

TRENDY TIMES

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SEPTEMBER 28, 2010 VOLUME 1 NUMBER 34



When at the fairgrounds getting your cow clean and looking presentable is a very important step.

Throughout my nine years as Extension Educator, I've had the privilege of working with a number of youth who work hard, play hard and learn new skills. It's been fun to watch the kids start in the program, work with their leaders, accomplish their goals, and get the recognition they deserve... and need...to become competent, caring, resilient adults.

Recognition is one facet of mastery and is an essential element of Positive Youth Development (the research the 4-H program uses to create a caring and supportive learning environment for youth by their leaders/mentors).

4-H youth earn recognition at every level of the program. Cloverbuds, ages 5-7, earn participation ribbons for all the experiential work they do. While doing the Cloverbud program, they learn the basic skills needed to enter the 4-H program and do project work. At the end of each activity, a Cloverbud receives recognition - a ribbon, certificate or finished project - as a tangible reminder of their efforts.

When youth turn 8 and move into 4-H projects, they can work on their project page and enter in one of the countywide events. The project page serves as a record of their goals and progress in the project. As the year progresses, youth can include their project page in their County Record, a portfolio of their 4-H experiences. At 11, a 4-H member can apply for a County Project Medal, using their County Record as the basis for their entry. As a teen, the County Record is useful in many real life applications, as it contains the information needed for job applications, college applica-



Once clean and dry its important to keep her that way as you wait your turn in the arena.

tions and the 4-H State and National Award applications.

As youth progress through the 4-H year, they can enter in several county, regional and/or statewide events to earn recognition for their knowledge and skills. In Grafton County, youth can enter in the Food Show, Public Speaking Contest, Textile Event and County Activities Day programs earning ribbons and prizes based on a competitive judging scale. Each youth that enters earns a ribbon based on the Danish system of judging. If they meet the standard set for the competition, they earn either a blue, red or white ribbon. Projects that they have made can be entered in a local fair for further recognition. (In Grafton County, it is North Haverhill Fair.)

Youth who excel in County Activities Day, Public Speaking and Textile Event who are 12 years old and over, can vie for spots at State 4-H Activities Day and, in turn, earn a spot to represent the state 4-H program at Eastern States Exposition's New England Building.



Acknowledging Achievement

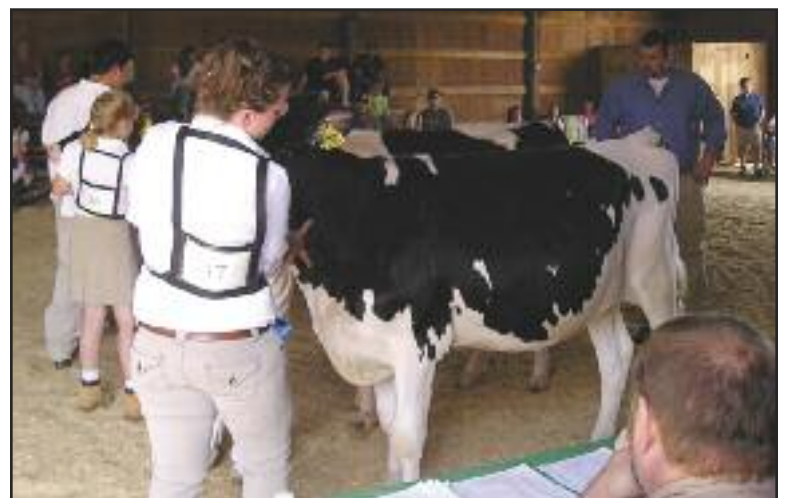
*By Kathleen Jablonski,
 Extension Educator for 4-H Youth Development*

shows and then Eastern States, or in the case of working steers, the Tiller's competition. Each species has a series of events and clinics where youth can learn new skills, be asked to teach other youth skills they have acquired and present their animal science project work and the knowledge they've gained to a judge or panel.

As the 4-H year begins October 1, watch your local newspapers and community

calendars and check out our website at <http://extension.unh.edu>. You'll find a variety of notices and articles about our 4-H members and their projects. Thanks for helping to congratulate our 4-H'ers by giving them the recognition they deserve for a job well done.

For more information about 4-H in Grafton County, call the UNHCE office at 787-6944 or email: Kathleen.Jablonski@unh.edu



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By pete03785@gmail.com

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It takes getting to know their names.

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It takes checking if their kids got off the bus alright.

It takes helping them shovel snow ‘cause they got a bad back.

It takes mowing their lawn when they’re on vacation to make their house look ‘busy’.

It takes picking up the litter on their lawn.

It takes sharing phone numbers and even keys [careful with this one!!!] in case of emergencies.

It takes raking your leaves early so they don’t have to rake YOUR leaves.

It takes looking out the window before you go to bed and having the courage to call police if you see something unusual.

It takes time, energy and, yes, even love.

It does fosters, however, trust, security and ‘philadelphia’; brotherly love.

(I just DON’T know how to say that in a gender-neutral way!!!)

So... who wants to start?

Editor’s Note:

Even though this article is entitled *Trendy Bumpers*, and is written by a listed staff person, it is submitted as one person’s view of the world stemming from bumper stickers seen in the writer’s travels.

It should therefore be noted that the views and opinions written in this article do not necessarily reflect those of the editorial staff of *Trendy Times*.

This same statement can be made for any other article in this publication.

The Day I Stopped Wearing Pantyhose

By Elinor P. Mawson

This is the story about pantyhose (the kind that says "one size fits all"), a big dog and a foolish lady.

I was visiting my sister on Cape Cod and we decided one day to go out to lunch and do some shopping. Since she always dressed to the nines and I didn't want to look dowdy next to her, I got dolled up in one of my better outfits which included pantyhose, and we set off. Every time I got out of the car (and there were many), I found myself hitching up the darn hose and feeling very uncomfortable.

When we got back to the house, my sister asked me to take the dog outside since he had been indoors all the time we were gone. So I put on his leash and out the door we went. I had hardly stepped over the threshold when the dog spotted some animal in the yard and took

off like a shot. Down the steps I flew, losing both my shoes when I finally landed. By the time I let go of the leash, I was flat on my belly with the wind knocked out of me. The dog had dragged me along the driveway for several inches, pulling down my pants (the pantyhose had aided in this activity).

By the time I got my breath back, my sister had come out to see what was happening, and found me gasping on the ground with my back side exposed for all the world to see. "Catch the dog!!" was all I managed to say.

It was all I could do to once again, hitch up my pants, pick up my shoes and go in the house. I sank down into a chair to catch my breath and go over the events of the past few minutes. My sister had to run all over the neighborhood before she

could corral the dog and bring him home. I had a lot of explaining to do before I went upstairs and took off the offending garments and threw them into the nearest wastebasket. I was convinced that they, not the dog, were responsible for my accident.

Not long afterward, I became aware of extreme discomfort on the front of me, and looked down to discover a severe case of road rash. Several days later, I asked my sister, "What is red, orange, yellow, green blue, purple, black and brown?" She said, "Your stomach"(she knew me very well.) It was a mess!!

Quite a few years have passed since that day. Both the dog and my sister are gone now along with my wounds. My dignity is restored.

But I haven't worn pantyhose since. And one size does not necessarily fit all.

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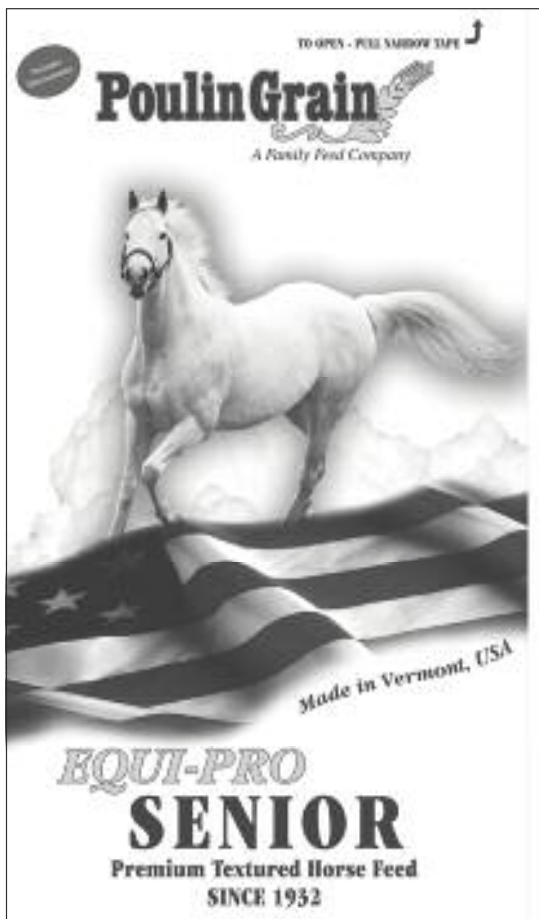


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OCCT

5 in 1 times 6 = End of Season

Five one act plays. Does that mean five reviews? Or is it one performance night with major scene changes, plot changes, character changes and even time changes? After watching the evening of entertainment it was apparent that each play stood on its own merits. And yet there was also a thread that ran through them all.

The final performance of the year at the Old Church Community Theater was actually five performances. As usual there are a total of six nights. The first three nights are now past, but the final three are ready to please you on many different levels.

Along with several seasoned performers on stage wrapping up the Summer 2010 season were a handful of new (at least to OCCT) actors who, along with some able directing, put together a night that took the audience on a trip that had many stops. During one play we went back in time to the early 1900's with a play that featured some very real looking alter egos. As the director said to open the play, the thoughts of Freud were becoming more accepted. This play gave that notion some substance. The evening also had a world premier play. Talk about pressure. The author sat in the audience. This play featured a couple of ghosts doing some of the heavy lifting, but the heavy thinking was done by others including those in the audience.

Also on stage for the evening was a thriller that has been performed in the dark. This was originally a radio play, but has been well adapted and featured some equipment that no longer exists in our high tech world. To top off the evening there was a honey of a play. Imaginary as it was it also had a realistic plot. And believe it, this is not Shakespeare.

Now the first play of the night, It started the audience off right. The lines were all well learned, And a laugh they certainly turned. Though a lot was left to Chance, The others certainly did enhance. If I sound like a rhyming fool, You should hear the actors... cool. Just be prepared for a surprise, As the laughter turns into cries.

In regards to the thread that runs thru all five plays. Maybe it is not a stong tie among the choices to end the season. But there is certainly the hint (and sometimes a very strong suggestion) in each play that pertains to that which either does not exist, or at least hides in the shadows. But please don't think you will be leaving OCCT with a nervousness about you. The directors thought about the evening as a whole and did a fine job of bringing the audience through a majority of all emotions throughout the evening. Finally ending with a laugh, possibly a gasp, but without a doubt, an appreciation for a well done evening of entertainment.

As one member of OCCT said it's nice to have the last performance of the year under way, but it also means a long time until the next performance and the opportunity to work with friends on a project that all involved appear to love.

If you enjoy theater, a trip to Old Church Community Theater is worth the time and the small admission fee. There is only one weekend left of performances. Take the time to see possibly some of your neighbors on stage enjoying themselves.

Gary Scruton, Publisher

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Nature Blest Update from Sue: Hello Everyone!

Apple season at the INDIAN CORN MILL is already into its third week of the season. Our apples survived surprises from Mother Nature fairly well, however, our 'tasty' fresh pears did get hit by a frost. Apple varieties available now include: McIntosh, Cortland, Gala, Ginger Gold, Honey Crisp, Macoun and Spartan. Keep in mind, however, that all apples are about two weeks ahead of schedule so other varieties may already have arrived--next in line to come is Empire. Also available is fresh apple cider, doughnuts, pies, cheese, winter squash, fresh homegrown garlic, honey and lots more. I will have more Soldier Beans, Jacob Cattle and Yellow Eye beans arriving by the second week of October so if you need any, do stop by and stock up. A multitude of people ran out of beans long before last winter ever ended and, by then, it was impossible to get any. When one is use to a typical Saturday night country meal of 'home made baked beans' it has been a long waiting period! It appears I'll be able to hold the same price this year for them as last (\$5.00 for a 2-pound bag).

Have a good week everyone and enjoy the beautiful colors as the fall foliage starts to turn.
As always...Peace!

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Letter To The Editor

Dear Editor,

LTC Charles Hanson wrote a Letter to the Editor in the July 20, 2010 Trendy Times titled A Big Mistake. I haven't seen a reply to the second part of his rant, so I will. LTC Hanson made some disparaging remarks about several non-commissioned officers that transferred to the Vermont Army National Guard from Battery C, 2nd Battalion, 197th Field Artillery in Woodsville. He referred to a few problems but he didn't identify them. I asked the editor of the Trendy Times how LTC Hanson's letter passed the "smell test" for defamation of character because he insinuated that the NCO's lacked courage and leadership. I was told because he didn't name names. I will refrain from naming names.

In 1981 I was made aware of a "problem" in Battery C. I made my First Sergeant aware of the "problem" but nothing was resolved because the First Sergeant developed a health condition. The new First Sergeant tried to get the "problem" removed from the unit. LTC Hanson was on battalion staff and he came to Woodsville and interviewed me and a few other NCO's. In 1982 the "problem" was transferred to Berlin, NH

David,

I have made a point to answer every Letter to the Editor that has come to Trendy Times. Either myself or someone on staff has done so from issue number one. Your letter makes this task very difficult.

The acquisition and eventually the naming of the Woodsville Armory were both interesting stories for some time here in Haverhill. With help of a committee of interested individuals the Select Board decided to purchase the Armory from the State of New Hampshire for \$1. That cost will grow as there are some upgrades to be done. Some grant funding has been received to help defray costs. There will also be the continuing costs for water, sewer, fuel, electricity, etc. Some of those costs may be offset by renting out a portion of the armory to private business.

The naming of the facility was also a subject of much discussion and is what brought the letter from Charles Hanson and now your response. As is true with almost every story, discussion or decision, there are at least two sides and quite often many more. The Haverhill Select Board made a decision to name the armory after Robert Clifford. Bob was a lifelong resident of Haverhill and offered his time and expertise to many, many projects. The naming of the facility was the duty of this board and their decision has been made.

In specific regards to your letter, it tells a story that those outside of the National Guard probably knew nothing about until now. Again, almost every story has multiple sides, and this reflects what you say, were part of, and experienced. I thank you for telling the story and hope it sheds a bit more light on some of the past history of the Woodsville Armory and its former inhabitants.

Gary Scruton, Editor

Fast forward to 1991. The "problem" was transferred to Battery C by someone high up in the chain of command. I was asked by my battery commander if I would support his decision to allow the "problem" to be assigned to Battery C. I emphatically responded no. I was relieved of my duties as Gunnery Sergeant and subsequently involuntarily transferred to Lancaster, NH. I decided to take my career into my own hands and I initiated an interstate transfer to Company A, 2nd Battalion, 172nd Armor, in Bradford, VT. I was the first of many NCO's to transfer to Company A.

Where was LTC Hanson's moral courage and leadership? He had two opportunities to solve the "problem"; first when he was Battery C's commander and second when he was on the battalion staff. I used to have respect for LTC Hanson. In the early '90's I went to his home and asked his advice about the "problem." His advise was to not make waves. I didn't consider it to be sage advice. In the military one respects an officer's rank, not necessarily the person.

David E. Johnson, Jr.
SSG USA (Ret.)

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Feral Family Cat-Alog – In Two Languages

By Robert Roudebush

Blackie was a mystery like any other cat alive but he wasn't bilingual the first time we met several years ago. He was feral and you might guess what color he was "FERAL - Adjective - Existing in a wild or untamed state. Of or suggestive of a wild animal. Savage" - The American Heritage Dictionary.

I wasn't even sure if Blackie was he or she, and I don't know today. I can get only within 4 or 5 feet of him before he slinks away tail down, even now, after years of feeding him. At the first, I couldn't get closer than 15 feet. I've diminished his defensive zone but not eliminated it. He's fast and quiet on arrival and departure. Last night, as my Mamita and I ate our grilled chicken out on the back deck in the perfect weather, Blackie ate his dinner from his bowl too - five feet away.

Years ago it could be that someone had done something to Blackie that put him off people - even people who now feed him and talk gentle to him. Or, the people with DVM degrees tell me, it could be that Blackie was born feral, from other ferals already living in the wild. I don't know. I do know he was lucky to find us. He's good size, scruffy, but healthy, coat shining in the daytime sun like a panther, green eyes, no limping, injuries, or mangy coat, and six toes on each front foot, the extra toe off to one side. Looks like he's wearing catcher's mitts. I don't know if such extra toes and claws make a feline a better hunter or not. I know he can hunt successfully - he was alive and alert when he appeared below the back deck on an April day, like magic from behind the small evergreens and rocks. His first meals here were just the small expired bodies of house caught mice. I threw them out, beyond the near tree line, and there was Blackie, chowing

down. Even after he ate regularly off us, I'd find occasional hunting signs in the woodshed below the deck - fur or feathers and spots of blood.

What does Blackie do for us? Not much but it's enough. He looks at us, keeps us company in his way. Never argues, content with what he's given, no beggar. Just shows up. His appreciation is a clean plate and regular visits. Comes and goes as he pleases. We like that independence. Sometimes gone for days. We wonder why and where, and then, there he is, as if never gone. Could be he's working another family gig on the other side of the mountain. We know he's bilingual because Mamita and I speak to him in Spanish and English, and he pays equal mind to us both, gives us his undivided attention. "Ola Gatiko, como esta, que dice?" Hi little cat, how are you, what do you say? "Gato, que quiere?" Cat, what do you want?

That's cat number one. Seniority's life and death important among animals of any kind and seniority in this case was established when Teddy showed up at our cabin in Mountain Lakes a year or so after Blackie. Teddy was number two, and the alpha status that Blackie claims and Teddy grants is evident when there is one food bowl out, and both cats go for it. Teddy backs off. There were some yowling fights to begin with, but no more. He's younger than Blackie, more playful, maybe faster and stronger, though about the same size. He is short-haired, with cheetah eye streaks - He looks like a lean Morris The Cat.

We've noticed over the years that both cats are survival wise in other ways besides finding free meals from us - they give wide way to local night skunks and other varmints, which makes them smarter than some dogs I

have known. I've never smelled a skunky cat, have you?

These are intelligent cats, in ways unique to cats - capable of athletic prowess incredible for their size, they are equally adept at just gazing at you with cool calculation - figuring things out and planning the next move. We like that too. Teddy is a fully-nutted male, proud, swaggers around showing everything off. I arranged lodging for Blackie, during the first winter, outside in an old tool shed, with clean old towels. When Teddy joined the family, during the second winter with temps dropping south of zero, I noticed Blackie kept his bed without a fight, although both cats had equal access to the space. Of course, Teddy got his own bed in the shed, and both of them benefitted from a safe, electric

heater and small light nearby. Sleeping in separate beds, in close proximity, but not in the same bed. Mutual acceptance, if not equal.

We speak to Teddy in two languages also. He understands us. What does he do for us? More than Blackie. His life has changed since he decided to spend time with us - it is likely to change a good deal more soon. Now, he spends time indoors with us, though rarely all night. I can pick him up and hold and carry him about the living space, and I have applied Front-Line to him for several months now for flea and tick protection. There is something about the way he smells - clean, healthy, a little dusty, not off-putting at all. He has learned, or relearned with us, to give and receive affection. Like any young frisky cat,

he like to play and does not need special toys to do so. He finds his own about the cabin, and the only thing he destroys are old newspapers. No problem. He eats inside, and has never needed or wanted a cat-box. He occupies space on the couch between my mom and I evenings, watching TV. He doesn't care what's on. Got a great loud purr. Due for his first visit to the Vet soon, complete check-up, vaccinations, ear check, blood tests, the works.

If that goes well, his next trip there will include depriving him of his ability to make more little cats, more feral cats, most of whom would be in for a short, violent life and death from disease or predation. I'm convinced it's a responsible action to take. That's what families do for each other.

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

September 28, 2010 Volume 1 Number 34

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On Route 5 just six miles north of Wells River, private mobile home lot. Rent includes water, sewer, dumpster and plowing. \$275/month 802-429-2120 or 802-633-2301 10.26

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NORTH HAVERHILL, NH: 2 bedroom home on 8 acres. Includes washer and dryer and small kitchen. Pets are OK. \$750/month plus first and last month rent and split utilities and heat. Call 603-208-8201 10.26

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CENTRAL STREET, WOODSVILLE: One bedroom third floor unit that is just right for the single person or a couple with good legs. Easy walk to grocery and other stores. Water, sewer, trash removal included in rent of \$400 per month. Also has good sized walk in closet. References required. Non smoking building. Call 603-747-3942 or 603-747-3870 10.26

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INSTRUMENT LESSONS: Offering private piano, guitar, banjo and clarinet lessons for beginner and intermediate students of all ages. More than 30 years instructing. For more information and to set up a day and time please call 603-989-3255. 10.26

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FOUND

Tuesday, Sept 7th on Central St Woodsville on the side of the road. Fleece Jacket with bifocal glasses in pocket. Call Janice at 603-747-3870 (Trendy Threads) to identify it. 10.26

The Grafton County Commissioners are accepting SEALED BIDS for the sale of the following used vehicle:

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 Mileage: 30,000

1 ton - Ram 3500 - Engine V 10 Gas - Transmission 4 Speed Automatic w/ cooler - 4 Wheel Drive - Anti-spin Rear Differential Non Lifting Flat Bed (stake body) - Emergency Beacon - 9' Fisher plow w/ fish stick control

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To View: Parked in front of Grafton County Complex, 3855 Dartmouth College Highway, North Haverhill, NH 03774
 Questions: Direct to Maintenance Superintendent Jim Oakes: 603-787-6971 X227

Bid Envelopes Must Be Marked:
 "Sealed Bid - Dodge Ram 3500" and must be mailed or hand delivered to:
 Grafton County Commissioner's Office
 3855 Dartmouth College Highway - Box 1
 North Haverhill, NH 03774

Sealed bids must be received no later than: 3:00 PM on Friday, October 8, 2010. The Grafton County Commissioners will open bids on Tuesday, October 12, 2010.
 The commissioners reserve the right to reject any and all bids.
 Bid winner must pay for the equipment with cash, certified check or money order.
 No personal checks will be accepted. After purchase, vehicle must be picked up within 10 days or a storage fee of \$25 a day will be assessed.

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Letter To The Editor

To the editor:

Jobs. Decent-paying jobs. Jobs for a healthy economy that will keep our area attractive for our kids and their kids. It's practical everybody's ideal, and it's hard to find a political candidate who doesn't at least pay lip service to it.

How to bring in those jobs is quite another thing. Sure, high business taxes and too much regulation stifle job growth; so does a poorly educated work force and an ugly, toxic environment. To jump-start jobs around here, we need people representing us in state government who know the area well and who can balance all the pressures

and still keep the big picture in view.

In my district--Topsham, Groton, Newbury, and Wells River—we're lucky to have Chip Conquest as our state rep. As a farmer and BMU school board member, Chip earned the respect of his neighbors and colleagues for his thoughtfulness. When he went to Montpelier, it was the same. His voting record shows he takes the best ideas from all three parties, and he knows what it means to balance a budget. Best, he hasn't forgotten us folks back home and the need for good jobs.

I'll be putting out yard signs for Chip Conquest.

Rick Hausman, South Ryegate, VT

Rick,

As I say to most writers of Letters to the Editor, thank you for your thoughts. Trendy Times tends to lean toward more New Hampshire and Haverhill news. That is, without a doubt, because that is where I live, work and do most of my volunteer work. So whenever I receive a letter from your side of the river it is a great plus and a bit of an incentive for me to get out there and find out more about what is going on in the Green Mountain State.

Obviously the general election coming up on November 2 is of great importance to you and your neighbors, just as it is in New Hampshire. Trendy Times certainly encourages Letters to the Editor from residents of Vermont just as we do from New Hampshire residents. In this time of political races we do ask that they be of a reasonable length and we much prefer the letters like yours, backing Chip Conquest, than those negative attack letters.

So thank you again Rick for taking the time to make your thoughts public thru your letter.

Gary Scruton, Editor

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Paddle The Border - Fall

(Time Of Year, Not Suggested Maneuver)



participants. Though a definite number was not determined, it was estimated about two hundred and fifty people took to the water from the Woodsville Community Field back in May. You also see some minor worries about traffic control and parking. But those organizers have an easy solution. They are asking that everyone please drop off their boats at the Newbury Boat Launch and then take their vehicle to Bradford and catch the free shuttle bus back up Route 5. In the past many have not used the shuttle bus and utilized two vehicles. The problem is that there simply is not enough room at the Newbury boat launch for many vehicles to park without causing a traffic jam for others looking to use the same boat launch.

Now if you are a member of the Woodsville Wells River Rotary Club and you hear about all those folks putting in and heading your way, you have to decide how much more food you need to buy. With that number of people paddling down river there are sure to be plenty of hamburgers and hot dogs consumed once they reach the take out point. The good thing is that there is plenty of time to go buy more food. The paddle takes about three hours to complete (unless you are one of those

real speed demons). And the Rotary has done a wonderful job over all these several years getting the food and the paddlers to come out pretty even.

The next perspective point is that of the members of the band. This many participants probably means that a good crowd will form to listen to the blue grass music that has been a part of this event since the first year. There can't be a whole lot better than paddling toward the take out site after a good day on the water and being serenaded by sweet voices and plenty of strings.

get to the take out site during that hour, because even though the bus company provides the bus for free, and the driver is happy to drive, there is a time limit. Every effort is made to leave no one behind, but if you are not at the bus stop by 11 AM, all bets are off.

The bottom line is that the Paddle the Border - Fall event comes up on Sunday, October 3rd. (Always the first Sunday in October) The leaves, at least on the surrounding hills and mountains, should be showing plenty of color. At least at press time the extended forecast looks to be

What happens when you get over two hundred paddlers on the same stretch of the Connecticut River on the same day, all launching within about an hour of each other? Well, you get several things.

From the standpoint of the participants you get a lot of boats wet (just the underside, hopefully) And with that you have a large group of happy people out doing what they like. Either in a canoe or kayak enjoying the company of their family and friends who planned the day with them. Or the chance to meet other paddlers who they have never seen before. Or perhaps to run into previously met fellow paddlers who have not been seen since the last Paddle the

Border. The one thing it does not mean is a crowded river. Even with the large number of paddlers taking part this past spring, there was certainly no traffic jam among boats. It is amazing how quickly that many boats and people can be spread out over the wide and smooth curves of the river. Even with that many people, there is still the sense of being out in the wild, and it takes very little to be alone if that is what you prefer.

If you are a member of one of the three sponsoring groups, the Cohase Chamber of Commerce, the Haverhill Recreation Commission, or the Newbury Conservation Commission, you see about seven years of such events hit an all time high for



Of course if you are the bus driver and you see all those cars coming in and parking, you are a bit anxious about keeping the bus at or below the load limit. You also know that it may mean three trips instead of just two. As the posters state, the first bus leaves about 10 AM and the last will not leave until before 11 AM. But be sure to

favorable. And, as we all know, it will be a long winter. So dust the cobwebs off the paddles, call the neighbors or the kids and hit the water for a great day in the great outdoors on a great river.

By Gary Scruton - Former member Haverhill Recreation Commission and participant in every paddle so far.

Paddle The Border Sunday, October 3, 2010

From Newbury Boat Launch

Beside The Haverhill/Newbury Bridge, Newbury, VT

To Bugbee Landing

Next To Bradford Golf Course, Bradford, VT

Rotary Club Will Be Selling Hamburgers, Hotdogs & Beverages 1-3pm

The "Strawberry Farm Band" will be performing with Bluegrass Music.

Plus there will be displays set up by various local organizations offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.

**All Events Are
Weather Permitting**

All participants **MUST** abide by safe boating rules and regulations
Suggested Launch Time 10:30am - 11:30am • Approx. Paddle Time is 3 Hours

FREE Shuttle Service (for persons and personal equipment only) from Bradford to Newbury available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

EVENT SPONSORED & SUPPORTED BY:
Newbury Conservation Commission
Haverhill Recreation Commission
Cohase Chamber of Commerce
Woodsville/Wells River Rotary Club
Butler's Bus Service

Paddle The Border - Spring
is scheduled for Sunday, May 22, 2011

Info: Mike Thomas 802-757-3960 or email hpcanocs@charter.net or go to www.cohase.org

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Making 'Connections' In The North Country

Adult Literacy Program Information Session October 7 Potential Program Hosts, Facilitators Invited

BETHLEHEM — Are you interested in the field of adult and family literacy? Do you already work in the field? The Arts Alliance of Northern New Hampshire is collaborating with the New Hampshire Humanities Council to offer a free North Country information session with Terry Farish, who coordinates the Connections for New Readers and New Americans program for the Humanities Council.

The session, which takes place on Thursday, October 7, from 6-8 p.m. at the Rocks Estate, Bethlehem, is for anyone who would like to learn about Connections, including those who may wish to be trained as facilitators and those who may wish to host a program in the North Country. ESL teachers, other educators and community members interested in adult and family literacy are invited.

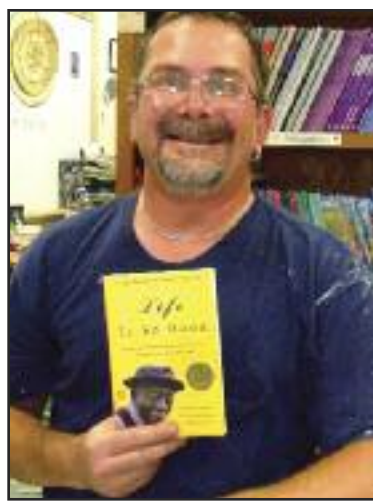
Connections is an adult literacy program for prisoners, immigrant groups and those with low literacy skills. It is offered in partnership with adult basic education and GED classes and in pris-

ons. Participants are both native speakers and new Americans. The program uses the best of children's literature and Humanities Council-trained facilitators to enhance reading skills promote a culture of reading, nurture conversation in which readers contribute their own ideas and stories and reinforce family literacy.

Connections is a fun one-and-a-half-hour community-building book club, Farish says. Groups meet for four discussions. Best of all, participants say, they keep their books to read again and share with others.

In the prisons, Connections offers either a poetry series or a discussion around books to connect inmates with their children. The program is offered in collaboration with the Family Connections Center.

Farish will answer questions about training and serving as a facilitator and describe the process of bringing Connections to local communities. The Humanities Council is interested in train-



Al Audet was one of the participants in a Connections program sponsored by the New Hampshire Humanities Council. (Courtesy photo)

ing North Country facilitators and in offering programs in towns throughout the area.

Preregistration for the information session is requested; call the Arts Alliance of Northern New Hampshire at 323-7302 or email info@aannh.org. The Arts Alliance of Northern New Hampshire is a regional resource whose mission is to promote, support and sustain culture, history and the arts in northern New Hampshire. For information about the Arts Alliance and the many programs it offers around the North Country, go to www.aannh.org.

For more information about the Humanities Council and the Connections program, click on <http://www.nhnhc.org/Connections.php>.



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Learn About Local Conservation Projects On Fall Tour

The Grafton County Conservation District, in cooperation with the USDA Natural Resources Conservation Service, is sponsoring a Fall Tour of Conservation Projects on Friday, October 15th. Several sites in Grafton County have been selected to share information about wise use of our natural resources and local conservation practices. These visits demonstrate the cooperative efforts of local landowners, Grafton County Conservation District (GCCD), Natural Resources Conservation

Service (NRCS), UNH Cooperative Extension and other agencies. The Fall Tour will start at 9:30am at Steve Schmidt's property at 764 Rodiman Lane, Piermont. Everyone is welcome to join us. Plan to bring a bag lunch and enjoy a mid-day dessert prepared for us by the Covert Farm Stand in Piermont. The Fall Tour will be held rain or shine so dress for variable weather, and plan on moderate walking through fields and woodlands. Please call Pam at (603) 747-2001, ext. 103 if you plan to attend or for more information.

The Fall Tour will start at 9:30am at landowner Steve Schmidt's property on Rodiman Lane in Piermont. Steve has worked with the NRCS Field Office in Woodsville to implement an Environmental Quality Incentives Program (EQIP) contract and a Wildlife Habitat Incentive Program (WHIP) contract. Steve has an ap-

proved forest management plan, has completed wildlife habitat improvement practices and tree plantings, and is finishing work on a forest access road, trails, landings and lined waterways project. Heather Bryant, UNH CE Agriculture Resources, will discuss the recent spread of yellow rattle and control measures. Steve also applies a wood ash/biosolid product from Resource Management, Inc (RMI) to his fields to improve production. RMI produces soil-based products from municipal, pulp and paper, and the utility industries' secondary products that are in compliance with all regulatory and certification procedures. Mary Macdonald, RMI, will briefly discuss their products and best management practices for use.

Next we will visit the property of Arthur and Carol Boynton at 36 Boynton Road in Orford. The Boyntons op-

erated the Boynton School for many years and produced maple syrup from a managed maple stand. In mid-July summer storm, a microburst devastated acres of managed forest land in the Orford/Piermont area. The maple stand was destroyed in the storm. Several landowners are now salvaging damaged timber in the area. Foresters John O'Brien and Jeff Smith will speak about the challenges of salvage operations, timber markets, and the impact on the forest and wildlife. The USDA Farm Service Agency (FSA) is offering a new program to assist landowners with severe weather-related damage. Steve Schmidt, FSA CED, will speak about what the new program can offer landowners facing severe storm damage.

We will eat our bag lunches at Hal Covert's new Farm Stand on Route 25 in Piermont. The new Farm Stand is equipped with a commercial kitchen, and we will enjoy a dessert treat. After the lunch stop, we will learn about plans to utilize the kitchen at the stand. In fiscal year 2010 NRCS offered cost-shared assistance for seasonal high tunnels for food and specialty crops. A high tunnel can be used to reduce nutrient transport, improve plant quality and extend the growing season. New Hampshire is a pilot state for this practice, and there has been a lot of interest. Hal Covert has finished installing a high tunnel as part of an EQIP contract. Hal will discuss the new tunnel and his experiences using high tunnels for fruit and vegetable production. He has worked through difficulties getting permission to expand his agricultural operation on property that has a NH Land Conservation Program conservation easement, and will share future plans for growth.

To use many words to communicate few thoughts is everywhere the unmistakable sign of mediocrity. To gather much thought into few words stamps the man of genius.
— Arthur Schopenhauer, Essays

September 28, 2010 Volume 1 Number 34

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

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Letter To The Editor

Dear Editor,

My name is Jeanie Forrester and I am honored to be the Republican nominee for State Senate District 2. Thank you to all of you who turned out to vote in last Tuesday's state primary election and thank you to all of you who cast your ballot for me--I greatly appreciate your trust and am inspired by your support. It has been an incredible experience meeting with voters one-on-one in all corners of the district. Hosting nearly a dozen meet and greet events, personally knocking on hundreds of doors, participating in 8 public forums, marching in parades, and meeting with all 31 selectboards in the district--I found that the voters are hungry for new leaders who are willing to shake things up in Concord. That is exactly what I intend to do.

I am so very proud of my positive grassroots campaign and sincerely thank my tireless volunteers for all of their efforts. From my closest friends and family, to those I have met on the campaign trail, your advice, support and hard work continues to make the difference! I appreciate very much the well wishes from my primary opponent, Repre-

sentative Fran Wendelboe. She clearly has the respect and support of many for her dedication, hard work, and service as a state representative. Thank you for your selfless public service, Representative Wendelboe and I look forward to your advice and support during the general election.

I understand that the real mission has just begun and I am recharged and recommitted to my effort to bring new ideas and new energy to the State Senate. It is my hope that my message of less spending, lower taxes and getting government out of the way of job creation will continue to resonate in the general election and I ask for your vote on November 2nd. I am a small business owner who wants to put my experience to work for us in Concord. I look forward to meeting you on the campaign trail and earning your support. If you have any questions, would like to meet with me in person or have ideas on how we can get New Hampshire back on the path to prosperity, please do not hesitate to call me at 279-1459 or email me at jeanie@jeanieforrester.com.

Jeanie Forrester

Jeanie,

First, let me add my congratulations on your primary election victory. It is just the beginning of a path that is sure to have many bumps, pot holes, and sharp curves. Best of luck in negotiating all of them.

The General Election is just five weeks from the publish date of this edition of Trendy Times. During that time all voters need to become knowledgeable about all of the candidates so that they can make solid decisions when they visit the polls on November 2nd. During those five weeks we hope to see you again visit this area of Senate District 2 so that we can continue to learn more about you and your views.

Gary Scruton, Editor

Letter To The Editor

To the Editor:

I want to thank all the people who have supported me in this election and elections past.

It has been an honor to serve the citizens of our state in the NH House and my life is richer for it.

I have dedicated my life in the last seven terms to learning as much as I could about how our government works, how to control spending and reduce the tax burden on our citizens. The last four years of Democrat control has put us on a path of fiscal insanity and I ask you to take a careful look at the candidates in November and to be sure to vote.

With my loss, I've gained thousands of hours a year of my life back and I look forward to spending more time with my family, maybe a little travel, and the doors that have already started to open for me as my political service door has closed.

Thank you again and God Bless every one of you.

Fran Wendelboe

Fran,

After fighting a good fight in your party primary it is not surprising to read a letter from you thanking the voters for past successes as well as encouraging all to vote in the general election. Though not surprising, it does not always happen.

I want to thank you for your service and trust that your gained experience will not be wasted in the future. I also wish you well in your future endeavors with family and the general public.

Gary Scruton, Editor

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Calendar of Events

MONDAYS/THURSDAYS UNTIL DECEMBER
 NORTH COUNTRY YMCA
AEROBIC FITNESS CLASS
 6:30 PM
 Woodsville Elementary School

MONDAYS SEMINAR / DISCUSSION WITH LEWIS GREENSTEIN
 "THE AMERICAN DREAM; MYTH OR REALITY"
 1:00 PM
 Horsemeadow Senior Center
 North Haverhill

WEDNESDAYS BINGO
 6:30 PM
 Haverhill Memorial VFW Post #5245
 North Haverhill

THURSDAY, SEPTEMBER 30 FALL FOLIAGE DAY IN PEACHAM
 9:00 AM And On
 Various Locations In Peacham

FRIDAY & SATURDAY, OCTOBER 1 & 2
 5 ONE ACT PLAYS
 7:30 PM
 Old Church Community Theater, Bradford
 See article on page 3 and ad on page 5

SUNDAY, OCTOBER 3 PADDLE THE BORDER - FALL
 10:00 AM
 Newbury Boat Launch
 See article and ad on page 8

5 ONE ACT PLAYS
 4:00 PM
 Old Church Community Theater, Bradford
 See article on page 3 and ad on page 5

MONDAY, OCTOBER 4 GOOD OLE BOYS MEETING
 12:00 Noon
 Happy Hour Restaurant, Wells River
 Public in invited.

TUESDAY, OCTOBER 5 NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:00 AM - 12:00 Noon
 Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
 7:00 PM
 Morrill Municipal Building, No. Haverhill

WEDNESDAY, OCTOBER 6 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
 8:00 AM
 Wells River Savings Bank, Wells River

SATURDAY, OCTOBER 9 LAWN SALE - DONATIONS ACCEPTED
 9:00 AM - 3:00 PM
 Horsemeadow Senior Center, No. Haverhill

52ND ANNUAL TURKEY DINNER
 5:00 PM - 6:15 PM - 7:15 PM Settings
 West Newbury Meeting Hall

CHICKEN PIE SUPPER
 5:00 PM - Till Gone
 Barnet Congregational Church

VARIETY SHOW
 7:00 PM Admission By Donation
 Presbyterian Church, East Topsham

SUNDAY, OCTOBER 10 BACK ROAD BURNER - 3.6 MILE RUN/WALK
 2:00 PM Registration
 3:00 PM Start Time
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MONDAY, OCTOBER 11 ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
 6:00 PM
 Ross-Wood Post Home, Ammonoosuc St., Woodsville

WEDNESDAY, OCTOBER 13 ITALIAN CHURCH SUPPER
 5:00 PM - 7:00 PM
 South Ryegate Presbyterian Church
 See ad on page 11

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
 6:00 PM
 American Legion Home, Woodsville

TUESDAY, OCTOBER 19 NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:00 AM - 12:00 Noon
 Woodsville American Legion Post #20

REPUBLICANS OF HAVERHILL STRATEGY MEETING
 6:30 PM
 VFW Hall, Route 116, North Haverhill

SATURDAY, OCTOBER 23 AUTUMN DANCE
 7:00 PM
 Landaff Town Hall

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Upper Valley Breast Center Now Provides High-Tech, ¹³ Soft-Touch Mammograms



*Combines Enhanced Image Quality of Digital Mammography
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WOODSVILLE, N.H. – Cottage Hospital now provides all women with a digital mammogram along with MammoPad®, a breast cushion that can make the exam more comfortable. An FDA-cleared foam cushion, MammoPad creates a warmer, softer and more comfortable mammogram experience. Mammography technologists report that the MammoPad cushion makes it easier to help patients relax and position the breast, allowing them to acquire more tissue and even compression for the image.

In July, Cottage Hospital also became one of the first facilities in the region to use new digital mammography equipment with a tungsten target, which utilizes a lower dose of radiation during the exam.

The American Cancer Society reports women can greatly increase their chances

of survival from the early detection of breast cancer. The best chance of early detection is to have an annual mammogram. For this reason, both the society and the National Cancer Institute recommend that women 40 and older receive mammograms yearly. Yet despite the urgency of this message, nearly 40 percent of American women do not get annual mammograms. Studies have shown that pain, or the fear of pain, are major reasons some women do not return for annual mammograms.

“The discomfort many women feel during mammography compression is widely known to be a reason that some don't get regular screenings, as the cold surfaces and hard edges of the mammography machine make the experience uncomfortable for some women” said Marcy Rushford, Director of Radiology at Cottage

Hospital. “MammoPad answers this problem and, because women are more relaxed during the exam, anxiety and muscle tension are reduced, making it easier to position the breast and get the best possible image.”

“MammoPad definitely made a difference for me,” said mammography patient Rosemary Mangianpane. “It makes the exam much warmer and more comfortable, and it felt like it was easier for them to position my breast on the machine.”

MammoPad is a single-use foam cushion that attaches to the image receptor (table) of the mammography device, developed by breast surgeon Gail Lebovic, M.D. The radiolucent breast cushion is “invisible” to x-rays and does not interfere with the image quality of the mammogram. Studies of 1,300 women using the MammoPad cushion

found approximately 70 percent experienced a significant reduction in pain when the cushion was used, and also indicated an increase in the amount of tissue included in the mammogram image. By combining the comfort of the MammoPad cushion with digital mammography, which provides high quality breast images and special tools that allow the radiologist to see more detail than ever before, Cottage Hospital aims to help clinicians detect breast cancer at the earliest stage possible.

“We try to create the best possible experience for women,” said Karen Woods, Cottage Hospital's lead mammography technologist. “The benefits of MammoPad are clear. When a woman is

comfortable during a mammogram, she will keep coming back and—equally as important—we will be able to get a better image to identify any cancers. We're pleased to be able to provide our patients these important enhancements.” For more information, call the center at 603-747-9213, or visit www.cottagehospital.org.

Cottage Hospital is a certified Softer Mammogram Provider®, a distinction awarded only to an elite group of healthcare facilities that offer the MammoPad cushion as standard of care. The center hopes to increase the number of area women who follow recommendations for regular screenings.

New Physical Therapists Join Staff At Cottage Hospital

Woodsville, NH - Cottage Hospital is pleased to announce Kristy Laleme and Jacob Prunier, both licensed physical therapists, have joined the Rehabilitation department.

Both therapists have recently completed graduate training for physical therapy: Kristy Laleme completing studies at Quinnipiac College and Jacob Prunier at Franklin Pierce University. Both have been awarded a Doctorate in Physical Therapy (DPT).

As physical therapists, Kristy and Jacob use evidence based practice to evaluate and treat a patient's problems; achieving the DPT provides Kristy and Jacob with the enhanced ability to serve patients through additional education and knowledge in areas such as diagnostics, imaging, pharmacology, physiology, biome-

chanics, business practices and health promotion.

Physical therapist intervention includes exercises for strength, flexibility, endurance, coordination and range of motion and may treat muscles, tendons ligaments, bones and wounds. Through proper evaluation, diagnosis and treatment, therapists can improve the overall function of patients and improve the quality of life.

Kristy, originally from Landaff, New Hampshire, is working toward specializa-

tion in wound care.

Jacob Prunier hails from Manchester, New Hampshire, and will be specializing in soft tissue and myofascial therapy.

“Our therapist's commitment to quality and education are commendable,” said Marcy Rushford, Director of Radiology and Rehabilitative Services at Cottage Hospital. “Their achievements are clearly a reflection of their desire to improve patient care and outcomes for folks in our community.”

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Science, Engineering & Technology

4-H Dairy Members Attend The NH 4-H Dairy Qualifying Show

Fifty-one New Hampshire 4-H youth in the dairy project recently attended the New Hampshire 4-H Dairy Qualifying Event held in Lancaster, New Hampshire. This show was held in conjunction with the New Hampshire PDCA Holstein, Milking Shorthorn and Brown Swiss Breed Shows. 4-H members spent two days at this event demonstrating their knowledge of the dairy industry in hopes of qualifying for Eastern State Exposition with their dairy project. Members competed in Fitting and Showing, took a quiz, and

competed in a type class where the animal was judged on conformation.

Top honors in Fitting and Showing went to: Samantha Cohen, Lottie Page, Ashley Cate, and Stephanie Morris, all from Grafton County; as well as Tristan Phillips, of Cheshire County. High overall quiz scores for each division went to Maddie Beaudry, Megan Adams, and Christine Abdelnour, all from Cheshire County; Lindsey Clark, of Sullivan County, and Alexandra Patch, of Grafton County.

4-H members who were

chosen to compete with their animal at Eastern States Exposition in West Springfield, Massachusetts include Brooke Clark and Lindsey Clark of Sullivan County; Lottie Page, Heath Page, Jasper Page, Helen Mae Metcalf, Kathleen Metcalf, Rachel Cohen, Stephanie Morris, Leah Cate and Will Patch of Grafton County; Olivia Conway, Lucas DeBlois and Kelly Mason of Coos County; Megan Adams, Nicholas Doolittle, Christine Abdelnour, Kirsten Beaudry, Chelsea Kruse, Jacob Blake, Audrey Allen, Tristan Phillips

and Amy Drogue of Cheshire County; and Naomi Fifield, Molly Dole, Evan Hauptman, Ashley Fenimore, Ben Marston, Robby Sykes, Aiden O'Brien, Karleigh O'Brien, Michelle Porter, Rebecca Porter, Josiah Robertson and Nathan Robertson of Merrimack County.

Rachel Davis, of Cheshire County, and Courtney DeBlois, of Coos County, were selected as herdsman for this event. Alternates selected include MacKenzie Nichols, Rylie Nichols and Hayley Martell, all from Cheshire County. Support to the show was provided by the 4-H Foundation of NH through a donation from Stoneyfield Organics of Londonderry, New Hampshire.

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discrimination in its programs, activities and employment on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, or veteran's, marital or family status. New Hampshire counties cooperating. For more information about 4-H in Grafton County, New Hampshire, please contact Kathy Jablonski at 787-6922 or email her at: kathleen.jablonski@unh.edu

Donna Lee
 Administrative Assistant
 4-H Youth Development

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Local REALTOR® Completes Certification Course

Vickie L Wyman, Broker/Owner of All Access Real Estate Associates, NH/VT in Woodsville has successfully completed the Massachusetts Association of Realtors® Loss Mitigation Certification Course, sponsored by the New Hampshire Association of Realtors® and held recently in Concord.

Today's market presents unique challenges to many Realtors®, who in many cases are representing a buyer or seller in a transaction involving foreclosure, short sales, properties at auction or bank owned. This comprehensive one-day course was developed to educate Realtors® on all the issues surrounding properties facing these complicated transactions.

The course is taught by experts in loss mitigation and is designed to equip attendees with the tools needed to deal with short sales on both the buying and listing side, including the process,

ethics, laws, contracts and credit issues involved, and how to best approach lenders. As importantly, the course also addresses the human element of these transactions as consumers potentially face losing their homes.

Upon completion of the Loss Mitigation Certification course, participants earn continuing education credits necessary for real estate license renewal and lifetime usage of the LMC logo.

About the New Hampshire Association of REALTORS®:

Originally chartered and organized in 1933, the New Hampshire Association of REALTORS® is a professional trade organization with more than 5200 members. The term REALTOR® is registered as the exclusive designation of members of the National Association of REALTORS® who subscribe to a strict code of ethics and enjoy continuing education programs.

Homeopathic Medicines

By *Melanie Osborne*

Homeopathy is a medical philosophy that recognizes disease as an energy imbalance, a disturbance of the body's "vital force" expressed by disease symptoms. It bases its healing techniques on the fact that the body is a "self-healing entity", and that symptoms are the expressions of the body attempting to restore its own balance. Homeopathic remedies are based on the principle of stimulating and increasing this inherent curative ability. Each remedy has a number of symptoms that make it unique, just as each person has traits that make him or her unique. Homeopathic physicians are trained to match the patient's symptoms with the precise remedy, which are mild and non-toxic. Even the highest potencies do not create the side effects of allopathic drugs. The remedies themselves neither cover-up nor destroy disease, but stimulate the body's own action to rid itself of the problem.

Homeopathic medicine is based on three prescription principles:

- 1) The Law of Similar: "like curing like". From the tiny amount of the active principle in the remedy, the body learns to recognize the hostile microbe and its "modus operandi", a process similar to DNA recognition. This "law" is the reason that a little is better than a lot, and why such precision is needed.
- 2) The Minimum Dose Principle: the dilution of the "like" substance to a correct strength for the individual; strong enough to stimulate the "vital force" without overpowering it. Dilutions, usually in alcohol, are shaken or "succussed" a certain number of times (3, 6, 12 or 30 in

commercial use) to increase therapeutic power through the vibratory effect. Each successive dilution decreases the actual amount of the substance in the remedy. In the strongest dilutions, there is virtually none of the substance remaining, yet, potentially the highest for healing effect.

- 3) The Single Remedy Principle: where only one remedy is administered at a time.

Although homeopathic treatments are specific to the individual in private practice, we have found two things to be true about the remedies found in most stores today:

- They work on the "antidote" principle. So, more is "not better" in this case. Small amounts over a period of time are far more effective. Frequency of dosage is determined by individual reaction time, increasing as the first results are noted. When substantial improvement is evident, indicating that the body's healing force is stimulated, the remedy should be discontinued.
- They work on the "trigger" principle. A good way to start a healing program is with a homeopathic medicine. The body's electrical activity, stimulated by the remedy, can mean much more rapid response to other, succeeding therapies. Homeopathy differs from tra-

ditional allopathy in two significant ways:


- 1) Allopathic medicines influence the body to simply mask or reduce the symptoms of a disease without addressing the underlying problem. Homeopathic remedies act as catalysts to the body's immune system to wipe out the root cause.
- 2) Although both medicinal systems use weak doses of the disease causing agent to stimulate the body's immune defense against the illness, homeopathic uses plants, herbs and earth-minerals for this stimulation, and allopathy uses viruses or chemicals.

The recent worldwide rise in popularity for homeopathy is due to its effectiveness in treating epidemic diseases, such as AIDS, HIV-positive and other life-threatening viral conditions. Many tests are showing that homeopathy not only treats the acute infective stages, but also helps to reduce the intake of anti-biotics and other drugs that cause side effects, and further weaken an already deficient immune system. In significant 1991 tests, "Internal Medicine World Magazine" reports six HIV-infected patients who became HIV-negative after homeopathic treatment. Since this and other reports, success with AIDS is being widely experienced by home-

- opaths as follows:
- *Prevention – generating resistance to the virus and subsequent infection;
 - *Treatment during acute ill-

nesses – reducing their length and severity;
 *Restoration of health – revitalizing, so that overall healthy does not deteriorate.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II, & III into mastership. In her shop located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. Email: thymetoheal01@yahoo.com



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September 28, 2010 Volume 1 Number 34



By Ronda Marsh

Scarborough Fair Chicken

I might as well confess right away that the real name of this dish is not "Scarborough Fair Chicken". I got the recipe from the June/July 2009 issue of COOK'S COUNTRY magazine, and its proper title is "French Country Chicken with Herbs and Honey". I did some minor adaptations to the original, which, among other things, involved eliminating the herbes de Provence they called for, as I'm not a fan of lavender in my food. I replaced it with some snipped herbs from my little potted herb garden, which just coincidentally happened to be a combination of parsley, sage, rosemary and thyme. Get the pun? Even if you don't, I am sure Simon and Garfunkel would appreciate the humor, anyway! If you like, you can always just go with a



teaspoon of dried parsley and a teaspoon of poultry seasoning to approximate the flavors. I also opted to use boneless/skinless chicken, but if you decide to use the bone-in kind, you can dispense with the dredging step; just brown them skin-side down first, to keep the skin from being soggy. Adding in the butter and just

a little vinegar at the end creates a delicious, silky sauce that I had to restrain myself from just lapping up by the spoonful. Quick and easy enough for a week-night, but fancy enough for company, you need not reside in the French countryside or be headed to Scarborough Fair to enjoy this versatile dish.

- | | |
|--|---|
| 3 or 4 boneless-skinless chicken breasts, cut into 3 pieces each | 1/2 cup chicken broth |
| Salt & pepper | 2 tablespoons honey |
| Flour, for dredging | 2 tablespoons minced, fresh herbs or choice, or 2 teaspoons of dried herbes de Provence |
| 1 tablespoon vegetable oil | 2 tablespoons butter, cut into pieces |
| 1 (9-ounce) box frozen artichoke hearts, thawed, or a can, drained | 2 teaspoons white wine vinegar, or cider vinegar |

Rinse chicken, pat dry with paper towels and season with salt and pepper. Sprinkle with some flour and dredge, tapping off any excess. Heat oil in a large skillet over medium-high heat until just smoking. Cook chicken until well browned on both sides, about 5 minutes. Reduce heat to medium, cover, and cook until meat registers 160°, about 15 minutes. Transfer chicken to a platter and tent with foil. Pour off all but 1 tablespoon of fat from skillet. Add artichokes and cook until lightly browned, about 3 minutes; transfer to platter with chicken. Add broth, honey, herbs, and any accumulated chicken juices to skillet and simmer, scraping up any browned bits, until reduced to 1/4 cup, about 3 minutes. Off heat, whisk in butter pieces and vinegar. Pour sauce over chicken and artichokes. Serve with rice or noodles as an accompaniment.

September 28, 2010 Volume 1 Number 34

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