

TRENDY TIMES

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AUGUST 16, 2011 VOLUME 2 NUMBER 22

Cohase Chamber Event Was Full Of Pork

By Gary Scruton

What has become one of the great summer events of this area took place on Satur-



The moment of truth as one of the early judges checks out the results of hours of cooking by eventual winner Ten Bones.

day, August 6 at the North Haverhill Fairgrounds. It was the 9th annual Whole Hog BBQ & Music Festival, courtesy of the Cohase Chamber of Commerce and several fine sponsors. The event features the only Memphis BBQ qualifying event in New England. But it also includes great live music, vendors with very tasty treats as well as other trinkets for sale and, for the first time, a beer garden.

The BBQ portion of the event offers the chance for one of the nine competing teams to earn an invitation to Memphis next May to take

part in the national competition. It also offers some bragging rights to those team members. This year's team entries included a group called Ten Bones. They hail from Mississippi and in the end proved that they know just what the judges were looking for in Memphis BBQ. They knew it so well, and did such a fine job of hitting that mark that Ten Bones swept all three categories at this year's event; Whole Hog, Shoulder & Ribs. But as an interesting side note, they finished only fifth out of the nine teams in the People's Choice blind taste test. That could mean that locals do not know what the judge's know, or maybe the presentation has a big effect on the final outcome from the judges. Either way Big Head Ed was the People's Choice while only getting one fourth and two fifth place finishes from the judges.

Speaking of those who attended the event and made that People's Choice, they had a lot more than just BBQ to keep them busy on a pleasant afternoon and early evening.



Thumbs up from the crowd, the sponsors, and the competitors, was the order of the day.

After the official People's Choice award was decided, there were also samples from most all of the competitors.

Along with all that tasty pork was some very tasty musical treats from the three assembled ensembles. The Crunchy Western Boys, Stone Cold Roosters, and the Tammy Fletcher Band provided plenty of fine music to keep the assembled people happy, tapping their toes, and in several cases, doing a few fine looking dance steps.

Another big part of the day's production was the Ms. Piggy contest. As Old Church Community Theater President Paul Hunt pointed out, the only rule was that competitors must wear an authorized pig snout. Beyond that it was up to the judges to decide who would earn the coveted ham award.

Other awards on the day were by luck of the draw as the Chamber announced the winners of their member showcase raffle. Many fine prizes were presented to winners on hand and plenty of thanks go to the area businesses that made those donations.

A full list of the BBQ winners follows with a note that because 10 Bones was already qualified to go to Memphis, Bare Bones earned the right to go with the highest score behind 10 Bones.

- RIBS**
- 1st 10 Bones BBQ
 - 2nd Seabrisquet
 - 3rd Bare Bones
 - 4th Pig Pen BBQ
 - 5th Big Head Ed
- SHOULDER**
- 1st 10 Bones BBQ
 - 2nd Bare Bones
 - 3rd Pig Pen BBQ
 - 4th Big Head Ed
 - 5th Smokin' Barrels
- WHOLE HOG**
- 1st 10 Bones BBQ
 - 2nd Smokin' Barrels
 - 3rd Pig Pen BBQ
 - 4th Bare Bones
 - 5th Big Head Ed
- PEOPLE'S CHOICE**
- 1st Big Head Ed (Slot #9)
 - 2nd Pig Pen BBQ (Slot #6)
 - 3rd No Swiners (Slot #1)
 - 4th Smokin' Barrels (Slot #5)
 - 5th 10 Bones BBQ (Slot #3)
- GRAND CHAMPION**
- 10 Bones BBQ
(for their Whole Hog)
- BACKYARD BBQ**
- 1st Chris Balcer
 - 2nd Mike Sinsigalli
 - 3rd Phil Metayer

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Romantic Comedy Opening At Old Church Theater



The cast of "Enchanted April" which opens this weekend at Bradford's Old Church Theater. L to R standing: Leah Romano, Sam Langdon, Anthony Helm, Chuck Fray, Sheila Kaplow. Seated L to R: Robyn Greenstone, Barbara Swantak, Liane Allen

BRADFORD, VT: Old Church Theater presents the romantic comedy "Enchanted April" by Matthew Barber on its North Main Street stage August 19, 20 and 21 and again August 26, 27 and 28, with shows at 7:30pm on Fridays and Saturdays and Sundays at 4pm. Directed by Gloria Heidenreich, the cast includes Robyn Greenstone, Barbara Swantak, Sheila Kaplow, Leah Romano, Anthony Helm, Chuck Fray, Liane Allen and Sam Langdon.

This charming romantic comedy re-affirms hopes and dreams for meaning in life and relationships that matter. Based on the story by Elizabeth von Arnim, the setting is London and Italy in 1920, where two frustrated house-

wives decide to rent a villa in Italy for a holiday away from their bleak marriages. To share the cost and experience, they also recruit two very different English women. Once there, among the wisteria blossoms and Mediterranean sunshine, all four bloom again - rediscovering themselves in ways that they - and we - could never have expected. The L.A. Times said: "ENCHANTED APRIL is as good as they come: a lush, thoroughly refreshing theatrical holiday. Escape has seldom seemed so sweet. A magical triumph."

Tickets are available at the door or by reservation at 802-222-3322 or via the web oldchurchtheater.org. Admission price is \$10.00 for

adults and \$5.00 for students. A very special evening out may be had at Bradford's popular Colatina Restaurant and costs just \$38.99 for two, all included: Just tell the waitstaff "dinner-theater please".

Costumes for "Enchanted April" are specially designed and made by Rebecca Stewart; the set and lighting designer is Jim Heidenreich; the stage manager, also responsible for furniture, set decoration and properties, is Diane Fay; live plants are provided by J&M Landscaping of Bradford.

Old Church Community Theater is in its 27th year of providing seasonal theater in the upper valley, with "Enchanted April" as the next-to-last production of the year. In late September the group will present a slate of five one act plays, including two original plays by local actor-playwright Chuck Fray. As a community organization, all functions of the theater are open to volunteers: More information is available at oldchurchtheater.org.

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Bath's Olde Home Days

Bath's Olde Home Days (August 20 & 21) will be here soon. With the theme "Over the Bridges and Through the Years" there will be reminders of long ago events and changes through the years up to the present day Rocking Chairs street dance.

Folks should plan to be on hand for the opening ceremony at 10:00 AM on Saturday. The Bath Public Library will be open where there will be a guest book waiting for your signature. Following the opening, exhibits and demonstrations

will present things of interest to all. New to this year's celebration will be a model train display by the Ammonoosuc Valley Railroad Association as well as an opportunity to visit William Driscoll's collection. William Scott and Linda Michelsen are in charge of exhibits in the Town Hall and people may call Mr. Scott (747-3623) if they have something they would like to have included. Margaret Cope (747-3164) and Sue Driscoll (747-3492) will be looking for all with flowers and plants to add to the floral display they plan for the Church vestibule. The Church sanctuary will showcase quilts, wall hangings and afghans under the direction of Ann Joy (747-3720). Also in the church, a display of vintage fashions will be arranged by Cathy Armstrong. And there is still time to make an entry in the parade. Brenda Minot (747-3720) asks that you contact her if you can add to the parade. Animals, walkers, floats, antique vehicles are all welcome. Other attractions will include band concerts and a children's parade.

Returning this year is the famous Bath "Tub Race". Dennis Chase (747-3080) says any conveyance with not more than 3 wheels, one person pushing and one riding may enter. Two categories will be determined by the age of the pusher. Age 10 to 17 as one category and the other age 18 and above. A few garden carts will be on hand for willing teams without a transport vehicle. Also in the fun department will be games and the East Bath vs. West Bath Tug-of-War with Dianne Rappa officiating.

In the evening, the street will be blocked off for a Street Dance with music starting at 8:00 PM. This is the 5th annual street dance featuring the Rocking Chairs. All proceeds will go to the Fire Association Fund to assist the volunteer fire fighters' budget needs. This year there will be some special guests sitting in with The Rocking Chairs, so come on down and check out the excitement. There will be a 50/50 raffle, raffle prizes provided by White Mountain Distributors/Budweiser, and donations will be welcomed throughout the event. Each year has seen this event

grow, so it promises to be a rockin' good time.

We haven't forgotten that people get hungry! Saturday noontime will see members of the Pine Grove Grange cooking up hamburgers and hot dogs. Supper will be catered by the Happy Hour Restaurant of Wells River with a menu of ham, baked beans, salads, rolls, beverage and cookies. Advance sale tickets are available for \$10.00, or pay \$12.00 at the door. Children under 6 are free. Sunday breakfast will be served at 603 Burgers from 8:00 to 10:00 AM by donation. Menu will be pancakes, sausage, juice and coffee. Maple syrup will be provided by Bath sugar makers.

After Sunday breakfast, Ed O'Brien will entertain with his Three Roses Dutch Carousel Organ from 9:15 to 10:15. Then it will be time for a special Church service starting at 10:30. A gathering of Bath High School Alumni will follow the service along with 8th grade graduates from 1946 to 1969. Exhibits at the Town Hall will be open for a second viewing and for anyone who missed them on Saturday.

east and Africa. For those of us who tend not to stray far from home, this will be wonderful opportunity to do some "armchair" traveling and to hear first-hand about a part of the world that often sparks curiosity and concern among Americans. Refreshments will be served, and the library is ADA accessible. The program will be appropriate for children as well as adults. For more information, please contact the library at (802) 757-2693 or wells_river@vals.state.vt.us.

Modern-Day Nomad Visits Wells River

On Wednesday, August 17 at 7:00 pm, the Baldwin Memorial Library in Wells River will host Madeleine (Madge) Morris, a gifted elementary school teacher who has worked in Kuwait, Angola, and most recently in Saudi Arabia. When she re-

tired from military service many years ago, Ms. Morris launched a second career in early childhood education. She completed her teacher-training internship at Newbury Elementary School and has been teaching overseas since then. During this time, she has also traveled extensively throughout the middle

Volume 2 Number 22

August 16, 2011

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Ryegate Historical Society

The Annual Meeting of the Ryegate Historical Society will be held on Wednesday, August 17, 2011 at 7:30 PM at Whitelaw Hall in East Ryegate.

Guest speaker will be Dr. Paul M. Searls, Professor in the Department of History at both Lyndon State College and the University of Vermont where he specializes in

American and Vermont History. He is the author of "Two Vermonts: Geography and Identity 1865-1910." The topic at the RHS meeting will be "The Two Vermonts" emphasizing where the town of Ryegate and surrounding towns found themselves in this unofficial and arbitrary division of the State.

The Annual Summer Potluck Picnic will precede the program at 6:30 PM on the lawn of Whitelaw Hall. Please bring a casserole, salad or dessert and eating utensils as well as your own lawn chair for comfort.

The Public is invited to attend either or both of these events.

FREE LOCAL ENERGY AGRICULTURE FESTIVAL Celebrate Renewable Energy & Locally Produced Foods And Other Products

Attend demonstrations and panel discussions to learn about Vermont's renewable energy updates, incentives and sustainable living. Refresh your memory on such topics as preparing and cooking wild edibles, canning and building a cold frame, tour the Waits River Hydro Dam, explore the recently retro-fitted historic Bradford Academy Building, watch currently released films and join the discussions following them, browse at large farmers' and artisans' markets while listening to live music played all day by local musicians. At 4:00 p.m. enjoy the keynote address by Bill McKibben, world-renowned author and climate change specialist, before enjoying a sizzlin' chicken BBQ supper prepared with all local foods.

Date: Saturday, September 17, 2011

Location: Both sides of North Main St, Bradford, VT

Sponsored by: The Bradford Conservation Commission's Energy Committee with

support from The Byme Foundation and Two Rivers/Ottawaquechee Regional Commission

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FESTIVAL OF EARTHLY DELIGHTS

SATURDAY, AUGUST 27 • 4 - 9 PM

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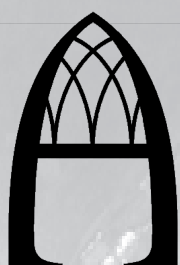
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Calendar of Events

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

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 16

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

WEDNESDAY, AUGUST 17

**RYEGATE HISTORICAL SOCIETY ANNUAL
SUMMER POTLUCK PICNIC**
6:30 PM
Whitelaw Hall Lawn, East Ryegate
See article on page 5

RESCHEDULED

**WOODSVILLE/WELLS RIVER
4TH OF JULY COMMITTEE MEETING**
7:00 PM
Woodsville Emergency Services Building

MADELEINE MORRIS PRESENTATION

7:00 PM
Baldwin Library, Wells River
See article on page 4

53 BRADFORD BARN - PICTORIAL

RESULTS OF THE BRADFORD BARN SURVEY
7:00 PM
Bradford Academy Auditorium

RYEGATE HISTORICAL ANNUAL MEETING

7:30 PM
Whitelaw Hall, East Ryegate
See article on page 5

FRIDAY & SATURDAY

**AUGUST 19 & 20
PEACHAM ACOUSTIC MUSIC FESTIVAL**
See article on page 13

FRIDAY – SUNDAY

**AUGUST 19 – 21
NORTH COUNTRY DANCE WEEKEND**
See article on page 10

FRIDAY, AUGUST 19

ENCHANTED APRIL
7:30 PM
Old Church Community Theater, Bradford
See ad and article on page 3

SATURDAY & SUNDAY

**AUGUST 20 – 21
VERMONT GRAPE & WINE COUNCIL
OPEN HOUSE WEEKEND**
Various Locations

SATURDAY & SUNDAY

**AUGUST 20 – 21
BATH OLDE HOME DAYS**
See article on page 4

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 8

PIG ROAST

6:00 PM
Our Lady of Perpetual Help Church, Bradford

NATIONAL MARIONETTE THEATRE

7:00 PM
Alumni Hall, Haverhill
See ad on page 21 and article on page 12

ENCHANTED APRIL

7:30 PM
Old Church Community Theater, Bradford
See ad and article on page 3

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

ENCHANTED APRIL

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

WEDNESDAY - SUNDAY

**AUGUST 24 – 28
CALEDONIA COUNTY FAIR**
Mountainview Park, Lyndonville
See ad on page 9

WEDNESDAY, AUGUST 24

**"2011 LISBON LILAC FESTIVAL IDOL
CONTESTANTS" CONCERT**
6:00 PM – 8:00 PM
Chevron Park, Lisbon
See article on page 12

HAVERHILL ECONOMIC DEVELOPMENT COMMITTEE

6:30 PM
Haverhill Municipal Building

FRIDAY, AUGUST 26

ENCHANTED APRIL
7:30 PM
Old Church Community Theater, Bradford
See ad and article on page 3

SATURDAY, AUGUST 27

**FOOD, BEER & WINE FESTIVAL OF
EARTHLY DELIGHTS**
4:00 PM – 9:00 PM
North Haverhill Fairgrounds
See ad on page 5 and article on page 11

ENCHANTED APRIL

7:30 PM
Old Church Community Theater, Bradford
See ad and article on page 3

SUNDAY, AUGUST 28

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

ENCHANTED APRIL

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

MONDAY, AUGUST 29

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

SATURDAY, SEPTEMBER 3

BREAD & PUPPET
4:00 PM
Alumni Hall, Haverhill
See ad on page 21

TUESDAY, SEPTEMBER 6

**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

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, August 25th for our August 30th issue.

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By Robert Roudebush

WELLS RIVER – Vermont What if you knew someone who could create and hand-make an all-occasion card for you, just the way YOU wanted it? For around two dollars. Paid attention lately to the price of commercially produced “greeting cards”? You know you’re looking at four to five dollars and more for them these days, sometimes several dollars more.

Suppose you also knew someone who could say, “We listen to what people want, any topic, sports, special memorial occasions, and create a history of life, a reflection on the card of personal taste and experience, incorporate what they want on invitations, party favors, guest books, photo albums”?

Enter the Three Paper Dolls, and now you know three some ones who will handcraft your ideas and inspirations into wall hangings, and wedding and graduation announcements and messages of support.

These artists and creators - Alice Kidder, Michelle Grabowski and Eileen Daly - operate the “3 PAPER DOLLS SHOP in Wells River Vermont, right on the main drag across the bridge from Woodsville, New Hampshire, at the junction of US 302 and State Highway 5, in a building called “Stevens Commons”, right next to Ted’s Barbershop.

Their busy young enterprise started because all three were avid scrap bookers. Opening the current location about a year ago – part sales shop, part hand assembly work area -allowed the three entrepreneurs to centralize card making efforts each had been pursuing individually from their homes.

“My family wanted their kitchen table back for meals”, laughed Eileen. Adds Alice, “And the fact that we work together now in the same space at the same time has boosted our brainstorming, helps us bounce ideas off each other, do better work.”

A recent visit to them, up a few steps from street level, revealed an inviting display area, chock full of examples of their unique work, and some pre-crafted cards in various categories, each in a plastic sleeve and with an envelope. Towards the back is the cozy production space, where the ladies actually

hand make each requested item. Here, the walls are loaded with spools of multi-colored and textured ribbons, and racks of glass jars bursting full of buttons, bling and embellishments for card decoration. The Three Dolls have certain tools they employ – numerous wooden and rubber-faced stamps for printing and embossing, and a machine called a “cricket”, familiar to scrap bookers, for fine-tuned customized paper cutting.

But everything is hand-assembled and one of a kind. Even among multiple copies of a custom creation, no two are precisely alike. They can be found on Facebook now, with photos of their work as well as a format

for placing orders.

The Dolls make it a point to contribute regularly to the Norris Cotton Cancer Center North in St. Johnsbury - “Cards for Cancer Survivors”. Visitors to the store may also purchase a card, if they like, and request that it be donated to the Cancer Center for its use.

Once a year, the Dolls also host a day-long scrap booking event at the Parrish Hall at the Haverhill Corners Church, providing meals and snacks and entertainment. (Ask Eileen to sing the Big Bopper’s CHANTILLY LACE WITH A PRETTY FACE) Participants show up with their own gear, and have plenty of table space for work and networking.

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A Walk In The Woods – July 2011

By David Falkenham, UNH Cooperative Extension Grafton County Forester

My dog-walks lately have been at Black Mountain State Forest, a 750 acre state forest that borders the national forest on the shoulder of Black Mountain. After

our walk I drive to work, down Route 116, descending out of the wilderness to the Connecticut River Valley where the farmland rolls beautifully to the river's edge. The mornings have been humid and cool, often with heavy fog but the red sun rising over the misty hayfields tells me my comfortable morning temperatures are about to come to an end.

Although my walk is on public land, the scenery for the rest of my drive is provided by private land owners. In fact my parking spot and the first part of my walk are also on private land. I write a lot about the virtues of public land, and I stand by those important virtues but the fact is that 66% of our forests and farmlands in Grafton County are controlled by private landowners. These private lands blend with our towns and villages and make up the rural character that we so often talk about. If you were to ask any local person why they love living here they would likely say something about the quiet countryside, the rural character of the towns, or the forests and farms that define the beauty of the landscape.

Every morning my wife travels from North Haverhill to Lisbon for work, often rid-

ing her bike. She often comments on the beauty of her ride, telling of her sightings of bear and deer, the singing of the birds and the farmers out haying their fields. Every mile of her ride crosses private land.

I think we would all agree that this rural character is worth protecting. In fact, if you ever listen to the election speeches of our local politicians they often talk about supporting economic growth, while still protecting our rural character. But what is rural character? This is a tough definition but I think I would start by saying that rural character begins with "us" that is "we the people" who have chosen to live this wonderful life in the country. It is important to remember that the backbone of our rural character is the people who own the land, the farmers and forest landowners, who pay for the land, pay the taxes, work the land and keep it un-developed simply because they too love our way of life.

As the UNH Cooperative Extension Forester I often work with towns to help them tackle the challenges of protecting the landscape that we love so much. Recently I have been working with the towns of Bath and Easton to help them write what is

known as a Natural Resource Inventory. This document is simply a summary of all the resources in the town that make that town unique; the water, farms, forests, cultural and historical resources in each town that make us who we are. It is a way of documenting everything that we the people love so much. Everything we love and enjoy about this area is at our fingertips but we see it every day so we often take for granted what we have.

The Natural Resource Inventories are simply documentation of a town's rural resources. It is nothing more than a tool to protect what we have. If a town were to face high level developmental pressure such as a Northern Pass issue then the Natural Resource Inventories are a great documentation tool that can be used to prove just where a town stands when it comes to its rural character in the face of development.

If a Natural Resource Inventory interests your town, if your town conservation commission would like me to meet with them, or if you as an individual landowner has questions about the land you own and love, don't hesitate to contact me 603-787-6944, dave.falkenham@unh.edu.

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Saturday August 20, 2011

Chili judging starts at 5:30pm, no entrance fee. OK to bring chili in crock pot, we'll keep it warm. Sampling fee is \$5 (includes lots of chili, chili dogs, corn bread, beverages etc.) Awards for Spicy, Mild and People's Choice categories. Musical entertainment by The Mud Larks 5:30pm followed by 6:30pm by the Wall Styles. Proceeds go directly to benefit World Vision to provide humanitarian aid to people in need such as Haiti and other developing countries.



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10 North Country Celebrates With Dance Weekend: Workshops, Performances, Flashmob & More

Two exciting dance programs take place in the North Country during the weekend of August 19-21. Both programs are part of "Eight Days of Weeks: The White Mountains Cultural Festival," a regional celebration of nature and culture coordinated by the Arts Alliance of Northern New Hampshire and partners all around the White Mountain National Forest in honor of the Weeks Act Centennial.

In Bethlehem, improvisational dancer Katherine Ferrier has put together Cultivate — a weekend festival of workshops and performances aimed at growing the community for contemporary dance in the North Country. In North Conway, dancer Jeanne Limmer has scheduled several outdoor dance events, including a benefit performance at Schouler Park and a site-based performance at Cathedral Ledge.

Cultivate, with all events based in Bethlehem, presents cutting edge dance and performance to an area of the country that might not otherwise have access to it.

Founded in 2010 by dance and visual artist Katherine Ferrier, the festival is a grassroots effort to enrich the local community by helping to grow a local tradition of performance support by creating a space for contemporary dance to take root, develop and flourish, as well as to encourage a dialogue to develop between artists and audiences.

The Cultivate program includes a range of workshops led by an acclaimed faculty of guest-artists from all over the country. With 12 inspiring workshops, there's something for everyone, from technical classes for the serious dancer (No-Fuss Ballet, Initiation and Follow-Through), to workshops geared towards beginners (Mindful Moving, Embodied Democracy), to training for elementary, middle and high school educators looking to incorporate movement into their curriculum (Dance in the Classroom: Practical Strategies for Teachers), to classes for dancers and non-dancers ages 8-12 (Kids' Class! Leap, Tumble,

and Roll).

Two distinct full evenings of contemporary dance performance at 7:30 p.m. on Friday, August 19 and Saturday, August 20 at the White Mountain School Black Box Theatre in Bethlehem feature almost two dozen dance and performance artists from as close as Conway, NH, Burlington, VT, and Providence, RI, and from as far away as Philadelphia, Arizona, Indiana and Iowa.

There will also be time to relax and meet with the artists and nourish community. Cultivate is distinct from other arts festivals in its focus on creating a forum for artists and audiences to meet, linger and mingle. Both evening performances are followed by an Artist/Audience Linger + Mingle at two local restaurants. Saturday's program also features a lunchtime mingle and visit to the local farmers market as well as an artist-led walking tour of Bethlehem.

A full schedule of events; biographical information on all the artists; opportunities to support Cultivate by making a

donation; and class registration and ticket information can all be found on the Cultivate website at <http://cultivatedanceh.wordpress.com>

Axis dancers and Axis alumni from the Jeanne Limmer Dance Center will stage their 8th annual dance performance "For Katie, For Dance, For Healing," to benefit the Katie Armstrong Dance Scholarship at 6:30 p.m. on Friday, August 19, at the playground at Schouler Park in North Conway. Katie was an Axis dancer throughout her time at Kennett High School. She then went on to minor in dance at Keene State College. Katie lost her courageous battle with cancer at the age of 21. To honor her love of dance her parents created the Katie Armstrong Dance Scholarship in her memory. The scholarship is awarded to one graduating senior who is interested in pursuing their dance education. The scholarship also benefits local children who exhibit a desire and financial need to attend dance classes. The suggested donation at the event is \$5 per person. Dona-

tions can also be sent to: Katie Armstrong Dance Scholarship, 16 West Side Road, North Conway, NH 03860.

On Saturday, Limmer will lead "Forest Alive," a morning program in North Conway from 9 to 11, that begins with some fun flashmob/public participation movement in front of the railroad station, followed by an invitation to anyone who is interested to head over to Cathedral Ledge, where she and her dancers will present an original onsite work. Brian Charles will accompany them on the didgeridoo. For more information email Limmer at danceit54@gmail.com or call her at 356-6830.

The dance weekend is presented with support from the Arts Alliance of Northern New Hampshire, and in partnership with the Arts Alliance's "Extending the Dance Map" initiative, which aims to bring dance to rural schools in northern New England. "Extending the Dance Map" is supported in part by the Dana Foundation and by the New Hampshire State Council on the Arts.

August 16, 2011 Volume 2 Number 22

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Tips For Hiring Contractors From FEMA

BURLINGTON, Vt. — Contractors have been essential to the recovery of Vermont's rebuilding and recovery efforts after this spring's severe storms and flooding. However, state and federal officials are advising flood victims to use care when hiring them.

The Federal Emergency Management Agency (FEMA) does not recommend or endorse any contractors. "If contractors claim they are authorized by FEMA to do repair work, do not believe it," said Federal Coordinating Officer Craig A. Gilbert.

Before hiring contractors to make repairs, make sure they are licensed. To find out whether a contractor is registered, you can check with the Office of the Vermont Secretary of State at www.sec.state.vt.us. Licensure is required for asbestos, plumbing and electrical work. A listing of licensed electrical and plumbing contractors can be found on the Vermont Department of Public Safety/Division of Fire Safety's web site at: www.dps.state.vt.us/fire and clicking on the

Licensing/Certification tab.

Other tips for hiring contractors include:

Get a written estimate and read the fine print — Always try to get estimates from several reputable contractors before making a decision. You may want to hire a local contractor if at all possible.

Ask for a written contract — A complete contract should clearly state all the work to be performed, all associated costs, and the payment schedule, and obligate the contractor to pay for what was agreed upon, such as materials, etc.

Permits — Make sure the contract clearly states who will obtain the necessary permits. You may want to have a lawyer review the contract if substantial costs are involved. Keep a copy of any signed contract.

Proof of insurance — Make sure the contractor carries general liability insurance, workers' compensation and is bonded. A homeowner could be liable for accidents on the property when working with an uninsured contractor.

Pay by check — Avoid

paying in advance and making payments in cash if at all possible. A reasonable down payment is 30 percent of the total cost of the project.

If you have a question about a contractor or suspect fraud, call the Attorney General's Consumer Assistance Program office at (800) 649-2424 or (802) 656-3183. Vermont Attorney General web site: www.atg.state.vt.us FEMA and state officials are also encouraging flood victims to register with FEMA even if they've already made repairs. You will most likely be required to submit receipts for the work, but you may be eligible for reimbursement for uninsured losses.

To register, call 800-621-FEMA (3362). Multilingual registration assistance is also available. Those with a speech disability or hearing loss who use a TTY can call 800-462-7585 directly, or 800-621-3362, if using 711 or Video Relay Service. Registration can also be done online anytime at www.DisasterAssistance.gov or through web-enabled mobile phone devices at m.fema.gov.

Wine And Beer And Food And More, Oh Yeah... ¹¹

A Festival Of This Region's Edible, Drinkable and Listenable Earthly Delights

By Robert Roudebush

So, you get your wine, your beer, your food, your music for four full hours one afternoon/evening coming up soon, for a low price, so what else do you need to know?

When? – August 27, between 4 and 9 pm, it's a Saturday. This occasion was custom designed for a great evening well spent with family or friends, or individual taste cruising. It's how a lot of the big-boy cities do it on a regular basis, but not nearly as familiar and fun as Haverhill's will be.

wine and beer. If you choose not to sample the alcoholic beverages, just the food, the cost goes to \$10. Couple of rules. If you expect to drink wine or beer, be prepared to prove you are 21 years of age when you walk in. A special state liquor license was obtained by the organizers of the happening and strict enforcement of drinking age is required. Bring your children free. There will be certain amusements planned just for them. Director Luce indicates that group rates are available as well, just ask for them at

always call Alumni Hall for more info, **603 989 5500**

What's this about music? – It's something of a concert atmosphere for wandering, sampling, sitting and relaxing. Two groups will perform. One is "LOS JUEVOS", an acoustic guitar duo from Whitefield, N.H. The other is "JUKEJOYNT", from White River Junction, Vermont, a "one part country, two parts rock and roll, shaken and stirred with a slice of life" group of musicians featuring special guest Vocalist Kerry Rose. They cover a broad range of music from ballads to original tunes and The Band, The Beatles, and Van Morrison, to name some of their playbook. Dartmouth Professor and star percussionist HAFIZ SHABAZZ, founder of the World Music Percussion Ensemble, is the keeper of the beat playing the "cajon" box drum.

So, the food is? – Lots of offerings at this fiesta, at least 16 different providers so far which include: a pig roast put on by the Haverhill Corner's Library - Gourmet wieners and buns by HOT DIGGITY DOG from Fairlee, Vermont - PEYTON PLACE from Orford - ALL GOOD FOODS in Lisbon - South American influenced treats from North Haverhill's own LITTLE GRILLE – The ROSE CAFÉ in Littleton. There will also be locally made cheeses and breads from the LITTLETON CO-OP. Look for BUNTEN FARM HOUSE KITCHEN from Orford with handmade artisan cheeses and MT. MOOSILAUKE CANDIES.



Where? – at the Haverhill Fairgrounds, Dartmouth College Highway, Route 10, in two of the main buildings there, the whole affair inside, the only activity on the grounds at that time. When you go, utilize the original entry drive-in, and people will be there to assist you in ticket purchase and in parking.

How come? – it's a major fundraiser for Alumni Hall of Haverhill Corners, continuing to prove what a vibrant community booster and entertainment organization that is. This is the first edition of an annual event, according to Executive Director Kiesha Luce. "Hey, this is tons of fun, it's going to be our signature fundraising event, food and drink and music, bringing together people who produce those things with people who enjoy them, all from our own back yard. Our region is a treasure of fresh made high quality delights. Alumni Hall is creating an event of structured spontaneity and discovery."

What's it cost? – It will cost you \$20 at the door for the full event, and you can buy the tickets ahead of time at the same price. Lets you sample everything, food,

the time and place of ticket purchase.

How do I get a ticket? – Buy it ahead of time online, credit card orders can be done at www.Alumnihall.org, or pick tickets up early at several retail locations – Aldrich's Market, Everything But the Cook, The Party Store, Newbury Village General Store, or Alumni Hall in Haverhill Corners. Or, you can get them at the ticket booth at the old Fair entrance on the day of the Festival, 27th of August. And you can



While the multi-sample munching is part of your entry fee, certain food vendors will also make available for sale assorted offerings for go-home enjoyment.

You said something about wine and beer...? – Brewers and vintners as of press time at Trendy Times: Seven-Barrel Brewery, from West Lebanon – Woodstock Station Brewery and Inn – Magic Hat from Vermont – Tuckerman's Brewery from North Conway – Farnum Hills Cider (Hard) from Lebanon – LaBelle Winery, from Amherst N.H. – Haunting Whisper, Danbury, N.H. –

and Woodchuck Cider (Hard), from Middlebury, Vermont, and specially made cold harvest wines from EDEN ICE WINE.

How's all this possible for so little? – None of this would work unless everybody participating didn't produce to make it accessible and great credit must go to the major sponsor, Steenburgh Auctioneers, WWW.STEENBURGH.COM

Live music and lots fun – one of the best things that happens in the Haverhill area this year. You probably ought to be there and take someone with you. And next year too.

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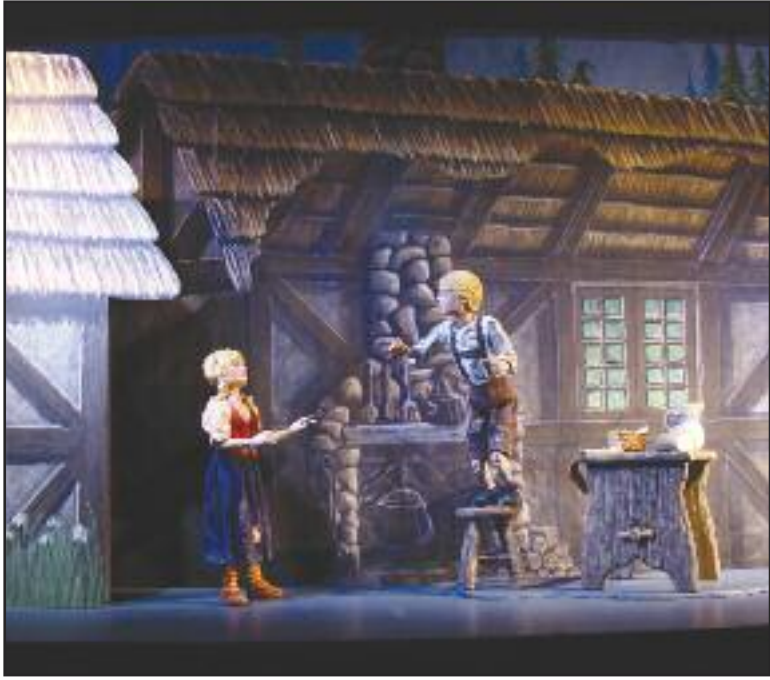
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Haverhill Heritage Commission asks you to consider joining your friends, neighbors, and local organizations, who have already purchased a "Granite Memory Block". The blocks will form a rectangular foundation, in Railroad Park, to hold and exhibit the recovered 1899 Granite elementary school corner stone that had been missing for 50 years before being recovered by Rollie Moore in the Hancock Creek! Engraved Memory Blocks can be viewed at White Mountain Traders, 25 Central St, Woodsville, NH Noon til 5:00 pm Wednesday - Thursday - Friday - Saturday.

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

August 16, 2011 Volume 2 Number 22

National Marionette Theatre Takes The Stage At Alumni Hall For A Special Performance



Award-winning National Marionette Theatre will give a special performance at Alumni Hall on Aug. 20 at 7pm.

Award-winning National Marionette Theatre will take the stage for a special performance at Alumni Hall in Haverhill on August 20th at 7pm with the classic tale Hansel and Gretel. For over forty years, National Marionette Theatre has been amazing audiences around the world with their exquisitely crafted marionettes, and adaptations of popular stories for all ages. Hansel and Gretel, the newest production for the company, will feature scrolling scenery, lively marionettes and music.

The audience is invited to stay after the show for a look at the "behind the scenes" workings of the show with master puppeteers David and Peter Syrotiak and an ice cream social.

Alumni Hall's Director Keisha Luce got a preview of the show last summer, "I was amazed by National Marionette Theatre and when I looked around the room I could see so were all the kids and adults in the audience. Their shows are so unique and special. I feel so lucky that we have them at Alumni Hall this summer. It really is a treat for everyone."

Tickets are \$5 for kids and \$10 for adults and can be reserved or purchased at the door. Thank you to the New England Foundation for the Arts NEST program and the Wells River Savings Bank for their support of this performance. For more information, contact Alumni Hall, 75 Court Street, Haverhill, NH at (603) 989-5500 or www.alumnihall.org.

Lisbon Concert Series Ends August 24 With Idol Winners Performing

LISBON – Lisbon's summer concert series closes the season with a new twist. Three winners of the 2011 Lisbon Lilac Festival Idol Contest will be performing on Wednesday, August 24, 6 to 8 p.m. at the gazebo in downtown Lisbon's Chevron Park. Idol winners Ashley Miles, Mikala Woods and Allen Pihl will perform singly and as a group.

Admission to the concert is free. Refreshments of hot dogs, chips and soft drinks will be available for sale, with support from local merchants. A popular offering will be ice cream sundaes sold by the area women's club Friends in Council. This year's music was made possible with help from Public Service of New Hampshire, New Hampshire Electric Cooperative, an anonymous donor, and Friends in Council.

"Unfortunately, two other Idol winners – Leah Cate and Chris Cote – were unable to fit the concert date into their schedule. Chris is headed off



Lisbon Lilac Idol contestants provide impromptu serenade before contest begins at 2011 Lisbon Lilac Festival on Memorial Day weekend.

to college that week, and Leah has another competition to attend," said Ruth Taylor, Executive Director of Lisbon Main Street, Inc., host organization for the concert series.

In case of rain the concerts will be held indoors at Lisbon Town Hall on School Street. For more information contact Lisbon Main Street, Inc. at 603-838-2200. The concert series is a project of the Lisbon Main Street Pro-

motion Committee whose members work to promote downtown Lisbon through a variety of activities, including the annual Lilac Festival, Lisbon Farmers Market, and annual Pumpkin Festival. Volunteers are welcome to join the committee. For more information about other Lisbon Main Street activities, call, check www.lisbonmainstreet.org, or Lisbon Main Street on Facebook.

Good Legs

By Elinor P. Mawson

"The time to travel is when you have good legs," my mother proclaimed the day I got my passport. Little did I know then that she was absolutely right.

I took my good legs and went to London--many times. It is a huge city, but I got to know it like the back of my hand. Quite often, people would stop me on the street and ask for directions, which I was only too glad to give--and besides, I always had my street guide," London from A to Z" in my backpack.

My good legs took me to the USSR (now Russia) and into the Kremlin and Red Square. The snow was coming down, it was midnight, and those red stars on the buildings were shining brightly. The atmosphere seemed surreal--and just the way I had pictured it in my mind.

On the Great Wall of China, my good legs had quite a workout. It was raining, and some of the parts of the wall seemed to go straight up. (fortunately there was a handrail.)

In Beijing, we walked through some of the neighborhoods and once, when we came across some Chinese women dancing, one of them invited us to join them! My good legs danced happily along with the 20 or so others who invited me to come back the next day.

In Newfoundland, we

walked through waist high snow in the middle of June to see the first Viking settlement in North America. And my good legs walked on the Athabasca Glacier and on the banks of Lake Louise in Western Canada.

In Alaska, we ambled on the shore of the Arctic Ocean, and along the Alaskan pipeline. Neither would have been easy without good legs.

All this is hindsight now. I never thought about my legs all the time we were traveling--Paris, Rome, Munich, Shanghai, Albuquerque, the streets of San Francisco-- we walked many, many miles. I am glad we did it; it all seems daunting now that I am walking around on artificial knees--which certainly would not handle my travels well.

My mother was right. Traveling is for people with good legs.

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THE HILLS ARE ALIVE

Peacham Acoustic Music Festival Offers Musical Variety



The hills will be alive with the sounds of music as The Peacham Acoustic Music Festival (PAMFEST) brings internationally known and regionally beloved performers to the heart of the North Country, Friday and Saturday, August 19th and 20th throughout Peacham village. In its inaugural weekend, the PAMFEST will present world-class blues, bluegrass, old time and folk music, a contra dance, workshops and jam sessions.

There will also be an artisan's craft fair as well as open houses at local attractions including the new Northern Skies Observatory, the historic Blacksmith Shop and Historical House in a one-of-a-kind weekend event.

Sitting on the porch of his South Peacham home Frank Miller, creator of PAMFEST, talks about his passion for music and his dream to present a magical event in his old home-town. "I don't want to say ten years from now that I wished a festival had happened in Peacham and not done my part to make it happen. So last fall the Peacham Acoustic Music Festival was born."

This is an ambitious multi-faceted event that would not be possible without enthusiastic support from the community. Most town organizations, including the Town of Peacham, Congregational Church, Library, Peacham Community Housing, Peacham Historical Association and others are involved - not to mention the individual citizens in the community who have stepped up to help plan and coordinate the diverse aspects of the event. We have also received generous mentoring and support from local filmmaker, arts advocate and Peacham resident Jay Craven of Kingdom County Productions and from Catamount Arts in St. Johnsbury who are helping with promotion and ticket sales.

FRIDAY

Things start on Friday, August 19th when registra-

tion opens at noon for those who want to settle in, view the sights and sounds of Peacham, play some tunes, listen to or join in jam sessions, and spend a leisurely afternoon.

Friday evening features two events offered in tandem.



Nightingale

CONTRA DANCE

PAMFEST offers a world-class contra dance, held at the Peacham Town Gym. This dance will be led by dance caller Lisa Greenleaf of Boston with music by Nightingale, a band whose intricate arrangements coupled with a rock-solid rhythmic sense provides the launching pad for a remarkable dancing experience.

This will be the final dance performance by Nightingale as they are retiring the band after 18 amazing years.

CONCERT

While the dancers are spinning across the old gym floor, just across the street, others will be enjoying a concert in the historic Peacham Congregational Church which features:

Blues master Matthew Skoller - one of Chicago's most respected harp blowers (and an alumni of the Peacham School) playing with Bill Sims Jr. - considered one of the best musicians in the New York City Blues scene.

Bob Amos & The Bluegrass Volunteers a St. Johnsbury resident and nationally known musician and songwriter extraordinaire — Bob will play traditional and original bluegrass tunes with some of Vermont's best bluegrass musicians.

Carl Jones is coming up from Virginia — Carl is an enormously talented multi-instrumentalist and songwriter. Carl toured with Norman & Nancy Blake and his songs have been widely recorded. Carl's performances are always unique — always a joy.

The Wright Family is coming from deep in the heart of Texas (East Texas to be exact) They play their



The Wright Family

own brand of old time music that makes you want to pull up a chair, tap your feet and play along!

And last, but certainly not least we have Peacham's own Alan Greenleaf & The Doctor. Alan's songs are inspired by his life on his farm and the people and countryside around him. They are a report of events, people, feelings, and observations of his life experiences, with a great deal of poetic license. Alan performs with "The Doctor", piano player Jonathan Kaplan.

SATURDAY

Saturday, August 20 starts off at 9 AM with workshops taught by the performers as well as some special guests at the Peacham Congregational Church. Offerings range from individual instrument workshops to song writing to discussion sessions.

A fun event on Saturday will be the Band Scramble where folks attending the festival throw their names in a hat. A random drawing results in groups containing 3-5 players. These groups are now a band and they have the day to get together with their bandmates, pick a band name and arrange a tune to be presented before a live audience during the Saturday afternoon concert. A winning band will be chosen by the classic applause-o-meter method and will receive an appropriate prize for the winning effort.

At 10 AM the craft fair will be open for business. There will be a diverse group of vendors with luthiers, fiber crafts, fresh produce, and a variety of crafts and creations on sale. There will also be live entertainment in the craft area throughout the day.

There will be jam sessions throughout the festival area — some formal and many impromptu - people are encouraged to bring along their instruments to join in.

The Saturday Day activities close with an afternoon concert featuring the Bayley-Hazen Boys — fine bluegrass played by some fine local tal-

ent. The Wright Family will offer their special old time music and Alan & The Doctor completes the performances by the "pro's" — but don't forget the creations by the Band Scramble contestants! A fun close to the afternoon.

GRAND FINALE CONCERT

On Saturday night NIGHTINGALE which includes Becky Tracy, Keith Murphy and Jeremiah Mclane will play their unique blend of music that includes influences from Ireland, France, Scandinavia, Newfoundland and Quebec. After 18 years performing together, Nightingale has decided that the time has come to retire the band and move on in their individual musical pursuits — so this will be their final concert together. Not to be missed.

Bob Amos is joined by Patti Casey, bringing together two of Vermont's most acclaimed singer/songwriters in a special performance, with guests Mike Santosusso on bass, and Adam Buchwald on mandolin.



Carl Jones

Carl Jones takes the stage once again on Saturday.

Carl started playing guitar and writing songs when he was ten years old, inspired by seeing Roy Rogers picking and singing on television. He played bluegrass music in college and started attending many festivals, where he began what was to become a life-long pursuit of learning traditional fiddle music and making up "ditties". This led to a study of the banjo, mandolin, fiddle, and various styles of guitar. Eventually he toured as a multi-instrumentalist with Norman and Nancy Blake along with James Bryan as The Rising Fawn String Ensemble. The musical trail has been long and varied for Carl — but always musically excellent and fun.

Tickets for PAMFest are available at Catamount Arts Regional Box Office, St. Johnsbury or by calling 802-748-2600. 24 Hour Online sales are available at www.catamountarts.org. Tickets to the contra dance and concerts are limited by venue capacities so advance purchase is highly recommended.

Tickets will be available at the festival registration desk for cash or check only, while supplies last.

The Peacham Acoustic Music Festival is produced by Frank Miller and Copithorn Productions in association with Kingdom County Productions. For more information and a complete schedule and artist line-up, go to www.pamfest.com.

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14 A United Nations On 14 Decks

By Sheila Asselin



I recently went on a cruise to Bermuda. The open sea, sunshine, 10 restaurants, and entertainment every night, all styles of music. What's not to love? You could do anything or enjoy doing nothing at all. I had a great time but probably the most interesting time I had was watching the crew. The Norwegian Dawn is staffed by people from twenty different nations. They were invariably neat and cheerful. In fact they sure looked a lot better than the passengers. They were always polite no matter how rude the passengers could get. It seems some folks leave their manners at home when they travel, but the crew remained unfazed. I imagine in their off hours the crew does discuss the inconsiderate passengers and a fly on the wall could learn how to say "SOB" or "pompous ass" in 20 different languages. Ah, yes! Travel is so educational.

The crew was proud to tell you about their country if you showed that you were interested.

There were Muslims, Hindus, Buddhist, Jewish, Taoist and probably others I have not even heard of

among the crew. Plenty of Christians of all denominations. Some were from countries that had been at war with each other. Yet they all seemed to get along harmoniously. I got a little concerned when an Indian family challenged a Pakistani family to a game of shuffleboard. But their children gleefully kept score and no one was thrown overboard. I do not remember who won. Does it matter?

The last night out the crew put on a special show for the passengers. Led by the ship's officers, crew members marched in carrying the flags of their countries. The captain introduced a representative from each country. Then they joined hands and sang "We are the World". I am not a sentimental person, far from it. I am much too sophisticated to be moved by corny sentiment. But I have to admit I teared up. I had to wonder if people so diverse can get along in the confined space of a ship, why can't they get along in the world? It is a naive thought. World problems are much too complex for simple solutions. But if people can get along on a ship can they not get along in a world?



By Ronda Marsh

Lemon Cooler Cookies

I just adore easy recipes; ones you can toss together quickly, and require few ingredients. Ones that don't use every measuring or mixing device you have in the house. Ones that even children, with a minimum of supervision, can make. This is one of those recipes, so prepare yourself for a pleasant surprise!

If you've ever had Mexican Wedding Cookies, or Russian Teacakes, these are basically the same type of cookie; sort of shortbread dough rolled into balls, baked, and finished with a final toss into Confectioner's sugar. The real difference is the addition of some grated lemon zest, which really perk these babies up. Although the recipe states a teaspoon of zest, I actually just grated the entire lemon (which yielded more like a tablespoon) and it seemed perfect to me. I'm thinking these would be great using any citrus, such as orange or lime and I'll be trying that in the near future. I found these really easy to make just using my hands to moosh all the ingredients together until it reached the consistency of playdough, then I used my little melon baller to scoop it out. Although the directions stated the yield as being 24, I got 21...maybe my portions were a bit

generous. Be sure to watch these closely as they cook, as they can go from underdone to over browned in just a few minutes; my oven took exactly the stated 15 minutes. Credit for this recipe goes to Pamela Anderson. NO... not THAT Pam Anderson, of the large chest and rocker ex-husband, but the Pam Anderson who authors cookbooks...an important difference!

Bake these in the morning, that way you can spend the hot summer afternoon sitting out in the shade sipping iced tea and munching on these cookies that practically melt in your mouth...what an easy, yummy, summertime treat!



- 1 cup all-purpose flour
- 3/4 cups Confectioner's sugar, divided
- 1 teaspoon finely grated lemon zest

- 1 stick salted butter, softened enough to be pliable
- 1/2 teaspoon vanilla extract

Adjust oven rack to lower middle position and heat oven to 350°F. Mix flour, 1/4 cup Confectioner's sugar, and lemon zest in a medium bowl. Add butter and vanilla; beat (or simply mix with hands) to form a smooth dough. Drop dough by generous teaspoons onto a parchment or Silpat-lined cookie sheet; roll into balls. Bake until cookie bottoms are golden brown, about 15 minutes. Transfer cookies to a wire rack to cool completely. Place remaining Confectioner's sugar in a quart-size zipper-lock bag. Working a dozen at a time, drop cookies into sugar; shake to coat. Serve. These cookies will keep well up to one week, stored in an airtight container.

All Access Real Estate Introduces David Robinson

Vickie L Wyman Owner/ Broker of All Access Real Estate Associates, NH/VT is proud to announce that David Robinson has joined the firm as a Sales Associate ready to work with customers and clients seeking to buy or sell their New Hampshire Property.

David Robinson, of Haverhill, has recently become licensed as a real estate agent in the state of New Hampshire, and will be working under the broker's license of Vickie Wyman. David is currently the manager of the Nookta Lodge in Woodsville, a family owned and operated hotel. He was formerly a teacher at Profile School in Bethlehem and continues to coach their

Boys Varsity Soccer Team. David is a graduate of Woodsville High School and has a Bachelor's of Science degree in Education from Plymouth State University and a minor in Business; he is currently working on finishing his Master's in Business Administration.

David has had an interest in real estate since college and recently worked with Vickie and All Access Real Estate to buy his own home with his wife Ashlee. He grew up locally and he and his family have strong ties within the community. With a strong background in hospitality, David will continue to utilize his strength and experience in customer service, as he makes the



transition into the real estate industry.

All Access Real Estate is located at 14 Ralston Rd. Suite-1 Woodsville, NH 03785. Bus: (603) 747-3605. Fax: (603) 747-3606. Email: Dave@allaccessre.com. General inquiries: info@allaccessre.com



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Equine Resuce Wins Grant

The operators of the Wells River Equine Rescue are thrilled to announce the recent awarding of a \$2,000 grant in support of their efforts. Dawn Pinette received notification that funding was being provided by the Barrette Family Fund of the New Hampshire Charitable Foundation.

Wells River Equine is a horse rescue facility in Groton, Vermont that offers shelter and food for horses whose owners can no longer properly care for them. Though this grant will go a long way towards feed for the assembled horses currently on the farm, there is still need for other supplies and additional feed for the up-

coming winter months.

Dawn also wants to thank Bucky & Judy Lund of Newbury, VT who earlier this year provided the effort with about 200 bales of good quality hay.

The New Hampshire Charitable Foundation serves communities throughout New Hampshire, southeastern Maine and eastern Vermont. The Foundation manages a growing collection of charitable funds created by individuals, families and corporations, and awards more than \$30 million annually in grants and scholarships. The Charitable Foundation is nonpartisan, frequently playing the role of convener and catalyst on a

broad spectrum of issues. Based in Concord, the Charitable Foundation roots itself in the communities through regional advisory boards. More information is available at www.nhcf.org or by calling 603-225-6641.

Wells River Equine is also looking for a grant writer to help out the organization. This would be a volunteer position or paid a percentage of grants received. If you are such a person, or know of one, please contact us. Previous experience in a non-profit is a plus. Please contact: Dawn Pinette @ 802-584-3921 or dawnpinette@yahoo.com if you can help.

RSVP & HPD Need Help ASAP

The Haverhill Police Department and Retired and Senior Volunteer Program (R.S.V.P.) are looking for volunteers for the Home Patrol program. The time commitment is approximately two hours per month.

The purpose of the Home Patrol Program is to conduct weekly house checks for residents who are away from their homes for a period of time. While not replacing law enforcement functions, this activity

provides peace of mind for the homeowner and gives officers more time to address police matters.

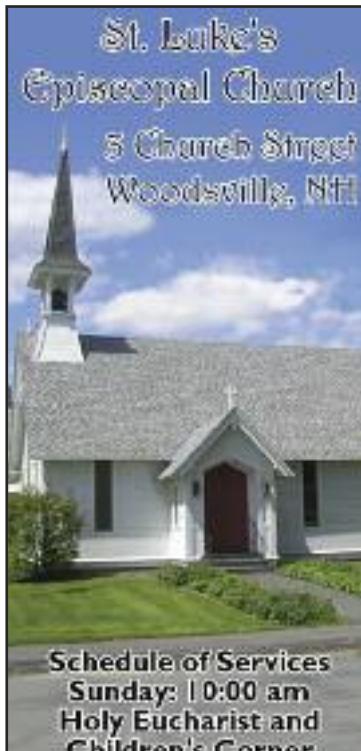
Currently nine RSVP Home Patrol volunteers monitor approximately 20 homes year-round in addition to requests for short-period checks (vacation, hospital stays, etc.). Volunteers provide the Department with incident reports when finding weather-related damage, unlocked or broken doors or windows, and

anything suspicious or out of the ordinary. An officer will then investigate and follow up with the property owner.

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16 2011 Woodsville/Wells River 4th Of July Results:

Parade Winners

Business Floats:

- 1st Walmart
- 2nd Twin River Campground
- 3rd Kingswood Camp

Organizational Floats:

- 1st Tammy Clifford - Vietnam Memorial Wall
- 2nd Bath Congregational Church
- 3rd Lackie/Roy Family Float

American Legion Color Guard

- 1st Ross Wood Post #20 in Woodsville

VFW Color Guard

- 1st Haverhill Memorial VFW Post 5245 in No. Haverhill

Other Color Guard

- 1st Bradford National Guard in Bradford, VT

Raffle Winners were:

- \$1000 Craig Pelletier
- \$500 Samantha Gandin
- \$250 Joel Beckley
- \$250 Eric Kimber
- \$100 Chris Kendall
- \$100 Malcolm Darling
- \$100 Roxana Morrill
- \$100 Steven Moore

The committee would like to THANK all who participated in the 2011 parade and raffle. You are what makes this celebration happen. Thank you for all your support!

August 16, 2011 Volume 2 Number 22

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

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St. Johnsbury Area Local Food Alliance Elects Board Of Directors

The members of the Saint Johnsbury Area Local Food Alliance (St. J. ALFA) have, as of July 20, voted in a new board of directors. To serve on the board are Annika McCann, Melissa Bridges, Heather Burt, Curtis Sjolander, Mike Welch, Chris Sol Cruz, and Ted Hartmann, and as Hartmann explains, the board has lofty goals for the upcoming year.

St. J ALFA is a group that aims to promote local food and raise community awareness of the value and availability of locally grown produce. In the next year, Hartmann says that St. J ALFA hopes to "contribute to the increase of flow of food

produced on local farms to local plates," and in the process "increase the local community's reliance upon its own skills and capacities to produce its food needs."

Across the country, people are becoming ever more interested in the health benefits of fresh local foods, not to mention the value of supporting their neighbors. St. J ALFA works to bolster this trend and ensure that, in Hartmann's words, "all community members have ready access to affordable, fresh, healthy, locally produced foods."

To achieve this end, St. J

ALFA has launched projects such as the Farm to School Program, the St. Johnsbury Community Farm and the community gardens, school gardening projects, community gardening workshops, and establishing an Online Farmer's Market that will provide an additional convenient distribution option for local food. Under the new board of directors, these programs will to grow and bear fruit.

For more information, contact St. J. Alfa at www.stjlocalfoodalliance.org or the St. Johnsbury Food Co-op, 802-748-9498 or info@stjfoodcoop.com.

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Children In The Garden

By Lisa Ford, Program Associate UNH Cooperative Extension,
Nutrition Connections Program In Grafton County

Summer is a time of year often associated with having fun outside. It is a time when some families take vacation, while others go to the river to cool off on a hot day, or take a hike in the mountains. I haven't taken a vacation, gone in the river, or hiked a mountain, but I am having a fun summer outside.

WHAT AM I DOING THAT IS SO MUCH FUN? GARDENING!

I do not consider myself a gardener; my thumbs are not green; I grew up in a suburban town; and our yard had grass. Years ago, if you asked me what I thought of when the word 'garden' was mentioned, I would say, "flowers." Now, my answer also includes vegetables and fruits.

I would love to tell you I have a lush garden growing in my yard. I have some fruits and vegetables growing, but not nearly as many as I'd like. I think part of the reason our garden is not too full this year is because of the time I have spent in two other gardens.

My office is located in Plymouth at the Whole Village Family Resource Center, across the hall from Pre-K, which is taught by Sondra, 'Miss S' as she is referred to by her students. The students in her class range in age from 4 to 6. I am fortunate to be able to go outside and garden with my friends across the hall.

There are two garden areas on the grounds at Whole Village. The small garden area is where Miss S' class and I go to tend the flowers and vegetables. Oh, we have some strawberry plants, too. We started planting the garden in spring. Some of the seedlings were started by students. The other vegetables plants were purchased, donated, or grew-up from the compost that was added to the soil in the spring.

In our garden area, the children planted flower seeds. The zinnias and sunflowers

are tall enough now, so we can tell the difference between the flowers and the weeds. We haven't seen flowers yet, but the plants continue to grow and there is plenty of summer left. I remain optimistic that we will see the flowers bloom.

In-between periods of rain we bring water to the garden so our plants do not wilt. We will go to the faucet, filling up empty milk jugs, (sometimes getting a little wet) to bring back to the plants. After watering the plants, we take a water break. We nourish the plants and then ourselves.

Another important task when tending our garden is weeding. I have learned that weeding is more of a challenge for those with little fingers. Little fingers have not yet developed the coordination to grasp the weeds-pulling up the leaves and roots together. This is an opportunity for practicing new skills.

This is the first year we're growing plants in our small garden. So far, we have been able to taste strawberries and cherry tomatoes. We are patiently waiting for additional produce to grow and ripen.

The larger garden is the teaching garden. This garden gives us the opportunity to try additional vegetables. We have eaten spinach, peas, kale, broccoli, Swiss chard, basil, parsley, and violets! When the peas were harvested all of the students were able to bring some home to share with their family. Today in the garden, after eating broccoli, one of my young friends wanted to know if they could bring some broccoli home with them.

Children eating vegetables and liking them? Yes, it is true.

Spending time in the garden gives the children many opportunities to learn about vegetables.

• They are able to watch them grow and be part of tending the plants. The children

have learned that even though they buy vegetables from the store, they first need to grow in the ground.

- They get to touch, smell, and see that not all vegetables are green.
- They are able to taste vegetables with familiar names.
- They are also able to try vegetables with names they may not have heard of.
- We have eaten vegetables a variety of ways: raw, cooked, or used in a recipe.

When I asked the children what they liked about going to the garden, "picking and eating vegetables" was the number one answer.

One mother loves to share a story about her son

who spent time in the garden with us last summer. "I couldn't get him to eat vegetables at home. After spending a summer in the garden and trying them, he has learned to like them. A year later he is still eating his vegetables."

Do all of the children try all the vegetables every time? No! But it is a chance for them to try the vegetables when they are ready. One youth was proud to share, "No thank you. I'm not going to have any. I know I'm not going to like it." After holding onto the Swiss chard for a bit, my young friend asked if he could have more. I have learned that sometimes, just having the kids hold the veg-

etable peaks their curiosity enough for them to try it.

The students enjoy going to the garden because it is fun. While they are having fun, they're learning how plants grow by taking care of them. It is exciting to try food from the garden, especially when you've helped grow it.

It is an honor to spend time with Miss S and her class teaching them about gardening, watching the joy in their faces as they learn, nurture and enjoy the food they grow. To my friends: Miss S., Allyson, Corey, Dylan, Joshua, Malik, Mathis, Matthew, and Ruby, thank you for a wonderful summer!

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

August 16, 2011 Volume 2 Number 22

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Hospice Volunteer Training Begins In Littleton On September 13

North Country Home Health and Hospice will be offering a hospice volunteer training program beginning Tuesday, September 13. The training program will be held over the course of six consecutive weeks on Tuesday evenings from 5:00 to 8:00 pm at North Country Home Health & Hospice, 536 Cottage St, Littleton NH. Hospice volunteers are being sought to provide support and services to patients and their families living in Littleton and the surrounding communities. There is no charge for this training and participation in the training does not require a commitment to becoming a hospice volunteer.

The training will feature a variety of guest speakers, including nurses, social workers, a counselor, a physician, clergy and hospice volunteers. We will explore the physical, emotional and spiritual aspects of living with a life limiting illness. Participants will have the opportunity to explore their own feelings about end of life issues and learn ways of supporting others for whom we provide care. Topics to be addressed will also include the history and philosophy of

hospice, communication and listening skills, family dynamics and grief and bereavement.

There are many volunteer opportunities and new volunteers are always needed. Hospice volunteers may provide care in a variety of settings, including individuals homes, nursing homes, assisted living facilities and in the hospital. Volunteers may help in a variety of ways, based on their interests and skills. Some volunteers help by providing friendly visits, writing letters, reading to clients, running errands, helping with light housekeeping, or making a meal. Volunteers may provide respite care so family caregivers may take a break. Others prefer to help with outside chores, assisting with transportation or walking the dog.

To register, or for more information about this training, please call 444-5317 and ask for Martha Reed, Hospice Volunteer Coordinator. Space is limited so please register by August 23rd. This program is sponsored by North Country Home Health and Hospice Agency, 536 Cottage Street, Littleton N.H.

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OBITUARY

RICHARD BRIAN "DICK" MALLET

Woodsville, NH – Richard Brian "Dick" Mallett, Sr, 64, of Perkins Place, died unexpectedly on Wednesday, August 3, 2011 at Concord Hospital, Concord, NH.

He was born in Lynn, Massachusetts, May 5, 1947, the son of Walter C. and Eileen M. (Buckley) Mallett.

Dick graduated from Lynn Trade School in Lynn, MA, class of 1967. He married Jo-Ann Hersey on March 16, 1968. They lived in Lynn until 1973 when they moved, first to Pike, NH, and later to Woodsville. Dick worked for 25 years as a boiler operator at the former CPM / Kimberly Clark Paper Company in East Ryegate, VT. He was president of the United Paperworkers International Union, Local #499 for 12 years. Dick ultimately retired from Copeland Furniture in Bradford, VT.

Dick enjoyed woodwork-

ing, guns and shooting, and the New England sport scene. He enjoyed music and playing guitar and in his younger days he played in a band in Massachusetts.

He was predeceased by his parents, Eileen M. (Buckley) Mallett on May 16, 1992 and Walter C. Mallett on July 28, 2000.

Survivors include his wife of 43 years, Jo-Ann Mallett of Woodsville, NH; two children, Kristina Tibbits and husband Shane of Pike, NH and Richard B. Mallett, Jr. of Piermont, NH; four grandchildren, Alicia Brooks and husband Zach of Pike, Katie Tibbits of Pike, Brian and Mariah Mallett both of Woodsville; a great granddaughter, Brooke Thompson of Pike; a sister, Kathy Sparks of Magalia, CA; a brother, Steven Mallett of Palm Bay, FL; and several nieces, nephews, and cousins.



A graveside service was held on Monday, August 8, at 11 AM, at the Pine Grove Cemetery, Swiftwater Road, Woodsville, NH.

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

OBITUARY

FREDERICK MICHAEL HATCH

Frederick Michael Hatch, 67, of South Hero, Vermont died on August 1, 2011 at Birchwood Terrace Healthcare in Burlington, VT after a short illness. He was born in Woodsville, N.H. January 23, 1944, the son of Frederick Oscar and Laurian (Grenier) Hatch. Frederick married Carlotta "Tucky" Shull on July 14, 1979 in the Parish of Jefferson, State of Louisiana.

Fred graduated from Woodsville High School and served three years in the United States Army, one year overseas in South Korea and the remainder of the time in Fort Benning, Georgia. For 41 years, Fred was the Superintendent/Foreman for various asphalt paving companies in Connecticut, New Hampshire, New York, Louisiana, and Vermont. Fred received an award from the State of Louisiana for his excellence in paving.

In 1984, Fred, Tucky and son Sean returned to Vermont to be close to the family. He attended the St. Rose of Lima Catholic Church in

South Hero, VT. Fred liked to fish, being around family and his very dear friends. Fred was always looking out for others and touched many, many lives over his lifetime. He would go without himself to help a friend in need.

He was predeceased by his father, Frederick Oscar Hatch on September 21, 1946; his wife, Carlotta "Tucky" Hatch on July 4, 1989; a sister, Margaret (Hatch) Roy on April 22, 1989; a nephew, Gene Smith, Jr. on December 17, 2010; and his friend and brother-in-law, David Bone, Sr. on August 29, 2010.

Survivors include his son, Sean Frederick Hatch of Conway, Arkansas; his mother, Laurian Phetteplace of North Haverhill, NH; a sister, Marjorie (Hatch) Bone of South Ryegate, VT; a brother, Gilbert Daniels; and sister, Rachel Clough and husband Roy, all of Woodsville, NH; several aunts, uncles, nieces, nephews, and a wonderful circle of dear friends too nu-



merous to list.

A Mass of Christian Burial was celebrated on Saturday, August 6, 2011 at 10 a.m. at St. Rose of Lima Catholic Church in South Hero, VT with Rev. Joseph Lively officiating. There were no calling hours at Fred's wishes. Graveside service with military honors was held on Saturday, August 6th at 3 p.m. at the Groton Village Cemetery on Scott Highway, Groton, VT with Rev. Jeffrey P. Statz offering committal prayers. In lieu of flowers, memorial contributions may be made to the American Cancer Society, 121 Connor Way, Williston, VT 05495. Arrangements are with the LaVigne Funeral Home and Cremation Service, 132 Main St., Winooski, VT 05404. Online condolences can be sent to lavignefh@comcast.net.

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

There is a lot going on in the District and the summer has flown by—hard to believe it's almost over. Even though I am busy with constituent issues, I manage to stay involved in various organizations of which I am a volunteer or board member.

A typical week includes meetings, parades, events, and volunteer work. For example, in the last week or so I provided transportation for a "neighbor" to her doctor's appointment as a volunteer for Community Caregivers of Meredith, Moultonborough and Center Harbor. I enjoy taking the time to help this non-profit volunteer organization that is doing its part to meet the increasing needs of the elderly and vulnerable citizens in these difficult times.

While I waited outside for my neighbor to see her doctor, I caught up on my reading relative to the hospitals who filed suit against the Commissioner of the NH Department of Health & Human Services. It is interesting to note that, although in the press the hospitals are talk-

ing about the \$200 million reduction in uncompensated care made in the 2012-2013 budget, the lawsuit is actually over cuts made to provider payments made in 2008. It is unfortunate that the confusion is clouding public debate, but I hope that ongoing discussion with the hospitals, Legislature and public will produce long-term solutions.

To that end, I had an opportunity to meet with folks from Lakes Region General Hospital who want to work with the Senate so that we can avoid costly litigation. I sincerely appreciate their willingness be part of a solution that will benefit everyone.

The next day I spent the morning in Concord catching up on paperwork, in the afternoon I met with folks on the proposed Northern Pass Transmission project, and ended the evening meeting with a fellow board member to work on a marketing/promotion plan for the long-term financial health of a non-profit organization for which we both volunteer.

I hosted a "Road Managers Roundtable" discus-

sion in conjunction with the UNH Technology Transfer Center in order to learn about the challenges our communities face with respect to state regulations and attended an economic development committee meeting where businesspeople are working to improve the business climate.

I co-hosted a fundraiser for the North Country Public Safety Foundation with Congressman Bass at The Common Man Inn. The funds we raised will be used to support public safety officers and their families in times of need. The NCPSF supports the police, firefighters, Emergency Medical Services and NH Fish and Game of Grafton and Coos Counties.

I hosted a tour of King Forest Industries and Precision Lumber (both in Wentworth) for Senator Kelly Ayotte and appreciated that the Senator wanted to learn more about these two mills and about the issues facing the industry.

During the campaign last year I spent a lot of time in the northern communities of District 2 learning about the economic importance of New Hampshire's forest-based economy. I toured saw mills, visited a manufacturer of log homes, met loggers and forest landowners, toured properties with foresters, visited wood-fired power plants, and attended NH Timberland Owner Asso-



John King, Jeanie Forrester, Senator Ayotte, Tom Thomson – King Forest Industries

ciation meetings. I came away with a full appreciation of how important this industry is to New Hampshire's economy. I learned that:

The economic value of forest-based components to New Hampshire's economy is \$2.259 billion annually (almost 4% of the Gross State Product);

Our forests support 19,561 jobs with a combined payroll of \$608 million;

Forest landowners received over \$30 million from the sale of timber in 2009, with \$3 million going back to communities in the form of timber tax;

Every 1,000 acres of New Hampshire forest supports 1.7 forest-based manufacturing jobs and 2.4 forest-based recreation and tourism jobs.

I also had the honor of introducing Senator Ayotte at a Town Hall Meeting in Haverhill, where she laid out the magnitude of our fiscal crisis

at a national level. One of the Powerpoint slides brought the magnitude of the issue down to everyday levels.

In FY2011 the spending estimate is \$3.63 trillion and the revenue estimate \$2.23 trillion.

The FY2011 deficit is \$1.4 trillion-\$1.6 trillion or \$11,900-\$13,600 per household.

Our total national debt is \$14.5 trillion or \$124,000 per household.

To put in it perspective, what can \$1 trillion buy?

Season tickets to the Red Sox for the next 59 million baseball seasons for a family of four or;

Three large Dunkin' Donuts coffees a day for the next 540 million years!

The week ended with a meeting with law enforcement to discuss legislative issues, arranging an event to thank my supporters, and participating in two Old Home Days events.

As I look ahead to the fall I will continue meeting with Selectboards in the District as well as following up with constituents on legislative issues.

As always, I enjoy hearing from you all so please do not hesitate to contact me with ideas, issues or events and meetings you would like me to attend. You can also sign up for my e-newsletter at www.jeanieforrester.com and fill out the form on the homepage.

Sincerely,
Jeanie

Speaker Of The NH House Speaks To The Good Ole' Boys & Girls

By Gary Scruton

The Speaker of the New Hampshire House of Representatives, State Rep. William O'Brien (R) from Mont Vernon, made a visit to the North Country on Monday, August 1. He was the guest of NH State Rep. Paul Ingbretson (R) of Haverhill, and spoke at the Good Ole Boys & Girls monthly meeting at the Happy Hour Restaurant in Wells River.

Speaker O'Brien was invited to speak about the recently concluded House Session, the state budget, and the effects on the business community. About 30 members of the group as well as visitors were on hand for the lunch and presentation. The speaker began by handing out a four page flyer entitled "Returning New Hampshire Values: a Session of Legislative Achievements". The speaker then gave more detail to some of

the items in the flyer.

The speaker stated that the newly passed budget would save each person in the state about \$412 over the biennium term of the budget. This translates to a reduction of some 17.8% This was combined with a budget that had no increase in taxes. The speaker did point out that some groups and individuals have complained about a particular budget cut. His response has been "if you want that budget increased, then where do you cut, or where do you increase taxes?"

In regards to education funding the Speaker commented that there would be no more donor towns (towns that send more to the state than they receive in state spending). He is also pushing for a State Constitutional Amendment to be sure that educational decisions are keep as local as possible. He

even noted statistics that indicate better education with local control.

A third major point from the speaker pertained to the State Employee Retirement program. Currently an employee can retire at age 45 with full benefits. The plan is to move that age to 52.5. This would help to alleviate some "double-dipping" that currently takes place. Several other reforms are in the plan to bring under control the unfunded liability which currently exceeds \$3.7 billion.

Several other points were touched upon by the speaker in his handout and his presentation. When the floor was opened to audience questions a new subject was broached. That was gambling in New Hampshire. The question was regarding a recent proposal that would include a casino in the Lincoln, NH area. The speaker



assured those in attendance that the suggestion of expanded gambling would be considered in future plans. He did note that in his opinion, gambling should be looked at without consideration for increased revenues for the state, but whether or not it was good for the local community.



**GOT AN
OPINION?**

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Let everyone know what you think & why.

Just be ready for one of our editors to respond.

Herbal Remedies For Pets

Our pets usually need more nutrition than is found in common commercial animal foods. Most pet stores are derived from low quality ingredients rejected for human consumption. Pet foods that are advertised as "Complete and Balanced" are regularly based on uncertain minimum nutrition requirements designed only for adequate health, not optimal health. We have come to accept canned and dried foods as being normal, but many vitamin and mineral nutrients are lost through "mix-master" processing that relies heavily on chemical additives to make the food palatable and the shelf life long. Veterinarians today are seeing an abundance of premature and chronic health problems that seem to stem from substandard, low quality, processed foods.

Chemical additives (many known to be toxic) can be legally included in animal foods. Some of the worst offenders, present in virtually every supermarket pet food include: sodium nitrate, red dye #40, BHA, BHT, MSG, sodium metabisulfite, artificial flavorings, propylene glycol and ethoxyquin. Salt is used as a preservative in pet foods, which can irritate the intestines and contribute to high blood pressure and heart disease in pets. Sugar is a frequent additive, and causes animal problems like hypoglycemia, overweight, nervousness, cataracts, tooth decay, arthritis and allergies, because sugar drains nutrients from the body. It is recommended to use chemical-free pet foods found in health food stores. Several veterinarians that use natural healing methods

on pets and advise us, feel that many of today's pet ailments are a result of chemical laced foods and environmental pollutants... just like people.

Animal's bodies rely on enzymes even more than ours. It's the reason some animals, even some whole breeds, tend to eat waste excrement – for the enzymes. Besides being the driving force behind all life processes, enzymes are responsible for keeping internal systems working. A lack of sufficient enzymes promotes degenerative disease. Almost all pet food is cooked, pasteurized, canned or micro waved, which means most enzymes are destroyed. Uncooked, whole foods contain enzymes, as well as vitamins, minerals and chlorophyll, so it is important to add some fresh greens and vegetables to an animal's diet.

Herbs and homeopathic medicines can help maintain pet health.

Herbal remedies have proven very effective for animal illness, and are successful as gentle, non-toxic aids in maintaining animal health. Herbs are, of course, food source supplements and can be used efficiently and easily by an animal's system. Natural therapies create an environment in which the animal's body can support its own healing functions, especially with the aid of a good diet. Both dogs and cats are comfortable taking herbs internally as pills, powders, teas and tinctures. The trick, is knowing how to give them quickly and with a minimum of fuss. Oftentimes they will lick and eat herbs as they do foods, or they will take them as

"treats." Be careful that the base/solidifying/emulsifying ingredients that you use for ointments, salves and other topical applications are safe for ingestion since most animals will try to lick them off.

HOW TO GIVE TINCTURES, EXTRACTS, SYRUPS AND LIQUIDS TO CATS AND DOGS:

Pry open mouth by firmly grasping the animal's upper jaw with one hand and inserting thumb and a finger in the gap between the teeth. Tilt the head back slightly. Most animals will relax their mouths slightly at this point so that you can pour the liquid with a spoon or dropper between the teeth, letting the liquid run down the throat. Stroke the throat to make the animal swallow. If there is resistance, wrap the animal in a towel, or get someone to hold it if it backs away. Teas and other therapeutic drinks, such as protein drinks or chlorophyll liquid in water, may be simply given in a bowl to be lapped up; both cats and dogs will usually drink enough of the mixture naturally throughout the day for the therapeutic effectiveness. If there is resistance, spoon or eyedropper it into the mouth. Always be gentle and speak positively during the process so the animal doesn't feel frightened and anxious.

HOW TO GIVE PILLS AND CAPSULES TO CATS AND DOGS:

Open the mouth as described above for giving liquids. Hold the pill between the thumb and the forefinger and keep the lower jaw pressed down with the other fingers. Quickly place the pill on the back of the tongue and push it as far back into the throat as you can. Hold the muzzle shut and stroke the throat so the animal will swallow.

** Remember that dosage for herbal and natural medications is by body weight, as it is for humans, animals seventy pounds and over can usually take the same amount as an adult human,

half doses for 30 to 65 pounds, quarter doses for 15 to 25 pounds, and eighth doses for babies and very small animals.

OVERCOMING ANIMAL ARTHRITIS

Arthritis and other joint problems are more common in dogs than in cats. Most cases could be prevented if female dogs are fed properly during pregnancy. Herbs can support body cleansing, detoxification and improvement of body chemistry; they can dissolve and flush out inorganic mineral deposits, and help replace them with non-mucous forming nutrients. Where serious inflammation is evidence that the animal is not producing enough natural cortisone, herbs are particularly effective for adrenal gland nourishment. Many herbs are high in vitamin C and organic silica for the rebuilding of healthy collagen and tissue. Even in advanced and chronic cases of pain, inflammation and joint degeneration, with major digestive disorders and attendant toxic syndromes of depression and exhaustion, diet and herbs can effect improvement.

ENHANCING YOUR PET'S SKIN, COAT & EYES

Unhealthy skin, coat and eye conditions are the most frequent problems of pets today, ranging from flea infestations to mange, eczema and dermatitis. Eye infections cause cloudy eyes, styes and itchy, mucous-clogged eyes. Many of these disorders are the result of a poor, unbalanced diet with no fresh foods for critical enzymes, contaminants from pest control sprays and pesticides, and environmental pollutants. A successful herbal skin formula should seek to address the cause of these problems by neutralizing acidity, improving digestion and elimination, adding hydrating elements, and healing damaged tissue.

Herbs are a good choice to help your pet in these areas as concentrated foods, they work at the deepest levels of the body

processes, where most skin, coat and eye problems occur and where they can be helped the most for the most permanent results.


GETTING RID OF PARASITES & WORMS

Animals are constantly exposed to parasites from fleas and ticks or from eating wild animals such as gophers and rats. A rundown animal with recurrent parasitic infestation indicates that immune resistance is low. Herbs can be a gentle, effective means of relieving parasite infestation. In our experience, the best method for expelling worms is to start by feeding a low fat, low carbohydrate diet for three days with no sweeteners or dairy products, to deprive the parasites of nutrients. Then put the animal on a 24 hour liquid diet with 1 tsp. of castor oil to clear the bowels. The next morning give herbal de-worming medicine. After an hour give another spoonful of castor oil and some slippery elm tea. Repeat the low fat and treatment for 3 days, adding oatmeal, garlic and honey syrup, acidophilus, and a little boiled fish. Check the stool for infestation at the end of a week and repeat if necessary another week. The worms will be weaker, and the animal's resistance much higher to remove remaining worms and eggs.

Overcoming Animal Arthritis: Kelp/Sea vegetables, Turmeric Root, Comfrey Leaf, Alfalfa Leaf, Nettles Leaf, Parsley Leaf & Root, Oatstraw, Barley Grass, Bilberry Berry & Leaf, Wheat Germ, Garlic.

Enhancing Your Pet's Skin, Coat & Eyes: Brewer's Yeast, Kelp & Sea Vegetables, Garlic, Marshmallow Root, Dandelion Leaf & Root, Miso, Fenugreek Seeds, Acidophilus, Spirulina, Lecithin.

Getting Rid Of Parasites & Worms: Butternut Bark, Slippery Elm, Fennel Seeds, Flax Seed, Tea Tree Oil, Pumpkin Seed, Black Walnut, Garlic, Thyme, Chlorella, Myrrh, Pau De Arco Bark, Echinacea.



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Melanie Osborne is the owner of Thyme to Heal Herbals 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

Deadlines for Herbal Apprenticeship running from September 2011 – May 2012 is September 1st.

SCARED SHEETLESS

By James Paradie

Do It Yourself Ghost Hunting: Volume 2 - Setting Up An Investigation

Last time we talked about getting set to get ready to go on your first ghost investigation. Whether with yourself and some friends or with a professional group, you're set and ready to journey into the darkness. But how can we go about getting an investigation all ready and set? And what about some steps to go through before you do your first ghost hunt? Well, here's some hints:

1. It doesn't hurt to ask around. Maybe you have a friend or a relative or a coworker that has a haunted residence. Those are the easiest to get, so try that first. I said last time you could try a cemetery, but if the person in charge says no, don't be discouraged. There's lots of cruel people out there who disrespect the sites. You may not do a thing like that, but they have to take precautions just incase. This may seem crazy to some, but I believe that just because someone is deceased doesn't mean that they don't have feelings, so if someone trashes their grave site, of course their feelings may become hurt. If not, then their families feelings will be hurt.

2. Set up a date and a time. Usually when NEPI goes, we set up to go there between 7 or 8 p.m. This isn't required by any ghost hunting law (I don't even think those exist), but set a time that's convenient for everyone (client and team together.) We all have lives, so sometimes we

need to collaborate on when's the best time for everyone. The bigger the residence, the bigger the need for more people. The smaller the residence, the less need for more people. Make sure to tell those interested though, because something may come up.

3. History is THE most important information piece to gather before entering a residence. Get names of past owners, if there's been any kind of death, and remember this one important lesson: History repeats itself even in death.

4. Before you leave, make sure you have all your equipment. Like I said last time, you don't need to go all out and buy the most expensive equipment. You can start out simple: audio recorder, digital camera, and flashlights are basically all you need. Flashlights are always important, because most of the investigating takes place in the dark.

5. When you get there, have the client take you through a tour of the residence and have them tell you what goes on there. Have your audio recorders handy, because when going over evidence later, this will be key, because what if someone says, "The old owner who died here is name (so and so)", then you hear someone saying that name on your EVP, then you will know you got something. I have a terrible memory, so that's what I do.

Some questions may

come up like "How much do I charge?" It's great to get money from doing an investigation, but most respectable ghost hunters do not charge for their services. Remember, most people do this as a hobby and not to get money from it. Charging for services is actually frowned upon in the ghost hunting community. Donations are acceptable though. We've even gotten a gourmet (well, almost) meal out of an investigation or two.

Okay, so you've gone through the whole details of what happens in the house, now it's time for the fun part... investigating! But we'll talk about that on the next edition, so make sure to bring some flashlights with you, because things are going to go pitch black! Until next time, this has been Scared Sheetless, happy haunting and keep it scary!

Check out more articles and scares at: scaredsheetlessncn.blogspot.com or email me at scaredsheetlessncn@hotmail.com and let me know what you thought of today's article.

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, White Mountain Shopper, and Trendy Times. His stories can also be seen on paranormalnews.com and mostlyghosts.com where he is a regular contributor.

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Why 4-H?

By Kathleen Jablonski,

4-H Youth Development Extension Educator

It's fair time. For most of you, that means going on some rides, eating "fair food", catching an ox pull or some great entertainment, supporting the games at the carnival and playing Bingo to support a local charitable organization. You might walk through the barns and get your annual fix of agriculture in action.

For me, it's an event 4-H'ers wait for every year: a chance to show off their projects, meet new friends and educate the public about 4-H.

Agricultural related projects are only one aspect of 4-H. They have been around since 4-H started in 1902 as a way to bring the research of the land grant university to the people of the state. Animal projects are carried on as a strong tradition in Grafton County.

When you walk into the dairy cattle barn or the sheep and goat tent, you see a bunch of kids running around with rakes and funky footwear cleaning up behind their animals. Or, you see 4-H'ers moving wheelbarrow loads of sawdust. As show day approaches, you see clippers being used and special attention being paid to the "topline" of the cow or the way the wool sets on the side of the ewe. You see goats getting milked or walked through a pack animal course to practice. You see dogs being walked and groomed before their show. You see some smiles, you see some tears, you hear an adult make a reminder and see a smile or a shrug as that 4-H'er goes off to do as requested.

What you don't see is why they are in 4-H. I spent some time this week asking our 4-H exhibitors, and their parents, why they chose 4-H over another youth organization.

Thursday, I literally walked around the animal exhibit areas at the North Haverhill Fair and asked the kids, "Why 4-H?" They gave me the look kids usually give me, but then I pressed them for answers. "I'm doing an article for tomorrow", I said, "why is 4-H important." Then, they'd grin, and tell me.

Piper Sherbert, 10, is brand new to showing dairy

goats. She told me, "It's fun in the summer. I wanted to get some goats and get started."

She went on to tell me she and her sister, Darby, attended a goat clinic a few weeks ago to learn all they could about showing. When I asked what was one thing she learned, her reply came: "You have to be careful with goats to tell if they're hurt or not ..."

Travis Cooke and Jacob Dalton, both age 16, show goats and sheep respectively. Why 4-H for them? Jacob's answer was "It's awesome." Travis went on to say, "It's fun. It provides you with some great opportunities and you get to meet new people."

Then I asked the hard question: What have you learned through 4-H that you wouldn't have learned in another experience? That gave them some pause. Jacob, after a couple of moments, said, "It's hard to say...it does help teach responsibility. It gives you tools to improve yourself." Travis added to the comments. "It gives you more life experiences. You learn things other people (peers) don't learn. You learn responsibility for your animals...and yourself."

Moving down the tent, I caught Catherine Kondi working with her goats. She got the same question. "It helps you interact with others. You learn new things. It helps you with everything. It covers it all...and makes you seem smarter at school. It's the little things you learn that help you in life."

All the 4-H'ers shared Aiden Cleaves', 15, and Will Patch's, 14, comments about meeting new friends and getting together with them several times a year at shows. They know these are lifelong friends. But, why 4-H?

"We educate the public about agriculture and the good things. I think the public believes us more than adults because we know our animals and the answers to their questions," Aiden shared. Will nodded as he spoke. Both live on and help with the family dairy farms. Will went on to say, "You learn to work with animals and how to

manage their behavior."

Ron Senecal, age 8, and first year showman told me to the "Why 4-H?" question, "I just do it. I get a premium. It's better for me because of the cows."

His mother, Holly Senecal, shared with me it's helping his ability to work with a group, to learn to manage his own behavior and to be responsible.

Helen Mae Metcalf, 16, feels 4-H "taught me to be a respectable person" as well as all of the animal science she needs to know to care for and show her cows. And, with a big grin, "I know how to wash a cow."

Brooke Clark and sister Lindsay show dairy cattle. The sisters agreed they've made friends, learned how to work together and how to work hard. Brooke said she didn't quite know how to say it. "You always have the same connections...these are people who think like me," referring to values and ethics of the kids around her in the barn.

Doreen Morris, 4-H alumni, mother of two 4-H alumni and one current member, was put on the spot when I asked, "What would be your 30 second elevator speech to someone about the value of 4-H?"

She sums it up nicely for the end of this article:

"The value of 4-H is they learn life skills, they learn how to work hard and be responsible for themselves and others. They educate the public about agriculture. They learn and teach about dairy farming and working steers (and other projects). If there wasn't 4-H, the public wouldn't be aware of farming."

So, that's "Why 4-H?"

For more information about Grafton County's 4-H Youth Development program contact us at 603-787-6944 or email: graffton@ceunh.unh.edu.

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