

TRENDY TIMES

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JUNE 26, 2012 VOLUME 3 NUMBER 19



Theatre Under the Stars starts a second season at Court Street Arts at Alumni Hall. Shows run Fridays June 29 - Aug. 10. Cafe opens 5:30pm and showtime is 6:30pm. Admission is "Pay What You Can". Photo Credit Suki Brown.

Reach For The Stars Youth Theatre Camp Joins The Shakespeare Series!

Court Street Arts at Alumni Hall has partnered with Theatre Under the Stars to bring "Reach for the Stars Youth Theatre Camp" to Haverhill from July 2 - 6 (off the 4th). Classes will run from 8am - 12pm and include fun-filled workshops in acting, voice & movement, stage combat, clowning, improvisation and more.

The camp is aimed at young performers (open to ages 5-17) who want the opportunity to work with renowned theatre professionals in a fun, supportive and structured environment. The goal is to make performances exciting, interactive and full of adventure. To that end, classes are geared towards maximum participation by each student in each class, with very little "lecturing" and a whole lot of active learning. The emphasis is on "doing" rather than "watching".

The culmination of the camp is a public performance of monologues, sonnets and scenes that each camper has worked on in class. It's an exciting, adventurous way to explore the world of theatre, Shakespeare, and the classics in a "no pressure" atmosphere led by some of the nation's best acting teachers and trained Shakespearean ac-



Court Street Arts will partner with Theatre Under the Stars to bring "Reach for the Stars Youth Theatre Camp" to Haverhill July 2-6 from 8am - 12pm.

The "Shake" Is Back In Shakespeare On Fridays In Haverhill

Back by popular demand, the New York Times and Boston Globe featured Theatre Under the Stars starts a second season at Court Street Arts at Alumni Hall in Haverhill. The series kicks off on Friday, June 29 and will run each Friday through August 10th.

The season line up includes, 6/29 "The Taming of the Shrew", 7/6 & 13 "Original Practice: Merry Wives of Windsor", 7/20 "Young People's Players: Damsels in Distress", 7/27 "As You Like It", 8/3 "Interactive Robin Hood", and 8/10 with "The Tempest". The new Bailiff's Cafe will open at 5:30pm and offer delicious summer picnic fare from the folks at the Newbury Village Store. Showtime is 6:30pm and attendees are welcome to bring their favorite lawn chair or picnic blanket. Join us for a bite to eat and take

in a great show!

Theatre Under the Stars is New Hampshire's only professional outdoor classical theater company performing a rotating repertory. Performances are true to Shakespeare's plays and also the way they were performed during the Bard's time - this means audience participation (yes, booing and cheering is encouraged!), drama and laughter.

Admission is by donation and shows are family-friendly. Huzzah to our wonderful sponsor the Woodsville Guaranty Savings Bank for their support. Court Street Arts would also like to extend thanks to the Oliverian School for housing support for actors and staff.

For questions or more information, please visit www.alumnihall.org or call (603) 989-5500.

tors.

In addition to the camp, Theatre Under the Stars will bring Shakespeare's work to the stage each Friday from June 29 - Aug 10 in family-friendly, interactive shows. Admission is "Pay What You Can" and is possible through the generous support of the Woodsville Guaranty Savings Bank. Bailiff's Cafe featuring the culinary delights of the Newbury Village Store will open for finger-licking food dinner and drinks at

5:30pm. Showtime is 6:30pm and the audience is welcome to bring their favorite lawn chairs. Rain location is Court Street Arts's indoor stage.

For more information or to register for the Reach for the Stars Camp, please visit www.shakespeareinthevalley.com or www.alumnihall.org. Thanks to generous support from Wal-Mart, Court Street Arts is happy to offer a wide-range of scholarships to the camp.

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Administrators at several North Country nursing homes met recently at The Morrison in Whitefield for a day-long Culture Change workshop to discuss opportunities to integrate a highly individualized, person-centered and person-directed approach to resident care into daily practice at their facilities. This approach includes giving residents more choices in everything from the food they eat to the hours they sleep. The year-long Culture Change initiative is made possible by a grant received by the state's Long-term Care Ombudsman office. From left are workshop leader Darlene Cray, Regional Long-term Care Ombudsman, New Hampshire Health and Human Services, Division of Elderly Services; Crystal Locke, Administrator of St. Vincent de Paul, Berlin; Roxie Severance, Executive Director, The Morrison; Todd Bickford, Administrator of Glenclyff Home, Glenclyff; Laura Mills, Administrator of the Coos County Nursing Hospital, West Stewartstown; and Louise Belanger, Administrator of the Coos County Nursing Home, Berlin. (Courtesy photo)

North Country ACO Joins New Medicare Program

Littleton - North Country Accountable Care Organization has been selected to participate in the Medicare Shared Savings Program (Shared Savings Program) Accountable Care Organization (ACO), a multifaceted new program sponsored by the Centers for Medicare and Medicaid Services (CMS).

Through the Shared Savings Program, North Country ACO will work with CMS to provide Medicare fee-for-service beneficiaries with high quality service and care, while reducing the growth in Medicare expenditures through enhanced care coordination.

Sharon Beaty, President of North Country ACO Board, states that the organization is extremely pleased to partner with The Center for Medicare and Medicaid Services in its

innovative approach to improving care for Medicare beneficiaries.

The Shared Savings Program will reward ACOs that lower the rate of growth in health care costs for Medicare beneficiaries while meeting performance standards on quality of care and putting patients first. ACOs are groups of doctors and other health care providers working together to provide high quality service and care for their patients. Provider participation in an ACO is purely voluntary and Medicare beneficiaries retain their current ability to seek treatment from any provider they wish.

CMS will use robust quality measures to reward ACOs, including North Country ACO, for providing Medicare beneficiaries with a positive patient

experience and better health outcomes, while also reducing growth in Medicare expenditures for the same patient population.

"Accountable Care Organizations will improve coordination and communication among physicians and other providers which will help improve care and lower costs for Medicare beneficiaries," said Marilyn B. Tavenner, acting administrator of the Centers for Medicare & Medicaid Services. "We are excited to welcome North Country ACO as a partner with Medicare and look forward to working with them to improve care for Medicare beneficiaries in New Hampshire."

Under the Shared Savings Program, 27 ACOs have entered into agreements with Medicare to take responsibility for the quality of care furnished to individual beneficiaries in return for the opportunity to share in any savings with the Medicare program for improved care.

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Did You Hear About This Graduation Speech?

A recent article in the Boston Herald highlights Wellesley High English teacher David McCullough's commencement speech. As a thirty-seven-year education-veteran, I find his speech refreshing and an imperative lesson to all educators, parents, and students.

This article was submitted by Lee P. Mahle, Teacher, not Presenter.

Social media was buzzing about a Boston-area high school teacher's blunt commencement speech that told students they "are not special."

Wellesley High English teacher David McCullough Jr. told graduates "You are not special. You are not exceptional," quoting empirical evidence:

"Across the country no fewer than 3.2 million seniors are graduating about now from more than 37,000 high schools. That's 37,000 valedictorians ... 37,000 class presidents ... 92,000 harmonizing altos ... 340,000 swaggering jocks ... 2,185,967 pairs of Uggs," he said in the speech published in the Boston Herald.

He added: "Even if you're one in a million, on a planet of 6.8 billion that means there are nearly 7,000 people just

like you."

McCullough makes a statement on parents who overdo it in a modern society focused on collecting achievements. "You've been pampered, cosseted, doted upon, helmeted, bubble wrapped ... feted and fawned over and called sweetie pie." But he adds in a video on Wellesley Channel TV YouTube page. "You see, if everyone is special, then no one is. If everyone gets a trophy, trophies become meaningless. ... We have of late, we Americans, to our detriment, come to love accolades more than genuine achievement."

McCullough's address does push students to recognize real achievement: "The fulfilling life, the distinctive life, the relevant life is an achievement," and he encourages graduates "to do whatever you do for no reason other than you love it and believe in its importance."

Many flocked to Twitter to express their approval of the

message:

This is awesome. I don't remember my HS commencement speech. I think I would remember this one. — S.L. Gray

Fantastic speech which sums up the neglected duty of so many Americans in 1 phrase: "Be worthy of your advantages." — Benjamin Yee

The greatest commencement speech ever. — Neil Raden

My new hero. Tells grads "You're not that Special ... when everyone gets a trophy, the trophy doesn't mean anything." — Jason Dobrolecki

The Boston Herald also reported that McCullough's words were very well received by attendees. The teacher, a father of four, admitted he's guilty of the actions he pokes fun at in his speech.

But near the end of the address he says, "The sweetest joys of life, then, come only with the recognition that you're not special. Because everyone is."

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2012 Woodsville/Wells River 4th of July Celebration Wednesday, July 4

2012 Theme

"Rock The Fourth"

Schedule of Events
(All times subject to change)

9:00am	Flea Market Opens
11:00am	Gigantic Parade
1:00pm	Midway Opens
1:00pm	Travelin' Barnyard Opens
1:00 - 3:00pm	Back Shed String Band (Bluegrass)
1:30pm	"Critter" Chip Bingo (throughout the day)
2:00 - 5:00pm	Buddy The Clown
2:00 - 7:00pm	Free Face Painting
2:00pm	Tae Kwon Do Demonstration
2:30 - 9:00pm	BINGO - under the tent
3:00 - 5:00pm	White Rose Band (Country - old to new)
5:00 - 7:00pm	Mirage Band (Classic/Contemporary Rock)
6:00pm	Parade Winners Announced
7:00 - 9:00pm	Jefferson Road (Classic Rock)
8:00pm	Raffle Winners Announced
9:00 - 10:00pm	The Gully Boys (Eclectic Mix)
10:00pm	IMMENSE FIREWORKS DISPLAY! (weather permitting)
10:30 - 11:00pm	The Gully Boys

There's still time to register for the parade!
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Area Agency On Aging Receives National Award

Local Agency Recognized As "What's Working" Honoree

The Area Agency on Aging for Northern Vermont was recently honored by a Washington, DC consortium working to promote volunteerism. The "What's Working" initiative provides an opportunity for Area Agencies on Aging to showcase effective, successful volunteer engagement strategies and to receive a modest grant award to support the sharing of these ideas throughout the Aging Network.

The Agency was one of

13 honorees recognized at the May 16th launch of the Volunteer Collaborative held in Washington, DC. The Collaborative is a comprehensive on-line resource center designed to help leaders in the aging and disability networks engage older adult volunteers to expand and improve services.

Northeastern Vermont Area Agency on Aging was recognized for its Equal Exchange TimeBank project. Modeled after TimeBank

USA, the program allows members to post a need they seek to fill, or search member posts to find qualified volunteers. Volunteers then bank their hours served earning "time dollars" towards a need they may have or to pass on to someone in need.

Representatives from the Administration on Aging/Administration for Community Living, the National Association of States United for Aging and Disabilities (NASUAD), the National Associ-

ation for Area Agencies on Aging (n4a) and the Metropolitan Area Agency on Aging, Inc were present at the launch event. Representatives from these organizations explained how the changing characteristics of today's volunteers, and their mushrooming numbers, create an unprecedented opportunity to mobilize healthy older adults to help their peers struggling to get needed services.

"The Aging Network's Volunteer Collaborative is being developed as the go-to-place for resources that will help service providers for vulnerable elders and persons with disabilities reduce costs and improve quality of life. The What's Working awards are a great way to share knowledge and viable practices among the various agencies working with these populations," said Tom Endres, Director of the Volunteer Collaborative. "There are an estimated 500,000 older adult volunteers assisting elderly and disabled Americans and we have announced a goal of one million volunteers by 2015. The

What's Working awards will continue to provide ideas, concepts and programs that have been proven to work, and that is a good thing for the aging and disabled communities."

More information about the Volunteer Collaborative can be found at www.AgingNetworkVolunteerCollaborative.org.

ABOUT THE AGING NETWORK'S VOLUNTEER COLLABORATIVE

The Volunteer Collaborative is an on-line resource to assist the Aging Network in engaging and empowering older adults and maximizing their leadership skills and experiences. It is funded by the Administration on Aging and led by the National Association of the Area Agencies on Aging (n4a), in partnership with AARP, the AARP Foundation, the Center for Certification of Volunteer Administrators, the Corporation of National and Community Service and the National Association of States United for Aging and Disabilities (NASUAD).

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Barbasol Barber Pole Bounty

By Robert Roudebush

I pushed my forefinger hard down on top of the aerosol dispenser, and coaxed the last slickery thin white dribbles from the Barbasol Shaving Cream can - that can cost \$1.37 fifteen years ago in Kansas City, Missouri

"That's right. A couple of days ago, I was still using a can of shaving cream I bought more than a decade and half ago. What fizzled and spritzed out this last time wasn't quite enough to do the job on my face, so I picked up the new Barbasol can I'd recently bought, (\$2.29 on sale down from \$3.33) and squeezed a portion out of that - it was new fluffy fat stuff. Right on the side of my old can it says, **CAUTION: CONTENTS UNDER PRESSURE -DO NOT PUNCTURE OR INCINERATE.** Well, the contents were no longer under pressure. No more juice for the squeezing. But the aroma. Ahhhh, Barbasol smells great, if you didn't know. Soapy bracing astringent and barbershop clean smell- good. Always has.

This teenage can - original formula - came years ago with operating instructions - "1. WASH FACE AND LEAVE WET. 2. SHAKE CAN AND HOLD UPRIGHT. 3. PRESS TOP TO RELEASE LATHER." Took me about four months but I finally mastered the three steps and learned to do them in proper order. I did all that for fifteen years. Guess I got my

money's worth.

How could this be? Fifteen years? I wondered that myself many times as I kept using it year after year, five years, then ten years, then more than ten years. How could one can of shaving cream last so long? Let's be clear about the demands I was making on that first red-and-white-striped can of "REGULAR BEARD-BUSTER - THICK AND RICH SHAVING CREAM". I don't shave every day, and I have a full beard, so what I do shave is just a small portion of my face and neck, and I don't shave my hands or feet or butt yet either. Not yet. I know the old can cost one-dollar and thirty-seven cents because the paper price tag is still stuck to the side of the can and is still readable. I know I bought it about fifteen years ago because I've been in Haverhill more than eight years, I brought the can with me, and I know I had the can for about 7 years before I moved up here.

I was so amazed at how long the can had lasted, that about three years ago, I wrote a letter to the company telling them of my experience - (remember letters, those old-fashioned things where you put written words down on actual paper, fold up, stick into an envelope, and buy a stamp and mail at the post-office?). I wrote them one letter, then a second, never heard a word back, and finally wrote a third letter. I

found out I could not just jot off a note to the BARBASOL Company. Like most companies these days, the product has gone through multiple ownership changes, has morphed into just part of a larger corporate entity.

Finally, after some months, someone wrote me back, a real letter from the current owners, from a third-assistant associate acting director of the Human Resources department, telling me thank you. It read in part, "The specially formulated shave cream product in the can will be available for use for a remarkable amount of time, several months at least, as long as the can is not subject to extreme levels of heat or cold and the aerosol dispensing agent within the container is not compromised." Several MONTHS? Boy, I'll say. I detected no real enthusiasm or appreciation in that reply for my expression of thankful wonder at the longevity of their product - I was also pretty sure no one had really read or understood that I had successfully been using the can for 15 years, not 15 months.

Researching to find the mailing address of the company who now owns the BARBASOL brand, (PERIO, INC. DISTRIBUTING, out of Dublin, Ohio) also provided me with a bit of history about this stuff I consider a very good value. It was invented back in 1919 by a guy who was a Professor at the Mas-

sachusetts Institute of Technology, no less. He was trying to invent a product that would provide," for a less irritating shave". It was a shaving cream that did not have to be worked into a lather. He named it BARBASOL from the combination of two words - the Roman word "BARBA" (meaning beard) and "SOLUTION". The original formula was a thick lotion, unlike the aerosol foams common today and is most closely related to the current Barbasol Non-Aerosol Therapeutic Shave Cream. Before long, the Barbasol Company, created in December 1920, was churning out 30-40 dozen TUBES of their cream per day out of its small Indianapolis headquarters.

Barbasol grew out of a company called NAPCO - then turned into a company called BARBASOL, and by the 1950s, aerosol cans were introduced and the can design mimicked a barber's pole, and is still the trademark used today. In 1962 Pfizer bought the company, and introduced lots of new different kinds of the canned spray foam - SOOTHING ALOE, SKIN CONDI-

TIONER, SENSITIVE SKIN, EXTRA PROTECTION, COOL MENTHOL AND LEMON LIME. My new current can - only three years old - is called PACIFIC RUSH. It's 11 ounces. Just like the old one was. No diminishing in size. Now the Perio Company makes it and new fragrances include MOUNTAIN BLAST and ARCTIC CHILL. By the 1990s, sales had slowed but today one in four men use it. Don't know how many women. Over the years some pretty famous people pitched Barbasol in print and TV ads - Babe Ruth, Rogers Hornsby, and football legend Knute Rockne. And remember all those fun and funny old roadside signs stuck on fence posts for miles and miles that families driving their station-wagons on vacations would read out loud to each other to pass time? Or was that Burma Shave? By the way - these days, my shaving loyalty is shared - I really prefer some great stuff I got from my barber Ken called "STEPHAN CONDITIONING SHAVE CREAM - WORLD'S SMOOTHEST SHAVE" It is.

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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

JUNE 14 - OCTOBER 4

PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM 802-592-3161
Peacham Village

FRIDAY, JUNE 29

BENEFIT BOOK SIGNING BY LARRY COFFIN

11:00 AM – 2:00 PM
Local Buzz Cafe, Bradford

THE TAMING OF THE SHREW

6:30 PM
Court Street Arts at Alumni Hall, Haverhill
See article on page 1

SATURDAY, JUNE 30

UNDERSTANDING YOUR FOREST

8:30 AM – 4:30 PM
Northwoods Stewardship Center
East Charleston, VT

PADDLE MAKING & CANOE POLING CLINIC WITH RAY REITZE

8:30 AM – 4:30 PM
Northwoods Stewardship Center
East Charleston, VT

STRAWBERRY FESTIVAL

9:00 AM – 3:00 PM
First Congregational Church of Haverhill

OPEN AUDITIONS FOR "THE PRICE"

2:00 PM
Old Church Theater, Bradford
See article on page 14

80TH ANNIVERSARY BBQ & MUSIC

3:00 PM – 9:00 PM
Veterans of Foreign Wars Post 816, Littleton

SUNDAY, JULY 1

PADDLE MAKING & CANOE POLING CLINIC WITH RAY REITZE

9:00 AM – 1:00 PM
Northwoods Stewardship Center
East Charleston, VT

OPEN AUDITIONS FOR "THE PRICE"

2:00 PM
Old Church Theater, Bradford
See article on page 14

JULY 2 - 6

REACH FOR THE STARS

YOUTH THEATER CAMP
8:00 AM – 12:00 Noon
Court Street Arts at Alumni Hall, Haverhill
See article on page 1

MONDAY, JULY 2

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JULY 3

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, JULY 4

WOODSVILLE / WELLS RIVER 4TH OF JULY CELEBRATION

11:00 AM Parade
See ad on page 3

FRIDAY, JULY 6

BRADFORD STRAWBERRY FESTIVAL

11 am until gone. 802-222-4423
130 North Main Street, Bradford

BOYS AND GIRLS CLUB OF THE NORTH COUNTRY CARNIVAL

5:00 PM – 9:00 PM
Behind Evergreen Sports, Rt 302, Lisbon

ORIGINAL PRACTICE:

MERRY WIVES OF WINDSOR

6:30 PM
Court Street Arts at Alumni Hall, Haverhill
See article on page 1

BANJO DAN & THE MIDNITE PLOWBOYS

7:00 PM
Bradford Academy Lawn

PETER GRIGGS, GUITARIST CONCERT

7:00 PM – 9:00 PM
Hebrews Coffee House,
West Danville United Methodist Church
See article on page 13

SATURDAY, JULY 7

FRANCONIA, EASTON, SUGAR HILL OLD HOME DAY

All Day Family Events
Franconia Main Street & Dow Strip

CRAFT FAIR

10:00 AM – 5:00 PM
American Legion Post 83, Lincoln

BOYS AND GIRLS CLUB OF THE NORTH COUNTRY CARNIVAL

10:00 AM – 10:00 PM
Behind Evergreen Sports, Rt 302, Lisbon

SUNDAY, JULY 8

BOYS AND GIRLS CLUB OF THE NORTH COUNTRY CARNIVAL

11:00 AM – 4:00 PM
Behind Evergreen Sports, Rt 302, Lisbon

MONDAY, JULY 9

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

WEDNESDAY, JULY 11

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM
Woodsville Guaranty Savings Bank, Woodsville

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

FRIDAY, JULY 13

ORIGINAL PRACTICE: MERRY WIVES OF WINDSOR

6:30 PM
Court Street Arts at Alumni Hall, Haverhill
See article on page 1

SATURDAY, JULY 14

THE PROUTY

ALL YOU CAN EAT BREAKFAST

8:00 AM – 10:00 AM
Lake View Grange Hall, West Barnet

TECH TALK AT TEN

10:00 AM
Fairlee Public Library

MILES & MILES OF MUSIC JAM SESSION

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

NEK HEALTHY WATERS INITIATIVE: RE-STORE YOUR SHORE WITH NATURE

1:00 PM – 3:00 PM
Northwoods Stewardship Center
East Charleston, VT

MONDAY, JULY 16

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

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

Submit your entries by:

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Deadline for submissions is Thursday, July 5th for our July 10th issue.

Second Chance Animal Rescue (SCAR) ADOPT A PET MONTH Courtesy of Sizi Says.....

This is all about me, my home life, and my friends at SCAR. All from a feline perspective off course!

June is Adopt a Shelter Cat Month. Typically at this time of the year there are many cats and kittens waiting to find their "forever home". SCAR's Mission Statement begins with "Our Mission: To provide homeless animals with a second chance at life...". This commitment for a second chance at life takes on many aspects from initially rescuing felines, as they did me, from a variety of life threatening situations, to providing shelter, food, and comfort within the walls of SCAR, to providing various avenues to help place all of us in a loving forever home.

Since SCAR opened its doors in November of 2010 it has found homes for over 220 cats and kittens – a very commendable service to the feline world. However there are always many more of us looking forward to that day when that special someone comes by our shelter cage and says "You're coming home with us!". Are you that "special someone"?

Every month, every day, Second Chance Animal Rescue is in need of volunteers. Any donation you can make of time, Wish List items, or money to assist them in their efforts, would be greatly appreciated. If you are a student, retired person, unemployed or someone who has a few extra minutes, please call SCAR and ask

what you can do to improve the lives of these beautiful creatures and lend a helping hand. They are now open to the public Monday through Saturdays, noon to 3:00 p.m. The number is (603) 259-3244. For more information on volunteer efforts, the Second Chance Wish List, and upcoming events, visit <http://www.secondchancear.org/home> Please check Trendy Times' "Calendar of Events" for fundraisers that will benefit SCAR.

On June 20, the Ninety-Nine Restaurant in Littleton, New Hampshire, will donate 15% of any meal from 5-9:00 to SCAR. You must present the "Dining for a Cause" coupon when you order. Coupons can be printed off the Second Chance website.

COUNTRY POOLS SPAS & BILLIARDS, INC. UP FOR THE SEASON!

Interview with Debbie Emmons

By Lauren M. LoSchiavo

Debbie and her husband have owned Country Pools Spas & Billiards, Inc. and been at their Railroad Street, St. Johnsbury, Vermont address since 1981. The Littleton store is a second location they've had going for approximately 10 years. Who would have thought that a pool and spa company could do so well in New England? The fact is, people love to swim and if you've ever been in a hot tub in the dead of winter, with the snow falling around you, you can see why they are popular!

Country Pools Spas & Billiards sells, installs and services Marquis Spas and Nordic hot tubs and has everything you could possibly need for your pool (in ground or above), spa or hot tub. You will find here; Ladders, liners, chemicals (chlorine, bromine, bacquaspa and silk balance for pools & spas) covers and winterizing products. They also provide installation for in and above ground pools, and provide all related services. Some may not be aware that Country Pools Spas & Billiards carries a whole other line of products – Misses/Ladies swimwear, children's bathing suit/flotation devices, goggles, masks toys, games and accessories

for your water fun. If Country Pools doesn't have what you are looking for, ask, they will get it.

The billiards section is a store unto itself. Country Pools Spas & Billiards sell Brunswick and Olhausen pool tables, cue sticks, chalk, cue balls and other necessary accessories for your billiard experience. They will break down, move and set up and balance your table(s) and refelt if needed. Dart boards

and other game tables are also available. This is the only store of its kind in our immediate area.

They are located at 260 Meadow Street, Littleton, New Hampshire, phone number 603.444.7333. They have a second location at 1216 Railroad Street #2 in St. Johnsbury, Vermont, phone number 802.748.3705. Like them on Facebook or visit them at www.countrypools.com.



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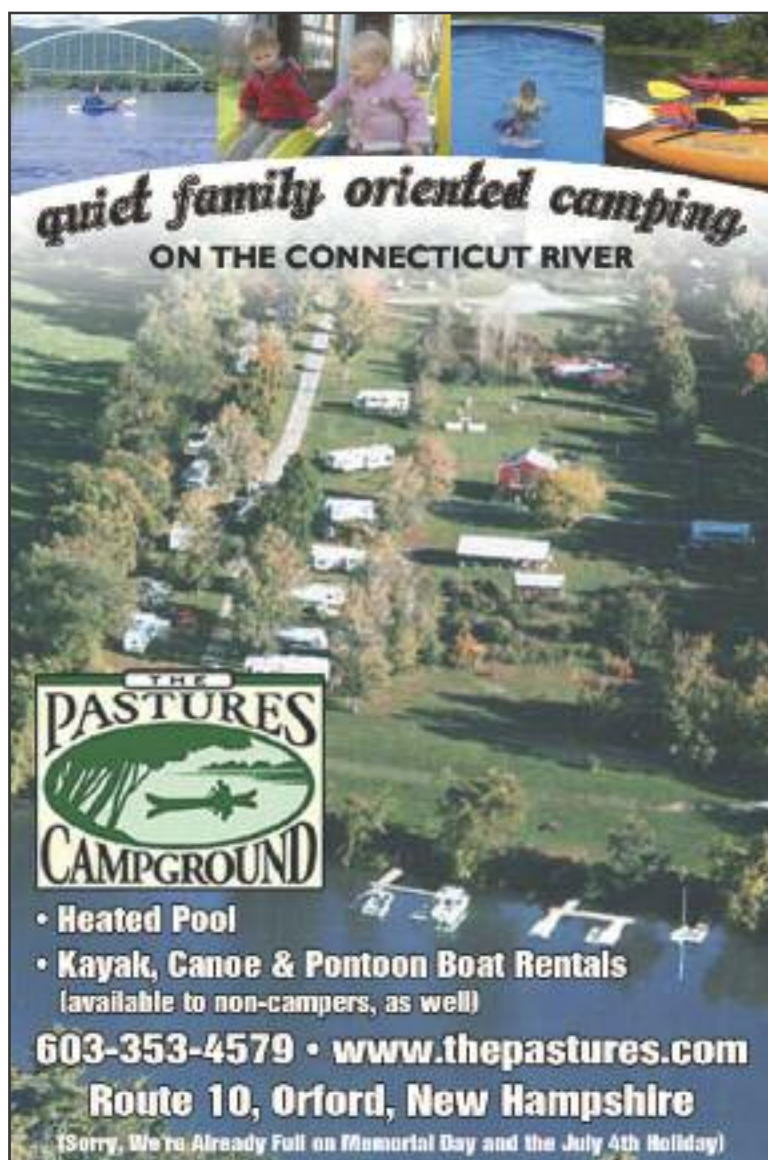
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Don't Take A Vacation From Investing

Summer is here - which means a vacation most likely isn't far away. Whether you're hitting the road, jumping on a plane or even enjoying a "staycation" at home, you're probably looking forward to some down time with your family. But not every aspect of your life should be relaxed. Specifically, you don't want to take a vacation from investing - which means you need to become a diligent, year-round investor.

Here are a few suggestions that can help:

Keep on investing. Don't head to the investment "sidelines" when the financial markets experience volatility. You don't want to be a nonparticipant when things turn around because, historically, the early stage of any market rally is generally when the biggest gains occur. (Keep in mind that past performance of the market is not a guarantee of future results.)

Keep learning. In just about any classroom, the best students are the ones who get the most out of their education

and put their learning to the best use. And the same is true of the investment world: The more you know about the forces that affect your investments' performance, and about why you own the investments you do, the more likely you are to make the right moves - and the less likely you'll be to make hasty and unwise decisions.

Keep your focus on the long term. As an investor, you need to look past those events - such as natural disasters, recession fears and political instability abroad - that may have noticeable short-term effects on the financial markets but little impact over the longer term. So instead of making investment decisions based on today's headlines, think about what you want your financial picture to look like in 10, 20 or 30 years - and take the appropriate steps to help make that picture materialize. These steps include following a long-term, disciplined investment strategy that's suitable for your individual needs, making ad-

justments as time goes on and working with a professional financial advisor who knows your situation and can help you make the right choices.

Keep looking for growth opportunities. To achieve your long-term goals, such as a comfortable retirement, you'll need to own growth-oriented investments, such as stocks and other investments that contain equities. The percentage of your holdings devoted to stocks should be based on your risk tolerance, time horizon and proximity to retirement. But no matter what your situation, you want a portfolio that's designed to help you meet your investment goals.

Keep relying on "hardworking" investments. To help ensure your investments are working hard for you, choose those vehicles that can help you in multiple ways. For example, when you invest in a 401(k) or other employer-sponsored retirement plan, your money grows on a tax-deferred basis, which means it can accumulate faster than if it were placed in an investment on which you paid taxes every year. (Keep in mind that taxes are due upon withdrawal, and withdrawals prior to age 59, may be subject to a 10% IRS penalty.) Plus, you typically fund your 401(k) with pretax dollars, so the more you put in each year, the lower your taxable income.

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Furthermore, with the choices available in your plan, you can create a good mix of investments.

Enjoy your vacation this summer. But no matter what the season, don't take a break from investing. Your efforts may pay off nicely for you in the future.

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

LEE ANTHONY FABRIC, FRAGILES AND FURNITURE ACQUIRES VERMONT SEWING SCHOOL Interview with Diana Lopez and Ellen Wilder

By Lauren M. LoSchiavo

In November, Diana acquired the Vermont Sewing School. Johnny remodeled the existing location to accommodate this new service and Diana is now holding regular classes. The recent Family, Friends and Community Quilt Tent Show was a great success and they hope to make it an annual tradition.

During the interview process, I had the opportunity to meet with one of the Sewing School's most proficient students, Ellen Wilde. Ellen sells quilts (65 of her own to date), at Lee Anthony. These were her comments regarding the opening of the school and her classroom experience, "No matter how good you get, you can never stop learning." "I took the applique course and learned how to do it better. They teach many tricks with circles and squares that helped me complete a pattern called the "Drunkards Path" and I have since completed a quilt using that pattern." Although Ellen has only taken three classes so far, she has been sewing since she was a child. She is an avid reader of anything by internationally acclaimed author and quilter,

Eleanor Burns.

There is no other facility in the area that offers such diverse instruction as The Vermont Sewing School. The use of the internet, instructional video, and other methods of teaching is impressive. The classes range from beginner, to intermediate and advance. Men, women, children and seniors can be found learning here. Diana's feeling is that "If you can reach the pedals, you can take the class." Although there is a course curriculum there is significant flexibility as to what will be taught in any given class. Much of the class is taught without patterns in a more "hands on" approach to sewing. You can learn how to use a sewing machine and progress to making aprons, bags, draw string pants, pillow cases, toys, hemming and move on to more advanced sewing techniques. If you have a specific project in mind, such as a silk dress or making a set of camouflage hunting clothes, they will help you make it happen.

A separate article would need to be written to touch on all the home decor things you

can do with fabric. Examples: decorated, tufted, picture frames, a mirror made to look like a window. The possibilities are endless. Another wonderful aspect of having the school within the fabric store is that Lee Anthony Fabric and Fragiles can find literally any fabric you may need! The unique types, colors, textures and patterns they already have in stock are remarkable.

The amount of money one can save by learning this skill is considerable and the satisfaction you will achieve by starting a project and finishing it is great for the spirit.

The prevailing theme throughout this comfortable, well-lit, relaxed, inviting haven is this: At Lee Anthony Fabrics and The Vermont Sewing School, customers become family while we learn, create and invent together!

For More information on the Vermont Sewing School visit the site at www.vermontsewingschool.com. The class schedule is posted at www.leeanthonyfabric.com. They are located at 216 Broad Street in Lyndonville, Vermont. Visit them on Facebook or call 802-626-4445.

NOT ENOUGH TO DO THIS SUMMER?
The Vermont Sewing School offers Kids Camp on Thursday mornings in July and August for age 8-16...
Make Friends with your Sewing Machine, Introduction to Quilting, Introduction to Toymaking
If you're camping or on vacation, check out Tuesday afternoons...
Meet your Sewing Machine; Home décor sewing... pillowcases, valances, wall art; Tote bags; Aprons, pants and skirts
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Celebrate

Haverhill/Newbury 250th Celebration

Believe it or not, the first big deadline for the Haverhill Newbury 250th anniversary celebration will very soon be upon us. The year long celebration has been in the planning stages for almost a year. And it is now getting on to the time to put certain aspects into motion.

The first big project of this joint committee is the publication of a souvenir/history/snapshot book for the two neighboring towns. This book will contain several historical stories from the early days of the 1760's. There will also be articles from most all of the precincts and villages of the two towns. Pictures, both past and present, will be a large portion of this book. And, of course, there will be the opportunity for local businesses to be part of the publication.

It is these last two items that require help from the general public and the business community. There are a huge number of vintage photos, mostly from the collection of committee member Jim Hobbs, that will be scattered throughout the book. But modern pictures are also needed for the snapshot portion of this project. That is where the general public can help. Digital photos of individual homes with date built, and the owner's name and address would be greatly appreciated.

Also, every organization in Haverhill or Newbury is encouraged, cajoled, invited, urged, summoned, welcomed, even wooed to join the celebration. This can be done with the submission of a digital photo of your club, group, or organization. Maybe the whole membership or just a select few. You can also send a photo of your property or some other significant item that depicts a snap shot of your group. We hope to depict every single such body somewhere in the pages of this publication.

Now for businesses. The same request goes out. Take a shot of your property and submit it. We will use all that we can. There is also a chance to have a bigger and better presence in the book. Members of the 250th committee will soon be out looking for advertisers. To make it easy there are four levels of advertising. For \$500 or more you will be an Historic sponsor. For this you will receive a full page ad plus a



The above is the current suggested logo for the Haverhill/Newbury 250th Celebration. Many thanks to Molly Shapiro for her work on this project.

second page for an article about your business. Your logo will also appear on the sponsor page. A Sesquicentennial Sponsor is one who donates \$250 or more. At this level you receive a half page ad and your logo on the sponsor page. Century Sponsors come in at the \$100 level. Along with a quarter page ad they will have their name listed on the sponsor page. And for those who have a more limited budget, business card size ads will be available for just \$25.00.

The deadline for all of these contribution will be August 15 to give us a chance to put together this very large project. The anticipated date of availability for the book will be November 1, 2012.

The first actual event of the 250th Celebration will be a gala New Year's Eve to be held at the Clifford Building in Woodsville. A great band has been hired, a caterer is being chosen, and a price will soon be determined.

A brief look at the rest of 2013 shows that May 18 falls on a Saturday. May 18, 1763 was the actual date of the signing of the charters for both Haverhill and Newbury. This date will be clearly marked with special activities, still to be determined.

The very next week will see the arrival of the Traveling Wall. This is an 80% replica of the Vietnam Wall in Washington, DC. All the names appear as they do on the original. There will even be people on hand with computers to assist people in finding particular names on the wall. Along with the cen-

terpiece will be displays from most if not all other American conflicts. Wednesday, May 22 will mark the arrival date with set up and opening ceremonies on Thursday, May 23. The display will be dismantled and moved on to its next stop on Monday, Memorial Day, May 27, 2013.

There will also be a lecture series throughout the year in Haverhill and Newbury. These historical topics will center on the history of these two neighbors.

The 250th Celebration and members of the committee will also be very apparent at many other activities throughout the year. From church suppers to yearly events like July 4th, Cracker Barrel & North Haverhill Fair, the reminder that this is our Sesquicentennial celebration. We invite all to join the fun. And please send in those digital photos soon.

Please email photos & captions to: roaringcreek farm@gmail.com.

If you have other questions check with any member of the committee or the Haverhill or Newbury Town Office. And if you would like to join this endeavor and make this a truly memorable event, join us for a monthly meeting.

July 4, 1942 Factoid

First American bombing mission over enemy occupied territory in Europe. American manned A-20 Boston Bomber aircraft accompanied by 6 British manned A-20 Boston Bomber aircraft in a daylight attack against Nazi airfields at Alkmaar Hammstede in Valkenburg in the Netherlands. No allied aircraft were lost. They took the Nazis by complete surprise destroying numerous aircraft.

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(l-r) Justin Van Etten, small business owner, Senator Tom DeBlois, and Representative Gene Chandler join Senator Jeanie Forrester as she delivers over 100 primary petitions to Secretary of State Bill Gardner.



Dr. Debi Warner is now officially in the NH Senate District 1 race. Shown here with Secretary of State Bill Gardner submitting the registration for candidacy at the State House in Concord, NH.

Peggy Willey Receives Patchen Miller Award At Upper Valley Land Trust's Annual Meeting & Conservation Celebration

On June 6th, the Upper Valley Land Trust's annual celebration of land conservation drew nearly 150 people to UVLT's new Lyme Hill Conservation Area. All enjoyed hikes and bike rides, live music, good weather and good company as the Upper Valley Land Trust shared the accomplishments of the year and celebrated the spirit of conservation found in many friends and community members including Peggy Willey of West Fairlee.

Peggy was the 17th recipient of Upper Valley Land Trust's Patchen Miller Award. Established in 1995 the Award honors the memory of the young naturalist Patchen Miller who had a very real, deep love of learning and a love of the outdoors. Peggy's enthusi-

asm for land stewardship and joy in supporting others as they learn about nature were recognized by VP of Stewardship Pete Helm,

"Peggy is a student of the natural world who actually seeks out and experiences connections and details among the plants, trees, and wildlife. Where ever she is, she has a Sense of Place that most of us only dream about. Peggy is passionate about many things: plants, walking, adventure, organic farming, medicinal herbs, foraging for edibles, community. And, my all time favorite - Peggy is passionate about 'the little things'... like bumble bees snoozing inside a flower petal."

Peggy was presented with some local honey and one more very special item. In

2011, upon receiving this award himself, Ehrhard Frost presented to UVLT a ceremonial drum that was built by Patchen Miller and Ehrhard's son Eric. This year, the drum was passed on to Peggy for the year and stands as a symbol of the award and the spirit for which it is given. A permanent space has been created for the drum at the UVLT office that will list Peggy's name alongside those of the other 16 recipients until the next UVLT annual meeting, at which time it will be passed on.

Also honored was Willis Wood of Weathersfield who was presented with The Ashley Advocate Award in recognition of his outstanding leadership and neighborly outreach to educate landowners about land conservation options. UVLT members present at the meeting also elected five new Trustees to the Board who's large breadth of skills will surely benefit the organization; and with grateful hearts recognized the leadership contributions of retiring Trustees Freda Swan, Kathy Larson, Charlotte Faulkner, Doug Loudon and Rick Roesch.

The Upper Valley Land Trust works to protect farmland, forest, water resources, wildlife habitat, trails and scenic areas that are vital to the character of the Vermont and New Hampshire communities of the Upper Valley. Founded in 1985, the Upper Valley Land Trust is a non-profit organization supported primarily by local contributors. For more information please visit www.uvlt.org.



Several members of the Ammonoosuc Valley ATV Club of Bath NH pitched in to spruce up the "Auggie - take a break pavilion last week. The rest stop is located across the street from Aldrich's General store in North Haverhill. Stay mat gravel was spread in the picnic area under cover and Fill was spread and raked in the parking lot around the pavilion and the shrubbery was trimmed.

The Auggie - Take a break pavilion was dedicated to the memory of August Frank "Auggie" Stiegler IV who was an avid motorcycle, ATV and Snowmobile enthusiast.

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POSITIVELY 4-H

By Becky Colpitts,

Volunteer Management Program Assistant, UNH Cooperative Extension

On that afternoon of May 19, 2012, the sun shone down like a warm shawl on the shoulders, through bright blue skies on six groups of people. In one group, two 4-Hers and their father were demonstrating calf care to the audience, who were busy falling in love with the endearing young animals from the Grafton County Farm. The father, Greg Jellison, sat quietly back and allowed his daughters, Alyssa and Moriah, to share their knowledge. Later, Greg shared what he knew; there was a strong sense of partnership in the presentation. Each family member participated equally and with great respect for one another. Other groups learned about horses, sheep, goats, chickens, and rabbits. Each group was led by a 4-H member, with their parents or 4-H leaders there for support. Earlier that day, these same 4-Hers set up action exhibits that they had developed themselves. This gave participants hands on experience in testing eggs, felting soap, what animals eat, what's in a clipping box, and in parts of a horse. Presenters in the morning were Zack Moore, Grace Moore, Erva Barnes, Tyler Anderson, Isabelle Kondi, Salome and Raeven Bill. They were supported by 4-H leaders Katy Blaine, Elaine Morrison, and Shirley Anderson, as well as the 4-H parents. This day was a glowing example of a positive youth development experience.

4-H has been around for over 100 years. The four leaf clover logo design was approved in 1911, with each leaf representing one of the "H"s. These stand for Head (managing, thinking), Heart (relating, caring), Hands (giving, working), and Health (being,



living). These are the core values of the 4-H youth educational program. These values shape one's character, are the foundation of a rewarding life, and they last a lifetime. The 4-H National Impact Study confirms that the positive youth development model used in 4-H programs helps youth become more confident, competent, connected, caring and compassionate (extension.unh.edu/4H/4HYDSR). Youth and adults learn, grow, and work in partnership with one another, creating a full, empowered, positive relationship circle.

Here in Grafton County there are 22 4-H clubs with 233 members and 101 4-H leaders partnering with 4-H youth. These clubs are catalysts for positive change in our world. Area 4-Hers will showcase their accomplishments at the North Haverhill Fair, which runs from July 25 – 29. Please visit the Stoddard Building and see the many project areas our 4-Hers are delving into. Yes, there are still animals,

sewing, cooking and gardening. Add to that computer technology, robotics, woodworking and so much more. You will be inspired and amazed by our youth! Take a stroll through the animal barns and tents. There you will see youth and adults partnering to make the fair experience the best it can possibly be. "To make the best better" is what a 4-Her does so well. So, whether participating in Animal Science Day or another 4-H event, showing their talent at the fair, involving themselves in community service, or investigating a myriad of other projects, 4-Hers are becoming creative, productive citizens, and that makes a positive impact on our world.

You are invited to experience 4-H and the positive youth development model by exploring our website at <http://extension.unh.edu/CoCounties/Grafton/Grafton.htm>, through Facebook at UNH Cooperative Extension – Grafton County, or by calling us at 603-787-6944.



Mary Snowman, Principal at Bath Village School received the most tickets to be duct taped to the wall. The school raised \$347 to be donated to the playground fund.

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A Walk in the Woods - June 2012

By David Falkenham,
UNH Cooperative Extension Grafton County Forester

I have always found it amusing that in January and February getting out of bed in the morning is a real grind. It's dark and cold and even the sound of the automatic coffee maker and the promise of a walk with the dogs provides little motivation for any vertical movement on my part. But in May and June there is an entirely different rhythm to my morning attitude. The windows are open and the birds are singing by 4:30. I lie in bed planning an early rise just so I can have coffee with the birds before work. The dogs of course continue to snore softly, so I take great care not to disturb them.

I sit on my porch at dawn and sip the first of the coffee; the steam rolls out of the mug and its deep black extra strong texture is a most welcome thing. All around me is a chorus of migrant song birds. The variety of fields and forests in the North Haverhill area provides great habitat for an incredible diversity of song-birds. I have stated in the past that I am no expert in the field of bird identification; I am a bumbling novice at best. However I do know some people who never fail to astound me with their knowledge of birds, bird habitats and songs.

I tend to focus on the com-

mon species, hoping that someday I will absorb the knowledge of the birders around me. I will share with you three bird species that I guarantee you will hear on a regular basis in the fields and forests around you.

Ovenbird: So named for its closed ground nest that is shaped very much like an oven, the oven bird is a common species of mature hardwood and mixed forests. It prefers forests with an open understory in which to build its nest, however it likes to feed in shrubby openings such as old clear-cuts. Best said, this bird prefers a mix of older and secondary growth forests. The call of the ovenbird can't be mistaken for anything else; it is a shrill "teacher-teacher-teacher-teacher", which is repeated throughout most of the day.

Black-throated Green Warbler: This little bird has a striking yellow face, green head and a very black throat. If you are in un-broken coniferous forests of spruce, fir and/white pine you are more than likely to hear the call of zee-zee-zee-zoo-zeeover and over. This bird also likes coniferous and mixed mature forests, and does much of its feeding in old clear-cuts and shrublands adjacent to conif-

erous forests.

White-throated Sparrow: This is my favorite bird. I say this because its song reminds me of evenings by the campfire with friends and family, followed the next morning at dawn with the first song of the day. "Old Sam Peabody," I call him, or as the song goes... "Old-Sam-Peabody-Peabody-Peabody". Everybody has heard this bird, especially in the evenings, and he is usually the first to wake you when it is time to get up in the morning. The White-throated Sparrow is a real generalist who enjoys coniferous and mix forests with openings and shrubby dense undergrowth.

So this morning I am on my porch, reaching the end of my first cup of coffee and thinking about my next while the songs of spring surround me. I love winter, but it can't hold a candle to the relaxing walks with the birds in May and June.

Of course if you really want to enjoy these birds and many more, nothing brings you closer to them than a walk in the woods (preferably in the morning), or a good camping trip. I have yet to find anything that magnifies the songs of spring more than the walls of a tent.

Signs Of Summer

By Sheila Asselin

The smell of charcoal on the grill. Corn on the cob, watermelon and barbeque. Ice cream stands are open Hatchland and Slicks. Both are so delicious I cannot decide. Aw heck, why choose at all. I think I will just eat both!

The faint odor of chlorine from the swimming pool, soggy towels in a heap. Lost sunglasses, t-shirts, and one sneaker. Sand sneaking up between your toes. Flip flops the preferred foot wear.

Cars with out of state licenses. Folks from away come to glimpse Paradise if only for a little while. Motorcycles everywhere. Fireflies after dark. Those tiny wonders, humming birds, gathering around my feeder.

Sun block and citrine candles. The first new bales of hay. Farmers market laden with local produce, none tastes better, Pick your own strawberries and later blueberries.

These are all sure signs

that summer is upon us, but my favorite sign of summer is the one that proclaims YARD SALE!! These are my favorite four letter words (or at least my favorite that can be printed in a family newspaper). I have but to see these magic eight letters to feel an adrenalin rush and find my heart going pitter pat.

Yard sales are the guarantee even the most timid among us can experience the thrill of the chase and the wonder of discovery. I know it is only a matter of time before I am going to see an exact twin of one of my yard sale finds on the Antique Road Show. Ha, so who's laughing now? Anyone can pay retail. It takes a keen eye and rare talent to capture a treasure for mere pennies.

The crème de la crème, the mother lode, the Holy Grail of four letter words is FREE. I do not know what it is, what is its intent and purpose but hey it was free! Why would any-

one want to give it away?

Anthropologists tell us that early man was a hunter gatherer. Early woman was a hunter gatherer to only much better at it. Early man was an amateur, woman was a pro. Over the course of 10,000 years woman has passed this scrounging gene down to her female offspring so that a healthy yard saleing impulse is as natural as walking upright without dragging your knuckles. Mothers whispered the secret to daughters in the cradle. Fathers and sons remained clueless. Even the most affluent woman gets a special thrill when she finds a Danish candle snuffer or genuine faux pearl necklace for just pennies. March forth and shop the neighbors yard proudly confident that you are carrying on a timeless tradition. See you out and about this weekend. Just don't snag the treasure I had my eye on!

Savoring Those Fatherly Moments

I'm trying to figure out just what I did today that was fatherly.

I suppose we could start around 6:40 a.m., when I peeled my face off the mattress. I heard nothing, not a peep in the house. I sat up, ran my chapped tongue against the carpeted floor, and headed into the hallway.

At the foot of the stairs, I considered turning around to use the upstairs toilet to get the night out. But then I said to myself, "Ah, what the hell? I'll be in the downstairs shower in a minute."

Then I saw my boy standing in his bedroom with one sock on, a pair of underwear hiked up around his shoulders, and no shirt.

"Morning," I said to him. "Hi," he said sleepily.

Then I walked downstairs.

That's kind of a fatherly moment. An acknowledgement, at the very least, that we're both comfortable enough to be standing shirtless in our underwear at the break of dawn. Heck, this has been going on for seven years.

In the shower, I listen to NPR beg the listeners for money, all while having no idea where my daughter is, the 10-year-old. As I scrub up, I realize that I haven't seen the kid in over nine hours, since kissing her goodnight.

I start thinking: She could be anywhere! She's my first, my gold, my untouchable baby girl. Still, I have confidence that, once I dry off, I'll walk out that bathroom door and she'll be there, somewhere, bombing down the stairs or blasting allergy medicine up her nose at the kitchen counter.

Again, a somewhat fatherly moment, if considered.

I could have hit the switch the second I got up and ran my mind right into the gutter. But I didn't, not today. I just remembered that I had a daughter, and in two minutes I'll be able to say, "Good morning, sweet face," to her. And for the second it takes to make that exchange, the world will be just right, perfect.

And there she was, sit-

ting at the kitchen counter, not huffing Diphenhydramine, but tying her long hair back. "Morning, Daddy." "Good morning, sweet face."

Very fatherly.

From there, I suppose, things took a fatherly turn that you don't read about in Hallmarks. I snapped a little when I was in the downstairs bathroom spraying down for the day. Directly above, in the upstairs bathroom, someone was doing a Buffalo Dance, and the ceiling sounded like it was caving in.

"Knock it off! For God sake! I'm gonna..."

That's about as fatherly as it gets, right there. The first shattering blast of anger of the day, directed right at that wild kid noise, the worst of worst, the evil stuff. But it shuts right down, on a dime. I am the father, after all.

Off to school we go. More fatherly stuff. Cello in the back? You brush your teeth? Now shut up and listen to R.L. Burnside tear it up till we get there. Drop-off at school, it's always good to me. Nothing to it. You roll up to a curb, get out, kiss the kids good-bye, and that's it. Fatherly moment, dominated!

Then your father role ends for the next eight hours. You have no hand, really, in how your kids' day is going to unfold. You go and mingle with adults, grab a couple cups of coffee, test yourself at work, or at the gym, or at the gun range.

It's like a spit of sunshine, those eight hours. Then you're right back into father mode. Second you roll in the driveway, you can hear the clang! and the clack! The "Ya, ya this!" and the "Ya, ya that!"

Then it's kisses all

around.

"What's going on?" I ask, to no one, really, as I walk down the hall into the living room. "Definitely," I say back to an unasked question before flopping down on the couch for some Sox chatter. I just need 10, noiseless, fatherly minutes.

Nope.

Shout, question, shout, something falls, one of the cats dropped lunch off in the dining room, again. Can I have another meatball? No, you cannot bring a bottle of cologne to school. Question, shout, question. And this goes on for a good two hours. A very, very fatherly two hours.

But the reprieve always arrives and your fatherhood duties end for the day. You muscled your way through the morning, the Buffalo Dance, without demoralizing your child. You got out of a truck and kissed the very soft faces of two things you created, lifted your arm and waved good-bye as they walked into school. Then you came home and worked your survival skills against a storm of noise. Wiped a butt, a face or two. Maybe instructed on an issue, demanded something be done, filled a bowl with chili, whatever.

Bang, done. A full day of fatherhood.

There's nothing to it. You really just have to show up. Contact Rob Azevedo at nemanmanch@gmail.com.

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To view a 10-minute video of "500 Years of Music for Guitar," go to: http://www.youtube.com/watch?v=_2IFy wZSjhl

ABOUT THE ARTIST:

Peter Griggs is a guitarist and composer from New York City. Over the last several years, he has presented more than 350 solo guitar concerts in the USA, United Kingdom, Germany, and elsewhere in Europe at art centres, museums, festivals, churches, jazz clubs and other venues. He performs classical music of all periods, as well as jazz, Brazilian music, flamenco and his own compositions.

He has worked with or been commissioned by many multi-media organizations including Pan Asian Repertory Theatre, New York Theatre Workshop, the New York State Theatre Institute, Compania Nacional de

Danza de Espana (modern dance), National Public Radio (radio drama), the National Endowment for the Arts (composition commission), W-NET TV (documentary film soundtrack) and the World-wide Video Festival (The Hague, Netherlands). Mr. Griggs has recorded on Music Of The World, Folkways Records, Treecastle Music and Locust Records.

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The play is about two brothers who meet upon the death of their father to go through their father's belongings. Walter is a highly successful surgeon, Victor a poorly paid policeman. Both resent each other for different reasons and tempers rise until a confrontation occurs and each must decide whether or not to accept or forsake past mistakes and accomplishments. Witnessing their inability to understand each other is a wise old furniture dealer, Gregory Solomon, whose final response to the whole sad situation is laughter. Also in the cast is Esther, the policeman's wife.

Visit www.oldchurchtheater.org for more information or contact the director sheila.kaplow@oldchurchtheater.org

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June 26, 2012 Volume 3 Number 19

Lead Poisoning In Kids Can Be Prevented

LITTLETON, NH — Although lead paint was banned in 1978, it's still a leading cause of lead poisoning in children, largely because many of the state's homes were built before 1950 when lead paint was in common use. In communities like Berlin, Groveton, Haverhill, Lisbon and Bath, where much of the housing stock is old, where multiple housing units are prevalent, and where many of the larger, older homes have been turned into multiple units, the incidence of lead poisoning in children is higher.

"In New Hampshire, the state Childhood Lead Poisoning Prevention and Case Management Program has been looking at lead poisoning for many years," said Elaine Belanger of Berlin, Public Health Coordinator for North Country Health Consortium (NCHC) in Coos and northern Grafton counties. "Lead is present not just in paint chips that a child could eat, but in dust from lead paint, soil, some lipsticks, and some imported toys. When ingested or more likely inhaled due to the dust, lead becomes a serious health risk to small children and can cause developmental and learning disabilities."

As of January 2012, the Centers for Disease Control (CDC), on the recommendation of the federal Advisory Committee on Childhood Lead Poisoning Prevention, changed its "blood level of concern" from the previous 10 micrograms of lead per deciliter in blood to 5 micrograms per deciliter of lead. The recommendation was based on a growing number of scientific studies showing that even low blood lead levels can cause lifelong health effects.

NCHC has received a multiple year grant of \$63,000 to implement the NH Healthy Homes & Lead Poisoning Prevention Program in northern New Hampshire.

In the North Country, all community health centers perform universal testing for lead in their pediatric patients at age one and again at age two. When a child is identified as having elevated lead levels, a caseworker from the Healthy Homes initiative, like Belanger, makes a home visit to help parents identify the source of the lead contamination and to offer both short and long-term suggestions for remediation.

The Healthy Homes program, Belanger explained, takes a holistic approach to

family wellness. Caseworkers called to a home to assist with a lead poisoning issue will also work with the family to identify other areas in which improvements might be made to keep all of the individuals there safe and healthy. They will suggest actions that parents can take, like removing hazards that could cause injury; installing smoke detectors; choosing safe pest control products; home weatherization options; and how to keep second-hand smoke away from children.

"Lead poisoning can be prevented even if you live in a house with lead paint," said Belanger. "You can still protect your children. It's as simple as cleaning for prevention."

Lead dust, she said, is often released into the air during a demolition or renovation project. Sometimes, parents who work in an environment where lead is present track it into their home on their shoes. Pets also track in lead on their paws. With nice weather and open windows, lead dust from porches can come through windows and doors. Even the ground right outside older homes is most likely contaminated.

Belanger suggests these remedies for homes where lead chips and lead dust are present:

- Damp mop and wet dust around all window sills and frames/floors at least every week
- Remove shoes before entering the house
- Wash hands before eating
- Plant grass, flowers or shrubbery around the perimeter of older homes to keep kids from playing on ground that could be lead contaminated
- Use duct tape where paint is chipping; it's not pretty but it's very effective
- Remove the paint (call a certified professional to be sure it is done safely), or paint over it

Belanger said that landlords have a responsibility to remedy lead problems in the buildings they own, and, while homeowners can't be forced to make changes, most are proactive.

Luckily, said Belanger, many communities — Berlin is a prime example — have been getting rid of their old housing stock or refurbishing these older buildings, through grants, to make them lead free. "The amount of money spent in New Hampshire on special needs kids effects everyone," said Belanger. "If we do more



Elaine Belanger is the Public Health Coordinator for North Country Health Consortium in Coös and northern Grafton counties. She works with families through the NH Healthy Homes and Lead Poisoning Prevention Program that NCHC coordinates in northern New Hampshire. (Courtesy photo)

lead poisoning prevention, then down the road we can save money, and we'll have healthier kids."

One of Belanger's tasks is developing strategic management tools by enlisting the assistance of community members. She is working with health care providers, health and human resources organizations, Tri-County CAP, builders and members of the business community, AHEAD, housing offices, children's programs — bringing them together on a committee to act as advisors. "The focus is on healthy homes," said Belanger. "We want to identify any problem areas, like lead, and help remedy the situation. Children who live in a healthy home are healthier, and less likely to be at risk."

The state provides a free home assessment for families whose child is diagnosed with elevated levels of lead. Contact Belanger at (603) 259-3700 or by email at ebelanger@nchnh.org for more information and questions about the NH Healthy Homes and Lead Poisoning Prevention Program.

The CDC at www.cdc.gov and the Environmental Protection Agency at www.epa.gov also offer tips and tools for making homes lead safe.

NCHC is a rural health network based in Littleton that collaborates with health and human service providers serving northern New Hampshire, including the region's five hospitals. Learn more at nchnh.org or call 603-259-3700.

Letter To The Editor

To the editor,

The Road Mitt and the Republican Congress Traveled: Brought to them by the American Recovery and Reinvestment Act

When they traveled to New Hampshire, they did so across roads that have been improved through support from the American Recovery and Reinvestment Act.

As well as the extra jobs that were created due to the ARARA. You heard of trickled down, this IS the real trickled down that benefits thousands of workers and families.. Like concrete co's, steel workers, pavers, fence installers, gas and oil co's, lumber, loggers, hardware stores, banks, restaurants, grocery stores, jobs for all of these people were created extra because of the highway construction, ARARA. Now republican obstructionist, get out of the way, and let the workers get America back to work!. Remember the auto industry as well. Not only did the auto industry and the jobs that were created, bring back America's work force, but everything that is put into the auto industry to build the car, was put back to work, that included just some, too many to mention all, tire co's, brakes, paint factories, glass factories, etc. mechanics, all the Napa, Bond, Sanels, Auto Zone, Carquest, etc. stores plus independent auto repair garages., The list goes on. Now if the auto industry didn't get bailed out, LOOK what would have happened. More than the 2 million workers would have been out of a job. Unless of course there were those who let them go bankrupt, or shipped the factories to other countries then of course there are those would have said how many "Jobs " they created in Asia or India. So when you go to work today.. Remember who said "NO!" to the President's JOB BILL, the ARARA, Saving the Auto Industry..

As Thomas Paine said, "lead, follow or...get out of the way." Preferably the latter.

Nancy Leclerc, N. Woodstock, NH

Nancy,

There is no question that it is election season. There is really no question that many of the upcoming elections will be decided by the position of candidates on such topics as jobs and the economy. You mention two of the national programs that have also had an effect on the New Hampshire economy as well as jobs.

This seems to be a good point to mention that Trendy Times will not endorse nor be negative on any candidate for any office. From President to Governor, to local State Representatives Trendy Times welcomes readers' comments and opinions. We also welcome opinion pieces from candidates.

Of course there are some limits. No more than 400 words. No slanderous comments. All Letters must be signed. Trendy Times reserves the right to correct grammer and/or spelling at our discretion.

Gary Scruton, Editor

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Letter To The Editor

"Woodsville Needs a Doctor"

It was forty years ago, but I still remember that billboard by the side of Route 10, "Woodsville Needs a Doctor". We all chuckled about that. Advertising for a doctor on a billboard!

Woodsville sure has changed in those forty years. A (much) bigger hospital, lots of medical specialists, three (!) traffic lights, Wal-Mart. Sure does look like a town that is growing, and maybe for the better. But I digress.

You see, there's still this doctor thing. Seems that Wednesday night my bursitis decided to take a turn for the worse and turn into an infected bursa. Now I knew what that meant - time for antibiotics. So I called my doctor. "The office is closed. If this is a medical emergency, please call 911." Huh. I don't KNOW if this is a medical emergency. I know it's getting hot, red and swelling so that can't be good. On the other hand, I can't see sending out the big van with the flashing red lights for an infection. So now what? Ah, ha. How about the emergency room up in Woodsville? Let's give them a call!

And this is where things start to go downhill. First, I pull up Cottage's website. Nope, no mention of the ER on the home page, but the menu bar does offer departments. Ah-ha! One of those departments is the ER. Which has a voicemail. A VOICEMAIL??? (Sigh) Root around on the website some more. Ah. "Contact Us" buried at the bottom of the page. And that leads to a different number for the ER. Progress.

So I ask the nice young lady who

answers if I have a medical emergency and need to come in, or can it wait until tomorrow? Wait. What? You can't tell me? But ... but ... but surely you know far more about this disease than I do. Nope. No way. No advice over the phone, not even about whether I need to be seen. (sigh) Looks like we're off to Woodsville.

Now I've gotta say, check in didn't raise my confidence levels any. The usual questions, of course. The usual answers. Then I find that the clerk has to type in my allergies. Wait. I've been seen here many times. Always the same allergies. And they're not in the system? Nope. He really is adding them to my record. Suppose I was unconscious? Or delirious? I take my chances?

So, finally, ONE HOUR LATER, it is off to the examining room to sit on the examining table and wait. And wait. And wait some more. For another entire hour. On the examining table. Sitting there. That's when I called it quits. My elbow wasn't any worse. I needed sleep. And the hour when my doctor would open in the morning was getting ever closer. I cut off my wrist band, grabbed my wife, and walked. (Oddly, some of the ER staff watched us walk out the door and didn't say a word ...)

On the way home, my wife opined that she was glad she had gone with me as she would have been quite worried when I didn't come back for 3 hours and she didn't hear. Because, oh yeah, that's another thing Woodsville still doesn't have, cell service.

Paul Hunt, Bradford, VT

Paul,

You raise a few questions here. I'll try to take them in order and try to give you my knowledge, as obviously limited as it is.

First, finding a phone number for Cottage Hospital: The computer age is great. Almost everything can be found on line. Just not always where you expect it to be. The main phone line for Cottage Hospital (603-747-9000) is indeed on the Home page, but it is on the bottom of the page is fairly small type.

Next, the phone conversation with the ER receptionist: Can you say government regulations? From my understanding you can't even get the proverbial "take two aspirin and call me in the morning"!

Check in: No clue. I would agree that all that info should be in the computer and always available, especially at a facility where you have visited before.

Next on your list was the two hour wait. A two hour wait? Maybe not so bad if there was an occasional visit from staff saying "we'll be with you shortly", but no contact during that hour in the exam room? I would agree, that doesn't seem right.

And finally, Woodsville cell service, or lack thereof: This is not the first time I have heard this one. There is a group in Haverhill working to get one of those cell companies to rent some tower space and put up an antenna. So far it has not happened. But there are a few spots, here and there, where you can make a call (if you stand on one foot and hold your tongue right!)

Bottom line: I hope you are feeling better. And keep that phone handy, someday Woodsville will join the percentage of the country with good cell service.

Gary Scruton, Editor

PS: For the sake of fairness, his letter was passed along to the public relations people at Cottage Hospital. They returned the following national statistics. How much time should you expect to be in an emergency department?

If you have a minor illness or injury, and the emergency department isn't crowded, you may wait 1 to 2 hours to see a physician. If you require extensive diagnostic tests, your visit may be longer because it will take time to obtain the results. If an emergency physician needs to consult with other medical specialists, your wait may be extended. If you need to be admitted to the hospital, you may wait until an inpatient bed is available.

In 2007, U.S. emergency patients spent an average of 4 hours and 5 minutes in the emergency department, a 5-minute increase from the previous year (Press Ganey Associates, 2009). South Dakota had the shortest waits (165 minutes) and Utah had the longest waits (385 minutes).

Almost 400,000 patients waited 24 hours or more; patients admitted to the hospital, or referred for drug or alcohol treatment, were in the emergency department about 6 hours on average. (Press Ganey Associates, 2009).

<http://www.acep.org/content.aspx?id=25908>

Letter To The Editor

To the editor:

When news that PSNH was proposing and promoting the construction of a 180 mile long high voltage electric transmission corridor (Northern Pass) through the center of New Hampshire from Pittsburg to Deerfield, residents throughout the state – and especially in towns directly impacted – examined the proposal and quickly formed strong and widespread opposition to the plan.

Concerned citizens turned to their respective representatives in state legislature and to the Governor for help. Despite the fact that New Hampshire has one of the largest representative bodies of government in the English-speaking world, the lack of response and engagement from the Governor, House, and Senate was disheartening at best. There have been a few exceptions and among them is Senator Jeanie Forrester. That Senator Forrester demonstrated her commitment to her constituents early on in the process is a testament to her willingness to stand for the people of New Hampshire despite the power and wealth of those individuals and entities invested in the Project.

Senator Forrester worked diligently to protect New Hampshire residents by co-sponsoring HB648 which prevents developers of privately funded projects – such as Northern Pass – from being able to petition the state to use Eminent Domain to take private land for commercial development. And, in looking at the proposed massive towers and lines envisioned along the 180-mile corridor through the state, Senator Forrester sponsored SB361 which is a forward-looking, modern-era view to energy transmission which establishes a commission to study the use of existing transportation corridors for the burial of energy supply lines. Both of these important pieces of legislation have now been signed into law.

Throughout her first term, Jeanie has been attentive, accessible, and responsive—not only to constituents in District 2, but also to all the citizens. She exemplifies the qualities and commitment that all of us should expect in those that serve. In a world where many of us can feel so disconnected and disenfranchised with our political leaders, Jeanie is a refreshing change. Jeanie has earned our respect and support as we remember her courage in standing alone among her peers against the Project before the political winds blew in a more favorable direction.

Please join me in giving Senator Jeanie Forrester the opportunity for a second term of service to the citizens of Senate District 2 – and to our great state. Let's keep Jeanie.

Respectfully,
David Dobbins, Gilford

David,

I also wish to thank Senator Forrester for her continued contributions to Trendy Times. Since her election she has sent in a column each month keeping our readers informed of the happenings in Concord.

For information purposes, let me remind our New Hampshire voters that the primaries will come up on September 11 and the general election is on November 6. In Vermont the primaries are August 28.

Gary Scruton, Editor

HUNTER COURSES

BOW HUNTER EDUCATION COURSE
SAT., AUGUST 4, 2012
7:00 A.M. - 5:00 P.M.

Anybody wishing to purchase a NH archery license must pass a bow hunter education class. (You must be at least 12 years old to attend a bow hunter education class.) For more information contact Lewie Mardin at 838-6084.

HUNTER EDUCATION FIELD DAY
SUN., AUGUST 5, 2012
7:00 A.M. - 5:00 P.M.

Anybody wishing to purchase a NH hunting license must pass a hunter education course. Hunter education can be taken in person during available classes or on-line at your convenience. The Hunter Education Field Day is required of all students who take the ON-LINE CLASS ONLY. You must be at least 15 years old to register for the on-line class. The on-line class is very user friendly and does not require computer skills. It does require high-speed internet connection.

Both events will be held at the Ammonoosuc Valley Fish and Game Club in Bath, NH. To register for either of these events, or complete the on-line hunter education course, go to the NH Fish and Game web site: http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm. Registration for both events begins 7/1/12. For more information about the field day, traditional hunter education, or on-line hunter education, please contact Dave Falkenham at 603-728-8958.

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Lyme Disease Revisited

Lyme disease is a condition that affects as many as 20,000 Americans every year, according to an article by Suzanne Arthur in "Townsend Letter": The Examiner of Alternative Medicine" entitled "Effectiveness of Samento, Cumanda, Burbur and Dr. Lee Cowden's Protocol in the "Treatment of Chronic Lyme Disease." Banderol Bark Extract has been used in Peru to treat malaria for a long time, and now has found to be effective against Lyme Borrelia. Herbs such as Samento, Cumanda, Burbur and Quina may work too, according to the article. Banderol is a recommended substitute for people who are sensitive to Cumanda, Quina or Samento or who may have built up a tolerance. Long-term

antibiotics often help Lyme disease sufferers, but Dr. Cowden says that recurrences happen often with antibiotics.

Lyme bacteria may also cause Cardiovascular disease, Multiple Sclerosis, amyotrophic lateral sclerosis, autism, Parkinson's, gastrointestinal diseases, neuro-degenerative and cardio-arrhythmias says Dr. Cowden. Using Banderol to fight Lyme disease may prevent these other diseases. Dr. Cowden recommends a detox program and the use of herbal anti-microbial protocols that may include Banderol to prevent chronic illnesses caused by Borreliosis.

Most documentation that I have found indicates that many Lyme sufferers also are hosts to the Epstein Barr

virus, meaning these individuals also suffer from Chronic Fatigue/Fibromyalgia with Arthritic symptoms.

Cat's Claw Bark is indicative for the Arthritis symptoms as it is a rich source of sterols, chemical compounds that are closely related to steroids. Animal studies have found that the herb reduces swelling by approximately 50%. Cat's Claw can effectively detoxify the intestinal tract and replenish friendly bacteria. Most bowel disease are due to a disruption in this beneficial flora. If intestinal flora are not properly balanced, this can affect the immune system. The immune-stimulant effects of Cat's claw allow it to fight Lyme disease and sinusitis, speed the rate at which the immune system gets rid of cold viruses, and act against Helicobacter pylori, a bacterium associated with both gastritis and peptic ulcers. Cat's claw helps the body produce T cells and other white blood cells in normal numbers. This prevents excessive immune stimulation that can provoke herpes outbreaks or give human immunodeficiency virus opportunities to become drug-resistant.

Echinacea Purpurea greatly increases activity of NK (Natural Killer) cells and inhibits secondary infections. Panax American Ginseng like Echinacea Purpurea increases the activity of NK cells in chronic fatigue and Lyme disease. Ginseng helps to support the normal functioning of the hypothalamic-pituitary-adrenal axis, which may be helpful for the relief of fatigue and the ef-

fects of stress. Ginseng has been found to improve almost all indicators of psychological health in people with Chronic fatigue, especially levels of attention and concentration. Kudzu increases circulation, reduces muscle pain. The herb also acts directly on viral infections that produce muscle pain. Licorice root helps to prevent the progression of neurological symptoms and counteract Chronic fatigue. Maitake mushroom stimulates immune function and fight infection; provides nutritional support by enhancing the body's absorption of micronutrients through the intestine. This is especially true for copper, and increasing copper absorption also increases the absorption of zinc, a nutrient that often is not readily available to the bodies of people with Chronic fatigue. Scullcap prevents the activation of the human T cell leukemia virus and Epstein Barr Virus from their dormant states. EBV causes mononucleosis, and has also been associated with Chronic fatigue and some forms of cancer. Scullcap's high zinc content also is helpful in fighting chronic

fatigue. Shiitake mushroom is useful for low natural killer syndrome (LNKS), a disease that causes disabling fatigue. Shiitake treatment has been successful in reversing symptoms, including remittent fever, persistent fatigue and low NK cell activity. The ability of this type of therapy to stimulate NK cells also make it valuable in the treatment of Lyme disease. Siberian Ginseng stimulates the activity of several immune-system components: B & T cells, which direct the immune system response to infection; macrophages, "germ-eating" cells that attack bacteria; and interferons, which "interfere" with every stage of viral infection. Eat plenty of garlic – it is a natural antibiotic and immune-booster.

Also noted: Antibodies are not always present at detectable levels in people with active Lyme disease, and antibodies may be bound with bacteria so that they are not detectable through most blood tests. Information about state-of-the-art blood testing for Lyme disease is available from the Lyme Disease Information Resource www.x-l.net/Lyme.

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

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How To Adopt A Dog

When one has decided that they wish to add a dog as a family member, it is so very important to select the right animal for your family. It is imperative that the animal you choose has the right temperament and energy level that keeps him in balance with the rest of the family.

Families with small children might not want to select a large, reactive dog to be around their children, but more of a laid back, gentle soul that just wants to be taken care of, petted, fed and given the attention that they need and deserve. Find an animal that will allow and accept the 'rough and tumble' activities in which most young children participate. You would most likely not want to immediately take home the first dog that you see, but interact with it for a period of time to see how it reacts to you and your handling of it, for example, during a walk. See how the dog meets and greets the rest of the family during the initial visit. You would also want to include any other dogs that are already established within your household.

If you are not wanting to make a permanent commitment initially, then fostering is the better plan of action. The best way to get to know an animal is living with it and learning about its habits (both good and not so good) and making the educated decision whether a particular dog of interest to you is a good match for your family. Most shelters (like the Above the Notch Humane Society) will offer a fostering program to give you the opportunity to make a decision to either return the animal or adopt it at the end of a 'trial' period.

There are so many homeless dogs currently living in shelters that would thrive and enjoy living in an environment in the company of loving and caring owners. If you are ready to adopt, please do...you will not regret it!

Bobbe Mc Intyre, Sugar Hill

***A note from the Above the Notch Humane Society: It has been brought to our attention that our 'thank you' notice to all of the participants of our First Fido's Feast on Sunday March 18th, 2012 might not have been printed in a different publication as we had thought and we

would like to take this opportunity now and make sure that all that did contribute are properly thanked.

We, at the Above the Notch Humane Society, would like to extend our gratitude and thank you to the many generous contributors to our recent 1st Annual Fido's Feast held on Sunday, March 18th, 2012. Our Feast was held at the White Mountain School's Great Hall which was a perfect setting for our event. The beautiful scenery of your campus and the roomy spaciousness of the Hall, made the food tasting for our patrons more enjoyable. Our thank you for your gracious hospitality. We are grateful for all of the restaurants and chefs, both near and far, who participated by donating their food and time. Your culinary specialties were both delicious and unique. The restaurants that participated are as follows: Root, Alburritos, Baliwicks, Wayside

Inn, Gordi's Fish and Steak House, Tim-Bir Alley, Sunset Hill House, Chef Joes's Catering, Littleton Food Coop, Adair Country Inn and Restaurant, Mountain Club on Loon, Beal House, Chang Thai, Maia Papaya and the Vintage Baker. Katie Rose, your music and voice are both as lovely as you. Thank you for providing the musical entertainment for the afternoon. It was most enjoyable. Many thanks to our contributors who donated items for the silent auction. They were very much appreciated. We also would like to acknowledge Littleton Office Supply, Shaw's and Walmart for their donation of products and service. Lastly, we would like to acknowledge all of our many contributors for such a successful event, for without your participation and teamwork, it could not have taken place.

Lastly, to all, thank you for helping us "Save Our Strays".



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homes. You'll feel good knowing that you're helping a homebound senior remain independent. Individuals and groups are invited to contact us to learn more.

For more information, call Lallie at the Area Agency on Aging for Northeastern Vermont at 748-5182 or toll free at 1-800-642-5119.



By Ronda Marsh

Berries Romanoff

I'd better explain right from the get-go, that the name of this recipe is supposed to be "Strawberries Romanoff." But, when my sister from Georgia showed up for a visit with a basket of these lovely, perfectly ripe raspberries in hand, I just couldn't resist tweaking the standard a wee bit.

The story behind the original Strawberries Romanoff comes from Russia, where Marie Antoine Careme, chef to Czar Nicholas I (whose last name was Romanoff), is rumored to have designed this dessert, in an effort to come up with something light, but elegant, and still pleasing to the often finicky royal palate. There are many different variations on her initial creation, but basically, it's berries (often macerated in a liquor) then served layered in an elegant glass vessel with a rich, orange-flavored cr me anglaise sauce. Now, if you are thinking to yourself, "Come on, Ronda, I have no idea what cr me anglaise is, not to mention how to begin making it!" don't fret. It's nothing more than milk, cream, eggs & sugar, cooked into a thickened sauce. If you then take that sauce, put it in a freezer and whip air into it, what you have is plain 'ole vanilla ice cream. So...if you reverse that process by purchasing a container of any good quality vanilla ice cream, letting it melt, and then stirring in just a little orange liquor (or even orange juice) for flavoring, you've just taken a major short cut to Orange Cr me Anglaise. Much easier, right? Now that you have your sauce, let



your imagination take over. Maybe in addition to the berries, put few pieces of pound cake in a champagne flute, top with a dollop of whipped cream, sprinkle a few sliced almonds on the top and call it "Trifle". Maybe you're looking for a less formal and more portable dessert to take on a picnic, or serve to kids. Instead of the fancy crystal flutes, use those pretty little jelly jars, screw on the top, and refrigerate or pack them in the cooler for transport. Use any berries, or combination of berries you choose, and if they need a little help in the sweetness department, just sprinkle a little sugar over them and let them sit a bit before assembly. Any of these variations of the original "Strawberries Romanoff" are a wonderful, easy choice for a summertime dessert, and they are all "fit for a king (czar)!"

- 1 pint strawberries, hulled and halved (or other whole berries of your choice)
- 1 pint good quality vanilla ice cream (I like Ben & Jerry's)
- 3 Tablespoons orange liquor (like Cointreau) OR orange juice

An hour or so before serving, remove ice cream from freezer and place in a bowl, allowing it to fully thaw. Add the liquor or orange juice to the melted ice cream and mix in well.

At serving time, mound berries into your chosen vessel, and spoon the orange sauce over the berries. Garnish with a leaf of mint, if available. Serves 6.

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