

# TRENDY TIMES

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## A Spirited Ride You Won't Forget

By Robert Roudebush

Yes, it's a train ride, and yes, there will be both wine and beer tastings served aboard to legal-aged riders and yes, it happens soon and right here in our neighborhood. Read on for information and prepare to climb aboard for a memorable trip.

WHEN? July 5th, part of Railroad Day, which is one part of the 250th Anniversary Celebrations of both of the towns of Newbury, Vermont, and Haverhill, New Hampshire. The Wine and Beer Train is actually two runs, both of them comprising a full-round trip run. The first leg Southward departs from its Wells River boarding area at 2:30 PM, and runs down the tracks along the Connecticut River to Bradford. That takes about an hour. The second leg Northbound of the round-trip departs from

Bradford around 3:45 PM and runs right back up the tracks to Wells River, another hour-long scenic view as a new group of passengers samples their wine and beer.

WHERE'S THE ARRIVAL AND DEPARTURE POINT IN BRADFORD? Right across the street from FARM-WAY on Route 25. The train itself is called the Green Mountain Flyer and the Dining Car and regular seating coaches have been contracted for from Vermont Railway.

PROBABLY OUGHT TO ARRIVE EARLY PRIOR TO BOARDING? You betcha, say one half-hour early. Anybody who rides the Wine and Beer Train will get a nifty souvenir spirits glass.

WHAT'S IT COST? An entire round-trip costs \$16 ahead of time, or \$20 if you wait till the day of the rides.

When legal-aged adults make the fun choice of participating in the spirits-tasting, they'll be chipping in an additional \$15 to cover the cost of the booze. There will be some very good-looking and motivated people aboard serving you your spirits and cheese delights, maybe one or two of them will share some wine-talk with you. None of them will be drinking on the train, unfortunately. Maybe later.

SO I'VE GOTTA BE 21? You betcha, and have ID to prove it.

CAN I RIDE JUST ONE WAY, HALF OF A ROUND-TRIP? Sure, and in that case the cost is only ten bucks, but the \$15 up-charge applies if you choose to do the Wine and Beer thing in the Dining Car.

AREN'T THERE OTHER ROUND-TRIP TRAINS AS WELL? Sure. The Wine and Beer train is only one of three special themed rides – it is the last one of the afternoon on the 5th of July. The earlier two others includes the History and Stories of



Yesteryear Train, leaving Wells River at nine in the morning, getting to Bradford around ten, and the return leg leaving Bradford about ten-fifteen and getting back to Wells River a little after eleven. That'll be fun because there may be some very interesting characters aboard each leg of this History Train, and they may do some interesting things.

AND THE OTHER TRIP HAS TO DO WITH MUSIC? Yes, and that is the second train run of the day – it leaves Wells River at 11:45 AM, takes about an hour to get to Bradford, just like all the others, and then leaves for the Northbound return trip out of Bradford around 1:00 PM. There'll be a variety of music and you can bet you will hear some of your favorite songs.

WHY DOES ALL THIS SOUND FAMILIAR? You've seen the white fliers all over both sides of the river – chock full of information about all these train rides. Some of what those fliers tell you is

“JUST LIKE THE DAYS OF OLD! SEE THE SIGHTS ALONG THE CONNECTICUT RIVER – A TRIP THROUGH THE OXBOW, FARMLAND AND NEWBURY VILLAGE. ENTERTAINMENT ON EACH ROUND-TRIP – SOMETHING FOR EVERYONE. WHEN WAS THE LAST TIME YOU RODE ON A TRAIN? WHEN WILL YOU GET ANOTHER CHANCE?”

HOW MANY FOLKS CAN RIDE THESE SPECIAL TRAINS? Tickets really are limited because of limited seating. Only 48 people, at most, for example, can ride the Wine and Beer Train, on each leg, the first leg Southbound and the return Northbound leg. That's a total for the round-trip of less than one hundred.

SO HOW DO WE GET TICKETS? www.rails-vt.com. Tickets also available at WELLS RIVER SAVINGS BANK, WOODSVILLE GUARANTY SAVINGS BANK, JOCK OIL COMPANY, WELLS RIVER and the Haverhill Town Office. For more details on Rotary Railroad days go to www.celebrate250.org.

SO YOU THINK I SHOULD DO THIS? No brainer. All Aboard!!!!!!!

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# TRENDY Dining Guide

## J's Rainbow

By Gary Scruton

There's a nice little spot on Central Street in Woodsville that is not open year round. But when it is open it is certainly worth consideration when it comes to lunch or an evening meal. J's Rainbow has been at its current location for just a few years. But Richard and Marilyn Hastings, the owners and a major part of the staff, make it feel more like a comfortable home dining room that you grew up in. Part of the reason for that is the comfortable tables and chairs, either inside or outside. Also once your meal is served, the cook, who is also the owner, will probably be tableside asking if everything is to your liking.

Also just like that home, once you sit down and have decided what you want to eat you are offered a little something to tide you over. Complimentary corn chips and salsa sauce are brought out for you to munch on. The meal itself does not normally take long to follow. And you have a wide range of choices for that meal. J's offers a wide range of fresh seafood from whole or strip clams to haddock and some great chowders. Even lobster is on the menu. There are several combinations to pick from or just keep it all your favorite. And for those who like tarter sauce with their seafood you don't have to worry about asking for multiple little cups of sauce. It is provided in a

good sized squeeze bottle.

Richard also cooks up some fine steaks throughout the week. And on the weekend there is prime rib to temp your taste buds. If you are looking for something a bit less there are a range of sandwiches, both cold and hot. That includes the Woodsville Burger. This mouthful is plenty of toppings and comes with fries and cole slaw to make a full lunch or even dinner.

Out in front of J's Rainbow is an ice cream stand. You can walk up to the outside window and order either soft serve or

hard ice cream. Of course they offer cones and sundaes and have a varied list of flavors.

J's Rainbow is not the biggest eatery around. It also does not have a long history. But if you like being treated more like family than just another paying customer, and if you enjoy seafood, then J's Rainbow should be on your list of places to stop. Who knows, you might just see some old friends, or make some new ones. And you will certainly come away with satisfied taste buds.

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Not all Times are Trendy but there will always be Trendy Times June 25, 2013 Volume 4 Number 19

Educate your tastebuds, read the Trendy Dining Guide every issue!

# Woodstock Inn Station & Brewery Named As 2013 NH State Champion For Energy Efficiency

NORTH WOODSTOCK, NH – Northeast Energy Efficiency Partnerships (NEEP) has announced that the Woodstock Inn Station & Brewery will be recognized as the 2013 Business Leader New Hampshire State Champion for Energy Efficiency.

Nominated by New Hampshire Electric Cooperative (NHEC), the North Woodstock landmark is being honored with the state's highest award for its continued efforts to advance energy efficiency in its operations, which have resulted in annual energy savings of over \$45,000.

Powered by more than \$100,000 in energy efficiency incentives from NHEC, Woodstock Inn owner Scott Rice has recently put the finishing touches on a major expansion of the brewery and restaurant that is regularly included on lists of the top après-ski spots in the country.

Working with Rice and neighboring business owners in North Woodstock, NHEC relocated a three-phase electric service entrance that improved service reliability while preserving the appearance of the town's Main Street. That move set the stage for a series of energy efficiency improvements, including the installation of an ozone cleaning system in the Inn's laundry, energy-efficient lighting, four air source heat pumps for heating and cooling, and a solar photovoltaic (PV) system that qualified for a \$19,000 NHEC incentive. All told, Rice received more

than \$100,000 in Co-op Energy Solutions incentives towards the cost of the \$2.3 million project.

Rice's commitment to energy efficiency and renewable energy earned him one of only two awards granted by NEEP to New Hampshire businesses in 2013. The Northeast Business Leaders for Energy Efficiency recognition program highlights the accomplishments of organizations that are participating in energy efficiency programs across the region. The Woodstock Inn Station & Brewery was selected for recognition based on their success to:

- Achieve energy savings through investment in cost efficient measures;
- Address comprehensive changes in major energy systems such as lighting, HVAC, building envelope, office equipment and industrial processes, with a focus on improvements in multiple fuel categories;
- Continue improvements in energy performance through management level support and operational practices; and
- Demonstrate leadership to advance energy efficiency and to promote its benefits within their communities.

"NEEP is proud to recognize Scott Rice and the Woodstock Inn Station & Brewery for their success and commitment to energy efficiency," said Sue Coakley, Executive Director of NEEP. "Scott provides an

excellent example of how energy efficient measures can improve a company's bottom line, contribute to economic growth and reduce environmental impact."

The Woodstock Inn Station & Brewery will be recognized, along with 11 other Northeast Energy Efficiency Business Leaders at the 2013 Northeast Energy Efficiency Summit in Springfield, MA on June 18-19, 2013. The event is open to the public and members of the media are invited to attend at no charge. For more information about the Summit and Business Leaders Recognition program, please visit [www.neep.org](http://www.neep.org).

NHEC is a non-profit, member-owned electric distribution cooperative serving 83,000 homes and businesses in 115 New Hampshire communities.

## King Arthur Flour Baking Contest 3

If you are partial to the smell of cinnamon bread and freshly baked muffins, then you might want to enter the annual King Arthur Flour Baking Contest being held at the North Haverhill Fair this year in the Stoddard Building.

Adults (ages 18 and up) will be submitting their results using a Cinnamon Swirl Bread recipe. Juniors (ages 8-17) will be making banana muffins. Muffins not judged will be sold to benefit the 4-H Leaders' Association.

As in past years, King Arthur Flour will be donating prizes for first, second and third places. The event will be coordinated by Deb Maes and Kathy Jablonski of the

Grafton County UNH Extension Office. There is no entry fee. Entries must be brought to the fairgrounds at 9:30 am on Saturday, July 27th to be eligible for judging. Prizes will be awarded after the judging.

If you are interested in participating, you can find the recipes on the Grafton County UNH Extension website at <http://extension.unh.edu/Grafton-County-4-H> or from the North Haverhill Fair website at [www.northhaverhillfair.com](http://www.northhaverhillfair.com)

If you have any questions or need a copy of the recipes e-mailed to you please contact Maes or Jablonski at 787-6944.

## Barnet's 250th Celebration

On July 4th beginning at 8:00 breakfast will be at the Congregational Church in Barnet.

From 8:30 to 12:00 noon, the Barnet Public Library will host its annual Art/Craft Sale and display on the History of Barnet Library.

At noon there will be a chicken BBQ at the Barnet Center Church until all the food is gone.

The Goodwillie House will be open from noon to 4:00 p.m.

More information about other events to follow but don't forget to register for free kayaking for Barnet residents (half price for non-residents) from 9:00 a.m. to 6:00 p.m. at Passumpsic River Outfitters and for the kayak race on August 3rd by calling 802-535-3090.



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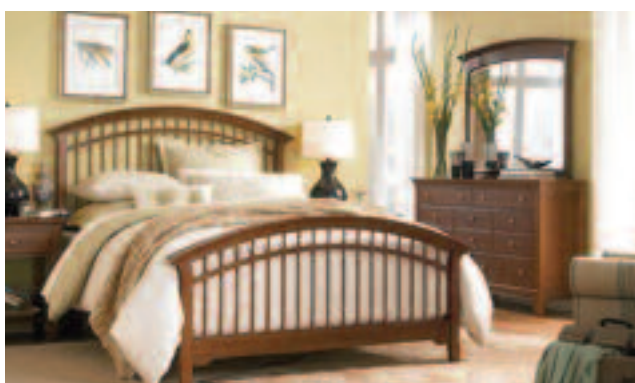
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2013 WOODSVILLE/WELLS RIVER

# 4TH OF JULY CELEBRATION

**THURSDAY, JULY 4**

2013 Theme

## "4th of July - Small Town Pride"

### Schedule of Events

(All times subject to change)

- 9:00 AM Flea Market Opens
- 11:00 AM **Gigantic Parade**
- 1:00 PM Midway Opens
- 1:00 PM Travelin' Barnyard Opens
- 1:00-3:00 PM Parker Hill Band (Bluegrass)
- 1:30 PM "Critter" Chip Bingo (All Day)
- 2:00-5:00 PM Buddy The Clown
- 2:00-7:00 PM Free Face Painting
- 2:00 PM Tae Kwon Do Demonstration
- 2:30-9:00 PM BINGO - under the tent
- 3:00-5:00 PM White Rose Band  
(Country - old to new)
- 5:00-7:00 PM Red House (70's - 80's)
- 6:00 PM Parade Winners Announced
- 7:00-9:00 PM Mirage (Classic Rock)
- 8:00 PM Raffle Winners Announced
- 9:00-10:00 PM The Gully Boys (Eclectic Mix)

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10:30-11:00 PM The Gully Boys

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# Mountain Medical Aesthetics Expands To Woodsville

## Offering Injectable Botox And Facial Dermal Filler Treatments

WOODSVILLE, N.H. --- Mountain Medical Aesthetics, a new facial enhancement practice, opens access to Botox and dermal filler treatments for people living in the greater Haverhill area. Prior to the March 1 opening of Mountain Medical Aesthetics—a partnership of Steven V. Ball, MS, CRNA, APRN, and Kristina M. Stalnaker, MSN, FNP—area residents had to travel 30 minutes or more to receive facial enhancement treatments.

"Ms. Stalnaker and I are excited to bring these treatments to the Haverhill area," says Steven Ball. "We are local providers delivering the same level of care, confidentiality, and competitive rates."

Mountain Medical Aesthetics offers many convenient appointment times and will work with new clients' schedules to accommodate them. "Being that we are local residents working within the local medical community, we can offer flexible scheduling," explains Ms. Stalnaker. Mountain Medical Aesthetics has formed a partnership with Cottage Hospital, which has resulted in access to aesthetic treatments in your own backyard.

Mr. Ball has worked in the healthcare field for 15 years and held a variety of



different positions. His current position is as a certified registered nurse anesthetist (CRNA), administering anesthesia as an independent practitioner at both Speare Memorial Hospital and Cottage Hospital. He says, "Throughout my training and after completion of my residency in major medical centers in the Hartford, CT area, I always enjoyed the intricacy and care of plastic surgery patients. Seeing the results afterwards and the satisfaction of the patients was very fulfilling. When the opportunity to establish a practice pertaining to injectable treatments was available, I jumped at the chance to complete the extra training required."

Ms. Stalnaker had a similar experience as a surgical

registered nurse (RN) at Dartmouth Hitchcock Medical Center in Lebanon. "As an RN I frequently assisted in intense plastic surgery cases and was able to appreciate the care required of the patients," she says. "Upon completion of my Family Nurse Practitioner training, I returned to the Plymouth area to pursue a career in orthopedics, but have always had an interest in obtaining new skills. When Mr. Ball approached me, I felt that this was an opportunity to return to the cosmetics work that I enjoyed, while still working in orthopedics."

Mountain Medical Aesthetics has a multitude of flexible appointment times available. To schedule a consultation please call the Cottage Hospital Specialty Clinic at 603.747.9205, email [mmaesthetics@hotmail.com](mailto:mmaesthetics@hotmail.com) visit us on the web at [maesthetics.com](http://maesthetics.com), or on Facebook. We look forward to meeting you and working together to accomplish the look you want.

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## GOT AN OPINION?

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Let everyone know what you think &amp; why.

# Athlete / Scholar Peter Mulcahy Adds Up The Numbers And Makes His Mark On The National Scale

By Robert Roudebush

This young man/boy in person is polite and well-spoken, not full of himself, when others in his situation easily could be. Good deal of family influence there, one interviewer suspects. Mid-school-er Peter Mulcahy, 13, is good-looking with close-cropped light-hair, tall and slim with a ready smile who's a competitor on various athletic fields. He's also hard-working and smart in school, probably smarter than his most recent interviewer. And he just might make a lot of money someday.

We'll talk about the sports first. His national award-winning essay-writing achievement in another field is notable enough that he has already been written about in at least one other regional periodical.

He just finished seventh-grade and he plays soccer. He did soccer camp at Woodsville High School, the Haverhill Hawks, biking there and back, three miles each way. Peter and his sister Molly and Dad Matt and Mother Sally – also his seventh-grade teacher – live in Bath, out of Haverhill along Abbot road, then to Mt. Gardner road, then on to a lane called Joy, with a friendly porch overlooking a large open area before the tree-line below, and with a view of such wonders as Mt. Mouse-lake and Cannon Mountain.

He plays basket ball – on the school team “just for fun”

He also plays baseball except when he's hurt. He's played since Kindergarten, T-

ball, then little league, and is a good pitcher. There's a small problem with his right shoulder which is being taken care of.

And he does track and field. He moves an eight-pound shot about 28 feet. He throws a discus more than eighty feet through the air. He likes the 100-yard dash and runs it fast.

**In case you were wondering what else, he's a competitive Nordic skier for the past three years. It's his favorite sport, he says, all winter long and the skill seems to run in his family. He has a cousin Thomas who's going to Dartmouth on a partial skiing scholarship and who is on the Jr. United States Ski Team.**

Oh yeah, he's also a straight-A student. Always has been. He's a nice enough person to the people around him at school, teachers and students, that he was voted by them as a fine role-model.

His Dad, Matthew an engineer at the VA Hospital in White River Junction, VT, is understandably proud of his son and his most recent recognition. As local feature writer Janice Neubauer quoted Mr. Mulcahy senior recently, “OF COURSE WE'RE EXCITED FOR HIM, BUT WE WOULD HAVE BEEN PROUD OF HIM, WINNER OR NOT.”

What young Mr. Mulcahy won was distinction as first place national finisher in something called the SIFMA Foundation's InvestWrite essay competition with Mc-

Graw Hill Financial. He triumphed from among some 20,000 students who take this challenge each year – this was in the middle school division in the Spring 2013 competition. The overreaching idea of the contest is to develop in young folks the personal financial savvy needed to make real-world financial decisions, understanding the opportunities, consequences and benefits. Turns out Peter had quite a bit of that savvy already somehow.

What did Peter and others involved in the curriculum at the HCMS actually do? The scholastic exercise is called “The Stock Market Game” and it has already challenged some 600,000 students from grades 4 through 12 in the United States over the years. Peter's particular group from the class – he and two other boys - took \$100,000 in “virtual money” and pretended to invest it in the stock market, based on current information from the actual stock market. The group created investment scenarios for the money, watched the value go up or down and made decisions as to what to do next.

The kicker came after that initial work was completed, after the investing and profiting or lossing – that's where the essay-writing contest came in. The written essays were to address the question, WHAT IF I HAD DONE THE OPPOSITE? As Peter says, “We were to take a decision we had argued about and make a

case for the opposite. I had argued within our small group against selling our Green Mountain Coffee stock.” According Mulcahy, his team had decided to sell their shares of the coffee stock because it was going up and they didn't want to risk it dropping back down. Mulcahy, however, had done his research and had advised them the stock value would continue to increase – which it did. **In our scenario we did sell it. I had shown my group that we need to do more detailed research. Our group would have been about \$1,000 richer had we not sold the stock.**

As you may imagine, Green Mountain Coffee was delighted to be highlighted in such a positive way – their official name is Green Mountain Coffee Roasters Company – (GMCR ticker symbol). A representative from the company, Mr. Dick Sweeney (who is co-founder of KEURIG,

INC, now owned by GMCR) was present at Peter's recognition Awards Ceremony at Southern New Hampshire University on Wednesday, May 29th along with his parents and other students and faculty and representatives of SIFMA. The winnings include a certificate, a trophy and a modest financial sum- who knows what may happen with that?

This is a big deal. What SIFMA stands for is The Securities Industry and Financial Markets Association. What they do is support a strong financial industry, investor opportunity, capital formation, job creation and economic growth. These folks are part of a larger world-wide group called the Global Financial Markets Association. - GFMA.

And back to Peter Mulcahy? He ran a quote by me he believes in “FIND YOUR GOAL IN LIFE AND RUN RIGHT PAST IT”

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**REGISTRATION FORM** Number: \_\_\_\_\_

Commercial/Business Entry  
 Non-Profit/Organization/Family Entry  
 Non-motorized Vehicle/Bicycle, etc.  
 Band  
 Motorized Vehicle Car, Tractor, Etc.  
 Other

Color Guard  
 VFW  
 AL  
 Other

Parade Starts at 11:00 AM on the 4th of July at the Woodsville Elementary School

Contact Person \_\_\_\_\_ Tel. No. \_\_\_\_\_  
Name of Unit \_\_\_\_\_  
Home Town of Unit \_\_\_\_\_  
Brief Description (For Announcer) \_\_\_\_\_

Forms can also be picked up or dropped off at An Affair To Remember - A Party Store. For questions call (603) 747-3200

# 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

**GROTON GROWERS FARMERS MARKET**  
10:00 AM – 1:00 PM  
Groton Community Building

## SUNDAYS

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

## CRIBBAGE

1:00 PM  
American Legion Post #83, Lincoln

## CIRCLE DANCING

All dances taught to beginners  
4:30 PM – 6:30 PM  
PLEASE NOTE TIME CHANGE  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18)  
Franconia

## LINE DANCING

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

## VESPER SERVICES (JULY & AUGUST)

5:00 PM  
East Haverhill United Methodist Church

## 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

## THURSDAY

**PEACHAM FARMERS MARKET**  
3:00 PM – 6:00 PM  
Bailey-Hazen Road, Peacham

## FRIDAYS

**LYNDON FARMERS MARKET**  
3:00 PM – 7:00 PM  
Bandstand Park, Rt 5, Lyndonville

## AA MEETING (OPEN DISCUSSION)

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

## FRIDAY, JUNE 28

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

## SATURDAY, JUNE 29

**COTTAGE HOSPITAL AUXILIARY GOLF TOURNAMENT**  
Blackmount Country Club, North Haverhill

## SATURDAY & SUNDAY

**JUNE 29 & 30**  
**AMERICAN LEGION CRAFT FAIR**  
10:00 AM – 4:00 PM  
American Legion Post #83, Lincoln

## SUNDAY, JUNE 30

**LITTLETON FARMERS MARKET**  
10:00 AM – 1:00 PM

## STRAWBERRY FESTIVAL

12:00 Noon – 1:00 PM  
St. Lukes Episcopal Church  
*See ad on page 7*

## MONDAY, JULY 1

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## TUESDAY, JULY 2

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## THURSDAY, JULY 4

**BARNET 250TH CELEBRATION**  
8:00 AM Breakfast  
Barnet Congregational Church  
*See article on page 3*

## WOODSVILLE/WELLS RIVER

**4TH OF JULY CELEBRATION**  
11:00 AM Parade / 10:00 PM Fireworks  
*See ads on pages 4 & 5*

## FRIDAY, JULY 5

**ROTARY RAILROAD DAY**  
9:00 AM, 11:45 AM & 2:30 PM Departures  
Woodsville Railroad Park/Wells River Depot  
*See article on page 1 and ad on page 11*

## STRAWBERRY FESTIVAL

11:00 AM Until Supplies Run Out  
130 North Main St., Bradford

## UPPER VALLEY COMMUNITY

**BAND HOLIDAY CONCERT**  
7:00 PM  
Bradford Academy Lawn

## SATURDAY, JULY 6

**WELLS RIVER GROUP PHOTO**  
12:30 PM  
Wells River Welcome Center  
*See article on page 9 and ad on page 14*

## SATURDAY & SUNDAY,

**JULY 6 & 7**  
**ANTIQUÉ CAR SHOW & AUTOMOTIVE FLEA MARKET**  
10:00 AM – 3:00 PM  
On the Common, Orford

## MONDAY, JULY 8

**ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

## DIABETES SUPPORT GROUP

7:00 PM – 8:30 PM  
Rehab Waiting Room, Cottage Hospital

## TUESDAY, JULY 9

**MEDICARE BOOT CAMP**  
6:00 PM – 8:00 PM  
NVRH, St. Johnsbury  
*See article on page 16*

## WEDNESDAY, JULY 10

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

## THURSDAY, JULY 11

**3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**  
6:00 PM  
All Access Real Estate Office, Woodsville

## FRIDAY, JULY 12

**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.

## FRIDAY-SUNDAY, JULY 12 - 14

**WARREN OLD HOME DAYS**  
*See ad on page 9*

## SATURDAY, JULY 13

**ACCOUSTIC MUSIC JAM**  
1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## SUNDAY, JULY 14

**BREAKFAST**  
8:00 AM – 10:00 AM  
American Legion Post 83, Lincoln, NH

## MONDAY, JULY 15

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

## TUESDAY, JULY 16

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

## WEDNESDAY, JULY 17

**EARLY AUTO RACING IN BRADFORD AREA**  
6:00 PM – 7:00 PM Museum  
7:00 PM Discussion  
Bradford Academey

**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, July 3rd for our July 9th issue.*

# Upcoming Free Programs At The Groton Free Public Library

**Summer Reading Raffle.** Open to youth ages 1 to 18! Through 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! Reading logs available.

**Echo Center Pass Available.** Provides \$4 admission for up to 4 people. Great savings!

**Free State "Fun" Passes Available!** Call, message, email, or come by to reserve the State Park Pass or His-

**toric Site Pass.** Provides free admission for up to 8 people (in one vehicle) to State Park day areas or up to 8 people to any Vermont State Historic Site.

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)

## Dig Into Reading Is The 2013 Summer Reading Program Theme

Readers of all ages will explore all things underground this summer as Bath Public Library presents "Dig Into Reading" during their summer reading program. Activities will include programs on pirates, dinosaurs, construction vehicles, deep water ocean fish and Ancient Egypt.

The 2013 Summer Reading Program is open to children, preschool through 6th grade with programs, crafts, story hours, prizes and more. Schedule of

events are as follows:

Tuesday, July 2nd 10:00 am  
Bath Public Library  
Pirates: Digging for Treasure

Tuesday, July 9th 10:00 am  
Bath Village School  
Big Truck Day and Ice Cream Social in Playground

Tuesday, July 16th 10:00 am  
Bath Public Library  
Dinosaurs

Tuesday, July 23rd 10:00 am  
Bath Village School  
Dig into the Deep Sea: Fish Aren't Afraid of the Dark

Tuesday, July 30th 10:00 am  
Bath Public Library  
Dig Under the Earth  
Registration for Dig Into Reading begins right now. For more information, call the library at 747-3372. All programs are free of charge.

## Baldwin Memorial Library Offers Computer Training

Wells River -- Individualized computer instruction is now available at the Baldwin Memorial Library in Wells River, VT. Thanks to a generous gift from the Wells River Action Program (WRAP) and the former Rivers Reach Resource Center, one-on-one mentors will coach beginning computer users through a variety of tasks. Some of the skills that may learned are job hunting on-line, setting

up a free e-mail account, researching information on the internet, or word processing to create, save, and attach documents. To take advantage of this service, call the library at 802-757-2693 to schedule a time. The library is open on Mondays 9:30 - 4:30, Wednesdays 1:30 - 6:00, Fridays 1:30 - 8:00, and Sundays 1:00 - 3:00. The library is ADA accessible.



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**St. Luke's Episcopal Church**  
CENTRAL STREET, WOODSVILLE

*Strawberry Festival*

Sunday, June 30, 2013  
12 noon - 1 pm

\$7.00 PER PERSON  
\$3.00 12 & UNDER

Chicken, tuna or egg salad sandwiches with fixings.  
Strawberry Short Cake with homemade biscuits and fresh whip cream.




**Racquet Ball & Health Club**

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Sunday 8:00-12:00 • Monday 6:30-8:00  
Tuesday 6:30-9:00 • Wednesday 6:30-8:00  
Thursday 6:30-9:00 • Friday 6:30-7:00 • Saturday 8:00-12:00

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North Woodstock, NH Councilor Ray Burton (center) was presented the 2013 Top Notch Award for stellar service and sacrifice for NH's North Country while exemplifying Scouting values. The award was presented by the Great Northern District Daniel Webster Council Boy Scouts of America. Shown l-r Dick Bielefield, Chair of the Great Northern District, Hon. Gerard J. Boyle, Chair of the NH Daniel Webster Council, Brian Shankey Ass't Director of Field Services, and Mark Halloran, Great Northern District Scout Executive.

# Free Strawberry Shortcake And Herb Talk At The St. Johnsbury Community Farm

The St. J Community Farm will have its kick-off-the-summer-growing-season free event this Saturday, June 22th from 9 am-Noon. The Farm is located on Old Center Road in St. Johnsbury.

Farm coordinator, Janet St. Onge, shares that "we are at the beginning of our planting and growing season and volunteers are invited to help plant, transplant, mulch, and do a number of other gardening tasks."

Of special interest, said St. Onge, "volunteers will be treated to a talk with herbalist Ellia Cohen about the medicinal benefits of herbs and how to grow them. And if that's not enough, we will be enjoying some first fruits of the season...strawberry shortcake."

All community residents are welcomed to come and participate on Saturday. Residents are welcomed to any of the food that is produced throughout the growing season. Produce is also donated to area meal sites and food shelves.

The Community Farm Garden has a full schedule of work days, work shops and special events. All these



St. J. Academy students and staff help out at the Community Farm.

are posted on ALFA's website...www.stjalfa.org

The St. J. Community Farm begins its fourth year in production and is located on land owned by Town Selectman and businessman, Jeff Moore. It produces hundreds of pounds of fresh organic produce, distributed through the St. Johnsbury Food Shelf, Community Meal sites and directly to community members and volunteers.

The St. J. Community Farm is managed by St. J. ALFA and all community residents are invited and welcomed to come and work at

the Farm at anytime. The Community Farm has a full schedule of work days, work shops and special events that will be posted on the ALFA website www.stjalfa.org

Please join St. J. ALFA to continue the success of this local food resource by making a work commitment and getting involved. Your single effort can have a profound impact. Donations for St J ALFA's work can be mailed in C/o The St. Johnsbury Food Co-op, 490 Portland St., St Johnsbury, VT 05819. For further information contact Melissa Bridges 802-748-9498.

## LYNDON FARMERS' MARKET

BANDSTAND PARK ~ RTE 5, LYNDONVILLE  
EVERY FRIDAY 3:00-7:00PM

COME JOIN US FOR  
VERMONT RUM, ASIAN FOODS,  
BEDDING PLANTS,  
MAPLE SYRUP & PRODUCTS,  
JAM, SOAP, EGGS,  
BAKED & CANNED GOODS,  
VEGETABLES, GRANOLA,  
PHOTOGRAPHY, PAINTINGS,  
GOAT CHEESE, ICE CREAM,  
MEAT, AND CRAFTS

COME ENJOY  
LIVE MUSIC  
WITH US!

WWW.LYNDONFARMERSMARKET.COM

L-R (Senator Woodburn, Coos County Commissioner Rick Samson, Executive Councilor Ray Burton, Eric Jostrom of Sugar Hill, and Brian Tilton from "Bulldog Live"). Attended meeting at the Easton Town Hall this past Sunday to get an update on Northern Pass activities. Meeting was very well attended with over 100 people.



## BUDGET LUMBER

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9- 36"X8 RAIL	\$205	-50%	\$102.50
72 40"X8' RAIL	\$223	-50%	\$116.50
18- 40"X6' RAIL	\$228	-50%	\$114.00
50-48"X8' RAIL	\$249	-50%	124.50

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# Notes From Above Ground

By Wm. Dannehy



Vintage Voyagers

Articles appearing here are original writing by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested are welcome to come & enjoy the company.

## An Historic Beginning - 1776

The small winged seed (approx. 1/3 inch long) flated and fluttered slowly to the ground. The early fall breeze had carried the seed some 200 ft. from the parent tree further up slope. The seed came to rest in an old rotted hardwood stump situated on a narrow shelf located on the rocky escarpment which makes up the easterly rim of the Champlain valley basin. The seed settled into a crevice amidst the woody debris of the stump. A fortunate haven from birds, mice, squirrels and other scavengers in an existing hostile environment. The odds for germination in the spring looked good. Consequently, in early May of 1776 the seed did in fact germinate. A

small hemlock seedling emerged and life began.

Eastern Hemlock tends to be shade tolerant and has the capacity to survive suppression from adjacent trees competing for light and nutrients. Thus, it is not unusual to find hemlock of relatively small diameter which are hundred of years old

Hemlock is not considered a priority tree for timber and finished construction methods as is pine and spruce, nor does it get much respect as a landscape species such as oak, maple and other hardwood. Nevertheless, hemlock can have impressive credentials. This particular tree we are discussing has survived weather extremes from hur-

ricanes, drought and temperatures ranging from -40F to +100F, plus untold attacks from insects and disease. And still the tree annually works away utilizing radiant energy, co2 and water to produce oxygen and glucose sugars (photosynthesis) further breakdown of sugars produces glyceric acid. The increasingly complex process goes on to include assimilation - the conversion of food materials into protoplasm and cell walls. Growth. Approximately 235 (+-) years after germination the tree quietly, efficiently and persistently works on. The tree, now a 40 inch diameter by 100+ foot monarch of the forest, prevails. Meanwhile, a nation of like vintage has grown to be known as the greatest republic on the planet.

In 1777 as British troops marched South through the Champlain Valley to Saratoga, New York and ultimate defeat at the hands of the patriots, this tree was present to bear witness.

ATRULY HISTORIC BEGINNING!

# Wells River Group Photo

All past and present Wells River residents are invited and encouraged to be part of a historic photo to be taken at the Wells River Welcome Center at 12:30PM on Saturday, July 6th. Bring the whole family.

This event is part of the Wells River 250th Anniversary Celebration activities occurring on July 6th. It will be sandwiched in between the Wells River History Tour, which begins at 9:00am and ends about noon and before the setting up at 1:00pm for the rededication of the Bailey Hazen Monument, beginning at 2:00pm.

It is important to arrive on time to insure you are part of the picture.

Whether you live in Wells River now or lived in Wells River 50 years ago or just moved in last week or have lived here as long as Dorothy Stevens, please plan now to be part of this historic photograph.

All participants will be el-

igible to win several prizes including 250th souvenirs and ice cream coupons immediately after the picture is taken.

For more information contact Richard M Roderick at 802 757 2708 or at maxinpallau@hotmail.com

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# Ammonoosuc Valley ATV Club Membership Drive

It's time to dust off that 4 wheeler and hit the trail. We would like to invite anyone interested in joining our club to check out our website [www.avatv.org](http://www.avatv.org). On the site you fill find information about our club activities, membership, and dues. A Single membership is \$15.00 and a family membership is just \$ 20.00. Print out a membership application from our website and mail it to P.O. Box 63, Bath NH 03740 or bring it to a regular meeting. The AVATC Club holds its meetings on the second Tuesday of each month at 7:00 PM in the North Haverhill NH Town Hall. All members are encouraged to attend.


The ATV Club has been in existence for ten years

and we currently have about 50 members. We would love to have you join us. Once a month we plan a club ride and travel to different trails around the state of NH.

Our club maintains two trails; (1) the Blackmount trail from North Haverhill to Woodsville and (2) the Rail Trail from Woodsville to Littleton. We schedule trail maintenance days when necessary to maintain the trails and keep them safe for all riders.

We sponsor our annual "Augie Day" event in September with a poker run, raffle and cookout. In addition the club sponsors a raffle with great prizes and the funds raised are donated to the Horse Meadow Senior Center in N. Haverhill.

**250 Years - Let's Celebrate!**  
**Old Home Days - July 12-14, 2013**  
**Warren, NH**



**FRIDAY, JULY 12**

4 PM Chicken Bar-B-Q (Fire Dept. - Behind School)

7 PM Jam Session - In memory of Norman Sackett (Chuck Sackett & Black Brook Band)

9 PM Fireworks (Behind School)

**SATURDAY, JULY 13**

7 AM 5K Walk (In Memory of Kyle Mooney)  
Fish Hatchery

7:10 AM Breakfast to Go-Pythian Kitchen

7:30-11 AM Commemorative Stamp Cancellation (At Post Office)

8 AM Blessing of the ATV's (Methodist Church)  
Twin State Emergency Trailer

10AM-2PM Quilt Display (Methodist Church)  
Locked Antlers - Forever Locked  
Finger Printing being done by Chief of Police

11 AM Parade - Theme Warren 250 Years-Lets Celebrate

12-3 PM Lobster Fest (WWAS-At the Common)

12:30 PM Kiddies Parade

12:30 PM ATV--Poker Run--Raffles

1 PM Kids Watermelon Eating Contest

1:30-2:30 PM Warren's Birthday Party (on the Common)


2:30 PM Tae Kwon Do Demo (on the Common)

3-5 PM The Cable Guys

5:30-7:30 PM Crunchy Western Boys

8 AM-12 PM Red Hat

9 PM Fireworks



**SUNDAY, JULY 14**

7 AM Breakfast (Masons at Mason Hall)

8 AM Fishing Derby (Fire Dept. at the fish hatchery)

9 AM ATV Mud Run at RPM, Pine Hill Rd

10 AM Church Service on the common

12:30 PM 16th Annual Bluegrass / Acoustic Festival (on common / inside if rain)

1 PM Pig Roast

Touch A Truck • On Going Flea Market • Concessions  
Chuck-A-Luck • Raffles • Indoor Yard Sale

Events Subject To Change

Anyone wishing to have a float in the parade please register by 10 AM in order to qualify for \$\$ prize.



North Country Senator Jeff Woodburn and Amy Kennedy, Policy Advisor to Governor Maggie Hassan present Willie Nelson with a state proclamation naming June 14, 2013 "Willie Nelson Day" in New Hampshire. The country music icon recently celebrated his 80th birthday performed at Meadowbrook in Gilford on June 14. Woodburn, a devout Nelson fan, was the chief advocate for the proclamation.

# Friday, June 14 Flag Day 2013 At Ross-Wood Post #20 American Legion



Ross-Wood Post # 20, American Legion in Woodsville, paid it's respects to Olde Glory on Friday June 14, 2013, Flag Day, again this year.

Chief among the duties in providing this honor to our nations flag is the proper disposal of those flags that have served us well and now have been replaced with crisp, bright, new ones. This year, Cub Scouts, sponsored by our Sons of the American Legion, had the honor of symbolically presenting examples of the worn flags for inspection and disposal according to long standing protocols. Joining us and observing, were many post members, neighbors and members of the general public.

Thanks and credit to Joe McQueeney for the photos.



**NORTH HAVERHILL, NH** - Fabulous Views of Farms and Mountains - Ranch style home just out of town on 1/4 acre with town water. Living area includes- Large living room, kitchen and dining room, Two bedrooms and possibly a 3rd or den / office and 2 car garage features full basement. \$109,500.  
**RYEGATE, VT**- Classic New Englander with 1545 sq. ft. of living area- features include- Country Kitchen, Living Room, Formal Dining Room, 4 Bedrooms, 2 Baths, hardwood floor in Living Room, Mud Room, covered patio with BBQ, 2 Car detached garage, sits nicely above the road. Price to Sell. \$96,500.  
**RYEGATE, VT**- Opportunity Knocks- 2 large units with 3 bedrooms, 1 1/2 baths, appliance units, newer heating systems, separate electric services and community water. Reduced. \$74,900.  
**NORTH HAVERHILL, NH** - Ranch, featuring a lovely modern kitchen, lots of living area up and downstairs, with 2 full baths, 2 car garage and mini garage for the boys, very level half acre lot with a portion fenced in. Quiet attractive neighborhood. Near Rt. 10 easy commute. Reduced to \$157,500.  
**NORTH HAVERHILL, NH** - Ranch with 1992 sq. ft. of living area situated on level 3.11 Acres with a view of Black Mountain. Living Room, Dining Area & Kitchen with a very open concept & vaulted ceiling. Master Bedroom with bath & 2 additional bedrooms, main bath, rear deck overlooking with variety of fruit trees. Two good size sheds, 2 car attached garage, full basement & generator. Nicely landscaped. Move in condition. \$187,000  
**NEWBURY, VT**- Opportunity Knocks- Place your single or double wide home on this 1.3 Acres in the desirable town of Newbury. Water and septic already installed, power at site, Situated on a paved road, views into New Hampshire, close to RT.5. \$42,500

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# Ten Steps To A Safe Food Kitchen

By Deb Maes, Extension Field Specialist, Food Safety

Summer has arrived and we know what that means. Family outings, vacations, food cooked on the grill, picnics at the beach or on a mountainside after a morning hike. Our summer season is so short that we all want to make the most of it.

Something else that arrives with summer is an increase in the number of food borne illnesses. We seem to be a little less concerned about food safety when putting food into coolers, cooking hamburgers on the grill and getting food safely stored, just when we should be more careful.

Iowa State University Extension has developed ten steps to making sure your kitchen is safe. Individually they may be small steps, but put all ten of them together and they provide a good way to make sure the food you serve to family and friends is remembered as tasting good, not causing someone to get sick.

First, remember to keep your refrigerator at 40°F. Use a thermometer to confirm that the food is being held at the correct temperature to slow the growth of bacteria that can make you sick. Cold temperatures also help to keep food tasting better. In addition, be sure to check your freezer temp, it should read 0°F.

Refrigerate cooked, perishable foods as soon as possible within two hours after cooking. Make it easy by dating leftovers so that they can be used within two or three days—or freeze them. If you are in doubt about whether or not a food is safe, throw it out.

Kitchen dishcloths and sponges provide a perfect breeding ground for bacteria. We recommend that you sanitize your kitchen cloths and sponges regularly by soaking them in a solution of one teaspoon chlorine bleach to one quart of water and let air dry—or throw them into your laundry.

Wash your cutting boards with soap and hot water after each use. Be careful not to allow raw meats and fish to come in contact with other foods. Use separate cutting boards for vegetables and fruits. Consider putting your cutting boards in the dishwasher or soaking them in a bleach solution periodically to prevent bacteria from remaining on your cutting board.

Just because you are cooking on a grill doesn't mean that you shouldn't worry that the food is cooked enough. Use a meat thermometer to make sure that

your ground meat is cooked to at least 160°F to kill off bacteria that can make your sick.

You may remember sneaking a finger full of raw cookie dough when Mom was making your favorite chocolate chip cookies. Due to the increased risk in eating foods with undercooked or raw eggs, it is safer not to indulge. Enjoy your cookies fresh out of the oven with a glass of ice cold milk instead.

Think of all the things that get put on your kitchen counters. Would you want to eat off those counters? No way. Now make sure that before you prepare any food on those counters that you clean them with hot soapy water and a spray of that bleach solution you use to keep your sponges safe.

Wash your dishes by hand and let them air dry. Using a dishtowel may merely be transferring bacteria from your cloth to your clean dishes. Remember to wash the dishes

within two hours to keep bacteria from multiplying.

Wash your hands often. Use hot water and soap, scrub and rinse thoroughly. Then dry your hands on a paper towel. This is especially important if you have been handling raw meat, poultry or fish.

The last step deals with defrosting meat. The safest way to defrost foods is in the fridge, but sometimes you want to eat sooner than later. If your food is well wrapped, put your wrapped frozen item in a container with cold water and change the water every 30 minutes. Never leave food on the counter to defrost. Think of how hot your kitchen gets during the heat of the summer; it is just the temperature bacteria love for growing quickly.

When I started teaching food safety classes there were four rules: Keep Hot Food Hot. Keep Cold Food Cold. Keep Everything

Clean. When in Doubt, Throw it Out. As you can see from the above ten steps, nothing has changed over the last thirty years. Don't be one of the 48 million people who have a food

borne illness each year. Protect yourself and your family by following the ten simple steps to a safe food kitchen.

For more information about food safety go to [www.befoodsafe.org](http://www.befoodsafe.org)

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# Hospice Announces Volunteer Training

North Country Home Health and Hospice Agency is pleased to announce the annual hospice training, scheduled in Littleton this fall. The agency enjoys a wonderful corps of volunteers, but new volunteers are needed to meet the growing number of patients and families in the 22 communities served.

Hospice is considered to be the model for quality, compassionate care for people who are facing a life-limiting illness which no longer responds to cure-oriented treatment. Patients' needs and wishes are met through a team-oriented approach of expert medical care, pain management, emotional and spiritual support, and volunteer service.

The philosophy of hospice is based on the belief that providing support and comfort for individuals at the end of life protects dignity, allows patients to remain as active as possible, and to live a higher quality of life.

Volunteers provide important services to hospice families. They serve wherever patients reside, whether in their own home, an assisted living center, nursing home, or during

a period of hospitalization. They offer emotional support and companionship, help with routine tasks, run errands, grocery shop, prepare meals, wash laundry and do light housekeeping, or reminisce and record life stories. Volunteers may also assist staff in the hospice office, or participate in community outreach and fundraising. Many share special talents such as Reiki, massage, pet therapy, or music therapy and aromatherapy.

The six-evening, 18 hour training prepares volunteers by expanding their understanding of the hospice program, the needs of the dying, pain management and comfort care, grief and bereavement, and communication with the hospice family. There is no charge to participate in the training program which will be held at Littleton Regional Hospital on Tuesday evenings, beginning September 3rd.

Preregistration is required. For additional information, contact Sue Buteau, Hospice Volunteer Coordinator for North Country Home Health and Hospice, at 444-5317 or sbuteau@nchha.com.

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# OBITUARY – JOHN DAVID “JEEP” LEES<sup>13</sup>



Swiftwater - John David Lees, 56, died June 15, 2013 suddenly at Dartmouth Hitchcock Memorial Hospital in Lebanon, NH.

He was born in Southampton, Long Island, New York on June 8 1957.

He graduated from Woodsville High School, class of 1975.

He work at Dud's Atlantic in Woodsville. He was Road Agent for Bath for 16 years. He leaves behind a job he loved at Mountain Milk and all his beloved extended family of farmers.

He is predeceased by his father David Lees.

He is survived by his loving wife and best friend of 36 years, Deborah Lees.

His mother Lillian Lees of Bristol, New Hampshire, his father and mother-in-law, Norman and Rosalie Aldrich of Newbury, Vermont. His sister Kathy Troy and husband Jerry of Bath, brother Wayne Lees and wife Be-

linda of North Haverhill, sister Cynthia Marsh and husband Harry of Bristol, sister Mary Coathup and husband Robert of Barnet, Vermont, his brother-in-law Clifton Aldrich of North Haverhill, John Aldrich and wife Linda of Bath, Virgil Aldrich of Newbury, Vermont.

He also leaves behind many beloved nieces and nephews, aunts and uncles, cousins, and many friends.

In John's memory he wishes people to "pay it forward," be kind to one another and help someone in need.

# OBITUARY – HENRY “TED” ASSELIN

Henry "Ted" Asselin died on Wednesday the 19 of June at 12 noon. There will be no visitation. Service will be July

8 at 12 noon. He will be buried at the New Hampshire Veteran's Cemetery in Boscawen, New Hampshire.

All who loved and knew Ted are cordially invited to join his family and share happy memories.



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**GROUP PHOTO OF PAST AND PRESENT WELLS RIVER RESIDENTS**  
 Saturday, July 6, 2013 - 12:30 pm  
 Wells River Welcome Center  
  
 This event is part of the River 250th Anniversary Celebration activities occurring on July 6th. All participants will be eligible to win several prizes including 250th souvenirs and ice cream coupons immediately after the picture is taken. For more information contact Richard M. Roderick at 802-757-2708

**Cottage Hospital**  
**STORK REPORT**



Cottage Hospital is pleased to announce the following births for February – May 2013

Amber Heathe & Larry Pierce, of Warren, NH along with big sisters Hailey and Madison, proudly introduce their daughter and little sister Sophia Sandra Pierce, born February 2, 2013. Delivering physician was Dr. Fay Homan.

Mandy Pillsbury & Adam Wetherby along with siblings Kassidee and Chevy of Piermont, NH proudly introduce their daughter and little sister Virginia Pearl Wetherby, born February 6, 2013. Delivering physician was Dr. Sarah Young- Xu.

Tiffany & Trevor Hall of Groton, VT proudly introduce their daughter Sophia Jean Hall, born March 7, 2013. Delivering physician was Dr. Steve Genereaux.

Danielle Burroughs & Marcus Smith along with siblings Ethan and Fallon of North Haverhill, NH proudly introduce their son and little brother Ryan Marcus Smith, born March 16, 2013. Delivering physician was Dr. Aaron Solnit.

Jenna Batten & Jonathan Snow along with sibling Lakota Gregory of St. Johnsbury, VT proudly introduce their daughter and little sister Lexy Ellen-Gigi Snow, born April 5, 2013. Delivering physician was Dr. Sarah Young-Xu.

Caitlyn Murray & Christopher Burnham along with sibling Jaedyn of Bradford, VT proudly introduce their son and little brother, Jameson Paul Burnham, born April 17, 2013. Delivering physician was Dr. Jessie Reynolds.

Breanna Apigian & Branden Benoit of Bath, NH proudly introduce their daughter Adriana Alexis Marie Benoit, born April 22, 2013. Delivering physician was Dr. Melanie Lawrence.

Laura & Ethan Sjolander along with big brother Jackson of Woodsville, NH proudly introduce their daughter and little sister Makensey Metamae Sjolander, born April 24, 2013. Delivering physician was Dr. Sarah Young-Xu.

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Amber Labrecque & Paul J. Belliveau along with big sister Jasmyn Rose of St. Johnsbury, VT proudly introduce their daughter and little sister Torri Lynn Belliveau, born April 29, 2013. Delivering physician was Dr. Fay Homan.

Jamie McKean & Hoyt Darby along with big sister Kaydence of East Ryegate, VT proudly introduce their son and little brother Brody Joseph Hoyt Darby, born May 2, 2013. Delivering physician was Dr. Fay Homan.

Shana Cottrell & Daniel Hoff along with siblings Dustin and Kaylob of North Haverhill, NH proudly introduce their daughter and little sister Skye Destiny Hoff, born May 6, 2013. Delivering physician was Dr. Aaron Solnit.

Alicia Ryan & Devon Douglas King of East Ryegate, VT proudly introduce their daughter Kaylee Alice King, born May 8, 2013. Delivering physician was Dr. S. Genereaux.

Christina & Michael Tetreault along with big brother Landon of Haverhill, NH proudly introduce their son and little brother Brendan Oliver Tetreault, born May 9, 2013. Delivering physician was Dr. Aaron Solnit.

Heather Lambert & Nate Ainsworth along with siblings Sydney and Joey of North Haverhill, NH proudly introduce their son and little brother Colin William Ainsworth, born May 10, 2013. Delivering physician was Dr. Sarah Young-Xu.

Nicole & Timothy Jerry of Woodsville, NH proudly introduce their son Conner Timothy Jerry, born May 15, 2013. Delivering physician was Dr. Jessie Reynolds.

Samantha & Greg Crews along with siblings Ashlyn, Gregory Jr., James and Krystina of Corinth, VT proudly introduce their son and little brother Axel Rose Crews, born May 17, 2013. Delivering physician was Dr. Jessie Reynolds.

Mollie Waterhouse & Jeremy Hatch of Bradford, VT proudly introduce their daughter Hayden Mae Hatch, born on May 22, 2013. Delivering physician was Dr. Melanie Lawrence.

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# Kinder Memorial

By John O'Brien

I enjoyed a recent article in the JO on the Kinder Memorial Forest, a lasting memorial to the life of a truly special person. Next month another tribute to Rich's life will take place. The 17th Annual Rich Kinder Memorial Lumberjack Contest will be held at the North Haverhill Fair on July 27th. With these memorials and tributes in mind I thought it would be appropriate to remember Rich once again not only for those who knew him but for those too young or new to the area to have remembered the kind of person he was and the impact he had on his community and the forestry profession.

Rich had a special presence about him. Once having met Rich Kinder you never forgot who he was. You never forgot his name. He was a big man, but what really caught your eye was that broad and friendly smile that was so sincere and comforting, and straight from the heart. The physical presence I especially remember was the hand shake. I have big hands and like to give people a good firm greeting, but I always felt humbled shaking his hand.

After Rich left the Extension Service for the forest industry, I had the good fortune of having him help me, on a part time basis, in my fledgling consulting forestry business. He did not need the work but was willing to give me a hand in my time of need. I was a little uneasy wondering what hourly rate to pay a forester of Rich's stature and experience. True to his nature, Rich said--"John, pay me whatever you can--that will be fine with me." We spent a lot of quality time together that year building roads and managing woodlots, and talking at great lengths about forestry issues, our towns and our families. During that time I came to know what a special person he was.

Rich really enjoyed the physical end of forestry—operating equipment, using a chain saw, planting trees, but he was at his best meeting and working with people. He was a champion of the little guy. He especially enjoyed meeting with and addressing the concerns of the folks that have to work the hardest—the loggers and truckers and mill workers. At heart he was one of them. Rich Kinder was probably the most recognized, trusted, respected and well liked person within the forestry community not only of NH but

all of New England and NY. He was the forestry professions good will ambassador.

He was the pillar of his community having held most of the leadership positions in the Town of Haverhill and within his church. He genuinely cared for people and would do whatever he could to help someone out, especially the less fortunate and those he felt were treated unfairly. A local farmer from E. Haverhill, down on his luck, was taken ill with no one to do his chores or milk his cows until Rich volunteered his time. For several months, until the farmer was back on his feet, Rich would come by at 4 AM every morning to do the milking and the chores and then go to his regular job. He volunteered to do caretaking duties at his church, he plowed driveways for those needing a helping hand at no charge. During his 19 years as a selectman he worked many hours with the road

crews when they were short of help. These were just a few examples of his kindness and generosity.

He was so humble, never one to take credit for something he had done. He received many personal awards, but was always quick to point out that it should have gone to someone else, or that he could not have done it without the help of others. Rich was first and foremost a family man. He adored Jan and their children and grandchildren, they were his inspiration, his pride and joy. Their kids were basketball players, and good ones too. Very seldom did Jan and Rich miss any of their games. Rich was well known for his cheerleading and exuberance. Jan and her family and all of the supporters of the memorials to Rich's life can be very proud of their lasting tributes to a very special and beloved man, a friend to all.

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# Don't Let Investments Take A Vacation

At long last, summer is almost here — which may mean it's time to put together your traveling plans. Still, while you and your family may enjoy going a summertime trip, there's one part of your life that should not go on vacation — and that's your investment portfolio.

So, what can you do to help your investments keep on working all year long, year in and year out? Here are a few suggestions:

Don't chase after "hot" investments. Many times, you will hear about a "hot" investment, usually a stock. However, by the time you hear about such an investment, it may already be cooling off. Even more importantly, it might not have been appropriate for your needs — and any investment that has either

"flamed out" or wasn't right for you in the first place will not be a "hard worker" in your portfolio.

Monitor "lazy" investments. Under the right circumstances, just about any investment could be of value to you. However, under different scenarios, those same investments may not be doing as much for you. To cite one example, when

interest rates are at historic lows, as has been the case recently, and your portfolio contains a relatively large amount of short-term fixed-rate vehicles whose interest payments don't even keep up with inflation, they could be considered "lazy" investments.

Look for the "multi-taskers." In most aspects of life, "multi-taskers" are valuable — and it's the same in the investment world. Can you find a particular type of investment that may be able to achieve multiple goals at the same time? Consider dividend-paying stocks. If you need the income to supplement your cash flow, you can cash the dividend checks. And since some companies tend to increase their dividends, your investment in these stocks can serve as a source of potential for rising income, helping keep you ahead of inflation. Furthermore, if you don't actually need the dividends to support your income stream, you can reinvest them to increase your ownership stake — a method of building your overall wealth. Finally, many dividend-paying stocks also offer significant growth potential. Keep in mind, though, that there are no guarantees, because companies can lower or discontinue their dividends at any time. And, as you know, stocks are subject to market risk, including the potential loss of principal invested.

Don't take a "time out" from investing. The financial markets regularly move up and down. During the down times, it's important not to get so discouraged that you decide to take a "time out" from investing until "things get better." No one can really predict when a downturn will end, but you don't want to be on the investment sidelines when the market turns around — because the biggest gains can occur in the early stages of a rally. And in any case, if you're not constantly investing, or at least exploring new investment opportunities, your portfolio could begin to stagnate — or even become "unbalanced," in which case it may no longer fit your objectives or your risk tolerance.

By following the above suggestions, you can help keep your investments working for you this summer — as well as fall, winter and spring. The road toward achieving your financial goals is a long one — so try to keep moving.

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

## “Medicare Boot Camp” Evening Session 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 Tuesday, July 9, 2013 from 6:00 – 8:00 p.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 Northeastern 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.

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# “Knitting” A Quilt

By Elinor P. Mawson

Not long ago there was an article on the front page of the Manchester Union Leader about a quilt in Warren that was made in celebration of the town's 250th anniversary. The writer noted that the ladies of Warren had gotten together and knitted this quilt!

To many people, knitting a quilt doesn't mean much of anything. But for the people who know the difference between knitting and quilting, it was laughable. And so I will now try to explain just what the difference really is.

**QUILTING** – Quilts are made from fabric. It can be cotton, or most any yard goods, and consists of cutting the fabric into smaller pieces like triangles or squares. Then you sew these pieces into some sort

of pattern, make larger squares, and sew these squares together for the top of the quilt. Using batting (the middle of the quilt) and a backing, you then sew or tie the three layers together and voila! you have a quilt. The ladies of Warren chose to applique their squares--in other words, they created pictures onto squares and sewed these squares together for their quilt. From the picture in the paper, it was a noble effort and a beautiful one.

**KNITTING** – this is done with yarn and a set of wooden or plastic needles (not the kind of needle with an eye) of various sizes. A knitter uses these articles to make socks or sweaters or hats or mittens. When you think about it, a sweater and

a quilt are decidedly two different things, both by technique and fiber, and they create a very different result.

Of course there are differences in both of these activities--in knitting you could use many sizes of needles and different sizes of yarn. Quilts can be pieced (patchwork) appliqued or whole cloth (where the quilting stitch is the pattern).

Sometimes, a blanket-type article can be knitted--but that is not a quilt--it's an afghan. More often an afghan can be crocheted (but that is a column for another time).

The ladies of Warren worked hard and long on their quilt--but I doubt that there were any knitting needles involved in the process.

## Orange East Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for a substitute driver for our Meals on Wheels Program. If you are interested, please call for more information.

On Saturday June 29, the Red Knights Motorcycle Poker Run will benefit the Meals on Wheels program in Horse Meadow Senior Center and the Orange East Senior Center. Please call Jeff “Raisin” Morin with any questions-802-757-2706.

We are going on another trip- The next trip is to West Virginia for a Scenic Railroad Adventure. The trip is on September 19-23. A 4-night trip includes 2 nights on route and 2 nights in Elkins, WV. It also includes 2 breakfasts, 2 dinners-one diner in the Elkins Railyard Restaurant, 2 exciting rain rides and 2 shows at the American Mountain Theater. If you are interested, please call the center at 802-222-4782 and ask for Vicky. A \$100 deposit is due with the reservation, and cost will depend on how many people sign up to go. All our welcome to come on the trip. If anyone is interested in this trip-you need to sign up in order to see if there will be enough people for the trip to happen.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-the meeting starts at 5:30 p.m.

The senior Center has a foot care clinic on the second Wednesday of the month.

The next clinic is July 10. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome. Tai Chi Easy classes are Thursday at 1:30 p.m.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have

started the bowling league but we still would like more people to join us in our fun!!!

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.


There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class.

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tues. at 10 a.m. Come On Down!



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# Tree Fruit Twilight Meeting

By Heather Bryant, Regional Field Specialist, Food and Agriculture

The NH Fruit Grower's Association holds 5 twilight meetings throughout the summer in collaboration with UNH Cooperative Extension. The most recent one was hosted by Riverview Farm in Plainfield, NH on June 12th.

The meetings are an opportunity for growers to get together for pest updates and ask questions of each other and Extension professionals. Equally important, the meetings are an opportunity to earn continuing education credits needed to

keep their pesticide licenses current and stay up to date on the latest research on how to use pesticides safely and sparingly.

This meeting started off with a fascinating demonstration by OESCO (Orchard and Equipment Supply Company), on a new picking aid they are marketing for growers using high density planting systems. The picking aid is a self-propelled machine that has space for 4 pickers to stand. It moves slowly thru the field allowing the pickers to pick and place the fruit on a conveyor that sends them directly into the bins without the need to climb up and down ladders, saving time and limiting fatigue while still allowing pickers to minimize fruit bruising. The manufacturer of this equipment has been building them for use in Europe for 30 years now.

Paul and Nancy Franklin, our hosts and owners of Riverview Farm then took us on a tour of their apple, blueberry and raspberry orchard describing how they have grown their business over the last 30 years.

Along the way we stopped at several points to allow growers to ask questions and discuss pest control options. Plant Health Specialist, Cheryl Smith provided an update on apple scab saying that "scab season has tentatively been declared over". Apple scab is a fungal plant disease that does not make apples ined-



Paul Franklin tells the story of the blueberry planting at River View Farm.



Brown marmorated stink bug trap.

ible, but does create unsightly lesions that limit marketability. Fungicides are available to combat the disease, and scientists have created a scab monitoring program that along with scouting techniques the orchardist uses, allow them to minimize the use of fungi-

cides. The program combines weather monitoring and computer modeling, which has been a useful tool for growers when used together with ground truthing.

Entomologist Alan Eaton discussed the symptoms and management options of a number of common fruit insect pests including plum curculio, leafhoppers, San Jose scale and the spotted wing drosophila. He also gave a sneak peak at a new trap that is being developed to monitor for brown marmorated stink bug (BMSB), an invasive insect that is causing challenges for fruit, vegetable, and corn growing farms in the mid-Atlantic. BMSB has been found in NH but it does not yet have the population numbers to cause economic damage to farms here.

There are six more informational meetings like this one on both fruit and vegetable production planned for this year. For more information on these and other meetings and workshops held by Cooperative Extension please visit our website. <http://extension.unh.edu/Fruit-Vegetable-Production/Events>



Ross-Wood Post #20 Commander Ollie Brooks, presents a certificate of thanks and appreciation to past post service officer and current chaplain Everett Rust for all the many tasks large and small he has performed for the post and his community.

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# HELP! I've Let Myself Go!

Sleep. Can we ever get enough of it? How much do you average a night? You've probably heard that the typical adult requires 8 hours of sleep a night. And it's true! Are you coming close to the required 7-9 hours a night? Is it good-quality sleep?

Sleep is a major component in the war against body fat. Remember, when you're over-tired, the hormones, leptin and ghrelin, which regulate satiety and appetite, do a flip-flop and you can become more hungry and never really feel fully satisfied. Carbs are probably at the top of your crave list. This is because your body and brain are tired. Carbs are quick energy. They're also your brain's preferred choice of fuel. So when you're exhausted, you crave the potato chips, the cookies, the muffins, the cake and pies and pastries and candy. This, of course, also contributes to fat gain.

When you're over-tired, you also raise your risk of stress. Stress produces cortisol, the belly fat gainer. When you're tired, you're also less likely to workout. See how this is all connected? Are you getting how each area of your life affects the others, and how for optimal wellness, you really need to pay attention to all of them?

So what's your excuse for not getting enough rest? Too busy? Too many television shows to watch? Not enough hours in the day? In today's technologically-efficient world, the truth is, we

all waste time. In trying to get enough rest, we need to try to become more organized and plan ahead. "Winging it" can lead to disorganization and wasted time. And parents—don't be afraid to get your kids involved in helping out around the house! It can free up a little more time in your day.

Here are a few more tips for getting the Zs you need:

**Don't be Afraid of the Dark.** Your body actually requires darkness in order to produce the hormone, melatonin. Melatonin helps you get and stay asleep. Parents of teenagers will notice that your growing young ones seem to be able to stay up later and later. That's because melatonin is produced later in the day in their adolescent bodies compared to younger children. You can encourage melatonin production with darkness. Shut the lights off 30-60 minutes before you plan on sleeping, especially if watching TV or are on the computer. Better yet, shut the electronics off! Avoid any light in your bedroom, including the television, computer, digital clock, and outside lighting that may be coming through the windows.

**White Noise is Good.** My boys and I have always slept with a fan running. This

type of white noise blocks out other extraneous noises that may be distracting to being able to fall asleep. An aquarium or running water also help. You can even download a white noise app for your cell phone.

### Write Your To-Do List.

Does your brain "Rolodex" as soon as your head hits the pillow? You know, it rolls through everything on your mind—from your grocery list to the fight you had with your best friend to the next day's schedule. Before you attempt to settle down for the night, write out the next day's schedule and to-do list. If you find journaling helpful, take a few minutes to write down what's troubling you. Chances are a solution will come to you and put your mind to rest.

**Get Most of Your Fluids Earlier in the Day.** I know many women who get to 5 pm and realize they haven't had nearly enough fluids and try to play catch-up. Sound familiar? How many times during the night do you then need to get up and use the bathroom? Spread your fluid intake out throughout the day, concentrating most of it earlier in the day.

**Nix the Caffeine.** Caffeine can stay in your system for up to eight hours. If you're drinking that cup of java as your mid-afternoon pick-me-up and are having difficulties with sleep, consider swapping the joe for a healthy snack and water instead.

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. Contact her with any questions or comments at carriemyerssmith@gmail.com.*

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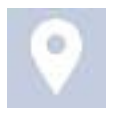
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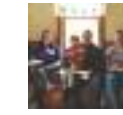
Lyndon Farmers Market



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Trendy Threads



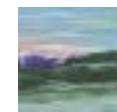
Trendy Times



Undercoverents



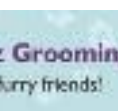
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**TRENDY KITCHEN**

By Ronda Marsh

## Mediterranean Quick Bread

Hi. My name is Ronda, and I am a carboholic. Yup, I have decided that I am a committed lover of all things carbohydrate, and have resigned myself to living within the confines of my addiction. I seem to have a particularly pronounced weakness for warm, chewy, flavorful bread; especially anything with a Mediterranean flair, like olives or dill, and when time allows, I enjoy nothing more than kneading a big, yeasty ball of dough into a beautiful, crusty loaf. But, when the

time and effort to create an excellent artisanal loaf is not an option, here is the next best thing: Fresh bread, from start to finish in less than an hour! This is known as a "Quick-Bread" method; using baking powder as the rising agent, and made like you would a batch of muffins. It needs to be sliced thicker than conventional bread due to a coarser texture, but it really has a great taste, and if you manage to have any leftovers, it toasts up wonderfully the next morning.



Whether you pair this bread with a big Chef's Salad in the summer or a bowl of soup in the winter, I'm sure you'll appreciate the simple comfort this wholesome loaf offers, while feeding my (your) favorite addiction!

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- 1-1/2 cups all purpose flour
- 3/4 cup whole wheat flour (if you have it; otherwise just increase the all purpose flour by this amount)
- 2-1/2 teaspoons baking powder
- 1 teaspoon fresh rosemary, chopped
- 1/4 teaspoon dried dill weed
- 1/2 teaspoon salt
- 2 large eggs
- 1 cup whole milk
- 1/4 cup high quality olive oil
- 1/2 cup pitted Kalamata Olives (or Oil Cured Italian Olives); chopped
- 1/4 cup chopped toasted almonds (optional)

Preheat oven to 350°F.  
 Whisk dry ingredients together in a small bowl. In a medium bowl, whisk eggs, milk and oil together. Add flour mixture to the egg mixture and combine with a few quick strokes; don't worry about lumps, this is a muffin method bread. Fold in the

chopped olives just until combined.  
 Spread batter into a greased bread pan and sprinkle the almonds, if using, on top. Bake for 40 minutes or until a toothpick comes out clean. Cool in pan for 10 minutes before unmolding and cooling completely.

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

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