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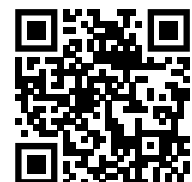
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# LEVITT AMP

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 JULY 25: **THE BLUE DAHLIA** AT DOG MOUNTAIN • AUG 1: **JUICE** AT DOG MOUNTAIN • AUG 8: **MIKE MAINS & THE BRANCHES** AT DOG MOUNTAIN  
 AUG 14: **#GETDOWNTOWN** EVENT • AUG 15: **REV SEKOU** AT DOG MOUNTAIN • AUG 22: **KOTOKO BRASS** AT DOG MOUNTAIN  
 AUG 29: **OSHIMA BROTHERS** AT DOG MOUNTAIN • SEPT 4: **CANTRIP** AT DOG MOUNTAIN



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## ST. JOHNSBURY CULTURE TOUR

## See Museum, History, Athenaeum Within Walking Distance

BY AMY ASH NIXON  
Staff Writer

ST. JOHNSBURY — St. Johnsbury boasts a trove of cultural and artistic offerings, including the historic and impressive St. Johnsbury Athenaeum, marking its 150th anniversary this year, the Fairbanks Museum & Planetarium, gifted to the community by the same family which built the Athenaeum, within sight of each other on Main Street, and on nearby Summer Street, the St. Johnsbury History & Heritage Center.

All three destinations are within walking distances of each other.

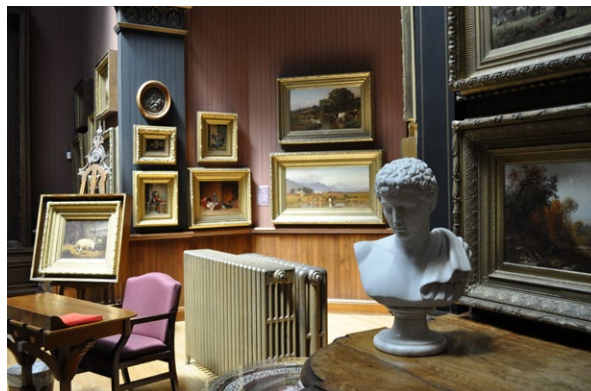
**Starting Point: Fairbanks Museum**

Beginning on a recent Saturday morning downtown, a

visit to the Fairbanks Museum & Planetarium saw a table of bottles and diminutive vases filled with local wildflowers and tree branches, picked and put on display on the wildflower display table as has happened for generations thanks to devoted volunteers, according to museum Executive Director Adam Kane, who was staffing the front desk.

The local wildflowers included several varieties of violets including the less common yellow violet, along with Dutchman's Breeches, Innocense Bluet, Hobblebrush, a branch of Canadian plum, a Foam Flower and more.

According to Kane, the charming habit of displaying daily the local plant life freshly cut and placed in vases by volunteers goes back to



The St. Johnsbury Athenaeum. (Photo by Amy Ash Nixon)

1909.

"It's generational," he says, before hopping up to check in three students from Indiana who were visiting the area.

Returning to normal operations after 14 months of being closed or carefully observing limited capacity guidelines in Vermont, Kane said the

museum staff is optimistic about what the summer season holds.

The planetarium will resume shows beginning on June 1 after being closed for more than a year due to the global pandemic.

It's the first time since the planetarium was opened in 1961 that it's been shut down,

said Kane.

Live Night Sky planetarium shows will resume along with special events, including a film to kick off the re-opening, *Dinosaurs of Antarctica*.

The Shippee Family Eye Care Butterfly House will be opening again soon, and exhibits throughout the museum's natural history collection are now open again and welcoming visitors; on a recent Saturday morning visit, the museum was bustling with a mix of out of town visitors as well as locals.

After such an extended time of uncertainty, things are shaping up just in time for the summer season, and Kane said he's expecting a really great summer. The Fairbanks has exciting plans in the works with a science annex breaking ground soon, which is a significant project

that will add "monumental things."

"I expect that we're going to have a really good year," predicts Kane, handing out audio guides to a family checking in on a recent day and explaining that you type in a 3-digit code that's listed on a hexagon next to an exhibit, such as one of the hundreds of taxidermy animals on display from polar bears to moose to a pelican, hummingbirds, lizards, and much more, to hear more about it - or even to hear the sound of the animal's call.

**Next Stop: St. Johnsbury History & Heritage Center**

A sign across from the Fairbanks shows the way to the St. Johnsbury History & Heritage Center, a nice, not too-far walk (two-tenths of a

See **Culture**, Page 8



this summer...

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**The Last Little Corner of Vermont**

## Culture

Continued from Page 6

(mile) around the block to a historic home on Summer Street, painted a cheery soft yellow. There, a group of dedicated volunteers work under the leadership of the center's founder (also a volunteer, and former longtime Fairbanks Museum educator) Peggy Pearl.

Her vision to preserve and share the history of the community with those from here and away is the result of a years-long drive to found a cultural institution that could achieve that dream, and she's done it, but takes little credit, saying her corps of volunteers are the unsung heroes.

She's hoping to get more visitors to the center, which has limited hours amid the ongoing pandemic, but is looking at expanding its visitor times this summer as restrictions begin to ease.

Along with its extensive permanent collections featuring local history from long-ago wars to the St. Johnsbury Town Band's history to the history of the important Fairbanks family and their legendary scale invention to the St. Johnsbury Trucking Company and more, this summer sees the addition of a new exhibit featuring a button collection created by the long-ago owner of the home where the

history center is housed, Mrs. Nellie Gilman.

The carefully curated exhibit features Mrs. Gilman's mounted buttons by theme as she created them, works of art, really, and arranged in beautiful patterns such a vase of flowers, or by materials including mother-of-pearl or porcelain ceramics, biblical themed buttons, holiday buttons, buttons from the animal kingdom and more.

The collection was left to two descendants. Half of Mrs. Gilman's original button mounted artworks were sold. "We don't where they are," said Pearl, who is in touch with several of the late woman's relatives.

Another new installation this summer is about the late St. Johnsbury photographer Katherine Bingham and features a dress of hers and some of her equipment as well as biographical information. The installation was made possible thanks to a St. Johnsbury Academy student's Capstone project, explained Pearl on a visit to the center.

Still another exhibit, still under construction in mid-May but coming together quickly, features the wooden planes of the late craftsman with the perfect surname for his work, Horace Carpenter. His fine work was featured in many of St. Johnsbury's most notable buildings and those marvels of architecture are featured in the exhibit.

"The History and Heritage Center inherited

a large collection of planes that were used on many of the major buildings in St. Johnsbury, they are just beautiful," said Pearl. "I said we have to get these on display!"

### A Few Strides South:

#### St. Johnsbury Athenaeum

From the Heritage Center on Summer Street, head south and make your way back to Main Street for a most impressive and majestic place: St. Johnsbury Athenaeum.

There's not much new to report for this summer, says spokesman Scott Davis, but the library and impressive art gallery are re-opened to the public (donation suggested for the art gallery), after being shuttered for a short time early in the pandemic.

According to the Athenaeum's website, "Horace Fairbanks presented the St. Johnsbury Athenaeum to the people of St. Johnsbury in 1871. Horace Fairbanks was a partner and later president of the E. and T. Fairbanks Company, the scale manufacturing company whose development influenced the history and growth of St. Johnsbury, and Vermont Governor from 1866-1868."

The art collection is explained, "Mr. Fairbanks collected works by many contemporary American painters—primarily of the Hudson River School—and also acquired copies of classical paintings while traveling in Europe. In 1873 he added an Art Gallery to the main

building. The purchase of Albert Bierstadt's The Domes of the Yosemite, a colossal ten by fifteen foot painting, influenced the design of the gallery. This overwhelming panorama dominates the back wall of the gallery. Natural light from the gallery skylight enhances the effect of looking down into the valley from the artist's vantage point.

The Fairbanks family augmented the gallery collection to create what is now a permanent collection of about one hundred works. The Hudson River School is represented by such well-known artists as Asher B. Durand (the father of American Landscape painting), Jasper Cropsey (known for autumn landscapes), Sanford Gifford (a Luminist painter), James and William Hart (pastoral landscapes with cattle), Samuel Colman and Worthington Whittredge (Western views).

Time magazine noted in 1965 that the St. Johnsbury Athenaeum Art Gallery is 'the United States' oldest unaltered art gallery still standing.' The Athenaeum intentionally retains the gallery's original style and atmosphere. Paintings in the heavy gilded frames of that era hang one above another; white marble statues and busts sit atop pedestals; oak bookcases contain gold tooled leather bound books. This gallery is truly an authentic period piece."

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# CALENDAR

*Editor's note: Calendar items were gathered in May, before some venues had their summer plans finalized, so it's worth checking online to see if your favorite venue has something going on. Also, things change, so call, email or check online to confirm times and locations before heading out.*

**Friday, June 11**

7 p.m., Adam Ezra Group, ArtPort, Green Mountain Mall, 2000 Memorial Dr. in St. Johnsbury. Catamount Arts is presenting the concert and writes, "Hailing from Boston, AEG's unconventional approach to the music world has allowed them to surge beyond their beloved hometown and emerge as one of the most uniquely powerful, underground live music experiences in the country."

3 p.m., The Patrick Ross Music Festival, Harvest Moon Orchard, 5449 Main St., Newbury. From foot stomping string band music to the soulful blues expressions of the electric guitar, and genres in between, the music from the three-day music event joins you amidst the apple trees while everyone is uplifted by a sense of community and cultural meaning.

**Saturday, June 19**



*The Levitt AMP St. Johnsbury Music Series, shown here in 2019, returns to Dog Mountain July 11th, bringing free, family-friendly concerts every weekend through September 4th.*

5 p.m. until dark - Family Fun Festival, Dow Park, Franconia, N.H. Live music, family games and activities, dinner and desserts, prize raffle, and fireworks. All free (except

raffle tickets). Donations accepted. Proceeds benefit Pathways Pregnancy Care Center, Littleton, N.H.

5 p.m. to 11 p.m., Border Board Games ta-

bletop gaming group, Derby Line Village Hall at 104 Main St, Derby Line. We play non-traditional board games that are more than rolling a die and moving a piece around the board. Beginners and experienced players are welcome to this free event. For more info: <https://www.facebook.com/groups/borderboardgames> or email [myersbethany@hotmail.com](mailto:myersbethany@hotmail.com).

**Friday, June 25**

4-7 p.m., Strawberry Festival, West Burke Village Park on Route 5A. Enjoy pizza, BBQ and get your annual shortcake fix. There will also be live music and dancing. The Runaway Tomato food truck will be at the park with slices and whole pies. Smokin' Something BBQ will also be there. The Burke Chamber will be selling homemade Strawberry Shortcake. Proceeds to benefit the Burke Area Chamber of Commerce.

**Friday, July 2**

6:30 p.m., Vermont Symphony Orchestra woodwind quartet, held outdoors, Highland Center for the Arts, 2875 Hardwick St., Greensboro. Experience a rich American patchwork quilt of colors, textures, and sounds

See **Calendar**, Page 25

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# After A Rough Ride, County Fairs Returning To Region

BY AMY ASH NIXON  
Staff Writer

Summer fairs celebrated throughout the region - and country - were among the victims of the pandemic last year, but this year, fair officials from Caledonia County to Danville, Orleans to Lancaster and North Haverhill are reporting they are gearing up for a return to the outdoor festivities, and with just-announced Centers for Disease Control guidelines relaxing just in time, things should be almost back to normal!

Dick Lawrence, who was a dairy farmer, owner of the Lyndonville Agway store for years, as well as a retired state legislator who served in a leadership role on the House Committee on Agriculture and Forestry in Montpelier, has been the longtime president of the Caledonia County Fair, too, and said plans are underway to celebrate a return to the much-anticipated 2021 fair season.

A banner on the fair's website, [www.caledoniacountyfair.com](http://www.caledoniacountyfair.com), is counting down the days until the fair.

This year's Caledonia County Fair is planned for Aug. 25-Aug. 29.



Caledonia County Fair President Dick Lawrence, left, and fair director Ron Sherburne, right. (Photo by Amy Ash Nixon)

Lawrence and fair directors - all volunteers - are gearing up for a theme he calls the "Let the fun begin!"

Investment is evident at the fairgrounds from construction on a new barn and rafters resting on the ground ready to be raised to

earth dug up and mounded where new water lines are going in to a recently-completed museum, the Deth Family Pavilion, made possible through a bequest left to the fair by Marjorie and Wallace Deth, said Lawrence.

He said the Caledonia County Fair also

contributed to the impressive 80 x 44' wooden barn with a concrete floor, completed amid the pandemic and beginning to take shape as an antiques museum featuring mini vignettes to include an old-time kitchen, a parlor, and a mini sugar house, complete with sap buckets and equipment used to boil sugar yesterday, fair director Ron Sherburne pointed out during a recent visit to the fairgrounds.

"It's great to be back!" said Lawrence, who has been the president of the fair for 36 years.

He said the celebratory and optimistic energy around planning this year's big 175th Caledonia County Fair has the fair "splurging" on entertainment to bring back the expected enthusiastic crowds, including a European-style show, the Royal Hanneford Circus.

The circus will feature aerial acts, ground acts, animal acts and intermission activities, which will include exotic offerings for fair goers: elephant rides, camel rides, tigers, zebras, a human cannonball and cloud swing aerial acts, and much more.

Dreamland Amusements will be back, and has been a reliable partner with the fair for nearly a quarter century, which the Caledonia County Fair is grateful for, said Lawrence.

See Fair, Page 12

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# Fair

Continued from Page 11

Lawrence said every aspect of the fair features a group which is passionate about their piece of the annual celebration, there are those who are devoted to horses, cattle, to the Floral Hall exhibits, to the maple display which touts the Vermont tradition that lives on and is much-celebrated, and much more.

"It's a team effort," explained Lawrence, and each of the groups that works hard to share their interests convenes for the days of the fair to share what becomes a mosaic of local talent during the celebration at the fairgrounds each August.

Many other entertainment acts are planned this year, too, including the High Flying Dogs event which will feature family-friendly trained dog acts that are sure to delight all ages, said Lawrence.

And of course the fair mainstays will be returning, including the all-important Demo Derby, which happens on the first night of the fair and the last, Wednesday and Sunday, as the culminating activity.



The 2018 Caledonia County Fair. (Photo by Dana Gray)

To give back to the community which supports the fair through attendance, sponsorships and donations and support of the annual auction, Lawrence said the fair's directors are planning a food drive and donation of cash at the fair for people to support local food banks across the county. Those who donate either non-perishable food or a cash donation of \$1 or \$2 (or more)

will get chances to win prizes of \$175 in cash, he said.

"It will be split amongst community food banks in the county," said Lawrence.

With the pandemic guidelines changing rapidly and easing up as more people become vaccinated, Lawrence said it appears the fair will be fairly close to normal, but plans to have more hand sanitizing

stations throughout the fairgrounds as well as Dreamland's workers sanitizing rides to keep everyone safe will be happening, "We want people to feel safe."

## Orleans County Fair

The Orleans County Fair is back for 2021, too!

Volunteers for the popular fair in the town of Barton are gearing up for a big return to the event planned for Sept. 8-12 this year.

The fair this year will be hosting a new amusement company, Smokey's Amusements as their new ride company, along with the Axe Women of Maine performing all five days of the fair, according to Treasurer Sheila Martin.

Find out more at [www.orleanscountyfair.net](http://www.orleanscountyfair.net).

## North Haverhill Fair

Volunteers are likewise gearing up for the North Haverhill Fair in New Hampshire, reported Gary Scruton.

"This will be the 77th annual North Haverhill Fair," Scruton said.

The dates for the fair this year are July 28-Aug. 1.

## Lancaster Fair

The website for the Lancaster Fair in Lancaster, N.H., states, "As we, the Board of Directors, look to the uncertain future of September 2021, we are doing our best with a positive outlook to plan for the upcoming fair season while remaining in a pandemic. With many uncertainties in front of us, we are moving ahead slowly and cautiously planning the 2021 Lancaster Fair."

"We plan to open our grounds for function rentals, to the extent allowed by the State of New Hampshire, and continue with necessary maintenance of the fairgrounds. We hope that you all understand we will always do what is best for our Lancaster and neighboring communities but must continue to follow the orders and mandates of Governor Sununu. We all know changes can happen in an instant," the fair's website notes.

The annual event is held Labor Day weekend every late summer.

The fair's directors note, "Please keep an eye out on Facebook and here on our website for future updates concerning the 2021 season, and keep your fingers crossed."

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# Catamount Arts Announces Full Summer Program

Fifteen months after closing their Eastern Avenue arts center to their public, Catamount Arts is gearing up for an ambitious summer of arts programming, education opportunities, and live performance.

Like arts organizations nationwide, Catamount closed their brick-and-mortar facility in March of last year, learning on the fly to develop safer programming strategies in the face of the pandemic. Catamount Arts will re-open in June with a new art installation in the Fried Family Gallery and a return to weekend film screenings, but after a year of thinking outside the box, the box can no longer contain them. Catamount's pandemic-inspired innovations, including walkable outdoor art galleries, moving sidewalk fairs, and a newly refurbished 20,000 square-foot arts and entertainment venue, are here to stay.

Live in-person performances have already begun at Catamount ArtPort at the Green Mountain Mall, 20,000 square feet of versatile former retail space outfitted with state-of-the-art ventilation and pod-style seating. Genre-defying rock sensation The Adam Ezra Group, whose summer tour is selling out nearly as fast as they can schedule it, will be at ArtPort Saturday, June 11.

Live music is the mainstay of Catamount's



*EPIC Music Director Lewis Botelho-Gomes leads students in 2019. EPIC Music is one of several arts camps offered this summer by Catamount Arts. (Courtesy Photo)*

summer programming, and organizers are specifically prioritizing Vermont musicians in an effort to secure paying gigs for bands who couldn't tour last year. Hey St. J! #GetDown-Town and the Levitt AMP St. Johnsbury Music Series will bring free, family-friendly live

music to St. Johnsbury all summer long.

Starting June 12, Hey, St. J! #GetDown-Town will bring three monthly live performance street fairs to downtown St. Johnsbury. Each #GetDownTown event staggers three live shows, ranging from music to puppetry to

poetry, among downtown locations, encouraging patrons to enjoy free, family-friendly entertainment while strolling among local shops and eateries.

#GetDownTown events will also include talks from artists featured in StJ Art on the Street, a walkable outdoor gallery showcasing works from local and national artists in windows and storefronts on Railroad Street and Eastern Avenue in St. Johnsbury. StJ Art on the Street's summer exhibit opens June 6.

On July 11, the eagerly anticipated Levitt AMP St. Johnsbury Music Series will return to Dog Mountain, providing free live music every weekend through Sept. 4. The Levitt AMP St. Johnsbury Music Series is sponsored in part by the Mortimer and Mimi Levitt Foundation, which partners with communities across America to activate underused public spaces, creating thriving destinations for people of all ages and backgrounds through the power of free live music.

The Levitt AMP St. Johnsbury Music Series will include free concerts by HuDost, Chad Hollister, the Blue Dahlia, Juice, Mike Mains & the Branches, Rev Sekou, Kotoko Brass, Oshima Brothers, Cantrip, and more.

See **Catamount**, Page 14

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# Catamount

Continued from Page 13

Arts education opportunities are abundant this summer, and online registration is already open for many classes, camps, and workshops. Catamount's popular Harvey's Lake Water Ski

Camp with the legendary Steve Dolgin is accepting enrollment for children ages 4-17, and will run July 5, 6, and 7. EPIC Music Summer Camp offers intensive violin instruction June 15-18 and June 21-25. North Country Youth Chorus Camp will run August 16-20, and dates for

Mural Camp, new this year, will be announced soon.

Catamount's favorite summer fundraiser, the Summer Solstice Raffle, is well underway, with tickets on sale now for the chance to pick one of three grand prizes: a brand new Mahindra tractor, a 2021 Harley-Davidson Iron, or \$10,000 cash. The raffle drawing will take place on July First.

For a complete schedule of summer events brought to you by Catamount Arts, including the Levitt AMP St. Johnsbury Music Series lineup, Hey St. J! #GetDown-Town programming, St. J Art on the Street exhibiting artists, and registration information for summer classes, camps, and workshops, visit [www.catamountarts.org](http://www.catamountarts.org) or call 748-2600.



Echo Lake Beach, Franconia Notch State Park, July 25, 2019. (Photos by Paul Hayes)

## Life's A Beach: The Best Public Dives For A Dip

*Editor's note: The region offers several public beaches for those people looking to take a refreshing plunge this summer.*

### Vermont

#### JOE'S POND, West Danville

The town-owned beach, accessed from Route 15, near the intersection with Route 2,

is available to the public and is maintained by the West Danville Community Club. The Lamoille Valley Rail Trail crosses near the beach.

#### HARVEY'S LAKE, West Barnet

The beach is open from 9 a.m.-9 p.m. daily. Beach house open daily June-August, 10

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# Beach

Continued from Page 14  
a.m.-3 p.m. with life guards on duty during that time. On days with inclement weather, the beach house may close and lifeguards will be off-duty. Daily fee is \$2.50 per person for ages 5 to 64. Children from infants-age four, adults 65 and older, admitted without charge.

When no lifeguards are on duty, swimmers agree they are swimming at their own risk.

## PROUTY BEACH, Newport

Prouty Beach Rd., on Lake Memphremagog

## LAKE CASPIAN PUBLIC BEACH, Greensboro

125 Beach Rd.

## NORTH BEACH, LAKE WILLOUGHBY, Westmore

146 Willoughby Lake Rd.

A glacial lake in the North-

east Kingdom, it resembles a Norwegian Fjord with its length extending between two mountain ranges. It is also the deepest lake in Vermont, with depths exceeding 300 feet.

## SHADOW LAKE, Glover

1114 Shadow Lake Rd., Glover

Shadow Lake has a public boat launch and a public beach.

## BOULDER BEACH ST. PARK, Groton

2278 Boulder Beach Rd, Groton

Two hundred foot beach and swimming area, cartop boat launch, play area and a concession stand. Canoes, kayaks and pedal boats are available to rent if you don't have your own.

## CRYSTAL LAKE STATE PARK, Barton

99 Bellwater Ave.



A boy walks the beach at Echo Lake in Franconia Notch.

Crystal Lake is approximately three miles long and about one mile wide. The beach area has almost a mile of sandy shoreline with a marked swimming area. The historic granite bathhouse has rest rooms, changing areas and a concession stand. Plan to cook out on one of the 40 free standing charcoal grills and use one of the nearly 80

picnic tables. Take advantage of the play areas or boat and canoe rentals, too.

## MAIDSTONE LAKE, Maidstone

4858 Maidstone Lake Road

Located at the end of a six mile dirt road, Maidstone is one of the most remote of

Vermont's state parks. Along with a great beach, this area has great trout and salmon fishing. Fees, \$4 adult, \$2 child (4-13), under 4 is free.

## NEW HAMPSHIRE

## ECHO LAKE, Franconia Rt. 18

At Echo Lake Beach, visitors can enjoy the beauty of a 39-acre lake with an excellent view. The slopes of Cannon

Mountain ski area drop right to the edge of the lake, and the view highlights where the Franconia Range and Kinsman Range meet, creating the notch. Adults (ages 12+), \$4; Children (ages 6-11), \$2; Children 5 & under, free.

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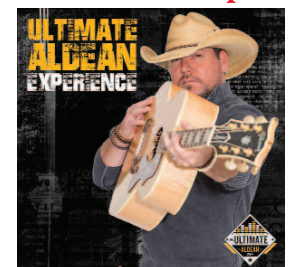
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# Pandemic Spurs Outdoor Dining Experience

**BY GILLIAN SEWAKE**  
St. Johnsbury Chamber

One of the pandemic's silver linings has been the emergence of outdoor dining in St. Johnsbury. Travel through our downtown during any summer weekend and you'll see for yourself that diners in St. J can enjoy some of our region's best meals and beverages, street-side. Our local entrepreneurs have built

restaurants that hum with good food, drink, and conversation, which is now visible for all to see.

Right on Railroad Street, three establishments – Central Café, Kingdom Table, and Whirligig Brewing – have created a hub for outdoor dining with inviting outdoor seating areas for each business spanning a busy intersection. You can spend the whole day hopping from

one to the other: linger over brunch at Central, sample craft beers at Whirligig in the afternoon, and close your day with dinner at Kingdom Table. If you need to work off some of those goodies in between stops, might we suggest a quick bike along the Lamoille Valley Rail Trail, a historic walking tour along Main Street, or a stroll to view the outdoor art exhibition St. J Art on the Street?

Along Eastern Avenue, you'll find three establishments with attractive patio seating where you can dine while enjoying live music at Salt Bistro, or enjoy a cocktail and a popup food vendor at St. Johnsbury Distillery, or a croissant and latte at Cosmic Cup Cafe. In each location, you can feel the energy and enjoyment that comes with delicious eats and good company.

Now that outdoor dining is here, it's hard to imagine that St. Johnsbury ever went without it. Last summer, the Town's select board granted permission for restaurateurs to move their operations out onto the sidewalk to mitigate the challenges of restaurant capacity limitations. Think back to that spring and summer, and the isolation we all felt. Seeing businesses along Railroad Street and Eastern Avenue investing in improvements to our downtown, and seeing diners enjoying themselves along the street, created a feeling of connection and hope that was a balm for some of the stresses we faced at the time. Now that we are emerging from the worst of the pandemic, it is wonderful to see that street-side dining has continued to be a popular option for residents and visi-



People enjoy outdoor dining at Central Cafe on Railroad Street in St. Johnsbury. (Courtesy photo by Rome Balmes)

See **Dining**, Page 26

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# Notch Offers Range Of Summer Opportunities

**BY KATHERINE FIEGENBAUM**  
Staff Writer

It's almost impossible to drive through Franconia Notch without gazing up in wonder at its steep cliffs, shimmering lakes and forested mountainsides that give way to a stunning alpine zone.

The eight-mile section of Interstate 93 that runs through the notch is encompassed by Franconia Notch State Park (FNSP), which itself is surrounded by the White Mountain National Forest.

Greg Keeler, Director of Marketing and Sales for FNSP, says limited development is part of what makes the state park special.

"And, of course, the notch itself is an amazing geological feature formed by glaciers," he said. "It's really neat to get up on top of Mount Lafayette and look down ... you can almost picture the glacier that carved through it."

While recreation opportunities abound — hiking, fishing, biking, swimming, rock climbing and more — parking fills up quickly and some attractions require prior reservations.

Keeler encourages visitors to plan ahead, show up early and have a backup plan, especially for the more popular trails. Parking is illegal on the highway and Keeler says that state police will have a presence in the notch this summer.

Up-to-date information on park attractions can be found on Cannon Mountain's website at [cannonmt.com](http://cannonmt.com)



*The Flume Gorge is one of the Franconia Notch State Park attractions that will require reservations this summer. (Courtesy photos Greg Keeler / Cannon Mountain)*

### HIKING

The notch's most classic hike is the strenuous 8.4-mile Franconia Ridge loop — Falling Waters Trail to Old Bridle Path — that traverses the summits of Mt Lafayette, 5260', and Mt Lincoln, 5089'. However, parking can be hard to come by and visitors should be prepared for changing weather conditions.

Keeler recommends parties with the ridge in their sights show up as early as possible: by 7 a.m.

One of his favorite hikes, however, is the much shorter loop of Artist's Bluff and Bald Mountain, located with ample parking right across from Cannon Mountain's base lodge.

"I've hiked Artist's Bluff, I don't know how many times," Keeler. "It just seems to not ever get old. It's short, it's very accessible and we go up there all year long since it's such a cool spot."

Other great hikes include the steep but short jaunt up to Lonesome Lake, which is nestled at 2700' along with an Appalachian Mountain Club (AMC) hut. The AMC plans to

See **Notch**, Page 18



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# Notch

Continued from Page 17  
reopen its hut system, which includes Greenleaf hut on the side of Mt Lafayette, in June after it was closed for overnight guests last year.

Keeler also recommends that visitors check out the Basin, a granite pothole 20-feet in diameter at the base of a waterfall.

“It’s a popular, easy thing to get to,” he said. “It’s a cool spot and a really neat feature.”

Some lesser-known hikes



include the 1.2-mile out-and-back to Georgiana Falls and the 1.7-mile trail up Mt Pemigewasset.

## RESERVATIONS REQUIRED

The Aerial Tramway that runs to the 4080’ summit of Cannon Mountain is slated to reopen at the end of May after being closed last season due to COVID-19 concerns. Online reservations are required for the eight-minute ride and visitors will have one hour to explore the trails and views before heading back down.

Keeler says that to start the season, masks will be required in the tramway building and the tram car.

Just up the road from the

tram is Echo Lake Beach, which provides those with prior reservations swimming and boat rentals with a view.

The Flume Gorge, a two-mile path leading deep into a granite gorge with waterfalls, also requires reservations.

## BIKING

The Flume’s visitor center is also the Southern terminus for the 8.8-mile paved bike path that runs all the way to the Skookumchuck trailhead north of the notch.

Visitors may bring their own bikes or rent one at the Old Man of the Mountain historic site, which provides easy access to the path.

## OLD MAN OF THE MOUNTAIN PLAZA

A short and scenic walk leads to Profiler Plaza: a memorial to the iconic New Hampshire landmark on the shore of Profile Lake. Seven stainless-steel “profilers” allow visitors to see what the Old Man used to look like before he fell from Cannon Cliff on May 3, 2003.

# Celebrate The 4th With Parades & Fireworks

*Editor’s note: Find a local community to celebrate with on the Fourth of July. This year, America celebrates its 245th birthday.*

## NORTH DANVILLE

Everyone is invited to the 72nd annual 4th of July Celebration. On Sunday, July 4, the North Danville Community Club, as it did last year because of COVID, will sponsor a “drive-by parade” starting at 10 a.m. and going until noon. An information station at the North Danville School/Community Building will have a route map of the houses to drive by. There will also be a bake sale at the information station. The Dickie Vance Race, a 5K footrace, will be held at noon starting from North Danville School. A Light Show will be held at dusk with the grill going for those who are hungry.

## WEST DANVILLE

According to Joe’s Pond Association president Albert Hebert, JPA is having its annual fireworks display Saturday,

See 4th, Page 26



(Photo by Paul Hayes)

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[www.stjhistory.org/wordpress](http://www.stjhistory.org/wordpress), [stjohnsburyhhc@gmail.com](mailto:stjohnsburyhhc@gmail.com)

# Take A Swing Through Local Golf Courses

*Editor's note: There are several golf courses throughout the region. The list below offer details to help you tee it up this summer.*

## ST. JOHNSBURY COUNTRY CLUB

4357 Memorial Drive (Rt. 5)

(802) 748-9697

Often called "the crown jewel of the NEK," SJCC's is a par-70 course, with three par on the front nine, and three more on the back nine. Summer season and rates begin June 1, with greens fees that include \$55 with a cart Monday-Thursday, and \$61 with a cart Friday through Sunday. Up until June 1, greens fees are \$52 with a cart Monday-Thurs, and \$56 weekend. Walking is permitted all day, with juniors (12 and under) able to do so after 2 p.m. SJCC has 17 tee times from 4:51 p.m. to 6:30 p.m.

In the clubhouse is a full-service bar and restaurant offering 30 brands of beer, including 12 craft brands on tap. The club is following covid mandates as prescribed by the state, so that masks are required at the present time.

## NEWPORT COUNTRY CLUB

590 Mt. Vernon St.

(802) 334-2391

Hours: 7 a.m.-8 p.m.

An 18-hole, par 72 golf course that overlooks Lake Memphremagog to its north, as well as views of Jay Peak and Wiloughby Gap to its West and South. The course accomplishes the rare feat of challenging serious golfers while offering a



St. Johnsbury Country Club. (Photo by Paul Hayes)

relaxed atmosphere that allows all skill levels the ability to learn this classic game.

Fees: nine holes, \$25; 18 holes, \$42; after 2 p.m., \$27. Cart rentals, \$14 nine holes, \$23, 18 holes

## JAY PEAK GOLF CLUB

830 Jay Peak Rd.

(802) 988-4653

Par 72, Midweek Greens Fees: Nine holes, \$37; 18 holes, \$65. Weekend/holidays, \$85 (18 holes). Cart fees: \$15 nine holes, \$20, 18 holes.

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Masks are mandatory in all areas of the clubhouse.

Fees: Nine holes, \$22; 18 holes, \$39. Club rentals, \$15 nine holes, \$25, 18 holes. Cart rentals, \$12.26 nine holes, \$20.75, 18 holes. Pull carts, \$3.77 nine holes, \$5.66, 18 holes

## BARTON GOLF CLUB

48 Telfer Hill Rd., Barton

See Golf, Page 23

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# Tour Lake Memphremagog Aboard The Northern Star

## STAFF REPORT

NEWPORT — After being out of commission during the pandemic year like many of the things we enjoyed, the Northern Star is back open and ready to take summer visitors on scenic cruises and more along Lake Memphremagog "... while gazing at the mountains surrounding these pristine waters."

Jim Davis, a board member for the Northern Star cruise vessel located in Newport, said this week, "We offer weekend scenic cruises, dinner cruises, specialty themed cruises and private charters throughout the sea-

son on Lake Memphremagog each Friday, Saturday and Sunday."

The cruise group's website has more information at [www.northernstarcrises.com](http://www.northernstarcrises.com). Check out the website for the most up-to-date details related to the pandemic. Gov. Phil Scott is anticipating a return to normal for most business operations by July 4th, possibly sooner, according to the most recent state information on the pandemic guidelines.

### Cruises

The Northern Star's 2-hour scenic cruise "will take you north along the eastern edge of this mag-



The Northern Star lies at dock next to the Newport City Gateway Center on the shore of Lake Memphremagog. (File Photo)

nificent lake right up to the border of Quebec. During your trip, points of interest will be pointed out to you as the boat returns along the western shore of Lake Memphremagog. This cruise departs Fridays, Saturdays and Sunday at 3 p.m. and returns to the dock at 5 p.m. A full beverage service and light snacks are available during the cruise."

There are also dinner cruises and a special Sunday Brunch Cruise.

Reservations are required and there is a charge for cruises, based on age groups, with children under 3 free.

Don't let summer slip by without a celebration on a Friday evening aboard the

Northern Star.

"Gather with family, friends or colleagues to lift a glass in a toast to fun in the sun this summer on a Friday night. Special hors-d'oeuvres will be our treat during the cruise as you embark for two hours of music and merriment. Enjoy local cuisine at it's finest as we partner with 15 local restaurants in bringing sumptuous selections of their specialties during these excursions," the website states.

### History Of The Boat

The history of the boat, originally known as the Bonny Blue, is detailed on the Northern Star's website.

"Built in 2002, she is 65 feet long and is USCG inspected for 49 passengers.

There are restrooms on board that are handicapped accessible. The main deck is climate controlled. Our Pub room is located on the lower deck and fantastic views can be had from the upper deck which is semi-enclosed. She cruises at approximately 10 knots and because of her hull design offers incredibly smooth sailing. And be sure to visit the cozy and large Pilot House where you can visit with the Captain and learn about beautiful Lake Memphremagog region," the site lays out.

Captain Merritt Walter designed the Bonny Blue in 2002, a beauty at 65 feet long and weighing in around 90,000 pounds. The eight-cabin vessel, which slept 16 and sat as many as 30, was designed and built to resemble a 1920's passenger and freight steamer. She spent five years sailing the Dismal Swamp Canal and Pasquotank River between Chesapeake, VA, and Elizabeth City, NC. The Bonny Blue was the last commercial vessel to sail the Dismal Swamp Canal when its passenger runs finally ceased on July 22, 2007. Walter, a

Michigan native, said the Bonny Blue had been so popular that its private cabins were typically reserved before the start of the season in the spring and were booked through the fall.

"In 2007, Mike Shea of Burlington, VT, bought the Bonny Blue and transported her to the shores of Lake Champlain, where he refurbished, expanded, and renamed her the Moonlight Lady.

The Moonlight Lady is a throwback to a bygone era when traveling by water was both functional and glamorous. Overnight passenger ships taking travelers to towns such as St. Albans, VT, as well as Westport and Port Kent, NY, had disappeared from Lake Champlain more than 50 years ago, when the SS Ticonderoga, a stately steamboat and casino, was taken out of commission.

In her new incarnation, the Lady had eight staterooms, plenty of deck space, a large dining room with an open kitchen, and an entertainment room."

The website continues,

See Star, Page 21

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*Editor's note: Enjoy the fruits (and vegetables) of local labor at area farmers' markets.*

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### DANVILLE

Wednesdays, 9 a.m.-1 p.m., Danville Town Green, June 9-Oct. 6

### PEACHAM

Thursdays, 3-6 p.m., Peacham Academy Green. Rain or shine. Music, children's

activities, homemade ice cream, seasonal fruit, veggies, baked goods, organic meats, crafts, more.

## GLOVER

Sundays, 11 a.m.-2 p.m. on the village green - opens Sunday, June 13 - produce, meats, baked goods, crafts, seafood & more

## HARDWICK

Fridays, through Oct. 8, 3-6 p.m., Atkins Field, 140 Granite Street

## NEWPORT

Gardner Park, Wednesdays & Saturdays, 9 a.m.-2 p.m.

## WESTMORE

Mondays, 1-6 p.m., June-September, Westmore Community Church, Hinton Hill and Rt. 5A. Vegetables,



plants, baked goods, pickles, preserves, eggs, jewelry, pictures and painted items,

maple syrup, crafts, goat's cheese, and more.

## CRAFTSBURY

Saturdays through Oct. 2, 10 a.m.-1 p.m. at Craftsbury Common

## NEW HAMPSHIRE LITTLETON

2021 Farmers' Market open for the season June 6 through Oct. 10, 77 River Glen Lane by River Glen Senior Center. Every Sunday, 10 a.m.-1 p.m. Fresh local fruit and vegetables, pasture-raised pork, beef, and chicken, goat cheeses, breads, gluten-free goodies, NH and VT maple products, prepared foods, and various high-quality crafts.

## BETHLEHEM

WREN (Women's Rural Entrepreneurial Network) Farmers Markets are held Saturdays, 10 a.m.-2 p.m.

at 2011 Main Street, Bethlehem, N.H.

## LISBON

Thursdays, 3 p.m., at the lot next to Sunoco on Main Street

## WOODSVILLE

Railroad Park on Rt. 302, Fridays 4-7 p.m., June-September. Produce, fruits, vegetables, specialty foods, wood crafts, herbs, honey, maple products, baked goods, jams jellies, crafts, eggs, flowers and plants. 603-747-2828.

## LANCASTER

Saturday, through Oct. 9, Centennial Park, Lancaster, 9-noon - 802-328-4060. Dogs are allowed back into the market this season. They must be on a leash.

## Star

Continued from Page 20

"In the fall of 2012, Chris Johansen of Newport, Vt., purchased the Moonlight Lady and brought her to Lake Memphremagog. With no way to transport her by water, the 112,000-pound boat was hoisted out of Lake Champlain and loaded onto a flat-bed truck at the old General Electric Power Plant in Burlington. She proceeded south

on Interstate 89 to White River Junction, where she then headed north on Interstate 91 to Newport, becoming the biggest boat to travel the roads of Vermont. At dawn on November 27, 2012, a crane lifted her off the truck bed and into Lake Memphremagog, her new home."

"Johansen completed major renovations to the boat while at the dock that first winter, but was able to preserve all of Captain Walter's original woodwork from the

Bonny Blue. He renamed her the Northern Star and began tours in the spring of 2013," the story continues.

Today, "The Northern Star offered international cruises, the first time in a decade that an American boat based in Newport had done this. In addition, brunch and dinner cruises, themed cruises, and graded school educational programs were also available. The boat sailed daily until the fall of 2017 when consecutive years of exceptionally

rainy seasons, in conjunction with the fallout from the EB5 scandal, caused Johansen to decide it was time to stop cruising."

But a local group came together to save the cruise boat and preserve its service for the region.

"Recognizing the importance of the Northern Star to the community, Johansen brought together a group of

local citizens in an attempt to prevent the sale and potential relocation of the boat," according to the group. "This organization became known as Memphremagog Community Maritime (MCM). The group members met on a weekly basis to discuss the future of the Northern Star. In July of 2018, MCM obtained a non-profit designation and proceeded to make plans for

their eventual purchase of the boat. MCM bought the boat in the fall of 2019 with the help of the NorthCountry Federal Credit Union Foundation, as well as various local donors."

The website notes that last year, "2020 was supposed to be the inaugural season of sailing for MCM and the Northern Star, but Covid-19 changed everyone's plans."

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# Golf

Continued from Page 19

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Membership: \$299; 13-18 years old, \$70; 19-24 years old, \$150; 12 and under, free.

Eighteen holes, par 71, 6,014 yards

Fees: Nine holes, \$12; 18 holes, \$15. Cart rental, \$10, nine holes, \$15, 18 holes

After 3 p.m.: nine holes, \$12, \$19 with cart; 18 holes, \$15, \$25 with cart

Indoor golf, \$25/hour, entire group

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Friday-Sunday: \$70 per person w/cart; \$50 per person, walking

After 3 p.m., any day: \$30 per person, 18 holes w/cart

Nine holes, Monday-Thursday: \$30 w/cart, \$20 walking

Friday-Sunday: \$40 w/cart, \$30 walking

## BETHLEHEM COUNTRY CLUB

1901 Main St., Bethlehem  
(603) 869-5745  
869-5556

Fees: Two players with a cart midweek (Monday-Thursday), \$80

Two players with a cart weekends/holidays (Friday, Saturday, Sunday), \$90

18 holes with a cart midweek, \$52; 18 holes with a cart weekends/holidays, \$57; 18 holes walking mid-week, \$32; 18 holes walking

weekends/holidays, \$37

12 holes with a cart mid-week, \$38; 12 holes with a cart weekends/holidays, \$43; 12 holes walking mid-week, \$22; 12 holes walking weekends/holidays, \$27

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# Calendar

Continued from Page 10  
as the VSO's Woodwind Quartet takes the audience on a journey through 120 years of American music—from Tin Pan Alley to Carnegie Hall, from a bumpy bike ride with Alyssa Morris's "Motion" to the fairgrounds with Amy Beach's "Carnival."

11 a.m. to 3 p.m., Sugar Hill Historical Museum, 1401 Route 117, Sugar Hill, N.H., Willing Workers of Sugar Hill Centennial, more information: 603-823-5336.

### Sunday, July 4

11 a.m., Woodsville/Wells River Fourth of July Parade & Fireworks; the parade route is from the area of Woodsville Elementary School down Central Street (Route 302) across the Veterans Memorial bridge into and through Wells River Village. After the parade, field activities will get started with music, rides, games and food. Plus bingo and other activities. A gigantic fireworks display begins at 10 p.m. The best place to watch this display will be from the Woodsville Community Field or the parking area next to it.

### Saturday, July 10

3 p.m., Vermont Symphony Orchestra string quartet, held outside, Dog Mountain, 143 Parks Road, St. Johnsbury.

### Sunday, July 11

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

### Thursday, July 15

7 p.m., Craftsbury Chamber Players, outdoors, Craftsbury Common, more information can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org). The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

### Saturday, July 17

10 a.m., Stars & Stripes Festival & Parade, Lyndonville. Parade theme is a salute to essential workers. Vendors to set up in Bandstand Park.

3 p.m., Vermont Symphony Orchestra brass quintet, held outside, Island Pond Town Green Bandstand. In keeping with the spirit of the American brass band tradition, the program will include timeless favorites, cinematic moments, and new sounds that will give

listeners a chance to reflect as well as recharge.

5 p.m. to 11 p.m., Border Board Games tabletop gaming group, Derby Line Village Hall at 104 Main St, Derby Line. We play non-traditional board games that are more than rolling a die and moving a piece around the board. Beginners and experienced players are welcome to this free event. For more info: <https://www.facebook.com/groups/borderboardgames> or email [myersbethany@hotmail.com](mailto:myersbethany@hotmail.com).

### Sunday, July 18

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

### Thursday, July 22

7:30 p.m., Craftsbury Chamber Players, Hardwick Town House; more information can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org). The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

### Sunday, July 25

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to

[catamountarts.org](http://catamountarts.org) for concert details.

### Thursday, July 29

7 p.m., Craftsbury Chamber Players, outdoors, Craftsbury Common, (rain date, July 30); more information can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org). The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

### Thursday, Aug. 5

7:30 p.m., Craftsbury Chamber Players, Hardwick Town House; more information can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org). The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

### Sunday, Aug. 8

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

### Thursday, Aug. 12

7 p.m., Craftsbury Chamber Players, outdoors, Craftsbury Common (rain date, Aug. 13); more information

See **Calendar**, Page 26

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# 4th

Continued from Page 18  
 July 3 (rain date July 5). The bombs bursting in air will be launched from the far northwestern corner of the main pond near the Walden end of the lake, he said.

## PEACHAM

Fireworks, Friday, July 2, 9:30 p.m.

## NEWPORT

On Sunday, July 4, the day begins with Kingdom Games' Harry Corrow Freedom Run, 8:30 a.m. Start and finish, North Country Hospital, 189 Prouty Drive. Options expanded this year to include 10 mile, 10K, 5K and one-mile distances. After a lunch break, there's an old-fashioned celebration at Gardner Memorial Park with live music, food and games. Fireworks begin at 9:30 p.m.

## WOODSVILLE, N.H./WELLS RIVER, Vt.

With the theme of America's Super Heroes, the parade starts at 11 a.m. on Sunday, July 4 from the Woodsville Elementary School parking

lot and travels down Central Street (Rt. 302) across Veterans Memorial bridge into Wells River where it will turn right onto Main Street. After the parade, field activities will get started with music, rides, games, food, bingo and other Independence Day fun.

As usual the day will be capped off with a gigantic fireworks display at 10 p.m. The best place to watch the display is from the Woodsville Community Field or the parking area next to it.

## BARTON

Join the Orleans County Fair Association Sunday, July 4 in Roaring Brook Park (Orleans County Fairgrounds) to celebrate Independence Day. Festivities typically get underway with tractor pulls at 9 a.m. and include a variety of events to keep the whole family entertained. According to the board of directors, "We are working with the Town of Barton to try and bring back fireworks to the Independence Parade Festivities."

# Calendar

Continued from Page 25  
 can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org). The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

## Sunday, Aug. 15

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

## Thursday, Aug. 19

7:30 p.m., Craftsbury Chamber Players, Hardwick Town House; more information can be found online at [craftsburychamberplayers.org](http://craftsburychamberplayers.org).

org. The music ranges from the classical, romantic, 20th century and contemporary periods. No tickets are necessary; admittance by donation.

## Saturday, Aug. 21

5 p.m. to 11 p.m., Border Board Games tabletop gaming group, Derby Line Village Hall at 104 Main St, Derby Line. We play non-traditional board games that are more than rolling a die and moving a piece around the board. Beginners and experienced players are welcome to this free event. For more info: <https://www.facebook.com/groups/borderboardgames> or email [myersbethany@hotmail.com](mailto:myersbethany@hotmail.com).

## Sunday, Aug. 22

Levitt AMP St. Johnsbury Music Series at Dog Mountain

in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

## Friday, Aug. 27

3 p.m. to 8 p.m., 30th Annual North Country Moose Festival, Main Street, Colebrook, N.H., free admission street fair featuring: Artisan Crafters, Food Vendors, Cruise Night, Kid's Games, Live Music, Moose Cruise Parade, and more!

11 a.m. to 3 p.m., Sugar Hill Historical Museum, 1401 Route 117, Sugar Hill, N.H., Willing Workers of Sugar Hill Centennial, more information: 603-823-5336.

## Saturday, Aug. 28

10 a.m. to 3 p.m., 30th Annual North Country Moose Festival Canaan Rec Park,

country fair featuring: Artisan Crafters, Food Vendors, Moose Chili, Horse Drawn Wagon Rides, Classic Car Show, Moose Calling Contest, Cow Plop Bingo, Maple Tasting & Contest, Kid's Games, Live Music, Dog Show, Art Contest, and more!

## Sunday, Aug. 29

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

## Sunday, Sept. 5

Levitt AMP St. Johnsbury Music Series at Dog Mountain in St. Johnsbury. Go online to [catamountarts.org](http://catamountarts.org) for concert details.

# Dining

Continued from Page 16  
 tors alike.

Have you tried al fresco dining in St. J? Check out the delicious options below. It's worth checking to confirm dates and times before you dine, as many will be expanding their open hours this summer.

## Central Café

418 Railroad Street  
 Open for breakfast and lunch Tuesday through Sunday starting at 8 a.m., with dinner service Friday through Sunday 5 p.m. - 8 p.m.  
[centralcafe.co](http://centralcafe.co)

## Kingdom Table

397 Railroad Street  
 Open Thursday through Sunday for dinner until 8 p.m., and Friday through Sunday for lunch starting at noon.

## Whirligig Brewing

397 Railroad Street, Ste 2  
 Open Friday and Saturday for craft beer, lunch and dinner from 11 a.m. to 8 p.m.  
[whirligigbrewing.com](http://whirligigbrewing.com)

## Salt Bistro

94 Eastern Avenue  
 Open Tuesday through Saturday for dinner from 4 p.m. to 8 p.m., with live music most nights on the weekend.  
[saltvt.com](http://saltvt.com)

## St. Johnsbury Distillery

74 Eastern Avenue  
 Open Thursday through

Saturday for cocktails and dinner from 4 p.m. to 8 p.m., with rotating food vendors.

[stjdistillery.com](http://stjdistillery.com)

## Cosmic Cup Café

139 Eastern Avenue  
 Open Monday through Saturday for breakfast and lunch from 7 a.m. to 2 p.m.

[www.facebook.com/CosmicCupCafe](http://www.facebook.com/CosmicCupCafe)

*Gillian Sewake is director of the St. Johnsbury Chamber of Commerce. She is also co-owner of Whirligig Brewing.*

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# LRH PROGRAMS & SERVICES

LITTLETON  
REGIONAL HEALTHCARE

LRH offers a wide range of inpatient and outpatient medical, surgical, and diagnostic services, including:

## 24-HOUR BOARD CERTIFIED STAFFED EMERGENCY DEPARTMENT

Emergency Medical Services (EMS) Education

## ALLERGY MEDICINE

## ANESTHESIA SERVICES

## AUDIOLOGY

Hearing Evaluations  
Hearing Aid Fittings & Repairs  
Vestibular (balance) Function Testing

## CASE MANAGEMENT

Advance Directives  
Discharge Planning & Continuing Care

## CARDIOLOGY

## CORONARY CARE

Cardiac Rehabilitation & Wellness  
Cardiac Lab  
Cardiac Stress Testing  
Echocardiography  
ECG Monitoring

## COVID-19 TESTING

## COVID-19 VACCINES

## DERMATOLOGY

## DIABETES EDUCATION

## DIAGNOSTIC IMAGING

Wide Bore MRI  
64-Slice CT Scan  
Bone Density Scanner  
Breast MRI  
4-D Mammogram  
3-D Ultrasound Imaging  
Multi-Slice Spiral CT Scanner  
Mammography  
iCAD Second Look Mammogram  
PET Scan

## EMERGENCY MEDICINE

## ENDOSCOPY PROCEDURES

## EYE CARE

Optometry & Ophthalmology

## FACIAL PLASTICS

Botox and Facial Fillers  
Blepharoplasty (Eyelid Lift)  
Rhinoplasty (Nose Surgery)  
Laser Procedures  
Surgical Dermatology

## FAMILY MEDICINE

## FAMILY SUPPORT SERVICES

Alternative Therapies Program  
Collaboration with Local Clergy  
Collaboration with Mental Health Providers  
Referral to Local Support Groups

## FOOD & NUTRITION

Cafeteria Services  
Community Appreciation Dinners  
Community Nutrition Outreach Programs  
Nutrition Education & Counseling  
Patient Room Service

## GASTROENTEROLOGY

Colonoscopy  
Upper Endoscopy  
Treatment & management of diseases of the liver, colon, & pancreas

## HEALTH INFO MANAGEMENT (Medical Records)

## HOSPICE CARE

## HOSPITAL MEDICINE

## INFECTION CONTROL

## INTENSIVE CARE

## INTERNAL MEDICINE

## LABORATORY SERVICES

## LITHOTRIPSY

## NEURO SURGERY

Spine Surgery

## NEUROLOGY

## OBSTETRICS & GYNECOLOGY

Cervical Cancer Screenings  
Breast Cancer Screenings  
Menopausal Care  
Prenatal & Postnatal Care  
Contraceptive Counseling

## OCCUPATIONAL HEALTH SERVICES

DOT – OSHA Exams  
Drug & Alcohol Testing  
Employee Wellness Clinics  
Injury Treatment Services  
Pre-Employment Examinations

## ONCOLOGY, HEMATOLOGY, & INFUSION CENTER

## ORTHOAEDICS

Adult & Pediatric Sports Medicine  
General Orthopaedics  
Spine Surgery  
Hand & Upper Extremities  
Total Joint Replacement - hip, knee, shoulder, & elbow  
Trauma Surgery

## OTOLARYNGOLOGY (Ear, Nose & Throat)

## PAIN MANAGEMENT

## PALLIATIVE CARE

## PATHOLOGY

## PEDIATRICS

## PHARMACY

North Country Pharmacy

## PRIMARY CARE

## PSYCHIATRY & BEHAVIORAL HEALTH

## PULMONOLOGY (Tele-Medicine)

## QUALITY SERVICES

## RADIOLOGY

## REHABILITATION SERVICES

Ergonomics  
Industrial Therapy  
Incontinence Program  
Occupational Therapy  
Physical Therapy  
Speech Therapy

## RESPIRATORY THERAPY

## THE SAUTER BIRTHING SUITE

Car Seat Safety Program  
Childbirth Education  
Lactation Consultation  
Newborn Hearing Testing  
Parent's Support Group

## SHARPS DISPOSAL PROGRAM

## SLEEP MEDICINE

## SUBSTANCE MISUSE

The Doorway at LRH

## SURGICAL SERVICES

Breast Surgery  
ENT (Ear, Nose, & Throat)  
General Surgery  
Gynecological Surgery  
Ophthalmology  
Orthopaedic Surgery  
Spine Surgery  
Trauma & Critical Care Surgery  
Urology Surgery

## TELE-MEDICINE

## URGENT CARE

## UROLOGY SERVICES

Adult & Pediatric

## VOLUNTEER SERVICES

## WOUND & OSTOMY CARE



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