A FREE PUBLICATION

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

VOLUME 9, NUMBER 18 **JUNE 12, 2018** 

## Amateur Radio Field Day: June 23 & 24, 2018

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

Operating "off the grid", radio amateurs, referred to as "Hams", "hang wire" for antennas and use generators, solar power and other emergency power sources to see how many contacts can be made in 24 hours. Hams transmit and receive messages with voice, digital, and Morse Code signals. The Littleton Amateur Radio Klub (LARK) wishes to thank Cottage Hospital for providing a generator and Home Depot for supplying electrical cable.

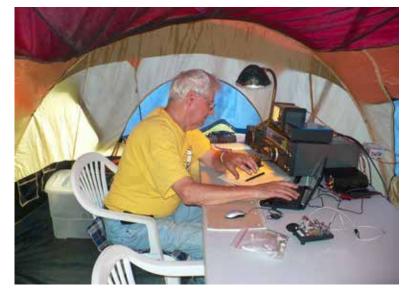
When disaster strikes and normal communications channels are disrupted, the Amateur Radio community has been able to get the lines of communication set up so that critical resources can be moved to the areas of need. This has been true for disaster relief, like hurricanes and tornadoes; internationally following earthquakes and tsunamis: and in times of local severe weather. Ham operators work with the local authorities as well as with many disaster relief groups in all these cases. Hams also provide communications support for many public service events, such as the Boston Marathon and The Prouty.

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

If this sounds interesting to you, please join us during our annual field day operation. The public is invited to visit the LARK Field Day site, located at Lancaster Fair Grounds in Lancaster, NH. Directions to the fairground From the South, travel North on Route 3 to Lancaster, NH.

LARK will be on the air

continually starting 2:00 PM on Saturday June 23 through 2:00 PM on Sunday June 24. Visitors will receive a guided tour of the activities. Information on how to earn a radio amateur license will be available.





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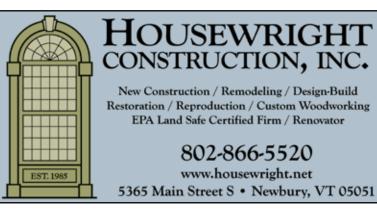
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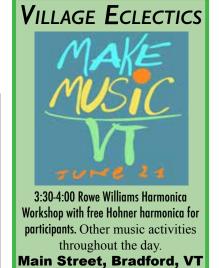




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### Juniper's at the Wildflower Inn

by Gary Scruton

As readers of this column very well know there is a wide variety of eateries in our area. They range from fast food franchises, to neighborhood delis, to family dining sites, to some very nice fine dining facilities. There are many things that factor into putting any establishment into any of those categories.

For this issue of Trendy Times Janice and I went to one of the fine dining locations that participates in the Trendy Dining Guide, Juniper's on Darling Hill in Lyndonville.

One of the factors that put Juniper's in this category is simply the fact that they suggest reservations. But more than that, the person who answered the phone when on the enclosed porch our

I called was able to find my name in their records and offer me a chance to dine at our requested times. Upon our arrival we were also offered either indoor or outdoor seating (Inside for us as the breeze was fairly strong on this particular Saturday evening).

Another factor in my rating is that each place setting includes nice cloth napkins and solid eating utensils. Plastic, or thin metal forks and knives are fine with some foods and at some locations, but to earn a high rating sturdy utensils are a must.

One more item, in my opinion, that helps the rating is knowledgeable staff and the little things that help add up to an enjoyable meal.

Shortly after being seated

waitress. Olivia, appeared with two glasses of ice water and a wine bottle filled with water that she left on the table for us for refills. She also soon brought us a basket with two delicious crispy rolls topped with seseme seeds and softened butter. (There was even a later query as to our desire for more rolls when she noticed the first were well enjoyed.) We were also given plenty of time to look over the menu and make our choices.

On this night Janice went with a grilled Atlantic salmon with a spicy sauce. Her two side dishes were a garlic mash and rainbow chard. The salmon was not quite Cajun style, but indeed was extremely tasty. Janice also noted that the creamy garlic mashed potatoes had plenty of garlic and were just yummy. The chard also had a sauce that amplified the taste. All the way around a meal that was made to sit back and enjoy.

For me I went a somewhat unconventional path at a restaurant of this type. I settled on the Juniper Burger. One of the boasting points for Juniper's is that they use locally grown and produced products. The beef is from Vermont grown beef. Now I can't prove that, but I can say that my medium burger was exceptional. The bun also held caramelized onions, bacon, lettuce (no tomato at my request) and needed to be held together with a long spear. The meal also included a side dish (french fries will be great, thanks). I must also mention that the fries were more than just cut up potatoes, they had an extra flavor that needed only a very little ketchup in order to be most enjoyable. I also added a glass of on tap Switchback to make the meal complete. The beer was served in a 16 oz. glass filled to the brim.

With all of this food we still managed to find the room to look at the desert menu. Though I had first wanted

some fruit crisp (that evening's selection was strawberry-rhubarb and I am not a rhubarb fan) we went instead with a salted chocolate caramel pie topped with whipped cream. This hit the sweetness scale at a very high rate and the two of us shared it until there was nothing left. The beautiful scenery going to and from Juniper's made this a totally delightful evening out.

The total cost for our meal before tip was \$55.65.



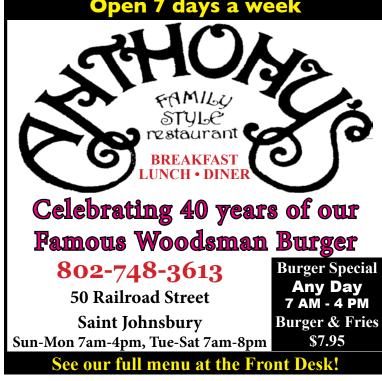














### **Peacham Library Celebrates** The Art of Storytelling This Summer

Peacham, Vermont,: This summer, the Peacham Library will celebrate the art of storytelling through performances, lecture demonstrations, and guest speaking events. Starting off the summer the Library will host a benefit tour performance of David Rosane & The Zookeepers on Friday, July 6th at the Peacham Congregational Church - followed by an ice-cream social with Artesano ice cream. Then, the Library's popular annual summer series on Thursday evenings in July and August will feature guest speakers including Erica Heilman of the Rumble Strip podcast; Jay Craven and Bess O'Brien of Kingdom County Productions; author Beth Kanell; and the Peacham Historical Association. All events are free or by donation, and are open to the public. Visit www.peachamlibrary.org for more informa-

**ZOOKEEPERS** BENEFIT PERFORMANCE: summer, intellectually-driven modern folkrock band David Rosane & The Zookeepers has embarked on a library benefit tour with performances at 13 libraries across the state, to accompany the release of their new literary-themed album "Book of the Zoo". All tour performances will raise funds to benefit the hosting libraries, while advocating for literacy, community, and freedom of speech. The performance to benefit the Peacham Library takes place on Friday, July 6th at 7:00pm at the Peacham Congregational Church (56 Church Street, Peacham, VT 05862). Suggested donation \$15. All ticketing is at the door - no reservations necessary. Following the performance will be a ice-cream social featuring Artesano ice cream by donation at the

Peacham Library Community Room (656 Bayley Hazen Rd, Peacham, VT 05862).

The Library will offer a special Family Movie Night on the same date at 6:45pm at the Peacham Library Community Room, signed to serve as childcare by donation (\$10 suggested) for those attending the Zookeepers performance at the church. Kids can enjoy a PG-rated movie, popcorn and lemonade, and PJs are encouraged!

### **Concert on the Common**

Congregational First Church of Haverhill is excited to announce that the celebrated Parker Hill Road Band will be featured performers at their Annual Strawberry Festival on Sunday, June 24th from 5-7 p.m.

Parker Hill Road is a fivepiece acoustic Bluegrass band popular throughout the New England area for over two and a half decades. The band features identical twins, Tim and Chris Cate, on mandolin and bass, respectively; Mike "Woody" Woods on banjo; Paul Amey on fiddle and Tom Rappa on guitar. The band's repertoire ranges from traditional Bluegrass to modern pop tunes performed in the Bluegrass tradition. Four part vocal harmonies, along with tight instrumental arrangements create a smooth sound.

Everyone is invited to the all the festivities that begin at 4 p.m. with a potluck supper on the beautiful Haverhill Town Common. The band's performance will begin at 5 p.m. and strawberry shortcake will be served.

In case of rain the event will be held indoors.

Bring a dish to share for the potluck supper and then enjoy the show. The concert is free, the strawberry shortcake is \$5.



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### **Exciting June Antique Auction at the Armory** Antiques, Accessories, Coins, SIlver, & Pike Mfg. Collection **Saturday June 30, 2018 @ 10 AM** 65 South Court St. Woodsville, NH

We are pleased to present at public auction a great collection of antiques and accessories gath-

ered from homes around VT and NH. Preview is from 2 - 5:30 PM on Friday and on Saturday from 8-10 AM. For more info and photos please see our website www.steenburgh.com. The following is only a partial listing - much more being added over the next few weeks!! Furniture: early 36 in. slant front country desk on bracket base in old red paint; small cupboards; pine step back cupboard refinished; late 18th c. pine country Queen Anne highboy; revolving oak slatted bookcase; other small size revolving oak bookcase on cabinet base; Tiger maple slant front 18th c. country desk - refinished; mahogany Chippendale style kneehole desk; early 19th c. stretcher base tavern table with one drawer; small oak primitive bucket bench; 2 over 4 drawer Chippendale chest; other 5 drawer Chippendale chest on bracket base; large ornate oak side bay side secretary / bookcase; Whiting Winchester grandfather clock in old paint; set of 4 Baltimore style cane seated fancy chairs; custom walnut 2 drawer hunt board; 18th c. wooden fireplace mantle in old blue paint; lots of other good furniture; Oriental rugs: Excellent 8.5 x 16.5

Silver, Coins, and Jewelry: Sterling silver flatware set 121 pcs. other lots of misc. sterling; 1882 five dollar gold coin; small lots of Morgan and Peace silver dollars; lot of silver Kennedy halves; 14k gold diamond ring; other lots of gold and sterling silver jewelry; costume jewelry lots; 14k gold ladies pocket watch; 14k gold money clip; other jewelry; and more.

ft. antique oriental rug; 2 other good large oriental rugs;

Accessories: 19th c. turned ash burl urns; turned burl covered container; mid 19th c. dometop trunk in old red grained paint; early toleware box with floral decoration; unusual cast iron lion head furnace cover; folky hooked floral rug; 19th c. tin sign advertising H.P.Chace Physician & Surgeon; slant lid wooden lap desk in old paint; lots of footstools; collection of early brass school bells; other good hooked country rugs; number of good antique clocks; scales and weights; collection of pewter items; silhouettes; great store paper cutter and string dispenser; old wooden skiis; snow shoes; braided scatter rugs; bail handled pantry box; oil on board landscape by Russian artist B. Major; 19th c. oil on canvas still life with fruit in gilt frame; vintage framed Northern Pacific RR poster; cast iron scotty dog door stop; and much more.

Lifetime Collection of Pike Mfg. Co. Sharpening stones and advertising items - from a VT collector; Many advertising items to include store display boxes, glass topped advertising stones, prints, postcards, and catalogs - please see the website for pictures;

Bottles, Glass, Pottery and Porcelain: fine early 19th c. ovoid jug with blue decoration: other good stoneware jugs and crocks; Stoddard flask with eagle; 2 good Drake's log cabin bitters bottles; early blown glass storage jar with flared lip; Brant's Indian Pulmonary bottle; 2 early blown gin bottles; collection of small blown bullseye glass panes; good early blown demi-john; redware ovoid storage jar; small early redware handled mug; redware 2 handled vase; group of 19th c. Staffordshire ABC and motto plates; Staffordshire dogs; large Royal Beyreuth tomato pitcher; and much more;

Sale #1006 - Terms: Credit Card, Cash or good check w/ proper identification. Buyers Premium 13% Discounted to 10% for Cash or Check. No live Internet bidding. Absentee bids accepted. Preview: 2-5:30 PM on Friday June 29 and Morning of Sale 8-10 AM.



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### **Bailey To Run for NH House**

Rebecca Bailey filed to be on the ballot for NH State Representative for Grafton County District 15, which covers the towns of: Orford, Piermont, Warren, Haverhill, Bath, Benton, Landaff and Easton. She is a Constitutional Conservative who is running on the republican ticket to replace Representative David Binford, who will not be running for the District 15 seat again.

Bailey grew up in Lyme NH and has lived in Piermont for 14 years, where she is a member of the planning board, runs her social media management company and continues to raise her children.

"I'm running for office because I believe that our state and our nation are in trouble. We need to preserve local control and push back against the top-down decision-making that has been become prevalent.

We need to make improvements to our economy by reducing regulation and lowering the tax burden placed on job-creating businesses and improving infustructure. Finally, we need to reinstate the principles upon which America was founded; personal freedoms, responsibility, respect for human life, and integrity in government. We need a return to common sense."





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## **Education Accomplishments** for the Biennium

NH's legislature has adjourned for the summer. Much was achieved during the 17-18 session and that is definitely the case for education legislation. From draft legislation to law, the following is a brief list of educational accomplishments.

- 1. Enabled taxpayers to use credit computed under the education tax credit against taxes due and payable under the interest and dividends tax;
- 2. Increased charter school funding by \$250 per student in FY18 and \$375 per student in FY19;
- 3. Established the Dual and Concurrent Enrollment program that guarantees that all NH 11th and 12th grade students have the opportunity to enroll in and receive college credit courses while they are still enrolled in a high school or career technical education center. \$1.8M has been allocated to this program that enables high school students to graduate from HS with 12 college credits at no cost to the student;
- 4. Allowed towns to receive grant funding for full day kindergarten funded through Keno revenue, including an option for half-day kindergarten. School districts providing full-day kindergarten programming will now receive an additional \$1100 per kindergarten student;

- 5. Allowed towns without a public school or a school district without certain grade levels to contract with neighboring private nonsectarian schools. This bill is commonly known as the Croydon bill;
- 6. Established the Governor's Scholarship Program, designed to keep graduating high school students in the state. The \$4.1 million a year fund was one of the major initiatives Governor Sununu announced in his first budget address, and the money was appropriated in the state budget approved last year. The program will offer scholarships of up to \$2,000 a year for students attending one of 23 approved New Hampshire-based post-secondary schools. The goal of the program is to help students choose a New Hampshire college, university or training school in the hope that the graduates will decide to stay in the state to work after graduation;
- 7. Established a new Robotics Education Development Program and provided \$375,000 in grants to school districts to establish a robotics team and participate in competitive events;
- 8. Prohibited the state from requiring a school district to implement common core standards. If the local school board elects not to implement

the common core standards or the common core state standards adopted by the state board the local school board shall determine, approve, and implement alternative academic standards.

Further, the state board of education shall not amend any existing academic standards and shall not approve any new academic standards without prior review and recommendation of the legislative oversight committee;

- 9. Eliminated the requirement of students to submit a non-academic survey or questionnaire without written consent from a parent or guardian;
- 10. Required school districts to provide advance notice to parents and legal guardians of course material involving discussion of human sexuality or human sexual education;
- 11. Required the development and implementation of a pre-engineering and technology curriculum for public school students in kindergarten through grade 12;
- 12. Added computer science and digital skills as a component to the definition of an adequate education;
- 13. Made career technical education center (Vocational Education) programming available to 10th grade students. Previously, only high school students in grades 11 and 12 were eligible to enroll in career technical education courses;

14. The NH Department

of Education was re-orga-

- nized aligning responsibilities and modifying duties in newly identified divisions: a.) Division of Learner Support, b.) Division of Education Analytics and Resources, c.) Division of Workforce Innovation, and d.) Division of Educator Support and Higher Education. These changes support efficient use of human
- Support and Higher Education. These changes support efficient use of human resources, will result in financial savings, and better align public education with future business and workforce needs.
- 15. In support of public school security and safety upgrades, the legislature allocated \$28.8M toward one-time school grants. SAU 23 and other Upper Valley districts have benefited from grants awarded by the public school infrastructure commission and as approved by Governor and Council.

Respectfully Submitted, NH Rep Rick Ladd Chairman, House Education

### Gary Goodwin CPT. CGT.

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### **Summer Activities at Haverhill Corner Library**

The Haverhill Library Association in Haverhill Corner is announcing its summer schedule of activities:

- · Free Public Lectures at Alumni Hall:
- June 26th at 7 p.m. Will Broussard of the Mount Washington Observatory doing "Tales from the Home of World's Worst Weather". (Voluntary donations to the Library and Alumni Hall accepted.)
- July 17th at 7 p.m. Robert Azzi presenting "Ask a Muslim Anything". A free and open community discussion relating to concerns about Muslims in the United States. (Voluntary donations to the Library and Alumni Hall accepted.)
- August 7th at 7p.m. Bestselling author Michael Tougias presenting Finest Hour" the true story of the U.S. Coast Guard's most daring sea rescue. Presented in cooperation with the New Hampshire Humanities Council.
- · Book Sale: Our early summer book sale will be 9:00 a.m. - 3:00 p.m. Saturday, June 23 and, 3:00 -6:00 p.m. on Sunday, June 24 (concurrent with the First Congregational Church sponsored Concert on the Commons with Strawberry Shortcake.) Book donations are welcome if brought during library open hours.
- · CPR Certification and First Aid Course: We are offering this life-saving 3 hour class on the afternoon of Saturday, June 30, 2-5 p.m. and then again on July 14th and 28th for only \$15 plus \$20 for a certification card. Each class will accommodate six registrants. Call the library at 989-5578 to regis-
- Children's Summer Reading Program: year's summer reading pro-



gram for young people will feature the theme "Libraries Rock!" Every Tuesday morning in July participants will make music, read about musicians, and create their own instruments. It's a great opportunity for kids to maintain their reading skills while having fun with others. Sign up at the Library or call 989-5578.

· Book Clubs: The Book Club for Writers meets Thursday July 19 at 7:00 p.m., to discuss short stories by past and present authors. The Odd Month Book Club will meet next on July 18 at the library to discuss A Tree Grows in Brooklyn, by Betty Smith.

And, for summer reading pleasure, Haverhill Library invites residents of our community to sign up for the New Hampshire Downloadable Books program. By joining the program residents get free access to a large catalog of contemporary best sellers they can download onto home computers or personal devices at any time day or night. Interested? Sign up at Haverhill Library. Our hours are 4-7 p.m. Mondays, Wednesdays, and Thursdays; and 10 a.m. to 1 p.m. Tuesdays and Satur-

### **Old Church Theater Opens With Pride & Prejudice**

Not only did the Old Church Theater open in their new facility with pride, (not sure about the prejudice) but they also did a wonderful performance based on that particular 1800's novel by Jane Austin.

We had attended the open house a few weeks ago that the folks at OCT had hosted at their temporary digs while the old historical church goes thru renovations. The new spot is certainly not the same, but it offered a blank canvas on which this talented group could perform their artistry.

This first performance of the year seemed to match well with the new location. It was a whole and different rewrite of the original. But it worked well.

In regards to the play, there were only five members of the cast, but they performed the parts of some different characters. Some changes were minor, adding a hat or a fan. Others required a different accent, or even volume for presentation of lines. This quick change of characters even while on stage did make your head spin, especially if you were not familiar with the original book, but it was very well presented and the actors, thanks to the script they were given, did well to keep the audience current.

Another aspect of the

performance that certainly their task of offering that enenhanced the opportunity to follow the story was the bell ringing and the announcement of the upcoming scene. These were almost always done with a wry smile and sometimes even with tongue in cheek.

I have no doubt that the performers for this opening salvo for the summer productions of Old Church Theater had plenty of work to do in order to entertain those of us in attendance. I also believe they accomplished

tertainment.

In regards to the theater I must also say "job well done". Yes we are sitting in folding chairs (most with pads) but they offer almost everyone a great view of the stage. The lighting and sound also worked quite well. The lighting & sound booth, though compact, offered all that was needed to allow for a great production.

If you missed this show at OCT, too bad, it was a good



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# Calendar of Events

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

#### **WEDNESDAY, JUNE 13**

**ROSS-WOOD POST #20 AMERICAN LEGION** MONTHLY MEETING 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

#### **THURSDAY, JUNE 14**

FLAG DAY DISPOSAL CEREMONY 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

### FRIDAY, JUNE 15

(PBVRC) SPAGHETTI DINNER 5:00 PM with Dr. Stewart Levenson American Legion Hall, 37 Main Street, Ashland See Article on Page 8

### **SATURDAY, JUNE 16**

BENEFIT TEXAS HOLD "EM 11:00 AM Cash Game DANCERS' CORNER, 93 Pine Street, WRJ

**SWEET JAMM** 6:00 - 8:00 PM Alumni Hall, Haverhill

### SATURDAY & SUNDAY, JUNE 16 & 17

LUPINE CELEBRATION POP[UP ART SHOW 10:00 AM - 2:00 PM Polly's Pancake Parlor, Sugar Hill

#### **SUNDAY, JUNE 17**

BENEFIT TEXAS HOLD "EM 11:00 AM Cash Game - 1:45 Tournament American Legion Post #58, St. Johnsbury

### **MONDAY, JUNE 18**

FREE CONCERT & ICE CREAM SOCIAL 7:30 PM - Details 802-274-4053 Courthouse Park, St. Johnsbury

#### **TUESDAY, JUNE 19**

"BENEDICT ARNOLD: PATRIOT & TRAITOR?" 7:00 PM

Alumni Hall, 75 Court St., Haverhill Corner See Article on Page 7

#### **WEDNESDAY, JUNE 20**

WOODSVILLE AREA FOURTH OF JULY **COMMITTEE MEETING** 7:00 PM

Woodsville Community Field, Rt. 135

#### **THURSDAY, JUNE 21**

THE SILVOPASTURE WORKSHOP 10:00 AM - 3:00 PM Grafton County Complex, North Haverhill. See Article on Page 15

VFW Post #5245 monthly meeting VFW Hall, North Haverhill

### SATURDAY, JUNE 23

STRAWBERRY FESTIVAL & CONCERT 5:00-7:00 PM Pot Luck 6:00 PM Concert Haverhill Common See Article on Page 3

### SATURDAY & SUNDAY, JUNE 23 & 24

SUMMER BOOK SALE 9:00 AM

Havehrill Library, 67 Court St. Haverhill Corner

AMATEUR RADIO FIELD DAY Lancaster Fairgrounds See Article on Page 1

### **SUNDAY, JUNE 24**

STRAWBERRY FESTIVAL & BAND CONCERT 4:00-7:00 Potluck supper, 5:00-7:00 Concert On the Common in Haverhill Corner

### **TUESDAY, JUNE 26**

MT. WASHINGTON OBSERVATORY PRESENTATION 7:00 PM

Alumni Hall, Haverhill Corner See ARticle on Page 5

#### **SATURDAY, JUNE 30**

CPR/FIRST AID COURSE 2:00 PM (Call 989-5578 to register) Havehrill Library, 67 Court St., Haverhill Corner

#### SUNDAY, JULY 1

BENEFIT TEXAS HOLD "EM 11:00 AM Cash Game - 1:45 Tournament Tom Breslin Center, Main St., Lyndonville

#### **TUESDAY, JULY 3**

CHILDREN'S SUMMER READING PROGRAM 10:30 a.m.

Haverhill Library, 67 Court St., Haverhill Corner

#### **WEDNESDAY, JULY 4**

FOURTH OF JULY PARADE 11:00 AM

Woodsville & Wells River

GIGANTIC FIREWORKS DISPLAY 10:00 PM Woodsville Community Field

#### FRIDAY, JULY 6

DAVID ROSANE & THE ZOOKEEPERS 7:00 PM Peacham Congregational Church

### **SUNDAY, JULY 8**

See Article on Page 3

BENEFIT TEXAS HOLD "EM 11:00 AM Cash Game - 1:45 Tournament Moose Lodge #1779, St. Johnsbury

### **MONDAY JULY 9**

**ROSS-WOOD UNIT #20 AMERICAN LEGION AUXILIARY MONTHLY MEETING** 6:00 PM

Post Home, 4 Ammonoosuc Street, Woodsville

HAVERHILL SELECT BOARD MEETING Morrill Municipal Building, North Haverhill

## 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. Johns-

#### bury **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** 

**RSVP Bone Builders --**8:30 - 9:30 -- Monroe Town Hall ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

**RSVP BONE BUILDERS** 

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

CRIBBAGE - 7:00 PM

Haverhill Memorial VFW Post #5245 North Haverhill

#### 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 TOPS (Take Off Pounds Sensibly) Weigh-in @ 6:00 p.m., meeting @ 6:30 -- Monroe Public Library

### **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 - 10:15 AM September thru May

Brainerd Memorial Library. No. Danville **SUNDAYS** 

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln NORTH DANVILLE BAPTIST CHURCH (ABC), Worship and Sunday School, 9:30 AM Refreshments at 10:20 a.m.

### **Summer Reading Activities Begin at BMU**

The libraries in Wells River and Groton will launch this year's summer reading activities with Michael Caduto's program "Energy Rocks with Kid Power" on Sunday, June 17 at 3:00 pm at Blue Mountain School.

Michael Caduto, an award-winning environmentalist, master storyteller and creator/coauthor of Keepers of the Earth® - presents a POWERful, entertaining program about renewable energy explored through science and the arts. Storytelling, music and participatory experiences of today's energy technologies engage audiences in the process of transforming the forces of nature into energy for everyday living. The program will feature kid-powered demonstrations of wind power, solar energy and magnetic-electrical power; indigenous tales of sun

& wind; Fun Energy Facts quiz show (with prizes!); music for all ages to sing along; cool renewable-powered toys & gadgets; and a demonstration of how to make your own Personal Power Station. This humorous program is full of facts, activities and special effects that reveal simple ways to harness natural sources for energy and reduce global climate change.

Caduto is known for his entertaining, dynamic presentations of science, storytelling, song and stewardship. His popular books include the KEEP-ERS OF THE EARTH® series, EARTH TALES FROM AROUND THE WORLD and CATCH THE WIND, HAR-NESS THE SUN: 22 SU-PER-CHARGED SCIENCE **PROJECTS** FOR **KIDS** (Teacher's Choice Award). Michael's most

book is THE GARDEN OF WISDOM: EARTH TALES FROM THE MIDDLE EAST. His other awards include the Aesop Prize, NAPPA Gold Award, Storytelling World Honor Award, New England Environmental Educator Award and New York State Art & Literary Award. In 1984 he founded P.E.A.C.E®-Programs for Environmental Awareness & Cultural Exchange-to promote Earth Stewardship and cultural diversity. He has traveled throughout North America, Europe and the Middle East presenting performances, workshops and keynotes to more than 500,000 people.

Co-sponsored by the Baldwin Memorial Library and the Groton Public Library, this program is also supported by the VT Department of Libraries.

### NH Libraries Set To 'Rock Out' To This Year's Summer Reading Program Theme

New Hampshire libraries will pump up the volume in the coming months for this year's Summer Reading Program theme, "Libraries Rock!"

Library patrons statewide will be invited to make musical instruments, write songs, learn about music from different countries and be inspired by musicians of all kinds. Books, magazines, movies and more are available for patrons looking for new ways to experience music.

The State Library's "Kids, Books and the Arts" grant program will fund special events by juried performers at libraries across the state, making the "Libraries Rock" theme even more fun. Designed to help strengthen literacy skills in young people of all ages, the Summer Reading Program lays the groundwork for preschoolers to become lifelong readers and learners, helps elementary school children develop positive attitudes about reading, and strengthens the high level of literacy that teens need for higher education and future employment.

Students who read at least four books over the summer fare better on reading comprehension tests in the fall than their peers who read one or no books. Nine out of ten kids say they are more likely to finish a book they've picked out themselves: summer Reading

# **Summer Reading Program at Bath Public Library**

Your children are invited to join Bath Public Library's Summer Reading Program and attend the fun programs and events we are planning for children preschool to 12. This summer's theme, "Libraries Rock!" explores all kinds of ways in preparing children for success by developing early language skills. The programs are free and open to children of all abilities.

The Bath Public Library cares about your children and has planned programs to keep them reading and learning all summer. Whether keeping track of the amount of time your children spend reading or the number of books they have read this summer, children who

Your children are invited join the Summer Reading to join Bath Public Library's Program keep their minds active and enter school in and attend the fun programs the fall ready to learn and and events we are planning ready to succeed.

Planned activities include: the Children's Museum of New Hampshire; entertainers - Steve Blunt & Marty Kelley; rock painting; a CLiF presenter and book giveaway; and a theatre group & ice cream social – every Tuesday morning at 10:00, from July 3 through July 31. Come join the fun!

Stop by the Bath Public Library for a schedule of events for our 2018 Summer Reading Program. Contact us at bathlibrarykjb@gmail. com or call 747-3372 for more information.

Program participants may choose to read whichever books they want, including those not related to the "Libraries Rock" theme.

The New Hampshire State Library promotes excellence in libraries and library services to all New Hampshire residents, by assisting libraries and the people of New Hampshire with rapid access to library and informational resources through the development and coordination of a statewide library/information system; by meeting the informational needs of New Hampshire's state, county and municipal governments and its libraries; and by serving as a resource for New Hampshire. For more information, visit nh.gov/nhsl.



# **Haverhill Historical Society's Summer Speaker Series**

Haverhill, NH – The Haverhill Historical Society has received a grant from New Hampshire Humanities to offer "Benedict Arnold: Patriot and Traitor?", presented by George Morrison of Bow, NH. This presentation will take place on Tuesday, June 19 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public and the venue is handicapped accessible.

We all think we know the story of Benedict Arnold, the American Revolutionary War general who fought for the Continental Army but then defected to the British. Recalled mainly as a traitor for his 1780 defection, Arnold had risked his life and fortune for American freedom in courageous exploits between 1775 and 1778, when the dream of independence was at its most fragile. As an officer in the Continental Army Arnold ably led American forces in desperate circumstances against impossible odds-in a blinding

snowstorm, through a howling wilderness, and against the extraordinary might of the Royal Navy. George Morrison will take you on a journey through New England, Canada, and New York tracing the complex story of this infamous American icon.

George Morrison earned a BA in History at the University of New Hampshire. He served for 27 years as a high school teacher. A longtime researcher of unpublished primary sources, Morrison has contributed to the work of numerous aviation historians and artists in several countries. He is a lifelong photographer, historian, and motorcyclist. Morrison has already traveled over 18,000 miles in the course of researching monuments and memorials, an interest sparked by a puzzling 1918 monument inscription.

For more information contact Roger Warren – 603 787-2446 or barogw@hotmail.com

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

The Bath Library Book Club will be discussing "Etta and Otto and Russell and James", by Emma Hooper, on Thursday, July 12th at 6 pm at the Bath Public Library

At 83 years of age, Etta has never seen the ocean. Early one morning she begins walking the 3,232 kilometers from rural Saskatchewan, Canada eastward to the sea. As Etta walks the lines among memory, illusion, and reality blur. Otto wakes to find a note and his memories come crowding

in. Their neighbor, Russell, who has spent his whole life trying to keep up with Otto and loving Etta from afar, sets out to find Etta.

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





### Dr. Peraino Signs Up For NH House

On June 6, 2018 Robert A Peraino, MD, a 14 year resident of Franconia, has filed with the town clerk to be the Republican candidate to the New Hampshire General Court as the Representative of Grafton County District 2. The district encompasses Franconia, Sugar Hill, Lisbon, Lyman and Monroe.

Dr. Peraino is well known to the community where he practiced Internal Medicine in Littleton and Lisbon for 18 years. He is a member of: All Saints Episcopal Church where he serves on the Vestry - the governing body of the church - the Building & Grounds and Finance Committees and volunteers at the Food Bank, and the Alder Brook Sportsmen's Association.

He is a strong supporter of the U.S. and New Hampshire Constitutions without qualification, favors limited and a highly regulated government as opposed to limitless regulation of the people, and is against any new taxation which would stifle economic growth. He "supports the right to work without being charged a fee (union dues) to do so and opposes a minimum wage which prevents the employment of those who want to work". He goes on to say, "there is limitless potential for economic growth and advancement of the quality of one's life if government is ordained to foster assistance rather than obstruction and needless regulation for the sole purpose to garner power for the state."



Dr. Peraino handing his completed ballot application to Franconia Town Clerk Carol Wills.

WEBSITE: PerainoforNH. com E-MAIL: PerainoforNH@gmail.com TELE-PHONE: (603) 389-6211

### Republican Spaghetti Dinner **Features Senate Candidate**

ASHLAND NH: We in Second Congressio-District are fortunate to have so many qualified candidates running for the seat currently occupied by Ann Custer. One of them, Dr. Stewart Levenson, will be our quest speaker at the June Pemi-Baker Valley Republican Committee (PBVRC) Spaghetti dinner at the American Legion Hall, 37 Main Street, Ashland NH. The date is Friday, June 15. Also speaking will be State Senator Andy Sanborn, who is running for Congress for the 1st Congressional District that includes Campton.

The dinner starts at 5 PM

Rte. 10;

Orford, NH



and goes to 7PM and includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and dessert.

Dr. Levenson is a Republican Congressional candidate from Hopkinton. He is the former Medical Director of the VA New England Network and the highest-ranking whistleblower in VA history. He has always been a tireless advocate for his patients and their families and considers his run for Congress the necessary next step to create reform. He is an avid hunter and has been a firearms instructor for NH Fish & Game for the past 10 years.





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## A Bird in the Barn

By Jim Frohn, Grafton County Forester, UNH Cooperative Extension



On a grey day earlier this spring, when it still looked and felt more like winter, I went out to my barn to work on my chainsaw in anticipation of some spring cleanup. As I entered, I caught a movement out of the corner of my eve, and saw a bird fluttering in front of a window. It was frantically trying to get out, but was blocked by the window pane, and the bird must have been too panicked to notice me. Much to my surprise, I was able to quickly catch it, and holding its feet gently between my fingers, I took some quick pictures before setting it free.

The bird was about five to six inches long, mostly brown with a white breast spotted with dark brown to black markings. Suspecting it was a type of sparrow, I looked through the sparrow section in my copy of the National Audubon Field Guide to North American Birds, and noted that the song sparrow, Melospiza melodia, most resembled the one I caught. I asked a colleague who is far more knowledgeable about birds than I to confirm the species, and indeed it was a song sparrow. In addition to the markings, another characteristic described in guide books is pumping of the tail in flight.

According to the Audubon Field Guide, this bird is "probably the best known of our native sparrows", and "is found almost everywhere in North America". Not a rare find by any means, but a rare experience to be able to hold a live wild songbird in my hands for a moment.

Range, Habits, and Habitat

The song sparrow has a wide breeding range, from Alaska to Newfoundland, and from California across to North Dakota and as far south as the Carolinas. Win-

ters are spent from southern Canada all the way down to the Gulf Coast and Mexico. Perhaps the bird in my barn was a local, having spent the relatively mild winter nearby.

Song sparrows occupy a wide range of habitats, including farm fields, overgrown pastures, the edges of freshwater marshes and lakes, forest edges, and in deciduous or mixed woods. Preferring to build their nests near the ground, any kind of dense shrubby habitat is suitable. The habitat around my house is perfect for song sparrows. There's a small pasture behind my house, along with mixed young forest. Across the road is a mix of overgrown fields, hedgerows, open wetlands, and old beaver meadows.

The female song sparrow builds cup-shaped nest that is 4 to 8 inches in diameter, with the inside of the nest being about 2 to 2.5 inches across. The nest is built of grasses, weeds, and bark, and lined with grasses, fine roots, and animal hair. Once a nest is built, the female lays one to six blue, bluegreen, or gray-green eggs with brown, red-brown, or lilac spots. The eggs are three-quarters to one inch long. The female can have up to seven broods in a season. This many broods is probably necessary due to susceptibility to predation; raccoons, fox, skunks, squirrels, house cats, snakes, and other predators probably account for many losses of eggs and young birds. Heavy predation is one of the drawbacks of being a ground nester.

Living in a variety of habitats, the song sparrow finds a wide range of foods to eat. Like most birds, it is omnivorous, and feeds on insects and other invertebrates as well as fruits and seeds. That's another reason the bird is found in open, brushy habitats – openings get more sun than shady woods, and insects prefer warmer environments, so more insects

are found in open areas. The same principle applies to berry producing shrubs. They tend to thrive where they can get plenty of sun.

Song Sparrows Are Common, But Other Birds Aren't

Because the song sparrow is so common and widespread, it's not considered a species of conservation concern. The habitat it prefers is also preferred by some birds that are of concern, however, so maintaining habitat that favors song sparrows will also favor those less common species. The New Hampshire Wildlife Action Plan lists the golden-winged warbler, field sparrow, and eastern towhee as some of the species of greatest conservation need (SGCN) that also use shrubby, young forest habitat. The Wildlife Action Plan defines Species of **Greatest Conservation Need** as species that are "in serious trouble - declining numbers, with smaller patches of habitat, and/or threatened by a host of issues". The good news is that there are actions landowners can take to maintain and improve habitat for some of these species. It all starts with an assessment of the land regarding current habitats and features, and developing a plan of action for which habitats should be protected and which ones can be enhanced. UNH Cooperative Extension is a great place to get started.

### Learn More

To learn more about songbirds and the NH Wildlife Action Plan, and how to care for wildlife habitat on your land, contact a UNH Cooperative Extension County Forester. We are available for site visits to your land to help you understand what resources you have to reach your goals for your land.

See www.nhwoods.org for more information on UNH Cooperative Extension.













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### **Sponsors Support** Cottage Hospital Auxiliary's **Big Ticket Raffle**

WOODSVILLE, NH - The Cottage Hospital Auxiliary's 3rd Annual Big Ticket Raffle is off to a great start with the continued support of many returning sponsors and support from several new sponsors. Sponsors are a key part of the success of the Big Ticket Raffle. This year there are eight primary raffle sponsors which include Dead River Company of North Haverhill, NH as the Raffle Event Sponsor, Tuttle's Family Diner of Wells River, VT and Baker Newman & Noyes of Manchester, NH as the Raffle Picnic Sponsors, and the Cohase Lions Club, Darling's Auto Repair of Groton, VT, The Brick Store of Bath, NH, Twin River Campground & Cottages of Bath, NH and Wells River Chevrolet of Wells River, VT all as Raffle Supporting Sponsors. "The generosity and commitment to Cottage Hospital by these primary sponsors is heartfelt," stated Marcia Selent, Auxiliary Co-President. "The donations raised by the sponsorships together with the raffle ticket sales proceeds all go back to Cottage Hospital. This year's raffle proceeds will purchase specialized equipment for the surgical unit and help fund other needed improvements."

In addition to the eight primary sponsors, this year's new and returning Contributing Raffle Sponsors include Blackmount Equipment, BlackTop Paving Inc., Copies and More, Cottage Hospital, Daniel Hebert Inc., Gateway Sports, Hood Plumbing & Heating, Lavoie's Auto Care Center, Odell Insurance Agency Inc., Valley Floors and Woodsville Guaranty Savings Bank.

"The Auxiliary is very fortunate to have sponsors who each year step forward to help with our annual fundraising event," stated Brenda Long, Auxiliary Co-President. "The sponsor's continued support is greatly appreciated and the Auxiliary encourages its members, the hospital staff and the community residents to support and shop at our sponsors."

Tickets for the 2018 Big

Ticket Raffle, which is the Auxiliary's primary annual fundraiser, are now on sale and can be purchased from any Auxiliary member. Raffle tickets cost \$50 each and only 200 tickets will be sold. which really increases the chances to win. There will be four top cash grand prizes; \$1,500, \$1,000, \$500 and \$250. In addition to the four top cash grand prizes there will be four monthly drawings in June, July, August and September to win gifts and gift certificates donated by area businesses which all leads up to the four top cash grand prize drawings on Saturday, September 15th. All purchased raffle tickets will be eligible for the monthly drawings plus the four top cash grand prizes.

There is still time for area residents and other area businesses to support the Auxiliary's 2018 Big Ticket Raffle by purchasing raffle tickets, donating a gift certificate for the four monthly drawings or by making a donation directly to the Auxiliary to help offset raffle related expenses.

On Saturday, September 15, 2018, the Auxiliary will conduct the drawings for the four top cash grand prizes at a picnic from 12 Noon to 2 PM in the Cottage Hospital Gazebo-Courtyard. All sponsors, ticket purchasers and donors are invited to join the Auxiliary members at this picnic.

For more information about the 2018 Big Ticket Raffle or to purchase a ticket or make a donation, please contact either of the Auxiliary's Raffle Committee co-chairpersons; Marcia Selent at marcia.selent@ charter.net or Brenda Long at brendilong@gmail.com.

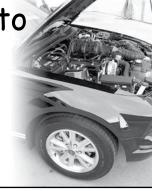
Cottage Hospital Auxiliary is a tax-exempt organization. nonprofit Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

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### Three Renewable Energy Bills To Reach Governor Sununu's Desk

products businesses, tim-

berland owners, and hydro

power plant owners con-

tribute millions of dollars in

Within the next week or economic activity. Forest two, three renewable energy bills - Senate bills 365, 577, and 446 - will reach Governor Sununu's desk. All of these bills were passed by the state legislature with strong bipartisan support, and the Governor will have five days, once the bills land on his desk, to either sign the bills into law, veto them, or allow them to become law without his signature.

These bills will support thousands of jobs and the hundreds of millions of dollars contributed annually by biomass and small hydroelectric energy projects to the New Hampshire economy, not to mention the benefits to our environment and natural resources. The seven biomass plants covered in SB 365 and SB 577 generate more than \$317 million in annual economic activity, while SB 446 would make it more attractive to expand existing, or install new, renewable energy projects whether they be hydro, solar or wind which will help us reduce our dependence on fossil fuels and the price volatility associated with them while reducing our impact on the environment.

These bills are not just about energy. They are also about supporting the state's forest products industry, forestland owners, tourism and outdoor recreation industry; they are about providing businesses more opportunity to control their power costs. In short, these bills are about harnessing New Hampshire's own resources to support New Hampshire's businesses, economy, tourism, and recreational resources while contributing to our own energy indepen-

Our biomass and hydro power plants are also about state and local revenue and

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property taxes to hundreds of towns each year. These taxes include property taxes on our manufacturing facilities, our small hydroelectric dams, and our timberland. Forestland owners, foresters and loggers also pay timber and fuel taxes when we have a biomass (wood chip) harvest. New Hampshire's wood products and paper manufacturing businesses employ

3,096 people. Senate Bill 446's expansion of opportunities for these businesses to produce their own power will help make them more competitive. Our timberlands also support forestry jobs every time we have a timber harvest. Every year, thousands of timber harvests with biomass chipping occur across the state, from Pittsburg to Hinsdale to Portsmouth — to every county, township, and community in the state. In addition to the jobs in the businesses supported by SB 446, the biomass power plants supported by SB 365 and SB 577 provide approximately 1,152

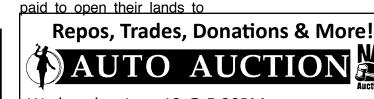
These bills also support healthy forests and outdoor recreation (and remember, healthy forests mean clean water and clean air). Seventy-six percent of New Hampshire's forests are owned by private landowners like us — and it's worth noting that New Hampshire is the second-most forested state in the country. Most of these lands are open for hiking, hunting, fishing, and snowmobiling. Forest recreation annually generates \$1.4 billion a year in economic activity and supports 10,800 jobs. Landowners are not recreation, so for private landowners to afford to conduct sustainable forestry and hold their land keeping it open for recreation, we need timber and biomass markets. Moreover, without markets for timber and biomass, many landowners will be forced to look at other real estate options, including subdividing their land for houses instead of growing

Lastly, these bills help steer New Hampshire toward energy independence. Our state has no oil and gas reserves, so we are vulnerable to price swings in oil and natural gas markets. Our small hydroelectric dams and the state's biomass power plants provide fuel diversity and thus a cushion against volatile fossil-fuel energy markets. Best of all, these power plants provide locally sourced power. To lose these power plants is not only to lose those electrons, it is to lose a major economic and environmental driver of what makes New Hampshire special. We are a place where you can still work the land, enjoy the fruits of your labor, and contribute to your local community. Senate bills 365, 577 and 446 will help keep these things true.

We urge Governor Sununu to consider the broader implications when contemplating SB 365, SB 577 and SB 446. These bills comprise good policy for our state and need to become law.

Co Signed -Tom Thomson, Tree Farmer and forestland owner Richard Verney, Chairman and CEO, Monadnock Paper Mills Inc.

Steven French, President, Abenaki Timber Corp./SFR Hydro Inc.



Wednesday, June 13 @ 5:30PM (Register from 3:30PM) 298 J. Brown Dr., Williston VT









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- '09 Subaru Outback '08 Buick LaCrosse
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- '07 Honda Pilot '04 Ford Escape '07 Suzuki SX4 Crossover '02 Ford F-150 '06 Ford F-150
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### **How Can You Meet Your Short-term Goals?**

Why do you invest? If you're like most people, you'd probably say that, among other things, you want to retire comfortably. Obviously, that's a worthy long-term goal, requiring long-term investing. But as you journey through life, you'll also have short-term goals, such as buying a second home, remodeling your kitchen or taking a much-needed vacation. Will you need to invest differently for these goals than you would for the long-term ones?

To answer that question, let's first look at how you might invest to achieve your longer-term goals. For these goals, the key investment ingredient is growth quite simply, you want your money to grow as much as possible over time. Consequently, you will likely want a good percentage of growth-oriented vehicles, such as stocks and other stock-based in-

> vestments, to fund your 401(k), IRA or other accounts.

However, the flip

side of growth is risk. Stocks and stock-based investments will always fluctuate in value - which means you could lose some, or even all, of your principal. Hopefully, though, by putting time on your side - that is, by holding your growth-oriented investments for decades – you can overcome the inevitable short-term price drops.

In short, when investing for long-term goals, you're seeking significant growth and, in doing so, you'll have to accept some degree of investment risk. But when you're after short-term goals, the formula is somewhat different: You don't need maximum growth potential as much as you need to be reasonably confident that a certain amount of money will be there for you at a certain time.

You may want to work with a financial professional to select the appropriate investments for your short-term goals. But, in general, you'll need these investments to provide you with the following at-

Protection of principal - As mentioned above, when you own stocks, you have no assurance that your principal will be preserved; there's no agency, no government office, guaranteeing that you won't lose money. And even some of the investments best suited for short-term goals won't come with full guarantees, either, but, by and large, they do offer you a reasonable amount of confidence that your principal will remain intact.

Liquidity - Some short-term investments have specific terms - i.e., two years, three years, five years, etc. - meaning you do have an incentive to hold these investments until they mature. Otherwise, if you cash out early, you might pay some price, such as loss of value or loss of the income produced by these investments. Nonetheless, these types of investments are usually not difficult to sell, either before they mature or at maturity, and this li-

> quidity will be helpful to you when you need the money to meet your short-term goal.

> Stability of issuer - Although most investments suitable for short-term goals do provide a high degree of preservation of principal, some of the issuers of these investments are stronger and more stable than others - and these strong and stable issuers are the ones you should stick with.

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Ultimately, most of your investment efforts will probably go toward your long-term goals. But your short-term goals are still important - and the right investment strategy can help you work toward them.

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BY JIM HOBBS - WHITE MOUNTAIN TRADER - 603-243-0225 - INFO@WMTN.BIZ - WOODSVILL



No Man's Island, along with "The Narrows" and our "Covered Bridge, are a grossly ignored and important attribute which could make downtown Woodsville and Wells River shopping districts into a tourist destination which is vital if these once popular areas ever expect to become a bustling place for shoppers again!

Otherwise these districts might just as well float down the river like the dance pavilion that once occupied No Man's Island during the flood of 1927!





The walking bridge from the Vermont side allowing entrance to the dance pavilion!



Mr. P. J. Haley put up a 30' x 50' open sided dance pavilion on the island and opened it to the public in August of 1899.

It was soon known as a drinking place and those not favoring such actions were quick to protest Mr. Haley's establishment

At that time it was not determined as to which state the island was on. In later years it was estab; ished that the state of New Hampshire owned to the shoreline in Vermont, hense the island!

I am told Janet Bagonzi had a photo of the dance halls piano as it was floating under the steel Memorial Bridge in 1927. I wouldlove to have that photo !!

### Henry E. "Hank" Sanville: **OBITUARY**

Henry E. "Hank" Sanville, 82, of Haverhill, died suddenly June 1, 2018 at his home.

He was born May 7, 1936 in Craftsbury, VT, the son of Vylain and Florence San-

He grew up in the Champlain Islands and moved to Groton when he was a teenager. He graduated from Groton High School.

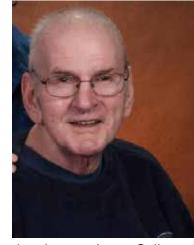
Hank was a truck driver for 50 years, starting when he was 16. He delivered furniture for the factory in Lisbon to New England, New York and Pennsylvania for many years. He also drove for Decato Bros. Trucking, owned his own tractor for a time and was driving for Britton Lumber Company in Ely when illness forced his retirement.

Hank loved to putter in his shop building things out of wood and inventing his own solutions to any problem. He built a boat during his early years of retirement and decided he wanted it powered by paddle wheel. He and his family enjoyed testing the boat out on Lake Tarleton.

He enjoyed watching NA-SCAR on TV, taking care of his dogs, and taking care of the house. Most of all he enjoyed family gatherings and watching the grandchildren great grandchildren play. He attended Trinity Church of the Nazarene in North Haverhill.

He was predeceased by a son, Tim Sanville on June 8, 1994; his brother, Francis Sanville; a brother-in-law, Russ Morris;

He is survived by his wife of 43 years, Connie Sanville of Haverhill; two sons, Dave Sanville and wife Rose of Groton and Christopher "CJ" Sanville of Haverhill; two



daughters, Joan Call and husband Ken of Littleton and Julie Gadapee and companion Brian Thompson of East Corinth; a stepdaughter, Nichole Kidder and husband Rick of Woodsville; 15 grandchildren, Shawna, Jessica and Aaron Sanville, Christle Gadapee, Alexander and Cody Thompson. Dustin and Joseph Call, Zachary Brooks, Katie, Libbie and Maisie Hilliard, and Ethan, Carly and Kaelyn Sanville; eight great grandchildren; two sister-in-laws, Charlotte Sanville of Groton and Marylyn Aldrich and husband Ron of Woodsville; and nieces, nephews and cousins.

A memorial service will be on Sunday, June, 10th, at 2PM at the Trinity Church of the Nazarene, 41 Nazarene Drive, North Haverhill, NH, with Pastor George Hemway officiating.

Memorial contributions can be made to Trinity Church of the Nazarene Food Pantry, 41 Nazarene Drive, North Haverhill, NH 03774.

Ricker Funeral Home & Cremation Care of Woodsville assisted with arrangements.

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

### Stanley "Toot" Fredrick Holden Jr.: OBITUARY

Haverhill, NH- Stanley "Toot" Fredrick Holden Jr., 66, of Pleasant View Park, died unexpectedly on Monday, May 28, 2018.

Toot was born in Woodsville, NH on January 7, 1952, to Stanley Fredrick Sr. and Velma (Emery) Holden. He was a graduate of Woodsville High School, Class of 1970.

Toot retired in May 2007 from his longtime employment as a maintenance supervisor for the Glencliff Home. Following his retirement and never one to be idle, he helped local farmers with field work including Dale Lewis, Bob Mitchell, Richard Morris, and Miles Conklin. In the Autumn, Toot was a fixture in the daily operations of the Indian Corn Mill alongside his sister Susan.

Over the years. Toot enjoyed water skiing, snowmobiling, golf, and gardening. He loved sugaring with family and friends as a Powder House Sugarer in Haverhill. He liked all sports, but he



especially enjoyed going to NASCAR races at Loudon with his daughters.

Toot was as honest and kind hearted as they come. He built a reputation for his generosity and willingness to lend a helping hand. Above everything else, he was known for the love and devotion he had for his two daughters. Toot used his carpentry skills to design and construct two state of the art studios for his daughter Kara's business in Acton and Bedford, MA. Ashley could always count on his love, support, and dedication. To her, there is no greater man

He is survived by two daughters, Kara Erb and husband Josh of Acton, MA and Ashley Lazzara and husband Vincent of South Ryegate, VT; granddaugher, Gabriella Lazzara; two sisters, Sandra Holden

in the world than her Daddy.

Knapp and husband Dexter of Haverhill and Susan F. Holden of Pike; his companion, Carol Brunelle; two nephews, Hubbel and Jaben Knapp; two aunts; and several cousins.

A graveside service will be held on Sunday, June 10th at 1 PM at Ladd Street Cemetery in Haverhill. Following the graveside service, Toot's daughters strongly encourage everyone to join them at the Alumni Hall on Court Street in Haverhill where there will be a time of remembrance and sharing of Toot's life.

Memorial contributions may be made to Haverhill Corner Medical Rescue, PO Box 11, Haverhill, NH 03765.

To the editor.

We are from Rhode Island, making our annual visit to our beloved White Mountains. We so enjoyed your publication and will look for it each June. I would like to say that this issue [Vol. 9 Number 17, particularly the Letter to the Editor by Robert Roudebush, was right on point and one of those things I wish I'd said.

### Letter to the Editor

From your editorial response, I gather that Mr. Roudebush is a regular contributor and feels the same way I, and many millions of Americans, feel concerning the ugly condition our country finds itself in since the unfortunate election of the man now sitting in our White House.

You are correct, Mr. Scruton, "Be sure to vote in this year's upcoming elections"..."Be informed and be sure to exercise your right to vote and to be heard."

I have never missed voting in a presidential election since I came of voting age 54 years ago and I can think of no election in that time that was, or will be, as important as the next Presidential election.

Jobelle Aguiar Riverside, RI

Jobelle,

Thank you for your kind words. It is heart warming to know that somone out there is reading my responses. But let me go one step further when it comes to elections. As you said presidential elections are not to be missed. But let me also remind you and the rest of our readers that congressional, state, and even local elections are important as well. So as this

year's primary elections get closer, start paying attention to who is running, what they believe in, and how well they can represent the voters.

As an extra note let me remind you Jobelle that Trendy Times is available on line at www.trendytimes.com so that you don't have to wait until next June to read our publication.

Gary Scruton, Editor

### **One New Man-Sabbath Services** Celebrates one year

It is hard to imagine that it has been a year since the Lord has called us to have Sabbath Service. What a blessing to be with those who worship Yeshua as their Messiah. It was a step of faith to begin a worship service on Saturday, but we knew God was calling us to do this. And how blessed we are. We have met so many new friends and family. We have people traveling up to 2 ½ hours to be with us. People are coming from southern NH, Maine and Vermont to join us as we worship YAWHEW. We are blessed.

We meet at New Life Christian Center at 10:30

starting with the blowing of the shofars, followed by a time of praise and prayer. We then study the Torah. We conclude our time together with a meal and fellowship. We are humbled by this calling and pray it will be a blessing to others.

As we study the Word, we recognize and observe the feasts of Adonai, including Passover and Sukkot. We gather together to celebrate Rosh Chodesh at the sighting of the new moon. (Please call for dates and times.)

If you would like more information about One New Man Ministries, please call 603-444-1230.





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### **Does Profit = Forage + Livestock + Trees?** Silvopasture Workshop

Silvopasture is the sustainable production of livestock, trees and forage on the same unit of land. When managed effectively over time, water quality and soil health are improved, while income can be generated from livestock production and forest products. Grafton County Conservation District (GCCD) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are offering this workshop to look at the components of silvopasture, risks and benefits, and managing a silvopasture system. The Silvopasture Workshop will be held on Thursday, June 21, 2018 from 10:00AM - 3:00PM, starting at the UNH CE Conference Room, Grafton County Complex, Route 10, North Haverhill. Joe Orefice. Cornell Natural Resource Specialist, will present an overview of silvopasture. Joe has been utilizing silvopasture for over 20 years at his own farm in Saranac, NY. Jim Frohn, UNH CE Grafton County Forester, Jeff Jourdain, Consulting Forester, and Bill Fosher, Grazing Specialist, will also be joining us. After the presentation we will visit two properties in North Haverhill to evaluate the sites for silvopasture, and discuss designing and implementing a silvopasture system. To register, please contact Pam at Grafton County Conservation District by phone (603) 353-4652, or email: pamela.gilbert@nh.nacdnet. net. Bring a bag lunch, we will carpool to the site visits and eat during the site visits. GCCD is a partner in the Long Island Sound Regional Conservation Partnership Program, promoting water quality in the CT River Watershed.

Our first stop will be at StoneFen Farm, owned by Steve and Lora Goss, located at 698 Daniels Road. North Haverhill. StoneFen Farm has been practicing regenerative and sustainable rotational grazing on 30 acres for 13 years, grazing both dairy and beef

heifers. After a selective timber harvest in 2015, the owners would like to develop a silvopasture program to strengthen their existing environmentally enhancing practices of the farm.

Our second stop will be Green Bough Farm located at 1863 Benton Road (NH Route 116) North Haverhill, owned by Justin and Carolyn Smith, and family. The Smiths graze 75 head of Scottish highland cattle using a rotational grazing infrastructure. They are interested in establishing silvopasture on select areas of the farm to increase grazing acreage, diversify habitat for wildlife, and provide shade to reduce stress for grazing cattle during hot periods.

This workshop will be a discussion about silvopasture: what sites are suitable for silvopasture, forest management objectives, forage establishment, fencing and animal watering considerations. Bring your questions and join us to learn more about it.





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

Thank you for your understanding.



### The Depression

by Elinor Mawson

I must have been around five years old when I spied the little sign in my grandfather's garage. It said, "Wasn't the depression aw-

I could read every word except the one that started with D. When I asked my mother, she didn't have any problem. She said, "That says 'Depression' and it WAS awful."

She might as well have talked in a foreign language. I asked her what it meant, and she mumbled something about hard times; it wasn't until I took American History in high school that I heard the word again and made sure that I learned what the Depression had been.

The Depression began in 1929 when many of the banks closed and people lost all their money. Then there was rampant unemployment, people who were once wealthy jumped out of 12th story windows, and there were "bread lines" for people who had no food. And farmers with huge loans on their equipment had their loans called in and they lost everything.

I am making this explanation fairly simple although the years following "the crash" WERE awful. It was a time when families had to scrimp with just about everything. It was a time when housewives had to plan carefully with what they had. And when it was finally over, people continued their careful ways.

My mother got married

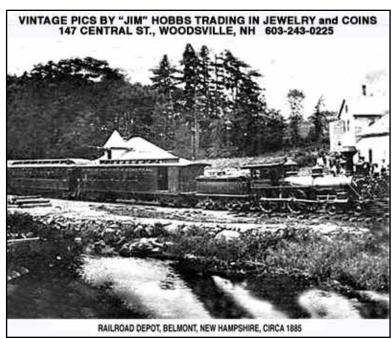
during the Depression. They had very little to start their married life, but Mom had learned a lot. I was born two years later when times were a little easier, but I adapted in to her lifestyle as I grew

I learned to cook with a minimum of ingredients. We ate a lot of soups and vegetables. We had a huge garden and I helped her with canning--always on the hottest days of the summer. We had chickens-which I had to tend twice a day. When we sewed (most of our clothes were homemade) my mother always bought less fabric than the pattern called for. She called it "spinning and weaving" to get all the pattern pieces on a quarter yard less than it should have been.

Now I call it a "Depression Mentality". I keep a budget and have always tried to spend less than what comes in. We eat a lot of soups. I usually buy 2 of something when one will do. I save small pieces of fabric for my sewing projects. I remember when we were poorer than churchmice and had very little. For years we had fifthhand furniture and thought nothing of it. It was a struggle that has never been for-

My friend Jean had a mother like mine, and she and I have laughed often about HER Depression Mentality. Our childhoods were a lot alike. And in a lot of ways our adulthoods have been alike too. We are "savers" although younger people who know us think we're crazy.





### Take A Listen At Happiness

By Robert Roudebush

In recent issues of TRENDY TIMES, in a twopart series, we looked at happiness and asked questions about how to get it and how to keep it and provided some answers -

-can money buy happiness ?(answer, yes and no go back and read the series)

- can we make ourselves happy with a few simple self-administered procedures? (answer, yes)
- are there some factors affecting happiness that are beyond our control, age, genetics? (answer,yes)
- does advancing age in at least one way enable us to increase our level of happiness? (answer, yes, without a doubt).

We even talked a little about how loving pets and belief in your religion may affect how you feel and act on a regular basis. Those of us who have good pets and/ or have religion as an important part of our attention know this already. It seems major kevs to happiness include close relationships, creative work, freedom from mind-numbing routine, and creating days where you experience several positive connections, setting achievable goals and accomplishing them.

**But What About Music?** 

Where does it come in? Take another listen. Is listening to music good for your health? Short answer, if you're looking for an easy way to shift your mindset, cue the music. Yes, really. Studies have shown that music can buoy mood, fend off depression and improve sleep. It can also ease pain and lower levels of stress-re-

lated hormones like cortisol, all of this according to a recent article in TIME maga-

How does this happen? What's the magic? It's more science than magic - music seems to "selectively activate" neurochemical systems and brain structures with associated positive mood, emotion regulation, attention and memory. But choose your tunes carefully. A song's rhythm can influence heart rate and brain activity - restaurants and other public establishments have known for ages that faster, up-tempo music can speed up dining, thus creating more table turns, thus creating more income in the same space of time. I know, I worked in such places and saw the differences in attitude and length of stay of the patrons based on the kind of sounds we piped into the dining room. The music affected the servers too.

There is probably a certain kind of music that you like, maybe more than one type. I like modern and traditional jazz, I'm partial to the great male and female crooners of the forties, and fifties, the big band era, think Ella Fitzgerald, Sarah Vaughn, Sinatra and Matt Monroe and Mel Torme. I know, I know, I'm dating myself, but I don't care. I also dig Elton John, Jordon Smith, Neil Diamond and Katy Lang. James Taylor too, and David Archuletta. I'm a sucker for a lot of Christmas music and some played mostly at religious gatherings. I've come to appreciate a good deal of country, especially what is now called "classic country" but what happens to have been on my small transistor radio

growing up in the Midwest -Hank Williams, Jim Reeves, Willy Nelson, Marty Robins. Opera really is not for me, even at my advanced age. Does Any Music Count On

The Plus Side? No, so be careful what you choose - listening to music that agitates or unsettles you can trigger stress, anger and sadness. It seems to me that there is more of that around the airwaves than there used to be in the past few years and I rarely like any of it. TIME concludes that "There's no one piece of music that will do the same thing for everyone "according to McGill University psychology professor Daniel Levitin. A good guide? Tracks with a slow tempo, gradual chord progressions and drawnout notes tend to be calming, while chaotic up-tempo tunes tend to have the opposite effect. So slide in your cassettes, CDs, eight-tracks if you got 'em, or utilize the new modes of accessing your sounds as you walk or ride around, but be aware that what you're listening to can bring you down or lift you up. You are what you hear, what you listen to.



Last night, the power went out. The power came right back on then went out again and again came on. A few digital clocks needed to be reset but everything else seemed to be working ok--until we checked the computer.

The printer, the computer and Ma's life-line box were not working. We went into immediate panic mode; how could the computer be dead? Have we ever backed up our files? What if Ma has an emergency in the night? We just purchased that printer! A great deal of fuss about things that plug in. A problem to deal with in the morning.

These three items were plugged into a surge protector. This morning, when clearer minds prevailed, we remembered that surge protector. The light was on but the electronic devices plugged into it were not working. Taking one plug at a time, checking each device, by plugging into a working wall outlet--we

found out that the computer, the printer and the life-line were working just fine. The surge protector was not.

The job of a surge protector is to prevent a surge of electricity from coming into your home and killing whatever device was plugged into that particular line. Our surge protector had done its job and now was dead. A reminder for us that with summer thunder storms and electrical storms can create a power surge into your homes. Being a prepared home owner, items of value are covered under my home owner's insurance policy but for \$6.00, a surge protector will save me from the hassle of filing a claim and shopping for new stuff.

I keep some new surge protectors in the same drawer that I store new batteries and light bulbs. The dead surge protector was put in the trash (recycle box) and the new one is plugged in. Life goes on with the change of a few plugs. Time to buy another surge protector.







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### **Baked Stuffed Shrimp**

Hello hello my fellow chefs! This week's recipe was given to me by a former boss, Arthur, who is a great chef. He shared this recipe with me in the 80's, the 1980's !!! I've made it many times before and I'll tell you it's a "Delicioso" recipe. He told me that the baking powder puffs the stuffing. When I went to White Market for the jumbo shrimp, I found out they were out. I was forced to use medium-sized shrimp. They were a bit harder to do because there is not much room for the stuffing. I managed to get them done but on mine the tails flopped on some because they were too small. Anyway let's get started.

Use a sheet pan with racks inside (cake coolers), spray lightly with Pam.

Preheat oven to 350 degrees

12 Jumbo Shrimp
1 sleeve Ritz Crackers
1\4 tsp black pepper
1\2 tsp of Baking powder
1\2tsp garlic powder
1 stick melted butter
Fresh lemon

No salt is needed because Ritz have salt

In medium-sized bowl crush Ritz Crackers with hands, add black pepper, garlic powder and Baking powder. Whisk dry ingredients well and add melted butter. Whisk together well.



Get shrimp ready. Buy deveined and remove outer thin shell but leave the tail on. If you see a thin blue string remove it because that's a vein that didn't get taken out. The shrimp forms a C. With small knife make small slit in outer C and press shrimp to form pocket. You'll know it's right because the tail will stand up. It's ok if you mess up a few, they still taste good. Get your bowl of Ritz Crackers and squeeze lightly, then press with spoon to form oval and place one shrimp in hand and lightly press to shrimp then put on wire rack. Get all your shrimp ready and use stuffing. With melted butter it makes it easier to make stuffing stick together. Add a small amount of water to the sheet so they steam.

Bake for 20 minutes.

They should look white and pink. If still grayish bake a couple more minutes Serve with lemon wedge and squeeze Lemon on cooked shrimp. I served mine with fresh baby spinach and a warm potato salad and watermelon and strawberries to finish the meal.

The spinach I washed and steamed, drained, added salt and pepper to taste and sprinkled with Parmesan cheese. For the potatoes I used baby red potatoes cut in half, boiled till cooked, drained, then added

1 stalk of chopped celery and tossed with salt and pepper to taste and added 1 Tbsp mayonnaise. Use your judgement. I used 5 potatoes and 1Tbsp Maya so adjust your mayo adding more if you feel like you need it.

Try a chilled Chablis with this great meal. Remember to drink responsibly. I hope you like this recipe and dinner idea.

Till next time I wish you good luck, I'm signing off - Cin Pin.

# **Bath Village Students Give Back to Community**

Before letting out for the summer, fifth grade students from Bath Village School engaged in a great opportunity to give back to their community. On June 5th, the students took on the task of painting the wooden fence at the Bath cemetery adjacent to the school campus. To maintain safety, students wore high-visibility road crew t-shirts and placed cones around the project site. Additionally, they had support from the Bath Police Department to help slow down approaching traffic along Route 302.

Back in the Fall, Steve Whitney, Bath's Cemetery Commissioner, approached Bernice Burroughs, school's principal, about the service project and about the possibility of getting students involved. The project was mentioned to Tim Carignan, Bath's 5th grade teacher, who iumped at the opportunity of getting his students involved in a project that would help teach the importance of giving back to the community. Mr. C, as he is known to the students, used the service project to augment his regular classroom instruction of mathematical operations with fractions and measurement. He divided the fence into segments and gave the students the task of measuring their respective sections to determine the total square inches of wood to be painted. Once students completed this task, they combined their math totals with the classmates and found that there was nearly 70,000 square inches of board to paint. Since paint is advertised as covering "X" amount of square feet per gallon, the students then had to translate their square inches into square feet. The final surface area calculation amounted to approximately 486 square feet of wood to paint.

As the Spring ap-



proached, the class met with Mr. Whitney to share with him their calculations to determine the amount of painted needed and to present to him a list of anticipated painting supplies. Mr. Whitnev thanked the class and then shared with them some of the history surrounding the cemetery, including the life stories of few of the more notable folks interred there. He relayed to the students how important this service project was to the town and to the family members of

those in the cemetery. He finished his conversation with the students encouraging them to continue to take part in project like this and to adopt a life-long attitude of "paying-it-forward." The project was a fantastic experience that gave these Bath students a new understanding of how what they are learning has real-life applicability and why what they are learning is important and has value, all the while making their community a better place in which to live.







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