

# TRENDY TIMES

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## Pat Metheny Comes to The Colonial

With the support of Polly's Pancake Parlor and The Rocks, the newly renovated Colonial Theatre in Bethlehem, NH is pleased to present guitarist Pat Metheny for a solo performance Thursday, May 16. Metheny has been awarded 20 Grammy Awards, 36 Grammy Nominations, 3 Gold Records, and is a member of DownBeat Hall of Fame,

Pat Metheny was born in Kansas City into a musical family. Starting on trumpet at the age of 8, Metheny switched to guitar at age 12. By the age of 15, he was working regularly with the best jazz musicians in Kansas City, receiving valuable on-the-bandstand experience at an unusually young age. Metheny first burst onto the international jazz scene in 1974. Over the course of his three-year stint with vibraphone great Gary Burton, the young Missouri native already displayed his soon-to-become trademarked playing style, which blended the

loose and flexible articulation customarily reserved for horn players with an advanced rhythmic and harmonic sensibility – a way of playing and improvising that was modern in conception but grounded deeply in the jazz tradition of melody, swing, and the blues. With the release of his first album, Bright Size Life (1975), he reinvented the traditional "jazz guitar" sound for a new generation of players. Throughout his career, Pat Metheny has continued to re-define the genre by utilizing new technology and constantly working to evolve the improvisational and sonic potential of his instrument. Metheny's versatility is nearly without peer on any instrument. Over the years, he has performed with artists as diverse as Steve Reich to Ornette Coleman to Herbie Hancock to Jim Hall to Milton Nascimento to David Bowie. Metheny's body of work includes compositions for solo guitar, small ensembles, electric and acoustic instruments, large orchestras, and

ballet pieces, with settings ranging from modern jazz to rock to classical.

Over the years, Metheny has won countless polls as "Best Jazz Guitarist" and awards, including three gold records for Still Life (Talking), Letter from Home, and Secret Story. He has also won 20 Grammy Awards in 12 different categories including Best Rock Instrumental, Best Contemporary Jazz Recording, Best Jazz Instrumental Solo, and Best Instrumental Composition. The Pat Metheny Group won an unprecedented seven consecutive Grammys for seven consecutive albums.

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$52 for general admission tickets; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts, Gem Theater and Loading Dock members \$44. Reserved Front & Center seats (available on-line only) are \$68. Tickets are

available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury or www.BethlehemColonial.org. The doors open at 7 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line or tune in to North Country Community Radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great guitar music is made possible with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Mountain Café,



The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Neil & Louise Tillotson Fund, The Jane B. Cook 1992 Charitable Trust, and The Colonial's promotional partner, Catamount Arts.

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# TRENDY Dining Guide

## Bliss Village Store

by Gary Scruton

We all eat. Some of us eat three meals a day. Some eat more and some eat less. No matter how many times a day you eat, or what you really like, or don't like, to eat there is a good chance you can find it at Bliss Village Store. Sure, they are not a huge grocery store with aisles and aisles of a variety of food products. Instead they have a selection of your basics, plus a good row of coolers with a wide variety of beverages, and most importantly a deli counter with cooking capabilities.

On the Saturday night that Janice and I stopped in at Bliss we went directly to the deli counter to see what was in the case. We found

chop suey, lasagna, and a few salads. Plus there was the normal variety of luncheon meats and cheeses. We passed on those choices and moved over a bit more to look at the lists of sandwiches. The lady behind the counter was quick to tell us that even if we didn't see it listed, there were a few more things she could create.

It was while she was mentioning some of these other sandwiches that she also mentioned a steak bomb. That made my taste buds jump right up and say "Yes, please!"

"What type of cheese?"

"Cheddar"

"Good choice"

"And please add an order of sweet potato fries"

Janice went next and de-

cidated to go with a seafood salad sandwich.

"What type of bread?"

"Wheat"

"Lettuce, tomato and onions on top?"

"No onions, please."

"If you are eating here I will add a bag of potato chips"

"Please give me an order of regular french fries instead. And yes, we are eating here."

"Then please help yourselves to a drink from the coolers and I will bring your meals right out"

So we headed for that row of coolers to find a cold beverage to go with our meals. Even with the big variety that was available we still both chose a raspberry ice tea. With those in hand we head-

ed for the back room and seated ourselves at a table for four that overlooks the Bradford Golf Course.

It only took another 10 minutes or so before the nice lady behind the counter came walking out with a pair of plastic baskets, lined with paper, and filled up with our meals. She also brought a squeeze bottle of ketchup for our fries.

Now it was time to dig in and see how good these sandwiches were. For those of you not sure a "steak bomb" is shredded steak pieces loaded onto a sub roll along with some cheese of your choice. Then the whole thing is toasted. I had ordered the small size and along with the fries it was plenty of meal for me. The sweet potato fries were crinkle cut style and cooked just

right, a little crispy but not burned or too crispy.

Janice's meal was a seafood salad placed on wheat bread. There were good sized chunks of seafood in her salad, very moist and on two very large slices of wheat bread. The fries

Another aspect of the Bliss Village Store, that we did not take advantage of on this visit, is their dairy bar. Now that the summer season has begun the window that faces the street is also open for those that want to stay outside to eat their dairy delights. Bliss has a couple of tables and chairs outside for just such purposes as well.

The total cost for our two meals and two drinks was \$23.84 including tax.



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# Last NEK Chamber Legislative Breakfast Of Year - May 20

When you hear the phrase the “end is near” in Montpelier, it has an entirely different meaning than any other place in the state. The legislative session is expected to wrap up within the next few weeks, so there will be much to talk about at the Northeast Kingdom Chamber Legislative Breakfast on Monday, May 20, 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 mandatory paid family leave, state tour-

ism funding, workforce/labor issues, permitting, mental health concerns, carbon tax, economic development issues, 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. 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 Casella Waste Systems, Community National Bank, Fairbanks Scales, Guibord-Pearsons & Sayles Funeral Homes, LaBelle Holdings/Beverly Manufacturing, Lyndon Institute, 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.

## Genealogy Meet Up At The LCC Who Do You Think You Are

Littleton, NH – People want to know where they come from. Is that true of you? Join us at the Littleton Community Center the 2nd Friday of each month at 1 pm starting June 14 to learn basic steps in tracing your family tree.

It’s been said that a people without the knowledge of their origin and culture are like a tree without roots.

“But it doesn’t have to be that way,” says coordinator June Davis. “Our goal is to help. We will learn how to

obtain past records and document important information. We will share tips, exchange resources and talk shop with other people who are interested in knowing about their personal history. It will be a successful group.”

The group is free to all. Bring a snack and a three ring binder for your own personal use. Donations are welcome but not mandated.

For more information please call 603-444-5711 or email littletoncommunity-center@gmail.com.

## The Basics of Good Fencing

Want to get the most for your fencing dollars? Learn how to build the right fence for your livestock and management system on Thursday, May 16 from 1-3 pm at Green Bough Farm, 1863 Benton Road, North Haverhill.

Topics will include:

- Common fencing terminology—permanent, temporary and portable
- Construction methods and materials
- Fence system design for maximum flexibility with low labor inputs
- NRCS Construction Standards and cost share opportunities
- Setting up and taking

down portable fence

· Common electric fence troubles and how to fix them.

Join NRCS District Conservationist Tom Ebert and Bill Fosher, grazing planner with the NH Association of Conservation Districts, to get your fencing questions answered. To register, please contact Pam at Grafton County Conservation District (GCCD) by phone (603) 353-4652, ext 103, or email: pamela.gilbert@nh.nacdnet.net. GCCD is a partner in the Long Island Sound Regional Conservation Partnership Program, promoting water quality in the CT River Watershed.

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# Lisbon Lilac Festival 2019 Schedule



**FRIDAY, MAY 25**



Midway Rides - Miller Amusements ..... 5 pm - 10 pm  
Bracelets (\$18.00) from 5 pm - 10 pm  
Side Show Band - Chevron Park 7 pm - 10 pm

**SATURDAY, MAY 26**

5K Fun Run/Walk..... 9 am  
Craft Fair - Across from the Midway rides - and on Main Street in Lisbon  
..... 9 am - 4 pm  
Invocation by Rev. Lyn Winter - MC Tent ..... 10:30-10:45 am  
Lisbon Area Historical Society Open House ..... 10 am - 3 pm  
Midway Rides - Miller Amusements ..... 11 am - 8 pm  
Parade - “Down on the Farm with Lilacs” ..... 11 am - 12:30 pm  
Lisbon Fire Station Open House ..... 12 pm - 4 pm  
The Barnyard Incident Band - Chevron Park ..... 12:30 pm - 2:30 pm  
Duck Race - Brook at West Street / Highland Ave ..... 2 pm  
Adam Mahon Trio - Chevron Park ..... 3 pm - 4:30 pm  
Diamond Special - Chevron Park ..... 5:30 pm - 7:30 pm

Porta Potties are available for public use  
between the Midway Rides and P&D Quick Stop and  
near the Grand Stand in Chevron Park

**SUNDAY, MAY 26**

Memorial Walk - White Church to Memorials ..... 10 am  
Craft Fair - Across from the Midway Rides - and on Main Street Lisbon  
..... 11 am - 4 pm  
Cow Patty Bind - Tennis Court on Main St. .... 11 am  
Midway Rides - Miller Amusements ..... 12 pm - 10 pm  
Bracelets \$20.00 from ..... 12 - Closing  
Chicken Wing Cook Off - Chevron Park..... 12 pm - 1 pm  
Evan Goodrow - Chevron Park ..... 11:30 am - 1:00 pm  
Pie Eating Contest - Chevron Park ..... 1 pm  
Acoustic Detour - Chevron Park ..... 1:30 pm - 3:30 pm  
North Country’s Got Talent - Chevron Park ..... 4:30  
Fire & EMS Apparatus Parade ..... 8 pm  
Fireworks ..... 9:30 pm

Don’t forget to stop  
by the Lisbon Main Street Inc. Table  
in the Gazebo for event winners and  
to buy your raffle tickets.

*Lilac Festival  
Planning Committee*

To stay informed about all Lisbon Main Street, Inc. events and activities  
LIKE us on Facebook: Lisbon Lilac Festival  
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## The Red Veto Pen

Senate Bill 1 had a rough landing on Governor Sununu's desk this past Thursday. Governor Sununu used his red pen to say "NO," to a proposed income tax on New Hampshire families and workers. SB1 establishes an insurance program that would provide 60% of a worker's wages for twelve weeks of qualified annual family leave. Funding to support the program would be funded by a 0.5% tax from withholding on all worker paychecks. The bill contains no language enabling an employee not desiring to participate in the program to opt out. Governor Chris Sununu was clear in his veto message, "Senate bill 1 is an income tax that neither I nor the people of New Hampshire will ever support. I have proposed a paid family leave plan that will work one that is voluntary, affordable and income tax free. That is the New Hampshire way!"

I fully support the Governor's veto. An income tax is a non-voluntary tax on wage that will only lead to more tax, more government and the disappearance of our New Hampshire Advantage. New Hampshire has never enacted legislation intruding into affairs between business and employees through mandating a state-wide tax. The Governor's veto will be sustained, and I hope that those proposing

this tax will then come to the table in bipartisan fashion to work together in developing a voluntary paid family and medical leave plan that is not contrived upon an income tax.

In other business occurring this past week the House passed Senate Bill 49 that adopts the 2015 edition of the National Fire Protection Association Fire Code, otherwise known as NFPA 1, as the New Hampshire Fire Code. The bill provides for an 18-month phase-in period that addresses "floor protection" and the use of lightweight wood frame constructed floors. The current NH State Fire Code is the 2009 edition. Testimony heard earlier in the Executive Departments and Administration committee revealed that the ten year-old code is causing insurance rates to rise. There was also testimony that the newer code was more flexible in some areas and offered options not allowed in the older code. This bill passed with unanimous consent.

The legislative year is quickly coming to a close with three - scheduled full House session days remaining in May and June. The biennium budget for FY20 and 21 must be concluded during this remaining time.

Respectfully Submitted,  
Rep Rick Ladd

## A Rep's Repartee

by NH State Representative Jerry M. Stringham

### A Step Forward for Pro-Growth Tax Structure Passed by the House

The Granite State's heavy reliance on property taxes has been a growing problem for quality education. Property taxes have risen by 38% in the past nine years, while property values have only risen by 6%. This difference has resulted in an increase of average property tax from 1.5% of property values to 2.2% during the same time. The increase in property tax was primarily due to the steady payment cuts from state government to cities and towns and the failure of the state to continue to pay for needed services, a practice called downshifting. Of particular concern has been reductions in state support for education funding. Because of this, some cities, many in the North Country, simply cannot raise enough revenue through property tax to fund their schools.

The legislature has made quite a dent in these two problems through the recently passed budget, with \$160 million in increased education funding that will lead to a similar reduction in property tax rates in the coming two-year budget cycle.

It will be difficult to maintain through the Senate and eventual approval by the governor, predominantly due to misinformation communicated by some representatives. For example, Rick Ladd commented in the last issue of the Trendy Times that "this tax increase translates into a \$9,500 spending increase for every individual in New Hampshire" (Trendy Times, April 16). There are about 1.36 million residents in the Granite State. Accord-

ing to Representative Ladd's numbers, this would mean state taxes would increase by \$12.92 billion, which is nearly double the total house approved budget. There is something completely wrong with Representative Ladd's calculations. When the math is so far off, it is difficult to agree on the solutions. He further says he tried to better the budget with amendments. His amendments largely would return us to burdening cities and towns with costs, particularly for education. This downshifting hurts our citizens, particularly seniors, because it results in an increase in property taxes. While there were some spending reductions in his amendment that I could have supported, they were advanced to the floor as an all or nothing package and included damaging cuts and tax changes. The amendment would have been fiscally irresponsible. Representative Ladd is promoting the same scheme that has plagued the state government for the past decade: since the legislature doesn't tell cities and towns how much property tax to charge, they have taken no responsibility for property tax increases.

Now that I have been through a legislative season with the Ways and Means Committee, I can see there are bipartisan opportunities to better balance the tax burdens paid by workers, businesses, retirees, homeowners, investors, insurers, shoppers, and sellers. These will take time and will be the subject of future bipartisan discussions. All of

the major steps taken in this house this session – which included holding off on a planned additional business profits tax cut; adding a tax on capital gains to balance passive investment gains with similar taxes on interest, dividends, and distributions that already exist (still the lowest in New England); increasing the exemption to lower the burden on retirees; and increased support to cities and towns – will help our state prosper and were accomplished without infringing on our state's advantage and reputation of no broad-based sales tax or income tax. There were also an increase in the exemptions which will help lower income individuals that pay some interest and dividend taxes.

The state's economic development director has indicated that the key for future growth is retaining and attracting young people. Targeting further property tax reductions will make housing more affordable and will increase the attractiveness of our state to those building their careers. It will reduce towns' heavy reliance on property taxes and encourage builders to fill the 20,000 housing unit gap that already exists in New Hampshire.

The next time you see a representative, ask what they are doing to reduce property taxes.

*Jerry Stringham represents Lincoln, Woodstock, and Waterville Valley in Concord, serving on the House Ways and Means Committee. If you need to reach Representative Stringham, email [jerry@jerrystringham.com](mailto:jerry@jerrystringham.com).*



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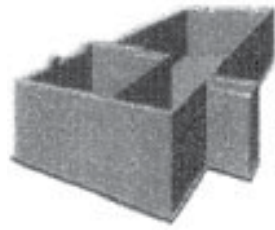
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## Summer Season Starts At Old Church Theater

One of the first signs of the arrival of summer in the Bradford area is the opening weekend at Old Church Theater. Even though this group of actors, directors, and behind the scenes participants is not currently in "the old church", they continue to do performances that entertain those who attend. The current temporary home of this band of entertainers is at 176 Waits River Road, the same location as Bradford Veterinary Clinic and Orange East Senior Center.

Whatever the location, the OCT Board of Directors tend to pick out some interesting and usually fun plays to present. This first weekend was no exception. In fact the night contained two very different one act plays. The first is called Bob's Date while the second goes by the name of "10 Ways to Survive the Zombie Apocalypse".

Though these two performances are very different in many ways, they do have several things in common. For one, they both encourage a good laugh from the audience on multiple occasions. They also share more than one performer. Even the director of the first play, Athena Chadwick, shows up on stage in the second play as Narrator 2. She is joined in dual roles by her husband Brendon Chadwick, the emotion "Bull", and Zombie #1. Also with dual roles are Nahele Adams, as emotion "Nerves" and the second narrator and Carrie Ann Quinn portraying Bob's

"Memory" and taking part in performing the role of Christy. Along with those four dual performers there were a number of other participants that only had one part and did it well.

Bob's Date is an interesting play in that Bob is never seen, or even heard from. Instead it is Bob's emotions that need to line up and take action as Bob goes on his first date in two years.

Veteran performer Jim Heindenreich plays the role of "Logic" who is the leader of Bob's emotions. Well, that seems to be the plan at least. "Confidence", played by youngster Devlyn Foleak (whose physical size makes a difference) also has a lead role in the coordination of the various portions of Bob's being. But be careful of his "Nerves", "Emotion" and very cautious of "Memory". The coordination of all of these emotions is, like real life, sometimes difficult, sometimes, a bit scary, and most of the time very funny. A well presented performance.

These emotions are all pulled together (or pushed apart) on stage and can make audience members do a little head scratching of their own when the play comes to its conclusion.

In "10 Ways to Survive the Zombie Apocalypse" the premise is pretty obvious. The performance was written by a fairly local playwright, Don Zolidis, and is presented as an instructional play more than pure

entertainment. The two narrators work well together in presenting the 10 methods (which actually grows to 12 before the play ends) while the four survivors and two Zombies bring life (or death) to each of the suggestions.

Compliments also need to be passed along to the makeup crew for this play. It can't be easy to create a Zombie in only 10 minutes or so, but job well done.

Besides these two great performances, theater goes need to visit the temporary home of Old Church Theater to see a big improvement that has been accomplished during the recent off season. The area that began as just a big open space and last year got transformed into a performance hall, albeit with a very limited back stage, now has an improvement for the audience. Two sets of risers have been added under the comfortable folding chairs. This means that the two front rows are at ground level, row three is raised close to a foot, and row four goes up another 10 inches or so. The result is many more great seats for these great performances.

## Littleton Food Co-op Partners with UNH Master Gardener to offer Three Gardening Workshops

Littleton Food Co-op is happy to host UNH Master Gardener Evelyn Hagan who will be teaching a series of three workshops this summer to create and maintain a beautiful garden space on May 15, June 12, and September 11th from 4:30 pm to 6 pm. The series starts out with Designing Your Own Garden. This will guide you through designing your garden - flower, perennial, or veggie. Please bring the measurements for the garden you want to design and if the garden space is in full sun, partial sun, or shade. The second in the series, Planting a Flower Garden, will cover garden preparation, how to plant (seeds, bulbs, rhizomes, seedlings), watering, mulching, weeding and garden maintenance through the growing season. And the last of the series, Winterizing a Perennial Flower Garden, will cover preparation of the garden for the cold winter months and steps to take to protect

your plants and enhance their growth potential for the spring. It will include information about planting fall bulbs, dividing perennials and shrub protection strategies. Let's get growing! Let's create beauty! Let's do it right! To register please go to <http://www.littletoncoop.com/events/> or call Becky Colpitts at 444-2800, ext. 241. Space is limited!

Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and anyone is welcome to join! Not sure what local, hybrid, and friendly means in terms of a food store? Come on in and ask any of our staff members! The Littleton Food Co-op is open daily from 7 am - 9 pm. For more information or to become a member, please visit [www.littletoncoop.com](http://www.littletoncoop.com) or call 603-444-2800. See you at the Co-op!

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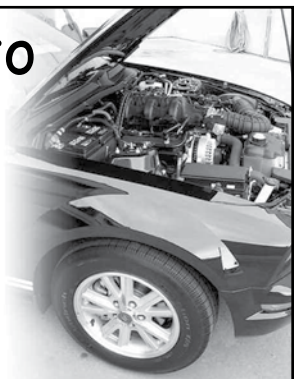
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	Sages
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	Stenia
	Tarragon
	Thymes

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# Calendar of Events

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

## TUESDAY, MAY 14

TANGLED LIVES: NATIVE PEOPLES & ENGLISH  
SETTLERS IN COLONIAL NEW ENGLAND  
7:00 PM - See Article on Page 7  
Alumni Hall, Haverhill

## WEDNESDAY, MAY 15

HOT TOPICS IN YOUNG ADULT LITERATURE  
7:00 PM  
St. Johnsbury Athenaeum

## THURSDAY, MAY 16

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

## "AMELIE: THE MUSICAL"

7:00 PM by St. Johnsbury Academy Theatre  
Fuller Hall, St. Johnsbury

## WOODSVILLE WELLS RIVER 4TH OF JULY MONTHLY MEETING

7:00 PM  
Woodsville Emergency Services Building

## FRIDAY, MAY 17

OCT PRESENTS TWO ONE ACT PLAYS  
7:00 PM  
Old Church Theater, Waits River Road, Bradford  
See Article on Page 5 and Ad on Page 9

## "AMELIE: THE MUSICAL"

7:00 PM by St. Johnsbury Academy Theatre  
Fuller Hall, St. Johnsbury

## NIGHT OF JANUARY 16TH will be performed

7:30 PM - See Article on Page 13  
St. Johnsbury School Auditorium

## SATURDAY, MAY 18

PLANT & YARD SALE  
8:00 AM  
7292 RT 5 South, Newbury

## WHITE MOUNTAINS CHAPTER, DAR

11:00 AM - See Article on Page 7  
Whitefield Public Library

## "AMELIE: THE MUSICAL"

2:00 PM by St. Johnsbury Academy Theatre  
Fuller Hall, St. Johnsbury

## CHICKEN BBQ

5:30 PM 802-333-9604 for info & reservations  
Fairlee Community Church of Christ, on the Common

## DINNER - THEATER

5:30 PM Reservations Required 802-222-4782  
Orange East Senior Center, Bradford

## OCT PRESENTS TWO ONE ACT PLAYS

7:00 PM  
Old Church Theater, Waits River Road, Bradford  
See Article on Page 5 and Ad on Page 9

## NIGHT OF JANUARY 16TH will be performed

7:30 PM - See Article on Page 13  
St. Johnsbury School Auditorium

## SUNDAY, MAY 19

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

## PADDLE THE BORDER - SPRING

11:00 Suggested Launch Time  
Woodsville Community Field to bedell bridge  
See Ad on Page 11 and Article on Page 17

## NIGHT OF JANUARY 16TH will be performed

7:30 PM - See Article on Page 13  
St. Johnsbury School Auditorium

## OCT PRESENTS TWO ONE ACT PLAYS

3:00 PM  
Old Church Theater, Waits River Road, Bradford  
See Article on Page 5 and Ad on Page 9

## MONDAY, MAY 20

NEK CHAMBER LEGISLATIVE BREAKFAST  
8:00 - 9:00 AM - See Article on Page 3  
St. Johnsbury House, 1207 Main St.,

## THURSDAY, MAY 23

COUNTERPOINT VOCAL ENSEMBLE  
7:00 PM  
Fairlee Town Hall Auditorium

## six degrees performance

7:00 PM - See Article on Page 8  
Fairlee Town Hall Auditorium

## FRIDAY, MAY 24

LISBON LILAC FESTIVAL  
5:00 - 10:00 PM  
See Ad on Page 3

## SATURDAY, MAY 25

LISBON LILAC FESTIVAL  
8:00 AM - 8:00 PM  
See Ad on Page 3

## "NEW HAMPSHIRE ROADS TAKEN - OR NOT"

2:00 PM  
Bath Public Library  
See Article on Page 7

## SUNDAY, MAY 26

LISBON LILAC FESTIVAL  
10:00 AM - 9:30 PM  
See Ad on Page 3

## BENEFIT TEXAS HOLD 'EM POKER

11:00 AM Cash Game - 1:45 PM Tournament  
American Legion Post 30, Rt. 5, Lyndon

## MONDAY, MAY 20

MEMORIAL DAY PARADE & CEREMONY  
11:00 AM - See Ad on Page 19  
Central Street, Woodsville

## TUESDAY, MAY 28

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

## SUNDAY, JUNE 2

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
Tom Breslin Center, Lyndon

# Ongoing Weekly Events

## MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
BINGO - 6:00 PM

Orange East Senior Center, Bradford  
TOPS (TAKE OFF POUNDS SENSIBLY)  
6:00 PM - Peacham School

KIWANIS CLUB OF ST JOHN SBURY  
6:15 PM - VFW Post, Eastern Ave.

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

Joseph Patch Library, Warren

## MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

RSVP BONE BUILDERS

1:30 - 2:30 PM

United Community Church, St. Johnsbury

## MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

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

RSVP BONE BUILDERS

9:00 - 10:00 AM

Municipal Building, Lyndonville

9:15 - 10:15 AM

Congregational Church, East St.

Johnsbury

6:00 - 7:00 PM

Community Church, Concord

## MON./WED./FRI.

RSVP BONE BUILDERS

1:30 - 2:30 PM - United

Community Church, St. Johnsbury

## TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM

Horse Meadow Senior Center,

North Haverhill

RSVP BONE BUILDERS

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

Congregational Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

RSVP BONE BUILDERS

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

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM

Wells River Congregational Church

COMMUNITY DINNER BELL -

5:00 PM September 5- June 5

All Saints' Church, School St., Littleton

AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

## TUESDAYS/THURSDAYS

RSVP BONE BUILDERS --

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

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

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

## TUESDAYS/FRIDAYS

RSVP BONE BUILDERS

9:00-10:00 AM

St. Johnsbury House

RSVP BONE BUILDERS

9:30-10:30 AM

GRACE Art Gallery, Hardwick

GOLDEN BALL TAI CHI

8:30-9:30 AM

United Methodist Church, Lyndonville

## WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1:30 - 2:30 PM - United Community

Church, St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

## WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - West Barnet Senior Meal Site

NOON - Darling Inn, Lyndonville

## THURSDAYS

GROTON LUNCHES W/FRIENDS

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

Groton United Methodist Church

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Darling Inn, Lyndonville

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

TOPS (Take Off Pounds Sensibly) --

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

-- Monroe Public Library

## FRIDAYS

RSVP BONE BUILDERS

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

9:30 - 10:30 AM

Grace Art Gallery, Hardwick

1:30 - 2:30 PM - United Community

Church, St. Johnsbury

WORSHIP UNDER THE TENT- 7 PM

100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville

## SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM

September thru May

Brainerd Memorial Library, No. Danville

## SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

NORTH DANVILLE BAPTIST CHURCH (ABC),

Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.



## “New Hampshire Roads Taken – Or Not”

BATH – The Bath Public Library has received a grant from New Hampshire Humanities to present Steve Taylor, “New Hampshire Roads Taken – Or Not” on Saturday, May 25th at 2:00 pm.

Following World War II, New Hampshire embarked on an extensive program of constructing new highways and improving existing roads to accommodate explosive growth in passenger vehicles and the need for better infrastructure to accommodate commercial traffic. Hundreds of millions in federal, state, and local tax dollars would be expended on this initiative over the second half of the 20th century and road construction would become an enduring part of the state’s economy. Decisions about when and where highway projects would be undertaken were

often driven by political considerations as well as by policy dictated from Washington. Frequently, choices not to build or improve certain roads would generate as much conflict and controversy as would the proposals that would eventually be implemented. Either way, decisions about highways would come to have profound and lasting impacts upon communities and entire regions of the state. In this program, Steve Taylor reviews some of New Hampshire’s most significant highway choices in the 20th century, followed by discussion of the economic, social, and cultural changes that followed decisions to build or not to build.

Steve Taylor is an independent scholar, farmer, journalist, and longtime public official. With his sons, Taylor operates a dairy, maple syrup, and cheese

making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as New Hampshire’s commissioner of agriculture. Taylor was the founding executive director of the New Hampshire Humanities Council and is a lifelong student of the state’s rural culture.

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

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

## Want to Connect to Other Readers?

### Join the Bath Book Club!

The Bath Library Book Club will be discussing “The Distant Hours”, by Kate Morton on Thursday, June 13th at 6 pm at the Bath Public Library.

A long lost letter arrives in the post and Edie Burchill finds herself on a journey to Milderhurst Castle, a great but moldering old house, where the Blythe spinsters live and where her mother was billeted 50 years before as a 13 year old child during WW II.

Inside the decaying castle, Edie begins to unravel

her mother’s past. But there are other secrets hidden in the stones of Milderhurst, and Edie is about to learn more than she expected.

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

## Horse Meadow Senior Center

MAY 18TH 8:00AM – 1:00 PM STEP UP / STOP HUNGER WALKATHON FOR MEALS ON WHEELS at Horse Meadow Senior Center. REGISTRATION at 9:00, WALK at 10:00, choose 1 mile, or 3 mile walk. All Forms at HMSC

WE ARE CLOSED ON MAY 27, 2019 TO HONOR MEMORIAL DAY

### Music:

Music starts at 11:00-11:15

Byron Berwick: May 21

Bob Benjamin: May 23

Ethel Cooper: May 16,

May 30

Barry Hayes: May 17,

May 29

The BOYZ; May 15

Phyllis Vogel: May 14,

May 28

Wayne Klinger: May 20

### Activities:

RSVP Bone Builders

Mon. Wed. Fri. 9:30 Tuesdays and Thursdays at 1:30

Writer’s Group – 10:30

Mahjongg Wednesdays at

12:30 Fridays @ 9:30

Bingo-Wednesdays at 1:00

Ukele-Wednesdays at 1:00

Beginners Quilting

Wednesdays at 1:00

Art/Painting Thursdays at

9:00

Cribbage Thursdays 12:30

Hand & Foot Cards-

Fridays at 12:30

Chorus-Mondays at 1:00

Drums Alive Tuesdays

at 12:30

Summer Bocce May 17

at 1:00

MS support Group May 20 at 1:00

Domestic Trauma group

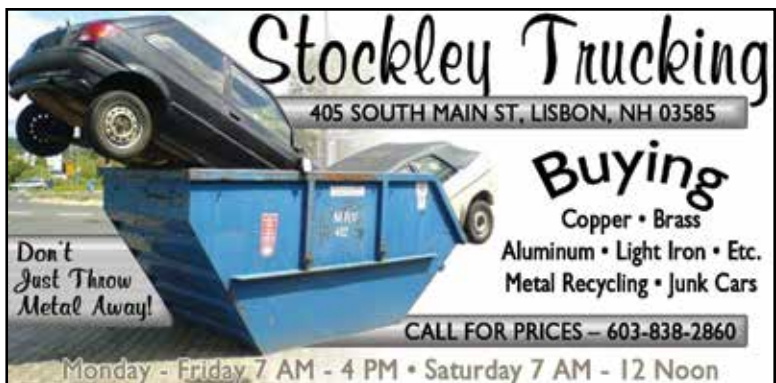
May 23 at 10:45

Herbs with Elaine

May 24

ADAPTIVE BIKING

May 31 at 1:00



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## White Mountain DAR To Meet

The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Saturday, May 18, gathering at 11:00 AM. The meeting will be held at the Whitefield Public Library, 8 Lancaster Road (Route 3 North), Whitefield.

A short business meeting will precede a presentation by Brian Patnoe of the Littleton Recycling Center speaking on “Trends in Recycling.” Light refreshments will be

served.

Guests and the public are welcome and always cordially invited to attend DAR meetings. For handicap accessibility use the rear parking lot and ramp. Additional parking is available behind in the church lot.

For further information about the meeting or membership in the Daughters of the American Revolution (DAR), please contact Alicia Prater (991-3755).

# Trendy Threads

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## Raising Voices For Planet Earth Counterpoint Vocal Ensemble And Adventure Kids Choir Perform "Six Degrees" In Fairlee

"We would describe this as a concert, a multimedia event, and an educational event. Although we aim both to move and inform in equal measures...the music is the central element," says Counterpoint's Nathaniel Lew.

Not a surprising answer from the Music Director of Vermont's premier professional chorus, but the program entitled SIX DEGREES goes a step or two beyond with the addition of narrative bridges between songs and a video backdrop illustrating the musical themes. Together these combine in a powerful tribute to our beautiful, bountiful planet and a heartfelt cry for the species and habitable, productive land being lost due to the effects of rapidly accelerating, human-caused changes in the climate.

The title SIX DEGREES refers to the rise in world temperatures of six degrees Celsius that would imperil life on Earth -- as well as to the "six degrees of separation" that connect all of humanity.

Because all six inhabited continents are affected by climate change, the concert includes traditional and folk songs from across the globe as well as more recent compositions expressing loss.

The latter are often omitted from the SIX DEGREES repertoire when presented in schools. However, as in the school programs, the concert concludes with a joyous and uplifting celebration of nature in balance.

Founded by legendary choral director and arranger



Robert De Cormier in 2000, and based in Montpelier, COUNTERPOINT is dedicated to performing choral chamber music and engaging with student musicians in Vermont and beyond. Praised for their "clarity, skill" and "sophisticated musical expressiveness," the ensemble presents concerts throughout New England and the surrounding region, and has toured parts of the United States. Their main repertoire includes world folksongs, African-American spirituals, sacred music of many traditions, and concert works by classical composers of the past and present. Much of their work is available on the seven CDs recorded with Albany Records as well as their four independently produced CDs.

The ADVENTURE KIDS CHOIR, made up of Upper Valley youth ages 7 to 17, was formed and prepared specifically for this perfor-

mance by local music teacher and vocal coach Megan Helm. They have been rehearsing weekly in the Fairlee Town Hall Auditorium throughout the spring. Music Director Helm welcomes new members and plans to build this young ensemble into a permanent regional

children's chorus.

FAIRLEE COMMUNITY ARTS, INC. (FCA), now in its second year of operation as an all-volunteer, private, nonprofit corporation, is best known for the popular Fairlee Summer Music Series of free weekly concerts on the Town Common. It began presenting cultural and community events in the Town Hall Auditorium and Theater in September 2018, soon after the hall was reopened to the public following extensive renovations, and has offered some 15 free and low-cost events in the hall since then, most funded in part by donations and sponsorships.

Fairlee Community Arts is proud to present this performance on Thursday, May 23 at 7:00 pm at the Fairlee Town Hall Auditorium located at 70 Town Common Road. Tickets are \$20 for adults and \$10 for students and children. For more information contact Denis Lambert, contact@fairleearts.org, 802-331-0997

## Saint J Subaru Shares The Love With Caledonia Home Health Care & Hospice



St. Johnsbury, VT - Representatives from Subaru New England and Saint J Subaru were pleased to present a check for \$16,910 to Caledonia Home Health Care & Hospice (CHHC). The donation was from proceeds of the annual "Share The Love" fundraising event sponsored by Saint J Subaru. The community fundraising event shares a percentage of every new Subaru sold, during a specific date range, with designated area charities. This year, Caledonia Home Health Care & Hospice and Umbrella were the designated charities for Saint J Subaru.

"We are grateful to Saint J Subaru and all of the customers that chose us as their Hometown Charity for this year's Subaru Share the Love event. We are appreciative of the partnership and shared commitment to building healthy families and thriving communities," said Treney Burgess, Director of Caledonia Home Health Care & Hospice.

Northern Counties Health Care encompasses five FQHC community health centers, three dental cen-

ters, and a certified home health care & hospice division providing a full spectrum of quality, affordable, and compassionate health care services to patients of all ages, throughout the Northeast Kingdom of Vermont. For more information, visit [www.nchcvt.org](http://www.nchcvt.org).

Pictured left to right are: Evan Loschiavo, Marketing Director of St. J Subaru; Kari Dexter, Community Relations Coordinator of St. J. Subaru; Treney Burgess, Director of CHHC; Kelly Coons, CHHC Rehab Manager; John Loschiavo, Owner of Saint J Subaru; Kim Wood, CHHC Physical Therapy Assistant; Casey Legge, Executive Assistant at Northern Counties Health Care (NCHC), Marilyn Young-Bishop, CHHC Clinical Receptionist; JoAnne Massey-Dean, CHHC Nurse Manager; Michael Loschiavo, Owner of Saint J Subaru; Kristina Sheehan, CHHC Triage Nurse; Michael Costa, CEO of NCHC, Bill Bergeron, District Sales Manager, Subaru New England; and Chris Matte, General Manager of Saint J Subaru.

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*Trendy Threads has been sold and Janice has retired.*

*Thank you for your support and caring, I'm going to miss not seeing you on a regular basis but I'll still be around from time to time.*

*Please join me in welcoming Aileen when she reopens Trendy Threads on May 23rd.*

[www.trendythreadswoodsvile.com](http://www.trendythreadswoodsvile.com) for more info

*Janice Scruton*

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## 12,000 Years Ago in the Granite State

Native Abenaki people played a central role in the history of New Hampshire, defending it against English settlement and forcing the abandonment of area towns during the French and Indian Wars.

Despite this, little is known about the Abenaki, and conventional histories often depict the first Europeans entering an untamed, uninhabited wilderness, ignoring native people with hundreds of generations in the area.

Robert Goodby discusses how the real depth of native history was revealed by archaeological discoveries dating to the end of the Ice Age. Undisturbed for 12,000 years, the site revealed information about the economy, gender roles, and household organization of the Granite State's very first inhabitants, as well as evidence of social networks that extended for hundreds of miles across northern New England.

Robert Goodby is a professor of Anthropology at



Franklin Pierce University in Rindge. He holds a Ph.D. in anthropology from Brown University and has spent the last thirty years studying Native American archaeological sites in New England. He is a past president of the New Hampshire Archeological Society as well as other posts. In 2010, he directed the excavations of four 12,000 year-old Paleoindian dwelling sites at the Tenant Swamp site in Keene.

the Haverhill Library Association is hosting this NH Humanities Program on Tuesday, June 4th at 7:00 PM at Alumni Hall located on Court Street in Haverhill.

## Littleton Co-op Art Cafe Gallery Features Lovett

The Littleton Food Co-op Art Cafe gallery is proud to present the artwork of Franconia artist Kathie Lovett. Kathie's stunning oil paintings will be featured in our cafe gallery during May and June. Kathie's artist statement states: "Descending from a potato farming grandfather in Ireland and a dairy farming mother in Vermont, I appreciate soil and its possibilities. Rooted around an inquiry of foods that feed the world, I shaped this project with the three largest crops – rice, wheat, and corn (or maize). This body of work began as I looked at nourishment from different vantage points - farming, science, culture, history, politics, and of course, eating. Somewhere along the way, I was joined by an imaginary crow. She appears in most paintings hidden by layers of paint. Her activity adds details to my story. The soil holds nutrients as does the

soul. In this time of questionable food security and accelerated climate change how will we provide nourishment?"

Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route 302 (exit 41 off I-93). Everyone is welcome to shop and all are welcome to join! Not

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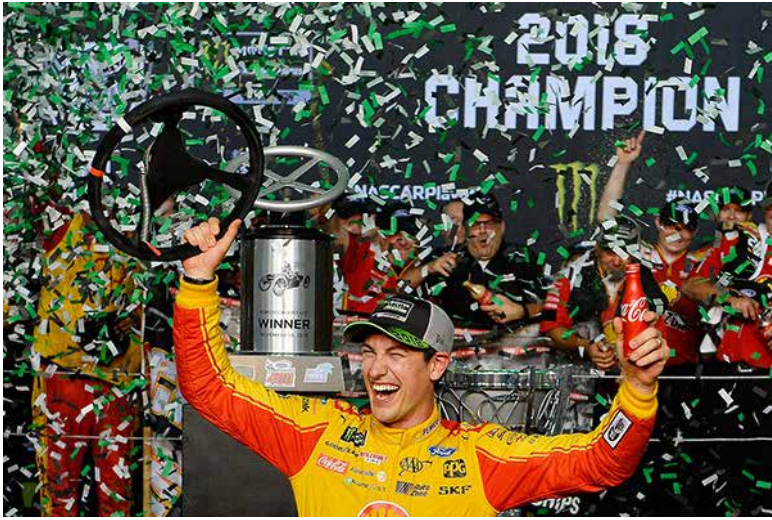


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**May 10, 11, 12 & 17, 18, 19**  
176 Waits River Road, Bradford



## Honoring Joey Logano



LOUDON, NH: New England's current NASCAR Cup Series champion Joey Logano will be honored with an elegant sit-down dinner at the North East Motor Sports Museum on Friday night, July 19, the weekend of the Foxwoods Resort Casino 301 at New Hampshire Motor Speedway. The track is the site of Joey's first Cup win; the event is on the 10th anniversary of that win. There will be speeches, stories, laughter and applause. Be there for all of it!

See the car Joey drove to his first ever Cup win. See the trophy he won that day. Both are on display at the museum which will be open for all of the evening's guests to enjoy.

Joey Logano is the most

successful big league race car driver to ever come out of New England. Tickets are limited. This event will sell out so order your tickets today. \$125 per ticket for non-members, \$100 for museum members includes unlimited access to the museum the day of the event, an elegant sit-down dinner and the show. Cash bar will be available. Doors open at 6pm.

Net proceeds benefit the North East Motor Sports Museum. Order your tickets online now by clicking here or mail payment to the North East Motor Sports Museum, 922 Rt 106, Loudon, NH 03307. For more info or to order by phone call 603-783-0183.

## WMRHS JROTC Raider Meet



Spartan Battalion Raider team hosted the White Mountains Raider Invitational Meet. Schools from NH, Maine & Vermont competed. JROTC Raider competitions consist of five events; Army Physical Fitness Test, land navigation course, 1-rope bridge, JROTC knowledge written exam, and a 5K race event. The White Mountains Regional HS Raider team finished in Third Place overall. The Spartan Raiders placed first in the knowledge exam; second place in the 5K race, and third place in the fitness, land navigation, and rope bridge events. The team was led by Raider captain and senior Andy Smith. With many new faces on the team, it appears that future Raider seasons should have a good number of returning competitors. The Raider

team members displayed grit, comradery, and a positive attitude throughout the day.

WMRHS Raider Team pictured left to right: David Rose, Jennifer Fowler, Joshua Womble, Andrew Smith, Dimitrios Spanos, Fayth Cooper, Ronald Mackillop, Dayna Randall, Tyler Gould, and Zachary Kesheb.

(Article and picture by Cadet MSG Joshua Womble)

## Sugar Hill's Lupine Festival Weekend

Sugar Hill: The 2019 Sugar Hill Lupine Festival Weekend will be held, rain or shine, on June 8th and 9th. Explore and enjoy the open-air market with over 70 vendors, programs, music, artisan demonstrations, helicopter rides, library book sale and visit the Historical Museum. Free parking is in the Meetinghouse field with handicapped parking on the grounds.

Take in one of nine different programs. 11 am Saturday; Master Gardener, Ruth Droeshner, speaks on Planting for Local Pollinators. Learn which grasses, trees and flowers aide our bees and pollinators. Later, join photographer, Meg Brown, at 12:30 pm; with your camera for a floral photography workshop.

Saturday's Cooks Corner features Ed and Laurel sharing Appetizers with NH-Made Ruth's Mustards at 11 am. At 1 pm, Chad Proulx of Ammonoosuc Community Health Services presents Healthy Bites on a Budget. See cabbage, beets and legumes in a new light; all attendees receive a free gift.

New Hampshire History is a big part of the weekend. 12:30 pm Saturday, Michael Bruno speaks on NH's Historical Markers giving you a glimpse of the stories behind that short marker paragraph. At 2 pm, Deborah Goss presents a NH Humanities program portraying NH's own Abby Hutchinson, who was not only a popular singer of the mid-1800's but a political activist.

On Sunday, Author, Dan Szczyzny, shares the his-



Carpenter Road in Sugar Hill last year

tory and mystique of our highest peak, Mt. Washington at 10:30am. At 11 am, Sara Glines brings decades of northern NH History to life through family stories. Later, at 1:30 pm; Michael Maddigan debuts and shares from his recently released book about the Flume Gorge published by Arcadia Publishing & The History Press.

There's music, too. Local pianist, Joseph Hansalik plays the Meetinghouse's grand piano at 10 am Saturday and then moves to the Crapo Building to play Saturday at 11am and Sunday at 12:30pm. Uncommon Folk returns this year with Folk and Bluegrass Music at the Sugar Hill Meetinghouse on Sunday from Noon to 2 pm. The Pine Hill Singers close the weekend with their annual spring concert at 4 pm on Sunday.

Artisan demonstrations include Linda Lomasney making reed baskets, Robin

Henne spinning wool, Sara Glines carving folk art figurines, Carl Hill wood-turning and Margaret Hoyle demonstrating an antique sock-making machine. Pull up a chair next to any of them to learn more.

If you get hungry, the Sugar Hill Willing Workers Society offers homemade bag lunches and Mac 'n Cheese. Farm to Fire Pizza will make wood-fired thin crust pizzas. Mountain View Kettle Corn has Strawberry Rhubarb shortcake and Coneheads brings the ice cream.

The Weekend only happens, thanks to our sponsors: The Sugar Hill Improvement Society, The Richardson Memorial Library, Mascoma Bank, The Woodsville Guaranty Bank, Presby Construction, and NH Humanities. Save the date, June 8-9, and join us during the weekend.

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

## Mini Cheesecakes

*Editor's Note: Unfortunately Cindy has had another setback in regards to her health. It appears that she had had some medical work done and should be making a full recovery. In fact I hope that she will have a new column in time for our next issue. Please join me in wishing her a speedy and full recovery.*



Hello hello my devoted fellow chefs. Today's recipe was given to me by a girl I worked with at my first official job at an insurance company in the 70's. Back then I made them all the time. It's like I stumbled into an old friend, made me think of the good "ol" days!

I used to make them with aluminum cup cake holders but was unable to find them so I used paper cup cake holders, I actually used 2 to make it more sturdy because you eat them right out of the holders with a spoon. The aluminum ones stand up to baking just on a cookie sheet.

This recipe makes 18. They are easy peasy and deliciouso!!!

1 Box Nabisco Nilla wafers (they fit perfectly in your muffin cups. Flat side down it becomes your crust)

2 8oz. packs cream cheese, softened

2 large eggs at room temperature.

1/2 Cup sugar

1 tsp. Vanilla Extract

1 can pie filling. I picked blueberry this time but cherries, strawberries, apples, what ever your choice.

1 package cupcake holders

Preheat oven to 350 degrees

Put muffin cups in cupcake tins and put in a Nilla Wafer flat side down.

With a hand beater mix 2 packages of softened cream

cheese with your 2 eggs, 1/2 cup sugar and Vanilla Extract. Beat until lumps are mixed well. Spoon creamy mixture on top of wafer in each cup to a good heaping half full. Remember it makes 18 so you probably will be adjusting until the last one. Bake in muffin tins at 350 for 15 minutes. Cool on rack for at least 45 minutes. Top with your choice of pie filling, cherry, blueberry, apple, strawberry and there may be

others, too.

I used 2 muffin cups for a sturdier holder, they worked ok. I sometimes don't use a dish just cup your hand!!! Chill for about 3 to 4 hours to firm them.

I hope you enjoy these mini cheesecakes. If anyone knows of a store where they sell the aluminum cup cake holders drop me a note.

Signing off till next time,  
Cin Pin

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## SPRING Paddle The Border

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**16<sup>th</sup> Year • Sunday, May 19, 2019**

From Woodville Community Field (Off Rt. 135)  
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**All Events  
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**Suggested Launch Time 10:30 - 11:30 AM (Approx. Paddle Time 3.5 Hours)**

**BBQ Lunch provided by Rotary with music by Strawberry Farm Band**

**All participants MUST abide by safe boating rules and regulations**

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**Paddle The Border - Fall is scheduled for Sunday, October 6, 2019**

**For Further Information Contact Mike Thomas (802) 757-3960  
or email [mikethom1@charter.net](mailto:mikethom1@charter.net)**

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## Steven Earl Smas: OBITUARY

Piermont, NH - Steven Earl Smas, 52, died unexpectedly on Friday, April 26, 2019, in Woodsville, NH.

Steven was born in Manchester, NH on August 10, 1966 to Stephen Earley and Sue Ellen (Wargo) Smas. He was a graduate of Woodsville High School, Class of 1986. For six years he was a member of the Woodsville National Guard Battery C 197th Field Artillery Unit. He's been employed at the Woodsville WalMart since its opening and had previously worked at the Glenclyff Home for nearly 20 years. He had worked for the former Butson's Market and McDonald's in the past. He was known for his strong work ethic.

Steve was a 29 year member of the Haverhill Corner Fire Department where he also served as an EMT for Haverhill Medical Rescue.

He enjoyed photography and car racing. He assisted Barry Brooks and Robert Blake with their cars at Bear Ridge and loved NASCAR, particularly Dale Sr. and Dale Jr. He was an avid New York Yankees fan. Steve loved taking Rebacca to hockey games and watching her play ball. He liked going to his sister-in-law's sugar house. Steve was a very family oriented man and always wanted to be sure that Rebacca was taken care of. He was predeceased by his mother, Sue Smas on February 11, 1997 and his father, Stephen Smas on July 26, 2015.

He is survived by his wife,



Jennifer S. (Winn) Smas of Piermont, to whom he was married on May 10, 2003; a daughter, Rebacca Winn Smas of Piermont; a stepson Jonathan R. Schwarz of Concord, NH; two brothers, Scott E. Smas and wife Jodi of Tempe, AZ and Sean E. Smas and wife Megan of Haverhill, NH; a niece, Katherine and three nephews, Connor, Cody, and Trevor; aunts, uncles, and cousins; and his in-laws, Joanne Clogston and husband Donald of Piermont, Jan Fifield and husband Keith of Strafford, VT, and Robert Winn and wife Rose of Shermans Dale, PA and their families.

A memorial service was held on Saturday, May 11th at 11 AM at the Haverhill Corner Fire Station, 172 Dartmouth College Highway, Haverhill, NH.

In Steve's memory, please consider a donation to your local fire department.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## St. Johnsbury Players' New Show Promises Intrigue, Mystery, and a Unexpected Twist

The Saint Johnsbury Players are preparing for their spring production, Night of January 16th, which debuted May 10th and will run for five performances at the St. Johnsbury School Auditorium. Set in the 1930s, Night of January 16th is a courtroom drama centered around the trial of Karen Andre (Lora Schofield), a dynamic "femme fatale" accused of murdering her lover, Bjorn Faulkner—a wealthy financier of dubious repute. Representing the State is District Attorney Flint (Kate Campbell), a prosecutor who has bet their career on Andre's guilt. The defence attorney—Stevens (Terry Klein)—is a hard-hitting, hard-living legal assassin who loves impossible cases. Judge Heath (Brian Watson), the world-weary arbiter, struggles to keep order during the sensational trial.

Orbiting the trial are Faulkner's wife, Nancy Lee (Pam Tidyman), and her father John Whitfield (Jan Clausen). The Whitfields are old-money American royalty, and they possess a shrewdness and cunning that they prefer to mask behind patrician poise and sophistication—for reasons beyond just social conven-



tion.

Rounding out the cast are Karl Jungquist (Elizabeth Bergman), Faulkner's (seemingly) loyal accountant; John Hutchins (Zachary Wright), the night watchman who discovered Faulkner's mangled corpse; Magda Svenson (Ursula Malabre-Speicher), Faulkner's pious childhood governess-cum-housekeeper; and Larry "Guts" Regan (Mike Plough), a mobster whose hopeless infatuation with Karen Andre might have motivated him to do the unthinkable.

12 members of the audience are selected each night to act as the jury and render a verdict on Karen Andre at the close of the play, and there is no bias either way in the writing, so the audi-

ence's decision is based entirely on the attitudes and mannerisms of the actors, which adds another layer of tension to the action.

The St. Johnsbury Players' production of Night of January 16th will be performed May 10, 11, 17, and 18 at 7:30pm and May 19 at 2pm at the St. Johnsbury School Auditorium (257 Western Avenue). Tickets are available at the door or may be purchased online at [catamountix.com](http://catamountix.com). For more information, please call (802) 274-4496 or e-mail [miley.michael@gmail.com](mailto:miley.michael@gmail.com), or visit the St. Johnsbury Players on Facebook or at [stjohnsburyplayers.org](http://stjohnsburyplayers.org).

People can purchase advance tickets online through [catamountix.com](http://catamountix.com),

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

May 14, 2019

Volume 10 Number 16

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- Leadership style that encourages team effort.
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The Board is accepting resumes on a rolling basis with intent to fill the position by June 15, 2019. Please email your letter of interest and resume to [cohaseexecsearch@gmail.com](mailto:cohaseexecsearch@gmail.com).

*The Cohase Chamber of Commerce serves the beautiful Cohase region, nestled in the valley of the Connecticut River. This region encompasses the Vermont towns of Newbury (including the villages of Newbury, Wells River and West Newbury), Bradford and Fairlee, and the New Hampshire towns of Haverhill (including Haverhill Corner, North Haverhill, Mountain Lakes, Pike, and Woodsville), Orford and Piermont.*

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## Time to ‘Cycle’ through Some Investment Ideas

If you’ve noticed an increase in bicycle-related events lately, it may be because May is recognized as “Bike Month” – and some cities even observe a specific Bike Week. Of course, bicycling is good exercise and an environmentally friendly method of transportation, but it can also teach us some lessons about investing.

Here are a few to consider:

Put the brakes on risky moves. To keep themselves safe, experienced cyclists regularly do two things: They keep their brakes in good shape and they don’t take unnecessary risks, such as whipping around blind curves. As an investor, you can combine these two actions by putting your own “brakes” on risky moves. For example, if you’re tempted to buy some hot investment you heard about, you may want to think twice before acting. Why? In the first place, most “hot” investments don’t stay hot for too long, and may be cooling off by the time you hear of them.

And even more important, they might not be appropriate for either your risk tolerance or your need to diversify your portfolio. When you invest,

you can’t eliminate all risks, but you can reduce them by avoiding impulsive moves and sticking with a disciplined, long-term strategy based on your needs and goals.

Get regular financial tune-ups. Avid cyclists keep their bikes in good shape through regular maintenance. When you invest, you usually don’t need to make a lot of drastic moves, but you should periodically “tune up” your investment portfolio, possibly with the help of a financial professional, during regular reviews. Such a tune-up may involve any number of steps, but the main goal is to update your portfolio so it reflects where you’re at in life – your goals, risk tolerance, earnings and family situation.

Protect yourself from bumps in the road. All serious bicyclists – and all bicyclists serious about keeping their heads intact – wear helmets when they are riding, because they know the dangers of rough terrain. Likewise, you need to protect yourself from the bumps in the road that could impede your progress toward your objectives. For starters, life insurance can help your family meet some essential needs – pay the mortgage, educate children, and so on – in case something were to happen to you. And you may need dis-

ability insurance to replace your income temporarily if you became injured or ill and can’t work for a while. Also, you might want long-term care insurance, which can help you guard against the potentially catastrophic costs of an extended stay in a nursing home or the services of a home health care worker.

Don’t stop pedaling. When going long distances, bicyclists ride through rain, wind, sun and mosquitoes. They elude angry motorists and they change flat tires. In short, they persist in reaching their destinations. As an investor, you will pursue some goals that you may not reach until far in the future, such as a comfortable retirement, so you too need to demonstrate determination and persistence by continuing to invest, in good markets and bad, through unsettling political and global events – and even despite your own occasional doubts.

Whether you’re an avid cyclist or not, following these principles can help keep your financial wheels moving along the road to your goals.

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

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2X6	# 1	7.06	8.18	9.99	14.09	17.42
2X8	# 1	10.67	14.50	16.00	17.86	19.77
2X10	# 1	14.13	18.36	21.87	24.87	31.29
2X12	# 1	18.09	23.46	30.85	32.74	39.57
5/4X6	# 1	7.06	10.34	11.36	12.25	18.04
4X4	# 1	13.17	15.74	17.28	n/a	24.73
6X6	# 2	29.21	36.50	43.81	49.86	58.41
2X2X36	# 1	1.60	UL1/2 PT	ON ORDER	3 STEP	13.31
2X2X42	# 1	1.87	UL5/8 PT	ON ORDER	4 STEP	18.01
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4X6X16		N/A	5/8 LATT	ON ORDER		

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## Hobo & Winnepesaukee Scenic Railroad Prepares To Open For 2019 Season

Lincoln, NH – The Hobo and Winnepesaukee Scenic Railroad is advising the public that the rail line between Lincoln, NH and Tilton, NH is now active for the 2019 season. Various train operations will take place from now through late December, including excursion trains, special tourist trains and other equipment moves.

As a result, the Railroad would like to remind the public that caution should be exercised at all times while around moving trains and to always expect a train. Other safety considerations to keep in mind include grade crossing signals, which should always be obeyed. Drivers should stop when they hear whistle signals at grade crossings and never try to beat a train at a crossing or park on or near a railroad crossing.

In an effort to promote the message of railroad safety, the Hobo and Winnepesaukee Scenic Railroads works closely with Operation Lifesaver, a nationally recognized non-profit organization that works diligently to improve railroad safety through engineering, education and enforcement.

“People need to be aware

of the potential danger around moving rail equipment, even when rail cars and locomotives are moving at slow speeds,” stated Benjamin Clark, Vice President of the Railroad. “Safety is always our first priority.”

For the Hobo Railroad, scenic tourist excursion trains will depart from Hobo Junction in Lincoln, NH on weekends starting Saturday, May 25, 2019 before switching to daily operations on Friday, June 21, 2019 for the summer and into the fall. The one hour and twenty minute round-trip excursions travel along the Pemigewasset River between Lincoln, North Woodstock and Woodstock, NH and cross several roadways and bridges along the way.

The Winnepesaukee Scenic Railroad, which is based in Meredith & Weirs Beach, NH, will also open for weekend operations on Saturday, May 25, 2019. Daily operations will commence on Friday, June 21, 2019 with one and two hour round-trip excursions between Meredith and Lakeport, NH - along the western shore of Lake Winnepesaukee and Paugus Bay.

“Having welcomed our 2

millionth guest aboard the Railroad since we opened in July 1987 this past year, we’re looking forward to another enjoyable season. We’re truly honored to have the opportunity to share the beauty of New Hampshire’s lakes and mountains with our guests from around the world,” concluded Clark.

Both the Hobo Railroad in Lincoln, NH, and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach, NH offer a variety of special events and scenic excursions for the general public as well as school groups and bus tours from mid May through late October.

The Hobo Railroad is located in Lincoln, NH, just off Exit 32 on I-93, left on Route 112, directly across from McDonalds. The Winnepesaukee Scenic Railroad is conveniently located at 154 Main Street in Meredith, NH with a satellite station located on the Boardwalk at 211 Lakeside Avenue in Weirs Beach, NH. For more information including departure times, tickets and special events, visit [www.HoboRR.com](http://www.HoboRR.com) or call the main office at (603) 745-2135.

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If you are interested in joining the wellness team at the hall there is office space available. Contact Kelsey at 802-588-5057.



**WELLS RIVER WELLNESS HALL**

*In addition to wellness the Wellness Hall is a community gathering space. A place for: movie nights, dance classes, martial arts, children’s birthday parties, meetings, and a place to gather together.*



by Elinor Mawson

As an antique dealer, I have been doing shows for nearly 50 years. This involves amassing an inventory, packing it in boxes, loading a vehicle, unloading it at the venue, selling a lot, (hopefully) and then reversing the process. My favorite part was selling, my least favorite was unpacking the boxes once I got home.

I never thought much about it in my younger days. We owned a full-sized van, and I would do the whole thing myself. Once in awhile I would be helped by my husband or one of the boys, but most of the time it was mine to do. Sometimes the show would be within a few miles; more often it would be a considerable distance, but off I would go. Some of the time I would be accompanied by another dealer and his/her merchandise. Occasionally, if it was more than a one day show, I would sleep in my van. And if it were an outdoor show, I would bring my meals and a camp stove and eat in my booth. And always, always, I loved what I was doing.

Unfortunately, times have changed. I still love to do shows. My inventory now consists of "soft goods"--quilts, linens, sewing items--and I only do one show a year. Since I am older, it takes longer to amass enough product to make it worthwhile, and I spend the good weather doing that. In the not-so-good weather, I work on my wares: laundering, ironing, repairing, pricing and packing. Of course, this involves tying up my money for months.

We hire a family to load the truck for us. This year they did it in a nasty snowstorm, but they didn't complain. I reflected on my earlier days when I would have to do this myself and wondered how I did it.

When show time comes along, the boxes of merchandise has to be brought up from the basement workroom, loaded into the (rented) truck and transported to the show. When we get there, our son helps unload and even helps set up the tables and hang up some of our "better" things. Now we don't sleep in the truck; we stay in a hotel for the duration and eat all our meals nearby.

Show goes change from year to year. Many are en-

thusiastic and love what we are selling. Other years, there are more "lookers" than buyers. Some handle our items lovingly, others unfold things and throw them down as if they were worthless. Since we are "cash only" people, we miss out on a few sales because we don't take credit cards. And there are always people who stand in our space and chit-chat which can be frustrating at times.

When the show is over, our son comes back and loads us up again. We take him and his wife out to eat at their favorite place. We have to have people unload the truck and put the boxes on our porch. It is then that I begin to hate every box and the merchandise inside, since this is my least favorite activity. We take the boxes downstairs one or two at a time, and go through and reorganize everything.

So that is where I am now--unpacking, sorting, culling, finding room for it all. I hate every piece! Some of it has to be re-laundered and re-ironed. And I find myself asking if I really want to continue doing one show a year. I marvel at the old days when I did as many as 20 shows in a year and thought nothing of it. My husband isn't very enthusiastic, we have to involve others to help us, there are expenses that go up all the time. Is it worth it all? Right now I am of 2 minds, but it will depend a lot on finding new inventory. And wondering if my arthritis will behave itself. And worrying about not getting my money back.

And wondering if I still love doing a show enough to do it all again.

Op-Ed by Jeanie Forrester

Fifteen months ago, the New Hampshire Site Evaluation Committee gave Granite Staters an important victory against Northern Pass, thoughtfully considering – and then rejecting – its application to build a 192 mile long transmission line through the heart of our state. The SEC decision was arrived at carefully and deliberately, supported by a well-developed record of harmful impacts that would be visited upon New Hampshire, if Northern Pass were to be built.

As State Senator for Senate District 2 from 2010 to 2016, representing most of Grafton County along with part of Belknap County, my district and constituents lay directly in the path of the gash that Northern Pass proposed to slice through our state. I was proud to stand alongside municipalities, community leaders and activists from both sides of the aisle to fight the project as proposed and demand concessions from Northern Pass that would protect our tourism economy, our small towns and our beautiful landscape. I was particularly proud to have led the effort in passing HB 648 which prevented private developers from using eminent domain to take private property.

To its credit, Northern Pass did make some concessions in response to our efforts and grassroots opposition, but they never did what they should have done from the start - agree to bury the entire transmission line. This was particularly disappointing because

it was clear the companies involved in the project could have afforded to bury the lines and offered more protection for New Hampshire. They just chose not to. And so, as presented to the SEC, Northern Pass clearly remained overly harmful and disruptive to our state, with virtually no real or lasting benefit to us for the burden of serving as an extension cord between Quebec and Massachusetts. The SEC last year made the right and reasonable decision.

As I have seen first-hand, the fight against Northern Pass has brought together an unprecedented coalition, united against the project. Republicans and Democrats, business leaders and conservationists, suburban and rural – so many stood united to speak up and oppose Northern Pass. It was humbling to see how much time and effort regular citizens took to follow the legislative process addressing Northern Pass, to turn out at site visits, to speak with me about their concerns, to show up at town meetings and ultimately to file comments with the SEC and attend its deliberative sessions in the lead-up to last year's decision.

These countless citizen activists who took precious time away from their work and families to engage against Northern Pass are the real heroes in this story, and together, they reflect the very best of New Hampshire's volunteer traditions. Once the SEC ruled against Northern Pass last year, it is understandable that my friends involved in this fight for so many years thought

they had won and that was the end.

But it is not the end. Not yet. Northern Pass has appealed its defeat to our state Supreme Court and oral argument is scheduled on May 15th. It is entirely possible that by the end of this summer, the Court will have ruled and Northern Pass may have new life. But regardless of what the court says, after 10 years of debate, discussion and disagreement, the people of New Hampshire have very clearly spoken: New Hampshire does not need or want Northern Pass.

One of my political mentors, Ray Burton, was the very first elected official to oppose Northern Pass, but countless others from both parties followed him. Virtually every municipality along the proposed route has opposed the project. Dozens of businesses large and small have opposed the project. Thousands of Granite Staters from every political stripe and walk of life have opposed the project.

As I said years ago, this is about New Hampshire – not a company - choosing New Hampshire's future. The people of our great state have chosen, loudly, clearly and wisely. Enough time, money and talk has been spent on Northern Pass. It is long past time to move on.

Jeanie Forrester is a former State Senator from Meredith who represented Senate District 2 from 2010 through 2016 and a former Chair of the New Hampshire Republican State Committee.



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# NEK Council On Aging Honors Volunteers

St. Johnsbury, VT – Across the Northeast Kingdom, the volunteer team at the NEK Council on Aging, over 350 people, lead wellness programs, cook and deliver meals, help with errands and shopping, make phone calls to friends, care for family and friends, and so much more.

“Without the help of our volunteers, and the interest of others who wish to serve as volunteers, the vast network of our programs and services could never be maintained,” said Meg Burmeister, Executive Director of the NEK Council on Aging. “It is astonishing to witness such a high level of commitment from so many wonderful people. We are very grateful to everyone who dedicates their time and talents to our elder Vermonters.”

The Council utilizes the

help of Karen Budde, RSVP Volunteer Coordinator who manages the multiple volunteer networks that extend across the NEK. RSVP is the Retired and Senior Volunteer Program, one of the largest volunteer networks in the nation for people 55 and over where volunteers use life-learned skills and talents in a variety of activities to assist in their communities.

“When you are able to make a difference in the life of one person, it is worth it,” said Budde. “I am so grateful for our volunteers and the impact they have on our communities, they are wonderful.”

One such volunteer has seen her service journey change over time. Judy Daloz and a friend joined RSVP to assist at an area elementary school.

“They needed help to

manage the flow of students through the lunch line,” said Daloz. “You just don’t realize that a dropped dish, or a forgotten utensil can create a traffic jam in the lunch line. Our assistance seemed a simple task but to the school staff, it was a critical service.”

The experience led Daloz to consider how she could use her interest in Tai Chi to help her community. “I have practiced Tai Chi for over 26 years and it never occurred to me that I could teach a class.” Last fall, she joined a Fall Prevention Tai Chi class with the NEK Council on Aging and she will be volunteering to teach this class starting in May.

Daloz had caught the volunteer bug. In addition to teaching the Tai Chi class, she has volunteered to manage a new home medicine management program at the Council. “As a retired registered nurse and one who cares about fall prevention, I am pleased that I can use my experience to help area elders manage their medications. Older adults take prescription medications more than any other demographic. Remembering to take medication in the first place can be a challenge, so if you’re taking multiple med-



ications several times a day, it can be overwhelming.”

The home medicine program will assist area elders with medication management to prevent falls, monitor medication compatibility and storage, and the disposal of expired medications.

“Judy is a great example of the reward our volunteers receive for sharing their time

and talents and the motivation it creates,” said Budde. “As Gandhi said, the best way to find yourself is to lose yourself in the service of others.”

If you have an interest in becoming an RSVP volunteer, contact Karen Budde at the NEK Council on Aging (802) 751-0431.

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### As of Tuesday, May 14

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# Doing A Show

by Maggie Anderson

I spied my first fat robin last week. He was greedily scarfing up a worm that had warmed itself enough to take the ultimate risk just for a moment in the sunlight, and a couple of nights before that was startled by an explosion of sound from an army of peepers finally warm enough to shout it from the rafters.

Isn't it funny how you step outside to enjoy a glimpse of the full moon or to grab an armful of wood for the stove one night only to find yesterday's silence is now back page news and the air is alive with the hopeful sounds of spring.

Robins have always been harbingers, unmistakable in their red vests, a sure sign that we have indeed lived through another long winter. It's true robins are sort of the universal sign of spring but there are so many others I doubt that I could list them all.

Waistbands fall, midribs are exposed revealing skin paler than it will be by the end of a long summer under a relentless sun. Of course with the falling waistbands come tattoos precariously

teetering above chasms unseen all winter.

Lawn, leaf, and garden bags begin to make an appearance after having been stored in dark corners in back rooms all season.

The robins watch as the gardener's first aggressive attempts to rake through grass so long unattended are met by stubborn icy fingers around the edges of the lawn. The grass must be pried from those icy fingers to give the grass a cleansing breath of new spring air.

I call them rakers and takers; the gardener reclaims his lawn and the robins swoop down to dine on earthworms busily aerating the warming ground.

The postman always says he can tell the changing seasons by the timing of Hank's donning or removing the socks he wears with his sandals.

For me the concrete affirmation that winter is truly behind us is the brightly-colored profusion of FREE STUFF signs that pop up at the ends of long driveways or in the middle of waking lawns.

Spring has arrived no doubt about it.

# Riverside To Introduce New Center Of Professional Development For Elementary Educators

Lyndonville, VT - Since the summer of 2014, Nelia Rath, middle school teacher and Director of Co-Curricular Programs at The Riverside School, has led area teachers in a workshop for Critical Skills in the Classroom. The workshop was in partnership with Antioch University New England.

In an effort to expand their goal of offering professional development opportunities for educators in the Northeast Kingdom and North Country, Riverside has created the Teacher Center at Riverside. The goal of the Center will be to support area educational professionals with relevant, valuable, and locally-sourced professional development opportunities for elementary educators. The classes will be taught during the summer and are available for graduate-level credit through a partnership with Antioch University New England.

"Riverside's relationship with Antioch University, which has long been known for its leadership in progressive education, creates an exciting opportunity for teachers in the northern corners of Vermont and New Hampshire," said Rath. "Teachers in remote, rural areas like ours can feel starved for engaging professional development, and being able to offer rich, engaging courses, in-person, is definitely meeting a need in the community."

This summer, the Teacher Center at Riverside will offer three courses. Successful Integration of Technology in the Classroom will focus on the different technologies available in the classroom, why they are effective or not, and which types of technology students prefer or have more success using. In addition, participants will explore infrastructure challenges and the cost of implementation including the critical need for graduate-level coursework for educators. The instructor is Mike Dente, Chief Technology Officer at Northern Vermont University.

Critical Skills Immersion: Level 1 will be taught by Ne-



lia Rath, Riverside teacher and an adjunct faculty member at Antioch. The Level 1 experience is designed to introduce the Critical Skills classroom model and prepare its implementation into the educator's learning environment. The classroom model is a highly interactive, experiential approach to learning that develops student knowledge and skills through collaborative problem solving. Participants are first immersed in a Critical Skills Classroom, then explore the integration of problem-based learning, experiential learning, collaborative learning, and standards-based learning.

"We need adults who know how to work together to solve problems, so let's establish classroom cultures where students practice doing that. We'll integrate collaborative, experiential, problem-based, and standards-based learning methods along with ideas of their own and methods that are a priority in their school," said Rath.

The third course, Education For Sustainability (EfS) Summer Institute, will be taught by Riverside teacher Deandra Early, who also serves as an adjunct faculty member at Antioch, and Reeve Basom, the Place-Based Education Coordinator, at the Center for an Agricultural Economy in Hardwick, VT. This course

focuses on the interdependence of environment, economy, and equity (the three E's of Educating for Sustainability) and how to incorporate sustainability at any grade level and in every subject area.

"As educators, we have the opportunity to model sustainable practices, to open our students' minds to the possibilities of a sustainable future and to help guide them to be responsible citizens for change in their communities," said Early. Michelle Ralston, Head of School at Riverside is excited to introduce the Center.

"We are so pleased to begin this endeavor by partnering with Antioch University New England. Since 1964, they have been supporting adult learners by offering undergraduate degree completion programs as well as graduate degrees that are responsive to adult learners. In turn, we have also affiliated ourselves with Shelburne Farms, a nonprofit organization with the mission 'to inspire and cultivate learning for a future that will be sustainable for our children,' and the Center for Agricultural Economy, a living laboratory for rural food systems."

For full course descriptions, faculty bios, and registration, visit:

<https://www.theriverside-school.org/teacher-center-at-riverside>.

# Paddle The Border - Spring

For the 16th consecutive year a group of local organizations are working together to create Paddle the Border - Spring.

This event was first created in order to better show off one of the great assets of the Cohase Region, the Connecticut River. It was the creation of the Newbury Conservation Commission, the Haverhill Recreation Commission and the Cohase Chamber of Commerce. The Cohase Rotary Club joined the group with the intent of making a little money by providing food for the paddlers and watchers. This relationship has continued over the years and it is now a well oiled machine ready for boats to hit the water.

The Spring Paddle is always held on the Sunday before Memorial Day weekend. It is run from the Woodsville Community Field down river to the Bedell Bridge State Park. In order to participate paddlers are asked to drop off their boats, paddles and life jackets at the Community Field. There will be volunteers at that site in order to assist where needed.

Participants then drive

to the Bedell Bridge area to another group of volunteers to park their cars and then climb on board a school bus. When loaded, or before, the bus then takes participants back to Woodsville to start the Paddle.

This is when the fun really gets started. Once launched, depending on the water height and flow rate, paddlers can either work hard to make the southerly trip as quickly as possible, or sit back and let the river help with travel, or maybe a combination of the two. Many paddlers also take the time to see the sights. What has changed on the river banks in the last year?

Best of all there is no charge to Paddle The Border - Spring. So dust off your canoe or kayak, grab your paddle and a friend, and join the fun.

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# What About Ma?

by Kellie Quackenbush

## All About Mother's Day

It is a very American thing to create a day to celebrate what we love the most. I would like to say "Thanksgiving" may have started the trend. Here, in the United States, we celebrate flags, presidents, Saints of every kind, Christmas, workers, veterans and trees to name a few of them but the most revered days have to be Father's Day and Mother's Day. "The American incarnation of Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914." per History.com.

Over the years, our family has done many understated and overstated Mother's day celebrations. Mom, Mother or Ma has been the sun in our galaxy for a very long time and one can never be too loving to the person that brought you into this world. This is the thought process in our house.

However, there are people that have not had the loving relationship with their parents that my family has been blessed with. There are people that, for reasons too numerous to name, have not had children. For these people, Mother's Day and Father's Day are a reminder of what they will never know. Every year, there are celebrations that leave people feeling more alone than included.

Anna Jarvis had an amazing mother and wanted all of the amazing mothers to be celebrated. Mother's Day was born but like so many things that come out of a kind and loving thought, a commercial element has been brought into it (Christmas shopping, anyone?), I say to you now, let us be mindful of what the intent for the special day was.

Thinking kindly about the special people we love, let us use the dedicated day as a reminder of kind people in our lives. Say thank you to the truly wonderful people that have taken time to shape you into the person you are. Truly, does one store-bought gift or one lunch out, express the emotion that Ma, mom, Mother brings to us? We just need to express our thanks to those who have cared for us.

Another Mother's Day has passed and Father's day is coming soon, make a phone call, send a note, order some flowers - whatever is right for you to express a bit of thanks to someone you love. Also, as "Ann Lander's" once wrote, if it is not your mother -- don't be wishing strange women "Happy Mother's Day". You do not know what that might mean to them and the same goes for Father's Day. FYI, Ma had fun.

# NEK Council On Aging Celebrates May As Older Americans Month

St. Johnsbury, VT – In 1965, Congress enacted the Older Americans Act, which established the U.S. Administration on Aging (AoA) and state agencies on aging to address the social needs of older Americans. The Act is considered the major vehicle for promoting the delivery of social services to the aging population and provides a majority of the funding for the five Vermont Area Agencies on Aging to deliver a vast array of programs and services to area Vermonters. The Act is up for re-authorization in 2019 and hopes are that it will pass unanimously, just as it did during its last re-authorization in 2016.

To draw awareness to the value of the Older Americans Act, the month of May is designated National Older Americans Month. The theme this year is Connect, Create, and Contribute.

"The Older Americans Act funds programs that allow older Americans to live in their homes as they age. The Act supports nutritional programs such as Meals on Wheels, wellness programs, transportation, care-giver support, in-home services for safety, chore services, information and referral services, and so much more," said Meg Burmeister, Executive Director of the NEK Council on Aging.

"All Vermonters are aging, and we need Vermonters of every age to make our communities into the places we want to live," said Burmeister. "Older Vermonters contribute to our state and local governments, own businesses, and provide care for

younger family members. They provide knowledge and experience to younger generations, shop locally, enjoy local entertainment and recreation, and volunteer in our communities. We need to recognize the contributions that older Vermonters make and how they make Vermont the place where we all want to live."

This year, the Council is celebrating 40 years of service to NEK communities.

"The NEK Council on Aging traces its roots to 1974 when the Northeastern Vermont Development Association secured a grant to launch Project Seniors in St. Johnsbury. This was the second program of its kind in the state and offered a gathering place for older Vermonters to share a meal and visit with their neighbors," said Burmeister. "By 1979, with funding from the Older Americans Act, together with local and state resources, the program had grown to meet additional community needs in Caledonia, Orleans and Essex Counties. Civic leaders formed a Consumer Board to shepherd efforts to create the Northeast Kingdom Council on Aging, Inc.,

a registered non-profit corporation doing business as the Area Agency on Aging for Northeastern Vermont."

In addition to celebrating its 40th anniversary, the Council has a special fundraising event planned. They have invited the comedy and musical troupe Say It Forward Productions to present "Our Third Act – Stories of Grace and Inspiration" on Saturday, June 8th at 7 p.m. at the South Church in St. Johnsbury.

"This performance is meant to be a light-hearted and fun-filled evening for the whole family where we honor the stage in life that is often filled with gratitude, serenity, reflection, and wisdom," said Burmeister. "We wish to invite everyone to join us as we honor our older friends and neighbors, some of our most independent, vibrant, and engaging community members." Tickets are \$15 each and available at [www.catamountix.org](http://www.catamountix.org).

For more information on the NEK Council on Aging's programs and services, and to sign up for their quarterly newsletter, visit [www.nek-council.org](http://www.nek-council.org).

## Colonial Hires New Assistant Director

The Colonial Theatre in Bethlehem is pleased to announce that, after an extensive job search, the new position of Assistant Director for Advancement and Marketing has been accepted by Christine Kelly. We received numerous applications from some very qualified individuals" reported Executive Director Stephen Dignazio, "and Christine was our first choice based on her qualifications, experience, and skill sets. We couldn't be more pleased." Christine has held positions with organizations large and small including Development Director at the Oliver Wolcott Library in Litchfield, CT, Digital Marketing Supervisor and Coordinator for Major Donor Communications KQED, San Francisco, CA, and Data Analytics Manager Co57 Systems, Boston MA. She is experienced with a myriad of digital marketing platforms and in addition has pursued a diverse leadership and personal development path including hiking the Pacific Crest Trail, attending a Consortium on Gender, Security and Human Rights, and working as a Refugee Resource Coordinator in Siracusa, Sicily.



Describing her path to the North Country Christine said, "I visited Bethlehem several times in the past few years — this area really made an impression on me. Where else can you find world-class outdoor activities, great food, breweries, arts venues, engaging cultural institutions and a National Forest all in the same place? I'm excited to be starting a new chapter in Bethlehem and grateful to be joining The Colonial Theatre's team."

This new position at the theatre is a necessary response to the growth and improvements The Colonial has experienced in the past few years. "On the heels of our renovations," Dignazio said "our biggest challenge has been managing our growth. It would be hard to imagine a better fit for The Colonial at this time!"

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# TRENDY TIMES

A FREE PUBLICATION



# Lyme Disease Revisited

Lyme disease is a condition that affects approximately 30,000 Americans yearly, triple the amount of 1992. The increase is likely due to thriving tick populations (encouraged by changing climate patterns and booming numbers of tick carriers like mice and deer), as well as to a growing awareness of tick-borne diseases. But if every case were diagnosed and reported, the number would be much higher – possibly as high as 300,000 a year, according to two CDC studies.

Lyme bacteria may also cause Cardiovascular disease, Multiple Sclerosis, amyotrophic lateral sclerosis, (a progressive degeneration of the motor neurons of the central nervous system, leading to wasting of the muscles and paralysis), autism, Parkinson's, gastrointestinal diseases, neuro-degenerative and cardio-arrhythmias says Dr. Cowden. Using Banderol to fight Lyme disease may prevent these other diseases. In Dr. Cowden's "Treatment of Chronic Lyme Disease" he recommends a detox program and the use of herbal anti-microbial protocols that may include Banderol to prevent chronic illnesses caused by Borreliosis, but Dr. Cowden says that recurrences happen often with antibiotics. Most documentation that I have found indicates that many Lyme sufferers also are hosts to the Epstein Barr virus, meaning these individuals also suffer from Chronic Fatigue/Fibromyalgia with Arthritic symptoms.

\*\*\*Eat plenty of garlic – it is a natural antibiotic and immune-booster.

In an article written by Dr. Oz in May 2017 (Oprah Magazine), he writes: Lyme-spreading ticks are not just in New England. Lyme cases are concentrated in the Northeast and Upper Midwest, with 14 states accounting for more than 96 percent of reported cases. However, black-legged ticks, which host the bacteria that cause Lyme, appear to

be on the move. One study shows the black-legged tick in 45.7 percent of counties in the contiguous U.S. (up from 30 percent in 1996). Combine its range with that of the Western black-legged tick and 43 states are on the Lyme map.

Staying out of the woods won't keep you in the clear. Ticks are commonly found in backyards, which means you could be at risk even while gardening, barbecuing, or playing with the kids outside. It helps to keep grass short and to clear tall brush. And if you do live near woods, create a three-foot wide tick barrier around your lawn with wood chips or gravel.

A bull's-eye rash isn't the only way to tell you have Lyme disease. Dartboard circles affect 70 to 80 percent of those who've been bitten by an infected tick. But plenty of people develop the disease without ever spotting a rash. That's why you should know the signs of Lyme: flu-like symptoms including fever, chills, headache, fatigue, swollen lymph nodes, and muscle and joint aches. If untreated, the bacteria can cause neurological issues resulting in neck stiffness, facial palsy, an irregular heartbeat, shooting pains, and numbness, as well as problems with speech and short-term memory. A doctor can do a test called the Elisa, which detects antibodies against the bacteria, and can confirm a diagnosis with a Western blot test.

The sooner you react to a tick, the better. If you're bitten by a black-legged tick that carries Lyme, it usually takes from 36 to 45 hours for the bacteria to be transferred to your bloodstream. "The faster you get ticks off you, the better your chance of not contracting Lyme," explains Heather Hearst, founder of Project Lyme, projectlyme.org, an organization that raises awareness about Lyme prevention and early diagnosis. Make tick checks part of your post-outdoor routine.

Spot that Tick. After


spending time outdoors, scan your body for poppy-to-sesame-seed-size specks. Then closely examine your head and hair, in and around your ears, under your arms, inside your belly button, behind your knees, between your legs, and around your waist. Take a shower; doing so within two hours can wash away ticks before they can transmit Lyme-causing bacteria.

There's only one good way to remove a tick from your skin. Always use a pair of fine-tip tweezers to grasp the tick close to your skin. Then pull straight up with gentle, steady pressure. Do not crush the offending arachnid-flush it down the toilet. Pull out any remaining pieces, then clean the area as well your hands with rubbing alcohol.

Also noted: Antibodies are not always present at detectable levels in people with active Lyme disease, and antibodies may be bound with bacteria so that they are not detectable through most blood tests. Information about state-of-the-art blood testing for Lyme disease is available from the Lyme Disease Information

Resource [www.x-l.net/Lyme](http://www.x-l.net/Lyme). Herbal Suggestions for Lyme Disease include: Cat's Claw Bark, Echinacea sp., Lomatium Root, Siberian Ginseng, Reishi, Shiitake & Maitaki Mushrooms, Ashwaganda, Scullcap, Milk Thistle, Pau D'Arco Bark.

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



## Memorial Day Parade

**Monday, May 27 - 11:00 AM**

Steps off at Woodsville Village Pizza  
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Ceremonies at:  
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