out of direct sunlight. Turn them daily, and when the leaves begin to crumble you can store them in a jar or zipper bag.

The effects of the catnip only last 10-15 minutes, but with any luck that will be long enough to get Maditra into the carrier! For more information on catnip see <https://wimastergardener.org/article/catnip-nepeta-cataria/> and to learn more about growing it, visit <http://www.uky.edu/ccd/sites/www.uky.edu/ccd/files/catnip.pdf>

Lyndon State College's Twilight Players to present Sweeney Todd

On April 19-22, Lyndon State College's Twilight Players will present Stephen Sondheim's masterpiece, Sweeney Todd. Billed as the first 'cannibal musical', Sweeney Todd features Sondheim's masterpiece score, dark humor and lots of blood.

First produced in 1979, Sweeney Todd won several Tony and Drama Desk awards including Best Musical. Since then the show has been produced throughout the world and has enjoyed several successful revivals and a film adaptation by Tim Burton in 2007.

Set in 19th-century London, this thrilling musical tells the story of ousted barber Benjamin Barker, also known as Sweeney Todd, and his revenge on the

scheming judge who exiled him for 15 years. When the bloodthirsty Sweeney joins forces with the failing pie shop proprietress Mrs. Lovett, the two introduce a new, carnal ingredient to Lovett's meat pies that sends the people of London straight to the shop – and new victims to Sweeney's barber chair.

Curtain times are 7:30 p.m. April 19-21 and 2 p.m. April 22. Admission is by donation (free to LSC and JSC students with I.D.). Tickets are available at the door. For more information or to reserve seating please call 802-626-3663.

Please note that Sweeney Todd contains adult material that may not be appropriate for young children. Please use discretion.



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Calendar of Events

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

THURSDAY, APRIL 19

PHOTOGRAPHIC TOUR OF ALASKA
1:00 PM
Littleton Community Center

BEE STEWARDSHIP @ BEE MEETING
7:00 PM

Grafton County Complex, North Haverhill

THURSDAY-SUNDAY, APRIL 19-21

SWEENEY TODD
7:30 PM
Twilight Theater,, Lyndonville
See Article on Page 5

FRIDAY, APRIL 20

RUMMAGE & BAKE SALE
9:00 AM - 5:00 PM 1-508-776-1401
Fairlee Community Church of Christ, Fairlee

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

SATURDAY, APRIL 21

RUMMAGE & BAKE SALE
9:00 AM - 5:00 PM 1-508-776-1401
Fairlee Community Church of Christ, Fairlee

VFW AUXILIARY PENNY SOCIAL
1:00 PM Doors Open / 2:00 PM Drawings Start
Haverhill Municipal Building, North Haverhill
See Ad on Page 7

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

SUNDAY, APRIL 22

SWEENEY TODD
2:00 PM
Twilight Theater,, Lyndonville
See Article on Page 5

TUESDAY, APRIL 24

SALARY NEGOTIATION WORKSHOP
8:00-9:30 AM
Northeastern VT Regional Hospital, Business
Center Rm. 127 I St. Johnsbury.
See Article on Page 7

SATURDAY, APRIL 28

THE OLD COUNTRY FIDDLER: CHARLES
ROSS TAGGART, TRAVELING ENTERTAINER
2:00 PM
Bath Public Library

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game
Dancers' Corner, 93 Pine St., White River Jct.

SUNDAY, APRIL 29

BENEFIT TEXAS HOLD 'EM POKER
11:00 AM Cash Game - 1:50 PM Tournament
American Legion Post #30, Lyndon

SPECIAL CHARITY BINGO – COMMON GROUND
(A program of Northern Human Service)
12 Noon: Doors Open / 2:00 PM Bingo
Fraternal Order of Eagles, Bethlehem

MONDAY APRIL 30

NEK LEGISLATIVE BREAKFAST
8:00 - 9:00 AM
St. Johnsbury House
See Article on Page 4

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

WEDNESDAY, MAY 2

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

FRIDAY, MAY 5

REQUIEM BY W.A. MOZART
7:30 PM
Bradford Congregational Church
South Church, St. Johnsbury
See Article on Page 7

SATURDAY, MAY 6

REQUIEM BY W.A. MOZART
7:30 PM
Bradford Congregational Church
See Article on Page 7

LABOR OF LOVE VOLUNTEER EVENT,
Dog Mountain, St. Johnsbury

SUNDAY, MAY 7

LABOR OF LOVE VOLUNTEER EVENT,
Dog Mountain, St. Johnsbury

REQUIEM BY W.A. MOZART
3:00 PM
South Church, St. Johnsbury
See Article on Page 7

MONDAY MAY 8

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

WEDNESDAY, MAY 10

ROSS-WOOD POST #20 AMERICAN LEGION
INSTALLATION OF OFFICERS & DINNER
6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

BATH BOOK CLUB DISCUSSION
6:00 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
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 HMSC

SPECIAL DAYS:

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: 4/17
The Boy-z: 4/18
Ethel Cooper: 4/25
Bob Benjamin: 4/26
Wayne Klinger: 4/23
Denys Draper 4/19

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 4/17 w/ Pastor Wayne Chevalier All welcome!
Hearts & Hands Quilting: Mondays @ 12:30

Herbal with Elaine on Fridays 4/20 @ 12:30

Nifty Needlers: Every Tuesday 9:00-2:00
Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Learning to Sew with Rosemary: Wednesdays at 9:30

Mahjongg: Every Wednesdays at 12:30 and Fridays @ 10:30

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

New Book Launch

WATERFORD – The Waterford Historical Society and the Davies Memorial Library are co-hosting a public book party for author and resident Beth Kanell at 6:30 p.m. on Wednesday, April 25, in the sanctuary of the Congregational Church in Lower Waterford.

Her latest book, "The Long Shadow," is published by Five Star, an imprint of Gale Publishing, part of Cengage Learning based in Waterville, ME. "The Long Shadow" is book one of a planned-for series, "The Winds of Freedom."

A founding member of the historical society, Kanell is well-known for her young adult novels that are set in the Northeast Kingdom and draw from both national and regional historical events to tell a compelling story. Her novels also attract the attention of older readers and acclaimed novelists.

Wrote Agatha-nominated author of the Quaker Midwife Mysteries, Edith Maxwell, "Beth Kanell's 'The

Long Shadow' is a beautifully written novel addressing themes of family, friendship, and the fight to end slavery in 1850 Vermont. Readers are transported back to that time of ceaseless women's work in the kitchen and men making the decisions... Adults and teens alike will savor this well-researched tale of a teenage girl, her best friend, and their black friend Sarah, who still isn't safe from bounty hunters even in the snow-covered villages of Vermont."

Kanell will talk about her research that inspired "The Long Shadow." Copies of the book will be available for purchase and signing. Refreshments will be provided by the Davies Memorial Library.

The church is located at the corner of Route 18 and Lower Waterford Road, across from the Rabbit Hill Inn. Doors open at 6 p.m. on April 25. For more info, please call the Davies: 748-4609.



Long-time YMCA Youth and Government program director Debra Valentine Clark, of Sugar Hill, was honored recently at a gala event marking the program's 70th year. Among those in attendance were program alum Denny Rubrecht, of Landaff; Commissioner of Business and Economic Development Taylor Caswell, formerly of Littleton; Ms. Clark; and North Country Senator Jeff Woodburn, of Whitefield.

Free VCW Salary Negotiation Workshop in St. Johnsbury

Choosing not to negotiate is leaving some serious money on the table. Over 50% of women say they are apprehensive about negotiating and only 30% of women consistently negotiate salaries.

For many of us, even the thought of negotiating makes us nervous. How much do I ask for? When is the best time to do it? What if I don't feel like I deserve more? Let's answer these questions and more!

This workshop is designed to teach you how to negotiate with confidence.

We'll make sure you avoid the traps many of us fall into and leave plenty of time for practice.

Vermont Commission on Women's Rutland and St. Johnsbury workshops are sponsored by the New England Women's Policy Initiative, and all are facilitated by the fabulous Lindsey Lathrop, Career Coach at From-Within Coaching.

Tuesday, April 24th | 8:00-9:30 am at Northeastern VT Regional Hospital, Business Center Rm. 127 | St. Johnsbury.

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

The Bath Library Book Club will be discussing "Why Be Happy When You Could Be Normal", by Jeanette Winterson, on Thursday, May 10th at 6 pm at the Bath Public Library.

Jeanette Winterson, an acclaimed British novelist, turns to memoir. Adopted as a baby, Winterson, a lesbian, is raised in a Pentecostal church. Her memoir reveals a search for belonging--for love, identity, home, and a

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

Orange East Senior Center

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



Penny Social

Saturday April 21, 2018
Haverhill Municipal Building
Doors Open – 1:00 PM
Drawings Start – 2:00 PM

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Requiem by W.A. Mozart

and other short works
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North Country Youth Chorus, led by Kaitlyn Bryant, will offer a few selections in their debut public performance!

Saturday 5 May at 7:30 pm
Bradford (VT) Congregational Church

Sunday 6 May at 3 pm
South Church, St. Johnsbury

Tickets available from catamountix.org or at the door.
Details at northcountrychorus.org

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Creating A Greater Haverhill Forum Deemed a Successful Event

The Town of Haverhill is a very diverse group of several smaller villages (or precincts) that make up the county seat for Grafton County. A forum was held in Haverhill on April 13 & 14 in order to bring various members of that town together with the aim of creating a Greater Haverhill. Co-chairman, and selectboard member Wayne Fortier reported that about 100 people attended the Friday evening session. And these were not all Haverhill residents.



Just some of the 100 or so participants in the two day Creating A Greater Haverhill Forum Photo courtesy Joe McQueeney

A steering group was formed several months before this forum in order to choose the subjects to be discussed, organize the food and beverages to be served to the attendees, and to train facilitators and scribes in order to keep track of all the thoughts from those attending.

Friday began with a meal that featured several styles of macaroni and cheese. It was followed by a pair of presenters with different aspects of Haverhill's long and ever changing history. Then those attending were split into ten different groups and sent off to various rooms at the Haverhill Cooperative Middle School. Each group included a scribe and a facilitator. Each group was also assigned one of the ten preselected subjects. These groups were actually set up through a random counting of attendees to be sure that each subject got a diverse mix of citizens. During these smaller group sessions ideas were written down as to what the issues were with that subject and what could be done to improve or change that particular issue. All of these ideas were then brought back to the forum leaders who organized them for further deliberation on

Saturday.

The second day of the forum began with more food and beverages. Then the distilled ideas were presented to those attending. At that point five subjects were identified and again those in attendance were broken into groups and sent back to classrooms to further discuss and brainstorm about the given subject. One of the differences for this separation of participants was that they were given the opportunity to choose the group in which they wanted to participate.

The next step on Saturday was a barbecued chicken dinner that was cooked by the fire department. The menu also included cole slaw and plenty of desserts.

After lunch there was a

final separation of citizens into groups that were then asked to come up with specific action plans for the final set of topics.

The leaders of the forum explained that a final booklet detailing all the results of this forum will be published later this year. At that time there are plan to invite all of the participants to return in order to get a copy of the report. At that time there will also be updates on the work being done to meet all the goals set and to further the thought process for creating a Greater Haverhill.

The forum was sponsored in part by donations from local businesses and organizations as well as funding from Plymouth State University.



Members of Haverhill's fire departments manned the grills for the Saturday lunch. Photo courtesy Joe McQueeney

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This display was from the Cohase Chamber of Commerce whose existence came from a similar forum held in the area in 2000.



One of many displays that was set up in the front hallway of the Haverhill Cooperative Middle School during the two day Creating a Greater Haverhill Forum.



The leaders and the facilitators gathered early Saturday morning in order to finish fine tuning the topics to be discussed as the second day of the Haverhill Forum continued.

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The Fleetwood Mac Tribute Band "Tusk" to Appear at North Haverhill Fair

The schedule for the 74th Annual North Haverhill Fair continues to fill out. It has now been verified that once again the Thayer Stage will host the sounds of a great band in the form of a well respected and authentic sounding tribute band. This year it will be the sounds of Fleetwood Mac as portrayed by Tusk, the Ultimate Fleetwood Mac Tribute. The five artists of Tusk have been working together, in one form or another, for some twenty-five years. The concert will take place on Saturday, July 28 at 8:00 PM. As with all the concerts, shows and competitions at the North Haverhill Fair, there is no additional charge to see this band. Seating is in provided bleachers with some area for those who wish to bring their own seat.

The other big concert this year is a trio of country music women called Runaway June. Performing in the style of the Dixie Chicks, these performers have already had charted music with "Lipstick" and "Wild West". They will hit the stage on Friday, July 27 at 8:30 PM.

But those are not the only musical sounds to come from the Thayer Stage. The fair will open on Wednesday, July 25th with the local group "Roadtrash". They will hit the stage at 7:00 PM following the talent and question portion of the Little Miss North Averill Fair Queen Contest.

On Sunday, July 30 there will be two different bands putting forth some great sounds. The day will start with the Michael Vincent Band and later the stage will go to Wendigo.

Thayer Stage will also



be the scene for many other forms of entertainment as the North Haverhill's Got Talent Show will take over on Thursday night. This contest is open to singers, dancers, jugglers, whatever act you may have. Our panel of judges will pick a winner and the grand prize has been doubled to \$200, Second place has also been doubled to \$100 and third place (you guessed it) has been increased to \$50.

When it comes to prize money on Thursday night the bigger prize pool is the Log Loader competition to be held at the Truck Pulling Track. There is still work being done on just what task will be required by these talented operators, but whatever they may be it will be sure to keep the crowd in awe. The winner of this contest will take home a check for \$1,000 thanks to our sponsors E-Z Steel, Grizzly Mt. Trucking & Sabil & Sons.

Other prize winning opportunities during the fair will include another year of "Minute-To-Win-It" games that will take place in front of the Thayer Stage at various times during the five days of the fair. No entry fee, just step up when the crew is there, and see what your

task may be. Prizes will include cash, ride tickets and food coupons.

Of course North Haverhill Fair has plenty of other competitions where winners take home money prizes. Each day has animal pulling events in the covered Bishop Arena. Plus the mini tractors take to that arena on Wednesday night. There are also other motor sports events at the Truck Pulling Track. Demolition Derbies on Wednesday and Friday, a tractor pull on Saturday and the big 4x4 pull on Sunday.

There are also plenty of livestock shows throughout the fair for 4-H'ers and some open competitions. Plus there are plenty of Arts & Crafts, flowers, photos, art, even maple syrup and baking contests. Check the website www.nohaverhillfair.com for all the details and entry forms.

The price to see any, or all, of these shows continues to be just \$12 per person per day. A 5 day pass is \$48, and those under 12 are still free. Parking is also free in the Hatch field just north of the fairgrounds at 1299 Dartmouth College Highway in North Haverhill during the 74th Annual North Haverhill Fair, July 25-29, 2018.

Catholic Charities NH Elects Three New Trustees

Manchester, N.H. (March 28, 2018) – Catholic Charities New Hampshire announced the appointment of Maria Ryan, Ph.D., APRN; Very Reverend Jason Jalbert; and Very Reverend Shawn Therrien to its board of trustees effective March 22, 2018.

Dr. Ryan brings a distinguished career in both for-profit and non-profit healthcare. She is currently the Chief Executive Officer of Cottage Hospital in Woodsville, N.H., a rural hospital serving 26 communities across New Hampshire and Vermont. Under her leadership, Cottage Hospital received "Top 20 Best Quality" national designation from the National Rural Health Association in 2014, was named a 2014 HealthStrong Top 100 Critical Access Hospital, and received a 2013 HealthStrong Award for Excellence in Efficiency. Dr. Ryan was also named in Becker Hospital Review's list of "Top 50 Rural CEOs to Know" for five consecutive years, from 2014 through 2018, and was an Outstanding Women in Business recipient from the NH Business Review in 2017.

Fathers Jalbert and Therrien were both recently appointed as Vicars General for the Diocese of Manchester by Bishop Peter A. Libasci. They will share and assist



the Bishop's administrative and governance duties for the diocese, which includes his role as chairman of the Catholic Charities board of trustees.

Father Jalbert is Pastor of St. Joseph Cathedral in Manchester and Administrator of St. Patrick Chapel in Hampton Beach. He is also the Director of the Office of Seminary Formation and Director of the Office for Worship for the diocese. Father Jalbert serves on the diocesan Presbyteral Council and is a member of the College of Consultors.

Father Therrien is Pastor of St. Mary Parish and Administrator of St. Joseph Parish, both in Claremont. He is also the Dean of the Upper Valley Deanery, a member of the College of Consultors and serves on the diocesan Presbyterian Council.

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NEWBURY, VT- One of the few remaining country farms. Built 1835 offers 10 Rooms, 6 of them Bedrooms.

This property has been kept in good condition and has so much to offer. 50 Acres divided equally of pasture/field and woodland. Peach Brook

running a good length of the pasture. Large Barn and outbuildings. Nice setting on a country paved road. Plenty of firewood and sugar orchard. \$350,000.

.....
HAVERHILL, NH- Cute efficient Chalet within short walk of the Lakes, beach, basketball court, pool. Open concept offers vaulted ceilings, 2 bedrooms, kitchen with dining area. Lovely porch off the kitchen. Hardwood floor in LR, ceramic tile in the Kitchen and Bath. Snow mobile from the property. \$92,500.



WOODSVILLE, NH- Many updates to enjoy in this 3 Bedroom Colonial. Refinished hardwood floors, newly remodeled kitchen, new wiring, plumbing, remodeled one and half bathrooms, master bedroom with adjacent walk in closet. Formal Dining Room, newer furnace, new Anderson windows, refurbished front porch and vinyl sided Home renovated in 2011. \$115,000.

.....
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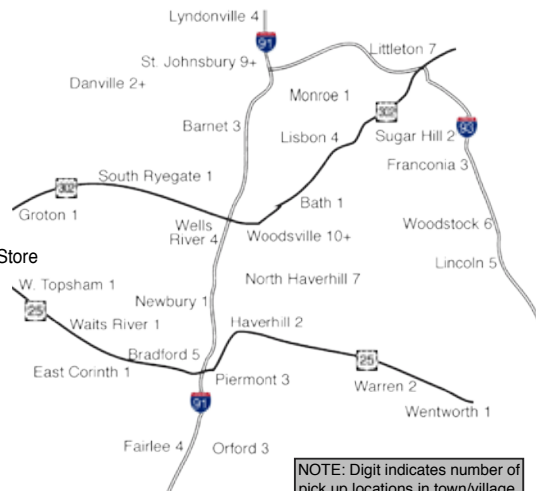
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Keep Your Investment “Ecosystem” Healthy

April 22 is Earth Day. First observed in 1970, Earth Day has evolved into an international celebration, with nearly 200 countries holding events to support clean air, clean water and other measures to protect our planet. As an investor, what lessons can you learn from this special day?

Consider the following:

Avoid “toxic” investment moves. Earth Day events show us how we can help keep toxins out of our land, air and water. And if you want to keep your investment ecosystem healthy, you need to avoid making some toxic moves. For example, don’t chase after hot stocks based on tips you may have heard or read. By the time you learn about these stocks, they may already have cooled off – and they may not even be appropriate for your goals or risk

almost impossible to turn into reality, because no one can really predict market highs and lows – and your timing efforts, which may involve selling investments that could still help you – may disrupt your long-term strategy.

Reduce, reuse, recycle. “Reduce, reuse, recycle” is a motto of the environmental movement. Essentially, it’s encouraging people to add less stuff to their lives and use the things they already have. As an investor, you can benefit from the same advice. Rather than constantly buying and selling investments in hopes of boosting your returns, try to build a portfolio that makes sense for your situation, and stick with your holdings until your needs change. If you’re always trading, you’ll probably rack up fees and taxes, and you may well end up not even boosting your performance. It might not seem exciting to purchase investments and hang on to them for decades, but that’s the formula many successful investors follow, and have followed.

Plant “seeds” of opportunity. Another Earth Day lesson deals with the value of planting gardens and trees. When you invest, you

also need to look for ways to plant seeds of opportunity. Seek out investments that, like trees, can grow and prosper over time. All investments do carry risk, including the potential loss of principal, but you can help reduce your risk by owning a mix of other, relatively less volatile vehicles, such as corporate bonds and U.S. Treasury securities. (Keep in mind, though, that fixed-rate vehicles are subject to interest-rate risk, which means that if interest rates rise, the value of bonds issued at a lower rate may fall.)

Match your money with your values. Earth Day also encourages us to be conscientious consumers. So, when you support local food growers, you are helping, in your own way, to reduce the carbon footprint caused in part by trucks delivering fruits and vegetables over long distances. Similarly, you might choose to include socially responsible investing in your overall strategy by avoiding investments in certain industries you find objectionable, or by seeking out companies that behave in a manner you believe benefits society.

Earth Day is here, and then it’s gone – but by applying some of its key teachings to your investment activities, you may improve your own financial environment.

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

tolerance. Another toxic investment move involves trying to “time” the market – that is, buying investments when they reach low points and selling them at their peaks. It’s a great theory, but

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THEN AND NOW

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



Pat Hill’s “Firestone Store” was on Central Street when downtown Woodsville was an active robust place to shop, stroll to Wells River, or just nice place to meet others who are bound to also be there. Pat’s neighbors at that time were Bagonzi’s Restaurant, Woodsville Furniture, and Norris’ Store.

At that time there were four grocery stores in town. Fields, Norris, Kelley’s and Peoples! And a meat market, too!

There were three taxi services. Ted Paradise’s is in the above picture.. Eric Drown and Shortie Chase were also operating cab service! Other items, now missing in the above picture are the A&P Store and the marker over the Roy building!

Pat Hill is no longer with us, as are all of the things you see in the above pic! It is unfortunate that we have a Select Board that has allowed this travesty to happen!

Pat was dedicated to this village, and to the children who lived here. He was a soft touch for any child entering his Firestone Store asking for a donation, a yearbook ad, or a donation of any kind that had anything to do with kids!

Pat Hill was civic minded and people of his kind are sorely needed if downtown Woodsville has a chance of ever returning to the once “ACTIVE HUB” of Haverhill.

Will the next “PAT HILL” please stand up and take over the reins!

Letter to the Editor

To the editor,;
 "Eye of The Beholder". Well NP Towers and trails be any "uglier" than the Towers and "miles" of ski trails of a Much Friendlier Ski Industry." Snowmobile, ATV trails. Which I believe we will all need electricity in some form if we are going to continue to expand the "Tourist Trade". It's like ,one keeps plugging in an adapter to the same wall plug in our homes without installing another circuit breaker, and expect the same results, eventually we'll blow a fuse or circuit or catch the house on fire.

Compromise, if we want more of an entertainment industry to continue to "build", whether it will be NP, other means of energy. The first ones who come to our rescue no matter the weather. Our neighbors, Canada. Power Co's from NH and south.

Is there a way to make NP more appealing to the "eye of the beholder." Extra use for NP? Maybe connecting service for Cell Phone use. We look at all of those "fun" things that we all enjoy. Some of them are already located on those "ghastly" power lines .

How can we make NP "appealing" to the "eye of the beholder"?

Ask ourselves, how have these Power lines benefited us? What if all of America was in darkness. Drastic thought. But could happen.

The Internet/computers control our "Power grid".

NP/7 Members of SEC decided 4 N.H. POTUS/375 Electors decided 4 USA

"It's All In The Eye Of The Beholder"

Nancy Leclerc,
 North Woodstock

Nancy,

There is no doubt in my mind that most everything is indeed "In the eye of the beholder". Whether it is the beauty of our mountains, or the beauty of your spouse. Whether it is the feeling that whenever we plug into an outlet we have power, or do we need to be worried about where that power is coming from. Are ski trails beautiful, or are they a scar on the landscape?

It is easy to find people on either side of any of those questions.

For me this is why we have regulatory bodies (making decisions on Northern Pass and other issues) and a Constitution that determines the rules for elections. They may not be perfect solutions, but they are the rules we live by, and therefore must honor.

Gary Scruton, Editor



West Burke, VT - Charlie Locke Goss, 82, formerly of Peacham, VT, died on Wednesday, April 11, 2018, at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Charlie was born in Ryegate, VT on July 9, 1935, to Locke and Lucy (Hatley) Goss. Following his graduation from McIndoe Falls Academy, he attended the Randolph Agriculture School (now VTC).

He worked the family farm until the mid-1960s, then for Caledonia Sand and Gravel, before retiring from the Peacham road crew.

Charlie was a member of the Peacham Fire Department for 25 years. He enjoyed doing jigsaw puzzles, reading, and visiting local cemeteries to gain knowledge of local history. Charlie took great pride in attending his grandchildren's events.

He is survived by a daughter, Rebecca "Becky" Goss of West Burke; several grandchildren and great grandchildren; four step children; three sisters, Barbara Bean of Peacham, Donna Winn of Georgia, VT, and Helen Whitney of North Andover, MA; a brother, Gordon Goss of Barnet, VT; along with several nieces, nephews and cousins.

He was predeceased

by his wife Sandra (Crowe) Goss on June 26, 2011; two sons, Charles "Charlie" Goss on September 3, 2012 and Michael Lee Goss on August 3, 2013; a great grandson, Jason Webber, Jr. on March 11, 2002; and by a sister, Arlie Johnson.

There will be no calling hours.

A graveside service will be in the Howland Cemetery, West Burke, on Friday, May 25 at 11 AM, with Rev. Dr. Robert A. Potter, officiating.

Memorial contributions may be made to David's House, 461 Mt. Support Road, Lebanon, NH 03766.

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.

Trusted Choice® Big "I" National Championship State Qualifying Tournament

Williston, Vermont, – Vermont Insurance Agents Association invites junior golfers to register for its Big "I" VIAA Tournament at the Rutland Country Club on Saturday, June 23, 2018. Tee time is 10:30 am. "We are excited to host the tournament at one of the premier golf courses in Vermont and provide an incredible opportunity for junior golfers in the state," said Mary Eversole, Executive Director, VIAA and State Tournament Chair.

Winners get the chance to play in the Trusted Choice® Big "I" National Championship, Daniel Island Club, Charleston, South Carolina, August 6-9, 2018. It includes the opportunity to compete against champions from 31 states and earn AJGA performance-based entry points. Players will have access to the complimentary player's lounge and dining area, host housing and local transportation.

Eligibility into the Trusted Choice® Big "I" VIAA Tournament is open to male and female junior golfers who have not reached their 19th birthday prior to the final round of the championship.

Each participant must be familiar with the USGA Rules of Amateur Status and have conformed to these rules in every respect. Participants must understand the Championship and Qualifying Event Regulations and agree that the entry is subject to the approval or rejections at any time by the Trusted Choice® Big "I" Officials at

their discretion. Participants must further understand the use of alcohol, drugs or misconduct is a violation of the Code of Conduct and will result in disqualification.

Registration is available on-line at viaa.org. Deadline for registration is Friday, June 1, 2018. The tournament fee is \$50 and includes lunch for the players.

VIAA will provide \$500 per winner (one female and one male) in travel cost only and cover the entry fee for the Trusted Choice® Big "I" National Championship of \$250 per player.

Tournament management and scoring will be provided by the Vermont Professional Golfer Association.

The Trusted Choice Big "I" is the 3rd oldest junior golf event in the United States and has served as a

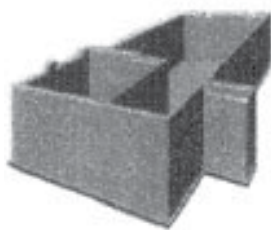
national championship challenge for our nation's most accomplished junior golfers since 1969. In addition to joining the ranks of some of the most well-known amateur and professional golfers in the US today.

The Vermont Insurance Agents Association is a statewide trade association representing nearly 100 independent insurance agencies in Vermont, with 900 employees. VIAA member independent insurance agents represent more than one insurance company, and as a result, can offer clients a wider choice of auto, home, business, life and employee benefits. Founded in 1906, VIAA's mission is to be an advocate for independent insurance agents and to satisfy the professional needs of its members.



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Light refreshments will be served while acquaintances, friends, and family share anecdotes and memories of her life and many accomplishments.

All are welcome.



What About Ma?

by Kellie Quackenbush

All About The Nursing Home

Until recently, I thought that if a person was unable to care for themselves and unsafe to be home--they just went to a nursing home. Not a difficult thought, what happens to people who no longer can care for themselves? What is going to happen to me?

This is the reality, it is expensive to be in a nursing home. According to the 2015 Genworth Cost of Care Survey for New Hampshire and Vermont, to be in a nursing home (in a semi-private room) the cost is between \$102,018.00 and \$115,315.00 per year. That figure is considering the daily rate that varies between \$280.00 and \$316.00 per

day. If you have a memory care need (Dementia or Alzheimer's Disease) it is much more.

The NHmagazine.com notes some of the private options for memory care, and associated costs. It is not inexpensive, "This is a need-based decision versus a luxury-based decision," says Angela Pelletier, who added Spring Village at Wolfeboro is the newest of WoodBine's memory care residences in New Hampshire that also include Forest View in Meredith.

"Our monthly prices at Forest View and The Sanctuary range from \$3,700 to \$7,200. But they are all-inclusive and, when you compare

them to a nursing home that can cost \$10,000 to \$12,000 per month, memory care is not that expensive."

Private in home care can cost between \$19 and \$60 per hour. Adult day care in Vermont and New Hampshire will cost somewhere between \$51 and \$124 per day (with limited hours). The question of what to do for an aging relative is one that comes up when the reality of a loved ones mental status has changed.

There are state organizations that can and will help. The truth with all government run organizations is that demand is high and resources are low. There may be waiting lists for the type of help your family needs. There are limited numbers of beds in the county and state run nursing homes and unless you are able to pay for a private nursing facility, it may be weeks or months before a bed becomes available.

The newest "must have" insurance is for long term care. There are several types of plans available and your insurance agent can assist in helping you find a policy that will help defer some of a nursing home's expense. Long term care insurance is a lot like life insurance--the older you are when you decide to get it, the more it will cost. Another thing about long term care insurance, you cannot get it after the need for long term care has been established.

As with all other aging issues, what to do when you need help caring for yourself is another problem to ponder. From recent experience, I would say it is better to get the insurance and pick out a place you would like to be before someone else has to make the decision for you.

Is It Mine, Or Is It Yours?

by Maggie Anderson

I always find it odd how the first person to set his sights on a pristine landscape puts every financial resource available to him and all his heart and soul into acquiring a piece of it, then all his time and energy erecting his dream home on it only to peacefully dwell there until he decides too many others have done the same and tries to stop any more of them from following his lead.

Why is it that the number of other folks who share the same dream and the same love of a place or its view is only okay until the first guy decides there are enough people up there already?

I sat through a lecture last week about just such a scenario. This property is in one of the most beautiful places on the planet as far as I'm concerned. Of course if it's in the desert and you happen to love the shore or by the sea and you love the silence and the majesty of a mountain peak or a hidden valley, my dreamscape might leave you cold. So for the purpose of my narrative let's say the location is the most beautiful, most desirable place you'd ever want to build a dream on and go with that.

Back in the early 70's a couple of idealistic young people fell in love with a piece of land in a postcard setting. They scratched their life savings together and bought it, built their dream home on it, and then started a center with a summer day camp for kids. The camp stirred arts and crafts together with hiking and nature and ecology studies.

For awhile things rolled along at a pretty pace although a slow one until it was decided to ditch the kids, maybe because their pocket change wasn't covering the center's operating costs or perhaps our idealistic duo wanted to branch out and create works of art using more than just the materials within the boundaries of the center's property.

Whatever the reason

their focus changed and with that change came the need for funding, a need for a wider variety of materials and supplies, and an impressive roster of instructors to teach classes and workshops adults from all over the country would hopefully empty their wallets to sign up for.

When the need of the assurance of a big enough space for the center's future growth and the promise that it could never be used for anything but what the founders thought worthy of such a landscape our duo began paving a road to their own little utopia.

First they invited their governor away from the cares of his office for the day. They wined him and dined him, dragged him off on a hike around the ground they already owned and through forest and valley they wanted to add to their center's original acreage. Then they whispered in his ear and proposed creating an untouchable reserve set aside it was said to be used for enhancing the relationships between art, nature, and humanity.

From those lofty ambitions they stroked the governor's ego by praising his appreciation of the great outdoors and suggested his name would be revered by people like those who saw John Muir as their patron saint. If he could but pave the way for the acquisition of a respectable yoke of the adjoining properties his praises would be sung years after he had left this realm, all this if he could but help create a tax exempt foundation on which to expand the duo's dream.

Sadly the rabble who owned the adjoining yoke of properties was roused too little or too late and by the time they were sufficiently roused to realize what was happening their properties, everything they had toiled a lifetime for, had been condemned by the state and taken over by the new foundation. And before they knew where to turn their homes and properties were improved or removed by a newly formed foundation whose boundaries are even after almost 50 years still nearly impossible to measure.

I guess the real question is do we fully appreciate who sacrificed everything for the playgrounds we enjoy?



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Trapping and Killing Animals Out of Season

Vermont's official trapping season ended on Saturday, but trapping and killing continues throughout the year under Vermont statute 10 V.S.A. §4828 that allows property owners and their agents to kill animals in order to protect property, even when no actual damage has occurred. The way the statute is written now essentially allows for a year round, open season on foxes, raccoons, bobcats, and a host of other wildlife who may be considered a "nuisance." Protect Our Wildlife has submitted a request for amendments to bill H.636, an act relating to miscellaneous wildlife subjects and need the public's support. You can read POW's verbal testimony to the House Committee on Fish & Wildlife on the website. Beneficial language was initially included in an earlier version of H.636, but due to pressure from F&W Commissioner Louis Porter and the trappers, the House committee omitted the language from the bill before passing it out of the Committee.

POW's amendment seeks to fix two major problems that result in unnecessary and indiscriminate killing of animals. The amendments:

- 1.) Require that a wild animal be actually causing damage to property before a landowner or municipality is allowed to kill the animal. The state of Maine has similar language that we hope to use - if it works for Maine, it can work for Vermont.
- 2.) Require individuals who kill wildlife for compensation, known as Nuisance Wildlife Control Operators (NWCOs), to be trained and licensed and to report the animals they kill each year. At present, NWCO activity is completely unregulated and results in inhumane practices, such as drown-

ing and leaving baby animals orphaned. The lack of regulations also presents both a public safety risk and consumer protection concerns. The state of NH has a NWCO training program that their Fish & Wildlife Department has found to be effective. Sadly, VT Fish & Wildlife opposes this and is once again letting down our wildlife in favor of trappers' interests.

Each year we learn about avoidable tragedies involving wildlife who are killed under the "nuisance" wildlife statute. For example, just last year a heron was caught in a trap set for beavers by a NWCO and had to be euthanized because the injuries were so severe. Another NWCO took a photo of a turtle that he caught in a kill trap set for beavers - the turtle was alive in the photo, but it's unlikely that s/he survived.

Some NWCOs are ignorant of even the most basic wildlife knowledge - a NWCO in Bennington kills opossums because he thinks that they're a rabies vector species. Not only are opossums not a rabies vector species, they rarely contract rabies due to their low body temperature.

Our proposed amendment would also stop the informal "open season" on furbearers, since landowners would no longer be able to preemptively kill wildlife that's suspected of causing damage. Last year a farmer allowed hunters with dogs to chase down and kill raccoons who the farmer feared might get into his feed bins. One of the hunters took a photo of two raccoon pups huddled at the base of a tree, fearing for their lives. Their mother was likely chased up a tree by the dogs and killed.

We also just learned of a Fish & Wildlife Hunter Education Instructor who sets

traps each May, through the end of summer, and drowns the trapped animals, including raccoons, opossums, skunks and others. He told us that he drowned 23 skunks in one year for no apparent, legitimate reason. Drowning is a terrifying and prolonged, painful method of killing an animal and is condemned by the American Veterinary Medical Association. Yet this man does it each year, with complete impunity. The Fish & Wildlife Department has taken no interest in these cases. Until we change the law, this reckless, inhumane and wasteful killing will continue.

Please write to the Senate Committee on Natural Resources and Energy's Committee Assistant, jnewman@leg.state.vt.us, and ask them to support the two amendments submitted by Protect Our Wildlife listed above as it relates to wild animals causing damage.

If one of your Senators sits on this Committee, please be sure to let him know that you are his constituent.

This is Vermont's chance to close a very dangerous loophole in the current statute. By doing so, countless animals' lives may be saved.

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by Cindy Pinheiro
to contact Cindy (aka Cin Pin)
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Tuscan Pantry Soup

Hello hello my fellow chefs. This soup recipe is so easy, I make it often. I cut it out of the newspaper in Rhode Island many years ago and changed it by adding extra ingredients and this version is my favorite. It's hearty and full of healthy goodness. It gets its "Pantry Soup" name, because most of the ingredients are in your pantry and you can whip up a meal in no time. OK let's get cooking.

Ingredients for Tuscan Pantry Soup

2 Tablespoons of olive oil or vegetable oil
1 onion chopped
2 cloves garlic or small spoon minced from jar
2 14.5 oz. Cans College Inn chicken broth or Rachel Ray
1/4 cup prepared pasta sauce
1 tsp. Dry Basil

1/2 tsp. Dry oregano
1 Cup Rotini macaroni - they look like springs & they hold the soup

1 15 oz. Can white Cannellini beans drain and rinse well

Salt and pepper to taste
Grated Parmesan cheese

Heat olive oil in soup pan over medium heat, add onion and garlic and cook for 3 to 4 minutes. Add both cans of broth, pasta sauce, basil and oregano, stir to mix. Increase heat to medium - high. When boiling add uncooked macaroni, cov-



er and lower heat to simmer, about ten minutes. Add beans and mix well, return to covered and heat through, about 5 -10 minutes. Ladle soup into soup bowls, add salt and pepper to taste and top with grated Parmesan cheese. Delicioso !!!

This recipe can be versatile, you can pick any macaroni, you can use another kind of beans, even Chick peas. The possibilities are endless. Have fun with this recipe, put your unique spin on it !!!

Add croutons for a special touch. I wish I had thought of croutons for my soup ☐, oh well... Till next time I'm signing off - Cin Pin.

Stone to Sand & Back Again New Works by Bob Manning Continuing through May until June 2, 2018 In our Back Room Gallery

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 works in a format of one square foot. The illustrations and paintings are a biographical embrace of the artist's life, from a 1935 swim with his family on the Connecticut seashore then flying across the great Atlantic to the island nations of Ireland and England—and back again, and again.

The works play in the fields of memory lane, even partnering Rembrandt with a tennis champion, adding a

humorous intimate touch to the intricate lines that build the images. We see the stool where Bob like ship captain followed his imagination to recreate the wonders, parcels of his life, so rich that sometimes those not captured fell aside, to the floor, but, oh, what is drawn and shared, so poignantly, are enclosed 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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