

A FREE PUBLICATION

MEMORIAL DAY

Next Issue: Tuesday, May 29
Deadline: Thursday, May 24

TRENDY

TIMES

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MAY 15, 2018 VOLUME 9, NUMBER 16

Newbury Conservation Commission 2018 Spring Events

**Paddle the Border Spring Sunday
May 20th 15th year**

The Paddle The Border (PTB) event is in its 15th year. The PTB was started as a way for community organizations from Vermont and New Hampshire to work together to "Showcase" our shared asset, the Connecticut River. The event is sponsored by The Newbury Conservation Commission-NCC, Haverhill Recreation Commission-HRC, and the Cohase Chamber of Commerce, with support from the Cohase Rotary Club.

The Paddle is held twice a year weather permitting-no rain dates are planned.

The Spring Paddle 2018 date is Sunday, May 20th. The Spring Paddle goes from Woodsville Community Field in Woodsville, to the Bedell Bridge State Park Boat Launch off Route 10, Haverhill Corner.

There is a shuttle service from the take out to the launch site. This Shuttle Service is being provided-

by Butler Bus Company (we thank them). The Shuttle Service is available from 10am to 11am. This gives us a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddle is 3-1/2 to 4 hours.

At the end of the paddle displays are set up by various local organizations, offering information about the Connecticut River, The Connecticut River Valley and events happening in the Upper Connecticut River valley.

TRAILS DAY WORK DAY 2018

National Trails Day Saturday, June 2nd - our 21st year!

National trails day is June 2nd. This is the day when trails groups throughout the country will get together to do their spring cleaning on their local trail networks. The Cross Vermont Trail Association, and the Newbury Conservation Commission are sponsoring this year's event.

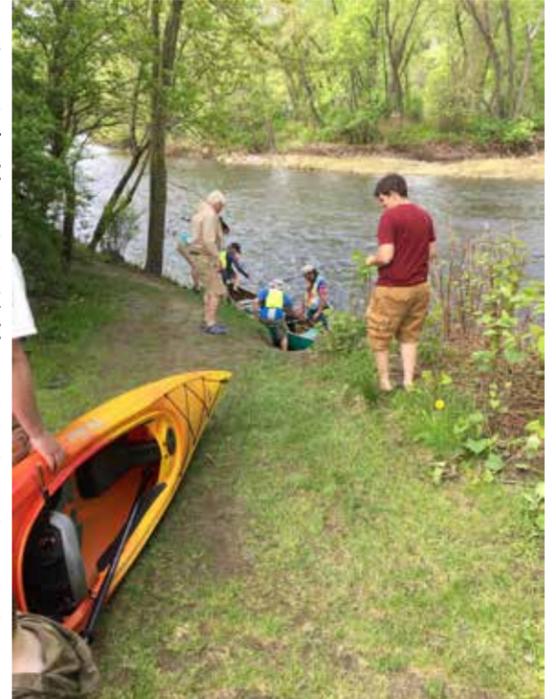
Saturday, June 2nd from 9:00 am to 3pm at Blue Mt. School in Wells Riv-

er.

The trail system over all is in really good shape. We need a good turnout of volunteers to get the trail system ready for summer hikers. If we can get your help, this trail system will be in good shape for years to come. VOLUNTEERS needed to help with Trails Day Work Day, a good turnout is what makes these trails happen. Tools needed; weed whackers, big & small, brush cutters, loppers, shovels & rakes, chainsaws.

Through the Wells River Nature Trail we hope to stimulate interest in the thoughtful stewardship of our Natural, Recreational, Educational, and Economic resource for the people of our community. HAPPY TRAILS More info at Cross Vermont Trails Association www.crossvermont.org

To learn more about any of NCC's



events go to our Web-Site; www.newburyconservation.org or call Michael Thomas at 802-757-3960 mikethom1@charter.net

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TRENDY Dining Guide

Bliss Village Store

by Gary Scruton

This is not the first time that I have made the statement that there are a wide variety of eateries in our area. That may well be true in many areas, but I have the great opportunity to visit a wide range of these eateries here.

The eatery Janice and I took in this time was the long established and well run Bliss Village Store. Bliss can be found right on Main Street in Bradford. When you walk into this establishment you will need to look around a bit in order to find the foods that are available. But it is worth it. The deli counter is around the corner and features a good variety of main dishes, meats and cheeses that can be sliced

to your order, or, like we did on a recent Friday night, order something from the grill. I should also mention that Bliss offers some wonderful pizzas on their menu.

Janice and I kind of had the same idea of where we were going on this night. She ordered first and got the large meatball grinder. Along with that she added a side order of french fries. I then asked for a steak and cheese sub and a side order of onion rings. The gentleman behind the counter asked if these were to go, or to eat in. We told him we were headed to the back room and a seat overlooking the Bradford Golf Course. He let us know that the meals would be delivered when ready.

On our way to the "dining"

area we stopped at the long line of coolers and picked out a couple of bottles of flavored iced tea.

It did not take long until our meals made their way to our table. Our sandwiches along with the sides were served in plastic baskets that are common with such meals. Both sandwiches

were also toasted. My steak and cheese sub was almost like an open face sandwich. Plenty of steak with a good amount of cheese melted on top. It did easily fold into a sub for me to enjoy. I had ordered a small size for the onion rings and there were ten or twelve rings that were well breaded and cooked just right.

Janice has been working on cutting down on bread so she left her sandwich open and ate it with a fork. This allowed her to leave almost half of the roll while still enjoying the filling, but she did make sure that she got all the cheese that had melted into the toasted roll. The meatballs were great she said, and the fries were nice and crispy.

Neither of us wanted to go back for desert, but it should be noted that Bliss has an ice cream window that looks out on a pair of outside tables. I have seen people in the past at those tables either enjoying an early morning coffee, a lunch time snack, or the ice cream now that Mother's Day has passed.

Total cost for our meals, including tax was \$28.45.

Volume 9 Number 16

May 15, 2018

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



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Ogontz Choral Workshop In 29th Year

Now in its 29th season, the Ogontz Choral Workshop will take place from Sunday 22 July to Saturday 28 July at Ogontz Camp, a beautiful retreat in Lyman, New Hampshire. This experience offers extraordinary opportunities for singers, church musicians, and choral conductors to explore repertoire with some of the world's leading choral directors.

David Hill, director of London's Bach Choir and Yale University's Schola Cantorum, will lead the singers. He is respected as one of Europe's leading directors. On 10 March 2018 the Royal College of Organists conferred on David its highest honor, the RCO Medal, "in recognition of distinguished achievement in choral conducting and organ playing." At Ogontz Hill also will offer a Conductor's Seminar in which participants may receive mentoring in directing singers.

This year's featured masterwork, Benjamin Britten's War Requiem, was commissioned for the 1962 dedication of the new Cathedral



British conductor Tim Brown leads singers at 2016 Choral Workshop (photo courtesy of Katie Schaffer)

of St. Michael in Coventry, England, which replaced the original Gothic structure destroyed by German bombs in World War II.

Participants will also celebrate the 100th anniversary of Leonard Bernstein's birth with his Chichester Psalms, and honor the 100th anniversary of C. Hubert H. Parry's death with "My soul, there is a country" from Songs of Farewell.

Mezzo-soprano Paula Rockwell of Acadia University, Nova Scotia, will conduct master classes and sessions in vocal technique. She has received rave reviews from Ogontz campers

for her exceptional teaching skill and sparkling recital performance.

Visit ogontzarts.com for complete details and a link to the registration form. You also can link to the Ogontz Arts Facebook page to enjoy photo albums of past workshops. Students enrolled in college are eligible for discounted tuition. Questions? Contact Claire Mead at 215-962-2998 or claire@ogontzarts.com.

I Haven't Poisoned Anyone Yet! (that I know of...) A Food Safety Update for Today's Home Cook

So you know all about food safety in your kitchen, do you? See if that's true. Bring your questions to this fun, interactive (and free) workshop, and get ready to learn some surprising new ways to keep your food safe and save money at the same time.

Each participant will receive a food thermometer (and learn how to calibrate it in class), a food safety magnet, and informational booklets to have as references at home!

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, Food Safety will be presenting this program at the Howe Library, 13 South St., Hanover, NH from 7:00 pm - 8:00 pm on Thursday, June 7, 2018.

Pre-registration is appreciated and can be done by contacting the UNH Cooperative Extension office at 787-6944 or e-mailing teresa.locke@unh.edu.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

S.A.F.E. Class on May 17

Mary Saucier Choate, UNH Cooperative Extension Field Specialist, will be teaching a S.A.F.E. class on Thursday, May 17, 2018 at the Horse Meadow Senior Center at 91 Horse Meadow Rd in North Haverhill, NH. There will be two sessions offered, 9:30 am - 11:30 am and 1 pm - 3 pm.

S.A.F.E. reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross-contamination, and controlling time and temperature. S.A.F.E. workshops provide food safety training for new employees and refresher information for more experienced staff. The

2-hour workshop uses practical discussion and hands-on demonstrations to help participants apply safe food handling practices in the workplace. S.A.F.E. participants receive a certificate of attendance.

Pre-registration is required as space is limited. There is no cost for this workshop.

To register, please contact the Grafton County UNH Cooperative Extension office at 787-6944 or e-mail teresa.locke@unh.edu. For information on scheduling a S.A.F.E. class at your facility, contact Mary at 787-6944 or mary.choate@unh.edu.



Littleton High School student, Joseph DePalma, was recently a page in the New Hampshire House of Representatives. Joe spent a busy day working with the Sergeant-At-Arms running from the Chamber to the House Clerk's Office obtaining vote results for the leadership of both parties. Having a keen interest in politics, Joe recently served at Youth and Government Day, representing LHS. Joe is the son of Joseph and Jackie DePalma. Taking a break during the session Joe stands with (left to right) Rep. Brad Bailey, Rep. Erin Hennessy and Rep. Linda Massimilla. Any high school junior or senior who wishes to be a page next session is encouraged to contact their local representative.

Join ACT's Spring Bird Walk May 19

LITTLETON - Birders of all ages and experience are invited to join the Ammonoosuc Conservation Trust (ACT) for its annual bird walk! On Saturday, May 19th from 7 - 9 a.m. ACT is hosting a special trip to ACT land near Lowe's in Littleton and at ACT's Ammonoosuc River Wildlife Management Area in Lisbon.

Brush off your birding skills or come and learn new ones. We'll look and listen for warblers, vireos, and others species that favor being near water, and we'll look at the eagles' nest on the Ammonoosuc River in Lisbon. ACT Executive Director Rebecca Brown will lead the group and offer tips and tricks for bird identification including birding by ear.

Registration for our walks is required - for your enjoyment we must cap the walk at 14 participants; please be sure to pre-register ASAP as these walks fill up fast. If registration fills up early

please reach out to Gal at outreach@aconservaiontrust.org to be added to the wait list as cancellations do happen. Be aware registration closes on Friday, May 18th. Once registered, you will receive an e-mail with details of the meeting location. Birders of all experience levels and ages are welcome, and the walk is dog-friendly (bring a leash, be prepared for them to swim and get muddy; everyone be prepared for ticks). This walk is free, but donations are most appreciated! Details are also available online at www.aconservationtrust.org/education-events.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land and water for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org, call (603) 823-7777, or visit us at 729 Main Street, Franconia.

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Committee of Conference Week

We have arrived at that time of year in which approximately 70 bills will undergo consideration in the committee of conference process. A conference committee is a committee of elected legislators appointed by the Speaker of the House and the President of the Senate to resolve disagreements on particular bills. A chairman from a standing committee in the House or Senate usually chairs a conference committee that is comprised of senators and representatives and will be held the week of May 14 - 17. This is a time for thoughtful discussion and often requires "compromise."

This past week, however, a number of other bills amended by the Senate were received and approved by the House, thus avoiding the committee of conference process. Those bills will be sent to the Governor. Four of the House approved bills are briefly identified below:

HB 1595 prohibits contin-

uous operation of a vehicle in the left lane of a multilane roadway when it impedes traffic. For example, if while driving on a multilane roadway, a vehicle in the left lane impedes the flow of other traffic, that driver should courteously move to the right lane to avoid faster moving vehicles passing to his or her right. Any person who violates this section shall be guilty and shall be fined \$50.

HB 1673 lowers the interest rate charged on late and delinquent property tax payments from 12 to 8 percent and 18 to 14 percent per annum. The bill also extends the application deadline for prorated assessments of damaged buildings. The person aggrieved of a property tax for a building damaged shall file an application with the assessing officials in writing within 60 days of the event described, or by March 1, whichever is later.

HB 1264 changes construction of the terms "resident," "inhabitant," "resi-

dence," and "residency." The place of abode or domicile is that designated by a person as his or her principal place of physical presence [for the indefinite future] to the exclusion of all others.

HB 1632 requires information security provisions for local school districts. Districts will be required to have data security plans and policies for student and employee personal information. District contracts with educational service operators will be required to provide time frames for operator destruction of student personal information upon request of the district and upon contract termination unless there is consent of the student or parent. The Department of Education shall establish minimum standards for privacy and security of student and employee data. Lastly, with the end of the school year upon us, I want to congratulate our graduating high school seniors. Every graduating student in NH and VT will play an important part and will contribute to the New England economy and society. The number of new high school graduates in New England is projected to decline 14% by 2023. Every graduating student is a vital component for our growing industries, innovative businesses and future success. Best of LUCK in your chosen pathway!

Respectfully submitted,
NH Rep Rick Ladd, Chairman,
House Education

Last Chamber Legislative Breakfast To be Held On May 21

When you hear the phrase the "end is near" in Montpelier, it has an entirely different meaning than any other place in the state. The legislative session is expected to wrap up within the next few weeks, so there will be much to talk about at the Northeast Kingdom Chamber Legislative Breakfast on Monday, May 21, from 8 to 9 a.m., at the St. Johnsbury House, 1207 Main St., St. Johnsbury.

Expected issues that the legislators and chamber will discuss include health care, state tourism funding, workforce/labor issues, permitting, mental health concerns, economic development issues, gun regulations and taxation and fiscal policies.

The monthly programs provide area business people and residents an overview of the session and legislative issues affecting the region. The Northeast Kingdom Chamber organizes the monthly forums and provides a brief legislative re-

port each month. Following legislator updates, there will be time allotted at the end of each breakfast for questions from the public.

The breakfasts are held the last Monday of each month from January to May, from 8 to 9 a.m. The chamber would like to thank Kingdom Access Television, WSTJ and the Caledonian-Record for covering the breakfasts.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon Institute, Murphy Realty, Myers Containers, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, St. Johnsbury Academy, Union Bank and Weidmann. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail director@nekchamber.com.

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Old Church Theater Hosts Open House In New Space

BRADFORD, VT: On Saturday, May 19th, between 10:30 a.m. and 1:30 p.m., Old Church Theater will host an open house at their interim home located at 176 Waits River Road, just past Farmway and next door to the Bradford Veterinary Clinic in Bradford, Vermont.

While the theater troupe renovates its 225 year-old building over the next three years, productions will continue at their temporary theater. The location features heating and air conditioning, and is wheelchair accessible. Old Church Theater members and volunteers have been busy painting, building, and preparing the

new space for their 33rd season, which opens on June 1st with Daniel Kramer's *Pride@Prejudice*, a comedy based on the classic novel.

The public is invited to join Old Church Theater's board members on Saturday, May 19th, for light refreshments and tours of the interim theater. Come and learn more

about the upcoming season and the renovation project that will transform the historic Old Church into a vibrant, year-round theater and community center.

Old Church Theater first opened its doors in 1985. A community organization, its purpose is to promote and present staged and/or

multi-media productions for the residents of Bradford, Vermont, and surrounding communities. For more information, please visit Old Church Theater's website at oldchurchtheater.org. Old Church Theater is a 501(c)(3) non-profit organization.



The entryway to Old Church Theater's new space at 176 Waits River Road in Bradford. The new theater inside can accommodate 90 people, with full stage, lobby and accessible restrooms with ample parking locally and nearby.



**VFW North Haverhill
Memorial Day
Ceremony**

**LOCATION
CHANGE**

This year's ceremony will be held at the
VETERANS PARK,
behind the Haverhill Town Offices
instead of at the Monument
at the junction of Route 10 and Route 116.

THE CEREMONY WILL BEGIN AT 9:00 AM
VFW Haverhill Memorial Post 5245 and the
American Legion Ross Wood Post 20 will be present.
Guest Speaker will be Wayne Mitchell.



**Memorial
Day Parade**
Monday, May 28 - 11:00 AM

Steps off at Woodsville Village Pizza
Central Street, Woodsville

Ceremonies at:
Central Street Monument

Guest Speaker: Wayne Mitchell, USAF

Ray Burton Bridge

Ross-Wood Post #20 American Legion
4 Ammonoosuc Street, Woodsville

At 2:00 PM we will proceed to the Grafton County
Nursing Home to visit the veterans there.

**THE PUBLIC IS CORDIALLY INVITED
TO VIEW ANY OR ALL CEREMONIES**

Lisbon Lilac Festival 2018 Schedule



FRIDAY, MAY 25

Midway- Miller Amusements.....	5-10pm
Bracelet Time \$18.00.....	5-10pm



SATURDAY, MAY 26

5k Fun Run/Walk.....	9am
Midway Rides-Miller Amusements.....	11am-8pm
Bracelet Time \$20.00.....	11am-8pm
Craft Fair-Across from Midway Rides.....	9am-4pm
Lisbon Area Historical Society Open House.....	10am-3pm
Invocation-Rev. Lyn Winter-Brick Church lawn	10:45am
Float Parade- "A Lilac Mardi Gras".....	11am
♫ Music-Barnyard Incident-Chevron Park	12:30-2:30pm
Duck Race-Brook at West Street/Highland Ave.....	2pm
♫ Music-Evan Goodrow-Chevron Park	3-4:30pm
♫ Music-Side Show Band-Chevron Park.....	6-8pm
LED Dancers-Phoenix Bazaar-Chevron Park.....	8:30-9:30pm

SUNDAY, MAY 27

Midway Rides-Miller Amusements	12-10pm
Bracelet Time \$20.00	12-10pm
Craft Fair-Across from Midway Rides.....	9am-4pm
Lisbon-Landaff Shared Ministry Memorial Service, Bell Choir Performance, and Walk to the Memorials.....	10:30am-11:30am
Cow Patty BINGO (Tennis court).....	11:45am
♫ Still Kickin'-Chevron Park.....	12-1:30pm
Crock Pot Cook Off-Chevron Park.....	1-2pm
Pie Eating Contest-Chevron Park.....	1pm
♫ Ben Fuller-Chevron Park.....	2:30-4:00pm
North Country's Got Talent.....	4:30pm
Fire & EMS Apparatus Parade.....	8pm
Fireworks.....	9:30pm

Porta Potties are available. *Schedule subject to change

Not all Times are Trendy, but there will always be Trendy Times May 15, 2018 Volume 9 Number 16

Calendar of Events

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

WEDNESDAY, MAY 16

WHITE MOUNTAIN HUTS: PAST & PRESENT
7:00 PM
Joseph Patch Library, Warren

THURSDAY, MAY 17

CONNECTICUT RIVER VALLEY BEEKEEPERS
7:00 PM / Medicine Chest Known as th Beehive
Grafton Country Extension Office, No. Haverhill

S.A.F.E. CLASS

Horse Meadow Senior Center North Haverhill
9:30 - 11:30 AM & 1:00 - 3:00 PM
See Article on Page 3

SATURDAY, MAY 19

ACT ANNUAL BIRD WALK!
7:00 - 9:00 AM
See Article On Page 3

WEST NEWBURY BACKROOM PLANT SALE

8:00 AM
7292 RT 5 South, Newbury

OLD CHURCH THEATER OPEN HOUSE

10:30 AM - 1:30 PM
176 Waits River Road, Bradford
See Article on Page 5

MEET THE MAKER EVENT.

Noon to 4:00 PM
Omni Mount Washington Resort
See Article on Page 10

SPRING ITALIAN BUFFET DINNER

5:30 - 7:00 PM
United Congregational Church of Orford UCC

THE SECRET SISTERS concert

8:00 PM
Colonial Theatre, Bethlehem
See Article on Page 8

SUNDAY, MAY 20

PADDLE THE BORDER - SPRING
11:00 AM
Woodsville Community Field
See Article on Page 1 and Ad on Page 11

BENEFIT TEXAS HOLD "EM

11:00 AM Cash Game - 1:45 Tournament
American Legion Post #58, St. Johnsbury

MONDAY, MAY 21

NEK CHAMBER LEGISLATIVE BREAKFAST
8:00 - 9:00 AM
St. Johnsbury House, 1207 Main St.
See Article on Page 4

FRI., SAT. & SUN, MAY 25-27

LISBON LILAC FESTIVAL
See Ad On Page 5

SATURDAY, MAY 26

POOR HOUSES & TOWN FARMS
2:00 PM
Bath Public Library
See Ad on Page 7

SUNDAY, MAY 27

BENEFIT TEXAS HOLD "EM
11:00 AM Cash Game - 1:45 Tournament
American Legion Post #30, Lyndon

MONDAY, MAY 28

MEMORIAL DAY CEREMONY
9:00 AM
Veterans Park, Behind Municipal Bld., No. Haverhill
See Ad on Page 5

MEMORIAL DAY PARADE

11:00 AM
Central St. Woodsville
See Ad On Page 5

TUESDAY, MAY 29

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

SATURDAY, JUNE 2

FUND RAISER YARD SALE
8:00 AM - 2:00 PM
Horse Meadow Senior Center, North Haverhill
See Ad on Page 3
NATIONAL TRAILS DAY
9:00 AM - 3:00 PM
Blue Mt. School, Wells River.
See Article on Page 1

SATURDAY & SUNDAY, JUNE 2 & 3

SUGAR HILL LUPINE CELEBRATION
See Ad on Page 9

SUNDAY, JUNE 3

BENEFIT TEXAS HOLD "EM
11:00 AM Cash Game - 1:45 Tournament
American Legion Post #30, Lyndon

WEDNESDAY, JUNE 6

WOODSVILLE AREA FOURTH OF JULY
COMMITTEE MEETING
7:00 PM
Woodsville Community Field, Rt. 135

SATURDAY & SUNDAY, JUNE 9 & 10

SUGAR HILL LUPINE CELEBRATION
See Ad on Page 9

SUNDAY, JUNE 10

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

MONDAY JUNE 11

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

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville
BINGO - 6:00 PM
Orange East Senior Center, Bradford
TOPS (TAKE OFF POUNDS SENSIBLY)
6:00 PM - Peacham School
KIWANIS CLUB OF ST JOHNSBURY
6:15 PM - VFW Post, Eastern Ave.
DRAWING FROM LIFE - 6:00 - 8:00 PM
Joseph Patch Library, Warren

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS
10:30 AM - 11:30 AM
Linwood Senior Center, Lincoln
RSVP BONE BUILDERS
10:30 - 11:30 AM
United Community Church, St. Johnsbury

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30
Woodsville Elementary School
GOLDEN BALL TAI CHI
8:30 - 9:15 AM - St. Johnsbury House
RSVP BONE BUILDERS
9:00 - 10:00 AM
Municipal Building, Lyndonville
9:15 - 10:15 AM
Congregational Church, East St. Johnsbury
6:00 - 7:00 PM
Community Church, Concord

Golden Ball Tai Chi
8:30-9:30 AM - St. Johnsbury House

MON./WED./FRI.

RSVP BONE BUILDERS
10:30 - 11:30 PM - United
Congregational Church, St. Johnsbury

TUESDAYS

BREAKFAST BY DONATION
8:30 AM - 10:00 AM
Horse Meadow Senior Center,
North Haverhill
RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
10:30 AM - 11:30 AM
Congregational Church, Danville
NEK COUNCIL ON AGING'S HOT MEALS
11:30 AM - St. Johnsbury House
NOON - Senior Action Center,
Methodist Church, Danville
NOON - Presbyterian Church, S. Ryegate
NOON - Darling Inn, Lyndonville

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
RSVP BONE BUILDERS
3:00 PM - East Haven Library
TUESDAYS/FRIDAYS
GOLDEN BALL TAI CHI
8:30 AM - 9:15 AM
First Congregational Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
GOLDEN BALL TAI CHI
8:30-9:30 AM
United Methodist Church, Lyndonville
RSVP BONE BUILDERS
9:30-10:30 AM
GRACE Art Gallery, Hardwick
Golden Ball Tai Chi
8:30-9:30 AM
United Methodist Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS
Evergreen Pool, Rte 302, Lisbon
ADULT STRENGTH TRAINING
1:30 - 2:30 PM - 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
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

RSVP BONE BUILDERS
9 AM - 10 AM - St. Johnsbury House
1:30 - 2:30 PM - United 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

SATURDAYS

STORY HOUR FOR CHILDREN - 10:15 AM
September thru May
Brainerd Memorial Library, No. Danville
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

Lunch is served daily at 12:00, except when noted

MAY EVENTS

Breakfast Buffet: Every Tuesday @ 8:30-10:00
Find-a-Sticker 5/2 @ Noon
Food Raffle: 5/2 @ Noon
50/50 Raffle: 5/16 @ Noon
*Meals are available M-F for home delivery.

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

SPECIAL DAYS:

Memorial Day BBQ Thursday May 24th, BBQ Chicken, Cole Slaw, Corn, Biscuits, etc
Macaroni & Cheese Cook off on May 24th, must be in a crock pot.
Free Photography Class May 22, 9:45-11:45 this is an 8 week course.
We will have our Annual Yard Sale on June 2

ENTERTAINMENT:

Starts at 11:15
Phyllis: 5/15, 5/29
The Boy-z: 5/16
Ethel Cooper: 5/17, 5/23, 5/29
Bob Benjamin: 5/24
Wayne Klinger: 5/21
Denys Draper: 5/22

ON-GOING ACTIVITIES:

Movie Time Wednesdays at 1:00 starting with "Mamma Mia"

Bone Builders: Mondays, Wednesdays & Fridays @ 9:30

Grief Support with Florence, Wednesdays at 10:30 in the library

Interfaith Fellowship & Coffee beginning at 9:30, 5/17 w/ Pastor Wayne Chevalier.

All welcome!

Hearts & Hands Quilting: Mondays @ 12:30

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

Writers Group: Wednesdays @ 10:30

Bingo: Wednesdays @ 1:00

Learning to Sew with Rosemary: Wednesdays at 9:30

Mahjongg: Every Wednesdays at 12:30 and Fridays @ 10:30

MS Support Group: 1:00 @ 1:00

Cribbage: Thursdays @ 12:45

Peer Support Sr. Exercise Program Tuesdays and Thursdays from 1:30-2:30

Horse Meadow Chorus Mondays at 1:00 come join us, no experience necessary

Trivia Games Mondays at 11:00

*Also, Please think about volunteering here at Horse Meadow!

Groton Free Public Library News

Spring Computer Help Sessions, Starting May 7

Receive free one-on-one assistance with your computer questions starting May 7th at our library. PC & tablet topics may include (but are not limited to) downloading e-books/audio-books, creating an email account, searching the web, taking free online classes, & using Vermont Online Library. Sign up at the library for a 30 minute time slot, or call 584-3358.

A History of Race

Vermont Humanities Council Speakers Bureau - Saturday, June 16 @ 4:00pm

The first European to divide the peoples of the world into distinct races, in the seventeenth century, claimed that the Sami people of northern Scandinavia were one of four races on earth; Native Americans, Europeans, South Asians, and North Africans together were considered a second race. How did such a bizarre distinction among groups of people develop into one of the most historically significant ideas of the modern world? Professor William Edelglass will trace the intellectual history of the concept of race in the West, from its prehistory to today.

Energy Rocks! Kids' Power Program by Michael J. Caduto

Sunday, June 17 at 3:00pm @ Blue Mountain School

The Baldwin Library in Wells River and the Groton Free Public Library are co-sponsoring this event

on June 17 to kick off our summer reading programs. This event will be held at Blue Mountain School on Rt. 302...mark your calendars and we hope you can join us.

Michael J. Caduto award winning environmentalist, master storyteller and creator/coauthor of Keepers of the Earth® — presents a POWERful, entertaining program about renewable energy explored through science and the arts. Storytelling, music and participatory experiences of today's energy technologies engage audiences in the process of transforming the forces of nature into energy for everyday living. Features kid-powered demonstrations of wind power, solar energy and magnetic-electrical power; indigenous tales of sun & wind; Fun Energy Facts quiz show (with prizes!); music for all ages to sing along; cool renewable-powered toys & gadgets; demonstration of how to make your own Personal Power Station. This humorous program is full of facts, activities and special effects that reveal simple ways to harness natural sources for energy and reduce global climate change.

Open Hours: Mon. 2:30-7pm, Wed. 10am-4pm, Fri. 2:30-7pm, Sat. 10am-12pm. Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary. www.grotonlibraryvt.org / 802-584-3358. Groton Free Public Library: 1304 Scott Highway, Groton, VT, 05046.

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

The Bath Library Book Club will be discussing "In a Dark, Dark Wood", by Ruth Ware, on Thursday, June 14th at 6 pm at the Bath Public Library.

When a friend she hasn't seen or spoken to in years unexpectedly invites Nora to a weekend away in an eerie glass house deep in the English countryside, she reluctantly agrees to make the trip. Forty-eight hours later, she wakes up in a hospital bed injured but alive, with

the knowledge that someone is dead.

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

Poor Houses & Town Farms by Steve Taylor in Bath

BATH – The Bath Public Library has received a grant from New Hampshire Humanities to present Steve Taylor, "Poor Houses and Town Farms: the Hard Row for Paupers" on Saturday, May 26th at 2:00 pm.

From its earliest settlements New Hampshire has struggled with issues surrounding the treatment of its poor. The early Northeastern colonies followed the lead of England's 1601 Poor Law, which imposed compulsory taxes for maintenance of the poor but made no distinction between the "vagrant, vicious poor" and the helpless, and honest poor. This confusion persisted for generations and led directly to establishment in most of the state's towns of alms houses and poor farms and, later, county institutions which would collectively come to form a dark chapter in New Hampshire history. Steve Taylor will examine how paupers were treated in these facilities and how reformers eventually succeeded in

closing them down.

Steve Taylor is an independent scholar, farmer, journalist, and longtime public official. With his sons, Taylor operates a dairy, maple syrup, and cheese making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as New Hampshire's commissioner of agriculture. Taylor was the founding executive director of the New Hampshire Humanities Council and is a lifelong student of the state's rural culture.

This program is free and open to the public. There will be light refreshments served. New Hampshire Humanities nurtures the joy of learning and inspires community engagement by bringing life-enhancing ideas and subjects from the Humanities to the people of New Hampshire.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrarykjb@gmail.com

Orange East Senior Center

Lunches are served at 12 noon, Mondays through Fridays. We ask a donation of \$4 for all over the age of 60, under that age we ask a donation of \$6. The Center will be closed on Monday, May 28th. EVERY ONE IS WELCOME!

May 16 - Sheppard's Pie, Carrots, 4 Bean Salad, Fruit or Dessert

May 17 - BRUNCH (Scrambled Eggs, Sausage, pancakes, Fruit or Dessert)

May 18 - Cheddar Basil Chicken, Rice, Stewed Tomatoes, Fruit or Dessert

May 21 - Spaghetti with Meatballs, Green Beans, Garlic Bread, Fruit or Dessert

May 22 - Buffett

May 23 - Southern Style Chicken and Dumplings, Cranberry Sauce, Peas, Fruit or Dessert

May 24 - Cheeseburgers, Pasta Salad, Beets, Fruit or Dessert

May 25 - Baked Fish, Mashed Potato, Cole Slaw, Carrots, Fruit or Dessert

May 29 - Buffett

May 30 - BBQ Chicken, Potato Salad, Beet Salad, Fruit or Dessert

May 31 - Polish Sausage with Peppers and Onions, Oven Baked Potato, Spinach, Fruit or Dessert.

Menu is subject to change.

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Sun-Mon June 10-11, 2018
From \$199 pp/do

Philadelphia Mummers
New Years Spectacular
4 days - 3 Nights
Sun-Wed Dec 30, 2018-Jan 2, 2019
From \$595 pp/do

NH fire tower history the focus of this year's 'May is Preservation Month'

The N.H. Division of Historical Resources is heading outside for this year's "May is Preservation Month" celebration, highlighting the state's tradition of forest fire protection and encouraging visits to New Hampshire's historic fire towers.

Throughout May, follow the NHDHR's Twitter account, @nhdhr_shpo, to learn about New Hampshire's fire tower history and to see some of the towers you can visit. The Division is also encouraging everyone who visits a historic fire tower to share their images on social media and to include the hashtag #MyNewHampshire.

Fire tower fans can also

post pictures of themselves at the towers on "My New Hampshire," the NHDHR's photosharing website that showcases favorite historic places across the state. "My New Hampshire" is smartphone-friendly and can be accessed from the NHDHR's website, nh.gov/nhdhr.

New Hampshire's first fire tower was built in Croydon around 1907. Early fire towers could be as simple as a platform built in a tree, but as the need for more stable structures increased, engineered wooden towers were built. They were replaced by the steel towers still standing across the state today. These towers are topped by cabs that offer 360 degree

views.

Many existing New Hampshire fire towers were built in the 1920s and 1930s, when forest fires were frequently started by train embers or smoking materials. Watchmen often lived in cabins near the base of a tower and would telephone for help if they saw smoke nearby.

There are 15 state-owned fire towers in New Hampshire, from as far north as Magalloway Mountain in Pittsburg through the Great North Woods and south into the Monadnock, Lake and Merrimack Valley regions. Some are accessible by auto road and others present challenging hikes through rough terrain.

Anyone visiting five or more towers is eligible to receive a Tower Quest patch through the N.H. Division of Forests and Lands, which, like the NHDHR, is part of the N.H. Department of Natural and Cultural Resources. A map is available on Forests & Lands' website nhd-fl.org, under "Exploring Our Forests, Fire Towers."

National Preservation Month was established by the National Trust for Historic Preservation in 1973.

New Hampshire's Division of Historical Resources, the State Historic Preservation Office, was established in 1974 and is part of the N.H. Department of Natural and Cultural Resources. NHDHR's mission is to preserve and celebrate New Hampshire's irreplaceable historic resources through programs and services that provide education, stewardship, and protection. For more information, visit us online at nh.gov/nhdhr or by calling 603-271-3483.

Sparkling Harmonies Kick Off Colonial LIVE! Season



The iridescent voices and sparkling harmonies of the Americana duo The Secret Sisters grace the stage of the newly renovated Colonial Theatre in Bethlehem, NH, Saturday, May 19. Supported in part by MLK & Company, The Secret Sisters initiate a new season of Grammy award winning and trending national touring artists at the Theatre.

According to Secret Sisters Laura and Lydia Rogers there are two ways of handling a dangerous, raging river: you can surrender and let it carry you away, or you can swim against the flow.

For The Secret Sisters, there was a point after the release of their last record when they could have chosen to do neither – instead, sinking to the bottom as the weight of the world washed away their dreams. They went from touring with Bob Dylan to losing their label, purging their team, filing bankruptcy and almost permanently trading harmonies for housecleaning. But there's a mythical pull to music that kept the sisters moving forward, and they came out with a biting and beautiful third LP, produced by Brandi Carlile, *You Don't Own Me Anymore*. Their first as New West signees, it's a document of hardship and redemption, of pushing forward when it would be so much easier to drown in grief. And it's a story about how passion and pure artistry can be the strongest sort of salvation – how art is left, like perfect grains of sand, when everything else has washed away.

"We are more proud of these songs than we have ever been," says Laura. "Some of the songs are a little more cryptic, but some of them are very pointed and honest and direct. And we had to let those songs happen. We had to let ourselves be angry again, and bring up things we wanted to forget." Even once Carlile gave The Secret Sisters some re-

newed hope, things weren't instantly easy, but the resulting songs of *You Don't Own Me Anymore* are about life when everything you think defines you is stripped away: from "The Damage," as gorgeous as it is haunting, that speaks directly to those that did them wrong, to the first single "Tennessee River Runs Low," that imagines the willful flow of a powerful river. These are journeys as poetic as they are confessional, always anchored by the timeless, crystalline ring of Laura and Lydia's voices in sweet unison.

General Admission tickets for the 8 PM performance are \$20; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts, Gem Theater and Loading Dock members \$17, reserved front & center seats are \$25 (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 refreshments including beer and wine on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line or tune in to Bethlehem's own community radio, NCCR/WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great sublime and traditional harmonies 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 presenting partner, Catamount Arts.

Haverhill Area Recreation Program (HARP)

PRESENTED BY:


Begins June 18th thru August 17th
9:0 AM - 3:00 PM Monday -Friday
At Clifford Memorial Building
65 South Court St., Woodsville

Early Drop-off & Late Pick-up is available.

Registration is required

All Counselors are Background Checked

Program Includes: Arts and crafts, structured Games, music and line dancing, scooter fun, pool table, ping pong, air hockey, cooking competitions and daily swimming at the AP Hill Community pool. **Plus don't forget our weekly field trips.**

Call Sherri Sargent for more information at 603-787-6096



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603-787-2517

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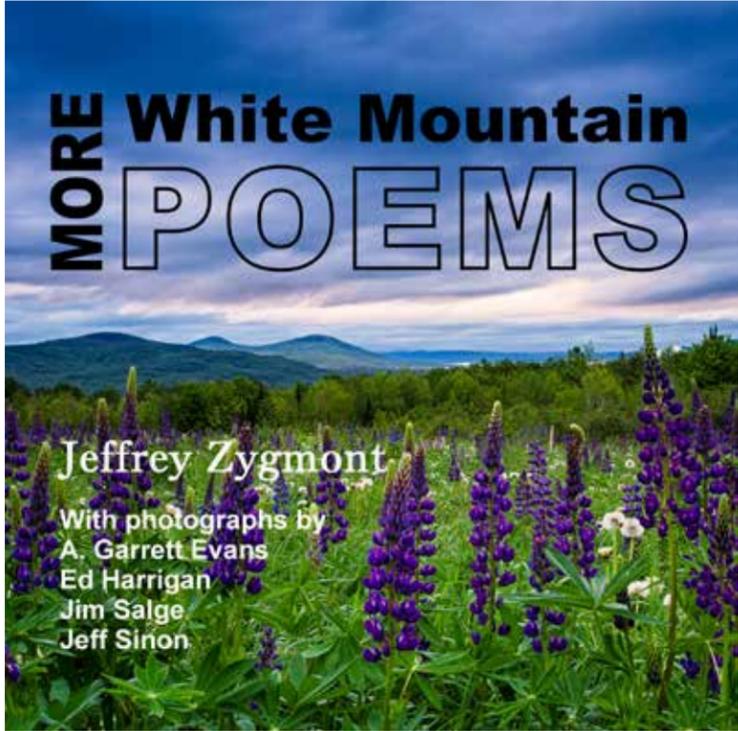


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Woodsville, NH

25th Annual Lupine Celebration



Caption: Photographer, Jeff Sinon, and author, Jeff Zygmunt, creators of More White Mountain Poems will present How Nature becomes Art at the Market on Saturday, June 9th.

Franconia, NH: Spring has arrived and soon the landscape will have vivid lupine blooms in myriad shades of purples, pinks, and whites. While waiting for the lupines to bloom, the Franconia Notch Area Chamber of Commerce is preparing for June's 25th annual Lupine Celebration.

While the lupines are the main attraction, area businesses compliment their beautiful blooms with special events. The Franconia Heritage Museum opens an exhibit on Country Stores and the Sugar Hill Historical Museum debuts "It's About Time!" Travel to The Frost Place to take in the beautiful lupines lining the road, the museum and walk their poetry path.

June 2's highlights include "Touch a Truck" for big and little kids and an 80's music concert with Fast Times in Franconia. At 2pm, visit the Sugar Hill Inn to meet author, Steve Allen, as he shares from his book, Sugar Hill Inn: The Art of Inn-keeping. On Sunday, enjoy a guided Wildflower walk at The Rocks Estate in Bethlehem. If Mother Nature cooperates, you should see Yellow Ladyslippers. Midweek on June 7, take in Polly's Pancake Parlor's Allagash Beer Dinner; five courses paired with five brews.

sans and more! Watch craft demonstrations, join the photography workshop, take a helicopter ride, enjoy the local dish "Poutine" from the Dueling Chefs BBQ truck or homemade Mac 'n Cheese from the Willing Workers Lunch Café.

Cooks' Corner is returning this year. Besides recipe demonstrations, Holly Hayward of Sugar Hill Botanicals will share wellness and medicinal uses of herbs & spices already in your kitchen cabinets. Authors, poets, and photographers have two sessions scheduled on Nature becoming Art and the The Art of Innkeeping.

The market wouldn't be complete without music! Tap your toes to members of the Strathspey & Reel Society of NH playing Scottish, Québécois, and New England dance tunes on Saturday. Later that day, sing along

with Woody Pringle and Marek Bennet as you explore lyrics of camp songs, parlor music, hymns, battlefield rallying cries, and fiddle tunes of the American Civil War. Local favorite, Parker Hill Road Band closes the market on Sunday with their unique mix of Bluegrass to Modern Pop music.

For a relaxing break on June 9-10, stop over to The Adair Country Inn & Restaurant at 11 am for Lemonade and Lupines. Afterwards, stroll their landscaped gardens and walking trails.

For more information, vis-

it www.franconianotch.org/celebration-of-lupine or call 603-823-5661. You can also visit www.HarmansCheese.com/lupine-celebration, Call 603-823-8000 or visit facebook: Celebration of Lupines.

Please thank our generous sponsors that make June's Celebration possible: Casella, Gale River Motel, Adair Country Inn & Restaurant, Franconia Notch Vacations, Woodsville Guaranty Bank, Fortin Home Watch Plus, NH Humanities, Harman's Cheese and thanks to all the volunteers!

Congratulations go out to
Dee Dee Colon
For winning our May 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 June 2018, come in and sign up, no purchase necessary.)
www.TrendyThreadsWoodsville.com

JUNE LUPINE CELEBRATION

June 2-3, 9-10, 16-17: Weekends
Horse Drawn Wagon Rides: Sugar Hill Sampler
Poetry Trail Available Every Day in June

MUSEUMS IN JUNE

Franconia Heritage Museum: Saturdays 1-4 pm
Sugar Hill Historical Museum: Fri & Sat, 11 am – 2 pm
The Frost Place, Franconia

JUNE 2, SATURDAY

Touch a Truck: 10 am, Dow Field - Franconia
Meet Author, Steve Allen: 2 pm, Sugar Hill Inn
Sugar Hill Inn: The Art of Inn keeping
Free Concert, Fast Times: 7:30 pm, Franconia
80's Music at the Dow Gazebo

JUNE 3, SUNDAY

Guided Wild Flower Trail Walk: 9 am
The Rocks Estate, Bethlehem

JUNE 7, THURSDAY

Allagash Beer Dinner: 6-8:30 pm
Polly's Pancake Parlor, Sugar Hill

JUNE 9-10,

SUGAR HILL LUPINE MARKET

10 am – 4 pm, Rain or Shine
Over 65 Vendors, NH-Made Products, Artisans Authors, Non-Profits, Helicopter Rides and More!

JUNE 9, SATURDAY IN THE MEETINGHOUSE

11 am: Author, Steve Allen: The Art of Innkeeping
1:30 pm: How Nature becomes Art with poet Jeffrey Zygmunt and photographer Jeff Sinon
2:30 pm: Rally 'Round the Flag: The American Civil War through Folksong by Woody Pringle & Marek Bennett, a NH Humanities Program

JUNE 9, COOKS'S CORNER IN THE CRAPO BUILDING

10:30 am: Gourmet Grilled Cheese Sandwiches
11:45: Natural Medicines in your Kitchen Cabinet
1 pm: Making Maple Granulated Sugar

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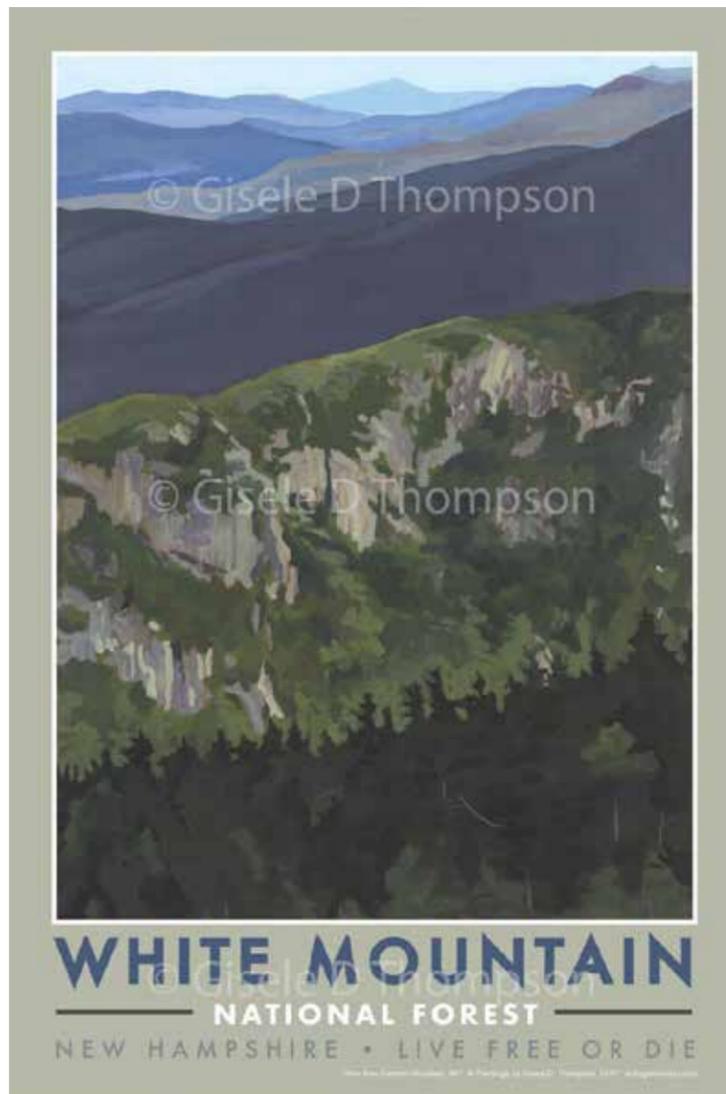
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Meet the Maker at the Omni Mt Washington Resort!

Bretton Woods, NH - Gisele D. Thompson will be displaying and selling her work in the lobby of the Omni Mount Washington Resort on Saturday, May 19th from Noon to 4pm at the WREN Local Works Gallery at a special "Meet the Maker" event. Thompson is well known for her works celebrating the beauty and iconic scenes of the Granite State. Working from photos, the paintings are done in her studio with acrylic paints on canvas or wood panels. She has a Master's Degree in Fine Art and has been painting professionally for over 20 years.

Thompson is currently donating 10% of the sales of her signed prints and note cards of the scenic view from Cannon Mountain to the Society for the Protection of New Hampshire Forests in celebration of the Forest Society's 100th anniversary this year. These prints and cards will be available at the hotel on the 19th, as will Gisele who will be able to answer any questions about her art. The original piece, "View from Cannon Mnt, NH" is available for sale at the WREN Local Works Marketplace on Main Street in Bethlehem.

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The Hobo & Winnepesaukee Scenic Railroads Prepare To Open For The 2018 Season



One of the Hobo Railroad's excursion trains is shown safely crossing Route 112, the Kancamagus Highway, in Lincoln, NH on its one hour and twenty-minute round-trip journey to Woodstock, NH and back along the banks of the Pemigewasset River.

(Photo - Tim Stockwell)

Lincoln, NH – The Hobo and Winnepesaukee Scenic Railroad is advising the public that the rail line between Lincoln, NH and Tilton, NH is now active for the 2018 season. Various train operations will take place from now through late December, including excursion trains, special tourist trains and other equipment moves.

As a result, the railroad would like to remind the public that caution should be exercised at all times around moving trains and to always expect a train. Other safety considerations to keep in mind include grade crossing signals, which should always be obeyed. Drivers should stop when they hear whistle signals at grade crossings and never try to beat a train at a crossing or park on or near a railroad crossing.

In an effort to promote the message of railroad safety, the Hobo and Winnepesaukee Scenic Railroads works closely with Operation Lifesaver, a nationally recognized non-profit organization that works diligently to improve railroad safety through engineering, education and enforcement.

“People need to be aware of the potential danger around moving rail equipment, even when rail cars and locomotives are moving at slow speeds,” stated Benjamin Clark, Vice President of the Railroad. “Safety is always our first priority.”

For the Hobo Railroad, scenic tourist excursion trains will depart from Hobo Junction in Lincoln, NH on

weekends starting Saturday, May 26, 2018 before switching to daily operations on Friday, June 22, 2018 for the summer and into the fall. The one hour and twenty minute round-trip excursions travel along the Pemigewasset River between Lincoln, North Woodstock and Woodstock, NH and cross several roadways and bridges along the way.

The Winnepesaukee Scenic Railroad, which is based in Meredith & Weirs Beach, NH, will also open for weekend operations on Saturday, May 26, 2018. Daily operations will commence on Friday, June 22, 2018 for one and two hour round-trip excursions along the western shore of Lake Winnepesaukee and Paugus Bay.

“People love to look at trains and we have a number of special events scheduled throughout the season where they can see and experience rail travel up close and personal in a safe manner,” concluded Clark.

Both the Hobo Railroad in Lincoln, NH, and the Winnepesaukee Scenic Railroad in Meredith and Weirs Beach, NH offer a variety of special events and scenic excursions for the general public, school groups and bus tours from mid May through late October.

The Hobo Railroad is located in Lincoln, NH, just off Exit 32 on I-93, left on Route 112, directly across from McDonalds. The Winnepesaukee Scenic Railroad is conveniently located at 154 Main Street in Meredith, NH

with a satellite station located on the Boardwalk at 211 Lakeside Avenue in Weirs Beach, NH. For more information including departure times, tickets and special events, visit www.HoboRR.com or call the main office at (603) 745-2135.

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Edward John Celino: OBITUARY

Monroe, NH – Edward John Celino, 96, of Littleton Road, died Wednesday, May 9, 2018, at the Morrison Nursing, Whitefield, NH.

Edward was born in Boston, MA, on August 29, 1921, to Frank P. and Lucy (Bruno) Celino.

He was employed as a welder for many years at Tech Weld in Burlington, MA.

On October 6, 1946, he married Thelma Terry and together they moved to Monroe from Derry, NH in 1986. Thelma predeceased him on November 19, 2017.

Survivors include three sons, Edward R. Celino and wife Ann of Nashua, NH, Richard R. Celino and wife Jennie of Monroe, and Ronald J. Celino and wife Patricia of Florida; two grandchildren, Scott M. Celino and Tammy L. Celino; two great grandchildren, Hailee Maynard, and Alea



Tracy; two sisters, Rita and Tina, both of North Reading, MA; and nieces, nephews, and cousins.

A private family service was held at the convenience of the family, along with burial in the North Monroe Cemetery.

For more information or to sign an online condolence, please visit www.rickerfh.com

Ricker Funeral Home, Woodsville, NH was in charge of arrangements.

Cottage Hospital Auxiliary's Kicks Off 2018 Big Ticket Raffle

WOODSVILLE, NH - The Cottage Hospital Auxiliary is again holding the annual Big Ticket Raffle, it's primary fundraiser for 2018. Auxiliary members will begin selling raffle tickets starting on Tuesday, May 8th and will continue ticket sales through the raffle drawing to be held on September 15, 2018. This year the raffle has a new added fourth top cash prize of \$250 so that ticket purchasers will have a better chance of winning one of the top prizes.

Raffle tickets will cost \$50 each and only 200 tickets will be sold, which really increases the chances to win. There will be four top cash grand prizes; \$1,500, \$1,000, \$500 and \$250. In addition to the four top cash grand prizes there will be four monthly drawings, each

with four winners, to win gift certificates and prizes donated by area merchants leading up to the grand prize drawings on Saturday, September 15th. All purchased raffle tickets will be eligible for the monthly drawings plus the four top cash prizes.

This year's raffle proceeds will benefit Cottage Hospital's surgical unit and other improvements. In 2017 the Auxiliary's raffle donated \$9,000 to purchase new equipment in several hospital departments and in 2016 the raffle donated \$9,500 toward the hospital's new Ray of Hope Behavioral Health Unit.

The public and area businesses can support the Auxiliary's 2018 fundraising raffle by becoming a sponsor, purchasing raffle tickets or by making a donation directly to the Auxiliary to help offset raffle related expenses.

On Saturday, September 15, 2018, the Auxiliary

will host the top prize raffle drawing and picnic from 12 Noon to 2 PM in the Cottage Hospital Gazebo-Courtyard.

Raffle tickets went on sale on Tuesday, May 8th and tickets can be purchased from any member of the Cottage Hospital Auxiliary. The Big Ticket Raffle, be in it to win it!

For more information please contact either of the Auxiliary's Raffle Committee co-chairpersons; Marcia Selent at marcia.selent@charter.net or Brenda Long at brendilong@gmail.com.

The Cottage Hospital Auxiliary is a tax-exempt nonprofit organization. Membership in the Cottage Hospital Auxiliary is open to everyone, women, men and hospital employees. To obtain more information the Cottage Hospital Auxiliary or to become a member, please visit www.cottagehospital.org/support/cottagehospitalauxiliary or call 603-747-9707.

Bitter Sweet

by Maggie Anderson

At the doll show this past weekend one of my customers made a comment about what a happy place it was in which to spend an afternoon. She was surprised by all the smiling faces and the laughter that seemed to expand the room's dimensions.

I thought about friends in that room and some of the hurdles they are now trying to jump. I told the lady not to be fooled by our smiles and all the laughter, I told her there were people in that room shouldering burdens most of us cannot even imagine and none of us wants to carry.

For the artists in that place gathering together to show off our dolls or bears is simply a way to be together, to lean on and support one another. We try to leave as many of our problems as we can in the lobby or the parking lot. We find medicine in the company of old friends and those of us whose burden is so immense we're not sure we can carry on know that we have the support of every other artist in the room.

The irony of the conversation was that she had just been sharing a story with my neighbors in the next booth, they laughed a little, shared a moment and then she came to see what I had made. She was still giggling when she stopped in front of my display. She had no way of knowing that my neighbors were still reeling from a tragedy unimaginable to most of us. The family found themselves in an emotional huddle after one of their chil-

dren found her fifteen year old daughter had crushed her chances of fulfilling all the promises her future held by hanging herself from the rod in her bedroom closet. Medicine to ease that kind of pain has never yet been bottled. Luckily for them the showroom's tonic was exactly what they needed, even a momentary distraction offers a small relief.

The next table over was tended by two friends who travel to various shows together and not only keep one another company but also keep each other awake on the long drives. One of them is newly widowed and instead of sitting home and letting the sadness envelope her she packed her dolls and made the trip knowing that if she hit a snag along the way she would have a soft place to fall as long as her friend was at the wheel or doing their navigating.

Our showroom was manned by artists who check with the home front every hour because they are caring for spouses who can't make the trip any longer, some who don't remember ever making it at all, others are recovering from strokes and surgeries, one can barely make the circuit around the room without relying on his walker these days. In some ways we are the walking wounded struggling to remain positive in spite of major difficulties but every single one of us knows that we can rely on each other to find the right words or the right amount of silence in which to share one another's burden.

Medicine comes in many packages ours just happens to be found in the company of like minded artists sharing what they love with each other and anybody else who comes through the door.

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White Mountains DAR Honors Good Citizens

At their meeting on Saturday, May 12, the White Mountains Chapter of the National Society Daughters of the American Revolution honored this year's DAR Good Citizens from among the seniors at four local high schools. In attendance was the DAR Good Citizen from Littleton High School, Emily Daine, pictured here with White Mountains Chapter Good Citizens Chair Paula Berry (left) and Chapter Regent Kate McCartney (right). The chapter's other DAR Good Citizens for

2018 were Ayla Sage Crosby from Profile High School and Trevor R. Fenoff from Lisbon Regional School, as well as Kylee Bailey from White Mountains Regional High School, who was nominated by the chapter for the New Hampshire State Organization DAR Good Citizens award. For more information on this program or joining DAR visit www.dar.org, or for more information on the White Mountains Chapter call Chapter Treasurer Alicia Prater at (603) 991-3755. Photo by Marsha Stewart.



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Letter to the Editor

To the editor and Our Representatives for the State of NH,

Nothing to do with 2nd amendment. Just common sense.

In my opinion and many others.

Assault weapons should never be allowed on American Soil. It's a "Military assault weapon" JUST what it says Military. That's where it belongs, in combat/war. That's what it was meant for. NOT to hunt wild life or children .

No reference to editorial: "AR does not stand for Assault Rifle. This one gets its own category. The "AR" in AR-15 does not stand for Assault rifle in any way. It stands for "ArmaLite Rifle" after the firm that designed the weapon in the 1950's.

I have not read, seen or heard anything on " AR Does not Stand for Assault Rifle."

My concern is for A Military Weapon, used in combat/war, used by Anyone, on the soil of the United States of America.

Message from VoteVets.org
The NRA convention kicks off today in Dallas, Texas with a speech from Donald Trump. And while you watch the news coverage of the gathering, I want you to remember one thing:

Nancy,

When it comes to "assault weapons" I would agree that they are more than needed for most any real hunting enthusiast. I also agree with you that a background check for anyone buying any firearm makes sense as well.

I must, however, point out that no matter what we have for rules and regulations, there are those who will still find a way to obtain weapons that they want. All we can do as a society is to make reasonable rules and do our best to enforce them.

The other item you mention is the VoteVets.org group. I simply want to point out that not all veterans believe in the same political views.

Gary Scruton (proud veteran) and Editor

Every veteran who carries a weapon overseas has to pass a background check first. It is insane that we would return to a home where civilians can buy the same kind of firepower without a background check.

We can expect the NRA will try to get back on the legislative offensive after this convention. Veterans have an important voice in the fight to stop them. But only if we make it heard.

Sign Vote Vets Petition: Tell Congress - weapons of war have no place in our communities and anyone who buys a gun should have to pass a background check first. That's just common sense.

We've run ads on this issue. We've talked to members of Congress about how difficult it would be for teachers to protect their classrooms in a mass shooting environment. That's because this issue is important, and our voices especially-so.

Thanks for sounding off, Will Fischer, Iraq War Veteran and Director of Government Relations, VoteVets.

Go to: VoteVets.org for info.

Nancy Leclerc,
North Woodstock

Vermont Could Become the Second State in the U.S. to Ban Coyote Killing Contests

Stowe, VT - A passionate and persistent coalition of landowners, biologists, farmers, hunters, wildlife enthusiasts, and others overcame opposition from paid lobbyists and Vermont's own Fish and Wildlife Department to ban coyote killing contests for prizes. Vermont will be only the second state in the country to do so.

Last year, Protect Our Wildlife (POW) was approached by Vermont residents who were appalled by the wastefulness and cruelty involved with coyote killing contests. Vermont residents wrote and called their legislators, and the Vermont Fish and Wildlife Department; they signed petitions; demonstrated against the hunts and many posted their land against all hunting in protest of the contests. In February 2017, POW helped organize a protest of a coyote killing contest that was scheduled to be held in Bristol, which likely led to the contest being canceled. In December 2017, POW tenaciously opposed a statewide coyote killing contest that was organized by a Londonderry business. That contest was also canceled.

These contests occur all throughout Vermont and

often operate out of public view. They award prizes to those who kill the most coyotes, the biggest, the smallest, even the ugliest coyote. Prizes have included cash, guns and other items. Hunters routinely use electronic calling devices that lure these curious and social animals by imitating the sounds of a fellow coyote or prey in distress. They also use radio collared dogs to chase a coyote to the point of exhaustion and then either shoot the coyote or allow their dogs to descend on the injured animal. Contest participants often toss away the bodies like trash. Social media has provided a stark view into this underworld of "hunting", since contest participants post photos of piles of bloodied coyotes as they're being weighed in at contests.

While Governor Scott must still sign H.636 into law, supporters are hopeful given the support for the legislation in both chambers of the Statehouse. "Banning these cruel, wasteful contests is common sense and in keeping with the Vermont tradition of respecting wildlife, especially respecting the important role that predators play in the health of

our ecosystems," said Linda Huebner with the Vermont Coyote Coexistence Coalition.

Holly Tippet, POW's Co-Founder shared, "I have been fighting these coyote killing contests in Vermont for over a decade. I am overjoyed that the legislature acknowledged the public's opposition to this aberrant behavior that is not only egregiously cruel, but casts a dark shadow over the Green Mountain State."

Coyotes can still be hunted 24 hours/day, 7 days/week, 365 days/year in Vermont. This open season results in dependent young becoming orphaned and left to die from starvation, predation, or exposure.

"While we still have more work to do to bring Vermont Fish and Wildlife's policies into the 21st century, this is a step in the right direction. These contests violate hunting ethics and display zero respect for the animals that are killed," said Brenna Galdenzi, President of Protect Our Wildlife.

You can write to Governor Phil Scott here and ask him to sign H.636 into law. You may also call his office at 802-828-3333.

15 Years Since Falling Old Man Still Inspires

by Sen. Jeff Woodburn

Last week marks the fifteenth anniversary of the falling of the Old Man of the Mountain. Although this great stone symbol is gone, the spirit that it represents remains with us.

Living in the North Country is often like a country-western song. We have our troubles and challenges. The North Country is defined by two factors – a love of the land and struggle to make a living. The Old Man of the Mountain represented that spirit -- that toughness that makes people tender.

There is a powerful sense

of place that draws and holds us to this seemingly inhospitable spot. We are connected to this land and humbled by it. We lack the power or the inclination to change it, fortunate to simply endure it, and in the end we are all defined by it. Those same awesome forces of nature that carved the profile of the Old Man millions of years ago surely, and ever so slowly, shape us.

The Old Man was a symbol of this land, and to some a point of demarcation of where the true North Country began. But it is also about our people. As Daniel Web-

ster famously noted, "In the mountains of New Hampshire, God Almighty has hung out a sign to show that there He makes men."

This is a place of tough people – not tough in the popular sense of the word. It has nothing to do with bravado or competition. It is an inward quality – it is in the eyes of our old-timers and the heart of our children. It's a kindness, a sympathy, rooted in a common struggle formed by a hard life. Failure is never far away, and while that keeps us on our toes and also opens our ears to the secret whispers of nature, life and God himself.

The North Country has taken its hits these days, but we know how to take a hit and to get back up, and we know how to love and care for neighbors when they are in need.

The spirit of the Old Man of the Mountain lives in us and still inspires us. We need to look for new symbols but there are no shortages in the wilds of this place and spirit of our people.

State Sen. Jeff Woodburn, D-Dalton, represents the 58 communities that make up the North Country of New Hampshire.

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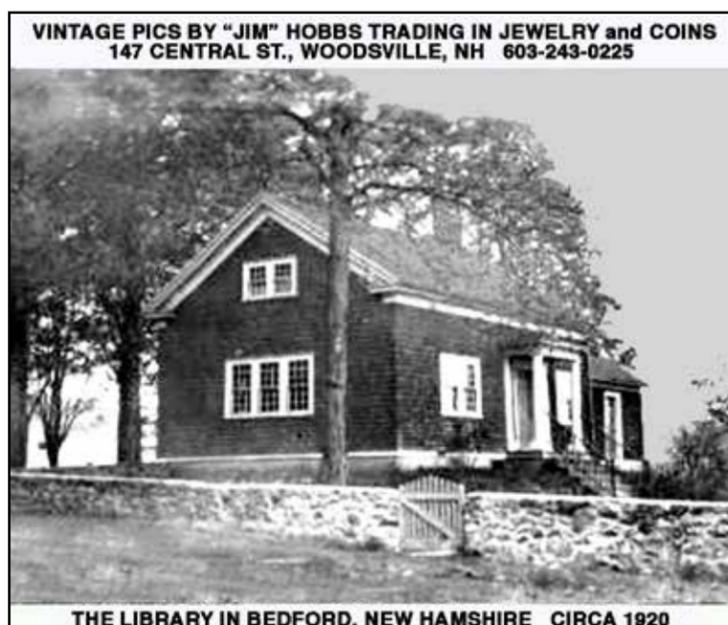
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Letter to the Editor

Editor

I read today that schools are under reporting bullying. I don't know if that is true or not, but I do know that the Agency of Education (AOE) is engaging in such tactics against Blue Mountain Union (BMU).

For three years the BMU district under the mandate of Act 46 explored with neighboring districts the possibility of merging with them. The most natural was for BMU to merge with Orange East Supervisory Union, which includes Newbury, Oxbow and Bradford. However discussions proved that would be the worst possible outcome for BMU because of the open hostility exhibited by some and I emphasize SOME members from OSEU schools whose sole purpose was to close the BMU high school.

Merging with other districts was earnestly sought but for various reasons did not work out. Rightly so, and with strong support of the three BMU communities, Groton, Ryegate and Wells River, the BMU board submitted an Alternate Governance Structure (AGS) (Newbury as far as I know also submitted an AGS) to

Richard,

There is a lot to your argument for BMU to stay as currently organized. I am also sure that those on the other side of this matter have good reasons for consolidation. What it boils down to is that the duly elected members of the school board will need to make some hard decisions as to which way they will lead the district. In order for those citizen (and volunteer) members to know what other citizens think,

the AOE. BMU meets all the requirements of remaining a stand alone Unified School District except for the number of students.

In April a new challenge to BMU emerged with the resignation of our superintendent and business manager when they accepted positions at OESU and resigned from BMU. The State saw this as their opportunity to push BMU to endorse merging with OESU. The State Board at their April 18th meeting (which I attended) more than once reminded the two BMU School board members present that they had the authority to assign BMU to another school district at their discretion and because of our small size was on their radar. The State said they wanted to hear what BMU wanted but the message was clear what the expected and stress what a good fit going to OESU was, now that our superintendent and business manager would be there.

It is never a good idea to base a decision solely on who is presently in an organization, as personnel can change at any time.

Now is the time for the

there must be communication. That can mean a phone call, or an email to a board members, or an appearance at a board meeting, or perhaps the board members could reach out to the public as to what direction they are moving.

Which ever way this decision goes it will affect the long term health of the BMU students as well as taxpayers. So be sure to let your voice be heard, however you feel.

Gary Scruton, Editor

BMU School Board to remain strong and not be bullied into accepting what the State wants but is not in the best interest of our community school. BMU is nearly debt free, the school is in great physical shape, and except for not meeting the arbitrary number of students to be a stand-alone district we meet all the requirements. According to the AOE data BMU has the better staff to student ratio of 1 to 5.2815, compared to OESU Schools (Waits River, Bradford, Thetford, Newbury, and Oxbow) have ratios of 1 to 4.8353, 4.7807, 4.634, 4.4125 and 4.2421 respectively.

I urge members of the BMU community to contact their school representatives and tell them you want them to remain strong and not be bullied. The BMU School Board needs to plan for contingencies but they need to be strong advocates and promote and defend our AGS. It was right before the two recent resignations and it is still right.

Richard M Roderick
Wells River

Letter to the Editor

Dear Editor:

Jeff Woodburn has let down the North Country.

Jeff Woodburn voted against our kids and their safety yesterday. There is no way around it.

Do you think the many school districts throughout the North Country could use millions of dollars in school safety infrastructure funds?

Jeff Woodburn doesn't.

Jeff Woodburn, our State Senator and the Senate Democrat leader, has continued his march further and further left by mimicking the obstructionists down in D.C. If a Republican sponsors or introduces legislation, you can expect Senator Woodburn will do what he can to obstruct it.

After everything you see

Bruce,

I must agree that those who vote against a proposal simply because "the other party" suggested it, are not looking out for the best interests of the citizens that they represent.

Of course there can be many reasons for one of our representatives to oppose, or support, any given piece of legislation. There are always several ways to look at any item brought up.

Even more than voting for or against this particular item is the fact that we now need to worry about such things as protecting our students while they attend school and gain an education. It seems such a frustrating exercise. Educators should be worried first and only with teaching our students what they need to know to move forward with their lives, not worried about protecting them so that they can live out that future.

Here's hoping that our education dollars can be spent for education and that somehow our young people can also be protected from those who wish to harm them.

Gary Scruton, Editor

in the news about Democrats clamoring for new school safety measures, you would think they would get behind the Republican plan to invest more into school safety throughout the state - but you would be wrong.

Luckily for the schools in District 1, Senate Republicans saw the importance of school safety and passed the amendment. Senator Woodburn and his liberal friends in Concord, still, tried to block it.

We need to send real leaders to Concord who know how to support a good plan when they see it - not offer obstruction like Senator Woodburn.

Bruce S. Perlo Sr.
Sugar Hill, NH

New Vermont Law About Salary History

(Montpelier) - Today (Friday, May 11) at one o'clock Governor Scott signed H.294, a new law prohibiting inquiries about salary history.

It prohibits employers from requesting salary history of prospective employees or their current or former employers, requiring the prospective employees' prior salary history meet minimum or maximum criteria, and determining whether to interview a prospective employee based on their current or past compensation. If the prospective employee voluntarily discloses previous or current compensation in the hiring process, the employer, once they offer the job, can seek to confirm that information. In addition, employers may inquire about salary expectations or requirements, and provide information about the position's salary and compensation.

At the signing, Governor Scott, addressing the legislation as a workforce initiative, remarked, "This important piece of legislation will allow workers who have suffered from lower wages due to gender, race, or other forms of discrimination an opportunity to get out of the pay gap cycle, and receive equal pay for equal work. For those who have been held back by their pay history, the legislation opens the door to new opportunities. This will prevent hiring equally skilled or experienced employees at different rates simply because one person was paid more in a previous job. Prior to this bill, low wage workers could be held back from climbing the economic ladder, because they were required to reveal their past wages when applying for this new position."

Cary Brown, Executive Director of Vermont Commission on Women, provided

testimony in both the House and the Senate on this bill and its relationship to the gender wage gap. She stated, "When the pay at a new job is based on the pay at an old job, this can force women, and especially women of color, to carry pay discrepancies with them from job to job. A pay disparity early on can haunt a woman for her entire career."

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How Can You Meet Your Short-term Goals?

Why do you invest? If you're like most people, you'd probably say that, among other things, you want to retire comfortably. Obviously, that's a worthy long-term goal, requiring long-term investing. But as your journey through life, you'll also have short-term goals, such as buying a second home, remodeling your kitchen or taking a much-needed vacation. Will you need to invest differently for these goals than you would for the long-term ones?

To answer that question, let's first look at how you might invest to achieve your longer-term goals. For these goals, the key investment ingredient is growth – quite simply, you want your money to grow as much as possible over time. Consequently, you will likely want a good percentage of growth-oriented vehicles, such as stocks and other stock-based investments, to fund your 401(k), IRA or other accounts.

However, the flip side of growth is risk. Stocks and stock-based investments will always fluctuate in value – which means you could lose some, or even all, of your principal. Hopefully,

though, by putting time on your side – that is, by holding your growth-oriented investments for decades – you can overcome the inevitable short-term price drops.

In short, when investing for long-term goals, you're seeking significant growth and, in doing so, you'll have to accept some degree of investment risk. But when you're after short-term goals, the formula is somewhat different: You don't need maximum growth potential as much as you need to be reasonably confident that a certain amount of money will be there for you at a certain time.

You may want to work with a financial professional to select the appropriate investments for your short-term goals. But, in general, you'll need these investments to provide you with the following attributes:

Protection of principal – As mentioned above, when you own stocks, you have no assurance that your principal will be preserved; there's no agency, no government office, guaranteeing that you won't lose money. And even some of the investments best suited for short-term goals won't come with full guarantees, either, but, by and large, they do offer you a reasonable amount of confidence that your principal will remain intact.

Liquidity – Some short-term investments have specific terms – i.e., two years, three years, five years, etc. – meaning you do have an incentive to hold these investments until they mature. Otherwise, if you cash out early, you might pay some price, such as loss of value or loss of the income produced by these investments. Nonetheless, these types of investments are usually not difficult to sell, either before they mature or at maturity, and this liquidity will be helpful to you when you need the money to meet your short-term goal.

Stability of issuer – Although most investments suitable for short-term goals do provide a high degree of preservation of principal, some of the issuers of these investments are stronger and more stable than others – and these strong and stable issuers are the ones you should stick with.

Ultimately, most of your investment efforts will probably go toward your long-term goals. But your short-term goals are still important – and the right investment strategy can help you work toward them.

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

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

Chicken Picatta

Hello hello my fellow chefs! Today's recipe is so Delicioso and easy. It's made in a large skillet with cover. The skillet I used was Teflon and I used aluminum foil to cover. So let's get started, this is what you will need.

- 8 chicken tenders
- 1 Egg
- 6 Tblsp. Lemon juice
- 1/4 cup butter (1/2 stick)
- 2 bouillon cubes
- 1/3 cup of flour
- 1/2 tsp. Garlic powder
- 1/2 tsp paprika
- 3/4 cup of boiling water

Best egg with 3 table-spoon lemon juice.

In separate bowl! Mix flour with garlic powder and paprika. Rinse chicken and pat dry with paper towel. Dip chicken in egg then dredge in flour mixture. Get all pieces done so you can put them in to fry all together and they brown at the same time. Fry over medium heat and then when nice and brown turn over.

Dissolve the 2 chicken bouillon in 3/4 cup boiling water and add the other 3 Tbsp lemon juice. When both sides are brown add



the bouillon and lemon mixture to skillet, cover and simmer 20 minutes, lowering heat to low.

In the meantime cook your mashed potatoes. I added 1 tablespoon of sour cream and mix well. Steam frozen or fresh green beans, drain and return to pan, then toss them with a hunk of butter, salt and pepper to taste and toss. When all is done, remove cover and serve.

That's it, a full course meal. Spoon a bit of the sauce over each piece of chicken when you serve. It sounds like a lot of work but it's not. You will be praised as a gourmet chef! The picture ended up my dinner and it was Delicioso.

I hope you enjoy this easy and different recipe, I know you will love it.

Till next time I'm signing off, Cin Pin.



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North East Motor Sports Museum Announces Benefit Motorcycle Ride

LINCOLN, NH – Officials with the North East Motor Sports Museum announced today they will be hosting their annual Gypsy Tour benefit motorcycle ride from Weirs Beach, NH along lake Winnepesaukee to New Hampshire Motor Speedway (NHMS) in Loudon, NH on Sunday, June 10, 2018.

Now in its 6th year, the non-stop motorcycle ride will depart Weirs Beach, NH at 10:30am. It will be led by the Laconia Police Department and wind its way along the shores of Lake Winnepesaukee and Paugus Bay to Laconia, NH. From Laconia, the group will ride south along Route 106 through Belmont, NH & Canterbury, NH to New Hampshire Motor Speedway in Loudon, NH. Once the group arrives at NHMS, they'll gather in a parking lot near the front of the NHMS Main Office.

Participants who are interested will be able to enjoy full access to the infield at NHMS as well as several guided laps of the 1.6 mile road course at NHMS in exchange for a \$10 p/p donation (note, helmets will also be required for the guided laps of the road course). Following the tour of the road course, riders will then have an opportunity to enjoy the vintage motorcycle races organized by the US Classic Racing Association (USCRA) for the remainder of the afternoon. The proceeds from the \$10 p/p donation will benefit the North East Motor Sports Museum

located just south of NHMS on Route 106 in Loudon.

As a special treat, long-time pro motorcycle racer (as well as NASCAR stock car & modified racer) Dale Quarterley, who will be serving as the Grand Marshal of the vintage motorcycle races at NHMS, will also join the group for the benefit ride from Weirs Beach to NHMS and on the guided laps of the road course.

Registration for the 6th annual Gypsy Tour North East Motor Sports Museum Benefit Motorcycle Ride will take place at the Laconia Motorcycle Week Headquarters tent located at the north end of the Weirs Beach boardwalk on Lakeside Avenue in Weirs Beach, NH from 9:30am to 10:15am on Sunday, June 10, 2018.

The organized ride will depart Weirs Beach for New Hampshire Motor Speedway in Loudon at 10:30am. Although there will be no charge to participate in the organized motorcycle ride from Weirs Beach to NHMS, a \$10 p/p donation will be required to enter the speedway to enjoy the guided laps of the NHMS road course and the vintage motorcycle races organized by the US Classic Racing Association.

For more information regarding the North East Motor Sports Museum and the 6th annual Gypsy Tour North East Motor Sports Museum Benefit Motorcycle Ride, visit http://www.nemsmuseum.com/articles.html?n_id=412

An Old Timer Tale

by Jim Hobbs

Lee Tegu and I used to go down to the railroad transfer station, just below the engine house on the south end of town. It was visible off the south side of the old "Dry Bridge". As soon as you crossed the bridge, back in the day, you were considered to be in "Stonerville". This was named after Dwight Stone who operated an early saw mill there and employed quite a few people. Mr. Stone built many of the houses in that area for his workers!

The transfer station was where empty freight cars from Holbrook Grocery or Armours Meat Co. would be organized so they could be sent back to their original sources. The workers lined the cars together that had to go back to the same location. An engine would later look to them and take them back!

Lee and I would look into all of the empty freight cars; knowing, someday, we would find something interesting. And, one day, we did just that. In the back corner of one empty car was a pile of newspapers. We knew something special was hidden there. We were right. As we quickly removed the newspapers we found a sleeping hobo! He didn't even wake up as we scattered out of the car!

The drive-in theater was just off the river side of the freight yard. And there was an interesting swamp between the two. I have a couple of stories about the swamp. Neither are all that interesting, but what the hell

... this is about old timer tales and I'm an old timer now, so bare with me.

The first swamp story is about me and an old classmate John Thornton. When we were in high school John had an old 38' Dodge and we would pitch together and come up with 50 cents which we would turn into a few gallons of gas (16 cents a gallon) and ride all night long, with plenty of gas left over, to last John the rest of the week!

There was a turn off on So. Court street just below the old Cottage hospital that took us back along the tracks to the swamp. John and I would con somebody into buying us a six pack of beer and off we would go with our fish poles, worms, and a Coleman lantern. This would be about 9 o'clock in the evening ... a nice warm summer evening, I might add.

This was long before the drive-in was built. We would fish by the hour, or until the beer was gone, which ever came first. And, sometimes, we even caught a horned pout, or two.

The other swamp story is about Lee Tegu and I. We constructed a raft out of material we would find in the empty freight cars. We had given up the wild dream of finding something valuable in them. Most of what we found was remnants of whatever had been shipped in them.

But, occasionally we would find pieces of wood that could be used to make our raft. When we would find something usable we would store it in the bush-

es on the south end of the swamp. We didn't want anyone walking away with our building material.

We finally gathered enough lumber, etc, and built our raft. It wasn't the most sea-worthy vessel you have ever seem, but it took us around the swamp a couple of dozen times before it finally went down and we had to swim ashore.

It was a tricky vessel to navigate. First we would push it out into the water from its hiding place. Then we would jump on. It would immediately sink but the water wasn't more than a foot deep there at the edge of the swamp. Two opposite corners of the raft would take on water. The best engineering wasn't used! The other two stayed out of the water. I was taller and a little bit heavier than Lee so I would walk about 3/4 of the way out toward the dry corner which would lower a bit. Lee would step onto the other dry corner, near the tip. It too would lower a little and the two wet corners would raise just out of the water and we were high and dry and ready to depart.

It was a tricky journey using poles to navigate around the swamp. Once in a while the pole would stick in the muddy bottom and one corner or another would take on water. ... usually mine!

But we were young and adventurous and a little water wasn't a concern. I imagine the rickety old raft is still on the bottom of the creek. I think the wash-off from Walmart empties into the creek now!

THEN

AND

NOW

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



The present "Bowling Alley" was a building from across the street. It was the Northern Supply Company. Charles Brady, a Wells River photographer, had the building moved to the area presently occupied by the Mount Gardner House that was lost to fire in October of 1886. The building at first was the Palace Theater, owned by Mr. Henderson who later built the Henderson Hotel and Theater, beside the present Bank of New Hampshire building.

Henderson moved the theater to the new building. In 1915 Mr. Richard Henderson sold the other building, across the street from the toll house for the Double Decker toll bridge. Mr. and Mrs. Charles Maccini were the new owners.

That was in 1915. In late 1915 the Woodsville Bowling Lanes opened it's door. It was operated by the Maccini's and Arthur Bagonzi until the bowling lanes was sold to the Armature family in 1984 and has changed hands a couple of times since. It is being offered for sale again by the latest owners.

The center picture of the early lane and pool tables was taken in 1944. The picture to the right is of the bowling alleys at the present time with the lounge extension where there is a pool table, dart boards, and a sports bar. Hopefully the bowling alley will continue and not add to the deteriorating business area of downtown Woodsville.



What About Ma?

by Kellie Quackenbush

About Getting Away

Spring has finally come and the last of the snow has left us. Now is the time when we need to take a break from the normal duties of daily life. For people who are caring for their aging relatives this is an even more urgent need. I am not saying that caretaker's are tired of their duties or that having a family member with a memory disorder or Dementia want to escape.

What I am saying, is that everyone who is a caretaker of aging relatives needs to take time for themselves away from the duties of care-taking. Care taker burn out is a real thing. I have tried to explain this to Ma's helpers on several occasions, taking a few days off or a week off is not a sign of weakness, it means that you have other interests to attend to for a bit. Taking time to focus on one of your interests is not a bad use of free time. Going away to travel and relax is an excellent use of time away from the norm.

What happens when people do not take vacation or time off for themselves?

They burn out. All of a sudden, they can not get along with you or your loved one. The special care that was a part of the established relationship goes away. The once dependable care-giver or helper starts being late, calling out or worse forgets to show up. The next thing you know they have quit because they did not recognize their burn out and did not take a vacation or break.

For family it is far worse, the daily grind creates a resentment. People start thinking that there is no way to get away or get help. The idea of their loved one going anywhere outside of the home frightens them. Without getting away or adding resources to the home care situation the risk of elder abuse grows. The fatigue and wear from the daily care duties can make even the most loving person break.

There is help, the key is not to be so proud that you do not take it. There are many sites online that offer solutions but I would suggest starting with services provided by (or recommended

by) the State Department on Aging, New Hampshire Area Agencies on Aging: <http://www.dhhs.state.nh.us/DHHS/BEAS/servicelink.htm>, or <https://www.payingforseniorcare.com/financial-assistance/vermont.html>

For some, there are adult day services that can provide a place to bring your senior with memory or mobility issues that will give a change of social surroundings to your loved one. Some even help with hygiene issues, like having a bath aid that can help your loved one in a bath or shower. One such place, the Oxbow Senior Independent Program is an adult day care center, located in Newbury, VT, has worked with the State of Vermont to get grants and is Medicaid approval.

Other options include respite care, a nursing home or rehab center will provide round the clock care for your loved one while you do spring cleaning, go visit relatives or take a real vacation. The options available but they do need to be researched and generally for respite care, you will need to plan in advance. In New Hampshire, the programs that have assistance are not local and the waiting list can be daunting. It is worth the effort, for everyone, to maintain a healthy loving relationship.

My Worst Day

by Elinor Mawson

I got the call early in the morning. It was the high school asking me to come to a meeting in an hour. I knew it was about our son Mark, but when I heard what they wanted, I was aghast.

Mark was plenty smart enough, but he hated school. He had always had a problem, mostly with behavior, which resulted in poor grades and a lot of meetings with his teachers. We had anguished over his attitudes, and even consulted doctors and other professionals which ended up with a lot of advice but not many results.

The high school had one request that day. Take him out of school. They claimed that he would come into school, stay through attendance and morning exercises, and then disappear until it was time to get on the bus for home.

I was amazed! We knew he got himself up in the morning and heard him leave. I was always there when he got home. He claimed to do his homework in study hall. But lately he hadn't brought home his report card and there was no way we could convince him to find it.

I told the people at school I would guarantee that Mark would finish out the year, even if I had to take him by the ear and stay with him for the day. They reluctantly agreed and I went home in tears.

I went to bed that morning, and cried for the rest of the day. I could see him drowning with no one to

save him. I hadn't the foggiest idea what we would do with him.

When my husband got home I told him what was going on, and his answer was the last thing I wanted to hear: "It's not the end of the world."

Mark finished out the year. I didn't have to accompany him; we had told him in no uncertain terms that he had to be there. Meanwhile, I agonized over how we had come to this fork in the road, how we had allowed him to get to this situation. Yes, he had been difficult for most of his school life, But we had tried our hardest (we thought) to guide him through the right path. I was guilt-ridden for years.

Mark found a job in the concrete industry and learned the trade. It was hard work and he lived through some bullying by the guys he worked with. Nine years later, when I was teaching Adult Ed, he came to my class, took the exam and got his GED.

He got married and divorced, fathered three daughters, and has continued working with concrete. He can make beautiful chimneys, walls and floors. He is in a long-term relationship.

He is also a reader, can tell a wonderful story, and has a myriad of friends. He likes to cook and he loves the outdoors.

Yes, quitting school was not the end of the world.

But the day I went to the meeting and "faced the music" was the worst day of my life.

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

May 15, 2018

Volume 9 Number 16

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Tuesday – Friday 9:00 am - 5:00 pm

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Herbal Remedies For Pets

Our pets usually need more nutrition than is found in common commercial animal foods. Most pet stores are derived from low quality ingredients rejected for human consumption. Pet foods that are advertised as "Complete and Balanced" are regularly based on uncertain minimum nutrition requirements designed only for adequate health, not optimal health. We have come to accept canned and dried foods as being normal, but many vitamin and mineral nutrients are lost through "mix-master" processing that relies heavily on chemical additives to make the food palatable and the shelf life long. Veterinarians today are seeing an abundance of premature and chronic health problems that seem to stem from substandard, low quality, processed foods.

Chemical additives (many known to be toxic) can be legally included in animal foods. Some of the worst offenders, present in virtually every supermarket pet food include: sodium nitrate, red dye #40, BHA, BHT, MSG, sodium metabisulfite, artificial flavorings, propylene glycol and ethoxyguin. Salt is used as a preservative in pet foods, which can irritate the intestines and contribute to high blood pressure and heart disease in pets. Sugar is a frequent additive, and causes animal problems like hypoglycemia, overweight, nervousness, cataracts, tooth decay, arthritis and allergies, because sugar drains nutrients from the body. It is recommended to use chemical-free pet foods

found in health food stores. Several veterinarians that use natural healing methods on pets and advise us, feel that many of today's pet ailments are a result of chemical laced foods and environmental pollutants... just like people.

Animal's bodies rely on enzymes even more than ours. It's the reason some animals, even some whole breeds, tend to eat waste excrement – for the enzymes. Besides being the driving force behind all life processes, enzymes are responsible for keeping internal systems working. A lack of sufficient enzymes promotes degenerative disease. Almost all pet food is cooked, pasteurized, canned or micro waved, which means most enzymes are destroyed. Uncooked, whole foods contain enzymes, as well as vitamins, minerals and chlorophyll, so it is important to add some fresh greens and vegetables to an animal's diet.

Herbs and homeopathic medicines can help maintain pet health.

Herbal remedies have proven very effective for animal illness, and are successful as gentle, non-toxic aids in maintaining animal health. Herbs are, of course, food source supplements and can be used efficiently and easily by an animal's system. Natural therapies create an environment in which the animal's body can support its own healing functions, especially with the aid of a good diet. Both dogs and cats are comfortable taking herbs internally as pills, powders, teas and

tinctures. The trick, is knowing how to give them quickly and with a minimum of fuss. Oftentimes they will lick and eat herbs as they do foods, or they will take them as "treats." Be careful that the base/solidifying/emulsifying ingredients that you use for ointments, salves and other topical applications are safe for ingestion since most animals will try to lick them off. How to give Tinctures, Extracts, Syrups and Liquids to cats and dogs:

Pry open mouth by firmly grasping the animal's upper jaw with one hand and inserting thumb and a finger in the gap between the teeth. Tilt the head back slightly. Most animals will relax their mouths slightly at this point so that you can pour the liquid with a spoon or dropper between the teeth, letting the liquid run down the throat. Stroke the throat to make the animal swallow. If there is resistance, wrap the animal in a towel, or get someone to hold it if it backs away. Teas and other therapeutic drinks, such as protein drinks or chlorophyll liquid in water, may be simply given in a bowl to be lapped up; both cats and dogs will usually drink enough of the mixture naturally throughout

the day for the therapeutic effectiveness. If there is resistance, spoon or eyedropper it into the mouth. Always be gentle and speak positively during the process so the animal doesn't feel frightened and anxious. How to give Pills and Capsules to cats and dogs:

Open the mouth as described above for giving liquids. Hold the pill between the thumb and the forefinger and keep the lower jaw pressed down with the other fingers. Quickly place the pill on the back of the tongue and push it as far back into the throat as you can. Hold the muzzle shut and stroke the throat so the animal will swallow.

** Remember that dosage for herbal and natural medications is by body weight, as it is for humans, animals seventy pounds and over can usually take the same amount as an adult human, half doses for 30 to 65 pounds, quarter doses for 15 to 25 pounds, and eighth doses for babies and very small animals.

Overcoming Animal Arthritis

Arthritis and other joint problems are more common in dogs than in cats. Most cases could be prevented if female dogs are fed properly during pregnancy. Herbs can support body cleansing,

detoxification and improvement of body chemistry; they can dissolve and flush out inorganic mineral deposits, and help replace them with non-mucous forming nutrients. Where serious inflammation is evidence that the animal is not producing enough natural cortisone, herbs are particularly effective for adrenal gland nourishment. Many herbs are high in vitamin C and organic silica for the rebuilding of healthy collagen and tissue. Even in advanced and chronic cases of pain,, inflammation and joint degeneration, with major digestive disorders and attendant toxic syndromes of depression and exhaustion, diet and herbs can effect improvement.

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. 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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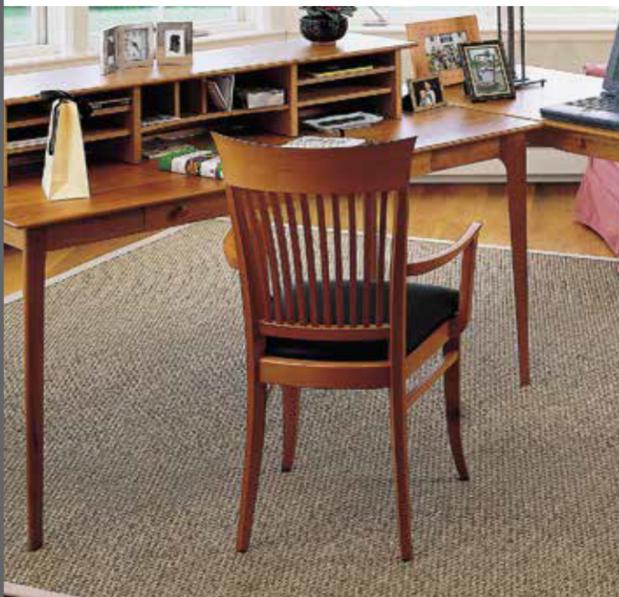
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