

TRENDY TIMES

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JULY 23, 2013 VOLUME 4 NUMBER 21

Kristen Kelly & Greg Bates Two Of The Headliners

The 69th annual North Haverhill Fair kicks off on Wednesday, July 24th at the Fred C. Lee Memorial Field on Route 10 in North Haverhill. The five day fair will feature country music artists Kristen Kelly on Friday night at 8:30 PM, and Greg Bates on Saturday evening at 8:00 PM. Both of these artists have seen some success on the country charts and hope to follow in the footsteps of many other artists who have visited North Haverhill Fair and then gone on to fabulous careers.

Also on Thayer stage this week will be Josh Logan. A NH entertainer with some unique sounds will be on stage Wednesday right after the Little Miss North Haverhill Fair talent and formal wear contests. Thursday night will again see North Haverhill Idol as a variety of singers try their voices out on the audience and the panel of judges. And Sunday will feature "Survey Says" as

Wells River Savings Bank, Shaw's of Woodsville, Old Church Theater and the Woodsville guaranty Savings Bank teams vie for the loving cup to be taken home by the winning team.

The fair also offers many other shows, displays and exhibits that are all free with paid general admission. The McDanold's Arena has two Demolition Derby classes on Wednesday. Thursday will be the New York Tractor Pullers Association returning after last year's successful attempt on the clay track. Friday night will see a 4 Cylinder Demolition Derby. Saturday is the day for the more traditional farm, antique and enhanced tractor pull, and Sunday concludes with the 4x4 truck pull that includes other pickup and doodlebug classes. There are two other events mixed in at the Arena. Saturday morning sees a Zero turn lawnmower competition, and Sunday

morning highlight a youth tractor pull,

On the other end of the fairgrounds is the Dellinger Ring. On Wednesday the ring will be full of big horse power (and some smaller rigs) as the annual Car Show takes place. Last year over 70 vehicles were entered. Thursday night will have the inaugural Tailgating Contest as tailgaters will show the judges how they set up before the sporting event of their choice. Saturday will showcase the Rich Kinder Memorial Lumberjack Contest. And the week concludes on Sunday with the Open Horse Show. One new addition this year at the Dellinger Run is a new set of grandstands. Volunteers have spent several week-ends putting this new set of raised bleachers in place to provide much more viewing space for audiences to watch their favorite show.

Another great venue at North Haverhill Fair is Bishop Arena, home to the animal pulls. Oxen begin the week with youth classes on



Wednesday and the adults driving the teams on Thursday. The ponies will be under reins in the arena on Friday. And the week concludes with various classes of horses doing their crowd pleasing work on Saturday and Sunday. This all happens under the roof that allows the event to go on rain or shine.

Of course there are also plenty of amusement rides for those who want to pay a bit more for the thrills created by the folks at Fiesta Shows. A reminder that Wednesday bracelet price is just \$15 for rides from 5-10 pm. Thursday night ride bracelet is \$20, and on Sunday from noon-5 pm a bracelet can be purchased for \$20.

Whenever you need a break there are always the Rutherford Barn, Kennedy Arena or the Goat & Sheep tent to visit and see what the 4-H'ers have brought for livestock. Plus you need to visit



the commercial building and the arts and crafts building for a wide variety of items to see, people to talk to, or treats to buy.

For more details about the North Haverhill Fair visit the website www.nohaverhillfair.com or pick up a brochure.

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TRENDY Dining Guide

The Happy Hour Restaurant

By Gary Scruton

Not all Times are Trendy but there will always be Trendy Times July 23, 2013 Volume 4 Number 21

The Happy Hour Restaurant has become one of those family dining locations that it seems everyone has eaten at during some time in their lives. This establishment has been around for over 50 years and prides itself on its many long time staff members. Of course there are also new people coming in and they always have someone with plenty of experience to help them along to become the kind of staff person that diners have come to expect. Wait staff that ready to serve, and if you are a regular, to chat with about family and happenings of the day. But if you are new, they will welcome you like a long lost cousin.

Any establishment that has been around as long as the Happy Hour must also have a menu that works. And the menu you find here will cover most any appetite. They have a full salad bar that can be a meal all by itself. You will also find monthly specials. For the remainder of July that special is a delicious beer battered Fried Haddock that is served with Fries and Cole Slaw. The \$10 price for this meal is certainly a value that meets many pocketbook needs. You can also find daily meal and drink specials. It means that every diner will find something in their palet range. There is also a full bar for those who like to have an adult beverage with the meal, or following the meal as you sit back and let things digest.

The Happy Hour is also very well known for their banquet rooms. That's right, there are two rooms, both on the ground floor, both set up with a bar, both with a variety of table arrangements available to fit whatever crowd you have. The two rooms can even be combined in order to hold even more guests. It is not unusual to see one of several

local groups in one of these banquet rooms. And at those events feeding ten to forty or more people a sit down meal, or a buffet is handled with the grace and efficiency of a staff that knows what they are doing. Even the occasional last minute group that needs a table for eight doesn't seem to phase them. The banquet room can easily hold three or four such groups and still put a couple of single diners

at the bar to partake of fish, steak or seafood.

If your travels have never taken you to the Happy Hour Restaurant on Main Street in Wells River, then you should make a trip to this quiet little village at the intersection of the Wells and Connecticut rivers, and US Route 302 and VT Route 5, and see why they have been around for so long. It really is a wonderful family dining experience.










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

Upper Valley Land Trust Elects Trustees, Board Officers

Chris Nesbitt has been elected to serve as Chair of the Upper Valley Land Trust Board of Trustees effective July 1. Nesbitt is a founding partner at Focus Acquisition Partners where he works with a broad array of clients interested in financial services, medical devices, manufacturing, business services and off-shore opportunities in both Europe and Asia. He is a veteran entrepreneur and a former commercial banker. During his career Chris has owned and successfully grown a series of middle market manufacturing and business services companies. Chris is a published author and an active community volunteer. He is a member of the West Windsor Conservation Commission and lives in Brownsville, Vermont.

The UVLT Trustees have elected Board officers for the 2014 fiscal year:

- Bob Wetzel, of Lyme will serve as Vice Chair of the Board and Chair of the Development Committee. Wetzel is a 'gentleman farmer', passionate gardener and private investor, who retired in 2002

after a 20-year career with Accenture, formerly Arthur Andersen/Andersen Consulting. He serves on the Board of Overseers of the Hopkins Center and is the Co-Chairman of the Hopkins Center Members. He received an AB in Economics and Theater from Dartmouth in 1975; and an MM in Finance and Marketing from the J.L. Kellogg School at Northwestern in 1982. He lives on a small farm in Lyme, NH.

- Susan Renaud, of Hanover, NH will serve as Treasurer. Renaud is an experienced senior finance/general management executive with roots in Vermont. Presently the Director for Strategic Integration at Dartmouth Hitchcock, Renaud has a master's degree in management from London Business School. Her professional experience also includes two years as Chief Financial Officer at King Arthur Flour, four years as a mergers and acquisitions consultant at PricewaterhouseCoopers in London, England and many years working in various capacities

for Ben & Jerry's in both Vermont and France.

- June Hemberger, a longtime Norwich, VT resident, will serve as Secretary. Hemberger has a BS in Zoology, an MS in Education and an MBA from UNH. Now retired, Hemberger most recently was practice manager for medical specialties DHMC and previously worked as an independent consultant focusing on team and leadership development, and strategic planning. She formerly owned a successful retail business and, prior to that, worked in the Lebanon Public School system.

The Annual Membership Meeting marked the 28th year of UVLT's operation. President Jeanie McIntyre noted that UVLT conserves farmland, forest, water resources, wildlife habitat, trails and scenic areas. Ten properties were conserved in the fiscal year ending June 30 and UVLT now stewards conservation protections on well over 43,500 acres of land. For more information please visit www.uvlt.org.

Notes From Above Ground

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.



Vintage Voyagers

Poetry – "The Book"

By Charlie Green

Embraced between two cardboard covers, dog-eared corners wrinkled and worn, are the remnants of all the yesterdays, with hearts on fire or so cruelly torn...

Illuminated upon each yellowed page, there rests a full lifetime of treasures, fragments of silent and treasured secrets, forever memories of guilt's and pleasures.

That carnation pressed between the pages, withered and dried, gone the last scent. Tickets from that great concert so rare, youthful acts done without any repent.

Photographs, now mellowed and faint, but still vivid in the mind, like yesterday. Letters from lovers, notes from just friends, each jot and scribble, is like a new holiday...

Hours of broad smiles or gleaming of tears, compressed to passing seconds, fleeting and brief, fond remembrances in the memory of time, mementos of teary-eyed joys... sorrowful grief.

The volume, spread open wide before me, recovered from it's hiding place so small, a story book of happiness and life's disrepair... So why is it called a "Scrap Book" after all???

Sen. Forrester To Host Ice Cream Social

Sen. Jeanie Forrester, R-Meredith, will host an ice cream social on Thursday, August 1st at the Horse Meadow Senior Center, 91 Horse Meadow Road, N. Haverhill immediately following lunch (approximately 12:30 pm)

"As the state senator for District 2 I believe it is extremely important to listen and be accessible to constituents.

This event is just one more way I am continuing this focus all while having a little fun too," added Senator Forrester.

The ice cream social is free and open to the public. RSVPs are appreciated but not required. For more information or to RSVP, email at jeanie@jeanieforrester.com or 279.1459.

Please Join NH State Senator
JEANIE FORRESTER

for a free

ICE CREAM SOCIAL

Thursday, August 1st, 2013

Immediately Following Lunch



Horse Meadow Senior Center
91 Horse Meadow Road
North Haverhill, NH



RSVP's are appreciated to
Jeanie Forrester at (603) 279-1459
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Hotshot Firefighters

By Melissa McDonnell

On Sunday, June 30th, I was planning for my upcoming wedding when I got the call, learning that 19 wildland firefighters from the Granite Mountain hotshot crew were killed on a fire in Yarnell, Arizona. Although I knew that my fiancé, a firefighter based in Hungry Horse Montana during the summer fire season, was on assignment in Colorado, I couldn't stop thinking about how easily he could have been on that fire, instead.

There are just over 100 Hotshot crews in the United States, each a 20-person crew that is highly qualified and acts as the frontline defense in a wildfire. Losing 19 members of the Granite Mountain hotshots eliminated nearly 1% of this nation's Hotshot firefighting force in one single incident; the largest single incident wildfire tragedy in more than eighty years. Despite being based in one location, hotshots travel all over the country, going to the most dangerous location where they are most needed. Geography plays some part in assignments, but so does luck. It is not a stretch of the imagination to consider that a different crew could have been on the Yarnell Hill fire

that day, and that I would be getting a call of a different nature. Suddenly, my priorities shifted away from wedding planning, and my focus was on the 19 families left behind.

The Granite Mountain hotshots, all 20 of them, were good men. They were beloved sons, neighbors, friends, and heroes. Many also had the honor of being fathers, husbands, and boyfriends. They loved fighting fires, and loved helping others. They loved hiking into a fire as everyone else was fleeing away from it, carrying a 45 pound pack and a specialized Pulaski tool over their shoulders. They loved to work through the night, cut down burning trees, go for a week or two without a decent shower, and eat pre-packaged meals while still on the fire line. They loved to trade jokes, and debate the merits of various types of foliage as toilet paper. They loved each other, and they loved their families.

Because I love one of these hotshot firefighters, I am putting my wedding planning on hold. For the next few weeks, I am devoting my thoughts, prayers, and energy Westward, to Prescott Arizona and the 19 families

left behind. While wildfires are not a part of our lives here in the Upper Valley, we, too, have heroes. We understand what it means to sacrifice, and to take risks for the community.

I am asking all of us to come together to celebrate the lives and the ultimate sacrifice made by the Granite Mountain hotshots, men who are just like our own fathers, husbands, sons and brothers. On July 24, local firefighters and community members will gather at the Colatina Exit restaurant on Main Street in Bradford, Vermont, to show support for the fallen. From 11:00 am to 9 pm, 25% of restaurant earnings will be donated directly to the Wildland Firefighting Foundation, a non-profit organization that provides financial, emotional, and legal support to the families of injured or fallen wilderness firefighters. During the fundraising event, firefighters will be waiting tables and greeting guests, and 100% of gratuities earned will go to the families, as well. I hope you can join me.

Melissa McDonnell lives in Pike, New Hampshire with her fiancé Aaron Strobel, when he is not travelling the country fighting wildfires. For more information about this fundraising event, please contact her at: Melissa.McDonnell@gmail.com, or visit facebook.com/WFFColatina. For more information on the Wildland Firefighter Foundation, please visit <http://www.wfffoundation.org/>.

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“Heidi” Makes A Home In Bradford

Over the past two weekends Old Church Theater saw some large crowds visiting their theater, set just off Main Street in Bradford. The draw was centered on their production of “Heidi”. Of course this story has been around for a long time. The book was written in 1880 by Swiss author Johanna Spyri. It is considered one of the best selling books ever in Swiss literature history. Of course there have been sev-

eral films of the same name coming from that long ago tale. (There is even a bit of TV football history involving “Heidi”, but that’s a story for a different time.)

This production of Heidi, however, was different from every other previous production of Heidi anywhere in the world. On opening night director Gloria Heidenreich told the audience that she had wanted to direct Heidi for some time, but could

never find a script that suited her. That led her to ask fellow OCT member Charles Fray, already an accomplished playwright, to put his hand to creating a stage production of this tale. What Charles came up with must have been to his liking as he co-stars in the production in the part of Grandfather.

The other co-star is, very naturally, the title character. Isabella Yelle is only 14 years old, and there well may have been some opening night jitters, but she did not disappoint her family, her friends, her performance partners, or anyone else in the rather full house. When the time arose for her to step to the front of the stage and deliver a deliberate, thought provoking line, she did it with ease and conviction. This may have been her first go round at OCT, but undoubtedly it will not be her last.

Isabella was not the only first timer in this production of some twenty listed actors. Some of the newbies were quite young, 9 years old, and some had been around a while (the playbill lists Ron Garvin as not having been on stage in over 54 years!) And newbie Todd Robie who had never been on stage in



Many hours went into background painting and costuming for the most recent Old Church Theater production.

his life. There were also a few “regulars” in the mix for a very diverse cast, to say the least.

Opening night did see a few hesitations in the action as not every line was delivered on time. There were also some scene breaks that seemed to be extended as the stage crew and cast got ready for the next scene. Overall the play lasted a bit over two and a half hours, but the audience stayed involved and were capable and willing to offer applause at each of those scene

breaks.

Though there have been better productions at Old Church theater, the latest rendition of “Heidi” appears to be a success. The emotions were jostled, the senses were intrigued, and the story was told. Plus it seems that as the actors got more and more familiar with their roles, and each other, the productions got progressively better. So those who waited until the second weekend to see it, or to see it again, were even better entertained.



Charles Fray as grandfather during one of the scenes with Isabella Yelle (Heidi), as they brought the Swiss Alps to Bradford.

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

July 23, 2013 Volume 4 Number 21

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Calendar of Events

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

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

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

TUESDAY, JULY 23

NEWBURY HISTORY TOUR
1:00 PM and 3:00 PM
Newbury Common
See article on page 7

YANKEE BRASS BAND SUMMER CONCERT

7:00 PM
Newbury Village Green
See ad on page 7

WEDNESDAY - SUNDAY

JULY 24-28
NORTH HAVERHILL FAIR
Route 10, North Haverhill

WEDNESDAY, JULY 24

FIREFIGHTERS 25% BENEFIT
11:00 AM – 9:00 PM
Colatina Exit, Bradford
See article on page 4

FRIDAY, JULY 26

**OFFICE HOURS WITH
COUNCILOR RAY BURTON**
6:00 PM – 8:00 PM
North Haverhill Fair, North Haverhill

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, JULY 27

WEST NEWBURY BACK ROOM BOOK SALE
9:00 AM
1238 Halls Lake Road, West Newbury

GROTON GROWERS ANNUAL BLUEBERRY FESTIVAL

10:00 AM – 1:00 PM
Community Building, Groton
See article on page 8 and ad on page 7

NORTH COUNTRY CHAMBER PLAYERS

7:30 PM
Sugarhill Meeting House
See article on page 13

SATURDAY & SUNDAY

JULY 27 & 28
FREE KAYAK RENTALS
9:00 AM – 4:00 PM 802-535-3090
Passumpsic River Outfitters

SUNDAY, JULY 28

LITTLETON FARMERS MARKET
10:00 AM – 1:00 PM
Children's Magic Show 11-12
By Sally Sherrard Tricky Business

NORTH COUNTRY CHAMBER PLAYERS

4:00 PM
Alumni Hall, Haverhill
See article on page 13

ST. JOHNSBURY PLAYERS AUDITIONS

6:00 PM – 9:00 PM
South Congregational Church, St. Johnsbury
See article on page 16

MONDAY, JULY 29

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

ST. JOHNSBURY PLAYERS AUDITIONS

6:00 PM – 9:00 PM
South Congregational Church, St. Johnsbury
See article on page 16

WEDNESDAY, JULY 31

COMMUNITY PICNIC
6:00 PM
Elizabeth's Park, Bradford
See article on page 8

THURSDAY, AUGUST 1

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
6:00 PM
All Access Realty
All Seasons Plaza, Woodsville

FRIDAY, AUGUST 2

KAYAK RACE
10:00 AM
Passumpsic River, Barnet

SATURDAY & SUNDAY

AUGUST 3 & 4
**ORFORD FIRE DEPARTMENT
FLEA MARKET**
9:00 AM – 5:00 PM
On the Common, Rt. 10, Orford

SATURDAY, AUGUST 3

FLEA MARKET & BAKE SALE
9:00 AM – 2:00 PM
St. Luke's Parish House, Woodsville

NORTH COUNTRY CHORUS SUMMER LITE 2013

7:30 PM
Wells River Congregational Church
See ad on page 7

SUNDAY, AUGUST 4

SUMMER BBQ
12:00 Noon
Barnet Congregational Church

AMERICAN LEGION FAMILY PICNIC

12:00 Noon
Ammonoosuc Fish & Game Club, Swiftwater
See ad on page 18

NORTH COUNTRY CHORUS SUMMER LITE 2013

7:30 PM
Haverhill Congregational Church
See ad on page 7

MONDAY, AUGUST 5

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

DEDICATION OF BRADFORD'S ANTIQUA ROAD GRADER

6:30 PM
Bradford Town Garage, 348 Fairground Road

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

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, August 1st for our August 6th issue.

Upcoming Free Programs At The Groton Free Public Library

Thurs, July 25, 2:00pm: Rockets: There and Back Again. Boston Museum of Science is coming to Groton! Kids ages 5-12 welcome to join us at the Groton Community Building for this exciting hands-on workshop that explores rockets and space exploration.

Fri, July 26, 12:00pm: 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, followed by a craft.

Fri, July 26: Summer Reading Raffle Drawing #2! Through August 16, kids are

invited to enter a raffle ticket for each book they read (or have read to them) during the summer. Thanks to Upper Valley Grill and Big Cones for their prize donations! Reading logs available for all.

Tues, August 13, 7-9pm: Casting Shadows Workshop. Join us for a hands-on workshop to create visual dimension in your quilts using a bleaching technique. Facilitated by local master quilter Mary Schilke.

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

Donations Needed: Used

kids' and adults' electronics (anything with batteries) for creative workshops.

Volunteers of all ages always welcomed and much appreciated!

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

Newbury History Tour And Bailey Club Afternoon Tea

The Newbury/Haverhill 250th Anniversary Committee invites you to an afternoon and evening of fun, history and music on July 23rd in Newbury Village. A free 2 hour narrated Newbury History Tour is being offered twice in the afternoon, once at 1:00pm and again at 3:00pm. The tour begins at Newbury Common and ends at the Historic Bailey Club on Main Street for afternoon tea. Transportation is provided. The tour includes visiting historic buildings and places in Newbury Village with a short presentation at each stop. Public buildings will be opened for viewing. Each participant will receive a printed guide of the tour. Space is limited and reservations are suggested and can

be made by calling the Town Office at 802-866-5521 or emailing treasurer@newburyvt.org.

Beginning at 5:00pm on the common, the Newbury Village Store will be offering traditional summer fare of hamburgers, hot dogs, and sausages along with drinks and ice cream before the Yankee Brass Band Concert begins at 7:00pm. Bring your own lawn chair and sit back and enjoy the twenty-five piece Yankee Brass Band playing 19th century music on 19th century instruments. In case of rain the concert will be held in the Newbury Elementary School gym. The events are sponsored by Wells River Savings Bank and the 250th Committee.

Bath Public Library Book Club

The Bath Library Book Club will be discussing "Shadow Divers: The True Adventure of Two Americans Who Risked Everything to Solve One of the Last Mysteries of World War II" by Robert Kurson, on Thursday, August 8th at 7 pm at the Bath Public Library. For John Chatterton and Richie Kohler, deep wreck diving was more than a sport. In the

fall of 1991, not even they were prepared for what they found 230 feet below the surface, in the frigid Atlantic waters sixty miles off the coast of New Jersey: a World War II German U-boat, its ruined interior a macabre wasteland of twisted metal, tangled wires, and human bones – all buried under decades of accumulated sediment. 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.

North Country Chorus Summer Lite 2013

An Evening with Frost and Forbush

Bob Mead, Guest Conductor
Jean Anderson, Pianist

Saturday 3 August, 7:30 pm
Wells River (VT) Congregational Church

Sunday 4 August, 7:30 pm
Haverhill (NH) Congregational Church

Admission at the door: \$10 (\$5 for students)
Present this ad for \$2 off one admission.

Tickets also available through catamountarts.org

Details at northcountrychorus.org

A YEAR OF CELEBRATIONS

A YEAR OF MEMORIES

YANKEE BRASS BAND SUMMER CONCERT

TUESDAY, JULY 23rd 7:00PM FREE !!



On Newbury Village Green (Newbury Elem. if raining)
Twenty-five piece band, 19th century instruments
www.yankeebrassband.org (Bring your own lawn chair)



www.celebrate250.org

www.facebook.com/HaverhillNewbury250th

GROTON GROWERS FARMERS MARKET

RTE 302-GROTON COMMUNITY BUILDING

ANNUAL BLUEBERRY FESTIVAL

Saturday, July 27, 2013
10:00 am - 1:00 pm

Blueberries, Blueberry pies and pastries, blueberry cheddar scones, blueberry jams, jellies and more!
Special lunch by Brown's Market Bistro

Entertainment by Jimi Jam Jazz

Enter our Blueberry Pie Contest!
Winner gets a \$10 Groton Growers Gift Certificate
All entries must be at the market no later than 11 am.

We also have season vegetables, plants, breads, pies, pastries, jams, jellies, pickles, soaps, lotions and the best crafts people in the area and so much more.

Bring your knives, scissors and small tools to be sharpened and polished while you shop.

See You At The Market!

Wells River Action Program

It seems like summer is just getting started, but plans are underway for the second annual So Long Summer – Hello Fall Festival in downtown Wells River. This year's festival will be August 31, 2013 from 9:00am to 2:00pm. The Wells River Action Program, sponsor of the festival is building on the success of last years festival and once again the village will come alive with a variety of activities and it coincides with Baldwin Library book sale during the day, and block dance/cookout to be held that evening.

Activities will include vendors set up on the sidewalks, inside store specials, a vegetable swap, a giant zucchini contest and a bake sale the Welcome Center. More activities are in the planning

stages and will be announced as they are firmed up. WRAP is seeking vendors to set up on the sidewalk. There is no cost for a space on the sidewalk, but nonprofit and for profit vendors are asked to give a free will donation at the end of the day with a suggested rate of at least 10 percent of net. Registration forms are available at the Baldwin Library or calling Richard M Roderick at 802 757 2708 or email at maxinpalau@hotmail.com.

For more information about the So Long Summer Hello Fall Festival contact Peggy Hewes at the Library, 802 757-2693; wells_river@vals.state.vt.us or call Richard Roderick at 802-757-2708; maxinpalau@hotmail.com

Orange East Senior Center Events

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.

We are bringing back the community picnic. The picnic will be on Wednesday, July 31 at 6:00 p.m. at Elizabeth's Park. We will be having BBQ chicken, homemade rolls, macaroni salad, coleslaw, punch and watermelon. At the picnic, we will be holding a homemade pickle contest. Please bring in your homemade pickles to be judged. All varieties are welcome. The cost is \$8 for adult, \$6 for seniors, \$5 for children. This picnic is open to the community, so everybody is welcome.

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 August 14. 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!

Groton Growers Celebrates Blueberries

By Marianne L. Kelly

Summer's bounty is in full, delicious swing as we welcome our season's blueberry crop to the market.

Groton Growers celebrating their annual blueberry festival on Saturday, July 27 offers visitors a plethora of blueberry tastes to enjoy.

Spice of Life will have blueberry-lemon muffin loaf for your coffee, along with blueberry cream cheese tarts. Nana's kitchen will have a variety of blueberry pastries, while Sugarbush Farm will have blueberry cheddar scones using their own hand crafted cheddar cheese.

Adams Family Farm offers blueberry rhubarb jam and jelly, while Louise Graf offers several varieties of blueberry jams and jellies. Looking for blueberries to take home? Look no farther than Bone Farm where Jennifer will have them waiting for you. Need something for those sticky hands? Stop by Brambles and Briars. Crystal is sure to have something for you.

Brown' Market Bistro is cooking up a surprise lunch for us...you'll just have to come see what it is.

Oh, how could I forget! Thanks to Jennifer Bone, we

will have entertainment by Jimi Jamjazz Music. Can't wait to hear them!

As if this isn't enough, some smarty pants thought it would be fun to have a blueberry pie contest...and everyone agreed! So, here's the deal. Bring your favorite blueberry pie to the market for visitors to sample. Numbers will be assigned to each entrant and the winner receives a \$10 Groton Growers gift certificate. Pies must be at the market by 11am.

In addition to all this, our vendors will have seasonal vegetables, plants, pies, pastries, a variety of breads, jams, jellies, pickles, cheddar cheese, soaps and lotions and more. Need a gift? We have the most talented crafts people in the area!

This is the perfect time for you to bring those knives, scissors and tools for Sean to sharpen and Quinn Bone to polish while you shop, eat and enjoy this festival.

There's always something happening at our fun, family market. What a great way to enjoy a beautiful mid-summer day!

The Groton Growers Farmers Market, located on the lawn of the Groton Community Bldg., is open every Sat. from 10-1.

See you at the market!

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JULY 24, 25, 26, 27 & 28
2013**
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North Haverhill, New Hampshire 03774



**Friday, July 26
Kristen Kelly**

Show Time: 8:30 PM
Sings her hits "Ex-Old Man" and
"He Loves To Make Me Cry"
Show Time: 8:30 PM

**Saturday, July 27
Greg Bates**

with his top 5 hit "I Did It
For The Girl"
plus he will

"Fill In The Blanks" Show Time: 8:00 PM

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Tractor
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Thursday, July 25

Show Time: 7:00 PM
Sponsored locally by: **Sabil & Sons, Inc.**

Supported by: EZ Steel,
Nick's Aggregate, Pete's Rubbish
Removal & Robco Fabrication

Wednesday, July 24

6 & 8 Cylinder Demolition Derby
Sponsored by **KDD NAPA of Bradford
& Mini Van Demolition Derby**

Sponsored by **Dad's 4 By Supply**
Show Time: 7:30 PM @ McDanolds Arena



Friday, July 26

4 Cylinder Demolition Derby



Show Time: 7:30 PM @ McDanolds Arena

THURSDAY, JULY 25

**OPEN TO THE WORLD
Tailgating Competition**

See website for complete rules
www.nohaverhillfair.com
Judging at 7:00 PM
Dellinger Ring



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who loves
audience
participation.*

Multiple Shows
each day



SUNDAY, JULY 28

"The Survey Says"

produced by:

GAME SHOWS VT
NOON: Shaw's vs.
Wells River Savings Bank
2 PM Old Church Theater
vs Woodsville Guaranty
Savings Bank
4 PM CHAMPIONSHIP



Classic Car Show

Wednesday, July 24, 6:00 PM



Sunday, July 28

**4x4
Truck
Pull**

Show Time: 1:00 PM @ McDanolds Arena



**Animal Pulling
ALL 5 DAYS**
in the covered Bishop Arena



Oxen on Wednesday & Thursday
Ponies on Friday
Horses on Saturday & Sunday

**Fiesta Shows
Ride Specials:**

Wednesday 5-10 PM \$15

Thursday 5-10 PM \$20

Sunday Noon - 5 PM \$20

RIDES ARE NOT INCLUDED WITH GATE ADMISSION

2013 ADMISSION PRICES

The following rates govern the sale of admissions
Senior Citizens - 65+ (Thursday Only)\$5.00
Single Admission.....\$10.00
Season Admission\$40.00
Children 12 & Under.....FREE
ParkingFREE
Overnight Camping\$25.00
Overnight Camping w/AC Hookup\$30.00
Concerts & Shows Are Free with Paid Gate Admission
No alcoholic beverages or firearms allowed.
Not responsible for damage to vehicles on grounds.
No pets allowed on Midway. Schedule subject to change.
Absolutely No Weather Related Refunds.
FAIRGROUNDS PHONE - 603-989-3305

Fireworks Display

Thursday, July 25, 10 PM
From the Fairgrounds you will
see a choreographed display
that will be long remembered!

Sponsored by **Bear Ridge Speedway, C.M. Whitcher
Rubbish Removal, Floyd's Rubbish Removal & Quinttown
Container Service, Hood's Plumbing, Horne Excavating,
The Scott Mitchell Family & Timberwolf Rubbish Removal**
Rain Date: Friday, July 26

For more details and links visit:
www.nohaverhillfair.com

10 Coventry Log Homes Sold To All 50 States



The Coventry Log Homes float in the Woodsville/Wells River July Fourth Parade received third place in the commercial category. The float banner lauds "1,545 Homes Sold by Local Craftsman and Professionals to All 50 States, 8 Canadian Provinces, Australia and Ireland."

"We were thrilled to discover, during the preparation for the birthday of our great nation, that there is a Coventry Log Home in every single state," said Mark Elliott, vice

president, of Coventry Log Homes.

The milestone sales achievement was recently confirmed in a search of Coventry's customer database. The success of Coventry's marketing and sales strategy was predicted shortly after they were incorporated in 1994 when they won a National award for best follow-through in system built companies.

Learn more about Coventry Log Homes at www.coventryloghomes.com.

Ross-Wood Post #20 Makes Independence Day Visit To Grafton County Nursing Home

(N. Haverhill, NH) Several times a year members of Ross-Wood Post #20's American Legion Family from Woodsville, NH, make visits to the Grafton County Home. They go there to visit all its residents including and especially its veteran residents, to help keep their lives meaningful, eventful and interesting. The reason for going this year before the parade on July 4th was to especially thank the veterans for their service to America on its birthday, that they helped to make possible, and to wish them a great day.

This year the group came across Carolyn Nichols, aged 100 and still sharp as a tack. Carolyn was born in Barnet, VT and lived most of her life in McIndoes, VT. She joined the Navy in the very early 1940's, and served as a bookkeeper/payroll clerk stationed locally at a government rented facility at Dartmouth College for the duration. The reason why a woman already in her thirties would want to enlist seemed



pretty simple to her. Her brother had come up missing in action in Europe and Carolyn felt it was her duty to serve however she could. Happily for Carolyn, towards the end of the war her brother turned up as a prisoner of war held by the Germans all those years. He was a little the worse from his treatment, but was alive and coming home.

While visiting with Carolyn one of the members of the Legion's visitors (unnamed by request) thought it

would be a good idea to share a Navy Pin from his hat with her. It was presented by Mary Tyler, Director of Social Services, (pictured with Carolyn) on his behalf. The light in that lady's eyes on receiving that little gift capped off the visit for at least one of the visitors. Visiting a still proud group of people made up mostly from our "Greatest Generation" at their best, is not a chore, it's a privilege. Thank you!!

July 23, 2013 Volume 4 Number 21

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



Christina Rosten



With Offices In
St. Johnsbury 802-748-2045
Danville 802-684-1127

Begin Realty is pleased to announce their new agent:

Christina lives in Groton with her husband and four children. She enjoys outdoor activities, including snowshoeing, hiking and water skiing. Her passion for construction, remodeling, and designing drove her to become a Realtor. Whether buying or selling, her attention to detail and hard work will make any home buying/selling experience a pleasure. We are pleased to have her join the Begin Realty Team. Give Christina a call today at our Danville office 684-1127 or email her at christina@beginrealty.com

www.beginrealty.com

2013 British Challenger Soccer Camp sponsored by Haverhill Recreation

A fun, coed soccer program for ages 3-16 that focuses on teaching key soccer techniques. The British soccer coaches are talented, trained, and have the high energy required to be on the field with your children!

Your registration includes a FREE ball & t-shirt!

**August 19th - August 23
Woodsville Community Field**

11:00am - 12:00pm - First Kicks ages 3-4 - \$90
09:00am - 10:30am - Mini Soccer ages 4-5 - \$105
09:00am - 12:00pm - Half Day ages 6-16 - \$135
09:00am - 4:00pm - Full Day ages 6-16 - \$189

Space is limited! Register online at www.challengersports.com

For more information contact: Sherri Sargent at rec@haverhill-nh.com or Rich Lamoury at RLamoury@challengersports.com



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MEAT, AND CRAFTS

COME ENJOY
LIVE MUSIC
WITH US!

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Wells River Group Photo Now Available

Copies of the Wells River Group photo that was taken on July 6th as part of the 250th Celebration are now available at Copies and Mores in Wells River. Full color suitable for framing 9" x 12" photographs are available for only \$7.00. Customers are able to select the photograph they would like to be printed. Other sizes are also available with prices determined by size.

Contract Person:
Richard M Roderick
802 757 28708
Maxinpalau@hotmail.com



Painting The House

By Elinor P. Mawson

The first thing we did when we bought our first house was paint it.

The house was shingled, and even though most of it had that weathered look, there were spots which were more weathered than others.

So we bought 5 gallons of Cabot's brown stain and went to work. The house was a small cape, so a stepladder (borrowed) was used for most of it, and a regular ladder (also borrowed) took care of the gable ends.

Both of us, unused to using stain, were splotched from head to foot for the month or so it took to do the job. We each ruined one pair of shoes, as I recall.

When we finished the stain, we carefully chose an aqua paint for the 2 outside doors. When we stood back to admire our work, we decided we needed blinds.

This was before the vinyl products had been thought of, so we went to a salvage yard and bought 5 pairs of blinds which needed (of course) sanding, scraping, and several coats of white paint. When completed and hung, we admired the look and went about our business.

In what seemed like a couple of heartbeats, the house needed to be done again. And again, and again.

Eventually, we added on, doubling the size of the place and needing 10 gallons of Cabot's stain. We also owned our own ladders. We borrowed staging and I once encountered the local minister from 10 feet up. Of course, you know I was in my finest painting clothes and felt like a real fool. Now that I think of it, I doubt he noticed.

After adding onto the house a couple more times,

we had to buy 15 gallons of stain, and I learned to paint from a ladder. My husband, who hates heights, painted from his ladder very quickly. We finally took down the blinds and took them to the dump.

Our doors (now numbering four) changed color from aqua to blue, to yellow, to red--which we liked best. Of course, by this time, we also had 4 garage doors to paint.

Fast forward about 20 years. It has become evident that neither of us is able to climb ladders--never mind carry them around. My husband hates heights even more than he used to and the whole job looks mountainous to both of us.

With careful saving we are now able to hire someone to do the job for us. He is young and agile, has no problem with ladders, and is very professional and organized.

This time, the windows are sheathed in plastic, our plants are carefully cared for, and we are assured that the job is getting done in a timely manner. The young man is covered in stain from head to foot. He is wearing very old shoes.

We look back on the hundreds of hours that we spent doing our own painting over the years.

And we look out of our plastic-covered windows and feel very lucky.



Mr. Martin Driscoll, Ensign Tyler Driscoll and Mrs. Helen Driscoll

Tyler Driscoll, a 2005 graduate of the White Mountains Regional High School, recently graduated from the United States Merchant Marine Academy at Kings Point, New York with a 3.977 GPA. In addition to graduating Summa Cum Laude, he delivered the valedictory address and received his commission as an Ensign in the United States Navy Reserve Strategic Sealift Officer Program. He was also awarded his US Coast Guard Merchant Marine license. Tyler is a Marine Transportation Major from Lancaster, NH. He is the son of Martin and Helen Driscoll and has a younger brother, Evan, who recently graduated from Paul Smith's College in upstate New York. While attending school at the White Mountains Regional High School, he was a member of the Army JROTC program and served as the cadet Battalion Commander.

During his time at the academy, Tyler served in several leadership positions including Battalion Commander for First Battalion and most recently as the Company Training Officer for 4th Company. He also served as a drill instructor for the class of 2014 and as a midshipman "officer in charge" for the class of 2016. In addition to his regimental activities, Tyler was a member of the EMT squad, layout editor for the midshipman newspaper, and member of the O'Gara Academic Honor Society.

For his sea year, Tyler traveled to the Far East on the Ro-Ro MV Green Dale, and worked in the Persian Gulf as a cadet aboard the USNS Patuxent and USNS Charles Drew. He is excited to get back out to sea and plans to sail with Military Sealift Command after graduation.



Saturday, July 20 was the date for the Robie Reunion in Piermont. Close to 100 descendants and spouses of the Robie family were on hand for a potluck lunch, entertainment, door prizes and even some "true" stories. Pictured left are members of the 10th generation of the Robies and below is generation #11. The Robie Farm has been in the family since 1861.



White Mountains Community College Students And Staff Pick Up 62 Bags Of Trash On Route 116



Pictured are Dahna Nute (L) and Suzanna Whitum(R), two of the WMCC students who participated in the clean-up.

LITTLETON, NH (July, 8th 2013) - In May of this year students and staff from the Littleton campus of the White Mountains Community College helped clean up a 2 mile stretch of Route 116 in Bethlehem. At the end of the day, the volunteers filled 62 bags of trash.

The WMCC volunteers were participating in the New Hampshire Sponsor-A-Highway program in which organizations help clean and maintain sections of roadside on New Hampshire's state highway system. More information about the program can be found at: <http://www.nh.gov/dot/org/operations/highwaymaintenance/sponsorahighway/index.htm>.

The Littleton Academic Center/White Mountains Community College is part of the New Hampshire Community College System. The Academic Center offers a variety of courses for Associate Degree, Certificate, and training programs. Classes are offered during the day, evening, and online. To find out more, please visit <http://www.wmcc.edu/littleton-academic-center> or call 603-444-1326.



HAVERRILL, NH - New Listing - Chalet - features walking distance to the beach and pool, but on side road features 2 bedrooms, bath, hearth, cute kitchen, master bedroom with balcony and skylight, deck, several heating options. \$69,500.



NORTH HAVERRILL, NH - Super efficient Ranch features a lovely modern kitchen, plenty of living area on 1st floor and in lower level, 2 bedrooms, 2 full baths, 2 car attached garage, mini garage for storage. Nice level half acre partially fenced area. Easy commute. Move right in. \$157,500



WOODSVILLE, NH - New Listing - Four unit apartment building overlooking the Ammonoosuc River. Great rental history. Each unit has 4 rooms, 2 bedrooms, 1 full bath. Built 1900 with 3750 sq ft makes this an exceptional buy! \$159,900.



HAVERRILL, NH - Vintage Cape. Built in 1850. Located in Haverhill Corners. Features sliding room w/brick hearth & wood stove, wide plank flooring in some rooms, living room w/built-ins, 4 bedrooms & 1 bath. Fully insulated & rewired. Level property with variety of trees & shrubs. Needs some TLC. \$79,500.

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Ray Burton at the
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Ceremonies**



Ir Claude Foote, 2013 Parade Marshal 96 years old who has been in every Warren, NH Old home Day Parade since 1952 and Councilor Burton

**Bach In Bloom With The North
Country Chamber Players**



This season marks 35 years of extraordinary music with the North Country Chamber Players, who are celebrating with the work of Bach, Mozart and Schumann in Sugar Hill on Sat., July 27 at 7:30pm and at Court Street Arts in Haverhill on Sun., July 28 at 4pm.

One of the region's treasures, the North Country Chamber Players are celebrating their the 35th season of brining world-renown musicians to the community with work by the ultimate master, Johann Sebastian Bach and the countless composers who have embraced his spirit and craftsmanship.

Two performances will be held, on Saturday, July 27 at 7:30pm at the Sugar Hill Meetinghouse and at Court Street Arts at Alumni Hall in Haverhill on Sunday, July 28th at 4pm. The concerts will include selections from Bach's The Art of Fugue, Mozart's Preludes for String Trio, Stravinsky Septet and Schumann's Piano Quintet in E-flat Major, Op 44.

The musicians of the North Country Chamber Players have performed separately across the country with orchestras such as Orpheus at Lincoln Center, the New York Philharmonic, the Minnesota Orchestra, and the San Francisco Symphony and around the globe for prestigious institutions such as the Royal Ballet and the Santa Fe Opera.

The program for the season was selected by American violinist Miki-Sophia Cloud, who enjoys a musi-

cally adventurous and diverse career. As a soloist and recitalist, she has appeared the the Kennedy Center, Boston Symphony Hall and on NPR and Austrian National Radio. She has received acclaim from both the New York Times and Boston Globe. Ms. Cloud was named the Patty

Miller and Dennis Murphy Chair for Violin of the North Country Chamber Players in 2009.

Tickets are \$20 for general admission and \$25 for reserved seating (18 and under free) and can be purchased online at www.court-streetarts.org or at the door.



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Not all Times are Trendy but there will always be Trendy Times July 23, 2013 Volume 4 Number 21

OBITUARY

LORNA JOYCE BOUTIN



Lisbon, NH – Lorna Joyce Boutin, 58, died July 4, 2013, unexpectedly, at her home in Lisbon.

She was born in Haverhill, NH, November 18, 1954, a daughter of Chester Arthur and Jeannette Rita (Tyler) Boutin and was a graduate of Berlin High School, Class of 1973. Later, she graduated from the Thompson School for Practical Nursing in Brattleboro, VT. From 1984 to 1999, Lorna provided pediatric home care nursing, and from 2008 to

2011 she was the LPN at the Grafton County Jail in North Haverhill. Throughout her nursing career, she also worked at a number of nursing homes. Lorna's true passion was animals, as she would take in and care for rescue dogs, particularly Parker, Jasper, and Merci.

She cared for her horses, turkeys, and other pets and animals. In addition to her animals Lorna enjoyed her flower and vegetable gardens. Recently, she started a baking business, "Forever Rita" and would sell her goods at the local farmer's markets. Always creative, Lorna also painted and showed her work at the Lisbon Art Gallery. She loved maintaining her property and her home and she treasured the times shared with her family over Thanksgiving dinners there.

Survivors include a sister, Lynn Rossignol and husband Dennis of Milan, NH; two brothers, Marc Boutin and wife Jackie of Cheraw, SC, and John Boutin, Sr. and wife Abbey of West Milan, NH; a niece, Joanna Boutin; two nephews, John Boutin,

Jr., and Joseph Boutin; an aunt, Joyce Beckley of Woodsville; along with several other aunts, uncles, and numerous cousins.

Lorna was predeceased by her mother Jeannette on April 12, 2009, and her father Chester on April 29, 2009.

There will be no calling hours.

A memorial service will be held on Friday, July 12, 2013, at 1 PM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. Burial will be in Mt. View Cemetery, Benton, at a later date.

Memorial contributions can be made to either the American Cancer Society, Centralized Memorial Processing Center, 30 Speen Street, Framingham, MA 01701, or to Dave Carbonneau Equine Services, PO Box 762, Littleton, NH 03561.

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

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

OBITUARY

PAULINE MILDRED "POLLY" CLARK



Woodsville, NH - Pauline Mildred "Polly" Clark, 89, a former longtime resident of Bradford, VT, died on Monday, July 15, 2013, at Cottage Hospital, Woodsville, NH.

Polly was born in South Corinth, VT, on May 30, 1924 to Wayland and Leila Merle (Harris) Jordan. She was a graduate of Bradford Academy's Class of 1942. On June 30, 1945, she married Lawrence N. Clark.

Polly was a beautician for over 25 years, operating out of her own home. She later worked for Channel

Mills, Woodsville Industries, and in housekeeping at Mary Hitchcock Memorial Hospital in Hanover, NH.

Polly grew up on a farm and always loved the farm life and Holsteins. She used to drive a horse drawn dump rake. She was a nature lover, bird-watcher, and artist. She was an accomplished seamstress and she enjoyed gardening, canning, and cooking. She was well-known for her home cooking, pies, and candy making. She was especially fond of the Christmas season. Along with her husband, Lawrence, they were great dancers and they continued to dance throughout their lives together. For several years, they wintered in Sebring, FL. In 2007, they moved from Bradford to Woodsville. Polly enjoyed local history and family history. She was a loving wife, mother, grandmother, great grandmother, and friend.

She was predeceased by her husband, Lawrence N. Clark in January of 2010 and by her sister, Althea Woodward and her brother, Hollis Jordan.

She is survived by her

children, Glenna Ackerman and husband Mike of North Haverhill, NH and Lawrence Clark and wife Sylvia of Bradford Center, VT; five grandchildren, Eric, Amy, Peter, Ryan and wife Becky and Matthew and wife Allison; three great grandchildren, Lance, Rune, and Ethan; several nieces, nephews, and cousins, along with extended family members from the Jordan and Clark families.

Calling hours will be on Thursday, July 18 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A memorial service will be on Friday, July 19 at 11 AM at the Grace United Methodist Church, Bradford, VT with Rev. Mari Clark, officiating. Burial will follow in the Upper Plain Cemetery, Bradford.

Memorial contributions may be made to the charity of one's choice.

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

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

Dear Marci...

Dear Marci,

My doctor suggested I call a few Medicare-certified home health agencies to see if they would provide me with home health care. Can a home health agency choose not to accept me as a patient?

Corinne

Dear Corinne,

Unfortunately, yes. A Medicare-certified home health agency is not required to take you on as a patient, even if your doctor has prescribed care for you and you qualify for Medicare-covered home health care. Home health care is care provided in the home to treat an illness or injury. In order for Medicare to cover home health care, you must have a need for skilled care and meet certain requirements.

In some cases, a home health agency may not have enough staff members or adequate resources to provide you with the home care that you need. Also, some agencies limit the kinds of health care services they provide and the types of medical conditions they will care for, if the agency is not equipped to treat patients with that specific disease. Keep in mind, however, that an agency may not refuse to take you based on your specific medical condition, unless the agency also refuses to take on other patients with the same condition.

While agencies are allowed to decide whether they will take you on as a patient, they may not violate discrimination laws and refuse to accept you based on your race, religion or gender. If a home health agency refuses to take you as a patient, you will have to find another Medicare-certified home health agency that will accept you.

If you have Original Medicare, the traditional

Medicare program administered by the federal government, you can contact 800-MEDICARE or visit <http://medicare.gov/home-healthcompare/> to locate a Medicare-certified home health agency. If you have a Medicare Advantage plan, also known as a Medicare private health plan, you should contact your plan directly for a list of home health agencies that are in your plan's network.

-Marci

HEALTH TIP

Summer is officially here and that means more outdoor picnics and barbecues! See below for a few tips from a FoodSafety.gov article that offers helpful food safety guidelines for outdoor events:

- Keep cold food in a cooler with ice or frozen gel packs. Cold food should be stored below 40oF to prevent bacterial growth.
- Keep hot foods hot. Hot foods should be placed in an insulated container and stored at above 140oF until serving.
- Separate raw meat, poultry and seafood from other foods to prevent cross-contamination.
- Throw away cold and hot foods that have been sitting out for longer than two hours or one hour, if the temperature is above 90oF.

For free personal counseling on benefits, rights and options for people on Medicare and their families, call Pat at the State Health Insurance Assistance Program (SHIP) located at the Agency on Aging for Northeastern Vermont at 748-5182 or 1-800-642-5119.

Dear Marci is published by the Medicare Right Center and is made available to local residents via the Agency on Aging and your local newspaper.



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16 St. Johnsbury Players Fall Musical

The Mystery Of Edwin Drood

The St. Johnsbury Players announce auditions for their fall production of the Tony award winning musical "The Mystery of Edwin Drood." Based on the unfinished work by Charles Dickens, The Mystery of Edwin Drood is a quirky comedy where the audience decides the ending each night! Who killed Edwin Drood? Was it his Uncle, the infatuated John Jasper? The scurrilous Princess Puffer? One of the siblings from Ceylon? Someone else? The audience decides each night in a show that promises to never be the same twice. Drood has many strong roles for both men and women as well as parts that can be played by either gender. In addition, we will need ensemble members and dancers. Auditions will

be held on July 28th and 29th from 6-9PM at the South Congregational Church with call backs on the 30th and 31st. Please bring a short monologue and a short prepared piece that best demonstrates your voice and ability to act through song. If you cannot attend either of the audition dates please contact Paul Scavitto (802) 535-5234 scavitto@gmail.com or Erika Scherer (802) 274-1833 to arrange for a separate time. Our first rehearsal will be Sunday August, 4th at 6PM. Show dates are Friday October 11th, Saturday October 12th, Friday October 18th, Saturday October 19th and a matinee on Sunday October 20th. We hope to see you at auditions!

St. Johnsbury Players August Production – Off The Map

The St. Johnsbury Players present their summer production, "Off the Map" by Joan Ackermann, opening Friday, August 16. In this coming-of-age story, Bo Groden (Leigh Holliday) recalls her unusual childhood, living "off the grid" with her parents in rural New Mexico. Young Bo (Keisha Bedor) is a spirited, precocious child who spends her time sending away for free samples and dreaming of a "normal" life. Her father, Charlie (Noah Fink), has been stricken by severe depression, leaving her mother, Arlene (Robyn Greenstone) to hold the family together, with the help of Bo's godfather, George (Barry Hayes). Their world is turned upside-down by the arrival of William Gibbs (Dan Haycock), an IRS agent who arrives to audit the Grodens and never leaves. "Off the Map" is directed by Sarah Bengston and features original music by Charlene Willey. Off the Map is produced by St. Johnsbury Players in conjunction with Union Bank, Community National Bank,



Keisha Bedor as Bo Groden in Joan Ackermann's Off the Map.

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"Off the Map" will be performed at the St. Johnsbury School, Friday and Saturday, August 16 and 17, at 7:30 PM; Friday and Saturday, August 23 and 24, at 7:30 PM; and

Sunday, August 25, at 2 PM. Tickets are \$10 for adults and \$7 for students and seniors, and are available at the door or through Catamount Arts. For more information contact 802-274-4496 or find St. Johnsbury Players on Facebook.

Solas, The Quintessential Irish-American Band At The Colonial

The Colonial Theatre in Bethlehem, NH will present the Celtic band Solas Friday July 26. Solas is the quintessential Irish-American band recording and touring in the US today and has been called "Irish America's most influential band," NPR's Thistle & Shamrock. Fifteen years ago, in a manner befitting their name (Gaelic for "light"), Solas burst onto the Irish music scene and instantly became a beacon – an incandescent ensemble that found contemporary relevance in timeless traditions without ever stooping to clichés. Anchored by founding members Seamus Egan (flute, tenor banjo, mandolin, whistles, guitars, bodhran) and Winifred Horan (violins, vocals), Solas is rounded out by Mick McAuley (accordions, low whistle, concertina, vocals), Eamon McElholm (guitars, keyboards, vocals), and newest member and lead singer, Niamh Varian-Barry. Through fresh and unexpected arrangements of age-old tunes, compelling and topical originals and covers, and unparalleled musicianship, Solas continues to define the path for the Celtic music world and drive the genre forward.

With ten albums under their belt, Solas' band leader Seamus Egan was inspired by his family history to create Shamrock City – their most ambitious project to date.



Shamrock City tells the story of Butte, MT, a mining town at the turn of the 20th century, as seen through the eyes of an Irish immigrant and Seamus' great-great uncle, Michael Conway. In 1910 he sailed from Cobh, Co. Cork in Ireland to Philadelphia and then made his way to Butte to work in the copper mines. Six years later, at the young age of 25, he was dead from a blow to the head. With audio recorded in Philadelphia and film footage in Butte, Shamrock City seeks to not only uncover the life and young death of Conway, but to also illuminate life as an immigrant during the Industrial Revolution.

General Admission tickets for the 8 PM performance are \$23; Colonial, Catamount Arts and Kingdom County Productions members \$18; reserved Front & Center (available online only at BethlehemColonial.org or Catamountarts.org) are \$29. General Admission

tickets are available in advance at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook (Facebook.com/BethlehemColonial), follow The Colonial on twitter (@ColonialNH) or visit the Colonial on line at www.BethlehemColonial.org.

This evening of great music is supported by New Hampshire Public Radio, Vermont Public Radio, The Point FM, and The Cold Mountain Cafe and The Wayside Inn with additional support from The New Hampshire State Council on the Arts, the New Hampshire Charitable Foundation, Jane B. Cook 1992 Charitable Trust and The Colonial's presenting partner Catamount Arts.

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Fresh Herbs: A Picture Of Healthy Eating

By Deb Maes, Regional Extension Specialist

Some of us remember the Simon and Garfunkle song that includes the lyrics “parsley, sage, rosemary and thyme.” They were herbs that weren’t part of my upbringing. I always thought that using herbs was complicated and better left to the experts.

Recently, while strolling through the gardening supply stores I was tempted to purchase some herb seedlings. They grow well, look good in the garden and add flavor to meals. However, my efforts to “flavor up” meals are not generally appreciated—expect for fresh basil and parsley. There are more adventurous eaters around and growing and using fresh herbs is just one more way we can combine eating local produce with healthy eating.

One of the benefits to using herbs in cooking is that you can increase the flavor of foods without adding extra salt, fat or sugar. For those of us who like our food to look as good as it tastes, sprinkling fresh herbs on a dish certainly improve its appearance.

Herbs can be planted in your garden, as part of a patio garden or even indoors. I’ve seen impressive herb gardens growing throughout the winter on a window sill that faces the sun.

To get the best results use good rich soil, with added fertilizer or compost. Keep the plants watered and if part of your garden, consider using some mulch around the base of the plant to control weeds and retain moisture.

When the herbs are ready for you to harvest, keep in mind that you can take some of the plant and the rest will thrive. Last summer I was able to have fresh basil for several weeks by keeping the plant from flowering and selectively picking the leaves. New shoots produced as much as the initial plant and they smelled wonderful.

Herbs taste best when purchased or picked close to the time you plan to use them. If you have some growing in your garden, pick them in the morning once they have dried but before the sun heats them up. You will get your best flavor and longest storage that way.

There are some tricks to using fresh herbs when cooking. Some of the more delicate herbs; basil, chives, dill, etc., should be added only a minute or two before the end of cooking, or sprinkled on the food as it is served. Other herbs, such as oregano and thyme can withstand a longer cooking time—up to twenty minutes.

Depending on the herb, you can use them in a variety of ways. If you like a sprinkling of chives on your baked potato, use your kitchen scissors to snip several stems into small pieces and sprinkle away. Other herbs such as cilantro and parsley can be chopped on a cutting board with a sharp knife. Herbs that grow on a stem such as thyme or oregano can be stripped off the herb by running your finger down the opposite direction of the leaves. Then chop away. For an especially nice looking presentation, stack several leaves together, think basil, mint or sage, and roll them tightly into a tube and cut crosswise. You get narrow ribbons of the herb, with more areas exposed and more of a chance for flavor to be spread throughout the food you are preparing.

Herbs are best stored in the refrigerator in an open bag, or one that has holes in it. When you wash them, be sure to pat them dry before you store them so that they don’t get moldy.

If your recipe called for a teaspoon of dried herbs, you can triple that amount when using the fresh product.

If you are a beginning herb user, you are probably like me and wonder what herb to use on what food. It’s really more of your personal taste than a “must do”. I love the taste of fresh basil mixed with tomatoes and fresh mozzarella chunks and a little oil. I found that dill tastes great with beets. Thyme adds an interesting flavor to eggplant. Almost any food looks better with a sprinkling of parsley. Dill goes well with fish and oregano enhances peppers and tomatoes. Check your cookbooks for other suggestions—or online recipe sites.

If you have used all the herbs you will need, consider drying them. One technique is to tie the stems together and hang them upside down in a paper bag with small holes to keep the air circulating. You can use your own food dehydrator to dry herbs after you wash

them and shake them dry. They are dried when they start to crumble. You can also dry them in your oven—placing herbs on paper towel drying up to five layers at a time. Once dried, herbs should be stored in an airtight container in a cool, dark place.

Lastly, you could consider freezing your herbs. Wash and pat dry with a paper towel. Wrap in freezer wrap and place in a freezer bag. Seal the bag and freeze. Frozen herbs are ideal for cooked foods.



So, it’s not too late to plant some herbs, or to set up an herb garden in your house. The possibilities are endless and remember when using fresh herbs you can eat delicious tasting food that’s good for you.

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

July 23, 2013 Volume 4 Number 21

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A Fly

By Sheila Asselin

Why a fly?
 To vex humanity
 To cause profanity
 To risk insanity
 With its buzzing, buzzing, buzzing all the time
 God sent the fly to pester Pharaoh
 So he would let God's people go
 The fly was sent
 The Hebrews went
 The deed was done
 God had his fun
 But why now?
 When was the last time you met an ancient Egyptian?
 Mummies don't count
 Black flies, bottle flies, may flies, horse flies
 They swoop in by the dozens
 Each has a million cousins
 What divine plan
 Left them with man?
 I have not a clue
 Neither do you
 Only God knows why
 A fly?

Letter To The Editor

Death Cafes

Ever wonder what kind of a crap game you're in and who the players are? Wonder no longer because a Death Café is coming this way very shortly. Talking about dying has long been taboo in our culture but that's all about to change. A movement which started about ten years ago in Switzerland and spread to Belgium and France then the UK and since 2004 has made its appearance in various cities as Columbus Ohio, Vancouver BC, Sonoma County, California and Chicago.

You may also learn about creating wills and advanced medical directives. I'm sure near-death experiences and communicating with the dead will pop up somewhere! What happens after death? Is there a heaven or hell? What are the different views of various religious traditions? Sound kind of gloomy to you? I thought so too at first but anytime we can demystify and throw light on a subject—to the horror of western religions—I'm all for it. If you're interested in attending such meetings you can call Starr King on Fairgrounds Rd in Plymouth at 536-8908. Go easy on the donuts though. One too many may make these meetings more pertinent than you think.

The goal is to raise awareness with the view of helping people make the most of their lives. It has to be a good thing when people are open to get together and talk about death. Keeping it socially unacceptable and taboo is how the funeral industry got so commercial. Usually meetings are held over coffee and donuts and usually run themselves even though there is a facilitator.

If you're young enough to last another 10-15 years you might not need to attend. There are some very bright people sponsored by some very rich people who are looking into making us all immortal in the very near future. It's just a matter of downloading your brain and exchanging your flesh and blood for some shiny mechanical parts. Voila! Instant immortality. Snicker all you want. We share 60% of our genes with a banana; 90% with a mouse; and 99% with a chimpanzee. I look at it as 'upward mobility'. Pass the lubricant.

Sample questions that you might run into are: How do you want to die? In your sleep? In the hospital? Of what cause? When do you want to die? Is 100 too old? Are you scared? What kind of funeral do you want—if any. Is cremation better than burial? What do you need to accomplish before your life is over?

George Maloof
 Plymouth, NH

George,

Well, that is one thought provoking letter you wrote. I am one who has, at times, thought about how I would choose to die (quickly, thank you). Certainly not waisting away to some disease. But on the other hand, every day is precious. Would I ever choose to cut the number I will be here with friends and family?

I am really not sure that any of us can say for certain how we would react in any given circumstance. Whether that be an end of life decision, or coming upon an accident, or even in parenting. Until you are in that exact situation, how do you know for sure how you will act, or react? It is certainly good to prepare, but what if ?

As far as immorality by ways of mechanics is concerned, I have no doubt that given enough money and enough time, it is possible. Is it something I want to participate in, no I don't think so, at least not right now. I kind of like my human flesh, bones, and emotions.

Gary Scruton, editor



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GRANITE STATE OF MIND

By Rob Azevedo

Dupe City

It's a good thing for us to have the "Art of Being Duped" back in the conversation again. No need to ignore it. Happens every day to the best of us. Can't pretend it doesn't.

Still, whether you're being duped or the one doing the duping, it all starts to stinks like tonsil rocks at the end of the duplicitous day.

So I thank you Mr. Robert Kraft, owner of the mighty New England Patriots, for admitting that you'd been duped by the young and wild Aaron Hernandez. It's not an easy thing to admit to the public that you've been duped when you knew all along that you were being, well, duped.

You, Mr. Kraft, I imagine, prayed hard and fast that this particular duping wouldn't reveal itself and end so hellaciously sad for everyone involved.

But, so be it. Personal gain is personal gain. Unless it's not.

It's scary though, isn't it? When you're getting duped by the banker man or your church, your kids team leagues, your co-workers and best friends, well that's one thing. Them dupes you can handle because no one is getting physically hurt.

Anyone can handle a standard duping with an iron tongue or a retaliatory super duping.

Name a duping, any duping. Today, for example, maybe you were swinging through the mall parking lot, kind of rushy, kind of bored. You actually wanted to park your SUV under the giant awning at the front door of your favorite department store

because Manchester was being hit by yet another monsoon.

You swung the vehicle around the lot until you thought you saw a spot right up front. No bumper hanging out that space. Nice. Run in, run out. But snap! You been duped! There's a Fit or Fiesta or some other terribly ridiculous kid mobile tucked deep in the parking space.

Dupe City. You briefly bum out by the duping but you move on quickly and unharmed.

Heck, seconds later you likely evened out the dupes when someone called you on your cell and you sent them directly to voicemail, duping them right into thinking you were to busy to talk.

That harmless type of duping is nothing like the duping Hernandez pulled on Patriot Nation. There was no duping taking place at any part of the duping process when Hernandez was running post routes for Brady on Sundays. The duping began when Hernandez took his regular left turn out of Gillette Stadium after practice or a game.

Seconds out of Patriot Place, well, Aaron was right back in the thug life, looking like a Marvel comic, able to transform himself within milliseconds from being a world class athlete to a dupendous, hungry street urchin that cares far less about the respect he gathers on the field compared to that of the mean streets of, ah, Bristol, Conn.

Duping was his life. Hernandez just duped on a far heavier level than the rest of us. While we're busy duping each other into thinking we're

smarter, richer, stronger, healthier and holier than we actually are, Hernandez was taking the art of duping to a whole new level.

His was the ugly, bloody kind of duping. Otherwise known as the "Double Dupe." The Double Dupe is rooted in pain and anguish, the kind that Oldin Lloyd's mom and Shanna Jenkins and countless other victims of the Double Dupe can only describe.

It reminds me of a time when I was Junior Double Duped in Providence. I thought I was actually doing the duping as I tried to convince an undupable large man into letting me dance with his date. Then the man turned around and started duping me into a door jam for 45 minutes until my friends rescued me from the duping.

Again, scary that this kind of duping is going on everyday all around us. But we can't let some wild dupers ruin our day. We just have to remember to respect the dupe, don't abuse it or deny it or hurt others too badly with it. And surely don't run away from a solid duping. Duping is good for the soul here and there. Keeps you even with the earth.

Thankfully, most of us have our freedom to be duped tomorrow. So, dupe away, I say. Just don't allow yourself to be driven to some industrial park in the middle of the night by a professional duper.

That'd be just downright dupid.

Rob Azevedo can be reached at onemanmanch@gmail.com.

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Tips For Setting And Pursuing Financial Goals

You can get lucky by finding a parking meter with time left on it. You can “luck out” by having nice weather on your vacation. You can even be lucky at love. But when it comes to financial matters, you’re better off not counting on Lady Luck — and focusing instead on setting and pursuing goals.

Here are some suggestions for establishing and pursuing your financial objectives:

Be specific. You probably have a lot of ideas about what you want to do, but if you’re going to turn these wishes into reality, you need to get specific. So, for example, instead of telling yourself that you want to retire early, set a goal of retiring at, say, 62. You can then use this target number to help guide your overall investment strategy. To illustrate:

You can determine that you need to invest a certain amount of money each year, and earn a certain rate of return, to be able to retire at 62. You can also estimate about how much money you can afford to withdraw from your investment accounts each year to sustain a retirement that begins at 62.

Prioritize your goals. Of course, you want to achieve all your financial goals —and you can have a better chance of doing so if you rank these goals in terms of both importance and timing. For example, you may want to send your kids to college, purchase a vacation home and still be able to retire at age 62. How should you allocate your resources to each of these goals? Should you invest more at any given time for a specific goal? What types of investments are best for each of these goals? Prioritizing your goals can help you answer these and other questions — and help direct your overall investment strategy.

Be prepared to change your goals. Over time, your family and financial circumstances can change considerably — which means you shouldn’t be surprised, or alarmed, if you have to change your goals accordingly. And you’ll find it easier to maintain this flexibility if you’ve worked diligently to create an investment portfolio with sufficient resources to allow you to change direction, as needed.

Review your progress regularly. If you’re going to eventually achieve your goals, you absolutely need to measure your progress along the way. Are your investments performing the way you had anticipated? Are your goals becoming more ex-

pensive than you had initially envisioned? To achieve these goals, are you taking on too much — or too little — risk? To answer these types of questions, it’s a good idea to review your overall progress at least once a year and then make whatever adjustments may be necessary.

As you can see, it will take considerable effort to set, review and (hopefully) achieve your goals. And it can be somewhat complex, too, so you may want to work with a financial professional — someone who takes time to talk with you about your goals, understands your risk tolerance and family situation, and has the training and experience necessary to help you work toward your objectives.

But in any case, think hard about your goals and how you might accomplish them. And don’t delay in taking action — because goals are generally easier to attain if you have time on your side.

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Controlling High Cholesterol

Cholesterol is a naturally-occurring, fat-related substance needed for many nerve, hormone, and cell functions. However, abnormal metabolism and over-indulgence in high cholesterol foods leads to serious deposits on arterial linings, and to gallstones. HDL, high density lipo-protein, is regarded as good cholesterol, LDL and VLDL, (low density and very low density lipo-proteins), are seen as bad cholesterol. Triglycerides are a related type of blood fat that travels with cholesterol and is involved with sugar metabolism. Cholesterol levels are measured in milligrams (mg.) of cholesterol per deciliter (dL) of blood in the United States. Ideal cholesterol levels should be from 140 to 165mg/dL, with LDL from 30 to 50 mg/dL, and HDL cholesterol from 80 to 90 mg/dL. Over 244 is a classic heart attack victim; 210 is the average American level. Ideal triglyceride levels are 200 to 240 mg/dL. Harmful cholesterol and triglyceride deposits can be reduced by increasing intake of fibrous plants and herbs that dissolve, cleanse or otherwise render these harmful lipids unabsorbable in the bloodstream.

Apple Pectin in the diets of humans and lab animals has been shown to increase the excretion of lipids, cholesterol and the bile acids, and reduce serum cholesterol levels. Apple Pectin may operate by binding with bile acids, thereby decreasing cholesterol and fat absorption. Pectin is also effective in dissolving and preventing gallstones. There is also evidence that the regular use of Apple pectin may lessen the severity of diabetes. Along these lines, it

has been suggested that fiber-depleted diets actually help cause diabetes mellitus. Other studies have shown that fiber and pectin as contained in this blend could lead to permanent changes in insulin requirements. To prevent the possibility of insulin overdose, diabetics should make their physician aware of the dietary change.

Black Cohosh Root: (Cimicifuga Racemosa), A precursor to estrogen, with anti-spasmodic, diuretic and hormone-balancing qualities. Primary Uses: as a specific in many female toning formulas, to relieve menstrual cramps and uterine disorders, encourage estrogen production, and during the last weeks of pregnancy, to facilitate childbirth; in the treatment of arthritic, neurological, and rheumatic pain. Secondary Uses: as part of a formula for ringing in the ears; as a muscle relaxant, as an anti-spasmodic in lung and mucous conditions. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

Cayenne Pepper: (Capsicum Annum), A highly aromatic, carotene-rich digestive and heart tonic with antibacterial qualities, used as a central system catalyst and

circulatory stimulant in many formulations. Used as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; to treat shock, and to prevent the onset of shock (as in heart attacks). Cayenne helps regulate cholesterol and lipid levels. Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

Fenugreek seed: (Trigonella Foenum-Graecum), A soothing mucilaginous herb for metabolism dysfunction and to alleviate mucous congestion in both respiratory and waste elimination systems. Fenugreek is a lecithin containing herb for a cellulite control formula to help dissolve fatty substances; as part of a combination to regulate insulin production and blood sugar use; as part of a digestive aid formula. Fenugreek seeds contain a certain portion of mucilaginous fiber with high viscosity. Fenugreek affects cholesterol levels in the same fashion as Pectin. Nutrients: Amino acids, calcium, essential fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

Hawthorn berry, leaf & flowers: (Crataegus Oxyacantha), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Used in all cardiac tonic combinations to regulate and strengthen the heart, and to provide a definite feeling of well-being through blood pressure and cholesterol reduction. Used to strengthen veins and capillary structure; acts as a digestant for better food use. Nutrients: Amino acid, calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

Plantain: (Plantago

Lanceolata), Plantain mucilage in the diet dramatically reduces serum cholesterol levels. Plantain before meals causes a definite decrease in triglycerides and beta cholesterol (LDL) with a proportional increase of serum levels of alpha cholesterol (HDL) since deficiency in the latter substance has been implicated in Obesity, type II diabetes and atherosclerosis, it is likely that plantain mucilage provides some protection against those diseases. Plantain in a reducing diet for women has resulted in weight loss substantially greater than that obtained by the diet alone. Plantain works probably because it satiates the appetite, thereby limiting caloric intake, and because it reduces the absorption of lipids. Nutrients: Potassium & Vitamin A.

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

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In Appreciation of National Cell Phone Courtesy Month (Initiative)

Submitted by Lisa Ford, Youth and Family, Nutrition Connections UNH Cooperative Extension

I laughed and asked if they were serious. Is there really such a thing as National Cell Phone Courtesy Month? There is. It's in July.

I was recently shown an article about this initiative. After reading the article and pondering the idea, I realized how important it is to bring to light cell phone etiquette and the impact cell phones and technology can play in regard to social and family time.

First cell phones and then smart phones have influenced our behaviors. They have provided us with a way to communicate with one another instantaneously. If we want to send a quick note or piece of information to another person we can send a text. We can access information from the internet right away (in most areas). They enable us to be in contact with whomever we want, whenever we want. In case of an emergency being able to call for help immediately is invaluable!

There are reasons to share

information about cell phone etiquette. Who wants to be interrupted at the movies? During movie previews, one of the reminders is to silence cell phones. Take a college course and you are sure to hear your professor's views on why texting is not allowed during class, it makes it seem like class is not interesting to you, it's not possible to text and listen, and it inhibits and it is distracting to others in the class.

Cell phones can be addicting. On several occasions I was with an individual who was brought-up having access to a cell phone. What was very apparent was the difference she and I had regarding the importance and what is appropriate use of the cell phone (cell phone etiquette). From the time I would pick her up, she was texting. She would put her phone down, cell phone still in hand. The phone would vibrate, our conversation would be interrupted, she'd snicker at the message, press a few buttons, and ask, "Where were

we?" Whatever we had been talking about was forgotten when she continued on with her texting.

After this happened the second time we were together, I realized that this was a way of life for this young person. It was difficult to carry on a conversation that was constantly being interrupted. It was irritating to start and pause and start and pause a conversation.

I thought about this situation for a while. The next time we got together, I brought up the topic right away. I asked if it would be possible for her not to text when we were together. She said she would try. I asked her if she wanted to put her cell phone down so she didn't have to hold it all the time. It was then I realized that phone was more like a part of her being. I was amazed. She was not able to put her phone down. She had to hold onto it. I asked her how she got through a day of school when she couldn't put down her phone. She confessed she gets in a lot of trouble at school for keeping her phone with her and texting. So we practiced. Yes, we actually practiced her putting her phone down and walking away from it.

This may be an extreme situation, but it highlights how unaware this person was of her cell phone habits and how it can affect interacting with other people.

Just the other day, I did a double take! I was walking

through a restaurant located in a hotel and around a table were what looked to be three generations of a family. What astonished me most was that 4 out of the 10 people at the table had cell phones out and they were using them. There was a child at the table, who looked to be about three years old, who was playing with a cell phone. These cell phone users were not being present to spend time with their family members.

This use of the cell phones brought back memories of my friend and made me think of the distraction that they can create. What is cell phone courtesy during mealtime?

We all have busy lives. Therefore, when we gather for family mealtime it's a time to connect with one another; a time to talk about fun and happy things and learn from one another. There has been a lot of research and many articles have been written about making mealtime, family time. We often hear about the importance of unplugging, turning off the TV and computer during meal time. Unplugging includes cell phones.

Mealtime is not just about sitting around the table and eating together. It starts before then.

- Mark the date on the calendar
- Preparing for a meal:
- Ask the family for meal ideas
- Have the children pick out

a new fruit or vegetable to try from the grocery store

- Involve child in age appropriate food preparations:
- Wash fruits and vegetables
- Tear lettuce for a salad
- Stir ingredients
- Have children assist with setting the eating area:
- Wipe the table. If a table is not available, designate an eating space.
- Set the table or eating area
- Remove distractions; animals, books, toys

Family meal time is not about fancy foods. It's a time to come together to enjoy one another's company. A question bowl is great fun! Questions in the bowl should be age appropriate and everyone should take a turn answering. Some questions might include: If you could have a super power, what would it be? What is your favorite food? What are the most important qualities you look for in friends? What is your favorite tradition? Keep conversation upbeat and positive. Keep it happy, fun, and simple.

Children learn from watching. When adults use cell phones to talk or text during dinner, a message is being sent that this behavior is acceptable. It takes away from time when a family can communicate with one another. In recognition of National Cell Phone Courtesy Month, be courteous to your family and those around you. Model appropriate cell phone manners.

Make meal time family time. Unplug and engage.



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I've Let Myself Go!

TRUE OR FALSE?

In the last issue we went over the first three questions in our fitness quiz. Now we'll go over the last three (if you missed the first part, check out the last issue!)

D. Crunches are the best way to work the abdominal muscles.

E. Cardio is the best way to burn fat.

F. Stretching is a good warm-up for your workout.

D. There is no doubt that crunches will strengthen your abdominal muscles. But crunches work just one primary abdominal muscle, the rectus abdominis, which runs down the middle of your trunk. The abdominal girdle is made up of several muscles, running in different directions. The abdominal

muscles, which are a major part of the core muscles, are split into two units: the inner unit and the outer unit. The inner unit stabilizes the spine and includes the transverse abdominis muscle, which is the deepest abdominal muscle. Spine stabilizing muscles are strengthened with isometric or holding exercises, such as the plank. The outer core unit is made up of the muscles that move the spine. The outer unit muscles include the muscles that are more superficial—the ones you see in a "six pack". Because the abdominal muscles run in all different directions, the best way to strengthen these muscles is by using a variety of exercises to target all the muscles. These include holding exercises, twisting exercises, various crunches, leg exercises that originate from the core—these should all be included in your core

workout. You can also add various modalities, such as a stability ball, medicine ball, BOSU Ball, bands, and dumbbells.

E. Cardio is the primary way to burn body fat. Studies show, however, that the best way to burn fat is a combination of cardio and strength training. It's not just during your workout, though, that you'll burn more calories. The "after-burn effect" is the period of time your metabolism is higher, as a result of your workout. The more intense your workout, the longer your after-burn period will last and the higher your metabolism will be following your workout. This is also a great time to replenish your energy stores with some healthy carbs and lean protein to help rebuild muscle tissue.

F. The purpose of a warm-up is to prepare the body for more vigorous exercise and to progressively ease it into

break. Think of the muscles and ligaments as these rubber bands. When warm, they stretch much better and your stretching will be much more effective, because the muscles and ligaments are more pliable. So knowing this, the best time to stretch is actually at the end of your workout.

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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By Ronda Marsh

Irish Caramel Bars

Are these cookies? Are these candy? Truthfully, I'm not sure, but since they're in bar form, I guess we can go with the cookie title for now, and then, when you make them, you can decide for yourself how you want to label them. Since these are so rich, I opted to cut them quite small, and I thought they were perfect with a cup of tea. I found these little gems while cruising some food blogs back in the early spring. The blogger who posted it is a gal named Maggie, who lives in Maine, and

she wrote that she made these for an Irish friend who had given her the recipe. Since they seemed easy enough, and I had all the ingredients on hand, I gave them a whirl one snowy, blowy winter afternoon. To be honest, even though I had followed the author's instructions faithfully, I ended up with an ooey-goey mess, where the layers all kind of globbed together and were impossible to remove from the pan...not at all like the pics she had posted. And although the

ooey-goey mess was certainly very tasty, I really didn't want bars that had more in common with pudding than cookies. So I set out to salvage my creation, then to recreate it and see how I might actually end up with a recipe worth making and sharing with you. Fortunately, all it took was a few extra steps. First of all, I lined the baking pan with a sheet of parchment, which made the finished bars easier to remove and divide. Secondly, I cut back on the amount of chocolate used.



She had called for 2 cups, which made the top layer inordinately thick. If you wish, you could even shave it back to 1 cup, I think. Thirdly, I decided to refrigerate the bars after cooking to allow them to harden, thereby minimizing the goo factor. The makeover was a success! With nice, distinct layers, and a soft but manageable caramel center, these are a great way to celebrate St. Patrick's Day, or any other day where a little something sweet is needed...even in the middle of a summer heat wave!

Shortbread Crust:

- 1-1/4 cup all purpose flour
- 1/4 cup sugar
- 10 tablespoons cold butter

Caramel Filling:

- 1/2 cup butter
- 1/2 cup packed light brown sugar
- 1/2 cup sweetened condensed milk
- 2 tablespoons honey

Chocolate Glaze:

- 1-1/2 cups bittersweet chocolate (I used half bittersweet and half semisweet chips)
- 1 tablespoon shortening

Preheat oven to 350°F. Make shortbread crust by combining flour and sugar in a bowl. Cut in butter until crumbly. Grease a 9" square baking dish then line with parchment paper and grease the parchment. Pat the crumb mixture into the pan to make a crust. Bake for 18-20 minutes or until golden brown. Meanwhile, make the caramel filling by combining all the filling ingredients in a saucepan. Bring to a boil over medium heat. Boil and stir for 5 minutes. Pour over the warm shortbread crust. Allow to cool to room temperature, and then refrigerate an hour or so, until cold. Make the chocolate glaze by melting the chocolate chips and shortening in the microwave for 1 to 1-1/2 minutes, or until almost melted, stirring after 30 second intervals. Stir until smooth and melty. Spread glaze over the cold caramel filling. If you wish, you can sprinkle the hot glaze with chopped nuts or coconut. Cool on a wire rack, and then refrigerate until layers are thoroughly hardened. Lift the parchment out of the pan to a flat surface. Allow to warm for a few minutes before cutting into squares using a sharp knife. Store squares in a tightly sealed container.

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

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