

# **The Beauty That Is Bradford - 2018 Calendar**

Bradford Conser- Calendar, "The Beauty that able at several local Bradford vation Commission's 2018 is Bradford's" is now avail-

locations: Aubuchon Hard-



ware, Bliss Village Store, Bradford Town Clerk's Office, Colatina Exit, JM Landscaping, Kinney Drugs, North of the Falls, Pierson Farm, Star Cat Books, The Local Buzz and Valley Floors.

This year's cover photo captured by Michael Tessier reveals a reflection of Downtown Bradford in one of the ponds at the Bradford Golf Course. Images taken by six other local amateur shutterbugs grace the seasons of the year within the Calendar. The selection committee chose a wide diversity of photos taken by Tony Brainerd, Monique Priestley, Kathy Davidow, Christa Davis, Luke Knapp and Cynthia Bazzano. The melancholy of a Bradford historic moment was captured by Kathy Davidow, as the Perry's sign was being removed from their building.

www.nmafinancial.com

The back cover features a scene of a yoga class taken by Sheena Loschiavo at the summit of Wrights Mountain.

The centerfold of this year's Calendar once again includes the trail map of the Wrights MT/Devil's Den Town Forest. It has been updated to show the newest trek built this Summer by high school students and Tuck School graduate students in the Upper Valley Trails Alliance Summer Odyssey Program. "Cindy's Trail", which originally dead-ended at a beautiful vernal pool, is now .9 mile loop that provides even more interesting vistas and experiences for hikers.

The Calendar was printed with support from Sheridan/ Dartmouth Printing, Two Rivers-Ottauquechee Regional Commission and North of the Falls. Layout and Design was provided by MEPriestley, LLC.

**YOUR AD** 

**COULD BE** 

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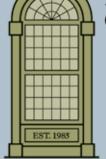
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**Contact Gary** (*a*) 603-747-2887 gary@trendytimes.com

per issue



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was not the first time we have gone there for an evening meal. We have tried, and enjoyed, their pizzas and calzones. But on this visit we decided not to have a meal. That may sound 25 wrong, but look at this defi-8 Number nition of the word appetizer: "a small dish of food or a drink taken before a meal Volume or the main course of a meal to stimulate one's appetite." By definition that means that if all you eat is appetizers, than you did not have

2017 a meal, right? The part that September 19, I could disagree with would

dered appetizers on this vis-Our recent visit to Kingdom Crust in St. Johnsbury it.

When we walked into Kingdom Crust we were informed that they were without a waitress on duty. No big problem, we were handed a pair of menus and went to the dining area to find a table. Once we had made our choices we went back up front and placed our order. The young lady at the register was obviously new in that position but got help from others in the kitchen area to get our order put in.

That order, like earlier mentioned, was a variety of three different appetizers. We chose potato skins, BBQ wings and cheesy garlic bread. We also added a

OPEN DAILY

large fountain drink for Janice and a Switchback draft for me. We got our drinks and headed back to our table. When the food was ready the staff brought it out to us.

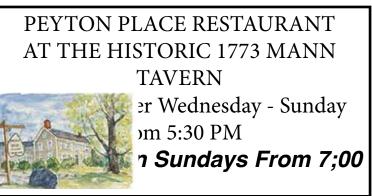
The first thing we had to do when the food arrived was to find room for it all. There was a baking dish that held the four potato skins, which came with two of those little white paper cups of sour cream. There was a basket that held our wings. We had gone the bone-in style with maple bbg sauce. And finally there was a large cutting board covered with the cheesy garlic bread. This was the one dish that was a bit unknown. Obviously it would have cheese covered bread, but the size was certainly a surprise. It was almost like a full sized square pizza with cheese cut into ten or twelve strips.

We managed to find room for all of this food and began the sharing process. It was not long before we realized that there was no way we could consume all of the food that we had ordered. We did manage to finish the potato skins, two each. Though I shared the wings with my wife I ate a couple more than she did and made them disappear. In regards to the garlic bread, about half of it went home with us and was eaten later in the week as a very tasteful leftover.

Needless to say, we very much enjoyed our variety of appetizers that made up our meal. The skins were stuffed with bacon and cheese, what's not to like. The wings were maple bbq (that might be the third time I mentioned the maple bbg sauce). Again, what's not to like when you can include the word maple. And the garlic bread (with plenty of cheese) was more than plentiful and though not crispy, was quite tasty and usable in more than one manner.

Another note about Kingdom Crust is that they are very proud to use as many locally produced as possible. And when it comes to food going out the door they not only take orders to go by phone and on line, but they also can deliver your order.

Our total bill was \$44.58 which included a fee for using my credit card.





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# **Lisbon Historical Society Presents Historical** & Unusual Weathervanes in New Hampshire

The Lisbon Area Historical Society has received a grant from the New Hampshire Humanities Council to present a talk by scholar and author Glenn Knoblock on historic and unusual weathervanes in the Granite State.

This program, which is free and open to the public, will take place Wednesday, September 27th in the Shared Ministry's White Church on Lisbon's South Main Street beginning at 7:00 PM. Refreshments will be served.

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"We are very pleased to be hosting Glenn Knoblock's interesting presentation on weathervanes," said Historical Society president Dorothy Wiggins. "Most of us know very little about the weathervanes that have for more than two centuries been a visible part of life in our state."

Weathervanes have been found on New Hampshire's churches, town halls, barns and other buildings from earliest times. Mr. Knoblock will trace the history of weathervanes, their practical use and interesting symbolism. He will also discuss their varied types of manufacture and evolution from practical weather instrument to architectural achievement.

"Making farming and other outdoor plans for the next day or two was not so easy before detailed forecasts became available via radio, television and now the Internet," said the Society's historian Andrea Fitzgerald. "During those earlier times, the weathervane was much more than just an interesting decoration."

Glenn Knoblock is an independent scholar and author of fifteen books and over 100 articles. He has written and presented on a variety of historic subjects, including Northern New England bridges, New Hampshire cemeteries. brewing in the Granite State, and the service of African-Americans in the military.



The weathervane horse on a barn on Clough Hill Road in Lyman is telling us that the wind is out of the northeast. Scholar Glenn Knoblock will be giving a talk on historic and unusual weathervanes in New Hampshire on Wednesday, September 27th at 7 PM at the Shared Ministry's White Church in Lisbon. This free event is presented by the Lisbon Area Historical Society and made possible by a grant from the New Hampshire Humanities Council.

New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas from the humanities to the people of New Hampshire. They connect people with ideas. Learn more at www.nhhumanities.org.

For more information. contact the Historical Society's Dori Hamilton at (603) 838-5149 or e-mail info@ lisbonareahistory.org. The Lisbon Area Historical Society is dedicated to preserving and sharing the history of the towns of Lisbon, Landaff and Lyman and providing the public with information concerning the history of our region. More information regarding the Historical Society can be found at www. lisbonareahistory.org.

September 19, 2017

Volume 8 Number

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WOOD PELLETS

# **Call For Availability**

 Trendy Dining Guide Ads

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# What I See

While visiting schools, chatting with students and listening to parents and teachers during the past several years, the same message echoes time and time "Just let teachers again. teach; provide my child an education he or she needs for success!"

In looking in the rear view mirror, I see some very significant public school education changes that were made this past year. One

very

important

25

structive feedback to teachers. New state legislation that counters federal mandate now reads, statewide assessment shall be given September 19, once in elementary school and once in middle school with either the ACT or SAT given in grade eleven. The local school district or school now has the responsibility to

determine how to assess student performance in those grades that may not take the statewide assessment. In short, we now have less testing, more instructional time, a cost savings, and more control returned to teachers and parents.

Other changes made this year include: funding full-day kindergarten, providing all high school 11th and 12th graders opportunity to participate in dual enrollment college credit courses paid by NH, and more choice to local school boards to tuition students to either public or non-sectarian schools. These changes were not easy to make, as there are always detractors and fiscal issues requiring consideration, but in the end, it is all about the best interests of students.

One topic that currently has the attention of the House Education Committee deals with "school vouchers." The House Education

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Committee must make a recommendation by November on SB193, "The Freedom Education Savings Account Program." This bill would enable a parent who is not satisfied with the educational program at a local public school, to obtain a voucher to attend another public or private school or to use funds toward other educational expenses. The amount of the voucher would be approximately 90% of the per pupil amount currently paid by the state to the local education district. This type of program is currently used in a number of states such as Florida and Arizona.

Although competition is basic to our way of life, NH will need to resolve a number of issues before any voucher program becomes law: 1.) Who should oversee the program to ensure fiscal and instructional accountability, 2.) Should the number of vouchers be capped on a per school basis? 3.) Should public funds be used to support instruction within a religious school -Article 83 NH Constitution? and the list goes on.

Issues such as vouchers take time to resolve. There is a reason and intent supporting every piece of filed legislation, and this is why each proposal deserves a careful, thorough vetting process to ensure what we see, hear and learn, is in the best interests of students, communities, and state.

**Respectfully Submitted** Rep Rick Ladd, Chairman House Education



# Jean's Playhouse welcomes Trio Alexander, a flute-viola-harp ensemble



For the first time, Jean's Playhouse welcomes Trio Alexander, a flute, viola and harp ensemble! The musical trio met as graduate students at the Eastman School of Music. Trio Alexander has been featured by the new music collective OSSIA and the Cornell Contemporary Chamber Players and maintains an active role in commissioning, premiering and presenting new works. They have recently returned from their first UK tour having been supported by an Eastman Development Grant. Their repertoire includes the works of Claude Debussy, Kaija Saariaho, Jacques Ibert, Alan Rawsthorne, Leo Smit, D.J. Sparr, and many more.

Flutist Caroline Sonett is an active chamber and orchestral musician in NYC. She has performed in world famous venues such as Carnegie Hall, Avery Fisher Hall, and the Kennedy Center. Caroline has been featured in recitals in both the United States and Canada. She was featured on the McGraw Hill Young Artist's Showcase as the first prize winner of the Friday Woodmere Music Club's Young Artist Competition.

Violist Adam Paul Cordle is a distinguished soloist and chamber musician. He is a founding member of Trio Alexander. He has been featured in recitals in the United States, Canada, and Israel. Adam serves as principal violist of the Gettysburg Chamber Orchestra. He has been seen perform-

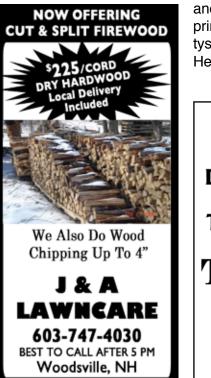
ing in venues such as Carnegie Hall's Weill and Zankel Halls.

Harpist Rosanna Moore is an avid chamber musician. She is also a founding member of Trio Alexander. She was the first harpist to be awarded the Stan Barker Memorial Prize for jazz improvisation. Originally hailing from the UK, Rosanna Moore is a candidate for the Doctor of Musical Arts degree at the Eastman School of Music.

Individually the members of Trio Alexander are hardworking musicians but together they have perfect harmony. Trio Alexander will be at Jean's Playhouse on Sunday, September 24th at 2:00 PM; tickets are \$20 and on sale now through the Box Office at 603-745-2141 and online at www.jeansplayhouse.com.

Jean's Playhouse is a non-profit performing arts center that 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 guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to RiverWalk Resort at Loon Mountain (newly opened!) off I-93 Exit 32. Visit JeansPlayhouse. com or call 603-745-2141 for more information.







# **Blues Master Performs at the Colonial**

The Colonial Theatre, with the support of Northern Lights Music and Sierra Nevada Brewing Company is pleased to present a solo performance by blues and reggae artist Corey Harris Saturday, September 23. Corey Harris has earned substantial critical acclaim as one of the few contemporary bluesmen able to channel the raw, direct emotion of acoustic Delta blues without coming off as an authenticity-obsessed historian. Along with Keb' Mo' and Alvin "Youngblood" Hart, he raised the flag of acoustic guitar blues in the mid-1990s. Well versed in the early history of blues guitar,

Harris mixes a considerable variety of influences – from New Orleans to the Caribbean to Africa – into his richly expressive music.

Harris was born in Denver, Colorado, and began playing guitar at age 12, when he fell in love with his mother's Lightnin' Hopkins records. Through Bates College in Maine (where he majored in anthropology), Harris traveled to Cameroon to study African linguistics; during his time there, he soaked up as much African music as possible, becoming entranced by its complex polyrhythms. After returning to the U.S., and in 1995, Alligator released Harris'

debut album, 'Between Midnight and Day', a one-man, one-guitar affair that illustrated his mastery of numerous variations on the Delta blues style. The record won rave reviews and even some mainstream media attention, marking Harris as an exciting new presence on the blues scene; it also earned him an opening slot on tour with ex-10,000 Maniacs singer Natalie Merchant.

Harris followed it up with 'Fish Ain't Bitin' in 1997, a record that began to expand his style by adding a New Orleans-style brass section on several tracks, while emphasizing his own original compositions to a much greater degree. The next year, Harris was invited to participate in the Billy Bragg/Wilco collaboration 'Mermaid Avenue', which set a selection of unfinished Woody Guthrie songs to music; Harris played guitar and contributed bluesy backup vocals to several tunes.

In 1999, Harris released what most critics called his strongest work to date, 'Greens from the Garden'; hailed as a landmark in some quarters, the record delved deeper into New Orleans funk and R&B, while recasting its covers in surprising but effective new contexts (even reggae and hip-hop). The result was a kaleidoscope of black musical styles that earned Harris even more widespread at-



tention than his debut.

Harris has continued to record with Alligator and Rounder Records and was a featured artist and narrator of the Martin Scorcese film, 'Feel Like Going Home', which traced the evolution of blues from West Africa to the southern U.S. and more recently Rumble: The Indians Who Rocked the World. In 2007, he was awarded a MacArthur Fellowship commonly referred to as a "genius award" - from the John D. and Catherine T. MacArthur Foundation. The annual grant, which recognizes individuals from a wide range of disciplines who show creativity, originality and commitment to continued innovative work, described Harris as an artist who "forges an adventurous path marked by deliberate eclecticism." That same year, he was also awarded an honorary Doctor of Music degree from Bates College, in Lewiston, Maine. Ever the musical explorer, Harris 5 turned to Jamaica and roots reggae inspiration for recent projects.

General Admission tickets for the 8 PM performance are \$17; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$14, reserved front & center seats are \$22 (available on line only). Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury or www.BethlehemColonial. org. The doors open at 7 PM with refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@Co-IonialNH), visit the Colonial on line or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great blues music is made possible with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation, The Jane B. Cook 1992 Charitable Trust, Mascoma Savings Bank and The Colonial's promotional partner, Catamount Arts.



# 4 Duets At Old Church Theater

Traditions are great things. Whether they are annual events or just long standing ways of doing certain tasks. But even long standing traditions can see some variations or changes. That was the case with this year's Old Church Theater's presentation of multiple short plays presented as an evening full of entertainment.

This year there were four performances, each written by the same author, and each relating to relationships. One other difference this year was that these four plays were not all comedy. Sure there were plenty of laughs. But there was also plenty of deeper meanings and philosophical moments to be taken in.

One thing that did not change was that Old Church Theater did a great job of casting, and the performers did a great job of performing. It's interesting to note that all eight performers in these four short plays are well experienced actors.

Looking at the four plays individually the opening night started with a blind date. My feeling during this play was "been there, done that". The awkwardness of meeting someone for the very first time. The realization that not everything that the other person thinks they know about you is true. And finally the good feeling that a longer term relationship is possible, all made for an enjoyable 25 minutes or so of seeing it come to life on stage. Peter Mendes and Emma Steincross did a memorable job of bring a life experience to life. night was called "Secretarial Skills". This was the only one of the four plays that did not feature "a couple". Instead this was a boss and his personal assistant. But it

was the only time that there was a kiss in the script. Anthony Helm did a wonderful job playing the egotistical boss, and Meghan Bullard continued to shine on stage with her performance as the dutiful employee, while still having the desire to make more of her life.

The third performance of the night is titled "The Holiday" though it could have been titled "The divorce?" Remembering that relationships was the theme of the program, it seemed fitting that the end of a relationship needed to be represented. Jim Heiddenreich and Carrie Ann Quinn were probably the oldest of the couples that took the stage on this evening. But there performances were not old. Their play began with the two of them both showing signs of too much alcohol. They then go into some major mood swings from simply being congenial, to being ready to storm out, to making up, these two entertained the crowd while showing off some true acting skills.

The opening night ended with a wedding. The performance was call "Bride-to-Be", and could have had an Volume 8 Number 25

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add on of "for the third time". Just that will tell you that there was ample opportunity for humor. Add the fact that the two on stage were brother and sister and there was much to take in. Brendon Chadwick and Justina Kenyon were asked to not only present their lines, but also to work on one particular prop on more than one occasion. They did both with flair and confidence.

perience to life. The second play of the pht was called "Secretari-Skills". This was the only e of the four plays that I not feature "a couple". Stead this was a boss and Donce again Old Church Theater has kept the tradition of solid and enjoyable presentations at this community theater. There is another weekend of performances for Duets. Apples from Windy Ridge & Fresh Cider Donuts Free Cup of Coffee from White Mountain Gourmet Coffee Brats & More – YM360's Houston Work Trip Fundraiser

## Saturday, 11 am at the Meetinghouse

NH's One-Room Rural Schools: The Romance & The Reality Presented by Steve Taylor, Sponsored by Sugar Hill Library

> **Sunday: Tintype Photography Demo** Edith Weiler, Eye of the Maker Photography

Sunday, 1:30 pm – Free Concert Maple Leaf Seven Traditional Dixieland and Swing Jazz

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Calendar of Events

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

## **MON-FRI, SEPTEMBER 18-22**

FREE CLOTHING EVENT 10:00 AM - 4:00 PM Warren Town Hall

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Volume 8 Number

201

#### **TUESDAY, SEPTEMBER 19**

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

17 CHILDREN & 70 COWS 7:00 PM Court Street Arts, Haverhill

#### WEDNESDAY, SEPTEMBER 20

TWITTER WORKSHOP 6:00 - 8:00 PM WREN Offices, Bethlehem

## **THURSDAY, SEPTEMBER 21**

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

#### NHARNG RETIREE LUNCHEON

Edward Cross Training Center, Pembrooke

## FRIDAY, SEPTEMBER 22

DUETS 7:30 PM Old Church Theater, Bradford See Article on Page 5 and Ad on Page 10

## **SATURDAY, SEPTEMBER 23**

FREE CLOTHING EVENT 10:00 AM - 12:00 NOON Warren Town Hall

BLUE MOUNTAIN UNION CAR SHOW 10:00 AM - 2:00 PM Blue Mountin Union School, Wells River See Ad on Page 7

#### BENEFIT TEXAS HOLD "EM POKER 1:30 PM Cash Game VFW Post #798, Newport, Vt.

PORK DINNER (ROAST AND PULLED PORK) 5:30 - 7:00 PM United Congregational Church of Orford

DUETS 7:30 PM Old Church Theater, Bradford See Article on Page 5 and Ad on Page 10

COREY HARRIS IN CONCERT 8:00 PM Colonial Theater, Bethlehem See Aritcle on Page 5

## **SUNDAY, SEPTEMBER 24**

BENEFIT TEXAS HOLD "EM POKER 1:30 PM Cash Game American Legion Post 30, Lyndon

TRIO ALEXANDER 2:00 PM Jean's Playhouse, Lincoln See Article on page 4

DUETS 4:000 PM Old Church Theater, Bradford See Article on Page 5 and Ad on Page 108

## **TUESDAY, SEPTEMBER 26**

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

#### WEDNESDAY, SEPTEMBER 27

HISTORIC & UNUSUAL WEATHERVANES IN NH 7:00 PM Shared Ministry's White Church, Lisbon See Article on Page 3

## **THURSDAY, SEPTEMBER 28**

HISTORICAL COVERED BRIDGE TOUR 8:00 AM - 4:00 PM Various Covered Bridges in NH See Article on Page 13

## FRIDAY, SEPTEMBER 29

WILDLIFE HABITAT MANAGEMENT WORKSHOP 2:00 PM Pondside Lodge, Indian Pond, Orford See Article on Page 9

Ongoing Weekly Events

#### **SATURDAY, SEPTEMBER 30**

HOMELESS VETERANS STAND DOWN EVENT 8:00 AM - 6:00 PM Barre Auditorium, See Article on Page 15

SUGAR HILL'S AUTUMN FESTIVAL 10:00 AM - 3:30 PM Various Locations in Sugar Hill See Ad on Page 5

ANNUAL FALL SUPPER 5:00 - 7:00 P.M. East Orange Church

FRED MARPLE COMEDY SHOW 7:00 PM Landaff Town Hall, Landaff

## **SUNNDAY, OCTOBER 1**

SUGAR HILL'S AUTUMN FESTIVAL 10:00 AM - 3:30 PM Various Locations in Sugar Hill See Ad on Page 5

PADDLE THE BORDER - FALL 11:00 Newbury Boat Launch See Ad on Page 11

## **MONDAY, OCTOBER 2**

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

#### **WEDNESDAY, OCTOBER 4**

WOODSVILLE AREA FOURTH OF JULY COMMITTEE MEETING 7:00 PM Woodsville Emergency Services Building

## SATURDAY, OCTOBER 7

4TH ANNUAL CRAFT FAIR 9:00 AM - 2:00 PM The United Congregational Church of Orford

HARVEST SUPPER & SILIENT AUCTION 5;00 - 7:00 PM 603-444-3376 for delivery First Congregational Church, Main St., Littleton

# MONDAYS

**NEK Council On Aging's Hot Meals** 11:30 AM - St. Johnsbury House NOON - Darling Inn, Lyndonville BREAKFAST BY DONATION 8:30 AM – 10:00 AM Horse Meadow Senior Center,

#### TUESDAYS/THURSDAYS Active Older Adult Strength Class 1:30 PM

1:30 PM Woodsville Post Office, S. Court St

#### THURSDAYS Adult Strength Tra

ADULT STRENGTH TRAINING 10:30 AM – 11:30 AM Senior Action Center

Adult Strength Training 1:30 - 2:30 PM - North Congregational Church, St. Johnsbury 9 AM – 10 AM Municipal Offices, Lyndonville 10:30 AM – 11:30 AM Municipal Offices, 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.

#### MONDAYS/WEDNESDAYS RSVP BONE BUILDERS

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

## **MONDAYS/THURSDAYS**

Adult Interval Aerobics Class - 6:30 Woodsville Elementary School Golden Ball Tai Chi 8:30 – 9:15 AM – St. Johnsbury House North Haverhill

#### Adult 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 **Сомминту 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 **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

1:30 - 2:30 PM - North Congregational Church, St. Johnsbury

Вілдо - 6:30 РМ

Haverhill Memorial VFW Post #5245 North Haverhill

Співваде - 7:00 РМ

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

#### 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 **St Paul's Bible Study on James,** 6:15 PM, **113 Main St., Lancaster** 

## FRIDAYS

Adult Strength Training 9 AM – 10 AM - St. Johnsbury House 1:30 - 2:30 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

**Співваде** - 1:00 РМ

American Legion Post #83, Lincoln North Danville Baptist Church (ABC), Worship and Sunday School, 9:30 AM Refreshments at 10:20 a.m.

# **Orange East Senior Center**

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

The Orange East Senior Center is looking for volunteer drivers for Monday and Wednesday starting at 10:30a.m. The routes take between 2- 3 hours. You will receive a free lunch and mileage reimbursement.

No Strings Attached will be playing on Friday, September 22 starting at 11:00 a.m.

The Boyz will be playing music on Friday, October 13 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, October 27 at 11:00 a.m.

The Visiting Nurse and Hospice of Vermont and New Hampshire will be here on Monday, October 16 for the Seasonal Flu Clinic from 10:00 a.m until 12:00 p.m. All adults 18+ welcome. Please bring your Medicare Part B insurance card so they can bill them directly. The fee for all others is \$25.00.

The Boyz will be playing music on Friday, October 13 starting at 11:00 a.m.

No Strings Attached will be playing music on Friday, October 27 at 11:00 a.m.

# Horse Meadow Senior Center

Every Tuesday: 8:30 Community Breakfast September 19: Nifty Needlers @ 9:00 September 20: Health Fair Beginners Sewing @ 9:30 Bone Builders @ 9:30 Writer's Group @ 10:30 Grief Support @ 10:30 Mahjongg @ 12:30 Bingo @ 1:00 September 21: Art/Painting @ 9:00 Cribbage @ 12:30 Line Dancing @ 12:45 September 22: CLOSED September 25: Bone Builders @ 9:30 Hearts & Hands Quilters @ 12:30 Horse Meadow Singers @ 1:00 Sign Language @ 1:00 Tai Ji Quan @ 2:00 September 26: Nifty Needlers @ 9:00 September 27: Beginning Sewing @ 9:30 Bone Builders @ 9:30 Writer's Group @ 10:30 Grief Support @ 10:30 Mahjongg @ 1:00 Bingo @ 1:00 September 28: Art/Painting @ 9:00 Cribbage @ 12:30 Line Dancing @ 12:45 September 29: Bone Builders @ 9:30 Mahjongg @ 10:30 Tai Ji Quan @ 2:00

The Penny Auction will be held on Saturday, November 4 from 9-2. There will also be a bake sale going on as well. If you would like to bake for the bake sale, we are open Monday through Friday from 9a.m. to 2p.m to drop it off. We are also still looking for new and unused items for the Penny Auction.

The Foot Clinic 2nd and 4th Wednesday of the month, if you would like an appointment please call.

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 classes will be on Wednesdays from 3:00 pm. to 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!

# **37th Annual Newbury Fall Festival**

NEWBURY – The First Congregational Church of Newbury, VT weaves old and new together at the 37th annual Fall Festival planned for Saturday, September 23 from 9:00 am to 2:00 pm. New this year will be a display of antique tractors, sponsored by Dad's Four By of Wells River. Some of these tractors have been lovingly restored and re-painted, and some, still in service in field or barnyard, proudly show rust and dents from decades of hard work. The tractors and their stories will be found behind the church, while across the street in front of the Mustard Seed Thrift Shop, the Wells River Fire Department's vintage fire engine "Petunia" will be on display.

Traditionally, the festival's biggest draw has been the silent auction located in the vestry next to the church. Hopeful shoppers may bid on a variety of local crafts and produce, gift certificates from businesses all over the valley, ephemera and antiques, toys and tools, curios and one-of-a-kind treasures. The bidding will close at 1:00 pm so that winners may collect their items at 2:00 pm. Many return to the silent auction each year for onestop holiday shopping.

Lunch is a-la-carte, offering salads, chili, hamburgers and hotdogs, Craig Cookman's BBQ ribs, and beverages. A bake sale, a cookie walk, and free Ben & Jerry's ice cream will supply plenty of dessert choices. Children will want to take a hay wagon ride, choose a wild or whimsical face painting design, and explore the crafts and games table. Live music will entertain visitors to our outside vendors. Bargain hunters can rummage through the "white elephant" tables near the Mustard Seed. This thrift shop, a mission of the First Congregational Church. will be open throughout the day. A portion of the shop's proceeds are donated each year to local charities and to fund two scholarships for local high school seniors.

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

The Bath Library Book Club will be discussing "The Soul of an Octopus", by Sy Montgomery, on Thursday, October 12th at 6 pm at the Bath Public Library.

In pursuit of the wild, solitary, predatory octopus, popular naturalist, Sy Montgomery has practiced true immersion journalism. From New England aguarium tanks to the reefs of French Polynesia and the Gulf of Mexico, she has befriended octopuses with strikingly different personalities-gentle Athena, assertive Octavia, curious Kali, and joyful Karma. Each creature shows her cleverness in myriad ways: escaping enclosures like an orangutan; jetting water to bounce balls; and endlessly tricking companions with multiple "sleights of hand" to get food.

Scientists have only recently accepted the intelligence of dogs, birds, and chimpanzees but now are watching octopuses solve problems and are trying to decipher the meaning of the animal's color-changing techniques. With her "joyful passion for these intelligent and fascinating creatures" (Library Journal Editors' Spring Pick), Montgomery chronicles the growing appreciation of this mollusk as she tells a unique love story. By turns funny, entertaining, touching, and profound, The Soul of an Octopus reveals what octopuses can teach us about the meeting of two very different minds.

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

# Pig Roast on the Bath Common

Come rain or shine, the Bath Historical Society will be holding a Pig Roast on the Common in Bath, New Hampshire on Saturday, October 7th with serving commencing at noon. The meal will consist of roast pig, potato salad, cole slaw, baked beans, roll & butter and bottled water. Tickets are \$8.00 per person in advance and \$10.00 per person on October 7th. Call 603-747-3094 or 603-747-2269 for advance tickets. All proceeds from this event will benefit the Bath Historical Society.



September 19, 2017

Volume 8 Number 25



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#### Saturday, September 23<sup>rd</sup>, 10 a.m. - 2 p.m. Vehicle Entry Fee: \$10,



Vehicle Entry Fee: \$10,

#### To Be Held @ Blue Mountain Union School 2420 Route 302, Wells River, VT 05081 (1/4 mile off from 191, Exit 17)

There will be Awards, Music, Raffles & More, Food Vendor on site.

All proceeds will benefit the "Blue Mountain Education Fund"

Please come and help us support our cause! Thank you



# Curiosities of History and Science in the Old World & New

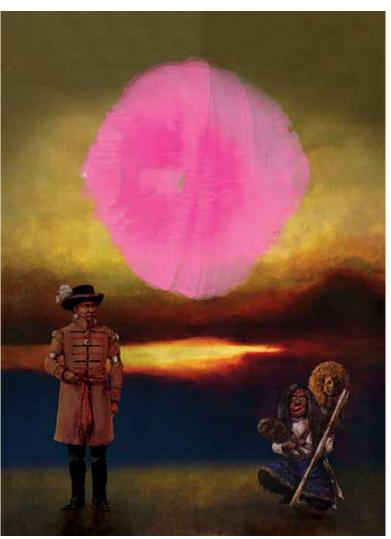
To walk among the artworks of W. David Powell—collages, digital prints, tapestries, paintings, assemblages—is a little journey in time travel, into another dimension where centuries mix and match, smack of reality and fantasy. These works fascinate, tickling the mind, with pleasure and intellectual curiosity. Professor Powell writes in his artist statement:

"I am increasingly interested in the 19th century, when knowledge was shared and scientific pursuit was part of a holistic "natural philosophy" not a narrow search for new weapons or drugs. We have lost much of our child-like wonder and awe for a universe that presents us with new marvels. The need to quantify existence has become a shackle to science and education." You may feel, as you view this exhibit at Northeast Kingdom Artisan Guild,

that you've stepped into a side room at the Fairbanks Museum when it opened over a century ago. These works are part of that world, just liked the stuffed animals and birds in the central hall, a world in love with all the curiosities of the universe in the newly reawakened world of science and nature.

Adirondack Cult Family

W. David Powell, a resident of Underhill, Vermont, is an Associate Professor of Art at SUNY in Plattsburgh. Originally hailing from Georgia, where he earned his BFA in Painting at the University of Georgia continued his studies to receive his MFA from the Vermont College of Art. In the 1980's Powell founded Wonder Graphics where he



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created the album cover for "Eat a Peach" Album for the Allman Brothers, which was selected by Rolling stone Magazine as one of the top 100 album covers of all time. He also founded Porcupine Graphic T-Shirts (including works for Ben & Jerry's and Vermont Castings. He was also the Art Director for Computer Games Magazine in Burlington, VT. W. David Powell's art has been shown

in galleries and museums in London, England, and all over the United States. And best of all his work is shown all over our beautiful state of Vermont. (He recently designed the poster for the Boreal Feast group exhibit at Miller's Thumb in Greensboro.) His work is in the collections of MOMA in NYC, the Fleming Museum, Hampshire College, New York Public Library, University of Pittsburgh, Smith College, University of Vermont and Yale University, as well as in numerous private collections.

Northeast Kingdom Artisans Guild is located at 430 Railroad Avenue, St. Johnsbury, VT 05824. Open hours are 10:30 – 5:30 Monday – Saturday. Contact the Guild at 802-748-0158 www. nekartisansguild.com or visit us on Facebook.

# **Triple Cinema Celebration at The Colonial**

The Colonial Theatre in Bethlehem will present a trio of celebratory films in the week beginning Monday September 18. First, in celebration of National Art House Theater Day, from Monday through Thursday and then again on Sunday (National Art House Theatre Day) The Colonial will screen Alejandro Jodorowsky's Endless Poetry. Endless Poetry tells the story of the directors years spent as an aspiring poet in Chile in the 1940's. Against the wishes of his authoritarian father, the 20 year-old Alejandro Jodorowsky (played by Adan Jodorowsky, Alejandro's son), leaves home to pursue his dream of becoming a poet, and is introduced into the bohemian and artistic inner circle of Santiago where he meets authors who would later become driving forces of twentieth century Hispanic literature. Living with these inspirational artists, Jodorowsky's exploration of his inner feelings takes him on a journey of sensual experimentation leading him to realize his innermost desires and passions. Continuing the autobiographical story he began in The Dance of Reality, Endless Poetry is an ode to the quest for beauty and inner truth, as a universal force capable of changing one's life forever. While not for everyone, considering its adult themes and graphic imagery, Endless Poetry is written by a man who has dedicated his existence to creating spiritual and artistic awareness, and is told with a unique surreal and psychedelic visual language. Endless Poetry extends writer-director Alejandro Jodorowsky's singular filmography with another joyously surreal, visually vibrant viewing experience.

On Thursday, September 21, in celebration of International Peace Day, Rooted In Peace will play for one show only at 5:30. Rooted In Peace challenges viewers to examine their values. Director and award-winning filmmaker Greg Reitman invites viewers on a film journey to take notice of the world we live in, proactively seek ways to find personal and ecological peace, and stop the cycle of violence. The film relies not only on memoir, but also interviews with such luminaries and activists as Deepak Chopra, music legends Donovan, Mike Love, and Pete Seeger, film director David Lynch, Noble Peace Laureate Mairead Maguire, media mogul Ted Turner, Archbishop Desmond Tutu, green architect William McDonough, neuroscientist Dan Siegel and many others. Reitman learns from all of them, and heeds Maharishi Mahesh Yogi's words, that if the forest is to be green, every tree must be green; if there's going to be Peace on earth, then everybody needs to experience that quality of Peace within themselves. And so in asking viewers to do the same, Reitman poses the basic question: How do we want to live? Reitman's journey is an example of transformation — how one person can learn to make the necessary changes to enjoy a better life — and in so doing inspire others to want to improve their own lives, and society as a whole.

Anniversary Series, Bonnie & Clyde is 50 years young! Directed by Arthur Penn and starring Warren Beatty, Faye Dunaway, Michael J. Pollard, and Gene Hackman this paradigm-shifting classic of American cinema packs a punch whose power continues to reverberate through thrillers decades later. Producer/star Warren Beatty had to convince Warner Bros. to finance this film, which went on to become the studio's second-highest grosser. It also caused major controversy by redefining violence in cinema and casting its criminal protagonists as sympathetic anti-heroes. The film made stars out of Beatty and Dunaway, and it also featured the screen debut of Gene Wilder as a mortician briefly captured by the gang. Its portrayal of Bonnie and Clyde as rebels who empathized with the poor working folks of the 1930s struck a chord with the counterculture of the 1960s and helped generate a new, young audience for American movies that carried over into Hollywood's renewal of the 1970s. Its combination of sex and violence with dynamic stars, social relevance, a traditional Hollywood genre, and an appeal to hip young audiences set the pace for many American movies to come. In addition to the film the evening will include door prizes including original art work by Matt Basset and a signature cocktail. General Admission tickets for all shows are \$8, or \$6 for Colonial members. For more information about these screenings or upcoming movies and live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@Co-IonialNH), visit the Colonial on line or tune in to Bethlehem's own community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

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Finally, on Friday, September 22 at 7:30, as part of The Colonial's ongoing

OUR MISSION: To provide support for stray and unwanted dogs in our communities and to attend to their needs while looking for their forever homes. PO Box 98, Franconia, NH 03580 603-823-7077 atnhs.email@gmail.com www.atnhs.org Serving: Woodsville, Bath, North Haverhill, Haverhill, Lisbon, Littleton, Lyman, Landaff, Benton, Pike & Wells Räver. Pike & Wells Räver. Basticlenthil & Commercentil Services Aventhibite 10 Holly Sirsed, Woodsville, NH - G081-7-57-63574

# **Raffle Winners at the 6th Annual** "So Long Summer - Hello Fall Festival"

Kendall were able to reclaim the top spot in the 6th Annual Giant Zucchini Contest held at the WRAP's, So long Summer Hello Fall Festival held in Wells River on September 2nd. Apparently Ryegate had sunnier weather plus the teamwork enabled the 3 siblings to beat out first time entrant Larry Clark of Bradford with their 10.6 pound zucchini. Larry's 6-pound zucchini was the 2nd place winner. When not tending his garden, Larry is in Wells River cutting hair. Last year's champion, Braelynn Parsons of West Newbury placed 3rd with a 4.8-pound entry.

Ainsley's, Casey's and Elliot's grandfather, Steve Elliot of Ryegate had a lucky day on the river and was the 1st Place winner in the festival's first ever Rubber Ball River Race, down the Wells river sponsored by the Cohase Chamber of Commerce. Steve generously donated back to the Chamber his \$300 prize. Bradford resident Marianne Kelly's rubber ball came in second along with a \$200 prize and the third place winner Stacy Batchelder of Pike, NH won \$100.00.

Ryegate's Dean Rowden may have grown up in Ryegate but he has spent a

# **Hurricane Relief:** A way to respond

Our partner Church World Service has planned to use the 140,000 hygiene kits on hand for current relief efforts -- they need more kits to replace the ones gone from the warehouses and most likely more will be needed this hurricane season. Bethany Church of Pike, NH and the United Congregational Church of Orford have a year round mission partnership of making kits to be used in the US and where needed in other parts of the world. New KIts are urgently needed. The two Churches invite community members to contribute through their own church or if you need a place to respond, to help us out!!! You can make a whole kit or buy supplies for kits, for instance hand towels. Kits and or supplies can be brought to either Sunday worship service: 9 a.m. in Pike and 10:30 a.m. in Orford or there is a container in Orford on the side porch and chairs on the porch of 17 Water Street in Wells River (close the gates, several rescue dogs live at this address) to leave your donations.

Ainsley, Casey, and Elliot great deal of time in Wells River and he was the winner of the Newbury Historical Society's picture identification contest. He correctly identified all 6 buildings that were part of Wells River History and earned a gift certificate to the Happy Hour for his efforts.

> There were seven winners at the NewburyConnect booth. They were: from New Hampshire, Andrea Vargo of Bath, Polly Placey of Haverill, Susan Hinchliffe of Orford, and Peter Slattery of Bath. Vermont winners were, Maria Kearney of Wells River, Emma Holt of Barnet and L. Joseph Buick of Lyndonville. Just for stopping at the booth people got a free ticket to win a variety of items divided in 7 groups donated by Green Mountain Monogram and by Newbury-Connect.

The Wells River Action program would like to thank all the businesses, vendors, and festival-goers for making the 6th Annual So Long Summer, Hello Fall Festival a success.

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# Wildlife Habitat Management Workshop

What's new in managing habitat to benefit wildlife? Grafton County Conservation District (GCCD), **UNH** Cooperative Extension (UNH CE), Natural Resources Conservation Service (NRCS) and the Wildlife Management Institute are presenting a Wildlife Habitat Management Workshop on Friday, September 29, 2017 at 2:00PM, at the Pondside Lodge at Indian Pond in Orford. The Wildlife Habitat Management Workshop will give participants an opportunity to see grassland and shrub habitat, mature forest and wetland areas and learn about the wildlife that live there. Presenters Matt Tarr, Extension Associate Professor/Specialist Wildlife; Jim Frohn, Extension Field Specialist, Natural Resources; Kelly Boland, NRCS Biologist; Tom Ebert, NRCS Soil Conservationist; and John Lanier, Wildlife Management Institute will join Bruce, Sarah and Andy Schwaegler to discuss wildlife habitat improvement practices implemented at the Indian Woods property. The Wildlife Habitat Management Workshop will be held rain or shine, so dress for variable weather, and plan on light hiking at each stop. In case of (really) inclement weather, we'll spend more time at the Pondside Lodge and present slides, but this is intended to be an outdoor workshop. Call Pam at (603) 353-4652 if you plan to attend.

In 1983 the Schwaegler family purchased the former Boy Scout Camp on Indian Pond in Orford and have managed the property for profitable forest products, water quality, wildlife and biodiversity, and recreation. We will meet at the Pondside Lodge at Indian Woods, 598 Indian Pond Road, Orford at 2:00PM, Friday, September 29, 2017 for introductions and a history of the property. John Lanier will introduce us to the Dirt to Trees to Wildlife online tool that presents mapped soils in any given area of interest (AOI) and then identifies potential forest types based on characteristics of those underlying soils. Each forest type relates to preferred

breeding habitat for New England wildlife species, with lists of those wildlife species provided.

We will proceed to 440 Indian Pond Road and park at the landing area. Our first stop will be a mature forest. We'll discuss the habitat elements present, and what types of management will potentially benefit wildlife. Next we'll look at and discuss the various stages of early successional habitat and the benefits for woodcock, songbirds, and pollinators. We'll also visit the small wetland area. Lastly, we'll proceed to the forest area that was treated with a selection harvest a couple of years ago, and discuss the habitat elements in place there. At each site, we'll discuss associated wildlife species, future goals, and conservation practices that can enhance that habitat. We will also learn about several resources and programs available to assist landowners with habitat improvement.



Times but there will always



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# **Patrick Ross - Traveling Sound**



Patrick Ross brings all these instruments and his story told through music known as the Traveling Sound to 12 venues this fall starting at the Londonderry Town Hall on September 30th. RockFarmer.com for tickets and the full schedule.

and Bluegrass are all stops along the way though this autobiographical account of the artist's formative moments in music. Life lessons, laughs and the associated sounds of people and places that have enriched Ross's catalog are the topic of this multi-instrument, multi-genre acoustic concert.

With every name there's a face, a place and an accent. There is, more importantly, a way of doing things that is at the heart of identity, whether personal, cultural or musical. From backyard BBQ's to stadium concerts, each experience along the way has blessed Ross with more ways to do things. Having crossed many borders in the United States, Canada, Central America and Europe, the Traveling Sound tour is Patrick Ross's statement on character building through ways of, "doing music". For tickets and schedule visit RockFarmer.com.



Steve Elliott of South Ryegate, VT was the 1st Place Winner of \$300 in the Cohase Chamber of Commerce's Rubber Ball River Race at the So Long Summer Hello Fall Festival in Wells River, VT on Saturday, September 2. Gary Scruton, Cohase Chamber President, Steve Elliott and Erik Volk, Cohase Chamber Executive Director are pictured above. Steve made a generous contribution back to the Chamber fromhis winnings. The 2nd Place winner of \$200 was Marianne Kelly of Bradford, VT. The 3rd Place winner of \$100 was Stacy Batchelder of Pike, NH.



10

an evening of short plays by Peter Quilter Directed by Anne Foldeak, Ken Hullican, Elias' Hunt, & Melissa Mann

# Sept 15-16-17

# Sept 22-23-24

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# **Quilts of Valor Made for Veterans**

On August 30th Unit President Eleanor Leach of Unit 20, Woodsville, NH delivered 21 Quilts of Valor to the women veteran residents of the NH Veterans Home located in Tilton, NH. With the help of Department President PC Alger of Unit 9, Derry, PNEDVP Sandra Neylon of Unit 41, Whitefield, 2nd Dept. VP Linda Dupont of Unit 82, Gorham and Regina Laraway of Northern Lights Quilt Guild, each female veteran was able to choose the quilt of her choice.

Eleanor discovered there was a wing dedicated to the woman veterans at the NH Veterans Home and wanted to do something special for them. She put the word out to the quilting groups in New Hampshire to ask for twenty four Quilts of Valor specifically for the ladies. Over the last few months donations came in one by one, some were complete, others needed backing and Eleanor finished them. When she had enough she asked the members of New Hampshire

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American Legion Auxiliary to help her with the presentation. There was a special quilt made for a female veteran named Molly who was 101 years old, unfortunately Molly passed just days before the presentation, arrangements were made for her family to get the special quilt.

President Leach read a

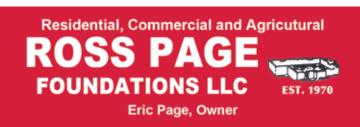
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poem of the Quilt of Valor to each veteran after they had made their choice. Commandant Margaret LeBrecque was on hand to greet the American Legion Auxiliary members and thank them for all their efforts and support of the NH Veterans Home ...





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# **Paddle The Border Sunday, October 1, 2017**

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.

Enjoy the River Valley from a Uníque Angle

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**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 20, 20

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

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# **David Nelson Elder - OBITUARY**

# Sen. Woodburn, State Officials conduct historic covered bridge tour

North Country Senator Country," Jeff Woodburn and State transportation and cultural affairs officials will tour eight historic covered bridge in the North Country on Thursday, September 28. The group invites local people to join at any of the stops at the Sentinel Pine bridge in Lincoln, Clark's in Woodstock; Bath-Haverhill and Swiftwater both in Bath; Mt Orne in Lancaster; Stark in Stark: Columbia in Columbia and Pittsburg-Clarksville in Pittsburg. "Senate District 1 has 13 historic covered bridges including the state's oldest one, the Bath-Haverhill bridge, which accounts for 24 percent of the state's 54 covered-bridges," Woodburn said, "The are an important part of our historic culture but are also an integral part of our functioning transportation system."

"New Hampshire's covered bridges are beloved landmarks for both residents and visitors to the North

said Elizabeth Muzzey, Director of the Division of Historical Resources and the State Historic Preservation Officer, who will participate in the tour, as well as other public officials, along with William Caswell, President of the National Society for the Preservation of Covered Bridges.

The tour will include the following stops and all are welcome to attend:

- 08:00 am Sentinel Pine (Lincoln)
- 08:30 am Clark's
- (North Woodstock)
- 09:30 am Swiftwater (Bath)
- 10:00 am Bath-Haverhill (Bath)
- 11:30 am Mt.Orne (Lancaster)
- 01:00 pm Stark (Stark)
- 02:30 pm Columbia

(Columbia) 04:00 pm Pittsburg-Clarksville (Pittsburg)

#### Ryegate, VT- David Nelson Elder, 55, of South Bailey Hazen Road, died following an accident in Wells River, VT.

David was born in Haverhill, NH, June 16, 1962, the son of Hugh Francis and Louise Mae (Nelson) Elder.

In high school, he worked with a blacksmith designing and creating art statues out of iron. David also apprenticed as a potter with Mountain Meadow Pottery in South Rvegate, where he designed many of their plagues. David volunteered at the BMU School as an art teacher. He illustrated two books for two local authors and published two books of his own, Mish~Mosh of Mazes I and II.

David worked at P&H Truck Stop in Wells River for 17 years in maintenance. While working at the P&H Truck Stop he was commissioned to paint the murals and designed the menu covers that can be admired today. He also painted a mural in the Wells River Library and created a different theme in each one of the rooms at the Wells River Motel.

David started with Tae Kwon Do in 1992 and achieved Master status with the Blue Wave Tae Kwon Do, in Burlington, VT on March 13, 2015.

David was in the process of completing his dream..... a tree house / art studio.

He was predeceased by his mother, Louise Mae (Nelson) Elder on February 16, 1969; his father, Hugh Francis Elder on April 16, 2005; and his two brothers, Daniel R. Elder and Bruce H. Elder; and a brother-inlaw, Michael Ringey.

Survivors include his wife of 12 years, to whom

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he was married on August 20, 2005, Christine McRae Elder of Ryegate; two sons, Brvan Elder of Essex. NY and Justin Elder of Randolph, VT; two daughters. Morgan Wood of Essex, VT and Ashley Wood and Ethan Hayes of St. Johnsbury, VT; a brother, William P. Elder and wife Khristine of Ryegate; two sisters, Susan D. Elder and husband Arthur Edersheim of Chelsea, VT and Patricia E. Ringey of Cornwall, VT; several nieces, nephews, great nieces, great nephews, two aunts, and cousins; and his three cats, Twa, Rocky, and Jazzy.

A celebration of David's life was held on Thursday, September 14 from 1:30 to 3:30 PM with a tribute to David's Life beginning at 2:00, at the Groton Community Building, 1476 Scott Highway, Groton, VT.

In lieu of flowers, me-



contributions may morial be made to Blue Wave Tae Kwon Do Association, C/O Bruce V. Twing Scholarship, 338 Dorset Street, South Burlington, VT 05403. For more information or to offer an online condolence. please visit www.rickerfh. com

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



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Men and Women from both sides of the Connecticut River constitute the membership of the Cohase Lions Club. At a recent meeting the Club installed officers for the upcoming year and also welcomed a new member, William Cilbrith.

Officers for the 2017-18 year are (seated 1 to r) Roland Clifford, Outgoing King Lion; David Pruitt, Incoming King Lion; and Richard Thompson, 1st Vice Present.

Standing are Colleen Page, Tail Twister 'Cindy Fagnant, 3rd Vice President; Timothy Page, Secretary; Paul Kidder, Director; John Aldrich, Director; Doug Dutile, Treasurer; Joe Fiore, Lion Tamer; and Robert Fagnant, Director. (Absent when photo was taken: Glenn English, 2nd Vice President and Timothy Corey, Director.)

# **Cohase Lions Install New Officers**



Thank Mou

To everyone who made the Wells River 6th Annual "So Long Summer – Hello Fall" Festival a huge success. Thank you to all the vendors, the volunteers, participating businesses and the public for attending. And thank you To the Wells River Community and Business Participants and Ad Sponsors.

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# Here's Your Retirement Countdown

If you want to enjoy a comfortable retirement lifestyle, you don't need to have been born rich or even to have earned scads of money during your working years. But you do need to make the right moves at the right time – which means you might want to start a "retirement countdown" well before you draw your final paycheck.

What might such a countdown look like? Here are a few ideas: Ten years before retirement – At this stage of your career, you might be at, or at least near, your peak earning capacity. At the same time, your kids may have grown and left the home, and you might even have paid off your mortgage. All these factors, taken together, may mean that you can afford to "max out" on your IRA and your 401(k) or other employer-sponsored retirement plan. And that's exactly what you should do, if you can, because these retirement accounts offer tax benefits and the opportunity to spread your dollars

around a variety of investments.

Five years before retirement – Review your Social Security statement to see how much you can expect to receive each month at various ages. You can typically start collecting benefits as early as 62, but your monthly checks will be significantly larger if you wait until your "full" retirement age, which will likely be 66 (and a few months) or 67. Your payments will be bigger still if you can afford to wait until 70, at which point your benefits reach their ceiling. In any case, you'll need to weigh several factors - your health, your family history of longevity, your other sources of retirement income before deciding on when to start taking Social Security.

One to three years before retirement - To help increase your income stream during retirement, you may want to convert some – but likely not all – of your growth-oriented investments, such as stocks and stock-based vehicles, into income-producing ones, such as bonds. Keep in mind, though, that even during your retirement years, you'll still likely need your portfolio to provide you with some growth potential to help keep you ahead of inflation.

One year before retirement – Evaluate your retirement income and expenses. It's particularly important that you assess your health-care costs. Depending on your age at retirement, you may be eligible for Medicare, but you will likely need to pay for some supplemental coverage as well, so you will need to budget for this.

Also, as you get closer to your actual retirement date, you will need to determine an appropriate withdrawal rate for your investments. How much should you take each year from your IRA, 401(k) and other retirement accounts? The answer depends on many factors: the size of these accounts. vour retirement lifestyle. your projected longevity, whether you've started taking Social Security, whether your spouse is still working, and so on. A financial professional can help you determine an appropriate withdrawal rate.

These aren't the only steps you need to take before retirement, nor do they need to be taken in the precise order described above. But they can be useful as guidelines for a retirement countdown that can help ease your transition to the next phase of your life.

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

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# Hobo Railroad Announces Return of Hobo Harvest Time Express

LINCOLN, NH – The Hobo Railroad in Lincoln, NH announced today that their popular Fall celebration, the Hobo Harvest Time Express, will once again take place at their Hobo Junction Station in Lincoln, NH from September 16 through October 15, 2017.

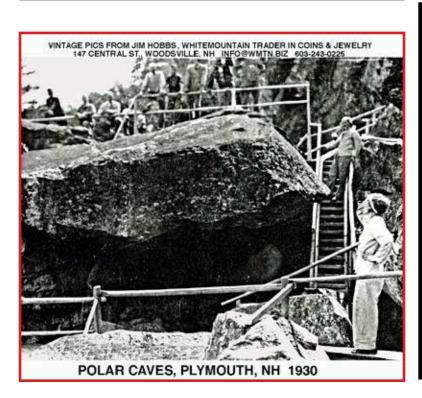
Referred to by many as "New Hampshire's Classic Fall Foliage Experience", the Hobo Railroad takes on an entirely new look for Autumn with the addition of the Hobo Farm Stand that's stocked with NH MADE products as well as a huge selection of pumpkins from the Moulton Farm in Meredith, NH. Meanwhile, the Hobo Farm Yard is filled with games for all ages to enjoy like pumpkin bowling, ring toss, horse shoes, bean bag

toss, sack races, croquet and corn hole, not to mention an impressive display of five antique tractors provided by the Presby Transportation Museum located in Whitefield, NH. Boston Bruins, 12-time NBA All Star Larry Bird from the Boston Celtics, home run record-setter David Ortiz from the Boston Red Sox, 5-time NFL Super Bowl winner Tom Brady from the New England

For those looking to enjoy the Fall foliage from the train, the one hour and twenty-minute round-trip train rides along the Pemigewasset River between Lincoln and Woodstock, NH afford wonderful views of the Fall colors. While on the train, passengers will also be treated to "a taste of New Hampshire" with complimentary samples of various New Hampshire made Fallthemed items such as Maple Drops, Pumpkin Granola or Apple Cider – samples will vary daily. Departure times for the Fall train rides

All Star Larry Bird from the Boston Celtics, home run record-setter David Ortiz from the Boston Red Sox, 5-time NFL Super Bowl winner Tom Brady from the New England Patriots, 7-time NASCAR Champion Richard Petty, World Champion Heavyweight Boxer Muhammad Ali along with his flamboyant Boxing Promoter Don King and last, but certainly not least, Olympic and World Cup ski racer and multi-time Gold Medalist Bode Miller from nearby Franconia, NH the most successful male American Alpine ski racer of all time. The year's Cornstalk Critters will once again have traditional hand-painted Annalee Doll faces which will look as close as possible to the characters they are portraying as well as posed and dressed in such a way as to make them easily recognizable. Tickets for the Hobo Harvest Time Express which is open daily September 16 through October 15 are \$20 for adults and \$15 for children 3-11, while ages 2 and under are free. Special pricing is also available for groups of twenty or more with a single payment. The Hobo Railroad is conveniently located in Lincoln, NH, just off Exit 32 on I-93, left on Route 112, directly across from Mc-Donalds. For more information regarding the Hobo Railroad's Hobo Harvest Time Express, visit www.HoboRR. com or call (603) 745-2135.

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are 11am and 1pm daily, with 3pm trains available on the following weekend dates: September 23 & 30 as well as October 1, 7, 8, 14 & 15, 2017.

In addition, the Hobo Railroad's now-famous lifesized scarecrows known as "Cornstalk Critters" will be on display and available to pose with between 10:00am and 3:00pm daily. Created exclusively for the Hobo Railroad by the talented artists at the Annalee Doll Co. in Meredith, NH, this year's Cornstalk Critter theme is "Scarecrows of Sports".

This year's mix of eight straw-filled, life-sized characters include NHL hockey legend Bobby Orr from the

# Letter to the Editor

To the editor,

## School Planning

Thank you Janice Dube for your enlightening letter and to Richard Patton for his insights. I have been asking since Day 1 for what

of us should be asking this. Diane Kirkwood, North Haverhill, NH

the amount would be just

to bring the schools up to

code. I am think that more

Diane,

I do appreciate your being brief and to the point. Please allow me to add a bit more information for our readers. The Haverhill Cooperative School Board is apparently planning a bond vote this fall for money to improve the school buildings in our district. I must admit that I do not know just what that bond will include, or how it will affect our property tax rate in Haverhill. I look forward, with most other voters, to the time that those figures and what they will accomplish are put forward to the voters.

Let me also take a moment to remind Haverhill voters that twice over the past few years a vote regarding school budgets has come down to only a very few votes being the difference between pass and fail. The bottom line is that we all need to become well informed, and then take the time to vote, whichever way you decide.

Gary Scruton, Editor

# **Homeless Veteran Stand Down Event**

The Barre Area Veterans Council (BAVC) is hosting a homeless Veterans Stand Down on Saturday September 30, 2017. The free, allday event, from 8 a.m. to 6 p.m., is being held at the Barre Auditorium, in Barre, Vermont. Many service organizations are involved, including the Veterans Administration, American Red Cross, Easter Seals, The Veteran's Place, Combat Veterans, Vermont Veterans Outreach Program, Veterans of Foreign Wars, American Legion, Benevolent and Protective Order of Elks, Vermont Department of Labor, Veterans, Inc. Sons of Union Veterans of the Civil War and many more.

statewide The stand down is open to all Veterans, homeless or at-risk, and their families. Attendees will be offered showers and haircuts. Short-term resources such as a hot meal, winter clothing, toiletries, and cold weather items will be available. Long-term resources will be available from VA representatives, counselors, social security representatives, and housing and employment agencies for the estimated 250 Veterans and their families in attendance from across Vermont and surrounding states. "We could use help getting our homeless Veterans to this event. We are asking all fraternal organizations throughout the state to find homeless Veterans and transport them to Barre. If you know a homeless Veteran that owns a car, we are offering \$25 gas cards", says, Ron Tallman. "We've got well over 100,000 homeless Veterans in our country. That is not acceptable. Here in Vermont, we want to do all we can to start turning their lives around", adds Tallman.

"If you need or can offer a ride, contact me at 802-522-5639 or barrevetcouncil@gmail.com", says Chuck Barney, Chair of the BAVC. He added, "access to all Veteran service organizations will be available, even activities for children.'

The Barre Area Veteran's Council is comprised of Veterans of Foreign Wars Post #790, Veterans of Foreign Wars Post #790 Auxiliary, American Legion Post #10, American Legion Post #10 Auxiliary, Barre Elks Lodge #1535 and Sons of Union Veterans of the Civil War.

"This event will only be a success if we have Veterans from around the state to serve", says Kristin Calcagni, PER of Barre Elks Lodge. "Organize a caravan to bring Veterans, or contact us with specific needs such

To the editor.

Since 2010 our economy has grown at the puny average annual rate of only 2.1%. This number is predicted to continue, unless real change, and reform take place.

As early as 1983 studies found that taxes have a detrimental effect on economic growth. It is obvious that our corporate tax rate (one of the highest in the world) is making it more profitable for international

Bruce.

I would certainly agree with you that "a soaring economy, higher wages, better living standards, and more jobs" would indeed be good things for this country, or for any country.

I would also agree with you that our tax system needs some serious reform. But like any reform the sticking point is in just how that reform takes shape. We can look at the past and make plenty of predictions as how that will affect our future if we "try it again." I remember a "trickle down" plan that did not seem to meet the predictions. On the other hand, will giving just the lower tiers of tax payers a break make

companies to keep and invest their money off shore. That means new factories and new jobs don't come to the US.

Letter to the Editor

We can do better! We need a comprehensive change in our tax system that will help the economy to grow. President Trump's tax reform will lead to a soaring economy, higher wages, better living standards, and more jobs. Things that everyone can understand as "good" things.

Democrats, and any of

those opposed to President Trump's tax reform don't seem to understand that since 2010 the tax plan we have is not helping our economy improve.

The President's tax plan is pro-growth, pro-jobs, and pro-American. It will boost our GDP and get people back to work again. I hope Congress understands it's their job to pass it.

Bruce Perlo Sugar Hill, NH 03586

#### all things right?

My belief is that somewhere in the middle is probably where the answer can be found. The problem is that in today's world of American politics the two sides seem unable to find any middle ground. This seems true with tax reform, health reform, and so many other programs.

Let me finish by saying that I am not sure that it is the job of Congress to pass any specific plan of the president or any one else. It is their job to look at any and all of these plans, discuss them, make changes if needed, and then pass it.

Gary Scruton, Editor

# Vermonters Oppose The Wasteful Killing of Wildlife

by Brenna Galdenzi

UVM's Center for Rural Studies included the following question in their 2017 Vermonter Poll: "Vermont wildlife policies allow certain species, including coyotes, crows, porcupines, skunks and weasels to be killed without limit even when there is no intent to consume or use the remains. This is called "wanton waste" killing. Should Vermont wildlife policies prohibit the "wanton waste" of wildlife, except when these animals are causing damage to property or agricultural products?" The result of the survey indicates that 70.5% of Vermonters who responded, opposed the intentional and wasteful destruction of Vermont's wildlife. You can learn more on Protect Our Wildlife Vermont's website.

Killing wildlife for no reason other than target practice or recreation is authorized by the Vermont Fish and Wildlife Board in a blatant disregard for ethics and responsible hunting practices. This type of killing with no intent to utilize the animal results in what's called 'wanton waste', since animals are often left to rot

where they're killed. Covote carcasses are found each vear across Vermont - their battered bodies strewn like garbage for the unsuspecting hiker to stumble upon. Gruesome photos of dead coyotes captioned with comments like, "kill 'em all" and "the only good coyote is a dead coyote" are omnipresent on social media. This speaks to the deeply rooted culture of hatred and loathing towards these intelligent canids. Both hunters and non-hunters alike should be able to come together on activities like these and condemn them. The current policies of the Fish & Wildlife Board do nothing to discourage wasteful killing of wildlife and actually may encourage it with open hunting seasons on many animals including

opossums and coyotes, who both play vital roles in Vermont's ecosystems.

Vermont law requires "The State, through the Commissioner of Fish and Wildlife, [to] safeguard the fish, wildlife, and fur-bearing animals of the State for the people of the State." There September is a growing contingency of people who want better protections for wildlife, yet feel as though their voices 19 fall on deaf ears. It remains to be seen whether the Fish & Wildlife Department and Board will embrace an evolved culture that seeks more humane wildlife management with a greater focus on compassionate conservation, and abundant populations of watchable wildlife that all can enjoy. 25

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as clothing and shoes sizes so we can ensure we have what they need."

Monetary donations can be made via gofundme. com/barre-stand-down-eve or checks made payable to 501©19 organization Barre Area Veterans Council.



Congratulations go out to Angela Paye For winning our September drawing for a \$50.00 Gift Certificate at **Trendy Threads** 171 Central St Woodsville, NH 603-747-3870 (our next \$50.00 gift certificate drawing will be in October, come in and sign up, no purchase necessary.) www.TrendyThreadsWoodsville.com





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# **Firewood Season**

By Jim Frohn, Grafton County Forester UNH Extension University of



It's hard to believe, but firewood season is almost upon us, and, for some of us, has already shown up a few times. I built a fire in the woodstove last week to take the edge off the damp, forty-degree weather. I fired up the woodstove back in early June too, so last year was an extra-long heating season.

We use wood to heat a section of our house, but we have oil and propane for heating the other parts and for backup when we're gone for a few days. So we process a lot less wood than some households do. Even though wood is essentially a partial heat source for our home, it does help reduce our oil use, and we simply enjoy heating with it.

For those of us who heat with wood, the passage of the year is not marked by the calendar on the wall, but by the size and condition of the wood piles. The presence of a pile of tree-length wood in my yard marks late winter or early spring. Once the snow is gone, I'll go to work with my chainsaw, reducing the pile to sixteen-inch blocks. Following that, I'll rent a power splitter for a few days, and process the pile into smaller pieces.

Summer is marked by piles of split wood in various stages of being stacked in the barn and the excess stacked outside on pallets. Hopefully, with the arrival of work flow, random stones or dirt in the pile can be waiting to dull your chain. The splitting operation also requires one to be attentive, in order to reduce the amount of lifting and moving wood and to avoid getting fingers or hands between the wood



early fall and the first fits and starts of heating season, all the wood has been stacked and drying at least for a couple of months. And if we've planned well, the new stacks are next year's wood.

Reducing a truckload worth of tree-length wood to split and stacked firewood ready for the stove is mindful work. To an observer, transforming a pile of treelength wood to sixteen inch blocks may look fairly mundane, cutting one piece after another. But when taking apart a six to ten cord load that has been piled by a log loader, one needs to be fully aware of their surroundings. Logs can shift or fall unexpectedly, with the potential to pin you or crush a leg. Less seriously, but sure to create delays in the and the splitter.

Then there's the need to be conscientious of efficiency. I like to plan the flow of wood from the tree-length pile to the splitter then to the where it will be stacked. To minimize the amount of handling. I try to plan how each block will fall when cut. I work from the ends of the pile so when a block is cut it falls to the ground, working my way toward the middle of the pile. If I can do so without the whole pile coming down, I try to cut bottom logs first in order to minimize picking up chunks off of uncut logs. (Some of that is inevitable, but I try to keep it to a minimum.) As I cut the blocks, I move them in the direction of where the splitter will be, a few steps closer to the final stacking area.

No doubt, there's a lot of work involved in heating with wood, and unless a lot of equipment is used, it's really not very efficient work, in spite of efforts to make it so (and I haven't even mentioned the winter-long work of hauling wood to the house every few days). But there's just something incredibly satisfying about handling and processing all of that wood, and providing warmth for your family with it. So despite the labor involved, I'll tackle that pile of wood again. Besides, for someone whose job doesn't involve as much physical work as it once did, and who hates going to the gym, it is great exercise.

# **Celebrate Land, Local Farms and Food throughout September**

LITTLETON, N.H.—The Littleton Food Co-op is excited to team up with our partner of the month, Ammonoosuc Conservation Trust (ACT) to present a month long celebration of land, local farms and food.

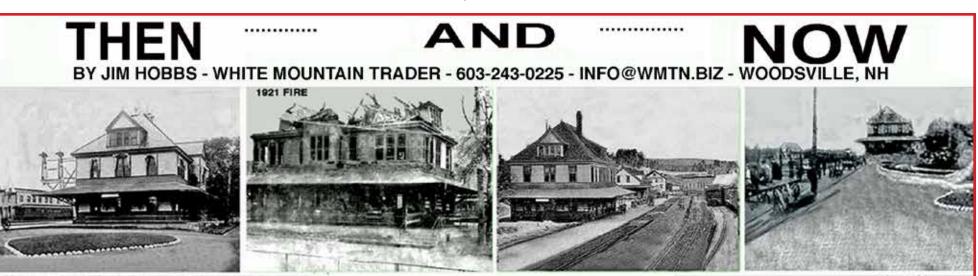
Ammonoosuc Conservation Trust is the nationally accredited, locally based, grassroots nonprofit lands conservancy serving New Hampshire's North Country. Their mission is to protect land for all who live here, now and in the future. They especially focus on conserving the farms and working forests that are the foundation of our region's economy and character.

During the month of September the following events will be taking place at the Littleton Food Co-op's Café space:

Friday, 9/22, 5-7 pm 'ACT Local/Eat Local Pizza Party'. Rek'lis Brewing of Bethlehem, NH will be joining ACT for an all-local pizza party. The Co-op's deli chefs are creating a pizza made with locally sourced ingredients from ACT partner farms for purchase to eat in the café or to take away. Rek'lis will be sampling their locally brewed beers. Join us for kid-friendly activities and live music by David Van Houton & Friends.

Wednesday, 9/27, 4-6 pm 'Farms and Conservation, Better Together'. Join in the conversation with Robie Farm about the local food movement in the North Country and how farmland conservation relates. The Robies will discuss their experiences running а multi-generational beef and dairy farm and will be sampling their meats and cheeses.

All events in the series will be held in the Littleton Food Co-op Café. All events are free and open to the public. Pizzas will be available for purchase.



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It was a death bed promise, made to a dying man, his father, "I will take care of Ma."

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Over the years, visiting her everyday and picking up groceries and treats at the market for her, he did honor his father's dying wish. Time goes by, days turn into months and months turn into years. The love that inspired the dedication to honor both his father and mother continues on but time has changed Ma and the young man that made a promise to his dying father is now older.

Ma is now 87 years old, dad has been gone for almost twelve years. After dad had passed, Ma's sister would come and take her shopping or to the hair salon or some times just out to lunch but at least three times a week the two of them were

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out and about, being free. Ma's sister, Auntie, doesn't drive anymore. Auntie's husband, our dear Uncle, cannot be alone. The past five years have witnessed a change in him that has swallowed all of Auntie's time. She still calls Ma, it once was every day but now is down to three or four times a week.

Ma was getting thinner and age etched her face with wrinkles. The dog, always at her side, cleaned up every spill. The dog was very fat and could not walk up and down the stairs any more. What a kindness to have found the "Meals on Wheels" program. Monday through Friday, a happy volunteer would come to her door with a warm lunch and a happy smile. Someone, besides her devoted son,

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was stopping in to say hello. Ma was having trouble cooking. In the year, prior to moving in with us, she had burned up four teapots. While we packed her things to come live with us we found the lunches, brought with such care, stacked up in the refrigerator and in the freezer. With a bit of shock and slightly perplexed, we asked why these meals were not eaten. With a shrug of her shoulders, Ma quietly said, "nobody told me to eat them".

Daily visits from her son and yet he had not known that she was starving. He had not been eating at her house and had no reason to look in her kitchen. Too much time alone, too many days by herself. Time had robbed her of herself. Her beloved dog, silently trying to help.

In the "Should have, could have, would have" column of our lives, it may have helped if there were senior programs in the area for Ma to attend. She does not drive, many her age do not. In our little section of the world, there is no public transit system. Even if there were, the Senior Center is only open once a week. The one senior center that is open daily is several towns away.

Ma lives with us now. We have family meals together and she gets gentle reminders to eat and drink. Family time is spent looking at wildlife that come into the yard or sometimes watching TV. There is a quietness about Ma that has replaced the joyous woman she was. She has been doing a slow retreat into herself, the doctors have labeled it Dementia. We look for programs that will benefit Ma. She is not alone in this struggle. To find a cure and bring back her spark--this is the battle we wage.

# TRENDY TIMES STAFFSALES .......RICHARD M. RODERICK<br/>& GARY SCRUTONDISTRIBUTION AGENTS. .....<br/>VAUGHAN SMITH, RICHARD RODERICK,<br/>JESSICA EMERSON, GARY SCRUTONCONTRIBUTING WRITERS ......<br/>MAGGIE ANDERSON, ELINOR P. MAWSON,DISTRIBUTION AGENTS. .....<br/>VAUGHAN SMITH, RICHARD RODERICK,<br/>JESSICA EMERSON, GARY SCRUTON

# Nightmares and Near Misses

#### by Maggie Anderson

On August twenty-first Hank and I joined millions of other moon dancers, star gazers, and sun worshippers craning our necks in hopes the clouds would part like the Red Sea and offer a glimpse of one of nature's most awe-inspiring shows.

Though we did try to find a couple of pairs of the magic glasses that would allow us to look skyward and enjoy the whole event we could not find them for sale anywhere near us. A local librarian told me a number of the pairs of glasses were supposed to be sent to each of the libraries in the region but none of them arrived.

So we did what we always do when we have an unanswered question or a problem we can't solve, we phoned our neighbor who earned his stripes working as our postmaster for years. We checked to see if he was planning to use his welder's mask during the big moment.

Luckily for us he was heading off to something more pressing and he told us we could find what we were looking for hanging above his welder. Even luckier he had two of them so we weren't forced to play rock, paper, scissors – a game I have never understood – nor was Hank forced to challenge me to an arm wrestling match to see who got to use it first.

The funny thing is Hank was the only guy I ever dated who could beat me arm wrestling. I used to tick him off by telling people that's why I married him and then always added that I'd let him win. He always countered that I'd never let anybody win, if they couldn't beat me via strength and stamina they didn't beat me at all.

I could best our son in every single match until he was almost 18 years old and just to smack him. My victories were all past victories after his 18th birthday.

I was thinking about him while Hank and I were hypnotized by the moon throwing giant shadow puppets against the brilliance of the summer sun. I was reminded of how many close calls and near misses he has dealt with, the biggest challenge coming just before another solar eclipse a long time ago.

He was diagnosed with breast cancer when he was 18. Even the muffled sound the words made in my ears comes back to me now and then. That disbelief that such a thing could be happening to our only son returns to remind me that things don't always turn out the way you think they will.

When they scheduled his surgery I took time off from work in order to be at the hospital with him. Hank and I drove him down to Dartmouth Medical Center and found a spot in the waiting room to begin another long vigil.

Five minutes after we sat down our guy bounced into the waiting room and asked where we should go for lunch. I asked him if they had postponed his surgery. He was excited to the point of giddiness and he told us a group of oncology specialists had taken another look at his test results and found that he did not have cancer but had grown so rapidly he had developed a condition that so closely mimics cancer mastectomies are sometimes performed before the changeling is discovered.

I asked him what it was called and he whipped out a piece of paper on which he'd had the team write its name. He said he told them I would want to know and he wanted to be sure it was spelled correctly. We were all so happily surprised I can't even remember where we went for

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Number

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Thank you for your understanding.

# TRENDY TIMES A FREE PUBLICATION

suddenly I looked up one lunch.

day and he was a block of solid granite. He was so tall by then I used to joke about having to climb onto a chair

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What I do remember is that he called after that other solar eclipse to tell me he had borrowed a welder's mask from the shop where he was working and he said he watched every single second of it and had to be called back to work because he knew he might not be around for the next one and he didn't want to miss a thing.

He's 44 years old now and he just sent us a magical shot of the sun totally eclipsed by the moon that he took from a rooftop in Knoxville, Tennessee. Lucky guy. Lucky us.

# Health Benefits of Goldenrod

You know it's late summer when you see the beautiful and stately goldenrod plant gracing our vards, meadows, and waste spaces. It mixes in so beautifully with Elecampane, Black Cohosh, and Tansy. I am among the many who grew up thinking goldenrod was ragweed and responsible for the late summer and early fall allergies. I learned in my Herbal Apprenticeship that this was a myth, how amazing this plant really is, and about all the health benefits of goldenrod. There's so much to say about goldenrod that it's hard to know where to begin.

Goldenrod (Solidago canadenis, S. odora, S. vigaurea, and many others) is part of the Asteraceae (Daisy) family. The pollen is sticky and heavy so it doesn't float into the air and insects pollinate the plant instead of wind. The properties of goldenrod are similar to many other herbs: antifungal, diuretic, diaphoretic, anti-inflammatory, expectorant, astringent, antiseptic, and carminative. However, the actions of goldenrod to the kidneys, urinary track, skin, allergies, and cardiovascular system are impressive.

The aerial part of the plant is used and is harvested late summer into early fall before the flowers are in full bloom. There are many varieties of goldenrod and although I have not heard or experienced any adverse effects, it's best to research the plant when in doubt. Preparations of goldenrod include tea, tincture, infused oils, poultice, and powders.

Goldenrod has a history for use with the bladder and urinary system. The astringent and antiseptic qualities tighten and tone the urinary system and bladder making it useful for Urinary tract infections. It is a kidnev tropho-restorative (tropho is Greek for nourishing), so it both nourishes and restores balance to the kidneys. According to David Hoffman, it is a good choice for long term use with chronic issues to this area of the body. The Latin name solidago means to make whole. The flowers and the leaves can be infused with oil or used as a poultice for wounds and burns. The infused oil combines well with

plantain, yarrow, and St. John's wort for a nice wound healing skin salve. It also makes a nice rub for tired achy muscles and arthritis pain.

Goldenrod often takes the rap for the inconspicuous ragweed plant but goldenrod is actually a nice antidote for seasonal ragweed allergies. Its astringent property calms runny eyes, runny nose, and sneezing that comes with late summer and early fall allergies. Its antiseptic and antimicrobial properties make this a good choice for sore throats. As an expectorant, goldenrod can expel mucous easily from the lungs. Try it infused with honey or as a tea with honey added. The diaphoretic property of goldenrod helps to open pores of the skin to release sweat during a fever. As an antifungal, goldenrod contains saponins and is a useful alternative for Candida type yeast infections.

Goldenrod is an abundant plant and there is plenty of it to go around. The meadows and waste spaces are full and good for showing the plant off and there may be some in your backyard ready for harvesting. At least for now it is an underused and under-harvested plant with many wonderful uses and health benefits and just waiting to be your next ally.

This is a great time of year to harvest goldenrod.

#### Blue Mountain Tea:

This has a slightly bitter astringent value as well as a sweetness. You taste the astringent bitter when it goes down. I prefer goldenrod tea mixed with some mints. Some say it is higher in anti-oxidants than green tea!

#### Ingredients

2 cups boiling water

1 Tablespoon of fresh goldenrod or 2-3 teaspoons of dried 1 Tablespoon of fresh mint or 2-3 teaspoons of dried

Directions: Bring water to a boil and combine with herbs. Infuse for 15 minutes then strain and serve.

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



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# **A Hooker in the Family** \*It's not what you think\*

by Elinor Mawson

My grandmother was a hooker. Every afternoon she'd sit in her favorite chair, get out her hook, and work on her newest rug. She was a slow and careful hooker; her rugs were beautiful! Every flower and leaf were shaded so well that you could almost pick them off the surface. It would take nearly a year for her to complete a 3 by 5 masterpiece, and she always got a purple ribbon at the Deerfield Fair.

My mother was a hooker too. She didn't start hooking rugs until most of us had grown up and gone, but then she took off like a horse in a race. She had loads of what she called "mat rags" which she dyed in every color. She did shading, too, and dyed her rags in a certain way so that there would be many shades of the same color. Then she would hook her flowers and leaves, just like her mother did. But she also hooked pictures. Her favorites were Currier and Ives landscapes with people in them--such as "Mr and Mrs Currier in a horse-drawn sleigh, or "Home for Thanksgiving". She also hooked a squirrel that looked like the real thing. My sister Suzanne became a hooker. She was an artist who made everything look easy. She joined a hooking class once where

the assignment was to do a self-portrait. While everyone else in the class was sitting around deciding what theirs was going to look like, Suzanne went home, did her portrait, had it professionally framed and took it back to the next class. The other members hadn't started theirs yet. She could complete a 3 by 5 rug in a couple of months, but found her shoulders would bother her if she did so much hooking in such a short time. Her final project was a huge Currier and Ives "Landscape, fruit and flowers" which would take your breath away.

I became a hooker when I bought a former rug hooker's "collection". It consisted of a frame, cutter, fabric and partially completed rug. I finished the rug--and--pardon the pun--I was "hooked". For awhile I would buy rugs that needed to be finished, and then I started out on my own. My specialty is not like my family members--I don't do shading. Instead I do my own patterns--like the cow jumping over the moon, the owl and the pussycat--and lots of birds and fish. My predecessors would probably whirl in their graves if they could see my work. But it suits me! Its as close to being creative as I can get. And I like to think I am carrying on a tradition that started in my family many decades ago.

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# **One Pot Wonder with Garlic Bread**

Hello hello my fellow Today's recipe is chefs! made in one large pot. It's a vegetarian dish that's delicious, easy and healthy.

2 14 oz. cans of Italian stewed tomatoes

1 19 oz. can Cannellini (white kidney) beans 2 ears of corn (break in

1 package English muffins

1/2 stick salted butter 1 tsp. garlic powder or minced from jar or fresh minced (I use the minced in jar or fresh if I have it)

Trim kale from large center stalks by tearing leaves into medium size pieces. Wash well and soak in cold water, drain and place in large pot leaving some water on the greens. Peel sweet potatoes or if desired you can leave skin on but scrub clean. Cut in quarters and add to pot over low heat. Put both cans of stewed tomatoes in pot and mix gently. Place corn on the cob on top and cook over low heat for about 45 minutes. It's corn season but you can make without if you prefer. This time of year I always use the fresh corn. Put cannellini beans in strainer and rinse well under cold running water. Last

10 to 15 minutes add beans. I removed corn and then add beans and toss gently then put corn cobs back on top. The kale and potatoes should be cooked, if not just cook a bit longer.

While your pot is cooking preheat oven to 350 degrees. Cut English muffins in half and toast in toaster to get lightly toasted. Melt butter and add garlic and heat but don't brown garlic just a few minutes. Brush toasted English muffins with your garlic butter and put in oven for about 10 minutes on cookie sheet. Make sure they don't burn but get crunchy.

Serve hot with your One pot wonder.

All these ingredients are

super healthy and you get protein from the beans.

Enjoy with a light Merlot wine or if you enjoyed the Carlo Rossi Paisano from the last recipe you can use that.

Please keep sending me your comments, I love to hear from you!

I hope you like this recipe, it's quick, easy and mostly it's healthy.

You can even enjoy sipping some wine as you prepare this dish. Remember, al-

ways Drink Responsibly. Signing off - Cin Pin



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