

# TRENDY TIMES

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## The Downtown Parade Continues In Bradford

For over 60 years, the colorful parade through downtown Bradford, Vermont has always announced the start of the annual fair in town. On Thursday, July 18th, 2013, hundreds of parade spectators will return to downtown Bradford to once again enjoy this tradition.

This year, the Bradford Merchants Association is working in collaboration with the Town of Bradford and Directors of the Bradford Fair Association to make this year's downtown parade a memorable event.

According to Sherry Brown, President of the Bradford Merchants Association, "We are reaching out to many area organizations and local schools for their participation. Some area businesses and organizations have made contributions in support of our efforts to continue the parade as a Downtown Bradford event." This year, local celebrity judges will review the parade. One trophy will be awarded for the "Best of Show", plus ribbons to be presented to the top 3 in the following categories:

- Horses & Riders
- Floats
- Commercial Floats



Children in Costume  
Decorated Bicycles  
Antique Cars  
Race Cars  
Best School Class (Grades K-6)  
Best School Class (Grades 7-12)  
Brown noted that everyone is invited to walk, drive, or display your float in the parade.

As in previous years, parade participants will first assemble at Memorial Field behind the Bradford Academy building. Between 4:00 pm-5:30 pm, parade registration will take place for those wishing to be judged. At 6:00 pm, the parade begins moving South on Main Street, through Downtown Bradford, and new

this year, concludes near P.T.O.'s Repair on South Main Street.

For your comfort, Brown suggests that parade watchers arrive early and either bring chairs or a blanket. If you plan to travel through Downtown Bradford during the parade on Thursday, July 18th, expect some minor travel delays and detours. "We are working closely with our local officials to keep any traffic issues to a minimum," Brown commented.

For additional information and pre-registration forms, go to the Bradford Merchants Association's Bradford Parade on Facebook at: www.facebook.com/BradfordParade.



The American Veterans Traveling Tribute visited the North Haverhill Fairgrounds from May 22nd through the 27th. Even with imperfect weather a large number of people visited. Photo courtesy of Janice Scruton.



Monday, May 27th morning ceremonies at the AVTT wrapped up with retrieval of the colors by members of Ross Wood Post #20 American Legion and Haverhill VFW Memorial Post #5245. Photo courtesy of Janice Scruton

## The Wall By Roger Warren

the names  
now dismantled  
panels loaded  
as multiple caskets  
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only the trodden path  
of many mourners  
a felt emptiness  
a hard silence

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# TRENDY Dining Guide

## Lyndon Buffet

By Gary Scruton

"One should not forget the language of gratitude." This was one of the fortunes tucked inside those obligatory fortune cookies when we recently dined at the Lyndon Buffet. That seemed to be a fortune that the staff members had read and taken to heart. One friendly manager type was there next to the buffet line to see if there was something we needed. He was also happy to point out some of the vast array of dishes that were available.

The name says buffet, but it really could be buffets. Two fairly long steamer tables with dishes on both sides meant that you probably could not get everything you wanted onto just one plate. I, personally, did not do the two plate trick (worried about the whole balancing act). Instead I dished out some favorites (crab rangoons, pork fried rice, boneless spare ribs) along with some interesting looking seafood items and headed back to the booth for round one.

Yes, there was a round two. The first plate was left on the table and up I went to get another dish and once again circle the food looking for just the right combination to take back. This excursion netted me some delicious General Gau's Chicken, more seafood

and some mushrooms. There was also a stack of bowls for those who wanted to try out one of the four varieties of soups on hand.

There was also a third area of buffet delights. This held the fruits, ice cream, etc. I really wanted to get back to that location, but as is true with most buffets I attend, there just simply was not enough room inside my belt to put those delights. Instead I sat in the booth, enjoyed another cup of tea and waited until I could gain my feet.

If you are one who prefers to be waited on and want to limit the variety on your plate, you can order from their extensive menu and simply wait for the staff to bring you the chinese dish you wish.

If you go to the Lyndon Buffet website [www.lyndonbuffetchinese.com](http://www.lyndonbuffetchinese.com) you will discover that they also offer on-line ordering and delivery

within 5 miles of the restaurant. They are located on Route 5 in Lyndonville just a short distance from the I-91 exit. Lyndon Buffet also offers buffet to go. You simply pick up a styrofoam container and start filling it up. You need to pick up at least three different items (who could choose less?) and then you pay by the pound. Signage did say that seafood will cost you a bit more than some of the other dishes. But the prices were reasonable, and you get exactly what you want!

By the way, the second fortune we got was "Never throw caution to the wind." I would have to say that you are not throwing caution around if you decide to visit Lyndon Buffet. You may, however, be throwing away your diet plan. So eat sensibly and enjoy a fine buffet with many, many choices. Just the way it is supposed to be.



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# In Vino Veritas – Bottle Twelve

## “In Wine There Is Truth – And Beauty”

By Robert Roudebush

**QUESTION – I keep hearing that winemaking has been around for thousands of years Before Christ – even before my time. Is that true and how does anyone know?**

**ANSWER –** It's true and the working experts have scientific ways of telling. We're talking ancient times, as far back as 7000 (that's thousand) years BC. The first evidence of INTENTIONALLY cultured grapes is in what is called “the cradle of viticulture” – around Armenia and the shores of the Black Sea. After a couple thousand more years had passed, man was storing wine in man-made containers – trace elements of wine have been found in such containers in the mountains of western Iran.

By 3,100 BC, jars containing wine were being buried with an early Egyptian King called Scorpion. Lucky man, but too late. And within a few hundred more years, wine was being mentioned on clay texts in the city of Mesopotamia. Man, can you rattle off some history the next time you crack a bottle of vino with friends.

**Q – At the risk of getting TMI, tell me a bit more and then I'll stop asking.**

**A –** Stop me if you've heard this before. About 1700 BC Babylonian King Hammurabi set laws regarding the retail sale of wine, and shortly thereafter, wine presses existed on the island of Crete, and it wasn't long before Crete's rulers introduced viticulture to mainland Greece. By this time, wine was a crop thriving as a dietary, social, economic and cultural necessity. I understand at least two of those necessities today myself, and look to them daily. Soon, the first hollow glass drinking vessels were made in Egypt, and later widely used by the Romans.

**Q – How about the history of wine and religion?**

**A –** You're right, can't separate them. By 300 AD, wine had become well-established as a part of the Christian Eucharist. That tradition – wine symbolizing Christ's blood, and bread his body – has complex roots. The representation of wine as blood has Greek origins, pre-dating Christianity. Wine as a blessing is also part of the Jewish ritual. Christ's miracle of turning water into wine echoes Roman feasts at which the God Bacchus was believed to have done the same.

Back to early containers for a minute – something called the Greek Amphora was used for fermenting, ageing, storing and transporting for a long time, and then wooden barrels came into wide use about 300 AD.

**Q – I thought the Middle Ages were an important part of wine's history, the monasteries and the religious orders.**

**A –** Right again. By the early Middle Ages, the production of wine had become so established within the church, that the future of Europe's vineyards was assured. Can't imagine those hard-working brothers and sisters not tasting the wine from time to time, pure product research, you understand. From the late middle ages on, wine became increasingly important – viticulture techniques were honed, favored grape varieties cultivated, and pressing techniques in the wineries improved. By this time, wine also benefited from a few years aging. With the increase of quality, transport and trade in wine in Europe boomed.

**Q – Enough with the history for now. Tell me about Australia, in terms of wine.**

**A –** Nothing but good news there now, and for quite a few years past. It has become the pinup of the New World of Wine. This is a country that

breaks free from the traditions and rules of the Old World – read that as European wine growers. It is technologically innovative, consumer-oriented, internationally competitive, and above all, produces reliably sun-drenched, fruit-driven wines. As far back as 2003 Australia was rated as the world's sixth-biggest wine producer. Not only that, it is the fourth-biggest exporter of wine. That last means that people like the wine a lot, including the price point.

The key wine-growing regions have names like South Australia, Victoria, Tasmania, and New South Wales. Major dependable names – you can find right here in Haverhill – include Lindeman's and Penfold. I've served them for years in restaurants and drunk my share as well - I've never had anything less than a very good bottle under any one of those names.

**Q – How about wine growing closer to home, say New York State?**

**A –** Thought you'd never ask. A renaissance is under way in New York State, a developing wine region that is rapidly gaining recognition and respect. The state's reputation for sweet, cheap, and kosher wines for immigrant Jews is history. Instead, handcrafted European-style Riesling, Chardonnay, Merlot,



and Cabernet Franc now rule the day.

Bit of interest here – grapes were first planted on Long Island in the 17th century. Then, after a long while, the temperance movement emerged, blaming alcohol for the nation's social ills. In 1920, Prohibition effectively crushed the wine industry - until the law changed in 1933, gangsters, bootleggers, and speakeasies flourished, while winegrowers survived by making non-alcoholic grape juice and sacramental wines and selling grapes to underground winemakers. Can you imagine such goings-on?

**Q – Not me. Time for one more question. Think I know the answer. What's your favorite red wine and why?**

**A –** Beaujolais, of course. Pronounce it beau-zho-LAY. It's known as the red wine for people who don't like red wine. A fancier category of this accessible agreeable French wine is called Beaujolais Village. Pronounced beau-zho-LAY vee-LAZH. Comes from central France, the Burgundy region. Endlessly enjoyable and with no pretensions, it is all freshness and vivid, zesty fruit. Well-made and well-priced. If you want wine from America that is similar, ask for the grape it is made from, the varietal, the GAMAY.

*Editor's Note – Roudebush functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine.*

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# Expanding Medicaid Encourages Work, Helps Local Hospitals

By Senator Jeff Woodburn

"A half a million dollars," the young voice says and nods toward the shiny, red fire engine parked in one of the two bays of the Stark Fire Department. Nearby hungry customers are bowed over hearty breakfast to raise money for the local fire-safety operation.

"Nice," I say, and wonder how a town with just 516-residents can afford such a luxury in such tough times. Assuming all this, a more senior member of the department explains that the town applied for a federal grant and low and behold they got

it. Stark is proud of its fire engine and ideologically content with taking from the federal dole.

New Hampshire likes federal money too-- with a full 30 cents of every dollar of state revenue coming from the federal government. If we weren't such a wealthy state, we could grab more. The logic has been its better to pick the federal pocket, than local taxpayers. Republican legislative leaders are breaking from this tradition and want to take a stand on principle by refusing big federal bucks to expand

Medicaid to cover low-wage workers. A few years ago, the state notably found a way to peel Medicaid money from poor people to fill a persistent budget gap.

Medicaid provides health care services to low income and some disabled people. It is managed by the states and New Hampshire is one of the few states to continue to use a so-called "fee for service" model, meaning each procedure has a set price established and has the distinction of having the lowest provider reimbursement rate in the country.

This leaves the providers -- in most case the hospitals -- short. Typically, the state pays around 50 cents on every Medicaid billed dollar. But short is better than nothing, which is what providers get when a patient is without

coverage --- so expanding Medicaid is very popular with the state's financially ailing and overstressed hospitals -- especially those in the North Country with a high rate of uninsured.

If Medicaid is expanded - an estimated 5,000 people in the North Country, mostly people holding low paying jobs, who can't afford health insurance or preventive care, will get basic coverage. And, they will presumably catch problems and seek treatment sooner and use health care more efficiently and not use the most expensive portal to health care -- the emergency room. Now, when forced by accident or illness to get care, they burden our local hospitals and eventually the cost of all of our insurance premiums. Another benefit with expanding Med-

icaid is that it rewards and encourages work. It puts work on par with welfare -- and who could be against that?

Senate President Peter Bragdon said this is a "risky gamble" because the feds might back out and leave the state hanging. It's a logic lost on most Republican governors around the country who see the deal they can't refuse. Saying no to federal money doesn't reduce the federal deficit -- it only shifts money away from our residents, hospitals and local economy. By extending Medicaid, we leverage federal money to solve local problems.

North Country Senator Jeff Woodburn can be reached at 603.259.6878 or [jeff@jeffwoodburn.com](mailto:jeff@jeffwoodburn.com)



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I have often said everyone should be a waitress (or waiter) at least once in their lives. There are few jobs more stressful. The waitress has to please the customer and at the same time deal with cooks who are notoriously crabby if not downright mean. Cooks can be little tyrants. If the dish is too hot or too cold is it the cooks fault? Heck no! It is always the waitress who gets the blame for an overcooked steak or an underdone egg. I have been tempted to wear a sign which says "I only serve the food. I do not cook it."

By Sheila Asselin

We stopped in a Denny's on the road and encountered a situation where there were two waitresses for the whole place. Our waitress was outstanding. She managed to remain calm through out the chaos, even smiling. When we had a chance to speak to her I complimented her on her cool. She said she was working her way through college, with the goal of earning a degree in psychology. Working as a waitress is worth several semesters of psychology so she is well on her way.

On the downside there

are the really annoying waitresses. In order to determine the tip I have listed a few of these. You can deduct from the tip for each offense. Chewing gum 10%, chewing gum with mouth open 20%, blowing bubbles with the gum, call the manager!

Playing with hair, scratching nose, fixing socks or bra straps, 10% for each occurrence.

Calling patrons "dearies", "sweetheart" or "hon" or any other term of endearment from a person you have just met at least 30%. Calling elderly gentlemen "pops" the patron leaves immediately.

Ignorance as to what the items on the menu consist at least 10% for each item. It is your job to know such things.

All this applies to waiters in spades. Waiters/waitresses are equal opportunity offenders. Sometime though it can have its good side. I am reminded of a handsome waiter I met a while back at the 99 in Littleton. As he handed me the check he leaned over, looked deep into my eyes and said "I am an actor, but I am studying to be a waiter."



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# From The Desk Of NH State Senator

*Jeanie*  
**FORRESTER**

Dear Constituents,

On Thursday, June 6th the Senate voted 13 to 11 to pass the 2014-2015 budget. As Vice Chair of the Senate Finance Committee, I am pleased that we crafted a budget that is truly balanced and makes significant improvements over the budgets offered by the Governor and the House.

The Senate's budget is one that relies on honest revenue estimates and does not include new taxes or fees. This \$10.7 billion spending package for the next biennium is approximately \$400 million less than Governor Hassan's proposed budget and \$300 million less than the plan passed by the House. Without raising taxes, this budget spends only what the state can afford.

This budget increases funding for higher education, the Department of Health and Human Services, and uncompensated care—all areas we wanted to support more in our last budget, but could not because of the \$800 million deficit we faced.

## HIGHLIGHTS:

**Revenues:** The Senate budget relies on realistic revenue estimates that recognize an increase in business taxes over the House based on recent strong returns in the BPT and BET, but are more conservative in other traditional revenue categories, including a reduction of more than \$100 million from expected Medicaid Enhancement Tax (MET) revenues.

**No Tax Increases:** Senate budget writers removed the 12-cent gas tax and 20-cent tobacco tax passed by the House as well as House-passed tax increases on salt-water fishing and marriage licenses.

**Education:** The Senate budget made education funding a priority by increasing the combined general fund spending to the University and Community College systems by over \$100 million from the last biennium in addition to directing a total of \$24.5 million to fully fund the UNIQUE Scholarship program. The budget also increases adequate education grants to cities and towns by

nearly \$4 million over the biennium, removes the moratorium on new charter schools and provides funding for four new charter schools and stops efforts to repeal the School Choice Scholarship Program.

**DHHS:** The Senate budget appropriated \$300 million more to the Department compared to the last biennium and nearly \$24 million more than was appropriated by the House. This includes full funding for the DD waitlist, restoration of the breast and cervical cancer screening and prevention program, and a significant increase in payments to county nursing homes. The Senate maintained the House's level of funding for the CHINS program, domestic violence prevention and provided an additional \$30 million for mental health services compared to current funding levels. Finally, the Senate increased funding of the Governor's Commission on Alcohol and Drug Abuse Prevention, Intervention, and Treatment.

**Uncompensated (Charity) Care:** The Senate increased funding for the state's uncompensated care

program by \$20 million in real general fund dollars over the House budget to ensure critical access hospitals and the state's larger hospitals receive reimbursement for a portion of the care they provide to low-income patients.

**Dedicated Funds:** The Senate budget removed provisions requested by the Governor that would have granted her significant authority to raid dedicated funds. The Senate also ended the Governor's plan to divert money from the Land and Community Heritage Investment Program (LCHIP) fund, allowing the full \$8.5 million raised by the program to be spent on conservation as intended by law.

**No New Programs:** The Senate took steps to invigorate the economy by continuing business tax reductions and incentives and rejected new programs that grow government. Our first priority should be to fund the level of government we currently have before creating any new programs.

**More Funds to Towns:** The Senate added language that directs funding to towns including fees collected on vital records; fully funded flood control payments; and funding the delayed and deferred state aid grants to cities and towns.

This budget did a lot of good, but as with any budget there were areas of contention, the two largest being the removal of expanded Medicaid and the back of the

budget cuts.

**Back of the Budget Cuts:** The Senate budget includes the same type of budget language proposed by the Governor and passed by the House earlier this year. This approach to reductions is not new. Every budget in recent history has used this approach—directing department heads to manage specific reductions in their departments. In fact, the 2006-2007 budget supported by then-Senator Hassan included \$35.9 million in back of the budget reductions of which \$12.4 million came from the Department of Health & Human Services.

**Expanded Medicaid:** The Senate budget removed provisions expanding Medicaid in New Hampshire opting instead to study the long-term costs of expansion via a bipartisan commission. The commission is charged with issuing a report by next December on a wide range of issues including the use of private insurers to cover New

Hampshire residents and the impact expansion will have on taxpayers, patients, and providers.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call 271.2609 [o] or 279.1459 [h] or email me at [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, go to [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

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PULLING  
SUNDAY,  
JUNE 16  
10AM - \$5  
**North Haverhill FAIR**  
FOOD ON GROUNDS  
NORTH HAVERHILL FAIR GROUNDS  
Route 10, North Haverhill, NH

# 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!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

## SUNDAYS

**LITTLETON FARMERS MARKET  
(UNTIL OCTOBER 13TH)**  
10:00 AM – 1:00 PM

## CRIBBAGE

1:00 PM  
American Legion Post #83, Lincoln

## CIRCLE DANCING

3:30 PM to 5:30 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
All Dances Taught To Beginners

## LINE DANCING

4:00 PM – 5:00 PM  
Starr King Fellowship  
101 Fairgrounds Road, Plymouth

## MONDAY/THURSDAY

**WALKING CLUB**  
6:30 PM  
Woodsville Elementary School

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

## UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857  
Wells River Congregational Church

## AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM  
St. Luke's Parish Hall  
121 Central Street, Woodsville

## WEDNESDAYS

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

## WEDNESDAYS (THRU JUNE)

**DEEP MEDITATION FOR HEALING  
AND CREATIVITY**  
6:30 PM – 8:30 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia

## FRIDAYS

**LYNDON FARMERS MARKET**  
3:00 PM – 7:00 PM  
Bandstand Park, Rt 5, Lyndonville  
*See ad on page 8*

## AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## TUESDAY, JUNE 11

**OFF THE MAP AUDITIONS**  
6:30 PM  
Universalist Church of St. Johnsbury

## NIFTY NEEDLES GROUP MEETING

7:00 PM – 9:00 PM  
Groton Free Public Library

## WEDNESDAY, JUNE 12

**FOOD SAFETY TRAINING WORKSHOP**  
9:00 AM – 11:00 AM and 2:00 PM – 4:00 PM  
Grafton County Extension Office, North Haverhill

## MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

## OFF THE MAP AUDITIONS

6:30 PM  
Universalist Church of St. Johnsbury

## THURSDAY, JUNE 13

**DO WELL AND DO GOOD**  
3:00 PM  
Lincoln Public Library

## BOOK CLUB DISCUSSION

7:00 PM  
Bath Public Library

## FRIDAY, JUNE 14 TO

**SUNDAY, JUNE 16**  
**QUECHEE HOTAIR BALLOON,  
CRAFT AND MUSIC FESTIVAL**  
On the Village Green, Quechee

## FRIDAY, JUNE 14

**FLAG DAY CEREMONY**  
6:00 PM  
American Legion Home, Woodsville  
*See ad on page 19*

## AMERICAN LEGION RIDERS

**MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## DRUM CIRCLE

7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia  
Drums provided or bring your own.

## LET'S MURDER MARSHA

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 9*

## SATURDAY, JUNE 15

**OX PULLING EVENT**  
10:00 AM  
North Haverhill Fairgrounds  
*See ad on page 5*

## LET'S MURDER MARSHA

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 9*

## SUNDAY, JUNE 16

**LITTLETON FARMERS MARKET**  
10:00 AM – 1:00 PM Food and Wood Demos

## HORSE/PONY PULLING EVENT

10:00 AM  
North Haverhill Fairgrounds  
*See ad on page 5*

## LET'S MURDER MARSHA

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 9*

## MONDAY, JUNE 17

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

## BOOK CLUB

6:30 PM  
Groton Free Public Library

## TUESDAY, JUNE 18

**NH STATE VETERANS COUNCIL  
REPRESENTATIVE**  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

## THURSDAY, JUNE 20

**MEDICARE BOOT CAMP**  
9:00 AM – 11:00 AM  
North Eastern Vermont Regional Hospital,  
St. Johnsbury  
*See article on page 16*

## POND WORKSHOP

6:00 PM  
O'Brien Residence, Orford  
*See article on page 15*

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, JUNE 22

**STRAWBERRY FESTIVAL**  
9:00 AM – 3:00 PM  
Haverhill Commons, Rt 10, Haverhill

## GROTON GROWERS STRAWBERRY FESTIVAL

10:00 AM – 1:00 PM  
Groton Community Building  
*See ad on page 7*

## SWEET JAM

7:00 PM – 10:00 PM  
Alumni Hall, Haverhill

## SUNDAY, JUNE 23

**5K TIMMONS TEAM  
ALZHEIMER'S RUN/WALK**  
8:00 AM  
Surrett Battery Park, Northfield  
*See article on page 14*

## LITTLETON FARMERS MARKET

10:00 AM – 1:00 PM Music David van Houton

## GARDEN TOUR AND TEA

10:00 AM – 3:00 PM  
*See article and ad on page 10*

## ACCOUSTIC MUSIC JAM

1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## BINGO

4:00 PM – 5:00 PM  
Groton Free Public Library  
*See article on page 7*

## MONDAY, JUNE 24

**BOOK DISCUSSION GROUP**  
7:00 PM  
Groton Free Public Library  
*See article on page 7*

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

*Submit your entries by:*

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com  
**Deadline for submissions is Thursday, June 20th for our June 25th issue.**

# Bath Library Book Club

The Bath Library Book Club will be discussing "Here If You Need Me: A True Story" by Kate Braestrup on Thursday, July 11th at 7 pm at the Bath Public Library. Ten years ago, Kate Braestrup and her husband Drew were enjoying the life they shared together. They had four young children, and Drew, a Maine state trooper, would soon begin

training to become a minister as well. Then early one morning Drew left for work and everything changed. On the very roads that he protected every day, an oncoming driver lost control, and Kate lost her husband. Stunned and grieving, Kate decided to continue her husband's dream and became a minister herself. Books may be picked up at

the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.

# Groton Free Public Library

**NEW! Summer Reading Raffle:** Begins June 17. Open to youth ages 1 to 18! Between June 17 and August 16, kids are invited to enter a raffle ticket for each book they read (or have read to them) during the summer. Each summer month there will be a different prize-winner announced!

**Mon, June 17, 6:30pm:** YA: Between the Covers. Book Club for teen and adult readers! This group meets the 3rd Monday of every month. The book for June, "The Book Thief" by Markus Zusak, is available at the library for lending.

**Sun, June 23, 4-5pm:** BINGO! Perfect for children of any age who are comfortable recognizing the letters and numbers. We'll play traditional-style Bingo, and all participants will leave with a small prize.

**Mon, June 24, 7:00pm:** Book Discussion Group. This

group meets the 4th Monday of every month. The book for June, "The End of the Affair" by Graham Greene, is available at the library for lending.

**Mon-Fri, June 24-28:** Crafts 4 Kids. Offering a variety of kids' crafts that fit your schedule! Projects will be available for drop-in participation throughout our regular open hours, including Making Magnets, Play-Doh, Puppet Creations, and Sand Art.

**Wed, June 26, 7:00pm:** Movie Night! Join us for a summer-y film suitable for adult audiences. (Popcorn provided!) A night out has never been so affordable!

**Fri, June 28, 12-1pm:** Lunch at the Library! Special for our youngest patrons! Children ages 2-6 are invited to bring their lunches to the library for a story hour. Stories will be read aloud while we eat, with games or crafts to

follow.

**Every Tuesday, 6:30-7:30pm:** Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Drop-ins welcome!

**Every Wednesday, 1-3pm:** Crafts and Conversation. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) Th (10-12) F (2:30-7) Sa (10-12).

**Open Hours:** Mon 2:30-7pm, Wed 10am-4pm, Thurs 10am-12pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: [www.facebook.com/Groton-FreePublicLibrary](http://www.facebook.com/Groton-FreePublicLibrary)

# Groton Growers Kicks Off Summer Festivities With Strawberry Festival

GROTON, VT—Fairs, festivals and farmers markets. Summer has arrived

Groton Growers Farmers Market will kick off its official summer festivities with their annual strawberry festival slated for June 22.

There is much to do see and taste at this popular family event.

This year several vendors will jointly offer tasty strawberry treats. Spice of Life and Hooker Mountain are offering grilled chicken with strawberry rhubarb chutney, Spice of Life will also team up with Bone Farm and Adams Family Farm to offer strawberry shortcake topped with strawberry syrup and whipped cream, while Brown's Bistro will offer a special salad that includes strawberries.

Nana's kitchen will offer strawberry pastries and Briar and Brambles will offer a special strawberry scented soap.

Along with everything

strawberry, visitors will find seasonal vegetables, homemade breads, pizza, pastries, jams, jellies, pickles and more, as well as fine quality crafts. New this season is kettle corn, a popular favorite at many summer events.

Groton Growers is also planning a blueberry festival, tomato festival and apple festival. This year they are also sponsoring a duck race to benefit Groton Growers, date to be announced.

As always, Sean Kelly will be on hand to sharpen knives, scissors and garden tools while customers enjoy the market.

Groton Growers Farmers Market is located on the lawn of the Groton Community Building on Route 302, and is open from 10-1. Come join the festivities at our fun, family friendly market and enjoy a taste of summer at our annual strawberry festival.

See you at the market!

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**GROTON GROWERS FARMERS MARKET**  
RTE 302-GROTON COMMUNITY BUILDING

**ANNUAL STRAWBERRY FESTIVAL**  
Saturday, June 22, 2013  
10:00 am - 1:00 pm

Chicken with strawberry rhubarb chutney  
Strawberry shortcake w/strawberry syrup & whipped cream  
Strawberry pastries – Strawberry scented soap...and more

**MARKET OPEN EVERY SAT. RAIN OR SHINE FROM 10-1**  
Offering: Locally grown vegetables, Vermont cheese, locally produced chicken, pork, ham, bacon.

Honey, maple syrup, eggs, homemade breads, pies, pastries, cookies, jams, jellies, pickles, seasoning mixes.

Quality handcrafted soaps, lotions, lip balm, candle melts, wood crafts, quilted totes, embroidered towels, and more.

Lunch served by Brown's Market Bistro  
New this season, Kettle Corn by Spice of Life

Bring your knives, scissors, and garden tools for sharpening while you enjoy everything our fun, family friendly market has to offer.

See You At The Market!

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## Hartford Conservationist; Civic Leader; Paddler Receive Land Trust Awards

Karen Douville, a member of the Hartford Conservation Commission since 1999 and a co-founder of the nine-town Linking Lands Alliance, received the Patchen Miller Award at the Annual Meeting of the Upper Valley Land Trust (UVLT) on June 5 in Norwich, VT.

"Karen's work on conservation, natural heritage protection, environmental education and other community outreach projects is always done with commitment, consideration, humility, dedication, reflection, positivity and an inquisitive nature. She provides a shining example of how to do the work," explained Craig Layne, ecologist and Norwich Conservation Commission member.

The Award was established in honor of Patchen Miller, a young man from Hanover who died tragically at the age of 26. "Patchen was a student who was more at home outdoors than in a classroom," recalls UVLT President, Jeanie McIntyre, "His power of observation and his joy in the natural world was infectious. He was a fun person to be around, because he was so appreciative of what was around him – and he helped all of us be aware and enjoy it too. We remember his joyous, inquiring spirit annually with this award."

McIntyre says that Karen Douville is deeply committed to keeping the Upper Valley a wonderful place to live for both humans and wildlife. "The goal of the Linking Lands Alliance is to reduce the political hurdles and boundaries for protecting wildlife habitat through grassroots outreach and education. Karen has been the critical person keeping the Alliance going for more than a decade. Her inquiring spirit, enjoyment in learning, and pleasure in sharing with others have been a key to the successful approach."

Brian Walsh, a civic leader, artist and former chair of the Hanover Board of Selectmen, received the Ashley Advocate Award honoring the late Jim Ashley. Bob Wetzel, Chair of UVLT's Board of Trustees said the award recognizes "a person who 'wears UVLT on his sleeve and carries UVLT in his heart' as Jim did. Jim was a UVLT Trustee and a conservation

easement donor who never stopped making introductions and bringing new friends to us." Wetzel said that Walsh's introductions have "led to new partnerships and bigger ideas, because Brian is deeply committed to increasing UVLT's capacity to act swiftly and strongly in the pursuit of the best land conservation." Accepting the award, Walsh urged attendees to contribute funds for land conservation. "The Upper Valley Land Trust is a highly effective organization and very important in the Upper Valley. The value of your gifts is multiplied many times over," he said, "because land conservation is a permanent investment."

Robert Kadlec, of Jaffrey, NH received the Volunteer Award for his service maintaining UVLT's campsites for paddlers on the Connecticut River. "He annually opens and closes the sites, regularly cuts and leaves firewood for campers, and paddles for extended overnights on the Connecticut," says McIntyre, "Logbooks at the sites he maintains demonstrate the far-reaching impact of his service. There are notes of thanks from area residents as well as families and youth groups from across New England, the mid-Atlantic, far west, and Europe."

The Upper Valley Land Trust is a non-profit, member-supported organization that conserves farmland, forests, wetlands and waterways, recreational and scenic areas, and other natural resources. UVLT works solely in the Vermont and New Hampshire towns of the Upper Valley region, assisting individuals, neighborhood groups, local governments, and organizations to permanently protect land under conservation easements. Since 1985, UVLT has protected over 425 parcels of land encompassing more than 40,000 acres. For more information visit [www.uvlt.org](http://www.uvlt.org).

## Rotary Railroad Day Friday, July 5, 2013

Railroad Day, a part of the 250th Anniversary of the chartering of the Town of Newbury and the Town of Haverhill, is sponsored by the Woodsville/Wells River Rotary Club, and will pay tribute to the time when Wells River and Woodsville were important rail centers in northern Vermont and New Hampshire. Railroad Park in Woodsville will be the focal point for the day, offering displays of railroad memorabilia, a photo collection, shown by Ian Clark, of trains that once were seen every day in the two villages, presentations on the history of the railroad in the Connecticut Valley by Jay Barrett and on the Montpelier & Wells River Railroad by Dwight Smith, rides on a functioning hand-car, plus a model railroad display by the Ammonoosuc Valley Railroad Association. Railroad Park will be open from 8:00am until 6:00pm on Friday, July 5, 2013.


In order to truly re-live the days when trains were a major means of transportation in Wells River and Woodsville, train rides will be available all day on July 5th, running from Wells River (at the site of the former Wells River Railroad Station) to Bradford and back. Not only will one have a chance to experience a ride on a train, passing through the beautiful riverside terrain of Wells River, Newbury and Bradford, but each round trip will feature a special theme.



One will have narrators talking about the Connecticut & Passumpsic Rivers Railroad arrival in Wells River in 1848, the murder of one of the railroad builders, the terrible train wreck in 1948 and much more, while sharing the ride with Union soldiers returning home - another theme ride will have music in every car, presented by area musicians, both vocal and instrumental - and the third will offer wine and beer tasting, locally produced, washing down cheese and emu sausage, and leaving with a souvenir glass. Tickets to ride the Green Mountain Flyer can be purchased at Jock Oil Company in Wells River, at the Wells River Savings Bank, at the Woodsville Guarantee Bank or on line at [www.rails-vt.com](http://www.rails-vt.com) (click on the GMS calendar tab).

Rotary Railroad Day is a day you won't want to miss, a day to enjoy learning about something that was once very important to this area, a day to reminisce on a train ride and a day of fun for young and old. For details of the day, visit [www.celebrate250.org/events](http://www.celebrate250.org/events)

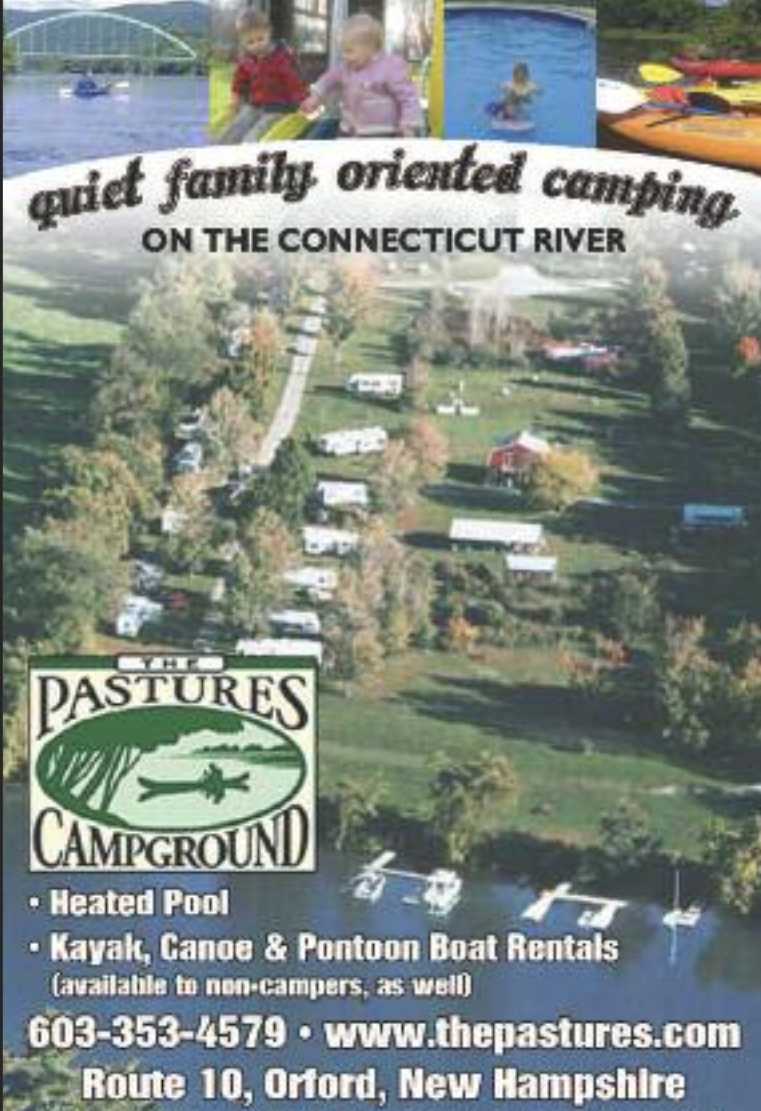
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# Farce At OCT

By Gary Scruton

The second play of the season at Old Church Theater opened on Friday, June 7 to a healthy crowd. Many times the opening night audience is a bit sparse as they anticipate less quality as the cast gets their feet wet. That was obviously not the case in this latest production. The cast of seven did indeed miss a couple of lines or jumped in a bit too soon, but on a whole they did themselves proud and undoubtedly put a smile on the faces of those in attendance as well as their director, Sheila Kaplow.

"Let's Murder Marsha" was billed as a farce, not a comedy like a good number of the productions at Old Church Theater. According to Wikipedia "In theatre, a farce is a comedy that aims at entertaining the audience through situations that are highly exaggerated, extravagant, and thus improbable" Thus the story included a couple of "misunderstandings" and a little bit of imagination thrown in. Plus there were some twists and turns and one might even say that in the end the whole thing was "up in the air."

Lead actress Barbara Swantak (who doubles as the OCT President) did a wonderful job as Marsha. The giddiness she displayed at her expected success was very well displayed. Letting her Mom get a word in, or not, was done like they were a matched pair for years. Even when tied up and facing serious trouble she interacted with John Hunt (who portrayed Marsha's husband) like the seasoned actors they both can claim to be. John turned in another fine performance as a stoic, yet understanding husband who normally rules with an iron fist, but also showed some compassion.

Jim Heidenreich was cast as the friendly neighbor who got involved way over his head. As a pretend pharmacist he had certain talents, but his real life job offered him the equipment that was later-needed. Jim played the part very well and congratulations should be given to whomever first decided that this part should be his.

The two new comers to the stage had differing roles. Whittaker Ingbretson is more used to film than a live audience. But he portrayed the police officer, who wasn't, then was, then wasn't, there to arrest someone (anyone!) in fine fashion. Kirsten Mc-



Donald was the other "newbie". She said her last on stage role was in a musical several years ago. But as the "bad girl" she was asked to portray she also did a great job. She had mentioned before hand that she was a bit worried about the production, but if this show was not quite there, then the final performance should be super.

For those who have not yet seen "Let's Murder Marsha" I would highly recommend that you do during the second weekend of production. Old Church Theater has been doing productions in their home for many years now and they truly seem to have a feel for casting, set design, sound effects and choosing productions that work.



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Sunday June 23

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# Garden Tour & Tea



Sponsored by: • Mill Gardens • North Country Organics  
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## Garden Tour And Tea

The Cohase Chamber is pleased to announce our Second (annual) Garden Tour and Tea, to be held on Sunday, June 23, 2013. Five of the area's lovely and historic gardens will be open to the public in towns along both sides of the Connecticut River from Fairlee and Orford, to Haverhill and Newbury. A garden is a personal expression of beauty, and a variety of gardens reflecting the diverse styles and tastes of their owners will be included this year. Among the highlights on this year's tour- the beautifully landscaped gardens at Lake Morey Resort in Fairlee, where people can pick up their maps and tickets starting at 11 AM. Garden enthusiasts can meander through their extensive gardens featuring a gazebo, trellises, and a fabulous fountain and reflecting pool.

Also included on the tour in Fairlee, high up on Terry Hill, the Durgin garden is a private home with sweeping views of Vt and NH, and a charming cottage-style perennial garden. In Bradford, the Munson's South Road home also features a hilltop location and lovely, established perennial gardens. Across the river in Haverhill Corner the gardens of the Gibson House B & B will be included in this year's

tour. Their location in the historic district overlooks the meadows and the Ct River, and features classically formal gardens in the back. Finally, participants can travel back down Rt 10 a bit farther to Orford, NH and enjoy the special attraction of the historic Martin gardens, one of the notable Orford Ridge homes in the center of town.

The self-guided tour will start in Fairlee, where visitors can check in at Lake Morey Resort and pick up maps and tickets, as well as discount coupons from several local garden-related businesses. All the gardens will be open for visitors from 11 AM-3 PM. The \$20 pp admission includes Afternoon Tea where an assortment of refreshing drinks, accompanied by delicious treats, can be enjoyed at Lake Morey Resort from 1-3 PM. This year's event is sponsored by Mill Gardens, Piermont Plant Pantry, North Haverhill Agway, Blackmount Equipment, North Country Organics, and Odell Insurance.

Proceeds from the tour go to the Cohase Chamber's many community projects. For more information, or to reserve tickets ahead of time, please contact Anne Dall at 603-353-4620, or [anneall@yahoo.com](mailto:anneall@yahoo.com).



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# Peacham Civil War Book Receives National Award

Peacham, VT. - The American Association for State and Local History (AASLH) Leadership in History Awards Committee has selected the Peacham Historical Association publication *A Vermont Hill Town in the Civil War: Peacham's Story* as a 2013 Award of Merit winner. The award will be presented at the AASLH Annual Meeting in September 2013.

AASLH is the only national organization dedicated

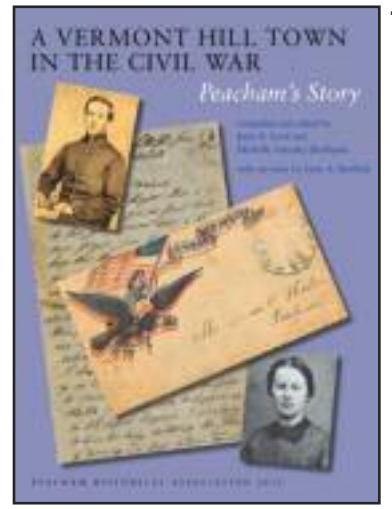
to serving state and local history organizations. The AASLH Leadership in History Awards is the nation's most prestigious competition for recognition of achievement in state and local history.

Published in May 2012, *A Vermont Hill Town in the Civil War: Peacham's Story* vividly tells the story of the Peacham men who went to war and the families who endured life on the home front. The book features a historical overview of

the units in which Peacham men served, soldiers' letters home, a diary, memories of Andersonville Prison Camp, postwar memoirs, biographies, the story of the town Civil War monument and a detailed examination of the home front.

The book is edited by Jutta R. Scott and Michelle

Arnosky Sherburne and includes an essay by Lynn A. Bonfield. It is designed by Bodenweber Design. It is available for purchase at the Peacham Library, the Peacham Craft Guild, and online on PHA's website: peachamhistorical.org. Soft-cover is \$25 and the hard-cover is \$35.



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Not all Times are Trendy but there will always be Trendy Times June 11, 2013 Volume 4 Number 18



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## PERSONALS

**60 YEAR OLD SINGLE MALE** looking for companion. Interests include: Drives, fishing, dining out. Call Daryl at 802-322-5025 06.25

## OBITUARY

### RICHARD JOHN PARTINGTON



Woodsville, NH - Richard John Partington, Sr., 82 of Swiftwater Road, died at his home on Sunday, May 19, 2013.

Richard was born in Newark, NJ on July 29, 1930, to Rexford and Mildred (Crane) Partington.

Richard served in the US Army from 1951 through 1953. He received his Basic Training in Breckenridge, KY prior to being sent to Sahn-hafen, Germany with the 581st Heavy Equipment Engineers. Then he was transferred to Kaiserslauten, Germany before going to Crane School in Munich,

then back to Kaiserslauten. Eventually, he was sent to France prior to his Honorable Discharge.

He was a self-employed contractor, building homes on Long Island.

He moved to Woodsville in 2007 from Bonita Springs, FL. He was a member of the Ross-Wood American Legion Post #20 in Woodsville, the Haverhill Memorial Post # 5234 of North Haverhill, NH, and the Moose Club. He loved dancing.

Richard was predeceased by his first wife, Catherine (Neili) Partington in 1999 and by his sister Lorraine and his brother Rexford Partington, Jr.

He is survived by his wife, Nancy (Raymond) Partington of Woodsville, to whom he was married on April 16, 2000. He is also survived by his daughter, Elaine R. Geitling of Costa

Rica and two sons, Richard J. Partington, Jr. of California and James Partington of North Carolina; three step-children, Paula Bliven of Springfield, VT, Jeffrey Cowell of Woodsville, and Prudy Kaiser of Bath, NH; several grandchildren, and nieces and nephews.

There was a memorial service at the Ross-Wood American Legion Post #20, 4 Ammonoosuc Street, Woodsville, NH on Saturday, June 8th at 2 PM.

In lieu of flowers, memorial contributions may be made to North Country Home Health and Hospice, 536 Cottage Street, Littleton, NH 03561.

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

For more information, or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

## OBITUARY

### JOHN A. RODEN



North Haverhill, NH - John A. Roden, Sr., 91, died May 31, 2013, at the Grafton County Nursing Home, North Haverhill.

He was born in Cambridge, MA, July 4, 1921, a son of Ernest and Mary (Penney) Roden.

John enlisted in the US Army Air Corps in 1941 and was eventually stationed at Pearl Harbor, Hickam Field, and was a survivor of the Japanese air strikes on Hawaii. He later served as a turret gunner in a bomber in the 22nd Material Bombardment Squad. Following his discharge on July 5, 1945 he returned to the States and became a special officer in Pelham, NH and soon after, a full time police officer in Hudson, NH. In the early 1950's he was named the Chief of Police in Lisbon, then Chief in Hampton, NH, where he received national accord for his handling of the 1965 Hampton Beach riots. While serving as Chief in Hampton, the department became the first force in New Hampshire to use dogs. He returned to the North Country as Chief of the Haverhill, NH Police Department. He left law enforcement for a few short years, when, along with his wife Barbara, they owned and operated the Pike General Store. He returned to law enforcement by accepting the job as Chief in Bartlett, NH retiring in 1987. He then worked at the Intervale Rest Area for several years. Following this retirement and his return to this area, he served

as a bailiff in the Haverhill and Hanover District Courts. In all, John served more than 40 years in law enforcement.

John is a member of the Pearl Harbor Survivors Association, Ross-Wood American Legion Post # 20 of Woodsville, the Haverhill Memorial Post #5245 of the Veterans of Foreign Wars, and Grafton-Kane Lodge # 46 F&AM of North Haverhill. He is also a life member of the New Hampshire Chiefs of Police Association and Retired Law Officers Association.

He married the former Barbara Atwood on March 6, 1948, and she predeceased him on February 5, 1997. He was also predeceased by a son, John A. "Jack" Roden, Jr. on April 3, 2003, and a brother, Rev. Thomas Roden.

Survivors include three sons, Scott and wife Diana of Benton, NH, Jeffrey Roden and wife Katie of North Conway, NH, and Bradley Roden of Benton, NH; six grandchildren, and nine great grandchildren; along with several nieces and nephews.

There will be no calling hours.

A memorial service will be on Thursday, June 6th at 1 PM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Susan Ellery, officiating. A private burial will be in Pine Grove Cemetery, Woodsville at the convenience of the family.

Memorial contributions may be made to the National Law Enforcement Officers Memorial Fund, Division of Development, 901 E Street NW, Suite 100, Washington DC 20004-2025.

For more information or to sign an online condolence please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

## OBITUARY

### JO-ANN HERSEY MALLET



Woodsville, NH - Jo-Ann Hersey Mallett, 63, of Perkins Place, passed away unexpectedly after a courageous battle with cancer on Thursday, May 30, 2013 at Cottage Hospital, Woodsville, NH.

She was born in Lynn, MA, June 27, 1949, the daughter of Charles and Marion (Spinney) Hersey.

Jo-Ann graduated from Lynn English High School, Lynn, MA, Class of 1967. She married Richard B. "Dick" Mallett on March 16, 1968. They lived in Lynn until 1973 when they moved, first to Pike, NH, and later to Woodsville.

Jo-Ann worked as an inspector at the former Burndy Company in North Haverhill, NH and also in Mexico. She was a former manager of the Woodsville Cumberland Farms convenience store, and later worked for Copeland Furniture in Bradford and has most recently worked at the Wal-Mart Supercenter in Woodsville. Jo-Ann enjoyed doing puzzles, and completing Sudoku puzzles, but most enjoyed spending time with her family.

She was predeceased by her husband, Richard B. "Dick" Mallett on August 3, 2011, as well as, a sister Beverly Melanson, and two brothers, Kenneth and David Hersey.

Survivors include her two children, Kristina Tibbits and husband Shane of Pike, NH and Richard B. Mallett, Jr. of Piermont, NH; four grandchildren, Alicia Brooks and hus-

band Zach of Pike, Katie Tibbits of Pike, Brian and Mariah Mallett both of Woodsville; and two great grandchildren, Brooke Thompson and Owen Brooks; three sisters, Sandy Quinn, Charlotte Jackson, and Doris Hersey; two brothers, Frederick and John Hersey; along with several nieces, nephews, & cousins.

There will be no calling hours.

A graveside service will be on Monday, June 17th, at 11 AM, at the Pine Grove Cemetery, Swiftwater Road, Woodsville, NH.

Memorial contributions can be made to the Norris Cotton Cancer North, 1080 Hospital Drive, PO Box 905, St. Johnsbury, VT 05819.

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

For more information, or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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# Lois' Garden

By Elinor P. Mawson

My mother was brought up on a large farm, where she milked cows, tended chickens and helped do the haying. She was sort of a tomboy, but she developed a love for flowers when she was quite young.

When she was a pre-teen, she asked her parents if she could make a flower garden, and they gave her quite a large piece of lawn, thinking it would be so overwhelming that she would grow tired of the idea.

Being determined, the word "impossible" was not in her vocabulary. She started digging.

It took several years, but that large piece of lawn became a showplace. There were round beds, raised beds, square beds, with very little lawn left over. She had wild flowers, annuals, perennials, shrubs and flowering bushes. There were riots of color all spring, summer and Fall. Lois tended her gardens all during her high school and college years, and the years she lived at home before she got married.

During World War 2, she lived with her parents; by this time she was accompanied by my sister and me. We

"helped" her in her flower gardens, and learned the names of all her plants. I also reveled in the fragrance of her lilies off the valley, lilacs, mock orange and all the others. WE made "witch fingers" out of the blooms from the trumpet vines, and crafted "tussy mussies" out of bouquets of violets. Lois showed us how to make "shaving brushes" out of thistles and warned us about nettles, poison ivy and nightshade. I didn't know it at the time, but I received life lessons during the seasons in my mother's garden.

The years passed; although her childhood gardens began to go wild, Lois created new gardens wherever she went. My parents moved quite often, and as soon as the curtains were put up on the windows, a new flower bed was begun.

When we bought our first house, we too began to build flower beds here and there. One of the first things we did was to dig up and plant violets and lilies of the valley from Lois' first garden. Of course we bought some things of our own, and never turned down an offer of a perennial by our friends and relatives. We loved our gar-

dens, but they never reached the size or "wow factor" of Lois'.

When my mother moved to Vermont in her mid-seventies, she created some beautiful gardens. By this time she was in a wheelchair but she found a willing helper, and soon she had her usual showplace. When macular degeneration rendered her nearly blind, she knew where everything was, and would say, "Didn't my peonies do well this year?" or "I'm so happy with my rosebushes".

When she died at the age of 93, we had her memorial service in her garden, and her ashes were left there.

Through the years we shared whatever we had with anyone who wanted something. Our violets and other flowers adorn a whole lot of other yards, including our own. Not long ago there was a posting on Facebook by our granddaughter about her lilies of the valley that had come from her great-grandmother's garden.

And whenever I am in our own garden and smell the lilacs, I am taken right back to my childhood, helping my mother in her garden.

## Support Alzheimer's Research By Walking And Running On June 23

Sunday, June 23rd, at Surret Battery Park in Northfield, the 1st Annual 5K Timmons Team Alzheimer's Run / Walk will take place, proceeds supporting Boston University's Alzheimer's Research Center. Registration

can be by mail or online: Timmons Team Alz. Run, Box 284, Tilton, NH 03276 or [www.thetimmonsteam.com](http://www.thetimmonsteam.com). The race is managed by Millennium Running. Cost is \$25 / person or \$30 after June 1. \$60 / family (up to 5 people).

Free T-shirts to the first 200 registrants. On-site registration starts at 8:00. Kids fun-run is at 8:30. Runners start at 8:45 a.m., while walkers start at 9 a.m. The route is a well-maintained, flat, scenic and off-road walking path.

Alzheimer's is the sixth leading cause of death in the U.S. It is only one of the top ten that cannot be prevented or even slowed. It is a brain disease that affects memory, judgment, personality, and behavior. One in every three seniors dies with Alzheimer's or other dementia. Please join in this effort to raise money for the needed research into Alzheimer's, and have a fun June 23rd in a lovely setting. Thank you in advance, from the Timmons Team, for your support.



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# NH State Budget Game

By Deb Reynolds

The game of chicken charading as our state budget process puts NH citizens at risk of losing valuable services and critical jobs.

The Republican controlled Senate claimed it had to cut \$300 million from the House budget. The Department of Health and Human Services which touches nearly every resident of New Hampshire will be handed \$40 million less than it needs and will be forced to make painful cuts of both services and personnel.

Additionally, Republicans are making 50 million dollars in reckless across the board budget cuts that are projected to force 700 layoffs. Just as the economy begins to get on its feet, this budget will cost critical jobs that support families and local economies. Going along with this scheme is nothing short of irresponsibility on the part of our elected senator.

On purely partisan grounds, House and Senate Republicans have taken positions designed to damage Governor Hassan and rebuke President Obama and pay homage to an ideology

that avoids reality. Senate Republicans say they refuse to pass any new taxes, but we have the red bridges and potholes to prove it. Our cigarette tax, just lowered last year, is the lowest in the Northeast and out of state big tobacco companies are making huge profits at our expense.

To top it off, Senate Republicans now seek to deny the expansion of Medicaid in NH and with it pass up the infusion of approximately \$2.5 billion in federal dollars. The damage this will do to our hospitals, our mental health services and our struggling families is immense. A nonpartisan study projects that expanded Medicaid would cut bad debt and charity care for New Hampshire hospitals in half.

Government is instituted to provide services to its citizens. These services are not hand-outs; they are paid for in property taxes, road tolls, rooms and meals fees and so on. We depend on these services—the roads, the schools, the environmental protections to name just a few—in order to live in this state, get to our jobs and give back in terms of goods,

services and revenue. But government cannot do its job without a source of revenue, and Republicans in Concord are unwilling to support adequate revenue for the state because of partisan politics. The you-can't-have-your-taxes-because-we-didn't-get-our-casino mentality belongs in the school yard, not the State House. The abhorrence of federal funding is ridiculous: would the Republicans turn back federal highway funds based on the same theory?

The Republican leadership is calling on the conference committee of the budget writing committees to come up with a reasonable compromise, but that is an impossible request. Without any sources of revenue on the table, the only alternative will be to accept cuts in programs and jobs to meet our balanced budget mandate. This is not what we sent our representatives to Concord to do. They are there to, in conjunction with the Governor, keep our state functioning on a sound fiscal and programmatic base. It is dangerous and foolhardy to do otherwise.

## Pond Workshop Answers Your Questions About Ponds

Grafton County Conservation District is holding a Pond Workshop for pond owners, and those interested in building a pond. Ray Lobdell, natural resource consultant, and John O'Brien, consulting forester, will speak about pond uses, types of ponds, site selection, pond design and construction, necessary permits, pond ecology and water quality. There will also be time for discussion, so bring your questions along. Join us for a short, easy walk to three nearby pond sites. A pond aerator is in place at

the swimming pond. Fish species present include brown and rainbow trout, bass, and perch.

The Pond Workshop is sponsored by the Grafton County Conservation District and will take place on Thursday, June 20 beginning at 6:00PM at the O'Brien residence, 26 Tree Farm Road, Orford (about 1/2 mile south of the Orford Fire Station). The workshop is free of charge and open to all. Walking shoes are suggested. Please call Pam at (603) 353-4652, ext. 103 with any questions about the

workshop.

Ray Lobdell, is a wetland/soil scientist, soil conservationist and erosion control specialist. Ray has worked in New Hampshire and Vermont for 30 years on a wide range of natural resource issues. Ray has designed and permitted ponds for many years. John O'Brien, O'Brien Forestry Services, is a forestry and wildlife consultant with retirement close at hand. John has forty years experience operating bulldozers, building roads, trails, and ponds.

## Letter To The Editor

### TWO CHEERS FOR THE POPE

A few weeks ago Pope Francis made a startling remark which in essence said that belief in Christ is not necessary for salvation. In so stating he was bucking 788 years of church teaching which has always been very clear: "outside the church there is no salvation". This theory, introduced in 1215 by Pope Innocent III, was an attempt to retain and grow new membership. Not just Catholics but most of Christianity adopted this monopolistic attitude.

Like many atheists I knew immediately that the media jumped the gun on this one. Being an ex-catholic and grilled in church theology I nevertheless felt a bit more liberated to know that this Pope hopefully will lean a bit left of center. To explain this doctrine is beyond the parameters of this short letter. It would only infuriate the 'outsiders' even more. Suffice to say that I'm pleased with Pope Francis who is a remarkable improvement over his predecessor. However, he has opened up a can of worms here.

It didn't take long for the Vatican damage control unit to explain 'what the Pope meant'. I'm hoping that Christians will choose the Pope's words rather than the 'second version'. Just when I was about to make my move on 'christianmingle.com' my chances were looking good after the Pope's announcement that atheists could also go to heaven but after his inner circle got through parsing his words, I probably don't have a snowball's chance in hell on that website.

Like Congress, change comes slow in the Vatican. We should be thankful that the Pope has ignited a debate after seven centuries. The problem is that it is ill timed since we have so many more urgent problems facing this country. Rather than debating who's saved and who isn't maybe we should all donate a jar of peanut butter to the Got Lunch Plymouth summer program. We'll all be the better for it.

George Maloof, Plymouth, NH

George,

*Spin is a tactic that is used more and more often in our 24 hour news world. If you are in any type of public office, or public spotlight (like athletes or actors) you can not say or do anything that is not caught on a camera or audio. Once that comment is then aired, it becomes time for the "Spin Doctors" to make an attempt to make your words say something different from what you actually said, and more importantly what you meant.*

*One of the great things about America is that we all have the right to say what we think. It is then up to others as to whether or not they want to believe what is said. The Spin Doctors also have their right to spin away, but again, it is up to us whether or not to believe.*

Gary Scruton, Editor

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# 16 “Medicare Boot Camp” At NVRH

Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here’s your chance to learn more from an expert without anything to sell.

On Thursday, June 20, 2013 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in Conference Room 127 at the Business Center at North-

eastern Vermont Regional Hospital.

It’s easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works. Topics include supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

# 4-H Textile Event

By Kathleen Jablonski, Field Specialist,  
UNH Cooperative Extension

It was 4:00 p.m. on Friday, May 3, 2013. The room was large and it echoed. The volunteers and judges were all in place, just waiting. A young lady walked in, her mother and grandmother trailing behind her. She was a bit nervous. The volunteer at the registration desk smiled and said, “Welcome to Textile Event judging. What’s your name?” She answered, got her score sheets and instructions and went on her way.

The 2013 Grafton County 4-H Textile Event had begun.

Overall, 58 youth entered 108 garments, sewn items, knit and crocheted creations and quilts.

Judging on May 3rd took place at the Clifford Memorial Building in Woodsville. Seventeen judges and 10 volunteers helped to accomplish the goal of getting everyone judged in the various categories they had entered. Youth practiced modeling for the fashion show the next night, held at Haverhill Cooperative Middle School.

Along with the Fashion

Show on May 4, there was an hour long 4-H quilt exhibit and photography show.

At the end of the show, certificates of participation and ribbons, based on the Danish system of judging, were awarded. Top scorers in each of the categories were awarded a prize from one of the following sponsors: Grafton County 4-H Leaders’ Association, Trendy Threads, Cut ‘N Sew, Barnyard Quilting, One-Stitch-Two Stitch, Country Cottage Quilting, Mountainside Quilting, Inspire to Knit and Tea, Yarn Garden, Windfall Clothing, The Sewing Tree and Seams Sew Easy. Thanks to all our sponsors for fostering the continuing skill development of our 4-H Clothing and Textile project youth.

Winners in each category were as follows:

Garments: Novice division- Madeline Roy and Kaylynn Regan; Junior- Lilah Flynn; Intermediate- Emily Stoddard; Senior- Grace Flynn. All are members of North Haverhill’s Bob-O-Links 4-H Club.

Other Sewn Objects: Junior- Lilah Flynn, Jessica

Riley, Abby Taylor from the Bob-O-Links 4-H Club, Bradley Hendrickson from Haverhill Corner Clovers 4-H Club; Intermediate-Therese Cataldo from Bob-O-Links 4-H Club and Adam Cataldo from Little Ox-Bow 4-H Club.

Quilts: Junior- Lilah Flynn; Intermediate- Emily Stoddard; Senior- Catherine Flynn, Madeline Flynn and Grace Flynn. All are members of the Bob-O-Links 4-H Club.

Knitting and Crocheting: Junior- Abby Sargent; Intermediate- Therese Cataldo; Senior- Madeline Flynn, all of Bob-O-Links

Fashion Selections: Amanda Geil of Hunt Mountain 4-H Club and Grace Flynn of Bob-O-Links 4-H Club

The Grafton County 4-H Staff would like to thank the organizing committee, event volunteers and judges for volunteering their time and expertise to this event.

For more information about 4-H in Grafton County, New Hampshire, contact Donna Lee at 603-787-6944 or ce.grafton@unh.edu.

**Congratulations go out to  
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# Look To The Heavens

The Appalachian Mountain Club and the Carthage Institute of Astronomy at Carthage College announce this summer’s Astronomy Programs, sponsored by Celestron, Inc., Galileoscope LLC, Astrosphere New Media, and the International Dark Sky Association.

### Learn Astronomy Programs:

Join astronomers at the Highland Center on Mondays,

Wednesdays, Fridays, and Weekends at 5PM for an exciting and interesting discussion of all things astronomical - a different topic each day. Learn the sky, see the latest in astronomy related Apps, see and try different types of telescopes, and hear about the latest developments in our understanding of the Universe. Programs run from June 8 through August 23.

### Daily Observing Programs:

If the weather is clear, come join us at the Highland Center, day or night, to see great sights in the sky. Special telescopes to observe the Sun safely are set up each day, and telescopes are available for tours of the night sky each evening. Please join us! Programs start June 8 and run through August 23.

### Stars Above the Notch: Astronomy in the White Mountains

Come join us at the AMC’s Highland Center and Pinkham Notch Lodge for special presentations by Douglas Arion, Prof. of Physics and Astronomy, and learn how everything we are and everything we see and do is connected to the sky. Where did we come from, and how are we all connected to the great Universe around us? Presentations begin at 8 PM, and, if the weather is clear, telescopes will also be set up for you to enjoy the night sky with us. Dates: Highland Center: June 8, 18, 29; July 6, August 3, September 7. Pinkham Notch: August 6, 13, 20. Cardigan Lodge: July 20.

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# Will You Be Able To Retire When You Want?

Despite the soaring stock market of the past few years, some Americans are nervous about their ability to retire comfortably — or even retire at all.

Consider these somewhat sobering statistics:

Almost half of American workers report being “not too confident” or “not at all confident” about being able to afford a comfortable retirement, according to the Employee Benefit Research Institute’s 2013 Retirement Confidence Survey. The 28 percent who say they are “not at all” confident is the highest level recorded in the 23 years of this survey.

Between 2010 and 2012, the percentage of people 45 to 60 who planned to delay retirement rose to 62 percent from 42 percent, according to the Conference Board, a non-profit business membership and research organization.

If you’re in either of these groups — that is, if you’re concerned about having enough resources to enjoy your retirement years or you’re afraid that you’ll have to work longer than you anticipated — what can you do to possibly alleviate your worries?

Your first step is to get specific about your retire-

ment goals. Have you set a target date for your retirement yet? If so, how many years until you reach this date?

Once you know when you want to retire, you’ll need to come up with some sort of “price tag” for your retirement years. By taking into account your hoped-for lifestyle and your projected longevity, you should be able to develop a reasonably good estimate of how much money you’ll need as a retiree. You may find it helpful to work with a financial professional — someone with the tools and experience to plug in all the variables needed to calculate your retirement expenses.

Next, review your retirement savings vehicles, such as your 401(k) and IRA. Are you contributing as much as you can afford to these accounts? Are you increasing your contributions when your salary rises? Within these vehicles, are you choosing an investment mix that can offer the growth you’ll need to accumulate a sufficient level of retirement savings?

Even after you’ve “maxed out” on your IRA and 401(k) or other employer-sponsored retirement plan, you can find other tax-advantaged vehicles in which to invest for retirement. Again, your

financial advisor can help you evaluate the ones that may be suitable for your needs.

Still, even after maximizing your investments, you may come up short of what you’ll need, given your desired retirement date. Consequently, you may need to consider working a couple of extra years. If you like your career, you may find that moving out your retirement date isn’t so bad — you’ll bring in more earned income and you may be able to delay taking Social Security, which would eventually result in bigger monthly checks. Plus, you could postpone your withdrawals from your 401(k) and IRA, giving these accounts more time in which to potentially grow. (Keep in mind, though, that once you turn 70-1/2, you’ll have to start taking money from your 401(k) and your traditional IRA.)

In any case, do what you can to retire when you want — but be flexible enough in your thinking so that you won’t be shocked or dismayed if you need to slightly extend your working years. By “covering your bases” in this way, you can be ready for

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# 18 Take Charge Of Your Blood Pressure

When measuring blood pressure you are measuring how hard the heart is pumping blood against the artery in the arm.

**Systolic Pressure:** (top number) measures the arterial pressure when the heart is contracting (squeezing).

**Diastolic Pressure:** (bottom number) measures the arterial pressure when the heart is between beats or resting.

Together these two numbers give a picture of how well the heart and the blood vessels are functioning. It is normal for the blood pressure to go up and down through daily activity. But, it is not normal for it to stay high. This means that the heart is working too hard to pump through the arteries of the body.

Normal levels: 120/80

Pre-hypertension: 120-139/80-89

Diagnosis of Hypertension (Stage 1): 140-159/90-99

Diagnosis of Hypertension (Stage 2): 160+/100+

Hypertension Crisis (Emergency Care): 180+/110+

Role of the kidneys in Blood Pressure regulation:

The Kidneys depend on the blood pressure to help

them filter out waste materials from the blood stream. The pressure has to be high enough to push the blood's fluid out of the capillaries and into the kidney's filtering system. If the blood pressure is too low the kidneys set in motion a variety of mechanisms to raise the blood pressure, including the release of hormones to constrict the arteries and bring about the retention of fluid and salt in the body. Dehydration sets these mechanisms into motion which is beneficial as the blood volume is low, and an increase in blood pressure is needed to deliver substances to the tissues. Arteriosclerosis also sets these mechanisms into motion. But in this case, it is NOT beneficial. By constricting the blood vessels, arteriosclerosis fools the kidneys into thinking that there is a need to increase the blood pressure, as in dehydration. The kidneys will raise the blood pressure to get the blood that they need, but will raise it higher than is optimal for the heart and arteries to withstand over long periods of time.

**PULSE/HEART RATE:**

Heart Rate is measure of the number of times the heart

beats per minute.

**Normal Resting Pulse:** 70-80 beats per minute (can be as low as 40-60 in Athletes).

**Tachycardia:** (Abnormally high heart rate) >100 beats per minute

**Bradycardia:** (Abnormally low hearty rate) <60 beats per minute

**Cardiac Output:** The amount of oxygenated blood discharged by the heart per minute.

**Stroke Volume:** The amount of oxygenated blood ejected from the heart toward the body tissues with each beat.

To measure: Count heart beats per 6 seconds, times 10 per minute.

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*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastery. 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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I've Let Myself Go!

Last time we talked about how weight loss—or better yet, fat loss—is most successful when done in a holistic manner. Many life areas affect our weight, including food, fitness, sleep/rest, and stress. This week we focus on stress.

You're probably familiar with the saying, "Stressed spelled backwards is desserts." For many, being stressed-out equates to cleaning out the fridge. There's a reason certain foods are considered comfort foods. They make us feel good (well, until we start beating ourselves up for eating them). Carbs encourage the release of serotonin, a feel-good hormone, which is why you may crave those chips, cookies, and cakes when you're stressed out. Serotonin sort of soothes the brain and has a calming effect. Then there's dairy. Can you say ice cream? When casein, the dairy protein, arrives to your brain, it's converted to casein-morphine. Do you ever notice you get a sort of "high" on dairy? Combine the carbs with dairy, like in mac and cheese, and you're in anti-stress heaven!

Turning to food for comfort may temporarily relieve your stress, but as you already know, it's also a good way to pack on the fat. Stress, itself, encourages the release of cortisol, the stress hormone. Cortisol in turn, encourages belly fat. So when you're stressed out, you've already got cortisol in your system, looking for fat to store. Then you turn to those donuts and pizza to feel better, and you're setting yourself up to pack on the belly fat.

So what's a girl or guy to do?

When you're stressed-out, stress management techniques can be invaluable. Practicing total relaxation, counting backwards, taking deep breaths, imagining a cool color—blue, purple, or green—and exercising are all great tools to have in your anti-stress tool box. However, particularly for chronic stress, using stress management techniques can be a Band-Aid on a situation that really requires surgery.

When you're chronically stressed-out, it destroys your body and predisposes you to disease. The first question to ask yourself when trying to

manage stress is, "What is stressing me out?" Then pinpoint what within that stressor is really the root. For instance, if work is a primary stressor for you, figure out what about work is really stressing you out. Is it the hours, your boss, a co-worker, the commute, the work itself...?

Next, what can be done about it? Do you need to take action? For instance, let's say a co-worker is the root of your stress. Do you need to confront her? Should you go to your supervisor?

Have you done this and nothing has changed? What are your options? Remember—there are almost always options!

If taking action isn't an option, do you need to change your reaction? Does how you react and interact with this person ignite their behavior? How can you change how you react to her?

Or perhaps you need to change your perception of the stress. What stresses one person out, another person allows to roll off her back. Do you need to not allow this perceived stress to bother you? Is this stress out of your control? For example, let's say you're on your way to an important meeting and there's an accident, which puts you stuck in traffic. What do you do? Do you pound the steering wheel,

cussing and throwing a fit? Or do you accept that you have no control over this situation, make a call to let them know you'll be late, and use the time to sing to your favorite music, listen to a book on tape, or do Kegels?

Both acceptance and taking back control are keys to changing your stressful situation. Sometimes you'll

taking the stress on—what I call self-abuse. Then there are other times when you need to take back your power and control, and do something about it. Either way, you will be taking control of your situation and prevent becoming a victim of stress.

Until next time...take good care of you!

*Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. You can reach her at carriemyers.smith@gmail.com. Due to her procrastination, she stressed herself out trying to get this column in on time, and will work to be more organized from now on.*

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Littleton, the North Country Charter Academy established the Raymond S., Burton Recognition Award to be awarded annually to a student who demonstrates exemplary public service qualities. The award is presented by Kate Cassidy, Chairperson of the Board of Trustees.



By Ronda Marsh

## Chicken Francese

This is a wonderful, elegant, yet very simple and quick way to serve up a spectacular chicken meal. As you might have already guessed, "Francese" translates simply to mean "French", and was probably derived from a popular veal dish cooked in the same manner. Basically, the chicken is dredged and sautéed, then topped with a wine/lemon sauce, thickened with tabs of butter that have been rolled in flour; a saucing technique often used in French cuisine, known as "Beurre Manier." By first flouring, and then coating the chicken with the egg wash, the exterior cooks up golden and a bit puffy, making it as visually pretty as it is delicious. And, protected by that

nice, eggy coating, the chicken itself stays moist... always a bonus for chicken breast, which often tends to cook up dry, with a texture like sawdust. Yukk...let's avoid that! White wine makes a lovely sauce, but for people like me, who prefer to eat their liquor in cooking, and do not drink, so therefore do not want to invest in a whole bottle of the stuff, I have made a great discovery. You can actually buy little 6-packs of cup-sized bottles of wine in the grocery store very inexpensively, so you can just open one of those cute little containers, and eliminate the waste factor of an uncorked conventional bottle. Perfect, if you just need a bit for an occa-



sional dish. Fresh parsley to finish the chicken is wonderful, but, in a pinch, don't hesitate to resort to the dried parsley flakes; it will still look and taste just marvelous. Thinly slice a lemon to lay across the top, and whoever is the lucky recipient of this meal will think it came straight from the kitchen of a fancy restaurant. As Julia Child would say, "Bon appetite"!!

- 1/2 cup all-purpose flour
- Salt
- Pepper
- 4 eggs
- 3 tablespoons water
- 1/4 cup olive oil
- 1-1/2 pound boneless/skinless chicken breasts

- 1/2 cup white wine
- 1 lemon (juice half for the sauce and slice half for the garnish)
- 1 cup chicken broth
- 2 tablespoons cold butter, cut into 1 tablespoon tabs
- 3 tablespoons fresh parsley (or 1-1/2 tablespoons of dried)

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Rinse chicken breasts, pat dry, then slice each breast in half horizontally, creating cutlets. Put the flour in a shallow bowl and season with salt and pepper. Beat the eggs and water in a separate bowl. Heat the oil over medium heat in a large skillet. Roll the tabs of butter in the flour, and set it aside for later use. Coat the chicken with flour, and then drag it through the egg wash. Add the chicken once the skillet is hot. Sauté until the chicken is cooked through; two to four minutes on each side, depending on thickness. Transfer it to the platter. After all of the chicken is cooked, add the wine, lemon juice, and stock to the skillet and simmer for five minutes. Add the flour-dusted tabs of butter to the skillet, and stir it for two additional minutes, until thickened and reduced to a sauce consistency. Turn off the heat and pour the sauce on the chicken. Season with salt and pepper and garnish with the chopped parsley and lemon slices, if desired. Delicious served over Angel Hair pasta or rice.

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