

# TRENDY TIMES

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JUNE 10, 2014 VOLUME 5 NUMBER 18

## Chili Contest Results At RR Park

The skies were bright and sunny, the music was good and 11 pots of chili were simmering for the opening of the 8th annual summer concert series in Woodsville's Railroad Park on Saturday, May 31, 2014.

A large crowd that contained bluegrass music enthusiasts and home made chili lovers were gathered. They were here to listen to the Parker Hill Road Band, who

once again were opening the summer concert series. And they were here to sample and judge 11 chilies made by 9 area cooks. The music was given to everyone at once over the ample sound system. While the chili was dished out into small sample cups and loaded onto plates for those paying \$3 each to have the chance to judge the best.

For those who do not like chili, or did not get enough, the

Haverhill Recreation Commission was also selling hot dogs, popcorn and sodas.

Amber Reynolds of Woodsville was the winner of The People's Choice award, as she gathered the most votes in her cup. She was followed by Emmy Hausman of Newbury and Leslie Ramsay of North Haverhill who tied for second place. Defending chili champion Richard M. Roderick of Wells River finished third.

When it came to the official judging, you could bank on the results. Gary Langlois of Woodsville Guaranty Savings Bank and Don Waterman of Wells River Saving Bank wore the judge's caps. They judged each chili on overall favor, texture, consistency, blend of spices, aroma and appearance. First place winner was Tom Rappa of Bath.

Second place went to Richard M Roderick of Wells River. And taking third place honors was Kevin Shelton of Woodsville.

This year's chili contest was sponsored by the Wells River Action Program (WRAP) and therefore each of the first

place winners received a \$25 gift certificate to a Wells River business of their choice.

The band concert was sponsored by the Haverhill Recreation Commission.

Concerts in Railroad Park will continue about monthly throughout the summer.



Members of WRAP were on hand to dish out portions from the eleven different chilis that were submitted for judging. Just \$3. got those eating the right to vote for their favorite.



There were plenty of lawn chairs, blankets and interested listeners as Parker Hill Road Band performed at the summer's first concert at Railroad Park in Woodsville.

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# TRENDY Dining Guide

## Peyton Place

By Robert Roudebush

Your knowledge of regional fine dining is incomplete unless you've checked this place out.

Don't confuse "fine dining" with stuffy. It ain't. Celebrating 21 years of excellence, Peyton Place Restaurant at the historic Mann Tavern in Orford, New Hampshire, is a clever combination of centuries-old comfort, top-drawer service, and creative cuisine, plus an attention-getting wine list. You can also shoot some pool there sometimes.

This magnetic eatery emphasizes "local and organic products", seasonal menu changes and defines eclectic - "Selecting or employing individual elements from a variety of sources or

styles". Appetizers include Vietnamese Bouillabaisse around \$8.75, Lobster and Feta Salad, around \$13, Chorizo Dumplings, \$11.50, Crab Cakes \$12.50. Entrees include Breast Of Duck, and Asian Shrimp Stir-Fry, around \$23. Dessert list includes Key Lime Chiffon Pie, around \$7.

It's less than 20 miles south of Haverhill, New Hampshire on Route 10, which is Main Street in Orford, in a Tavern House dating from 1773. Remarkable food, beautifully prepared and presented in unique dining spaces that communicate history - dark overhead wooden beams in the Main Dining Room, floor-

boards two or more feet wide in the Tavern room, hand finished single-slab wooden tables. Every tablecloth is delightfully different. Stone walls and flagstone pavers in the outdoor patio, which is where to eat when weather invites. At dusk, tabletop candles are lit indoors and out, lending magic.

Making all this work are owners Heidi and Jim Peyton - he's the accomplished Chef, she tends expertly to the front of the house. My knowledgeable and accomplished server Molly, and charming back waiter Carter were alert engaging elements of my memorable meal.

Dinner is served

Wednesday through Sunday from 5:30 PM - no lunch. Heidi and Jim are professional enough to accept reservations, and good-natured enough to welcome walk-ins too. Reach them at 603-353-9100, or online at [www.peytonplacere.com](http://www.peytonplacere.com). Or just Google them - wine list and menu items are suggested, location directions, and catering information.

One recent Saturday night, without bothering with reservations for just one, I just walked in to see how things went. They went great. Greeted and seated with poise and a sense of humor - it was my first meeting with Molly.

THE FOOD - Eating lightly to widen my tasting variety, I chose appetizers - the Dumplings stuffed with in-house made chorizo-sausage, poached in soy stock and topped with a cilantro yogurt sauce had a slow spicy kick. Yes. I next experienced shrimp and pork spring rolls, rice-paper wrapped tubes lightly crisped in peanut oil, with a soy-sauce dipping bowl - oh yes again.

THE WINE LIST - fea-

tures well-chosen reds and whites and sparklings from around the world by the bottle and glass - offered also are perfectly pleasing house wines by the glass/bottle for somewhat less money. To increase my tasting variety again, Molly agreed to serve me a half glass each of a 2011 French Sauvignon Rose Anjou Grozo Gamay, soft and lightly sweet, (\$7.50-half-price \$3.75) and also a 2013 Matua Sauvignon Blanc, (\$8.50 -half-price \$4.25) crisp, clean and lightly citrus. And I had a full glass of New Zealand Mahula Pinot Noir which was perfect too, with fruit, licorice, and spice, succulent, rounded and rich, \$9.50. Of course, I did dessert - a strawberry and rhubarb puff pastry with cinnamon ice cream, on Molly's recommendation, and good strong coffee. Gotta go there again for more soon. More of everything.

Never forget that true value is always determined by what you pay for what you get. You get a lot of good here at Peyton Place, in atmosphere, food and service.

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# The Operation

By Elinor P. Mawson

Gordon, my father, was a stubborn old cuss, and when he began to have health problems, he wouldn't listen to anyone. When he found himself in the hospital needing a cardiac procedure he wouldn't hear of it.

"I've seen people come out of those things not knowing their own name. I won't have it!" he proclaimed. It was only after the doctor told him he would die without it, that he finally assented.

He came out of that procedure just fine, but the doctor took us aside and announced that there was nothing else that they could do for him. We were amazed that he was so happy about that, and went home shaking our heads and wringing our hands.

The next day, Gordon was still elated. "I am going to be fine" he said again, and we wondered what was going on. Finally we cornered the surgeon in the hospital cafeteria and asked him what the story was.

Very red-faced, the doctor told us that he had given us the wrong information; he had read us another patient's test results, and that, indeed, Gordon would come out of his operation a new person. (This would be a sue-able offense nowadays, but we felt

only relief.)

We got the family together, reserved a room in a nearby motel, and did the hours-long vigil while Gordon had his 4-way bypass. There wasn't a minute when we weren't laughing over some joke, memory or situation from our past. Other families would be crying, wringing their hands, visiting the hospital chapel, or lost in thought, but not the four of us. I am sure the others in the waiting rooms thought we were crazy, but this is the way we always deal with adversity.

When the surgeon came to make his report, my mother jumped up and hugged him and said, "You're a good boy!"

We weren't able to see Gordon that night; instead we had a nice dinner and turned in early. Each motel room had 2 beds; my mother and sister were in one room and my brother and I in the other. I remember his telling me he would have loved to have been an athlete and I laughed fit to kill. He did the same when I announced I would have wanted to be a musician!

The next morning someone went for fast food and coffee and we all sat up in bed in our mother's room and had our breakfast. I'm sure there

would have been a lot of comments had someone seen us.

Gordon was still intubated when we went to see him, but quite aware of his surroundings. He pointed at this one and that one, and I am sure I saw steam coming out of his ears.

At one point during his recuperation, he was feeling a tightness in his chest similar to having the croup during his childhood. He shimmied out over the bars on his bed, and with his johnny flapping behind him, he asked every nurse he saw if they'd find him an "antiflagentine poultice" like his mother had given him years ago. Of course they thought he was nuts and hauled him back to bed.

Gordon gave his surgeon a beautiful gold pocket watch and chain from his collection. He told the doctor it represented the "time" he had been given by having his operation.

Three years went by; three years that Gordon changed quite a bit. He didn't react so strenuously to things like he had in the past. He laughed more. He did things that made him happy, he "made up" with the relatives that he'd been on the outs with. He rejoiced about his new great-granddaughter, and had some fun, once in awhile.

As a result of our experience with Gordon's operation we composed a booklet entitled "Laugh your way through open heart surgery." It helped us remember the uproarious time we had during that time, and we smile even yet when we think of it.

Gordon didn't see anything funny at all.

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

June 10, 2014

Volume 5 Number 18

## Dining Guide Continued

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This past Wednesday, the NH House approve 65 committee of conference bills that will be sent to the Governor for signature. This report provides a brief synopsis of four bills that I supported.

SB389 provides Fish and Game officers authority to enforce motor vehicle laws. This bill authorizes the Fish and Game Department to make stops on the highway when public safety is involved. In short, a Fish and Game officer will have the same powers of police in matters of safety and with the same restrictions. For example, this will allow them to stop an impaired driver. All law enforcement training in NH is the same for town, state, county and conservation officers. This bill will certainly serve NH's rural communities. Voting outcome (Y 260, N 91)

HB496 provides first-time DWI offenders some limited license privileges. House conferees agreed with the Senate position that an individual may be granted a limited privilege driver's license for use in specific situations: (1) to continue his or her education at a state-approved educational institution, (2) to attend a job training, (3) to seek employment or to get to a place of employment, (4) to seek medical treatment for self or family. The individual requesting a limited license shall pay a \$50 fee and provide local enforcement au-

thority the court order granting the limitation. (Y 310 N 28)

HB1602 was amended and passed to require the NH Site Evaluation Committee to set criteria and standards governing the siting of wind energy systems to ensure that benefits and unreasonable adverse impacts created by wind systems are appropriately considered. Such criteria and standards shall include impacts to: visual, health and safety, fire protection, environment, community, etc. Numerous citizens and communities have expressed much opposition to the wind turbines in the Plymouth area. (Y 227 N 88)

SB369FN addresses the Medicaid Enhancement Tax issue that has been identified by the NH court as unconstitutional. Through the committee of conference process an agreement was made among the House, Senate, and Governor. While the agreement seems to resolve the concerns of 25 of the 26 hospitals while also attempting to resolve the constitutional concerns, it certainly has the potential of impacting future state budgets and could cost \$180M over the next four years. One positive takeaway is that Cottage Hospital, a small critical care facility, will receive up to 75% of uncompensated costs. (Y 278 N 72)

As always, I look forward to your comments.

# CADY College Caucus Celebrates Pragmatic Prevention Of Statewide Substance-Abuse

By Robert Roudebush

*(Editor's Note – In this first of a short series on how an effective regional program – COMMUNITIES FOR ALCOHOL AND DRUG-FREE YOUTH is gaining strength, and working to prevail in New Hampshire's widespread problem of youthful substance abuse, including heroin, TRENDY TIMES reports highlights from the recent Fourteenth Annual Regional Prevention Summit, May 23, 2014, at Plymouth State University.)*

tral New Hampshire. Check these statistics from a national survey on drug use -

- ALCOHOL USE – among 12 to 20 year-olds of New Hampshire – those who report drinking alcohol in the past 30 days – is 35%. This compares to about 29% in the larger Northeast geographic, and nation-wide, even lower at 25%.. NH ranks as second in the nation for alcohol use in the past month in that age group

- BINGE DRINKING – this is described as 5 or more standard drinks in a row within 2 hours. A “standard drink” is defined currently by some national study groups as about one-half ounce of alcohol per glass of wine, or small beer, or mixed hard liquor drink. As a former restaurant professional from years ago, and unless bartenders nationwide have drastically changed their pouring habits, one-half ounce of liquor per mixed drink to me sounds ridiculously small. And, obviously, because of a bigger

glass, or stronger ingredients or how a mixed drink is mixed, lots of drinks exceed “standard” alcohol content. Adults drink larger than standard drinks all the time. And for many regular binge drinkers, only 5 drinks in two hours is also a ridiculously small number. The fact is that at 23%, New Hampshire ranks second in the nation among 12-20 year olds in binge drinking, even at this unrealistically small measure, while the Northeast is lower at 18%, and nationally, again, it is even lower at 15 and half %.

**Q - OK, that's alcohol abuse among the young ones. How about grass, weed, joints, marijuana, using that for the first time?**

A – Not good news there either. When asked, “How old were you when you tried marijuana for the first time?”, nearly 7% said they were 12 or younger. Or younger. Between 13 and 14, nearly 17% tried it for the first time. The number was around 13% at age 15 or 16, and by the time they were 17 or older, the number dropped to about 3.5% for first-time users. Obviously, it's a whole lot of younger kids out there lighting up a joint, not just older teens. All those number percentages land NH right within the top ten states in the nation for marijuana use for the past month in that age group.

Wanna hear more? One in six NH teens has abused prescription drugs. And we've not even looked at the fastest growing trend, heroin usage, beating out cocaine and meth usage, and heroin can be ingested by needle, smoking or snorting.

**Q - Getting the message. How do I get hold of CADY?**

A – Communities For Alcohol and Drug Free Youth can be reached at [www.cadyinc.org](http://www.cadyinc.org), or call 603 536 9793. In part two of this series, we'll cover more about the meeting itself and their programs.

**QUESTION - I'm not even sure New Hampshire has a widespread substance abuse problem.**

ANSWER – You should get sure fast. It's here and growing daily. I was at this meeting and I'm convinced. Partnership For a Drug-free New Hampshire gets pretty clear about it. Don't think it's just kids in their later teens, or that it's occurring just in lower-social-economic families, or in the bigger cities It's your city, it's your town, it's your community, it might be your family, right here in cen-

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June 10, 2014 Volume 5 Number 18

# Cookin' With Gus

By Gary Scruton

This may read like a promotion piece for Old Church Theater, but if that's what they earn, then that is what they will get.

Once again the Board of Directors, and from my understanding more specifically the Board President Barbara Swantak, needs to be applauded for again picking a play that was well written, funny, and yet if you choose to look at it differently, had a very deep meaning.

"Cookin' with Gus" is also being directed by Barbara. That means that it was her decision to cast the production. And again it may sound like a promotion piece from Old Church Theater, but I believe Barbara did a wonderful job at both. The lead, Victoria Wrong Traudt, is a first timer at OCT, though she studied dramatic arts back in her high school days. She has also appeared recently on other local stages. In this production she takes on the role of Augusta with flair, dignity, and a real ability to "tie one on" at the mere suggestion of doing so. At the same time she was also able to sit for five minutes, or less, and snuggle up when the time was right.

The one she snuggled up to, and was guilty of some of those suggestions, was one Walter Richards, played by Anthony Helm. Anthony has been on stage at OCT on several occasions. In this instance he portrayed a man with one real desire and plenty of money to back it up. He also had plenty of time on his hands for the study of hypnosis. And it appears he used his time well. Of course in the end he used it for bad purposes, but for good reason, and after doing the deed owned up to it. Add this all together and you somehow get a happy ending.

Also on stage for this performance was another member of the BOD (Board of Directors) at OCT. Robert O'Leary was cast as Bernie Luskin, the agent for Gus.



Like most agents, his main purpose in life was to make Gus a star. Robert portrayed Bernie extremely well. Even when he was at the opposite end of the stage from Gus he stayed in character and even enhanced the other characters on stage.

The fourth and final performer for this production was Brenda Danielson. She was tasked with the portrayal of Carmen, a gypsy princess, tarot card reader, card shark, lush, and possibly guest host, among other things. Like Victoria, Brenda was able to "tie one on" when needed, and was also the victim of some devious "Cheers".

The melding of these

four performers became a night of great entertainment. There were many great laughs, a few serious times, and plenty of in between. But, like I was told back in high school by a play judge, no performance is perfect. So here are the negatives. It did appear that a few lines were missed, or recited out of turn. And the sound effects were off (or the actors were early or late) on a couple of occasions. But I would still need to give this performance at Old Church Theater a 9.5. If you have the time, and you like a good farce, don't miss the opportunity to take in this production on its final weekend.

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**FLAG DAY CEREMONY**  
Saturday, June 14, 2014  
6:00 PM

Ross-Wood Post #20 American Legion  
4 Ammonoosuc Street • Woodsville, NH

**All members of the Legion Family are invited to participate.**

**Members of the general public are encouraged to attend this outdoor ceremony.**

Any unuseable American Flags that you wish to have properly disposed may be dropped off with a Legion member, brought to the Post or you may bring them to the ceremony.



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**Classicopia**  
*American Songbook* Sun, June 15 4PM

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**Pulling Event**

OX PULLING  
SATURDAY, JUNE 14  
10AM - \$7

HORSE & PONY PULLING  
SUNDAY, JUNE 15  
10AM - \$7

**North Haverhill FAIR**

FOOD ON GROUNDS  
NORTH HAVERHILL FAIR GROUNDS  
Route 10, North Haverhill, NH



# Calendar of Events

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

## SATURDAYS

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

**GROTON GROWERS FARMERS MARKET**  
9:00 AM – 1:00 PM  
Groton Community Building

**BINGO**  
6:00 PM  
Blue Mt. Grange Hall, Ryegate Corner

## SUNDAYS

**CRIBBAGE**  
1:00 PM  
American Legion Post #83, Lincoln

**BETHLEHEM GAZEBO CONCERTS**  
6:00 PM – 8:00 PM Rain or Shine  
Corner of Main St & Prospect St, Bethlehem

**MONDAY/THURSDAY  
ADULT INTERVAL AEROBIC CLASS**  
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

**T.O.P.S. (TAKE OFF POUNDS SENSIBLY)**  
Weigh In – 5:00 PM – 5:45 PM  
Meeting – 6:00 PM  
Horse Meadow Senior Center, North Haverhill

**WEIGHT WATCHERS MEETING**  
5:30 PM  
Orange East Senior Center, Bradford

**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

**CRIBBAGE GAMES**  
1:00 PM  
Horse Meadow Senior Center, No. Haverhill

## FRIDAYS

**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

**LYNDON FARMERS MARKET**  
3:00 PM – 6:00 PM  
Band Stand Park, Rte 5, Lyndonville

## WEDNESDAY, JUNE 11

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

## FRIDAY, JUNE 13

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

**"COOKING WITH GUS"**  
7:30 PM  
Old Church Theater  
*See article on page 5 and ad on page 10*

## SATURDAY, JUNE 14

**MORE THAN YOU CAN EAT BREAKFAST**  
8:00 AM – 10:00 AM  
Lakeview Grange, West Barnet

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

**FLAG DAY CEREMONY**  
6:00 PM  
American Legion Home, Woodsville  
*See ad on page 5*

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

**SWEET JAM DANCE**  
7:00 PM – 10:00 PM  
Alumni Hall, Haverhill

**"COOKING WITH GUS"**  
7:30 PM  
Old Church Theater  
*See article on page 5 and ad on page 10*

## SUNDAY, JUNE 15

**HORSE & PONY PULLING EVENT**  
10:00 AM  
North Haverhill Fairgrounds  
*See ad on page 5*

**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
Satellites 11:00 AM - Tournament 1:00 PM  
Breslin Center, Main St., Lyndonville

**"COOKING WITH GUS"**  
4:00 PM  
Old Church Theater  
*See article on page 5 and ad on page 10*

**CLASSICOPIA AMERICAN SONGBOOK**  
4:00 PM  
Court Street Arts at Alumni Hall, Haverhill  
*See ad on page 5 and article on page 9*

## MONDAY, JUNE 16

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

## TUESDAY, JUNE 17

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

**EMERGENCY FOOD SHELF**  
4:30 PM – 6:00 PM  
Wells River Congregational Church

**THE ABOLITIONISTS OF NOYES ACADEMY**  
7:00 PM  
Court Street Arts at Alumni Hall, Haverhill  
*See article on page 7*

## WEDNESDAY, JUNE 18

**10TH ANNIVERSARY CELEBRATION**  
12 Noon  
Orange East Senior Center, Bradford  
*See article on page 7*

## THURSDAY, JUNE 19

**VFW POST #5245 MONTHLY MEETING**  
7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, JUNE 20

**FIZZ, BOOM, READ! KICKOFF EVENT**  
3:00 PM – 6:00 PM  
Groton Free Public Library  
*See article on page 7*

## SATURDAY, JUNE 21

**STRAWBERRY FESTIVAL**  
9:00 AM – 3:00 PM 603-787-2571  
Haverhill Congregational Church

## SUNDAY, JUNE 22

**COHASE CHAMBER GARDEN TOUR**  
11:00 AM – 3:00 PM  
*See ad on page 20*

**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
Satellites 11:00 AM - Tournament 1:00 PM  
Elks Lodge 1343, 118 Estern Ave  
St. Johnsbury

**WOODSVILLE POOL OPEN HOUSE**  
12:00 Noon – 6:00 PM  
A.P. Hill Community Pool, Connecticut Street  
Woodsville  
*See ad on page 10*

## THURSDAY, JUNE 26

**MEDICARE BOOT CAMP**  
9:00 AM – 11:00 AM  
Northern VT Regional Hospital  
*See article on page 18*

## SUNDAY, JUNE 29

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

**'THE CONNIPTION FITS'**  
6:00 – 8:00 PM  
Railroad Park, Woodsville

## STILL KICKIN - CLASSIC ROCK CONCERT

6:00 PM – 8:00 PM Rain or Shine  
Corner of Main St & Prospect St, Bethlehem

## MONDAY, JUNE 30

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

## TUESDAY, JULY 1

**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

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

*Submit your entries by:*

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com  
**Deadline for submissions is Thursday, June 19th for our June 24th issue.**

# You're Invited To Groton Free Public Library

Fri, June 20, 3-6pm: Fizz, Boom, Read! Kick-Off event. Drop in at the library between 3-6pm to sign up for the Summer Reading Program and to enjoy science-y crafts (like insect weaving and perler beads), projects (like bug houses and terrariums), and snacks (like Artesano creamies and science-y goodies). Free and open to residents of all towns and of all ages.

Tues, July 1, 2pm: "Science Stories" with presenter Peter Burns. In Peter's brand new show, you will experience the magic of storytelling and learn about science in everyday life. Each story is illustrated with a scientific principle or experiment and includes audience participation. Fun guaranteed for children and adults of all ages. Be prepared to be astounded and perplexed! \*\*\*Location: Blue Mountain Union School.

Thurs, July 17, 9am-12pm: Tape, Paper, Circuits:

E-Origami. Did you know you can build circuits with paper and conductive tape? Turn a paper fold into a switch? Kids ages 11 and up are invited to learn how to make origami, greeting cards, books, and anything made of paper GLOW! Sign up: grotonlibraryvt@gmail.com/802.584.3358.

Mon, July 28, 7pm: Book Discussion of Monuments Men by Robert Edsel, and part of our Page-to-Screen Summer Series. Contact Anne at the library if you would like to borrow a copy to read.

Vermont State Parks and Historic Sites Passes Now Available. Call or email the library to reserve a free day pass for up to 8 people in one vehicle to any Vermont State Park or Historic Site.

Volunteers Needed! Helping hands ages 14 and up are needed at the library to work at the front desk to check out books. Have 2 hours a month? Have 1 hour

a week? YOU can be a big help in launching our online card catalog! Contact Anne if available: grotonlibraryvt@gmail.com or 802.584.3358.

Freedom & Unity: The Vermont Movie. The first-ever documentary series about Vermont is available for viewing at our library. For more info on this unique film: thevermontmovie.com.

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

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

## Orange East Senior Center

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

On Wednesday, June 18, we will be celebrating 10 years in this building. There will be an ice cream social after lunch and Mary Robertson will provide music. There will be door prizes available from local businesses and organizations.

We are looking for volunteers for the kitchen for Monday, Tuesday, Thursday and Friday. If you are interested, please call or come by.

Orange East Senior Center will be going to Cape Code and the Islands September 8-12. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

The next Texas Hold'em Tournament will be on June 21. There is a \$50 entry fee-the doors open at 5:00 p.m. and the tournament starts at 6:00 p.m. This fundraiser benefits Meals on Wheels.

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 June 11. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. The 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 moving to Wednesdays at 8:00 a.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 is 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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# Haverhill Historical Society's First Summer Program

## "The Abolitionists of Noyes Academy"

Haverhill, NH –The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to present "The Abolitionists of Noyes Academy", a program offered by Dan Billin of Lebanon, NH. This event will take place Tuesday June 17, at 7:00 PM at Court Street Arts/Alumni Hall in Haverhill. Admission is free and open to the public.

In 1835, abolitionists opened one of the nation's first integrated schools in Canaan, NH, attracting eager African American students from as far away as Boston, Providence, and New York City. Outraged community leaders responded by raising a mob that dragged the academy building off its foundation and ran the African American students out of town. New Hampshire's first experiment in educational equality was brief, but it helped launch the public careers of a trio of extraordinary African American

leaders: Henry Highland Garnet, Alexander Crummell, and Thomas Sipkins Sidney. Dan Billin plumbs the depths of anti-abolitionist sentiment in early-nineteenth-century New England, and the courage of three young friends destined for greatness.

Raised in the Lakes Region, Dan Billin earned a BA in Communications from Brigham Young University. He worked as a newspaper reporter for the Valley News in Lebanon, New Hampshire for seventeen years. Billin's passion for history and nose for a story led him to uncover a wealth of detail about the shocking and largely forgotten tale of the birth and death of Noyes Academy. He is working on a book about the legacy of three of the students.

This presentation will be preceded at 6:30 PM by the Haverhill Historical Society's annual meeting.



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# J.P Wins Super Four Challenge Race At Legion

Sunday June 1 Hawthorne Automotive night was the first race in the Super Four Challenge held between the Legion Speedway in Wentworth, NH and the Brear Ridge Speedway in Bradford, VT. This series is to challenge a driver to win four races in a row; with a \$500 bonus and 25 bonus points. J.P Vallancourt #525 started the quest Sunday after noon by wining race number one in the series. The next race is scheduled for Bear Ridge on Saturday night. The top three in the Peanut's Auto Supper Street/Limited Late Models were J.P #525 winning with #4 Wade Prentice second and # Same Comeau third.

The Mike's Automotive Modifieds saw #01 Ryan

Avery picking up his first feature win in 2014. Avery was challenged by #77 Allan Hammond taking second and then #5 Gary Siemens.

In the Enfield Garage Outlaw Mini Stocks it would be #97 Craig Smith taking the checkers, # 12k John Knight followed Smith and Chris Conroy #78 followed Knight.

The Bond Auto Parts Pure Stock main event was won by Dan Collins #4, Ronny Bryson #5x would win the race for second place over #77 Ryan Ovitt.

Big plans for July 4, Friday night show, O'Reilly Auto Parts Twilight Racing Challenge and Sprint Cars of New England, post time 5 pm. No Sunday race July 6.

## Notes From Above Ground

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



Vintage Voyagers

### Nathaniel M. Foster, Sergeant, NH Volunteers - July 21, 1835 - October 14, 1864 By Charlie Green

Along with the passing of the recent Memorial Day holiday, be it the patriotic or political date, comes thoughts of those who sacrificed. I participated in a recent "Ghost Walk" that the Bath Historical Society sponsors each year at its cemeteries. The idea is to represent a citizen of the town revisiting their life and times. I started out as second alternate and soon found myself elevated to one of the selected speakers.

This year's burying ground from which to choose a person was the Swiftwater Cemetery. I was drawn to the grave of one Sergeant Nathaniel M. Foster whose heavily weathered and broken stone stood testament to his service in the civil war. When pieced back together it read: "Sergt. Nathaniel M. Foster, DIED at Annapolis Md., Oct. 14, 1864 of wounds Recd. Sept. 30, near Richmond, Va. AE 29 ys. 2 mths. Co. G. 11 Reg., N.H.

Vol. Topping the stone was carved an American flag depicting the number of states of the time. Along side the grave was a new American flag of current Memorial Day placement. Sergeant Foster was born in Landaff in 1835, He enlisted in 1862 as a corporal on the same day as his marriage to Jennette Moore of Monroe and was soon off with the Army of the Potomac. On September 30, 1864, Foster now a 1st Sergeant took a rebel mini ball to the right arm and shoulder at Weldon Railroad, Va. He lay on the battlefield for almost the whole day amid the dead and dying before being taken to a hospital in Richmond as a POW.

Seven days later he was "paroled" back to union lines and delivered to St. Johns Hospital in Annapolis Maryland still in the filthy "drawers", initial bandage and remnants of his uniform in which he was shot 7 days before. Under the

guidance of a nurse by the name of Nancy Pendergast, he was properly cleaned up and cared for, his old clothes burned in disgust. Nat was reported as upbeat and in good spirits and seemed out of serious danger. Then his arm began to fester and bleed heavily and the decision to amputate was made. Due to the large loss of blood and poor care during his captivity, Nat died about "7 in the evening" October 14, 1864 in a state of "sleep".

Being in the fall of the year, his body could remain un-embalmed and temporarily interred until as requested it was sent home to Bath. As was the customs in many cases the body was probable iced for the trip home.

We know these things because of public records and Jennette, his wife, keeping his things including a diary and letters between the nurse and her in addition to her correspondence with Nathaniel with her until her death in 1927 at 91. She is buried in the Bath Village Cemetery among the family of her second husband Asa Oakes. Thanks to Kevin Oakes of Concord, NH for sharing those letters and other information with me.

Lastly, thanks to all those veteran's on this Memorial Day, who gave the ultimate sacrifice for our country.

## Seaman Bowman Graduates

June 6, 2014 (FHTNC)--Navy Seaman Apprentice Christopher C. Bowman, son of Mark A. and Laura J. Bowman and brother of Jessica L. Bowman of Woodsville, N.H., recently completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill.

During the eight-week program, Bowman completed a variety of training which included classroom study and

practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness.

The capstone event of boot camp is "Battle Stations". This exercise gives recruits the skills and confidence they need to succeed in the fleet. "Battle Stations" is designed to galvanize the basic warrior

attributes of sacrifice, dedication, teamwork and endurance in each recruit through the practical application of basic Navy skills and the core values of Honor, Courage and Commitment. Its distinctly "Navy" flavor was designed to take into account what it means to be a Sailor.

Bowman is a 2010 graduate of North Country Charter Academy of Littleton, N.H.

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Sunday, June 15, 2014

O'Reilly Auto Parts Twilight Racing Challenge + POWRi Dirt Midgets + BRS Coupes

Sunday, June 22, 2014

O'Reilly Auto Parts Twilight Racing Challenge + Granite State Mini Sprints + DIRTcar Modifieds + NEMST

Gates Open 12 Noon

Hot Laps 2 pm • First Green Flag 3 pm

Adults \$10 • Seniors 62+ and Juniors 12-17 \$8

Kids 11 and Under \$2 • Family Pack \$25

Pit Gate Admission \$30

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# 70th North Haverhill Fair Entertainment

The 70th annual North Haverhill Fair is only about a month away. And the final touches on the schedule of events are being ironed out. There will be many of the same great events that fairgoers have come to expect. But there are some new acts as well.

One of those new events will be The ZX Games. This thrilling entertainment and competitive event will feature ATV's, motorcross motorcycles, BMX bicycles and, in order to put a little hop into the mix, super pogo sticks. The show will get kick started at 7:30 on Thursday, July 24th at the McDanold's Pulling Ring.

Another big event on Thursday will be on Thayer Stage with another change to last year's schedule. For the past few years an Idol contest has been on stage. This year the contest will be opened up to any type of talent. Singing, dancing, comedy, whatever. You do need to preregister and the committee may limit some acts. You can call Gary at 603-747-3942 or email garyscruton@yahoo.com.

Another event with a bit of a twist this year will be the Sunday performance of "Survey Says". Last year's champion, Woodsville Guaranty Savings Bank, is already putting a team together, but there may be room for another 5 person team to get on board for the fun. Contact Gary at the number above for details or to apply.

One more brand new act this year will be the "Hot Dog Pig Races!". Not your normal pig races, but there will be plenty of pork running the track. The twist comes when the "Real Hot Dogs" get out there for their chance to run. There will be multiple shows each day of the fair, and like all the other shows, there is no extra charge to any fairgoer.

The first night of the fair will also be Veterans Appreciation night. All current and past military personnel will get admission to the fair for just \$5. Once on the grounds you are asked to go to Thayer Stage and put your mark on the world map to show where you were deployed. At 7:00 PM a special welcome to those veterans will take place. That ceremony will include posting of colors, and the singing of the National Anthem by Janine Strange, the National Anthem Girl, who is using this spot to help complete her 50 state pilgrimage during 2014, the 200th anniversary of the Star Spangled Banner. Plus the Upper Valley Community band will play some military and other

music on stage.

This year will be the 70th annual fair, and to celebrate that milestone the fair will promote a 70's theme, especially on Saturday, July 26th. That night will see the Ultrasonic Rock Orchestra on stage performing some of the best of the 70's British Invasion songs. From Beatles to Led Zeppelin. The Who to Queen, they will blow your mind with some amazing renditions of many of those all time favorites.

Friday nights concert will feature Frankie Ballard and his #1 country hit "Helluva Life". And by the time the fair does come "Sunshine & Whiskey" may well be flying up the charts.

There will also be the big Demolition Derbies. On Wednesday two divisions smash them up. A 6 & 8 cylin-

der class, plus a mini van class. Then on Friday the 4 cylinder cars roll out, and try not to roll over.

Oxen, Pony, Mini-Pony, and Horse pulling events take place as well in the covered Bishop Arena.

And the Dellinger Ring will be busy as usual with the Car Show on Wednesday. The second year of the Tailgating Competition on Thursday. Saturday will bring the crowd pleasing Woodsmen's Contest. And on Sunday the Open Horse Show takes to the grass. All of these events now have added seating with last years addition of a great new set of elevated bleachers.

Admission at the 2014 North Haverhill Fair is \$12 for those over 13. Children 12 and under are still free, as is parking. Seniors, 65 and over, get in for just \$5 on Thursday.



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# American Songbook With Classicopia



Mezzo-soprano Erma Mellinger and pianist Daniel Weiser bring some of the most celebrated songs of Gershwin, Porter, Arlen and more to the stage at Court Street Arts at Alumni Hall on Sunday, June 15 at 4pm.

Come tap your feet and hum along to some of the greatest songs of the 20th century as composed by George Gershwin, Harold Arlen, Cole Porter, and more. Classicopia returns to Court Street Arts at Alumni Hall on Sunday, June 15 at 4pm, bringing an exciting mix of great music-making and interesting stories about the composers. They help break down the barriers between performers and audience and create a truly informal and energetic atmosphere at their concerts.

The performance will feature mezzo-soprano Erma Gattie Mellinger, who has been a principal artist with many opera companies across the United States. Hailed for her, "rich, vibrant, creamy voice," Ms. Mellinger is also a member of the Dartmouth College faculty.

Joining Mellinger on the stage will be pianist Daniel Weiser. He holds a Doctorate in Piano/Chamber Music from the Peabody Conservatory and has performed on many great stages, including the Weill Recital Hall of Carnegie Hall. He has also concertized


around the world, including Israel, Thailand, Holland, and France and was the 1996 U.S. Artistic Ambassador Abroad, for which he performed on an eleven-country tour of the Middle East and Asia. He has been on the music faculty of Dartmouth College and St. Paul's School in Concord, NH.

This will be the first of a stellar summer series of classical concerts including acclaimed pianist George Lopez on Sunday, July 13 at 4pm, and the world renowned musicians from the North Country Chamber Players, featuring guest artists including Jacquelyn Adams and internationally celebrated performer LJOVA. Court Street Arts would like to thank Bliss Tavern Music, the studio of the legendary Betty Johnson Gray for helping to bring outstanding music to the stage.

Tickets are \$20 and can be purchased online at [courtstreetarts.org](http://courtstreetarts.org) or at the door. Bailiff's Cafe will be open serving a selection of local wines and handcrafted cheese made at base of Mt. Moosilauke by the YoGheese Cheese Company.


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White Mountains Regional High School Army JROTC Cadets participated in the Adopt A Highway clean-up project along a three mile stretch on Route 3 between Whitefield and Lancaster.



The Franconia Area Chamber of Commerce's Business After Hours event included (l-r.) North Country Sen. Jeff Woodburn, Kimberly and Barry Hunter, Adair's Innkeepers & hosts.



Ross-Wood Post #20 American Legion posted colors for the National Anthem at the Memorial Day race at Bear Ridge Speedway.

# Cookin' with Gus

by Jim Brochu

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**WOODSVILLE A.P. HILL COMMUNITY POOL OPEN HOUSE**  
Sunday, June 22, 2014  
12:00 Noon - 6:00 pm (Lunch Served 12-2)  
Donations Encouraged

Come join us for our annual open house. Bring your family and friends to the pool where there will be games, music and free lunch for the first 100 people. Hope to see you there!

**POOL DATES TO REMEMBER**  
Open Thursday, June 19 to Sunday, August 24  
Daily Hours (Mon-Sun)  
Adult Swim 11-12  
Public Swim 12-6  
Thurs & Fri Evenings  
Adult Swim 6-7  
Closed 4th of July Unless Posted

**SWIMMING LESSONS**  
Two 4 Week Sessions  
Registration First Session:  
Friday, June 20 from 6:15 pm - 8:00 pm  
Second Session: Friday, July 11 from 6:15 pm - 8:00 pm  
Cost: \$30 per person • \$50 for 2 in same family  
\$70 for 3 in same family  
\*During the meeting your child will be evaluated and placed into a certain swimming level.  
Pre-registration is advised. Visit the pool for registration forms or contact Ari Kinder for more information at [akindero@gmail.com](mailto:akindero@gmail.com)

**POOL AEROBICS**  
Commit to getting fit with Diane Rappal Pool Aerobics will start June 30th and will run Mondays and Thursdays from 5-6pm in the small end of the pool.  
\$2/Class for pool pass holders. \$3 for non-pool pass holders or \$30 for the summer!

**POOL RATES**

Daily Residents	\$2	Non-residents	\$3
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Season Pass Individual Resident	\$25	Non-resident	\$30
Family of 2: Resident	\$40	Non-resident	\$45
Family of 4: Resident	\$60	Non-resident	\$65

PLEASE NOTE: There will be a \$10 fee for every additional person for the season passes. Pool passes need to be presented in order to enter the pool. Make checks payable to the Haverhill Rec. Department

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# St. Johnsbury Players Announce Cast For The Dining Room

The show will be performed the weekends of August 8 & 9 and August 15, 16 and 17. For more information check out St. Johnsbury Players page on Facebook!



Front L-R: Elizabeth Graziose, Ursula Malabre-Speicher, Laura Wayne. Back L-R: Jake Machell, Dave Daly, Adam Lumbra



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**BATH, NH** - Vacation chalet for seasonal or year round. Enjoy the comfort of the open concept. Full height chalet windows allowing plenty of light. Living Room, Dining area, Kitchen with range and refrigerator, 2 Bedrooms first floor, wood stove with hearth, ceiling fan and more. The lot is a half acre, level and private. About 10 minutes out of town. Country setting. \$125,900



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**NORTH HAVERTHILL, NH** - It's Time to invest in this 3 Family home, much of the house has been renovated, remodeled kitchen, 2 and 2 bedrooms, 1 and 1/2 bedroom could convert to a 2 bedroom, very spacious units, some hardwood floors, metal roof, deck and porch, 2 car detached garage, ample parking, newer septic system, live in one unit and have rental income. Easy commute. \$175,900

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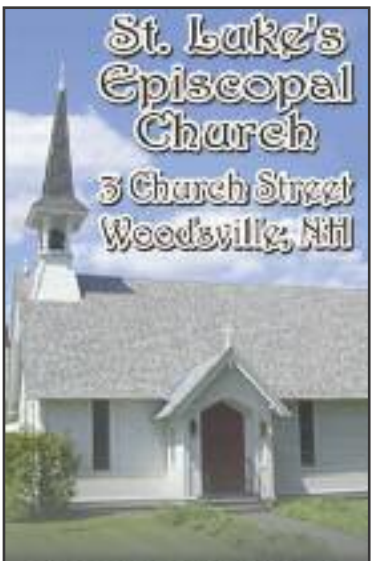
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**OBITUARY**  
**WILLIAM "BILL" OSCAR SELLINGER**



Haverhill, NH; his two pugs Bart and Sam; three children, Kristine Louise Brock and husband James of Brookline, NH, Dawn Edythe Silver and Dana of Lebanon, NH, and William Kart Sellinger and Diana of Jacksonville, FL; eight grandchildren, William J., Christian, Matthew, Mark, Brooke, Zach, Tyler, and William O.; a brother, Robert A. Sellinger of New York; a sister-in-law, Joan Yurman and husband Steve of Redding, CT; and two nieces, Beth Yurman and husband Eric Alura and Samantha Yurman.

Haverhill, NH – William "Bill" Oscar Sellinger, of Country Land Drive, passed away peacefully on Tuesday, May 27, 2014.

Bill was born in Irvington, NJ, on October 9, 1937, the son of Edward Karl and Rosemary Sellinger. He graduated from high school and later attended night school at Ocean County College, receiving his BS in Education. Bill served with the US Coast Guard Reserves. He married Judith L. Giddes on May 22, 1960, the love of his life, after dating for five years.

ther's charter fishing boats, the Miss Regnilles and the Big 2 and received his Masters Captains License. In 1979 he moved to New Hampshire from Point Pleasant and went to work for Bradford Oil as Vice President of Operations in Bradford, VT and managed the P & H Truckstop in Wells River, VT. Bill retired from Bradford Oil after twenty years. Later he worked for Stafford Oil in Laconia, NH for five years and also did some painting and carpentry work on the side. Bill enjoyed fishing, hunting, golfing, making decoys, tying his own flies, and making fishing poles. Earlier this past winter he crocheted several scarves and donated them to David's House in Lebanon, NH.

Bill worked on the clam boats off Point Pleasant, NJ for the Snow Company. He entered law enforcement serving as a police officer for twenty years in Point Pleasant, retiring as a Sergeant. Bill then took over his fa-

Survivors include wife of 54 years, Judith Sellinger of

There will be no calling hours.

A private graveside service will be held at the convenience of the family at the Ladd Street Cemetery in Haverhill, NH.

In lieu of flowers, memorial contributions may be made to the Above the Notch Humane Society, PO Box 456, Littleton, NH 03561.

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

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

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# President Obama's VA National Disgrace!

*OP-ED By Thomas N. Thomson*

We are now in the sixth year of the Obama Presidency. The American people are continuing to see our economy limping along at best even after Obama's trillion dollar stimulus which he promised would solve our economic woes.

During the past six years there have been many issues or should I say "scandals" that have plagued this administration which they for the most part brought on themselves.

Some of those "phony scandals," as President Obama likes to call them are:

1. The Benghazi affair; where four Americans were slaughtered by terrorists and our President and former Secretary of State Clinton continue to try and cover up the scandal.

2. The IRS targeting conservative groups, which during a recent national interview our President said there wasn't a shred of evidence that this happened. Now we know of e-mails that were sent from the White House before this scandal broke.

3. And don't forget Obamacare which is still playing out and unraveling before our eyes. Remember our President said (a.) If you like your Doctor, you can keep your Doctor; period. (b.) If you like your health care plan, you can keep your health care plan; period. (c.) For a family of four your cost for health care will go down by \$2500 per year; and we now know these promises were all false. The VA disgrace is a blueprint for what's to come when Obamacare is fully implemented.

For me, I get upset about any and all of the above. I know there are folks who would disagree and that's okay because, under our constitution, First Amendment, we still have the right to free speech, which is just one of the many freedoms our veterans have protected for us over the years.

But there is one "Scandal" we should all be furious about; every Republican, Democrat and Independent should be disgusted with the outrageous

scandal that is boiling over in the 26 Veterans Hospitals throughout this great nation. This is a national disgrace and one that President Obama owns and he has known about it since early 2009 and has ignored it. This story broke recently at the VA Hospital in Phoenix, Arizona where it has been reported that many of our Veterans who tried to get help were put on wait lists for months and the media has reported that 40 Veterans may have died while waiting for care. How could this have happened and why wasn't it noticed long before now? We are now learning the VA Hospital was keeping two sets of books and as reported they were cooking the books to cover their you know what!

Never should this be allowed to happen to our Veterans who were promised that no matter what, America would care for them if they were willing to defend this nation. Over the years many Veterans have made the ultimate sacrifice and have given their lives for the freedom that we each enjoy every day; many more have endured terrible wounds and have been scarred for life and their families changed forever. Each of us owes our thanks and our respect to our Veterans and our nation owes them the efficient, prompt care they were promised.

President Obama should promise to clean this mess up from top to bottom and start by firing Veterans Affairs Secretary, Eric Shinseki. We, the American People, should demand our elected representatives pass the necessary law giving the new VA Secretary the power to fire anyone in the VA system that was or is knowingly involved in the "VA National Disgrace". Any elected official who is unwilling to thoroughly clean up this mess so that it will never happen again to our veterans should be voted out of office on November 4, 2014. The time has come for real action for the care we promised our veterans.

## Letter To The Editor

### VETERANS

The inexcusable treating of our Veteran's is in the limelight. But it has in the past and nothing was done.

President Obama brought this situation up in his first bid for President – and nothing has happened while he has been in office to fix it.

Jeanne Shaheen ran to fix the problem that the state of NH does not have its own veteran's hospital. Six years later and a few daytime clinics is the only change. NH veterans have to go to other states for surgery.

A memo from a senior VA official tells of the scheduling problems of the VA and demanded it corrected. William Schoenhard, deputy undersecretary for health operations and management stated that these practices would not be tolerated. .... And yet they were.

We all know that there were shady practices in scheduling appointments for our Veterans and because of these shady practices bonuses were given out. Bonuses were paid and veterans died. How can that be? How can that be tolerated?

Republicans and Democrats are calling for the dismissal of Shinseki. Shinseki should not be the only one dismissed and should be without benefits. Who saw the memo from Schoenhard?

Scheduling practices include:

- Not having scheduling more than 30 days in the future so veterans would have to call back and therefore will not be on any

Linda,

*Obviously much has happened since this letter came to me a week ago. But, just as obviously much more needs to happen.*

*Do I have the answer? No, and I don't expect that any other one person has the answer either. Like so many issues that face our great country, this problem will only be solved with the hard work of many, many people. Those people need to include those that work for the VA hospitals, including administrators, doctors, nurses, and even maintenance personnel. Plus all of the politicians who have been elected to make the laws that create and maintain programs like this.*

*There are plenty of ideas out there that have been suggested to fix this. And creating a consensus will be difficult. But as you said in your letter, we can not put our veterans at the back of the line. They must be taken care of with the best care available.*

Linda Riley, Meredith NH

## Letter To The Editor

As a New Hampshire homebuilder, my focus for 27 years has been on building energy smart, energy efficient homes. Without Senator Jeanne Shaheen's support of energy efficient home policies, my family and I would not have been able to survive the depression of the last six years. We went from building three homes a year up to 2006 to one home in the last five years. We had to re-invent ourselves and thanks to Sen. Shaheen's policy support we were able to survive by becoming Energy Auditors and energy improvement contractors. I'm specifically proud of being the technical advisor for the Berlin Better Building program and consulting on over 45 housing units.

The Energy Department's Better Buildings Neighborhood Program has helped more

Bob,

*So many of our politicians do good things for their constituents. Of course almost anything that a politician does will be seen from at least two sides. One that agrees, and one that disagrees. As I have written in the past, the best we, as voters, can do is to be informed. Be educated on what the position is of every person on the ballot, and then to pick the one that you can feel the most comfortable with.*

*As a reminder, primary elections in Vermont is on Tuesday, August 26. In New Hampshire the primary is Tuesday, September 9. The General Election across the United States this year is Tuesday, November 4.*

Gary Scruton, Editor



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# A Walk in the Woods - June 2014

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Spring and early summer are no doubt the season of new life in our forests. This is the time of year to wonder the woods in early morning and listen to the cacophony of bird song and hope to see a doe with a new fawn. This is also the season of red-white and blue. A time to walk in the woods and think about our freedom, our veterans past and present and the independence that we are privileged to have. Memorial Day has just passed, but Independence Day is coming and quite frankly any day is a good day to walk and ponder all that we have and those who have provided this independence. You might also stop and think what role our forests have played in our independence

and our war history.

During Revolutionary times the forests provided nearly all the raw materials for building and heating homes. The stocks of Revolutionary muskets were made from many kinds of wood, walnut, maple and birch being the most common. Naval ships were built almost entirely of wood and originally the masts of these ships were made from the huge pine trees that filled our forests.

The forests of America also gave our revolutionary troops a distinct advantage over British troops who were used to using traditional fighting methods on open ground. The Americans followed no such rules of engagement and used the forests for cover

from musket balls, sneak attacks and many forms of guerilla warfare. This effective use of the forest tipped the scales in favor of the Americans and the rest is history.

Trees provided much of the raw material needed to fuel overseas combat in World Wars I and II. Rifle stocks continued to be made from wood and many steel manufacturing plants continued to use some wood as a fuel source. Perhaps the most famous use of wood in world war history was in the construction of the DH.98 Mosquito Bomber, known affectionately as the "Wooden Wonder". The Mosquito bomber played a huge role in World War II and it was made almost entirely of wood.

In 1941 wood was still the lightest, strongest and cheapest building material we had so the Mosquito Bomber was constructed entirely of a frame of spruce and plywood and an outer skin of balsa and birch plywood. The entire plane was held together with screws and glue. It's hard to believe that at one time, sugar maples (arguably the Northeast's most valuable hardwood tree) were passed up by loggers in order to harvest yellow birch which was badly needed to build the Mosquito bomber. During WWII the Mosquito was the fastest combat aircraft in the world and it served as a high altitude reconnaissance plane and as a high speed bomber throughout the war.

During WW II there were several German POW camps in the United States. The closest one to this area was located in Stark, NH. The German prisoners in these camps were used as laborers in the woods who built roads, fought fires, and cut timber that was used to fuel the war effort.

Today modern plastic and metal have replaced most uses of wood for military purposes. Our vast forest resources are used for domestic purposes and for global commerce which gives this country global strength. Our forests are vast, but they are not inexhaustible. The wise use and management of our forests by landowners, professional foresters and loggers will ensure that we have this resource long into the future.

This Walk in the Woods is dedicated to the Veterans of our country, past, present and future.

## Letter To The Editor

### SLAP IN THE FACE OF OUR MILITARY AND CITIZENS

Over the weekend Sargent Bowe Bergdahl was released in an exchange for his release for 5 Gitmo prisoners.

I am a mother and would do anything to bring my son home, but was this a huge error in judgment?

CNN reported that some of his closest fellow soldiers said he deserted. One soldier said Bergdahl left his post with a compass, a knife, water a digital camera and a diary. At least 6 American soldiers lost their lives searching for him.

Non-disclosure agreements were signed by soldiers in the same squad as Bergdahl, and are breaking the agreement to tell the truth about him. They describe him as a deserter.

The President signed into law last year that Secretary of Defense 30 days prior to release telling them the reason and assurances would be made that those released would not be able to go back to a life that would hurt American security. This law was not followed. Congress was not told. Again our President has broken US law – a law he himself signed. Is it time for the President to be impeached?

We released 5 prisoners to get 1 back. It seems to be a little lopsided 5 to 1. The US is not very good in negotiating any more.

The 5 worst of Gitmo's terrorists were released to Qatar. How many American soldiers died or were hurt to capture these terrorists? These terrorists will be banned

by the Qatari government from travelling outside of Qatar. Does anyone think they will not think of sneaking out and actually leave the country?

Marine Tahmooressi took a wrong turn and ended up in Mexico. He called 911 and they said they could not help him. Mexico is an ally. The President could call Mexico's president and get our marine back with a phone call and not give up anything.... Let alone 5 terrorists. But is the White House doing anything? Not that I have heard or read.

But what does our President do? He breaks a law he signed and brings back an alleged deserter.

I think this is horrible and a slap in the face to our troops. If you were a terrorist, what would you do, to get Gitmo prisoners released? What would you do to get America to do what you wanted? Kidnap an American soldier or citizen? This trade puts our soldiers in harm's way. Just think most of our troops are leaving Afghanistan. But some will be left behind. Almost 10,000. And this is just the troops in Afghanistan. We have troops all over the world. The President just put a target on their backs.

Sargent Bowe Bergdahl must be investigated and if warranted put on trial for desertion. If he is not a deserter, then let the court rule that way.

I have much more respect for our troops, their mothers, fathers, brothers, sisters, daughters, sons.....

Linda Riley, Meredith NH

Linda,

As most readers of Trendy Times know I support our troops 100%. They are all ordered to do jobs at various times that put them in harms way. But that is the agreement they made when they put up their right hand and became a member of the US military. And one of the long time rules of any military personnel is, "no man is left behind".

Was a trade the best solution? That can be debated all day and night. Is five of theirs worth one of ours? Again, debates will rage. Was Sargent Bergdahl a deserter? That will, I am confident, be settled by military law.

This entire episode is troublesome, but every war or conflict has such troublesome happenings. Just be assured that the men and women of the US military will always be ready to serve. To do what they are ordered to do. And to serve their country, our country, to the best of their abilities.

Gary Scruton, Editor

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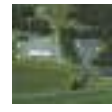
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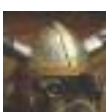
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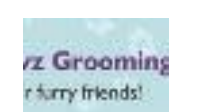
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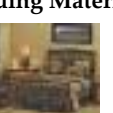
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# Senator Woodburn Running Again, Arriving At State House At 4:30 a.m.

CONCORD - North Country Senator Jeff Woodburn arrived at the State House at 4:30 a.m. on Wednesday morning and waited for the doors of the Secretary of State's office to open at 8 am. and when they did he was the first candidate to file for elected office in 2014. The biannual competition to file first is State House tradition. "I wanted to remove any doubt that I'm running again and demonstrate my passion and enthusiasm for public service," he said. "I love serving the North Country in the Senate and being our region's voice."

Woodburn noted that by being the Senate's most independent member and by working with everyone he's been able to direct money and draw attention to the North

Country to stabilize the region's economy, expand health care, improve education, save the region's largest social service agency, connect the region to the rest of the state by road and infrastructure improvements, preserve our environment and culture by keeping the pressure on the Northern Pass to bury more of the transmission lines and giving the state the power to regulate oil spill preparedness for oil carrying pipelines. He has been a strong proponent of supporting and expanding outdoor recreation with the OHRV "Ridge the Wild" trail system, as well as the snowmobile, skiing, hiking, hunting and fishing. Woodburn has kept a high profile regularly traveling his sprawling district that encompasses

27 percent of the state's land-mass and hosting official tours, town hall meetings and visiting all 42 public schools.

"Most of all," Woodburn said, "I've tried to fill the tremendous void created by the passing of my mentor Executive Councilor Ray Burton and while this is impossible, I've been motivated and inspired by his example. The North Country has great needs, tremendous potential and offers an unmatched quality of life and I have much more work to do."

Woodburn will have a campaign kick off event at the Mountain View Grand in Whitefield on Friday, June 13 at 5:30 p.m. featuring the Strawberry Farm Band and North Country raconteur John Harrigan.

## Representative Brad Bailey To Seek Second Term

Representative Brad Bailey has announced he will seek a second term representing the people of Grafton 14 which encompasses the towns of Bethlehem, Franconia, Lisbon, Littleton, Lyman, Monroe, and Sugar Hill.

Bailey ran and won back in 2012 stressing the need to rebuild our North Country economy, be fiscally responsible, keep taxes in check and continue fighting the proposed Northern Pass.

He voted "no" on a pro-

posed state budget that would have increased 10%, and "yes" on a budget that passed without increasing any taxes and fees on the people of the North Country while restoring funding to the University System of New Hampshire and freezing tuition at current levels.

The gas tax increase goes into effect on July 1st, which disappointed Bailey. "I voted 'no' because most of that money is going to go toward widening I-93 down in the southern part of the State. No

roads or bridges are going to be repaired in my district because of this increase. My constituents have to drive further to work, to shop for groceries and obtain medical care than residents of southern New Hampshire. A lot of people live pay check to pay check in a tough economy, and this is just one more increase they don't need right now."

Regarding the Northern Pass Bailey said that he is pleased more and more of his fellow representatives from the south are aware of the ramifications of this project. "This is not a Republican issue or a Democrat issue. Many of us have worked across the aisle knowing that if this project is approved it will have tremendous negative consequences for the North Country- from tourism to real estate."

Bailey is also working on a plan that he hopes will result in bi-partisan legislation that will help foster job creation in the North Country.

"I have appreciated the opportunity to represent my constituents in Concord," said Bailey. "My hope is they'll send me back for another term."

Bailey and his family have lived and worked in the Littleton area for thirty years. He is past-president and board member of the Littleton Area Chamber of Commerce, served on the Monroe School Board and Budget Committee. He also served as president of the Lyndon State College Alumni Council. Bailey resides in Monroe with his wife and two children.

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# Cottage Hospital Comes Out Swinging With A Swinging New Chevy Prize - And More!

By Robert Roudebush

**Question – So, I hear I can win a new car by playing golf, right?**

**Answer –** Yes, you can win a new car, a brand new Chevrolet, by playing golf right, as in very well, as in a hole-in-one on the first hole. We're talking a 2014 Chevy Impala, courtesy of General Manager Jeffery Moore and the friendly folks at Well's River Chevrolet.

**Q – That's pretty friendly. What's a hole in one and what's the first hole?**

**A –** "Say what?"

**Q – Just kidding. But there's been several golf tournaments around lately - which one are we talking here?**

**A –** They're all worthwhile, and here, the one we're talking about is from Cottage Hospital, from the Auxiliary there, their 12th Annual outing, Saturday, June 21st. Should be an exciting tournament. Because there are three more bonus "hole-in-one" prizes, available to anyone who scores on the 8th hole, the 10th hole, or the 17th hole. Look at that beautiful breezy red new car in the accompanying photograph. Other prizes sponsored by Wells River Chevrolet include a vacation for four at the Lajitas Golf Resort & Spa in Lajitas, Texas, a set of TaylorMade Clubs, and a Krank Golf Formula 5 Driver. General Manager Moore feels, "We are pleased to once again sponsor the hole-in-one prize of a new Chevy and it's great that we are also able to sponsor the three additional bonus prizes which should make for really exciting play for this year's auxiliary golfers."

**Q – So if we're going to have a great time golfing at Blackmount Country Club, why do it with Cottage Hospital?**

**A –** All the money earned from this event goes directly to the Hospital through the Auxiliary for equipment or services needed by the hospital but but not able to be budgeted. There are no handling or administrative fees, because all the people who work in the fund-raising group are volunteers, people who really like what they're doing and work long hours to

make it happen.

**Q – Didn't Cottage just win some kind of award for being a great growing hospital?**

**A –** You're smarter than you sounded at first. Yes, they did – several awards in the last several months. Check this out. Cottage Hospital has been named a top Critical Access hospital among all those in the country. And our CEO of this hospital, Maria Ryan, Ph.D., ARPN was named on the Becker's Hospital Review list of 50 rural hospital CEOs to know. We're talking being recognized with the Health-Strong™ Award winner for Excellence in Efficiency among all acute care hospitals in the nation.

**Q – Good stuff, but, really, where does the money go?**

**A –** Partial list - A Stress Test Treadmill System for the cardiology department is currently on the buy list. Other purchases from the Auxiliary include cardiac monitors, a respiratory crash cart (for emergency respiratory situations), the Josefina Roudebush memorial garden in the front-entrance flagpole area, exterior and interior sitting benches for the hospital grounds and across the street at the medical building, landscaping at that medical building, funds for digital mammography, several new wheelchairs, gas grill for kitchen use - the list goes back over the many years the fund-raising group has been assisting the hospital.

**Q - OK, OK, I'm convinced it's a great deal for all concerned. Tell me more about the tournament itself, when is it, the 21st of June, at Blackmount?**

**A –** Right on the date and place. And the deadline for application submission is right soon, the 13th of this month of June. The Country Club is on Clark Pond Road in North Haverhill. And there's the big change, a new format. It's been expanded to accommodate up to 24 golf foursome teams. There are two separate shotgun start times with the first 12 teams teeing off at 8 AM and the second set of teams teeing off at 1 PM. Sign up time for all teams will start one hour before their tee-off times.

**Q – You guys are getting the word out – I've seen banners and posters around town, at least one newspaper article and lots of people are talking it up. Something about food being available?**

**A –** Yes, good food, all golf players and participants will be treated to bountiful barbecued chicken lunches prepared by the Monroe Community Church, as well as snacks and other refreshments will be available throughout the whole tournament.

**Q - Probably some sign-up directions? And what's the cost?**

**A –** Here's all that. Completed team registration



*This bright red beautiful 2014 Chevrolet Impala may belong to the first person who makes a hole in one on the first hole of the Cottage Hospital Golf Tournament June 21 at Blackmount Country Club – Representing Wells River Chevrolet who sponsors this prize and other Hole-In-One achievements are Ted Cooper and Mike Burnett, Sales Consultants and in the middle, Grace Zambon, Finance Manager*

forms should be mailed in by interested golf teams to secure their desired tee-off times, either morning or afternoon, as soon as possible. Like now. There is a strict limit of twelve golf foursomes for each tee-off time, and those times are assigned on a first-come, first-serve basis. Full payment is required to secure the reservations.

**Q - So, to get the forms I...?**

**A –** Hey, you could directly contact Blackmount Country Club at 603 787 6564, or contact Karen Rajsteter at

k.rajsteter@yahoo.com, or Don Perlee at d.perlee@yahoo.com for more information, or to get a registration form. Cost is the same as last year - \$75.00 per player/\$300.00 per team. How's that for holding the line? Make checks payable to: Cottage Hospital Auxiliary and mail to: Cottage Hospital Auxiliary Golf Committee, P O Box 2001, Woodsville, NH, 03785-2001. And the cost includes the full 18 holes of golf, green fees, carts, lunch, snacks, and even better than past years, the players are competing for neat prizes.

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# Watch For Different Risk Levels Of "Muni" Bonds

Are you thinking of investing in municipal bonds? If so, you may have good reason, particularly if you are in one of the higher tax brackets. After all, municipal bond interest payments typically are exempt from federal income taxes, and possibly state and local income taxes, too — although some "munis" are subject to the alternative minimum tax. However, since not all municipal bonds are the same, you'll want to know the differences — especially in terms of risk.

Municipal bonds, like corporate bonds, essentially face two types of risk: interest rate risk and default risk. Interest rate risk becomes clear when market interest rates rise, causing the value of your existing municipal bonds to fall. No one will pay you full price for your bonds when newly issued bonds carry a higher rate — so if you plan on selling bonds before they mature, you risk losing principal.

You can largely ignore this type of risk simply by holding your bonds until maturity, at which point you will receive the face value back, provided the issuer doesn't default.

And that brings us to the second type of risk: default risk. Historically, municipal bond default rates have been much lower than those of corporate bonds, particularly lower-quality bonds. But different types of municipal bonds carry different levels of default risk. Here's a quick look at the two main categories of municipals and their risk character-

istics:

**General obligation bonds** — General obligation bonds generally finance projects of a municipality. A general obligation bond issuer is required to do everything in its power, including raising new taxes, to ensure that interest payments are paid on time and in full. This requirement helps support the creditworthiness of general obligation bonds.

**Revenue bonds** — Revenue bonds, which finance schools, hospitals, utilities, airports, affordable housing and other public works, are paid by dedicated streams of revenue. For example, revenues generated by the sewer system pay the interest on a sewer system revenue bond. Because revenue bonds have more restricted revenue streams than general obligation bonds, they are generally viewed to be riskier. To compensate for the added risk, revenue bonds usually pay a higher rate of interest than general obligation bonds. When studying the risk factors of revenue bonds, you also have to consider the type of revenue bond involved. For example, some sectors, such as housing and health care,

may be more volatile, as are some industrial revenue bonds. (These bonds, which are generally used to support a specific project, such as a new manufacturing facility, are sponsored by a government entity — but the proceeds go to a private, for-profit business.)

Of course, when evaluating the risk potential of municipal bonds, you don't have to rely on guesswork. The major bond rating agencies — Standard & Poor's, Moody's and Fitch — review municipal bonds to determine their creditworthiness. There are no guarantees, but by sticking with the bonds that are "investment grade," you can help reduce the risk of owning a bond that goes into default.

Municipal bonds can be valuable additions to your portfolio. Besides providing income that's free of federal taxes, these bonds offer you a chance to help support valuable projects in your community. But, as we've seen, different "munis" have different risk factors — so make sure you know exactly what type of bond you're purchasing before you write the check.

## Medicare Boot Camp At NVRH

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

On Thursday June 26, 2014 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with

the Area Agency on Aging, will offer a workshop for those new to Medicare — individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in conference room #126 at

Northeastern Vermont Regional Hospital..

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

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



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# Hayfever & Pollen Allergies

If it seems that your allergies are a lot worse in recent years, you may be right. Allergic reactions are multiplying, manifesting themselves not only as common symptoms of sneezing, headaches and rashes, but also as changes in personality and emotions. They are an unrecognized cause of many modern illnesses. The substances that cause allergies are called allergens. They can stem from almost anything, but the most common allergens are grass, pollen, dust, certain metals, some cosmetics, lanolin, hair and dander from some animals, insect bites or stings, some common drugs, some foods, and some chemicals in soaps. Most allergens produce clogging and congestion as the body tries to seal them off from its regular processes, or tries to work around them. Extra mucous is formed as a shield around the offending substances, and we get the allergy symptoms of sinus clog, stuffiness, hayfever, headaches and watery, puffy eyes. Sometimes the body tries to throw this excess off through the skin, and rashes, fever blisters, abscesses or a scratchy sore throat occur.

Allergies have a domino effect and they can affect any part of the body. Besides producing uncomfortable, unsightly symptoms, allergies can be imprisoning. They can make it impossible to go for a walk in the country, or even go outside for fresh air. They restrict healthful aerobic exercise because congested sinuses lead to less efficient breathing and poor overall body function. They also limit friendships with friends that have pets

(over 80% of the American population).

In times past, an allergy was defined as an inappropriate response by the immune system to a substance that is not normally harmful. While this definition is still true, there is no question that the harmful burden of toxic substances on our bodies is increasing. Impaired immune response from toxic overload is one of the primary causes of allergies. In modern times, it is hard to escape from the increasing exposure to chemicalized foods, polluted water, air and soil, industrial chemicals, car exhaust, acid rain, and UV radiation allowed by the depletion of the earth's protective ozone layer. Compromised intestinal flora from over-reliance on anti-biotic drugs, disturbance of infant immune systems through repeated immunizations, not to mention our stress-infused lifestyles, all result in reduced immune response and the inability of our bodies to cope with allergens.

In most allergic reactions, the immune system mis-identifies a substance, or can't identify a substance (usually a chemical), as an invader. Your white blood cells overreact in either case, and the allergic response becomes a disease in itself. Common responses are asthma, eczema, hayfever or severe headaches. Research on the immune system shows that allergy-prone people produce an overabundance of certain complex proteins known as antibodies. These in turn, trigger special cells known as mast cells that release inflammation-causing chemicals throughout the body.

These chemicals, called histamines and leukotrienes, must be either be neutralized by a severe allergic reaction, such as an asthma attack or prevented through an optimal lifestyle therapy program.

Herbal suggestions for allergic reactions include:

**EYEBRIGHT HERB:** (Euphrasia Officinalis), An anti-bacterial and astringent herb, effective in maintaining the health of the optical system; also a specific anti-catarhal for sinusitis and other congestive states; as part of a decongestive allergy formula; as part of a liver cleansing and stimulating formula. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**BAYBERRY BARK:** (Myrica Cerifa), Bark of the Root. An herb with astringent activity for venous congestion, particularly for mucous membranes. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**CALAMUS ROOT:** (Acorus Calamus) A bitters tonic for treatment of gastrointestinal disorders; a specific for regeneration of speech and brain impairment after a stroke. The root oil is anti-bacterial. Studies show serum cholesterol, serum triglyceride, and blood fibrinogen (a soluble protein in the blood which, by the action of certain enzymes, is converted into insoluble protein of a blood clot) lowering activity while increasing fibrinolytic (an enzyme that can cause coagulated blood to return to a liquid state) activ-

ity.

**NETTLES LEAF:** (Urtica Dioica), A widely applicable astringent and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and dysentery, and for inflammatory skin conditions. A specific in mucous cleansing formulas for asthma; a rich organic mineral nourishment in arthritic and rheumatic pain formulas. Secondary Uses: externally, to clean wounds and ulcers; for childhood eczema and diarrhea; as a tincture for hypothyroid conditions to increase thyroid function. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D & E.

**GOLDEN SEAL ROOT:** (Hydrastis Canadensis), A major anti-biotic and healing tonic herb, used to fight infections of all kinds; it is also a source of natural insulin,

and a hemostatic to control both external and internal bleeding. Primary Uses: as a specific in any lymph cleansing, anti-biotic combination; in eczema and psoriasis. NOTE: AVOID DURING PREGNANCY BECAUSE OF UTERINE MUSCLE STIMULATION. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**OSHA ROOT:** (Ligusticum Porteri), An important native American anti-viral, with broad spectrum immune stimulating properties in overcoming pathogenic agents; also effective as a circulatory aid in lowering blood pressure. Primary Uses: as an important part of an immune stimulating tea; as part of a combination to overcome flu and other viral infections. Excellent remedy for sinus infection, relieves congestion almost immediately. NOTE: STRONG BUT SAFE FOR CHILDREN AND PREGNANT WOMEN.

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

June 10, 2014 Volume 5 Number 18



By Ronda Marsh

## Meatball Subs On A Stick

When my Great-niece, Adrienne, comes for a visit, we always have a pretty sizable list of new dishes we want to try. She enjoys cooking and baking, and I enjoy her willingness to take on any kitchen project her Auntie suggests. So believe me, I am not kidding when I say that during her recent 3 day stay with me, the oven and dishwasher got a real workout!

The very first dish we tackled was this delicious take-off of the classic meatball sub, and I'm pretty glad we did! Not only are these skewers easy and fast to make, they are also considerably healthier than the original, replacing the traditional pan-fried beef meatballs with ground turkey which is spiced up and baked, and for my money, works just as well. Because turkey can tend to be dry, we added a tablespoon of olive oil to give added moisture and assist in binding the ingredients together. The topping of melty, oozing, mozzarella, and marinara for dipping completes the whole flavor profile. You could also make these for a party appetizer, by using just one meatball on a toothpick, enrobed by a section of breadstick. Very cute, indeed! I think kids would get a kick out of making and then devouring these. I haven't been a kid for a very long time, but I know I surely did!

- 1 pound lean ground turkey
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 1 Tablespoon dried Oregano
- 1 Tablespoon dried Basil
- 1 Tablespoon dried Parsley or 1/4 cup fresh chopped
- 1/2 teaspoon Crushed Red Pepper
- 2 cloves garlic, minced
- 1 Tablespoon olive oil
- 1 can Pillsbury Original breadsticks
- 1 cup shredded mozzarella cheese
- (10"-12") wooden skewers
- Marinara sauce for dipping

Preheat oven to 375°F. Line 2 baking sheets with parchment paper. Set aside. In bowl, combine ground turkey, bread crumbs, Parmesan cheese, Oregano, Basil, Parsley, red pepper flakes, garlic, and olive oil. Form into 1 inch meatballs. Open can of breadsticks and starting with one breadstick at a time, thread dough then meatball. Repeat the process with 2 more meatballs alternating

dough-meatball, ending with dough. Make sure to spread dough and meatballs away from each other by about 1/4", so the meatballs bake through and the dough has room to expand. Bake for 20 minutes until the meatballs are cooked through. Remove from oven and sprinkle each skewer with 1-2 Tablespoons of shredded mozzarella cheese. Place back in oven for 2-3 minutes until cheese is melted. Serve im-

mediately with warm marinara sauce for dipping. Makes 8 skewers.



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