

A FREE PUBLICATION

Autumn Arrives!

Next Issue: Tuesday, October 2

Deadline: Thursday, September 27

TRENDY



TIMES

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SEPTEMBER 18, 2018 VOLUME 9, NUMBER 25

Celebrate Autumn in Sugar Hill: September 29-30

Come join this annual celebration in the center of Sugar Hill. The Open-Air Market, Sugar Hill Library Book Sale, and Historical Museum open at 10 am and the festivities continue through 3:30 pm each day. At the open-air market, you will find over 50 vendors (with 10 new faces) offering a wide variety of items from Apples to Pallet Furniture. Artisans will be demonstrating their craft, feel

free to pull up a chair and chat. The Museum's exhibit, "It's About Time" explores timepieces through the years. During the weekend, White Mountains Helicopter will be offering air tours of Sugar Hill's Autumn Foliage.

At 10:30 am on Saturday, Holly Hayward of Sugar Hill Botanicals is speaking on Lyme Disease and herbal treatments. At 11:30 am, Sandy Stott will speak about his recent book, Critical Hours: Search and Rescue in the White Mountain. Dale's Auto Body and Schofield's Septic Service generously sponsored these events. Crosstown Motors of Littleton is sponsoring Saturday's free concert at 1:30 pm. The Vermont Fiddle Orchestra plays toe-tapping music in hopes that you can't sit still and have to move to the music. This community orchestra is more than fiddles with musicians of all levels playing traditional New England music

on several instruments.

On Sunday at 11:30 am, Michael Bruno shares from his new book, Cruising NH History: A Guide to New Hampshire's Wayside Historical Markers. He visited and researched the story behind all of NH's 225 markers. In 2017, he sponsored a new marker in Bethlehem for Frances Glessner Lee's contribution to the study of forensics. Sunday at 1:30 pm, join us for a free concert by Uncommon Folk, as they play their favorite folk music with a bit of Bluegrass & Country, all intertwined with laughter. Thanks to Peabody Smith Realty for their sponsorship.

A celebration needs food and we have plenty. Youth Movement 360 is returning with their fund-raising lunch tent offering Hot Dogs, Brats, Homemade Chili and Homemade Mac 'n Cheese. This year, we are thrilled to welcome Smiley's Snack Shack from North Woodstock, NH



with their varied menu that includes Fried Haddock Sandwiches. Autumn needs Windy Ridge Apples and Cider Donuts, you'll find those in the meetinghouse. Mountain View Kettle Corn returns and brings their Cranberry-Apple Compote.

Each year, White Mountain Gourmet Coffee comes to Sugar Hill with their freshly ground coffee. Stop by for a free cup of coffee or try a Latte, Espresso, Cappuccino or Hot Chocolate made with

local Hatchland Farm milk. Every cup is free with donations accepted for a special cause. Last year's donations of \$575 were donated to rural communities in Montana devastated by drought and the Lodgepole Fire that burned over 270,000 acres.

The Autumn foliage should be colorful for the weekend celebration. We hope you visit Sugar Hill to join the festivities between 10 am and 3:30 pm on September 29th and 30th.



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TRENDY Dining Guide

Tuttles Family Diner

by Gary Scruton

One of the great aspects of eating at a local diner is that there is a good chance you will see someone you know. Whether it is the waitress or owner, or perhaps even one of the other patrons, chances are good that someone you know will also be there and it may often lead to an opportunity for a chat.

We were lucky enough to get one of each on our recent stop to Tuttle's Family Diner on Main Street in Wells River. Jennifer Tuttle is not only one of the owners, but she also makes a great waitress. On this day she was taking care of most of the patrons in the diner including Janice and I who found a table to serve as our eating location. Tuttle's fea-

tures a rather long counter area with the old fashioned swivel stools that cuts back and forth to maximize the space. But we like a table so that's what we took.

When Jennifer came over to our table she started with the day's specials. We had seen the sign when we walked in and I was all set to order the meatloaf. This is one of my favorite dinners. But Jennifer quickly told me that while they still had plenty of meatloaf, they had run out of the homemade gravy that goes with it. With that information I thought a while longer and upon her return I still wanted to try the meatloaf. Again she hesitated and went to see if there was another gravy available. Her husband Aaron, the cook, was even more hesitant to serve the special without his

very special topping. I finally did agree and instead ordered the seafood salad roll with onion rings.

Janice was much less of a problem and decided to order a roast beef club sandwich. We also both ordered a cup of coffee, and I checked with Jennifer to see what was available for pie.

When our meals arrived Janice's sandwich arrived it could only be described as huge! Packed with roast beef along with lettuce, bacon and tomato it needed the toothpicks to keep it from falling apart. I am told that the taste equaled the appearance.

My roll was obviously from the same kitchen. I used my fork to eat much of the salad before I could even think about picking up the roll to eat it with the old

fashioned "hand" method. It was no surprise that the taste was also equally huge. Plenty of seafood along with just enough celery to give it some snap without taking over the taste. I should mention also that the onion rings were nicely sized and very well battered. Sometimes onion rings have only a small coating, these had a much bigger coating, were cooked so that the onions were done, and as with the other dishes, tasted just great.

My surprise with this meal came when Jennifer came out with another small plate that had a piece of meatloaf. She realized that I had really wanted to try it and she did not want to disappoint. Even without any gravy it was outstanding. It appeared to have some small chunks of tomato, and though I am not a fan of tomatoes, this meatloaf was no where near disappointing.

Even with all that food we managed to hang around long enough that I made room for a piece of pie. Jennifer had mentioned that they had apple or mixed berry. I went with the latter. When it arrived (you guessed it), the size was bigger than I ex-

pected. It appeared to be almost twice the size of a normal eatery served piece of pie. We were also informed that Jennifer's mother was the baker of this delicious dessert.

Our meal was finished off by a chat with one of the regulars at Tuttle's. A well known Wells River resident who accepted our invitation to sit down after he had finished eating at the counter. What an enjoyable meal and atmosphere.

The total for our meal was \$29.43 before tip.

September 18, 2018 Volume 9 Number 25

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



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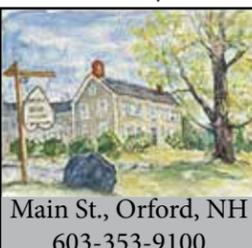
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Littleton Food Co-op Announces Partners of the Month for 2019

Every year the Littleton Food Co-op community chooses 11 local chapters of non-profit organizations or community projects, doing wonderful local work, for fundraising partnerships. One month is reserved for our local food pantries and this year the Healthy Food Access program of New England Food Co-ops will have a month for scholarship fundraising.

During our second annual Partner of the Month Fair 28 organizations vied for the 10 remaining slots. Community members were able to meet local representatives and learn more about each potential partner. Littleton Food Co-op customers and

employees have voted for the following partners for 2019:

- Boys and Girls Club of the North Country
- Second Chance Animal Shelter
- The Bancroft House
- Littleton Dog Park
- Mt Eustis Ski Hill
- North Co. Beekeepers
- Bethlehem/Parker Mtn Trails
- Adaptive Sports
- Littleton Studio School
- Believe in Books

The Partner of the Month program raises public awareness, provides education and promotes funding for local non-profit organizations. As the Littleton Food Co-op's Partner

of the Month, organizations receive customer donations collected at the checkouts and \$1 from every pizza purchased during Pizza for Partners Friday nights.

Member-owned Littleton Food Co-op serves the community by providing high quality food, offered at a fair price, with outstanding service. Everyone is welcome to shop and anyone is welcome to join.

Located at the intersection of Cottage Street and Route 302 (exit 41 off I-93), the Littleton Food Co-op is open daily, 7 a.m.-8 p.m. For more information or to become a member, please visit www.littletoncoop.com, call 603-444-2800 or just stop by!

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Recovery Walk & Candlelight Vigil

Please Join Us for Our Annual Recovery Walk and Candlelight Vigil! Saturday, September 22, 2018

The walk begins at 11:00 a.m. from the Kingdom Recovery Center* located at 297 Summer St. in St. Johnsbury. Walk with us to St. Johnsbury Court House Park for speakers, awards, live music and BBQ with Hamburgers, hot dogs, salads, ice cream and other desserts.

Guest speakers will include Senator Jane Kitchel, and participants from Bess O'Brien's Writers for Recovery group who will share their poems. In addition, you will hear stories of strength and hope from people in recovery.

Music will be provided by Tattooed Saints

*Sign making begins at 10:30 at Kingdom Recovery Center 297 Summer St.

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One Vote Made the Difference!

Lawmakers in the NH Senate and NH House recently gathered in Concord to act upon Governor Sununu's veto of SB 365. The bill is extremely important to NH's biomass industry, logging and forestry companies, sawmills, suppliers and service industries that support the \$1.4 billion forest industry and farms that rely on wood ash used to renew soil fertility. Wood ash is the best source of organic potassium and is a fast acting resource used to quickly raise soil ph.

Upon entering the House Chamber on Veto Day, elected officials had a strong sense that the necessary 2/3's override vote would be reached in the Senate. Representatives, on the other hand, questioned if the necessary votes to override the Governor's veto could be found in the House. As the day moved forward, the climate in the House became hot, humid and tense.

The debate was well orchestrated by those opposed to and supporting

the Governor's veto. The balcony was crammed full with folks representing the forestry and farm industries. Concern and worry reflected on most everyone's face. Not to override the veto successfully would have a huge impact on jobs, the economy and our future. Much was at stake!

The NH Timberland Owners Association and many folks employed in NH's forest industry were well represented outside the building and throughout the capitol's historic halls. Everyone knew that forestry is the third-largest industry in New Hampshire, and if the Governor's veto could not be overturned, the forest-industry would quickly be a thing of the past. The impacts from such a loss would negatively impact private land ownership, functioning biomass power plants, the tourism and recreation industry, equipment suppliers and our agricultural community. Opponents of HB 365 attacked the bill from the perspective

that the 6 biomass power plants scattered throughout NH should not be supported or subsidized by the state or taxpayers, but those supporting the override, continued to emphasize that every year, the six plants and timber industry provide \$254.5 million in economic activity.

When all was said and done, the vote silently occurred in the hot, mid afternoon hours. The effort to override the Governor's veto just squeaked by with the narrowest 2/3's margin, 226 to 113. We didn't have a vote to spare. Of our Grafton County representatives, 23 voted to override while 1 vote was cast in support of the veto. Today's vote virtually saved 930 biomass industry jobs in NH and reaffirmed the importance of this industry to our way of life and economy. NH is the 2nd most forested state in the nation and through wise forest management and land use, we will continue to use 40% of all cut wood to generate biomass energy and for all those who work in our forests and related jobs... thank you.

Respectfully Submitted,
Rep Rick Ladd, Chairman
House Education

Woodsville High School Open House

The Entire Community is Invited! Join Woodsville High School for a special Open House with WHS students and staff hosting a big party with local business leaders and community members. We will also be having tours of WHS, Ukulele lessons and a special presentation by the WHS Spirit Squad!

Food and Beverages will be for sale with Vin Dog's Concessions and Catering, Yeoman Brewing Company, Lily B's Cupcakes & Gather Together Café.

* Cottage Hospital, the Teen Institute, Jo Lacaillade

from Haverhill Happenings - NH, North Country Health Consortium will be there.

The Open House will take place on Wednesday September 19th from 6:30 until 8:00 PM.

Woodsville High School is also looking for ENGINEER MASCOT applicants! Come to home games and events to support our school! Show your school spirit! There is a legit brand-new mascot costume for you. If you're interested and do NOT play basketball see Mrs. Youngheim or Mrs. Marston. We're looking for TWO students!

Haverhill Historical Society's Summer Speaker Series

Haverhill, NH – The Haverhill Historical Society has received a grant from New Hampshire Humanities to offer "Wit and Wisdom: Humor in 19th Century New England", presented by Jo Radner of Lovell, Maine. Her presentation will take place on Tuesday, September 25 at 7:00 PM at Alumni Hall, 75 Court St. in Haverhill Corner.

Admission is free and open to the public and the venue is handicapped accessible.

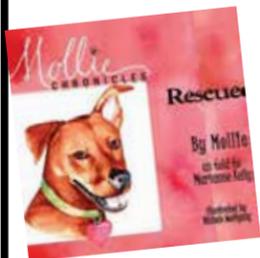
Whatever did New Englanders do on long winter evenings before cable, satellite, and the internet? In the decades before and after the Civil War, our rural ancestors used to create neighborhood events to improve their minds. Community members male and female would compose and read aloud homegrown, handwritten literary "newspapers" full of keen verbal wit. Sometimes serious, sometimes sentimental, but mostly very funny, these "newspapers" were common in villages across Maine, New Hampshire, and Vermont and revealed the hopes, fears, humor, and surprisingly daring behavior of our forebears. Jo Radner shares excerpts from her forthcoming book about hundreds of these "newspapers" and provides examples from villages in your region.

Storyteller Jo Radner received her PhD from Harvard University. Before returning to her family home in western Maine as a freelance storyteller and oral historian, she spent 31 years as professor at American University in Washington, DC, teaching literature, folklore, American studies, Celtic studies, and storytelling. She has published books and articles in all those fields and is now writing a book titled "Performing the Paper: Rural Self-Improvement in Northern New England," about a 19th-century village tradition of creating and performing handwritten literary newspapers. She is past president of the American Folklore Society and the National Storytelling Network.

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Thank You To Grafton County Voters and Supporters

Dear Grafton County Voters and Supporters:

I want to express my heartfelt and sincere thanks to everyone who voted in last week's NH Primary Election: the voters of Grafton County came out in big numbers (despite the rain) and have made it clear that they want to continue the terrific progress that has been made over the past decade by our current County Attorney Lara Saffo, and that they want an experienced litigator to lead the County Attorney's office.

Last week's election was a big win, not only county-wide, but also in each of Grafton County's 32 towns.

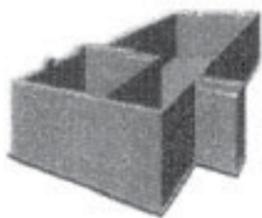
The preliminary primary election results are 5,935 to 1,872. Many more voters turned out in this year's NH State Primary than in 2016 which is great news for the November 6th mid-term elections.

Congratulations to all of my fellow Democratic Primary Election winners.

I want to especially thank what I guess I'll call TEAM MARCIE – all of you incredibly dedicated, grassroots volunteers who worked tirelessly over the past two plus months to help make yesterday's win a reality.

You just rolled up your sleeves and did the hard work of helping me get my vision and focus for the County Attorney out to our neighbors and friends and then worked even harder on Election Day to get the votes out. During this campaign you all made phone calls, sent emails, posted on social media, designed logos, banners, signs and mailers, met voters, put up campaign yard signs, held house parties, made donations, and worked both night and day to help get my message to the voters. Your hard work really paid off. Thank you all

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Laughter, Shots, Poison & Talent at OCT

The current production at Old Church Theater is listed as a murder-mystery. But after watching it on opening night I think it is much more a comedy. Sure one person (actually two) die, but not without plenty of laughs from the crowd.

As with most plays the laughs that are garnered during the production need to be attributed to the playwright. After all it is his, or her, words that create the scene and offer the chance to laugh. But without a cast of characters who know how to deliver those lines, and how to wait until the laughter has stopped before proceeding, then the best words in the world still do not work. I must say that once again the those chosen for these parts fit them wonderfully well.

The lead for "As Long As We Both Shall Live" is a young and energetic Mikaela LaCombe. She plays the part of Abby with gusto, a free spirit, and the ability to switch gears from humor to pondering with believability.

The other female on stage was Marcela Williamson as the somewhat stuffy and elite Mrs. Wilcox. The voice she used throughout the performance was right on the mark. Her wardrobe was also spot on for the part

she was playing.

In regards to the men on stage it should be lead off with Brian Bevacqua who portrayed as many roles as the entire remainder of the cast. (And he did it handsomely as well). Brian also needed an accent for his parts of Raul and Paul. On opening night Brian was also thrown a bit of a curve as one of his props failed to work properly. But both Brian and the remainder of the cast handled it well and moved along the story.

The fourth member of the cast was Brendon Chadwick. The playbill lists him as playing Reverend Mountain. But don't be fooled, his biggest task was playing "the man scared of the dark". And he nailed it. A clap here or a clap there put him into a panic while he stayed in character (whomever that may have been).

The cast was rounded out by Ken Hullivan who had the honor of playing the man in charge, one James Wilcox. From drinking champagne to smooching with one (or maybe two) of his co-stars, Brian completed this cast that performed so well.

There also needs to be some credit for this production given to the directors, Athene Chadwick and Ken Hullivan. There is no doubt that much practice time went into some of the scenes of this play. There was coordination between actors as well as with sound effects and lights.

The crowd on opening night for this production was close to a sell out and interacted with the actors on stage as it was meant to be. It was an enjoyable evening of entertainment that should be enjoyed by anyone who likes live performances.

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AUCTIONS

Public Auto Auction
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Wed., September 19 @ 9AM (Register from 7:30AM)
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- | | | |
|--------------------|-------------------------|-------------------------------|
| '11 Ford Escape | '09 Saab 9-3 | '07 Keystone Montana |
| '11 Hyundai Sonata | '09 Subaru Impreza | Mountaineer 32PRD |
| '11 Saab 9-5 | '08 Ford Edge | '07 Mitsubishi |
| '10 Chevy Impala | '08 Ford Explorer | Outlander |
| '10 Hyundai Sonata | '07 Chevy TrailBlazer | '07 Pontiac Torrent |
| '10 Jeep Compass | '07 Chrysler PT Cruiser | '07 Toyota RAV4 |
| '10 Toyota Camry | '07 Ford Edge | '06 Chevy Malibu |
| '10 VW Jetta | '07 GMC Sierra 1500 | '06 Honda CR-V |
| '09 Chevy Impala | '07 Honda Fit | AND MORE! |
| '09 Mazda 5 | '07 Honda Pilot | <i>List Subject to Change</i> |

Firearms & Sporting Related Auction

Onsite & Online: Saturday, Sept. 29 @ 3PM
131 Dorset Lane, Williston, VT

A good selection of collectible and sporting firearms, including long range rifles and Colt snake guns, ammunition, vintage U.S. War posters, collectibles and sporting accessory items.

Handguns by Colt, Caspian Arms, Sturm Ruger, Smith & Wesson, Sig Sauer. Dudley Portsmouth Flintlock Pocket Pistols

Long Guns by Time Precision, Winchester, Remington, Anschutz, Browning, Bushmaster, Enfield Rifle, Marlin, Mossberg, Parker Hale, Savage, Springfield, Stevens, Strum, Universal AND MORE

Collectibles & Other: Vintage U.S. War Posters, Benchmade Bali-Song Butterfly Knives, Crimson Trace Laser Grips, New England Firearms Tranquilizer Dart Gun, Dillon Reloading Press, Mounts, J. Unertl Scope, Collectible and Contemporary Ammunition, Air Guns, Wood Snowshoes, U.S. War Office Lithographs AND MORE

Partial list, subject to change. All sales subject to current federal regulations. FFL or NICS check required for all modern and C&R firearms. See THCAuction.com for further information.

Thomas Hirchak Co. • THCAuction.com • 800-634-7653 • (NH#2661)

Not all Times are Trendy, but there will always be Trendy Times
September 4, 2018
Volume 9 Number 24

Calendar of Events

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

MONDAY-FRIDAY, SEPTEMBER 17-21

FREE CLOTHING EVENT
10:00 AM - 6:00 PM
Warren, NH Town Hall

TUESDAY, SEPTEMBER 18

CREATING CONNECTIONS THAT COUNT
6:30 - 7:30 PM
Haverhill Cooperative Middle School

WEDNESDAY, SEPTEMBER 19

OPEN HOUSE
6:30 PM - 8:00 PM / See Article on Page 4
Woodsville High School

THURSDAY, SEPTEMBER 20

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

FRIDAY, SEPTEMBER 21

SPAGHETTI DINNER WITH BOB GUIDA
5:00 - 7:00 PM / See Article on Page 8
American Legion Hall, 37 Main Street, Ashland

RODNEY CROWELL CONCERT

7:00 PM / See Ad on Page 9
Fuller Hall, St. Johnsbury Academy

AS LONG AS WE BOTH SHALL LIVE

7:30 PM
Old Church Theater, Bradford
See Article on Page 5 and Ad on Page 8

SATURDAY, SEPTEMBER 22

BAKE AND YARD SALE
9:00 AM - 1:00 PM
Bath Historical House, On the Common

FALL FESTIVAL

9:00 AM - 2:00 PM
Newbury Congregational Church, Main Street
See Ad on Page 9

FREE CLOTHING EVENT

10:00 AM - 12:00 NOON
Warren, NH Town Hall

RECOVERY WALK & CANDLELIGHT VIGIL

11:00 AM
Kingdom Recovery Center, St. Johnsbury.
See Article on Page 3 and Ad on Page 16

HOGWARTS HOMECOMING

1:00 - 4:00 PM
Alumni Hall, Haverhill Corner
See Ad on Page 7

TURKEY DINNER

5:00 PM
East Concord, VT Methodist Church

ROAST BEEF DINNER

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

AS LONG AS WE BOTH SHALL LIVE

7:30 PM / See Article on Page 5 and Ad on Page 8
Old Church Theater, Bradford

SUNDAY, SEPTEMBER 23

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
American Legion Post 30, Route 5, Lyndon

ACOUSTIC MUSIC JAM

12:00 Noon - 4:00 PM / See Ad on Page 4
Clifford Memorial Building, Woodsville

AS LONG AS WE BOTH SHALL LIVE

4:0 PM / See Article on Page 5 and Ad on Page 8
Old Church Theater, Bradford

MONDAY, SEPTEMBER 24

SOBER THOUGHTS
5:30 - 6:30 PM
Woodsville High School

TUESDAY, SEPTEMBER 25

WIT AND WISDOM: HUMOR IN 19TH CENTURY NEW ENGLAND
7:00 PM
Alumni Hall, 75 Court St. Haverhill Corner
See Article on Page 4

THURSDAY, SEPTEMBER 27

NEKO CASE CONCERT
7:00 PM
Fuller Hall, St. Johnsbury Academy
See Ad on Page 9

FRIDAY, SEPTEMBER 28

ATHENAEUM GAME NIGHT
6:30 PM
St. Johnsbury Athenaeum

SATURDAY, SEPTEMBER 29

CHICKEN PIE SUPPER
5:00 PM First Setting
North Danville Baptist Church
See Ad on Page 3

SATURDAY & SUNDAY, SEPT. 29 & 30

SUGAR HILL'S AUTUMN FESTIVAL
10:00 AM - 3:30 PM
Route 117, Sugar Hill
See Article on Page 1 and Ad on Page 9

SUNDAY, SEPTEMBER 30

BENEFIT TEXAS HOLD "EM POKER
11:00 AM Cash Game - 1:45 Tournament
American Legion Post 30, Route 5, Lyndon

MONDAY, OCTOBER 1

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

VERMONT READS: BREAD AND ROSES, TOO

6:00 PM
St. Johnsbury Athenaeum

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 JOHN SBURY
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
RSVP BONE BUILDERS --
8:30 - 9:30 -- Monroe Town Hall

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

RSVP BONE BUILDERS

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

TOPS (Take Off Pounds Sensibly) --
Weigh-in @ 6:00 p.m., meeting @ 6:30

-- Monroe Public Library

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

Activities for September, 2018
Lunch is served daily at 12:00, except when noted

CLOSED ON SEPTEMBER 28, Employee Safety Day
Breakfast Buffet: Every Tuesday @ 8:30-10:00
*Meals are available M-F for home delivery.

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

SPECIAL DAYS:

Basic Quilting Class
Wednesdays starting @ 1:00
OSHER at Dartmouth presents the following classes:
"Abraham Lincoln's Kingdom of God" Taught by Dave Pruitt Tuesdays Beginning Sept. 18th -Nov. 6th at 9:30-11:30
"Thomas Hardy" Thursdays Sept. 30-Nov. 8 @ 9:30
"Dante's Commedia" Oct. 3rd-17th @ 2:00
ENTERTAINMENT: Starts between 11 & 11:15
Phyllis: 9/25
The Boy-z: 9/19
Ethel Cooper: 9/20, 9/26
Wayne Klinger: 9/19, 9/24
Barry Hayes: 9/27

CLINICS:

No "Senior Feet" Clinic this month
ON-GOING ACTIVITIES:
Movie Time Wednesday 9/19 at 1:00:
Bone Builders: Mondays, Wednesdays & Fridays @ 9:30, Tuesdays and Thursdays @ 1:00
Grief Support with Florence, Mondays at 10:30 in the library
Interfaith Fellowship & Coffee beginning at 9:30 on 9/18 w/ Pastor Wayne Chevalier. All welcome!
Hearts & Hands Quilting: Mondays @ 1:00
Nifty Needlers: Tuesdays 9:00-2:00
Writers Group: Wednesdays @ 10:30
Bingo: Wednesdays @ 1:00
Mahjonnig: Every Friday @ 10:30
Cribbage: Thursdays @ 12:30
Hand & Foot Card Games Mondays @ 12:30
*Also, Please think about volunteering here at Horse Meadow or delivering meals!

ATTENTION ROSS-WOOD UNIT #20 AUXILIARY MEMBERS
2019 DUES ARE \$25.00 for SENIORS \$7.00 for JUNIORS.
National has gone up so we have to, also.
MEMBERSHIP CHAIRMAN

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

The Bath Library Book Club will be discussing "The Story of Charlotte's Web", by Michael Sims, on Thursday, October 11th at 5 pm at the Bath Public Library.

Michael Sims chronicles White's animal-rich childhood, his writing about urban nature for the New Yorker, his scientific research into how spiders spin webs and lay eggs, his friendship with his legendary editor, Ursula Nordstrom, the composition and publication of

his masterpiece, and his ongoing quest to recapture an enchanted childhood.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays and Thursdays 9:00am to noon and 1:00 pm to 5:00 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

Let's Knit Together

Come join the fun at the Bath Public Library's - "Let's Knit Together" a day for yarn enthusiasts to share what they love about yarn crafting, on Thursday, October 4th from 2 pm to 4 pm.

Who can come? Adults of all ages, this free program is open to the public. This is a drop-in workshop, no registration necessary. Please bring your own materials.

Yarn crafts are not only meaningful and fun, but they provide numerous health benefits too. Studies have shown that knitting and cro-

chet can help reduce stress and provide a sense of pride and accomplishment. The crafts can even help with pain management.

Gayla, our local knitting enthusiast, will share her love of knitting and offer assistance to new and experienced yarn crafters. If there is sufficient interest the library is happy to host a bi-monthly knitting session.

Stop by the Bath Public Library for more information. Contact us at bathlibrarykjb@gmail.com or call 747-3372.

Save Your Local Receipts and Win With Chamber Cohase Cash Contest

The Cohase Chamber of Commerce is once again pleased to announce its Cohase Cash contest and the chance for participants to win \$100 to be spent at a local Chamber business. The contest seeks to encourage participants to shop locally and to reward those that do.

To enter, participants must send in one (or more) receipts from local member businesses or organizations. Each receipt counts as another entry into the contest. The only restriction is that each receipt must be from a different member business or organization.

Copies of receipts can be texted to (802) 518-0030, emailed to cohasechamber@gmail.com, uploaded at the Chamber WEB site at www.cohase.org or mailed to Cohase Chamber of Commerce, PO Box 35,

Wells River, VT 05081.

All types of receipts or proofs of purchase are valid including not only retail receipts but restaurant receipts, ATM receipts, receipts for business or personal services, farm shares and farm product purchases as well as donations to member nonprofit organizations. The entry deadline is September 29, 2018 and the winner will be drawn on Saturday, October 6, 2018.

Winnings must be spent at one or more Chamber member businesses. Past winners have included Angela Cottrill of Bradford, VT and Laura Tucker of Fairlee, VT. For full contest details, instructions for entering without a purchase and a listing of over 170 Chamber member businesses, please visit the Chamber WEB site at www.cohase.org.

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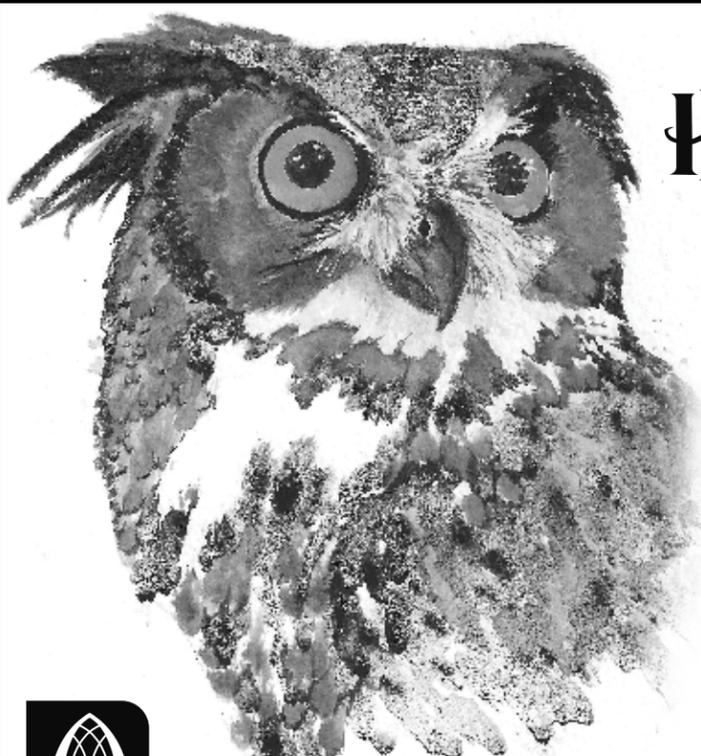
Erik A. Volk, Auctioneer - VT License #057.0132758 - NH License# 6176

FUNTIME TRAVELERS

603-991-7517
Littleton, New Hampshire
DAY TRIPS - OVERNIGHT TRIPS
www.funtimetravelnh.com

American Cancer Society Day Trip
To Benefit the Caledonia Relay for Life "Zachary's Angels"
SUNDAY, AUG 12, 2018
\$75/Adult \$70/Ages 12 & Under

Cathedral of the Pines Day Trip
Rindge, NH
THURSDAY, AUG 23, 2018
\$75 per person



Hogwarts Homecoming

SEP 22 | 1-4PM

A celebration of magical fun for wizards and muggles. Offerings include live owls and the snakes of Slytherin house, Marko the Magician, Quiddich, and a HORCRUX SCAVENGER HUNT.

Take a stroll down Diagon alley for treats from Honeydukes, find your wand at Ollivander's, take a potions class and much more!

Tickets: \$10 at courtstreetarts.org



Court Street Arts
at ALUMNI HALL

75 COURT STREET, HAVERHILL, NH | WWW.COURTSTREETARTS.ORG

Northeast Motor Sports Museum To Host Legends Day

(Loudon, NH) On Saturday, September 29, 2018 at 12:00 Noon, in a ceremony that's open to the public, the North East Motor Sports Museum in Loudon, NH will honor three of drag racing's most prominent New England participants. Jack Doyle, Jimmy King and Al Segrini will each see a banner honoring them unveiled from the museum's ceiling. The banners will be a permanent part of the museum. Jack Doyle was a founder of New England Dragway and served as its first General Manager. A life-long

supporter of the sport, Doyle has been a driver, engine builder, car owner and a member of the Dragway's Board of Directors.

Jimmy King was one of the area's most successful Top Fuel drivers. He also raced Funny Cars and survived a horrific fire in one of them. Best known as the King & Marshall dragster driver, King was a winner on the local and national stage.

Al Segrini's record includes five wins in National Hot Rod Association (NHRA) National events as well as two International

Hot Rod Association (IHRA) National events. As a New England-based Funny Car driver, Segrini has the best record of any New England Funny Car driver.

Tickets to attend the Drag Racing Legends Day ceremony are priced at \$25.00 for museum members and \$30.00 for non-members. Tickets are available for purchase at the North East Motor Sports Museum on Saturday & Sunday, September 15 & 16, 22 & 23 and the day of the event, September 29, 2018. Lunch and soft drinks are included in the price of admission.

The North East Motor Sports Museum is located at 922 NH Rt. 106 in Loudon, NH and is currently open Saturday and Sunday from 10:00am to 4:00pm through mid-October. For more information regarding the North East Motor Sports Museum, visit www.nemsmuseum.com

PBVRC Spaghetti Dinner

ASHLAND NH: The primaries are over! We can now get down to the business of preparing for the General Election in November. As part of that endeavor, Bob Giuda, candidate for the NH State Senate from District 2, will join us as guest speaker. The dinner will be held at the American Legion Hall, 37 Main Street, Ashland NH on Friday, September 21. It starts at 5 PM and goes to 7 PM and includes spaghetti, meatballs, Italian sausage, salad, garlic bread, beverages, and desserts.

Senator Giuda has served community, state and nation for many years. He graduated from Pittsfield High School in 1970 and from the US Naval Academy in 1975 with a Bachelor of Science in Operations Analysis. He served 10 years as an active duty and reserve Marine Corps pilot, including carrier duty aboard the USS Midway in the Western Pacific and Indian Oceans. He met his wife Christine, a Navy Nurse from Eugene, Oregon, during his last active duty tour in the Pacific Northwest. After returning to civilian life, Senator Giuda served as a Special Agent of the FBI before returning to aviation as a pilot for United Airlines. After 31 years with United, he recently retired as a Boeing 777 Captain, flying international routes all over the world.

Senator Giuda's service continued after leaving the military. In March 1996, Bob,



Christine and their three children returned to New Hampshire, purchasing their current home in Warren. He has served as a Selectman and State Representative, and is currently Vice Chairman of the School Board and Town Moderator.

Currently seeking reelection as he nears the end of his first term, Senator Giuda serves on the Senate Finance Committee and is Vice Chairman of the Ways and Means and Education Committees. He serves as Senate liaison to the State Veterans Advisory Committee and Board of Managers of the NH Veterans Home, the Land and Community Heritage Investment Program, the Business Finance Authority, and the Assessing Standards Board.

Tickets for the dinner are \$10 at the door for adults, \$5 for children 5-12 years, and 4 and under are FREE, with a special family price of \$25.00. Non-perishable items or cash donations for the Plymouth Food Pantry are encouraged.

For more information, call Cindy at 603-536-3880 or deerladydwh@gmail.com

Volume 9 Number 25

September 18, 2018

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

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Old Church Theater's
Murder Mystery!
As Long As We
 By Sean Grennan
 Directed by Athene Chadwick
Both Shall Live

FRI & SAT
7:30PM

SUNDAYS
4PM

RESERVATIONS 802-222-3322
176 WAITS RIVER ROAD, BRADFORD, VT
SEPT 14-15-16 & 21-22-23

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Calling all Knitters and Crocheters!

Please join us in creating and collecting **BLUE** hats to be distributed to area schools on October 1, World Day of Bullying Prevention. We are collecting donated hats through September 29th and we will be holding a **KNIT IN** at Horse Meadow Senior Center, 91 Horse Meadow Rd, North Haverhill on the 29th from 10 - 4 pm. Lunch and refreshments provided.

Announcing **#HatNotHate**, an initiative to increase awareness of the terrible impact of bullying.

[Learn more here >>](#)

With **#HatNotHate** Lion Brand Yarn hopes to increase awareness on the impact bullying has on children and teens by rallying together and crafting blue hats to wear proudly on **World Day of Bullying Prevention, October 1, 2018**, and throughout all of October, which is **National Bullying Prevention Awareness Month**.

The Riverside School Begins New School Year

Lyndonville, VT – The Riverside School began the 2018-19 school year by welcoming 105 students in PreK – 8th grade from 17 towns and villages including Greensborough Bend, Guildhall, East Burke, West Burke, Sutton, Westmore, East Haven, Barnet, Peacham, Kirby, Lyndonville, Danville, St. Johnsbury, Albany, West Glover, McIndoes Falls, and Newark.

In addition to new students, Riverside welcomed three new members to the faculty.

Laryssa Fortier, who will be teaching 4th grade, graduated from Keene State College with a B.S. in Elementary Education and Psychology. For the past two years, she has been teaching 4th grade in Bellingham Public Schools, Bellingham, MA. She maintained a student-centered classroom as well as supported and col-

laborated with special education teachers and support staff to differentiate instruction. Integrating technology and digital sources allowed her students to engage in class activities and support fluency with digital platforms. She lives on Burke Mountain with her partner, Malcom (a high school teacher and coach at Lake Region Union High School) and her dog, Max.

“I was drawn to Riverside so I could teach in a community that would allow me to engage students in creative ways and foster natural curiosity,” said Fortier.

Hannah Galinat has been hired to teach 5th grade. She graduated from Antioch New England Graduate School with a M.S. in Environmental Science. She graduated from Oberlin College with a B.A. in English (a Creative Writing major

and an Environmental Science minor). She was an elementary school teacher at the “Neighborhood School House” where she created daily math and literacy lessons and long-term science-themed lessons. During 2015-16, she managed an after-school science program for the Peacham, Danville, Walden, and Barnet schools. She utilizes behavior management techniques from the Responsive Classroom and enjoys creating and helping students to implement place-based projects. She lives in Peacham with her husband Tom and their two sons.

“I am excited to work at Riverside because of its reputation and its emphasis on outdoor programs,” said Galinat.

Zach Perry joins the Riverside Team, part-time, teaching physical education for grades 4th through 8th

as well as working in the after-school program two days each week. He is currently taking an interim year from Northern Vermont University where he has taken course work in elementary education and fitness science. He worked full-time for the Balch Preschool at The Fair-

banks Museum in the 2017-2018 school year.

“The enthusiasm and early engagement on the part of our new faculty is inspiring and contagious,” said Head of School, Michelle Ralston. “We are delighted to have them as part of The Riverside Team.”



309 Portland St., Ste 101
St Johnsbury, VT 05819
802.748.2045

10 Route 2 West
Danville, VT 05828
802.684.1127

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THREE HOMES, 4.66 ACRES

Peacham: Homes are modest but in good condition, located close to Martin's Pond & snowmobile trails. There is a 2+ car detached garage. There is School Choice for grades 7-12. This would be an ideal "family compound" type property or potential rental property in the idyllic town of Peacham. \$249,900 – ML4662298



"New Country" singer-songwriter with 2 Grammys and 16 Grammy nominations

RODNEY CROWELL

7PM, FRIDAY, SEPTEMBER 21, 2018
Fuller Hall, St. Johnsbury Academy



TICKETS
KCPresents.org or NEK Regional Box Office
802-748-2600

Three-time Grammy-nominated indie rocker

NEKO CASE

7PM, THURSDAY, SEPTEMBER 27, 2018
Fuller Hall, St. Johnsbury Academy

Pre-show food and beverages provided by Genuine Jamaican at the South Church from 5 PM

38th Annual

Fall Festival
First Congregational Church
4915 Main Street, Newbury, VT

SATURDAY, SEPTEMBER 22, 2018
9:00 am – 2:00 pm

Activities For the Whole Family!

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

(BBQ ribs, hamburgers, hotdogs, chili, salads, beverages)



BIDDING FOR SILENT AUCTION ENDS AT 1:00 PM

SUGAR HILL'S

AUTUMN CELEBRATION

Saturday & Sunday, Sept. 29 & 30, 2018
10:00 am – 3:30 pm (Rain or shine)
Rt 117 • Sugar Hill Meetinghouse • Carolina Crapo Building • Historical Museum

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Letter to the Editor

“Hats off to Heroes”

On behalf of all members of the Armed Forces, past and present, I would like to thank you, the players, and the Red Sox fans for the “Hats off to Heroes” tribute I recently received at a Red Sox Game.

I wish all Veterans, Guardsmen, and Reservists could have been in my shoes on top of the Red Sox dugout to share an unbelievable experience and one I will never forget. Except for my family, no one knew me. The long-standing ovation by 38,000 cheering fans was for the soldier in uniform representing the men and women who are now or have

proudly served our country in times of peace and war. I was proud and honored to be that soldier on this day. The Red Sox honor someone at every home game with the same fan fervor and applause. It wasn't that long ago that Veterans returning home were met with protests and hostility. Times have changed. There is a renewed respect for our military with an emotional outpouring of support and thanks. It has been said that as a soldier “we asked for no reward but a Nation's thanks.”

John O'Brien,
Orford, NH
LT. Col. Ret.
Vietnam Veteran

John,
I can't easily imagine how that must have felt. A sense of pride in our fellow citizens is one thought, as well as pride in all those who have served, or are serving now. There is also pride in the fact that an organization such as the Red Sox take the time to honor veterans and others. It shows that sports can be more than just sports. A well run, and well intentioned, organization, can make a difference, no matter what their business may be.

Gary Scruton, Editor

Letter to the Editor

To the Editor,

I am appalled at the condition of the State Highway roadsides in the Haverhill area. I often wonder what the visitors and tourists think of the grossly negligent conditions of the roadsides. For the past few years there has been very little done about trimming the sides of the roads in the North Haverhill State Highways. Some places you can't even see the guardrails!

I drive truck on back roads and town roads and interstate highways and am

impressed at the condition of other roadsides. I have had to cut brush and weeds from guardrails at my driveway in order to safely get out of my driveway.

Recently I noticed a backhoe knocking brush and weeds away from guardrails around the Rogers Rangers pull off. Can you imagine letting the roadsides getting this bad.

I often wonder what the North Haverhill State Highway Dept. does with their share of their resources.

Eden Aldrich,
Woodsville, NH

Eden,
You are right that the condition of the roads is an important part of highway maintenance. That is true whether they are Interstates highways, state highways or town roads. Preventative maintenance can save money, whether it is roads, your home, your auto, or most anything.

I do know that many state budgets have been cut in recent years and wonder if some of this lack of attention is due to that. If that is true, then I strongly suggest you write to your State Senator or Representative and remind them that we are the Gateway to the White Mountains.

Gary Scruton, Editor

Because of Roe v Wade, more than 61 MILLION unborn children have died through abortion.

Eternal Father: We cry out for Your Mercy and ask You to remove the scourge of abortion from our land. May the Light of Your Truth come upon our nation, once again. We ask this through the Victorious Name of Jesus. Amen

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Letter to the Editor

To the Editor,

It concerns me to see fellow citizens literally assault our president viciously, venomously, packed with vitriol, and we might as well throw in some malice. I never heard the term fake news until Mr. Trump tweeted it. Look closely at the media today and you will find an extreme left leaning, supposedly democratic but really a socialistic elitist perspective.

President Trump has simply accomplished the following: 1. Left the Pacific Trade Agreement 2. Left NAFTA 3. Left EU trade agreement 4. Applied tariffs to aforementioned to leverage a more level field during trade negotiations. 5. Sanctioned N. Korea to a point of nuclear disarmament. 6. Sanctioned Russian Oligarchs of the Putin Circle relative to UK chemical poison attack / Ukraine. 7. Left Iran Nuclear Agreement - sanctioned the country heavily in the pursuit of an acceptable agreement. 8. Enacted lower taxes. 9. Approved immediate air attacks on a Syrian airfield linked to chemical weapon

Mike,

I am also a very proud American, husband, father of three, grandfather to five, a proud veteran, and a very devoted voter. I don't think I have missed any chance to vote in decades. It is one of the liberties in the country that I most embrace. That and the ability for you, me, or anyone else to say what they think. This will obviously lead to opinions being voiced. Some that agree with you or me, and some that do not. That's fine with me. Not only are our elected officials given that right, but also those in the media. It's called freedom of the press, another very important right.

I have often said that in today's world of 24/7 news channels, all looking to fill time, there are bound to be plenty of opinions; right,

attacks. 10. Allowed the military to run the military and removed restrictions on target engagement. 11. Decimated ISIS and eliminated their caliphate. 12. Had a summit with Kim Jong un. 13. Had a summit with Vladimir Putin. 14. Lambasted NATO for unacceptable funding shortage. 15. Left the UN Human Rights Council and stopped its funding. 16. Recently suspended 300 million in aid to the Hamas run Gaza Strip. 17. The stock market is at an all time high. 18. Unemployment is very low due to job creation. 19. Left the Paris Climate Accord as major polluting countries not engaging. 20. Shook up immigration, initiated a border wall, focused ICE on MS-13 gang, compelling the senate and congress to actually act on immigration reform. 21. Pressures sanctuary cities. 22. Strongly supports our armed forces and VA. 23. Authorized Dakota and Keystone Pipelines.

I will acknowledge that some of Mr. Trump's communications may be raw and misdirected. His will-

ingness to stand up to critics, address sensitive subjects, and be plain and direct in his communication is a necessity.

Myself, a staunch supporter of Mr. Trump, would describe me as an upstanding member of my community, a home owner, a happily married father of two adult children-professionals in nursing and an electrical engineer technician, a grand pa three times, retiree of 20 years U.S. Army, retiree 15 years Automotive Maintenance Foreman-State of N.H., currently a professionally certificated principle operator at a solid waste collection facility. I am stable, like to smile and laugh whenever possible, and enjoy substantive conversation. I am your neighbor, your town folk, your co worker, a patriot, and so proudly an American. My grandfather was named Arhip Dovholuk, a Ukraine immigrant. Folks had a hard time with Arhip so they called him Mike. I myself like being called Mike.

With Great Sincerity,
Mike Dovholuk

wrong, or in between. That will inevitably lead to some people believing that what is said is totally wrong, or fake. At the same time others will believe the same story to be absolute truth.

We are indeed a society of vast differences. But remember, we are a society as a whole. A group of American citizens who will stand for each others rights.

So yes, there probably are some “fake news” stories out there. But there is also plenty of “real news” stories. We, the citizens of America, must continue to think for ourselves and make decisions that reflect our views, and yet still take into consideration the whole.

Gary Scruton, Editor



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Women Business Owners: Don't Forget About Your Retirement Plan

American Business Women's Day is celebrated on Sept. 22. And there is indeed cause for celebration, because, in recent decades, the number of women business owners has risen sharply, to the point where nearly 40 percent of all businesses are now women-owned, according to the U.S. Census Bureau. If you are one of these owners, or thinking about becoming one, you'll always have a lot to think about when running your business, but there's also an area you can't ignore – your retirement.

Specifically, you need to consider establishing your own retirement plan.

Most plans available to you are fairly easy to establish and maintain, and are not terribly costly to administer. Here are some popular options:

Owner-only 401(k) – This plan, also known as an individual or solo 401(k), is available to self-employed individuals and

business owners with no full-time employees other than themselves or a spouse. For 2018, you can put in up to 25 percent of your annual income as an "employer" contribution, and you can defer up to \$18,500 (or \$24,500 if you're 50 or older). The sum of your employer contribution and your salary deferrals cannot exceed \$55,000, or \$61,000 if you're 50 or older. You can make elective contributions on a pre- or post-tax (Roth) basis. Pre-tax contributions reduce your taxable income for the current year. Roth contributions don't offer any immediate tax benefit, but any qualified withdrawals will be 100% tax-free.

SEP IRA – If you have just a few employees or are self-employed with no employees, you may want to consider a SEP IRA. You'll fund the plan with tax-deductible contributions, and you must cover all eligible employees. As an employer, you can contribute the lesser of 25% of your compensation (if you're also an employee of your

own business) or \$55,000.

Solo defined benefit plan – Pension plans, also known as defined benefit plans, are less common than in previous years, but you can still set one up for yourself if you're self-employed or own your own business. This plan has high contribution limits, which are determined by an actuarial calculation, and your contributions are typically tax-deductible.

SIMPLE IRA – A SIMPLE IRA, as its name suggests, is easy to set up and maintain, and it can be a good plan if your business has fewer than 10 employees.

However, while a SIMPLE IRA may be advantageous for your employees, it's less generous to you, as far as allowable contributions go, than an owner-only 401(k), a SEP IRA or a defined benefit plan. For 2018, your annual contributions are generally limited to \$12,500, or \$15,500 if you're 50 or older by the end of the year. You can also make a matching contribution of up to 3%

of your compensation. As an employer, your contributions are fully deductible as a business expense up to certain limits; as an employee, your pretax contributions reduce the amount of your taxable income for the same tax year.

Before opening any of these plans, you'll want to consult with your tax advisor on the tax issues and a financial professional on the investment aspects. But don't wait too long. You will need to work hard to keep your business thriving – so choose a retirement plan that works just as hard for you.

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

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LIVELIER DAYS



FINAL DAYS

Hotel Wentworth, with 25 room, was built in 1890 by Albert Leighton, former partner in the Q. A. Scott store in Woodsville's first store on the west side of the tracks. Robert Frost's book "Hundred Collars" was, supposedly, written about this hotel, calling it the "Poor Man's Inn"! The hotel operated under many different managers/owners and was a favorite haunt for loggers and railroad men, and was also frequented by a good many locals!

Paul Tetreault, Woodsville's only remaining barber, was operating his business under the porch to the left of the center stairs. He had to evacuate around 1970 when the building was destroyed. There were about six other barbers in Woodsville at that time!

5-6 barbers, 7 grocers, 3 taxis, a Chief of Police on duty, a cobbler, a movie theater. What a different place today.

Beth Austin-Shortt: OBITUARY

Beth Austin-Shortt, 65, of Wells River, VT passed away Tuesday August 28th at Mass. General Hospital in Boston while her partner Max and daughter Robin held her hands.

Beth was born in Waltham Mass and lived most of her life in Groton VT.

She worked for many years at Cottage Hospital in Woodsville, NH including working for the ambulance service, where she was a CPR instructor and an EMT. Her last 13 years of employment were at Blue Mountain Union School in Wells River, aiding in the education of BMU children.

Beth was instrumental in helping to establish the Groton/Ryegate Fast Squad in 1986. This fast squad has been an important and integral part of the Groton Fire Department and the Groton/Ryegate communities area for the past 32 years.

Beth and her partner Max Robitzer moved to their home in Wells River in 2012, adding their little Dog Benji in 2016.

She had four children, Robin Willis of Danville VT, Brenda & husband Chub Bruleigh of Groton VT, Jona-



than Austin-Shortt & partner Tosha Cochran of Danville, Vt and Joel Austin-Shortt of Plymouth, NH. Her Grandchildren included Samantha, Megan, Steven, Hannah, Isabella, Ferdinand, Tenika and Taylor. She also had 2 Great Grandchildren, Carter & Carabella.

There was an informal time of fun and remembrance at Beth & Max's home, 1775 Rt 302 Wells River on Sat., Sept 15 from 1:00 – 3:00

Donations in Beth's memory can be made to the Groton/Ryegate Fast Squad, 1476 Scott Hwy, Groton Vt. Please consider registering to be a life giving donor at www.donatelife.net. Both of these organizations were important to Beth.

The Project

by Elinor Mawson

It was a typical November day--cold, dark and blustery--when I got a call from a school nurse in a neighboring town. She informed me that several children were about to be evicted from their apartment and had nowhere to go. Since I knew these children through a relative, I knew too that nobody was going to step up to the plate to take them. I told the nurse that I would have them for a few days until they could be put in foster care.

I called my husband; he came home in a flash and we took our van and started off. I was beginning to have back problems, the likes of which I had never had before. It was agonizing to stand or walk and I knew I was in trouble.

When we got to the apartment, it was chaos. The electricity had been off for a month, it was cold, due to no heat, and the kids had to crawl in through a window because the door was locked. The mother and youngest child were nowhere in sight.

We had brought a boxful of black trash bags to pack their stuff into and they started in. I was virtually unable to help them as my back was spasming. My husband

did what he could, and soon the van was full. Eventually the mother and toddler showed up, we told her that we were going to take care of the kids for a few days until she could get some help, and off we went.

We unpacked the van and discovered that the kids had packed 60 pairs of socks each, hundreds of books, and very little else. They were tearful, I was in misery, and nobody knew what to do. We showed them their bedroom, helped them unpack the few clothes they had brought, and started to prepare supper.

It was touch and go for me. I prepared a simple meal with meat, potatoes and vegetables and called them to the table. When I put their plates in front of them, they took one look and said "Ugh".

I went to bed exhausted, in pain, and thought to myself, "What have I done?"

To be continued

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Combat Lyme Disease with Foxes

by Lindzey Beal

Lyme Disease has spread at an alarming rate in Vermont and continues to grow. Last year, according to the CDC, Vermont was listed #1 in the country for confirmed cases of Lyme Disease and is designated as an "Endemic State". In addition, a study done by Doctor Marie J. George of the Infectious Disease Department at Southwestern Vermont Medical Center in 2017, found upwards of 63 percent of ticks were infected statewide with at least one tick borne illness, with some carrying two at the same time.

Ticks and Lyme Disease are an enormous public health concern that must be addressed immediately. The smartest choice to tackle this issue is to work with Mother Nature rather than against. This means placing a moratorium on the recreational and commercial killing of foxes in Vermont. Foxes are a main predator of white footed mice who are an effective carrier and a key host of Lyme Disease. Interventions, such as, culling the deer population or spraying harmful tick killing pesticides on lawns and clothing have made minimal differences in lessening the spread of ticks and ultimately end up being short term solutions. Protecting Vermont's predators, such as foxes and allowing their population to grow is getting more to the root of the problem, as opposed to quick fixes.

Research studies have shown that there is a link between the increase of mice populations and activity and the decline of predators that hunt mice, such as foxes. Mice infect up to 95 percent of ticks that feed on them and are responsible for infecting the majority of ticks carrying Lyme Disease in the Northeast. If a moratorium is placed on the recreational and commercial killing of foxes in Vermont, there is a strong possibility that we may see a decline in the spread of Lyme Disease and other tick borne illnesses.

This increased level of predator activity means fewer mice supplying blood meals for the next generation of ticks, which results in less ticks becoming infected. Addressing the root cause of the problem is a common sense approach that does not present any downsides.

This safe, sensible and effective policy of halting the sport killing of foxes may have tremendous and life-saving results for the health and safety for Vermont residents.

No one can equate the paltry price of a fox pelt with the cost of bearing Lyme Disease or other tick borne illnesses. Taking a modest,

evidenced-based step to combat the rapidly growing rate of tick borne diseases is well worth the time and effort of the Vermont Fish & Wildlife Board to consider.

Please sign the petition online urging the Vermont Fish & Wildlife Board to place a moratorium on the commercial and recreational killing of Vermont foxes by searching online: "Vermont Petition Stop the Sport Killing of Foxes & Help Combat Lyme Disease". I also encourage you to email, write or call Louis Porter, the Commissioner of the VT Fish & Wildlife Department, asking him to pass this moratorium.

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What About Ma?

by Kellie Quackenbush

All About Being Prepared

As we watch in shock and horror the tales of devastation that are sweeping the South during this hurricane season, it is easy to forget we too are about to do battle with the weather. The winter weather. While in the South they must deal with the wind and water that comes with hurricanes, these are storms that are tracked and daily warnings are sent out to alert residents and visitors of what protective measures must be taken to survive the storm.

Here, we must be vigilant to prepare for the winter that comes with snow, ice and cold. Unlike a hurricane that meanders in and then is gone in a week, winter is many months of brutal cold. Getting the pantry restocked and having fresh batteries in your flashlights, accessing the emergency heat or generators is a part of the preparation. Check to see what your winter clothes look like, do you need new boots?

Have your furnace cleaned and discuss your fuel

needs with your heating oil/propane provider. If you use wood heat, it is time to call the chimney sweep. Waiting until there is a chimney fire is too late. Now is the time to have those home maintenance issues addressed. Now is also the time to think about snow tires, snow removal and where you are at with your health.

If you have not had a check up recently, now is the time. Did you stay active all summer or did you find that your time was better spent lounging with a cold drink? If you had trouble being active in warmer weather, it is time to see who will help in the winter time. Tell your doctor the truth, can you take your own trash out? If not, time to get some help.

Winter is taxing on everything, including the human body. Now is the time to make a clear headed evaluation of where you are at and what you need to get through the cold winter months. It is time to prepare.

My Own Kid's Story

by Maggie Anderson

I've been running writing workshops at the library in Warren these past few weeks and last time we gathered I sent the participants home with an assignment to be brought back to our next meeting.

I have several decks of cards, one marked TOPICS, one QUESTIONS, and the last PROMPTS. Each time we use them somebody draws a card from whichever deck they choose and we all head home trying to decide on a story to go with the theme.

I say we because I would not expect anybody to have to deal with homework assignments if I am not willing to join them. Besides I can hardly keep myself from grabbing my pencil and starting to write before we've even locked the doors and left for home.

The theme for this Wednesday evening is KID'S STORIES. I told them they are free to run with the topic, a story about themselves, their children, somebody else's child or even a story for kids, literally whatever gets them to pick up their notebooks.

I on the other hand have so many kid's stories in my head there are too many to count. The one that jumped up and down trying to get my attention was about Nathan and a day in kindergarten the week he started forty odd years ago.

I've written about it before and planned to jot bits of it down again but as I was dicing up veggies for soup this morning another story took cuts and squeezed into line ahead of Nathan's.

I reached up and took the cutting board off the hook it hangs on over the kitchen sink within arm's reach. I like it close and I use it almost every day. It has become so familiar I could walk into my kitchen in total darkness and put my hand on it without any thought beforehand. And yet I rarely think of it otherwise, it doesn't slip itself into my consciousness during the rest of my days or weeks. The fact that I reached for it this morning is not unusual but the timing was right for all the stars to fall into line and I was reminded of how it came to be mine in the first place.

When our middle daughter, Natasha, was in the eighth grade she came home from school one day and told her dad and me that she needed to talk to us, said she had something important she wanted to say. We dropped what we were doing and followed her into the living room. Once we were situated with all the seriousness she could muster she informed us that she intended to take the year off.

She was not kidding. She spent the better part of the school year in detention. She wouldn't do her homework. She raised her viola so seldom she lost her chair in the orchestra, this from the best violist in her division on the whole west coast that year.

She was lagging behind in almost every subject, she was even failing wood shop. Wood shop!

When Hank graduated from high school his father

used to tease him and tell him he was afraid he was going to have to burn the school house down in order to get him out of there. Short of burning the school building down we had to find some way to get this kid in gear before she sabotaged the whole year so completely that she'd be forced to repeat it, not because she couldn't do the work or understand the various concepts they were trying to pass on to her but because she simply decided to goof off all year.

Toward the beginning of the last quarter she managed to think clearly enough to know she didn't want to hang out in the same grade again for another whole year and somehow managed to squeak by in most of her subjects, even got her chair back in the orchestra before graduation. But there was still unfinished business in the wood shop.

The year before she had won the award for designing the most popular toy sold at the annual toy sale and this year she still hadn't finished her projects. Hank told her if she wanted to get at least a passing grade in wood shop he'd come in and help her with the last couple of her unfinished assignments.

My pear-shaped cutting board was one of them and the moment she stamped NATASHA onto the bottom edge of that pear, she earned a passing grade in wood shop and I got a brand new cutting board.

Both of us won that day.

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MYRTLE ANN RESTAURANT, ALTON, NH 1920

by Melanie Osborne

This is the time of year again that families and schools are focused on keeping children exceptionally healthy, to counter coughs, colds and flu. We all have the responsibility in our own homes to protect our families and others. Children are also returning from an extensive vacation and with herbs and stronger sleep patterns we can keep their minds sharp all day long.

Diet is the most important way to keep a child's immunity and defense systems working. Pathogenic organisms and viruses are everywhere. But, they aren't the major factor causing disease if the body environment is healthy. Well-nourished children are usually strong enough to deal with infection in a successful way. They either do not catch the "bugs" that are going around, or if they do, illness is short in duration, (childhood diseases are one of Nature's ways of building resistance), or, they get the problem over and done with quickly. A wholesome diet can easily restore a child's vitality. Even children who have eaten a junk food diet for years quickly respond to a diet of fresh fruits, vegetables, whole grains, low fats and sugars, in as little as a month's time. A child's hair and skin takes on a new luster, they fill out if they are skinny, and lose weight if they are too fat. They sleep more soundly and regularly. Their attention spans increase, and many learning behavior problems diminish or disappear.

A child's body responds very well to herbal medicines. Herbal remedies are building, strengthening and non-traumatic to a child's system. Most children love herbal teas, herbal glycerin drops, syrups and homeopathic medicines much more readily than you think. Most herbal remedies can be taken as needed, then reduced and discontinued as the problem improves. Take only one or two herbal combinations at the same time when working with a child's system. Choose the herbal remedy that addresses the worst problem first. One of the bonuses of a natural healing program is the frequent discovery that other conditions were really complications of the first problem, and often take care of themselves as the body comes into balance. In addition, rotating and alternating herbal combinations according to the changing health

state of the child allows the body to remain most responsive to herbal effects. Reduce dosage as the problem improves – allowing the body to pick up its own work and bring its own vital forces into action. It's best to let the herbs gently rebuild health. Even when a good healing program is working, and obvious improvement is being made, adding more of the remedy in an effort to speed healing can aggravate symptoms and worsen the condition. The way to use herbs is as important as the herbs you choose.

Herbal Remedies (glycerin drops and/or teas) for high nutrition, anxiety, insomnia and/or restless sleep, hypoglycemia and hyperactivity include:

Elder Berries, (Sambucus Nigra) An expectorant and sweating herb for respiratory problems. This herb is excellent for quick-onset, quickens the duration of coughs/colds and flu. An anti-inflammatory, elder increases blood circulation and can reduce fever when needed. Vitamins A, B1, B2, B3, C, Calcium, essential fatty acids and flavonoids.

Fennel Seeds (Foeniculum) an aromatic anti-inflammatory herb with digestive and diuretic abilities. Helps stabilize the nervous system and moves waste material out of the body; pain-relieving and mucous-counteracting. An important part of an anti-gas; as a tea and wash to relieve conjunctivitis and inflammation of the eyelids. Amino acids, Calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, vitamins B1, B2, B3, C and E.

Lemon Balm (Melissa Officinalis), primarily a calming, sedating, diaphoretic herb. Used to treat nervousness, insomnia and depression; an anti-spasmodic for calming respiratory catarrh (mucous) and for acute symptoms of colds, fevers and flu, and specific for hyperactive children with digestive disturbances. Excellent before bedtime to insure restful sleep. A good night's sleep can be insurance for a peaceful morning. Break fast with a protein meal.

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.

ST. JOHNSBURY, VT - Northern Counties Health Care (NCHC), a Federally Qualified Health Center (FQHC), was recently recognized with Quality Awards from the U.S. Department of Health and Human Services (HHS) for their achievements in providing high quality care and increasing access to care for underserved populations. The NCHC network includes Concord Health Center, Danville Health Center, Hardwick Area Health Center, Island Pond Health and Dental Center, Northern Counties Dental Center, Orleans Dental Center, and St. Johnsbury Community Health Center.

NCHC received \$146,000 in recognition for quality based on the 2017 Uniform Data System submission, a core system of information for reviewing the operation and performance of health centers.

Of all the Vermont and New Hampshire FQHC's, NCHC was recognized in the most categories: Electronic Health Record (EHR) Reporters, Clinical Quality Improver, Health Center

Quality Leader, Enhancing Access to Care, Addressing Health Disparities, Advancing Health Information Technology (HIT) for Quality, and Achieving PCMH Recognition Awards. This places NCHC in the 1st and 2nd quartile nationally (top 30% of health centers) for all clinical metrics except for Coronary Artery Disease including as a national leader in Hypertension Control.

"These awards represent a tremendous amount of time, work, and effort at all levels of the organization to achieve recognition in so many categories," said Kari White, Director of Quality for NCHC. "Though the investment in time and resources to work on improving efficiency, patient experience, clinical care and outcomes, and staff satisfaction may not be immediately tangible – this award is a good reminder that it is worth it to create a culture of excellence for our staff, patients, and community."

FQHC's received awards for their utilization of health information technology systems to increase ac-

cess to health care and advance quality of care, for meeting the rigorous quality standards required for Patient-Centered Medical Home designation, and for achieving at least a 10 percent improvement in one or more Clinical Quality Measure in 2017. Additional awards included recognition for FQHCs that are serving more patients than the previous year; achieving the best overall clinical performance (top 30 percent) as compared to their peers; and for achieving or exceeding a 10 percent improvement toward one or more Healthy People 2020 Goals across different racial and/or ethnic groups.

"Our quality program has come a long way over the last few years, and I am really proud of what Kari and her team have been able to accomplish," said Shawn Tester, CEO of NCHC. "This award demonstrates that we are improving health outcomes for the patients we serve, through the hard work of our providers, our care teams, analytics and support staff."

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

September 4, 2018

Volume 9 Number 24

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

Barbeque Baked Beans with Hot Dogs

Hello hello my fellow chefs! I've been enjoying the fine weather we've been having and hope you are too. The following recipe is easy peasy, you can consider it a casserole. The recipe called for baking this but a slow cooker would probably work too. Here's what to do and the ingredients you will need.

Preheat oven to 350 degrees

- 5 Hot Dogs (use more for larger family)
- 1 Tablespoon Butter
- 2 cans Pork & Beans
- 3/4 Cup Barbeque

Sauce

- 1/2 Cup Raisins
- 1/2 Cup Brown Sugar
- 1 Onion chopped
- 1 Granny Smith Apple chopped
- 1/4 Cup Yellow Mustard
- 1 Package Got Dog rolls
- Butter to brush on rolls

Cut your hot dogs about 1" thick on the diagonal .

Cook in butter to brown and add a layer of flavor. Put aside.

Pour the two cans of beans in a large bowl. Add the browned hot dogs. Add the barbeque sauce, I used Sweet Baby Rays. If you ha-



ven't tried that brand now's the time to buy and try. Add the raisins, the brown sugar, the chopped onion and the chopped tart apple. Mix well and put in baking dish and bake for 1 hour in preheated oven at 350 degrees.

Cut the rolls in half lengthwise, spread butter on then last 10 to 15 minutes add to oven to toast.

It smells really good, the aroma will fill your home. A spinach salad goes good with your dinner. The toasted rolls are for sopping up the sauce. I used my square copper pan for my mix-

ing and baking, I used it to brown my hot dogs and because it's deep and can go from stove to oven you can mix in it too. Treat yourself to one for about \$35. It makes cooking easier to make all your recipes come "Delizioso". I put my casserole in a pretty bowl and served it. We enjoyed a light white wine called Pinot Grigio by Liberty Creek. It comes in a 500 ml size which serves about 4 - 6 glasses. The container is that of a waxy milk container and costs about \$3.49 at your local grocery store or any liquor store. It's good. Remember to drink responsibly.

Well folks it's my time to say goodbye. Enjoy cooking, I'm signing off, Cin Pin.

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*Sign making begins at 10:30 at Kingdom Recovery Center

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