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Editor - Leah Carey | Layout - Leah Carey & Andrew McGregor Cover design and cover photo - Glen Jardine

PUBLISHER

Todd M. Smith

ADVERTISING SALES

Julie Poutre, Karla Degreenia, Glen Jardine, Sylvie Weber

ADVERTISING DESIGN & PRODUCTION

Jeana Desilets



CONTACT US

Email: news@caledonian-record.com Phone: 802-748-8121 Web: caledonianrecord.com

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Treytin Gervais with a smallmouth bass he caught with Cap'n Dave. (Courtesy photo)

It's Called Fishing... Not Catching!

For those looking for water activities this summer, you can't do better than the lakes and waterways of the Northeast Kingdom!

Whether it's Lake Memphremagog, where you can float over the border from the United States to Canada, or Lake Willoughby, where you can even find a nudist beach, there's something for everyone.

For Dave Lamoureux, these waters were made for fishing!

Cap'n Dave heads NEK Bass Fishing Charters out of Island Pond, Vermont. As the name implies, he focuses primarily on fishing for bass.

It is, he explained to us, completely different from another popular pastime in the area - trout fishing.

"Generally with trout fishing, when you're on a boat you're trolling, which means that you're moving all the time," Cap'n Dave said. "Bass fishing, you're relatively stationary. You fish certain spots - let's say there's a path of weeds the size of a football field, you could spend all day fishing that."

Trout, he said, like the deep water found in places like Lake Willoughby.

Large mouth bass, on the other hand, prefer shallower depths of up to 12 feet of water found in many lakes in the area. "I call Lake Memphremagog my home waters. It's a lot more versatile than any other body of water around here. It has piccolo pike that live in the same waters as bass do - I call them bonus fish," Cap'n Dave said. "I fish in Island Pond and Speckle Pond in Derby. Salem Lake, also in Derby. It all depends."

He said on a good day a charter could catch 20 fish. "Your bass average about 2 pounds, and if you get into a good pike, you could be in 10 to 12 pounds."

But it's not all about what you take home at the end of the day.

"Some people presume that because you go out fishing you're going to catch something," he said. "They call it *fishing*, not *catching*!"

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And for Cap'n Dave, that's part of the fun. "You actually have to decipher what the fish are biting on your lure ... You have to be ready and know when a fish bites your line so you can set a hook and reel it in," he said. "When you're fishing it doesn't matter if it's sunny or rainy or windy. You're fishing."

Dave got into fishing as a youngster.

"My dad always took me fishing, mostly off the banks," Dave said.

As a teenager, he and his buddles would borrow his dad's little aluminum rowboat and pick up truck and go out to the lakes.

"We didn't know much about fishing. We fished with live worms and bobbers. Sometimes we'd use rubber worms," he said. "You caught a few good fish that way."

He fell out of the habit when he got busy in college.

"I rarely went fishing for four years," he said. "When I graduated college, I met some new friends and they did bass fishing tournaments ... I told them I liked to fish but hadn't done it in a while."

He went out with them and was hooked. "I ended up buying his boat off of him. Since then, I've owned three other boats and did some tournaments myself."

Now he's bringing that love of the sport to others, hoping to get them hooked.

"I take people out for either four to six hours, their choice. And we spend that four hours hopefully catching fish," he said. "It's not always the case, but I try to enlighten them as to why we're doing what we're doing ... I'm trying to teach people how to go home and catch fish on their own."

He's also careful about making sure there will be fish into the future.

"I practice catch and release. I don't deny people the opportunity to take one or two home, but I limit it," Cap'n Dave said. "We are doing it for sport and future generations depend on us putting fish back for them to catch."



Capt'n Dave with a pike fish. (Courtesy photo)



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THINGS TO DO THIS SUMMER

►►► Reminder: Things change, so please call, email, or check online for times and locations before heading out!

Ongoing weekly events

SUNDAYS

Sunday Meditation: 10 a.m., Shambhala Center, 17 Eastern Ave., St. Johnsbury. Caroline DeMaio, cdemaio5@gmail.com, 802-748-9338, st-johnsbury.shambhala.org.

MONDAYS

Art class with Rick Tilton: 10 a.m., Littleton Area Senior Center, 77 Riverglen Lane, Littleton.

Free Open Sew: 10 a.m., One Stitch Two Stitch, 81 Main Street - Outback, Littleton. Beth Anderson, henpecked.guilts@yahoo. com, 603-444-5284. onestitchtwostitch.com.

Nia: 4:30 p.m., Barnet Wellness Center, 64 Film & Arts, 107 Eastern Ave, St. Johnsbury. Monument Circle, Barnet. 802-633-2700.

TUESDAYS

Tai Chi: 8:30 a.m. and 5 p.m., Barnet Tradepost Workshop Annex, 64A Monument Circle, Barnet. info@barnettradepost.com, 802-633-2700 x4.

Story time: 10 a.m., Cobleigh Public Library, 14 Depot St., Lyndonville. For ages birth to 5. Abby Johnson, abbymjohnson3@gmail. com, 802-626-5475. cobleighlibrary.org.

Books on Wheels: 11:30 a.m., Powers Park, Lyndonville. Featuring a building and engineering-themed activity. 802-626-5475. cobleighlibrary.org.

Lego Challenge: 3 p.m., St. Johnsbury Athenaeum, 1171 Main Street, St. Johnsbury. Tango Lessons: 5:30 p.m., Catamount

Weekly Chess: 6 p.m., Vermont Liquor

Beginning and intermediate; no partner need-

Outlet Bldg, Route 2 and Hill Street, Danville. All levels welcome. Brian Lafferty, Kingdom-ChessAssociationLtd@gmail.com, 802-274-

WEDNESDAYS

Free Open Sew: 10 a.m., One Stitch Two Stitch, 81 Main Street - Outback, Littleton. Beth Anderson, henpecked.guilts@yahoo. com, 603-444-5284. onestitchtwostitch.com.

Story time: 10:30 a.m., Cobleigh Public Library, 14 Depot St., Lyndonville. For ages birth to 5. Abby Johnson, abbymjohnson3@gmail. com, 802-626-5475. cobleighlibrary.org.

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21 Main Street | Littleton, NH | 603.444.2200 www.tmjewelers.com





Shriners roll at the calvalcade during the 2016 Caledonia County Fair in Lyndon. (File photo)

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"The student who is never required to do what he cannot do, never does what he can do."

John Stuart Mill





THE ROMANCE OF COVERED BRIDGES

► ► Covered bridges have always elicited a feeling of romance for me. When I was a kid, my parents told me stories of carving their initials on a penny and hiding it on a crossbeam of a covered bridge. I imagined growing up and stowing away my own special penny to commemorate a great romance.

Those special pennies and initials carved into the planks may not be there forever, though. Many of the bridges that we know are second, third, or even fifth re-buildings of the original structures and some were built in other parts of the area and later moved to their current locations.

For instance, the Bath Bridge in Bath, New Hampshire, is the fifth iteration after the first, second, and third bridges were destroyed by floods and the fourth was destroyed by fire.

The Swiftwater Bridge in Swiftwater, New Hampshire, was destroyed twice by floods and then was dismantled by human hands in the 1800s. It wasn't rebuilt until the 1970s.

A different fate befell Clark's Bridge in



Bath Covered Bridge (File photo)

North Woodstock, New Hampshire it was originally built in Barre as part 1965. of the Barre Railroad, but was abandoned along with the railroad line in the summer and start your own romance story!

1960s. It was rebuilt in its current location in

Visit these and other covered bridges this

Vermont

Barton - Sugar Mill Bridge

Cabot - A.M. Foster Bridge

Coventry - Orne Covered Bridge

Danville - Greenbanks Hollow Bridge

Irasburg - Lord Creek Bridge

Lemington - Columbia Bridge

Lunenburg - Black River Bridge, Nelson Bridge Lyndon - Chamberlin Mill Bridge, Miller's Run Bridge, Randall Bridge, Sanborn Bridge and Schoolhouse Bridge

Montgomery - Creamery Bridge, Hectorville Bride, Hutchin's Bridge, Comstock Bridge, Fuller Bridge and Longley Bridge

Troy - River Road Bridge Wolcott - Fisher Bridge

New Hampshire

Bath - Bath Village Covered Bridge Haverhill - Bath-Haverhill Bridge Lincoln - Sentinel Pine Bridge, Flume Bridge North Woodstock - Clark's Bridge

Swiftwater - Swiftwater Covered Bridge







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http://concerts.levittamp.org/stjohnsbury



Sarah Shook & the Disarmers



EVOLVFO



The Seratones



Incendio



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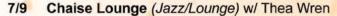
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Lao Tizer



THE HIGH & MIGHTY **Brass Band**



7/16 Sarah Shook & the Disarmers (Country)

7/23 Evolfo (Psychedelic Funk) w/ Electric Sorcery

7/30 Seratones (Garage Rock) w/ Ana D'leon

Incendio (World Guitar) w/ Tritium Well

8/13 HuDost (Neo Folk Rock) w/ 35th Parallel

Prydein (Celtic Bagpipe Rock) w/ Catamount Pipe Band

9/3 Matuto (Brazilian Folk/Bluegrass)

Lao Tizer (Contemporary Jazz) w/ Ira Friedman

9/17 High and Mighty Brass Band (Brass) w/ The NEKtones





















http://concerts.levittamp.org/stjohnsbury

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Contemporary line dancing: 5:30 p.m., Troy Parrish Hall, Troy. All ages, no partner needed. Pat Sanders, 988-4193.

Learn to Meditate: 6 p.m., Shambhala Center, 17 Eastern Ave., St. Johnsbury. Caroline DeMaio, cdemaio5@gmail.com, 802-748-9338. st-johnsbury. shambhala.org.

THURSDAYS

Tai Chi: 8:30 a.m., Barnet Tradepost Workshop Annex, 64A Monument Circle, Barnet. info@barnettradepost.com, 802-633-2700 x4.

Books on Wheels: 11:30 a.m., Powers Park, Lyndonville. Featuring a nature-themed activity. 802-626-5475. cobleighlibrary. org.

Sunday, June 11

Bread & Puppet Performance: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glov-

er. breadandpuppet.org.

Hayes Carll Concert: 8 p.m., Colonial Theatre, 2050 Main St, Bethlehem. Texas singer-songwriter bethlehemcolonialtheatre. org.

Monday, June 12

St. Johnsbury Band Concert: 6:30 p.m., St .Johnsbury Health & Rehab Center, Hospital Dr., St. Johnsbury.

Tuesday, June 13

Social Dance: 6:30 p.m., United Community Church, South Bldg, 1052 Main Street, St. Johnsbury. Social dance and beginner lessons with a variety of instructors. Michelle, 802-748-9558.

Wednesday, June 14

Readings In The Gallery: 7 p.m., St. Johnsbury Athenaeum, 1171 Main Street, St. Johnsbury. Kerrin McCadden with Tim Mayo.

Friday, June 16

NEMBAFest: 8 a.m., Kingdom Trails, 478 Route 114, West Burke. nembafest.com.

Lessons from the Osprey and Sunset Paddle in the Clyde River Wetlands: 5:30 p.m., Northwoods Stewardship Center, 154 Leadership Dr., West Charleston. maria@northwoodscenter.org. northwoodscenter.

Friday Night Live: 6 p.m., Pavilion at Lakeside Park, Island Park. visitislandpond.com/event/friday-night-live.

Saturday, June 17

NEMBAFest: 7 a.m., Kingdom Trails, 478 Route 114, West Burke. nembafest.com.

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sandra, questions@topofthecommon.org, 802-892-5284.

Relay for Life of Caledonia County: 12 p.m., St. Johnsbury Academy, 1000 Main St, St. Johnsbury. Erin Regan, erin.regan@cancer.org, 802-872-6344. Music On The Mountain Festival: 3 p.m., Wright's Mountain, Bradford.

Welcome Home To Waterford: 6:30 p.m., Waterford Congregational Church, Waterford. Mini documentaries of Waterford residents and Rhubarb Cafe. Carroll Campbell. 748-3455.

3 Rivers concert: 8 p.m., The Loading Dock, Mill Street, Littleton. theloadingdocknh.com.

Sunday, June 18

NEMBAFest: 7 a.m., Kingdom Trails, 478 Route 114, West Burke. nembafest.com.

Burke Music Jam: 1 p.m., Burke Community Building, 212 School Street, Burke. Therese Stone, 802-525-3412.

Bread & Puppet Performance: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Danville Town Band: 6:30 p.m., Danville Green, Danville. Concert and ice cream. 802-684-2064

Hiroya Tsukamoto Concert: 8 p.m., The Music Box, 147 Creek Road, Craftsbury. Singer-song-writer from Kyoto, Japan. themusicboxvt.org.

Monday, June 19

Game Night: 5 p.m., Colatina Exit The Main, 164 Main St, Bradford. Free and open to all ages.

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Tuesday, June 20

Coloring club: 6 p.m., Catamount Film & Arts, 107 Eastern Ave, St. Johnsbury. For adults and teens. catamountarts.org.

Wednesday, June 21

Summer reading kick-off: 3 p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. With music by John Gailmor. Abby Johnson, abbymjohnson3@gmail.com, 802-626-5475. cobleighlibrary. org.

Readings In The Gallery: 7 p.m., St. Johnsbury Athenaeum, 1171 Main Street, St. Johnsbury. Sydney Lea. stjathenaeum.org.

Richard Thompson Concert: 8 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehemcolonialtheatre.org.

Thursday, June 22

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Friday, June 23

Friday Night Live: 6 p.m., Pavilion at Lakeside Park, Island Park. visitislandpond.com/event/ friday-night-live.

Saturday, June 24

White Mountains Triathlon: 8 a.m., Peabody Lodge, Cannon Mountain Ski Area, Franconia. whitemountainstriathlon.com.

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PETS ON PARADE



June 17

A celebration of friends with wings, fur, tails or hooves. Hosted by Discover St. Johnsbury and Dog Mountain with help from community sponsors.

CIRCUS SMIRKUS



July 14 & 15

Vermont's home-grown circus brings talent and tumbling to St. Johnsbury's Green Mountain Mall.

CONCERTS AT COURTHOUSE PARK



June 19 - August 14 7:30pm - 8:30pm

Featuring the St. Johnsbury Band, the nation's third oldest community band.

COLORS OF THE KINGDOM



September 16

Autumn Festival in St. Johnsbury's beautiful & historic downtown. Train rides, arts & crafts fair, parade, farmers market, food, shopping and more.

FREE OUTDOOR CONCERTS

July 9 - Mid September

Levitt Amp St. Johnsbury Music Series at Dog Mountain, Spaulding Road. Presented by Catamount Arts. Rain or shine, dog-friendly.

▶▶▶ Chances are good that you're already familiar with the Kingdom Trails Association in East Burke, Vermont, and their many miles of exquisite mountain biking trails.

This year, trail runners are getting in on the action as well.

"Trail running is one of the fastest growing outdoor sports in the world," according to Julie Tower-Pierce of the ShoeFly Trail Run Series, a series that will bring runners to KTA and trails in Littleton, New Hampshire.

The trail running series will feature 5K and 10K trail runs throughout the summer, as well as a variety of long-distance runs during a festival at the end of the summer.

Tower-Pierce said that organizer Chris Scott, who also organizes the Coyote Full Moon Ultras, is known for organizing races around the country with a unique approach.

"He adds a lot of adventheir effort and for doing silly things, like displaying their Coyote Scramble hats around the world," Tower-Pierce said. "He has an eclectic approach to organizing races and building commu- Trails in Littleton, and the third week - the prizes are done in a fun fashion.



Runners take to the trails during the Shoefly Trail Run Series. (Courtesy photo)

nity. He had wanted to see a series on of the month at KTA. Each month feature to them. He rewards people for Kingdom Trails to build ultra running in the area."

> The series will feature two runs each month through the summer: the second week of the month on Parker Mountain

tures a different theme.

"These runs are basically 5K or 10K or a 1-mile loop," said Tower-Pierce. "It's not your typical race format. Everyone stands together at the beginning





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We had one woman - she drew the first blood by falling down and she got a crazy award. It's very fun."

The ShoeFly Trail Running Weekend Festival will take place at KTA Sept. 15 to 17 and will feature many course lengths, including an ultra marathon.

"You run the various 10K and 5K loops all through the night," Tower-Pierce explained. "Then there's a 10K glow run, a 9 p.m. run. Most races that are 5 or 10K happen in the morning, so most people don't have the opportunity to run at nighttime, unless you're doing an ultra run. This gives people who want a manageable run a chance to dress up and wear glow sticks and head lamps and have fun with your buddies."

So far, she said, the reception to the trail run series has been "amazing."

At Kingdom Trails, they're happy to have an opportunity to showcase their trails for more than just mountain biking.

"It's a multi-use trail system," said Marketing, Events and Retail Manager Lilias Ide. "There's no reason for people not to run on the trail system as well. So if we can open it to as many different user groups as possible, that's great!"

Ide said that they don't expect any conflicts between bikes and runners.

ly not busy at all," she said. "[The runners] photo)

stay on the wider trails. We're not going to have them running up a single track that's traditionally a fast [bike] downhill."

Also at Kingdom Trails

There are lots of activities at KTA throughout the summer.

Starting the summer off with a bang is NEMBAFest, a popular weekend event featuring riding, camping, demo'ing the latest mountain bikes and checking out the latest gear. The festival is headquartered at the Wildflower Inn in Burke and attendees will have direct access to the 100-plus mile KTA trail network. That will take place the weekend of June 16-18.

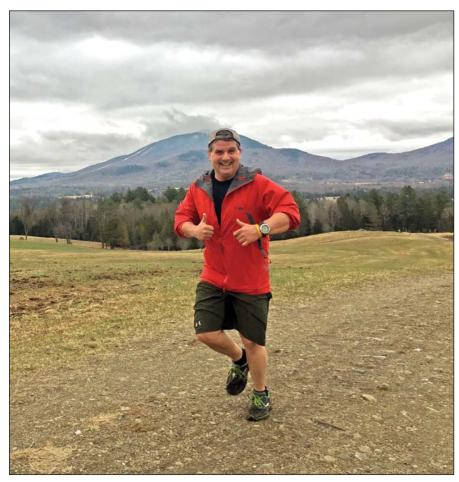
Another exciting event will be a stop on the CLIF Enduro Series race at Burke Mountain Aug. 5 and 6.

"Enduro is where the timed segments are only the downhill," explained Ide. "It's usually 80 percent downhill, 20 percent pedaling sections."

Riders must pedal themselves up hill between runs, but the uphill portions are not timed.

For a full calendar of events visit www. kingdomtrails.org. For more on the ShoeFly series visit www.shoeflytrailrun.org.

A runner enjoys his time running in "In the evenings, the trail system is real- the Shoefly Trail Run Series. (Courtesy





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COUNTY FAIRS

Bradford Fair

July 13-16

www.bradfordfair.org

July 13 - Mini horse pull; Bradford parade; log loader competition; van demo; mini horse performance.

July 14 - Ox pull, tractor pull, oxen, dairy fitting and showmanship, motorcycle/ATV racing, mini horse performance, Jaws of Life demo, The Better Day Band.

July 15 - Dairy confirmation, pony pull, oxen pull, youth tractor pull, pony pull, ATV transfer sled pulls, sawdust quarter hunt, Buddy The Clown, Gone Walden Mountain High Band, pony pull, single horse hitch.

July 16 - Horse show, snowmobile grass drags, frying pan throwing contest, oxen show, 2-horse hitch, demo derby.

North Haverhill Fair

July 26-30

www.nohaverhillfair.com

July 26 - Demolition Derby, Power Wheels Demo

July 27 - North Haverhill's Got Talent

July 28 - Demolition Derby, Power Wheels Demo



Cowgirls at the Caledonia County Fair. (File photo)

July 29 - Evening concert Recycled Percussion

July 30 - Mark Shelton as Elvis

Plus Magician Lance Gifford shows every day, woodsmen's contest, horse show, car show, antique and farm tractor pull, daily animal pulling, and more.

Danville Fair

Aug. 11-12

www.danvillevtchamber.org/danville-fair

2017 fair theme: Keeping our Neighborhoods Connected

There will be a parade Saturday morning, fair food, horse and pony pulls, amusement rides, live music, children's games, bingo, floral hall and prize drawings Saturday night.

Orleans County Fair

Aug. 16-20

www.orleanscountyfair.net

Highlights: 150th anniversary events, Steve Corning Daily Variety Show, VT Burlesque Show, Bob Marley Comedian Show, ETA and Raized on Radio.

4x4 truck pull, antique/farm stock tractor pull, demo derby, harness racing, livestock pulls and competitions, Gymkhana, horse and dairy shows, dairy center and milking parlor, 4-H exhibits, children's Little Farm Hands, floral hall exhibits, antique exhibits, chainsaw carving, DJ and live bands, beer and wine garden, maple sugar house and more.

Children's day on Wednesday, senior citizen day on Friday, military honor day on Saturday.

Caledonia County Fair

Aug. 23-27

www.caledoniacountyfair.com Schedule not available online as of print time.

Lancaster Fair

Aug. 31 - Sept. 4

www.lancasterfair.com

Schedule not available online as of print time.



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• 3 Tent/RV Sites

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SATURDAY • AUGUST 26

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SATURDAY · AUGUST 26



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TICK WATCH

Ticks are on everyone's mind this your exposure to ticks. year, as this is predicted to be a particularly plentiful season for them.

"Many activities that Vermonters engage in this time of year can put them in the path of disease-carrying ticks," said Tom Rogers of the Vermont Fish & Wildlife Department. "Spending time wading through high grass and brush, or sitting still along the edges of fields and forests, you can easily pick up a tick. Gardeners and landscapers also spend time working along forest edges, mowing grass, or cutting brush, where ticks are common."

Here's what you need to do know to stay healthy and safe.

The following is information courtesy of the Vermont Department of Health.

While outdoors:

- As much as possible, avoid high grass and bushy areas; stay on hiking trails.
- Wear long pants and long-sleeved shirts to minimize skin exposure to ticks.
- Tuck your pants into your socks to form a barrier to tick attachment.
- ticks on your clothing.
- Check for ticks, looking particularly for what may look like nothing more than a new freckle or speck of dirt, and remove ticks promptly.
- Use an effective tick repellent on your skin or on your clothing. There are several repellents that are effective against ticks. For an up-to-date list of EPA registered products, see http://cfpub.epa.gov/oppref/insect. Repellents should not be used on infants under 2 months of age. Read the label carefully and use according to the recommendations.
- Permethrin is an insecticide that can be applied to clothing or gear. If you spend a lot of time in tick habitat, wearing permethrin-treated clothing can be very effective at reducing

After you come inside:

- Check your or your child's body for ticks, and remove them promptly. Pay special attention to the head, armpits, and groin area.
- Examine clothing and gear for ticks. Placing your clothes in a hot dryer for 60 minutes will kill any ticks that may be clinging to the fabric.
- Check your pets for ticks as well. Consult your veterinarian for advice on choosing effective tick repellents for your pets.
- Showering within a few hours of coming inside can also reduce your risk of getting a tickborne illness.

How do you remove ticks?

- Try to remove the tick as soon as you discover it because prompt removal can prevent transmission of tickborne diseases.
- To safely remove ticks:Use fine-tipped tweezers and firmly grasp the tick close to the skin. Avoid touching the tick with your bare
- With a steady motion, pull straight up until • Wear light-colored clothing to help see all parts of the tick are removed. Do not twist or jerk the tick.
 - Do not be alarmed if the tick's mouthparts remain in the skin. Once the mouthparts are removed from the rest of the tick, it can no longer transmit disease-causing bacteria.
 - DO NOT use petroleum jelly, a hot match, nail polish, or other products to remove a tick. These methods are ineffective.

Thoroughly wash your hands and the bite area

• After removing the tick, wash your hands with soap and water or use an alcohol-based hand sanitizer if soap and water are not available. Clean the tick bite with soap and water or use an antiseptic such as iodine scrub or rubbing alcohol.





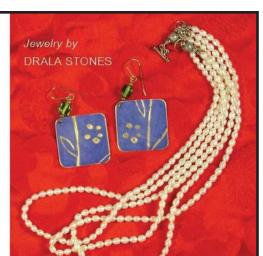


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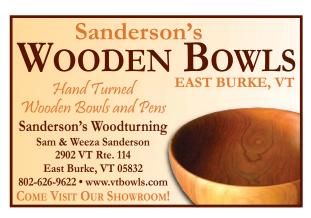


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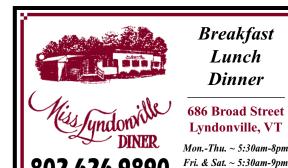


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CLOSE TO THE WATER, CLOSE TO NATURE

▶▶▶ Chris McFarland has some pretty basic advice for beaver, otter, and lots of deer, McFarland said. "Occasionally water."

Of course, he's being facetious.

climbing in a little teeny cockpit and going this raging rapid and flipping over," he said. "Most of the kayaking up here is

not like that. It's pretty much flat-water kayaking.'

In fact, he said, that's the draw that brings so many people to the lakes and rivers of northern New Hampshire and Vermont.

"Anybody can do it and it's so peaceful and quiet," Mc-Farland said. "You're right in nature ... It's all you. So you're one with nature out there just zipping around in the water. You can get up close to animals without scaring them."

McFarland is the owner of

Clyde River Recreation in West Charleston, a rental outfitter that serves paddlers of all skill levels.

Their most popular offering is a 5.5-mile trip on the Clyde River and it takes about 3 to 3.5 hours. "It's almost like a perfect amount. If people want to come out, they don't want to go out for one hour and they don't want to be at it all day," McFarland said. "Right around the three hour mark is a good, comfortable amount for most people."

On the trip, paddlers are likely to see all kinds of wildlife including ducks and geese nesting on the shoreline, muskrats,

novice kayakers: "The best thing is to keep your head above they'll even see a bear or moose. That's rare - you've got to get up bright and early in the morning."

"The thing about kayaking is you're on your own," he con-"When people think of kayaking, they envision people tinued. "You're not relying on how someone else paddles. If you want to go fast, you go fast. If you want to go slow, you go slow ... You can take nice, easy routes or go tougher

routes, whatever you're looking to do yourself. It's an easy sport for people to try."

He said that the popularity of the sport has exploded in recent years. He remembers a conference focused on tourism back in 2009 or 2010 where people said that kayaking should be left out of any potential advertising and branding. Now it's the opposite.

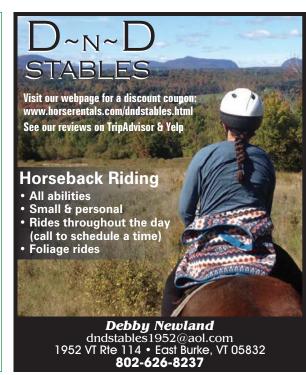
"The big thing that people really should know is to dress for the weather," McFarland said. "If you're not dressed

for the weather, you're not going to be comfortable in anything you do. Protect yourself from the elements - bug spray, sunblock, proper stuff to protect you from the cold and wind. Everything else is very, very basic."

And McFarland is happy to introduce newbies to the sport. "We have so many lakes and ponds and rivers to go and explore that you'd be crazy not to get out there and do some of it," McFarland said. "It's a great way to see the Northeast Kingdom, to get out and explore it and see why people come here and live here."







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Calendar

Continued from Page 8

Newport Sprint Triathlon: 9 a.m., Prouty Beach, Newport City. 1/2 mile swim, 13-mile bike ride, 3-mile run. For info and to register: NewportSprintTri.Weebly.com.

Sunday, June 25

White Mountains Triathlon: 7:30 a.m., Peabody Lodge, Cannon Mountain Ski Area, Franconia. whitemountainstriathlon.com.

Basic Bezel Setting Workshop: 10 a.m., Littleton Studio School, 21 Mill St, Littleton. With Sinead Cleary.

Bread & Puppet Performance: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Lamplight service and hymn sing: 7 p.m., Old North Church, Danville. Rev. Bob Sargent, 802-748-1456.

Monday, June 26

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Tuesday, June 27

Tinkerer Tuesday: 2 p.m., Foundry, 79 King Drive, Lyndonville. Registration required. Abby Johnson, abbymjohnson3@ gmail.com, 802-626-5475. co-bleighlibrary.org.

Stephen Corning's Extraordinary Variety Show: 2 p.m., Littleton Opera House, Cottage Street, Littleton. Family entertainment for all ages.

Wednesday, June 28

Walk in the new trails at Lyndon State Forest: 2:00 p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. With state forester Emily Meacham. Abby Johnson, abbymjohnson3@gmail. com, 802-626-5475. cobleighlibrary.org.

Thursday, June 29

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Friday, June 30

Moose and Bear Lecture: 5:30 p.m., Omni Mount Washington Resort, 310 Mount Washington Hotel Rd, Bretton Woods. With Nigel Manley. brettonwoods.

Friday Night Live: 6 p.m., Pavilion at Lakeside Park, Island Park. visitislandpond.com/event/friday-night-live.

Saturday, July 1



Franconia Old Home Day: 8:30 a.m., Downtown Franconia. Pancake breakfast, color run, barbecue, parade, duck race and more

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sandra, questions@topofthecommon.org, 802-892-5284.

Burklyn Arts Craft Fair: 10 a.m., Bandstand Park, Lyndon-ville. Linda Palmer, 626-9631. burklyn-arts.org.

Bluegrass and BBQ: 5:30 p.m., Burke Mountain Base Lodge, 223 Sherburne Lodge Rd, Burke.

Sunday, July 2

4th of July Celebration: Burke Mountain Base Lodge, 223 Sherburne Lodge Rd, Burke. Fireworks, music, food and more. skiburke.com.

Bread & Puppet Performance: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Monday, July 3

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Tuesday, July 4

Harry Corrow Freedom Run: 8:30 a.m., Prouty Beach, Newport. 10 Mile, 10K, 5K and 1 mile distances kingdomgames.co.

Wednesday, July 5

Patchwork Players: 11 a.m., See Calendar, Page 20





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LITTLETON: A SECONDHAND PARADISE

► I'm wearing second hand hats Second hand clothes That's why they call me Second hand Rose

That was Fanny Brice's lament, made famous again later by Barbra Streisand in the is good, but two are better. And the more you musical Funny Girl.

These days, second hand clothes are anything but a lament. In fact, they're so much of a trend that there are clusters of second hand clothing shops popping up around the country.

One such cluster is in Littleton, New Hampshire, where you can hit three stores within a couple blocks and a fourth store in less than a five-minute drive.

"I think part of it is people are thinking more green," said Carrie Gendreau, owner of Emma & Co., an upscale consignment boutique on Main Street in Littleton. "They're thinking recycling, they don't want to be wasteful."

And while each shop in Littleton has a different owner and a different ambiance, Gendreau said that the clustering of these shops is a bonus, not a detriment to the shop owners.

"It's kind of like car dealerships," she said. "People will come to one area because they're

thrift store shopping or consignment shopping have a financial incentive to take their ... It gives people variety and it gives people an opportunity to treasure hunt."

Karen Bronson, owner of Little City Thrift Store, echoed that sentiment.

"It's the same thing as antique stores - one

get in an area, the more people come. When I go thrift shopping, I like to hit a bunch at one time."

Both women commented on the collegial relationship among the store owners.

"We have such an amazing relationship. There isn't this sense of being competitive," Bronson said. "If I don't have it, or I know they're looking for something like a higher-end dresses, I send them to Emma & Co."

Thrift vs. consignment

The shop owners are quick to clarify that there is a difference between thrift stores and consignment stores.

At a consignment store, people who sign on as consignors can bring in items and receive a portion of the sale price in return. At thrift stores, anyone can drop off donations and the store receives the full purchase price, some portion of which is often then donated to other worthy causes in the community.

> In Littleton, there are three consignment shops: Emma & Co., Time To Consign, and Little Red Wagon. There is one thrift store: Little City Thrift.

> "Our philosophy is small and local," said Bronson at Little City. While many thrift stores are associated with churches, Little City Thrift is independent.

> "We give cash to the Little Village Toy and Book and then four local libraries can come in and get books for their children's program. And I like that one because it's a dual benefit - we get to support a local business, and we get to get kids' books."

Bronson said that while people

Left: Carrie Gendreau sorts shoes at Emma & Co.

Above right: Karen Bronson prepares clothes for sale at Little City Thrift Shop.

Above center: Purses at Little City Thrift Store.

(Photos by Leah Carev)

clothing to the consignment stores, she does not lack for good donations.

"There are people who really like that they know when they donate here, their donations are then translated into part of the store and then turned into something to help someone in their community," she said. "I think there's something very appealing to people about that ... Without that sort of reciprocal relationship, up from our donors, we wouldn't be here."

Saving the planet ... and our sanity

Back up the street at Emma & Co., Gendreau jokes that second hand shopping isn't just shopping. "It's resale ther-

"I think people are looking for something different, an eclectic mix. New things are coming in every day," she continued. "It's the thrill of the hunt. It's inexpensive. So if they want a new

wardrobe in the spring, they bring their stuff in and they rotate it out."

She even has customers from places like Portland, Maine, who make an effort to visit her.



"I tell people it's cheaper than therapy. There's something therapeutic about it," she continued. "Overall I think it's a matter of thinking green and saving the planet one shirt at a time." ◀◀◀

The Horse Cemetery

While you're in Littleton scoping out the secondhand shops, set your GPS for the intersection of Mt. Eustis Road and Birchcroft Drive.

Just before you reach the junction of the two side roads, you'll encounter an oddity for this part of the country: a horse cemetery.

The Eli Wallace Horse Cemetery has offered eternal rest to three horses and their mistress since the early

A small explanatory plaque explains that two of the horses, Maud and Molly, were purchased by Mr. Wallace for his wife Myra on her 29th birthday, in 1889.

"Eli and Myra, Maud and Molly became a foursome, the Morgans being the only children the Wallaces would have," says the plaque.

The two horses were buried with all of their harnesses, bridles, blankets and feed boxes in 1919. A year later in 1920, Myra joined them in the

A visitor walks among the markers at the Eli Wallace Horse Cemetery in Littleton.

Maggie is the third horse buried in

the cemetery. She joined Eli a year after Myra's death and lived with him until his death in

"In Eli's will, money and land were left to the Littleton Regional Hospital so that this cemetery would have perpetual care," says the plaque.



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FARMERS' MARKETS

Vermont

Craftsbury Common Market - Craftsbury Common, Saturdays, 10 a.m. to 1 p.m. For info: www.craftsburyfarmersmarket.com. Includes music, plein air painting, puppets, a youth circus performance, story time, wool spinning and lambs, kids crafts, face-painting, tomato tasting and apple pressing.

Danville Farmers Market - Danville Green, Wednesdays, 9 a.m. to 1 p.m. For info: sites.google.com/site/caledoniafarmers-

Groton Growers - Groton Community Building lawn, Saturdays, 9 a.m. to 1 p.m. For info: http://www.grotongrowers.org.

Hardwick Farmers Market - Atkins Field, Fridays, 3 to 6 p.m. For info: www. hardwickfarmersmarketvt.com. Special events include Pet Appreciation Day on Aug. 25 and Bread & Puppet in September.

Lunenburg Farmers Market - Lunenburg Common, Wednesdays, 2 to 6 p.m. For info: www.lunenburgfarmersmarket.org. Weather permitting, there are board games set up on a picnic table for shoppers to play.

Lyndon Farmers Market - Bandstand Park Green, Fridays, 3 to 6 p.m. For info: www.lyndonfarmersmarket.com. Live music by local musicians every week.

Newport Farmers Market - Gardner Park Road, Saturdays and Wednesdays, 9 a.m. to 2 p.m. For info: www.discovernewportvt.com/ newport-farmers-market.html

Peacham Farmers Market - Academy Green, Thursdays, 4 to 7 p.m. For info: www. peachamfarmersmarket.com. Wood fire pizza, live music and children's activities.

St. Johnsbury Farmers Market - Municipal parking lot behind Anthony's Diner, Saturdays, 9 a.m. to 1 p.m. For info: sites.google. com/site/caledoniafarmersmarket. Musical performances every Saturday.

Willoughby Lake Farmers Market -Route 5A by Lake Willoughby, Thursdays, 3 to 7 p.m. For info: www.facebook.com/WilloughbyLakeFarmersArtisansMarket.

Information taken from VermontAgriculture.com and farmers market Facebook pag-

New Hampshire

Bethlehem Farmers Market & Outdoor Marketplace - Main Street and Park Avenue, Saturdays, 10 a.m. to 1 p.m. For info: www. wrenworks.org/programs/farmers-market.

Lancaster Farmers Market - Centennial Park, Saturdays, 9 a.m. to noon. For info: www.lancasterfarmersmarket.org. Live music by local musicians each week.

Lisbon Farmers Market - Main Street, Thursdays, 2:30 to 5:30 p.m.

Littleton Farmers Market - Senior Center parking lot, Sundays, 10 a.m. to 1 p.m. For info: www.littletonfarmersmarket.com. Local entertainment weekly.

Information taken from agriculture.nh.gov and farmers market Facebook pages.



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Calendar

Continued from Page 17
Colonial Theater, 2050 Main

Street, Bethlehem. bethlehemcolonialtheatre.org.

Readings in the Gallery: 7 p.m., St. Johnsbury Athenaeum, 1171 Main Street, St. Johnsbury.

Frost Place poet.

Thursday, July 6

Engineering challenge: 2:00

p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. Abby Johnson, abbymjohnson3@ gmail.com, 802-626-5475. cobleighlibrary.org.

White Mountain Jewish Film Festival: 7:30 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehemcolonialtheatre.org.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

An evening with Les Poules a Colin: 7:30 p.m., Quebec folktrad. Haskell Opera House, 93 Caswell Avenue, Newport.

Friday, July 7

Community Story Hour Playgroup: 10 a.m, Rand Memorial Library, 160 Railroad St, North Troy. Kathlene Douglass, kdouglass@nekcavt.org, 802-988-2262.

Earth Alchemy : Gallery opening: 6 p.m., WREN, 2013 Main St, Bethlehem. Art by Marghie Seymour and Susan Retz. wrenworks.org.

Art opening and reception: Babs Perkins: 7 p.m., 42 Maple Contemporary Art Center, Bethlehem. 42maple.org.

Friday Night Live: 6 p.m., Pavilion at Lakeside Park, Island Park. visitislandpond.com/event/friday-night-live.

Making God Laugh: 7:30 p.m., Old Church Community

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Saturday, July 8

Ryegate Summer Festival: 9 a.m., village and ball field, Route 302, Ryegate. Gail Brown, 802-584-3901.

Lunenburg Open Mic: 6:00 p.m., Old Congregational Church, Lunenburg Common off route 2. Carol, questions@topofthecommon.org, 802-892-5914.

Making God Laugh: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. "Iberia." white-mountainsmusicfestival.org.

Bubble & Squeak: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. Season 52 opener. wvtheatreplayersnh.org.

Sunday, July 9

In The Memory Garden: 11 a.m., Waterford Congregational Church, Waterford. Public reception to honor those celebrated in the Maple Street Garden. Includes a light community repast.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. Making God Laugh: 4 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

White Mountains Music Festival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd, Whitefield. "Iberia." whitemountainsmusicfestival.org.

Monday, July 10

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Tuesday, July 11

Tinkerer Tuesday: 2 p.m., Foundry, 79 King Drive, Lyndon-ville. Registration required. Abby Johnson, abbymjohnson3@ gmail.com, 802-626-5475. cobleighlibrary.org.

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Wednesday, July 12

Leland Faulkner: World of Wonder: 11 a.m., Colonial Theater, 2050 Main Street, Bethlehem. bethlehemcolonialtheatre. org.

See Calendar, Page 25

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Summer Fun | 21 The Record | 2017

187 Years Of Summer Music

►►► The St. Johnsbury Band will present its 187th summer concert series from the bandstand in Courthouse Park Monday evenings from June 19 through Aug. 14. All concerts start at 7:30 p.m., weather permitting. The band plays historic marches, show tunes and popular music with each summer concert featuring a different program. Musicians range in age from their teens to their 90s and all share a common interest in music performance. Talent ranges from semi-professional to young band students who are playing regularly for the first time.

The St. Johnsbury Band was founded in 1830 and is the nation's third oldest band in continuous existence. Only the West Point Military Band (1827) and the Allentown, PA Band (1829) are older.

Through the years, the St. Johnsbury Band has played in many places. In the early years, the main site for concerts was in a bandstand in

Arnold Park at the north end of Main Street. The band often played at rallies in Monument Square next to the courthouse during the Civil War. Those performances were held to enlist men in the Union Army. After the Civil War concluded, several veterans joined the band including Willie Johnson, a snare drummer and the youngest man ever to be awarded the Congressional Medal of Honor.

Benjamin Harrison was the first President the band had the honor of playing for. He was escorted in a parade to the Colonel Fairbanks mansion on Underclyffe Street. The St. Louis Exposition in 1893 was the site for another band performance. In 1912, Theodore Roosevelt was in the audience for a band concert at the Caledonia courthouse. The World War II years saw 23 members of the band serve in active duty in the armed forces. All 23 of these members survived the war, with

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many earning decorations for meritorious service. While so many men were serving the war effort, women were allowed

The St. Johnsbury Band represented the State of Vermont on Vermont Day at the Eastern States Exposition (the Big "E") in 2002 and 2003. The band played a midday concert and then performed later in the day at the big parade through the Big "E" fairgrounds. One year was highlighted by riding on the top deck of a red Peter Pan bus with Captain Hook and Peter Pan while the other year was marked for performing in the parade before a record crowd of over 154,000 guests.

The summer concert series is free to the public and each concert features a free ice cream social. If you play a concert band instrument, consider "sitting in" with the band for one of the concerts. For more information contact manager@stjohnsburyband.com or call 802-274-4053. ◀ ◀ ◀

— Provided by the St. Johnsbury Band



to join the band for the first time.



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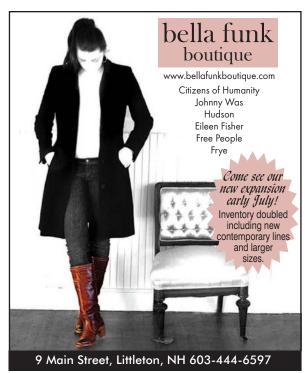






Griffin Marquis of Derby drives the ball during the NEK Youth Golf Tournament at St. J Country Club in 2016. (File photo)





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Barton Country Club - Barton, Vt. 802-525-1126, www.bartongolfclub.

Bradford Country Club - Bradford, Vt. - 802-222-5207, www.bradfordgolfclubinc.com

Grandad's Invitational Golf Course – Newark, Vt. – A public backyard course – 802-467-3739

Jay Peak Resort - Jay Peak, Vt. -802-988-4653. www.jaypeakresort. com/summer/golf

Kirby Country Club - Concord, Vt. 802-748-9200

Lake Morey Resort - Fairlee, Vt. -802-423-1211, www.lakemoreyresort. com/golf

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Westmore, Vt. - 802-723-4783, www. Haverhill, N.H. - 603-787-6564 lakewilloughbygolf.com

Mountain View Country Club -Greensboro, Vt. – 802-533-7477, www. mvccvt.com

Newport Country Club - Newport, Vt. - 802-334-2391, www.newportscountryclub.com

Orleans Country Club - Orleans, Vt. – 802-754-2333, www.orleanscc.

St. Johnsbury Country Club - St. Johnsbury, Vt. - 802-748-9894, www. golfstjcc.com

New Hampshire

Bethlehem Country Club - Bethlehem, N.H. - 603-869-5745 - www. bethlehemcenhgolf.com

Blackmount Country Club - North

Colebrook Country Club - Colebrook, N.H. - 603-237-5566, www. colebrookcountryclub.com

Maplewood Country Club - Bethlehem, N.H. – 603-869-3335, www.maplewoodgolfresort.com

Mount Washington Resort - Bretton Woods, N.H. - 603-278-GOLF, brettonwoods.com/activities/golf/over-

Mountain View Grand Resort Whitefield, N.H. - 603-837-2100, www.mountainviewgrand.com

Sunset Hill Golf Course - Sugar Hill, N.H. - 603-823-7244

Waumbeck Golf Course - Jefferson, N.H. – 603-586-7777, www.playgolfne. com/waumbek home

Information from GolfNH.com and GolfLink.com



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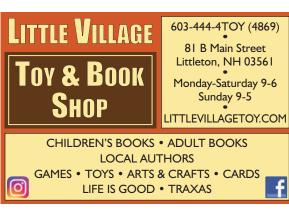












St. J Country Club's New Owners

▶▶▶ ST. JOHNSBURY After a few difficult years, the St. Johnsbury Country Club has new owners and a bright future. The new owners first played the course nearly 20 years ago, and were thrilled when the course came on the market.

Business partners Doreen Holl and Chris McLaren have a portfolio of courses including locations in Florida and South Carolina. They have previously taken over distressed golf courses and turned them around.

They had been looking to add another course in Georgia, but the deal fell through.

Georgia's loss is the Northeast Kingdom's gain.

"We're happy to be here," said Holl this spring.

The pair has "spent a lot of time working and playing golf," said Holl. McLaren said one particular weekend, they found themselves playing at the course in St. Johnsbury, and the experience they had at the course stayed with them.

"It was charming, and we loved it," said McLaren, "It was a nice golf course."



Doreen Holl and Chris McLaren are the new owners of the St. Johnsbury Country Club. (Photo by Amy Ash Nixon)

already hit the Internet when ments to the irrigation systheir broker told McLaren about it. He said a handful of investors were interested, but they were all waiting until after the snow melted to see it.

"I don't have to do that, I've played the course," said McLaren.

Holl added, "We knew the come back is deep. course was in good shape."

resources to bring the St. Johnsbury Country Club up to date. Planned improvements include: a facelift to the bar and restaurant; improved golf cart pathways; a

The for-sale listing had new golf cart fleet; improvetem; and making deferred maintenance items a priority.

> "Complacency is not in our DNA," offered Holl, a petite, energetic woman who says the pair's commitment to rebuilding membership and offering them a reason to

Making over the 19th hole The pair plan to invest into an inviting bar area is a priority, and the clubhouse restaurant will also get a facelift, "in the context of a Vermont farmhouse," said McLaren.

"This club has a nice pedi-

gree, and a nice history," said McLaren.

McLaren estimates it will take two to five years to make all the improvements the club needs.

"We never sit on our hands. Every week, every day, we are looking to get better," said Holl. "We are persistent in terms of wanting to make improvements every day."

Growing membership at the club and getting people onto the links will be critical, and the new owners promise they'll give players a reason to come back.

Holl agreed, "This is going to be a building year for us, and we are hopeful people who left the club last year will come back and see the changes we are making."

- Written by Amy Ash Nixon; first published April 29, 2017



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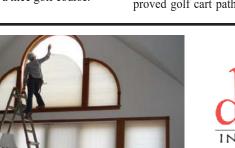
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FAIRBANKS MUSEUM ABUZZ WITH NEW EXHIBITS

Fairbanks Museum in St. Johnsbury this summer.

Between new permanent and temporary exhibits at the museum, there will be plenty to see and do for people of all ages.

Insectopia

For the summer, the museum's temporary exhibits focus on live insects.

"We're putting in a native butterfly house in the backyard," Kane said.

'We have ordered species from a supplier that works with the State of Vermont to provide species that are native to our region," said Director of External Relations Anna Rubin. "We'll receive them in chrysalis stage and watch the butterflies emerge!"

On the main floor inside the museum, there is a live insect exhibit from the Montreal Insectarium.

"We Are the Insects' will bring living insects and arthropods to St. Johnsbury," said Director of External Relations Anna Rubin. "These include flower beetles, ta-

rantulas, scorpions, cockroaches, stick insects, and mantises. There cold months. But it turns out that would cause problems rather than may be several different types of each species. Their cases will be solving them.

There is going to be lots of new stuff to see and play with at the closed, and we have detailed instructions about feeding and caring for them."

Observation Bee Hive

The museum has also installed an observation bee hive. It is on

the outside ramp out the back of the main

Inside the glass case, visitors can watch a bee colony at work building and maintaining their hive. At the top back of the case, there is a tube that allows the bees to access the outside world and the pollen and nectar they need to do their work.

When the bees arrived in April, it was still too cold to put them outside, so they had to find a work-around.

"You buy three pounds of bees," Kane said. "And I brought them to my house and had a beekeeper help me install them at my

Originally they thought they could house the bees in one of the secondary buildings on the Fairbanks Museum campus during



The Circuit Bench is a new hands-on exhibit at The Fairbanks Museum. (Photo by Leah Carey)



Fairbanks Museum now has an observation bee hive. (Photo by Leah

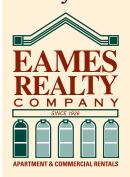




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"But the problem with bees is the way they geo-locate," Kane said. "If we had them here, and they started to set up and learn this was their home, and then we moved them from there to here [a few hundred feet], they can't figure that out because it's too close. When they leave the hive, they recognize all the surroundings and they go back to that same spot."

"But at my house in Peacham, 15 miles from here, that was far enough that when they are flying around in St. Johnsbury, they won't recognize anything and they'll come back to this spot," he continued.

Kane's kids loved having the bees and they got to watch the bees build their honeycomb from nothing. "It was so much fun! It was amazing," Kane said.

New hands-on exhibits

According to Fairbanks Museum Executive Director Adam Kane, feedback surveys at the museum have long been asking for more hands-on activities.

In response, they have installed three new permanent modules that explore STEM (science, technology, engineering and mathematics) concepts in interactive and fun ways.

"I think the kids are going to get a brilliant hands-on experience that they're going to find really enjoyable," said Kane. "And what they won't know is happening while that's occurring is that they'll be really learning something that is intuitive and deep and helps their understanding of the world."

The three new exhibits are the Circuit Bench, which allows visitors to experiment with creating and powering circuits; the Ring Launcher, which explores magnetism; and the Photoelasticity Bridge, which demonstrates stress distribution on bridges.

The new STEM exhibits are part of the permanent collec-

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Calendar

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Readings in the Gallery: 7 p.m., St. Johnsbury Athenaeum, 1171 Main Street, St. Johnsbury. Adrienne Raphael.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Thursday, July 13

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo. Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Craftsbury Chamber Players: 7:30 p.m., Hardwick Town House, Hardwick. craftsbury-800-639chamberplayers.org, 3443.

The Dining Room: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Friday, July 14

Circus Smirkus: 1 and 6 p.m., Green Mountain Mall, 2000 Me-

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morial Dr, St. Johnsbury. smirkus. mon.org, 802-892-5284

Jeezum Crow Festival: 6 p.m., Jay Peak Resort, 830 Jay Peak Road, Jay. Two days of live music. jaypeakresort.com.

Friday Night Live: 6 p.m., Pavilion at Lakeside Park, Island Park. visitislandpond.com/event/ friday-night-live.

QNEK's Guys & Dolls: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.com.

Making God Laugh: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

Punk Fest: 8 p.m., The Loading Dock, Mill Street, Littleton. theloadingdocknh.com.

The Dining Room: 8 p.m., Weathervane Theatre, 389 Lancaster Rd. Whitefield. wvtheatreplayersnh.org.

Saturday, July 15

Lake Harvey Association Weekend: West Barnet.

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sanquestions@topofthecom-

Northeastern Speedway Reunion: 9 a.m., Northeastern Speedway, Route 18, Waterford.

Irasburg Church Fair: 10 a.m., Town of Irasburg, RR 58, Irasburg. On the common.

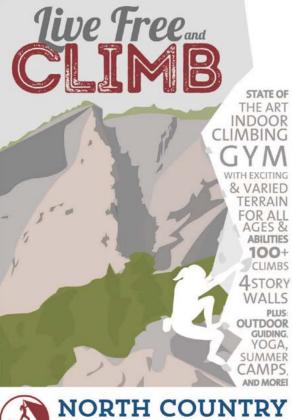
Jeezum Crow Festival: 1 p.m., Jay Peak Resort, 830 Jay Peak Road, Jay. Two days of live music. jaypeakresort.com.

Circus Smirkus: 1 and 6 p.m., Green Mountain Mall, 2000 Memorial Dr, St. Johnsbury. smirkus.

Northwoods Coffeehouse: 7 p.m., Northwoods Stewardship Center, 154 Leadership Dr. West Charleston. The Sky Blue Boys. northwoodscenter.org.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. Mendelssohn Oc-

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Calendar

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tet. whitemountainsmusicfestival.

QNEK's Guys & Dolls: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. has-

Making God Laugh: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd. Whitefield, wytheatreplayersnh.org.

Sunday, July 16

Burke Music Jam: 1 p.m., Burke Community Building, 212 School Street, Burke. Therese Stone, 802-525-3412.

QNEK's Guys & Dolls: 2 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.

Making God Laugh: 4 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

White Mountains Music Festival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd. Whitefield. Mendelssohn Octet. whitemountainsmusicfestival.

Monday, July 17

Game Night: 5 p.m., Colatina Exit The Main, 164 Main St, Bradford. Free and open to all ages.

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Tuesday, July 18

Tinkerer Tuesday: 2 p.m., Foundry, 79 King Drive, Lyndonville. Registration required. Abby abbymjohnson3@ Johnson, gmail.com, 802-626-5475. cobleighlibrary.org.

Coloring club: 6 p.m., Catamount Film & Arts, 107 Eastern Ave, St. Johnsbury. For adults and teens. catamountarts.org.

Fly Fishing Casting Clinic: 6:30 p.m., Northwoods Stewardship Center, 154 Leadership Dr, West Charleston. northwoodscenter.org.

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. Easy to learn, all welcome. breadandpuppet.org.

The Dining Room: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Wednesday, July 19

Patchwork Players: 11 a.m.. Colonial Theater, 2050 Main Street, Bethlehem. bethlehemcolonialtheatre.org.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Thursday, July 20

Craftsbury Chamber Play-

ers: 7:30 p.m., Hardwick Town House. Hardwick. craftsburychamberplayers.org, 800-639-

White Mountain Jewish Film Festival: 7:30 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehemcolonialtheatre.org.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Friday, July 21

Community Story Hour Playgroup: 10 a.m. Rand Memorial Library, 160 Railroad St, North Troy. Kathlene Douglass, kdouglass@ nekcavt.org, 802-988-2262.

Butterfly guy: 2 p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. Ages 6+ with Jerry Schneider. Abby Johnson, abbymjohnson3@gmail.com, 802-626-5475. cobleighlibrary.org.

Sunset Paddle: 6:30 p.m., Northwoods Stewardship Center, 154 Leadership Dr. West Charleston. northwoodscenter.org.

QNEK's Guys & Dolls: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue. Newport. haskellopera.com.

Rock music: 8 p.m., The Loading Dock, Mill Street, Littleton. Baylies Band (noisy art rock) and Floral Amoral (psych-rock). theloadingdocknh.com.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Saturday, July 22

QNEK's Guys & Dolls: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.com.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. Rhapsody. whitemountainsmusicfestival.org.

The Dining Room: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Sunday, July 23

Stacking Rings Workshop: 10 a.m., Littleton Studio School, 21 Mill St, Littleton. With Sinead Cleary

QNEK's Guvs & Dolls: 2 p.m.. Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.

White Mountains Music Festival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd. Whitefield. Rhapsody. whitemountainsmusicfestival.org.

Monday, July 24

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd. Whitefield. wvtheatreplayersnh.org.

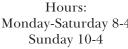
Tuesday, July 25

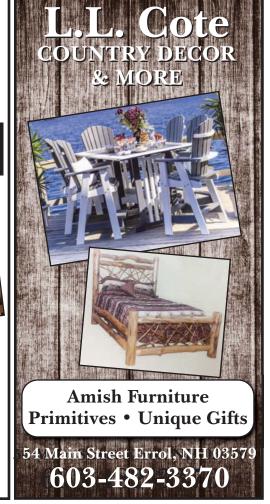
Tinkerer Tuesday: 2 p.m.,

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SUMMER SWIMMING HOLES

There are lots of rivers, ponds, and swimming holes to cool off in this summer. Here's a list of some of our favorites.

Some of these have admission fees and/or a short hike.

New Hampshire

Basin/Cascades, Franconia Notch State Park, Basin exit Echo Lake, I-93 exit 34C, Franconia Notch Franconia Falls, NH Route 112 in Lincoln Swiftwater Bridge, Bath covered bridge, Swiftwater Upper and Lower Falls, Old Cherry Mountain Road, Twin Mountain

Vermont

Adam's Hole, South on Rt. 5 and turn west (right) on Joe's Brook Road about 2 miles before East Barnet. Brighton State Park, 102 State Park Road, Island Pond Boulder Beach, 2278 Boulder Beach Road, Groton Crystal Lake, 96 Bellwater Ave., Barton Emerson Falls, 374 Emerson Falls Road, St. Johnsbury









Harvey's Lake, 190 Campers Lane West, West Barnet Joe's Pond, Intersection of Route 2 and Route 15, Danville Kettle Pond, 4239 VT Rt. 232, Marshfield Lake Elmore, 856 Vt. Route 12 Lake Willoughby, State Route 5A, Westmore Maidstone Lake, Maidstone Lake Road, Guildhall Prouty Beach, 386 Prouty Beach Road, Newport







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Calendar

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Foundry, 79 King Drive, Lyndonville. Registration required. Abby Johnson, abbymjohnson3@ gmail.com, 802-626-5475. cobleighlibrary.org.

Friday Afternoon Concerts: 5 p.m., Bethlehem Hebrew Congregation, 39 Strawberry Hill, Bethlehem. North Country Chamber Players Miki-Sophia Cloud and Bernard Rose. bethlehemsynagogue.org.

Piano Concert: 7 p.m., Bethlehem Hebrew Congregation, 39 Strawberry Hill, Bethlehem. Bernard Rose on piano playing "Goldberg Variations" by J.S. Bach. bethlehemsynagogue.org.

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Wednesday, July 26

The Hoopoe Show: 11 a.m., Colonial Theater, 2050 Main

Street, Bethlehem. bethlehemcolonialtheatre.org.

Romeo & Juliet Under The Stars: 7 p.m., St. Johnsbury Academy Amphitheater, St. Johnsbury. Rain location - Stuart Black Box. Janet Warner-Ashley, jwarner-ashley@stjacademy.org.

The Dining Room: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Thursday, July 27

Bridge building: 2 p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. Ages 3+. Abby Johnson, abbymjohnson3@ gmail.com, 802-626-5475. cobleighlibrary.org.

Craftsbury Chamber Players: 7:30 p.m., Hardwick Town House, Hardwick. craftsburychamberplayers.org, 800-639-3443.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvthe-

atreplayersnh.org.

Friday, July 28

Community Story Hour Playgroup: 10 a.m., Rand Memorial Library, 160 Railroad St, North Troy. Kathlene Douglass, kdouglass@nekcavt.org, 802-988-2262

Kingdom Kayak: 1 p.m., Prouty Beach, Newport. 10 mile expedition. kingdomgames.co.

Friday Afternoon Concerts: 5 p.m., Bethlehem Hebrew Congregation, 39 Strawberry Hill, Bethlehem. Peter and Will Anderson, clarinet and saxophone with guitarist, Alex Wintz, in a Jazz performance. bethlehemsynagogue.org.

Romeo & Juliet Under The Stars: 7 p.m., St. Johnsbury Academy Amphitheater, St. Johnsbury. Rain location - Stuart Black Box. Janet Warner-Ashley, jwarner-ashley@stjacademy.org.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Saturday, July 29

Kingdom Swim 2017: 5 a.m., Prouty Beach, Newport. 25 km, 10 mile, 10 km, 5 km distances. kingdomgames.co.

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sandra, questions@topofthecommon.org, 802-892-5284.

Lancaster Street Fair: 9 a.m.,

Downtown Lancaster. Charity Blanchette. 603-788-3391.

Romeo & Juliet Under The Stars: 7 p.m., St. Johnsbury Academy Amphitheater, St. Johnsbury. Rain location - Stuart Black Box. Janet Warner-Ashley, jwarner-ashley@stjacademy.org.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. Vivaldi's Venice. whitemountainsmusicfestival.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Sunday, July 30

Romeo & Juliet Under The Stars: 2 p.m., St. Johnsbury Academy Amphitheater, St. Johnsbury. Rain location - Stuart Black Box. Janet Warner-Ashley, jwarner-ashley@stjacademy.org.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. org.

White Mountains Music Festival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd, Whitefield. Vivaldi's Venice. whitemountainsmusicfestival.org.

Lamplight service and hymn sing: 7 p.m., Old North Church, Danville. Rev. Bob Sargent, 802-748-1456.

Steep Canyon Rangers Concert: 8 p.m., Colonial Theatre,

2050 Main St, Bethlehem. American bluegrass band. bethlehem-colonialtheatre.org.

Monday, July 31

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Tuesday, Aug. 1

Coloring club: 6 p.m., Catamount Film & Arts, 107 Eastern Ave, St. Johnsbury. For adults and teens. catamountarts.org.

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Wednesday, Aug. 2

Patchwork Players: 11 a.m., Colonial Theater, 2050 Main Street, Bethlehem. bethlehemcolonialtheatre.org.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Thursday, Aug. 3

Family night: 5 p.m., Cobleigh Public Library, 14 Depot St., Lyndonville. Abby Johnson, abbymjohnson3@gmail.com, 802-626-5475. cobleighlibrary.org.

Craftsbury Chamber Players: 7:30 p.m., Hardwick Town House, Hardwick craftsbury-chamberplayers.org, 800-639-3443.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

White Mountain Jewish Film Festival: 7:30 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehemcolonialtheatre.org.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Friday, Aug. 4

Community Story Hour Playgroup: 10 a.m., Rand Memorial Library, 160 Railroad St, North Troy. Kathlene Douglass, kdouglass@nekcavt.org, 802-988-2262

Reimagining Landscapes: Gallery opening: 6 p.m., WREN, 2013 Main St, Bethlehem. Art by Teresa Ekasala and Michele Johnsen. wrenworks.org.

Art opening and reception - Kathleen Brennan: 7 p.m., 42 Maple Contemporary Art Center, Bethlehem. 42maple.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-



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playersnh.org.

Saturday, Aug. 5

Enduro East: Burke Bike Park, Victory Hill, Burke. skiburke. com.

Intertribal Powwow: Clan of the Hawk Tribal Grounds. Clan of the Hawk, etpvt@aol.com, 802-754-2817.

Lunenburg Old Home Day: 9 a.m., Lunenburg Common, Lunenburg. Full day of events including parade, BBQ, live music, food, Bingo and more. Pat Scott, 802-892-5959.

Auction: 3 p.m., Lunenburg Common, Lunenburg. Gary, questions@topofthecommon.org, 802-892-5925.

Hairspray: The Musical: 2 and 8 p.m., Weathervane Theatre, 389 Lancaster Rd, White-field. wvtheatreplayersnh.org.

Bluegrass and BBQ: 5:30 p.m., Burke Mountain Base Lodge, 223 Sherburne Lodge Rd, Burke.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. Fantasia. white-mountainsmusicfestival.org.

Dark Star Orchestra: 8 p.m., Jay Peak Resort, 830 Jay Peak Road, Jay. Grateful Dead classics. jaypeakresort.com.

Sunday, Aug. 6

Enduro East: Burke Bike Park, Victory Hill, Burke. skiburke. com.

Intertribal Powwow: Clan of the Hawk Tribal Grounds. Clan of the Hawk, etpvt@aol.com, 802-754-2817.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. org.

White Mountains Music Festival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd, Whitefield. Fantasia. whitemountainsmusicfestival.org.

Monday, Aug. 7

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Tuesday, Aug. 8

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org.

The Last Five Years: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Wednesday, Aug. 9

Modern Times Theatre, The Perils of Mr. Punch:

11 a.m., Colonial Theater, 2050 Main Street, Bethlehem. bethlehemcolonialtheatre.org.

Animal Athletes: 7 p.m., Bretzfelder Park, Bethlehem. Free program by The Squam Lakes Natural Science Center. therocks. org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Thursday, Aug. 10

Craftsbury Chamber Players: 7:30 p.m., Hardwick Town House, Hardwick craftsbury-chamberplayers.org, 800-639-

3443.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Inherit The Wind: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Friday, Aug. 11

Community Story Hour Playgroup: 10 a.m., Rand Memorial Library, 160 Railroad St, North Troy. Kathlene Douglass, kdouglass@nekcavt.org, 802-988-2262

Literacy fair: 11 a.m., Cobleigh Public Library, 14 Depot St., Lyndonville. With Modern Times Puppet Theater. Abby Johnson, abbymjohnson3@gmail.com, 802-626-5475. cobleighlibrary.org.

Friday Afternoon Concerts: 5 p.m., Bethlehem Hebrew Congregation, 39 Strawberry Hill, Bethlehem. Amit Peled, cello. bethlehemsynagogue.org.

Strangefolk: Garden of Eden Festival: 6 p.m., Jay Peak Resort, 830 Jay Peak Road, Jay. Two-day music festival. jaypeakresort.com.

QNEK - The Q Revue: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.com.

Mad Gravity: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

Inherit The Wind: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Saturday, Aug. 12

Community Day: Town Common, Whitefield. Whitefield Public Library, whitefieldpl@myfairpoint. net, 603-837-2030.

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sandra, questions@topofthecommon.org, 802-892-5284.

Library Book Sale: 9:30 a.m, Whitefield Public Library, 8 Lancaster Rd, Whitefield. whitefieldpl@myfairpoint.net, 603-837-2030.

August West Fest: 12 p.m.,

Jay Peak Resort, 830 Jay Peak Road, Jay. jaypeakresort.com.

Seussical The Musical: 2 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Lunenburg Open Mic: 6:00 p.m., Old Congregational Church, Lunenburg Common off route 2. Carol, questions@topofthecommon.org, 802-892-5914.

Strangefolk: Garden of Eden Festival: 6 p.m., Jay Peak Resort, 830 Jay Peak Road, Jay. Two-day music festival. jaypeakresort.com.

White Mountains Music Festival Concert: 7:30 p.m., Sugar Hill Meeting House, 1448 Route 117, Sugar Hill. Grand Finale. whitemountainsmusicfestival.org.

QNEK - The Q Revue: 7:30 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera.com.

Mad Gravity: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

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10 Tips For Crossing The Border This Summer

►►► ST. ALBANS, VT — U.S. Customs and Border Protection (CBP) is reminding travelers that there will be increased traffic volumes during the busy summer travel season; however there are a number of tips to help expedite cross-border travel.

Due to extensive construction at the Derby Line I-91 border crossing, travelers are encouraged to use alternative crossings such as the Norton Port of Entry or to cross at off-peak times. CBP asks that commercial and passenger vehicle operators exercise patience, specifically at the Derby Line crossing, as the lanes at the I-91 port of entry are currently limited to two car lanes and one commercial lane.

To have a smooth border crossing, ensure you have the proper documents, declare all items you are traveling with and familiarize yourself ahead of time with prohibited and restricted items. Visit the Travel and Know Before You Go sections on CBP's website: CBP.

Trusted Traveler. NEXUS allows pre-screened, able for the inspection. These include a WHlow-risk travelers to proceed with little or no TI-compliant document for U.S. citizens and delay into the United States and Canada.

The next best advice is to ensure that you have a radio frequency identification (RFID) enabled travel document, such as a U.S. Passport Card, Enhanced Driver's License, Enhanced Identification Card, or a trusted traveler program membership card.

Here are more suggestions for an easy cross-

Tip 1 – Download CBP's Border Wait Times app. Check border-crossing wait times by Port of Entry before you start your trip at CBP's Border Advisories and Wait Times website.

Tip 2 - Plan for extra time or an alternate route during peak travel times. For example, travelers might use the nearby and less heavily traveled Beecher Falls or Norton Ports of Entry instead of the busier Derby Line Port of Entry.

Tip 3 - Prepare for the inspection process before arriving at the inspection booth. Have One of the best tips is to become a CBP your identity and crossing documents avail-

nonimmigrant aliens from Canada, Bermuda, and Mexico. U.S. lawful permanent residents I-551 form (green card) is acceptable at land and sea Ports of Entry. For more information, please visit CBP's Western Hemisphere Travel Initiative website.

Tip 4 - Put down your cell phone. Cell phones delay CBP inspection, and impacts everyone in line.

Tip 5 - Know state alcohol, tobacco, and firearms laws. Travelers should learn about state laws concerning transporting alcohol, tobacco or firearms across state lines.

Tip 6 – Report all currency. There is no limit to how much currency you may take in or out of the U.S. However, U.S. federal law requires you to report your total currency of \$10,000 or more. Currency includes all forms of monetary instruments. Travelers who fail to truthfully report all of their currency risk their currency being seized, and may face criminal charges.

Tip 7 – Declare all food items. You may bring prepared foods into the U.S. from Canada for personal use. Importing food for resale or for commercial use, visit www.fda.gov or contact your local CBP office for more information. Protection

If you are unsure if the food products you are bringing to the U.S. are admissible, visit CBP's Bringing Food to the US website, or check with your local CBP office before arrival.

Tip 8 – Declare all goods and gifts. All travelers and vehicles are subject to CBP border searches. Declare everything you purchased or acquired outside of the United States to a CBP officer. Travel with unwrapped gifts, and then wrap your gifts before you reach your destina-

Tip 9 - Declare all medicines. All valid non-expired prescription medications should be in the original prescription containers with all pertinent information listed on the label. Illicit narcotics are illegal to possess or to use in

Tip 10 – Transporting pets. Cats and dogs must be free of disease and illness when entering the U.S. Dog owners must be able to show proof of rabies vaccination. If crossing with a puppy, prior CDC approval and accompanying paperwork is required. Bird owners must pre-arrange for a veterinary inspection with USDA Veterinarian Services at designated ports.

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Calendar

Continued from Page 29

Sunday, Aug. 13

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

QNEK - The Q Revue: 2 p.m., Haskell Opera House, 93 Caswell Avenue, Newport. haskellopera. com.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. org.

Mad Gravity: 4 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

White Mountains Music Fes-

tival Concert: 4 p.m., Mountain View Grand Resort, 101 Mt View Rd, Whitefield. Grand Finale. whitemountainsmusicfestival.org.

Monday, Aug. 14

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

St. Johnsbury Band Concert: 7:30 p.m., Courthouse Gazebo, St. Johnsbury.

Inherit The Wind: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Tuesday, Aug. 15

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomoames.co.

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. Easy to learn, all welcome. breadandpuppet.org.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Wednesday, Aug. 16

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

Patchwork Players: 11 a.m., Colonial Theater, 2050 Main Street, Bethlehem. bethlehemcolonialtheatre.org.

Weather Stories With Eric Pinder: 7 p.m., Bretzfelder Park, Bethlehem. therocks.org

Inherit The Wind: 8 p.m.,

Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Thursday, Aug. 17

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

Craftsbury Chamber Players: 7:30 p.m., Hardwick Town House, Hardwick craftsbury-chamberplayers.org, 800-639-3443.

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

St. Johnsbury Players 80th Anniversary Revue: St. Johnsbury School, Western Avenue, St. Johnsbury. 802-748-4002.

White Mountain Jewish Film Festival: 7:30 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehem.colonialtheatre.org.

Hairspray: The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvthe-

atreplayersnh.org.

Friday, Aug. 18

Peacham Acoustic Music Festival: Peacham, Vermont. Celtic, fiddle, blues, bluegrass and more. pamfest.com.

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

Climate Change Adaptation: 9:30 a.m, Northwoods Stewardship Center, 154 Leadership Dr, West Charleston. Pre-register at forestry@northwoodscenter.org or 802-723-6551 ext. 302. northwoodscenter.org.

Northwoods Coffeehouse: 7 p.m., Northwoods Stewardship Center, 154 Leadership Dr, West Charleston. With Tim Lancaster. northwoodscenter.org.

Mad Gravity: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

St. Johnsbury Players 80th Anniversary Revue: St. Johnsbury School, Western Avenue, St. Johnsbury. 802-748-4002.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Saturday, Aug. 19

Peacham Acoustic Music Festival: Peacham, Vermont. Celtic, fiddle, blues, bluegrass and more. pamfest.com.

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

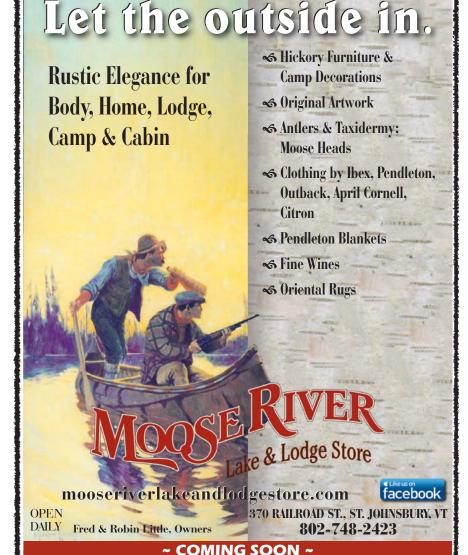
Blueberry Social: 2 p.m., Waterford Congregational Church, Waterford. Carroll Campbell, 748-3455.

Gypsy The Musical: 2 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Mad Gravity: 7:30 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lan-

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1 AINTAINING THE RAIL TRAIL FOR HAPPY USERS

▶▶▶ The Lamoille Valley Rail Trail to maintain the trail locally. runs 16 miles through Danville and St. of Snow Travelers (VAST) is responsible for the trail, they rely heavily on local volunteers and the trail entrance is near the driveway to

At the head of that group of volunteers Johnsbury. While the Vermont Association during the summer season is crew chief Ron Gauthier. He lives at Joe's Pond in Danville

his home.

Gauthier is out on the trail for several hours a week cleaning up brush, cutting and hauling trees that have fallen onto the trail, and – what would surely be anybody's favorite part of the job – shoveling horse dung off

"I try to get out after every rain storm because that's when the trees tend to come down, between the wind and the rain. And usually I average once a week," he said. "It takes me two to three hours, depending on what I have to do."

Gauthier was an inspector with engineering and consulting firm Dubois and King during the construction of the rail trail. Now he is retired from the firm but has remained dedicated to the trail, even though he is not an active user.

"After doing all that work to build it, I want it to stay that way!" he said. "My grandson will be a user, I'm sure. He's five. His father jogs down it. His parents ride their he said.

bikes down it."

Gauthier gets to have interaction with trail users during his rounds. "I stop and talk to them, if they want to talk. Some of them just want to keep riding," he said. "When they really thank me is when I'm out chopping a tree that's laying across the trail so they can

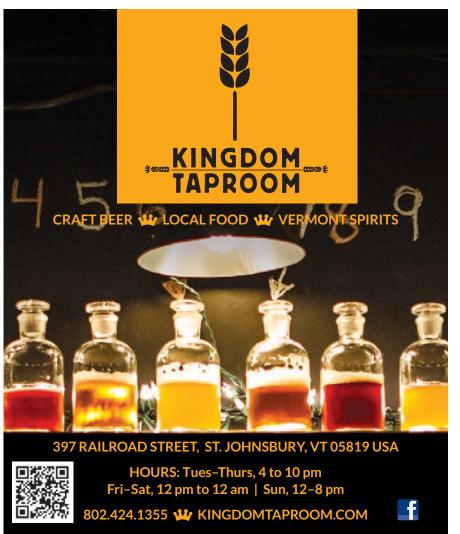
The trail is open to snowmobiles in the winter but is closed to motorized vehicles the rest of the year. That makes Gauthier's ATV the only vehicle on the trail most of the time.

"Once in a while I get a really nervy look from somebody like, 'What are you doing on the trail on an ATV?' Some of them see the sign on the front and they wave. But some people give me that look all the way down the trail," he said with a laugh.

Regardless of the cross looks, Gauthier loves the time he spends on the trail. "It's peaceful, it's quiet. It's out in the middle of nowhere. And it gives me something to do,"

Ron Gauthier moves a fallen branch off the rail trail so it will be easy for users to navigate. (Photos by Leah Carey)









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Gauthier and his crew are responsible for the section of and making 20 trips," he said. the trail that runs from High Street in St. Johnsbury to Channel Drive in West Danville.

There's very little trash on the trail and Gauthier said that

while volunteers occasionally pick up trash, the credit for the cleanliness goes to the users respecting the trail. "I've picked up three pieces of paper this year," he said.

Gauthier does most of the day-today maintenance of the trail, but he has backup when he needs it.

"The biggest thing is the trees that come down," he said. "I drag them off the trail until they get about five inches in diameter, and then I get somebody with a chainsaw to come cut them up.

There is also work to do on washouts after storms. "If they're small enough, we've got a stockpile of material that we can use to fill them in," Gauthier said. "A while ago we had a storm that washed out part of a ditch and came into the trail about a foot and we fixed it with a stone lining."

Sometimes, though, the washouts are bigger or more numerous than Gauthier and his crew can tackle efficiently. For instance, another storm last summer led to seven washouts.

funds and we rented some equipment and fixed it all in five hours. It was a lot easier than shoveling dirt into [the ATV]

Gauthier is humble when it comes to taking credit for the work he does.

"Somebody has to do it," he said. "I grew up in St. J and

my father was on the board of trustees when I was young. I was just taught to give a little back.

VAST trail coordinator Shane Prisby has no problem singing Gauthier's praises as the crew chief for the local section of trail.

"I first got to know Ron as our resident engineer on the project," Prisby said. "It was his decision making on the ground that helped shape it. He made really well-informed decisions ... He was a pleasure to work with, very thoughtful and forward-thinking."

"He wanted something he could be proud of and be happy to share with his grandson in the future. That's the kind of person I really love working

with," Prisby continued. "We're incredibly lucky to have him on this project. He's saved me a lot of hair on the top of my head!'

How long does Gauthier think he'll keep working on "I called up the trail coordinator at VAST. He got some the trail? "As long as I can get out of bed in the morning!"



Ron Gauthier



First printed September 2016 Ron Gauthier cleans up horse dung on the rail trail.

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Calendar

Continued from Page 31 caster Rd, Whitefield. wvtheatre-playersnh.org.

Sunday, Aug. 20

Swim The Kingdom Week: 8 a.m., 8 lakes, 45 miles, 9 days at lakes around the area. kingdomgames.co.

Circus Smirkus: 1 p.m., Green Mountain Mall, 2000 Memorial Dr., St. Johnsbury. smirkus. org.

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. org.

Mad Gravity: 4 p.m., Old Church Community Theater, 137 S Main St, Bradford. oldchurchtheater.org.

Circus Smirkus: 6 p.m., Green Mountain Mall, 2000 Memorial Dr., St. Johnsbury. smirkus.

org.

Danville Town Band: 6:30 p.m., Danville Green, Danville. Concert and ice cream. 802-684-2064.

Monday, Aug. 21

Game Night: 5 p.m., Colatina Exit The Main, 164 Main St, Bradford. Free and open to all ages.

West Side Story: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Tuesday, Aug. 22

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. Easy to learn, all welcome. breadandpuppet.org.

Inherit The Wind: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Wednesday, Aug. 23





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ASE

The Truth about the Eastern Coyote: 7 p.m., Bretzfelder Park, Bethlehem. With Kristine Rines. therocks.org.

West Side Story: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Thursday, Aug. 24

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Friday, Aug. 25

Friday Afternoon Concerts: 5 p.m., Bethlehem Hebrew Congregation, 39 Strawberry Hill, Bethlehem. Richard Kogan, piano, "The Mind and the Music." bethlehemsynagogue.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Saturday, Aug. 26

Flea Market: 9 a.m., Lunenburg Common, Lunenburg. Sandra, questions@topofthecommon.org, 802-892-5284.

West Side Story: 2 and 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Sunday, Aug. 27

Our Domestic Insurrection Circus & Pageant: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet. org.

Lamplight service and hymn sing: 7 p.m., Old North Church, Danville. Rev. Bob Sargent, 802-748-1456.

Monday, Aug. 28

Seussical The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatreplayersnh.org.

Tuesday, Aug. 29

Shape Note / Sacred Harp Sings: 7:30 p.m., Bread and Pup-

pet Theater, 753 Heights Road, Glover. breadandpuppet.org.

West Side Story: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Wednesday, Aug. 30

Inherit The Wind: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Thursday, Aug. 31

Newport Area Band Concert: 7:30 p.m., Gardner Park Gazebo, Newport. Rain location: Newport Municipal Building. Peter Storrings, 802-334-2456.

White Mountain Jewish Film Festival: 7:30 p.m., Colonial Theatre, 2050 Main St, Bethlehem. bethlehemcolonialtheatre.org.

Gypsy The Musical: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Friday, Sep. 1

Shhh: Gallery opening: 6 p.m., WREN, 2013 Main St, Beth-

lehem. Art by Jason Tors, Larry Golden and Ann Steuernagel wrenworks.org.

West Side Story: 8 p.m., Weathervane Theatre, 389 Lancaster Rd, Whitefield. wvtheatre-playersnh.org.

Saturday, Sep. 2

Jay Peak Trail Running Festival: 8:30 a.m., Jay, Vermont. Multiple races and lengths, including a kids' race. jaypeaktrailrun. com.

Weathervane Best of 2017: 2 and 8 p.m., Weathervane Theatre, 389 Lancaster Rd, White-field. wvtheatreplayersnh.org.

Bluegrass and BBQ: 5:30 p.m., Burke Mountain Base Lodge, 223 Sherburne Lodge Rd, Burke.

Sunday, Sep. 3

Jay Peak Trail Running Festival: 8 a.m., Jay, Vermont. Multiple races and lengths, including a kids' race. jaypeaktrailrun.com.

Bread & Puppet Performance: 3 p.m., Bread and Puppet Theater, 753 Heights Road, Glover. breadandpuppet.org. ◀ ◀ ◀



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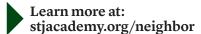
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