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12 Congratulations 10 to this year's 2 9 Graduates! 3 8 4 7 6 5 DEADLINE: THURSDAY, JUNE 9

**NEXT ISSUE: TUESDAY, JUNE 14** 

Email: gary@trendytimes.com Website: www.trendytimes.com

MAY 31, 2016

VOLUME 7 NUMBER 17

# Sugar Hill Lupine Celebration

tisans, demonstrations and a unique market? The Sugar Hill Lupine Celebration Market on Saturday and Sunday, June 11-12! Come and explore demonstrations and vendors with a bit of something for everyone. The market hosts artisan demonstrations, seminars, workshops, and concerts from 10 am to 4 pm each day at the Sugar Hill Meetinghouse and the Carolina Crapo Memorial Building. All events are free and held rain or shine. Plenty of parking is available behind the Meetinghouse and handicapped parking is available on the grounds.

Saturday Events include: Kathy Jablonski, a home economist, three sessions on mozzarella cheese-making and cooking with whey; Mary Sturtevant, Path of Har-

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Where can you find 65 arans, demonstrations and a lique market? The Sugar I Lupine Celebration Marst on Saturday and Sunglore demonstrations and plore demonstrations and ndors with a bit of someng for everyone. The marst and students, Native American Flute; poet Jeffrey Zygmont and author Marlinne Cooper, readings and book signings. Bring your camera to take part in a hands-on Photography workshop led by George Mitchell of GM Fotography.

Saturday's 1 p.m. keynote speaker Edie Clark will talk on "The Myth and Reality of New England". Come and find out is you know which is which. This interesting and informative talk is sponsored by the Sugar Hill Library's Elaine Burpee Memorial Fund.

As you wander the market, you will find artisan demonstrations in basket-making, Wabanaki beadwork, woodworking, spinning wool and hand-thrown pottery. Pull up a chair while you visit with the artist.

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Relax during lunch as you listen to Joseph Hansalik, pianist, playing favorites on the town's grand piano. Lunch offerings include bag lunches and homemade mac 'n cheese offered by the Sugar Hill Willing Workers or a wood-fired pizza from Farm to Fire. For dessert indulge in strawberry shortcake from Mountain View Kettle Corn or a treat from Coneheads Ice Cream.

Market events are possible because of our generous sponsors. Please help us thank: Mascoma Savings Bank, Woodsville Guaranty Bank, Fortin Home Watch Plus of Lyman, Branch Insurance of Sugar Hill, The Ledges in Sugar Hill, Bretton Woods – Omni Mt. Washington Resort, Town of Sugar Hill, and Harman's Cheese & Country Store

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Sunday's big event is a Bluegrass and Folk Music concert at 1 pm with Uncommon Folk. Sam, Paul, and Tom bring a plethora of instruments and play the old-time songs they love, mixed with a few stories, some which may be true! If the weather is nice, bring your lawn chairs as we'll move outside.

A big thank you to Mascoma Savings Bank for sponsoring Uncommon Folk, a favorite band over the years.

For more information and the market schedule including last minute added events, visit www.HarmansCheese. com/market or call 603-823-







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# Everbuddy's **Casual Dining**

One of the nice aspects of this column, and the work that goes into having the information to write it, is that we get to go out to dinner. Plus, on occasion, we get to take someone else with us. There are several good points to bringing someone along. One is that we enjoy the company of others. Next is that that person gives me a different point of view on the meal, plus the service, we enjoy. So let reintroduce you to Kathy, my wife's best

This particular Friday night we headed north on I-91 to Lyndonville and a great eatery, Everybuddy's Casual Dining. And they do mean everybody. On this night we saw the very young

as well as the much older enjoying a wide variety of menu choices. I must also mention that at a table just beside us I saw one of the best compliments any cook can get. This middle aged gentleman finished eating and then just leaned back in his chair to finish savoring his meal. Then when they got up to leave he stopped and took the last swallow or two from his glass, again with a look of enjoyment and satisfaction, for a meal well enjoyed.

Regarding our meal, we needed to make Crystal come back a couple of times before the three of us could come to a conclusion as to what we would order. She did get an early decision on our drinks, two diet cokes and a Sam Adams draft. I should mention that Everybuddy's not only has a full liquor license, but they also have a very nice horseshoe bar in one section of the restaurant. After some more thought we ended up with three different meals. I ordered steak tips (medium well, please) that came with two sides (mashed potato {gravy?} {please}, and baked beans). My wife, Janice, got a fried scallop basket that came with one side (she got sweet potato fries which were \$1.00 extra {a point that Crystal forgot to mention}), and she also added a trip to the salad bar. Kathy also went the fish route with an order of a fried haddock basket. Her side order was a baked potato that came with butter and sour cream.

As most good eateries do, our three meals all came out together. Kathy made comment that she had plenty of

also on the high end of the scale. Her only disappointment was that there was no chocolate pudding for dessert. Janice had been given plenty of time to finish her salad before the meals were served. She then dug in on the scallops. They all disappeared and were judged to be juicy, tender and tasty and at a very reasonable price as well. My steak tips were cooked just as I like them and had some terrific flavor. As per the menu statement they were smothered with onions and mushrooms which were still in good size and scrumptious condition on my plate. The mashed potato and baked beans just topped off the meal. Not one of us had any complaint about the food at all. With the completion of the meal Crystal came back to see about desert. I discovered then that raspberry pie was

haddock and the taste was

an option. "No ice cream thanks, just a little warmth to the pie, please." Not only did I enjoy it quite nicely, but Janice stole a small bite and it also passed her taste test.

Everybuddy's was quite busy on this Friday evening. The place was close to full when we arrived, then it emptied out, but by the time we left there was a few people waiting to be seated. I did make a comment that I thought Crystal could have come back to our table a bit quicker after serving our meals (we did not need anything, but it's nice to be asked) but Kathy though her timing was just right. So again, it's nice to have a different opinion at times.

All in all another fine meal, and an enjoyable night. For Janice & I, just under \$50 for the meals before tip. Kathy's meal was under \$20. So an affordable evening as well.

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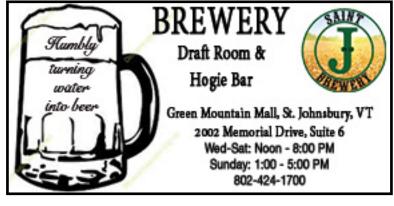
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## **SUNDAY PIZZA SPECIAL**

Put a little Bliss in your Sunday.

Large Pepperoni Pizza \$7 Large Cheese Pizza \$5 Does not include tax.

> Special can not be combined with any other discounts.



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## New Faces & More at North Haverhill Fair



The 72nd Annual North Haverhill Fair is thrilled to announce that there will be several new attractions at this years five day fair from July 27-31.

Though it is not a new event, it will feature a new face as Georgia native Lauren Alaina, who captured America's hearts when she appeared on Season 10 of American Idol will be our featured entertainer on Friday, July 29 at 8:30 pm on Thayer Stage. Recently Lauren released a self-titled five-song EP, the highly-anticipated follow-up to her No. 1 debuting first album Wild-

**Barnies** Greenhouse Next to Barnies Market

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flower. Lauren co-wrote everv track on the EP including her latest single, "Next Boyfriend," and the ESPN exclusive promo track, "History," which was played throughout the network's extensive college and professional football coverage. Thanks to Cullenberg & Tensen, P.L.L.C., and Woodsville

their sponsorship of this act.

Another event changes this year will be the Thursday night North Haverhill's Got Talent competition. This year's event is being sponsored by Dead River. In this event cash prizes are given to the top three competitors. This year we will have two new judges as Mary Choate of Monroe and the Summertime Marching Band, and Karen Simpson, owner/teacher of Music Clinic join Phil Rivera of WLTN & long time judge Chris Garret of 99 Rock, to find the best talent around. To register, contact Don Vogt at 603-787-9992 for full details.

A totally new participation event this year will be a Hay Bale Sculpture display. We invite you to bring in your round, or square bales and do your thing. They will all be on display between the commercial and arts & crafts buildings, and we hope to have a wide array of designs.

Still another new event will be a Power Wheel demolition derby. The kids won't actually destroy the cars, just the balloons attached to each end of the car. This event will take place on Fri-

Guaranty Savings bank for day night during intermission of the 4 cylinder demolition derby which is sponsored by Dad's 4 By Tool & Supply. Rules for both of these groups will be available at the web site www.nohaverhillfair.com

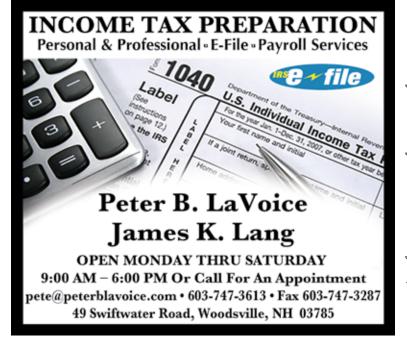
Sunday will also see some brand new entertainment at the fair. No Strings Attached marionettes will have three performances of "Treasure Hunt". These shows will be at Thaver Stage at 12 noon, 2 pm and 4 pm and are made possible in part thru a cooperation with Court Street Arts at Alumni Hall.

The events in Bishop Arena, the covered animal pulling area, also has a new class this year. On Saturday, July 30 at 12 noon the ladies take the reins for a one horse hitch. There will be two classes of horses in the arena at once, which should make for some fun, and interesting challenges. The

day will continue to have three other classes of horses including the three horse hitch at 7 pm. The entire day of pulling is sponsored by the Bank of NH.

And to top off this list of new events, the 20th annual Rich Kinder Memorial Lumberjack Competition will have one final event added this year. After a full day of ax throwing, cross cut sawing, and underhand chopping, a select few competitors will be asked to fell an eighteen foot tree, with an ax, and hit a soda can. It's a race of time and accuracy and should prove to be a thrilling competition.

Along with all these great new events, there are just as many returning favorites. So 🖺 check out the website, or follow us on Facebook or Twitter. But just be sure to save space on your calendar for the 72nd annual North Haverhill Fair, July 27-31.











## SB 369 and Local Control

June 1 is the last day of this session; however, 65 bills, with each having recommendations to concur or not concur will be acted upon that last day.

SB 369, an act requiring public schools to include drug and alcohol education as part of their health and education curriculum will be on the docket. The bill is one of three early bills that the Legislative Task Force discussed this past fall when dealing with the opioid and heroin crisis. Following a thorough review, two bills moved forward for early action this past winter, while task force members could not reach agreement on SB 369. Each initiative is critical to combating the drug crisis, but legislators could not agree to portions of the proposed education bill that mandates drug prevention

June 1 is the last day of education to all pupils in session; however, 65 public school grades, K-12.

Currently, state law requires that a health education program be taught in grades K-12, and that drug and alcohol prevention education be integrated into that course of study. As introduced, SB 369 required a specific number of hours that age appropriate drug and alcohol education be taught to all public school pupils at each grade level. The bill quickly drew responses from various school districts. Although all districts currently provide instruction pertaining to drug and alcohol education, school boards and schools make decisions based upon their pupil and community needs regarding at what grade levels specific courses or curricular components are integrated into daily instruction. This is es-

pecially true at high schools where graduation required courses make it more difficult to integrate additional requirements into annual scheduling and secondly, schools have limited budgets that do not provide enrichment funding for speakers that often assist in health presentations. education Lower elementary educators and parents also voiced that schools best know our pupils, not the state, and that instruction must cognizant of pupil age and developmental readiness.

The committee of conference on SB 369 was successful in reaching a compromise. The recommendation moving forward for House and Senate action this week reads, "Each public school in the state, as part of the school board-approved K-12 health education program, shall provide age and developmentally appropriate drug and alcohol education to pupils based upon the needs of the pupils and the community." The conference report does not mandate that instruction occur at every grade or level, but provides local school boards and communities that decision making authority. In accordance with current statute, NH school boards have control of curriculum and instruction.

Respectfully, Rep Rick Ladd Chairman, SB 360 Committee of Conference

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# Declaration of Candidacy for State Senate Seat in District 2 CONCORD – Conservative Republican candidate for State Senate District 2, Reign Callegbor will file big

Rep. Brian Gallagher of Sanbornton

CONCORD – Conservative Republican candidate for State Senate District 2, Brian Gallagher will file his Declaration of Candidacy on June 1, 2016 at the Office of Secretary of State in Concord for the Sept. 13, 2016 Primary Election State Senate District 2 seat.

"The centerpiece for my campaign will be in reaching out and listening to the voters throughout the 27 towns in Senate District 2 by earning their support one by one. By traveling to each community and meeting voters face to face, I believe voters will get to know me and be able to access my abilities to serve in Concord." To date he has visited twenty four (24) communities.

Brian Gallagher serves on the House Ways & Means Revenue Committee and he has spent 30 + years with a career in public finance. He is a local community leader who knows what it means to make ends meet. He knows that when the economy is in recovery that more spending and higher taxes have a serious impact on our working



families, seniors and businesses. He has served on many local volunteer organizations for over thirty years. He holds an MBA from Plymouth University.

"There continues to be many challenges in Concord. Fighting against a sales and income tax, stopping government waste, growing our economy with pro-business policies, supporting our families and seniors in need and diligently working for local control of our schools to achieve excellence, as well as, achieving affordable higher education"

## OFFICE MANAGER POSITION

The Haverhill, NH, Police Department is currently accepting applications for the position of Office Manager. An Associate Degree in related field or comparable experience is required. Candidates must pass written and oral examinations, background investigation and criminal history check, drug test and psychological examination.

The successful candidate will need to demonstrate a proven ability to quickly learn new computer programs. Qualified applicants must possess proficiency in Windows environments, online e-mail and research, mastery of MS Excel and Word programs. Knowledge of current office methods and procedures, in addition to excellent oral and written communication skills, are essential. Excellence in business writing and communication are required. Organizational skills and ability to multi-task are necessary. Experience in the field of law enforcement, proven grant writing ability and familiarity with Tri-Tech (IMC) software is preferred, but we will train the right candidate.

The Office Manager reports directly to the Chief of Police and is responsible for, but not limited to, the following: maintain calendars; dispatch calls for service; assist the public; process and retrieve police reports and electronic evidence; draft and finalize correspondence; prepare weekly press release; recommend, purchase, and maintain office equipment and supplies; manage office workflows; supervise office assistant; maintain Department website and Facebook page; write, track and follow-up requirements for Department grants; computer help; desk duties; assist with budget and budget tracking; compile, analyze and report statistics; complete Federal, State and/or Local reports; and other tasks and duties as assigned by the Chief of Police. Confidentiality and ability to work with the public are essential.

This is a full-time salaried position paying a competitive wage and benefits package. Ability to work extra and/or flexible hours is required. Anticipated starting date is July 11,2016.

Applications open until June 10, 2016, and may be obtained online at haverhillpolice.com, or at the Department. You may apply in person at the Haverhill Police Department, 2975 Dartmouth College Highway, North Haverhill,NH 03774. Phone: 603-787-2222.

## Mike Gilman runs for NH House

LITTLETON Mike Gilman of Littleton announces his intention to run for one of the two seats for Grafton District 1, representing Littleton and Bethlehem. Gilman, a former three term State Representative and Littleton Selectman, has recently retired from NH State service where he worked for NH Dept. of Employment Security in the position of Business Services Representative for northern Grafton County and southern Coos County. Gilman is ready to devote his time and attention once again to the service of the people in the NH House of Representatives.

Gilman's experience in working with area businesses, his three terms in the State House, two of which were as Chairman of the Labor and Industry Committee, as well as four years as a Littleton Selectman have given him insight to the many problems created by the downshifting of costs to

the downshifting of costs to

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small towns in New Hampshire, but more importantly to the towns north of the notch. Gilman's efforts will be centered on finding solutions to the problems created by "One size fits all" legislation and dealing with the unintended consequences that disproportionately affect jobs, businesses, taxation, quality of life and future of the North Country.

Gilman's concerns regarding Northern Pass are: disruption of local mountainscapes, impact on property values & tourist industry, and inevitable damage to jobs and our local economy. Northern Pass will only bring benefits to southern New England at great cost to our local quality of life and economy. Gilman has officially resisted the efforts of Northern Pass in his capacity as Selectman and personally has pledged to continue working to ward off the destructive project that could affect the towns of Littleton and Bethlehem.

Gilman is also concerned about the challenges to the rest of the North Country and hopes to work together with the other representatives of both parties for the benefit of our region in defending our quality life, bringing quality business to the region, and protecting our environmental resources.

## **Playing For Clover** 4-H Golf Tournament

On August 13, 2016 the Grafton County 4-H Leaders Association will be observing the 20th Playing for Clover 18 hole 4-H Golf Tournament at the Blackmount Country Club in North Haverhill, New Hampshire. We are hoping for an exceptional event.

The 4-H program of Grafton County uses funds received this day to provide scholarships to members for camp, 4-H teen conference, ribbons and prizes for county events, leader training for leaders and members.

The 4-H Teen Club coordinates the meals: continental breakfast, lunch on the grounds and their great chicken barbeque. Following this an awards ceremony is held with prizes given for many different events that are on going all day.

This year our Gold Sponsor is Cooperative Insurance. Bronze Sponsors so far include: Budget Lumber, Farm Bureau, Harry Burgess, NFP, Royal Electric, Wells River Chevrolet, Grip

n Rip, Blackmount Country Club, K & A Carpentry, Blackmount Equipment, Poulin Grain, Coventry Log Homes, Chris Morrison team, and Jeff Emons team. We would love to be able to have 20 teams.

Along with teams playing we have a great Silent Auction open to all and raffle prizes for the players

We are ever thankful for the businesses and invivduals that donate Silent Auction items, gift certificates or cash to make this such an annual event. Area Country Clubs support us with donations of rounds of golf that are presented as teams priz-

Should you be interested in either putting in a team, donate items for the Silent Auction, or even donate pens or pencils, magnets, or key rings (With you business name) for the "Goody Bags" that each player receives please contact Linda Stoddard 787-6737 or Van Anderson 787-6317.

## St. Johsnbury Players **Announce Auditions for** It's Only a Play

be holding auditions for the first show of their 80th anniversary season, It's Only a Play. Terrence McNally's comedy about the goings on of a Broadway show opening night after party features a newly revised script based on the recent revival starring Nathan Lane and Matthew Broderick.

A lavish party is being held in honor of the opening night for The Golden Egg. Celebrities are pouring into the home of the wealthy producer's home. But all the action is with a group of insiders who have staked their claim in her bedroom. They are all awaiting for the reviews to come in. Among them is the excitable playwright, the brilliant but disturbed director, the pill-popping leading lady, the naïve producer and the playwright's egotistical friend. Along with the group are a couple of outsiders;

St. Johnsbury Players will a hypocritical drama critic (who is a closet playwright) and a young coat clerk who aspires to be on Broadway. It's a comedy about the theater show business and its often bizarre practitioners, which uses the occasion of a disastrous opening night party to pile one wildly funny comic sequence upon an-

> Auditions will be held on June 5 and 6 from 6-9 p.m. at the Unitarian Universalist Church in St. Johsnbury (47 Cherry St, St. Johnsbury Vt.) . The cast includes five men (ages 19-50) and two women (ages 35-60). Auditions will consist of reading passages from the show. The show will be performed in early to mid-August. For more information contact director Ursula Malabre-Speicher (802-535-0841) or producer Nora Barney (802-535-9446) or find the St. Johnsbury Players' Facebook page.



# "Dr. Cook's Garden": **Secrets and Suspense**

Bradford, VT: Old Church Theater's first production of the season, the drama "Dr. Cook's Garden", will be presented Fridays and Saturdays, June 3, 4, 10 and 11 at 7:30 pm and Sundays, June 5 and 12 at 4:00 pm at the theater located at 137 North Main Street, Bradford. For information and reservations, call 802-222-3322 or visit oldchurchtheater.org.

"Dr. Cook's Garden" is set in an idyllic Vermont village where beloved Dr. Cook has presided over illnesses, births and deaths for 30 years. His protégé Jim Tennyson, now a doctor, returns to town after several years' absence and uncovers a chilling secret about Dr. Cook that threatens not only their friendship, but the stability of the town as well. In a thrilling climax, the two doctors battle over medical ethics in a life and death struggle, leading to an unexpected ending.

Written by Ira Levin ("Rosemary's Baby", Stepford Wives"), Cook's Garden" premiered on Broadway with Burl Ives in the title role, and was subsequently adapted as a TV



movie and filmed in Woodstock Vermont starring Bing Crosby. The Old Church Theater production features Joan Cooke, Jim Heidenreich, Scott Johnson, Owen Mayhew and Jennille Smith with Brian and Justina Kenyon directing.

Tickets are \$12; \$10 for

seniors; \$5 for students. Season tickets are still on sale for a reduced price of \$50.00. Old Church Theater is a non-profit community group in its 31st year. The next production is an interactive mystery-comedy "Dead to the Last Drop" opening in early July.



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## SUGAR HILL'S LUPINE CELEBRATION MARKET

Saturday & Sunday • June 11 & 12, 2016 10:00 AM - 4:00 PM

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Sugar Hill Meeting House & Carolina Crapo Memorial Building **Sugar Hill Historical Museum** 

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#### SATURDAY EVENTS

Photography Workshop - George Mitchell, Cheese Making - Kathy Jablonski, White Mt Poetry - Jeffrey Zygmont, Native American Flute - Mary Sturtevant, Mystery Novel Author - Marilinne Cooper

> Saturday, 1 pm: Edie Clark New England: Myth or Reality **Sponsor: Sugar Hill Library**

## LUNCHEON VENDORS AVAILABLE

Mac & Cheese & Bag Lunches by Sugar Hill's Willing Workers, Wood-Fired Pizza from Farm to Fire, Strawberry Shortcake MtViewKettle Corn Coneheads Ice Cream

## **ARTISAN DEMONSTRATIONS**

Basket Weaving, Wabanaki Beadwork, Folk Art, Thrown Pottery

FREE CONCERTS Saturday, 12 Noon: Piano Favorites **J**oseph **H**ansalik

Sunday, 1 pm: Folk & Bluegrass Uncommon Folk

Folk & Bluegrass Music, Plethora of Instruments, and Stories (some might be true)!

Sponsor: Mascoma Savings Bank

l Big Thank you to our Market Sponsors: Town of Sugar Hill **Woodsville Guaranty Bank** Fortin Home Watch Plus - Lyman Branch Insurance - Sugar Hill The Ledges - Sugar Hill Bretton Woods Omni Mt. Washington Resort Polly's Pancake Parlor - Sugar Hill Mascoma Savings Bank Harman's Cheese & Country Store

**Fpr More Information and Full Event Schedule:** 603-823-8000 • www.HarmansCheese.com/market

# Calendar of Events

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

### **WEDNESDAY, JUNE 1**

WOODSVILLE/WELLS RIVER FOURTH OF JULY COMMITTEE 7:00 PM

Woodsville Emergency Services Building

#### **THURSDAY, JUNE 2**

NORTHERN GRAFTON COUNTRY REPUBLICANS COMMITTEE 6:00 PM

Topic of the Town, Littleton

### FRIDAY, JUNE 3

BETHLEHEM SKATEBOARD PARK BENEFIT **CONCERT & SILENT AUCTION** 7:00 PM

Colonial Theatre, BETHLEHEM

## FRIDAY & SATURDAY, , JUNE 3 & 4

OLD CHURCH THEATER'S "DR. COOK" 7:30 PM

Old Church Theater, Bradford See Ad on Page 9, Article on Page 5

## **SATURDAY, JUNE 4**

POLITICAL MEMORABILIA FROM THE PAST 60 YEARS.

12 NOON - 4:00 PM 172 North Main Street, Bradford

## **SUNDAY, JUNE 5**

RACE TO THE TOP OF BRADFORD 8:00 Registration / 9:00 Race Starts Devil's Den Trailhead, Bradford

**ACCOUSTIC MUSIC JAM** 12:00 Noon - 4:00 PM Clifford Building, Woodsville

OLD CHURCH THEATER'S "DR. COOK" 4:00 PM Old Church Theater, Bradford See Ad on Page 9, Article on Page 5

VALERIE JUNE IN CONCERT 8:00 PM Colonial Theater, Bthlehem

See Ad on Page 7, Article on Page 9

SUNDAY & MONDAY, JUNE 5 & 6 ST. JOHNSBURY PLAYERS AUDITIONS 6:00 - 9:00 p.m.

Unitarian Universalist Church, St. Johsnbury SEE ARTICLE ON PAGE 5

#### **TUESDAY, JUNE 7**

NH STATE VETERANS COUNCIL REPRESENTATIVE 8:30 AM - 12:00 Noon Woodsville American Legion Post #20 WEDNESDAY, JUNE 8

**MONTHLY MEETING -**

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

American Legion Home, Woodsville

## FRIDAY, JUNE 10

AMERICAN LEGION RIDERS MONTHLY **MEETING** 6:00 PM American Legion Home, Woodsville

## FRIDAY & SATURDAY, , JUNE 10 & 11

OLD CHURCH THEATER'S "DR. COOK" 7:30 PM Old Church Theater, Bradford

See Ad on Page 9, Article on Page 5

## SATURDAY, JUNE 11

MORE THAN YOU CAN EAT BREAKFAST 8:00 - 10:00 AM Lakeview Grange, West Barnet

## SATURDAY & SUNDAY, JUNE 11 & 12

LUPIEN FESTIVAL 10:00 AM - 4:00 PM Sugar Hill See Ad on Page 5 and Article on Page 1

#### **SUNDAY, JUNE 12**

OLD CHURCH THEATER'S "DR. COOK" 4:00 PM

Old Church Theater, Bradford See Ad on Page 9, Article on Page 5

#### **MONDAY, JUNE 13**

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

American Legion Home, Woodsville

HAVERHILL SELECT BOARD MEETING 6:00 PM

Morrill Municipal Building, North Haverhill

## **TUESDAY, JUNE 14**

FLAG DAY CEREMONY 7:00 PM American Legion Home, Woodsville

## **THURSDAY, JUNE 16**

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

#### **SATURDAY, JUNE 18**

2ND ANNUAL LOW TECH COMMUNITY FAMI-LY FUN DAY 2:00 - 6:00 PM Remick Park, Littleton

## **TUESDAY, JUNE 21**

NH STATE VETERANS COUNCIL REPRESENTATIVE 8:30 AM – 12:00 Noon Woodsville American Legion Post #20

### **SUNDAY, JUNE 26**

ACCOUSTIC MUSIC JAM 12:00 Noon - 4:00 PM Clifford Building, Woodsville

# Ongoing Weekly Events

## **MONDAYS**

**NEK Council On Aging's Hot Meals** 

11:30 AM - St. Johnsbury House NOON - Darling Inn, Lyndonville

## Adult Strength Training

1:00 - 2:00 PM - North Congregational Church, St. Johnsbury 9 AM - 10 AM Municipal Offices, Lyndonville

10:30 AM - 11:30 AM Municipal Offices, Lyndonville

6:00 PM - Peacham School

**BINGO** - 6:00 PM Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

## MONDAYS/WEDNESDAYS

**RSVP BONE BUILDERS** 

10:30 AM -11:30 AM Linwood Senior Center, Lincoln

CARE COORDINATOR/ENROLLMENT SPECIALIST 1 PM, Baldwin Library, Wells River

## MONDAYS/THURSDAYS

**ADULT INTERVAL AEROBICS CLASS - 6:30** Woodsville Elementary School GOLDEN BALL TAI CHI

8:30 – 9:15 AM – St. Johnsbury House

#### **TUFSDAYS**

**BREAKFAST BY DONATION** 

8:30 AM - 10:00 AM Horse Meadow Senior Center, North Haverhill

ADJUST STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House 10:30 AM - 11:30 AM

SENIOR ACTION CENTER

Methodist Church, Danville

**NEK Council On Aging's Hot Meals** 

11:30 AM - St. Johnsbury House NOON - Senior Action Center, Methodist Church, Danville NOON - Presbyterian Church, S. Ryegate NOON - Darling Inn. Lyndonville

## TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM - Meeting 6:00 PM Horse Meadow Senior Center, N. Haverhill

## **EMERGENCY FOOD SHELF**

4:30 PM - 5:30 PM

Wells River Congregational Church **WEIGHT WATCHERS** - 5:30 PM

Orange East Senior Cntr. Bradford AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

## TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS Woodsville Post Office, S. Court St GROWING STRONGER FITNESS CLASS

3:00 PM East Haven Library

## TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI 8:30 AM - 9:15 AM First Congregational Church, Lyndonville

## WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING 1 PM - 2 PM North Congregational Church,

St. Johnsbury **BINGO** - 6:30 PM

Haverhill Memorial VFW Post #5245 North Haverhill CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

## WEDNESDAYS/FRIDAYS

**NEK Council On Aging's Hot Meals** 11:30 AM - St. Johnsbury House

NOON - Presbyterian Church, West Barnet NOON - Darling Inn, Lyndonville

#### **THURSDAYS**

**A**DULT STRENGTH TRAINING 10:30 AM - 11:30 AM

Senior Action Center Methodist Church, Danville

**NEK Council On Aging's Hot Meals** 11:30 AM - St. Johnsbury House

NOON - Senior Action Center, Methodist Church. Danville NOON - Darling Inn, Lyndonville PEACHAM FARMERS MARKET

Peacham Academy Green

LISBON FARMERS MARKET

3:00 PM - 6:00 PM - Main Street, Lisbon

## **FRIDAYS**

**ADULT STRENGTH TRAINING** 

9 AM - 10 AM - St. Johnsbury House 1 PM – 2 PM - North Congregational Church, St. Johnsbury

Worship Under The Tent- 7 PM 100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville

## **SUNDAYS**

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

## **Horse Meadow Senior Center June Activities**

Every Tuesday: 8:30 Community Breakfast June 1:

Bone Builders @ 9:30 Writers Group @ 10:30 Bingo @ 1:00

June 2:

Cribbage @ 12:30 Jewelry Class 1 @ 1:00 June 3:

Bone Builders @ 9:30 Mahjongg @ 10:30 Blood Pressure Check: @ 11:00

#### June 6:

Bone Builders @ 9:30 Hearts & Hands Quilting @ 12:30

Tech Time w/Paul @ 1:00 June 7:

Nifty Needlers @ 9:30 Herb Group @ 10:00 Foot Clinic (by Appt.) Starting @ 10:00 Crafts 1 @ 1:00

Tai Ji Quan @ 2:00

June 8:

Bone Builders @ 9:30 Writers Group @ 10:30 Bingo @ 1:00

June 9: Floral Arranging @ 9:30 Cribbage @ 12:30

#### **June 10:**

Bone Builders @ 9:30 Mahjongg @ 10:30 Decorative Arts 1 @ 1:00 Tai Ji Quan @ 2:00 **June 13:** 

Bone Builders @ 9:30 Hearts & Hands Quilting @ 12:30

Tech Time w/Paul @ 1:00 Decorative Arts 2 @ 1:00

#### **June 14:**

Nifty Needlers @ 9:30 Tai Ji Quan @ 2:00

**June 15:** 

Bone Builders @ 9:30 Writers Group @ 10:30 Bingo @ 1:00

#### **June 16:**

Cards w/Jeannie @ 9:30 Cribbage @ 12:30 Paper Crafts 1 @ 1:00 **June 17:** 

Bone Builders @ 9:30 Mahjongg @ 10:30 Father's Day Lunch @ Noon

## **The Willing Workers Society** of Sugar Hill

Continuing their tradition of "Good Food, Good Friends, Good Works", The Willing Workers of Sugar Hill, NH extend an invitation to their Annual Attic Sale and Luncheon. This event is held each year in conjunction with the Open Air Market of the Celebration of Lupine in Sugar Hill.

The Open Air Market takes place Saturday, June 11 and Sunday 12 from 10 AM to 4 PM at the Sugar Hill Historical Museum, Sugar Hill Crapo Building, and Sugar Hill Meetinghouse.

More than 80 vendor and display booths make up the market.

The Willing Workers invite you to the Meetinghouse to shop a vast array of treasures in Grandma's Attic. There promises to be something of interest and usefulness for all shoppers.

The Willing Workers will again offer their quintessential bag lunch in the Meetinghouse kitchen at the modest fee of \$6.00. Macaroni and cheese, made with Harman's cheese, and other "light bites" will be also available at a la carte prices.

The Willing Workers Society is a nonprofit, nonsectarian organization comprised of women from various communities. Proceeds are used to benefit area communities' charitable services and fund an award for a graduating senior attending college.

## **Groton Free Public Library Programs**

Summer Parks Passes Now Available! Call, email or come by the library to borrow free & reduced entrance passes to VT State Parks, Historic Sites & the Echo Center. Open to all library card-holders. grotonlibraryvt@gmail.com, 802-584-3358.

Summer Kick-Off: The Noble Sport of Falconry. Sunday, June 12 at 2pm, Blue Mtn Union School. Have you ever seen a hawk soar through the air, only to land on a person's fist? If you've ever wondered how this is possible, join us for a family-friendly adventure in falconry! Learn how falconers train their birds of prey & meet three live raptors up close. Presented by the Vermont Institute of Natural Science and co-hosted by Groton Library & Baldwin Memorial Library. Recommended for ages 4 & up

Raising Chicks 101: Backyard Chickens for Egg Laying. Saturday, June 18 at 10am. Already raising chickens? Thinking about raising chickens? Join us to

share your experiences, ask questions & visit with live baby chicks! All ages welcomed. Future adoptions possible with parent permission.

Book Discussion "Nothing to Envy: Ordinary Lives in North Korea" by Barbara Demick. Monday, June 27 at 7pm. Copies are available for lending at the library. New folks always welcomed!

Crafts & Conversation. Every Wednesday. from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. The coffee is on!

All of our programs are free and open to residents of all towns.

Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 584-3358.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). www. grotonlibraryvt.org

## **Buttons, Bumper Stickers and** Posters of Winners and Not

The Bradford Historical Society announces a new exhibit at its museum for the summer. A large display of political memorabilia from the past 60 years has been created and will be available for viewing through October. Entitled "Winners and Not" the display includes vintage posters, buttons and pamphlets from state and federal elections. There is also a display of records of the local results from presidential elections in 1814, 1864, 1932 and beyond.

This year's exhibit compliment existing exhibits of vintage Bradford area calendars, Bradford Academy memorabilia and other artifacts from Bradford's history.

The Museum will be open for special viewing on Saturday, June 4 from 12-4 pm and every Friday through October from 10 am to noon. It is also open at other times by appointment. Those can be arranged by calling Larry Coffin at 802-222-4423 or Meroa Benjamin at 802-222-9621. The Museum is located on the third floor of the Bradford Academy Building at 172 North Main Street. Admission is free and it is handicapped accessible.

## **Orange East Senior Center**

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for substitute drivers for our Meals on Wheels routes. We are also looking for volunteers to help in the kitchen. If you are interested, please call or come by.

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class is on Wednesdays from 3:00 p.m. until 5:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or

birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

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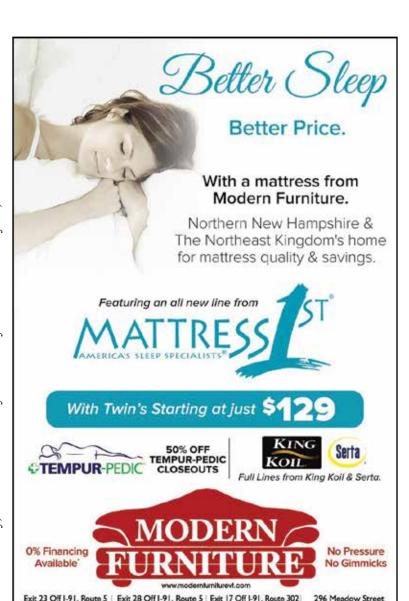
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# **Broadway Bound Summer Camp Registration Now Open**

Is your child destined for great acclaim on stage? Register today for Broadway Bound Summer Camp, a one-week day camp for kids ages 7 to 15 at Jean's Playhouse. This year's camp runs August 8-12 from 9 a.m. to 4 p.m., with a final performance for friends and family on Saturday, August 13 at 2 p.m.

The theme of this year's camp is PUPPETS, PAG-EANTS AND PARADID-DLES. Join us for a week of learning that "You are the Light of the World!" Courses include improvisation, arts and crafts, singing, dancing, acting, theatre games, and more. Classes are grouped by age and experience, and are taught by Papermill Theatre Company professional singers and actors.

The camp wraps up with a grand finale that showcases the new skills your kids have learned. Pack the house with friends and family as your kids sing and dance their way across the

Tue-Thu 11am-9pm Fri-Sat 11am-10pm Sunday 11am-9pm 99 North Main St . Lisbon, NH



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**More Toppings Pizza** 

Jean's Playhouse stage.

Registration is now open for Broadway Bound Summer Camp, running August 8 through 12, with final performance for friends and family on Saturday, August 13! The cost for full-day registration is \$200, or \$100 for 9 a.m. to noon only. Visit JeansPlayhouse.com or call 603-745-6032 for registration paperwork.

Broadway Bound Summer Camp is sponsored by the Lincoln-Woodstock Rotary Club. Due to their generous support, a number of 50% scholarships are available for regional students! Please call 603-745-6032 if you would like to apply for a Broadway Bound Summer

Camp scholarship.

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round quest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (opening this June!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



Campers Perform at the 2015 Broadway Bound Show!









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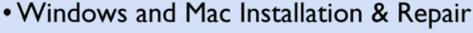
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# Valerie June Brings Authentic **Country Blues To The Colonial**

With the support of The Rocks Estate and Woodstock Inn Brewery The Colonial is pleased to present contemporary blues woman Valerie June, LIVE! at The Colonial Sunday, June 5th. Just when we thought that genuine, deep roots folk blues music was only a domain of previous generations, the fodder of adoring revivalists, archivists and folklorists, a dead, fallen tree laying in the meadow, here is a beautiful, strong new sprout from an old tree. Valerie June is a powerful folk singer who directly descends out the old traditions, not an admirer or emulator, but an unexpected, wonderful, truehearted authentic outgrowth of traditions. She is not just keeping the old music alive, this is and was always her music. The adjective "awesome" is often overused, but for this singer, it should be restored to its original meaning. With one of the loveliest, most unique and idiosyncratic voices in the American folk-blues scene today Valerie is still largely under the radar, but not for long. This is original folk music, played as fresh and sincere as it gets.

The contemporary blues

woman hails from Tennessee, the offspring of a local music promoter who worked for everyone from gospel troupes to K-Ci & JoJo. The plethora of June's influences is undeniable on her 2013 major-label debut Pushing Against a Stone (co-produced by the Black Keys' Dan Auerbach). Blending folk, soul, blues, and Appalachian traditional elements into a refreshingly timeless sound that sits outside any particular musical era, Valerie June stands in a long and storied line of unique performers in Memphis, a city with a still vibrant music scene even into the 21st century. June took quickly to the various local roots music styles of Tennessee, teaching herself guitar and developing her own stylistic mix, interpreting traditional material like it was still alive and breathing, and writing her own material with an eye to the influences of passionate and socially minded songwriters like Bob Marley. She officially began performing at the age of 19 as half of the husbandand-wife duo Bella Sun (the couple released an album, No Crystal Stair, in 2004 on their own Bella Sun Music imprint), but when the mar-

Rte. 10;

Orford, NH

riage fell apart, June left the South and began living the life of a gypsy street musician, playing for change in bus and subway stations up and down the West Coast. She eventually returned to Tennessee, settling finally in Memphis, where she slid right into the city's active music scene. By now she had added banjo and lap steel to her musical base, and she began to draw local attention for her powerful performances, becoming a favorite at folk festivals nationwide. She recently appeared on the new Mavis Staples album Livin' On A High Note.

General Admission tickets for the 8 PM performance are \$27; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$21; Reserved Front & Center tickets (available on-line only) are \$33. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio.

find The Colonial on Facebook Facebook.com/BethlehemColonial), follow The Colonial on twitter (@Co-IonialNH), visit the Colonial on line at www.Bethlehem-Colonial.org or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on

For more information about

this or upcoming live events

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# 35 year Tradition Continues on Fourth of July

Since 1981 there have been major activities on the Community Field in Woodsville. That tradition will continue again this year because the members of Ross-Wood Post #20 American Legion in Woodsville are taking over the afternoon schedule of events. That means, of course, that there will be changes to the schedule.

That new schedule will officially kick off at noon with the opening of the flea market. Of course some of those vendors may well be opened before the parade hits Central Street of Woodsville at 11 AM. Along with many of the recent past vendors, most of the past food vendors will also return with delights from french fires to lemonade, and sweet sausage to fried dough and many more.

Beginning at 1:00 PM is when many of the changes will become apparent. There will be a number of stations/ areas where for \$1.00 you can enter to win a cash prize at the end of the day. At present there is free throw hoop shooting, ball roundup, and frisbee tossing. Other events may be added as volunteers continue to step up to assist.

If you want a bigger challenge then step over to the Red Neck Warrior display. Here you can enter a totally different type of gaming. As the name implies these are Red Neck games that will test your metal (or at least aluminum).

Other events on the field will include inflatables (bounce type houses) for the younger generations. These are the same units that were on the field in 2015. Or for a different type of ride step over to Connecticut Street and hitch a ride with Dalton Thayer and his horse drawn wagon.

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sic, we have not forgotten you or forgotten to give you a chance to compete if you wish. Under the music tent will be a DJ playing music from many eras. The contest will be to ask participants to "Name That Tune". We'll be looking for the title and artist for the tune played. Again winners will be eligible to win prizes.

Another spot to earn priz-

es will be under the bingo tent. This year the Auxiliary of Ross-Wood Post #20 will be calling numbers and taking donations. Prizes will be an assortment of items that are winner's choice. The ladies are also planning on having some strawberry shortcake available for sale.

All of these activities will continue throughout the afternoon culminating about

8 PM. At that time there will be a reading of winners, and presentation of prizes won during the day. And after the awards be sure to pick a good seat to see the traditional Immense Fireworks display, this year moved to 9

It is a tradition. And like many traditions there are some changes along the

way. So take heart, the day long fun on Woodsville's Community Field will continue. We hope to see you

For more details, or to sign up for a vendor space you can call Gary Scruton at 603-747-3942 or email-WoodsvilleLegion@gmail.











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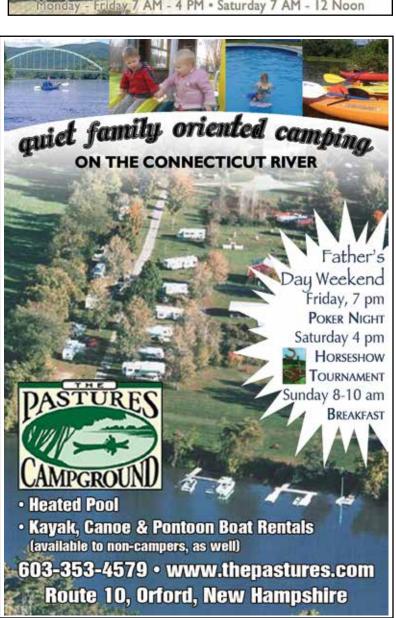
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## Don't Keep Family in the Dark About Your Plans

You might work diligently at building a financial roadmap for your retirement years and a comprehensive estate plan. But you can't just create these strategies - you also have to communicate them. Specifically, you need to inform your spouse and your grown children what you have in mind for the future – because the more they know, the fewer the surprises that await them down the road.

Let's start with your spouse. Ideally, of course, you and your spouse should have already communicated about your respective ideas for retirement and have come to an agreement on the big issues, such as when you both plan to retire, where you'll live during retirement, and what you want to do as retirees (volunteer, travel, work part time and so on).

But what you both might have let slip through the cracks are the important specifics related to fi-

> nancing your re-You'll tirement. need to answer several questions, including these:

- When will you each start taking Social Security?
- Are there strategies maximizing both of your Social Se-

curity payments?

 When will you need to start tapping into your respective retirement accounts, such as your IRA and 401(k)? And, once you do start withdrawing from these accounts, how much should you take out each year?

You may want to work with a financial professional to address these issues, but however you proceed, you and your spouse need to be "on the same page" regarding the key financial components of your retirement.

Now, consider your grown children. You need to clearly communicate your estate plans to them, not only for the sake of openness and honesty, but also because they may well play active roles within those plans. So when talking to your children, make sure you cover these areas:

- Durable power of attorney You may well decide to give one of your grown children the durable power of attorney to pay bills and make financial choices on your behalf if you are unable to do so.
- Estate executor An executor is the person or entity you name in your will to carry out your wishes. An executor has a variety of responsibilities, so you'll want to choose someone who is honest and capable of dealing with legal and financial matters. Again, you could ask a grown child to serve as your executor, but, to avoid po-

tential conflict of interests among your children, you might want to go outside the family. Talk with an attorney about how best to name your executor.

 Status of will and living trust – Assuming you have already drawn up a will, share it with your grown children. The same is true with a living trust, a popular estate-planning tool that may allow your survivors to avoid going through the time-consuming, public and expensive process of probate. A will and a living trust will obviously contain a great deal of information vour children should know about - so take the time to explain your thinking when you created these documents.

You want to enjoy a comfortable retirement, and you want to leave a meaningful legacy through your estate plans. To help accomplish both these goals, you need to include your loved ones in your arrangements - so open those lines of communication.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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# **Good Morning**

by Geoffrey Sewake Community & Economic Development Field Specialis



"Gaaaaaahhh!" \*bang\* \*bang\* \*bang\* "Ggggaaaaahhh!" I look at the clock, it's five in the morning on a lazy weekend. Turning over I see my little buddy staring at me. "Gaah!" he says. "Ok, ok, I'm up bud." Rattling the headboard and having one word conversations with himself have become a regular morning affair---I have a sneaky suspicion it has something to do with waking us. Co-sleeping with our not-quite-one-yearold has had its benefits, like sleep at night, but then again it's also had its downside, like early mornings.

I pick up the little dude, my wife still asleep, and make our way to the living

room. With a good variety of toys and a contained space, the living room is prime real estate for play time. No sooner do I put him down, he finds his yellow car and starts driving around the room. \*vroom\* \*vroom\* \*vroom\* Down the rug, over the coffee table and under the couch. Smiling, I sit on the floor and quietly watch him play.

Looking out the window I see clear skies. Another beautiful day. "Hey bud, want to go for a walk later? Maybe take the dog?" Turning my way, his hand still on the yellow car, he says, "Gog?" "Yup, D-o-g." I answer. "Gahhh." He replies, and returns to his rambunctious road trip.

I'm truly grateful, thankful and blessed to be able to raise my child in one of the most wonderful places on earth. A place where with equates to a little yellow car buzzing around my living room, where I can breathe fresh air, where the beauty outside is unmistakable---historic towns, working farms, forests, streams, hills and mountains. This isn't Boston. This isn't New York. That's why it's so great. It's Northern New England. It's home.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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Photo courtesy of: Geoffrey Sewake

# The Birthday Party

by Elinor Mawson

She never did much entertaining, but when her mother-in-law's birthday was a couple of weeks away, she asked her husband if it would be a good idea to host a party for her and the other in-laws. Together they planned a menu, cleaned up the house and looked forward to the day. None of the in-laws had visited but once or twice in 20-or-so years, and a lot of renovation had taken place. She was excited to take them around to see the new kitchen, the spruced up yard, the new furniture.

She spent the morning preparing a beautiful salad, homemade dressing, a fabulous lobster pie. She had ordered an expensive cake from a local bakery. It was beautiful, and she felt it was special for the occasion.

In due time the relatives came through the door. They seemed on edge; she thought that they were probably nervous since they were virtually strangers in her neck of the woods. After the tour of the house and yard, during which time they said very little, it was time to eat.

She had taken great pains to set a beautiful table; she had used her best china and silverware—which was quite modest in comparison to some—but it was the best she had.

After the drinks were poured and the salad eaten—with no comments either way—it was time for the lobster pie. When it was presented, the relatives congratulated her husband for his beautiful entrée. She didn't say a word.

Before the plates were cleared. The brothers-in-law ran to the TV and turned on the football game. They dis-

cussed some of the players and the plays before returning to the table. From then on they had their minds on the game and not much else.

Then it was time for the cake. When it came to the table the sisters-in-law sat openmouthed. "You didn't make that cake," one of them announced. "No" their hostess replied. "I got it from the bakery. Isn't it beautiful?"

"I NEVER buy a birthday cake," the other sister-in-law said. But they ate it anyway.

After the meal was over everyone sat around discussing the game. They were all fidgety and looking like they wished they were somewhere else. Their hostess was happy to see them go.

They never came back. They were never invited again. She couldn't say too much to her husband because they were his relatives. But she wondered how such insensitive and rude people could produce the wonderful person that her husband was.

# Help is on the way to combat heroin, opioid epidemic

by Jeff Woodburn

The heroin and opioid public health epidemic has a strong grip on the state but no region feels it more personally or deeply than the tight-knit North Country. Our region has had more drug related deaths per capita than anywhere else. And many of us have either been victims of property crimes fueled by drugs or felt the uncustomary feeling of being unsafe.

As a teacher, I know the adage to be true that "the devil haunts a hungry man." And the root of addiction is poverty and a lack of hope for a better future. That's why I've worked so hard to expand opportunity for all people.

But immediate help is needed for those struggling with addiction. I vividly recall the desperate pleas by parents who have called me looking for treatment and recovery services for their loved ones. Those few

that got services often end up leaving the state. New Hampshire is next to last in the country -- only Texas—provides less access to treatment services. This is a disgrace especially when one considers that we are among the wealthiest states and currently have an \$80 million budget surplus.

That is why I introduced SB 533, which provides \$5 million to combat the heroin and opioid epidemic. Specifically, it directs \$3 million for treatment and recovery, \$2 million for supportive housing. Last week, the House passed my bill and it will soon be signed by Governor Maggie Hassan, who has advocated strongly for it.

I'm grateful to the personal and heartbreaking stories that people have shared with me. They weave an important, powerful narrative that broke through the careless and cold ideology of cynicism. The facts are hard to deny; but the stories of fami-

ly members, first-responders and children pierce through politics and compel action. In the end, the bill garnered the bipartisan support of all but one of the North Country's Representatives.

While help is on the way, there are no quick fixes. People in recovery often say, sobriety is one day at a time. It's also one person at a time, one family at a time, one community at a time. It's never easy and rarely cheap, but the consequences of doing nothing are obvious (just look around). We need a change of attitude as well as policy - one that is laced in hope and committed to human dignity and human potential. And, with the passage of SB 533, we are moving in the right direction.

(Jeff Woodburn, of Whitefield, is the North Country's Senator and the Senate Minority Leader, and a former teacher and newspaper reporter.)



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## A Walk in the Woods - Looking for, and Hoping Not to Find, Ticks

by Jim Frohn, **Grafton County Forester** 



My recent articles have involved looking for something that I was hoping to find, such as snowshoe hares and fiddlehead ferns. This month I'll talk about something I look for every day in the spring, summer, and fall, but hope I don't find. That is, ticks. Now that spring is here, anyone who walks in the woods needs to be on the lookout for these parasites. But it's also important to not let the presence of ticks prevent us from getting out and enjoying the woods. For me, the best approach is to learn about the ticks and the precautions to take to prevent problems. As the saying goes, knowledge is power.

There are a number of tick species present in New Hampshire, but two are of greatest concern. These are the American dog tick and the black-legged tick (a.k.a. the deer tick). Both species are considered to be "three host" ticks. This means they use three different hosts during their life cycle, one during each stage.

The initial life stage is the larval stage, after hatching. This stage has six legs and feeds on small mammals, usually rodents such as mice. Once feeding is complete, the larva drops off the host and molts into the nymph stage, which has eight legs. It then attaches to a new host, again usually a small rodent. When it completes the nymph stage, it drops off its host, grows into an adult, and attaches to a large mammal. This is when people start to look attractive to the ticks, along with our dogs, as well as whitetail deer. This is where it starts to sound pretty gross. The adult female feeds for several days and mates while attached to the host. Once fully engorged, the female drops off the host and lays her eggs in the leaf litter. The eggs hatch and the cycle starts over again.

The American dog tick is the tick most often dealt with in New Hampshire. It is found in every county, but the numbers are low in parts of Grafton County, and higher in others. This tick is not involved in the spread of Lyme disease. It can transmit Rocky Mountain spotted fever, but that is rare in New England.

The black-legged tick is

responsible for transmitting Lyme disease (as well as some other diseases). This is the second most common tick in New Hampshire, but most are found in the southeastern part of the state. Here in Grafton County, the numbers are highest closer to the Connecticut River compared to further away, but are still relatively low. The numbers of black legged ticks are increasing in the state, due to many factors. These include an increasing deer population. an increasing human population, an increase in brushy tick (and deer) habitat being created from development within forested areas, and warmer winters. With this past winter being exceptionally mild and lacking snow, we should expect increased numbers of ticks.

When going into the woods and fields this spring and summer, there are a number of precautions and preventive measures take. Wear long pants, tuck your pants into socks or gaiters, wear tall rubber boots, and wear light colored clothing for easier tick detection. You can treat clothing with tick repellants, or you can buy pre-treated clothing. After a day outdoors in tick areas, carefully examine

yourself, family members, and pets for ticks. If you find one attached, there are several tools you can use to remove them. A pair of tweezers can effectively remove embedded ticks with a slow, steady pull. There are also some specialized tools on the market, a tick spoon and a tick key. These have slots that the tick's head fits in and again with slow steady pressure, the tick is removed. The advantage of these tools is that with the slot, the tool maintains a firm grip on the tick without it slipping off. The main thing to remember when removing an embedded tick is to not panic. The natural desire is to get the nasty thing out of your or your loved one's skin as soon as possible. But hurrying can lead to breaking the tick off, leaving the mouth parts in the skin. And the more you panic, especially if you're removing it from a child, the harder it is to remove effectively and the more frightened your child becomes. (Believe me, I was that parent.) The important thing to remember is that if the tick has been embedded for less than 24 hours, it is almost impossible to contract Lyme disease. Once I learned this, I became much better at removing ticks, and

In addition to the above precautions, there are some land management methods that reduce the threat of ticks. Dry vegetation and leaf litter is unattractive to ticks. To keep vegetation dried out, mow the lawn frequently, mow a strip between play areas and brush, widen paths through the

less worried about them.

woods, and mow the edges of paths. On larger landscapes, prescribed burning can be used to reduce tick populations. In the past, Native Americans would burn areas not only to improve game habitat, but also to reduce insect (including ticks) populations.

So all of the above said, don't let the presence of ticks keep you and your family from getting outdoors this spring and summer. It would be too bad to let a little parasite prevent us from enjoying watching the flight of the woodcock, calling in a wild turkey, fishing for brook trout, or simply enjoying all of the outdoor adventures New Hampshire has to offer. My wife and I were discussing how parents might be reluctant to let their kids go out in the woods because of ticks and she said "we can take precautions against ticks, and even treat Lyme disease (if detected early), but how do you treat a child who has never gone into the woods?"

For more detailed information on ticks and preventive measures to take, go to http://extension.unh.edu to see the following UNH Cooperative Extension publications:

"Tick Tips: Information and Best Practices to Keep You and Your Family Safe and Healthy" by Jeremy DeLisle, program coordinator for the UNH Cooperative **Extension Education Center** 

"Biology and Management of Ticks in New Hampshire" by Dr. Alan Eaton, Extension Specialist, Entomology



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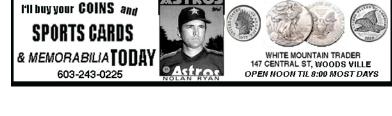
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Thank you for your understanding.









## **Colonial Hosts** Skateboard Park Fundraiser



The Bethlehem Skateboard Park Benefit Concert & Silent Auction will be held at The Colonial Theatre Friday, June 3 at 7 PM. 13 artists have been provided with blank skateboard decks to create a unique piece of art out of the boards. The completed pieces will be auctioned off at the benefit concert. The artists include: Roland Shick, Kristen Carruth, Jason Tors, The Bethlehem Elementary School 5th grade, Leonard Greco, Jessica Bahrakis, John Stroker, Matt Bassett, Kerri Sawicki, Trissa Tillson, Fred Storella, Jose Bonilla, and The Woodland Community School.

Beginning at 8 PM three live bands will take the stage. The Boston Area punk rock pirates, The

Jonee Earthquake Band will kick off the show with a mix of Surf, Rockabilly and Garage Rock. Not Your Mother members, Moocho Salomon, Jae Kim, Juliah Rosebush, Kerri Harrington, Linny Kenney and Jason Tors will follow with eclectic covers and irreverent originals., and, fresh from Rialtopalooza, Mad Cat Habitat will close the evening with their blend of Metal, hip hop, jazz, and funk.

Tickets are \$10 at the door and all proceeds go to Bethlehem Skate Park Association. The aim of the Bethlehem Skate Park Association is to provide a safe and fun area to recreate for our community's children. Join in and have fun for a great cause!



This is the third of three articles about Amazing Heroes that will be printed during May. by David Turner

When the Japanese attacked Pearl Harbor, Hershel was in the Civilian Conservation Corp. He immediately asked for a release and joined the Marines.

February 1st 1945, he was on a ship off the coast of Iwo Jima. His unit was in reserve and told they probably would not be needed. But with five thousand casualties on the first day alone, he was put ashore.

He carried what he called "A hell of his own!" It was a terrible weapon, but the only thing that might be able to even the odds, a flame thrower. Not only does it burn, but it takes all the oxygen out of the air, collapsing the lungs.

The advance was stalled by a long row of pill boxes the Japanese had years to construct. They were made with cement, a foot thick,

# Amazing Heroes **Hershel Williams**

"Marine"

covered by sand and had withstood the heavy Navy shelling before the landing without much harm. Losing men rapidly, his commanding officer called him forward and asked him if he thought he could do anything about them. He does not remember his answer, but someone in his unit said that he said "I'll try!"

He took four riflemen for protection and crawled through the intense fire towards the enemy. "It was almost like a dream!" he said. "It was really not real!" Two of the automatic riflemen were killed right away, but he kept on with the two remaining, who stuck close and kept him safe. As he worked his way closer he noticed that there was smoke coming out from the tops of the bunkers.

The Japanese, who didn't have smokeless ammunition, needed them to vent the smoke from their machine guns. He managed to work his way around to the side, where he couldn't be

seen, then climbed on top. 15 The vent just happened to fit the nozzle of his weapon. As he stuck it in to fire, the enemy spotted it, and came charging out, bayonets fixed, to get him. He yanked the nozzle back out, pointed, and got them first. This went on for the next four hours, and five returns to get a full weapon.

He says he doesn't remember most of it and attributes it to fear, but the citation reads "that he was able to knock out seven pillboxes and open the way for the Marines to advance and eventually capture the airfield!" After receiving the Medal from President Truman, he went to see the commandant of the Marines, also a Medal of Honor recipient, but from Guadalcanal, who understood what Hershel had gone through.

As he stood there at attention the commandant told him, very sternly, "That medal does not belong to you! It belongs to all of those who never returned! And don't you ever do anything that would ever tarnish that medal!"

In a recent interview he said "When I was born, in 1923, I was handed a gem that can not be bought! That was my freedom!"

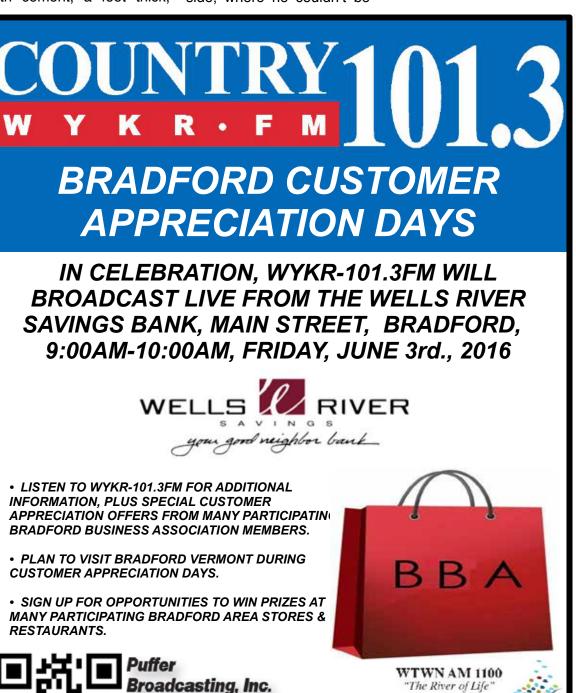
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# Rhubarb **Pudding Cake**

chopped

der

I was pretty excited a crumb. Now there's a great couple weeks ago, when I endorsement! noticed my rhubarb plant sprouting a plethora of tender green stalks, perfect for picking. Unfortunately, I was just returning home after a very long 7 months of hospitalization due to a pretty bad MS attack, and knew I just wasn't up to doing anything much more strenuous than browsing the internet. Wouldn't it just figure, that one of the first things that popped up on Facebook

was a little recipe/video for this Rhubarb Pudding cake. It looked very easy and tasty, and lucky for me, Big Sister Brenda, who was staying with me to ease my transition home, volunteered to harvest the rhubarb and make the pudding cake (okay...so there might have been some wheedling and whining on my part, but I'll never admit it!)

If you've ever made any type of pudding cake before, you know the basic formula is to mix dry ingredients in the pan, then pour hot liquid (usually boiling water) over the top just prior to popping it in the oven. As the mixture cooks, the magic of pudding cake occurs, whereby the liquid migrates downward through the dry stuff, creating a moist cakey layer on top of the pudding-ish bottom. I don't know who thought this whole process up, but it's quite ingenious, don't you think?

When our cake came out of the oven, it smelled delicious, and I was surprised by the lovely, crunchy top (similar to the crackeleur on a crème brule) concealing the tender cake and warm pudding below. Not only was this dessert a success, it was so good my sister took home enough rhubarb to make another pudding cake, which she left for her husband, with instructions to share with the neighbor. When she called and inquired if the neighbor enjoyed it, he reluctantly admitted that the cake never made it to the neighbor... he had repeatedly snacked until he had eaten every last

· 2 to 3 cups rhubarb,

· 1-3/4 cups sugar, divided

· 1 teaspoon baking pow-

· 3 Tablespoons butter,

room temperature

· ½ cup milk

· 1/4 teaspoon salt

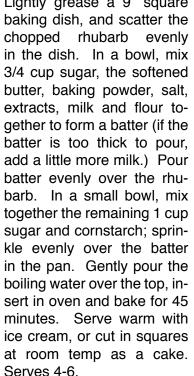
Preheat oven to 375°F. Lightly grease a 9" square Serves 4-6.

· ½ teaspoon vanilla extract

- · ½ teaspoon almond extract
  - · 1 cup all-purpose flour
  - · 1 Tablespoon cornstarch

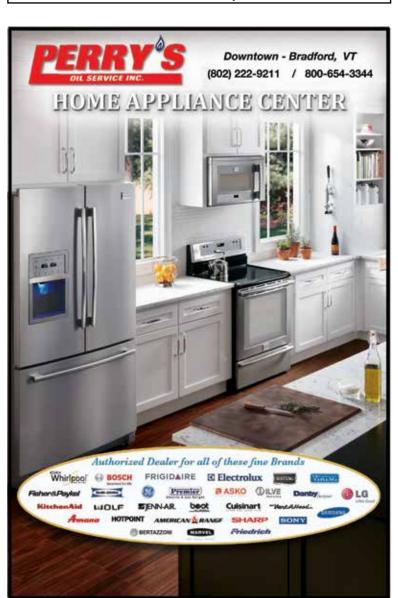
· 2/3 cup boiling water







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