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AUGUST 2, 2011 VOLUME 2 NUMBER 21

Seven Birches Winery Opens In North Haverhill

By Marianne L. Kelly

Follow Route 116 in North Haverhill off Route 10 for three miles as it leisurely wends its way through the bucolic countryside and you come to the newly opened Seven Birches Winery next to Windy Ridge Orchards.

Owner Mark LaClair, began making wine "as a teenager, while watching my friend's family make apple, berry, dandelion and rhubarb wines in their basement. "I found the process so interesting that I decided when I was older I would make my own wine."

THE BEGINNING

About three and a half years ago, Mark kept his promise and began making his own wines. "I realized you could ferment just about anything."

After making "enough wines," he shared some with friends who told him, "You have a knack for making good wine," and suggested he consider selling it. At this point he had no interest in selling, however his friends finally prevailed and Mark went into business with Sheila Fabrizio, owner of Windy Ridge Orchards.

THE PARTNERSHIP

Mark and Sheila met at a Chamber of Commerce event where Mark thanked the speaker with a donated bottle of his apple wine. Sheila's interest was piqued and when Mark told her he made the wine, she told him Windy Ridge was looking for a value added product to enhance their customers' experience. After much back and forth discussion, they formed their partnership... over a bottle of wine, of course.

They decided that the winery's name must reflect a local New Hampshire product and the label show something distinctive about the property. A painting, hanging in the tasting room showing seven birches at the

entrance to the property inspired the winery's name and label.

THE WINES, THE EXPERIENCE

Mark is adamant that when people leave a Seven Birches wine tasting they take with them a taste of New Hampshire. "I want people to feel they tasted a unique, high quality, elegant country wine."

Mark processes all wines on the Seven Birches premises regardless of their grapes origin. He currently has apple and blueberry estate wines for sale.

For those not familiar with or are confused by how wines should taste, Mark, during a scheduled tasting offers a taste, and asks if people like what they taste, and describe what they are tasting. "We explain that our blueberry wine is semi-dry with a medium body and a hint of blueberry when they first taste it. It may get lost on their palate but finishes with a nice round blueberry taste as it is swallowed. The apple wine is a bit sweeter."

THE PROCESS

They will soon plant a vine-

yard on the property, and are researching what vines will grow in the New Hampshire climate. "It's very hard to grow grapes here without cold hardy vines that will survive the winter. Sheila will plant, grow and maintain the vines, while I will handle production and sales," explained Mark.

The process for turning grapes into wine is complicated and time consuming as processing red wine grapes is different from that of white wine; however, they all share a common practice.

Briefly, all fruits are crushed into a mash and pressed to extract the juice. The juice is fermented; the added yeast creates alcohol and other by products, and lees or sediment fall from the yeast to the bottom of the vessel. All sediment is racked off from the alcohol that is in the fermenting vessel. "We keep the good stuff on top, throw away the bad, and repeat this process many times."

While his wines will age for a year, earlier wines were aged a bit less to get them to the marketplace, but are completely ready to drink. "If you buy a bot-



tle of wine from us today, you'll love it. Place it on a shelf for six months or longer and, you'll love it more," said Mark.

THE FUTURE

Seven Birches currently has their apple and blueberry estate wines for sale. "We plan to offer a variety of reds and whites depending on the time of year," said Mark. They have Malbac and Pinot Grigio grapes now from the spring harvest in South America. The fall harvest in the Northern hemisphere provides grapes from Italy, California and Oregon, giving them a choice of wines to produce. "There's bound to be a Cabernet, Merlot and Riesling in production," he said.

Mark hopes to have a good

variety of wines by their first anniversary, to accommodate various tastes, and see Seven Birches wines in local stores, wine shops, and served in local restaurants.

Future plans include building a dedicated winery building with a function facility for weddings and special events. "There's a lot of opportunity for hosting events here," he said.

Visit the winery and cafe 7am-3pm seven days a week through the fall. "Everyone coming here for the winery will get a greater experience than they could imagine," promised Mark.

Visit our website at www.sevenbirches.com for more information and wine tasting tours.

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Disaster Recovery Center To Open In St. Johnsbury

BURLINGTON, Vt. – The Federal Emergency Management Agency is opening a disaster recovery center in St. Johnsbury to assist individuals, households and businesses that were affected by the storms and flooding this spring in central and northeastern Vermont.

The St. Johnsbury center opens officially at noon on Monday, July 25 and will be staffed with disaster recovery specialists from various federal, state and local agencies and organizations who can provide information and answer questions about storm-related assistance.

“The storms that struck Caledonia and Washington Counties on May 26 and 27 were very destructive,” said FEMA’s federal coordinating officer Craig Gilbert. “While we have registered nearly 400 individuals for assistance, we hope those who have been affected and have not registered yet, will do so.”

Register with FEMA by calling 800-621-FEMA (3362), or going online at www.DisasterAssistance.gov or via a web-enabled mobile device at m.fema.gov. Multilingual registration assistance is available. Those with a speech disability or hearing loss who use a TTY can call 800-462-7585 directly; or call 800-621-3362 if using 711 or Video Relay Service (VRS).

Almost \$700,000 in assistance to individuals and families has been approved for those affected in Washington and Caledonia counties since President Barack Obama issued a major disaster

declaration for those counties on July 8. The deadline for registration for these two counties is September 6, 2011.

If you have already registered and would like to speak with someone face-to-face about additional information, you can visit a recovery center near you.

The newest one, in St. Johnsbury will be located at: St. Johnsbury Welcome Center, 51 Depot Square, St. Johnsbury, VT 05819.

Hours are Monday through Saturday from 8:00 a.m. to 6:00 p.m. – CLOSED ON SUNDAYS.

FEMA’s temporary housing assistance and grants for public transportation expenses, medical and dental expenses, and funeral and burial expenses do not require individuals to apply for an SBA loan. However, applicants who receive SBA loan applications must submit them to SBA loan officers to be eligible for assistance that covers personal property, vehicle repair or replacement, and moving and storage expenses.

SBA disaster loan information and application forms may be obtained by calling the SBA’s Customer Service Center at 800-659-2955 (800-877-8339 for people with speech or hearing disabilities) Monday through Friday from 8 a.m. to 6 p.m. ET or by sending an e-mail to disastercustomerservice@sba.gov. Applications can also be downloaded from www.sba.gov or completed on-line at <https://disasterloan.sba.gov/ela/>.

Celebrate 100th Anniversary Of Weeks Act With 100 Activities At Weeks State Park

LANCASTER — An appearance by Smokey the Bear, live music, a vintage car rally, plein air painters, an afternoon tea, scavenger hunts, and old-time activities like croquet and badminton are among the 100 exciting activities planned for Weeks State Park on Saturday, August 13 and Sunday, August 14, to celebrate the 100th anniversary of the passage of the Weeks Act. This important federal legislation, named for Lancaster native John W. Weeks, led to the creation of the White Mountain National Forest and more than 50 other national forests.

All of the events at the park are free and open to the public. Families with children are especially encouraged to attend, as there will be many activities that appeal to kids.

The highlight of the weekend is an evening champagne reception and musical evening fundraiser with well-known North Country fiddler Patrick Ross & Friends on Saturday, August 13 at the Mountain View Grand in Whitefield. Tickets are \$25 and can be purchased by contacting the Arts

Alliance of Northern New Hampshire at info@aannh.org or by calling (603) 323-7302. Proceeds from the evening will be shared by Weeks State Park and the Arts Alliance.

In addition, every Thursday from 5 to 7 pm painters will work outdoors at the Park before the evening program. Stay tuned here for more information on all of the activities planned for the weekend, or check for details and updates at www.aannh.org.

The weekend’s events are part of the White Mountains Cultural Festival: 8 Days of Weeks, a collaborative, grassroots festival honoring the region’s rich natural and cultural heritage that is being held on the eight weekend days of August. Festival activities – all celebrating the connections between art and nature – will be focused in a different part of the region each weekend, with an activity hub serving as the focal point, along with local festivals, heritage days, concerts and other activities in many surrounding communities.

Community celebrations during the first weekend, August 6 and 7, are being held from Plymouth to Lincoln, with special events in Holderness, which will mark the 250th Anniversary of the town, and in Wonalancet, which has planned a village-wide event that includes hikes, talks, home tours, music and art to celebrate Wonalancet as it was 100 years ago.

On the second weekend, in addition to festivities at Weeks State Park, Whitefield will celebrate with an art exhibit, workshops with Weeks cartoonist Marek Bennett, stories of the community and its history told by residents, and a walking tour of the downtown. Specific information on Festival activities and the Weeks Act celebration can be found on the Arts Alliance website at www.aannh.org and atwww.weekslegacy.org.

The Festival is coordinated by the Arts Alliance in partnership with the White Mountain National Forest and Arts Alliance members and partners throughout the region and around the state, including the Weeks Centennial Coordinating Committee.

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By Lauren M. LoSchiavo

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The first step, call Lauren LoSchiavo at (603) 348-0844. We will schedule *an interview. During this session you can talk about all the things that make your product or services special, why people should go to you first. Think of this as a radio script without the price tag. If you were to attempt to fit all these words into an advertisement, that would fit your budget, you probably couldn't.



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Not all Times are Trendy but there will always be Trendy Times August 2, 2011 Volume 2 Number 21

Cottage Hospital Becomes First Critical Access Hospital In New England To Achieve CMS Stage 1 Meaningful Use Certification For Electronic Health Records

Woodsville, NH – Cottage Hospital completed attestation for the Center for Medicare and Medicaid Services (CMS) Stage 1 Meaningful Use (MU) certification on July 15, 2011, making it the first critical access hospital (CAH) in New England to achieve that milestone. Cottage Hospital was the second hospital of any kind in the state of New Hampshire to complete attestation for Stage 1 MU following the Elliot Health System of Manchester which attested on July 13.

To help bring higher quality and safer care to patients through broader adoption of electronic health records (EHRs), the ARRA HITECH Act of 2009 has provided incentives to hospitals and physicians who become "meaningful users" of EHRs. In achieving the Stage 1 Meaningful Use criteria, Cottage is not only a leader in the state but also among the first healthcare providers nationally to demonstrate that it is using certified EHR technology in ways to improve clinical quality and care. "The achievement to successfully reach Stage 1

Meaningful Use was the result of a total commitment by every department at Cottage, and the pivotal assistance of the Regional Extension Center of NH," said Gary Tomlinson, Director of Management Information Systems. "At Cottage Hospital the patient always comes first, and enhancing patient care through the use of technology is the real accomplishment behind achieving Stage 1 Meaningful Use."

"One of the most impressive aspects of Cottage's rapid attestation for Stage I is that they accomplished the task with so few resources – this 25-bed hospital on the New Hampshire-Vermont border was able to achieve something that has so far eluded far larger organizations with much bigger teams and much deeper pockets," said Jeff Loughlin, Executive Director, Regional Extension Center of New Hampshire (RECNH). "As an arm of the ONC supporting provider organizations in achieving meaningful use, we were honored to help Cottage by providing an experienced "sanity check" on its plan and

approach, as well as some tools and support for ensuring the hospital's readiness. Despite its size, Cottage is a true leader in the NH healthcare community and deserves every bit of recognition for this significant achievement."

"Cottage Hospital's vision to attain a full Electronic Health Record (EHR) was a strategic objective driven by the hospital leadership team and board of trustees. The initiative was started over seven years ago and the definition and guidance of Meaningful Use provided us with a clear road map of how to accomplish this goal," said Steven Plant, Chief Financial Officer. A CAH is designated as such by its State and by CMS for meeting the following criteria:

- Participates in Medicare
- Is located in a rural area and is more than a 35-mile (15 in mountainous terrain) drive from any other hospital
- Maintains no more than 25 inpatient beds
- Maintains an annual average length of stay of 96 hours or less per patient
- Complies with all CAH Conditions of Participation, including the requirement to

make available 24-hour emergency care services 7 days per week

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.

ABOUT COTTAGE HOSPITAL

Cottage Hospital is a 25 bed, critical access hospital



Church Service - Sundays at 11:00am
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August 2, 2011

Volume 2 Number 21

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!

MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA
ADULT WATER AEROBICS**
5:00 PM – 6:00 PM
A.P. Hill Community Pool, Woodsville

MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA
WALKING CLUB**
6:30 PM
Woodsville Elementary School

TUESDAYS

COMMUNITY FARM WORK DAYS
4:00 PM – 6:00 PM
NEK Community Farm, Old Center Road

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, AUGUST 2

**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

WEDNESDAY, AUGUST 3

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Woodsville Guaranty Savings Bank, Woodsville

INTERACTIVE DDDRACULA

6:30 PM
Alumni Hall, Haverhill

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, AUGUST 4

THURSDAY NIGHT SUMMER SUPPER
5:30 PM
Groton United Methodist Church
See ad on page 8

ADINKRA SYMBOLS OF WEST AFRICA

6:00 PM
Bradford Public Library

GROTONS MUSIC IN THE PARK

6:00 PM
Veterans' Memorial Park, Groton
See ad on page 7

SATURDAY, AUGUST 6

BOW HUNTER EDUCATION COURSE
7:00 AM – 5:00 PM
Ammonoosuc Valley Fish & Game Club, Bath

ALL YOU CAN EAT PANCAKE BREAKFAST

8:00 AM – 11:00 PM
McIndoe Falls Congregational Church

FREE PUPPET WORKSHOP

10:00 AM – 12:00 Noon
St. Luke's Episcopal Church, Woodsville

WHOLE HOG BBQ & MUSIC FESTIVAL

2:00 PM – 8:00 PM
North Haverhill Fairgrounds
See ad on page 5

SUNDAY, AUGUST 7

AMERICAN LEGION ANNUAL FAMILY PICNIC
12:00 Noon
Ammonoosuc Valley Fish & Game Club, Bath
See ad on page 4

VESPER SERVICE OF HYMNS & LESSONS WITH REV. STEVEN SEMINERI

5:00 PM
East Haverhill United Methodist Church

MONDAY, AUGUST 8

**ST. JOHNSBURY TOWN BAND CONCERT &
FREE ICE CREAM SOCIAL**
Evenings
Courthouse Park, St Johnsbury

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

WEDNESDAY, AUGUST 10

"PARKER HILL ROAD BAND" CONCERT
6:00 PM – 8:00 PM
Chevron Park, Lisbon

MONTHLY MEETING -

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

HAMLET, PRINCE OF DENMARK

6:30 PM
Alumni Hall, Haverhill

THURSDAY, AUGUST 11

GROTONS MUSIC IN THE PARK
6:00 PM
Veterans' Memorial Park, Groton
See ad on page 7

FRIDAY, AUGUST 12

VERMONT TEA PARTY BONFIRE
7:00 PM
Fisk Field, Chelsea Road & Rt 25, Bradford

SATURDAY, AUGUST 13

GIANT FLEA MARKET
9:00 AM – 3:00 PM
St. Luke's Parish House, Woodsville

FREE PUPPET WORKSHOP

10:00 AM – 12:00 Noon
St. Luke's Episcopal Church, Woodsville

SUNDAY, AUGUST 14

**VESPER SERVICE OF HYMNS & LESSONS
WITH REV. STEVEN SEMINERI**
5:00 PM
East Haverhill United Methodist Church

MONDAY, AUGUST 15

**ST. JOHNSBURY TOWN BAND CONCERT &
FREE ICE CREAM SOCIAL**
Evenings
Courthouse Park, St Johnsbury

TUESDAY, AUGUST 16

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

SATURDAY, AUGUST 20

FREE PUPPET WORKSHOP
10:00 AM – 12:00 Noon
St. Luke's Episcopal Church, Woodsville

CHILI COOK-OFF

5:30 PM
The Pastures Campground, Orford
See ad on page 12

SUNDAY, AUGUST 21

PUPPET PERFORMANCE
1:00 PM
St. Luke's Episcopal Church, Woodsville

VESPER SERVICE OF HYMNS & LESSONS WITH REV. STEVEN SEMINERI

5:00 PM
East Haverhill United Methodist Church

WEDNESDAY, AUGUST 24

**"2011 LISBON LILAC FESTIVAL IDOL
CONTESTANTS" CONCERT**
6:00 PM – 8:00 PM
Chevron Park, Lisbon

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Deadline for submissions is Thursday, August 11th for our August 16th issue.

Wednesdays With Willie – The (Mostly) Young People’s Players Take The Stage

By Robert Roudebush

The Young People’s Players took over the outside stage Wednesday night, the 20th of July, the youngest rank of the touring acting troupe Theatre Under the Stars. “Half Baked Hamlet” HBH, 17th century words with 21st century attitude, was the third presentation of a 6 week series of Willie’s work at Alumni Hall in Haverhill Corners.

Yes, they got me up on stage too, but this story is not about me. It’s about TUTS and their continuing achievement in audience participation.. Thanks to them I can justly claim my debut in front of a hot audience in a professional Shakespearean production – thank you TUTS. I haven’t gotten the check yet.

“I feel within me a peace above all earthly dignities, a still and quiet conscience” – Wm Shakespeare

The night was blazing blue skies, a fair amount of heat(which did not seem to bother anyone), towering trees framing the two wooden bench set on a freshly mowed back lawn. Lots of people and kid-people on blankets, and folding chairs and enjoyment of food and choice beverages. More than a hundred in the audience yet again.

Each of the earlier two shows, “Verona”, and

“Shrew” involved feedback from the audience - this staging and a surprise sneak preview stepped up that fun game. Eight younger audience volunteers appeared on stage, and one slightly more mature “kid” somehow anonymously got called out by name by a strong voice somewhere in the audience “volunteering” him for one spoken line that I’ll never forget _ “No more monkeys jumping on the bed!”. Thank you DONNA DEVLIN-YOUNG, Founding/Producing Artistic Director.

After opening remarks from Director Devlin-Young, and an uplifting introduction/instruction from Company Manager LAUREN BIEBER (no, she’s not Justin’s brother, his loss) the night’s antics began. AMANDA THICKPENNY as Hamlet and KRISTEN KITTEL as Cleopatra took the stage in an original work by Miss Devlin-Young, “Sugar-Coated Shakespeare”, “Bard By The Yard” directed by Miss BIEBER. Several writers of note were quoted in this fast moving vehicle of live literature – Emily Dickenson, Gertrude Stein and Sir Walter Scott, as well as Willie the Great. It was Miss THICKPENNY who graciously fed me my line. She and Miss

KITTEL could not have been more enthusiastic and engaging as they both bounced back and forth between performing and teaching us amateurs sharing the stage. That’s called professional. At one point, Miss KITTEL spoke to me of how for about five years now, Shakespeare had been “my bread and butter”, of how a young actress, “part gypsy” could in fact travel this country and find steady and rewarding work.

“HBH” by Miss Devlin-Young demonstrated how a bunch of younger actors might choose to rework one of the most famous acts of theatre in history. It was directed by CALEY VICKERMAN, “Shrew’s” delightfully combative KATE. DEVON LACHAPELLE stood out for me, tall, elegant, doing credit to some of the more weighty of Willie’s words, and still able to achieve broad slapstick in her role as the Player King. Gertrude was an effective enticing TATYANA HOYT, glowing and gliding in MICHELE LANDRY’S costumes. It was hard to ignore RILEY DOWNING as Horatio, dark-costumed, energetic and aggressive. And youthful, ukulele-playing DYLAN FLEGEL, was a crowd-pleasing favorite in his professional debut, even if his light boy’s

voice was often lost in the open space.

All of these young actors are either graduates of or participants in the TUTS “Can Do” Youth Acting Day Camps, “aimed at young performers (ages 5-17) who want the chance to work with entertainment industry professionals.” The “emphasis is on DOING, rather than watching”.

As fate would have it, I was seated next to the delightful mother, father and brother Nathan of 12-year old actress and Massachusetts native SHANNON NELSON,

a pleasant and well-spoken Mourner. She is an avid public speaker and debater and it showed in her polished vocal delivery. The rapt crowd that night was obviously full of gratitude and showed it.

“I hate ingratitude more in a man than lying, vainness, babbling, drunkenness, or any taint of vice whose strong corruption inhabits our frail blood” – W. S.

MORE INFO FOR REMAINING PLAYDATES CALL ALUMNI HALL AT 603 989 5500 OR ACCESS SHAKESPEAREINTHE VALLEY.COM

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August 2, 2011

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Summertime Food Safety

By Deb Maes, Extension Educator, Family & Consumer Resources

Ahhhh. Summer is finally here. Warm weather, blue skies, family picnics and food borne illnesses. What? You don't want that last one? Neither do I. However, we have statistics that indicate an increase in cases of food borne illness during the summer months each year.

Let's explore the reasons for more people getting sick from the food they eat. Number 1— Bacteria multiply to unsafe levels in your food when it is warm. Number 2 Summer provides lots of opportunities to share time and food with others. We enjoy cookouts, potlucks, family reunions, family visits to far-flung relatives, etc. Number 3 The food we often eat at family and summer gatherings, chicken and ground beef, are more likely to support the rapid growth of microorganisms that can make you sick. Number 4 We often aren't careful about handling food that can make people sick again the chicken and ground beef. Number 5 We can't see, smell or taste when food is going to make you sick.

What can we do to make sure we don't get one of the 48 million cases of food borne illness that we see here in the US each year? Consider the following ideas.

The basic food safety adage has long been "Keep Hot Food Hot, Keep Cold

Food Cold, Keep Everything Clean and Separated and When in Doubt, Throw it Out." This bit of advice is as reliable today as it ever was. When it's 90°F outside, bacteria can double every 15 minutes, so one bacteria can become hundreds, thousands or millions very quickly. If you are traveling with protein foods be sure to keep them cold.

Once you arrive, keep food out of the sun in a cooler with plenty of ice. When it's time to cook the meal, wash your hands and use tongs to put the food on the grill. The best way to tell if food is cooked is to use a food thermometer. The USDA recommends that you cook ground meat to 160°F and chicken to 165°F. (no- looking at the color of juices isn't enough). Once cooked, use a clean plate to take food off the grill. Be sure to put any food you don't eat back in the cooler and when you get back home, put all uneaten food into a cold fridge.

Make sure that any food that can spoil (meats, salads, cheese and milk products) are kept cold at all times. Your fridge should be held at 40°F to keep your food cold enough. If you are not sure of the temperature, place your thermometer in the fridge and check the temperature after ten minutes. If it doesn't read 40°F, turn up

the dial until that temperature remains constant.

Make sure you clean any cooking tools you have used, and also the inside of the cooler. Refreeze your ice packs for your next trip.

These suggestions probably aren't much different from what you already do, but a little attention to detail, keeping everything clean, and using a thermometer can make a big difference in keeping your food safe to eat. It's certainly no fun to get sick when you want to be spending time with your family.

If you are unsure about whether what you want to eat is safe there are lots of resources that can help you. UNH Cooperative Extension has a toll-free information line staffed by trained volunteers who can answer your food safety and food preservation questions. They can be reached, from within NH, at 1-877-398-4769. The federal government also has several options for you to get reliable food safety information. USDA educators staff the Meat & Poultry Hotline at 1-888-674-5841 between 10:00am and 4:00pm each day. You can also email your questions to mpholine.fsis@usda.gov. The Center for Disease Control also has food safety information at cdcinfo@cdc.gov.

You don't want to be the person who brings salmonella or e. coli to the summer picnic, so, follow the simple rules of "Clean, Separate, Cook & Chill" and you'll be famous for your delicious salad!

How I Managed To Get Myself Ejected From Gym Class

By Sheila Asselin

I have never been very athletic. The ancient Greeks had a motto "A sound mind in a sound body" I say a sound mind or a sound body, take your pick. (At least I THINK I have a sound mind!) So gym class was never number one on my list of fun things to do. But in 1951 it reached a new low.

When I was in the eighth grade at the American School in Bremerhaven, Germany the school had less than 50 students and consequently had a very small faculty. Most teachers were required to fill several posts. The sole gym teacher for the entire school was Mr. Kapinski. Now, Mr. Kapinski dearly loved coaching the boys in football, basketball, and baseball. No matter how small or puny, every boy made the team! All the boys just loved him and thought of him a real pal and buddy. He understood boys.

Teenage girls, conversely were a total mystery. He could not even begin to figure them out. Being the only gym teacher however he was required to teach the girls too. Volley ball, field hockey, even softball went just fine. Alas one day he decided to teach the boys the finer points of wrestling and had to include the girls.

The boys dutifully wrestled under his instruction. No problem. He paired off several of the girls and had them wrestle too. I thought the spectacle of two girls rolling around on the floor for the amusement of the rest of the class was ab-

solutely disgusting. Finally came my turn. Imagine my shock and dismay when he paired me with Esther Sweeney. Red-headed Esther was the meanest baddest girl in the whole school. All the girls were afraid of her. All the boys were afraid of her too. And he expected me to wrestle her? Not very likely. Isn't going to happen. All seventy pounds of me pulled herself up and said no. Furthermore I told him I was a lady and ladies did not wrestle. He said if that was the way I felt I was ejected from class. So I sat on the steps reading my book which was what I wanted to do in the first place.

At the end of the semester he wrote on my report card that I was a bad sport, uncooperative and had an attitude. I did not care. Poor Mr. Kapinski! He was way out of his league when it came to understanding adolescent girls. I hope he ended up coaching a fine boys/men's team that appreciated his talent of motivating the willing. Who knows, maybe one day he even had daughters of his own.

I wonder if I get to heaven (in my case that is a big IF) I may one day spot a red-headed angel. ESTHER! How did she get in there? Maybe we could call a truce. Maybe we could even be friends. Maybe I would discover that she was not so bad after all. We could even be close. But I am still not going to wrestle!

Not all Times are Trendy but there will always be Trendy Times August 2, 2011 Volume 2 Number 21

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Cottage Hospital Auxiliary's Ninth Annual Golf Tournament

The 9th Annual Golf Tournament sponsored by the Auxiliary at Cottage Hospital and held at Blackmount Country Club on June 25th was a success in many ways. The day was partly cloudy but no rain fell on the participants. Eighteen teams competed for team and individual honors and a Silent Auction which ran all day added to the income from the donations of many wonderful sponsors of Tees, Greens, and Teams. Eleven golf courses provided prizes of free rounds at their facility for winners; and businesses and individuals gave gift certificates or other items for prizes, for the Silent Auction, or for door prizes.

Placing first with a score of 58 (14 under par) was the

team of Steve Ward, Mike and Ryan Ackerman, and Jamie Kingsbury. They won a free trip to Owl's Nest Resort and Golf Course. Tied for second place with 63's were Margaret Georgia's team of Margaret, Leet Ware, and Kathy and Peter Gaudreau and The Bridge Weekly's team of Arianna Kimball, Trevor Howard, Andy Maffie, and Zach Smith. One team took free rounds at St. Johnsbury Country Club and the other at Hanover Country Club. In fourth place with 8 under par at 64, were James Pike, Shane Claflin, Jonathan Vielieux, and Andrew Dandin. Lake Morey Country Club free rounds was their reward.

In the individual contests for women and men, Kathy

Gaudreau and Zach Smith each won a new putter provided by NEEBCO for low scores in the putting contest. Chipping high scores were earned by Pat Thayer and Freeman Robbie winning free rounds at Blackmount and Bethlehem Country Clubs respectively. The longest putts on the 6th hole were produced by Shirley Beresford and Doug Thornton. Bradford Golf Club and Colebrook Country Club will be their destinations for free rounds. Landing closest to the pin with a drive on the 8th hole were Sue Acheson and Steve Ward who will go to Highland Links or Jack O'Lantern Golf Club. Farm Way provided \$50 Gift Certificates which went to Connie Jones and Peter

Gaudreau for longest drives. In a longer distance Accuracy chipping contest originated and very kindly staffed by Blackmount Country Club, Ariana Kimball and Ray Aremberg won free oil changes and tire rotations at VIP. Dr. John Eppolito from the ER at Cottage Hospital had put up a couple of extra monetary prizes – one for the nearest miss on the Hole-in-One green and one for the longest putt on the 9th green. Steve Ward managed to garner both of those.

The Auxiliary's proceeds from the tournament "will be donated to the hospital to

help provide equipment and supplies requested by departments for use in their service area."

A list of all of our great sponsors and donors and a large replica of the day's program can be seen on a bulletin board at the hospital. We are grateful to Blackmount Country Club and to everyone who played, gave, bid, or supported us in any way in this fund raiser. Special thanks to the Monroe Community Church for again providing a super dinner and to Colatina Bakery for those great rolls the Auxiliary uses for the lunch sandwiches.

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August 2, 2011 Volume 2 Number 21



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“Representative Suzanne Smith, Representative Paul Simard, and Senator Jeanie Forrester meet with Richard Mauser, who runs the hydro facility in Bristol. The legislators also toured another small-scale hydro facility in Campton. Both facilities are owned by members of the Granite State Hydropower Association (GSHA). There are 80 small-scale hydro facilities in New Hampshire.



Agency on Aging staff members Lisa Viles, Sally Briggs, Lallie Mambourg and Jenny Patoine were recently recognized for their work in helping to bring fresh, locally-produced foods to area senior meal programs in the Northeast Kingdom. The Agency's Local Food Initiative received national recognition for its efforts and a cash prize of \$2500.00 which will be used to help further the work of this program.



By Ronda Marsh

Aunt Bev's Blueberry Cake

If you are a fan of blueberries, then you are probably already aware that this year appears to be a banner one for those petite deep-purple globes. Whether cultivated or wild, the little super-fruit are flourishing in New England this season. It reminds me of my childhood summers, when my mother (who adored picking any kind of berry) would coerce me (who hated picking berries) into going “on safari”, while she gathered gallons of the tiny field blueberries that carpeted our fields, which she then sold to a local hotel and bakery. I'm afraid I was not always a willing participant, and spent a lot of time moaning about the heat, sweat and bugs, but I sure did enjoy the desserts that resulted from her work, in spite of all my whining. One of my favorites is this cake, which originated from my Aunt Bev, who was my dad's older sister. In addition to being one of the classiest ladies I've ever known, she was a remarkable seamstress and an excellent cook. So, when my brother-in-law recently presented me with a pint of local high-bush berries, I immediately went looking for Aunt Bev's recipe. Long story short, after a whole day devoted to sorting through my mom's recipes, I still had not come up with the Tea Cake. And, if you've ever been through a similar experience, you know that the longer you can't find something, the more you become obsessed with finding it. Finally, I gave

up on the search and sent an e-mail to my Aunt Bev's daughter, cousin Nancy, in hopes she would still have that recipe from her mom's collection. Let me add here that Nancy is just a year younger than me, and during those long-ago summers, while I was complaining it was too hot, sweaty, and buggy to pick berries, oftentimes we were joyously running around getting equally hot, sweaty, and buggy, but it didn't seem to matter, as long as we were just goofing around, with no enforced berry-picking!

Nancy, who now lives in Florida, (and is an excellent cook herself) very graciously stopped in the middle of unpacking from a move to a new condo, and immediately forwarded me the recipe. What a gal! Now THAT'S a cousin (and a recipe) worth keeping!



- 1-1/2 cups blueberries, rinsed and dried
- 2 tablespoons butter, room temperature
- 1 cup sugar
- 2 eggs, separated
- 1-1/2 cups flour
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/3 cup milk
- Powdered sugar (for dusting the cake)

Preheat oven to 350°F. Prepare an 8X8 pan by greasing and flouring it. Cream butter and sugar. Add the egg yolks, beating until creamy. Sift together the flour, baking powder and salt. Add dry ingredients to the egg/sugar/butter mixture alternately with the milk and beat till smooth. In a separate bowl, beat the egg whites until stiff. Gently fold the whites into the batter, just until incorporated. Spoon half of the cake batter into the pan and spread it evenly. Toss the blueberries with about tablespoon flour to coat. Sprinkle the berries evenly over the batter, then top with the remaining batter. Bake 35-40 minutes, or until a toothpick inserted in center comes out clean. Remove cake and allow to cool slightly before dusting with powdered sugar.

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Janice is in need of a vacation

Trendy Threads will be closed
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Reopening Sat, Aug. 6th at 9:30am
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Bath, NH – “At The Hop” Ice Cream Shop has been selected by the editors of New Hampshire Magazine as “Best of NH 2011” for Rock and Roll Ice Cream Shop. The shop’s owners, Mike and Nancy Lusby, were feted at a celebration that each year draws more than 1,500 people at Manchester’s Verizon Wireless Arena. With food and drink from more than 60 winners, non-stop entertainment and door prizes galore, including an all-inclusive seven-day trip to a luxury resort in Jamaica, courtesy of Milne-Travel/American Express Vacation and Travel Impressions/American Express Vacations.

New Hampshire Magazine is the state’s largest

lifestyle magazine. It is part of McLean Communications of Manchester, a publishing company that also includes New Hampshire Business Review, New Hampshire Home, Parenting New Hampshire and BRIDE.

Each year in July New Hampshire Magazine publishes the picks of their readers and editors in categories that range from best wing joint to best fine dining. Our annual Readers' Poll and extensive list of Editor's Picks all lead up to the state's biggest celebration, The Best of NH Party at the Verizon Wireless Arena. This event showcases New Hampshire Magazine Best of NH award winners in an evening of food, fun, live music and festivities, this year

benefiting the NH Food Bank. The Food Bank, the largest non-profit food distribution center in the state, obtains and distributes donated and purchased food to more than 400 registered agencies that in turn provide the food to hungry people in New Hampshire through soup kitchens, food pantries, homeless shelters, and elderly and children’s programs.

“At The Hop” in Bath is a replica of a '50s ice cream shop, complete with checkerboard floor and jukebox. You can sit at the counter or at red and white sweetheart tables and enjoy everything from brownie sundaes and banana splits to root beer floats and shakes, all served in real glass dishes. A wide choice of



toppings lets you customize your treat. The walls are covered with far more memorabilia of Rock 'n Roll and later greats than the most devout

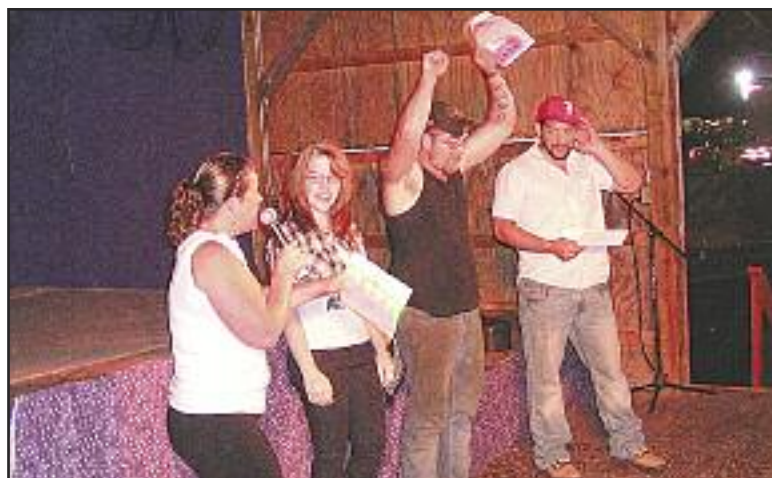
fan could have collected at the time — about 1,300 pieces. It’s more than just an ice cream shop, it’s a museum with music and ice cream.

FAIR IMPRESSIONS A Walk And A Wander ‘Round The North Haverhill Fair 2011

By Robert Roudebush



The new Admissions Building offered a welcoming atmosphere.



MC Vickie Wyman with the top 3 North Haverhill Idol contestants.

NORTH HAVERHILL, NH – No preview, review, or interview – this is one writer checking out the 67th edition of the famous Fair on one day/night this July and sharing some of what he experienced.

You know I had to have some popcorn (\$4) you know it was real salty so I would have to buy a drink to wash it down. I did.

I went on Thursday, July 28, one day after opening.

This was the night of North Haverhill Idol, T-Bar-T Rodeo, and Ox pulling. Business looked and felt great and everybody I asked said it was, but that Wednesday had been even better.

Spinning, wheeling huge machines with blinking lights and music; loud and wonderful, smells good also - popcorn, fried dough and barbeque, and since this is an agricultural fair, the oxen and horse aroma too. I loved it.

The new parking system works. Lots better organization getting in and out, and much shorter wait times. By some reliable counts, easily thirty-five hundred vehicles and more travel into and out of the fair daily during its 5-day run.

Remarkably few people were smoking. There was very little trash thrown on the ground. For so many people eating so much food with wrappers and napkins, it was refreshing how clean it was.

It cost me ten bucks to get in. If I was 65+ (not long now) and came yesterday, it would have been half that. Anybody 12 and under is free, and so is parking. The entry fee covers everything at the fair except the carnival rides and what you eat or drink (no beer sold here but some is consumed here I guarantee).

This is a people watcher’s paradise. That ride’s free.

Teen girls and boys still like to flirt with each other, which is what makes the world go round. It’s one of the best reasons to have a Fair, or any outside invigorating activity where young people can go to see and be seen. The girls giggling and shaking in groups of three or four, in snug-fitting tops and jeans, and short shorts, very short, confiding in secret asides to each other. The boys are casual and cocky, in same-size groups, sporting oversize T-shirts and baggy cargo-



All age groups took part in the Ride Specials.

pocket khaki shorts, and really big shoes and backward baseball caps, joking and laughing loudly. The two groups play their roles with each other, embarrassed and delighted at the same time. That’s how it happens. That’s the only age it happens that way. Gotta love it. I was never that young or that cute.

All in the name of product research, I sampled hot dogs, (\$2) pizza by the slice(\$2) an old style soft drink called sassa-pararilla (\$2) and had an Italian Sausage on a long roll (\$6). Mustard and relish. The vendor fixing it for me, without onions or peppers, named Joseph has studied culinary arts at Johnson & Wales, one of the finest schools of its kind in America.

There’s a difference between Fried Dough, and Funnel Cakes. Funnel Cakes are lighter and sweeter – that’s what the Funnel Cake man told me.

Popular attractions this year were called “Flying Bob’s” and “Car Wash”. That’s the one where you drop in quarters and they fall on a moving platform behind glass in front of you and sometimes a bunch of quarters and folding money get pushed out into a tray for you to grab. Yes, I did play. No, I did not win.

What looked like the most fun ride of all, called “The Jumpy Thing” was a bunch of

metal support poles and supporting guy wires and you pay seven dollars and get strapped into some huge rubber bands and jump up and down on a fat air mat and get jerked twenty feet and more up into the sky and spin and twirl and swing and back down again and up. No, not me.

I met Eden and David Aldrich who showed me some primo tractors they had fixed up, old models going back to 1945.

The weather – warm when I got there around 6, blessed cool by the time I left at 9. Good night all and all.

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Harry Potter And The Deathly Hallows Part 2 – PG 13

So world, how does it feel to finally have the Harry Potter series at a true end? The books are done, the movies are now done. I don't know about every one else but it still doesn't feel quite real to me. Though this is the review for the final part of the final Potter movie I of course have to take a moment to reminis about the beginnings of it all. I'm sure that if you were a fan yourself or you knew someone who, back in 1998, began raving about a young wizard and his adventures captured by J.K. Rowling. Then in 2001 the real craze began as the first movie starring Daniel Radcliffe showed up in theatres. Of course the movies soon

took over the lives of all those that may have read the books or who wanted the story but didn't want to work for it, as many Americans are famous for. And now with this last installment of the visually transfixing cinematic genius we see that boy that most of us grew up with become the man that he was always destined to be.

But on to the movie itself there were many traits that were both positive and negative, and a couple that were just surprising. The very first surprise is that WB allowed a flashback before their logo. As a WB movie lover I have to say that they don't like to give up the first impression and it says volumes about the production company to allow this for the first time. Just to throw a little name dropping and logo love in there. As for the movie the cinematography was amazing. By far one of the best looking films that has come out this year and possibly since Alice in Wonderland, another amazing movie adapted from a book. I really feel like I can't stress how visually pleasing this movie truly is. I do have to say that this is not one that should have been adapted for 3D however. It wasn't filmed for it and so should really just be seen in the good old fashion 2D. Besides, this way you save the extra four dollars for the glasses and can put it towards something useful such as outrageously priced popcorn. But don't fret because even without the wonderful technology of the day the movie will still have your eyes popping out of their sockets.

Moving on to the plot of this epic final tale I have to give it a rather good rating. With most stories that go from book to movie there is plenty lost in the translation. However it was pleasing to be a fan of the books first and foremost and not get to the end of the movie saying "boy I wish they hadn't left that huge part out" or "where did that side story come from". I would almost venture to say that out of all the HP movies this one followed the book's plot the closest. I will say that there were a few points where I had to remember what I had read to make sense of what I had just seen. Nothing extremely dire though that I wouldn't understand at least a bit of what was going on without having read it first.

Overall I do have to say that out of all of the Harry Potter movies this one takes the cake. It has your fear factor, your romance, your amazingly epic battles, your twist in the plot and of course your heroic moments that top everything else and make even some of the men blubber a bit. So if you have the chance to get out to the movies and you haven't seen Harry Potter's final stand against Voldemort and the rest of the world then get out this weekend before it leaves theatres (and you have to miss all the talkative children) and wait until the DVD (which should really only be bought in BluRay, yes it's that amazing) comes out. But for right now enjoy the excitement of yet another movie Scrutonized.

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Letter To The Editor

Concerning the citizen who was 'lamenting' the budget cuts proposed against Planned Parenthood:

In 2006 PP received grants and contracts from the US Government totalling \$336.7 million dollars. PP registered a PROFIT of \$114.8 MILLION dollars. Why should PP get ONE PENNY more than they absolutely need? Why do taxpayers need to OVERPAY over \$100 MILLION to PP?

This excessive support of 'other services' makes it possible for PP to conduct

over 300,000 abortion in 2007; that is over 5,600 abortions each week. Yet there were only 2,400 adoption referrals ALL YEAR.

Their abortion to adoption referral rate is 120 to 1.

PP has enough resources to do 'what they do' without subsidization from tax payers who are opposed to their true mission; abortion on demand for all women of all ages.

Let PP go at it on their own or go away.
Peter Heilemann, Woodsville

Peter,

Planned Parenthood is indeed one of those programs that can stir feelings from people on both sides of the abortion issue.

The statistics you present are interesting and eye opening. The profit may have as much to do with government spending as it does with the management of Planned Parenthood. Either way, it does seem like a very large profit and begs the question, "what happens to that profit?"

The larger question in this discussion, however, is the abortion issue. Again that is a question that legislators, and citizens, have fought over for many years. And once again I must again say that Trendy Times is a vehicle for such discussions to be aired.

Abortion is not an issue that will ever be decided by mere facts. There are far too many emotional, ethical and religious aspects for it to be simply answered. I sincerely trust that we can all continue to agree to disagree. IN the meantime, let's continue the dialogue and viewpoints from all sides.

Gary Scruton, Editor

Letter To The Editor

Recently I discovered my rear passenger window was shattered. Assuming it had been vandalized, I call the police department.

A while later the owner of J&A Lawn Care and Services knocked on the door. He said one of his employees had been mowing near my car and a rock hit my window. He told me to get it fixed and he would pay for it.

After he left I called to make an appointment.

ment and found out how much it was gonna cost. I called the lawn care company and left a message on the answering machine to let him know how much it was gonna cost.

The next morning around 9:00 am he called me. He said he would be over in about a half hour to give me the money, and he did.

It's nice to know there are people who are honest and responsible.

C.E., Ryegate

Refreshing is another word to describe this story. It is unfortunate that in today's world there are way too many people who will not take responsibility for their mistakes. We all make them. We will all probably make more. What's wrong with admitting it when you do? And if there are consequences, then you face them.

"If you can't do the time, then don't do the crime" is one old adage.

I'm not sure there is any more to say, other than congratulations to J&A Lawn Care & Services and his employee, for standing up and being responsible.

Gary Scruton, Editor

TRENDY TIMES STAFF

EDITOR / PUBLISHERGARY SCRUTON
 EDITOR'S ASSISTANTDEVIL'S ADVOCATE
 SALESCAROLYN DARLING,
 LAUREN M. LOSCHIAVO, GARY SCRUTON
 GRAPHIC DESIGNJEANNE EMMONS
 BOOKKEEPINGJANICE SCRUTON
 CARTOONISTOWEN DAVIE

CONTRIBUTING WRITERSSHEILA ASSELIN,
 MARIANNE L. KELLY, ELINOR P. MAWSON,
 MELANIE OSBORNE, ROBERT ROUDEBUSH
 MOVIE SCRUTONIZERASHLEY SCRUTON
 SCARED SHEETLESSJAMES PARADIE
 TRENDY KITCHENRHONDA MARSH

Phone 603-747-2887 • Fax 603-747-2889
 gary@trendytimes.com
 ads@trendytimes.com
 171 Central St. • Woodsville, NH 03785
 Tuesday – Friday 9:00am - 5:00pm

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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August 2, 2011 Volume 2 Number 21

Grafton County Sheriff Doug Dutile Gets Roasted For A Good Cause

Fundraiser For The North Country Public Safety Foundation

Meredith--U.S. Congressman Charlie Bass and NH State Senator Jeanie Forrester will be co-hosting a roast of Grafton County Sheriff Doug Dutile to benefit the North Country Public Safety Foundation (NCPSF). The event will be held at The Common Man Inn in Plymouth on Friday, August 5, 5:30 p.m.- 8:30 p.m.

The lineup of "roasters" is impressive and includes Master of Ceremonies is Ken Lary, retired Lieutenant - Lebanon Police Department; Larry Corey, VP of Woodsville Guaranty Savings Bank; Robert Dupuis, Sergeant - Belknap County Sheriff's Department; Tom Andross, Director of Communications at the Grafton County Sheriff's Department; Lara Saffo, Grafton County Attorney; Doug Moorhead, Woodstock Chief of Police; Russ Lary, Grantham Chief of Police; John Scarinza, retired Lieutenant, NH State Police; Gerald Marcou, Sheriff of Coos County; Todd Landry, Lieutenant - NH State Police - Troop F; and Michael Dunn, Sheriff Dutile's step-son.

Reservations are still available for this event which promises to be good fun for a good cause. The cost is \$60/pp or \$100/per couple, which includes dinner and the roast "entertainment." For more information or to make a reservation, call Barb at 989.3005 or visit the NCPSF website at www.pso-foundation.org.

The Roast Committee is still actively soliciting tax deductible sponsors for this



wonderful event. Roast sponsors to date include: Business Management Systems Inc., Ossipee Mountain Electronics, Patten Gas, Ricker Funeral Home of Lebanon, Governor Mitt Romney, and Woodsville Guaranty Savings Bank. Anyone interested in being a sponsor should contact Barb at 989.3005 or email her at bdutile@charter.net for more information.

The North Country Public Safety Foundation is a private 501(c)(3) organization dedicated to benefiting public safety officers and their families in times of need. The Foundation was originally established to support community efforts to assist Jose Pequeno, the former Police Chief of Sugar Hill who suffered severe injuries while serving in Iraq. The Foundation supports the police, firefighters, Emergency Medical Services and NH Fish and Game of Grafton and Coos Counties.

Letter To The Editor

Dear Editor;

I write in response to an article written by Mr. Robert G. Fillion. First of all I asked the first 40-50 people I came in contact with, after the article came out, if they had read it. All, with the exception of one, said, "I don't read anything written by Fillion" ... or something very similar. When I stated I was going to reply they all said to simply ignore him and perhaps he might go away. I doubt that will ever happen because his only enjoyment in life seems to be to write articles such as this with his famous venomous pen.

Before I continue I might add I have tried several times to listen to his whims at Heritage Commission meetings. The first time was when he asked HHC to house his books, research, maps, etc. I said we would consider it and I would put it before the commission. But, if we did agree all of the material, with our discretion, would have to be made available to anyone seeking research material. He said he would choose who had this authority ... perhaps the town clerk. As usual he placed too many restrictions.

The second time he asked to submit something to the commission. I told him to come to the next meeting, submit an outline of his proposal and give an estimated time he would need to speak ... at which time I would schedule him in a future meeting. Fillion came to the next meeting. It was a stormy night and only a few members came, so I invited him to sit at our table and I would hear his proposal. He handed out printed material which all of the members read. Every other sentence had fowl words against schools and libraries. I asked him to resubmit his proposal leaving out this type of material leaving just his proposal to HHC. He said he absolutely refused and I told him we had nothing more to discuss. He left.

The third time was when he called and had an issue with the HHC page of the 2001 Town Report. (This probably should have been addressed ten years ago) I told him I would look into it and get back to him. I obtained a copy of the page and made copies for each member to present to them at the next meeting. Fillion showed up. Again I asked him to join us at the table. Once we had finished our business I told the members of his request and read the HHC page aloud... slowly and distinctly. When finished I asked Mr. Fillion what he had an issue with. He stammered, stuttered, paused, stammered again, paused again, and finally said he guessed he was confused and misunderstood what he had read. Thank you Mr. Fillion for disturbing another HHC meeting!

Mr. Fillion has offered his fantasy

Jim,

As I have said many times before, there are always two sides to every issue. That is one of the goals of trendy Times. To offer everyone the opportunity to voice their opinion of their side of that discussion. It does not mean I necessarily agree or disagree with the opinion voiced. In fact if there are multiple sides, it is impossible to agree with them all.

Like every volunteer board in every small town around this great country, there are always going to be critics as well as those who appreciate the work that is done. All that any member of any of these groups can do is to do their best, and do it with the best of intentions. Not everyone will be happy; "You can't please all the people, all the time". Therefore, the satisfaction of giving of your time and effort to a cause you believe in, will need to suffice.

Gary Scruton, Editor

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Letter To The Editor

In a startling act on the part of any library in Haverhill, Debbie English, director of the North Haverhill library, wrote a letter that appeared in the Trendy Times on June 7. It was startling in that a librarian in Haverhill explained what a library has been doing, was actually trying to communicate with the public, and sought citizen involvement. This controverts the usual attitude in official Haverhill, which the Woodsville library promotes and the Woodsville commissioners announced at a district meeting: "Citizens should have nothing to say about what libraries do."

English's performance in correcting deterioration at the North Haverhill library has been commendable. No matter how commendable her work, her ability to operate a library is going to be severely limited by the library's very limited funding and by the continuance of the same unelected board of trustees.

I have been in the library since English took over and have noticed cooperation and an entirely different outlook. She has not given the officious and flippant responses that have been typical of the North Haverhill library previously, when it has responded with such sarcastic comments as "you know we don't have that stuff in this library" or "If we've got any of that stuff it's over there on that shelf somewhere." It is too soon to tell if English can make improvements stick. Some subsequent director might not be able to do the kind of job that she has been doing. Not all people competent to be directors are willing to work for minimum wage.

English appealed for funds in her letter,

which was wise, since no library can operate on the skimpy funding that this library gets from the town, which is about 1/10th the funding of an average library in New Hampshire towns of Haverhill's size. Although normally library trustees conduct fund appeals, the North Haverhill trustees have not involved themselves in funding at all. They do not even justify budgets.

Despite my respect for English's work, I am not advocating increased funding of the library from taxation for several reasons: (1) it operates independently of citizen control by having unelected trustees, (2) the town cannot afford to support four duplicative libraries, (3) the library does not provide information services, which is the wave of the recent past and the future of libraries, (4) it does not have information useful to the town's agencies or to leaders in town affairs, (5) it does not provide research facilities (6) it does not have outreach programs or relations with businesses, county facilities, schools, etc. (6) it has had no evaluation, (7) it has made no attempt to learn citizen needs for information, and (8) it does not justify its funding.

Nevertheless, I highly recommend that citizens contribute both time and money even if it is only a few minutes or a few dollars. Those who can benefit from the library's new reading program will want to contribute to it. Contributions can introduce a relationship between libraries and community which is revolutionary in Haverhill.

Robert G. Fillion, Woodsville

Mr. Fillion,

Revolutionary is an interesting word for you to use in closing your letter. That word can bring forth many different thoughts and feelings from a wide range of people. In referring to the libraries in Haverhill and specifically the North Haverhill library and Debbie English you use revolutionary in a way that makes it sound like being kind or respectful of others is a new concept. I well remember when "The Golden Rule" was the rule, not the exception. "Turn the other cheek" was another line that had value.

In regards to funding for the North Haverhill (or Patten) Library, I must agree with you regarding additional funding from town tax revenues. I am not necessarily agreeing with all your points, but simply with the bottom line. After all we must all look at our own bottom lines, plus the bottom lines of each and every budget where we can have some influence. In the current economic climate every person, business and group must keep an eye on the revenues and the expenses. And at this point I must concur with the Haverhill Budget Committee, the Selectboard and Town Meeting voters.

In the meantime, for those who choose to donate time or money I am sure that Debbie or any other Haverhill librarian would love to have the opportunity to speak with you and see if you can share their vision.

Gary Scruton, Editor

How Does Your Garden Grow?

As summer begins to draw to a close, so too will the popular How Does Your Garden Grow? workshop series. Over the course of the season, workshops have covered topics ranging from lasagna gardening to favorite tools; participants have made container gardens, swapped tips and tricks, and sampled seasonal recipes.

The final installment, which will be held 4:30-6:30 on Wednesday, August 17, will cover succession planting, uses of common weeds, and how to attract beneficial insects while deterring detrimental ones. The workshop will take place at the St. Johnsbury School garden located at the St. Johnsbury Grade school on Western Ave. It will be taught by American Horticultural Association member and St. Johnsbury Food Co-op intern Abbey Heimlich.

Past workshops have been held at the St. Johnsbury Community Farm, the Northeastern Vermont Regional Hospital Community Plot, and the Lincoln Street Community Garden in order to allow participants to explore the full range of community gardening efforts in St. Johnsbury. The school gardens will complete the

tour and the workshop will be a great chance for anyone interested in the school gardening project to learn more.

In addition to learning about the workshop topics and exploring the local community gardening scene, the How Does Your Garden Grow? series gave participants an opportunity to meet and chat with fellow gardeners. Says attendee Rachel Smith of Ryegate, "As someone pretty new to gardening, these workshops have been inspiring. And it's such a bonus to have so many people there with lots of experience and good advice."

Attendees range from beginners to seasoned gardeners; no experience is required. In fact, when asked who should attend the workshop, Heimlich grins and replies, "anyone who wants to play in the dirt and learn about bugs!"

The workshop series is sponsored by St. Johnsbury Area Local Food Alliance (St. J. ALFA), the St. Johnsbury Food Co-op, and Kingdom Community Services. For more information, contact the St. Johnsbury Food Co-op, 802-748-9498 or info@stjfoodcoop.com, or St. J. ALFA at www.stjlocalfoodalliance.org.

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August 2, 2011 Volume 2 Number 21

OBITUARY – MARILYN B. SPOONER

North Haverhill, NH – Marilyn B. Spooner, 85, died unexpectedly Saturday, July 23, 2011, at her home. She was born on June 28, 1926 in Haverhill, NH. Marilyn was the daughter of Harry and Katherine (Wright) Foss. She grew up in the Haverhill township, graduating from Haverhill Academy in 1944. After completing a secretarial course at a college in Concord, NH, she returned to the Haverhill area. A fellow Haverhill Academy graduate, Parker J. Spooner, became her husband on August 20, 1950. They lived

many years in the town of Woodsville, where they jointly owned a department store, and in 1977 they moved to North Haverhill, NH. Marilyn worked at various secretarial jobs, retiring after twenty years at the H.P. Cummings Construction Company office in Woodsville, NH. Mr. Spooner died on May 18, 1996, after 45 years of marriage.

Marilyn is best known to town residents as the beloved librarian of the North Haverhill Patten Memorial Library for 25 years before retiring in 2009. She served on

the Board of Trustees for the Haverhill libraries for many years before retiring from that post in 2011. She enjoyed crafts, collecting dolls and spending time with her family. Reading was her passion, and she took great joy as a librarian in introducing younger community members to the world of books. Marilyn authored two recently-published children's books, *Bailey, Just An Ordinary Horse* and *The Barn That Moved Away*, to encourage future young readers. She was predeceased by her parents, Harry Foss on November 14, 1983 and Katherine (Wright) Foss on November 9, 1998; and a son-in-law, Mark W. Smith on July 11, 2006.

She is survived by her four children, Elaine Spooner of Los Angeles, CA; Susan Heilemann and her husband Peter of Woodsville, NH;

Linda Smith of North Haverhill, NH; and David Spooner and wife Wendy of North Haverhill, NH; five grandchildren, Melanie Simmons, Joelle Heilemann, Jeremiah Heilemann, Shelby Spooner, and Kirsten Spooner; two step-grandchildren, Kaylee Heathe and Reegan Hubbard; and two step-great-grandchildren, Colby Heathe and Tyler Hubbard.

There were no calling hours. A funeral service was held on Friday, July 29, at 11 AM at the North Haverhill United Methodist Church with her daughter and son-in-law, the Reverends Susan and Peter Heilemann, officiating. Burial following the service was in the Horse Meadow Annex Cemetery, North Haverhill, NH. Friends and family were invited to a reception at Marilyn's home, 360 Horse Meadow Road, North Haverhill, following interment.



In lieu of flowers, memorial contributions may be made to a library of one's choice in the Town of Haverhill.

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

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

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Pick Your Own Blueberries

By Heather Bryant, Extension Educator, Agricultural Resources

If you've never tried it, pick your own is a great way to combine your favorite seasonal foods with a relatively inexpensive fun family outing. Blueberry season is just getting underway in Grafton County now. Some pick your own operations have already started and several more are scheduled to open in the next few days. There are a couple simple pieces of advice that will help you make the most of your outing.

If possibly choose a cool dry day as the berries will stay fresher longer if they aren't hot and wet when you pick them. You will also be more comfortable picking on those types of days. Wear comfortable shoes and a hat because you will be standing in the sun. Bring water and take shade breaks so you don't get thirsty and tired before you've picked as many as you want.

I like to ask the growers about their berries before I start picking. Most operations will grow multiple varieties and each one is likely to have subtle taste differences, some sweet, some tart. Unless the growers are overwhelmed with customers, they will likely appreciate your interest and prove to be a wealth of fascinating information.

In general, berries hold their quality better if they are cooled down soon after being picked. For blueberries, getting them into the fridge within 1 to 4 hours is recommended, so either select a farm close to home or bring a cooler. Choose berries that are fully blue (ripe) and handle them gently.

If you are picking into more than one container, put them in the shade as you fill them. It's also best to transport them without lids, be-

cause berries are still alive after they've been picked and for a while they will continue to respire and generate heat. If you seal them in a container while they are still fresh and at field temperature, they will stay warm and condensation will form, which will lead to a loss of quality and flavor.

Once you get them home, you can wash them right away, but I prefer to wait until I use them as handling and storing them while they are wet will lead to loss of quality. If you do wash them right away, use cool water and then put them on paper towels to dry. They will last for 1 week at 40F; the storage time goes down as the temperature goes up. If you find you've picked more than you can eat right away, you can freeze them, but be prepared for them to be soft when they thaw out. For best

results in baking, coat them with flour or sugar and then add them to the batter while they are still frozen, stirring as little as possible.

To find a farm near you I recommend visiting the Valley Food and Farm website (<http://www.vitalcommunities.org/agriculture/onlineguide/index.cfm>). VFF offers a searchable database that allows you to choose the product and the geographic region. Be aware that some farms will close picking in certain weather conditions to preserve berry quality, or for a few days in the middle of the season to allow later

berries to ripen. So, if you can, call first. Enjoy your summer adventure!

Information for this article came from the "Highbush Blueberry Production Guide" edited by Marvin Pritts and James Hancock, North Carolina State University's blueberry post-harvest guidelines found at <http://www.bae.ncsu.edu/programs/extension/publicat/postharv/ag-413-7/index.html> and UNH's "Five Steps to Food Safe Fruit and Vegetable Home Gardening" http://extension.unh.edu/resources/files/Resource001093_Rep1366.pdf

The Trip

By Elinor P Mawson

Diana, Nancy and I planned to take a trip to London. Neither of them had been abroad before, and Nancy had been in bed for 2 weeks with a bad back. I had pneumonia.

But we soldiered on, thinking "Poor Diana, she has two invalids on her hands," but we tried to pretend we were fine.

The day after we arrived, we decided to visit Harrods. I had been there many times, and had made friends with the lady in the soft toy department, who welcomed us with open arms. When we said that Nancy was a little under the weather, she was very sympathetic and recommended her osteopath to Nancy who, being a "newbie" was very skeptical of the idea.

But my friend would not be deterred, and went into her office to call the doctor, made an appointment for Nancy, with instructions to get there by taxi.

Nancy was mollified; she had no idea about visiting a strange osteopath, how the taxi system worked, and wondered if she would ever be seen again. But we put her in a black taxi, gave directions to the driver, and off she went, Diana and I decided to "do" Harrods while she was gone, and she was gone a long time. We visited nearly every department, bought a few things, salivated over the food halls, and finally bought a sandwich, since it was lunch time. Not wanting to miss Nancy if and when she ever returned, we went outside by the taxi stand to wait. Hunger got the better of us, so we sat down on the curb and had our lunch, much to the amusement of the other taxi drivers--apparently that kind of al-fresco wasn't practiced much in London.

Of course we wondered aloud what was keeping Nancy--it had been several

hours since she'd started off.

Finally her taxi returned and out she strutted. She was ecstatic--her bad back had disappeared and she was her old self again. She had to go see the toy lady to express her thanks--and the toy lady was thrilled that "her" osteopath had worked a cure. In addition, Nancy was very pleased with herself that she had been able to pull it off.

We spent two weeks in the UK, a week in London and a week exploring the highlands of Scotland. The weather was great, we met lots of interesting people, bought lots of great items, and even saw Prince Andrew and his bride Fergie.

Nancy hasn't had a bad back since.

Yes, I got over my pneumonia.

And the three of us went back the following year.

SCARED SHEETLESS

By James Paradie

Do It Yourself Ghost Hunting: Volume 1 - Getting Started

Ghost hunting is generally not something hard to get into, and can be relatively cheap. Beginners basically need a few items to get under way and you can find them anywhere, including your home. The most important item would be a standard digital camera. Now, you don't need to go all out and buy an expensive camera like a Canon PowerShot, most pictures that have evidence are from cameras that you can buy at any department store for a relatively cheap price.

The second important item would be an audio recorder. I started out with a basic analog recorder that took cassette tapes. It was alright at first, I got no solid evidence from it, but it got the job done...until it got very annoying. Changing cassettes happened about every half an hour and just got to be a pain in the butt. I now have a Olympus digital recorder which cost about forty dollars at Staples. Most pricier than an analog, but not as much of a pain. Just leave it on and see if you can catch some voices from the grave!

You don't need to go online and buy stuff like dowsing rods or pendulums or anything like that, but what you need is a few people to go along with you. Sure, you can do ghost hunting by yourself, but if you catch real evidence and you try telling people, they are going to think you're making this up. But if you bring more than just yourself and more than one person saw or heard something you did, then your story has more credibility. But who to bring though? Obviously you want to bring others who have some sort of belief in ghosts. Because if something does happen then you have witnesses, and also they can bring their own equipment as well. There's been some cases where we'll have two audio recorders going on at once and they'll catch two completely different results or one will catch something and another, running right next to it, will catch nothing at all. Cameras are the same way. When we were doing the investigation in Bethlehem where Nicole caught the picture of the blue mist behind Nancy on the stairs, I was tak-

ing photos as well, but where she caught something, I caught nothing on my camera. It's very tricky, so this is where more people are better than one.

Okay, you got your people, you got your camera, you got your audio recorder, what's next? The ghosts! Now, you just need a haunted location. Graveyards a good way to start and get practice, but you just don't want to waltz into a graveyard at night ghost hunting. Most likely the police won't like that. The best thing to do is to check with whoever takes care of the cemetery and then go and check with the local authorities and let them know when you're doing the investigation and how long you will be. Most of the time, they are very understanding. This is of course due to today, everyone and their brother is a ghost hunter of some sorts, and there's groups everywhere across America now, but back say twenty years ago, they'd look at you like you were insane. It's probably even safe to say that twenty years ago I wouldn't even be able to write for the newspapers that I do! (Course that would make me three years old though.)

What I'd like to do is get some amateur ghost hunting stories from my fellow readers and post a few of these stories on some future editions of Scared Sheetless. Have you ever gone ghost hunting or have ghost stories of your own? Just email me at scaredsheetlessncn@hotmail.com and let me know if you have and your story could be right on here! Within the next few weeks I'll be doing more Do It Yourself Ghost Hunting tips for those who would like to get into it. (You're crazy, but I like that).

Until next time, this has been another Scared Sheetless. Happy haunting and keep it scary!

More scares can be viewed at scaredsheetlessncn.blogspot.com

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 mostlyghosts.com where he is a regular contributor.

ST. J. SUBARU

Interview With Michael Loschiavo

By Lauren M. LoSchiavo

Michael Loschiavo. You could say he was born ready to enter the world of automobiles. A picture of his Grandfather, Francis Mullady, (his handsome face grinning, as he looks up at you from under the hood of a car – tool in hand), graces his office. Michael's father raised 7 children and bought his wife her dream house and 110 acres in Vermont, all on a car salesman's salary.

There is truth in the saying, "the apple doesn't fall far from the tree." Even as a young boy, Michael knew cars. He often worked on his own engines – a GTX comes to mind. He was great at taking things apart and putting them back together. His family and friends often went to Michael to fix, or ask for his advice about, their cars.

He started as a Lot Boy at Gateway Motors soon after high school and quickly moved up to Undercoating, then onto Used Car Reconditioning, then to New Car Preparation. This is the last, very important, part of the end sale; it required installing the accessories the customer ordered onto or in the vehicle, in working order and ready for final delivery.

Recognizing his natural knowledge of automobiles and how they worked, Gateway sent him to factory training and promoted him to Retail Line Mechanic which he did for 10 years, the last 2 as Shop Foreman. Next they promoted him to Service Manager a position he held for the next 10 years. This position required the ideal candidate to have a vast working knowledge of cars both inside and out. Michael exceeded these requirements.

In 2004, he had the opportunity to partner with his brother, John. After 20 years of working at Gateway, this was a huge leap of faith. They acquired rights to a Subaru dealership in what is considered an Open Point environment. This meant that Subaru did not have an existing location but only an AOR (Area of Responsibility). Since no dealership was

located in that area, they assumed that in providing one, a need would be filled.

St. J. Subaru was born. It had no building, no customer base, and 2 mechanics. They had to build everything from the bottom up. They had to commit to maintain a certain amount of business, get a certain amount of new customers, sell a set number of cars, and provide service to new and existing customers. They had to do this within a set timeframe AND they had to build the structure. No small feat by anyone's standards.

To-date under Michael's direction this dealership has gone from zero customers to approximately 3,000. He has been recognized in the Subaru President's High Performance Club, has received an award for Subaru of New England – High Levels of Performance, and he is the Subaru Representative for District 1 in Vermont (There are 5 districts and 62 dealerships). He is the liaison between the dealerships and Subaru's upper level management. Michael brings any issues, such as product, service, mechanical problems, features and benefits and any other concerns the dealerships and their customers may have, directly to Subaru. Subaru's relationship with its dealers has paid off. Subaru was the only automobile company that had an increase in car sales during the recession.

Despite his hectic schedule throughout the years, Michael was also an Orange County Deputy Sheriff for ten years. He will not discuss his other accomplishments with ease, but having the inside scoop, (I'm his sister), I will tell you he has many trophies for snowmobile feats; he loves speed and the element of danger it offers – and - if it has an engine and goes really fast, Mike wants to know it.

As you can see by this brief history, St. J Subaru and Michael Loschiavo were a match made in heaven, that's another reason why, "Nobody Beats a St. J. Subaru Deal."

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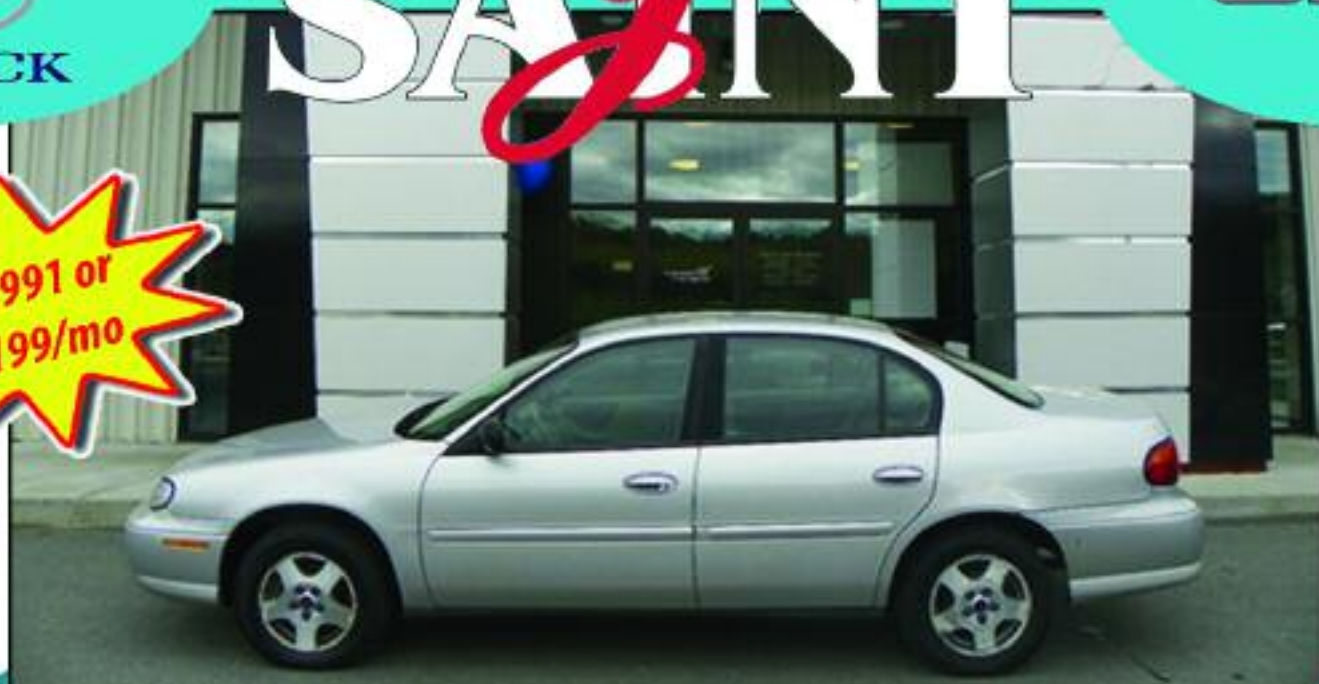
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