

A FREE PUBLICATION

# TRENDY

20 Pine Street, Woodsville, NH 03785  
Phone: 603-747-2887

National  
Lighthouse Day



Next Issue: Tuesday, August 20  
Deadline: Thursday, August 15

# TIMES

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

AUGUST 6, 2019 VOLUME 10, NUMBER 22

## Hot Sardines Playing Jazz at Colonial

With the support of Woodsville Guaranty Savings bank, The Colonial Theater in Bethlehem, NH is pleased to present The Hot Sardines Friday, August 9.

Fueled by the belief that classic jazz feeds the heart and soul, THE HOT SARDINES are on a mission to make old sounds new again and prove that joyful music can bring people together in a disconnected world.

The Sardines have gone from speakeasies and underground parties in Brooklyn, to festival crowds of 25,000. "That's where jazz lives," adds Evan, "In the playing, in sharing that experience, in coming together to create a moment that won't happen again." In the last two years, the Hot Sardines have been

featured at the Newport Jazz Festival and the Montreal Jazz Festival, have sold out NYC venues from Joe's Pub to Bowery Ballroom, and have released two albums to critical raves and a No. 1 slot on the iTunes Jazz chart in the U.S. and internationally. These mischief-makers of hot jazz have been described as "potent and assured" (The New York Times) and "simply phenomenal" (The Times, London). "Everything in our DNA is about connecting with the audience. That's where we feel most at home," says Elizabeth, of playing live with the eight-piece band (including one wildly percussive tap dancer).

"These are times that need live music. And I don't know of anything that brings

people together like the joy of hearing traditional jazz live," says Elizabeth Bougerol, co-leader of The Hot Sardines, with pianist and band-leader, Evan Palazzo. "This music reaches fans who are 17 or 97, who speak English or Russian or Spanish or Japanese," adds Evan. "It's a joy and an honor to get to play this music around the world."

General Admission tickets for the 8 PM LIVE! at The Colonial performance are \$38 for general admission tickets; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts, Gem Theater and Loading Dock members \$32. Reserved Front & Centers seats (available on-line only) are \$48. 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 hot

jazz 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

## Cider House Cafe

by Gary Scruton

The summer time in northern New England seems to be short lived. This year the spring was wet and it seemed like summer took its time getting here. But now that it has arrived, and is quickly passing, the number of beautiful days is increasing. It was one of those beautiful Sunday mornings that Janice and I with my sister and her husband in tow made a short scenic drive up Benton road (Route 116) out of North Haverhill up to Windy Ridge Orchard and the Cider House Cafe.

My sibling was happy to visit there not only for the food we ordered, but also for the people we were able to see and chat with. My sister's daughter once attended

college with Sheila Fabrizio, and my sister once worked with Dick in the UNH Extension Office, many years ago. In both cases these busy folks took the time to have a short chat with the four of us, not only to catch up, but also to talk about their pride and joy, the orchard and Cafe.

But this column is about the food and beverage we consumed, so back on track. You walk up the front steps, there is a ground level entrance on the side, and enter a reasonably size dining area with the kitchen at the far end. At the counter you will find a stack of menus which you can take back to a table, or stand and study, or just forgo that process and step right up to order from the overhead menus on the wall.

We went over our choices and then one at a time gave our order to Linda (another old acquaintance) who took our orders and gave me the total of \$28.07 to be paid by cash or check. No plastic accepted at the Cider House Cafe.

We ordered a variety of items. Janice got a breakfast burrito. Karen went with a waffle. Paul ordered the Farmer's breakfast, two eggs (over easy) bacon, toast (cinnamon raisin) and home fries. I went with a stack of three of Diane's blueberry pancakes. (When a place is offering pick your own blueberries you almost have to add them to the pancakes. And of course I got the real maple syrup as did my sister. Beverages included two cups of coffee,

a bottle of Hatchland milk and a cup of hot chocolate. We were also given a plate with four fresh donuts and a shaker to take to a table of our choice along with our #8 marker.

We found a great seat just outside the front doors, on the covered porch, with a great view towards Vermont. When our meals were ready they were brought out to us and the empty donut plate was whisked away.

It was now time for the fun part. Consuming some very good food. One of the comments made following the meal was that the servings were just right. Not so much that we were stuffed, but plenty to fill us up.

Janice's burrito was stuffed with all the ingredients you would expect for breakfast along with sour

cream and salsa and home fries on the side.

Karen's waffle was light, fluffy, and not cooked to a crisp like bacon.

Paul's eggs were the way he wanted them, the home fries were cooked to his liking. And the cinnamon raisin toast was filled with raisins and contained enough cinnamon to know it was there and the bacon was perfect.

My pancakes were nice and fluffy and the amount of blueberries let me know that if I wanted to go pick some I might need to hurry because they were using plenty when they cooked with them.

All the way around, a memorable visit, a very tasteful and filling meal, and a setting that would be hard to beat whether it was sunny and bright, or a dreary day.

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## “ATTEN HUT” 11th Annual NHARNG Retiree Luncheon Date Set

The New Hampshire Army National Guard (NHARNG) 11th Annual Retiree Luncheon date has been set for Thursday, September 19, 2019 by the luncheon planning committee. The committee is made up of current and retired Army National Guard members. Our immediate goal is to notify all retired NHARNG members about this upcoming event. Retirees who have not attended prior lun-

cheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave\_follansbee@comcast.net or (603) 623-7757.

This year's luncheon will be at the Joint Force Headquarters building on the State Military Reservation in Concord and will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group

photo is also planned. The luncheon fee is \$7.00 at the door.

If you are an NHARNG retiree and plan to attend the luncheon you should RSVP no later than Friday, September 6th.

The planning committee asks if you know of someone who has retired from NHARNG to pass this information along.

“AT EASE; DISMISSED!”

## Cohase Chamber To Host Free Farm Tour

Join the Cohase Chamber of Commerce on Saturday, August 17th from 10 AM to 3 PM for their Annual Farm Tour. This free event is a great chance to meet the farmers and animals that call the Cohase region their home. Visit with animals including goats, cows, pigs, piglets, horses, mini-ponies, bunnies, guinea hens, chickens, turkeys, cattle, and a variety of other farm animals!

Learn more about dairy farming, cattle ranching, cheese production, vegetable farming, egg production, soap making and more! This is a self-guided tour so visitors can visit all the farms or just the ones of interest.

Participating farms this year include Robie Farm in Piermont, NH; Stone-Fen farm in Pike, NH; Birch Ridge Farm in Bradford, VT; Grafton County Farm in North Haverhill, NH; and Hillbilly Heaven Goat Farm

in Newbury, VT. For more information, a list of participating farms and a downloadable map, visit the Cohase Chamber online at www.cohase.org, email them at cohasechamber@gmail.com or call them at (802) 518-0030. Maps/guides are also available at various locations throughout the region. For a

full list of locations, visit the Chamber WEB site at www.cohase.org.

This event is sponsored by WYKR, Woodsville Guaranty Savings Bank, Valley Floors, Tilden Electric, Blackmount Equipment, Chapman's Store, Eastman Electric and Upper Valley Coffee Roasters.

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## Landaff Old Home Day

Landaff Old Home Day, Saturday August 17 to benefit the Landaff Volunteer Fire Association. Auction 9 am-12 pm outside the fire station -furniture, baked goods, gift certificates, and more! Benefit Supper 4:30 or 5:30 pm -ham, beans, pies, and more! Free concert with Parker Hill Road Band 5:30 to 7:30 pm. To donate auction items or a seat for the supper call 603-838-6870/8908.

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## The Denny Report

by NH State Representative  
Dennis Ruprecht

### Northern Pass Defeated: Lessons in Common Ground



After a decade long fight that concluded in the New Hampshire Supreme Court unanimously upholding the state Site Evaluation Committee's (SEC) rejection of the Northern Pass project, Eversource has officially pulled the plug on the controversial energy proposal. In a statement released last week, Eversource said that, "after evaluating all potential options following last week's decision by the New Hampshire Supreme Court on Northern Pass, it is clear there is no path forward for the project." Acknowledging Northern Pass' conclusive defeat Governor Chris Sununu, one of the project's most ardent supporters, said that "The Court has made it clear – it is time to move on."

I, like many others, am pleased to see the Northern Pass campaign come to an end. As we breathe a collective sigh of relief, we can also reflect on what the 10 years of coordinated resistance has taught us. Northern Pass provided an opportunity for common ground,

bipartisanship, and coalition building as well as self-termination and grassroots organizing. People from different groups - with different goals, backgrounds, and aspirations - coalesced behind one common cause and varying common values.

We all know there is often disagreement on the fundamental issues of our time and place, but what has unfolded in the case of the Northern Pass project is inspiring. When I ran on defeating Northern Pass, it was aspirational. I cannot accept credit for the outcome, but can take pride in knowing that I, like so many others, added my voice in opposition and that our collective voice made the difference. It is easy to feel unheard and alienated from government and today's political process, but know that it was ordinary people coming together that tipped the scales. In many ways it evokes the American story - one of ordinary people doing extraordinary things.



## The Governor is Right!

With no resolution or compromise in sight, New Hampshire's statewide budget struggle remains deadlocked. Democrats are claiming that their business tax plan as reflected in the vetoed budget, is simply a "tax freeze," implying that they want to keep rates right where they are, but the truth is that their budget actually proposes a retroactive tax increase.

The NH Business Profits tax rate for the current period is 7.7% and .6% for the Business Enterprise Tax. Businesses are currently making estimated payments based on those rates. In the Democrat budget bills, those rates go to 7.9% and .675% respectively, for the same taxable period.

This means that businesses that have already made payments based on the lower rates will need to go back and pay more. They will also pay the proposed tax increases moving forward. In total, the budget that Governor Sununu rightly vetoed raised business taxes more than \$100 million.

Currently, every business organization, structured for gain or profit carrying on business activity in New Hampshire is subject to the

NH Business Profits tax. However, organizations with \$50,000 or less of gross receipts from all their activities are not required to file a return. The business enterprise tax is required of certain enterprises, specifically those that have \$150,000 or more in gross business receipts.

In 2016, of all the entities that paid the business enterprise tax, more than 40% were proprietorships. A "proprietor" is often considered the owner, a person or entity having exclusive right or title, such as an owner of real property. The proposed budget presented by the legislature and fortunately vetoed by the Governor would have raised that tax by 12.5%. Increases such as this will have a negative impact on businesses across the board, not just big corpora-

tions as some may claim. The New Hampshire Business Industry Association "supports a low and reasonable tax burden for New Hampshire business and a fiscally responsible government. Lower taxes help businesses remain profitable and competitive and encourage them to relocate or expand in New Hampshire." A strong business climate equals job growth.

Whether you agree or disagree that keeping business taxes low helps our economy, the people of New Hampshire deserve the honest truth. Business Taxes proposed in the legislative budget package are a retroactive tax increase, and I question Democrats who say that the proposed budget contains a rate freeze on business taxes when it is clearly not.

Respectfully Submitted,  
Representative Rick Ladd,  
Haverhill  
Ranking Education  
Committee Member

## White Mountain DAR To Meet

The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Monday, August 12, gathering at 10:00 AM at the Whitefield Public Library parking lot, 8 Lancaster Road (Route 3 North), Whitefield. From there, transportation will be arranged to the Chapter's Adopt A Highway section of

Route 116 for clean-up. Immediately following the highway clean-up, the regular meeting of the Chapter will commence with a picnic at Forest Lake. Beverages and dessert will be provided to accompany your brown-bag lunch. Please bring a blanket, chair, swimsuit, kayak, etc., for a fun time at the beach.

Guests and the public are welcome and always cordially invited to attend DAR meetings.

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

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# Tour of Iconic One Room Schoolhouses in Newbury



A museum, a house, a chapter meeting place and a church, what do these places have in common? They all started their life as one room schoolhouses and are part of the "Tour of Iconic One Room Schoolhouses in Newbury" that the Newbury Historical Society is conducting on August 18th.

The tour will begin at 2pm the Society's Museum, the former West Newbury School located at 155 Tyler Farm Road and end at the Seventh Day Adventist Church in South Newbury. In between the tour will include stops at a schoolhouse now being used as a residence, one that is preserved and is on the National Register of Historic Places, one that was being used as a preschool until 2017, and one which is the Chapter House for the Daughters of the American Revolution.

Participants will caravan from schoolhouse to schoolhouse and will be encouraged to carpool as we leave West Newbury. At each stop, the owner or representative will give a brief history of the schoolhouse and a chance to see the building and ask questions. Each schoolhouse is unique in its design, style, and size, but all were part of the Newbury education system which at one time was comprised of 21 school districts. The tour will also include "drive-bys" of two other former one room

schoolhouses and the early 20th century Newbury Town School.

Light refreshments will be served at the Seventh Day Adventist Church, the last stop of the tour.

It should be noted that not all of the buildings are completely ADA accessible. The SDA Church where refreshments will be served is ADA accessible.

This program is free and open to the public. Reservations are not required, but would be helpful for planning. For more information and to make reservations contact Emmy Hausman at (802) 584 3874 or emmy@hausman.net or the Newbury Historical Society at newburyhistorica@gmail.com

# Theater Goers Visit Narnia At OCT

by Gary Scruton

To my way of thinking the first steps to any on stage production is the choice of a good script. When that script happens to follow a story that so many already know then the job can be either much easier, or much harder. Compliments therefore need to be sent to Joseph Robinette who adapted "The Lion, The Witch & The Wardrobe" to the stage production currently playing at Old Church Theater.

The second step to a production needs to be the selection of a cast. When that cast includes close to 20 participants, many of whom have yet to reach their teens, while others have dozens of performance credits to their names, the task can also be easy or hard. Again credits go to the co-directors of this performance.

Another aspect of a good production is to be sure all those cast members know their lines, take their cues on time, and make it to their marks, especially during scenes with plenty of action. Once more cudos to the actors, directors, and even the stage hands.

When all of these aspects come together you get sold

out performances and an audience that fully enjoys the production in front of them. Once more a check mark for the Old Church Theater.

The one sad part is that if you do not already have reservations for the final weekend of The Lions, The Witch and The Wardrobe, you have missed a solid production, unless someone who reserved seats doesn't show up and you are there on "stand by". From the youngest to the most ex-

perienced, from the Witch (or Queen) who even made the audience jump with her commands, to the Lion (aka Aslan) who really roared, the performers did their jobs well. Solid marks all the way around for this latest Old Church Theater production..

The good news is that there are still two more upcoming productions before the season wraps up. If they follow in the footsteps of this current production, be sure to make your reservations early.

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Rt.10, North Haverhill, NH

Aug. 11 & 18 at Woodsville UMC  
Maple Street, Woodsville, NH

Aug. 25 at North Haverhill UMC

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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, AUGUST 6

HONORING PETER AND ELKA SCHUMANN:  
BREAD AND PUPPET RECEPTION  
7:00 PM  
St. Johnsbury Athenaeum

## WEDNESDAY, AUGUST 7

VILLAGE HARMONY  
6:00 pm  
On the Common, Haverhill

## THURSDAY, AUGUST 8

WHITE MOUNTAINS JEWISH FILM FESTIVAL  
5:30 Guest Speaker - 7:00 Film  
Colonial Theater, Bethlehem

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

## FRIDAY, AUGUST 9

SUMMER SUPPER  
5:30 pm  
Groton Methodist Church, Scott Hwy, Groton

THE LION, THE WITCH & THE WARDROBE  
7:00 PM See Ad on Page 16 & Article on Page 5  
Old Church Theater, Bradford

## THE HOT SARDINES

8:00 PM See Article on Page 1 & Ad on Page 5  
Colonial Theater, Bethlehem

## SATURDAY, AUGUST 10

WEST NEWBURY SUMMER FESTIVAL  
8:00 AM - 2:00 PM - See Ad On Page 7  
219 Tyler Farm Road, West Newbury

## NH FARM TO FORK FESTIVAL

9:00 AM - 3:00 PM -  
85B Angels Road, Colebrook  
See Ad on Page 16 & Article on Page 7

## NOTCH ABOVE PHOTO CLUB

1:00 - 3:30 PM at the  
Bethlehem Public Library.

## ACT AUGUST 'SHOES & BREWS

2:00 - 5:30 PM - See Article on Page 9  
Bethlehem

## SHAKER BAND CONCERT

5:00 - 7:00 PM  
Railroad Park, Central St., Woodsville

## THE LION, THE WITCH & THE WARDROBE

7:00 PM See Ad on Page 16 & Article on Page 5  
Old Church Theater, Bradford

## SUNDAY, AUGUST 11

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

## THE LION, THE WITCH & THE WARDROBE

2:00 PM See Ad on Page 16 & Article on Page 5  
Old Church Theater, Bradford

## MONDAY, AUGUST 12

WHITE MOUNTAINS CHAPTER, DAR  
10:00 AM - See Article on Page 4  
Whitefield Public Library, 8 Lancaster Road

## ROSS-WOOD UNIT #20 AMERICAN LEGION

AUXILIARY MONTHLY MEETING  
6:00 PM  
Post Home, 4 Ammonoosuc Street, Woodsville

## WEDNESDAY, AUGUST 14

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

## THURSDAY, AUGUST 15

VFW POST #5245 MONTHLY MEETING  
7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, AUGUST 16

SUMMER SUPPER  
5:30 pm  
Groton Methodist Church, Scott Hwy, Groton

## SATURDAY, AUGUST 17

LANDAFF OLD HOME DAY  
9:00 AM-Noon Auction / 4:30 Supper / 5:30 Concert  
Landaff Fire Station  
See Article on Page 3 & Ad on Page 11

## COHASE CHAMBER FARM TOUR

10:00 AM - 3:00 PM  
See Article on Page 3 & Ad on Page 9

## SUNDAY, AUGUST 18

BENEFIT TEXAS HOLD 'EM POKER  
11:00 AM Cash Game - 1:45 PM Tournament  
American Legion Post 30, Rt. 5, Lyndon

## NEWBURY ONE ROOM SCHOOLHOUSE TOUR

2:00 PM See Article on Page 5 & Ad on Page 15  
Society's Museum, 155 Tyler Farm Road

## HISTORY OF THE CHRISTIAN DENOMINATION

3:00 PM  
Old Goshen Church, Bradford

## MONDAY, AUGUST 19

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

## TUESDAY, AUGUST 20

THE CIVILIAN CONSERVATION CORPS IN NH  
7:00 PM - See Article on Page 15  
Alumni Hall, 75 Court St. in Haverhill Corner

## THURSDAY, AUGUST 22

WHITE MOUNTAINS JEWISH FILM FESTIVAL  
5:30 Guest Speaker - 7:00 Film  
Colonial Theater, Bethlehem

## FRIDAY, AUGUST 23

SUMMER SUPPER  
5:30 pm  
Groton Methodist Church, Scott Hwy, Groton

## SATURDAY, AUGUST 24

MIKEY WILLIAMS ALUMNI SOCCER GAME  
11:00 AM & 1:00 PM- See Ad on Page 7  
Woodsville High School

# Ongoing Weekly Events

## MONDAYS

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

**TOPS (TAKE OFF POUNDS SENSIBLY)**  
6:00 PM - Peacham School  
**KIWANIS CLUB OF ST JOHNSBURY**  
6:15 PM - VFW Post, Eastern Ave.

**DRAWING FROM LIFE** - 6:00 - 8:00 PM  
Joseph Patch Library, Warren

## MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS**  
10:30 AM - 11:30 AM  
Linwood Senior Center, Lincoln  
**RSVP BONE BUILDERS**  
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 LUNCHESES 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

LISBON BIBLE CHURCH, WOODSON ROAD

Sunday School 9:15 AM

Worship 10:30 AM Bible Study 6:00 PM

NORTH DANVILLE BAPTIST CHURCH (ABC),

Worship and Sunday School, 9:30 AM

Refreshments at 10:20 a.m.

**CRIBBAGE** - 1:00 PM  
American Legion Post #83, Lincoln

# Horse Meadow Senior Center

Lunch is served daily at 12:00, except when noted  
 Breakfast Buffet: Every Tuesday @ 8:30-10:00  
 Find-a-Sticker Aug. 7th @ Noon  
 50/50 Raffle Aug. 14th @ Noon

\*Meals are available M-F for home delivery.

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

## SPECIAL DAYS:

Horse Meadow Senior Center 19th Anniversary on 8/22, Carnival Themed, Music, Games, Raffles

## ENTERTAINMENT: Starts

between 11&11:15  
 Phyllis: 8/13, 8/27  
 The Boy-z: 8/21  
 Ethel Cooper: 8/15, 8/28  
 Bob Benjamin: 8/8, 8/29  
 Wayne Klinger: 8/19  
 Carl, Gloria & friends: 8/7  
 Barry Hayes: 8/9, 8/14, 8/30  
 Marshall Meade: 8/26  
 Byron Berwick: 8/6

## CLINICS:

August 9: Foot Clinic with Beverly Sinclair, RN (Call Center to schedule appt. 603-787-2539)

August 19: Foot Clinic with Susan Hanna Rose from 9-12pm Call center for appt.

ON-GOING ACTIVITIES:  
 Domestic Trauma Support Group @ 10:45, Thursday 8/15

Grief Support with Florence 8/7 at 10:30 in the library  
 Healthy Lifestyle Share on Thursday 8/8 at 10:30

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:30

Interfaith Fellowship & Coffee beginning at 9:30 on 8/6, 8/20 w/ Pastor Wayne Chevalier All welcome!

Hearts & Hands Quilting: Mondays @ 1:00

Herbal with Elaine on Friday 8/9, 8/23 @ 12:30

Nifty Needlers: Every Tuesday 9:00-2:00

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00  
 Haircuts by Marshall Mead 8/19 & 8/26 @ 1:00 Cost is \$10

Floral Arrangements w/ Jane: Thursday 8/8 @ 9:30  
 Mahjonnig: Every Friday @ 9:30

Cribbage: Thursdays @ 12:30

Hand and Foot Cards: Fridays @ 12:30

Beginners Quilting: Wednesdays @ 1:00

Massage by Donna Paye 8/6, must call or stop in to set up appointment time

Giggles, another way to exercise with Cindy Wellman. For all ages & people with mobility issues

Summer Bocce/Lawn Bowling 8/9 from 1:00-2:00

Art/Painting with Barb Thursdays at 9:00

\*Also, Please consider volunteering here at Horse Meadow

## New Earth Organic Farm To Host Local Farm Festival

Colebrook, NH August 10, 2019, 9am-3pm - The 1st Annual NH Farm to Fork Festival is a networking event put on and hosted by New Earth Organic Farm, in collaboration with La Cite Ecologique of NH Ecovillage, located at 85 Angels Road, in Colebrook, NH, to promote the local food movement in our region and encourage local communities and businesses to support local farmers. Join us for a day of celebration, exploration and education during this free-of-charge event that will have live cooking demonstrations, supervised children's activities, interactive booths, workshops, presentations from local farmers including Mi-

## New England Lighthouses and the People Who Kept Them

Bath Public Library has received a grant from New Hampshire Humanities to present Jeremy D'Entremont, "New England Lighthouses and the People Who Kept Them" on Saturday, August 31st at 2:00 pm at the Bath Public Library.

Everyone knows there's "something about lighthouses" that gives them broad appeal, but their vital role in our history and culture is little appreciated. Our early nation was built on maritime economy, and lighthouses were part of the system that made that possible. Due to automation, traditional lighthouse keeping is a way of life that has faded into the past. Jeremy D'Entremont tells the history of New England's historic and picturesque lighthouses primarily focusing on the colorful and dramatic stories of lighthouse keepers and their

families. Jeremy D'Entremont has written more than a dozen books and 300 articles on lighthouse history and other maritime topics. He is the official historian of the American Lighthouse Foundation and the founder of Friends of Portsmouth Harbor Lighthouses. D'Entremont has lectured and narrated cruises from Maine to California, and his photographs have appeared in many books and magazines. He is also editor of the website "New England Lighthouses: A Virtual Guide" at [www.newenglandlighthouses.net](http://www.newenglandlighthouses.net). He emphasizes the rich human history of lighthouse keepers and their families in his presentations.

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](mailto:bathlibrarykjb@gmail.com)

## Orange East Senior Center

Orange East Senior Center's Activities and Events for August 2019  
 176 Waits River Rd. Bradford, VT 05033  
 802-222-4782

Lunch is served daily at 12:00. Meals are available M, W, & F for home delivery.  
 BINGO every Monday at 6 pm, doors open at 5 pm. Everyone is welcome.

OESC Snack Bar available and open throughout the evening.

## CLINICS:

Foot Clinics dates this month are 8-14 & 8-28-19. Call OESC to make an appointment. Foot care provided by Susan Hanna Rose, RN.

Blood Pressure and Wellness Clinic on 8-16-19 from 10:00 AM to 1:00 PM

Chair Massages are happening once a month. Indulge and Call the center for an appointment on 8-16-2019, Tuesday. The cost is \$15 for 15 minutes, with the

4th session free. Donna Paye is the licensed massage therapist.

## ENTERTAINMENT:

Music - Barry Hayes 8-2 & 8-16-19

Music - The Boy-z on 8-9  
 Music - No Strings Attached on 8-23-19

Starts between 11 & 11:15

## ON GOING:

Exercise Classes every Monday, Tuesday, Thursday and Friday at 9:00am

Line Dancing every Tuesday at 10:00 am

Computer Class each Wednesday at 10:00 pm (this class changes back to 3:00 PM in September)

Tai Chi Practice is every Monday at 10:00. Everyone is welcome to join this group.

## 13th Annual MIKEY WILLIAMS Alumni Soccer Game

Saturday, August 24 • 11 am & 1 pm  
 Woodsville High School

### featuring

WHS Womens Alumni vs. WHS Girls Varsity Soccer Team

WHS Mens Alumni vs. WHS Boys Varsity Soccer Team

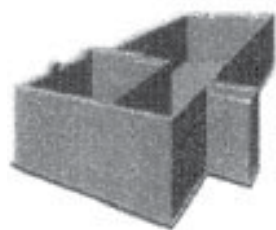
Alumni or community members who would like to play, volunteer or make a donation, please contact:

DAVID ROBINSON at 603.359.9330

Proceeds go towards

The Mikey Williams Memorial Fund to benefit WHS boys and girls soccer players

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## WEST NEWBURY SUMMER FESTIVAL



SATURDAY, AUGUST 10

8:00 am - 2:00 pm

ALL DAY: Silent Auction, White Elephant Sale, Bake Sale, Music

Morning Pastries by Maddie Cakes (8:00 - 10:30)

Digital Slide Shows by Ian Clark (9:00 - 2:00)

Vintage Ads Exhibit (9:00 - 2:00)

Historical Society Schoolhouse Open House (10:00 - 2:00)

(Annual Meeting at 2:30)

"All In A Day's Work" Parade (10:30)

Ribs Barbecue - Adults \$10/Kids \$5 (11:30 - 1:30)

Sweet Treats (12:00 - 2:00)

219 Tyler Farm Road, West Newbury, Vermont

[westnewburyhall.org](http://westnewburyhall.org)

or 802-310-0319 for more info





## “Under Steam” A Photographer’s Quest for Steam Locomotives

Once, more common than automobiles, steam locomotives have become nearly extinct in North America. Today, approximately 200 steam locomotives remain capable of pulling trains in the United States and those are all museum pieces. West Newbury based photographer, Ian Clark has traveled the world, from mundane locations such as Inner Mongolia to the exotic Barnet, Vermont in search of working steam engines. He’s photographed over 120 different engines under steam.

Join the Bradford Historical Society (BHS) on Sunday, September 8, at 3:00 p.m. in the Bradford Academy Auditorium as Mr. Clark will present a slide-show of a variety of steam engines from across America. Admission is free and everyone is welcome.

Mr. Clark spent many



Photo courtesy of Ian Clark

years operating commercial photo labs and tackling technical photographic problems, including a stint as the Manager of the Photographic Section at NASA’s Langley Research Center. He has a B.S. from the Rochester Institute of Technology and did his Master’s work at the S.I. Newhouse School of Public Communications at Syracuse University. He has been a news stringer off and

on since 1975. For many years, he has traveled extensively to photograph railroads, focusing on remaining steam locomotives. Locally, he’s best known for his sports photos in the local papers. In October 2018, he was accepted as a Juried Member of the League of New Hampshire Craftsmen. The Bradford Historical Society is very pleased to host Mr. Ian Clark and his interesting photographs of Steam Locomotives here in Bradford, VT on Sunday, September 8, 2019.

Bradford was a railroad town when steam engines were popular. So popular, in fact, Bradford had two stations in town, one called the Bradford Station on Depot Street and, the other the Piermont Station just east of the junction of Route 5 and 25.

Last year, BHS hosted several events to celebrate the photography of Philip Ross Hastings, a former Bradford resident and Bradford Academy Alumnus, who was known for his railroad photography. The BHS museum will be open an hour before and after the September 8th slide show for those who wish to visit the Hasting display.



North Haverhill Fair Association President David Lackie (l.) stands next to a sign that indicates one of the future additions to the North Haverhill Fair landscape. Susan & Eden Aldrich (r.) of Beth, NH kicked off the fundraising campaign with a very generous \$5,000 donation. The fair association has already collected many farm antiques and now needs to construct a building to house them all.

## Bee Happy! ACT Speaker Talks Bee Friendly Meadows in Whitefield

WHITEFIELD – Is your outdoor space bee friendly? You might be wondering why it matters? Or what could you do to improve it? Join the Ammonoosuc Conservation Trust (ACT) at the Summit by Morrison in Whitefield to learn all about making your slice of the outdoors bee friendly and why you’d even want to! Our special guest speaker, is UNH Extension Professor and Landscape Horticulture Specialist, Cathy Neal.


Cathy will talk about what bees need for food, nesting sites, and safe habitats as well as how to meet those needs in your own garden and landscape. She will also talk about how to create a wildflower meadow at home on a small or large scale.

Complementing her Extension work, Cathy is also a researcher with the NH Agricultural Experiment Station (NHAES) with a focus on how to best establish wildflower meadows in New

Hampshire. Her research especially focuses on wildflower meadows as a way to ensure a healthy ecosystem which includes pollinator and wildlife habitat, biodiversity, water and soil conservation, human connection to nature and beauty, and more.


This evening lecture, part of ACT’s monthly speaker series, is free and open to the public and donations are welcome and gladly accepted. The program is geared toward adults and older children, but all are welcome. Save your spot by pre-registering at <http://www.act-nh.org/education-events>. Everyone who preregisters is entered to win a cool door prize!

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve land the North Country loves. Learn more and become a member at [act-nh.org](http://act-nh.org) or by calling (603) 823-7777.



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# ACT's August 'Shoes & Brews Heads Back to Bethlehem!



BETHLEHEM – Looking to find a local trail system with a few mountain views, some rivers and creeks, great birding, and an experimental forest? Join the Ammonoosuc Conservation Trust (ACT) for its August 'Shoes & Brews in Bethlehem on Saturday, August 10 from 2:00 to 5:30 p.m.! Come and explore a little-known corner of the White Mountain National Forest being maintained by the Bethlehem Trails Association (BTA) for both hiking and mountain biking.

For the 'Shoes, we'll stroll along old wide roads and a few narrower wooded trails. The loop is about 2.5 miles total with minor to moderate elevation gains (~200 ft). We'll walk at a conversational pace with plenty of breaks for water and to take in the views of the Gale River and nearby mountains. Kids are encouraged to come along and dogs are also welcome!

We'll then head to the Wayside Inn in Bethlehem for the Brews part of the event to enjoy some snacks and refreshments. A big thanks to the Wayside Inn for sponsoring this event by providing ACT drink specials and snacks! Come to catch up with old friends and get to know new ones. All are welcome and are free to come and go as needed. The Brews will officially run from 4:00 to about 5:30 p.m. but

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capped at 20 participants for your safety and enjoyment, so please be sure to register ASAP. Registration for the Brews is not required but is very much appreciated to help organizers plan accordingly. Registration closes at noon on Friday, August 9. To sign up today go to [act-nh.org/education-events](http://act-nh.org/education-events).

ACT's 'Shoes & Brews events are a great way to get outside, explore new places, meet new friends, and enjoy some delicious local fare. Check the ACT website or sign up for our monthly E-News to find out about future 'Shoes & Brews and other ACT events.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at [act-nh.org](http://act-nh.org) or by calling (603) 823-7777.

you're invited to stay and enjoy a full meal at The Wayside Inn's lovely restaurant.

Not able to make it to both portions of the event? You can join either or both. If you're only coming to the Brews, bring a friend(s)!

Registration for the 'Shoes is required and is

## TRAIN RIDES

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### Letter to the Editor

To the editor,

#### Elaine French fails her own 'litmus test'

Rep. Elaine French's letter (Concord Monitor, July 24, 2019) attacking Governor Sununu's nomination of Gordon MacDonald to be the Chief Justice of the New Hampshire Supreme Court is not only laughable, but hypocritical. French states that MacDonald (the present NH Attorney General) is not qualified to be the Chief Justice of the New Hampshire Supreme Court because he in part "...has zero judicial experience..."

MacDonald graduated from Dartmouth, earned his law degree from Cornell, helped create our first Civil Rights office, volunteered for the NH Domestic Violence Program, and raised money for NH Civil

Legal Assistance. Additionally, MacDonald received glowing bipartisan recommendations and endorsements from lawyers and judges (including past NH chief justices) and no fewer than 18 past presidents of the NH Bar Association which serves the NH legal community, the NH court system, and the NH public. Some of these individuals spoke out, not only because they found MacDonald to be eminently qualified, but they were horrified that a partisan litmus test was being applied to an area of government that should be as free of politics as possible.

Rep. French of Littleton, whose district includes Bethlehem, Franconia, Lisbon, Littleton, Lyman, Monroe, and Sugar Hill, has served just 6 months in the NH Legislature. Her legis-

lative record indicates she earned an "F" by fellow colleagues. By her own standards of "experience," Rep. French should take a look at her own web page for NH General Court. It's shocking! Prior to serving in the House of Representatives, was she elected to serve as supervisor of the checklist? No. Has she served as library trustee? No. Has she been town clerk? No. How about election to the school board? No. Has she served as selectman? No. Rep. French has no prior experience holding any elected office.

Based upon Rep. French's own "litmus test," which even she herself cannot pass, maybe she should consider stepping down as our "representative."

Nick De Mayo  
Sugar Hill

Nick,

Let me point out a couple of obvious points. One is that our local elected representatives are just that, elected. More importantly they are elected by the voters who take the time to go to the polls during elections. A second point is that as you mentioned Rep. French is one of those representatives who is elected by a very large number of voters. She is from what is called a "floterial" district. In my humble opinion, it is a very unbalanced way of representing our voters. I am not sure how many voters are included in all those towns, but it is certainly much more than the "average" district. The third point is that our representatives are supposed to be just that, representing the citizens they are elected

to serve.

Another point I would like to make is that in order to be a member of the highest level of any group, it is normal for that person to have at first been a part of the lower level of that group. Following that thought it would lead one to believe that in order to be a NH Supreme Court Justice, one should have at least some lower court experience.

I thank you Nick for your comments and your points. I encourage you, and all others, to continue putting your thoughts in print and expanding the knowledge of the voters before our next visit to the polls.

Gary Scruton, Editor

## Woodsville and North Haverhill United Methodist Churches Welcome Reverend David Palmer

The Woodsville and North Haverhill United Methodist congregations welcomed our new spiritual leader on Sunday, August 4, 2019 at a combined service in North Haverhill.

Rev. David Palmer has been a pastor in the United Methodist Church since graduating from Fuller Theological Seminary in 2003, most recently for ten years at Temple City UMC in California. While at Temple City he encouraged the growth of the church congregation and created new ministry for children. Rev. Palmer also served as president of the Temple City Coalition for the Homeless, leading an ecumenical community effort to respond to the spiritual and practical needs of homeless individuals and families. Prior to obtaining his Master of Divinity in 2003, he served as a missionary in Russia for one year, and in the United States for two years.

Rev. Palmer grew up overseas as a military dependent and has a heart for displaced people. Although moving to NH from southern CA, he is no stranger to winter weather. Much of

his childhood was spent in northern Germany. His wife, Beth, grew up in the Vermont/New York area. Winter and our distinct seasons will be new for their son, Ethan, however. The family is taking time to visit many notable landmarks across the US as they make their journey eastward prior to moving into an ancestral home of Beth's family in North Sandwich, NH.

In addition to ministry, Rev. Palmer enjoys running, swimming and bike rides, and hopes to complete requirements for his Doctorate of Ministry with focus on missional engagement by year's end.

Rev. Palmer will be present in our community on established days and looks forward to getting to know the area and the people.

Combined services will continue through August at 10AM: Aug. 11 & 18 at Woodsville United Methodist Church on Maple Street, and Aug. 25 at North Haverhill United Methodist Church on Rt. 10. We welcome you with Open Hearts, Open Minds, and Open Doors.



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**Landaff Old Home Day Fire Association Fundraising AUCTION**  
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Not all Times are Trendy, but there will always be Trendy Times August 6, 2019 Volume 10 Number 22



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## How Does Social Security Fit Into Your Retirement Income Strategy?

It might not be on your calendar, but Aug. 14 is Social Security Day. Since it was enacted on Aug. 14, 1935, Social Security has provided some financial support for millions of Americans during their retirement years. While Social Security benefits, by themselves, probably aren't enough to enable you to retire comfortably, they can be a key part of your overall retirement income strategy – if you use them wisely.

To help you make decisions about Social Security, you will need to answer these questions:

When should I start taking my benefits? You can take Social Security once you reach 62, but if you wait until your full retirement age, which will probably be between 66 and 67, you'll get much bigger monthly checks, and if you wait until 70, you'll get the biggest possible payments. Before deciding when to begin receiving your benefits, you'll need to weigh a few factors, including your estimated longevity and your other sources of income.

How should I consider potential spousal benefits? If you are married, or if you're divorced but were married for at least 10 years, you could receive up to half of your spouse's full retirement benefit

(offset by your own benefit, and reduced if you claim early). If you outlive your spouse, you could claim survivor benefits, which can provide either your own benefits or 100% of your deceased spouse's, whichever is larger. Consequently, the higher-earning spouse might want to postpone taking benefits for as long as possible to maximize the survivor benefit.

How much can I earn without reducing my Social Security benefits? If you are younger than your full retirement age and you are receiving Social Security, the Social Security Administration will withhold \$1 from your benefits for each \$2 you earn over a certain threshold (which, in 2019, is \$17,640). For the year you reach your full retirement age, your benefits could be withheld by \$1 for every \$3 you earn over \$46,920. But once you reach your full retirement age, you can earn as much as you want without your benefits being withheld, although your benefits could still be taxed, depending on your income.

How much of my pre-retirement income will Social Security replace? Generally speaking, you should expect Social Security to replace slightly more than a third of your pre-retirement income. However, the higher your income during your working years, the lower the replacement value of Social Security will be.

What other sources of retirement income should I develop?

Contribute as much as you can afford to your IRA and your 401(k) or similar employer-sponsored retirement plan. You may want to consult with a financial professional, who can look at your entire retirement income picture and recommend moves to help you achieve the lifestyle you've envisioned for your later years.

Keep in mind that your decisions about Social Security filing strategies should always be based on your specific needs and health considerations. For more information, visit the Social Security Administration website at [socialsecurity.gov](http://socialsecurity.gov).

One final word: You may have concerns about the stability of Social Security. While no one can predict the future, many potential solutions exist to put the program on more solid footing. Consequently, try to focus on the actions you can control.

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

*This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.*

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# THANK YOU!

*We wish to thank the thousands of visitors, near and far, who attended this year's 75th Annual fair.*

*Many thanks also to the over 300 volunteers who helped make all the regular as well as the special anniversary events possible.*

*Plus a huge and heartfelt thanks to our many business sponsors for their enthusiasm in supporting the fair.*

*Finally, a thank you and congratulations to the hundreds of competitors at this year's fair.*

*The all volunteer Board of Directors and Officers of the North Haverhill Fair thank one and all, and wish you a great 12 months until we meet again, July 22 - 26, 2020 for the 76TH ANNUAL NORTH HAVERHILL FAIR*



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## Sally Sweet-Jenks: OBITUARY

North Thetford, VT - Sally Sweet-Jenks, 74, of School House Hill Road died Tuesday, July 23, 2019 at her home.

She was born December 24, 1944 in Lyme, NH the daughter of Kenneth Bragg and Alice Lamontagne. She was a 1963 graduate of Thetford Academy. After graduation, she married Rodney Sweet who died in 2007.

Mrs. Sweet-Jenks loved children and took care of many neighborhood kids. She enjoyed reading, traveling, genealogy, music and playing the piano. In April of 2009 she married Robert Jenks in South Strafford, VT. She had known Robert from birth, since they were both born in the Hattie Wise Maternity Home in Lyme, where their mothers shared a birthing room.

She is survived by her husband, Robert of North Thetford, VT, a son, Ronald Sweet of Thetford, VT, two daughters, Donna (Clayton) Hill and Brenda (Robert) Cole, both of Thetford, VT, a step-son, Michael Jenks of Worcester, MA, ten grandchildren, three great-grandchildren, a sister, Irena



(William) Jones of Thetford, VT, a brother, David Bragg of East Calais, VT, a brother-in-law, Robert (Victoria) Sweet of West Fairlee, VT, a sister-in-law, Jeanette (Calvin) Hutchinson of West Fairlee, VT, a sister-in-law, Fran Bragg of Thetford, VT and numerous nieces, nephews and cousins.

Mrs. Sweet-Jenks was predeceased by a step-daughter, Robyn Jenks, a brother, Carroll Bragg, a brother and sister-in-law, Stuart "Hank" Sweet and Jody Sweet, and a great-granddaughter, Lillian Eaton.

A Celebration of Life will be held Saturday, August 17, 2019 at 2 pm in the North Thetford Church Vestry in North Thetford, VT. Arrangements are by Hale Funeral Home in Bradford, VT.

## Water, Water Everywhere

by Maggie Anderson

I overheard a conversation last week that reminded me of one of our family's many sojourns into the southern states, one of those during which Dad snapped out "OPEN" and "CLOSED" signs to pay our expenses along the way. Sometimes he painted billboards too but mostly smaller signs that could be whipped out in a short time so we could be on our way again.

One year he painted a giant slab of lemon meringue pie with huge droplets of juice dripping down its side. The slice was about 8 feet tall and it was commissioned by a restaurant near Webb City, The World's Largest Drug Store at the time, in St Petersburg, Florida.

My brothers and I loved Webb City. My oldest brother loved teasing the huge parrot at the back entrance but my brother, David, and I were out of our minds for the gigantic cones of whipped raspberry ice cream. The cones had a regular handle but spread out at the top into the shape and size of a banana boat for a banana split, they were huge and they were only nine cents apiece. We lived for the chance to stand in line and order a whipped raspberry cone.

Over sixty years later I can still feel the chill of it on my tongue and the taste of creamy soft, nearly intangible raspberry ice cream. It was like nothing I ever had before, have not had since and sadly, know I will not taste again.

Adjacent to the ice cream counter were two water fountains, each with a sign overhead. One marked WHITE and the other BLACK. One day I was desperately thirsty waiting for my double-scoop, whipped raspberry cream delight and, since there was a long line of kids waiting at the WHITE fountain and nobody at the BLACK one I walked up to the BLACK fountain and quenched my eight-year-old's thirst.

A gasp passed through the crowd of waiting children like a harsh wind through a pine forest. I didn't understand it, couldn't see the problem. I hadn't taken cuts in front of anybody and nobody was waiting for a drink at the BLACK fountain, their reaction was just so weird to me.

By the time I was eight years old my family had traveled all over this country, we'd met people of every kind and color, every political or religious persuasion, so to me there wasn't any reason not to grab a drink from either fountain as long as I didn't step in front of anybody else.

I reasoned that water was water and I was thirsty. Did all those people think the builders went to the expense, not to mention the time, to plumb the two fountains from a separate source? It just seemed ridiculous to me.

In our travels I learned through experience that fear and hatred must be taught, when left on our own at swimming pools and city parks we played with whoever happened to be there, we never considered the color of our playmates' skin to be anything more than part of who they were.

One of my most vivid recollections of a stop down south was sitting in the back of the station wagon and looking up to see an enormous black woman shading her eyes with her hand and

peering down at my mother who was sitting in the front seat. The woman had a smile as broad as her bust line and, we were soon to learn, hospitality wider than her arms' reach.

Dad had been hired to paint signs for their diner, her husband, momentarily perplexed by the day-glo orange splotches Dad had put on the sign board, was keeping him company. Dad cut in the letters with black as soon as the orange paint dried but until he had finished the poor guy was trying to figure out what he'd gotten himself into.

It was a typical day down south, sultry, humid and the lady tapped on Mom's window and told her she didn't need to be sittin' out in the heat waitin' fer the menfolk to figer out what they was doin'. She told Mom to bring them babies inside fer some lemonade and to set a spell in the cool under the ceilin' fan.

By the time Dad was done and her husband could breathe knowing he got what he'd paid for his wife had a table set and she fed us all near to bursting. She did not consider southern hospitality something you talked about, southern hospitality was who she was, how she lived and I'd bet a double-scoop cone of whipped raspberry ice cream - if I could find one - she never gave the color of our skin a single thought as she was loading that table with a meal fit for royalty.

## Paul M. Lamarre: OBITUARY

Paul M. Lamarre, age 71, passed away Saturday, July 6, 2019 at the Jack Byrne Center. He was born October 29, 1947 in Littleton, NH to Margaret (Powers) and Wilfred M. Lamarre. Paul was proud of his Koasek, Traditional Band of the Koas, heritage. He worked as a store clerk at the Co-op for many years.

Paul is survived by his nephew, Kevin Lamarre and wife, Billie Lamarre of Haverhill, NH.

Paul was preceded in death by his parents and his best friend, "Trapper."

Friends and family were invited to calling hours Wednesday, July 10, 2019 from 4-6:00 P.M. at Ricker Funeral Home in Lebanon, NH. Mass of Christian Buri-

al was celebrated Thursday, July 11, 2019 at 10:00 A.M. at Sacred Heart Catholic Church in Lebanon. Paul was laid to rest next to his parents in St. Joseph's Cemetery in Bath, NH.

Memorial donations in Paul's name may be made to the Norris Cotton Cancer Center, Dartmouth-Hitchcock Medical Center, 1 Medical Center Drive, Lebanon, NH 03756-0001 or the Cornerstone Community Center, P.O. Box 620, Hartford, VT 05047.

To leave a message of condolence for Paul's family please visit the online guestbook at [www.rickerfuneralhome.com](http://www.rickerfuneralhome.com).

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# What About Ma?

by Kellie Quackenbush

## All About The Dementia Directive

Today, my mom and I had a lovely lunch at "The Village" in White River Junction, VT. We had been invited to hear a lecture by Dr. Robert Santulli, Honorary Associate Professor of Psychiatry at the Geisel School of Medicine at Dartmouth. Dr. Santulli is an expert in Dementia and Alzheimer's disease and has been working to educate doctors and people about the common causes, risk factors, signs and symptoms and current treatment options. Additionally, now work is being done to create, what is called, a Dartmouth Dementia Directive. Much like an Advance Directive that you have filed with your doctor, the Dementia Directive works with your Advance Directive to give your Health Care Proxy and your doctor an idea about what your wishes (in the event of Dementia) are for long term care and treatments.

There are no current tests that can detect or predict if a person will have dementia or Alzheimer's disease. Until the symptoms arise, it is unclear who will and will not be a victim to such

memory disorders. Large theories still loom around Amyloid Plaques and Neuro Fibro tangles in the brain but these cannot be truly assessed until after death.

Current medical advice to avoid memory disorders include staying physically active, maintain social contacts and engage in brain stimulating activities. Of course, with all diseases that we seek to cure or stop, supporting research is good. More personally, one must plan for the future. Knowing that the average memory care unit can cost between \$4,000 and \$11,000 per month, long term care insurance can be a good investment. Having a Living Will or Advance Life Directive is now essential and common place, in the event of an accident or health emergency. Dartmouth College is now designing a directive (Dartmouth Dementia Directive) to work with your Living will in the event of the onset of a memory disorder.

Per MayoClinic.org (December 15, 2018) "Living wills and other advance directives are written, legal instructions regarding your

preferences for medical care if you are unable to make decisions for yourself. Advance directives guide choices for doctors and caregivers if you're terminally ill, seriously injured, in a coma, in the late stages of dementia or near the end of life." This is an essential document for all adults as one never knows when an injury can happen. The Geisel School of Medicine at Dartmouth is taking this a step further as people who are affected by a memory disorder have a diminished capacity for making complex health decisions. By setting up such a directive, BEFORE having a diagnosis of a memory disorder, the direction of care set by your doctor can be simplified.

As a service to the public and an extension of their desire to reach out to anyone who may wish to take such decision making burdens off of their families, Dartmouth College is now providing free copies of the "Dartmouth Dementia Directive" and setting up appointments to make a free video recording of individuals making the directive. They have found in having the video to show family regarding choices made, it is easier for the family to follow the wishes noted in the directive. For more information about this program, go to [HTTPS://sites.Dartmouth.edu/dementiadirective](https://sites.dartmouth.edu/dementiadirective).

My mom was quite moved by Dr. Santulli's speech and she is reviewing the "Dartmouth Dementia Directive" at home. Living wills, advance directives and organ donations are all very important decisions that we make for ourselves. When you do make your decisions, please do tell your family and friends so if something does happen, your wishes are observed.

# Gardening

by Elinor Mawson

Every Spring we plan our gardens -- no vegetables -- lots of flowers. I prefer perennials, my husband likes annuals. We stock up on peat moss, fertilizer (we like Miracle Gro) and use it lavishly on our plants. We have a lot of hope with our flowers and we plant that hope along with our annuals and perennials.

This year I planted hollyhock seeds that I had saved from our plants last fall. I put them everywhere I wanted them to flourish, since I love hollyhocks. I had so many seeds that I gave some away, along with a lot of hope! WELL! I haven't seen one plant, and I haven't heard from the people I gave the seeds to. All I can do is plan on seeing the tiny seedlings next year since they are biennial. Wish me luck!

We love nasturtiums! We put them in hanging pots and wait to see the orange blossoms and huge green leaves. We enjoy watching them grow long and lush. This year, however, I guess that they didn't particularly like the hot weather. Two of them look like they would

like to die. Their leaves are a sickly yellow-green color and the blossoms have shriveled to nothing. The third one is healthy as a horse! It has long stems and wonderful leaves and flowers. We don't understand why they have acted differently, since we bought them from the same place.

We have found that impatiens do well in our gardens. We plant them in tubs and kettles and they thrive. But somehow, they didn't like our hot weather this summer -- they aren't doing much of anything.

We got pink petunias this year. They too are in buckets and urns. I dead-head them every other day without fail. And they are doing fine! Of course we water them every day it doesn't rain -- and some days when it does. Apparently they like us this summer and reward us with their pinkness.

So there we are. I won't tell you about the plants that haven't done anything, or the vines that have crept up tall and healthy but don't blossom. Is it the weather? Is it us? We enjoy what we have and question Mother Nature about what hasn't happened.

# Acceptance

by Cyndi Wellman

## Always a Way

Few things have helped me. 9 years ago I started a Support Group: Believe, at Horse Meadow Senior Center; never had they had one before that. I wanted one local to share any health issues. Open Doors was a success, to my surprise. Afterwards, the Senior Center has many good support groups.

In 2018 I coordinated bringing Haverhill Recreation Drums Alive to the Senior Center in town. In 2019 Coordinated Giggles. Adaptive Sports Partners of the North Country coming



with Bocce (lawn bowling) and bikes. Reason why? Nobody accommodates to mobility issues. (All age groups.) I wasn't aware of any place. I figured why not start one. We are all in this together. Not just those who are physically fit. Boot camp, tennis players and more.

Get out and re-connect with yourself. Stroll, garden tour or as simple: as a picnic with a friend.

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Tuesday – Friday 9:00 am - 5:00 pm

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

Thank you for your understanding.



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# Haverhill Historical Society's Summer Speaker Series

Haverhill, NH – The Haverhill Historical Society has invited David Govatski of Jefferson, NH to share with us his knowledge of "The Civilian Conservation Corps in NH, 1933-1942". His presentation will take place on Tuesday August 20 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner. Admission is free and open to the public. The venue is handicapped accessible.

The Civilian Conservation Corps (CCC) was a public work relief program that operated from 1933 to 1942 in the United States for unemployed, unmarried men. Originally for young men ages 18-25, it was eventually expanded to ages 17-28. It was designed to provide jobs for young men and to relieve families who had difficulty finding jobs during the Great Depression in the United States.

The CCC was a major part of President Franklin D. Roosevelt's New Deal that provided unskilled manual labor jobs related to the conservation and development of natural resources in

rural lands owned by federal, state, and local governments. Through the course of its nine years in operation, 3 million young men participated in the CCC, which provided them with shelter, clothing, and food, together with a wage of \$30 (about \$570 in 2017) per month (\$25 of which had to be sent home to their families).

David Govatski is a naturalist and historian having retired from 33 years with the US Forest Service, 22 of those years with the White Mountain National Forest as a forester, silviculturist and fire management officer. He continues to volunteer for the WMNF and serves on the Board of WhiteMoun-

tainHistory.org.

He was a contributor to the book, "Forests for the People", which tells one of the most extraordinary stories of environmental protection in our nation's history: how a diverse coalition of citizens, organizations, and business and political leaders worked to create a system of national forests in the Eastern United States. It offers an insightful and wide-ranging look at the actions leading to the passage of the Weeks Act of 1911 – landmark legislation that established a system of well-managed forests in the East, the South, and the Great Lakes region.

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Then Caravan/Carpool to 5 other one room school-  
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Light refreshments will be served at the  
Seventh Day Adventist Church.

Not all of the buildings are completely ADA accessible.  
The SDA Church is ADA accessible.

**This program is free and open to the public.  
Reservations appreciated.**

For more information and to make reservations  
contact Emmy Hausman at (802) 584 3874 or  
[emmy@hausman.net](mailto:emmy@hausman.net) or the Newbury Historical Society  
at [newburyhistorica@gmail.com](mailto:newburyhistorica@gmail.com)

## 72ND SHEFFIELD FIELD DAY September 2nd, 2019 Labor Day EVENTS

1847 Town House Museum Open 8am-4pm

Grand Parade 10:00am

Sutton River Band 11am-2pm

Chicken Barbeque 12:00pm

Fiddlers Contest 2:00pm

50/50 Raffle 4:00pm

Children's Activities \* Pony Pulling

\* Bingo \* Ticket Raffle \* Crafts & Vendors

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## The North Country Longspurs will be holding their 23rd Annual

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on



**Saturday, September 14th**

It will be held at the Bunnell Camp in Passumpsic, VT.

Registration starts at 7 am and ending at 3:00 pm.

All participants between the ages of 7 to 17 will take part in learning stations and activities. Regular JAKES are 7 to 12 and X-Tremes are 13 to 17. Regular JAKES will have learning stations such as pond life, BB gun shooting, fishing techniques, archery, forestry walk and kayaking. X-Treme JAKES will participate in learning stations such as shotgun shooting, map and compass, turkey hunting tactics and first aid.



The registration fee is \$15 per youth. Dave's Kids scholarships are available. This includes membership to either regular JAKES or X-Treme JAKES quarterly magazine, lunch, goodie bag, and all activities. Parents are asked to contribute \$2 each towards lunch costs.

For a registration form, contact Colleen Racenet at 802-535-7459, or go to our website, [northcountrylongspurs.com](http://northcountrylongspurs.com). Like us on Facebook! The deadline is Sept. 7th to register.





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

# Beef Stroganoff

Hello hello my fellow chefs. We have been blessed with some beautiful sunny days. I took a drive to Littleton a few nights ago and after a brief thunderstorm there was a gorgeous double rainbow, it was simply beautiful. I haven't seen a rainbow in quite a while and seeing it made me feel awesome. I hope some of you got to see it too.

Today's recipe is easy peasy and I think you will love it. Here's what you will need to buy and how to make it.

### Ingredients

- 1 lb. Lean ground beef
- 1 Red or green pepper chopped, I used a red one
- 1 Large onion chopped
- 2 Cloves of garlic minced, I used fresh but you can use 2 teaspoons of minced garlic in a jar.
- 1 Teaspoon salt
- 1 Tablespoon chili powder
- 1/2 teaspoon ground cumin
- 1 Cup of salsa, I used medium heat but use what you like, mild or hot.
- 1 4 oz. can of chopped green chilies, drain but don't rinse
- 1 8 oz. package of wide egg noodles or half of a lb. Package
- 1/2 Cup of sour cream
- 1/2 Cup shredded cheddar cheese or munster, I used cheddar.

In large non stick skillet cook the hamburger with the onion, garlic, salt, chili powder and ground cumin.

Break up the hamburger with a wooden spoon so you don't have big chunks. Cook until browned. When done add the 1 Cup of salsa and the green chilies to the pan and simmer for about 10 minutes. Meanwhile cook the egg noodles in boiling salted water for as long as instructed. After cooled drain and put some in your dishes and spoon the hamburger mixture over the egg noodles. Top with shredded cheese and a dollop of sour cream.

That's it! You are done. Your family will love it because it is Delicioso! Enjoy a nice glass of Carlo Rossi Paisano or your favorite Cabernet red wine with your dinner. Remember to drink responsibly. If you have any questions please contact Gary and I will help you out. I would like to hear from you, you can let me know how yours came out.

Well folks that's it for now. Until next time I'm signing off, Sincerely Cin Pin.



Volume 10 Number 22

August 6, 2019

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

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