

TRENDY TIMES

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AUGUST 20, 2013 VOLUME 4 NUMBER 23

“Mr. Sandman, Bring Me A Dream...” (Mr. Sandman lyrics, written by Pat Ballard)

*Submitted By: Donna Lee, 4-H and Master Gardener Program Coordinator
UNH Cooperative Extension, Grafton County*

As I contemplated the subject of my article this week, I sat in front of my computer rubbing my blurry eyes. Having just finished a three week push to get ready for the North Haverhill Fair, a week at the fairgrounds, and one week of breakdown and storage, I find myself once again in a state of grogginess. Vacation is coming, that's all I need - right?

According to the National Sleep Foundation, the average adult requires about seven to nine hours of sleep each night, but most of us don't even get that. Colin Smith, Ph.D., a professor at the University of Surrey stated, "Clearly sleep is critical to rebuilding the body and maintaining a functional state, all kinds of damage appear to occur if we can't actually re-

plenish and replace new cells..." The PNAS (Proceedings of the National Academy of Sciences of the United States of America) reported that "insufficient sleep and circadian rhythm disruption are associated with negative health outcomes, including obesity, cardiovascular disease, and cognitive impairment". If lack of sleep is affecting adults in this manner, than how is it impacting our teens?

Here's what I discovered after reading a recent article by Maria Popova entitled, Sleep and the Teenage Brain. Melatonin, a natural hormone created by your body, helps to regulate our sleep cycles. Scientific studies have found that adolescent brains do not start releasing melatonin until around eleven o'clock at night

and keep pumping out the hormone well past sunrise. Adults, however, start this process around 9 pm, and so we start to feel less alert and ready for bed earlier in the evening. Melatonin levels in the blood stay elevated throughout the night for about 12 hours, and so adults have little or no melatonin in their bodies when they wake up.

Now that we have the facts, let's think about how this impacts our youth on a daily basis. In a few weeks our children will be asked to "rise and shine" early for school. Most teens will still be feeling the effects of melatonin in their blood because their bodies didn't start releasing it until 11pm the night before. After they are finally awake, they will be expected to go to school and

stay alert so they can absorb new information and learn. Furthermore, they will have homework, jobs, and extracurricular activities.

During my research for this article, I discovered some interesting information which parents and teens might enjoy reading. In the mid-1990's a school in Edina, Minnesota actually changed their schedule to accommodate teenagers' sleeping habits. This was a decision that came with plenty of criticism and complaints from parents. If you'd like to read more about the impact of this experiment, you can go to: http://www.brainpickings.org/index.php/2013/07/17/sleep-and-the-teenage-brain/?utm_source=buffer&utm_campaign=Buffer&utm_con-

tent=buffer1b2f9&utm_medium=twitter

Before I go any further, let me clarify that I am not advocating we all throw our alarm clocks out the window and show up to school and our jobs whenever we feel like it. What I am trying to say is that there are reasons for our sluggish behavior, and it's not because we haven't had our second cup of coffee yet. It might take some drastic changes on our part, but if you are like me and continually find yourself in a fog, it will be worth the effort. If you'd like some information on healthy sleeping tips, visit the National Sleep Foundation website at <http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips>.

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TRENDY Dining Guide

Bradford Pizza

By Gary Scruton

We had the opportunity once again to visit Bradford Pizza. They are on Main Street in Bradford Village in a site that has seen other food establishments in the past. In fact Bradford Pizza has also seen its own share of changes. There has been a change in ownership as well as location in the past few years. But it seems to have found a good home, a hard working owner, and a fan base that keeps the phones ringing and the kitchen staff busy.

We visited on a Friday evening and began looking up at the big chalk board with plenty of burger, calzone and pizza combinations. Plus there are the wings, chicken fingers and other appetizers that they are fast becoming well know for offering. The specials have some of those fun names. I had a "Fairway Burger". (Bradford has a nice little nine hole course just behind the main street and it's no doubt that many a golfer stops at Bradford Pizza after shooting nine or eighteen holes). This particular burger included cheese and mushrooms (perhaps a reference to what the golfers find when they get off the fairway). It was cooked nicely and was plenty of a meal when I combined it with some onion rings. The onion rings were crisp and tasty as well.

Our order also included a House Special calzone. The friendly girl behind the counter told us that it would take about 20 minutes for the calzone to be ready, and she was right on. This in spite of the fact that when we got to the counter she was already on the phone taking an order and as we decided what to get not only did her phone ring again, but another line went off and was answered by a second attentive member of the staff. Many of those phone orders were "to go" orders. Bradford Pizza offers delivery service in the Bradford area and on nights like this they obviously stay plenty

busy. When the calzone was delivered to our table it was accompanied by the dipping sauce that kind of tops off the good flavor of this product.

The third member of our party ordered a small cheese pizza. It arrived at the table at the same time as the burger and calzone. Nice timing from the staff. Though it was the small size, it was still larger than one person wanted to eat and about half went home in a carry out box.

Like most establishments of this nature costs are kept down by several methods. One being the use of cardboard discs for serving pizza and calzones. These are disposable and do the job nicely. The burger was served on a simple hard plastic washable and reuseable plate. A new item was the plastic utensil dispenser. This unit allowed a user to push a handle and get just one fork, knife or spoon

at a time. Thus eliminating taking more than you need, or for other greasy hands to go thru a full tray of silverware to get the one they want.

Bradford Pizza also offers free wi-fi for those who are waiting for their order, or who have it and want to continue surfing as they enjoy the meal. Also in the dining area are a group of video games that seem to interest the younger set and make life easier for the little ones to wait for the meal to come.

Overall the experience at Bradford Pizza is what you would expect from your local "pizza place". Very good food at reasonable prices. The choice to eat in, take out or have it delivered. A good variety of foods without trying to stretch too far. Entertainment while you wait. And a staff that is pleasant, attentive and willing to work well together.

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

The Rehearsal Dinner

By Elinor P. Mawson

When our younger son set the date for his wedding, we volunteered to do the Rehearsal Dinner. We decided to take everyone to a local restaurant, pay for everything, and get out of our obligation easily.

When Aunt Thelma heard of our plans, she wasn't having any of it. Even though she had 3 sons, she had never put on a party of this type, and was anxious to have a share in it. "You don't have to worry about a thing," she opined, "Just go about everything the way you want, and I will take care of the rest!"

I should have known.

We decided on a menu of turkey, rolls, and salad. I would cook the turkey the day of, and Thelma would carve it while we were at the rehearsal. She would get the condiments ready, and toss the salad just as everyone came through the door--no lines, no waiting. It sounded quite good!

Before we left for the rehearsal, I set up the tables, using beautiful linens and my best plates and silverware. I opened up all the windows because it was a beautiful evening, took the turkey out of the oven, and got out everything Thelma would need to get the party started.

We were midway through the rehearsal when the skies opened up and we had a thunder and lightning

storm of huge proportions. I had never seen so much rain! But I knew that Thelma would have everything in hand, so I put the worries out of my mind.

When we got home (thank heavens we were the first ones through the door) what a sight met my eyes. There was Thelma, sitting in a chair amidst the biggest mess my house had ever been in.

There were pieces of turkey all over the kitchen. It was almost like she had just thrown it in the air after it was carved.

I ran into the dining room. My beautiful table was adorned with a sopping wet linen tablecloth. The turkey was swimming in a platter of water. There was water in the cranberry sauce, the stuffing and the salad.

And the windows were still wide open.

As people came into the house, they were greeted by Thelma (I was hurriedly cleaning up the kitchen). "Come in" she would coo. "I'm Gordon's Aunt Thelma. Make yourself at home, help yourselves to the food".

Oddly enough, it didn't seem like anyone noticed. They ate and drank and didn't say anything about the dampness of the food, or the turkey decorating the countertops.

I feverishly tried to clean up and make things as nor-

mal as I could. I never ate a bite! When everyone finally left, I was still trying to get things set to rights and act like a good hostess even though I was seething with frustration and embarrassment.

Thelma played the hostess the whole time.

My son was so pleased that his rehearsal dinner was at home. He, too, never noticed what a fiasco the party had been.

But every time I look back on that day, I shudder. I am shuddering right now.



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- Sugar House Display
- Demo
- Horse, Pony & Ox Pulling
- Children's Games
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Les Ward – A Fighter Of His Generation – And Today, A Major Contributor To Yours

By Robert Roudebush

I was lucky enough recently to attend the 95th birthday celebration of one member of our country's greatest generation.

Les Ward is a man who dropped bombs in World War II, and then came home and raised a family. On his family's farm after the war, Mr. Ward also raised chickens, good ones, and lots of them, founded Ward Poultry, and the successful company that eventually resulted now produces and distributes large quantities of some of the finest quality organic eggs available in New Hampshire and parts of the rest of the entire United States.

The enterprise is called Pete & Gerry's Organics. Not to be confused with another well-known national distributor of a very different product but with a similar name, "Ben and Jerry's". Pete & Gerry's is a multi-generational affair. Founder Ward ran the company for many years, until he was succeeded by his son Terry Ward and Son-In-Law, Gerry LaFlamme – the "Gerry" in Pete & Gerry's. With a grin speaking of both appreciation and humor, Gerry tells a visitor, "I was lucky enough to marry the farmer's daughter". Gerry was, in turn, recently succeeded as Chief Executive Officer by Les's grandson, Gerry's son, current CEO

Jesse LaFlamme. Both Mr. LaFlammes, the younger and the elder, are possessed of substantial business acumen which neither minds sharing patiently with a visitor. They know the egg business in all its aspects, including the vast differences in approach and quality between what some call "chicken factories", or "mega chicken farming" or "commodity egg farms", versus the sustainable value of much smaller family-owned farms, which produce their eggs. Jesse LaFlamme in particular apparently does not lack for a sense of humor either – his business card lists these initials just under his name – "C E y OIk".

Pete & Gerry's Organics is now a fourth-generation family farm in Monroe, NH, that is dedicated to providing families with fresh, organic, cage-free, Omega-3 rich eggs from hens that are "Certified Humane". That's a trade-marked phrase within the poultry business that's not casually thrown around, but earned within strict guidelines of best management practices. It means the poultry-raisers using it comply with all standards of the Humane Farm Animal Care Program. In fact, Pete & Gerry's was the first Certified Humane egg farm in the entire country. The business works with more than 60 other family-owned farms throughout

the North East and other parts of the United States, ensuring among other goals, that those family-owned farms can continue to stay profitable in a challenging farm-survival atmosphere, and continue to do what they love doing – farming.

The company's excellent eggs are available at most town Co-op grocery stores around, as well as large chains like Shaw's and others. Look for packaging labeled, "Pete & Gerry's Heirloom Eggs", "Organic Eggs", or "Nellie's Cage-Free Eggs". The company's literature describes the special diet consumed by the laying hens – "...whole grains, marigold and alfalfa, grasses, free from by-products, hormones or anti-biotics. They live in cage-free open areas, with inviting nests, dust-baths and outdoor access". Even the company's egg cartons are environmentally conscious – made from recycled, crystal-clear PETE-1 plastic. "When you purchase our eggs and recycle our cartons, you're doing your part to protect the environment."

Les Ward, the pilot turned farmer, a gentleman in either role, does not appear to be his age; with ruddy good color, and abundant flowing white hair, he moves with graceful economy among a small group of family, friends and well-wishers. He's still slim and straight, about the same build as the newly minted Naval Aviator from back in the early 1940s. A recently purchased new



A family portrait in blue - pictured left to right are Pete & Gerry's Organic Eggs just past CEO, Gerry LaFlamme, next is the company's founder Les Ward, also Gerry's father in law, and last is current CEO, Jesse LaFlamme, Gerry's son and Les's grandson. Each is holding one of the company's prolific egg-layers, a Babcock Brown hybrid hen.

Naval Officers Dress uniform for a long-over due special awards ceremony for him – based on the measurements from his twenties – is still just the right size. The belated medal award ceremony recognized meritorious achievements in aerial combat during his Naval service of perhaps 100 missions flown from aboard four different Aircraft Carriers in the Pacific. Aviator Ward received two Distinguished Flying Crosses and six Air Medals, among others.

He was born and raised in Monroe, NH, and then attended and graduated from UNH with a Poultry Husbandry degree in 1940. Mr. Ward still lives in Monroe today, within the beautifully maintained family compound just North up route 135. When in conversation, he leans forward listening carefully, giving complete atten-

tion to the speaker, and responding quietly back.

Among the well-wishers present for the gathering was New Hampshire State Senator Jeff Woodburn, who expressed his good wishes to Mr. Ward, as well as presenting the written sentiments of other state and national political figures. Appreciative proclamations were read from New Hampshire Governor Maggie Hassan, U. S. Senator Jean Shaheen, U. S. Representative Annie Custer, and Executive Councilor Ray Burton. Senator Woodburn spoke to a visitor of his feeling that "Les Ward is probably the most celebrated and spirited farmer in New Hampshire. His character is one of old-fashioned humility and pride in his work ethic – he stood tall on his own before he ever came back from his military service to take up farming. He's a hardy example of North East good character, and I'm looking forward to his one-hundredth birthday, would not be surprised at all".

Mr. Ward is said to walk a couple of miles each day, and stays active with lawn-mowing and weed-whacking duties, and has been known to still like digging ditches when they are needed.

Les Ward – Leslie James Ward, Lieutenant, then Lieutenant-Commander, United States Navy World War II dive-bomber pilot – is a man who fought for his country, survived to come home again, established and raised a family and founded a company. There are many ways to measure wealth, most of them having nothing to do with money. It seems to this observer that Les Ward is a wealthy man, one of the wealthiest I've seen.

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World War II Comes To An End In Bradford

By Gary Scruton

Old Church Theater continues to make some great choices when it comes to choosing plays to be produced at their small, but surprisingly versatile theater in Bradford. The latest choice was a Tony Award winner play called "Mr. Roberts". The play, as so many are, is based on a novel of the same name. The book was written just after World War II, and the play was on Broadway from 1948 until 1951 with over 1100 performances. The play won the Tony for best play and Henry Fonda won a Tony for best actor during that run.

In Bradford it was Chuck Fray who got the part of Mr. Roberts. Chuck performs almost every year at OCT and invariably does a stellar job in the part he is cast. Here he was a very believable Naval Lieutenant serving on a cargo ship in the Pacific during the later stages of World War II. But his hope and dream was to be on one of those real combat ships.

The large cast, almost 20 strong, got a large thank you from director Peter Richards on opening night. It seems that almost anything that could go wrong during practice did go wrong. Up to and including some health issues for the director, the loss of half a dozen actors during rehearsals and even one substitution the final week of production. But the play went on and with very few exceptions seemed to flow very nicely.

The play included some announcements on board the ship. Some of these



sounded live, and some were recorded. But the sound folks and actors did a good job making them heard. The play also had several scenes when a majority of the cast was on stage all at once. For those that know Old Church, you know that the stage is not huge, and when you put a dozen or so people out there at once, with a majority of them portraying sailors coming back from leave, then there needed to be, and was, some tight coordination. Peter has often said that when he directs a play he likes to choose the actors and then "get out of their way". In this case he obviously needed to do much more than that. While many of those on stage were seasoned actors, there were also many newcomers. Add in the scenes mentioned with a large number on stage, and there was obviously some directing that was required. And it was obviously another job well done.

Every play depends on

the actors to make or break it. And putting the right actors in the right part is a big step in that process. Not only was Mr. Roberts cast well, but also the ship's captain, portrayed by Mark Alloway, no stranger to the OCT stage. Mark had the voice, the character and the physical stature to play the part and make it believable. There was also some work done on other members of the crew as a few roles were done by females, something that did not happen in World War II on a US Naval ship.

Though Old Church Theater tends to produce many comedies during its five play annual season, the choice of this drama, and the choices made for those portraying the characters in it, all came together to make for an enjoyable theater experience. It can also be noted that even for those who do not consider themselves theater goers, but enjoy history with a touch of irony, then this might be a good time to visit OCT.

"Mister Roberts"
 By Thomas Heggen and Joshua Logan Directed by Peter Richards
 The famous WW II comedy

Old Church Theater
 Friday & Saturday, August 23, 24 - 7:30pm & Sunday, August 25 - 4pm
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Not all Times are Trendy but there will always be Trendy Times

August 20, 2013

Volume 4 Number 23

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

VESPER SERVICES (AUGUST)

5:00 PM
East Haverhill United Methodist Church

MONDAYS/THURSDAYS

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

THURSDAYS

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, AUGUST 20

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY - SUNDAY

AUGUST 21 - 25

CALEDONIA COUNTY FAIR
Mountainview Park, Lyndonville
See ad on page 3

THURSDAY, AUGUST 22

MEDICARE BOOTCAMP

9:00 AM – 11:00 AM
Northeastern VT Regional Hospital
St. Johnsbury

FRIDAY & SATURDAY,

AUGUST 23 & 24

MISTER ROBERTS
7:30 PM
Old Church Theater, Bradford
See ad and article on page 5

FRIDAY, AUGUST 23

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, AUGUST 24

MT. CUBE LODGE #10 MASONIC AUTO

SHOW & FLEA MARKET
(Open Hours) 603-353-4869
On the Green, Main Street, Orford

THE GREAT CLOTHING GIVEAWAY

9:00 AM – 1:00 PM
Bradford Evangelical Free Church, Rt. 5

GROTON GROWERS TOMATO FESTIVAL

10:00 AM – 1:00 PM
Groton Community Building
See ad and article on page 9

MIKEY WILLIAMS ALUMNI SOCCER GAME

11:00 AM and 1:00 PM
Woodsville High School
See ad on page 5

SUNDAY, AUGUST 25

MISTER ROBERTS

4:00 PM
Old Church Theater, Bradford
See ad and article on page 5

CIRCLE DANCE

4:30 PM – 6:30 PM
Neskaya Movement Arts Center,
1643 Profile Rd.(Rt. 18) Franconia

MONDAY, AUGUST 26

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

SATURDAY, AUGUST 31

SO LONG SUMMER HELLO FALL FESTIVAL

9:00 AM – 2:00 PM
Wells River Village
See ad on page 7

BALDWIN LIBRARY BLOCK PARTY

5:00 PM – 8:00 PM
Behind the bank in downtown Wells River
See ad on page 7

MONDAY, SEPTEMBER 2

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

TUESDAY, SEPTEMBER 3

NH STATE VETERANS COUNCIL

REPRESENTATIVE
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE

CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, SEPTEMBER 4

BALDWIN LIBRARY BOOK DISCUSSION

6:00 PM
Baldwin Library, Wells River
See article on page 7

WOODSVILLE/WELLS RIVER 4TH OF JULY

COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

THURSDAY, SEPTEMBER 5

3 RIVERS BUSINESS ASSOCIATION

MONTHLY MEETING
6:00 PM
All Access Realty
All Seasons Plaza, Woodsville

SATURDAY, SEPTEMBER 7

ALZHEIMER WALK & BAKE SALE

9:00 AM – 11:00 AM
Grafton Country Nursing Home, North Haverhill

SUNDAY, SEPTEMBER 8

BREAKFAST

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

MONDAY, SEPTEMBER 9

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

DIABETES SUPPORT GROUP

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

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 29th for our September 3rd issue.

Bath Public Library Book Club

The Bath Library Book Club will be discussing "Strength in What Remains" by Tracy Kidder on Thursday, September 12th at 7pm at the Bath Public Library. Deo arrives in the United States from Burundi in search of a new life. Having survived a civil war and genocide, he lands at JFK airport with two hundred dollars, no English, and no con-

tacts. He ekes out a precarious existence delivering groceries, living in Central Park, and learning English by reading dictionaries in bookstores. Then Deo begins to meet the strangers who will change his life, pointing him eventually in the direction of Columbia University, medical school, and a life devoted to healing. Books may be picked up at the Bath Li-

brary; 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.

Baldwin Memorial Library Book Discussions

Wells River – The Baldwin Memorial Library in Wells River continues its book discussion series "250 Years of Bestsellers" to celebrate the Haverhill/Newbury 250th anniversary. On Wednesday, September 4 at 6:00 pm, Raymond Chandler's "The Long Goodbye", published in 1953, will be the featured book. Chandler is credited with transforming both crime fiction and American language with his hard-boiled, darkly humorous noirs star-

ring private detective Philip Marlowe.

On Friday, September 27 at 7:00 pm, the discussion will focus on selected works by Robert Frost. Frost lived and wrote on both sides of the river, allowing both VT and NH to claim him as native son, and his poetry remains one of the quintessential voices of New England. Newbury resident and Poet Laureate of Vermont Sydney Lea will lead

the discussion and offer some unique insights into Frost's work.

Copies of the readings are available at the library, and newcomers are always welcome at the discussions. For more information, call 802-757-2693. Discussion selections for later in the fall include "Catch-22" by Joseph Heller and "Woman Warrior" by Maxine Hong Kingston. The final book for the year has yet to be chosen.

Call For Artists For Fall Festival In Lisbon

Call for artists to participate in the Lisbon, Fall Festival of the Arts, People's Art Show. Drop off your art at the White Church in Lisbon Sept. 12 between 10 and 4 PM. Example art categories are

painting, drawing, photography, fiber art, ceramics, 3-D art, and children's category. Sponsored by the Ammonoosuc Region Arts Council.

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How To Read A Newspaper

By Sheila Asselin

I like newspapers but I feel they must be a dying breed now that the Washington Post is out of the hands of the Graham family and the Boston Globe has been purchased also.

This is how I read a newspaper. First the comics. The New York Times bills itself as the newspaper of record and publishes "all the news that is fit to print" but what self respecting newspaper does not have comics. How is a poor ignorant slob like me able to approach the grimness of the front page without a liberal dose of fun first?

First the comics to start off my news day. Next the sports page which can be either comic or tragic depending on how you feel about the Red Sox. All the doping and vehement denials. Guilty or not A-Rod with 23 million will not have to work another day in his life. I am supposed to feel sorry for him? I do not think so! Same goes for

Tiger Woods, Lance Armstrong, Pete Rose. There are plenty of filthy rich whiners out there so just fill in the name of your favorite felon.

On to the metro section and local news. I always check to see if anything happened in New Hampshire overnight that merits national coverage. Gang shootings and larceny. This is starting to look pretty grim.

I do check the obits to see if anyone I know died. I must say the names of rock stars who died of overdoses leave my mind blank. Heck I did not recognize them when they were alive. Sometimes it is a great humanitarian who passed away in their nineties while still fighting the good fight to the end. These are people I know or if not sincerely wish I had. We cannot have too many people like this in the world.

Nodding my head in agreement or violently cursing under my breath at the opinions I do

not agree with I scan the op-end pages. Depending on your political persuasion these are either gems of enlightenment or utter garbage. Armed with the shield of my own self righteousness I brace myself for the front page.

Riots in (?) choose a country Syria, Egypt, Quebec. Quebec? Upper Volta. Fill in the blanks yourself. Stolen elections in Uganda, Russia, Florida. Make your own list.

But occasionally even the front page can be amusing. I see the headline ANTONY WIENER INKS 50M DEAL WITH OSCAR MEYERS. Not to be outdone the Republicans way to stop the presses and hold for a big story. There was a "friendly fire" incident recently in Lakehurst, New Jersey when visiting Gov. Chris Christy was mistaken for an enemy dirigible and fired upon. The governor was uninjured but his ego was greatly deflated.

The Green Mountain Massage School Opens In East Hardwick, VT

Hardwick, VT – Fall is right around the corner and it's the perfect time to start a new career in Massage Therapy! Want to increase your earning potential? Interested in helping others with their healing process? Explore YOUR potential with a certificate in Massage Therapy from the Green Mountain Massage School (GMMS). The Green Mountain Massage School is moving into the brand new downstairs office space at Hardwick Chiropractic.

The Green Mountain Massage School believes a strong knowledge of Anatomy, Physiology, and Ethics, blended with an energetic understanding of the body, creates a solid foundation for skilled massage therapists. Their classes provide students with an opportunity to learn essential massage skills, while requiring academic coursework through a variety of learning styles.


The GMMS curriculum allows for schedule flexibility through a combination of

hands on instruction with distance learning activities to provide a unique blend of the traditional classroom experience with modern day technology.

The Green Mountain Massage School prepares graduates to be successful certified massage practitioners who are able to treat the whole person, with a mix of modalities, in various clinical settings, to achieve noticeable therapeutic results for their clients.

Upon successful completion of the Green Mountain Massage School, students will receive a transcript, and a certificate of completion. Students will then be eligible to sit for the NCETM or NCETMB through the National Certification Board for Therapeutic Massage and Bodywork, or the MBLEx through the Federation of State Massage Therapy Boards.


For more information e-mail andrea@gmmschool.com or call Andrea Altman at 802-279-6400.



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Tad Svendsen

Weekdays PM Drive 3:00pm - 8:00pm

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Never Ending Fun At Groton Growers Tomato Festival

By Marianne L. Kelly

GROTON, VT—As usual summer has sped by...but it's not over yet!

Summer festivities continue, as the fun, family friendly Groton Growers Farmer's Market holds their second annual tomato festival on Aug. 24 from 10-1.

Last year's festival saw about a dozen entrants in their tomato tasting contest, and the winner received a valuable gift certificate to the market. This year's festival promises to be just as much fun, as once again the contest is open to anyone who thinks they grow a great, tasty tomato. A Groton Growers gift certificate will be awarded to the winner. As the kids like to say, "Bring it on!"

Entries must be received at the market no later than 11am. Each entry will receive a ballot number. Visitors and customers will taste each, and vote for the one they like best. Considering the variety of tomatoes entered, from heirloom to big beef and beyond, the challenge is for the

tasters as well as the contestants.

Not willing to be outdone, vendors will offer their own tomato specialties from quiche to pizza, tomato and cheddar cheese bites and more. Brown's Market Bistro, in keeping with the tomato theme is offering fried green tomatoes with lunch. If you haven't already seen it, the movie entitled, "Fried Green Tomatoes" is on DVD, and will definitely put you in the mood for a good time.

Also available are a great variety of summer veggies along with breakfast pastries, pies, cookies, homemade breads, pizza, brownies, coffee loaves, maple syrup, Vermont cheddar cheese, peanut brittle, locally produced meats, jams, jellies, soaps, lotions, tea melts, and more. Try a cup of ginger maple iced tea for a refreshing lift.

You never have to wonder or guess where the food and products you purchase come from. When you buy from the Groton Growers,

you buy directly from the growers and producers. Some might even be your neighbors and friends.

One vendor said, "We may even have some entertainment for you to enjoy, so stop by and check us out!"

Looking for a special gift that is not mass-produced and that you won't find in box stores? You'll find fine quality, affordable crafts from quilted bags and embroidered towels to beautifully executed wood burned, hand colored lazy Susans and more.

Don't forget to bring those knives, scissors and small tools to be sharpened while you enjoy all the market has to offer.

Labor Day is just around the corner, and the vendors are looking forward to seeing you at their "end of summer" lawn party on Aug. 31. You just never know what surprises await you. The fun never ends.

Groton Growers is planning their annual Apple Festival for next month complete



with an apple pie contest. Last year the competition was fierce, so get out your rolling pins and favorite recipes and prepare to do battle.

The Groton Growers

Farmers Market is located on the front lawn of the Groton Community Building, Rte. 302, is open every Sat., rain or shine from 10-1, and now accepts EBT cards.

See you at the market!

Fall Foliage Cruise On Lake Memphremogog

The Senior Center will be going to Newport, VT on Monday Sept 30, 2013. There will be a 1.5 hours foliage cruise on the lake then on to the East Side Restaurant for a buffet lunch. The cost is \$50.00 per person, which includes bus transportation, buffet lunch that will include grilled chicken and haddock, the cruise and tip for driver.

Please make reservation by Sept 2, 2013 by calling 802-222-4782 or mailing to OESC-176 Waits River Road, Bradford, VT 0503

The Visiting Nurse and Alliance are doing a wellness clinic on the 3rd Friday of the month from 10:30 a.m. until 12:00 p.m.. This includes a blood pressure check and a wellness check. The next wellness clinic is August 16. The East Corinth Cribbage Club will be starting at O.E.S.C on Wednesday, September 18, 2013 for the 2013-2014 season at 7:00 p.m. Cost is \$2.00 per night. A raffle drawing will be held

on the last Wednesday of every month. Any level welcome—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

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!

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GROTON GROWERS FARMERS MARKET
 RTE 302-GROTON COMMUNITY BUILDING

2ND ANNUAL TOMATO FESTIVAL
Saturday, August 24, 2013
10:00 am - 1:00 pm

Grow a great tomato?
 Enter it into our tomato tasting contest by 11 am
 Visitors and customers will taste each entry and choose the winner.

Winner receives a \$10 market gift certificate

We are bursting with summer veggies, homemade breads, pizza, brownies, pies, shitake mushrooms, breakfast pastries, cookies, pizza, kettle corn for all you popcorn lovers, Vt. cheese, eggs, chicken, sausage, pork, bacon, goats meat, maple syrup, soda, honey, jams, jellies, pickles, fresh cut flowers, beautiful quality crafts, soaps, lotions, tea melts and more.
 Knives and scissors sharpened while you shop.

Coming soon: Groton Growers annual apple pie contest.

Don't forget to join us on August 31 for our "end of summer" lawn party.

We now accept EBT cards.

See You At The Market!

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(l-r) Sheriff Doug Dutile, Sam and Samantha Brown of Wentworth, and Sen. Forrester at Sam's graduation from the Police Academy in Concord. Photo courtesy of Jeanie Forrester

On Wednesday, July 24, 2013, at the North Haverhill Fair, the Commissioners' Award of Excellence in Agriculture was presented to the Friendly Fences 4-H Club for their display in the exhibit hall!! (L to R: Derrick Nadeau, Erva Barnes, and Tyler Anderson). Photo courtesy of Grafton County Extension Service.



Central Vermont Chapter Ducks Unlimited Annual Fundraising Dinner & Auction

FRIDAY, SEPTEMBER 20, 2013
 Cocktail Hour With Raffles & Games 5:00 pm
 Dinner 6:30pm
 Auctioneer: Warren Earle
 Elks Club
 Gallison Hill • 203 Country Club Rd • Montpelier, VT

GRAND DOOR PRIZE

Come join us for the fundraising event of the season with all of your friends & fellow sportsmen. Raffles & auction with many sought after items will be offered including: hunting & fishing equipment, collectible wildlife artwork, guns, watercraft, fishing & hunting trips, ladies & youth items & much more.

TICKET PRICES

SINGLE: \$85 includes a Ducks Unlimited membership
 COUPLE: \$85 including one membership
 SPONSOR MEMBER: \$275 for a single Sponsorship membership
 SPONSOR COUPLE: \$300 includes one sponsor membership
 GREENWING: (17 & under) \$30 per child

FOR TICKETS OR INFORMATION CONTACT
 Mike or Debbie Bard 802-244-6292 or Vicki or Doug Jasman 802-229-4275 or by mail with a check payable to DUCKS UNLIMITED to DU Central Vermont Chapter c/o Michael Bard 406 Mansion Hollow Rd Waterbury Center, VT 05677

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

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Once in a while, folks managed to get surprised. After all her years of working with the North Haverhill Fair 4-H Dairy Show, Anita Cate was honored with the 2013 Dairy Show Dedication on July 26th. Shown with her is Howard Hatch of Hatchland Dairy, presenting the award. Anita created the award sixteen years ago to honor folks who have supported the 4-H Dairy program at the North Haverhill Fair. Photo courtesy of Grafton County Extension Service.

HAVERHILL, 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. Broker/Owner \$69,500.

NORTH HAVERHILL, NH - Lovely Ranch featuring 1692 sq.ft. of living area, Living Room, Dining Room, modern Kitchen fully appointed, 2 bedrooms, 2 bathrooms, central vac, hardwood floors, vinyl sided, level .48 of an acre, 2 car garage and mini garage for additional storage. Easy commute from this location. \$157,500

LAND AVAILABLE

Bath, NH - Lot 7.75 Acres-Level Pasture area and woods. Rural setting, great for horses, town road, some owner financing available to qualified buyer. \$98,900.

Haverhill, NH - Over 2 Acres on Waterman Brook, shared private road, quiet rural setting on dead end. \$14,500.

Newbury, VT - Water & Septic installed on 1.3 acres, paved road with power at site. Excellent opportunity \$39,500.

Haverhill, NH - Waterfront Lot located in Mountain Lakes, Lot .30 of an acre, rural setting, enjoy the lakes & beaches. \$30,000.

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WELLS RIVER ACTION PROGRAM (WRAP) PRESENTS:
"SO LONG SUMMER HELLO FALL" FESTIVAL
 Saturday, August 31, 2013 • 9:00am - 2:00pm • Wells River Village

MAIN AND RAILROAD STREET
 Yard Sale Items - Maple Syrup - CDs - info about Vt Health Exchange
 250th Souvenirs - Books by local authors - colored glassware and more

MERCHANTS DAY OF FESTIVAL SPECIALS
 Baldwin Library - Side Walk Book Sale • Big Cones - Ice Cream Cone Special
 Burnham Shoes - Sidewalk Sale • Copies and More - 15% off Selected Office Supplies
 Dad's 4x4 - \$10 Refills on 20 lb. LP Gas Cylinders
 Jiffy Man - Lunch Special • Tj's Lunch Counter - Lunch Special

GIANT ZUCCHINI CONTEST: 10 am - 12 pm - Fun prizes!

CROP SWAP: Share your harvest (please drop off your vegetables by 10am)

AT THE WELCOME CENTER: Coffee & Bake Sale, Lily B Cupcakes & More

IN STOREFRONT AT 51 MAIN STREET: Celebrating 250 Years - Memorabilia of Past Celebrations

IN PARKING LOT BEHIND WRSB 5:00pm
 Block Party / Dance / Cookout Sponsored By Baldwin Library
 Music By Brian Emerson & Friends

For information contact Peggy Hewes at the Library, 802-757-2693; wells_river@vals.state.vt.us or contact Richard M Roderick at 802-757-2708; maxinpala@hotmail.com

Ad Sponsored By Big Cones

Sunny Day For The 4-H Golf Tournament ¹¹

By Kathleen Jablonski, Field Specialist, UNH Cooperative Extension, Grafton County

Brilliant sun, blue skies, soggy ground, but a spectacular day for golf in Grafton County as 16 teams vied for the championship at the 17th Annual Grafton County 4-H Leaders' Association Golf Tournament.

The Grafton County 4-H Leaders' Association would like to thank all the sponsors and contributors for making this event a success.

The team representing Hayloft Inn at Blackmount Country Club, L.L.C. was declared the winner. Team members were Ruth Maffei, Beth Twombly, Ernie Lyndes, and Ed Chamberlain. Inn owners Ann Clement and Joyce Read were ecstatic the team they sponsored won the event.

Second and third place winners were teams sponsored by Blackmount Equipment and Wells River Chevrolet.

Cooperative Insurance of Bradford, Vermont, was the event's Gold Sponsor. Thanks to their contributions, each golfer received an embroidered tote bag filled with goodies from local businesses. Playing for Cooperative Insurance were Randy and Storme O'Dell, Bruce Slack and Rendell Tullar.

Bronze sponsors for the event were: Blackmount Country Club, Blackmount Equipment, Budget Lumber, Darrell Louis Insurance, Fore-U Golf Center, Grafton County Farm Bureau, H. P. Cummings Construction Company, Harry Burgess Surveying, Hayloft Inn, Poulin Grain, Poulas Insurance, Royal Electric, Wells River Chevrolet, Windy Port Farm and WYKR.

Contests were held throughout the day. Male and Female winners were as follows. Putting contest was won by Ken Horton and Carol Hard. They received gift certificates to Blackmount Coun-

try Club. The Longest Drive contest winners, Sam Roy and Cindy Shieman, received gift cards to Gordi's Fish and Steak House and Jesse's Restaurant. Cindy Shieman and Ernie Lyndes won the Closest to the Pin contest and received gift cards to The Common Man and Shiloh's Restaurant. The Accuracy Contest revealed a tie for the male winners, Zach Smith and Larry Shieman. They earned a Happy Hour gift card and one dozen golf balls respectively. Beth Twombly earned a gift certificate to Cider House Café. The Longest Putt contest winners were presented with a gift card to Woodstock Inn for Rob Stoddard and Dot Garrett earned the Koto Steak House gift card. The team from Hayloft Inn won the Chipping Contest and one dozen golf balls per team member.

Each team received a round of golf sponsored by contributing golf courses. This year's contributors for prizes were Owl's Nest, Country Club of New Hampshire, The Maplewood, Waumbek Golf Club, Bethlehem Country Club, An-

droscoggin Valley Country Club, Lake Morey Resort, Loudon Country Club, St. Johnsbury Country Club, Blackmount Country Club, Den Brae Golf Club, Neshobe Country Club, Bradford Golf Club, Highland Links Golf Club, Carter Country Club, Ragged Mountain Golf Club and Canterbury Woods Country Club.

Many other businesses helped support the event with raffle prizes, silent auction items and gift cards. For a complete listing, visit the UNHCE Grafton County 4-H website at: <http://extension.unh.edu/Grafton-County-4-H>

It takes a year for the Leaders' Association committee to plan this event. Members were Van Anderson, Chair, Dana Huntington, Linda Stoddard, Joyce Read, Marilyn Fuller, Ann Clement, Faith Della Rova, Amy Gall, John Stoddard, Sally Dadovich and Kathy Jablonski. Plans are well underway for the 18th annual tournament in 2014. If you're interested, please contact any committee member or the Extension office at 603-787-6944.



The 17th Annual Grafton County 4-H Leaders' Association "Playing for Clover" Golf Tournament was held on August 10 at Blackmount Country Club. The tourney raises funds to support 4-H events in Grafton County, New Hampshire. Pictured, from left to right, are Michael Aremberg, Ray Aremberg, Carl Hard, and Zach Smith, members of the Blackmount Equipment team, second place winners.

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OBITUARY

WILLIAM MARVIN HERBERT, SR.



Barre/Montpelier, VT area and was the night police officer in Northfield, VT, for a time. Then in the 1980's, he ran a CB radio shop called Sharp Shooters in East Barre. He was a former owner of Grandpa's New and Used Store in North Haverhill, NH, from which he retired.

As a child, William sang on WDEV radio in Waterbury. He enjoyed going to yard sales and visiting with people. He was passionate about wheeling and dealing.

On March 10, 2005, he was predeceased by his wife Anna M. (Duffey) Herbert, to whom he was married on May 5, 1955.

He is survived by two daughters, Beverly Martin and husband Robert of Lebanon, VA and Jacqueline Webster and husband Dan of Groton;

two sons, William M. Herbert II and wife Laura and James D. Herbert and wife Mabel, both of Groton; 20 grandchildren and 27 great grandchildren; two brothers in law, Leo Lattimer of Isle La Motte, VT; and Jack Duffey of Barre; and nieces, nephews and cousins.

There will be no calling hours.

A graveside service was held on Wednesday, August 14, at 11 AM in the Groton Village Cemetery, Groton.

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

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.

Groton, VT - William Marvin Herbert, Sr., 78, of Clarks Landing, died at St. Johnsbury Health and Rehabilitation Center in St. Johnsbury, VT.

William was born in Waterbury, VT on February 27, 1935 and attended Waterbury High School.

William was an Airman with the US Air Force and with the Air National Guard of Vermont. In the 1960's, he owned and operated a private detective business in the

OBITUARY – ISABELLE R. THAYER



and a correspondent for the New England Holstein Association for many years. Along with being a member of the Grafton County Farm Bureau and the North Haverhill Methodist Church were she helped with many church suppers. For fourteen years she drove school bus making sure that kids made it to and from school safely.

She enjoyed cooking, sewing, reading, word puzzles, and gardening. Most of all she enjoyed having big family gatherings where she prepared delicious meals for all to enjoy.

She was predeceased by her husband, Orman "Red" Thayer, Sr. on October 30, 2006; a son, Orman Thayer, Jr, on December 6, 2010; a daughter in law Barbara J. Thayer on November 28, 2009; her parents; four sisters, Francese Crowe, Bernice Boomhower, Ida Fortier, and Winifred Cooney; and two brothers, Oliver and Owen "Jake" Moulton.

Survivors include a daughter, Barbara Thayer Norcross, and Eddie of Haverhill; a daughter in law, Alice Thayer of Laconia; three sons, Wayne Thayer of Dover, Raymond Thayer and Cyrena Gadwah, and Howard Thayer and Annie

Boutin, all of North Haverhill; 8 grandchildren, Peter Thayer, Craig Nick Thayer, Angela Ricker, Meagan Thayer, Allyson Hobby, Beau Norcross, Aime Thayer, and Troy Thayer; 14 great grandchildren; a sister, lola Blair of North Haverhill; a sister in law, Dorothy Moulton of North Haverhill; and numerous nieces and nephews.

The family would like to thank Isabelle's caregivers: Susie Dube, Amanda Norcross, and Anthony Batal for all their love and kindness.

At Isabelle's request there will be no calling hours.

The funeral service will be on Tuesday, August 20, at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Earl Brock officiating.

Burial will follow in Center Haverhill Cemetery.

For those who wish, the family suggests that memorial contributions can be made to Visiting Nurse Association & Hospice of VT and NH, P O Box 976, White River Junction, VT, 05001-0976.

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

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

Haverhill, NH – Isabelle R. Thayer, 90, formerly of Briar Hill Road, passed away on Thursday, August 15, 2013 at her home, following a period of failing health.

She was born in Haverhill, NH, February 21, 1923, a daughter of Max E. and Della A. (Brill) Moulton to a family of eight. Isabelle attended school for eight years at the Bath one room schoolhouse, and later graduated from Haverhill Academy Class of 1940. On September 20, 1940 she married Orman "Red" Thayer, a marriage of 66 years. During this time they raised five children together along with owning and operating Thayer Farm on Briar Hill. She enjoyed registering the cattle and keeping for the farm, and helping "Red" with chores when the children were busy showing cattle at the fair.

Isabelle was an officer of the former Pink Granite Grange

OBITUARY

MICHAEL LEE GOSS



a son, Jacob Goss; a brother, Charles "Charlie" Goss; and a great nephew, Jason Webber, Jr.

Survivors include his two children, Ryan Goss of Lincoln, NH and Nathan Goss of St. Johnsbury, VT; his mother, Marcia LaLonde of Tempe, AZ; his father, Charles "Charlie" Goss of West Burke, VT; a sister, Rebecca "Becky" Goss of West Burke, VT; his companion, Barbara Flanders of Bradford, VT, and aunts, uncles, nieces, nephews, and cousins.

There will be no calling hours.

A graveside service was held on Friday, August 9, 2013 at 11 AM at the Howland Cemetery, Burke Hollow, VT with Rev. Dr. Robert Potter officiating.

In lieu of flowers, memorial contributions may be made to the Kingdom Recovery Center, 297 Summer Street, St. Johnsbury, VT 05819.

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.

Bradford, VT – Michael Lee Goss, 51, died on Saturday, August 3, 2013 at the VA Regional Medical Hospital in White River Junction, VT.

He was born in St. Johnsbury, VT, November 10, 1961, the son of Charles Locke and Marcia (Hanscom) Goss. Michael graduated from Danville High School, class of 1979. Michael served with U. S. Navy Seabees from August 27, 1979 to August 26, 1982. He was stationed in Guam and Diego Garcia. Michael had lived in the Northeast Kingdom and Upper Valley most of his life. He was a cabinet maker and worked for a number of carpenters in the area over the years. He enjoyed fishing, storytelling, and camping. He has done a lot of work for Stephen Huneck at Dog Mountain in St. Johnsbury, VT.

He was predeceased by

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What Do New Investors Really Need To Know?

If you're starting out as an investor, you might be feeling overwhelmed. After all, it seems like there's just so much to know. How can you get enough of a handle on basic investment concepts so that you're comfortable in making well-informed choices?

Actually, you can get a good grip on the investment process by becoming familiar with a few basic concepts, such as these:

Stocks versus Bonds — When you buy stocks, or stock-based investments, you are buying ownership shares in companies. Generally speaking, it's a good idea to buy shares of quality companies and to hold these shares for the long term. This strategy may help you eventually overcome short-term price declines, which may affect all stocks. Keep in mind, though, that when buying stocks, there are no guarantees you won't lose some or all of your investment.

By contrast, when you purchase bonds, you aren't becoming an "owner" — rather, you are lending money to a company or a governmental unit. Barring default, you can expect to receive regular interest

payments for as long as you own your bond, and when it matures, you can expect to get your principal back. However, bond prices do rise and fall, typically moving in the opposite direction of interest rates. So if you wanted to sell a bond before it matures, and interest rates have recently risen, you may have to offer your bond at a price lower than its face value.

For the most part, stocks are purchased for their growth potential (although many stocks do offer income, in the form of dividends), while bonds are bought for the income stream provided by interest payments. Ideally, though, it is important to build a diversified portfolio containing stocks, bonds, certificates of deposit (CDs), government securities and other investments designed to meet your goals and risk tolerances. Diversification is a strategy designed to help reduce the effects of market volatility on your portfolio; keep in mind, however, that diversification, by itself, can't guarantee a profit or protect against loss.

Risk versus Reward — All investments carry some type of risk: Stocks and bonds can decline in value, while investments such as CDs can lose purchasing power over time. One important thing to keep in mind is that, generally, the greater the potential reward, the higher the risk.

Setting goals — As an investor,

you need to set goals for your investment portfolio, such as providing resources for retirement or helping pay for your children's college educations.

Knowing your own investment personality — Everyone has different investment personalities — some people can accept more risk in the hopes of greater rewards, while others are not comfortable with risk at all. It's essential that you know your investment personality when you begin investing, and throughout your years as an investor.

Investing is a long-term process — It generally takes decades of patience, perseverance and good decisions for investors to accumulate the substantial financial resources they'll need for their long-term goals.

By keeping these concepts in mind as your begin your journey through the investment world, you'll be better prepared for the twists and turns you'll encounter along the way as you pursue your financial goals.

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

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FIRE AND FIBER

Pottery By Robert Compton, Weaving By Christine Homer

Robert Compton's pottery and Christine Homer's weaving will be on view at the Guild, 430 Railroad Street, St. Johnsbury, from August 12 through September 26.

Compton's pottery ranges from petite porcelain tea bowls to huge urns reminiscent of Greek amphora. Robert's inventive nature has created such unusual works as hanging stoneware aquariums and 6 foot tall porcelain waterfalls.

Robert set up his pottery in 1972, on a former dairy farm in Bristol, Vermont. It has expanded into an extensive studio with an eclectic mixture of architecture and buildings.

His studio is unique in having a wide variety of kilns built by him; including a Japanese style "No-borigama" two-chambered

kiln, a single chambered salt kiln, a Raku kiln, a gas fired car kiln, as well as a primitive pit kiln. Each kiln fires pots in a specific and unusual manner marking the surface of pots with flashes of color and texture.

His work is comprised of functional Stoneware pottery as well as decorative Raku and Pit Fired vessels. Traditional glazes such as Temmoku, Celadon and Shino are enhanced by "fly ash". Toasty blushes of color mark the unglazed portions of pots fired in the wood kiln. Pots with nearly identical forms may enter the firing, but each will emerge with a color, texture and character unique to its placement in the kiln. Wood firing requires a large expenditure of time and energy, but no other firing method gives such honest and distinctive results.

Christine Homer, Robert's wife, has had an interest in weaving and spinning, from a young age. Visiting outdoor history museums as a child introduced her to historic textile tools.

Her path in textiles began at Philadelphia College of Art followed by teaching art in a public school. After graduate school she worked at Philipsburg Manor, a living history museum in NY.

Cooking on an open hearth, milking cows, running a water-powered grist mill, spinning and weaving inspired her to continue her love of history & textiles when she moved to Vermont in 1980. She raises Border Leicester sheep, a source of wool fiber she washes, cards and spins into skeins of yarn.

After years of working with wool, silk, and cotton,



Robert firing a raku pot.



Christine at her loom.

Christine now focuses on weaving Rayon Chenille scarves and shawls, using a counter balanced Le Clerc loom. Chenille is a woven yarn, which gives a velvet feeling to the work she makes.

Rayon is a fiber made from cellulose, created as an alternative to silk. Rayon has

a natural sheen and shows color well. Color is important aspect of Christine's work, using subtle colors or vibrant blends that call to her when she is creating a new warp for her loom.

Guild hours: Monday-Saturday 10:30-5:30. 802-748-0158. www.nekartisansguild.com

Letter To The Editor

Remembering Our Veterans

I received a recent email from an old Vietnam buddy from Idaho in response to an email I forwarded to him about the recent anniversary of General James Doolittle's famous raid over Japan following the bombing of Pearl Harbor, immortalized in the movie, *Thirty Seconds Over Tokyo*. Earlier this year the last four survivors of that raid, all in their nineties, gathered for perhaps the last time for their annual reunion and ritual of toasting their comrades who have passed on.

My good friend remarked about the significant difference between the World War II veterans and those of us who served during Vietnam. "They have great reunions. The majority of us did not keep up with each other because most of us hid the fact we served in Vietnam." What a shame that so many of our Vietnam veterans still feel shunned some 40 years after the war ended. We answered our countries call and got blamed for our patriotism. Judging from the many who visited and paid their respects to the 58,267 fallen heroes whose names appeared on the Vietnam Memorial Traveling Wall in No. Haverhill

John,

Let me start by saying thank you to you. Not only for this letter, but also for your service to this country. I can also claim to be a Vietnam era veteran. Though my military experience was short lived due to a genetic medical issue I am still proud to be a member of our local American Legion post. In being a member and joining my comrades in parades and other events I have received thanks from members of the public. I am proud to accept those appreciative remarks even if I, personally, do not feel worthy. But I accept them in the name of those who you mention. The hundred and thousands of local and nationwide veterans who so deserve such accolades.

The two events you mention certainly did bring out a crowd. And many of those who attended, both veterans and non-veterans, were moved deeply. Let us all hope that events like this continue to happen, and happen more often.

Again, thank you for your service, and thanks to all of the other veterans out there who have also answered our nation's call.

Gary Scruton, Editor

this past May and by the 2000 plus in attendance at the Vietnam Veterans Welcome Home Ceremony in Concord on March 30th of this year that long overdue Welcome Home is slowly becoming a reality.

There are Vietnam and Vietnam era veterans out there still hurting from the way they were treated upon returning home. As Americans we need to continue to reach out and extend the thanks and Welcome Home they never received.

The glasses will soon be emptied for the last of the Doolittle Raiders as well as our other living WW II vets. Next in line is the aging population of Korean War veterans followed by those who served during the Vietnam era. While they are still with us give thanks for their service with a special long overdue Welcome Home to the Vietnam and Vietnam era veterans. I have received my due and I hope you will join me in thanking other Vietnam era veterans and all the men and women from all branches of the service, past and present, for their sacrifices for our country. A thank you for your service will make their day. You can't thank them enough.

John O'Brien
Orford



NH Fish and Game Instructors from the Ammonoosuc Fish and Game club taught "Bow Hunter Safety Education" class on Saturday August 3rd. All students passed the test.

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A Walk In The Woods - August 2013

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Despite the wet summer weather, I have spent a lot of time in the woods lately. This is the advantage of having dogs; we get out together for long free walks. No matter what the weather is, the dogs and I get out every day.

We walk and listen to the birds. I am usually soaking wet or very hot and the biting insects swarm around me. Without the dogs to provide the incentive, being in the woods this time of year would not be all that enjoyable. This year's wet weather has been detrimental to ground nesting birds such as grouse, woodcock and

turkeys. Other birds that nest in shrubs and trees are doing great. The weather has brought an increase in insect activity and the songbirds are really taking advantage of it.

I truly enjoy life as a forester. This profession allows me to spend seemingly endless time working in the woods, in all seasons and all conditions. Happily, I have also been able to help so many people enjoy their land and public land during my time as a forester.

I am often asked how I chose this path. How did a hopeless day dreamer (a

phrase often used by my grade school teachers when meeting with my parents) end up with a career spent in the woods with my dogs. The answer is fairly simple, but has many chapters. Like many forestry professionals I spent a lot of my younger years hunting, fishing and camping and from this came an interest in making a living out of it. However the story goes a little deeper than that.

I grew up in Lancaster NH. I lived in a neighborhood that was close to town, but had a lot of forest on the edges. My best friends, Mike Kopp and his younger brother Keith and I would spend hours wandering these woods getting into all sorts of trouble, including the occasional fist fight between Mike and Keith. Our parents offered us incredible freedom and let us wander and explore pretty much what we wanted.

Mike and Keith are very

mechanically minded, a trait passed to them by their dad Kevin. We were often stuck in the woods with a broken down snow machine and while Mike and Keith fixed the problem (or not) I would wander around looking at trees and searching for wildlife. All of this happened at very young ages. Our parents trusted us with a lot at a young age and this was very important. It was incredibly dangerous at times (little did they know) but we all survived and thanks to that freedom we all turned out OK.

From these early explorations my interests grew into management and protection of forests, plants and animals. I eventually told my dad that I was going to have a job that allowed me to be in the woods a lot and have a dog with me. He got a laugh out of that but supported my crazy dream. The rest is history.

So where am I headed with all of this? I spend most

of my time working with landowners but I am also very interested in helping future forestry and wildlife students find their way in life. Getting here was not as easy as it may sound. There was a lot of school and late nights studying, but it was well worth the trip. If you are the parent of a hopeless day-dreamer who maybe isn't a star student but does love to spend time outside, there is a direction for them and I might be able to help. Give me a call or e-mail me (603-787-6944 or dave.falkenham@unh.edu) and I can offer guidance on colleges and majors for students who would like to spend most of their life working in the woods.

Dedicated in memory of Kevin Kopp. Kevin was a great neighbor. He was an early inspiration and sometimes judge, jury and executioner for the occasional youthful fist fight.

Grafton County Nursing Home Holds "Walk To End Alzheimer's"

In connection with the Alzheimer's Association annual "Walk to End Alzheimer's" the Grafton County Nursing Home will hold it's own walk here at the home in North Haverhill, New Hampshire on Saturday, September 7th, 2013 from 9:00-11:00am. In conjunction with the walk they will also hold a Bake Sale. 100% of all proceeds collected during this event will go to benefit the Massachusetts/New Hampshire Chapter of the Alzheimer's

Association.

Alzheimer's disease is the largest underfunded public health threat facing our nation today. More than half of all Americans know someone with Alzheimer's and there are more than 5 million Americans living with Alzheimer's today. This event is to raise awareness and funds for Alzheimer care, support and research.

Plan to choose between our short walk around the back of the nursing home with a resident family mem-

ber or friend or individual walk to Horse Meadow and back 1 or 2 times if you like. If you are unable to participate come and look over our many choices of baked item.

Get involved and help all our families and friends living with the disease.

For more information or to sign up contact: Doreen Moody, Coordinator of Volunteers Grafton County Nursing Home at 603-787-6971 or e-mail dmoody@co.grafton.nh.us

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August 20, 2013

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Dear Marci

Dear Marci,

I was told that Medicare covers certain preventive services for free. However, my doctor told me I will need to pay for the preventive service I received, because it became a diagnostic service. What is the difference between a preventive and diagnostic service?

AI

Dear AI,

Preventive services are health care services meant to prevent illness or detect a medical condition at an early stage (i.e. before you show symptoms of the condition). Examples of preventive services include breast cancer screenings, colon cancer screenings and heart disease screenings.

Diagnostic services are services used to treat or address medical symptoms or conditions you already have. Diagnostic services may include the treatment of cancer, heart disease or a medical condition that was previously diagnosed by your doctor.

Medicare coverage of health care services differs, depending on whether the care is preventive or diagnostic. Due to the Affordable Care Act, Medicare covers many preventive services free of charge. If a service is considered to be diagnostic, Medicare may cover the service. However, charges, such as a coinsurance or co-

payment for the service, will most likely apply. For example, charges may apply if your doctor needs to investigate or treat a new or existing health problem during your Annual Wellness Visit. Similarly, if you get a preventive colonoscopy screening and your doctor removes a polyp during the screening, Medicare will consider the polyp removal to be a diagnostic service. Therefore, the colonoscopy will no longer count as a preventive service under Medicare rules, and costs may apply.

Keep in mind that while many preventive services are covered under Medicare for free, additional treatment given during or after the preventive service may come with a fee. For example, charges may apply if your health care provider meets with you to discuss other health care needs before or after you receive a Medicare-covered preventive service. Charges may also apply if your health care provider detects a problem and provides additional services or treatments.

Medicare covers preventive and diagnostic services whether you have Original Medicare or a Medicare Advantage plan, as long as you meet certain rules and requirements. Original Medicare is the traditional Medicare program administered directly through the federal government.

Medicare Advantage plans, also known as Medicare private health plans, are offered through private insurance companies.

-Marci

Health Tip

Washing your hands is very important when preventing the spread of infection and illness. Take a look below for a few hand washing tips from the Centers for Disease Control and Prevention (CDC).

- Know when you should wash your hands. You should remember to wash your hands before treating a wound, before eating food, after using the toilet, and after blowing your nose.
- Wash your hands for at least 20 seconds. You should be able to sing the entire "Happy Birthday" song from beginning to end, twice, while hand washing
- Wash your hands with soap and warm water to reduce germs. If you can't use soap and water, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

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.

State Energy Leaders Tour The North Country With Senator Woodburn

Visit Berlin, Colebrook, Lancaster, Littleton and Bethlehem

NORTH COUNTRY - North Country Senator Jeff Woodburn's conducts another tour -- this one with State Energy officials on Wednesday, August 21. Meredith Hatfield, Director of the State Office of Energy and Planning, Karen Cramton, Deputy Director of the OEP and Molly Connors, Governor Hassan's energy adviser will have meetings and site visits in Littleton, Bethlehem, Berlin, Colebrook and Lancaster.

They will meet with North Country energy leaders in Berlin, Colebrook and Bethlehem; tour one of the North Country's newest energy producing plants -- the Burgess Biopower in Berlin and one of the oldest -- the historic water-powered Garland Mill in Lancaster. The

group will also visit two energy-retrofitted buildings -- Berlin's St. Kieran's Art Center and the Littleton station/public works building. "Only by bringing state leaders to the North Country will they understand our culture and way of life," Woodburn said. "Energy production is an important part of our economy and it needs to be balanced with our greatest asset, our environment and cultural landscape."

Wednesday August 21 - North Country tour with Meredith Hatfield, Director of the State Office of Energy and Planning, Karen Cramton, Deputy Director of the OEP and Molly Connors, Governor Hassan's energy advisor.

8:30 a.m. Coffee

with BARE! energy leaders, St. Kiernan's Arts Center, 155 Emery St., Berlin

9:30 a.m. Tour Burgess Biopower, East side, Berlin

12:30 p.m. Colebrook meeting with Energy Committee (District Heat), Municipal Building, 17 Bridge St., Colebrook

2:15 p.m. Garland Mill, historic water-powered saw mill, 267 Garland Rd., Lancaster

3:30 p.m. Littleton Fire Station/Public Works building facility tour, 230 West Main St., Littleton

5:00 p.m. Reception with local energy activists at home of David Van Houten & Margaret Gale, Cherry Valley Road, Bethlehem

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Do you drink enough water?

When I ask people this question, there are a couple of answers I'm likely to get—either a sheepish, “I know I should drink more”, or “Yes, I drink two 16-ounce bottles a day”. The truth is most of us are walking around at least slightly dehydrated. In fact, you only have to lose

one percent of your body weight from fluid to be considered dehydrated. And while some experts will tell you you're getting enough fluids between what little water you do drink, your coffee, soda, energy drinks, and wine, and the food you eat, I disagree.

There is a difference between baseline health and

optimal health. For instance, it doesn't take much exercise each week to become healthier and lower your disease risk. But this moderate exercise will probably not change your body shape much; it will not burn a lot of fat or add muscle to your body. Moderate exercise will improve your health, but more intense exercise will change your body and improve your health! This is the difference between drinking a minimal amount of water each day (and I know some who don't drink any!) and drinking an optimal amount.

First, some facts:

- Water makes up 60-70 percent of your weight.
- Water is necessary for good digestion, transportation of nutrients and oxygen to the cells through the blood, removal of waste in the body, cushioning the organs and tissues, lubricating joints, and of course, is a major component of sweat.
- Water is necessary for optimal fat-burning.

How Much Water Should I Drink?

You will hear all kinds of suggestions on this, the most common one being 64 oz. a day. This is a good baseline to start with. If you're active, however, you want to drink more. You also want to drink more if you're outdoors when it's hot. Another baseline you can use is take half your weight and drink that much in ounces each day. For instance, if you weigh 150 lbs. you should drink 75 oz. a day.

How Do I Know I'm Drinking Enough?

Very simply, you can tell you're drinking enough by the color of your urine. It should be very light yellow or clear. If it is anything else, you are probably not drinking enough. Some foods or supplements, however, can color the urine darker yellow. Vitamin B supplements, for instance, will darken your urine the first couple of times you use the restroom after taking it.

Hunger Can Be Confused with Thirst

Before you reach for that extra snack, drink a glass of water and wait 15 minutes. Many times, when you feel hungry, your body is actually telling you it needs water.

Water Is Necessary for Healthy Joints

Do you wake up in the morning aching? Do you

have aging joints or arthritis? Water is a major component of synovial fluid, what I call “joint oil”. It keeps your joints moving with more ease and less pain. What a cheap, easy way to feel better!

Water Can Be One of Your Best Anti-Aging Weapons

Water plumps the tissue under your skin, removing small wrinkles, it makes your skin glow, and gives you more energy. It also aids in more proficient fat-burning, and is one of your best tools for weight loss. Ask anyone who has been successful in the war against fat, and they will most likely tell you they drink a lot of water.

If you haven't been a fan of water and are even slightly dehydrated, you will retain water when you first begin to increase your intake. Gradually increasing how much you're drinking will help alleviate this. Why you retain water at first is because you have been dehydrated, so your body is going to grab it while it can. As you continue to drink enough water, it will begin to release what it doesn't need...and then you'll be visiting the bathroom more often. This, too, will moderate some as your body gets used to your new healthy habit.

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

Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. Contact her with any questions or comments at carriemyerssmith@gmail.com.

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Herbal Appetite Suppressants

An herbal supplement to a weight reducing program must supply necessary nutrients, including vitamins, minerals and salts to sustain and nurture vital body systems, including the nerves, glands, skin, blood and organs. In addition, one should expect some help from the herbs in actually losing pounds. These two purposes are fulfilled by this blend full of Seeds and Seaweeds, Berries and Burs. However, if you just sit around, you will not obtain any benefit from the increased metabolic capacity these herbs provide.

Note: The purpose of these herbs is to lose weight safely, naturally and effectively. Other benefits include Arthritis relief, gout, edema, high cholesterol, psoriasis, sugar balancing and hormone balancing. Other answers for one personally include constitutional remedies, blood type, food combining and changing learned behaviors.

PLANTAIN HERB: (Plantago Lanceolata), Plantain mucilage in the diet dramatically reduces serum cholesterol levels. Plantain before meals causes a definite decrease in triglycerides and beta cholesterol (the bad guys) with a proportional increase of serum levels of alpha cholesterol (the good guy) 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.

FENNEL SEED: (Foeniculum Vulgare), An aromatic anti-inflammatory herb with digestive and diuretic abilities. Used as an important part of an anti-gas, laxative/diuretic and weight loss formulas; as part of a regeneration formula from the effects of radiation and chemotherapy; as part of a compound for bladder or prostate infection. Fennel does not directly affect weight, rather it has soothing, mildly stimulating properties, that help maintain tone and rids the digestive tract of unwanted parasitic activity. Nutrients: Amino Acids, calcium, choline, essential fatty acids,

iron, magnesium, manganese, phosphorus, potassium, selenium. Vitamins B1, B2, B3, C, E.

FENUGREEK SEED: (Trigonella Foenum-Græcum), A soothing mucilaginous herb for metabolism dysfunction and to alleviate mucous congestion in both respiratory and waste elimination systems. Used as a specific to remove phlegm and soothe mucous membranes in the lungs and gastrointestinal tract; as a lecithin containing herb for a cellulite control formula to help dissolve fatty substances; as part of a fiber drink or tonic to expel wastes and toxic mucus; as part of a combination to regulate insulin production and blood sugar use; as part of a digestive aid formula. Nutrients: Amino acids, calcium, essential fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

BURDOCK ROOT: (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Burdock is included here to help cleanse the blood of toxins during the weight loss regimen. It markedly enhances liver and gall/bile functions. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

phorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

HAWTHORNE LEAF, BERRY & FLOWER: (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; strengthens 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.

BLADDERWRACK LEAF & STEM: (Fucus Vesiculosus) and **KELP, LEAF & STEM:** (Laminaria, Macrocystis, Ascophyllum), are two of the best weight-reduction plants available. Iodine in Kelp maintains a healthy thyroid, thereby significantly reducing one major cause of obesity. In addition, seaweeds increase the body's ability to burn off fat through exercise. Stamina is boosted, allowing cells to consume energy more efficiently. Kelp also lowers blood cholesterol levels.

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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TRENDY KITCHEN

By Ronda Marsh

Moe's Penguin Appetizers

Look at the picture. Look at it closely. Sure enough, your eyes are not playing tricks on you! That is indeed a whole plate of the cutest appetizer you've ever seen; a few common ingredients transformed into a flock of perky little penguins, just begging to be popped into the smiling mouths of everyone who sees them.

My friend, Moe, made these for her husband to bring to an office gathering, creating them from her memory of a recipe she once saw. I was so taken by her description of how she assembled the miniature birdies that she volunteered to bring a bunch to our next movie night. Everyone here was not only impressed with how the penguins look, but also with the unexpected pop of flavor and textures each little bite provides. Although plain toothpicks work fine here, I think the kind with the cellophane frills on top would be hilarious, and if you have



some pimentos or fresh chives, you could embellish their little necks with a scarf for a fancy finishing touch. Plain, softened cream cheese for stuffing is okay, or, you can do like Moe, and mix in a little dab of prepared Ranch Dressing. Although you might be tempted, I would probably steer clear of herbed cream cheese or Boursin, for fear the little critters would appear flea infested!

These are very visually stunning just grouped by themselves on a plate, but imagine the reaction if you were to march them over a cheese ball, or randomly place them among a cheese or crudité platter...a conversation starter, for sure!

- 1 can large pitted black olives
- 1 can medium pitted black olives
- 1-8 oz. block cream cheese, room temperature
- Carrots, peeled and sliced into 1/4" thick coins
- Toothpicks

Drain both cans of olives. Using a sharp paring knife, slice open each large olive down one side from end to end. Set aside. Now, cut a small, triangular shaped wedge from each carrot slice (the wedges will become the penguin beak, and the remaining round will become the feet), set aside. Spoon softened cheese into a zipper bag, and snip off one corner. Using the bag as a piping tool, place the open corner into the larger hole of the slit large olive. As you squeeze, the soft cheese will fill the cavity, then billow out the slit to form the tuxedo front. Insert a toothpick vertically through the filled olive, securing it to a slice of carrot, positioning the tuxedo front over the wedge in the carrot "feet". Insert one of the reserved carrot wedges into the smaller hole of a medium-sized olive, forming the head and beak. Thread the "head" onto the toothpick atop the body and feet, completing the olive penguin. Refrigerate your completed flock until serving time to firm the filling.

Mangla bene, oia bene!
 ("Eat well, live well")

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