

A FREE PUBLICATION

TRENDY

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TIMES

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OCTOBER 3, 2017 VOLUME 8, NUMBER 26

A Celebration of the Forest at The Gallery at WREN

On Friday, October 6th from 5-7pm the Gallery at WREN will celebrate the opening of Intertwined Roots: Art of the Forest, featuring new works by photographer Ruth Ann Hacking, mixed media artist Michelle Motuzas and installation/sculpture artist Daniela Snow.

Working in entirely different media, the artists explore their complex and often spiritual relationship with trees, forests and the natural world. Intertwined Roots is sponsored by

Garnet Hill, and will include tree "portraits," exquisite tiny illustrations on tea bags, and large scale installations of hand painted tree trunks. The opening reception is part of Bethlehem's First Friday celebration of art, which includes

exhibits at Maia Papaya, and 42 Maple. This exhibit runs through October and is free and open to the public. The Gallery at WREN is open daily from 10am-5pm.

Ruth Ann Hacking is a photographer, herbalist, and writer living in the White Mountains of New Hampshire. She has been capturing patterns in the world around her since she picked up her first camera at four years old. She recently joined the WREN staff as the Farm and Food Manager, and is the owner of Half Wild Arts, a celebration of art and green living, combining photography, farming, foraging, herbalism, food preservation and traditional skills.

Michelle Motuzas is a mixed media artist drawn to the quiet, subtle and overlooked. A native New Englander, her work is connected to and influenced by her study of Shamanism and

metaphysical studies. The proud mother of two adult boys with a background in museum administration, she enjoys immersing herself in art, history and educating the public. She is the Executive Director of Intown Concord, working to promote and enhance the business environment, cultural activities, housing and appearance of historic downtown Concord.

Daniela Snow is a German native, who recently moved to New England from North Idaho to finish her MFA at the New Hampshire Institute of Art. She earned her BA in Anthropology as well as BFA in Studio Arts from Eastern Washington University in Washington. She has shown her work Washington and Idaho and has work in numerous public spaces. She currently resides in Manchester, New Hampshire where she is a member of the Arts Commission, MAC.

WREN is a nationally recognized not for profit that provides and supports strategies for entrepreneurial development, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information, call (603) 869-9736, email at wren@wrencommunity.org, or reach us on the web at www.wrencommunity.org

INTERTWINED ROOTS: ART OF THE FOREST

RUTH ANN HACKING MICHELLE MOTUZAS DANIELA SNOW



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TRENDY
Dining Guide
www.trendytimes.com

Polly's Pancake Parlor

by Gary Scruton

One of the fun aspects of doing this column is that on occasion we get to have others go with us. This time we had front and back seats full as four of us made the trip up scenic NH Route 117 to Sugar Hill and Polly's Pancake Parlor.

We learned the last time we visited that a phone call ahead of time gets you on the waiting list for a table. It's not a reservation, it just puts you on the list. As we were visiting on a Monday morning there was no waiting line and the table they had penciled in for us was ready, right next to one of the windows that overlooks the picturesque Presidential range of the White Mountains.

That view is only the first thing about Polly's that stands out. Of course for long time residents of this area, or visitors who have been around often, you will know that Polly's was totally rebuilt just a couple of years ago. The facility now has a large dining area with plenty of tables for four that are easily rearranged to handle larger groups. The dining area also shows off the kitchen where those great pancakes are made by the wait staff.

The hostess took our names as we walked in and then checked our name off her list before taking us to our seats. Our waitress soon appeared with menus and the beverage question. We were easy on her, 3

regular coffees and one decaf. I need to note that she came back to the table with all four coffee mugs in one hand and a tray of other essentials in the other hand. She was also on the ball as to coming back to refill those cups as needed.

In regards to our orders, that took us some time to decide. Obviously there are pancakes to be had at Polly's. But there is also a nice variety of other breakfast treats. We did well in covering some of the menu.

Our friend Janis made the call for a Kathie's Combo. It offers 3 pancakes, 2 eggs, and one meat. But it is not as simple as 1-2-3 (or 3-2-1). The three pancakes can be any combination of the six batter choices. Then you

have choices of four add-ons. And finally a choice of ham, bacon or sausage. Janis was in the mood for variety so she got 3 different pancake batters and told the waitress to surprise her with the add ins and she loved them all.

Our first timer on this trip was Peter. He had been to Polly's before, but we had not had the opportunity to dine with him before. He ordered a meal that I must honestly say I have never had, Eggs Benedict. Polly's version was 2 poached eggs on an English muffin with smoked ham and Hollandaise Sauce. Peter did say that he thought the ham was a bit overcooked, but certainly enjoyed the meal.

My wife, Janice (yes, she's the "nice" Jan) followed the other Janis and also went with a Kathie's Combo. Her eggs were scrambled, her meat was sausage (two patties), and her pancakes were one Gingerbread with walnuts, and two Buckwheat with blueberries.

I was the last to order even if I knew going in what I wanted. "Pancakes, please". I very much enjoy blueberries so that was my add-on. I had them make three of

these wonderful breakfast discs with Buckwheat and the other three with Gingerbread. The meat with my meal was also two sausage patties. One of the great twists that Polly's is famous for is that when you order a big stack of pancakes like I did, they only bring you three pancakes to start with. Then, almost magically three more show up at your table when the first ones are gone. And of course they let you do any combination that you desire. But like I said I like blueberries, so that's what I got.

The four meals all showed up together and we went to work checking our taste buds to be sure they were still working well. All seemed in order as we all cleaned our plates and sat back to savor the tastes.

On this trip we did not spend any time in the gift shop at Polly's, but if you really like their pancake mixes, you can take some home with you along with a T-shirt or sweatshirt, and of course some maple syrup.

Janis and Peter paid their own way so I can only say that Janice and my total came to \$30.37 before tip.

Volume 8 Number 26
October 3, 2017

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



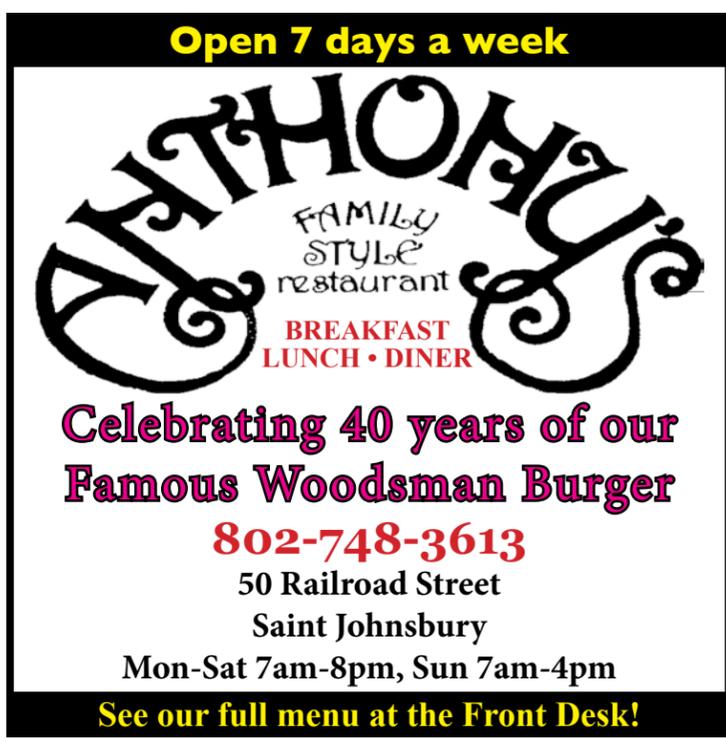
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Comedy! Music! Auction! To Benefit the Council on Aging

LYNDONVILLE – Comedian, balladeer, and rural raconteur extraordinaire Rusty “The Logger” Dewees joins multi-talented and multi-genre musician Patrick “The Fiddler” Ross for an evening of comedy, music and auctioneering to benefit the Northeast Kingdom Council on Aging at Lyndon Institute Alumni Auditorium at 7 p.m., Saturday, October 7.

For more than three decades Dewees, who lives in the mountains above Stowe, has honed a quintessential Vermont backwoods persona beset by humorous misadventures involving deer-jacking, duct-taping, stock-car racing, mud season, his cat Scarlet and, yes, logging.

It started with a character Dewees performed in “Judevine,” a play written by the late David Budbill and first produced in 1984. The Logger emerged further in skits Dewees did with friend and farmer-actor-musician George Woodard of Waterbury. The semi-regular productions were called Ground Hog Opry and were part musical comedy and part political satire. The format was a throwback to 1930s radio shows and the performers hailed from such fictitious towns as Woodchuck, Peckerville, Most Peculiar, and More or Less Ville.

In a 2005 newspaper interview, the one-time television actor and now TV pitchman admitted that when he officially debuted The Logger at First Night in Burlington, “The material was pretty raw [and] I saw three-year-old kids in the audience, old people, young people, rich people, poor people, tall people, short people [and] they laughed.”

As The Logger, Dewees embodies Vermont’s self-reliant past outfitted with its legendary dry humor many say they can still find on, and off, the washboard roads of the Northeast Kingdom.

“We couldn’t be more thrilled to have both Rusty and Patrick headline our first major benefit event,” said Meg Burmeister, the Council on Aging’s executive director. “My family thoroughly enjoyed listening to the two of them perform together last year in Haverhill.”

Patrick Ross, a Canaan native and fifth generation fiddle player, learned his craft at an early age. His father taught him how to play music without reading notes and his initial repertoire was a blend of outlaw country and French-Canadian folk tunes.

A 2000 graduate of Lyndon Institute, Ross has performed at the Kennedy Center for the Performing Arts and the Library of Congress, both in Washington, D.C., and has been an adjunct at Dartmouth College, teaching music. After a stint in Nashville, he now calls Newbury home.

Ever curious to learn new musical styles, Ross has most recently expanded his repertoire to include the distinctive rhythms of music from India in which stringed instruments feature prominently. Ross also fronts Mountain Money, a duo series that performs usually during the winter and showcasing fiddle and banjo masters. Ross’s innovative group, Hot Flannel, fuses folk, jazz, rock, Americana and Cajun stylings.

Over Labor Day weekend his Rock Farmer Records label launched a two-day music festival at Harvest Moon Farm in Newbury that some predict may evolve into a Coachella on the Connecticut, in a nod to the popular overnight music festival in California.

Dewees, who performed that weekend, has said of him, “Equal to or perhaps beyond Patrick Ross’ virtuosic command of the fiddle, is the easy and entertaining style in which he commands a performance. I’m blessed to have shared his stage.” To further benefit the Council on Aging, Dewees has agreed to auction three high-value items, including two signed, first editions by late North Country author Robert E. Pike, “Spiked Boots” and “Tall Trees, Tough Men” along with passes to Jay Peak Resort’s Pump House and Burke Mountain.

The Council is also hosting a silent auction of bid baskets themed to their three main programs: care-



Rusty “The Logger” Dewees and Patrick “The Fiddler” Ross will perform at Lyndon Institute Oct. 7 to benefit the NEK Council on Aging.

giver support, nutrition, and fitness. There is a nice mix of individual certificates, including a one-hour massage, and a-typical items, such as a thunder vest for a medium-sized dog that is grouped with organic treats, a catnip-driven chase toy, and a 30-minute consultation with a pet behaviorist in our Love of Pets basket, noted Burmeister.

“The holidays are coming up. Who wouldn’t want to shop by bidding on a collection of readily available gifts for friends and family?” she said about other items grouped together.

Separately, the Council will also sell \$25 raffle tickets for a specially made blue-gold twin-size quilt with a quatrefoil pattern donated by one of the Council’s angels. It is valued at \$1,500. All bid items are by check or cash only.

Said Burmeister, “People can also buy these special raffle tickets up to Dec. 7 when we have our Winter on Summer event in St. Johnsbury. We’ll pull the winning ticket then.”

Tickets may be purchased from Catamount Arts: 1-888-757-5559 or online at: catamountix.com. Auditorium doors open at 6 p.m.

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Kat Wright Returns To The Colonial

The Colonial Theatre in Bethlehem NH, with the support of Allagash Brewing Company, is excited about the return to their stage by one of Vermont's hottest voices Friday, October 6. Kat Wright and her band are on a mission to fill you with music that aims right for the heart and moves your soul, and they won't be defeated in their quest.

Kat is a powerhouse chanteuse who will knock your socks off and then purr like a kitten. Backed by a 7 piece band including horns and keys from just across the river, you will quickly see why this band has emerged as a regional favorite.

Kat has been described as "a young Bonnie Raitt meets Amy Winehouse." Add to that voice a band that displays a rock solid rhythm section of bass, drums and keys; a powerful, three-piece horn section; an electric guitarist who dances beneath the surface before exploding to the top. Seven players, each a soloist and entertainer in their own right, blending Memphis soul and new school R&B with a level of



improvisation that more than a few Vermont bands have been known for.

General Admission tickets for the 8 PM performance are \$17; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$13. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with beer and wine on the patio (weather permitting) including a beer tasting by Allagash Brewing. For more information about this or upcoming live events find The Colonial on Facebook, follow

The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org 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 rockin' pop 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, Mascoma Bank, and The Colonial's promotional partner, Catamount Arts.

North Country Chamber Players 40th Anniversary Season

The North Country Chamber Players will begin the celebration of their 40th Anniversary Season with a concert at the Sugar Hill Meeting House on Saturday, October 7 at 7:30 PM and a repeat performance at Alumni Hall, in Haverhill, on Sunday, October 8, at 4 PM. Recognized as one of New England's foremost musical ensembles, these artists were described by a critic from the Boston Music Intelligencer as "a sophisticated group of experienced, passionate, focused, and obviously talented musicians. They performed with verve and precision. Their confident and uplifting performance precipitated an enthusiastic and prolonged standing ovation."

The North Country Chamber Players' fall program will showcase one of the most

beloved pieces in the entire chamber music canon, Schubert's iconic "Trout" Quintet for piano and strings. In addition, the Players will perform Brahms' powerful and deeply evocative Piano Trio in c minor, and Rossini's appealing Duo for 'cello and bass. Award winning violinist, Aaron Boyd, a professor at Southern Methodist University and a Chamber Player audience favorite on numerous occasions, will join the group for a program that features three works filled with charm, lyricism and drama.

Tickets are \$25 and can be reserved by calling 603-444-0309, or purchased at the door. Information for on-line tickets may be found at www.northcountrychamberplayers.org. Students under 18 may attend for free.

Children's Chorus Being Formed

The North Country Chorus is starting a Children's Chorus which will draw children from the St. Johnsbury area and surrounding towns. Its purpose is to provide children with the opportunity to sing in a community choral ensemble and to aid them in acquiring musical skills and knowledge. Children will perform in selected works with NCC during its seasonal concerts as well as sing in a variety of other performances.

Kaitlyn Bryant, St. Johnsbury School's Choral Director, will lead the group, assisted by Carol LeBarron. Informal auditions will be held by appointment at the St. Johnsbury School.

The group will rehearse on Sundays from 4:30 to 6:00 pm at the St. Johnsbury School. Please contact Kaitlyn Bryant for more information or to schedule an audition.

Hurricane Relief Done Locally

Would you like to participate in a hands on program to help victims of storms, earth quakes, hurricanes --- items have been coming in, just order 100 toothbrushes and 72 clippers today -- the towels are the toughest item to get, we never have enough.....

A way to respond to Hurricane Relief -- our partner Church World Service has planned to use 140,000 hygiene kits for relief efforts -- they need more 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 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. CWS Hygiene Kit Supplies needed:

One hand towel measuring approximately 15"x 28" to 16"x 32" (no fingertip, bath, dish towel or micro-fiber)

One washcloth

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One finger nail or toe nail clipper removed from the package

One bath size bar of soap in the wrapper

One toothbrush in the package

Ten standard size Band-aids

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While feasting on a wonderful turkey dinner at the West Newbury Hall, you can enjoy the paintings of Robert Chapla and Linda Scott Taylor who, along with other Newbury artists, will be displaying their work during the Vermont Crafts Council Open Studio Tour on October 14 & 15. To find out more information about West Newbury Hall, please go to: <http://www.westnewburyhall.org> or Facebook

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Calendar of Events

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

TUESDAY, OCTOBER 3

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

WEDNESDAY, OCTOBER 4

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

FRIDAY, OCTOBER 6

EUROPEAN COFFE HOUR (NEK STYLE)
1:00 - 4:00 PM
West Barnet Church

INTERTWINED ROOTS: ART OF THE FOREST

5:00 - 7:00 PM
Gallery at WREN, Bethlehem
See Article on Page 1

BIRD MIGRATION WORKSHOP

7:00 - 9:00 PM
Franconia Town Hall
See Article on Page 4

"BOUNTY" OPENING RECEPTION

7:00 - 9:00 PM
42 Maple Contemporary Art Center, Bethlehem
See Article on Page 11

KAT WRIGHT AND HER BAND

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

SATURDAY, OCTOBER 7

4TH ANNUAL CRAFT FAIR
9:00 AM - 2:00 PM
The United Congregational Church of Orford
See Article on Page 7

MAKE-AN-OFFER YARD SALE

9:00 AM - 4:00 PM
Warren Town Hall

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East Concord (VT) United Methodist Church

COMEDY! MUSIC! AUCTION!

7:00 PM
Lyndon Institute Alumni Auditor
See Article on Page 3

NORTH COUNTRY CHAMBER PLAYERS

7:30 PM
Sugar Hill Meeting HOuse
See Article on Page 5

SUNDAY, OCTOBER 8

MAKE-AN-OFFER YARD SALE
9:00 AM - 4:00 PM
Warren Town Hall

NORTH COUNTRY CHAMBER PLAYERS

4:00 PM
Alumni Hall, Haverhill
See Article on Page 5

BENEFIT TEXAS HOLD "EM POKER

1:30 PM Cash Game
Moose Lodge 1779, St. Johnsbury

MONDAY, OCTOBER 9

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

WEDNESDAY, OCTOBER 11

FARMRAISER AND HARVEST CELEBRATION
3:00 - 5:30 PM
Newbury Common
See Article on Page 4

MARKETING WORKSHOP - PINTREST

6:00 - 8:00 PM
WREN Offices, Bethlehem
See Article on Page 13

ROSS-WOOD POST #20 AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

THURSDAY, OCTOBER 12

St. Luke's Community Meals
5:00 - 6:30 PM
St. Luke's Parish House, Woodsville

ROSS-WOOD POST #20 SONS OF THE AMERICAN LEGION MONTHLY MEETING

6:00 PM
Post Home, 4 Ammonoosuc Street, Woodsville

SATURDAY, OCTOBER 14

ALL YOU CAN EAT BREAKFAST
8:00 - 10:00 AM
Lake View Grange, West Barnet Village

MONDAY, OCTOBER 16

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

TUESDAY, OCTOBER 17

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

THURSDAY, OCTOBER 19

MARKETING ON A SHOESTRING
10:00 AM - 12:00 NOON
WREN Offices, Bethlehem
See Article on Page 13

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

SATURDAY, OCTOBER 21

FRIENDS OF BATH CRAFT FAIR
9:30 AM - 2:30 PM
Bath Historical Building, On the Common

HALLOWEEN HARVEST CORN BEEF DINNER

5:00 PM
United Congregational Church of Orford UCC

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
ADULT STRENGTH TRAINING
1:30 - 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

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, 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
COMMUNITY DINNER BELL -
5:00 PM September 5- June 5
All Saints' Church, School St., Littleton
AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS
1:30 PM
Woodsville Post Office, S. Court St
GROWING STRONGER FITNESS CLASS
3:00 PM
East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM – 9:15 AM
First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - North Congregational Church, St. Johnsbury
BINGO - 6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill
CRIBBAGE - 7:00 PM
Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Presbyterian Church, West Barnet
NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING
10:30 AM – 11:30 AM
Senior Action Center
Methodist Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center, Methodist Church, Danville
NOON - Darling Inn, Lyndonville
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
CRIBBAGE - 1:00 PM
American Legion Post #83, Lincoln
NORTH DANVILLE BAPTIST CHURCH (ABC),
Worship and Sunday School, 9:30 AM
Refreshments at 10:20 a.m.

Horse Meadow Senior Center

October 3:

Nifty Needlers @ 9:00
Amen Solutions @ 10:00
Clay Art Class @ 12:30
Plastic Canvas w/Gerrie @ 1:00

Peer Support Exercise Group @ 1:30

October 4:

Beginning Sewing @ 9:30
Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Creative Movement @ 10:30

Mahjongg @ 1:00

Bingo @ 1:00

October 5:

Art/Painting @ 9:00
Cribbage @ 12:30
Line Dancing @ 12:45
Cards w/Jeanie @ 1:00
Peer Support Exercise Group @ 1:30

October 6:

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

October 9:

Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30
Horse Meadow Singers @ 1:00

October 10:

Nifty Needlers @ 9:00
Amen Solutions @ 10:00
Clay Art Class @ 12:30
Plastic Canvas w/Gerrie @ 1:00
Peer Support Exercise Group @ 1:30

October 11:

Beginning Sewing @ 9:30
Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Creative Movement @ 10:30

Eyeglass Care @ 11:30

Mahjongg @ 12:30

Bingo @ 1:00

October 12:

Art/Painting @ 9:00
Floral Arranging w/Jane @ 9:30

Cribbage @ 12:30

Line Dancing @ 12:45

Peer Support Exercise Group @ 1:30

October 13:

Bone Builders @ 9:30

Mahjongg @ 10:30

October 16:

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

MS Support @ 1:00

Horse Meadow Singers @ 1:00

October 17:

Nifty Needlers @ 9:00
Amen Solutions @ 10:00
Clay Art Class @ 12:30
Peer Support Exercise Group @ 1:30

October 18:

Beading w/Faith @ 9:00
Beginning Sewing @ 9:30
Bone Builders @ 9:30
Writer's Group @ 10:30
Grief Support @ 10:30
Creative Movement @ 10:30

Mahjongg @ 12:30

Bingo @ 1:00

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.

The Orange East Senior Center will be closed on October 9 in observance of Columbus Day. There is also no bingo that evening.

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 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!

Bath Library to Host Author of "17 Children & 70 Cows"

BATH – Bath Public Library is pleased to present the author of "Seventeen Children & Seventy Cows", Bernard Roy, on Saturday, October 28th at 2:00 pm at the Bath Public Library.

Bernie was born the eleventh child of Elie and Germaine Roy of Bath, New Hampshire. His new book describes how his family developed their land into a full-fledged, successful dairy farm while being nearly self-sufficient. The seventeen Roy children lived a normal farm life that was

typical for that time: that is, with a considerable amount of work and play on the farm. The idea of a "vacation" was unattainable.

There will be signed copies of the book available for purchase.

This program is free and open to the public. There will be light refreshments served.

The Bath Public Library is located beside the church, on the common, Bath, NH 03740. For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

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Finding Your Roots Presentation

On October 11th at 6:30pm, Meroa Shepard Benjamin will present "Looking for your Roots? My personal experience." As a self-taught, homeschooled genealogist, she will show you how to begin and what to expect when you start this wonderful journey into the unknown.

For years, family history has been recorded in a number of different ways, using personal family bibles, church records, town records and even school records. Nowadays, thanks to the internet, it has never been easier to find out information, however, what you do with it and how to sift through it is another story. Meroa chose to use the computer software maker Family Tree and subscribed to the internet genealogy provider Ancestry.com to start the process. In addition, other resources have been tried and used, some

with good results, some with little results and some with just more questions.

At this presentation, Meroa will introduce you to Ancestry.com web site and show you how she uses it to create family trees for her family. You will get to see how the computer software makes it easier for you to collect stories, pictures and documents that make your tree more complete and interesting. By no means, this will not be the "end, all, tell all" presentation. Your family tree is something very personal and there is no one way to do it. The computer canvas is yours to do with as you please.

Hope you can join us on October 11th at Bradford Public Library as we learn how to start your own Family Tree search. For more information, call Meroa Shepard Benjamin at 802-222-9621.

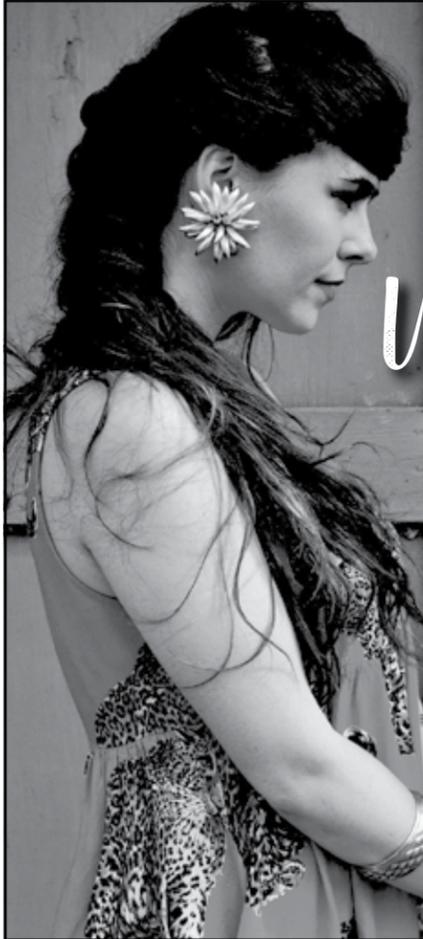
Craft & Vendor Fair in Orford

Come and get your pumpkins, bring a child to the story hour at 11:15 a.m., bring a friend for lunch and shop for an adorable well dressed 12" costumed mouse, handmade jewelry, handmade purses, hand crafted paper items, hand painted bird houses, holiday item Doll House Miniatures, Pampered Chef, Scentsy, Avon, Usborne Books, Quilted items, knitted items, Lu-LaRoe clothing and so much more. And if that wasn't enough there will be coffee and goodies available before

or after you eat your lunch and some cute fall door prizes.

The event runs from 9 AM until 2 PM. The Annual Fall Craft/Vendor Fair will be held on Saturday, October 7, at the United Church of Orford UCC, Route 10, Main Street, Orford.

There is some space indoors and outdoors for late vendors. Please be in touch with Elizabeth Wilson at 802 522-8868 or musician1984@aol.com for an application or answers to your questions.



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Ten of the 16 Senior Companions who volunteer for the NEK Council on Aging gathered for a group photo at their annual summer lunch at the East Side in Newport. Seen with them are the national program's regional coordinator, Patty Beckwith, left, and Pam Smith, the CoA's Team Support Specialist, right. This past year, the group helped 57 elderly residents remain living independently in their

homes in 26 towns in the tri-county area. They logged 10,843 hours of service. If you are 55, or older, and interested in upcoming training to be a Senior Companion, please call Beckwith directly at 802-334-4816.

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	Special Interest	'08 Nissan Xterra
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	'15 Ford F250, 4x4, 47K Miles	'08 Volvo XC90
	'13 Hyundai Sonata	'07 Chevy Aveo
	'13 Subaru Impreza	'07 Chevy TrailBlazer
	'12 Chevy Cruze	'07 Chrysler Pacifica
	'12 Ford Escape	'07 Dodge Ram 1500
	'10 Chevy Cobalt SS	'07 Ford Explorer
	'10 Dodge GR Caravan	'07 Ford Focus
	'10 Kia Sedona	'07 Kia Sportage
	'10 Subaru Impreza	'07 Mazda Mazda5
	'09 Ford F-150	'07 Saturn Aura
	'08 Chevy Aveo	'07 Saturn Ion
	'08 Chevy Cobalt	'07 Toyota Corolla
	'08 Dodge GR Caravan	'07 VW Jetta
	'08 Dodge Ram 1500	'06 Chevy TrailBlazer
	'08 Ford Escape	'06 Dodge Ram 1500
	'08 Ford F-350 SD	'06 Ford F-150
		'06 Ford F-350 SD
		'06 Ford F-350 SD
		'06 Ford Five Hundred
		'06 GMC Yukon
		'06 Hyundai Tucson
		'06 Jeep Liberty
		'06 VW Jetta
		'06 VW Passat
		& MORE!

Partial List, Subject to Change

NEW LOT NUMBERING SYSTEM
 LANE 1: Lots 1001-2000 (1500+ lots do not run) ONSITE BIDDING ONLY
 LANE 2: Lots 2001-3000 ONSITE BIDDING ONLY
 LANE 3: Lots 3001+ ONSITE AND WEBCAST BIDDING

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North Country Senator Jeff Woodburn kicked-off the apple-picking season at Windy Ridge Orchard in North Haverhill recently. He presented Dick and Ann Fabrizio with a state resolution honoring the orchard's 50th year. Dick and Ann purchased the 160-acre former dairy farm in 1967 and began planting apple trees. Today, they have a thriving pick-your-own apple farm, cider house and retail store.



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RYEGATE, VT- Unprecedented offering of 10 Acres Campground Business. Good income with returning customers. Includes a double wide, single wide, 21 RV sites, 4 tent sites, 2 lean-tos. Activities include a 20' x 40' in-ground pool, horse shoe pit, volley ball, playground, public showers for camp ground, dumping station for RV's, propane filling station. Upgraded underground electrical service, access to pond for fishing. Also included is a plow truck. It is priced to sell. \$187,500.

NEWBURY, VT- Cozy cottage in rural Newbury with easy access to I-91. Offers Kitchen-Dining area, Living Room and small sleeping loft. Dug well, private septic, 100 amp electric. Pine floors, insulated and used for 4 seasons. 2 Story shed. Perfect get-a-way for hunter or couple seeking rural scenic views of VT. \$59,500.



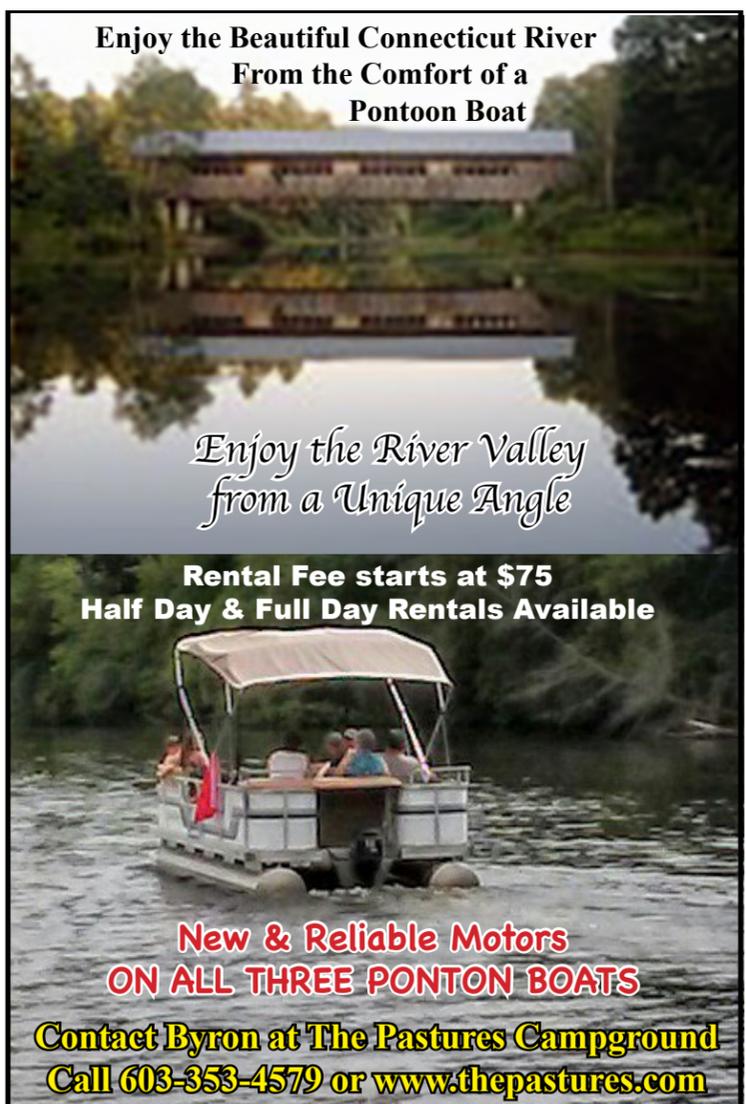
HAVERHILL, NH- Well maintained 14 x 70 manufactured home featuring a very spacious living room, dining area with bay window, kitchen with plenty of cabinets and appliances, skylights, master bedroom with bath, second bedroom with remodeled bath next to it. Enclosed porch to enjoy, nice level lot with very reasonable park rent. \$27,000.

WOODSVILLE, NH- Spacious Village Home with 1883 sq. ft. of living area. Features- Living room with fireplace, hardwood floors, 4 bedrooms, 2 1/2 bathrooms, plenty of cabinets in the kitchen, many new upgrades to the home, screened in front porch, freshly painted, walking distance to down town and the community field. Lot 0.38 of an acre, with an outbuilding. Great Buy!! \$115,000.



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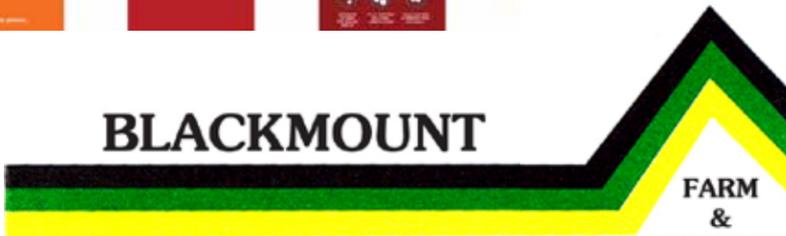


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 Classifieds that exceed word count may be subject to an additional charge.

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2003 FORD TAURUS ST. WAGON \$3200. Low mileage, 115k, New spark plugs and wiring harness; new disc brakes & rotors for all four wheels; new tires one year ago; complete new air conditioning system including condenser & compressor; new windshield wipers; alignment last year. 802-274-7762 10.03

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TWO ELECTRIC DRYERS FOR SALE: Can deliver to home if local. \$65 each/OBO 603-838-5541 10.15

2008 DODGE CALIBES, 4 dr., lift gate, 2.0 liter, 4 cyl, front wheel drive, 53,272 miles, many new parts. \$3,800. Call 603-346-1292 or 603-747-2052 after 7 pm. 10.05

YARD SALE ITEMS IN YOUR GARAGE OR SHED? List the items that are left over from your summer yard sale. Up to 30 words, and there is no charge for the ad to run for two issues. Email your items, price and contact info to gary@trendytimes.com, or mail to Trendy Times, 171 Central Street, Woodsville, NH 03785

LAND FOR SALE

WINDSOR, VT, 15 ACRES, Own your own mountain, forest; Remote, near; Peaceful, quiet, build own house, camp. Nice view of Mt. Ascutney. \$67,000. 315-528-0172 11.28

WANTED

OLD VERMONT LICENSE PLATES wanted. Pre 1920 by serious lifelong collector. Cash buyer. Conrad Hughson, PO Box 1, Putney, VT 05346 chughson@svcable.net 802-387-4498 05.01

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WELLS RIVER, VT COMMERCIAL: 51 Main St.:320 SQ. FT. \$300 rent includes heat, electric, central AC, trash and snow removal. Wells River, VT - 2 BD apartments available 2nd floor. 51 Main Street & 11 Center Street. \$700 rent includes, heat, trash and snow removal. Off street parking. \$100 Sign on bonus for 1st year Tenants! Walking distance to banks, stores and laundromat. Income restrictions apply. Security Deposit payment plan available! To request an application, call Shelly at 775-1100 Ext. #7, e-mail shelly@epmanagement.com or visit http://epmanagement.com/vermont-properties/ to print an application. Equal Housing Opportunity. 10.03

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Volume 8 Number 26 October 3, 2017 Not all Times are Trendy, but there will always be Trendy Times

Do Not Disturb! (Signed...Respectfully, Your Soil)

By Janene Robie,
Program Assistant,
Food and Agriculture



Working with the well-informed Grafton County Master Gardener volunteer team inspires me to question what I know about gardening. UNH Cooperative Extension Master Gardener volunteers are committed to sharing research-based information to educate the public about home gardening and horticulture, pest management, food safety and backyard livestock. This year, my role as the Master Gardener Program Assistant enabled me to validate several traditional and tried-and-true gardening methods while also considering some unconventional gardening approaches.

One fundamental aspect of gardening every spring is soil preparation. What does this involve? The answer is different for almost every gardener. When seed catalogs begin filling mailboxes in February each year, almost every gardener I know starts mentally preparing to put seeds in the ground. Gardeners consider soil temperature, soil test re-

sults, which seeds, what to start from seed, and what to transplant.

No matter if you plant seeds directly or if you transplant seedlings, a huge part of preparing to plant used to be tilling the soil. Traditionally, the tillage method of plowing was useful to aerate soil and incorporate leftover organic matter into the soil. And, in New England, it also drudged up brand new rocks to remove from the fields each spring! Other disadvantages of plowing fields are major soil erosion, high soil moisture loss, and high fuel (hay for the horses or fuel for the tractors) and labor costs.

Although I like the pictures of "old school" harnessed horses plowing fields, I'm thankful that preparing my garden this year did not involve that kind of work. Going with my hunch to update my gardening methods, I began to contemplate next steps if I decided not to turn my soil over this year. Growing up in Missouri, I appreciate the value of commercial corn and soybean farming test trials. It's common to see test plots and seed trials on a commercial level every mile there. Was it realistic to think I could implement a no-till trial on my small family

garden? To fully understand why a no-till trial would be beneficial, I had to take a dive into research-based soil biology and soil management.

Dirt is just dirt, right? Wrong. Ann Lewandowski of the University of Minnesota Extension explains, "While you work long hours to produce...each acre of land, tons of bacteria, fungi, insects, and other organisms are working underground, making farming possible. They decompose organic matter and transform nutrients into forms your crops can use. They help build good soil tilth, enhance crop growth, and control pests." When soil is tilled, the habitat of soil microorganisms and their relationships are disturbed. So what? Ohio State University Extension reports that excessive tillage destroys the soil structure which is the foundation for healthy plant roots that interact with the living component of the soil. After much research on no-till soil benefits, I derived that bacteria/fungi/insect/other organism relationships must be just as important in small-scale gardening as in commercial farming.

What was next? I bought a broad fork and I loosened

the soil in my garden by inserting it 8-10 inches in the soil. Once inserted, I moved it back and forth in the soil just enough to enlarge the original holes. After aerating the soil, I reused cardboard boxes and paper bags from the grocery store to form rows. The purpose behind this was to establish walking surfaces (so as not to impact the soil where I would plant), for weed prevention, and to provide organisms in the soil extra vittles. When planting time arrived, I literally scratched the surface of the soil and planted my seeds.

Like many who no-till, I enjoyed little to no erosion, fewer weeds, and a bountiful harvest. The soil preparation and planting method of no-till was much less arduous than my previous process of turning over the soil with a shovel each year. For those who use gas-powered devices, no-till is much more environmentally conscious too. This year, I witnessed a greater number of earthworms in my garden over years' past. Although it was not a concern this season, no-till did help my garden soil retain moisture.

No-tilling my garden this year did throw a surprise or two at me. As advertised, no-till soil is slow to warm.

Growth in my garden was a bit more delayed than in prior years. One could argue that this early loss of growth is recovered if your harvest is greater; still, it was an observation. Lastly, my beet greens, Swiss chard, and spinach were ravished by a critter that was new to me; the leaf miner. In past years, the leaf miner life cycle was disturbed by turning the soil over. If you don't till, the life cycle is undisturbed, and therefore, the leaf miners ate my first three rows of greens. I remedied this quickly by replanting the seeds and using a row cover until they were 6 inches tall.

The jury is not out for me regarding no-till gardening. I will press on with this method again next year based on my positive experience. It's neat to consider that while the garden is dormant in the winter, soil microorganisms are hard at work preparing the soil for me. "Do not disturb" may become my new soil motto!

For more information on no-till methods or for answers to your garden soil questions, call the UNH Cooperative Extension Education Center and Info Line at 1-877-EXT-GROW.

"Bounty" To Be Featured at 42 Maple During October

42 Maple Contemporary Art Center is delighted to welcome local photojournalist, Libby March to the gallery for the month of October with an opening reception on Friday, October 6th from 7pm to 9pm. In addition to featuring work's from March's ongoing project, 'Bounty', this event will also showcase a videography presentation with accompanying live music by local band, Experimental Forest.

Libby March (b. 1988) is a documentary photographer based in New Hampshire's North Country, examining the human connection with the environment. A 2012 alumna of Central Michigan University, March worked as a photography intern at newspapers in Michigan, Vermont, and New

Hampshire. Her recent essays examine hunting in rural northern Michigan, and sled dog racing, horse logging, and youth ski jumping in the rural Northeast. Her photographic approach and vision are influenced by photographers Maggie Steber, Lynsey Addario, Danny Wilcox Frazier and others, as well as by genre painters like Peter Bruegel the Elder. March's body of work

aims to remind us of the wonder and frailty of human life and the importance of being conscious of the earth we occupy. Her photographs have been recognized by the Michigan Press Photographers Association, Society of Professional Journalists, and Hearst Journalism Awards. March was a selected participant in the 2016 New York Times Lens Blog Portfolio Review and featured as one of New Hampshire's Remarkable Women: Artists to Watch by New Hampshire Magazine in 2017. March's work will also be exhibited at Kelley Stelling Contemporary in Manchester, N.H. in November.

Michigan's Upper Peninsula (U.P.), nestled remotely beneath Lake Superior, is home to hunters who have harvested wild food from the land for generations.

The cold climes of the U.P. have bred hardy folk, arming them with an optimistic fortitude to keep warm against long winters. For Yoopers - locals from the U.P. - time spent in pursuit of wild game remains an essential part of life. It has provided food for generations, fueled a love for nature, and strengthened camaraderie within communities. These connections with each other and the land have preserved hunting as a vital part of life in the U.P., fostering a culture which prides itself on rising before the sun, braving frigid temperatures, and tracking animals for days. But in present-day society, tradition is beginning a gradual falloff, as youth turn to other interests, thinning hunter participation. Whether this downturn is a permanent trend remains to be seen, but Yooper hunting culture

has carved a quiet place in the unique patchwork of American history. "Bounty: Hunters of the Upper Peninsula" explores the Midwestern warmth and utilitarian connection with nature of the Yooper community, recording a long-standing rural tradition in a rarely documented area.

The opening reception for "Bounty: Hunters of the Upper Peninsula" will be Friday, October 6, 2017 from 7 pm to 9 pm and will be on display until October 30th. If you are interested in learning more about the events at 42 Maple, please call 603-575-9077 or visit the website at www.42maple.org

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Consider Multiple Factors When Creating Retirement Plans

When you create your financial and investment strategies for retirement, what will you need to know? In other words, what factors should you consider, and how will these factors affect your investment-related decisions, before and during your retirement?

Consider the following:

- Age at retirement – Not surprisingly, your retirement date likely will be heavily influenced by your financial situation – so, if you have to keep working, that's what you'll do. But if you have a choice in the matter, your decision could have a big impact on your investment strategy. For example, if you want to retire early, you may need to save and invest more aggressively than you would if you plan to work well past typical retirement age. Also, your retirement date may well affect when you start accepting Social Security payments; if you retire early, you might have to start taking your benefits at age 62, even though your monthly checks will be considerably smaller than if you waited until your "full" retirement age, which

is likely to be 66 or 67.

- Retirement lifestyle – Some people want to spend their retirement years traveling from Athens to Zanzibar, while others simply want to stay close to home and family, pursuing quiet, inexpensive hobbies. Clearly, the lifestyle you choose will affect how much you need to accumulate before you retire and how much you will need to withdraw from your various investment accounts once you do.

- Second career – Some people retire from one career only to begin another. If you think you'd like to have a "second act" in your working life, you might need some additional training, or you might just put your existing expertise to work as a consultant. If you do launch a new career, it could clearly affect your financial picture. For one thing, if you add a new source of earned income, you might be able to withdraw less from your retirement accounts each year. (Keep in mind, though, that once you reach 70 ½, you will have to take at least some withdrawals from your traditional IRA and your 401(k) or other employer-sponsored retirement plan.) On the other hand, if you keep earning

income, you can continue putting money into a traditional IRA (until you're 70 ½) or a Roth IRA (indefinitely) and possibly contribute to a retirement plan for the self-employed, such as a SEP-IRA or an "owner-only" 401(k).

- Philanthropy – During your working years, you may have consistently donated money to charitable organizations. And once you retire, you may want to do even more. For one thing, of course, you can volunteer more of your time. But you also might want to set up some more permanent method of financial support. Consequently, you might want to work with your legal advisor and financial professional to incorporate elements of your investment portfolio into your estate plans to provide more support for charitable groups.

As you can see, your retirement goals can affect your investment strategy – and vice versa. So, think carefully about what you want to accomplish, plan ahead and get the help you need. It takes time and effort to achieve a successful retirement, but it's worth it.

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

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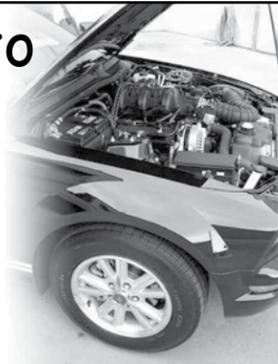
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by Elinor Mawson

Several year ago I had a double knee replacement, and when I woke up, I was in a room with another lady. She was quite a bit older than I and when I spoke to her she ignored me. When a nurse came in and talked to her, she shouted, "Leave me alone!" I think she said a few other things that escape me now, but it was obvious that she didn't want to be dealt with.

After two burly men got me to stand with my new knees and helped me into a chair, I decided to speak to her again. She didn't want to talk, so I asked if she would like me to sing "Amazing Grace" to her. I don't profess to have the best singing voice in the world, but I can

carry a tune and I have a repertoire that goes back to my toddler years.

So I sang "Amazing Grace". She seemed to like it, so I asked if she would like me to sing it again, and she nodded yes. Away I went.

When I asked her if she wanted more songs, she shook her head no. I got the message!

After awhile with nothing else going on, I asked her name. "Nellie", she replied. I asked her where she lived and she named a small town about an hour away. It was familiar to me since I had been in college with a couple of guys from that town, and she knew them.

When it was time for lunch, Nellie hollered at the girl who brought her tray, and she hollered at the nurse who came in to help her sit up and eat. She wouldn't touch a thing on her plate. Nobody bothered her after that.

I surmised that Nellie had

been a problem everywhere she went. I was surprised that she was in a facility so far from home. I also surmised that she had no family to come and see her. If all that was true, she was just a lonely, sad old lady. My heart went out to her.

Sometime in the afternoon, a nurse came and told me I was going to be moved to another room. Out of the corner of her mouth she told me that I would be happier without Nellie for a roommate. Oddly enough, I wasn't terribly pleased about it; I didn't mind being there, even if she was unhappy.

But move I did, and I never saw or heard of Nellie again. I have often wondered about her, and where she might be.

And if she is no longer in this world, I hope she is somewhere where angels are singing her favorite songs.

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My Farmers Market...We did it!

By Marianne L. Kelly

Groton, VT—After many months of dealing with the ups and downs, the hopes, dreams, disappointments and finally the reality of acquiring a special property, My Farmers Market will finally greet customers at its new location on Main Street, Groton (formerly Browns Market Bistro), on Saturday, Oct. 7.

While the market will essentially be the same as far as offering seasonal, vegetables, prepared meals, locally produced meats, pies, pastries breads, health items, bulk items, “staples,” the best in gift items from local, talented artisans, customers will notice some changes.

The first noticeable thing is its much larger size, so take a few minutes to look around.

A commercial kitchen allows us to offer a better variety of prepared foods. We are currently looking for a cook/caterer to join our team, as well as quality craft vendors, and specialty packaged mixes, etc. If you have a special request, please let the person on duty know, and we will do our best to accommodate you.

The kitchen is available for rent to farmers to prepare value added items to sell at retail, and those wishing to start or expand a catering business, or prepare spe-

cialty items for retail. You may also sell your products in our store. You are responsible for licensing to work in the kitchen. Check the state regulations for their requirements.

Customers will be able to sit and enjoy a cup of freshly brewed local coffee and homemade pastry, and Jay, “the pizza guy,” can make virtually any combination of pizza you wish hot and fresh from the oven.

Upstairs, we have a midwife who will help you prepare for the birth of your child. As of this writing we have a couple of more rooms to rent upstairs. If you have any type of holistic practice such as Reiki, aroma therapy, etc. and are looking for space, please come talk to us.

This is a great time to start your Christmas shopping and dazzle your special recipients with a gift that cannot be found in a box store or department store. Our talented artisans have beautiful gift items and treasures for you to discover. We even have a couple of children’s books and welcome local authors to our vendor team.

There is much to see in our new premises, and we will be happy to show you around and answer your questions.

Thanks to everyone who

attended our pop up buffet on Sept. 15. The food was delicious, and everyone had a great time. We appreciate your support and look forward to seeing you at our next pop up buffet on Sat. Oct. 28 from 5-7pm. This will also be a “farm to table” event showcasing our local products, and talents of our cooks and bakers. The cost is \$20 per person and \$50 per family. I have it on good authority that desert for this event will involve the customers so stay tuned, or better yet, come join us!

We look forward to sharing this exciting journey, and look forward to serving you.

My Farmers Market is located on Main Street, Groton. Hours are Tues.-Wed. 9-6, Thurs.-Sat. 9-8 and Sunday 11-2. Closed Monday.

For more information, check our Facebook page or email myfarmersmarket@gmail.com.

See you at the market!

Marketing Workshops in Bethlehem

Bethlehem, NH - Meg Brown of Nutmeg Media will share her wide knowledge of marketing services in two workshops that will take place in the classroom at WREN in Bethlehem during the month of October.

On October 11th from 6-8pm, Meg will be on hand to share some of the secrets of Pinterest, an online social media platform, in a session that will focus on how Pinterest can help attract customers to your business through this amazing visual forum which can be used to showcase your products or service.

Meg will be back at WREN in Bethlehem on October 19th from 10am - Noon to discuss marketing strategies for small businesses on tight budgets with her Marketing on a Shoestring workshop. This entertaining and informative session will steer

attendees toward simple and free ways to build your business’ customer base through social media, newsletters, blogging and more.

WREN is a nationally recognized not-for-profit that supports entrepreneurial growth, access to markets, Main Street revitalization, and rural economic development. WREN inspires possibilities, creates opportunities, and builds connection through community and is dedicated to bringing rural people together to realize better lives and livelihoods by providing resources, education, and opportunity. For further information or to register, call (603) 869-9736, email at wrencentral@gmail.com, or reach us on the web at www.wrenworks.org.

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BY JIM HOBBS - WHITE MOUNTAIN TRADER - 603-243-0225 - INFO@WMTN.BIZ - WOODSVILLE, NH



In 1899 Johnsons Lunch Cart was converted into a stationery cafe and called the “Coffee pot”. It burned and a new building was built in 1916 and called Woodsville Lunch. In 1925 it became Jigg’s Lunch and in 1928 it was sold to John Nechelson and Steve Batjiaka as Woodsville Cafe. They replaced the building in 1936 and expanded to 12 booths. After the passing of her husband Mrs. Batjiaka operated the restaurant. Many early mornings she would walk past our house on South Court Street leaving a houseful of boys to tend for themselves! That you might think could be a disaster! Didn’t happen, the boys all turned out well educated and highly regarded! Peter and Berniece Tegu bought the building in 1960 and operated it as Woodsville Diner and sold the building in 1962 to Mrs. Evelyn McAllister.



Samuel F. McAllister, born in Vermont in 1878, and Letha F. McAllister, born in New Hampshire in 1883, came to Woodsville in 1901. He worked as a watch repairer for Doe Brothers and then C. Tabor Gates. Sam bought out C. Babor Gates jewelry store in the Opera Block. Samuel passed away prior to 1953. S.F. McAllister displayed a bronze medal, produced by the Illinois Watch Company, for the best short essay on Lincoln’s life. The medal was placed on display in the jewelry store window in the Opera Block on February 8th, 1924. Ruth J. Sheldon won the award. David and Shirley operated the store in the Opera Block until 1960 and moved it to the old cafe building. It is now operated by their son and Sam’s grandson, Scott. I believe all of the Woodsville 4th generation businesses can be counted on one finger!!

Flint Corn

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



Fall decorations are popping up all over, including multi-colored leaves, scarecrows, pumpkins, gourds, corn stalks, and flint (or Indian) corn. While summer is by far my favorite season, fall does have a certain visual appeal. All the decorations got me to thinking about where flint corn came from. It turns out it has a fascinating history.

Seven to ten thousand years ago corn or maize was domesticated from a wild plant in Mexico with multiple stalks and ears called teosinte. Due to teosinte's high level of genetic diversity, early farmers were able to use it to breed many races of corn adapted to grow in a variety of climates. By the time Europeans arrived in the Americas, approximately 300 races of corn were being produced from Chili to Southern Canada. Interestingly despite millennia of breeding, a modern corn plant can still be crossed with a teosinte today to create a viable hybrid that can itself then go on to reproduce.

Corn was a staple food for native people in the Eastern US by 800-900 AD, and was often grown with squash and beans. In terms of diet, beans and corn, when eaten together, provide a complete

protein. Agriculturally, when grown together, the squash provides ground cover for weed control. The corn provides a structure pole for the beans to climb, and the beans provide some nitrogen for the other two crops. The system is called the "three sisters".

Flint corn and popcorn are types of corn whose kernel is hard and round, unlike dent corn (field or flour corn) whose kernels are softer and will develop a dent in the middle as it dries. Any variety of corn can be used to make corn meal after it is properly dried or soaked in water prior to becoming an ingredient in soups and stews, but today in our area flint corn is primarily grown as a decoration. It has kernels that can be white, red, blue, black, purple, or yellow, and while some varieties produce ears with only one color kernels, most are multi-colored.

The color in the kernels can be a result of "jumping genes" or transposons. Transposons are genes that

can move from one location to another. In flint corn, when the transposon moves into the gene responsible for creating pigment it disrupts pigment production leaving a white kernel. If the transposon is not there a colored kernel is produced, and if it moves in and then back out again before the kernel production is completed, the kernel will be striped or speckled.

If you are like me, you would assume that most current day corn breeding happens in the Midwest, but when researching this article, I discovered that back in the 1980's, Professor Gerald Dunn of UNH and fellow researchers bred two varieties of flint corn, Sunapee and Fiesta, to be better adapted to our short growing season than other varieties on the market at the time. Fiesta is still commercially available.

If you've never grown ornamental corn and want to try it next year, it requires much the same kind of care as any other corn. The main difference is that you need to wait to harvest it until after the husks have dried. It should then be cured in a warm dry location for a week in order to ensure it stays looking good for the length of the fall decorating season.



What About Ma?

by Kellie Quackenbush

5 THINGS TO DO

BEFORE YOU RETIRE

The date of your retirement is not far away, just a few short years or months. The job that has paid your conscious hours will come to and end. Are you really sure you are ready to end the career that has provided the lifestyle to which you have become so very fond of? Here are five things to do before you retire. Call them a small litmus test, to determine if you are ready for this step.

1) Buy a new car.- If your car is not newer than last year's model, you should get a new one that will take you into your retirement and last at least ten years. You should be able to transfer the funds from your savings into your checking account and pay for it without a payment plan.

2) Give half of one month's pay to charity- Then live on the remaining half without using credit cards. Most people retire to a modest pension and monthly Social Security benefits that amount to less than half of what they earned monthly while at work.

3) Take your dream vacation- Everybody has a fantasy vacation life they hope to live when they retire. Use some of your savings and splurge on one of those vacations you have dreamed about. It will give you a chance to enjoy a bit of rest and to re-evaluate

your retirement plans. Perhaps, that Florida life is not your thing after all.

4) Write your will--Or rewrite it. Most wills are written while the kids are young or after you have purchased your first house. Before retirement is a perfect time to review your will and reassess your assets. It could be that best buddy that had a thing for your '66 Mustang has been out of your life for 20 years. As a fully grown adult, your belongings and your perspective have changed and so should your will.

5) Send thank you notes-- To all the people that have added something to your career or life. It may have been 20 years since you thought of your first boss but what lessons you did learn. Often there are many people we meet during life's journey that helped us to develop a better understanding of who we are and where we need to go. Sending a note of appreciation is never wrong. While you think about retirement, why not give thanks to those that helped you along the way? It will also give you a chance to think about friendships that may be rekindled once you are retired.

While we dream of retirement, it is important that we live our best life everyday. Be generous to those around you. Find your Bliss.

Volume 8 Number 26

October 3, 2017

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A FREE PUBLICATION

The Truth About Green Superfoods

In my shoppe, common conversations are defining why individuals suffer from adrenal exhaustion, lack of overall energy, no "Drive"... these talks always lead to "superfoods", so what are we really talking about? Green foods are rich sources of essential nutrients. We are all adding more salads and green vegetables to our diets. However, because of the great concern for the nutritional quality of produce grown on mineral depleted soils, green superfoods, such as chlorella, spirulina, barley green, wheat grass and alfalfa have become popular. They are nutritionally more potent than regular foods, and are carefully grown and harvested to maximize vitamin, mineral and amino acid concentrations.

Green, and blue-green algae (phyto-plankton) have been called perfect superfoods, with abundant amounts of high quality, digestible protein, fiber, chlorophyll, vitamins, minerals and enzymes. They are the most potent source of beta carotene available in the world today. They are the richest food source of vitamin B12 higher than liver, or sea vegetables. Their protein yield is greater than soy beans, corn or beef. They are the only food sources, other than mother's milk, of GLA (Gamma-Linolenic Acid). GLA is an essential

fatty acid, a precursor to the body's master hormones. Deficiencies in GLA contribute to obesity, heart disease and PMS. Phyto-plankton are also used therapeutically to stimulate the immune system, improve digestion and assimilation, detoxify the body, enhance growth and tissue repair, accelerate healing, protect against radiation, help prevent degenerative disease and promote longer life.

Chlorella contains a higher concentration of chlorophyll than any other known plant. It is a complete protein, contains all the B vitamins, vitamin C and E and many minerals actually high enough to be considered supplementary amounts. The cell wall material of chlorella has a particular effect on intestinal and bowel health, detoxifying the colon, stimulating peristaltic activity, and promoting the growth of beneficial bacteria. Chlorella is effective in eliminating heavy metals – such as lead, mercury, copper and cadmium. Anti-tumor research shows it is an important source of beta carotene in healing. It strengthens the liver, the body's major detoxifying organ, so that it can free the system of infective agents that destroy immune defenses. It reduces arthritis stiffness, lowers blood pressure, relieves gastritis and ulcers. Its rich nutritional content has made it effective

in weight loss programs, both for cleansing ability, and in maintaining muscle tone during lower food intake. But its most important benefits seem to come from a combination of molecules that biochemists call the "Controlled Growth Factor", a unique composition that provides a noticeable increase in sustained energy and immune health when eaten on a regular basis.

Spirulina the original superfood, an easily produced algae with the ability to grow in both ocean and alkaline waters. It is a complete protein, providing all 21 amino acids, and the entire B complex of vitamins, including B12. It is rich in beta carotene, minerals, trace minerals and essential fatty acids. Digestibility is high, stimulating immediate and long range energy.

The green grasses contain all known mineral and trace mineral elements, a balanced range of vitamins, and hundreds of enzymes for digestion and absorption. The small molecular proteins in these plants can be absorbed directly through the cell membranes.

Barley grass contains a broad spectrum of concentrated vitamins, minerals, enzymes, proteins and chlorophyllins. It has eleven times the calcium of cow's milk, five times the iron of spinach, and seven times the amount of vitamin C and bioflavonoids as orange juice. One of its most important contributions is to the vegetarian diet with 80mcg per hundred grams of powdered juice research on barley grass shows encouraging results for DNA damage repair and anti-aging activity. It is an ideal food-source anti-inflammatory agent for healing stomach and duodenal ulcers, hemorrhoids, and for pancreas infections.

Wheat Grass has great curative powers for many degenerative "incurable" diseases when taken as a fresh liquid. Fifteen pounds of fresh wheat grass are equal in nutritional value to 350 pounds of the choice vegetables. In capsule form it provides highly concentrated food for both people and animals needing more dietary greens and roughage.

Alfalfa is one of the world's richest mineral foods, pulling up earth sources from root depths as great as 130 feet. It is the basis for liquid chlorophyll, with a balance of chemical and mineral constituents almost identical to human hemoglobin. It is used therapeutically for arthritis, a wide range of intestinal and skin disorders, liver problems, breath and body odors, and even cancer.

In essence, eating/supplementing any of the above superfoods is like giving yourself a little transfusion to help treat illness, enhance immunity and sustain well-being. They have a synergistic and beneficial effect when added to a normal diet. All can be incorporated into one amazing capsule, or add the powders to your green juice/drink.

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



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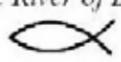


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The Littleton Food Co-op plans Partner of the Month Fair!

LITTLETON, N.H. - The Littleton Food Co-op's Partner of the Month program highlights a different, local (or local chapter of) non-profit organization each month. This partnership shines the spotlight on a variety of organizations in our region by inviting representatives into the store for

educational events; by inviting customers to 'round-up' their purchases at the cash registers; and by donating \$1 from each pizza sold on Friday evenings to the partner.

The Littleton Food Co-op is inviting eligible organizations to participate in a Partner of the Month Fair at the

Littleton Food Co-op. Local non-profits may become eligible by submitting an email explaining what their organization does and why it would make a good partner to hr@littletoncoop.org by October 13, 2017. Once received, The Littleton Food Co-op will invite organizations to participate. Space is limited.

The Partner of the Month Fair will be held on Thursday, October 19 from 3-5 pm at the Littleton Food Co-op's new café space. The fair will be an opportunity for the public to meet these organi-

zations and to cast their vote for 2018's partners. Their will be music, prizes, snacks and excitement in addition to the seriousness of voting. Please join us!

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join. Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 7 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

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The Littleton Food Co-op shoppers raised \$2,200 for Above the Notch Humane Society (ATNHS) during the month of August 2017. ATNHS was the Littleton Food Co-op's partner of the Month. Local non-profits are welcome to submit a letter of interest to be considered as a Partner of the Month. Letters may be submitted to hr@littletoncoop.org. Shown in the picture is Richard Larcom, board member for ATNHS receiving the check from Mark Hollenbach, right, Littleton Food Co-op employee. t by Melissa Bridges.

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