

A FREE PUBLICATION

TRENDY



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TIMES

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A New Season at Court Street Arts

The Fall season at Court Street Arts in Haverhill starts with the return of the popular Hogwarts Homecoming celebration on Sept. 21 from 1-4pm. New activities to the event this year include "flying lessons" with New England Circus Arts on their aerial Lyra hoop along with new adventures for returning students. "We have spent the last year expanding and creating new experiences, there will be surprise sights and sounds around every corner", said Lesley Butman one of the event's creators.

The fun continues into October with comedian Rusty Dewees as he takes his popular "The Logger" show to the stage on the 19th along with master fiddler Patrick Ross. This duo's performance is described as Blue Collar

Comedy meets Prairie Home Companion.

The classics are a theme throughout the Fall, starting with a performance by the acclaimed North Country Chamber Players on October 13th and a concert of the works of Beethoven and Busoni on October 26 featuring James Winn on piano and Rolf Schulte, whom The New Yorker has called "one of the most distinguished violinists of our day."

One of the greatest classics, Shakespeare's Romeo and Juliet will be performed by Boston's Classic Repertory Company on November 2nd at 6:30pm. Using only the original text, this zany

and youthful 90-minute adaptation breathes new life into one of the Bard's most well-loved plays. Student tickets are free.

On November 16th the pace changes as The Slambovian Circus of Dreams takes the stage. Called everything from 'hillbilly-Pink Floyd' to 'folk-pop' to 'surreal Americana', New York's Slambovian Circus of Dreams "is a riveting, mesmerizing, crazy, amazing machine of music.", writes Chronogram Magazine.

When the snow starts to fall, Court Street Arts will be celebrating the holiday season with a weekend of joyful fun starting with a commu-

nity concert with The Pine Hill Singers on the evening of December 13th and a day of fun on December 14th with a festival of lights, roasted chestnuts, a puppet show on the life of "Snowflake Bentley" and other winterland activities for the whole family.

Back by popular demand, Court Street Arts will be ringing in the the New Year with a drag ball and evening of music and dance.

For more information on the new season and to reserve tickets visit, www.courtstreetarts.org, call 603-989-5500 or email info@alumnihall.org.



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TRENDY Dining Guide

Hungry Bear Pub & Grill

by Gary Scruton

"New": a word that generally puts a smile on the face of those getting, or enjoying something with that description. Such was the case for me on three different fronts during our most recent Dining Guide visit to one of our advertising participants.

The first "new" was the fact that for the first time we were going to visit the Hungry Bear Pub & Grill in order to write a review of our visit. The folks at the Hungry Bear signed up to be part of the Trendy Dining Guide a couple of months ago and it was now their turn to have the honor of feeding us.

Janice and I also made a decision to invite some friends of ours (Rick and Camille), who we have eaten with before, but not on one of these excursions, to join us on a Sunday evening to

make the trip to Bradford. Rick and Camille made comment upon getting the invitation that the Hungry Bear was already a favorite of theirs.

The four of us walked in fairly late for a Sunday (about 6:45 pm) and walked past the bar area into the back room that features a half dozen or so tables seating 2 to 6 people. We had our choice in this area upon our arrival and took the table in the middle of the room. Our waitress soon appeared with menus and pad in hand to take beverage orders. Rick and I both wanted to wait until we decided on our meal before we made a drink decision.

Camille was first to order. A Texas burger served with fries and a soda plus a glass of water. Rick was next with a Reuben sandwich on rye of course. He substituted his

fries with the "onion straws". The waitress affirmed that it was like onion rings, but in straight lines. Rick also ordered an appetizer of Poutine to be shared by all at the table. Rick decided on a a soda to go with his meal. Janice couldn't make up her mind with all the wonderful choices but settled on the Fish and Chips entree along with an a cup of New England Clam Chowder. She opted for unsweetened iced tea. For me it was time for that third "new", an order of one of the specials, Scallop Pot Pie. Adding to that was a request for a dark beer that would match. As the waitress stated that she was not sure what to recommend, she checked with the bartender and came back with three choices. I settled on the 16 oz. Switchback draft.

The Poutine arrived along with four plates. For

those not sure Poutine is a French-Canadian dish of french fries with gravy and cheddar cheese. Not something Janice and I had had before but different and very tasty. It was also filling enough that both Rick and Camille needed boxes to take home half of their main meals.

Regarding the meals, Camille had ordered her burger being "very well done" and she got it just like she wanted once the barbecue sauce was added. The burger was large enough that one of the first things she did was cut it in half so it was easier to handle, and eat.

Rick very much enjoyed his Reuben. He commented that in southern states Reubens are quite different and not nearly as good.

Janice's fish consisted of a three good sized fish fillets beer battered and planko dipped along with an

ample amount of fries and cole slaw. The chowder was creamy and heavily flavored with clams. Just what her taste buds had been looking for.

In regards to the Scallop Pot Pie, I was more than impressed. The very first forkful had a great scallop taste to it. I did ask the waitress for a spoon, but actually finished the meal with no need for anything except the fork. It was thick, tasty, and more than filling. The beer matched well,

Needless to say none of us had any room left for desert even though we had a good conversation on how best to take advantage of the deserts that are offered.

On this particular night the request was for the waitress to make out two separate bills. The total for Janice and I came to \$47.75 including tax. As usual we left a cash tip on the table.



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The Social Black Bear: What Bears Have Taught Me About Being Human

On Saturday, October 5; Dr. Ben Kilham will be at the Sugar Hill Meetinghouse talking about his experience with black bears during Sugar Hill's Autumn Celebration. This free program will begin at 10 am and is sponsored by the Sugar Hill Improvement Association

Native black bears, thought to be solitary, have a different type of social behavior that possibly parallels early human behavior. They show evidence of reciprocal altruism, matri-linear hierarchy, and a mix of intentional and emotional communication. Bears can live for as many as forty years, which allows them long-term benefits from forming relationships with fellow cooperators.

Ben Kilham, Ph.D is a wildlife biologist based in Lyme, New Hampshire. His love of and devotion to black bears has enabled him to study their habits and interact with them for more than two decades. He, his wife Debra and sister Phoebe have accepted orphaned bear cubs into their home and enabled them to successfully return to the wild. This year they



have seen unprecedented numbers and taken in over 70 orphaned bear cubs. Ben has been the focus of several news articles and documentaries, including National Geographic's A Man Among Bears and Animal Planet's Papa Bear. He is also author of the books Among the Bears: Raising Orphaned Cubs in the Wild and Out on a Limb: Origins of Intuition and Intelligence.

The Sugar Hill Autumn Celebration includes not only Dr. Ben Kilham but Author, Michael Maddigan, speaking on the Flume Gorge and Chad Proulx of

Ammonoosuc Community Health Services with a delicious program on Healthy Bites on a budget. White Mountain Gourmet Coffee is providing free coffee during the weekend and there will be over 50 other vendors at the open-air market. On Sunday, Maple Leaf Seven will perform Jazz and Swing at 1 pm. All events are free. There is plenty of parking behind the Meetinghouse and handicapped parking on the grounds. The weekend is held rain or shine from 10 am to 3 pm on Saturday and Sunday, Oct 5-6.

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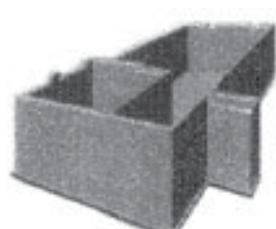
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The Denny Report

by NH State Representative
Dennis Ruprecht

Biomass On The Chopping Block



The biomass industry in New Hampshire serves an important role in sustainable forest management, responsible land stewardship, renewable energy goals, and provides important jobs to people in the North Country and all across the state. But as Jane Difley, president of the Society for the Protection of New Hampshire Forests, wrote in a recent Op-Ed in the Concord Monitor in support of biomass, "sustainable forests require stable markets for wood products." House Bill 183 would bring stability to the biomass industry by providing support to six of New Hampshire's biomass plants.

Supporting biomass has been a bipartisan issue in Concord in the past few years, but Governor Sununu has twice vetoed bills to support the industry - once last fall when the legislature was controlled by Republicans and again this spring with a Democratically controlled legislature. The legislature

last fall was able to muster the majority vote threshold needed in both the House of Representatives and Senate to override the Governor's veto. HB 183 was passed unanimously in the Senate this year and received broad, bipartisan support in the House of Representatives, nearly enough to reach the necessary threshold. The House of Representatives is meeting on September 18th and 19th to attempt to override a number of bills, biomass among them.

The future of biomass is now in the hands of the legislature, and we can't take any votes for granted. Call or email your state representatives and state senator and urge them to vote to override Governor Sununu's veto of HB 183. Enacting this bill into law is important to keeping New Hampshire's wildlands and woodlands conserved, contributing to our renewable energy portfolio, and supporting local jobs.

My Turn: Biomass is important to New Hampshire

by Sen. Bob Giuda

Several recent articles have discussed biomass and the veto of HB 183. I stand with my colleague, Senator Jeb Bradley and many others advocating for overriding this veto.

As consumers' electricity costs continue to rise, several legislative studies have confirmed that the real culprits in our ever-increasing electricity bills are the burgeoning cost of transmission and distribution. These costs come solely from the utilities that hold monopolies on these services, not from the competitive power generation marketplace. The actual cost of producing energy has gone down because it is subject to competitive market forces. In fact, those costs have gone so low that our local biomass generators can't survive under current market conditions.

If these biomass plants close, we lose base load capacity, reduce the diversity of our energy sourcing and eliminate significant economic activity, including 900 New Hampshire jobs. We become more dependent on a single energy source (remember the oil embargo

days...) And we lose a critical forest management tool used by many of our private and public landowners. HB 183 (and its predecessor SB 365 which passed but has been derailed by litigation filed by an out-of-state lobbying group) will preserve our biomass plants for 3 years, during which the study of micro-grids established by HB183 can develop the concept of localized power generation to eliminate the skyrocketing charges imposed on ratepayers by the massive transmission/distribution monopolies.

There is a slightly higher cost to ratepayers (roughly \$2.30/month) to maintain our biomass plants under SB365 and HB183; however that additional cost ends after 3 years. If we lose our local biomass plants, the increased capacity cost (about \$17 million a year - the same as keeping the plants open) is permanent and cannot be reduced or eliminated.

The most recent Op-Ed assails foreign-owned businesses despite a Plymouth State University study last year showing that foreign-owned companies employ 44,000 New Hampshire

workers. "Where" a business is owned is irrelevant to the economic activity it produces. In the case of biomass, the economic activity (\$250 million/year) all takes place here in NH. The fuel (low-grade timber) is here in NH; the collection and processing of the fuel is done here in NH; the biomass plants are here in NH; and the employees, their families, and all the supporting small businesses for the biomass industry are here in New Hampshire.

The legislature overwhelmingly supported HB183 because a short term investment in our biomass plants will maintain home-grown capacity, provide time to study localized electricity production and distribution (without exorbitant monopolized transmission costs), sustain jobs and the economy, and assure the health of the forests and trail systems which generate \$600 million in recreation and tourism business in the state every year.

Please contact your State Representatives and Senators and tell to override the veto on HB183. It's one more step towards true energy independence.

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Another Assault on NH's

Biomass Industry

In September 2018, the New Hampshire Legislature overrode Governor Sununu's veto of SB 365 by one vote. During that legislative session, Senator Jeb Bradley (Republican) introduced SB365 recognizing the value of New Hampshire's biomass plants that burn low-grade wood to produce electricity. One of these plants is in Bridgewater, Grafton County, while the other five facilities exist from Tamworth to western New Hampshire and Berlin. Forest products, to include NH's biomass plants, is the third largest industry in the state's economy.

Unfortunately, even though SB 365 passed the NH House and Senate with overwhelming support and also survived the Governor's veto in 2018, a Massachusetts-based lobbying group, the New England Ratepayers Association (NERA), filed an "ill-considered lawsuit" in Washington that challenged NH's recently passed biomass bill. For the past year, that litigation has stalled and negatively impacted the NH biomass

industry.

In response to legal challenge, NH legislators filed HB183 this past year to protect our biomass industry and to support the 931 jobs directly associated and impacted due to biomass plant operational impacts. The slow down has not only impacted those directly associated with the six biomass plants, but it is also devastating all services linked to logging, forestry management, equipment maintenance, equipment sales, and more. It has been determined that \$250 million of NH's annual economic activity is related to the six biomass plants.

Sadly, on September 18 and 19, the Legislature will once again need to override the Governor's veto regarding HB 183. This will be an extremely close, contentious vote. It should be noted that New England Ratepayers Association (NERA), the group who initiated litigation opposing the biomass bill one year ago, never objected or filed testimony in the PUC proceedings this past year objecting to the \$70M utility rate increases as pro-

posed by Eversource. At one time NERA said, "Yes, it would file testimony and that it (NERA) was unlikely to support the rate increase." But as time passed and it was time for that testimony to be presented to the PUC, regarding Eversource's proposed \$70M increase, NERA was silent. In reading between the lines, NERA's in-action raises questions as to what group NERA represents...certainly not NH's ratepayers.

The biomass industry is not just unique to and under attack in the North Country. Surprisingly, more wood chips come from Merrimack County than any other NH county. The loss of a key forest industry such as using wood chips to generate power is a statewide issue. If we lose our biomass plants, it will mean revenue loss for both private and public entities as well as significant impacts to recreation and tourism. Lastly, NH's 100 megawatts of reliable, home-grown biomass generation is invaluable; it is a reliable source of NH energy.

As done in 2018, I will vote to sustain NH jobs and oppose any effort to close our biomass plants.

Respectfully Submitted
Rep Rick Ladd,
Haverhill, NH

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OCT Presnets Poe Inspired Nightfall

by Gary Scruton

Do you know Poe? Do you like Poe? Have you never heard of Poe? Whatever your knowledge of Edgar Allen Poe it appears to me that you will fully enjoy the rendition of four Poe tales that Old Church Theater is currently performing.

Of course you do have to be the type that can handle a good scare, or who can sit quietly and be enthralled by those on stage.

When the lights went down on opening night total darkness enveloped those in attendance. The director then walked out on stage and it was immediately clear that this was to be a top notch production.

The production was the telling of four classic Edgar Allen Poe tales. It began with the reciting of the poem

“The Raven”. But not by a single performer. Instead it was recited by all five actors in the cast. The costuming needs to get a nod for this segment as well as those on stage.

The second tale was “The Fall of the House of Usher”. Even though the gender of some characters was not met by the cast members, it was certainly well done and continued the audience on the path of “What is Madness?”

After the intermission came the segment that most featured just one actor. Peter Mendes did a stellar portrayal, with limited audio lines, of the man looking up at the pendulum in the classic tale of “The Pit and the Pendulum”.

The final segment of the evening undoubtedly got your heart beating as Ken

Hullican had the role of a simple butler who simply could no longer deal with the eye of his boss. “The Tell-Tale Heart” itself was played by one of the unseen actors that added so much to the evening’s enjoyment.

Opening night for Old Church Theater’s production of Nightfall was very close to a sell out. If the remaining performances are as good as that evening, then it will be well worth the time of any Poe fan, or non-fan, to take a seat and be prepared to be entertained.

Dog Mountain Fall Dog Party

Saint Johnsbury, VT - On Saturday, October 5, Dog Mountain will be hosting the annual Fall Dog Party! Named one of the top 10 Fall Events of 2019 by the Vermont Chamber of Commerce, it’s time to enjoy the autumn season the Dog Mountain way.

There will be a host of activities for the whole family. Delicious fresh Mexican food by Caja Madera food truck, foot-tapping live music by Luke Sackett Willard, pet-friendly vendors, a bounce house for the kids, lawn games, door prizes, and, of course, Dog Mountain’s famous dog contests!

Grab your camera, hop in the car, and take the scenic ride to leaf-romping, four-legged fun at Dog Mountain. Your dogs will thank you!

The Fall Dog Party is free to the public and will be held rain or shine.

For more information about this or any of Dog Mountain’s events, go to www.dogmt.com/Events or call 800.449.2580. We look forward to seeing you there!



souvenirs and food found at Honeydukes and the Three Broomsticks.

Tickets are \$10 and can be purchased online at www.courtstreetarts.org. Advanced purchase is recommended to get all the wizard perks!

Hogwarts Homecoming

Experience the magic of Hogwarts. On Saturday, September 21 from 1-4PM, Court Street Arts will transform the Haverhill Corner village into the fantastical world of Hogsmead. Popular events from last year, including the potion and wand show will be open, Quidditch on the Common, a live owl show with the naturalists from Squam Lake Science Center and Christina’s Reptile Rescue will be showcasing the snakes of Slytherin.

New magical adventures have been added this year, including flying lessons with the New England Center for Circus Arts on their traveling aerial lyra. Also new this year, is the Weasley’s joke shop, a magical creature emporium (including a life-size hippogriff) and other surprises filled with merriment and fantasy.

All activities within the event are included in the ticket price (including a hand-carved wand), with the exception of selection of

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Hogwarts Homecoming SEP 21 | 1-4PM

Hogwarts Homecoming is a celebration of magical fun and merriment. Offerings include flying lessons with New England Circus Arts, live owl show, the snakes of Slytherin, Quiddich, and more! Take a stroll down Diagon Alley to visit Honeydukes, the wand and potion show and joke around at Weasley’s.

Ticket: \$10 online at courtstreetarts.org.
 Advanced purchase is recommended for all the wizards perks.

Court Street Arts
 at ALUMNI HALL
 75 COURT STREET, HAVERHILL, NH | WWW.COURTSTREETARTS.ORG

Cohase Chamber of Commerce Seeks Teams For 48 Hour Film Slam

Bradford, VT – The Cohase Chamber of Commerce is looking for teams from Vermont, New Hampshire and beyond to participate in the 10th Annual 48 Hour Film Slam! The Slam will begin the evening of Friday, September 20th and will conclude the evening of Sunday, September 22nd with a public screening of the completed films at the Bradford, Academy Building in Bradford, Vermont.

A panel of judges from the film industry and regional community will award cash prizes (\$500, \$250 and \$100) to the top three teams, as well as a Peoples’ Choice award of \$100. Participating teams will be required to create a film in 48 hours utilizing an assigned genre, a specific line of dialogue,

a specific area landmark, a specific prop and product placement from one of the event sponsors. There is no registration fee and teams of all ages and skill levels are encouraged to participate. However, space is limited. Register your team online at <https://cohase.org/film-slam/>

For more information about the event, please contact the Chamber at cohase-chamber@gmail.com or by phone at (802) 518-0030. This event is made possible through the generous financial support of local sponsors Woodsville Guaranty Savings Bank, WYKR, Wells River Savings Bank, Odell Insurance, Housewright Construction, Mark Nielsen, Camp Farwell and Trendy Times.

White Mountains DAR To Meet

The White Mountains Chapter, Daughters of the American Revolution, will hold their next meeting on Saturday, September 21 gathering at 11:00 AM at the Whitefield Public Library, 8 Lancaster Road (Route 3 North), Whitefield.

A short business meeting will precede an informative presentation by chapter Treasurer, Alicia Prater, on our DAR dues entitled “DAR Causes: What Members Support and Where Do-

nations Go.” 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).

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Lunch: 11:00 AM - 3:00 PM

Family Fun
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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, SEPTEMBER 17

PAINT BY PAGES: WHERE PICTURE BOOKS MEET ART
1:00 PM
St. Johnsbury Athenaeum

IT'S JUST FOR KIDS! - STORY PROGRAM
3:00 PM
Bethlehem Public Library, 2245 Main St.

THE BAYLEY-HAZEN MILITARY ROAD
7:00 PM See Article on Page 9
Alumni Hall, Court St., Haverhill

THURSDAY, SEPTEMBER 19

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

FRIDAY, SEPTEMBER 20

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

FRIDAY & SATURDAY, SEPT. 20 & 21

NIGHTFALL WITH EDGAR ALLEN POE
7:00 PM See Ad on Page 10 & Article Page 5
Old Church Theater, Bradford

SATURDAY, SEPTEMBER 21

39TH ANNUAL FALL FESTIVAL
9:00 AM - 2:00 PM See Ad on Page 9
First Congregational Church, Main St., Newbury

WHITE MOUNTAINS, DAR MEETING
11:00 AM See Article on Page 5
Whitefield Public Library, 8 Lancaster Road

HOGWARTS HOMECOMING
1:00 - 4:00 PM See Ad & Article on Page 5
Court Street Arts, Haverhill

ANNUAL CHICKEN PIE SUPPER
5:00 PM
South Ryegate Presbyterian Church

TURKEY DINNER

5:00 PM Adults \$10/Children \$5
East Concord, VT Methodist Church, Oregon Rd.

ANNUAL CHICKEN BBQ DINNER
5:00 PM - 7:00 PM \$12 per person
Lincoln American Legion, 183 Main Street

LITTLETON ARTS & CULTURE FESTIVAL

SUNDAY, SEPTEMBER 22

PAINTING PARTY with ARTHUR ZORN
2:00 PM
Fairlee Town Hall Auditorium

NIGHTFALL WITH EDGAR ALLEN POE
3:00 PM See Ad on Page 10 & Article Page 5
Old Church Theater, Bradford

48 HOUR FILM SLAM PUBLIC SHOWING
7:30 PM See Ad on Page 10 & Article on Page 5
Bradford Academy Building

TUESDAY, SEPTEMBER 24

BRIT READERS OF THE NEK BOOK CLUB
5:00 PM
St. Johnsbury Athenaeum

WEEKLY SQUARE DANCING LESSONS
7:00 PM
Oxbow High School Cafeteria, Bradford

THURSDAY, SEPTEMBER 26

"STARK DECENCY" by ALLEN KOOP
7:00 PM
Easton Town Hall

FRIDAY, SEPTEMBER 27

ACORN CLUB STORYTIME
10:30 AM
St. Johnsbury Athenaeum

SATURDAY, SEPTEMBER 28

FALL FOLIAGE BICYCLE RIDE
9:30 AM Sign In See Ad on Page 9
Kettle Pond, Groton State Forest

ROBERT ROGERS OF THE RANGERS
2:00 PM See Article on Page 9
Bath Public Library.

FALL CHICKEN BBQ
4:00 PM
East Orange Church, East Orange, Vt

CHICKEN PIE SUPPER
5:00 PM - 4 Settings See Ad on Page 3
North Danville Baptist Church

SUNDAY, SEPTEMBER 29

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

JACKSON WILD FILM FESTIVAL
4:00 - 7:00 PM See Article on Page 14
Oxbow High School Auditorium

MONDAY, SEPTEMBER 30

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

SATURDAY & SUNDAY, OCTOBER 5 & 6

SUGAR HILL AUTUMN CELEBRATION
See Ad on Page 9 and Article on Page 3

SATURDAY, OCTOBER 5

ANNUAL FALL DOG PARTY!
Dog Mountain, St. Johnsbury
See Article on Page 5

WEDNESDAY, OCTOBER 9

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

THURSDAY, OCTOBER 10

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

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, WOOLSON 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

Littleton Area Chamber of Commerce Announces September Featured Member

The Littleton Area Chamber of Commerce is proud to announce First Congregational Church, Littleton as our Featured Member for September 2019.

The First Congregational Church, a congregation of the United Church of Christ, has been bringing people together in Littleton to build and support the community and to worship for over 200 years. The original church building, including the sanctuary as we know it today, was first occupied and ready for its congregation in 1833. The sanctuary is well known for its seventeen stained glass windows installed in 1901. Fourteen of the windows are memorial windows gifted by or in honor of citizens of Littleton prior to that time. There is so much history in and of this building that church leadership published a church history pamphlet in the early 2000's which is still available today.

Today the church remains as busy as ever. They host weekly worship services on Sundays, open their doors for community meetings, and host many church-run community events including the Pollyanna Day pancake breakfast and their upcoming 6th Annual RiverWalk for MS to benefit the National MS Society on September 21st as well as their popular Harvest Supper coming up this year on October 5th. The Parish Hall also houses Shining Lights Learning Center, a Christian daycare and learning center for area children ages 1-5 which is a mission of the church that opened in 2006.

In a recent conversation with Pastor David Weddington and members of the church it is clear that, while the physical space is certainly breathtaking and full of history and vibrancy, it is the people of the congregation who keep this strong community thriving.

Estelle LaFleur a member of the church's community outreach group talked passionately about the committee's new idea of a "Little Free Pantry" that will soon be opening on the Church grounds. "The premise is so simple" says Estelle "Take what you need, leave what you can." It is all community driven. Anything from food to socks can be placed in the pantry and those who are in need can simply take what they need. The committee hopes to use Facebook as a method of sharing current

needs of the pantry and putting out an "all call" when needs arise. The Little Free Pantry is meant to complement existing food pantries in the area. "The big thing about the Little Free Pantry is its 24 hours a day, 7 days a week access" says Alice Muh "That's why we felt that it wouldn't compete [with other area food pantries] but still fill a community need".

Another involved member of the church community, Ron Bolt, recently headed up the successful application by the church for grant funds given by the State Homeland Security Program. Seven houses of worship in New Hampshire received funds to upgrade and bolster security at their facilities. Ron worked with a group of congregants and with Littleton Public Safety officials to gather data and information which led to their being awarded funds to make much needed upgrades to the safety and security of the space.

The First Congregational Church welcomes all people into their community. Alice Muh shared that years back "We as a Church wanted to figure out – what are we doing here, sitting here on Main Street?" They concluded that they wanted to be "a loving community within the community," and from that came their Community Outreach Group.

First Congregational Church, Littleton is located at 189 Main Street in Littleton, NH. Find out more about public events and happenings on Facebook at "First Congregational Church of Littleton NH". They're on the web at 1stconglittleton.org. The office can be reached at 603-444-3376.

The Littleton Area Chamber of Commerce is a 501(c)6 non-profit organization, our mission is to promote economic development in the Littleton area by attracting and growing local business, providing valuable resources to our membership and branding the area for tourists and relocation.



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NEK Council on Aging Announces Fresh Produce Pilot Program

St. Johnsbury, VT – Meg Burmeister, the Executive Director for the NEK Council on Aging is pleased to announce a new pilot program in partnership with Salvation Farms to deliver fresh produce to area community meal sites.

Salvation Farms, located in Morrisville, VT, is a non-profit organization that coordinates the collection of Vermont grown, surplus fruits and vegetables and distributes them throughout Vermont and beyond. In 2018, their Lamoille Valley Gleaning program captured and moved an excess of 200,000 servings of wholesome, locally grown produce that would have remained on farms, never to be eaten. This nutritious food was provided to programs that feed some of the regions more vulnerable residents.

"Salvation Farms started gleaning the Lamoille Valley in north, central Vermont fifteen years ago. We provide direct service to farms, organize volunteers, collect produce from fields and wash/pack-houses, and coordinate distribution of nutrient dense food to folks with limited access to the fresh food grown in their communities,"



said Theresa Snow, Executive Director of Salvation Farms. "We are eager to explore this expanded distribution opportunity with the NEK Council on Aging and to make Vermont's agricultural bounty available to seniors in the state's northeast region."

Laura Valcour, the NEKCOA's Director of Nutrition and Wellness is excited about the project. "We're thrilled to establish the partnership with Salvation Farms in the Northeast Kingdom. What an incredible opportunity to support our local farms, our communities, and our food system. It's a win-win for all."

The NEKCOA/Salvation

Farms pilot program will include five meals sites: Barton (BASSI), Glover, Lyndonville, Orleans, and West Burke. Produce will be delivered weekly in an effort to use locally sourced food and to improve the nutritional value of the meals.

"Whether you are an older Vermonter who can't get out to shop for food, are recovering from surgery and can't cook (and need temporary meals delivered), or you want to get out and join your friends and neighbors in a community dining experience, the NEK Council on Aging has resources to help you be healthy, happy, and enthusiastic about what you eat," said Burmeister.

Littleton Food Co-op Featured Artist

Littleton Food Co-op welcomes Artist and Bethlehem resident Kathy Shuster as our featured artist for September and October in our Co-op Art Gallery. There will be an artist reception on Saturday, September 7 from 1 - 3 pm in the cafe gallery. Light snacks will be provided. All are welcome to come experience Kathy's artwork and chat with her about her incredible life journey. See ya at the co-op!


Member-owned Littleton Food Co-op is a local, hybrid, and very friendly store located at the intersection of Cottage Street and Route



From Artist Kathy Shuster "In Our Backyard" collection

302 (exit 41 off I-93). Everyone is welcome to shop and everyone 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 Lit-

tleton Food Co-op is open daily from 7 am - 8 pm. For more information or to become a member, please visit www.littletoncoop.com or call 603-444-2800. See you at the Co-op!



Do you have an opinion about local, state or national politics? Write a Letter to the Editor to let others know what you think. Plus the Editor will have a chance to respond with perhaps a different point of view.

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VERMONT

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 Paul's Whistle Stop
 (McIndoes)
 West Barnet Quick Stop

BRADFORD
 Bliss Market
 Bradford 4 Corners
 Hannaford's
 Kinney Drugs
 Safe Ship

DANVILLE
 Hastings Store
 Marty's Quick Stop

EAST CORINTH
 General Store

FAIRLEE
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 Cumberland Farms
 Lake Morey Inn
 Wing's Market

GROTON
 Upper Valley Grill
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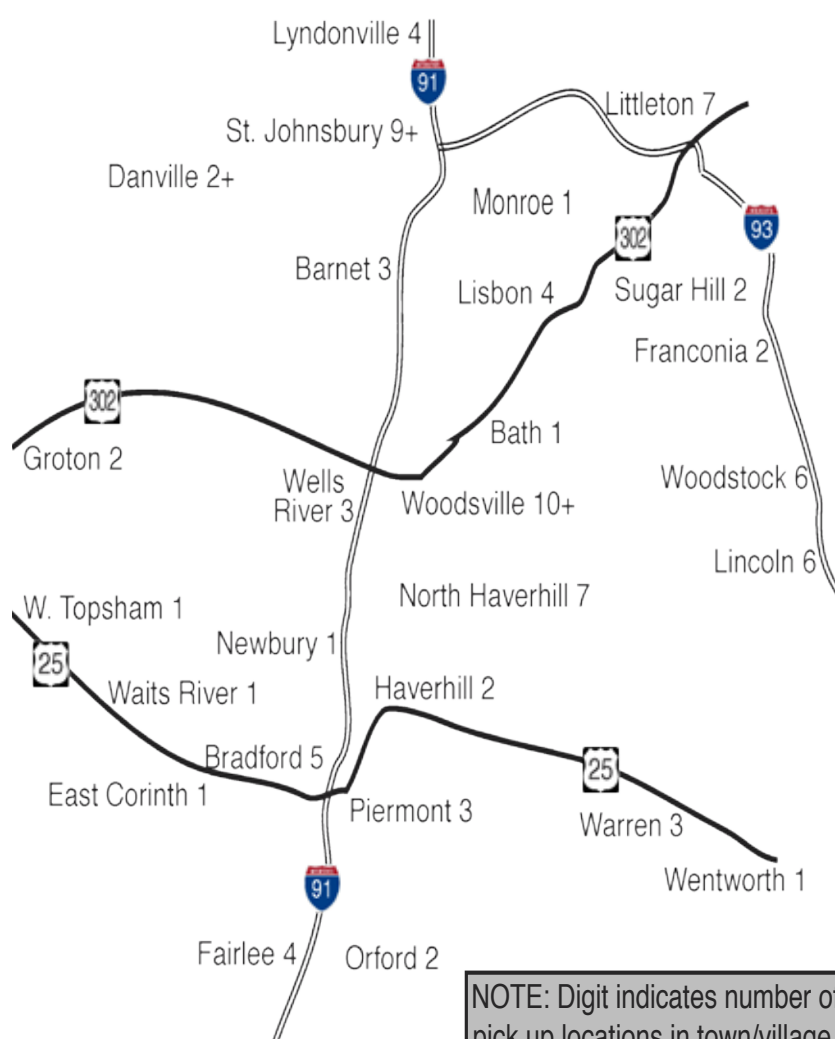
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 Cumberland Farms
 Lyndon Buffet
 White's Market Main St.
 White's Shopping Plaza

NEWBURY
 Newbury Village Store

ST. JOHNSBURY
 Anthony's Diner
 Dunkin' Donuts
 Green Mt. Mall
 Kingdom Crust
 Kinney Drugs
 PettyCo Junction
 Price Chopper
 Saint J Brewery
 White's Market

W. TOPSHAM
 Gramps Country Store

WELLS RIVER
 Big Bubbles
 Copies & More
 P&H Truckstop
 Tuttle's Family
 Diner



NOTE: Digit indicates number of pick up locations in town/village.

Not All Times Are Trendy, But There Will Always Be Trendy Times

The Bailey-Hazen Military Road

In 1776 George Washington ordered the construction of a road from the frontier outposts of Newbury and Ryegate Vermont, 90 miles to Canada in order for a possible offensive attack against the Canadian British. Later known as the Bayley-Hazen Military Road after the two men who were in charge of its construction (Jacob Bailey of Newbury, VT and John Hazen of Haverhill, NH). The project was abandoned several miles short of the Canadian border at a high, lonely notch in the northern Green Mountains.

The road was never used for military purposes, but after the Revolutionary War it provided a pathway for the earliest European pioneers. Wells River, Ryegate, Peacham, Walden and many other towns were first settled by travelers on the Road.

The Haverhill Historical Society will present "A Stroll Through Time – the People and Places of the Bayley Hazen Road," at 7 p.m. on Tuesday September 17th at Alumni Hall on Court St. in Haverhill Corner. This event is free and the venue is handicapped accessible.

The illustrated talk will combine an arm-chair tour of the route and introduce the audience to many of the historic characters who have lived and worked along the road: from "Indian Joe" after whom Joe's Pond got its name, to the acclaimed writer Wallace Stegner.

The talk will be presented by Alan Boye who has retraced the entire route on foot. Boye is a Professor Emeritus of Humanities at Northern Vermont University at Lyndon where he teaches writing and literature. He is a

former commentator for Vermont Public Radio, on which he had a series, "Just Walking the Hills of Vermont." That series resulted in a book by the same name. In 1995 he retraced the 1,000 mile trek of the Northern Cheyenne from Oklahoma to the Upper Great Plains. This resulted in his book "Holding Stone Hands: On the Trail of the Cheyenne Exodus." His articles have appeared in Vermont Life, Vermont Magazine and Yankee Magazine, among others. He's an active member of his community as well as a board member and former President of the Barnet Historical Society.

For more information contact Roger Warren – 606 787-2446 or barogw@hotmail.com

Robert Rogers Of The Rangers

Bath Public Library has received a grant from the New Hampshire Humanities to present George Morrison, "Robert Rogers of the Rangers" on Saturday, September 28th at 2:00 pm at the Bath Public Library.

"The famous Major Rogers" renown was such that he became at one time the single best known American on both sides of the Atlantic, even attaining what Washington had sought, yet never achieved. But who was this frontier farmer, raised in Dunbarton?

Thirty years after his death in obscurity in May 1795, his exploits were mined by James Fenimore Cooper for his best-selling novels, and in the 20th and 21st centuries, in other novels, and in histories, movies, and on television. George Morrison takes us along on a journey from colonial North America to the 21st century.

George Morrison earned a BA in History at the Uni-

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

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 Wright Brothers", by David McCullough on Thursday, October 10th at 6 pm at the Bath Public Library.

On a winter day in 1903, in the Outer Banks of North Carolina, two unknown brothers from Ohio changed history. But it would take the

world some time to believe what had happened: the age of flight had begun, with the first heavier-than-air, powered machine carrying a pilot. Who were these men and how was it that they achieved what they did?

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

39th Annual



Fall Festival

First Congregational Church
4915 Main Street, Newbury, VT

SATURDAY, SEPTEMBER 21, 2019

9:00 am – 2:00 pm

Activities For the Whole Family!

- * Live Music * Silent Auction * Hay Rides *
- * Cookie Walk * White Elephant Sale *
- * Antique Tractor Display *
- * Quilt Raffle * Country Store * Bake Sale *
- * Free Ben & Jerry's Ice Cream *
- * Activities & Games for Kids *
- * A-la-carte Lunch & BBQ *



BIDDING FOR SILENT AUCTION ENDS AT 1:00 PM

A SUGAR HILL'S AUTUMN CELEBRATION

Saturday & Sunday, October 5 & 6, 2019
10:00 am – 3:00 pm (Rain or shine)

Rt 117 • Sugar Hill Meetinghouse • Carolina Crapo Building • Historical Museum

OPEN AIR MARKET WITH OVER 50 PARTICIPANTS
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10:00 am: Ben Kilham - Kilham Bear Center, Rehabilitate and Release

Noon: Chad Proulx - Cooks Corner by Ammonoosuc Community Health Services

1:30 pm: Michael Maddigan, Author - The Flume Gorge at Franconia Notch

Apples from *Windy Ridge Orchard & Cider House Cafe* Cider Donuts
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The ride, just under 20 miles, takes you by Groton Lake, Ricker Pond, by beaver ponds and along the banks of the Wells River. You will enjoy views of the mountains as you ride under a canopy of brilliant fall foliage colors on your way to Blue Mt. School in Wells River.

The ride ends at Blue Mt. School (about 11:45 AM - 12:30 PM) where the Blue Mountain Union Car Show will be featuring Classic and Hot Rod Cars, Motorcycles, Trucks and more! Food Vendors will be set up. Rider are invited to join the festivities. All proceeds from the Car Show will benefit the Blue Mt. Education Fund.

**Sponsored by: Newbury Conservation Commission- NCC
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FOR MORE INFO ON THE RIDE CONTACT:

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Raffle and Contest Winners at the 8th Annual "So Long Summer - Hello Fall Festival"

The Giant Zucchini Contest had a first time entrant winner and a new judge at the 8th Annual So Long Summer – Hello Fall Festival. Barbara “Ruth Bader Ginsburg” Zimmer of East Topsham and long time library volunteer was a first year judge replacing Chance Lindsey who has moved out of the area. Exiting the library in a black robe complete with the signature white lace collar Barbara Zimmer did a supreme job portraying Justice Ginsburg while deciding her first de-

isions. First time entrant Regina Hazel of Ryegate claimed first place with a 12 pound, 2 foot long zucchini. This is the 2nd year in a row that an adult has won the top prize. Gardening together, the Ryegate Kendal Kids ranging from one year to eleven years old cultivated a 9.2 pound, 22.5 inch zucchini continuing their long time tradition of being top zucchini growers, winning 2nd place this year. Six-year-old Nason Grant of Newbury placed 3rd with his first year 6 pound, 18 inch entry. While not a weight winner, Jabin Beaulieu of Ryegate grew the longest zucchini measuring 27.5 inches. The top 3 winners received gift cards donated by the Newbury General Store.



The winners of the Cohase Chamber's 3rd Rubber Ball River Race, down the Wells river were 1st place, \$300, Ethan Ackerman of Piermont, 2nd place, \$200, Wayne Richardson of Newbury and Andy Barter of St. Johnsbury won 3rd place winning \$100.

Wells River resident John Mahnker won the Newbury Historical Society's "Then and Now" Contest. John will be dining at the Happy Hour Restaurant compliments of the society. Looking at pictures from yesteryear John could identify what was at the location today.

Debbie Terrill of Wells River won the Tuttle's Family Diner drawing of 2 free deli sandwiches, Wells River resident Mike Thomas won \$109, in the 50/50 raffle sponsored by OSIP Adult Day Services and Angela Cottrill of Bradford won the T-Shirt give-way for 302 Cares.

Eight lucky winners won apparel donated by Green Mountain Monogram at the WRAP booth. Vermont winners were Catherine Simpson of South Ryegate, Stan Phaneuf of Newbury, Della McBey of Kirby, Marianne Kelly of Bradford, Dana Ceccarelli of Wells River, Gail Brown of Ryegate and Sarah Pushee of Bradford. The lone winner from New Hampshire was Walt Delinger of North Haverhill.

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The Beauty That Is Bradford

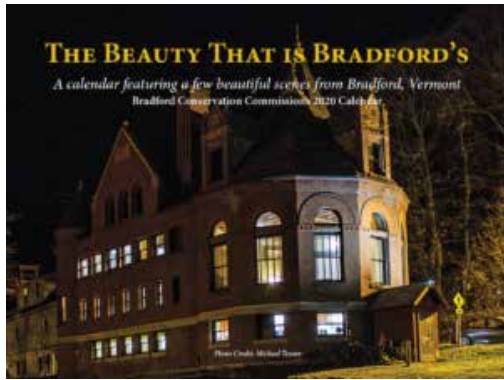
Bradford Conservation Commission's 2020 Calendar, "The Beauty that is Bradford's" is now available at several local Bradford locations: Aubuchon Hardware, Bliss Village Store, Bradford Town Clerk's Office, JM Landscaping, Pierson Farm, Star Cat Books and Wells River Savings Bank,

This year's cover photo captured by Michael Tessier features a gem in Bradford's Downtown - the Bradford Public Library at night. Images taken by seven other local amateur shutterbugs grace the seasons of the year within the Calendar. The selection committee chose a wide diversity of

photos taken by Birdi Kaplow, Monique Priestley, Nancy Jones, Gail Clifford, Erin Odell, Emilie Hall and Luke Knapp. The back cover features a drone shot taken by Luke Knapp over the Falls of the Waits River during the Spring flooding.

The centerfold of this year's Calendar once again includes the trail map of the Wrights MT/Devil's Den Town Forest. The Calendar was printed with support from Copies and More, Two Rivers-Ottawaquechee Regional Commission, Margaret Pratt Community, Thompson Fuels,

Copeland Furniture, JM Landscaping, Valley Floors, FarmWay, Colatina Exit, Bliss Village Store, Oakes Brothers, Locke's Excavation and Averte'. Layout and Design was provided by ME-Priestley, LLC. All proceeds from the Calendar will benefit the Bradford Conservation Fund.



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Leon F. Gendron: OBITUARY

Bradford, VT - Leon F. Gendron, 80, of South Road died Tuesday, September 3, 2019 at Cottage Hospital in Woodsville, NH.

He was born January 4, 1939 in Woodsville, NH the son of Antoine Gendron and Adelia (Farr) Gendron. After attending schools in West Fairlee, he worked on the family farm, and later helped in the construction of Bear Ridge Speedway in Bradford, VT. Leon also worked many years at Blake Chevrolet and ran his own auto repair shop in Bradford for more than 50 years. In August of 1958 he married Gale Emerson in East Corinth, VT. Mrs. Gendron died in 1997.

Leon enjoyed NASCAR racing and racing at Bear

Ridge Speedway, as well as snowmobiling, hunting, fishing and camping.

Survivors include two daughters, Beverly Thurston of Wells River, VT and Bonnie Tillotson of Bradford, VT, a brother, Antoine Gendron of Red Hook, NY, 7 grandchildren, 3 great-grandchildren, and nieces and nephews. He was predeceased by a daughter, Brenda Gendron Pike, three brothers, William Gendron, Pete Gendron, and Bernard Gendron, and a sister, Bernice Piper.

Graveside funeral services will be held at the convenience of the family in Sawyer Cemetery in Bradford, VT. Arrangements are under the direction of Hale Funeral Home in Bradford, VT.

Rachel Elizabeth Gilleland - OBITUARY

Rachel Elizabeth Gilleland, 34, of Central Street, Woodsville, NH died unexpectedly on Tuesday, March 12, 2019, in South Ryegate, VT.

She was born in St. Johnsbury, VT, August 10, 1984, the youngest child of Mark and Robin (Vincent) Gilleland. Rachel grew up in Barnet and graduated from St. Johnsbury Academy in 2002, where she enjoyed singing with choral groups and playing the clarinet. Rachel was a loving, empathetic person who embraced all those she encountered with an open heart. Rachel was devoted to her pets and her love of all creatures was evident in her daily life. She had a zany sense of humor, and great love of friends and family. She spent many hours with friends, children and pets playing at Railroad Park near her home. She was especially happy spending time hanging out with the love of her life, her niece Caitlyn. She was loved by all who knew her.

Rachel is survived by her mother, Robin Gilleland and stepfather Robert Davis of South Ryegate (259 Church St), her father, Mark Gilleland Sr. and stepmother Lisa Bowden of Barnet (77 Church St), her two brothers, Mark Jr. of South Ryegate, and Aaron of Chicago, IL, maternal grandparents



Sally Vincent of Levant, ME, and several aunts, uncles, and cousins.

A celebration of Rachel's life will be held on Saturday, September 21, at the Barnet Village Church, 100 Church Street, Barnet, at 2 pm. All are welcome.

Correct Me If I'm Wrong

by Maggie Anderson

When people say "correct me if I'm wrong" they don't usually mean it literally, often they're just being sarcastic, other times they're so sure of themselves they don't consider the challenge any sort of risk.

On the other side of that fence are folks like the English instructor who told her class that though two negatives always created a positive, two positives never made a negative. She was pretty sure of herself until somebody in the back of the room said "Yeah, right."

Then there are fact checkers who never wait for you to ask for corrections.

Some of you might remember the piece I wrote not long ago about the day I stepped out of line and took a drink from the "other" fountain at a drug store in Florida. I was eight years old at the time and knew full well that the adults who had put the signs up had their reasons. Though I couldn't have told you how they made them seem worth the time and money it took to put the signs up in the first place, I knew I was expected to drink from one fountain even when the line was long, I was thirsty, and the other fountain had nobody standing in their own long line with their tongues hanging out waiting for a cool drink of water.

Being eight and not seeing a problem with quenching my thirst at the "other" fountain that's exactly what I did. The only person in the place who didn't react as if I had slugged somebody's grandmother in the face was my dad. He made sure that his children were introduced to more varieties of human

beings than Baskin Robbin's has flavors.

As kids my brothers and I were aware that many of the adults around us had opinions we didn't share and wanted no part of. We knew there were rules about which doors some people could use and which were cut out for others, we saw signs of demarcation practically every place we traveled, we just viewed them as beyond our comprehension, out of our own orbit somehow.

Half my family's roots are buried in the south, my mother was born in a place called Raccoon Ford, Virginia. It is a place even smaller than the village I live in here in the White Mountains, so small in fact that Fred Laughn, a man who had lived in Virginia all his 80-some years by the time of our conversation on the subject, told me he'd never even heard of Raccoon Ford.

When I related this to my mother she quickly dug through one of her treasure trunks and promptly made a copy of the envelope for a letter that had been sent to my grandmother so long before it still had a two cent stamp attached. The address simply said Rosa Fletcher - Raccoon Ford, Virginia.

The other half of my roots are pure Yankee, my father was born in Massachusetts, so between the two it's safe to say my brothers and I had the best of both, the freedom to play with the playmates at hand without first checking pedigree or making sure they'd all entered through the correct door.

The reason I bring this up is because when I shared the piece with my Third Thursday writers group at the library in Warren, one of my cohorts was quite insistent that the sign I saw could not have read "Black" but must surely have said "Colored" because she lived in Florida way back when and all the signs posted said "Colored."

In my defense I was eight years old, I knew they meant black and white so that's how I remember them but she is a few steps closer to the century mark than I am and she may have a clearer memory about signs and such.

Memory is fluid, it meanders like a swollen river and sometimes the details get jammed into a tree trunk and change it's flow. I wrote a piece in my book about a young girl who asked me if I wore my glasses just to look geeky or did I actually need them. Not long ago while going through some old notebooks I found the original notes for that piece and reading it over found that she had actually asked me if I wore them just to look nerdy. Nerdy or geeky aren't they pretty much the same?

I've spent a good part of my seventy years bucking trends and breaking rules I thought were written to crush somebody. I suppose I took my Grandmother at her word and decided what the world needed was a whole lot more common sense.

I could be wrong about the sign's spelling but I was never wrong about it's implications.

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Not Too Soon for End-of-Year Financial Moves

We've still got a couple of months until 2019 draws to a close, but it's not too early to make some end-of-the-year financial moves. In fact, it may be a good idea to take some of these steps sooner rather than later.

Here are a few suggestions:

- Boost your 401(k) contributions. Like many people, you might not usually contribute the maximum amount to your 401(k), which, in 2019 is \$19,000, or \$25,000 if you're 50 or older. Ask your employer if you can increase your 401(k) contributions in 2019, and if you receive a bonus before the year ends, you may be able to use that toward your 401(k), too.
- Add to your IRA. You have until April 15, 2020, to contribute to your IRA for the 2019 tax year, but the more you can put in now and over the next few months, the less you'll have to come up with in a hurry at the filing deadline. For 2019, you can put up to \$6,000 in your IRA, or \$7,000 if you're 50 or older.

vestment portfolio at least once a year, and now is as good a time as any. But don't make any judgments based solely on your results over the past 10 months. Instead, look carefully at how your portfolio is constructed. Is it still properly diversified, or has it become overweighted in some areas? Does it still fit your risk tolerance, or do you find yourself worrying excessively about short-term price swings? These are the types of factors that might lead you to make some changes, possibly with the help of a financial professional.

- Don't forget about your RMDs. Once you turn 70½, you generally need to start taking withdrawals – the technical term is "required minimum distributions," or RMDs – from your traditional IRA and your 401(k) or similar plan. After the first year in which you take these RMDs, you must take them by the end of each year thereafter. If you don't withdraw at least the minimum amount (calculated based on your age, account balance and other factors) you face a penalty of 50% of what you should have taken out – a potential loss

of thousands of dollars. So, take your RMDs before Dec. 31. The financial services provider that administers your IRA or 401(k) can help you determine the amount you must withdraw.

• Think about next year's opportunities. It happens to almost all of us: A year has passed, and we haven't taken the actions we had planned. So, start thinking now about what you want to do in 2020 from a financial standpoint. Can you afford to ratchet up your investments in your retirement plans? If you have children or grandchildren, have you started saving for college? Have you considered ways to protect your financial independence if you ever need some type of long-term care, such as an extended nursing home stay? If these or other items are on your financial to-do list, start planning now to get them done next year.

Time goes quickly – so don't get left behind without having taken the steps to keep moving toward your financial goals.

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

- Review your portfolio. It's always a good idea to review your in-

Jackson Wild On Tour in Bradford

The Bradford Conservation Commission is sponsoring a Jackson Wild Film Festival on Sunday, September 29th, 4 – 7 pm at the Oxbow High School Auditorium. The committee selected films of varying lengths that were winners at Jackson Hole Wildlife Film Festival in recent years. Topics include protecting endangered species, exploring deep oceans, preserving clean fresh water, restoring an ecosystem, wildlife in Yellowstone and Wild Africa, as well as discovering wild things in your own back yard.

Founded in 1991, the Jackson Hole Wildlife Film Festival has become Jackson Wild, expanding its reach and impact around the globe.

Jackson Wild believes in the power of media to inspire



wonder for our living planet and ignite action to restore and protect it through high-impact collaboration.

This early evening event is open to the public by donation. Light refreshments will be available during intermission, also by donation. According to Conservation Commission Chair Nancy Jones, "This event is perfect for families and adults of all ages. It is our hope that donations will enable us to

make this an annual tradition in the community".

Support for BCC's Jackson Wild On Tour, which covers the licensing fees for the films, has been provided by Copeland Furniture, Colatina Exit, SW Gregory Building & Woodworking and Locke's Excavation. To see a complete listing of the films, visit <https://www.bradfordconservation.org/jacksonwild/>



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Thank you for your understanding.



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Round Two - NH's Forests, Industries, Workers and Forest Landowners Are At Risk!

Op-Ed by Tom Thomson

Here we go again. The Governor vetoed HB 183, a bill which sought to finally implement the policy which last year (2018) was overwhelmingly passed by a GOP-led Legislature to protect and support New Hampshire's green renewable biomass generation. Fast forward this year, a Democratically led Legislature passed HB 183 by a large bipartisan vote. The Legislature continues to understand the bigger picture of how important N.H.'s 3rd largest manufacturing business is to our state's economy of \$1.2 Billion annually; unfortunately the Governor does not.

The Legislature understands that biomass energy generation in New Hampshire is local business. It provides local jobs, provides a critical tool in forest management, and helps our agricultural community with its wood ash byproduct, an organic fertilizer to spread on their fields. Biomass generation aligns with state policy that seeks diversity of electricity fuel sources using wood, a fuel source New Hampshire has plenty of

as we are the second most forested state in the country. In using this low-grade wood for energy generation, biomass benefits us all – providing public and private landowners a management tool for sustainable forestry and open lands. Good Forestry management benefits our state's tourism and recreational industries. One example would be Snowmobiling which brings in annually, direct and indirect, over \$600 million because forest landowners continue to open and share our forestlands and trails which we've built for forestry; 84% of our state's 7200 mile trail systems are on private forest lands.

So who was the Governor listening to when he decided to veto HB 183? My guess is it was an out-of-state group called the New England Ratepayers Association, who has been leading the charge to cripple our forest industry. They are a Massachusetts based lobbying group that doesn't disclose its membership. By their actions, I would guess they are backed by utility interests and shareholders, but we will never know. They spent

unknown amounts of money "robocalling" legislators to vote against HB 183. What I do know is that this lobbying group, that is lobbying for the demise of New Hampshire's timber industry, doesn't seem the least concerned about recent filings by Ever-source (NH's largest Utility) for a \$70 million increase. They didn't even intervene in the case. Are they more concerned about the cost of a three-year bridge to help the local biomass plants and the forestry industry instead of a huge increase of \$70 million on ratepayer bills? I think most would agree this just doesn't add up.

This is not a partisan debate – look at the votes - support for biomass passed in a Republican-led legislature, just as it has in a Democrat-led legislature. Our legislators are close to their constituents and they understand the chaos that has ensued in the state as this debate continues. They know the claims about biomass greatly driving up electric rates are false. They know local logging companies are laying off employees and cancelling equipment orders. Forest landowners

like myself will begin selling forestland for development if HB 183 fails because we can't manage our land effectively without the biomass markets, and the plant employees continue to worry about the future of their livelihoods and families. They know of the forestry-based jobs in their districts and how hard people are working to keep things afloat. This veto is not what New Hampshire is all about – we help our neighbors. These are hard-working men and women whose work is important to our energy future, but also our tourism and recreation economy, while providing a healthy environment for our state.

This is why this veto makes no sense. Supporters of HB 183 include three of the state's largest landowner organizations, who each have over 100 years of common sense when it comes to managing healthy forest and agriculture lands throughout our state. They are NH Forest Society, NH Timberland Owners Association, and NH Farm Bureau. Many large suppliers like Milton Caterpillar in Londonderry, McDevitt Trucking in Manchester, and many hundreds of other small businesses that work to support and

supply the biomass and timber industries also are just as concerned as I am of the uncertainty for the past two years. The Governor often talks about supporting local businesses. Well, in terms of a "return on investment," just looking at what New Hampshire gains from a thriving biomass industry proves that overriding HB 183 is good business. We need to settle this debate once and for all. The Legislature was right last year when it overrode the Governor's veto. It is time to do it again.

I am encouraging anyone who owns timberland, makes a living in the timber industry, and most importantly, enjoys recreating on private timberlands to call their legislator today and urge them to override the Governor's Veto on HB 183. To find your legislator go to, <http://gencourt.state.nh.us/house/members/default.aspx>

If we fail, New Hampshire's Forest Industry, the third largest manufacturing business may be headed in the same direction as the NH Shoe Industry did years ago and that would be a sad day in our state's "Live Free or Die" history.

Letter To The Editor

Dear Editor,

Why fly the American flag?

A flag is a country's way of identifying itself to the rest of the world.

A flag can be a portrait of a country's history. The US flag has 13 red and white stripes signifying the 13 original colonies, and 50 stars representing the 50 states of the USA. The red symbolizes hardiness and valor while white symbolizes purity and innocence, and the blue represents vigilance, perseverance and justice.

The flag is a unifying symbol making all Americans feel they are part of a team!

"The American flag embodies the values and ideals upon which this country was founded even though this country has sometimes

fallen short of those values and ideals. To salute the flag is not to proclaim that America can do no wrong, but to believe in its great capacity to do what's right." (Jeff Jacoby, Boston Globe columnist, July 8, 2007).

New Hampshire has a prominent role in the formation of our Republic being the 9th state, the deciding state, to ratify the US Constitution on September 21, 1788. With that crucial vote, the Constitution became the law of the land, thus unifying the 13 independent states (former 13 original colonies) into one federated country under one law. New Hampshire's vote did that!

I am dismayed to see our flag not flying on the flagpole in front of Lafayette Regional School in Franconia after nearly 2 weeks from the start of school. Some-

one should be flying the flag each day until the 6th Graders are taught to fold the flag and the other necessary procedures by which to fly the flag at that school. Future planning by the school administration would be to "groom" 5th Graders in the procedures of flying the flag, folding the flag, etc. at the end of the school year so they will be ready to fly the flag on the first day of the new school year in August when they will now be 6th Graders.

Let's hope the administration of Lafayette Regional School will do the right thing next year by flying the flag starting on the first day of school whether it be by the principal, custodian, or the 6th Graders.

Nick De Mayo
Sugar Hill, NH

Nick,

Traditions are a great thing to pass on to the next generation. The tradition of flying the flag of our country is one of those great traditions. A big part of that tradition should also be the proper treatment of that flag. When to fly it, how to fly it, how to take it down, what to do with it when it is no longer serviceable. These are all portions of that learning process.

But our schools need to teach so much more. From basic reading, writing and math

all the way to science, modern technology and even day to day needs in order to live in society. Much of this is now necessary due to a decline in the involvement of parents in the teaching of their children. Of course that is a whole other discussion with many sides and opinions.

Back to the point though, I'm happy to hear that the Lafayette School has made the flag a part of their curriculum in the past, and I hope they do so in the future.

Gary Scruton, Editor



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What About Ma?

by Kellie Quackenbush

All About The Cataract

It was about 20 years ago that Ma was told that she has the start of cataracts in her eyes. Her eye doctor told her to be sure to wear dark sunglasses over her regular glasses while she was outside and that would make the cataract grow more slowly. Every year, after her eye exam, Ma would get another pair of dark sunglasses from her eye doctor. She has filled a drawer with sunglasses.

"Cataract is the clouding of the eye's natural lens. It is the most common cause of vision loss in people over age 40 and is also the principal cause of blindness in the world." (Cataracts: 3 common types, causes, symptoms and treatments, By Gretchyn Bailey; reviewed by Vance Thompson, MD, HomeConditionsEye Conditions, A-Z). Ms. Bailey notes the 3 types of cataract, "sub-capsular cataract occurs at

the back of the lens. A nuclear cataract forms deep in the central zone (nucleus) of the lens and a cortical cataract is characterized by white, wedge-like opacities."

It takes time for a cataract to grow into the sight stealing cloudy lens that doctors remove surgically. One of the reasons, I believe, that older people start wearing bright colored clothes is because they do not see colors clearly. Until a cataract matures, many people are able to ignore the slow growing symptoms. Some people for many different reasons, ignore the symptoms and try to avoid surgery. Ma has no intention of having eye surgery. The cataract that she has is very slow growing and she hates the idea of surgery.

"Common symptoms are Blurry vision, Colors that seem faded, Glare - headlights, lamps or sunlight may

seem too bright. You may also see a halo around lights. Not being able to see well at night, Double vision and Frequent prescription changes in your eye wear. Cataracts usually develop slowly. New glasses, brighter lighting, anti-glare sunglasses or magnifying lenses can help at first. Surgery is also an option. It involves removing the cloudy lens and replacing it with an artificial lens. Wearing sunglasses and a hat with a brim to block ultraviolet sunlight may help to delay cataracts." (U.S. National Library of Medicine, MedlinePlus.Gov)

I recently had Cataract surgery, the procedure took less than 15 minutes and I was awake through the whole thing. They do give you medicine that blocks any pain associated with the procedure, which is great. I did not experience any secondary affects from that medicine. After my procedure, my husband drove me home and we had lunch. The next morning was a follow up visit, the patch that I had covering my eye after surgery was removed and I could see clearly.

Ma still does not feel ready to have her cataract removed and she may not have to, after all, she turns 90 this year and she sees well enough. For those of you dealing with the growth of a cataract, when you are ready for clear vision, surgery is an option and it is not as bad as you think.

Acceptance

by Cyndi Wellman

Scott

Friend to all:



He's not Helen Keller. But has similarity!

He can understand, Celebrity Ashton Kutcher's twin. Michael is 80% deaf in his left ear. And has cerebral palsy.

"Cerebral" having to do with the brain. "Palsy" weakness or problems using the muscles.

Scott Gurney was born with CP and is deaf. Always has done American sign language. Do you think he stays home all day?

Think twice! First time I saw Scott, was at my Support Group years ago. He amazes me, how he got around. Communication! We wrote on paper. Now a days you can talk into a Kindle/Phone and he can read it. If he doesn't have an interpreter with him. He's determined to get from point A to point B. Scott can ride a 3-wheel bike. Was helping Adaptive Sports of the North Country. One of their bikes/fixing a pedal. Scott got it to working properly again. He walks with walking sticks. Goes to the Post Office/shopping. Family pet sitter! Always a smile on his face. He can drive an automatic vehicle (with hand control)..



Last 5 years part time job. O'Reilly Auto Parts Store. As an Inventory stock with computer scanners job. Before that for years he was a dishwasher. Scott would like a job. And uses his brain more. He is hopeful to get a job that encourages being disabled. We can do many things.

Loves antique car shows! He used to restoration an old car. Can't forget to mention. True Dukes of Hazzard fan! Hobbies are crafts, wood-working and restoration stuff. Scott says, "having good friends, helps with his Disability." Being disabled, he doesn't really think he is. Here's another great way Scott thinks. If he couldn't do sign language. He would write on paper, mime, or body language gesture.

I wonder, if some of us could do that. Scott's happiness is going on trips.

Also spending time with his family.

Have I convinced you? Being disabled, you're able to do something? Scott has proved beyond measures of how human beings think.

September: Falls Prevention Month

St. Johnsbury, VT – In an effort to draw awareness to the risk of falls for older Vermonters, the NEKCOA is working with area and state agencies to promote several events taking place across the NEK that offer free screenings, helpful tips, and exercises for fall prevention. It is estimated that one in four older adults falls each year. The events coincide with September as National Falls Prevention Month and September 23rd as National Falls Prevention Day.

"Falling is not an inevitable result of aging. Through practical lifestyle adjustments, evidence-based falls prevention programs like our Arthritis Foundation Exercise Program (AFEP), and clinical-community partnerships, the number of falls among older Vermonters can be substantially reduced," said Meg Burmeister, Executive Director of the NEK Council on Aging.

Four fall prevention events are planned: September 19th at the St. Johnsbury House from 1:30 – 3:30 p.m. with Physical Therapist, Mike Matteis from NVRH.



Jenny Patoine will also be demonstrating Fall Prevention Tai Chi at this event.

September 24th at the North Country Hospital Wellness Center from 1 – 2:30 p.m. with Physical Therapist Heidi Laramee.

September 25th at the Darling Inn from 9:30 – 11:30 a.m. with Mike Matteis at Lyndon Terrace from 1:30 – 3:30 p.m.

"I would like to express my gratitude to Mike, Heidi, and Gary Chester from SASH for their help in coordinating these important events," said Karen Budde, RSVP Coordinator at the NEKCOA. "So many of our older friends and neighbors have a fear of falling and we are working hard to draw attention to simple steps they can take to assess their

current living environments, keep moving, and increase their confidence by growing stronger."

The Council will also kick off the eight week award-winning fall prevention class A Matter of Balance on September 25th. The class is held every Wednesday from 1:30-3:30 p.m. at the United Community Church in St. Johnsbury. The program emphasizes practical strategies to manage falls and increase activity levels. For information, contact Karen Budde at (802) 751-0431.

A full list of statewide fall prevention events can be located on the Stay Steady Vermont section of the VT Falls Free Coalition website www.fallsfreevermont.org/stay-steady-vermont.php.

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NEK Chamber Again Traveling to Eastern States To Promote Area

The Northeast Kingdom Chamber is once again offering chamber members the opportunity to promote their businesses at the Big E, one of the largest fairs/expositions on the Eastern Seaboard. More than 1.5 million people attended the Eastern States Exposition last year, the highest attendance ever.

Northeast Kingdom Chamber staff will be working in the Vermont Pavilion of the Big E on Sept. 28 and 29, the last weekend of the fair, traditionally two of the best attended days of the three-week exposition, with an expected 295,000 in attendance that weekend, alone.

"We have found the last weekend of the exposition to be the best time to attend," said Darcie McCann, executive director of the Northeast Kingdom Chamber. "The numbers attending that weekend are comparable to the 'Vermont Day' weekend but visitors coming into the Vermont Pavilion are far more likely to seek information on the Kingdom as it is their last opportunity of the year to ask questions and receive information on the state and region."

Attendees to the fair and the Vermont Pavilion see the

Northeast Kingdom as a recreational getaway with an increasing interest in our trail systems, ski resorts, scenic drives, covered bridges, VAST trails and year-round outdoor activities, which makes it imperative that the chamber attend the fair each year, said McCann. She noted that she heard from far more Big E visitors last year that they would like to live in Vermont, and the chamber intends to capitalize on that interest in the state and region far more this year.

Chamber businesses are assured a strong presence at the Big E. Each year, the chamber prepares packets containing member brochures from businesses from its extensive membership. These packets are distributed during the weekend the chamber is at the fair, highlighting these members and region.

The region will have a brochure presence at the Big E for the entire duration of the 17-day fair, with the chamber's promotional piece being distributed by the Vermont Department of Tourism & Marketing.

For more information or to sign up, please contact the chamber's Jenn Garand at 802-748-3678 or nekinfo@nekchamber.com.



The Vermont Pavilion is considered the most popular "state" building on the Avenue of the States at the Big E fair held for 17 days each year in September in West Springfield, Mass. The Northeast Kingdom Chamber will once work at the Vermont tourism counter for two of the busiest days of the fair. This particular picture was taken during the chamber's Saturday shift last year, at 8 p.m., when the crowd is usually winding down. Close to 300,000 attended the exposition that weekend last year, with many wending their way through the Vermont building.

Northern Counties Health Care Recognized Nationally For High Quality Care

St. Johnsbury, VT – Recently, the U.S. Department of Health and Human Services (HHS) recognized Northern Counties Health Care for its outstanding commitment to quality care based on its performance last year. HHS grants quality awards to the highest performing federally qualified health centers nationwide and health centers with significant quality improvement gains compared to the previous year. Among other accolades, Northern Counties was designated as a National Quality Leader (NQL) for being ranked in the top 1-2% of all health centers nationwide in one or more of the clinical quality measures that promote heart health, diabetes health, and behavioral health. Northern Counties Health Care was one of only 48 health centers nationwide to receive this designation.

"These awards recognize that Northern Counties is delivering on its mission to provide high-quality, accessible, patient-centered health care that helps patients, families, and communities thrive," said Northern Counties Health Care CEO

Michael Costa. "The entire team at Northern Counties Health Care, from the front desk team member who welcomes you to our skilled health care providers, is committed to offering our patients the best care, and we are pleased to be recognized as a national leader."

"These awards are the result of a great team effort to consistently put the patient and their family at the center of our work," said Dr. Sarah Morgan, a family physician at the Hardwick Area Health Center who serves as Medical Director for Northern Counties Health Care. "We are proud of this national recognition, and we will work continuously to maintain the level of excellence offered at each of our sites in the Northeast Kingdom."

NCHC encompasses five community health centers, three dental centers, 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.nchcv.org.

Game Night Featured at Littleton Community Center

Littleton, NH – The Littleton Community Center will again be hosting a family game night on the second Friday of each month starting October 11 thru April 10, 2020 from 6:00 pm to 9:00 pm. "It's a fun gathering allowing people from the community to get to know one another," says hostess, Wendy Clark.

Bring a game, bring a

friend or just bring yourself and join us at Littleton's Unique Historical Property to share and meet new acquaintances. Light refreshments will be served and donations are appreciated.

It's free and open to the public. For more information, please contact the Littleton Community Center @ 444-5711 or email littletoncommunitycenter@gmail.com.

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Herbs To Overcome Cancer & Degenerative Disease

by Melanie Osborne

The natural healing world has concentrated intensely on cancer and degenerative diseases such as M.S., muscular dystrophy and lupus in the past few years, and has learned much about how to deal with these often unnecessary killers. Even though today's statistics show that 30% of all Americans will contract some kind of cancer in their lives, new evidence is indicating that 90% of all cancer, and most degenerative disease, is environmentally caused and therefore preventable.

These diseases are opportunistic, attacking when immune defenses and bloodstream health are low or toxic. Most are caused or aggravated by poor nutrition. Accumulated nutrient deficiencies develop over a long period of time – too many refined foods, fats, and red meats; too little fiber, fresh foods, and food-source vitamins and minerals. These deficiencies eventually change body chemistry. The immune system cannot defend properly when biochemistry is altered. It can't tell its own cells from invading toxic cells, and sometimes attacks everything, or nothing, in confusion. Many cancers respond well to nutritional improvement.

Degenerative diseases seem to make the body crave deficient de-mineralized foods; starving them out feels like any drug withdrawal. The fight against this isn't easy, but as healthy cells rebuild, the cravings subside. They also seem to live and grow in the unreleased waste and mucous in the body. Avoid red meats, pork, fried foods, sugars, caffeine and preserved or colored foods of all kinds, and foods sprayed with heavy pesticides. They deprive the body

of oxygen use, and provide little or no usable nutrition for building healthy cells and tissue. These foods clog the system, and vital organs cannot cleanse enough of the waste to maintain health. Also avoid continuous use of antacids. They interfere with enzyme production, and the body's ability to carry off heavy metal toxicity.

LOVE YOUR LIVER!! It is the main organ to keep clean and working well. The liver is a powerful chemical plant in the body that can keep the immune system going, healthy red blood cells forming, and oxygen in the bloodstream and tissues.

A viable answer to these conditions seems to lie in promoting an environment where cancer and degenerative disease can't live; and where inherent immunity can remain effective. These diseases do not seem to grow or take hold where oxygen and minerals (particularly potassium) are high in vital body fluids. Vegetable proteins and amino acids in the body allow maximum use and assimilation of the body oxygen and minerals. Regular exercise is almost a "cancer defense" in itself, as it also enhances oxygen use, and accelerates passage of material through the colon.

Herbs are very effective against cancer and degenerative disease, both as part of a healing and control program, and as a preventative against recurrence.

It is vitally important to follow a concentrated program when addressing these diseases, incorporating several aspects of natural healing. Diet, exercise, enemas, vitamin therapy and herbs all need to be coordinated for there to be remission. A concerted effort is necessary for at least six months to a year.

Don't become discouraged, no matter how many times you must return to the beginning juice and raw foods diets. Many people have beaten these "incurable" problems. Success is very possible.

Degenerative disease is often created or allowed by the accumulation and saturation of toxic matter in the body, throwing defense mechanisms and vitality out of balance. Liquid fasting for detoxification is a well-documented therapeutic method that works particularly well in reversing disease of this kind. The success of this technique acknowledges the intelligence of the human body as a self-healing entity. An elimination fast, especially with alkalizing juices and herbs allows the body in its wisdom to decompose substances and tissue that are damaged, diseased or unneeded, such as abscesses, tumors, and congestive wastes, etc.. Fasting also seems to release immune-stimulating hormone secretions which augment the infection and disease-fighting process.

WHY THE LIVER? As the largest organ in your body, the liver is directly or indirectly involved in every physiological process that occurs. What this means to you is that nothing happens in your body without your liver's involvement. Just some of the jobs that your liver performs are fat metabolism, blood sugar level maintenance, inactivating hormones and regulating sex hormones, digestion, assimilation, blood filtering (at a rate of 1500ml per minute), bile production, creation of

immune substances, nutrient storage, and probably most important, filtering and neutralization of toxins leading to removal. In fact if your liver stopped the detoxification processes you would poison yourself from your own metabolic activity.

Before getting into specific remedies, it is important to note that while the liver has a natural ability to regenerate itself, this may become impaired when the liver is damaged or overburdened, so it is essential to liver health that you nourish the liver properly and decrease the toxic load to it.

Burdock Root: nourishes and tonifies the liver while promoting secretions, moderating blood sugar swings and loosening gallstones.

Chickweed: calms and soothes an irritated or overactive liver and restores and revitalizes hepatic circulation.

Dandelion Leaf & Root: activates, restores, cleanses, energizes, cools, and

nourishes the liver. These broad actions make it useful for hepatitis, liver congestion, jaundice, damage from chemicals, drugs or alcohol and a diet high in rich or fatty foods

Milk Thistle Seeds: protects against chemical induced liver damage, balances liver enzymes, increases activity of liver protecting anti-oxidants, lowers risk for developing hepatitis, partially corrects alcohol liver damage.

Oregon Grape Root: a strong blood purifier and liver organ cleanser with the ability to release stored iron into the bloodstream for stronger blood and immune defense.

Yellowdock Root: a rich source of herbal iron, particularly effective for liver, gallbladder, spleen and skin disorders.


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.

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Paddle The Border

Sunday, October 6, 2019

From Newbury Boat Launch *(Beside the Haverhill/Newbury Bridge)*
 To Bugbee Landing *(Next to Bradford Golf Course)*

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10:00 - 11:00 AM.

Volunteers will be at the boat launch to help unload and protect boats before launching.

All Events Are Weather Permitting



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

EVENT SPONSORED and SUPPORTED BY: Haverhill Recreation Commission • Newbury Conservation Commission • Woodsville/Wells River Rotary Club • Cohase Chamber of Commerce • Butler's Bus Service • Bradford Conservation Commission • Upper Valley Land Trust • Upper Valley Trails Alliance

Paddle The Border - Spring is scheduled for Sunday, May 17, 2020

For Further Information Contact **Mike Thomas (802) 757-3960**
 or email mikethom1@charter.net
www.cohase.org • www.newburyconservation.org

Not all Times are Trendy, but there will always be Trendy Times September 17, 2019 Volume 10 Number 25



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

Pasta Fazool

Hello, hello my fellow chefs. I just got home from another trip to Rhode Island. I had a wonderful time. I turned 65 on September 4 and my son Nick planned a dinner at one of my favorite restaurants with my family and friends. Unfortunately I got very sick and had to cancel. What a bummer! We then scheduled our dinner for Saturday. I got sick again and again we had to cancel. I haven't been sick since my operation in May, but this was awful, nausea is so debilitating. We never did get to gather all together.

I did get to go to a big Greek festival and enjoyed a delicious Gyro. I also enjoyed Chowder and Clam cakes and a wonderful real lobster roll. So other than canceling the dinner I had a pretty great time.

Today's recipe I made in R.I. and it was a hit. It's "Delicioso" and easy peasy. Here's what you will need and how to make it.

Ingredients

- 1 Tablespoon olive oil
- 1 Pound Sweet Italian Sausage
- 1 Stalk Celery diced
- 1 small yellow onion chopped
- 1 Cup Dry Elbow macaroni
- 1/4 Cup Tomato paste
- 4 Cups Chicken Broth
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 Teaspoon Dry Orega-

- no
- 3 Cups Swiss chard chopped
- 1 Can 15 oz. Cannellini beans (white kidney)
- 1/4 Cup Grated Parmesan Cheese



Heat oil in large skillet, remove casing from sausage and fry breaking up as you cook. Add celery and onion and cook for about three minutes until translucent. Add dry elbows and mix. Add tomato paste and mix well 2 - 3 minutes. Add chicken broth, salt and pepper and oregano. Simmer not boil and mix well. Take your Swiss chard and remove center rib, (about 4 leaves). Wash leaves and drain. Gather in a loose ball and chop greens. When macaroni is simmering and pretty much cooked, add the chard. It will look like a lot but it gets wilted fast. When

wilted add Cannellini beans that you drain and rinse well. Next add your Parmesan Cheese and mix well. Serve with added Parmesan Cheese on top.

Ooh it's so good. We had some crusty Italian bread that I spread some butter

and garlic powder on and we heated it in the oven and had with our Pasta Fazool. Angelo and Abigail, my grandchildren, loved it. They said oh Gramma you're a good cook. Now if you like spicy you can add dry red pepper flakes or try it with hot Italian

Sausage. The kids don't like spicy.

So folks that's it for this edition. Remember that if you have any questions please contact Gary and I will help you out. Until next time I'm signing off, Sincerely Cin Pin.

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