

Traditional Memorial Day Celebrations In Haverhill

By Gary Scruton

As happens every year, in almost every part of the United States, there were many, many Memorial Day Observances on Monday, May 30. In the town of Haverhill there were two such events. The first was hosted by Haverhill Memorial VFW Post #5245. Members of that post along with some members of the Ross-Wood Post

#20 American Legion of Woodsville marched from the post home to the monument in North Haverhill at the junction of Route 116 and Route 10.

At that location a short ceremony took place which included an address by Lt. Col. Paul A. Bailey, USAF (Retired). Col. Bailey began his military career as an en-

listed man including six months of combat duty in the Dominican Republic Crisis of 1965. He was discharged in 1966 and attended college earning a Bachelor's Degree in 1970 and Master's degree in 1974. Col. Bailey then joined the Air Force Reserves in February of 1975 and flew as an enlisted aeromedical evacuation crew member until 1980. In May of 1980 he was Commissioned as a Second Lieutenant. He served continuously until May of 2006 when he retired as a Lieutenant Colonel on his 60th birthday.

Even with all of that history, the portion of his speech that seemed to touch the most was the poem (printed at left) which he read. He gave it little introduction and had almost concluded his speech before he mentioned the author. It was written by his father while in North Africa assigned to the 1st Medical Battalion First Army Division sometime in the fall of 1942.

The senior Bailey was awarded the Silver Star for his actions "repeatedly going for-



ward and retrieving wounded and dead while under constant hostile fire".

He remained with that unit all through the war. He was part of the Sicily invasion, He landed at Normandy (Omaha Beach) on D-Day and fought across Europe until the end of the war. By war's end he was in what is now Chech-Slovakia Republic.

The other public event of the day was the annual parade in Woodsville. At this event the two veterans' posts swapped positions with Ross-Wood Post being the host. The parade ranks were swelled by members of the Newbury, Vermont Earl Brock



Post #78 American Legion, members of various local fire departments and many members and parents of the local Cub Scout Pack 152.

This entire group marched from Bond Auto on Central Street to the monument near the Woodsville Bookstore. There Haverhill firefighter Ed Ballem gave the address in honor of the upcoming 10th anniversary of 9-11. He quoted one of the surviving New York City firefighters who was on his way into the twin towers when they started to fall. Mr. Ballem duly noted that the act was one of war, though no war had been declared. He also made all those in attendance aware, once again, of the risks that our first responders take, not unlike the risks those in the military face almost daily.

"A Thousand Yards Ahead"

(North African Campaign)

We'd scaled the bald faced mountains
And we were resting up a spell
A thousand yards ahead there gaped the doorway into hell.
The boy's expressions didn't show
the slightest trace of dread;
You'd never know the foe was just a thousand yards ahead.

They opened with machine gun bursts
and mortars from behind,
The smoke screen in the wadi's
was enough to make you blind.
They thought they'd broken our attack
They shouted with derision
But they forgot that we were from
the "Fighting First Division."

Their shouts changed to astonishment
As down that river bed
We stormed to our objective just
a thousand yards ahead
The enemy was falling back
About a score of yards
They didn't get the message
On our leader's calling cards

The schrapnel whistled round us as
we rushed to meet the foe
Our task was almost over
Just a thousand yards to go
With yells and great disorder they
dropped their guns and fled
From fortified positions just a thousand yards ahead

Our losses were dammed heavy
The wadi's were blood stained
But every man was proud to say
"Objective has been gained"
We've sent back all the wounded
We said a prayer for all the dead
And we were ready for the next time
There is a "Thousand Yards Ahead"

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Making A Difference

By Deb Maes, Family and Consumer Resources Extension Educator & County Office Administrator

I was recently asked to speak to a local service club about UNH Cooperative Extension. Rather than describe each program I asked my colleagues to share stories about the work we do and the impact that work had on people. Here are some of our stories.

Dave Falkenham, our forester, told me about a landowner he visited last year who owned about 60 acres along a river. The landowner had two goals; make some money off his property and attract more wildlife. Dave helped the landowner locate some pine on his property that needed to be cut. On his second visit he brought along a consulting forester and some experts from the Natural Resources Conservation Service (NRCS), NH Fish and Game, and the National Wildlife Institute. As a group they identified more areas that needed to be cleared that would, in time, benefit many different wildlife species. Following that visit, the forester took the job and

NRCS provided cost-sharing for the beneficial projects. As a result of this project, the landowner made more than ten thousand dollars in wood sales, the logger made money selling the timber, the forester earned a consulting fee, and according to the landowner there is already an increase in wildlife on the property.

Heather Bryant, our agriculture educator, shared a story about a family that wanted to start a small vegetable production operation. At her initial visit, Heather brought along Becky Sideman, Extension's Fruit and Vegetable Specialist. Becky and Heather worked with the family and addressed their concerns about the rather large undertaking ahead, especially considering their relatively little experience growing vegetables and limited infrastructure to start a viable agricultural business. Following that first visit, over the last few years, the family has contacted Extension dozens of times via email and phone and

our staff have visited the vegetable operation answering questions about insects, disease management, marketing, financial planning and food safety. The family listens to our suggestions and tailors them to fit their unique needs.

Heather reports that this new family farm is actually doing just what they envisioned during the first meeting. As a consumer/producer they really are the perfect clients. They ask specific questions, do their own research and often ask for opinions about what has been heard or read. The family is not shy about sharing what they have learned with other farmers, who then contact our office for more information. Ultimately the family makes their own decisions, but uses the information we provide to make smarter decisions.

I had a chance to talk to one of the 100 4-H volunteers who work with the 230 youth throughout the county participating in 4-H clubs under the direction of Kathy Jablonski. Megan has worked as a youth volunteer for more than 35 years. When I asked her why she volunteered she said that as a young girl 4-H was part of her family. The highlight of her 4-H experience was when she attended a national 4-H meeting in Chicago. Megan said she enjoys watching the young members she works with grow and gain confidence in their skills.

One of Megan's roles is a sewing project leader. She teaches sewing just like she learned from her mom many years ago. She told me about a young 10-year old boy who had just completed his second year sewing project. "He has

developed a genuine love for sewing." After completing his project for the annual 4-H Textile Event he said "I like sewing and I like my sewing leader. I'm going to be sewing again next year, and the year after that!"

When I asked her as a leader what she got out of the experience and she said "Satisfaction." Her son, who she taught to sew, said "You tell those kids to keep sewing, I made money in the military sewing for my fellow soldiers and as a dad I even made a Cinderella costume for my daughter." Megan has now retired from her teaching job. She said "When you retire from work, you don't have to retire as a 4-H leader."

Lisa Ford, works for our Nutrition Connections program and reaches young families with limited resources. Lisa told me about a young boy who was in her class when she read the story "The Two Bite Club." At home that evening, Mom had made a soup for the family dinner and started to cook a grilled cheese sandwich for her son since he was a picky eater. When she turned around she saw her son eating the soup she had put out for the rest of the family. When she asked him why, he said "I learned from my teacher that we have to try at least two bites of a new food." He kept on eating the soup and the grilled cheese sandwich never got made. This young boy has continued to try new foods at home.

Closer to home, Kris, our Administrative Assistant, has had twenty years of experience with Cooperative Extension. As a youth she developed her knowledge and passion for the dairy industry through her own 4-H dairy cattle project. Now

she and her husband have used the soil testing program to help reduce the fertilizer expenses on their own dairy farm. She consults with Michal Lunak, our Dairy Specialist, on labor management concerns in order to maximize efficient use of her time. As a mother of two she has used the Just in Time Parenting publications to support her children's growth and development. Her oldest child has joined 4-H as a Cloverbud and participated in several county events this year. She says "I am proof that Cooperative Extension programming has both short term and long term benefits."

Finally I wanted to tell you about Lynn. As a Family & Consumer Resources Educator I teach food safety to food service workers. Lynn attended my very first SERVSAFE® class in 2000. At the time she had purchased a small pizza restaurant with bigger plans intended for the future. I remember her telling the SERVSAFE® class about having opened a 50 pound bag of flour to find the sole of a men's work boot a perfect example of physical contamination of a food product. Since 2000 Lynn has built her own restaurant and even expanded the building to include other businesses. She continues to promote safe food handling at her establishment and has attended another class every time her certification is up for renewal. Her facility continually scores very high when being inspected by the state and she has sent other staff to trainings and brought me down to her facility to make sure that all her staff understands why food safety is important. I am confident that when you and your neighbors eat at Lynn's establishment you will be offered food that is safely handled and prepared and good to eat.

Hearing all of these stories from my co-workers has confirmed for me the many benefits of our work. UNH Cooperative Extension is supported through your tax dollars at the county, state and federal level. Our educators and staff work year round to bring you the latest research that impacts forestry, agriculture, youth, families and communities. You can reach us via email at graffon@ceunh.unh.edu, or by phone at 787-6944. Check out our web site at <http://extension.unh.edu> or find us on Facebook. We all look forward to meeting you at an upcoming educational session.



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Agriculture In The Classroom: Annual Visit To Woodsville Elementary School

By Gary Scruton



station. Before each child left that area they had heard that there are such things as good insects. They also were shown some of the wide variety of edible plants that can be grown. And finally each left with a seed or two in a cup of planting soil with enough water to make it grow. And the words "Poke it under the soil, maybe it will grow. Good Luck!"

There was also one station with sheer entertainment, and some knowledge as well. Anne Leschiavo of Bradford brought her mini horses to school. Silver & Twister are by no means riding horses. But they have learned a few tricks in their day and with a bit of encouragement, and a break to eat some of the local fare, they performed their duties just fine.

As happens to most agricultural events, Mother Nature also had a say in this day. Impending thunderstorms, and possibly more, made for the program to move along much faster than originally planned. But the bottom line was that students learned, teachers supervised, and learned, and presenters had the chance to pass along some of their hard earned knowledge. All in the hopes of keeping our children in tune with agriculture and how important it is to each and every one of us.



Teachers and students alike were learning things - agricultural things - during the annual visit from Agriculture in the Classroom. In past years the program consisted of one animal or one subject at a time. But Grafton County Farm Bureau Ag in the Classroom Coordinator Deb Robie thought it might be a grand idea to bring many facets of agriculture to school on one day and really immerse the students in the understanding and appreciation of agriculture. The teachers were more than enthusiastic about the possibility and with the approval of the administration it all came to pass on Friday, May 27.

Of course other things also happened on that day, and the night before. In fact enough things happened that some of the presenters were simply unable to attend, while others had to drive a great way out of the way to make the presentation and show off their piece of agriculture.

Several stations were set up for the day and each class of students, with teacher along side, made their rounds. There was a trailer of sheep courtesy of Mary Ames in Bath. She explained some of the paint marks on the sheep. Some marks were for medical or shot reasons, others were simply to tell which lamb belonged to which ewe.

The Holstein calf from the Page farm in Haverhill brought a lot of interest. The students were all anxious to pet the young heifer calf. Some even offered to take it home. But the presenter was quick to explain that raising a calf up to the age of becoming a cow took plenty of hard work.

Speaking of work, Miles Conklin had a young pair of working steers that he was showing off. He not only explained some of the history of oxen in this area of New England, but he showed how to hook them up to the yoke getting them ready to do some work. He pointed out that the best way to train a pair of oxen is to work with them every single day.

There were two other very hands on displays during Ag Day. One by the Fontaine family of Corinth hoped to educate the students about various fibers. Taking wool from just a mat of rolled up soft hair, to a finished product that you can wear, takes many steps. It was because of all these steps needed, it was explained to the students, that early settlers only had a very few changes of clothes.

Another spot where the children had a chance to get in the dirt was Kathleen Delage's Master Gardener





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Group size is limited. Program is free of charge. Light dinner available. Pre-registration is necessary. Call 603.606.6590 to register

Location:	Cottage Hospital 90 Swiftwater Road Woodsville, New Hampshire
Date:	Thursday, June 23, 2011
Time:	6:00 P.M. to 7:30 P.M.
Presenter:	TBD

Call 603-606-6590 for more information or to register.

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

June 7 2011 Volume 2 Number 17

The Girls Of Summer

By Elinor P. Mawson

We called ourselves the "Girls of Summer".

We told everyone it was our summer job.

Our priorities were few:

- The day had to be sunny
- We had to be there by 9 AM
- We had to bring lunch, enough quarters for the parking meter, a chair and a towel

And we had to wear a bathing suit

Oh yes! We were going to the beach.

There were 8 or 10 of us.

Mostly middle-aged, mostly teachers with the summer off, and all mothers of children old enough to be on their own.

We sat in a semi-circle large enough to accomodate our chair, lunch and towel, but small enough so we could hear each other.

And did we talk!

Sometimes we even went into the water, but only when the temperature reached the high 60's, for we are talking about the ocean here. If the air temperatures were in the 90's we might have sat in our

chairs in the water, ever watchful of the tide.

Our group was diverse--Maurine who smoked heavily and put her cigarettes out in a neat line on the sand;

Helen, quietly wealthy, who smoked other people's cigarettes and read other people's newspaper.

Jane with a fabulous figure who never brought lunch--"I have some chicken in the car", and never got her hair wet when she went into the water.

Martha who was very health conscious but also very

overweight, who swam every day no matter how cold the water was.

Nancy who brought her daughter with cystic fibrosis and with whom we shared the last summer of her life.

There were others, too, who weren't exactly "regulars", and, I hate to say this, we might have talked about them when they didn't come to the beach that day.

A visitor to the group once remarked that our opening conversations were all the same: "Where did you park?" "What did you bring for lunch?" "When are you leaving?" When those questions were put to rest, it was time for gossip.

On the last day of our summer job, Labor day, things were a little different. We

brought something other than iced tea in our picnic jugs, and discussed the best and worst things that had happened to us during the summer. And then, very reluctantly, we left the beach for another year. Once or twice we tried going on a sunny Saturday in September but it wasn't the same.

I look back at the 15 summers I spent on the beach and wonder how so many of us had so much time for indolence. Maurine, Martha, and Helen are no longer among us. The others have gone on to other things, and let's face it, we are all a lot older now and getting ready for a beach day seems like a lot of work.

Why did I give up my summer job on that wonderful beach? I found a place to go that I loved even more!

Check Us Out at:

www.TrendyThreadsWoodsville.com

Get out your calendars!

Look at all that
Haverhill Recreation has
going on in the month of June!!!



KAYAK AND CANOE PROGRAM - We have put together an outdoor water program for all who enjoy canoeing and kayaking! A bi-monthly trek to some familiar and some not familiar spots! The schedule dates can be found on our website Haverhill-nh.com, the Recreation Office bulletin board or by calling 787-6096! Our first paddle is June 15th, 6-8 PM on LONG POND! Join us!

RED CROSS LIFEGUARD COURSE - We be hosting a Red Cross certified lifeguard course at the A.P. Hill Pool June 21-25th 8-4 PM. The fee is \$ 250.00. Call Heidi Torthy at 603-321-0418 to register! Class space is limited!

RAILROAD PARK CONCERT - Our 2nd concert of the season is children's entertainer STEVEN RICHARD LINDHOLM! Our early concert will be Saturday, June 25th at 3PM! Join us for some singing, dancing & just plain being silly and fun! We will be there selling hot dogs, popcorn, drinks and SLICK'S ice cream! 100% of the proceeds of SLICK'S ice cream will go towards HARP scholarships!

A.P.HILL POOL OPEN HOUSE - The pool opening date is June 26, 2011 from 12-6 PM. Meet our staff and purchase your summer pool passes! Rates are the same as last year! \$ 25 for a single, \$ 50 for a family or daily rate of \$ 2.00! Free hamburgers, hot dogs, popcorn and soda from 12-2 or until we run out! Don't forget to bring your swimsuit for a free swim!

FLY FISHING COURSE: Classes for adults and children are designed to teach families basic ecological concepts, casting techniques, knot tying, safety, care of the catch and fish ecology! A typical course offers 6-8 hours of hands-on instruction, plus a field trip! Children, ages 15 and up, as well as adults, are welcome. All the equipment is provided and this class is first come, first served with a maximum 20 registrants. This course is offered Tuesday evenings in August from 6-8 with a field trip on Saturday, August 27th! Class is free and filling up so be sure to sign up soon!

So THAT is what is going on at Haverhill Recreation! Call Director Sherri Sargent with questions! 603-787-6096 or email rec@haverhill-nh.com

"The Girls Of Summer"

Here's to the "girls of summer",
Who bask in the sun while they can.
They leave dull household cares
For bright canvas chairs,
And sit on the beach and get tan.

At dawn they start getting ready
They flick the dust hither and yon.
Do a few dishes,
Grant one or two wishes,
And then put their bathing suit on.

A lunch must be packed for the outing:
A sandwich, some fruit and a drink.
Not hungry at 7:00
You can bet by 11:00
It is only of food they will think.

The drive to the beach must be early
To capture a place in the sun.
For parking is scarce
And what's even worse
Fines and towing don't add to the fun.

But this is a great crew of chatters,
Each day there are stories to share.
As they move with the tide
And sit side by side,
The waves lap the toes that are bare.

Their faces are bright with new color
Arms and legs are all of one hue.
When once side is done
They turn from the sun
And only their backs are on view.

They don't throw a frisbee for practice
Or hurl a ball over a net.
A hike on the sand
Is all that is planned.
From that great enjoyment they get.

For these are the "girls of summer",
Who always are ready to cheer
The time spent together
In fine "resort" weather,
In the best three months of their year.

Anna Gorham
Summer '82

From The Desk Of NH State Senator



Dear Constituents,

Last week the Senate Finance Committee completed its work on the state budget, passing a \$4.45 billion spending plan for FY12/FY13. This budget is balanced and spends 11% less than the previous biennium. It also projects modest revenue growth of 1.3% and an approximately \$30 million surplus which will increase the rainy day fund balance to over \$42 million.

It is important to remember that in January 2011 we were facing a nearly \$900 million deficit. In the four years before, total state government spending increased by over 24% at a time when the economy was stalling and unemployment was rising. In addition to an increase in spending, we saw over 100 new or increased taxes and fees, and we also saw unrealistic revenue projections.

Facing this deficit challenge, however, we rolled up our sleeves and worked collaboratively across the aisle to address the situation. We also worked with the department and agency heads and the Governor, and most importantly, listened to the thousands of voices that advocated for their programs, their clients, and their needs.

While it was a budget of

difficult choices, the Senate Finance Committee (SFC) accomplished what we set out to do: we put the state's fiscal house in order. We adhered to our promise to live within our means with no new taxes or fees (or bonding of operating expenses), and prioritized our most vulnerable citizens.

This budget adheres to conservative revenue estimates and provides an adequate buffer should the Governor fail to balance the budget for FY2011 or should the economy grow slower than expected. The state also faces the possibility that we will have to return \$35 million in federal funds.

Highlights of the budget include:

STATE SHARE OF RETIREMENT SUBSIDY

The Governor appropriated no funding in FY12-FY13 for the State's subsidy to the cities and towns for participating in the New Hampshire Retirement System, resulting in increased costs to taxpayers.

The House and Senate share the goal of not downshifting to the communities and expect comprehensive retirement reform (SB 3) will address this. In the first year overall rates paid by the cities

and towns (borne by the taxpayers) will be roughly the same after reforms. With reforms in SB 3, in future years local taxpayers will avoid massive tax increases caused by the current broken retirement system.

RETIREE HEALTHCARE

The Governor increased premium contribution for retirees and their spouses from \$65 - \$100 per month. The House budget capped general fund payments for the purposes of retiree healthcare at \$27M in each year of the budget, saving \$7.9M in FY12 and \$11M in FY13.

Instead of capping the amount of general funds available for retiree healthcare, the SFC budget increased premium contributions from \$65 - \$115 per month with additional changes to the benefit plan design generating approximately \$10.3M in savings over the biennium.

Senate Finance directed the Commissioner of Administrative Services to create incentives for retirees to use low cost services and expand other utilization incentives to encourage the use of low cost services available.

DEVELOPMENTALLY DISABLED WAITLIST

The Budget as passed by the Governor and House appropriated no funding for the DD Waitlist.

The SFC budget appropriated \$2M in FY12 and \$4M in FY13.

Senate Finance also restored approximately \$20M for the biennium for developmentally disabled services.

MENTAL HEALTH

The SFC budget restores

\$10.5M in FY12 and \$7.6M in FY13 in mental health services for children and adults and implements reforms.

CHILDREN IN NEED OF SERVICES (CHINS)

The Governor's budget eliminated the truant population from being eligible for this program and reduced community based services, both of which are the least intensive. The House eliminated this program, saving \$7.2M in FY12 and FY13.

Senate Finance restores \$1.9M in FY12 and \$2.3M in FY13, which will allow the 50 most intensive and expensive cases to be served. This appropriation will allow the receipt of additional federal funds.

UNCOMPENSATED CARE

The Governor took \$20M in each year of the budget from this account line and used the funds towards provider payments. The House followed suit, by taking an additional \$55M in FY12 and \$60M in FY13.

Unfortunately, the Senate

was unable to fill the \$115M shortfall for the purpose of funding uncompensated care to hospitals. However, the Commissioner of Health and Human Services is required to present a plan detailing the disbursement of uncompensated care payments and is authorized to make payments to hospitals in FY13, based on the amount of excess budgeted funds available.

Approximately \$35M was set aside for the purpose of funding uncompensated care in FY13 if revenues come in as planned.

As always I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email. If you would like to subscribe to my e-newsletter, which provides great information and links to what's happening in Concord, go to www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester
June 4, 2011

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Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

WEDNESDAYS

BINGO

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

THURSDAYS

PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM Rain or Shine
Academy Green, Peacham

TUESDAY, JUNE 7

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

WATERCOLOR CLASSES

1:00 PM – 3:00 PM or 5:30 PM – 7:30 PM
Alumni Hall, Haverhill

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JUNE 8

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

THURSDAY, JUNE 9

SUMMER READING PROGRAM REGISTRATION

Bath Public Library

BEGINNING COMPUTER WORKSHOP

1:00 PM – 3:00 PM
White Mountains Community College, Littleton
See article on page 14

FRIDAY, JUNE 10

WAIT UNTIL DARK

7:30 PM
Old Church Community Theater, Bradford
See article and ad on page 7

SATURDAY, JUNE 11

CRAFT FAIR

8:00 AM – 3:00 PM
Our Lady Of Perpetual Help Church, Bradford

WAIT UNTIL DARK

7:30 PM
Old Church Community Theater, Bradford
See article and ad on page 7

SUNDAY, JUNE 12

WAIT UNTIL DARK

4:00 PM
Old Church Community Theater, Bradford
See article and ad on page 7

MONDAY, JUNE 13

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

ECONOMIC DEVELOPMENT SUMMIT

7:30 PM
Alumni Hall, Haverhill Corner

WEDNESDAY, JUNE 15

ELDER ABUSE AWARENESS DAY

10:30 AM – 11:30 AM
Lyndonville Senior Meal Program at the
Darling Inn and St. Johnsbury Health
& Rehabilitation Center

HRC KAYAK AND CANOE PROGRAM

6:00 PM – 8:00 PM
Long Pond, Benton
See ad on page 4

FRIDAY, JUNE 17

WHS BASEBALL FUNDRAISER - THE WILLIAM SHANE COMEDY/HYPNOSIS SHOW

7:00 PM
Bagonzi Community Building

OLD FASHIONED BARN DANCE

7:00 PM – 11:00 PM
Gate's Farm, Route 5, Barnet

WAIT UNTIL DARK

7:30 PM
Old Church Community Theater, Bradford
See article and ad on page 7

SATURDAY, JUNE 18

PETS ON PARADE

Registration 8:30 AM
Parade 10:00 AM
Father Lively Center, St. Johnsbury

LISBON FARMERS MARKET

9:00 AM – 12:00 Noon
Main Street, Lisbon

STRAWBERRY FESTIVAL

9:00 AM – 3:00 PM
Haverhill Commons
See ad on page 7

OX PULLING EVENT

10:00 AM
North Haverhill Fair Grounds
See ad on page 18

FEAST WITH THE BEASTS

6:00 PM – 9:00 PM
Fairbanks Museum, St. Johnsbury

WAIT UNTIL DARK

7:30 PM
Old Church Community Theater, Bradford
See article and ad on page 7

SUNDAY, JUNE 19

HORSE & PONY PULLING EVENT

10:00 AM
North Haverhill Fair Grounds
See ad on page 18

WAIT UNTIL DARK

4:00 PM
Old Church Community Theater, Bradford
See article and ad on page 7

MONDAY, JUNE 20

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

ST. JOHNSBURY TOWN BAND MONDAY NIGHT CONCERT

Courthouse Park, Main Street
St. Johnsbury

TUESDAY, JUNE 21

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, JUNE 23

ALZHEIMER'S LEGAL & FINANCIAL FORUM

6:00 PM – 7:30 PM
See article on page 3

BATH NATURAL RESOURCES

INVENTORY PROJECT PRESENTATION

6:30 PM – 8:30 PM
Bath Village School
See article on page 17

SATURDAY, JUNE 25

COTTAGE HOSPITAL AUXILIARY GOLF TOURNAMENT

Blackmount Country Club
North Haverhill

STEVEN RICHARD LINDHOLM PERFORMANCE

3:00 PM
Railroad Park, Woodsville

SUNDAY, JUNE 26

A.P. HILL POOL OPEN HOUSE

12:00 Noon – 6:00 PM
Woodsville Community Field

WEDNESDAY, JUNE 29

SHAKESPEARE BOOK DISCUSSION

7:00 PM
Haverhill Corner Library
See article on page 13

MONDAY, JULY 4

WOODSVILLE/WELLS RIVER 4TH OF JULY CELEBRATION

11:00 AM Parade • 10:00 PM Fireworks
Woodsville Community Field

TUESDAY, JULY 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, North Haverhill

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Deadline for submissions is Thursday, June 16th for our June 21st issue.

Famous Thriller Comes To Bradford



The cast and crew of the upcoming "Wait Until Dark", opening this Friday at 7:30 pm at The Old Church Community Theater.

Clockwise: Danielle Gordon, Michael Counter, Brian Hook, Doug Caughlin, Sheila Kaplow (director), Jim Heidenreich, Mark Alloway, Barbara Cohen, Barbara Swantak, Chuck Fray.

fighting for her life against murderous con men.

The Old Church Production promises to be no less gripping than the movie. Directed by Sheila Kaplow, the cast features Barbara Swantak in the lead role, with Chuck Fray, Jim Heidenreich and Mark Alloway as the con men. In supporting roles are Danielle Gordon, Michael Counter, Douglas Coughlin and Brian Hook. Lighting design is by Paul Hunt with John Hunt providing all the sound effects. The set is designed by Jim Heidenreich and constructed by cast and crew. The stage manager is Barbara Cohen.

The story is about a mysterious and valuable item that the con men want. They devise an elaborate story to gain the blind woman's trust to get the item, and they almost succeed but for her resourcefulness. The NEW YORK POST says "this is a first rate shocker... the suspense drama we've long awaited"; the movie has also

been rated 10th in the 100 scariest of all time.

"Wait Until Dark" opens on June 10th and plays two weekends with Friday and Saturday shows at 7.30pm and Sunday matinee at 4pm. Reservations may be made by calling 802-222-3322 or reservations@oldchurchtheater.org. More information may be found at www.old-

churchtheater.org. Tickets are \$10.00, students \$5.00.

The next production to go into rehearsal is "On Golden Pond" which will be presented on July 15th, also running two weekends. Directed by Peter Richards, this play was made into a successful movie in 1981 starring Henry Fonda and Katharine Hepburn.

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BRADFORD, VT: The Old Church Community Theater's production of "Wait Until Dark" is just a week away, and the director, cast

and crew are busy fine-tuning this thriller, which was famously made into a movie in 1967 starring Audrey Hepburn as the blind housewife

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

June 7 2011 Volume 2 Number 17



Science, Engineering & Technology

Textile Event And Fashion Review

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

Want to be amazed? Plan to attend the 2012 Grafton County 4-H Textile Event and Fashion Revue. This year's event was held May 7, 2011, at Haverhill Middle School with 47 youth participants ranging in age from 5 to 18. All made something they modeled or showed in their stage presentation.

But that was just the end result...for the last year, 4-H'ers and their leaders have been meeting on a regular basis to sew garments, make quilts, create other sewn objects, learn how to knit or crochet and make something from their new skills. Most clubs assign one or two youth to an adult leader so that one on one attention can be given as needed.

It was an amazing show. There were 24 garments, 18 other sewn objects, 12 knitted

or crocheted articles and 21 quilts. Many of the 4-H'ers entered one or more categories. Six young people entered the fashion selections category where they purchased an outfit with a theme and a budget. This year's new category, the costume parade, had one entry, Cora Flynn with her butterfly fairy.

Behind the scenes, volunteers helped to pull the event all together, from teaching the kids the skills needed to complete their entry to helping with all the logistics of the show. It has truly been a yearlong effort. All the garments and fiber creations were judged on Friday night, May 6, by panels of judges, twenty-six in all. Created by our 4-H'ers this year, among many other garments were, a pleather coat, several tea length semi-formal dresses, and a complete

colonial costume. Quilt designs were created in lap to queen size, with several 4-H'ers drafting and creating their own design to get just the look they wanted. Other sewn items ranged from tissue covers to tote bags.

Entering this year were members from the Bob-O-Link 4-H Club: Catherine Flynn, Madeline Flynn, Grace Flynn, Lilah Flynn, Cora Flynn, Emily May, Elizabeth Stoddard, Emily Stoddard, Madyson O'Shana, Hope Cataldo, Madeleine Roy, Monica Cataldo, Amanda Serer, Keatyn Horne, Abigail Crocker, Abigail Sargent, Jessica Riley, Jane Sargent, Haley DeRosia, Dianah Joslin, and Therese Cataldo.

From the Little Ox Bow 4-H Club Calvin Roy, Zachary Farr, Travis Stoddard, Adam Cataldo and Dominic Cataldo all participated.

From the Hunt Mountain 4-H Club were Monica Zuk, Griffin Zuk, Jessyka Hart, Amanda Geil, Tanner Gaston, Christine Martin, Danielle Martin and Polly Currier.

Bath 4-H Club members showing their projects were Aidan Lewis, Madison Lewis, Alyssa Bach, Wyatt Basch and Melenie Peters.

Haverhill Corner Clovers had Mary Davidson representing them.

Jaden Dalton, Jessie Gall and Justin Gall entered items from the Littleton Raccoons 4-H Club.

Independent member Jessica Beck participated in the event as well.

Erva Barnes of All Seasons 4-H Club served as master of ceremonies with Jacob Dalton of Littleton

Raccoons assisting models on and off the stage.

Winners of rosettes for each category were:

Other sewn items: junior division second place winner Adam Cataldo, first place went to Wyatt Basch and his arrow quiver; intermediate division- a four way tie for first place went to Madeline Flynn, Grace Flynn, Hope Cataldo, Madyson O'Shana. Senior division winner was Catherine Flynn in first place.

In knitting and crocheting, the junior division third place winner was Therese Cataldo, second place Emily May and first place Lilah Flynn. In the intermediate division, third place was Madyson O'Shana, a second place tie was split between Hope Cataldo and Grace Flynn and first place went to Madeline Flynn. Senior division second place winner was Jessica Beck with Catherine Flynn earning first place.

The variety of quilts created gave the judges an interesting and challenging evening. In the junior division, third place went to Travis Stoddard, with Emily May taking second. First place was earned by Justin Gall. Madyson O'Shana earned third in the intermediate division with Hope Cataldo and Elizabeth Stoddard tying for second and Madeline Flynn earning the top spot. Senior division competition had Jessica Beck earning the second place rosette with a three way first place split among Catherine Flynn, Haley DeRosia and Dianah Joslin.

Fashion Selections had Grace Flynn earning the top rosette in the intermediate di-

vision with third place in seniors awarded to Jessica Beck, second to Catherine Flynn and first to Amanda Geil.

In the novice division of garment construction, Adam Cataldo earned the blue rosette. Junior division third place was won by Emily Stoddard, second by Madison Lewis and Calvin Roy premier placing. Intermediate division entrants had Madeline Flynn earning third place, Hope Cataldo second and Elizabeth Stoddard first place. Third place in the senior division went to Mary Davidson, Amanda Geil earned second and first place winner was Catherine Flynn.

Representing Grafton County at the State Activities Day Fashion Revue for garment judging and modeling will be Monica Zuk, Elizabeth Stoddard, Jaden Dalton, Catherine Flynn, Amanda Geil, and Madeline Flynn. For modeling only, we are sending Mary Davidson, Hope Cataldo, Grace Flynn, Alyssa Bach, Madyson O'Shana and Jessica Beck. For Fashion Selections, Catherine Flynn, Grace Flynn, Amanda Geil, and Jessica Beck.

All participants received a sewing related notion courtesy of the Grafton County 4-H Leaders' Association and a gift of fabric from one of our donors. Providing gifts for the first place winners were Mountainside Quilting, Country Cottage Quilting, Seams Sew Easy, Stitch, The Sewing Tree, Country Heart, Keepsake Quilting, Pam DaMour, the Decorating Diva, Little Red Wagon, Nancy's Notions, Windfall Clothing, Foss Manufacturing, Fabric.com and an anonymous donor.

All programs sponsored by UNHCE are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status. For more information about 4-H in Grafton County NH, a program of University of New Hampshire Cooperative Extension, please contact our office at 603-787-6944 or email: graffton@ceunh.unh.edu.

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Trendy Times



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I'd Like The Caesar Salad Please...

"Of Course Sir, Which One?"

By Robert Roudebush

"There is more to creating a worthy Caesar salad than simply croutons, cheese and romaine" – New York Times Magazine May 22, 2011

Did you know there are at least 5 different ways to enjoy a Caesar Salad right here in the Haverhill area?

This wrap-up of several versions of the iconic green "Hors d'oeuvre" available around here does not include trips north to Littleton or St. Johnsbury, or south to Hanover or Lebanon, or across the mountain to Lincoln or North Woodstock. I did product research at several very close restaurants. What all these salads share: romaine, coated thick with emulsified oil that is bright with garlic and acidity, nutty with cheese and has some kind of salt-fish pong in it to bind the whole.

HOW DID THE SALAD GET STARTED?

According to Wikipedia and my own distant professional restaurant career, this creation began with a restaurateur named Caesar Cardini who was an Italian-born Mexican. Further completing this geographic mish-mash is that back in 1924 Cardini was living in San Diego, California but working in Tijuana Mexico. He was serving boozers who came south to escape Prohibition and get something to eat. Good for him. The salad was invented on the Fourth Of July when the eatery where he worked endured a rush of

customers which depleted the kitchen's supplies. Cardini made do with what he had, adding the dramatic flair of the "table-side-tossing" by the chef. Julia Child, the famous chef of TV fame, claimed to have eaten a Caesar salad at Cardini's place in the 1920's. And she said, "You know what happens to those recipes, people put in what they want after a while." A Caesar is what you make of it.

And a CAESAR SALAD is - any one of multiple combinations which generally include romaine lettuce and croutons garnished and dressed with parmesan cheese, lemon juice, olive oil, egg, Worcestershire sauce and black pepper – it may be prepared table side. It's more fun if it is and it tastes better. There are some versions which include anchovies, or smoked Herring, the bacon of the sea, but since anchovies is one of the ingredients in Worcestershire, most salads do not have them these days

Probably the best one I had was at - "Shilohs Cabin Cookin'" – for \$7.99, without chicken for \$5.99. In this large serving, there was romaine, black olives, parm cheese, purple onions (they can keep them off if you ask) croutons from various kinds of whole grain bread including rye, chicken breast that was tender and juicy, nicely sautéed on both sides, an appropriate dressing, all served on an engraved glass plate that looks like a large clear sea shell.

Another approach was at – "J's Rainbow Grille" for \$4.99 – no options. There were leafy greens, crispy croutons, (I tasted butter), and dressing. Moderate size.

And another approach is at - "The Little Grille" in North Haverhill. For \$5.99 you get romaine and iceberg lettuce, parm cheese, garlic croutons, dressing, all in a delightful crispy edible flour tortilla bowl – it's large. You add Portobello mushrooms, grilled chicken, steak strips or shrimp and you add \$3.00.

The Happy Hour Restaurant - Caesar served with garlic bread starts at \$7.00 and if you add boneless chicken breast it goes to \$9.00 and if you add grilled sirloin tips it goes to \$11.00

Maybe the best deal of them all – was at McDonald's. That's right. Right here in town. For the first time ever, I picked one up recently and took it home and my Mom and I split it for dinner. The price was \$4.49 with chicken, your choice of grilled or crispy. We had crispy. If we'd had no chicken, the price would have been \$3.68. We'll probably do it again. This version was mainly iceberg lettuce, with a few token leafs of dark green and dark red radicchio to add color. There were four cherry tomatoes, and 6 very thin slices of carrot. It came with a ½ ounce package of croutons, and a 2 fluid ounce package of "Newman's Own" creamy Caesar dressing. The chicken was a small portion, maybe 3

to four ounces, lightly breaded white meat, tender, cut into seven strips. And it all came in a reusable plastic top and bottom plastic food container. We micro waved the chicken just before we served ourselves. They threw in one black plastic fork and knife and one small paper napkin. I admit that to increase the size for sharing for two, I added quite a few more cherry tomatoes.

Just for contrast to local offerings - I did go south to "Molly's" in Hanover, at 43 South Main Street, one block and a half from Dartmouth Green and had a half portion of their Caesar, for \$4.99. The full-size was three dollars more. It was excellent. First of all it came in a chilled white

crocker salad bowl. There was a black pepper grinder right on my table. While the salad was already garnished with parm cheese, the waiter, "Doug" offered me more fresh ground right there tableside. This version had all the usual ingredients, and for a few dollars more, I could have added chicken, shrimp, salmon or steak. Automatically, they brought me a small napkin wrapped basket of fresh baked bread and butter. I admit gladly that part of my enjoyment with this version was the wine I had – a classic crisp elegant white Sauvignon Blanc from the Loire Valley of France called Sancerre. Yes, the glass of wine cost more than the salad. I did not care.

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Respecting Our Veterans



The sixth grade class from Bath Village School honored Veterans by replacing torn and tattered flags with crisp new flags vibrant with color. The flags were donated by the town of Bath. Students were joined by Everett Rust, an Army Veteran, who served in both the Korean and Vietnam War, Karen Fesler, a Navy radar operator during the Cuban War, and Linda Lauer, a Navy Veteran, who taught at the Naval Academy. As students made their way through the cemetery a history lesson unfolded before their very eyes. Though students view this cemetery everyday as they play on the adjacent school playground, I think it may have been the first time they really saw the historic cemetery. Students realized what they were really looking at was the price

of their freedom. As students left the cemetery they were surprised to be thanked by the Veterans for their small part in preparing the cemetery for Memorial Day. Without being prompted, students immediately knew it was them who should be thanking the veterans which they did patriotically!



Sarah Burrigge and Jon Tabor II proudly represented Oxbow High School at this year's Hugh O'Brien Leadership Conference (HOBY) held at St. Michael's College in May. HOBY is an annual conference with a vision to motivate and empower individuals to make a positive difference within our global society through understanding and action based on effective and compassionate leadership. The two made strong connections with students all over Vermont and learned the importance of leadership and diversity.

NH State House, Tina Lalmond, Woodsville High School Senior and Woodsville High School Jobs for NH Graduate Teacher Kim Spaulding spent a day at the State Capitol with Councilor Ray Burton. Their day included Governor and Council Breakfast at the NH Business Finance Authority, Swearing of a NH Legislator, Ceremonial Presentations by Governor Lynch, Governor and Council Meeting, NH Scholarship Recognition Rally on the State State House Lawn, Meeting Commissioner of



Left to right: Councilor Ray Burton, Kim Spaulding, Tina Lalmond and Governor John Lynch.

Education Virginia Barry. Secretary of State William Commissioner, Labor Gardner. George Copadis, NH



By Ronda Marsh

Chocolate Almond Frozen Mousse

This is, without a doubt, the most ridiculously easy dessert I've ever made. It has just 3 ingredients, requires only a spoon and a bowl for equipment, and can be mixed up in...no joking here...ONE MINUTE! In addition, it can be served two ways; first, as a sensual mousse, dolloped into an elegant vessel such as a champagne flute, and perhaps topped with a single fanned-out strawberry for a very elegant presentation any four-star restaurant would be proud to serve, or secondly, frozen into an ice cream-like substance, that you can just spoon into a bowl for kids and adults alike. This recipe...if you can even call this no-cook wonder that...came from THE PIONEER WOMAN website, where I glean a lot cooking ideas, and she, in turn, got it from a friend of hers. Her theory (and I agree) is that when you stir the melted chocolate into the colder Cool Whip, the chocolate resolidifies into tiny particles, resulting in teensy-weensy bits of chocolaty nutty goodness throughout. Very tasty, indeed! When I first made this, I started with one Hershey Bar as the recipe originally stated, but then I decided it really needs two to get sufficiently infused. So please, go grab a tub of Cool Whip, a couple of chocolate bars, and the remains of your morning coffee and create a lip-smacking treat today!



- 1 container of Cool Whip
- 2 Tablespoons strong brewed black coffee, completely cooled
- 1 (or 2) whole Hershey Bars with Almonds

Allow Cool Whip to thaw on the counter for ten to fifteen minutes. Gently stir in cool coffee until combined. Melt Hershey bars in the microwave for 30 to 45 seconds; just enough to soften. Allow to cool for a couple of minutes; then stir into Cool Whip mixture. Since the Cool Whip is cold, it will solidify the candy bar in tiny particles. Serve soft as a mousse or refreeze and serve as an ice cream-type dessert.



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North Haverhill Fair Announces Latest Additions To Schedule

The wait is over! The Friday night entertainment at North Haverhill Fair has now been announced. Now that his shows in central New Hampshire and Western Vermont are done, Craig Campbell can now be promoted for his next Northern New England appearance. Friday, July 29, at 8:30 PM on the Thayer Stage.

"I have to believe every one of my songs," Campbell says matter-of-factly. For that reason he co-wrote eleven of the songs on his self titled debut album. From that album he already has one huge hit. "Family Man" has been on the charts for a while. It will even appear shortly on TV as part of the sound track for an upcoming HBO program.

Craig Campbell already has a small tie to North Haverhill Fair. He formerly was part of the band performing behind Luke Bryant, a former performer on the very same stage.

As always the show on Friday as well as the Gloriana performance on Saturday at 8:00 PM are free with your paid general admission tickets at North Haverhill Fair. Plus you can see all of the other great shows, competitions and displays that cover the fairgrounds.

Some of those other acts will include Rosie's Racing and Performing Pigs. This show has been around for

some time and has a great reputation for family entertainment. Plus, for the first time at North Haverhill Fair, The Mechanical Man will amaze you with his lack of movement.

Other events on Thayer Stage will include the 2nd annual North Haverhill Idol. Rules will be similar to last year with three judges on stage to critique each act. Prizes this year will include cash for the eventual winner. This year potential contestants must submit a video by July 20 to be eligible to perform. For details contact Gary Scruton at 603-747-3942 or email garyscruton@yahoo.com, or visit the fair website www.nohaverhillfair.com

The music from Thayer Stage will turn to classic rock and roll on Sunday, July 31 as "Shakin' All Over" from Massachusetts comes to town with music from the Golden Years of the 50's & 60's. Songs you remember from Elvis, Buddy Holly, Chuck Berry, Patsy Cline and more.

And what fair is complete without plenty of shows of strength. The 4x4 Pull on Sunday, Tractor pulls on Saturday, Demolition Derbies on Wednesday & Friday, Mini-tractors on Wednesday evening, and animal pulling events every day. Plus plenty of human strength is shown off during the Woodsmen's contest on Saturday in the

Dellinger Ring.

If you are looking for a little quiet time while at the North Haverhill Fair, stop in at the Adventure Tent. Free things to do for the little ones, including the neighboring Barnyard Pals tent, and plenty of seating for mom, dad, or the grandparents.

Fiesta Shows will again provide plenty of excitement on the midway. Ride specials will happen on Wednesday, Thursday & Sunday. And there is always plenty of food to eat, exhibits to enjoy, and don't miss the ever changing exhibit at the Blaisdell Sugar House.

The North Haverhill Fair will also feature a brand new entrance location for 2011. Entrance to the parking lot from Route 10 will now be on a brand new road about a quarter mile north of the old entrance. A new ticket booth



will greet fairgoers after they have parked. And there will also be a new people mover inside the fairgrounds for those who prefer not to walk to their destination.

All this and more at the 2011 North Haverhill Fair, July 27 thru 31 at the Fred C. Lee Memorial Field, 1299 Dartmouth College Highway in North Haverhill. See you there!



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UNHCE - Grafton County Summer Vegetable Gardening Series

"Growing Places" Children's Program is presented by 4-H leaders and Master Gardeners Erika and Fran Krauss.

All sessions meet at the Gazebo at the Grafton County Complex unless otherwise noted.

July 6 - 5:30 - 7:00 pm - Responsible Pest Management with Agricultural Extension Educator Heather Bryant - Find out the best solution for pest control in your gar-

den, and leave the workshop with a better understanding of how to manage the pests eating your produce.

"Growing Places" Children's program - July 6 - 5:30 - 7:00 pm - Our Six-Legged Friends

July 20 - 5:30 - 7:00 pm - Historical Gardening with Master Gardener Joan Pushee - Learn how our ideas about gardening have changed through history.

"Growing Places" Chil-

dren's program - July 20 - Birding: Learn to Listen and Look

August 3 - 5:30 - 7:00 pm - Seed Saving with Agricultural Extension Educator Heather Bryant and Volunteer Management Program Assistant Becky Colpitts - Learn seed saving techniques to improve your seed saving success.

"Growing Places" Children's program - August 3 - Pressing Flowers

August 17 - 5:30 - 8:00 pm (note: Longer session) - will be held at the Horse Meadow Senior Center - Preserve the Harvest with Family and Consumer Resources Extension Educator Deb Maes - Learn the cor-

rect way to "Preserve the Harvest"

"Growing Places" Children's program - August 17 - will be held at the Horse Meadow Senior Center - Fun with Brownies - Discover Scat

August 31 - 5:30 - 7:00 pm - Storage with Agricultural Extension Educator Heather Bryant - Learn which vegetables need to be cured, how best to store each species, and which ones can and cannot be stored together.

"Growing Places" Children's program - August 31 - Fiber (this is the last session for the Children's Program for the summer)

September 14 - 5:30 -

8:00 pm (note: Longer session) - session will be held at the Horse Meadow Senior Center - Cooking with Fresh Veggies with Ana Peterson and author Holly Finlay - Unearth new and different ways to prepare and present some of the old vegetable standbys.

For more information please check our website at <http://extension.unh.edu/Cou/nties/Grafton/Grafton.htm>, UNH CE Grafton County Facebook page or call us at 603-787-6944.

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The World According To Coal

By Sheila Asselin

My majestic, beautiful, black cat Coal has gone missing. It has been over a week since he graced us with his presence and I fear the worst. I hope that he has found another family who appreciates his ballerina like grace and silky shining black coat. I am aware that out in the wide world there also are dragons as well as bears, coyotes and fisher cats.

He has deigned to live with us for the past two years and mayhaps has decided to explore more exciting digs.

He was known around our house as THE CAT. I was known as the food delivery system. Sometimes if he was in the mood he would jump into my lap and allow himself to be petted. I once remarked that he was getting a little plump. He just looked at me in disdain as if to say "You think I am getting plump! Where do you get off, lady?" If he got to the lounge first he would allow me to sit there too with the reluctance of a king giving up his throne. My husband says that given half the chance I would turn into a crazy cat lady with nineteen cats and an overflowing litter box. What nonsense!

Although the thought does have a certain appeal.

Needless to say I miss him greatly. You can learn a lot from a cat. For instance; with enough twists and turns and body contortions you

can always learn to land on your feet. Soft purring in moments of stress can be very calming. It also helps if you do not know the words. Nine lives are hardly enough to encompass all of lifes possible adventures. What am I going to do with my one? Even the lowest alley cat has an imperial attitude, so why should I be less proud of who I am? A good tummy rub can work wonders.

So, Coal, if you are out there and read this, know what a huge gap you have left in my life. I promise never again to tease you with the toy mouse. A life time supply of catnip awaits you. I will never again speak of dogs in glowing terms in your presence. So if that new family utters even one discouraging word, come on back to a king's welcome. A warm lap and a full bowl await you.

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

Letter To The Editor

My name is Debi English and I have been the new Director of the Patten Library in North Haverhill for the past year and a half. We have made incredible changes this past year at the library with the cooperation of the trustees and with the volunteer efforts of library friends. We hope to continue to expand our library services throughout the up-coming year. As you may already know, our library is a non-profit organization that depends on the generosity of the town and community members. We have been able to make great strides in the improvement of our library with the help from our library friends. In addition, we have held several fundraising events to help us reach our goal of servicing our local readers. Some of our accomplishments this past year include:

- Introducing new, high-interest reading series' for our middle school students
- Replacing outdated preschool reading material with updated books
- Introducing new books by more contemporary authors
- Extending our hours on Mondays
- Implementing a children's story hour with crafting activities for our little ones
- Adding a large print book section for those who have problems with vision
- Incorporating a new section of audio books for patrons on the go
- Purchased tables for our book sales, a sandwich-board sign to post library events, and a coffee and tea machine for the enjoyment of our patrons
- Removing fiction materials that have not been read in the last ten to twenty years

Naturally, we want to continue to improve our library and therefore, we have several future initiatives. We hope to weed out our antiquated, nonfiction, young adult literature section in order to replace them with novels that will pique the interests of our high school readers. Furthermore, we plan to continue to provide meaningful and educational activities to our pre-school and elementary school readers. However, we cannot accomplish anything without the help from caring and like-minded community members. If you would like to make a financial contribution to help pave our path towards continued expansion of our resources and programs, we would be incredibly grateful. Not only would you be contributing to the improvement of a local town service, but also placing an important emphasis on the art of reading itself.

Donations can be dropped off at the Library or mailed to: Patten Library c/o Debi English, 1825 Benton Road, North Haverhill, NH 03774. Please make checks payable to the Patten Library.

Please stop by and visit us at 2885 Dartmouth College Highway (across from the North Haverhill Methodist Church) on Mondays from 10:00 to 6:00 and Wednesdays from 2:00 to 6:00 and see what we're doing to help our friends discover and enjoy reading.

Thank you for your support.
Debi English, Director

This letter was actually sent out to many of the friends of Patten Library. It was passed along to Trendy Times by one of our regular readers (and advertisers).

We would like to very much applaud Debi for her efforts at the library. It is obvious that she has a real desire to improve the contents of this fine institution. We wish her the best, as we do with all the other great librarians in the area who continue to do what they feel is the best for the particular library they are working for; or in many cases, volunteering time to. Thank you all for your efforts.

Gary Scruton,
Editor

Haverhill Corner Library Announces Shakespeare Book Discussion

Haverhill, NH—The Haverhill Corner Library will sponsor a book discussion of *Will in the World: How Shakespeare Became Shakespeare* by Stephen Greenblatt, the library has announced. The discussion will be held at the library on Wednesday, June 29 at 7:00 PM, and will be free and open to the public.

A finalist for the Pulitzer Prize and National Book Award, this modern biography of Shakespeare will also be the perfect introduction to the series of performances scheduled to begin the following week. The Alumni Hall cultural center as arranged for the Theatre Under the Stars troupe to offer weekly performances of Shakespeare's plays in July and early August; these will be held Wednesday evenings on the lawn between Alumni Hall and the library, and they will be free and open to the public.

Will in the World is a brilliant combination of biography, cultural history, and criticism by one of the foremost living scholars of

Shakespeare. Greenblatt edited *The Norton Shakespeare*, teaches at Harvard University, and is one of the founders of a school of criticism known as New Historicism. *Will in the World* was named one of the top ten books of the year by the New York Times and the best non-fiction book of the year by Time magazine.

"Greenblatt's account of Shakespeare's life is brilliantly illuminated by his encyclopedic knowledge of both the Elizabethan era and of Shakespeare's own works," notes library trustee John Landrigan, who will lead the discussion. "The Theatre Under the Stars troupe is devoted to performing Shakespeare in the rollicking, populist style of the Bard's own era, and readers of *Will in the World* will come to those performances with an enhanced appreciation for what they'll see."

Copies of *Will in the World* will be available to borrow from the library in advance of the discussion.

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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OBITUARY IDA LOUISE MCCLINTOCK



Monroe, NH – Ida Louise McClintock, 86, of Woodsville Road, died on Tuesday, May 24, 2011 at Cottage Hospital, Woodsville, NH.

Ida was born on July 16, 1924, in Peacham, VT, to Ralph and Madeline (Morse) Bradley. She was a graduate of Peacham Academy. On December 29, 1951, she married William J. McClintock. For many years, Ida waitressed at the former Kenhenshaw Lodge and the Happy Hour Restaurant, both in Wells River, VT.

Ida enjoyed sewing, cribbage, darts, flower gardening, cooking and canning. She looked forward to wintering in Florida with Bill for over twenty years.

She was predeceased by her sister Carrie Pat-

neude and her brother Albert Bradley.

She is survived by her husband of 59 years, William J. McClintock, Sr. of Monroe; their four sons, James McClintock of Enfield, NH, Bradley McClintock and wife Kathy of Monroe, William McClintock, Jr. and wife Joanne of Woodsville, and Mark McClintock of White River Junction, VT; nine grandchildren, James McClintock, Jr., Crystal and Brandon McClintock, Tara Durkee, Cathy, Christy, Mikayla, Shayleigh, and Brianna McClintock; fourteen great grandchildren; two brothers, Fred Bradley and wife Jean of McMinnville, TN and Donald Bradley; and several nieces, nephews, and cousins.

There will be no calling hours. A graveside service for family and friends was held on Tuesday, May 31st at 1 PM at the Monroe Village Cemetery with Rev. Dr. Don Thomas officiating.

Memorial contributions may be made to the Cottage Hospital Oncology Department, PO Box 2001, Woodsville, NH 03785.

For more information or to offer an online condolence, please visit www.rickerfh.com

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

OBITUARY FORREST RUSSELL "SAM" HORNE

Wells River, VT – Forrest Russell "Sam" Horne, known as "Poppi" to his family, 83, died May 25, 2011 at the Veterans Administration Hospital in White River Jct., VT following an extended illness.

He was born in North Haverhill, NH, December 11, 1927, a son of John S. and Florence E. (Nelson) Horne. Following high school, Sam enlisted in the U.S. Army and served as a Sergeant in Korea where he was awarded the Combat Infantry Badge and Korean Service Medal with two Bronze service stars. For 50 years he was a chef at the Happy Hour Restaurant in Wells River before his retirement. He was noted for the fresh homemade bread and continued, after retirement, to make the bread and fill in at the restaurant as needed.

He was predeceased by a sister Edith Horne, and five

brothers Ernest "Red" Horne, Leslie G. Horne, Sr., Fred Horne, Maurice "Pete" Horne and William H. "Joe" Horne, Sr.

Survivors include a daughter Leslie Hatin of Monroe, NH, a granddaughter Candi Hatin and a great grandson Dylan Hatin both of Bradford, VT, a sister Velma Mayhew of Wells River, along with special nieces Florence Frost of South Ryegate, VT and Sally Mitchell of Worcester, MA, along with several other nieces and nephews.

There will be no calling hours.

A memorial service was held on Thursday, June 2nd, at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, with Pastor Dan Chamberland of the Calvary Baptist Church officiating. Burial will follow in the Center Haverhill Cemetery.

In lieu of flowers memo-



rial contributions may be made to the Calvary Baptist Church New Building Fund, 20 Elm Street, Woodsville, NH 03785.

For more information or to sign an online guestbook please visit www.rickerfh.com

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.



Steering Committee of Acres of Hope Christian Fellowship: Sheila McCoy, Michele A. Avery, Kerry and Dean Stahlecker, Alice Kidder, Pastor Joseph and Michelle Grabowski, Athene and Brendon Chadwick, not in the photo is Melissa Bemis who was out of town at the time. Photo by Josh Peart.

On April 3, 2011, Acres of Hope Christian Fellowship was honored to have Pastor Rick Arnold (of Kyle, Texas and formerly of CATC, North Haverhill, NH) participate in the Pastoral Ordination of Pastor Joseph Grabowski, as well as the blessing-dedication of our fellowship.

Special Guests Pastors Rick and Carolanne Arnold, and Jennifer Bretches joined us together with a host of old and new friends for this cel-

ebration of new beginnings. (See photos on our website) www.acresofhope.net

The Service was held at 1pm at the Horse Meadow Senior Center at 91 Horsemeadow Road/ N.Haverhill, NH where our weekly Services are held on Sundays at 11:00 AM. Each Sunday's Service is followed by a Pot Blessing Dinner, (except for Mother's Day) and all are welcome to join us.

We welcome church at-

tendance by everyone with the knowledge that there is room for everyone at the foot of the cross.

Please visit our website for more information, photos, calendar of events, etc. at www.acresofhope.net

Contact Acres of Hope Christian Fellowship at pastorjoe@acresofhope.net 603-787-5758 or visit us on Facebook.

www.facebook.com/acresofhope.

Beginning Computer Workshop

White Mountains Community College – Littleton Academic Center – is pleased to offer a Beginning Computer Workshop on Thursdays from 1:00 p.m. to 3:00 p.m. beginning June 9th and ending June 30, 2011.

This series of four meetings is designed to acquaint beginners with computer hardware and

software. You will learn how to connect the component pieces of a desktop computer system so you can move your equipment from one room to another how to turn on and shut down your computer, how to use a mouse and how to use Microsoft Windows and Word. Additionally, we'll show you how to connect to the Inter-

net, how to compose and send an e-mail message and how to attach message and pictures to e-mail. This course is ideal for those who have a desktop computer at home but haven't taken any formal training on how to use it.

The Instructor is Chris Collman.

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Letter To The Editor

Why I Won't Vote For Barack Obama

No, it has nothing to do with Tea Party libertarian fantasies or Republican Party cynical, insincere red meat red herrings. You see, I am a Liberal. I am a proud Liberal who has not allowed the right wing to make Liberal a dirty word for me. I have been a liberal all of my sentient life. I may even be a Progressive but not being a native Vermonter I'm not sure of the exact meaning of that label.

I voted for Barack Obama the last time and was thrilled to do so, but I won't do it again. It's not because I don't like him. I do. I think he is a very intelligent, articulate, rational, caring, talented man.

But I am disappointed. I should not be surprised that I am disappointed with him. In national elections I have always voted for the Democrat and when they have won the Presidency each and every one has managed to disappoint me.

I have been disappointed because to me political success consists of policies and accomplishments that advance the purposes of government as expressed in the Constitution of the United States. Just to remind you, these are: "to form a more perfect Union, establish Justice, insure do-

mestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity". You will note that there is nothing in there about money, property, wealth, business or materialism even though those are the things that have totally consumed the Washington political scene and continue to do so.

This disappointment goes back for decades because I am of a certain age. It began with John Kennedy. With Kennedy it wasn't personal or even his fault. It's just that he was killed before he had the chance to do anything for the nation of lasting value. He had his foreign policy successes and failures but then he and Jackie also managed to elevate the image of the United States from a brash, backwoods, rustic success on the world scene to a mature, sophisticated, cultured world power. Then came the assassination and that ended all that.

Lyndon Johnson came the closest to not disappointing me. Medicare and Medicaid were truly historic accomplishments on a Rooseveltian scale that made great strides in promoting the general welfare as the truly historic Civil Rights Acts did to establish justice. But Vietnam was his downfall. Even

he knew it and he declined to run for a second term. But he was a great President for all that.

Jimmy Carter. Need I say more. He may "never have lied to" us but he also accomplished nothing. One term was seldom more deserved.

Bill Clinton is perhaps the finest Democratic politician of my lifetime. He can still give a speech on any given occasion that seems to move mountains. Of his accomplishments while in office I think Hilary said it best in her late presidential run when she asked rhetorically of her Republican opponents "What was it you disliked about the Clinton years? Was it the peace or the prosperity?" But his legacy will always include that stain on that blue dress.

And now back to why I won't vote again for Barack Obama. It is because he squandered a once in a generation Democratic majority in the House of Representatives and a Democratic super majority in the Senate by managing to accomplish almost nothing because of his wrong headed and quixotic pursuit of "bipartisanship". He wanted to be a uniter of a hopelessly politically divided nation and instead allowed himself to be led down the garden path by a cynical Republican party that had no such bipartisan illusions

and was thus able to prevent any real accomplishments.

Barack Obama took the best opportunity in a century to establish universal health care in this country, something that every other industrial country in the world has managed to accomplish, and allowed his opponents to almost immediately to change the debate from health "care" reform to health "insurance" reform and then to make a total botch up of even that "reform".

For a short time he had the power to accomplish great things. We expected him to accomplish great things. He failed to do so.

We needed a Franklin Roosevelt. We got Jimmy Carter. I won't vote for Barack Obama again.

I'm not angry, I'm just disappointed.

My local information is:
Robert F. Gabriele
Wells River, VT

But in the interest of total disclosure, while I have owned a home in Wells River and been here almost every weekend for the past 20 years, I live and work in Boston. I am, to my eternal shame, a flatlander.

Robert,

Well, as I say to many other flatlanders, "Nobody is perfect". But really, it's good to here from someone who so loves this area that he comes back every week.

Now in regards to your opinion on our current President, Barack Obama. Well written, well thought out, and well backed up.

I, personally have been a very proud inde-

pendent for as many years as I have voted. Sometimes I have voted for Republican candidates and sometimes for Democratic candidates, and on a rare occasion even an Independent who I thought had little chance of winning, but I still felt obligated to vote for the person I felt best about sitting in the Oval Office.

While the NH Primary is still sometime

away, scheduled for February 14, 2012, there is still plenty of political activity around. The first Republican debate will happen later this month.

So it appears the campaign is on. And as always Trendy Times is willing to print opinions from whatever side they come from.

Gary Scruton, Editor/Publisher

Thunder Road To Help Barre Flood Victims

Free Admission To Next Thunder Road Event

Waterbury, VT –Thunder Road International Speed-bowl has been supported by hometown Barre, Vermont fans for over 52 years. Now one of the most well-known short tracks in North America is going to give back on Sunday, June 12.

"We are inviting Barre flood victims to 'take a break' and join us on Sunday, June 12. The clean-up and sorrow from the most devastating floods since 1927 have shown what a resilient town Barre is. The people and city will bounce back. The folks of Barre have helped Thunder Road through some tough times over the years, and we wanted to give back in a small way. We hope a few hours of fun will be our way of saying thanks to our neighbors", said Tom Curley co-owner of Thunder Road

with Ken Squier.

Barre fans who have been affected by the flood and who have a Barre driver's license address will be admitted free of charge to the Sunday, June 12 race at Thunder Road.

"We are asking all who attend the races to help out with a clothing drop, a non-perishable food item, or a small financial donation to assist those who have lost their belongings, cars, or in some cases their homes. Any donations will be appreciated," said Darla Hartt, General Manager of Thunder Road. "We will make sure that the proper agencies help by distributing these items to those in need," she concluded.

In addition to the free admission, Al's French Frys, the concessionaire at Thun-

der Road will help make the evening at the races even better with a free hot dog and soda for those Barre fans meeting the license requirement. "We have enjoyed working with the fans at Thunder Road over the years and are happy to support the track with this effort to help out those in Barre who have been affected by the flooding," said Billy Bissonette, owner of Al's.

The Ferguson Water-

works Trophy dashes will have a Sunday twilight post time of 5:00 pm. Races are expected to conclude around 8:30pm. Gates will open at 2:00pm. Parking is free. The NEAR Antique cars will be on display, and over 100 race cars are expected to be in attendance as championship racing at the Nation's Site of Excitement enters its third event of the 2011 season.

For additional information contact the ACT

office at 802.244.6963, www.acttour.com, media@acttour.com.



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The Town Of Bath Embarks On A Natural Resources Inventory Project

Community members in the town of Bath have started an ambitious project to develop the town's Natural Resources Inventory (NRI). An NRI describes natural resources and wildlife habitats within a community, explains why they are important, and provides voluntary non-regulatory guidance for their conservation. This project satisfies goals recommended by citizens in the town's 2007 Master Plan to protect natural resources and wildlife throughout the town.

The NRI committee is being assisted by Taking Action for Wildlife. This program is a collaboration between NH Fish and Game and UNH Cooperative Extension to assist communities and landowners

in conserving wildlife and habitats in New Hampshire. It provides training and many resources, such as the statewide Wildlife Action Plan (WAP) that can help communities get involved in efforts to protect, restore, and learn about wildlife and habitats, especially species of concern.

The NRI committee has a broad representation from town boards and committees, local river advisory committees, and landowners. Anyone that is interested is invited to join the effort. The committee members have completed two training workshops provided by Extension staff Frank Mitchell and Amanda Stone. They have begun their review of the WAP habitat land cover maps and habitats of concern

and have started determining what maps and information should be included.

The next meeting will be a presentation to be held June 23rd from 6:30-8:30 p.m. at Bath Village School. The public is invited and encouraged to give input to guide the process. Guest speaker will be Grafton County Extension Forester Dave Falkenham who will explain the process of developing an NRI. Committee members will then present what has been accomplished thus far, share the map resources, and invite the public to give input. If anyone has any questions, please contact the Bath Conservation Commission.

Kelly Lique Earns A National Certification In Computed Tomography

Woodsville, NH – Kelly Lique a Registered Radiologic Technologist from Cottage Hospital has earned a national certification in Computed Tomography from American Registry of Radiologic Technologists in May 2011.

In earning this credential, she adds the initials (CT) after her name. Kelly completed her Radiographic training at Lebanon College in 2008. She joined the Diagnostic Imaging Team at Cottage Hospital in 2007.

ARRT's credential assures patients that Registered Technologists who conduct medical imaging procedures have completed the prescribed educational preparation, passed the appropriate exam, and pledged to abide by stringent ethics requirements; all of which assist technologists in delivering safe and effective patient

care. ARRT ensures their continuing education and ongoing ethical compliance by requiring annual registration of certificates. ARRT, The American Registry of Radiologic Technologists, promotes high standards of patient care by recognizing individuals qualified in medical imaging, interventional procedures, and radiation therapy. Headquartered in St. Paul, Minnesota, ARRT tests, certifies, and annually registers more than 250,000 radiologic technologists across the United States.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services, visit us on the web at www.cottagehospital.org or call 603-747-9000.

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

June 7 2011 Volume 2 Number 17



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Allergies And Asthma

If it seems that your allergies are a lot worse in recent years, you may be right. Allergic reactions are multiplying, manifesting themselves not only as common symptoms of sneezing, headaches and rashes, but also as changes in personality and emotions. They are an unrecognized cause of many modern illnesses. The substances that cause allergies are called allergens. They can stem from almost anything, but the most common allergens are grass, pollen, dust, certain metals, some cosmetics, lanolin, hair and dander from some animals, insect bites or stings, some common drugs, some foods, and some chemicals in soaps. Most allergens produce clogging and congestion as the body tries to seal them off from its regular processes, or tries to work around them. Extra mucous

is formed as a shield around the offending substances, and we get the allergy symptoms of sinus clog, stuffiness, hayfever, headaches and watery, puffy eyes. Sometimes the body tries to throw this excess off through the skin, and rashes, fever blisters, abscesses or a scratchy sore throat occur.

Allergies have a domino effect and they can affect any part of the body. Besides producing uncomfortable, unsightly symptoms, allergies can be imprisoning. They can make it impossible to go for a walk in the country, or even go outside for fresh air. They restrict healthful aerobic exercise because congested sinuses lead to less efficient breathing and poor overall body function. They also limit friendships with friends that have pets (over 80% of the American population).

In times past, an allergy

was defined as an inappropriate response by the immune system to a substance that is not normally harmful. While this definition is still true, there is no question that the harmful burden of toxic substances on our bodies is increasing. Impaired immune response from toxic overload is one of the primary causes of allergies. In modern times, it is hard to escape from the increasing exposure to chemicalized foods, polluted water, air and soil, industrial chemicals, car exhaust, acid rain, and UV radiation allowed by the depletion of the earth's protective ozone layer. Compromised intestinal flora from over-reliance on anti-biotic drugs, disturbance of infant immune systems through repeated immunizations, not to mention our stress-infused lifestyles, all result in reduced immune response and the inability of our bodies to cope with allergens.

In most allergic reactions, the immune system misidentifies a substance, or can't identify a substance (usually a chemical), as an invader. Your white blood cells overreact in either case, and the allergic response becomes a disease in itself. Common responses are asthma, eczema, hayfever or severe headaches. Research on the immune system shows that allergy-prone people produce an overabundance of certain complex proteins known as antibodies. These in turn, trigger special cells known as mast cells that release inflammation-causing chemicals throughout the body. These chemicals, called histamines and leukotrienes, must be either be neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Asthma is a life-threatening allergic reaction, but until recently, it was considered to

be a mild condition that one got over or grew out of. However, new statistics show that 15 million Americans (3% of the US population, with perhaps many more undiagnosed) currently have asthma, compared to 6.8 million in 1980, an increase of 30% in the past decade alone. US hospital admission rates due to asthma have almost quadrupled in the last two decades and reported deaths due to asthma have jumped 68% in the same period.

Drugs and over-the-counter medicines only relieve allergy and asthma symptoms. Drugs for allergies and asthma consist of antihistamines, steroids and desensitization shots. In obstinate cases, laser surgery may be used to vaporize mucous-forming nasal tissue. Yet most of these treatments do not work because they don't get to the cause of the problem. At best, they provide temporary symptom relief; at worst, they create side effects which may be worse than the problem itself.

Managing seasonal allergies – seasonal allergies are Type 1 allergies, with symptoms we most associate with allergies – sinus congestion, itchy watery nose and eyes, headaches, sneezing, coughing, scratchy throat, face swelling, insomnia, fatigue, skin itching and rashes. The most common causes of environmental allergies stem from:

1) allergic reactions to air

pollutants such as asbestos, heavy metals, smoke and fumes;

2) allergic reactions to seasonal factors such as dust, pollen, spores and molds. This type of allergy most easily develops when the body already has an excess accumulation of mucous that harbors the allergen irritants. Common drugstore medications for Type 1 allergies only mask symptoms, often cause undesirable drowsiness, and have a rebound effect. The more you use them the more you need them.

Essential Herbs for managing seasonal allergies include:

Echinacea Root, Goldenseal Root, Chlorella, Spirulina, Kelp & Sea vegetables, Eyebright, Bayberry, Nettles, Calamus Root, Bee Pollen, Osha Root, Astragalus Root, Marshmallow Root, Elder Flower and Berry, Dandelion Root, Eucalyptus and Rosemary.

Essential Herbs for controlling asthma symptoms include:

Burdock Root, Licorice Root, Japanese Green Tea, Kelp & Sea vegetables, Bilberry Leaf & Berry, Hawthorn Berry, Leaf & Flower, Marshmallow Root. Ephedra, Red Sage, Wild Cherry Bark, Gotu Kola, Acerola Cherry, Lobelia, Mullein, Coltsfoot, Elecampane, Mulberry, Thyme, Pleurisy Root.

Most herbs are best compounded to create "whole body" responses.

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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SCARED SHEETLESS

By James Paradie

The Cathouse In Bethlehem, NH

The story takes place in Bethlehem, New Hampshire, located on Cherry Valley Road. I first heard about the Cathouse from my cousin who was a frequent visitor of the not so famous ghost destination back when the paranormal didn't fascinate me as much as it does now. The Cathouse is a run down home that has been abandoned for more than thirty-five years (so I've been told). Back then, I was told that two women lived there, a mother and a daughter, and they "mysteriously disappeared." Not really. In reality, the older lady is (or was) in a nursing home and I have not heard of the supposed daughter's whereabouts.

One thing is for sure though is that the older lady had a lot of cats. Some would estimate well over one hundred. Now, I'm a cat lover myself (mostly cause I'm allergic to dog hair), but that's just ridiculous. I'd hate to see the cat food/litter bill even for it being that long ago. But fast forward years later and the house is abandoned. I got an email roughly a year ago, from a reader telling me she was actually inside the house and that it was a disaster. Papers, gross smells, and even a mummified cat were found in this home, but after my experience I strongly believe that there is something more there.

I've never been inside the house myself, but an outside glance would show that the house is run down, and vandalized. Most of the windows are smashed, the front door looks to be kicked in, there was an old car out front, but that's recently been removed. Did I believe it was haunted when I first saw it? No. I just thought it was just an abandoned home, and the kids breaking in have given it that haunted/scary look.

One night, when I was about sixteen or seventeen, me and my cousin went to Hell (you can find more about Bethlehem's version of Hell on my website), and after we went to Hell, we went to the Cathouse. This was an experience that I will not soon forget, and probably will take it to my grave. We drove up beside the house, my cousin looking for her digital camera and me just looking at the house. The

house itself had this glow to it. Not a ghostly glow, but as if the house was alive. My mind started to play tricks on me (or did it?); I started to hear a cat's meow as if it was right next to me. I looked and there was nothing there, but the cracked pavement.

My cousin found the camera, but no batteries. As we were looking for batteries, I remember that I looked into the glove compartment and something made me look out my cousins window as the house is on the left side of the road. Standing in the doorway was an old lady. She had a dress on (looked early 20th century to me), and I couldn't really make out the face. The thing that got me though, was her eyes, or where her eyes were suppose to be. They were bright blue, as if someone took her eyes out and replaced them with blue rubies. It was both fascinating and frightening all at the same time. The only problem was, she was still there. Even after a minute of me staring at her. She was still there, like she didn't care that the living saw her. After snapping a few pic-

tures we left, but what I saw has been on my mind for quite some time after that.

I have had plenty more experiences thanks to my time with NEPI, as well as other times as well, and I hope it never stops. But if I ever make a book on the paranormal, the first person I am thanking, or well I'm sorry...the first GHOST I'm ever thanking is the Cathouse Spirit in Bethlehem.

Want more scares? Enter my website if you dare! (Hey, it rhymed)... go to scaredsheetlessncn.blogspot.com and check out some of my older stories, some famous ghost photos, and some other cool features that will leave your spine tingling for times to come.

James Paradie is a paranormal columnist as well as a paranormal investigator who has been seen in such newspapers as the Northcountry News, Littleton Record, the White Mountain Shopper, and the Trendy Times. His stories can also be seen on paranormalnews.com and most lyghosts.com where he is a regular contributor.



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ANOTHER WELL
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By Ashley Scruton

Drive Angry

PG-13

In this newest Nicolas Cage movie you get a wonderful collaboration of just about every genre he has touched in his career. In this action packed, not quite religious, rounchy statement of fatherly love you find Milton (Cage) on a mission for blood against the man that stole his granddaughter and murdered his own daughter, satanic cult leader Jonah King (Billy Burke). With no time to spare Milton rushes to find the baby before the next full moon. But he ends up taking the extra time to help out a waitress with a bad attitude and very southern style, Piper (Amber Heard). In exchange he gets a ride to the place where King is planning on sacrificing the baby.

Along the way, however, trouble finds them when the Accountant comes into the

picture. He arrives to take Milton back to Hell from where he escaped to save his granddaughter. Soon Milton and Piper have the Texas police on their tail plus the murderous followers of King.

During all the action you get a fantastic story line that hasn't really been done to the point of exhaustion. Drive Angry has some very refreshing qualities and is a die hard action/gore fans' dream without being boring for those that want the story too. It does have the religious back story, and Cage is slightly reminiscent of Ghost Rider, but does a phenomenal job of staying true to it's own. This new DVD release is definitely a must see for any Cage fan and something to talk about for the rest of us. Consider "Drive Angry" well Scrutonized.

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This photo was submitted by Walter Spaulding of Reading Mass. Apparently the young Hereford decided not to cooperate with the organizers of the Cow Patty Bingo game during Lilac Time in Lisbon.



Manchester NH, Officers of the NH Grand Lodge of Masons elected and appointed took place with local Masons appointed as Masonic Grand Lodge Organists. l-r Ray Burton (Grafton Kane Lodge of North Haverhill), Lawrence W. Leonard (Mt Lebanon Lodge of Laconia), Robert D. Coppo (of Mt. Prospect Lodge of Holderness) and Paul M. Leary Grand Master of the NH Masonic Lodge of Masons of New Hampshire.

Cottage Hospital Employee Of The Month

Michael Keach has been chosen as Cottage Hospital's Employee of the Second Quarter for 2011. Mike joined the Cottage Hospital Team in October of 2007 as a Network Support Analyst in the Management Information Systems Department.

A co-worker nominated Mike for this honor stating, "... Mike is the consummate professional. I have never seen him get rattled, no matter what the situation he is in. He always handles himself professionally and courteously."

Mike expressed that, "It is a true honor to be recognized by your peers, but also humbling, as there are many very talented people that work so hard at Cottage every day". Mike enjoys the time spent with so many different people and jobs, and their willingness to share some of their knowledge.



Mike expressed that, "...always learning something new is both challenging and exciting."

Mike is "at least 3rd generation" Vermonter. He enjoys traveling, motorcycle riding, canoeing and fishing, and cross country skiing. Mike feels that any time

spent with his wife and daughters is a great time.

A party was held in Mike's honor in the hospital dining room. In addition to a cake, Mike received a check from the hospital and a special parking space reserved for the Employee of the Quarter.

Ghosts Walk Again In Bath

Are there ghosts in Bath? Well, each Memorial Day for the past several years there have been at least a few ghosts showing themselves in town. Portrayed by members and friends of the Bath Historical Society, these former Bath residents come forward to tell their tales. This year saw more than a half dozen such spirits walking forward from their resting grounds just off Pettyboro Road. The gathered crowd sat comfortably in their lawn chairs and appeared to not be bothered by the approaching dearly departed.

It was actually noted before the presentation that all of these souls, and many others, had actually been moved from their original location due to a change in road use many years ago. But the spirits all seemed no worse for wear, all things considered.

This year's crop of spirits ranged from Revolutionary War participants, to wives and members of some of the most prominent names in Bath, like Woods and Clough. The spirits each in turn told of the hard life they had led. At least one mentioning that "The Good Old Days" may not be all they are cracked up to be, pointing out that all of today's comforts were not even dreams "back in the day".

The presenters did have some familiar looking faces, even as they claimed to be



someone else. Two even carried rifles that looked like what they had carried back in the days of British rule. Some carried "cheat sheets" explaining that being buried for all those years can affect one's memory. There was, as always, a bit of humor mixed in with all the factual dates, names and places that had been "dug up" about those who were called forth.

Once again in 2011 the Bath Historical Society presented an evening of sharing

spirits, fine weather, and a chance to visit with neighbors, both present and past.

PLEASE NOTE: The Bath Historical Society is also gathering stories about haunted homes in Bath. So if you have a story of a haunted home in town, or if you live in a home which is shared with spirits, please contact any member of the Society. They also have an historical book about Bath that is now available for purchase.

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