

A FREE PUBLICATION

TRENDY TIMES

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FEBRUARY 21, 2023 VOLUME 14, NUMBER 10

Cohase Chamber Announces Business and Citizens of the Year

WELLS RIVER, VT -- The Cohase Chamber of Commerce is pleased to announce that Bliss Village Store has been named the 2022 Business of the Year, and Catherine and Tom Kidder of Newbury, Vt., have been named 2022 Citizens of the Year. Awardees are honored annually for their leadership and impact on the region.



Bliss Village Store and Deli changed hands late in 2022, with owner Mark Johnson 'retiring' after owning and managing the store for over 25 years. Bliss has served as a hub of activity for downtown Bradford and has provided countless 'first job' opportunities for teens as well as countless donations to church, school and community groups for their events and fundraisers.

At the same time, Mark has served in leadership roles on numerous boards and committees including the Bradford School Board, ELI (Margaret Pratt Community), Cottage Hospital and the

Bradford Merchants and Business Associations.

Tom and Catherine Kidder have been at the center of all things West Newbury since their arrival over 40 years ago. Their tireless efforts in organizing and leading events such as the turkey super, dances and live music events, summer festival, etc. are well noted and continued to this day. Most recently, Tom's leadership and energy in the acquisition of the Tucker Mountain Town Forest has been paramount to its success. Tom's vision and coordination of 'all things Tucker' have led to its transformation into a 'must visit and experience' local gem. Additionally, as both

have taught in local schools and served on numerous boards and committees associated with the schools, their commitment to education continues with connecting students to the natural environment at Tucker.

The presentation of the Citizens of the year and Business of the Year awards will take place at the Cohase Chamber of Commerce Annual meeting on Tuesday, February 28. The gathering will take place at Alumni Hall in Haverhill Corner with doors opening at 5:30 PM. Sarah Jackson, Executive Director of Vital Communities will be the keynote speaker. A meal will be served by Court Street



Arts, along with a cash bar. The local trivia game also returns this year. Tickets, \$30 per person, are available to Chamber members and to the general public for this event. Please purchase your tickets online at www.cohase.org or email chamber@cohase.org.

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TRENDY Dining Guide

Gather Together Cafe

by Gary Scruton

The Gather Together Cafe, located on Central Street in Woodsville is set up to do just that. This establishment is not big, nor does it pretend to be. During the cold winter months there are only about 5 tables set up in the front area for people to sit at. But for those in the know there is also an extra room that has a couch and some nice comfy chairs where one, or more, can take a cup of coffee or other beverage, and have a seat, sip that liquid enjoyment, and basically feel at home. Of course seated at one of the front tables you can also feel right at home, especially when

same idea.

But even more importantly is the fact that even people who do not know each other can easily get into a conversation with others simply due to the nature of the surroundings and the welcoming attitude of the ownership.

When Janice and I walked up our street to get to Gather Together Cafe it was only a short stroll, and even though it was still February the winds were not so strong as to take our breath away.

Just like everyone we entered by going up the front steps onto the outside deck and then in the front door to find an L-shaped counter with some food displayed as well as

came us there and when we mentioned coffee she quickly said that she was brewing a fresh pot and would have some ready shortly. We were not sure what to order just yet so we took a pair of the menus and went to the front area of tables and took a table for two.

With our choices made we went back to the counter to place our orders. It was still breakfast time so Janice settled on a Breakfast Burrito. She added onions and mushrooms. It came with a side dish of sour creams and one of hot sauce. She also asked for a small cup of coffee. With our orders placed we paid for the meals with a credit card right there at the counter. The total cost for us was \$29.54. When we were

done and as we left the Cafe, Janice left a cash tip in the tip jar on the counter.

I settled on the three egg omelette with cheddar cheese and the addition of some ham. It came with two slices of sourdough toast and a small cup of fruit and yogurt.

We went back to our seats and when Erin brought us our coffee she made a point to ask our opinion on the new type of coffee beans she was trying out. (I am not a connoisseur, nor is Janice, so we could only offer that we liked it.

When our meals were being prepared we did just what the front room seems set up to do. We engaged in a conversation with a person we did not know, but who had stopped into the Cafe for a hot beverage. Our conversation was wide ranging and touched on, or dove deep into, a wide range of topics.

We were enjoying the conversation so much that even when our food arrived the back and forth chatter, as well as the exploration of other topics continued as both Janice and I dug into our meals while still keeping the conversation moving forward.

Janice's Burrito was well stuffed with scrambled eggs, ham, onions & mushrooms and was also served with a small dish of fresh fruit and yogurt. Although she normally would prefer her eggs cooked a little "drier", it was delicious and was

well enjoyed. The sour cream and hot sauce were the perfect condiments for this hearty meal.

My omelette was cooked to perfection. There were no overcooked spots on the egg, while the ham was in chunks that you could see and taste. The toast was also nicely cooked and buttered. I saved my side cup of fruit and yogurt to eat last, kind of like dessert to top off breakfast. I must also say that the "large" cup of coffee came in what appeared to be more of a chowder cup. Big heavy cup that kept the coffee warm all during the meal and even afterwards.

Our conversation with our new acquaintance also continued as we found that the three of us had several things in common. So pleasant to meet someone that you could easily spend hours conversing with. But we closed out that conversation to say hello to some of our new neighbors who had come in for lunch as well as another old friend who came in just as we were leaving. On our short walk home, we were surprised to realize that we had spent two and a half hours eating and visiting.

Though very tempted, we did not purchase any of the displayed fudge at the front counter on our way out. But that will remain in my thoughts for special occasions upcoming.



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Fine Dining

by Maggie Anderson

When Hank and I were young and living in southern Oregon, we headed for the beach every chance we got. If we could only scrape up 10 bucks, we'd put half of it in our Vega's gas tank, head to Crescent City, California for the day, and blow the other 5 dollars on a bucket of chicken at KFC when we got there. When we had the time and money to venture further up the coastline, we'd head for Depoe Bay.

A few days ago, on my way to the local community college, I drove through Depoe Bay and passed the restaurant formerly known as the Spouting Horn. I immediately became a younger me, with three daughters and a baby on the way. Passing the restaurant brought back the memory of a night Hank and I planned to splurge and take the girls out for a special dinner in a special place. After a long day on the beach we decided to take the girls to dinner at the Spouting Horn.

The hostess seated us at the back of the dining area so the girls could watch the lights dancing on the water, and enjoy seeing the boats come in through the tiny channel.

Our server took our orders and headed off to the kitchen to place them.

As soon as she left, the youngest began to snuffle, the oldest looked as though we'd just dropped her alone in the desert and driven away. The middle child, who grew up to be the peacemaker, was an impatient work in progress at the time. By the time her baby sister's face went from frown, to quivering bottom lip, to the full-throated wail of a hungry newborn, the peacemaker had jammed two fingers of one hand into her mouth and began rhythmically smacking the edge of our table. The oldest started to gasp for air then began to cry.

No matter how we tried to explain to them our order had to first be shown to the chef, then he had to prepare the food before it could be brought to the table, we were unable to calm them. In a desperate attempt to keep from turning everybody else's evening into a pot of charred stew, we got up to leave.

The oldest cranked up the volume as soon as she realized we weren't going to eat at all, the middle headed to the front door, two fingers of one hand still stuffed into her mouth, whacking each table she passed, and their baby sister did an imitation of a well-loved rag doll the moment Hank took her by the hand.

As I passed our hostess I told her we had to leave and apologized for the unfortunate meltdown. Any normal person would assume our troubles were over as soon as we stepped outside.

Never assume.

With the baby dangling like a yo-yo from her father's hand, the 3 year-

old still sucking two fingers and smacking any surface within her reach, and the 4 year-old wailing as though her kitten had just died, a tourist van drove up to the curb and unloaded its passengers, some who were half loaded themselves.

A woman, far over her legal limit, tried to comfort our wilting brood and ended up falling onto the sidewalk still trying to hush our distraught daughters.

By then I was so distraught myself, I was afraid I might deliver their not-yet-due baby brother right there on the sidewalk, only adding to the confusion.

We scooped the girls up, packed them into the car, drove up to Lincoln City, where we could count on the Colonel to save our bacon.

Hank went inside to order while I sat in the car with our still-sniffing daughters.

No sense in tempting fate.

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Preorder your home-made chocolate chip cookies by emailing: sug-arhillwillingworkers@gmail.com or calling 603-616-9927. Please state your name, your email address, your contact phone number and the number of cookies you are ordering. If you need an alternate delivery day or time, please notify us when ordering.

Pick up will be on Saturday, March 4 from 10 a.m. to 12 noon. A drive-up delivery station will be set up at the Sugar Hill Meeting House. Check or cash are acceptable forms of payment.

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4 Grafton County Farm Bureau Scholarship

Open Letter to Voters of Haverhill

The Grafton County Farm Bureau will be awarding up to two scholarships in the amount of \$1500.00 each. The applicant should be:

- A resident of Grafton County.
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- Will graduate from home school or,
- Is currently a college student or,
- Is a previously awarded candidate who is continuing his college ca-

reer.

• Is studying in an agriculturally related field.

To make the application simply follow the instructions on the application form and submit it by email to: Grafton County Farm Bureau, Denis Ward-Secretary, denwar@roadrunner.com.

The application form may be obtained from your school or by requesting it at: denwar@roadrunner.com

The application submission deadline is April 3, 2023.

I am running for one of the 3yr terms for the Haverhill Select Board and have heard through others there are questions. Unfortunately, those with questions aren't coming to me so I am going to do my best to verbalize here why I feel I am a good fit for the people of Haverhill and answer some of the questions that are getting back to me.

One of the questions has been, "Who is backing her?" No one is backing me, no one has put me up to this or suggested in any way that I should run for Select Board. There haven't been any backdoor garage meetings or pushes from the 'Good Ole Boys' club. This was and is solely my decision, a decision I made months ago. To date I have not accepted or received any campaign funds, I have purchased all my signs with my own funds and will pay for any advertising I choose to do.

Do I have community support? Yes I do, and this support is unsolicited and greatly appreciated, and yes I have landowner permission for every one of my campaign signs you're seeing all over Haverhill.

A little about me: I moved to Haverhill in 1985 where I lived in Woodsville until 2015 and

since have resided in North Haverhill. From 1988-2004 I worked as a licensed nursing assistant both in facility setting as well as private duty. In early 2004, I decided I needed a change in my career path and jumped into real estate obtaining my license as a real estate sales associate in both NH and VT. In January of 2007 I decided to further my real estate career and obtained my Broker's Licenses in both NH and VT and in October of 2009 I opened my own Real Estate Firm called All Access Real Estate, which I ran successfully in the town of Haverhill until in December of 2018, an offer I couldn't refuse presented itself, and I joined The Atlantic Real Estate Network, NE.

I love living and working here in Haverhill. I chose this town to make my home and here I will stay.

Over the years, I have volunteered on several committees at the local board of REALTORS® as well as the NH Association of REALTORS® which included, the legal committee, president of the local board, State Association Member Liaison, forms committee, professional standards committee and have worked closely as an advocate for the rights of home ownership. I was nominated by my peers and received the North Country Board of REALTORS®, REALTOR® of the year award as well as being honored to have received the New Hampshire Association of REALTORS® President's award for distinguished service.

At the town level, I have volunteered as a ballot counter, am an active member of the Planning Board and most recently volunteered to be the chair of the Advisory Budget Committee.

Why do I feel I am a good fit for Haverhill Select Board? Over the last 38yrs my career choices have been about advocacy, whether for patients or real estate clients. I understand everyone's needs are different, I listen without prejudice and work hard for the people I represent. I advocate and negotiate for those who can't, don't understand how to, or are afraid because there may be fall-

backs or repercussions. I work with attorneys and contracts everyday and understand processes and legalities and although my experience in the real estate business may be different from municipal business, I feel these experiences will benefit the town as we look forward.

Over the past few years I have watched lifelong friendships crumble and turn into hatred over town politics, I've watched and listened to comments regarding Haverhill vs. Woodsville and it is all very frustrating! To think that so many forget or don't want to acknowledge that Woodsville is Haverhill just like Mountain Lakes, Pike, North Haverhill and Haverhill Corner are! It is disheartening to watch the turmoil while all the good things about our town are forgotten. Far too many people seem to hold grudges or spew hatred because they don't agree with someone else's opinions. This is very sad and makes it hard to overcome the past so the town can focus on the future.

I have worked with so many people who are leaving Haverhill, sure some are leaving for warmer regions, but then there are many who are leaving because they can't stand the dissension, moving to neighboring towns to get away from it, and to a place where taxes are lower.

We need to find common ground, a way to bring people into Haverhill, we need to work together to market Haverhill as a place you want to be and not one you stay clear of. This isn't going to happen overnight, this isn't going to happen with the current status of negativity and torn friendships. This is going to take all of us to accomplish, whether we agree or disagree. We need to come together and work towards what is best for all of Haverhill.

It is time for someone to stand up and be a voice rather than a yes man without fear of intimidation. Whether you support me or not, I encourage you to attend meetings, ask questions and go VOTE!

Respectfully,
Vickie L Wyman
North Haverhill, NH

Volume 14 Number 10

February 21, 2023

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

HAVERHILL CANDIDATES' PLATFORMS FOR HAVERHILL SELECT BOARD

ALSO AVAILABLE ON ZOOM

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Five Candidates have signed up for two seats.
Due to Vacation plans only three candidates are able to attend.

BEFORE YOU VOTE BE INFORMED

Phil Blanchard,
Steve Robbins,
Vicky Wyman

Also on the ballot are
Richard Guy & Joe Longacree

Other Positions to be voted on during balloting on Tuesday, March 14, 2023 include:

Trustee of Trust Funds (3 year term) Currently held by Marie Bigelow

2 School Board Seats (Three Year Term)
Currently held by **Donald LoCascio & Robert St. Pierre**

School Board Seat (One Year Term) Currently held by Aaron Palm

School Moderator (1 year term) Currently held by Gary Hebert

This Platform is Sponsored by Trendy Times as a Public Service.
For more information contact Gary @ 747-2887 or email Gary@TrendyTimes.com
Thanks to the Haverhill Town Administration Staff for Assistance with Zoom presentation.

Embracing the Dark - Effects of Light Pollution in the North Country and Beyond

BETHLEHEM – You may know that the evolution of life on Earth happened under stable and predictable dark and light periods. And it wasn't until the widespread use of the lightbulb that we saw the illumination of roads, cities, and towns and a rapid shift in patterns of light and dark. But do you know how light pollution in the North Country rates or how our wildlife and ourselves are affected?

Join the Ammonoosuc Conservation Trust (ACT) on Wednesday, February 22, from 6 to 7 pm for the second installment of ACT's Winter Speaker Series to learn about the effects of light pollution in the North Country and beyond! Our speakers will be Bethlehem resident and Research Professor of Environmental Science & Policy at Plymouth State University (PSU) Rachele Lyons, and students in the Environmental Science & Policy Program at PSU. The presentation will be at Bethlehem Elementary

School, with an online option for those who prefer to attend remotely.

Rachele and her students will discuss what the change in light levels on earth has meant for ecological and human health. We will also learn about the International Dark Skies Initiative and how we can embrace smart lighting in our communities to reap the benefits and reduce the negative consequences of artificial light.

This program is free to all participants, but registration is required. ACT and PSU are partnering to offer this presentation as a hybrid event, so when registering, please indicate whether you plan to attend in person or online. Registration information can be found at act-nh.org/education-events.

The Ammonoosuc Conservation Trust inspires and leads private, voluntary action to conserve the land the North Country loves. Learn more and become a member at act-nh.org or by calling (603) 823-7777.

Letter to Residents of Haverhill, Haverhill Corner, Pike, Mountain Lakes and Non-precinct Areas

It is critically important for you to attend the annual Town Meeting in March, arguably the most important one in decades, and stay until the end. Few residents are well informed with the issues in town, as evidenced by the number of people who attend Selectboard meetings and meetings that are held to inform the voters about various things. Unfortunately, the news that you hear or read is frequently one sided, and that includes information emanating from the Selectboard. The Selectboard is controlled by people who are promoting the Woodsville Precinct, and not the Town of Haverhill. Therefore, the news is not always the truth, the whole truth, and nothing but the truth. This is not meant to be a blanket indictment of all Woodsville residents, but they are being led by a small group whose actions and proposals are destroying the town.

Our problems are not the fault of the Town Manager. She is doing her job

by trying to correct inequities, and solve problems when she sees them, but is being made the scapegoat for everything that the core leaders of the WP (Woodsville Precinct) don't like, when in fact Woodsville has created their own problems. Examples would be not conducting required audits, employees not paying taxes to the Department of Revenue Services, and several things that the FBI is currently looking into regarding some of the practices of Woodsville Water and Light.

Petitioned Warrant Articles to fund the Woodsville Highway and Fire Departments will be on the ballot. You will absolutely pay higher taxes if these pass. My taxes would be an additional \$345 for two departments that I would derive no benefit from. Pay attention to this one-Woodsville collectively pays a total of \$586,000 in taxes to the Town. IF these two articles pass, the Town will have to pay Woodsville over \$100,000

MORE for the two departments than the precinct pays in taxes!! They would be getting all of the benefits of the Town for nothing. Therefore, Haverhill would be paying Woodsville to be part of the Town! If Woodsville wants the Town to pay for their Fire and Highway Departments, the solution is simple- join the Town Departments! The DRA has already ruled that the Town does NOT have to pay for them in the future. Now Woodsville has appealed that ruling to the State Supreme Court. That is why the tax bills were late in being issued. Yet, to look at what the Selectboard candidates that favor Woodsville say. They would "end disputes" and represent the "whole town," "be respectful," "transparent" and "legal." Don't be fooled by campaign rhetoric. Look at their previous actions, articles and derogatory attacks, and you will see the hypocrisy and their true feelings.

Woodsville residents have a much better attendance record at town meetings than the rest of the Town. With only about 23% of the residents, they turn out to vote in higher numbers. This is rule by the minority - not the majority. Everyone should go to the meeting and vote. No excuses!
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Calendar of Events

EVENTS FROM LOCAL NON-PROFITS, SCHOOLS AND TOWNS. PRESENTED FREE BY TRENDY TIMES.

TUESDAY, FEBRUARY 21
NGCRC MONTHLY MEETING
6:00 PM See Article on Page 4
Littleton Senior Center

WEDNESDAY, FEBRUARY 22
ACT'S WINTER SPEAKER SERIES
6:00 - 7:00 PM See Article on Page 5
Bethlehem Elementary School

SATURDAY, FEBRUARY 25
OLD TYME COUNTRY DANCE
7:00 - 10:00 PM See Ad on Page 6
West Newbury Hall

MONDAY, FEBRUARY 27
HAVERHILL SELECT BOARD MEETING
6:00 PM
Clifford Memorial Building, Woodsville

WEDNESDAY, MARCH 1
COOKIES FOR A CAUSE ORDER DEADLINE
See Article on Page 3
Willing Workers of Sugar Hill

THURSDAY-SATURDAY, MARCH 2-4
THE COUNTRY WIFE
7:30 PM See Article on Page 6
St. Johnsbury School Auditorium

SATURDAY, MARCH 4
HAVERHILL CANDIDATES' PLATFORM
1:00 PM See Ad on Page 4
Clifford Building, Woodsville

SUNDAY, MARCH 5
ACOUSTIC MUSIC JAM
12:00 - 3:00 PM
Clifford Memorial Building, Woodsville

THE COUNTRY WIFE
2:00 PM See Article on Page 6
St. Johnsbury School Auditorium

TUESDAY, MARCH 7
VERMONT TOWN MEETING DAY
See Newbury Ad on Page 4

WOODSVILLE WELLS RIVER 4TH OF JULY
COMMITTEE MEETING
7:00 PM
Baldwin Memorial Library, Wells River

WEDNESDAY, MARCH 8
ROSS-WOOD POST #20 AMERICAN LEGION
MONTHLY MEETING -
6:00 PM
4 Ammonoosuc Street, Woodsville

THURSDAY, MARCH 9
ACT'S WINTER SPEAKER SERIES
6:00 - 7:00 PM
Location to be Announced

SATURDAY, MARCH 11
DONKEY BASKETBALL
See Ad on Page 7
Community Building, Woodsville
Sat., March 11

JOMION AND THE UKLOS West African Jazz
6:00 PM See Article on Page 15
Fairlee Town Hall

SUNDAY, MARCH 12
BENEFIT TEXAS HOLD 'EM POKER
10:00 AM-7:00 PM Cash 1:00 PM Tournament
Moose Lodge 1779, St. Johnsbury

MONDAY, MARCH 13
ROSS-WOOD AUXILIARY UNIT #20 MEETING
6:00 PM
4 Ammonoosuc Street, Woodsville

FRIDAY, MARCH 17
ST PATRICK'S DAY DANCE
7:00 PM - Midnight See Ad on Page 6
American Legion Post #20, Woodsville

THURSDAY, MARCH 24
SWEET ON MAPLE
2:00 - 4:00 PM
Mount Cabot Maple Farm, Lancaster

FRI. & SAT., MARCH 31 & APRIL 1
RIVER BEND EXPO
See Ad on Page 16

EVERY THURSDAY
WORKING ON WELLNESS
6:00 PM
Monroe Public Library

St. J Players Present "The Country Wife"

St. Johnsbury Players is proud to present William Wycherly's *The Country Wife*. *The Country Wife* tells the story of Harry Horner, a notorious and lascivious man-about-town and his ingenious scheme for the rampant and mass seduction of the women of London society. By spreading the false rumor of his own impotence, he gains the sympathy of the husbands and, more importantly, free access to seduce their wives. Meanwhile, Mr. Pinchwife desperately tries to hide away his beautiful, innocent, new wife, Margery Pinchwife, from his much too eager friends. Will he succeed?

Popular for its lively characters and its double entendres, the bawdy comedy was originally vilified for immorality. Today, it is a stage favorite for its linguistic energy, sharp social satire and openness to varied interpretations. Director Gianna updates the story to the 1920s - London Jazz age full of bright young things. tickets are \$5. Opening



Photo credit: Jack oinchwife(Tristamn Barrett)instructs his ne young country wife(Kayla hennessey) to write a letter discourgung her new admirer so hw will not be cuckolded

night is ladies night and all women are admitted free for more information call 802-427-3292

The St. Johnsbury players presentation of *The Country Wife* will take place on Thursday, Friday

& Saturday, March 2-4 at 7:30 pm at the St. Johnsbury School Auditorium. There will also be a Sunday matinee at 2:00 pm on March 5.

West Newbury
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ST. PATRICK'S DAY DANCE
Friday, March 17 🍀
7:00 PM - Midnight


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Woodsville

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Snacks provided

Latest Co-op Check Should Continue To Grow



Carole Bays, Bethlehem Elementary School (BES) Garden Club, and Susan Greenlaw, BES principal, hold the Big Check donated by the member/owners and customers of the Littleton Food Co-op.

Littleton Food Co-op (LFC) was happy to present the Big Check to Carole Bays and Susan Greenlaw for the benefit of Bethlehem Elementary School's Garden Club. They plan to finish building their greenhouse and then extend the passion for outdoor gardening to their maple sugaring project. Building a sugar shack will offer additional authentic learning opportunities which will also develop in the students an appreciation of their local resources. Something that is also at the heart of LFC local food passion.

PT Farm, LLC in North Haverhill Becomes MontShire Packing, LLC

Most every business, at some time in its existence, looks at the change of either ownership or at least management. The circumstances of such changes can be for a wide variety of reasons. But the most important factor is who is the new owner or manager, and what changes will be seen for the employees or the customers of that business.

In the case of PT Farm the change of ownership took place in late 2022. The new manager, Greg Marsh of Piermont, took over as of January first of this year. Greg's background has given him a solid footing to be the boots on the ground for this processing and packaging business. Greg started out many years ago with a summer job packaging hamburger at a local store. When the summer of his senior year in high school was over he asked if he could stay on and learn how to cut meat. As he had already proven himself as having a great work ethic he was hired and began to learn how to transform a side of beef into steaks, roasts, hamburger and all the other beef cuts that we all find on

store shelves and in the coolers.

From there Greg moved into a job of being a buyer for a group of grocery stores and he no longer was handling the product but instead was watching over the coming and going of meat and other products.

In his new job at MontShire Farm he is using all of those skills, plus the added oversight of the crew that now turns sides into packages.

The other piece of the new team at MontShire Farm is the actual owner of the business. Mark Boydon has run his farm in Cambridge, Vermont for many years. He was looking to expand his business reach and saw the opportunity to take over this North Haverhill business as a perfect fit for him and his future.

The future for MontShire Farm looks bright to these two men at the top, as well as for their employees. Since they took over there have been no serious changes to personnel at the facility though they are consistently looking for new people to come on board. They are not only looking

for those with experience, but also for those who would like to learn a trade and are willing to start at the bottom and move their way up. In fact MontShire Farm is actively looking at a number of funding options in order to expand their current capacity. At this time they can handle approximately 35-40 head of both cattle and pigs per week. The hope is to triple that capacity within the next year. To accomplish this there will need to be at least a second processing line as well as more cooler space, a better delivery system, and most assuredly more product coming their way from local farmers as well as small operation growers.

There will certainly be some changes at the new MontShire Farms on Benton Road in North Haverhill over the coming years. But two things are also planned to remain the same. The continued work with farmers in the area and the solid employment opportunities they can offer their valuable employees. Without both of those factors the business will not flourish.

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

The Bath Library Book Club will be discussing "Peyton Place," by Grace Metalious on Monday, March 13, 2023 at 4:30 pm at the Bath Public Library.

Set in New England in the time periods before and after World War II, the novel tells the story of three women who are forced to come to terms with their identity in a small, traditional, gossipy town.

Books may be picked up at the Bath Library; hours are Monday, Tuesday, Wednesday and Thursday 9:00 am to noon and 1:00 pm to 4:30 pm and Saturday 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 bathlibraryljh@gmail.com

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The 99 Restaurant Raises Over \$24,000 for Boys & Girls Club

Littleton - This past October was Boys & Girls Club Month at the Ninety Nine Restaurants throughout New England. With the help of an enthusiastic staff, the generosity of their guests and Boys & Girls Club supporters, the Littleton Ninety Nine Restaurant successfully came in second overall for highest amount raised out of more than 100 participating restaurants. They, together with the help of the community, raised over \$24,000. That amount coupled with added funds from the West Lebanon restaurant, totaled \$26,181 to help support the local Boys & Girls Club of the North Country located in Lisbon.

BGCNC is a 501(c)(3) non-profit that provides a fun, safe, positive place for all children of the North Country under the guidance of caring adults.

BGCNC board members and staff were on hand at the restaurant during the month to help welcome guests and support special events like Guest Bartender Night and Trivia Night. The month long campaign featured raffles with amazing prizes from many local businesses, an all-you-can-eat breakfast buffet, and a bake sale. "The team at our local Ninety Nine Restaurant demonstrated their mission for a 'passion to serve' within their community" said Sandy Brackett, BGCNC Executive Director. "They were simply amazing and worked so very hard for our cause. We cannot thank them enough."

Each October for over a decade the restaurant has teamed up with BGCNC to raise awareness about the Club and the importance of financially supporting them.

For more information about the Boys & Girls Club of the North Country and the service they provide, visit www.bgcnorth-country.org or call 603-838-5954.



Andrea Way, Assistant GM (far left) and Moe Mulkigian, GM (middle) and Sandy Brackett, Executive Director of the Boys & Girls Club of the North Country (on the right)



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February 21, 2023

Volume 14 Number 10

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Volume 14 Number 10
 February 21, 2023
 Not all Times are Trendy, but there will always be Trendy Times

NH State Parks Opens Grant Round For Public Outdoor Recreation Projects

The N.H. Division of Parks and Recreation has announced that it has begun accepting proposals for 2023 Land and Water Conservation Fund grants, a program that assists with public outdoor recreational projects.

LWCF grants for local assistance are funded by the National Parks Service and administered in New Hampshire by N.H. State Parks' Bureau of Community Recreation. Funded projects may focus on developing new or renovating existing outdoor recreation support facilities, acquiring property for public outdoor recreation use or a combination of both development and acquisition.

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its recreational opportunities for generations," said Brian Wilson, director of the N.H. Division of Parks and Recreation. "It's one of the reasons so many people come to visit the Granite State, and it's definitely why so many choose to live here and do business here.

"LWCF grants require a 50/50 match, and that means that the communities where these projects are located have a serious commitment to outdoor recreation and its positive impacts not only on our well-being, but also on our natural and cultural heritage.

Recent New Hampshire projects receiving LWCF funding include ballfields, a boat ramp, a ski lodge, rail trails, multiple municipal parks and other projects that improve public access to quality outdoor recreation experiences.

Project sponsors seeking funding must submit an Intent to Apply form to N.H. State Parks by 4 p.m. on June 2, 2023. State Parks program staff will then review submitted forms and conduct project site inspections of potential projects. Sponsors of projects deemed eligible for grant funding will then be invited to complete the grant application process.

Forms and instructions are available at nhstateparks.org/about-us/community-recreation/land-water-conservation-fund-grant.

In 2022, more than \$1 million in LWCF funding was awarded through the N.H. State Parks grant program.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. N.H. State Parks and Recreation is comprised of the Bureau of Parks Operations, the Bureau of Historic Sites, the Bureau of Trails, the Bureau of Community Recreation and Cannon Mountain Ski Area. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides and natural areas. To learn more, visit nhstateparks.org, follow N.H. State Parks on Facebook and Twitter, or call 603-271-3556.

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Letter to the Editor: Alcohol and Winter Sports

To the Editor,
Winter is a time for many outdoor activities. It is also the season for celebrations - Thanksgiving, Christmas, New Years, Valentine's Day, winter (school) vacation. Many social gatherings include alcohol containing beverages and foods. Remember Grandma's fruitcake with all that rum! While alcohol and sports generally don't mix, alcohol is especially dangerous in winter.

Alcohol ruins athletic performance. It is a poor source of energy and calories. Vigorous exercise, such as cross-country or alpine skiing while drinking alcohol can lead to muscle cramps and muscle damage. Thus the risk of a serious fall, while moving at 40 or more miles per hour down the mountain, is increased. Needless to say alcohol impairs judgement and may increase the risk of serious injury. Serious injury can also be the result of drinking alcohol while participating in one sedentary outdoor winter activity- driving a snow machine!

Alcohol consumption causes dehydration because it is a natural di-

uretic. Dehydration is the cause of the hangover that one can experience with excessive consumption.

Vigorous physical activity in the presence of dehydration can also lead to muscle injury, weakness, dizziness and passing out. Serious injury may be the result! Alcohol impairs heat generation and retention during physical exertion in the cold, increasing the risk of hypothermia. The normal body response to excessive exposure to cold temperatures is vigorous muscle activity, also known as shivering, a warning sign that the body is too cold. Shivering is impaired when alcohol is consumed in cold weather. The risk of hypothermia is increased. The first signs of hypothermia are impaired judgement and slow reaction time or reflexes. Confusion then sets in, followed by coma and death.

Winter is a fun time. Nature challenges our wits, strength and endurance. Be up for the challenge! Avoid excessive alcohol use before vigorous physical activity outdoors and don't drink alcohol during such activities.

Robert Peraino, MD
Franconia

Dr. Robert,
Thank you so much for these tips to our readers. One of the lessons I remember well is "All things in moderation". A little may be fine and can, in the right circumstances, enhance the fun. But too much can certainly cause more than just a "bad time".
Gary Scruton, Editor

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**Request for Proposals for
Architectural Services**

Little Rivers Health Care, Bradford, Vermont

Little Rivers Health Care is soliciting proposals from architectural firms to provide design and construction administrative services for an addition and renovations to their facility at 55 Main Street, Wells River, Vermont.

Little Rivers Health Care has secured funding for the design and construction of an addition, renovations and site improvements at their existing facility that will include: complete renovation of the existing facility including, Installation of a sub slab depressurization system, five dental operatories, 1 exam / consultation room, laboratory, sterilization room, staff offices and patient waiting area, and site/infrastructure work.

There will be a site inspection for interested parties on Tuesday, February 27th, 2023, from 10 a.m. to 12:00 p.m. If you wish to attend and to receive information on the proposed project and the requirements for architectural proposals, please contact:

John Vose
Little Rivers Health Care,
ATTN: John Vose, 437 South Main, Bradford, VT 05033
802-222-9317 ext. 218 EMAIL jvose@littlerivers.org

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MAKING SENSE OF INVESTING

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In the past year, we've seen some big swings in the financial markets. This volatility may make you feel as if you have little control over your investment success. But the truth is, you do have more control than you might think — as long as you don't let fear guide your decisions.

Investment-related fear can manifest itself in a few different ways:

- Fear of loss — Some investors may emphasize avoiding losses more than achieving gains. Consequently, they might build portfolios they consider very low in risk, possibly containing a high percentage of certificates of deposit (CDs) and U.S. Treasury securities. Yet, a highly conservative approach carries its own risk — the risk of not achieving enough

ent types of assets and investments — each of which may perform differently at different times. Your objective shouldn't be to avoid all risk — which is impossible — but to create an investment strategy that accommodates your personal risk tolerance and time horizon.

- Fear of missing out — You're probably familiar with the term "herd mentality" — the idea that people will follow the lead of others for fear of missing out on something. This behavior is responsible for fads or the sudden emergence of "hot" products, and it's also relevant to investing. In fact, herd mentality may contribute to sharp jumps in the financial markets as investors drive up prices by buying stocks to avoid being left behind. And the same may be true in reverse — when the market starts dropping, skittish investors may accelerate the decline by selling stocks so they, too, can get out before it's too late. Buying or selling investments should be considered as needed to help advance your long-term financial strategy — not in response to what others are doing.
- Fear of the unknown — Some investors fall victim to "familiarity bias" — the tendency to invest only in what they know, such as local or domestic companies. But this behavior can lead to under-diversified portfolios. If your portfolio is dominated by just a few investments, and these in-

vestments are fairly similar to each other, you could experience some losses when the inevitable market downturn occurs. To help reduce the impact of market volatility, it's a good idea to spread your investment dollars across large and small companies in a range of industries and geographical regions. And that's just on the equities side — it's also wise to consider further diversifying your portfolio by owning bonds and government securities. (Keep in mind, though, that diversification can't guarantee profits or protect against all losses.)

- Fear of admitting failure — Some individuals don't like to admit when they've been wrong about something, and they may continue the same failed activities, hoping for eventual success. This behavior can be costly in the investment arena. Sometimes, a particular investment, or even an investment strategy, just doesn't work out, but an investor is determined to stick with it — even if it ultimately means considerable financial loss. Don't let this happen to you — if it becomes apparent you need to change your investment approach, move on to something better.

Fear can hold us back in many walks of life — but don't let it keep you from making appropriate investment moves.

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Public input sought for NH Outdoor Recreation Plan

New Englanders interested in helping shape New Hampshire's upcoming five-year outdoor recreation plan are invited to participate in an online survey through Feb. 24, 2023.

The N.H. Division of Parks and Recreation has partnered with the University of New Hampshire's Department of Recreation Management and Policy to design the survey as one part of the information gathering process for the 2024-2028 New Hampshire Statewide Comprehensive Outdoor Recreation Management Plan, which helps shape management actions and investments statewide and is required in order for New Hampshire to receive funding from the federal Land and Water Conservation Fund program.

Questions on the SCORP survey focus on a wide variety of outdoor activities, how often respondents have participated in them over the past year and other elements ad-

ressing people's outdoor recreation experiences in the Granite State.

The survey takes 10-15 approximately minutes to complete. All responses are confidential.

"The SCORP offers a roadmap – or trail map, if you will – for how outdoor recreation opportunities in New Hampshire will progress in the coming years," said Eric Feldbaum, administrator of N.H. State Parks' Bureau of Community Recreation. "One of its major influences is helping focus how funding for projects will be prioritized, so it's very important to know what people like best about their outdoor recreation experiences here in New Hampshire."

"We are so pleased to have as strong a partner as N.H. State Parks for this project," said Michael Ferguson, Ph.D., assistant professor at the UNH Department of Recreation and Policy Management. "By gathering information from individuals with a broad range of outdoor recreation experiences, the outdoor recreation industry will be better able to create even higher quality experiences for them going forward, which in turn will have a major positive effect on the state's economy."

A link to the survey can

be found at bit.ly/3YsM2Zm.

The Division of Parks and Recreation is one of five divisions of the Department of Natural and Cultural Resources. N.H. State Parks and Recreation is comprised of the Bureau of Parks Operations, the Bureau of Historic Sites, the Bureau of Trails, the Bureau of Community Recreation and Cannon Mountain Ski Area. The Division manages 93 properties, including state parks, beaches, campgrounds, historic sites, trails, waysides and natural areas. To learn more, visit nhstateparks.org, follow N.H. State Parks on Facebook and Twitter, or call 603-271-3556.

The Department of Recreation Management and Policy at the University of New Hampshire prepares students for rewarding careers in a variety of settings throughout the recreation industry. Students can pursue undergraduate degree options in Therapeutic Recreation, Program and Event Management, or Outdoor Leadership and Management, and graduate degree options in Recreation Therapy, Recreation Administration, or Adaptive Sports. To learn more, visit chhs.unh.edu/recreation-management-policy.



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WHS annually holds a Food Drive to kick off its Annual Winter Carnival. The local chapter of the National Honor Society sponsors the Food Drive. This year, WHS students donated over \$1,200 of food and money. Pictured are NHS members, Aeona Cuaresma, Paige Smith & Riley Restelli, Wiktorija Wawrzyniak, and Vanessa Chausheva.



The WHS Foods Class recently held a "Muffin Day"! Each team designed its personalized batch of muffins and then baked them. Everyone who tasted them said they were fantastic! Foods Class students from left to right with their creation of a graham cracker flavored muffin and a homemade marshmallow and crunchy graham cracker whipped cream Conner Newcomb, Nate Hogan, Eliza Wagstaff, and Ethan Fenn.



Our winners of the 2023 Poetry Out Loud Contest. 3rd place is Vanessa Chausheva, 2nd place is Peyton Rutherford, 1st place is Wiktorija Wawrzynick. Joining the winners is Poetry Out Loud Coordinator English teacher Jessica Quinn.

Our Thanks to Scott Nichols for the contribution of the above pictures and captions.

**Scott Nichols | Woodsville High School
Library, Media & Tech Specialist
Communications & Marketing Director
Extended Learning Opportunities Director
WHS Class of 2023 Advisor**



What About Ma?

by Kellie Quackenbush

All About Finding A Nursing Home

When Ma joined our household, we felt so very happy that we would be seeing more of her and she was happy to have her son with her everyday. We split the household chores and had family dinner every night in the dining room. Together, we discussed the world and shared the joys of everyday life.

As our workdays were long, we found helpers to stay with her during the day to keep her company. She had a bad turn in her health, she had a stroke and had to go to the hospital, everything changed. Due to Ma's health needs and our limitations, we needed to find a nursing home that would help Ma. Finding a nursing home is not easy, one must do an abundance of research and actual visits to see what will be acceptable for your family member.

"U.S. News & World Report has released its latest ratings identifying the nation's top nursing homes. The ratings for 2018-19 include 20 nursing homes in New Hampshire designated as a U.S. News "best." per patch.com/new-hampshire, 20 NH Nursing Homes Ranked 'Best' By U.S. News, "U.S. News explains that the new short-term rating is aimed at providing patients "with a clearer view of the quality of care provided by nursing homes to short-stay patients" who need rehabilitation or nursing services after suffering from an accident or illness."

Finding the best nursing home for your family member is half the battle. Deciding how to pay for a nursing home stay is another issue. For people who have Medicare and Medicaid, finding and

being accepted in a nursing home that accepts Medicaid can be its own challenge. Depending upon the health needs of your family member, there may be a long wait for a room and there is always paperwork. Private nursing facilities that do not take Medicaid can cost anywhere between \$3,000 to \$12,000 per month.

"Out of 35 rated nursing homes in the state of Vermont, 8 (23%) have an overall rating of 5 stars (the highest rating)." per nursinghomerating.org. An example of one very fine Vermont Nursing Homes on the list of "best" is "Menig Nursing Home is a non-profit nursing home. It has a total of 30 beds available, 29.6 are occupied. The occupancy rate is 99 percent. This facility accepts Medicare and Medicaid. Menig Nursing Home is not located within a hospital." This is in Randolph Center, VT.

As noted, the very good nursing homes are at capacity and have a waiting list. A medical event, a need for hospitalization, can be the factor that helps your loved one being placed in a nursing home. The urgency of the need is sometimes more easily defined while in a hospital stay.

Finding a nursing home for Ma was difficult. We wanted her to be properly cared for and wanted to have her health returned so she could come home. Sometimes, what we want and what we need are not the same. Ma enjoyed her nursing home experience and was never lonely while at the nursing home. In the end, it was not what her son wanted but what Ma needed--that was what was most important.

Debra Monk Heads Cast of Timely New Political Comedy "PRIMARY"

World Premiere Oct. 11-14 at Weathervane Theatre

Just as the future of the New Hampshire primary comes into question, New Hampshire's Weathervane Theatre, Out of the Box Theatrics and Breukelen Stage and Film will present industry-only staged readings of PRIMARY, a new play by Kelly Strandemo in New York City on Monday, February 27 at 5pm, Tuesday, February 28 at 1pm at ART/NY's Jeffrey and Paula Gural Theatre (502 W 53rd St.).

Directed by Ethan Paulini, PRIMARY will star Emmy and Tony Award-winner Debra Monk and Broadway's Michael X Martin (Ragtime, 9 to 5, My Fair Lady), Kathy Deitch (Wicked, Footloose), Robert H Fowler (The Producers, Beauty and the Beast). Rounding out the cast are Jason Xing Hart, Kimi Handa Brown, Liz Flemming (Baby), and Michael J Connolly with stage management by Egypt Dixon.

PRIMARY will make its World Premiere October 11-14, 2023 at Weathervane Theatre (389 Lancaster Road, Whitefield, NH 03598). Last fall a staged reading of Primary was presented at the Weathervane. The play marks Weathervane Theatre's first commission. Single tickets (\$19-35) can be purchased at weathervanenh.org. Complete cast to be announced shortly.

It's election season in the Granite State. The dwindling number of residents of a small town are thrilled when a new family moves in, thus ensuring the national attention they receive from their traditional New Hampshire midnight primary can continue. But when the new residents are anything but "traditional," assumptions of each person's primary desires are uncovered as they navigate how to pursue life, liberty, and happiness as a community.

While PRIMARY uses

New Hampshire's traditional voting legacy as a catalyst, the story centers on the changing demographics and personal interplay of small-town life. Strandemo, a South Carolina native who now lives in Brooklyn, says; "If you had told me two years ago that we would be working on the world premiere of Primary at the very time that my home state was being tapped to be the new 'first,' I would have said there's no way that we'd see that confluence of events. I would not have made that up for lack of plausibility. And yet, somehow, we are here. I am admittedly glued to a myriad of news sources and am moment-by-moment writing an increasing number of alternate endings in my head."

Kelly Strandemo is a Brooklyn-based writer and actor. Her plays have been performed across the country from LA to NYC. Kelly's adaptation of Aristophanes' THE CONGRESSWOMEN most recently played the NY Fringe and Weathervane Theatre. Additionally, she served as a head writer on a thirty-episode web series, and her narrative short, HOLD, is set to be filmed later this year. As an actor, Kelly has appeared off-Broadway, regionally, and in London where she received her Masters Degree in Classical Acting from LAMDA. Kelly can currently be seen in Sarah Smith and Phillip Guttman's film, CARDIFF. Kelly is proud to be the recipient of Weathervane Theatre's first play commission with PRIMARY.

Ethan Paulini is currently the Producing Artistic Director of the Weathervane Theatre in Whitefield, NH and Producing Associate Artistic Director of Off-Broadway's Out of the Box Theatrics. An actor, director, choreographer, writer and educator, favorite recent projects include directing and choreographing the revised revival of Maltby/Shire/Pearson's Baby (Drama Desk Nominee for Outstanding Revival of a Musical - Cast recording now available on Yellow Sound Label), appearing as Mr. Chaplin on Apple TV's Dear Ed-

ward, directing and choreographing Blood Brothers at Weathervane Theatre and 9 to 5 at PTC in Bangor, ME and portraying Ed Kleban in A Class Act, also at Weathervane. Founder: #ethancoaches - an acting and career coaching studio. Ethan co-wrote the musical Mama and Her Boys that has been performed over 500 times including an extended Off-Broadway run. He is a proud member of SAG/AFTRA and SDC. He is also a member of AEA.

The Weathervane Theatre was founded in 1965 by Gibbs Murray and the late Tom Haas and is under the leadership of Producing Artistic Director Ethan Paulini. For over half a century, it has presented high quality professional productions of plays and musicals. One of the few remaining alternating rep companies in the United States, the Weathervane is recognized as a historical institution nationwide, boasting among its alumni 2021 Tony nominee Elizabeth Stanley, Tally Sessions, four-time Tony nominee Judy Kuhn and recent Tony Award Winner Ari'el Stachel.

Out of the Box Theatrics (OOTB) is an Off-Broadway Non-For-Profit committed to lifting the voices of marginalized communities through the stories they tell. OOTB challenges audiences to experience work outside of their expectations and strives to diversify American theater by providing an inclusive and accessible platform for artists and patrons. OOTB was founded in 2015 by Elizabeth Flemming. Past productions include the Drama League nominated The Last Five Years, The Pink Unicorn, Baby (Drama Desk Outstanding Revival nominee, Off-Broadway Alliance Best Revival nominee), "Master Harold" ...and the Boys, Songs for a New World, Shoes & Baggage, ...Charlie Brown, Nocturne, and Into the Woods. In addition to mainstage programming, OOTB offers the new works initiative Building the Box. FB, IG, Twitter @ootbtheatrics www.ootbtheatrics.com

BEEZWAX

By John Martin



Report by Plymouth State Professors Outlines Nature and Scope of Foreign Investment in New Hampshire

The 2021-2022 Foreign Direct Investment (FDI) report was presented at the fifth annual FDI Forum at Plymouth State University

Plymouth, N.H.— Plymouth State University (PSU), in partnership with the New Hampshire Department of Business and Economic Affairs (BEA) and the World Affairs Council of New Hampshire, presented the key findings of the 2021-2022 New Hampshire Foreign Direct Investment (FDI) Report at the fifth annual PSU and BEA Foreign Direct Investment Forum at the university on Thursday, February 16, 2023. The forum was also live-streamed on YouTube.

BEA Commissioner Taylor Caswell and PSU President Donald L. Birx, Ph.D., gave remarks at Thursday's forum.

"Plymouth State University's annual analysis of foreign direct investment into New Hampshire demonstrates the important results of New Hampshire's 'best for business' efforts," Caswell said. "New Hampshire's low taxes, skilled workforce, and proximity to domestic and foreign markets are advantages few states can offer to companies poised for international growth. These data and findings will be useful in our efforts to attract businesses to New Hampshire and create high paying jobs for years to come."

The report, which can now be accessed online at the Plymouth State University website, details a consistent quality of investments in New Hampshire and its positive economic impacts despite ongoing uncertainty, inflation and risk of recession. The report's authors, PSU professors Roxana

Wright, DBA, and Chen Wu, Ph.D., provide a clear picture of foreign business presence in the state and an analysis of its economic impacts and opportunities.

"By mapping the countries of origin for FDI across the counties and industries, our unique data hold important value for identifying the sources of FDI," Wu said. "Our report has valuable implications for both policy makers and researchers who are interested in boosting the regional economic development via FDI attraction and retention."

In 2022, nearly 180 foreign companies headquartered in 23 foreign countries had over 360 subsidiaries operating in each of the 10 counties in New Hampshire, across 50 industries. The plurality of foreign-owned subsidiaries (28%) is in the finance and insurance industry. While about 75% of these companies are operating in the state's most populous counties in the south, Hillsborough and Rockingham, Wright and Wu describe a potential for growth in foreign manufacturing investment in the North Country.

"While reliable national-level data is provided by prominent institutions, we bring something different – a localized analysis and a closer look at international ties and value-creation in the state. What we found was reassuring," Wright said. "Foreign direct investment and international connections touch many of the industry segments and all key supply chain activities in New Hampshire. And international businesses contribute to financing availability for private and corporate residents, to the growth of local markets

and industries, and to the resilience of production capacity."

According to the latest available data from the U.S. Bureau of Economic Analysis, the foreign subsidiaries employed 50,700 people in the state in 2020, which is 8% of the state's overall private-sector employment, higher than the national average of 6%. In their research, Wright and Wu find the majority (over 60%) of the foreign subsidiaries are small businesses that have under 20 employees.

A panel consisting of Kirsten Chambers-Taylor of the United Kingdom Department for Business and Trade, Mark Laliberte, a business recruiter for BEA, Bryce W. Morrison, an attorney and shareholder at Bernstein Shur, and Ray Brousseau, Vice President and Deputy General Manager of BAE Systems, discussed the business climate in New Hampshire and why companies invest in the Granite State.

To learn more about Plymouth State University, visit www.plymouth.edu.

To access the 2021-2022 NH Foreign Direct Investment Report or to watch a recording of the event, visit <https://www.plymouth.edu/fifth-annual-forum-on-new-hampshire-foreign-direct-investment/>

Music Matters Concert Series¹⁵ to Benefit Waits River Valley School Music Program

Rooted Entertainment — a grassroots creative collective devoted to enhancing local music culture — is pleased to announce the upcoming Music Matters Concert Series to benefit the Waits River Valley School music program.

Beginning Fri., Feb. 17, the Music Matters Concert Series showcases six acts over the span of 15 weeks, ranging from the Afro-Caribbean reggae of Mal Maiz and African jazz ensemble Jomion and the Uklos, to tropical Colombian folk outfit Dilemastronauta and traditional Jamaican reggae maestro Mighty Mystic. The series won't be without New England-based artistic flare, with Hartford, Conn.-based funk/soul specialists The New Mosaic and Vermont bluegrass ensemble Beg, Steal or Borrow rounding out the festivities in May and June.

With admission to all shows by donation at the door, the Music Matters Concert Series will debut at The Listening Room at East Coast Van Builds (490 Lower Plain, Bradford, Vt.) and continue for the remainder of the series at Fairlee Town Hall (75 Town Common Rd., Fairlee, Vt.). Food vendors with eats inspired by the evening's music will

complement each performance.

All proceeds from the Music Matters Concert Series will assist in purchasing musical instruments and equipment for the new "Live Band" curriculum at Waits River Valley School, serving students in grades K-8 from Corinth and Topsham, Vt.

The Music Matters Concert Series is sponsored by Farm-Way, Valley Floors and Copeland Furniture.

Here is the concert lineup (all shows start at 6 p.m.)

Sat., March 11 Jomion and the Uklos (West African Jazz) (Fairlee Town Hall)

Fri., April 14 Mighty Mystic (Jamaican Reggae) (Fairlee Town Hall)

Sat., April 29 Dilemastronauta (Columbian Tropicalia) (Fairlee Town Hall)

Sat., May 13 The New Mozaic (American Soul/Funk) & Gentleman Brawlers (Soul/Jazz) (Fairlee Town Hall)

Fri., June 2 Beg, Steal or Borrow (Vermont Bluegrass) (Fairlee Town Hall)

For more information, contact matt@rooteden-tertainment.com, ty-chapin@gmail.com or jpendak@gmail.com.

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by Cindy Pinheiro
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Cabbage and Bean Soup

Hello hello my fellow chefs! How are you all doing today? I'm still having stomach issues but I have a new prescription called Famotidine that I just got and so far, it's only been 4 days, so good. We'll see but I'm hopeful.

I said good bye to my car this week. It was a 2007 Buick LaCrosse and it seemed like one thing after another was going wrong and I didn't feel right about driving to Rhode Island with it so I'm in the market for something newer. The prices are astronomically high so I don't know what I'll find.

Today's recipe is supposed to be good for digestion and soothing for your stomach so I gave it a try and it is "Delicioso " and easy peasy. It's healthy and has protein, vegetables and carbohydrates. If you want it to be vegetarian just use vegetable broth. So let's get started with today's recipe and how to make it.

- Ingredients**
- 3 Tbsp olive oil
 - 1 onion chopped small
 - 3 cloves of garlic minced
 - 2 32oz containers chicken broth or vegetable broth



- 1 tsp salt
- 1/2 tsp black pepper
- 1 small head of cabbage cut in small pieces
- 1 14.5 oz can sliced Italian stewed tomatoes
- 1 15 oz can diced potatoes
- 1 15 oz can pinto beans

In soup pan sauté olive oil and onions for 5 minutes until translucent. Add garlic and sauté for 2 more minutes. Add chicken or vegetable broth, salt and pepper and chopped cabbage. Quarter the cabbage and cut core out then cut slices. Bring to a simmer and cook 15 minutes. Add stewed tomatoes, potatoes and beans and simmer for 30 minutes stirring often. Shut heat off and let sit for about 5 minutes. Check to make

sure cabbage is cooked, it should be. That's it you are done. I sprinkled Parmesan on top and enjoyed it with toasted garlic bread. You probably have most items in your pantry. Cannellini beans will work if that's what you have. The only thing I had to get was a head of cabbage. It's different, tasty and a great way to use cabbage.

Well folks that's it for today's recipe. Please give it a try I think you will love it and your family will think you are a star. If you have any questions please contact Gary and I will help you out. Stay safe and healthy my friends. Until next time I am signing off,

Sincerely,
Cin Pin

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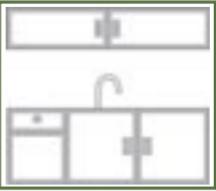


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