

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

MAY 29, 2012 VOLUME 3 NUMBER 17

Thoughts On Memorial Day

By Marianne L. Kelly

Reading the headlines one surely reaches the conclusion that war is human nature, it is at hopelessly epidemic levels and getting worse. We have become accustomed to seeing so many pictures of the ravages of war that I wonder if we haven't become a bit numb to the actual suffering of soldiers and civilians. Many believe that war is too profitable for some businesses to stop supporting, and helps keep certain governments and politicians in power, however there are an increasing number of people in America and worldwide who disagree with this premise and are taking steps to change it.

Each Memorial Day we gather as a nation to honor and pay our deepest respects to those who made the supreme sacrifice so that we can freely live our lives according to our beliefs. We

also honor those who returned home, many seriously wounded in body and spirit, for they too deserve no less than our gratitude and respect.

War not only bankrupts countries, but ravages families, neighborhoods, and individuals as well. My father was stationed on a Navy submarine in the South Pacific during World War II. My mother, who was pregnant with me, told me later that not having heard from him for months at a time, the family never knew if he was dead or alive.

I was a college student during the Vietnam era, many of my youthful friends either didn't come back or came back so broken they were hardly recognizable, and who paid a very high price for a politician's war. Today, while we are engulfed in Middle East conflicts, it is interesting

to note that our last legally declared war was WWII.

SOLDIERS FOR PEACE

There is currently a movie called "Soldiers for Peace," narrated by Michael Douglas, Bishop Desmond Tutu and others that crosses cultural barriers in Africa, helping everyone understand that war and peace are not something "others do," but something in which we are all participants. A group of religious leaders in Nigeria was able to persuade Christians and Muslims to sign a pact allowing each side to practice their religion and lifestyles safely and openly.

Despite what we see and hear through many selective media choices, our own American soldiers are a great source of pride in the quest for the kind of peace that will allow future generations to live without the constant threat of war.



The media doesn't hesitate to show us bloodletting atrocities complete with hyperbolic commentary, but rarely shows American soldiers in war torn countries like Iraq or Afghanistan playing and interacting with village children, helping build villages, helping people with water and food supplies, and sometimes being mediators between villagers and warring tribes.

These soldiers serve our country not only by rendering the enemy as impotent as possible, but also, more importantly, by attempting to promote understanding between two very different and distinct cultures, because they see it as "part of the job."

Back home in America, former warriors are actively engaged in their communities, and by example, teaching us how to become partners in

peace and prosperity through mutual cooperation, community involvement and education, rather than greedy, unprincipled adversaries fighting each other and those seemingly endless wars.

Their experiences led them to the profound understanding that peace cannot be attained with guns, nuclear weapons or political manipulation, and it is this understanding they constantly try to impart to the rest of us.

These service people, along with those who fell in battle, are our nation's unsung heroes, who also deserve to be honored each Memorial Day, and who in their very special way, help honor those who came home broken or never came home at all, and who help dry the tears of those families who lost precious loved ones in battle.

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The first ever Trendy Times Gubernatorial Forum was held at Horse Meadow Senior Center on Thursday, May 24. Democrat Jackie Cilley and Republican Kevin Smith accepted the invitation and spoke to a crowd of voters that enjoyed the format of questions and answers with no "debating". Moderator Everett Rust, School Moderator in Bath asked submitted questions and helped to keep the proceedings light. The sound systems, and this photo, were provided by Don Vogt of Audio Farms Productions. A crew from Kingdom Access Television was also on hand and should begin airing the forum on cable in late May or early June. You can also watch the entire proceedings by visiting their website: www.katv.org

Plant & Seed Drop, Swap & Sale To Benefit The St. Johnsbury Community Farm Project

The St. J. Food Co-op welcomes St. J. ALFA (Area Local Food Alliance) in collaboration on the annual Plant and Seed Drop, Swap and Sale beginning on Friday, June 1st at the St. J. Food Co-op located at 490 Portland Street, St. Johnsbury. Community members are encouraged to visit the co-op with houseplant cuttings, annuals, perennials, seeds, mulch, soil, tools and all other things garden-like for donating, swapping or selling. The co-op will begin to accept donations of any of these items on Thursday, May 31 until 7pm and continue accepting and selling through Friday June 8 or until supplies run out.

"We have changed the model of our sale a little bit" explains Co-op Education

and Outreach Director and Vice-Chair of St. J. ALFA, Melissa Bridges. "In recent years people have been disappointed to miss the sale on one day only. We found if we keep plants available people will continue to swap and buy. This generates more funds for the Community Farm project."

Each year the co-op chooses a local organization to benefit from the sale. Recent beneficiaries have included The St. Johnsbury Farm to School project and the St. Johnsbury School garden. This year's recipient is the St. Johnsbury Community Farm which is located on Old Center Rd. in St Johnsbury. This entirely volunteer project is managed by St. J. ALFA. Individuals and groups are invited to work at

the farm at any time they can or during a regularly scheduled work party. The next party is scheduled on Saturday June 2. Donated plants will be planted at that time.

If you are interested in knowing more about the Plant Sale, the Community Farm project, St. J. ALFA or the St. J. Food Co-op call 802-748-9498 or email info@stjfoodcoop.com.

The St. J. Food Co-op is a cooperatively-owned food store for the community offering fresh, local, organic foods. Everyone welcome to shop. Everyone welcome to join.

Store hours: Sunday 11-4; Monday - Wednesday and Saturday 9-6; Thursday and Friday 9-7.

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State Of Vermont Recognizes Koasek Abenaki Nation ³ Of Haverhill, New Hampshire And Newbury, Vermont

On May 7, 2012 Governor Shumlin signed bill S126 Into law giving full State of Vermont Recognition to the Koasek Abenaki Nation located in Newbury, Vermont and Haverhill, New Hampshire. "It has been a long trail of tears and hard work that has spanned over twenty years of my life," stated Chief Nancy Millette Doucet. "Tears are what make the people strong," noted Trudy Parker, Tribal Elder and author of Aunt Sarah. "Now we can pass on to the children pride in who they are and they will keep our heritage alive!" Chief Millette Doucet looked at Governor Shumlin after he signed the bill and asked "this time it is real? This time it will not be taken away again?" Governor Shumlin hugged her and said, "this time it is forever and it is real!" The audience that spanned across the front lawn of the capital thundered with applause.

Governor Shumlin stated in his family they were not allowed to say in public that they were Abenaki or Indian. Recognition was a movement he stood strong on seeing established for years as a Senator and on May 7th he took great pride in signing the bills into law which now recognized four Abenaki Tribes in Vermont. Nulhegan

Coosuk, in Newport / Derby Line area, El NU in Southern Vermont (they were granted recognition last year) and now Koasek of the Koas in Newbury and Haverhill as well as Missisquoi St Francis Sokoki in Swanton, Vermont. The four Tribes are commonly known as the "Abenaki Alliance" after they signed unity agreements a few years ago.

The Recognition application was designed to insure that each tribe applying for recognition proved without a doubt to be Abenaki. Years of research with Archeologists, Anthropologists, documents backing up genealogy and oral history, ancient maps and records right up to present time spanning in some cases over 300years proved the criteria set by the State that each of the four tribes were differently factual and worthy of State Recognition. The Koasek Tribe included also DNA Tests that were done with the Spencer Wells National Geographic Family study that works with Indigenous People worldwide.

"We have about 100 families in this area who are citizens of the Koasek of the Koas Abenaki Nation," stated Chief Millette Doucet. "These families have been here well over 300 years and are well documented with genealogy

completed as well as family history, oral traditions and in some cases carrying on traditional methods of living that set the Abenaki apart from others." Genealogy along with all the historic documentation was scrutinized by a panel of scholars, the Vermont Commission on Native American Affairs, the Senate and the General House committee before it was signed by the Governor.

Chief Nancy Millette Doucet has worked tirelessly for over 20 years gathering documentation and proof of the rich history of her people in Newbury and Haverhill. She started working with Chief Homer St Francis on the long road to recognition in 1993 and has never stopped. The Koasek Tribe has proven without a doubt there has been a working tribal community in this area through out time. "Some people have claimed that we

are a new found tribe," explained Chief Millette Doucet, "When actually we have always been well centered and known. A few years ago we held out a hand to another group based in MA to join us. We soon found out that there is a huge difference between the culture here in the Koas then with others and we turned our backs and closed the door. The Koasek culture is a unique heritage and cultural difference to others."

What recognition does for the Koasek People goes way beyond allowing the arts and crafters to use AU-THENIC identity which is mandatory by Federal Arts and Crafts Laws on their Abenaki Made crafts but it instills a great pride that at last they are real. Recognition

also entitles schools that have Abenaki children to apply for Title VII, children in the foster care programs can be protected by the Indian Child Welfare Act, Minority Grants and Scholarships for college and other federal programs. It is not the same as Federal Recognition which would include land claims but the Abenaki of the Koas was not interested in land claims or a casino or any other grandiose venture. "We simply wanted to have pride and proof we are who we say we are. We simply wanted a better life and to give our children the rights they deserve", stated Chief Millette Doucet. "It has been a long journey but at last we are NAWHILA! HOME!"

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

March 20, 2012 Volume 3 Number 12

Dale Carnegie® Training Returns To Littleton, NH

Littleton, NH, May 2012 – Due to the high demand for more Dale Carnegie Training in Littleton, a wide variety of training and development courses will be held this summer. More topics in the New Reality Series of the World Famous Dale Carnegie® Courses are being offered.

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HANDLING COMPLAINTS THURSDAY, JUNE 7, 2012

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9am to 3pm
(Lunch provided by Blue Mt. Grange)
Meet at Blue Mt. School Parking lot
If you use the Wells River Conservation Trails
Please help us keep them in good shape
If you have never been on them come join us and learn about this great local trail system
That offers 5 miles of trails exploring the Wells River Valley
National trails day is first Saturday in June, this is the day when trails groups all over the country will get together to do their spring cleaning on their local trail networks.
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Tenney Library Hosts 2nd Annual Tenney Fest

Frank Bryan, the noted Vermont scholar, teacher, writer and humorist, will be the guest speaker at the 2nd Annual Tenney Fest on June 2nd. Dr. Bryan is returning to Newbury, his native home, to speak on "It Takes a Village..." at 1pm at the Tenney Memorial Library, Newbury VT.

Frank Bryan is the John G. McCullough Professor of Political Science at the University of Vermont where he has taught since 1977. Bryan is known throughout New England both as a humorist and a serious scholar. Among the books he has written are Real Democracy: The New England Town Meeting and How It Works; The Vermont Papers: Recreating Democracy on a

Human Scale (with John McClaughry); and Real Vermonters Don't Milk Goats (with Bill Mares). He has been chosen "one of New England's leading humorists" by Yankee magazine; and the Boston Globe credited him with writing "one of the most original political analyses ever written about New England."

In addition to his numerous credits, Dr. Bryan graduated from the Newbury Graded and High School. In 2004, the Newbury Elementary School honored one of its most illustrious graduates with an honorary Doctor of Letters (all 26 of them). The Vermont Commons writes, "Frank Bryan is the real Vermont, the enduring Vermont, the Vermont of Robert Frost and George Aiken, who explained that 'Some folks just naturally love the mountains, and like to live up among them where freedom of thought and action is logical and inherent.'"

Bryan's talk is in conjunction with the Tenney Memorial Library's annual Tenney Fest. A celebration of the library and its community, Ten-

ney Fest features a fine homemade picnic and ice cream sundaes, local musicians, a used book sale, and a large silent auction. Besides numerous certificates and items donated by local businesses, offerings include an aerial tree adventure, fine arts, antiques, local woodworkers' creations, a poem written for your special occasion, a gourmet dinner for four, and a guided kayak or hiking trip, and much more.

The Tenney Fest, on June 2nd, runs from 9am-2pm with coffee and muffins starting the day. The picnic is from 11am-2pm. Bidding at the silent auction closes at 1pm with winners announced at 1:45. Music is by Brian Emerson and the Muddy Roads. Tenney Library is on Rt. 5, Newbury VT.

Contact:

Catherine Kidder
Tenney Memorial Library
Trustee
Coordinator Tenney Fest
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West Newbury VT 05085
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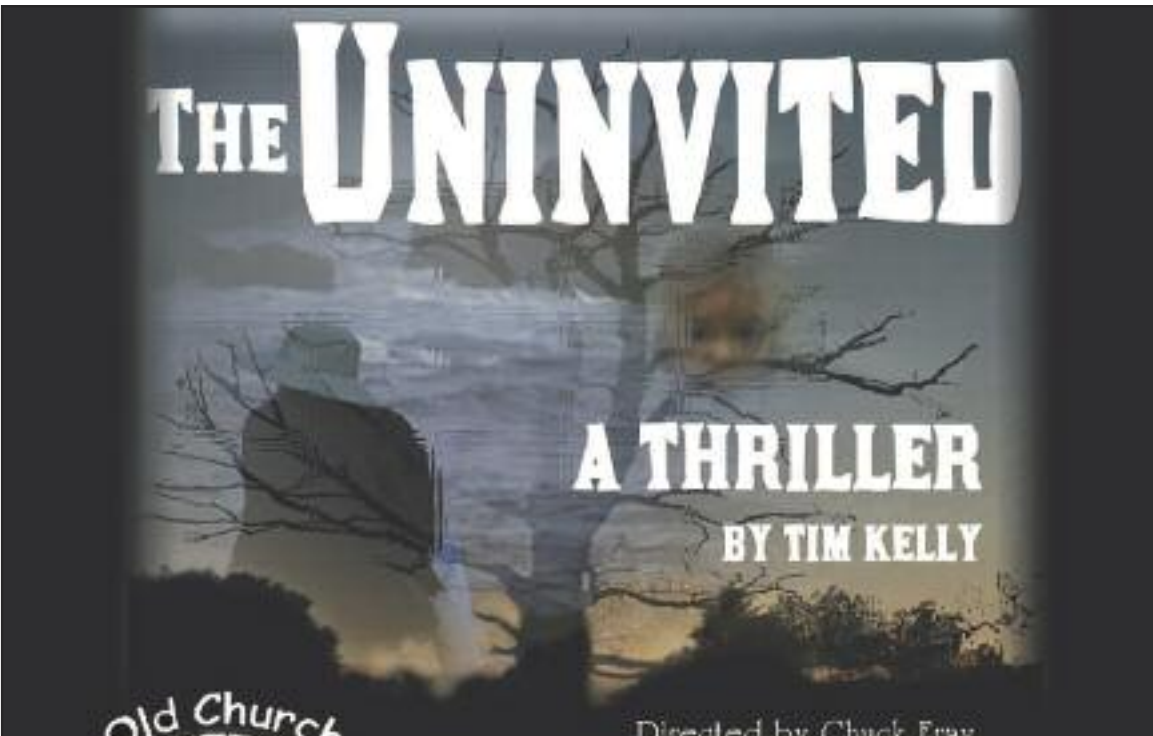
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North Country Psychologist Runs For NH Senate District 1



non-profit settings, and public service. Besides her clinical care in family practice, behavioral medicine, and trauma work, she is known for her invention, a specialty in home improvement helping people sustain and strengthen their relationships while building or renovating their homes, an approach that has achieved international acclaim. As a founding officer of the North Country Home Builders Association, she has organized and led free professional development workshops in Lancaster for housing trades and is acutely aware of the economic pressure on business throughout the North Country, which is the central focus for her efforts.

While a doctoral student at Bowling Green State University, she was twice a National Institute of Mental Health Fellow. At the University of Rochester Medical School where she was an intern, Dr Warner also played on the university's men's hockey team. In her career here in New Hampshire, Dr

Warner was appointed by the Governor and Council to the Vocational Rehabilitation Advisory Board and most recently to the licensing Board for Mental Health Practice. She also has a background in law enforcement; while in state service at the Department of Corrections as Chief of Mental Health, Dr Warner attended the Police Academy and was valedictorian of Corrections Class #49. Dr Warner is the only Republican who has announced running for the seat.

About her vision for the North Country, Dr Warner looks to support the local initiatives and rally state resources to propel targeted initiatives forward that are locally developed for strategic

recovery. "We need infrastructure and also access to markets." Dr Warner has experience in developing legislative solutions that are bipartisan across diverse polarities and is prepared to apply those skills to the needs of the North Country in its legislative concerns and regulatory simplification.

Dr Warner notes that she is "prepared to step into the path forged by Senator Gallus across the district and to Concord to get things done. Senator Gallus has been an example of service and presence that I hope to follow."

More information may be found at www.Warner4Seante.com

Dr Deborah Warner, a psychologist, has announced she will run for NH Senate District 1, which covers northern Grafton and all of Coos counties. Dr Warner is concerned with economic recovery for the North Country and protecting our sustainable local resources. She has been practicing in the North Country providing services throughout the district for 22 years. She has worked in private business,

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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!

SUNDAYS

CRIBBAGE TOURNAMENT

1:00 PM
American Legion Post #83, Lincoln

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill

MONDAY/THURSDAY

NCYMCA WALKING CLUB

6:30 PM
Woodsville Elementary School
Every week until next September.

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

WEDNESDAYS

BINGO

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

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM
Horse Meadow Senior Center, North Haverhill

WEDNESDAY, MAY 30

NEVER TOO OLD TO PLAY

1:00 PM – 6:00 PM
OSIP Newbury

JUNE 1 – JUNE 8

PLANT & SEED DROP, SWAP & SALE

St. J Co-op, 490 Portland Street, St. Johnsbury
See article on page 2

JUNE 1 - JUNE 17

LUPINE FESTIVAL

Various times and locations
See ad on page 7 and article on page 10

FRIDAY, JUNE 1

EAT, DRINK & MUSICAL

7:00 PM
Alumni Hall, Haverhill Corner

SATURDAY & SUNDAY

JUNE 2 & 3

ANNUAL LUPINE FESTIVAL

ART SHOW & SALE

10:00 AM – 4:00 PM
Sugar Hill Meetinghouse

SATURDAY, JUNE 2

BOOK AND BAKE SALE

8:00 AM – 3:00 PM
Patten Library, North Haverhill

HOSPICE WALK-A-THON

8:00 AM Registration
9:00 AM Walk Starts
North Country Home Health & Hospice Agency

GIANT FLEA MARKET

9:00 AM – 3:00 PM
St. Luke's Parish Hall, Woodsville

TENNEY FEST

9:00 AM – 2:00 PM
Tenney Memorial Library, Newbury
See article on page 4

PLANT SALE

9:00 AM – 1:00 PM
Franconia Heritage Museum
See article on page 7

VSECU SHRED SATURDAY

9:00 AM – 1:00 PM
481 Summer Street, St. Johnsbury
See article on page 17

TASTE OF THE LUPINE FESTIVAL

11:00 AM – 2:00 PM
Sugarhill Meetinghouse
See article on page 7

UPPER VALLEY BEE CLUB DISEASE INSPECTION WORKSHOP

12 Noon - 2:00 PM
Call 802 333 4571 for directions

SUNDAY, JUNE 3

BOOK AND BAKE SALE

10:00 AM – 4:00 PM
Patten Library, North Haverhill

CONCERT WITH PINE HILL SINGERS

4:00 PM
Sugarhill Meetinghouse

MONDAY, JUNE 4

GOOD OLE BOYS MEETING

MEET THE CANDIDATES

12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JUNE 5

NH STATE VETERANS COUNCIL

REPRESENTATIVE

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JUNE 6

3 RIVERS BUSINESS ASSOCIATION

MONTHLY MEETING

8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, JUNE 7

UPSTAGE PLAYERS AUDITIONS FOR "1776"

6:00 PM – 9:00 PM
Methodist Church, Main Street, Littleton

FRIDAY, JUNE 8

THE UNINVITED

7:30 PM
Old Church Theater, Bradford
See ad on page 4

SATURDAY & SUNDAY

JUNE 9 & 10

ANNUAL LUPINE FESTIVAL OPEN - AIR MARKET

10:00 AM – 4:00 PM
Over 40 vendors & Local businesses, Sugarhill

SATURDAY, JUNE 9

BRADFORD CONSERVATION

COMMISSION RACE

8:30 AM Registration
9:00 AM Start
Bradford

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 6:00 PM
Railroad Park, Woodsville

FOLK & BLUEGRASS CONCERT

1:30 PM
Sugarhill Meetinghouse

THE UNINVITED

7:30 PM
Old Church Theater, Bradford
See ad on page 4

SUNDAY, JUNE 10

JAZZ CONCERT WITH MAPLE LEAF SEVEN

1:30 PM
Sugarhill Meetinghouse

UPSTAGE PLAYERS AUDITIONS FOR "1776"

2:00 PM – 5:00 PM
Methodist Church, Main Street, Littleton

THE UNINVITED

4:00 PM
Old Church Theater, Bradford
See ad on page 4

MONDAY, JUNE 11

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

TUESDAY, JUNE 12

LUPINE FESTIVAL'S

ANNUAL SWING & SWEETS

7:30 PM – 9:00 PM
Indian Head Resort, Lincoln

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, June 7th for our June 12th issue.

1st Annual Taste Of The Lupine Festival

Sponsored by: The Franconia Notch Chamber of Commerce.

Saturday: June 2
Sugar Hill Meetinghouse
Rain or Shine and the
Tasting is Inside!
11 am – 2 pm

A new event has been added to the Lupine Festival Schedule. On Saturday, June 2, from 11 am to 2 pm; join us at the Sugar Hill Meetinghouse for what we hope will become an annual tradition: The Taste of the Lupine Festival. If you have always wanted to try the foods at one of our area restaurants, inns, businesses – this is your chance. We are going to have a wonderful assortment of chefs sharing tasty bites with you – all types of foods providing you with the chance to sample from several businesses at one time! If you have a Lupine Festival Tour Book, you have free admission for two adults to this event. We'll have Lupine Festival Tour Books on hand if you wish to buy one, or the fee is \$3.00 per person (free admission for children under age 6). All proceeds from the Lupine Festival Tourbook sales go towards future Lupine Festivals and benefit the Franconia Notch Chamber of Commerce.

The Little Grille at the Depot of Littleton is coming with their Brazilian influence.

Their restaurant offers specialty nights to give them a unique flavor. Have you tried Wednesday's Italian Rodizio, a constant service of a variety of Italian dishes or perhaps you prefer their Saturday night theme of Seafood with a variety of seafoods prepared in a variety of ways. On Friday and Saturday nights, they offer Brazilian Style BBQ, where they serve all their roasted meats over the open fire at table side. Three popular dishes from those BBQ nights are Brazilian Rice & Black Beans, Chicken Wrapped in Bacon, and Steak wrapped in Bacon. On Saturday, June 2, they are bringing a taste of those 3 wonderful entrées to the Lupine Festival giving all of us the opportunity to try a taste of their Brazilian BBQ.

The Adair Country Inn & Restaurant from Bethlehem is also joining us at this new event. Chef Orlo Coots is bringing Chicken Adair. A Boneless Chicken Breast stuffed with Harman's Cheese and North Country Smoked Ham. He developed this dish 10 years ago as a way to utilize the great local ingredients available in the North Country of New Hampshire. It is a simple, yet elegant presentation to showcase the two flavoring ingredients. He is also bringing tastes of their Milk Chocolate Peanut Butter

Tart. It is one of the trio of items on the Adair's Chocolate Extravaganza dessert along with Bittersweet chocolate heart and White chocolate almond mousse. The tart is made with a peanut butter crust, filled with a light and airy peanut butter mousse and it is topped off with a decadent milk chocolate ganache topping. It is then drizzled with caramel sauce for another layer of flavor. Do we have your mouth watering yet?

Those are only two of the culinary participants you will find at this wonderful event. Littleton Food Cooperative, Sunset Hill House, Sugar Hill Inn, The Beal House Restaurant Inn, White Mountain Gourmet Coffee, Chang Thai Café, Dutch Treat Restaurant & Grill and Bishop's Homemade Ice Cream are some of the other businesses that are preparing tempting dishes for you to taste. And just across the road at the Sugar Hill Carolina Crapo Building, you can take in the annual Lupine Festival Art Show and Sale and enjoy luncheon treats from The Littleton Raccoons 4-H Club.

Visit www.franconia-notch.org or www.HarmansCheese.com/lupine for more information on the activities and events of the 19th Annual Fields of Lupine Festival. The Festival starts Friday, June 1st and goes through Sunday, June 17th.

Franconia Heritage Museum's Annual Plant Sale

Franconia, NH. As part of the Lupine Festival, the Franconia Heritage Museum will hold its Annual Plant Sale on Saturday, June 2 from 9 am to 1 pm. A colorful variety of annuals and perennials, plus herbs and vegetables will be available at reasonable prices.

We welcome donations of plants from local gardeners. If you are thinning out, dividing or looking for new homes for excess plants, think of us! Donations for the plant sale can be brought to the museum and left in the side yard behind the chairlift swing.

During the plant sale, tickets for the Lupine Festival Raffle will be available. More than 30 generous businesses have donated

great prizes for this raffle. Tickets are \$2 each or \$5 for three. The drawing is Sunday, June 17th 1 pm at the Dow Field Bandstand. You need not be present to win.

Franconia Heritage Museum is open Fridays and Saturdays 1-4 pm May 25 through October 27, and other times by request. In addition, as part of the Lupine Festival, we will be open 1-4 pm Tuesday, June 5 and Tuesday June 12. Stop by to enjoy a piece of Frankie Parker's Sponge Cake – this year's heritage recipe chosen from Dow Academy's 1903 My Alma Mater Cookbook.

For more information call 603-823-5000 or email heritagemuseum@myfairpoint.net.

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**19TH ANNUAL
FIELDS OF LUPINE FESTIVAL**

June 1-17: Art Show, Concerts, Inn Tours, Unique Events
June 2: New Event – Taste of the Lupine Festival
June 2-3: Annual Art Show & Sale
June 12: Swing & Sweets with the Swing North Big Band
Lupine Festival Open Air Markets
Rain or Shine
June 9-10: Sugar Hill Meetinghouse
June 16-17: Dow Field, Franconia

Over 30 Vendors – Something for Everyone!
Artisan Demonstrations, Local Businesses, Luncheon Entrées
Seminars & Workshops at Sugar Hill Market
Basketry, Digital Photography, NH Wildlife, Local Authors
Free Market Concerts
1:30 pm: Rain or Shine
Saturday, June 9: Folk & Bluegrass with Uncommon Folk
Sunday, June 10: Jazz with Maple Leaf Seven



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www.FranconiaNotch.org or
www.HarmansCheese.com/lupine

Thank You

We, the family of Gene R. Gadwah, wish to thank each and everyone who has expressed their sympathy and understanding to us during Gene's sickness and his passing. Whether it was a visit, a phone call, prayers, or any other act of kindness, we deeply appreciate it. Special thanks go out to Dr. Steve Genereau and Dr. Ronald Kubica and their staff for all the help and understanding which was given to us during this difficult time. The understanding and assistance we received from Hospice and Dr. Genereau made it possible for Gene to be at home for his last days on earth. Ricker Funeral Home's help and assistance will never be forgotten. The luncheon provided by the ladies of the Woodsville Methodist Church was wonderful. And a very special Thank You to Pastor Sue Ellery for the wonderful tribute at his memorial service. All these acts of kindness and those not mentioned will always be fondly remembered.

Gail Gadwah • Skip and Wendy • Lisa and Mike Terry and Bruce • Peter and Angel • Lynn and Diane
And All Their Families

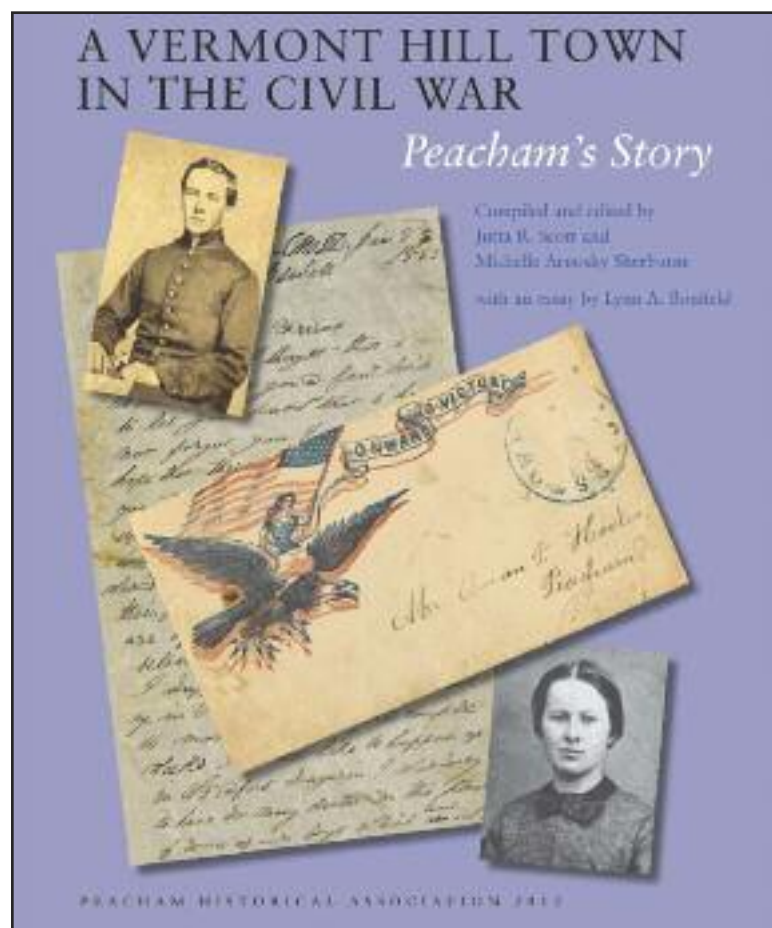
Peacham Historical Association Celebrates Publication Of Town's Civil War History

PEACHAM, VERMONT – In commemoration of 150th anniversary of the Civil War, the Peacham Historical Association recently published "A Vermont Hill Town in the Civil War: Peacham's Story" edited by Jutta R. Scott and Michelle Arnosky Sherburne, with an essay by Lynn A. Bonfield.

The book records Peacham's contributions and sacrifices of the soldiers and families and depicts a rural New England town's role during the Civil War. Drawing from scores of letters, diaries, memoirs, and photographs, this book vividly tells the story of the men from Peacham, who went to war, and their families who endured life without them on the home front.

When the Civil War broke out in April 1861, Peacham was a prosperous hill town with small family farms and a population of 1,247. The town's response to the start of the Civil War was immediate. During the first year of the war, 55 Peacham men enlisted. In all, 165 Peacham soldiers fought for the Union at Lee's Mill, Antietam, Gettysburg, the Wilderness, Cold Harbor, Cedar Creek, Petersburg, and in many other battles. The war took a heavy toll among the young recruits: 16 Peacham soldiers were killed in battle or mortally wounded; five perished in Confederate prisons; and disease took the lives of 27 men.

Previously unpublished letters, diaries, personal recollections, and photographs provide insights into soldiers'



experiences during the war. The book also features 1864 and 1865 war diaries penned by a Peacham soldier in the 11th Vermont Regiment and the memoir of a cavalry soldier's harrowing experiences in the infamous prison at Andersonville, Georgia. It also summarizes the memoirs of the town's youngest soldier, 15-year-old Turrell Elkins Hariman.

Adding further detail to this comprehensive history of a Vermont town in the Civil War, biographical sketches chronicle the lives of all 169 Peacham men who served the Union.

The book blends narrative with a rich array of period pho-

tographs and images gathered from the Peacham Historical Association's collections, several Vermont depositories, national collections, and private sources.

The Civil War was not won on the battlefield alone; those on the home front made vital contributions as well. The book looks at the contributions and sacrifices of the women and men who stayed behind.

A Vermont Hill Town in the Civil War: Peacham's Story is now available for purchase at the Peacham Library and the Peacham Corner Guild, and online on PHA's website: peachamhistorical.org. Paperback \$25; hardcover \$35 (available in late July).

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In Times Past

The Bradford Public Library announces the publication of Larry Coffin's book, In Times Past: Essays from the Upper Valley, Book Two. The 22 essays included in the book were first published in Bradford's Journal Opinion. For the book they have been enhanced with additional materials and illustrations. The essays describe local regional institutions such as town libraries, schools, movie theatres and band concerts. Some of the essays deal with local agriculture, mining and logging as well as population changes and political movements in the area.

Coffin, who is president of the Bradford Historical Society, selected material for the essays from the history of towns on both sides of the Connecticut River from Thetford and Lyme to Woodsville and Groton. The themes chosen depict the common characteristics of area towns as well as their distinct differences.

The cover of the book was donated by nationally-recognized illustrator Bert Dodson of Bradford. The soft-bound edition was designed by Monique Priestly of Bradford and printed by Whitman Communications of Lebanon.

As with the first volume, proceeds from the sale of the book will be donated to the Bradford Public Library to en-

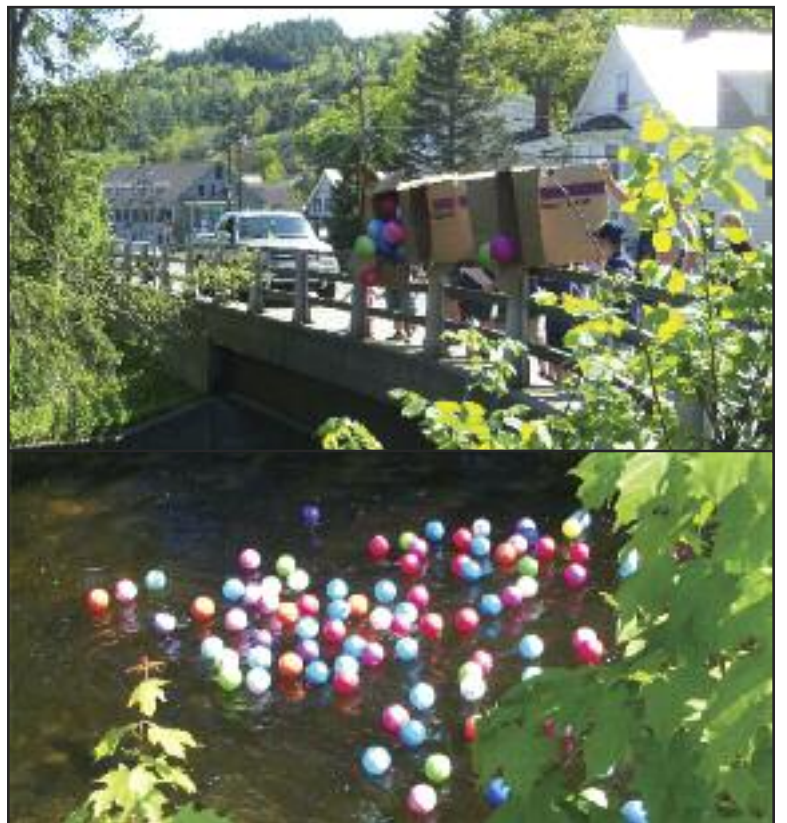
hance its programs and facilities. Portions of the income from the first book were used to create a local history research center including the purchase of a new microfilm reader and computer. This allows patrons to access the library's old newspaper microfilm collection.

The book is available for a \$20 donation to the library. Books are available at the library, Farm-Way, the Bradford Town Office, the Journal Opinion office, North of the Falls, the Bradford branch of the Merchants Bank, the Piermont branch of the Woodsville Guaranty Savings Bank, and the Bradford, Fairlee and Newbury branches of the Wells River Savings Bank. Mail orders for the new book may also be sent to Larry Coffin, P.O. Box 490, Bradford, VT 05033. Include a check for \$24, made payable to the Bradford Public Library.

For more information contact Larry Coffin at 802-222-4423 or lccoffin@charter.net

2nd Annual RBRR And The Winners Are

- 1st Prize: \$300
Julius Tueckhardt, Jr.
- 2nd Prize: \$200
Jim St. Jean
- 3rd Prize: \$100
Ed Bouchard
- 4th Prize: \$50
Doug Murray
- 5th Prize: \$50
Liz Shelton



The 3 Rivers Business Association thanks Haverhill Pack 152 for their assistance. Also many thanks to those that bought tickets. Proceeds are going to the Cub Scouts & The 3RBA Scholarship Fund. Pictures courtesy of Jodie Maccini.

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19TH ANNUAL FIELDS OF LUPINE FESTIVAL

June 1-17, 2012

*Franconia, Easton, Sugar Hill, Littleton, Lisbon, Bethlehem,
Lincoln, North Woodstock, Whitefield*

The 19th annual Fields of Lupine Festival sponsored by the Franconia Notch Chamber of Commerce is coming soon. Each year the Festival works to have a schedule of events to complement the fields and back roads of blooming lupine.

The Festival starts on Friday, June 1 and continues through Sunday night, June 17. You will find favorite traditional events from past years mixed in with some exciting new events. Mittersill Alpine Resort, The Adair Country Inn, The Franconia Heritage Museum, The Horse and Hound Inn and the Sunset Hill House will host historical tours with refreshments throughout the Festival as they have in past years. This year, Peckett's on Sugar Hill is going to treat Lupine Festival visitors to tea on the patio on Saturday, June 9; a wonderful opportunity to learn about this grand hotel of the past that was the locale of the first ski school in America. Saturday, June 2, Coldwell Banker LinWood Real Estate is hosting a Parade of Homes: a self-guided tour with an invitation to stroll through some of our area's unique private homes. Coldwell Banker has set up this wonderful opportunity with the home owners and they are donating 100% of the ticket proceeds to the Lafayette Recreation Department.

The Annual Lupine Festival Art Show & Sale takes place on June 2-3 at the Sugar Hill Carolina Crapo Building. Come visit this Cel-

ebration of Nature through Art. You will find artists and fine craftsmen from around New England demonstrating and displaying their work in numerous mediums: watercolors to stained glass to paper art to fine jewelry. If you get hungry, while you are checking out the Festival Art Show, the Littleton Raccoons 4-H Club will be serving a lunch of vegetarian chili along with other delicious snacks. Stop in to support our local 4-H club during this event. You'll find some familiar events going on that weekend as the horse-drawn wagon rides will be taking place up at The Sugar Hill Sampler and the festival-within-a-festival will be taking place at The Rocks Estate on Saturday, June 2. The Rocks Estate has some wonderful activities and a wild edible luncheon lined up for their Wildflower Festival. Also on June 2, you can take in the North Country Home Health & Hospice's Walk-a-Thon, the Franconia Heritage Museum's Plant Sale, Plough Wind Antiques Yard Sale, visit with some of Harman's Cheese suppliers sharing space on the lawn with the Woodsville Guaranty Savings Bank Cash Cow, or join others in the evening at the Sugar Hill Inn for a White Wine Tasting.

We're excited to offer a new event at the Festival this year. On Saturday, June 2, from 11 am to 2 pm, join us at the Sugar Hill Meetinghouse for what we hope will become an annual tradition: The Taste

of the Lupine Festival. If you have always wanted to try the food at one of our area restaurants, inns, businesses – this is your chance. We are going to have a wonderful assortment of chefs sharing tasty bites with you – all types of foods providing you with the chance to sample from several businesses at one time! The best part is that if you have a Lupine Festival Tour Book, you have free admission to this event.

On Sunday, June 3, you can take in an educational and interesting session at The Horse and Hound Inn about our local natural treasures: Cannon Mountain, the Appalachian Trail, the White Mountain National Forest, and enjoy a tour of the Inn. It's free and open to all (and if you can't make it on June 3, it will be repeated on the following two Sundays). Or if you want to go out and explore our natural bounty, visit The Adair Country Inn & Restaurant for a guided Nature Walk followed by a New Style Buffet Dinner. Maybe instead of nature you want to enjoy melody of song; join the Pine Hill Singers at the Sugar Hill Meetinghouse at 4 pm for their presentation of "Eat, Drink, and Be Musical". All of this activity takes place the first weekend of the Fields of Lupine Festival. There are 14 more days!

The Lupine Festival has music! On June 9th, Uncommon Folk will perform a free folk & bluegrass concert at the Sugar Hill Open Air Market



and on June 10th, the Maple Leaf Seven gives us a jazz concert. Don't forget to mark the following date on your calendars! On June 12, Tuesday at 7:30 pm – it's the annual Swing 'n Sweets. If you didn't attend last year, you missed a great event. The Swing North Big Band provides great swing music for dancing or just listening... and when you need some energy, local inns and restaurants are right there with desserts of all types, last year there was a key-lime pie from Chef Adam Parker that was superb! This year the event will be held at the Indian Head Resort in Lincoln. We hope to see you there.

The annual Open-Air Markets take place on June 9-10 in Sugar Hill and June 16-17 in Franconia. These markets are more than just artisans and crafters! The Sugar Hill Market will have hands-on seminars in basketry and photography, seminars on local wildlife, book readings with local authors, and more. The sponsor of the Franconia Open-Air Market, The Franco-

nia Heritage Museum is having a raffle this year and have over 30 great prizes waiting for some lucky winners. You can buy tickets throughout the Festival and the winners will be drawn in Sunday, June 17th at the Franconia Open-Air Market.

We are running out of space to list everything that is going on during the Festival. You can pick up a Lupine Festival Tour Book from participating businesses and from both the Franconia Notch Chamber of Commerce Welcome Center and the Lincoln Woodstock Chamber of Commerce Office at the Lincoln Village Shops. The Festival Tour book is \$5.00 and all the monies go to support future Lupine Festivals and the Franconia Notch Chamber of Commerce. You will find a map of our area with lupine bloom locations highlighted and a schedule of events. The book also has 19 delicious recipes from Polly's Pancake Parlor's Maple Brown Betty to Garnet Hill's Tomato, Cheese, and Herb Tart. The book also provides you with free admission to the Taste of the Lupine Festival and discounted admission to Cannon Mountain Aerial Tramway or The Flume Gorge. It also has two pages of discounts at local businesses in our area like 10% off at Udderly Delicious Ice Cream Shoppe in Lincoln, gardening gloves for only \$1.25 at Franconia Hardware, 10% at the Village Bookstore in Littleton, or \$5.00 off green fees at the Sunset Hill House Golf Course. Not only is the book a great guide for the Festival and supports the Festival; it pays for itself when you take advantage of the discounts.

Make your plans now to attend the 19th annual Fields of Lupine Festival in the Franconia Notch area towns from June 1-17. You can find more information about the festival at www.franconianotch.org or by calling the Chamber's Welcome Center at 603-823-5661.

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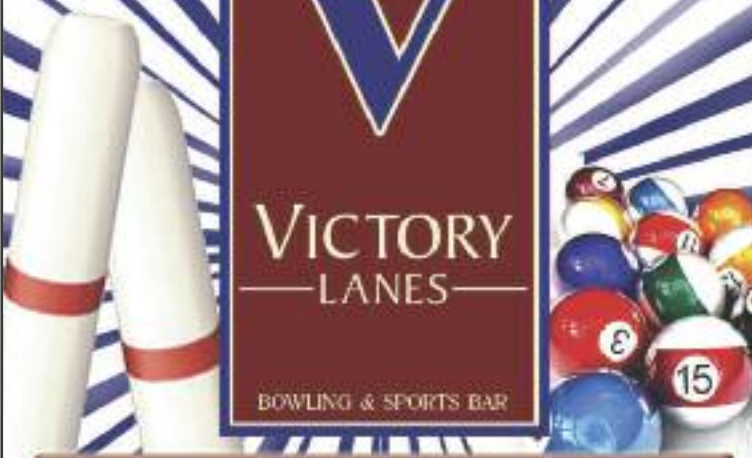
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SMOOCH CAFE – NOW OPEN!! More Than Just a Coffee Shop!

Interview with Jody and Scott Oliver

By Lauren M. LoSchiavo

This fun couple from Monroe, New Hampshire recently took over “Smooch” and are keeping it open year round. They purchased it with the idea of being a “family owned and operated business”. Scott and Jody have 3 children, Julie, 17 attends St. Johnsbury Academy and is majoring in the Culinary Arts and will be helping her mom as soon as school is out, Chris 11 and Rylan 8 both attend Monroe Consolidated School.

Smooch is located in the heart and pulse of downtown Littleton, this is a “must see”, “must experience” establishment. The atmosphere and ambiance of Smooch with its bright, sunny colors and interesting décor is sure to lift the spirits. The family is upbeat, positive & friendly. The goal of the Oliver’s is to provide a fun, relaxing atmosphere where

families can have a great experience.

If you like cupcakes, you have to try the chocolate/peanut butter frosting (if they aren’t already gone!). Jody bakes the cupcakes fresh and will do special orders with advance notice. If you are lactose intolerant, they have coconut or almond milk; if you are a body builder try a smoothie mixed with your favorite protein powder, flavored coffee, espresso? There are many, many flavors to choose from. Cupcakes, Giffords ice cream, smoothies, bubble tea, espresso and various cold sandwich wraps, made to order, are all available at Smooch.

Check out “The Tea Lounge”. Here you can plug into the free Wi-Fi, grab a beverage and/or snack and work (or surf) away. It is quiet and

feels secluded. This area can be utilized, for any type of event you may be planning. Smooch will now be offering to host your “make your own sundae” parties – a great idea for your child.

The aforementioned offerings are only the beginning for Smooch. It is the Oliver’s goal to make this “The Fun Spot” to hang out in Littleton. “We are all about making people feel happy and appreciated,” says Scott, “every customer matters, but the locals are very important to us; without them, we could not succeed.”

Smooch has all the ingredients to be a smashing success. With Spring here and Summer on the way, the Pianos are out on the street (the brilliant idea of their landlord Dave Ernsberger) and one has been placed directly outside Smooch! This year there



is also a guitar, much to the joy of Scott Oliver who is an accomplished musician. Scott may even play for his customers occasionally and may possibly offer this space for others who wish to “jam” on the scene at Smooch!

If you have any sugges-

tions or ideas, Jody and Scott want to hear about them. Let’s extend a warm welcome to the Oliver’s at Smooch. They are located at 97A Main Street, Littleton, New Hampshire, phone number 603.259.3555. Like them on Facebook!

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TRENDY KITCHEN

By Ronda Marsh

Thin-Cut Cuban-Style Pork Chops

Here is an easy way to prepare pork chops, one that will have you dreaming of the cerulean blue Caribbean, and imagining you can hear, see, and smell the tropical flavors native to that colorful corner off the Florida coast. The recipe comes from an old issue of Cook's Country magazine, one I had been meaning to try for a long time, but for some reason, never got around to; probably because I don't usually get the thin-cut chops. I finally had an "Aa-haa!" moment the other day, and decided to just slice my thicker chops in half horizontally...voila...thin-cut pork chops! Once I had overcome that obstacle, I decided the recipe needed a bit more spice than the original, which just called for salting and peppering the meat prior to cooking. After all, pork chops can look pretty bland and anemic, so I added a little chili powder to the mix. It really didn't affect the flavor too much, but it sure made the dish look a lot healthier! I served these over some mashed potatoes, with a side of roasted asparagus, and it made for a lovely meal, laced with citrus and counterbalanced with the earthiness of the cumin and garlic. That would normally be the end of story. But wait!



There were a couple leftover chops and some of the pepper/onion mixture. Perfect the following day recycled into Pork Fajitas!! All I did was thinly slice the meat, place a few strips on individual flour tortillas with some of the vegetables and a sprinkling of shredded cheese, rolled those babies up and placed them seam-side down in a very lightly buttered skillet. After a few minutes heating, I turned them and got the other side all golden and crunchy. I served them with a little sour cream for dipping, and they were absolutely spectacular! So there you have it; one recipe that can give you two diversely different, but equally stellar meals...my kind of cooking!

- 8 thin-cut pork chops (bone-in or boneless)
- salt & pepper
- 1 teaspoon chili powder
- 4 tablespoons butter
- 1 onion, halved and sliced thin
- 2 colored peppers, seeded and sliced thin (I like one red, one yellow)
- 1/2 teaspoon ground cumin
- 1/4 teaspoon dried oregano
- 2 garlic cloves, minced
- 3/4 cup orange juice
- 1 tablespoon lime juice

Pat the chops dry with paper towels and season both sides with salt, pepper, and chili powder. Melt 1 tablespoon of the butter in large skillet over medium-high heat. Add 4 chops and cook until golden brown, about 2 minutes per side. Transfer to a platter and tent with foil. Repeat with additional 1 tablespoon butter and remaining chops. Add onion, bell peppers and additional 1 tablespoon butter to empty skillet and cook until vegetables are softened, about 5 minutes. Stir in cumin, oregano, and garlic and cook until fragrant, about 30 seconds. Stir in orange juice and lime juice and simmer until lightly thickened, about 3-5 minutes. Whisk in the remaining 1 tablespoon butter and season with salt and pepper. Serve chops with sauce and vegetables spooned over them. Serves 4.

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Gen X'ers Must Juggle A Variety Of Financial Issues

If you're part of "Generation X" - the age cohort born between the mid-1960s and the early 1980s - you're probably in one of the busiest phases of your life, as you're well into your working years and, at the same time, busy raising a family. But just as you're "multi-tasking" in your life, you'll also need to address multiple financial goals. In seeking to accomplish your key objectives, you may be asking yourself a variety of questions, including the following:

Should I contribute as much as possible to my IRA and 401(k)? In a word, yes. Your earnings on a traditional Individual Retirement Account (IRA) and a 401(k) grow on a tax-deferred basis, so your money can accumulate faster than it would if placed in an investment on which you paid taxes every year. Plus, since you typically make 401(k) contributions with pretax dollars, the more you contribute, the lower your taxable income. And your traditional IRA contributions may be tax-deductible, depending on your income. If

you meet income guidelines, you can contribute to a Roth IRA, which provides tax-free earnings, provided you meet certain conditions.

Should I put away money for my kids' college education? It's not easy to fund your retirement accounts plus save money for your children's college education. Still, college is expensive, so if you feel strongly about helping to pay for the high costs of higher education, you may want to explore college funding vehicles, such as a 529 plan, which offers tax advantages.

Should I pay down my mortgage or invest those funds? Most of us dream of freeing ourselves from a mortgage someday. So, as your career advances and your income rises, you may wonder if you should make bigger mortgage payments. On one hand, there's no denying the psychological benefits you'd receive from paying off your mortgage. However, you may want to consider putting any extra money into your investment portfolio to help as you work toward your retirement

goals. Work with your financial advisor to determine what may be most appropriate for your portfolio.

Do I have enough insurance in place to protect my family? You may hear that you need seven or eight times your annual income in life insurance, but there's really no "right" figure for everyone. You may want to consult with a financial advisor to determine how much life insurance is appropriate for your needs.

Am I familiar with my parents' financial situation and estate considerations? Now is the time to communicate with your parents about a variety of issues related to their financial situation and estate plans. The more you know, the better positioned you'll be to provide assistance and support if and when it's needed. Just to name one example, you should inquire of your parents if they've designated a durable power of attorney to make financial decisions for them in case they're ever incapacitated. By answering these questions, you can get a handle on all the financial issues you face at your stage of life. It may seem challenging, but taking the time now can help you better position yourself to reach your financial goals.

This article was written by Edward Jones for use by Kim Shillieto, your local Edward Jones Financial Advisor.

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Sen. Forrester To Host Kick Off Spaghetti Dinner

Special Guests U.S. Congressman Bass and Executive Councilor Burton

(Meredith) Sen. Jeanie Forrester, R-Meredith, will host a complimentary campaign kick-off spaghetti dinner on Tuesday, June 12th at the Horse Meadow Senior Center in Haverhill from 5 p.m. to 7 p.m. Special guests include U.S. Congressman Bass and Executive Councilor Burton.

"This event will mark the official kick off of my re-election effort in Grafton County for NH State Senate District 2," said Forrester. "I am so pleased that Congressman Bass and Councilor Burton will be joining me to meet and listen to citizens of District 2. It is so critical to hear about the issues that are important to them and continue to find ways to address their concerns," added Forrester.

On why she is running for re-election to State Senate District 2, Forrester explained, "We've made great progress in Concord in balancing the budget, reducing regulation, and implementing business-friendly legislation, but the job is not over and I hope to continue serving

District 2."

The event is free and open to the public. RSVPs are greatly appreciated. Your email or phone RSVP will automatically enter your

name into a raffle.

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In Vino Veritas – Special Edition

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Editor's Note – Everett Henson passed away quite recently, a great loss to his family and friends. We at TRENDY TIMES send our thoughts and prayers to the family in this sensitive time. Mr. Roudebush was working on a story concerning Mr. Henson at the time of his passing. The family, wife Lois in particular, has encouraged TRENDY TIMES to run this piece, as it is a partial portrait of her beloved husband during one of his most recent after-

noons exploring dusty bottles in his basement.

Got a story for you, has to do with wine - this story turned out to have truth and beauty. Everett Henson got my attention not long ago and told me about making dandelion wine, making berry wine, and about dusty bottles in his basement – he also told me a couple of bear tales. We'll save the bears for another time.

I told Everett that I'd never

actually made any wine, dandelion or otherwise. I told him that he knew more about that than I did. I've read up on it since Everett spoke with me. He told me, "I had some dandelion wine once a friend of mine made - it was just like a cloud coming across my tongue, it was so elegant. I made some myself once, and realized I'd done it wrong. I learned from that. Made it better after that. I've got some old dusty bottles in my basement, don't know how old some of them are, made some of that wine myself, got some from other people, don't know after all these years exactly what's in them, curious about how they might taste They might be 20 or 30 years old"

When it comes to wine tasting, I'm easy. "Where do you live?" I asked. "Just around the corner on Airport Road", he told me. We were there in about 4 minutes.

His basement was very cool, which encouraged me. Everett told me the coolness was consistent, another encouraging sign for wine preservation. "We try to keep it around forty degrees year round". He guided me around the concrete-floored and concrete-walled naturally chilled cellar – just the kind of coolness you want to keep canned fruit or veggies in, or homemade wine.

There were dusty bottles down there all right, several of them, three of them big old glass jars of the gallon capacity, about half-full, with some kind of cloth wrapped tight over the top and held there with twine. One look at the abundant clumps of live growth floating around the top of the liquid told Everett and me those were not for tasting today. Or any day. We paid attention to the rest of the bottles, various shapes and sizes and colors, but all of them the more standard wine bottle capacity, 750 milliliters, with screw caps or corks. Not one of them had any labels indicating what was inside or when they were made. Potential for tricks or long lost treats.

Everett and I had talked earlier about what factors typically make a wine go bad. Too much heat, too much fluc-



uation between hot and cold temperatures, a bad cork or other bottle closure that lets in oxygen – such air leakage causes "oxidation", or "maderization", signaled by a brownish tinge plus a flavor reminiscent of Madeira – notice of a wine which is well on its way to becoming spoiled. "I know most of that - what else?", he grinned at me. I told him that even if none of those conditions exist, even well-stored wine bottles go bad sometimes when bacterial contamination gets into them just before capping, and affects the fermentation. Wine, unlike beer and hard liquor, continues to age in the bottle, it is a living thing.

Everett suggested we take a couple of bottles upstairs and open them. His nice wife Lois joined us for tasting when we finally got those bottles uncorked. It took the two of us, me manning the screw pull, easing the corks upward slowly, and Everett holding the base of the bottle to the counter top. It took all the strength I had. Two of the most stubborn corks I've ever pulled in thirty years of cork pulling. But both corks were another encouraging sign that the wine might be OK - dry on the top, moist and flexible on the bottom, the part closest to the top of the wine in the bottle. Good protection. You can tell a lot about old wine just by examining the cork.

We found a treat and we found a trick

BOTTLE ONE – THE TRICK The look of this first bottle had worried me – it was a green bottle, high-shouldered, and holding it up to the light of the window before

opening, the wine inside looked cloudy – not a good sign for old wine. Once Everett and I got that cork out, we poured the wine into three clear glass goblets, and the appearance surprised me – there was no haziness in the glass at all, lots of brightness and clarity. So the cloudy look had to do with the bottle itself, a film on the outside. Another lesson to me about old bottles. The "hue", or color, was a golden brown, not a good sign for wine that was supposed to be a white wine. Then the nose, the smell in the glass, told me a story – almost no smell except sharpness. Then the taste – sour, worse than bad vinegar. Just to show you never know. What was the wine made from? No one knew, or cared at that point.

BOTTLE TWO – THE TREASURE I sniffed the newly pulled cork – it was OK, better than OK. Sweetly pleasant. Good sign. This second bottle was green also, slope-shouldered, and had apparently been stored on its side for some time – a residue of sediment still clung to one side of the interior even after the bottle was upended. In the glass the hue was pale peach or melon, the clarity was bright and clear, no cloudiness, you could see good light through it. Was it dandelion or rhubarb? No one knew. The nose was like honey – and that nose grew more noticeable the longer it stayed in the glass – even five minutes made a difference. It tasted great. I was guessing it was rhubarb. It was some of the best sweet wine I've tasted, light and delicate, well-balanced with a good finish. That means I wanted another glass and soon had one.

There are more bottles down there left to check out and any one of them could be a trick or a treat. Everett and Lois sent me home with a bottle of their "recipe", from 2000, homemade mixed berry wine, rich and deeply red, and sweet, rivaling some of the best port I've ever sipped from a glass.

May 29, 2012 Volume 3 Number 17

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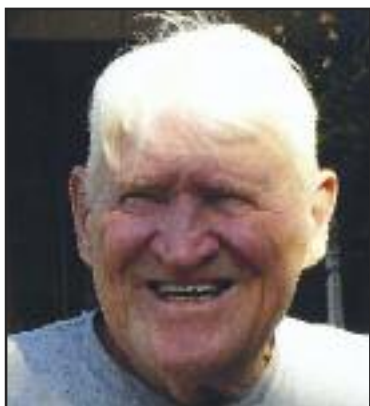
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OBITUARY EVERETT WESLEY HENSON



North Haverhill, NH – Everett Wesley Henson, 80, died on Wednesday, May 16, 2012 at the Dartmouth Hitchcock Medical Center in Lebanon, NH.

Everett was born in Colebrook, NH, May 25, 1931, the son of Leroy E. and Mariette (Hodge) Henson. He received his Associate Degree in Agriculture from the Thompson School at the University of New Hampshire in Durham, NH. Everett married Lois Davis on December 27, 1952. He served with the U. S. Army during the Korean War from July 7, 1953 to June 2, 1955. Following his time in the service, he worked for the United States Department of Agriculture as a Soil Conservation Technician, retiring in 1986.

Everett was a member of the Ross-Wood Post #20 American Legion of

Woodsville, VFW Post #5245 of North Haverhill, National Rifle Association, and Ammonoosuc Fish and Game Club. He was former member of the Soil Conservation Society of America, Cohase Lions Club, former leader of the Boy Scout Troop #152 in North Haverhill, and the North Haverhill Fire Department. Everett was an organic gardener and orchardist. He loved fishing, hunting, and bee keeping. He had a passion for learning and was always researching items in an atlas, map, or by reading a book.

He was predeceased by five sisters, Evelyn Lewis, Mildred Stewart, Rena Thompson, Edith Henson, and Pearl Gooley; three brothers, Howard Henson, Willard Henson, and Richard Henson.

Survivors include his wife of 59 years, Lois Henson of North Haverhill; his four children, Richard Henson of North Haverhill, Douglas Henson and wife Bonnie of North Haverhill, Martha Henson and husband Jim Betts of Winthrop, ME, and Melissa Roy and husband Camille of North Haverhill; ten grandchildren, Elizabeth Henson, Sarah Henson, Zachary Henson,

Jonathan Henson, Justin Henson, Joy Henson, M. Nicholas Burns, Andrew Burns, Todd Moulton, and Benjamin Moulton; three great grandchildren, Kaya, Charlie, and Lily; a sister, Nell Henson of Colebrook, NH; and several nieces, nephews, and cousins.

Calling hours were held on Monday, May 21, from 6 to 8 at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A funeral service was held on Tuesday, May 22, at 1 PM at the North Haverhill United Methodist Church in North Haverhill, with Pastor Susan Ellery officiating.

Burial followed at the Center Haverhill Cemetery.

In lieu of flowers, memorial contributions may be made to either the Cottage Hospital, PO Box 2001, Woodsville, NH 03785 or North Haverhill United Methodist Church, PO Box 29, North Haverhill, NH 03774.

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

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

OBITUARY SHIRLEY MAY MCKEAN



North Haverhill, NH – Shirley May McKean, 95, formerly of Airport Road, died May 23, 2012 at the Lafayette Center, Franconia, NH.

She was born in Woodstock, NH, December 13, 1916, to Leigh and Mary O. (Smith) Avery. Shirley was a graduate from the Woodstock High School and the Plymouth Normal School. She taught elementary school and later was a dietary aid and coordinator of volunteers at Grafton County Nursing Home. She married Roland G. McKean on December 22, 1945.

Shirley was a life member of the VFW Auxiliary Post #5245 in North Haverhill. She belonged to the North Haverhill United Methodist Church and United Methodist Women's Club for many years, and

was the assistant manager for the Dean Memorial Airport in North Haverhill.

She was predeceased by her husband, Roland McKean on September 26, 1997; and a daughter, Beverly Morton-Manyk on April 15, 1988.

She is survived by a daughter, Patricia Woods of Bath, NH; four grandchildren, Daryl Manyk, Michael Manyk, Daniel Woods and Deborah Zambon; six great grandchildren, Tyler Zambon, Ryan Zambon, Brian Zambon, Kayla Woods, Josh Woods, and Mitchell Manyk.

There will be no calling hours.

A memorial service will be on Thursday, May 31, at 1 PM at the North Haverhill

United Methodist Church, 2900 Dartmouth College Highway, North Haverhill, NH with Pastor Susan Ellery officiating.

Burial will be at a later date in the Center Haverhill Cemetery.

Memorial contributions may be made to the VFW Auxiliary Post #5245, c/o Bertha Aremburg, 2929 Dartmouth College Highway, North Haverhill, NH 03774 or the United Methodist Women, c/o Althea Page, 56 Ridge Drive, North Haverhill, NH 03774.

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

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

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The Dread Disease

By Elinor Mawson

Polio was a disease dreaded especially by mothers of small children everywhere. It could paralyze, and it could kill. It was very contagious in large groups, and quite prevalent during the summer.

I was brought up in the '40's and '50's and my mother was very vigilant when it came to bringing my sister and me anywhere. We couldn't go to amusement parks, into stores. Whenever we went places, we couldn't even get out of the car. I thought we led a very boring life, especially when we would go by a public pool loaded with happy, splashing kids. And I always whined while asking why they could go in the pool and why their mothers weren't worried about Polio.

My mother remained steadfast. No kid of hers would be paralyzed or in an Iron Lung, and she was going to make sure of it.

When I was 12 years old, I went to a summer camp in Maine. I loved it! I was away from home, with a bunch of other kids, and I could swim in the salt water pool, I was so excited!

I began to feel washed out and weak about 10 days

after returning home. I lay around doing little or nothing. My mother (who always waited until we were really sick before she called the doctor) had me get up for meals, and once she had me go across the street where someone was tearing down a barn so I could watch the process. My little brother saw a wad of gum I had taken out of my mouth so I could take an aspirin, and chewed it happily until my mother panicked when she saw him.

A couple of days later when I showed no improvement, she called Dr. Bailey. He made a house call.

After a couple of days in the local hospital, I was transferred to a large facility in the city. The diagnosis was Polio and I was in isolation. Although there seemed to be no paralysis, I had trouble swallowing. And I was terribly lonely!

Several weeks went by and I was sent home. My little brother and my sisters were fine. I was still lethargic and very skinny! But I was OK.

I had to miss the first month of school that year. When I went back, my fellow students didn't believe I had

Polio because I didn't walk with a limp or have a brace on my leg.

Starting about 20 years ago, there were a lot of articles about something called "post Polio syndrome". By that time in my life, I was beginning to have aches and pains and wondered if I could be affected. There was a facility in Boston that I visited several times, had some tests (which were inconclusive) and met some people my age who were there for the same reason.

I also visited a support group of people who had the syndrome, and discovered that they all were worse off than me. They directed me to several books and articles about Polio, which I read, and concluded that I didn't belong with that group.

In the mid-fifties Dr. Salk and Dr. Sabin discovered a vaccine that eradicated Polio altogether. We don't hear about the dread disease anymore--other than in some third-world countries where people don't get immunized.

And for people in my generation, we don't fear large groups, public pools, amusement parks--or even stores and sidewalks the way our mothers did.

KCP Launches Kickstarter Campaign, Wraps Production For "Northern Borders"

Kingdom County Productions and Marlboro College have wrapped principal photography for their new collaborative film production "Northern Borders," directed by Jay Craven and based on the award-winning 1994 novel by Howard Frank Mosher. It tells the story of 10 year-old Austen Kittredge, who is sent to live with his Vermont grandparents, whose charged relationship is called "the Forty Years War." The film stars Academy Award nominees Bruce Dern and Genevieve Bujold along with Seamus Davey-Fitzpatrick, 2010 Tony Award nominee, Jessica Hecht, and a supporting cast of fifteen, including eight Vermont actors.

"Northern Borders" shot for 28 days, using locations in Marlboro, Guilford, and Chester, Vermont, Chesterfield, NH, and Leyden, Massachusetts. Its professional crew of 19 professionals worked alongside 34 students and recent post-grads from 15 colleges, as part of the semester-long Movies From Marlboro project at Marlboro College. The film's editing will be now be completed by an advanced film student at the Tisch School of the Arts at New York University and supervised by editor Melody London whose credits include Jim Jarmusch's three Cannes Festival award winners, "Stranger than Paradise," "Down By Law," and "Mystery Train." The Ithaca-based Horse Flies, will also include students as they compose and perform the musical score.

Kingdom County Productions (KCP) has launched a Kickstarter campaign to raise needed funds for the film's completion. Kickstarter is the nation's leading vehicle for "crowd funding," a new idea for utilizing social networks and



Austen Kittredge (Seamus Davey-Fitzpatrick) rides with his grandfather, Austen Kittredge Sr. (Bruce Dern) in Jay Craven's Movies from Marlboro production of Northern Borders, based on the novel by Howard Frank Mosher.

personal contacts to finance creative projects. People are asked to pledge tax-deductible contributions to help meet the "Northern Borders" goal of \$56,000. Donors receive rewards and updates for their support. Only if the 60-day campaign meets its goal, pledges will be collected and paid to KCP. It's an all-or-nothing proposition.

"Our Kickstarter campaign is part of what makes this production different—and like an old New England barn raising," said KCP artistic director Jay Craven. "Our success depends on our ability to attract hundreds of modest donors. This is different from our previous projects where we relied on a just a few much larger investors to fund a bigger budget. To date, 37 backers have pledged \$9,460,

mostly in amounts ranging from \$10 to \$350. If we succeed in meeting our goal, I believe we will advance our idea of sustainable regional filmmaking – and further our educational mission guided by John Dewey's inspired notion of learning where we "enlarge meaning through the shared experience of joint action."

"Kickstarter now generates more funding for creative projects than the National Endowment for the Arts," added Craven. "It's provides a vital new path for the arts but it requires many people to buy in. We're crossing our fingers."

For more information contact Jay Craven at jcraven@marlboro.edu or visit: www.kickstarter.com/projects/543211196/northern-borders-feature-film?ref=live

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VSECU's Shred Saturday To Provide Free Document Shredding

According to estimates by the Federal Trade Commission, as many as nine million Americans have their identities stolen each year. A simple way to foil identity thieves is to shred private documents bearing name, birth date, social security number, account numbers and other personal information.

VSECU is partnering with the Area Agency on Aging for Northeastern Vermont to help area residents shred their confidential documents at an event called "Shred Saturday" on Saturday, June 2, from 9:00 a.m.-1:00 p.m. at the agency's office at 481 Summer St. SecurShred, a professional document destruction

firm, will provide equipment on site for area residents to shred up to 10 boxes (12 x 10 x 15 inches) of private documents.

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

May 29, 2012 Volume 3 Number 17

Herbs For Recuperation And Regeneration

Healing after surgery, severe illness or exhaustion. Long illness, severe injury, any surgery or hospital stay and exhaustion after great stress puts the body through enormous physical and psychological trauma. Herbal support

combinations can be excellent at these times for faster and better healing; cleansing the body of drug residues, overcoming drug side effects, and rebuilding immune strength.

The body has the power to heal itself, but after sur-

gery or illness, its inherent vital force often needs extra help to do it. Herbs pave the way for the body to do its own work, by breaking up toxins, cleansing, lubricating, toning and nourishing. They are essentially body balancers, working through the glands, at the deepest levels of the body processes. The emphasis is on rebuilding and regeneration, to replenish nutritive elements and strengthen over all vitality. Healing/mending herbs can supply concentrated minerals and trace minerals for building blocks and nutrient assimilation, beta-carotenes as anti-infectives, B and C vitamins for tissue re-growth, and amino acids as protein precursors for body restoration. Many healing herbs have anti-biotic properties to help overcome harmful bacteria and infection. They are also effective anti-oxidants to discourage relapse, and to create a high tissue oxygen environment where disease cannot flourish.

Licorice Root, Burdock Root, Sarsaparilla Root, Hawthorne Berry, Leaf & Flowers, & Sage.

White Cell Formation herbs include: Echinacea Root, Reishi Mushroom, Parsley Root & Leaf, American Ginseng, Yellowdock Root, Chlorella & Spirulina.

Thymus/Lymph Stimulation herbs include: Prickly Ash Bark, Cayenne Pepper, Bayberry Bark, Elecampane Root, Ginger Root, Kelp/Sea vegetables, Black Cohosh Root, Myrrh Gum.

Anti-viral herbs include: St. John's Wort, Lomatium Root, Astragalus Root, Osha Root, Comfrey Root, Rose Hips.

Anti-oxidant herbs include: Chaparral, Rosemary, Siberian Ginseng Root, Gotu Kola, Horsetail, Red Raspberry Leaf, Ginkgo Biloba.

A healing/mending diet gives the body super nutrition for a limited time – temporarily increasing calories, fat, proteins, concentrating raw materials for grave nutritional deficiencies. When the system stabilizes and the body begins to supply its own healing powers, this increased support can be

moderated to more normal amounts. The body will begin to take over more and more of its own work, and begin replacing nutrition it has lost.

A regeneration diet must be high in vitamin C foods and beta-carotene, as anti-infectives and for new collagen and interstitial tissue production. It should be rich in B vitamins to lessen trauma and stress on the body, to build blood and metabolize proteins. (Minerals, especially bone minerals are lost when there are long periods of inactivity ; they are also depleted with blood loss, and they are needed for tissue repair.) A recuperative diet must be high in oxygenating foods, to create an environment where disease cannot flourish, and to discourage disease from recurring.

A beginning fast for cleansing is not the way to begin when the body is greatly weakened or under acute trauma, even though it will probably be harboring much drug residue. There is often so much depletion and stress, that a rigorous fast is self-defeating. Raw vegetable juices as additions to other foods, however, are excellent to purify and alkalize the system.

Blood cleansing herbs include: Red clover blossoms,

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. Melanie is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is Reiki sessions, Private health consultations, Teaching Herbal Apprenticeships and intensive herbal 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.

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May 29, 2012 Volume 3 Number 17

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

Summer Care For Your Dog 19

By Bobbe McIntyre

Now that the nicer weather has arrived and Summer is right around the corner, it is important to remember that your dog needs to have adequate shelter and water especially during the heat of the day. If your dog is an outside dog, please make sure that they have either a large tree, covered patio, or large outside dog house for protection from the sun and plenty of clean water during the course of the day. Some things do bear repeating. Never, ever, lock your dog in a closed car in the heat of the sun as the inside of your vehicle can reach over 100 degrees in minutes and will risk your animals life! Heat stroke and dehydration can be caused by not allowing the body to cool down. Dogs do not sweat through their skin like humans. They

do release excess heat by panting and sweating through their foot pads.

This year is forecast to be rather busy in the flea and tick department and it is recommended to get a good flea collar and treat your pet periodically with over the counter products that will avoid those little buggers from invading your house. It is a good idea when bringing your animal in the house to simply run your hands over them to check before you enter the door. Brushing once or twice a week (everyday for long-haired dogs) is also recommended.

Summer is the most busy time of the year for planning vacations. Most dogs will be housed in kennels while their owners are away and one would need to make sure that they have all of their up-

to-date vaccinations as most, if not all, kennels will not house animals without having them. This would especially include bordetella for kennel cough.

It is also important to make sure that your dog gets adequate heartworm treatment especially during the mosquito season. Heartworm is a parasite that is passed along by mosquitoes, lives in the heart of its victim and can be fatal. It is recommended to keep your animal on this treatment throughout the year but you would want to consult your veterinarian for more information for your specific case. Other recommendations would be to not allow your dogs to ride in the bed of a truck as it is dangerous and you would run the risk of them jumping out while the truck is in motion.

Allowing them to ride with their head out of an open window is also not advisable as dirt can get into their eyes.

Using these recommendations, you will keep your pet safe and healthy during the Summer months.

***Note: We, at the Above the Notch Humane Society would like to thank everyone who came and participated in our Car Wash/Bake Sale on Saturday May 12th. Your dona-

tions were greatly appreciated and will help us "Save Our Strays".

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