

# TRENDY TIMES

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## Lyndon Farmers' Market Embodies Local Food Movement

By Diane Nijensohn

The demand for locally grown food is on the rise. One indicator of this is the steady year-to-year increase in the number of farmers' markets. According to USDA's Agricultural Marketing Service, the number of farmers' markets in the United States has grown from 1,755 in 1996 to 8,144 in 2013. This growth trend has also been observed in Vermont. In 1986, there were 19 active markets in Vermont. Today, that number has risen to over 70 thriving markets throughout the state with an-

nual gross sales surpassing \$8 million.

Farmers' markets are the ideal venue for consumers that seek fresh, local products and want to purchase those products directly from the folks that raise, grow and craft them. A rising number of people appreciate knowing they are not only feeding locally produced food to their families, they are also supporting fellow community members with their purchases and contributing to local farm viability. For farmers, these markets have become a worthwhile avenue for direct marketing and cultivating consumer loyalty. They also serve as important incubators for small to mid-sized producers, a place where they can de-

velop and test new products and often obtain better prices than they would in alternative forms of distribution.

In northern Vermont, Lyndon Farmers' Market is a good example of local producers responding to the growing demand for local products. In 2008, a small handful of dedicated farmers and craftspeople formed the market and met faithfully throughout the summer. Today, in its 7th year, the Lyndon market has grown to become one of the largest farmers' markets in Vermont's Northeast Kingdom.

Over 20 vendors come together every Friday afternoon to sell their products at Lyndonville's Bandstand Park. Together they offer an impressive

array of not only fresh vegetables, fruit and herbs, but grass-fed beef, organic chicken, eggs and goat cheese. Beekeepers sell their hives' bounty, and sugarmakers sell this season's maple syrup and assorted maple-themed products. Skilled bakers arrive with a wide variety of goods, from breads and pies to cookies, gourmet pastries and cinnamon rolls. And interspersed throughout the market are talented, local artists offering such things as goat-milk soap, iron work, pottery, jewelry, wood crafts, knitted items and photography.

The growth and success of the Lyndon Farmers' Market is a testament to the thriving 'Buy Local' movement in northern



Vermont. The market will continue to provide produce, prepared foods and crafts every Friday, from 3:00 to 6:00, through October 10. Plans for an indoor winter market are underway. To learn more about the market, visit [www.LyndonFarmersMarket.com](http://www.LyndonFarmersMarket.com). Better yet, swing by the market this summer, spend some time, and leave knowing that every dollar you spent supports this vibrant community and the region's working landscape.

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# TRENDY Dining Guide

## Valley View Family Restaurant

By Gary Scruton

Sunday Morning Breakfast Buffet. Four great words to not only a hungry man, but also to the wife who would like some time away from the stove. Add in the fact that it is priced under \$8, is all you can eat, and has a wide variety of items to choose from, and you have almost a perfect start to the last day of the weekend.

I will be honest, we did not realize that the Valley View Family Restaurant in Lyndonville had a Sunday Morning Breakfast Buffet. We made the drive in order to partake of something off the regular menu (but with breakfast foods high on the list of probably choices.). But as we walked up to the front door, the sign gave us the good

news. Beginning at 8 am and lasting until 11:30 every Sunday they put out a special buffet line with all you would expect, and then some.

As one would expect our waitress came over and asked us first about drinks. Of course coffee was a must on a Sunday morning around ten. The two Valley View customized cups came quickly along with the little cups of milk, the sugar container was already on the table waiting for us. A question about the buffet brought us a list that had plenty of choices. There were regular scrambled eggs, or scrambled eggs with some additions like onions and meat. You could have pan-

cakes (small, but plentiful) or choice french toast. Of course the maple syrup bucket and ladle were not far away. There was also ham, bacon or sausage (patties or links). The buffet had a choice in potatoes as well. There were home fries, tater tots, or hash browns. But what caught my attention when our waitress told us about it was the corned beef hash. Not an item you often see on a breakfast buffet, but one of my favorites. After all that there was also fruit to make a salad if you wanted. And we were also told that the regular salad bar was stocked and open for our selection if we so desired.

To load all that food diners

were also given a choice of plates. The traditional round dinner plate, or the oval breakfast platter. Neither had sideboards, but later I found that there were also no qualms about taking away the empty plate at the table and encouraging a second go at the line. (Which of course I did!)

Earlier I mentioned the coffee. It suited me just fine, and it was included in the price of the buffet (even refills). But the menu at the Valley View had plenty of other choices. We even heard another table ordering some "adult" beverages to go with their early meal. (Though I suppose tomato juice and/or orange juice is good for you even when you dilute it a bit.) There was even a bar at this establishment where people were free to come in and sit if

they were eating alone, or if they simply preferred that style of seating. There were many regulars that the wait staff say at the door and directed to the rest of their party, or in one case even offered to let the foursome find their own table and the waitress was willing to follow.

Obviously the Valley View was a family restaurant. The regulars were comfortable in their seats, but new comers like us were not shunned, but welcomed and patiently given answers to questions they had already heard time and time again.

So yes, I would be quite happy to visit the Valley View Family Restaurant again. Perhaps next time it will be for lunch or an evening meal. Maybe I'll even partake of one of those adult beverages.

You asked... We listened!

Due to repeated requests we are PERMANENTLY

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# The Other Side Of The Menu

By Robert Roudebush

**QUESTION - How do you handle a bad waiter?**

**ANSWER -** What's a bad waiter?

**Q - You know what a bad waiter is, you've had them. In fact, because of your restaurant background, and how long you worked in that business, you might even have BEEN a bad waiter, at least sometimes.**

A - You're right - I've had bad waiters and I waited tables long enough to have been one sometimes. Part of my learning process included being a bad waiter. I lasted a long time in that business and left it with with a reputation as an excellent server, expert enough to train others as first-class servers. But I'd like to know how YOU define a bad waiter.

**Q - You know, the food's late, he gets the orders wrong when it's delivered, not very polite, doesn't know about the food or wine, you never see him around, doesn't do what I want him to do, you know, a bad waiter or waitress. How do you handle them?**

A - You handle a bad server the same way you handle a good one - with courtesy and directness.

**Q - Say what?**

A - Not everything that goes wrong at your table is your waiter's fault, tho some things certainly may be. Only some of those things you just mentioned are under the waiter's control. You handle a bad or good waiter or waitress in the exact same way. With a good server, you tell them verbally or in a tip, that they did well, and when you can, you articulate exactly what they did well and how much you appreciated it. Positive re-enforcement. It's also good manners. Your server is just working people, just like you and me, and they will remember you and how you like things done, and how you handled it when things were right. Their living depends on it, and so does their self-esteem.

So you do the same thing with a server who is not meeting the mark. Try to remember the term, "pleasant reminder". With courtesy, or at least civility, maybe even a sense of humor, you let your server know how their service is not right for you. Be

open to hearing a valid reason why something that should be happening is not happening. Take note of how your server accepts the direction, and don't put up with nonsense. Believe me that a server who cares and who is trying to please will recall that low-key direction, and your courtesy, and try to abide by it. I call that good manners too. Done properly, it makes things better for all parties involved next go-around. By the time you get to the point of drawing your server's attention to a problem, of course, you must also have shown the patience to figure out how that problem may have occurred and how to fix it. Again, not everything that goes wrong at your table is the server's fault and so you may not have a bad waiter.

**Q - So, what's his fault and what isn't?**

A - Food's late? - probably not his fault, usually the kitchen's. Nothing wrong with informing your waiter that you've noticed it's taking too long. He may have an acceptable reason for you, which will set your mind more at ease, or it could be he was so busy, he did not know, which does happen

sometimes in busy places. He'll appreciate your frankness then. Gets the orders wrong? - is his fault without a doubt - it's his job to keep them clear from table to kitchen and back to table again. Not very polite? - again his fault, tho you might ask yourself just how polite YOU were with him in your interaction. Doesn't know about the food? - that's also his call, he should know just about any question you ask him about what is being served, or be able to find out. Never see him around? - he might have just been "slammed" - lots of tables at once - and is more embarrassed than you about neglecting you. Doesn't know about the wine? Could be his fault, his personal lack of knowledge, but even if he doesn't know about the wine, he knows SOMEBODY in the place who does know. Also, ask yourself, have you been clear with him about your needs?

**Q - What if you do all that and the server still sucks?**

A - Ask for another server, and if that does not work, you are in the wrong place to eat.

Bon Appetite!

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8 AM Breakfast to Go-Pythian Kitchen

11 AM Parade Theme "Hillbilly Hoedown"  
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12 PM Quilt Display at the  
United Warren Methodist Church

12 PM Lobster Feast Hosted by the WWAS (School)

1:30 PM Tae Kwon Do Demonstration  
(On The Common)

2:30 PM Horseshoe Competition (Next To Townhall)

3:00 PM Kids Watermelon Eating Contest  
(Located at the Kids Corner)

3:30 PM Red Hat Band

8:00 PM Highway 5 

**SUNDAY, JULY 13**

7 AM Pancake Breakfast (Masons at Mason Hall)

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

10 AM United Warren Methodist Church Service  
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12:00 PM Kiddie Parade Theme "Hillbilly Hoedown"  
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Our country recently celebrated the Fourth of July with parades, fireworks, and family gatherings. This federal holiday in the United States, commemorates the adoption of the Declaration of Independence on July 4, 1776 and we remember the courage and leadership of our forefathers who declared independence from Great Britain.

I would like to use this week's column to talk about "leadership" and the impact that quality leadership has on this town, state, nation and internationally.

Recently, I read a disturbing article in The Wall Street Journal, dated June 29, 2014. The article was titled, "Uncle Sam Wants You - Unless You're 71% of Youths." In a nutshell, the article stated that, "More than two-thirds of America's youth would fail to qualify for military service because of physical, behavioral or edu-

cational shortcomings, posing challenges to building the next generation of soldiers even as the U.S. draws down troops from conflict zones." Hopefully, this statistic is not applicable to New Hampshire; however, even if half this number or 35% of NH's youth cannot qualify for military service, this is a sad scenario.

Most of us have heard the statement, "everything you need to know, you learned in kindergarten." That is partially so, but for me, the statement should read, "everything that I need to know about leadership and life, I learned in the military and from my NCO." For all in active service or those who have served in past years we know that the military emphasizes, "lead by example."

If the above WSJ statistics are correct and if so many young Americans do not qualify for military serv-

ice, America will soon recognize this tragedy. Whether you work in private business, teach, work for the Veterans Administration, or serve in an elected position, military background and training is invaluable. Successful leadership means: you are in charge, you set the tone, you provide the organizational momentum, and most important, YOU ARE RESPONSIBLE.

The Haverhill community is proud of our military and of all who served and sacrificed as artillerymen with the NH National Guard 197th Field Artillery. These men and women qualified for the best and they brought leadership and strength home to Haverhill. Perhaps General Colin Powell, best describes leadership and military service, "The most important thing I learned is that soldiers watch what their leaders do. You can give them classes and lecture them forever, but it is your personal example they will follow."

Happy Fourth of July, and military experience does matter!

## George Lopez Returns To Haverhill

Pianist George Lopez has been featured across the globe as recitalist, soloist with orchestra, and collaborator. On Sunday, July 13 at 4pm he will take the stage at Court Street Arts at Alumni Hall in Haverhill.

Lopez received critical acclaim for his interpretation of Bach's Goldberg Variations at the Concertgebouw in Amsterdam. He was invited by The International Holland Music Sessions, now one of the top performing arenas for up-and-coming musicians in Europe, to go on a world tour where he performed in Paris, London, Cologne, New York's Weill Recital Hall at Carnegie Hall, and in Los Angeles where he was hailed by the Los Angeles Times for his "... musical perspective, con-

tinuity, and kaleidoscopic colors."

The performance will focus on the use non-Spanish composers made of traditional and evocative Iberian gestures to "bring Spain" to their native countries throughout Europe. Included are works by Scarlatti, Debussy, Liszt, and Rachmaninov.

This will be the first of a stellar summer series of classical concerts including the world renowned musicians from the North Country Chamber Players with guest artists including Jacquelyn Adams and internationally celebrated performer LJOVA in August.

Court Street Arts would like to thank Bliss Tavern Music, the studio of the legendary Betty Johnson Gray



Acclaimed pianist George Lopez will perform the works of Scarlatti, Debussy and Rachmaninov at Court Street Arts in Haverhill on Sunday, July 13th at 4pm.

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 the base of Mt. Moosilauke by The Yogurt Cheese Company.

GEORGE LOPEZ  
SUNDAY, JULY 13<sup>th</sup>  
4pm

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# The Aaron Strobel Story

Aaron has been a wild land firefighter since 2006, working for the USDA Forest Service in Double Springs, Alabama, Hungry Horse, Montana, Spotted Bear Ranger District, Montana, and Manchester, Vermont, and for a Nature Conservancy Fire Crew in Folly Beach, South Carolina. For three years, Aaron was on a hotshot crew (a 20-person detail sent to the front lines of the biggest and most dangerous fires in the country). From May to November in 2010, 2011, and 2012, Aaron was on the Flathead Hotshots, based in Hungry Horse Montana. As a member of this crew, he travelled to fires all over the West, including New Mexico, Arizona, Montana, Idaho, Alaska, and Colorado. During these summers, he and his crew work for 14 days in a row, 16 hours a day, suppressing wildfires. After two weeks, they get two days of "R&R" before becoming available for another fire. This winter, Aaron was hired to be the crew lead on a Forest Service fire crew on the Green Mountain Forest, based in Manchester, Vermont.

The Hotshots have been in the news a lot recently most tragically when 19 members of the Granite Mountain Hotshot crew were killed in the Yarnell Hill fire last June. Their deaths hit the wildland firefighting community hard, and caught the attention of the nation. The Upper Valley, too, reached out to support the families of the fallen firefighters. While Aaron was away in Montana fighting fires, Melissa (who had gotten engaged to Aaron that spring, down in Alabama where they had met in 2008, both working as teachers at an Environmental Center there), wanted to do something to support the families of these heroes. With the help of local firefighters and the Colatina Exit restaurant in Bradford, VT, Melissa organized a fundraiser for the Wildland Firefighter Foundation ([wffoundation.org](http://wffoundation.org)), an organization that supports injured firefighters and the families of those brave men and women killed in the line of duty. Last July, the Colatina offered to donate 25% of their profits on one day to the foundation, as well as all tips and donations. Firefighters from Piermont, Haverhill, and Woodsville dressed in their fire gear and worked as waiters for the many community members that came to the restaurant to show their support. Diners were able to learn more about the wild land firefighting profession, and got the chance to read about the short but powerful lives of the 19 Granite Mountain Hotshots who gave their lives. The event was successful, and

tremendously healing for many people. All told, with donations from Colatina and members of the Upper Valley Community, the event raised \$3,500 for the families of the 19 "Granite Mountain boys."

After a typically busy fire season out West, Aaron returned to Pike this fall. He resumed planning his June 21, 2014 wedding, and began his second winter of work as a residential counselor and Environmental Educator at the Mountain Valley Treatment Center in Pike, New Hampshire. All the while, he was training for a new position as the crew leader on a Vermont fire crew. In this role, he would be leading a diverse group of firefighters on fire suppression and safety measures in the North East and beyond.

As the winter wore on, though, Aaron developed what felt like a cold that he just couldn't shake. After a while, he suspected it was the flu. After another week, he was tested for a common tick-borne illness called Lyme's Disease, but that turned up negative. His recurring cough was diagnosed as pneumonia right as the Forest Service position began, but that turned out to be a misdiagnosis.

He was prescribed a course of antibiotics just as the crew was called to their first assignment in Ohio. Off he went, optimistic that the medicine would allow him to shake his fatigue, cough, extreme night sweats, and general weakness. The crew drove down to Ohio, and prepped for their first day of prescribed burns.

The first day off the antibiotics was also the first full day of work in Ohio. Aaron's hands and lips turned blue after just a few minutes outside. Worried, the crew took him to an urgent care clinic. After they ran a few tests, they put him in an ambulance and sent him to a bigger hospital. That hospital kept him for about 10 hours, and performed a battery of tests on his heart and lungs. By the end of the day, the hospital team sent him back to work with a diagnosis of anemia (extremely low iron count), and recommended that he pick up some over the counter iron pills.

Appropriately concerned, the Forest Service flew him home the following day, where he returned to New Hampshire to rest for the week, and recover from what was assumed to be extreme pneumonia. He woke up the next morning with a temperature of 103.9, and went to Dartmouth Hitchcock Medical Center immediately. He spent a day in the Emergency Room, and then another day in the hospital, undergoing an extreme

battery of tests. The doctor's ruled out pneumonia right away, but had almost no idea what was wrong with Aaron.

It was two days later when blood tests revealed that the root of his problem was endocarditis, which is a bacterial infection that gets into the blood. Because Aaron was born with a heart murmur and a slightly irregular aortic valve, the infection pretty much went right to the valve and attacked it. There was a significant growth on the valve (called a "vegetation") that was making it very hard for his heart to function properly. Thus, the extreme fatigue. The coughing was attributed to blood regurgitating into his lungs, (when it was supposed to be going in the other direction).

The day after they diagnosed him with endocarditis, the doctor's realized that they would have to remove and replace the affected valve. Even aggressive antibiotics wouldn't reverse the damage that the last few months had done. They put him on an aggressive course of IV antibiotics, with the plan being to fight off the bacteria in the blood before doing the heart surgery. They kept him in the hospital for a week, monitoring him and doing tests, and sent him back home to rest with a surgery date in two weeks.

He went home... and he kept getting fevers. The doctor's were shocked, given the high dose of antibiotics he was on! Right back into the hospital he went on a Friday afternoon, and surgery was rescheduled for Monday morning, a week and a half early. His heart valve was so damaged, that surgery needed to be immediate. They weren't even letting him walk around the unit, since that would cause undue stress on the heart. Little bits of the infection were breaking off and travelling to other parts of his body, and two of these bits (called "emboli") lodged in his brain. They were tiny, and although the neurosurgery team considered removing these before doing the heart surgery, since they put him at a higher risk of stroke during surgery, they ultimately decided to just replace the valve and monitor these two spots.

Just two weeks before Aaron had been actively working as a wild land firefighter, one of the most extreme jobs in the world, and now he wasn't allowed to get out of bed to shower unless his medical team approved and was monitoring his heart.

April 7 was surgery day. They brought Aaron into the OR at 7:30 on a Monday morning. The surgery was expected to take between 3 and 5 hours. It began at 8:30, and an OR nurse called Melissa in



the waiting room every two hours with an update. They stopped his heart, and hooked him up to a bypass machine that pumps blood throughout his body while they open up his heart. They successfully removed the valve, and the infected parts of the heart, and put a cow valve in his place. He chose a cow valve over a mechanical valve since it will allow him to maintain a similar lifestyle as he had prior to the surgery. The cow valve will only last 8-20 years (a big difference), so he will have this surgery several more times in his life. If he had chosen a mechanical valve, which is man-made, he would probably only need one more replacement surgery, but would have to take the blood thinner coumadin for the rest of his life. This would cause a huge change in lifestyle, as any activity that may lead to falling, bleeding, or any trauma at all would be life threatening. It was at first a hard choice, but after talking to a few people, Aaron and Melissa were both very convinced that the cow valve was the best choice.

As they replaced the valve, they noticed a hole in his septum, which is the muscle wall in the heart that separates the two halves of the heart. The hole, known as Ventricular Septic Disorder, is not uncommon at birth but

usually closes spontaneously in childhood. Aaron's did not, and was exacerbated by the infection in his heart. The operating team called in another surgeon, and patched this hole right then. It made the surgery an eight hour procedure! If Aaron hadn't gotten endocarditis, they never would have known about the hole. It is only once you're inside of the heart that it is visible. Even if the endocarditis had been identified early on, they would have just treated it with antibiotics, and again, never would have found that hole, which likely would have led to a stroke down the line.

He was in the hospital for a week after surgery, and then came home with an IV line in his arm for administering antibiotics. A follow-up visit a month after surgery revealed that the heart and new valve are healing up very well, but the two emboli that broke off from the vegetation in the valve before surgery caused significant damage to the blood vessels in his head. Monday, June 2, he was due undergo yet another surgery to permanently block off this vessel in his head, so it does not continue to pose a stroke risk. This brain surgery will feel relatively minor compared to the eight-hour open heart surgery, but is still a scary procedure.

*Strobel*  
**Benefit Dinner**

*Sponsored by the North Haverhill Fire Department  
to benefit firefighter Aaron Strobel and family.*

**Saturday, July 12th**  
**6:00 pm steak dinner**  
at the Robert Clifford Memorial Building  
(former armory)  
South Court Street, Woodsville

Tickets = \$25 each, \$40 per couple, \$75 per family of four  
Silent Auction  
50/50 raffle  
BYOB

Tickets available at Hatchland Dairy Delights in North Haverhill, NH,  
The Annique Rose in Woodsville, NH, or by calling  
Janice Hatch at 787-6601 or Julie Gaffey at 348-2598



# 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

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

## SUNDAYS

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

## FRIDAYS

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

## TUESDAY, JULY 8

**2ND BIG TRUCK DAY & ICE CREAM SOCIAL**  
10:30 AM  
Bath Village School

## FOOD SAFETY FROM FARM AND GARDEN

6:00 PM – 8:00 PM  
Grafton County Extension Office  
North Haverhill

## WEDNESDAY, JULY 9

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

## JULY 9 - JULY 26

**LITTLE SHOP OF HORRORS**  
7:30 PM  
Jean's Playhouse, Lincoln  
*See article on page 16*

## THURSDAY, JULY 10

**THE PARIS WIFE**  
6:00 PM  
Bath Public Library

## MUSIC IN THE PARK

6:00 PM  
Groton Veterans Memorial Park  
*See ad on page 7*

## CONNECTICUT RIVER VALLEY BEEKEEPERS ASSOC.

7:00 PM – 9:00 PM  
Grafton County Extension Office  
North Haverhill

## FRIDAY, SATURDAY & SUNDAY

**JULY 11, 12 & 13  
WARREN OLD HOME DAYS**  
*See ad on page 3*

## FRIDAY, JULY 11

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

## MORNING'S AT SEVEN

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## SATURDAY, JULY 12

**CAR, BIKE & TRACTOR SHOW**  
9:00 AM – 1:00 PM  
Waterford School, Duck Pond Rd, Waterford  
*See article on page 7*

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

## INSECTOPIA ARTISTS' RECEPTION

3:00 PM – 5:00 PM  
Northeast Kingdom Artist Guild Gallery  
St. Johnsbury

## STROBEL BENEFIT STEAK DINNER

6:00 PM  
Clifford Memorial Building, Woodsville  
*See article and ad on page 5*

## SWEET JAMM DANCE

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

## MORNING'S AT SEVEN

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## SUNDAY, JULY 13

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

## 50TH ANNUAL ANTIQUE AUTO SHOW

11:00 AM – 3:00 PM  
Main St., Orford

## MORNING'S AT SEVEN

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## GEORGE LOPEZ

4:00 PM  
Alumni Hall, Haverhill  
*See article and ad on page 4*

## ANNIE & THE ORPHANS

**50'S, 60'S, 70'S ROCK & ROLL CONCERT**  
6:00 PM – 8:00 PM Rain or Shine  
Corner of Main St & Prospect St, Bethlehem

## MONDAY, JULY 14

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

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## THE CONNECTICUT: NEW ENGLANDS GREAT RIVER

7:00 PM  
Alumni Hall, Haverhill  
*See article on page 13*

## TUESDAY, JULY 15

**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

## THURSDAY, JULY 17

**TAPE, PAPER CIRCUITS: E-ORGAMI**  
9:00 AM – 12:00 Noon  
Groton Public Library

## MUSIC IN THE PARK

6:00 PM  
Groton Veterans Memorial Park  
*See ad on page 7*

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, JULY 18

**ANNUAL POTLUCK SUPPER**  
5:30 PM  
Harvey's Lake Town Beach  
*See article on page 17*

## NCC SUMMER LITE WITH A SCOOP

7:30 PM  
Littleton Opera House  
*See ad on page 3*

## MORNING'S AT SEVEN

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## SATURDAY, JULY 19

**TAG AND FOOD SALE**  
9:00 AM – 2:00 PM  
St. Lukes Episcopal Church  
*See ad on page 7*

## HARVEY'S LAKE BOAT PARADE

12:15 PM  
Havey's Lake  
*See article on page 17*

## CHILDREN'S ENTERTAINER STEVEN RICHARD LINDHOLM

6:00 PM – 7:00 PM  
Railroad Park, Woodsville

## TEXAS HOLD'EM TOURNAMENT

6:00 PM  
Orange East Senior Center, Bradford

## NCC SUMMER LITE WITH A SCOOP

7:30 PM  
Wells River Congregational Church  
*See ad on page 3*

## MORNING'S AT SEVEN

7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## SUNDAY, JULY 20

**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
Satellites 11:00 AM - Tournament 1:00 PM  
American Legion Post #58, St. Johnsbury

## MORNING'S AT SEVEN

4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 8*

## CRUNCHY WESTERN BOYS BLUEGRASS FOLK

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

**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](mailto:gary@trendytimes.com)

*Deadline for submissions is Thursday, July 17th for our July 22nd issue.*



# You're Invited To Groton Free Public Library

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 8 and up (and interested adults) 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. (Participants under 10 with an adult please.)

Mon, July 21, 7pm: Movie Night! Join us for showing of 2014 action/adventure film starring George Clooney and Matt Damon, rated PG-13. (Call/email for additional title

information.)

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

Sat, Aug. 2, 9am-12pm: Squishy Circuits: Building Circuits with Conductive Play Dough. Using jumbo LEDs and batteries we'll build playful and colorful sculptures. Kids ages 3 & up are invited to learn how to build unique sculptures that light up! Sign up: grotonlibraryvt@gmail.com/802.584.3358. (Participants under 10 with an adult

please.)

Every Wed, 1-3pm: Crafts & Conversation (for adults). 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

## Bath Public Library Book Club

The Bath Library Book Club will be discussing "The Measure of a Man: A Spiritual Autobiography", by Sidney Poitier on Thursday, August 14th at 6 pm at the Bath Public Library. In this luminous memoir, a true American icon looks back on his celebrated life and career. His body of work is arguably the most morally significant in cinematic

history, and the power and influence of that work are indicative of the character of the man behind the many storied roles. Sidney Poitier here explores these elements of character and personal values to take his own measure – as a man, as a husband and a father, and as an actor. Books may be picked up at the Bath

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

## Car, Bike & Tractor Show

Northeastern Speedway Club Inc. will be having a gathering at the Waterford School on Duck Pond Road in Waterford on July 12 from 9 to 1. All Hot Rods, Classic Cars, Race Cars, Vintage Snowmobiles, Motorcycles, and Antique Tractors are welcome to attend. Best of Show awards to all classes, Dash plaques to those who display. Come meet the Pioneers that made our sport what it is today, from it's beginnings in Waterford. Food will be available, Admission is \$5.00.



**WARNER'S CAMPGROUND**  
Tent Site \$15/day + tax  
Camper Site \$25/day + tax  
On site owner, fenced in, in-ground pool  
FAMILY FRIENDLY: swings, private catfish pond, dog friendly  
CONVENIENT: Coin laundry, propane filling station  
5993 Ryegate Rd, Rt. 5  
East Ryegate, VT  
802-473-2718

**NOTICE TIME CHANGE**  
Worship times have changed for July and August at both the Woodsville & North Haverhill United Methodist Churches

**NORTH HAVERHILL UNITED METHODIST CHURCH**  
Rte 10, North Haverhill, NH  
Worship Will Be At 9:00 AM

**WOODSVILLE UNITED METHODIST CHURCH**  
9 Maple Street, Woodsville, NH  
Worship Will Be At 10:30 AM

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

Every Saturday Rain Or Shine  
9:00 am - 1:00 pm

Seasonal Vegetables and Fruit  
Local Beef, Pork, Lamb, Goat & Poultry  
Local Artisans Featuring Soaps, Woodcrafts, Etc.  
Pastries, Pies, Breads, Brittles, Maple Syrup  
Jams, Jellies, Pickles & Relishes  
Coffee and Conversations  
Farm to Family and Harvest Health Coupons

We Accept EBT And Debit Cards

See You At The Market!

## Hunter Education Course <sup>7</sup>

A Hunter Education Certificate is required for anyone age 16 and older who plans to purchase a hunting license in the state of New Hampshire. You must be at least 12 years old to attend a hunter education course. Class will be held at the Ammonoosuc Valley Fish and Game Club in Bath, NH on the following dates: July 24, 2014 from 5:30 p.m. - 8:00 p.m., July 26, 2014 from

8:00 a.m. - 5:00 p.m., and July 27, 2014 from 8:00 a.m. - 4:00 p.m. (all three classes must be attended to become certified).

Registration opens June 27th and is on-line only at the NH Fish and Game web site: www.wildlife.state.nh.us/Hunting/hunter\_ed.htm. For More Information contact David Falkenham at 728-8958 or dave.falkenham@unh.edu.



**Second Chance animal rescue**  
"we care when there's no one there"  
1517 Meadow Street  
Littleton, NH 03561  
603-259-3244  
www.secondchancecar.org



**Tag and Food Sale**  
Saturday, July 19  
9am - 2pm

**St. Luke's Episcopal Church**  
CORNER OF CENTRAL & CHURCH STREET  
WOODSVILLE, NH

**Groton Vermont's 7th Annual Music In The Park**  
Thursday Evenings 6:00pm

July 10 <sup>th</sup>	Sue Persson
July 17 <sup>th</sup>	Miranda Moody Miller
July 24 <sup>th</sup>	Guinguette
July 31 <sup>st</sup>	Alan and the Doctor
August 7 <sup>th</sup>	Karen Krajacic
August 14 <sup>th</sup>	Emily & Thomas Inger & Andru
August 21 <sup>st</sup>	Dave Lapham & Friends

Admission is Free!  
Concerts happen in Groton's Veterans' Memorial Park

Funded in part by:  
The Town Of Groton  
Artesano Meadery  
Brown's Market Bistro  
The Bridge Weekly Sho-Case  
Trendy Times  
WYKR 101.3 FM



# North Haverhill Fair Competitors Invited

Are you ready to join your friends and neighbors in a bit of friendly, and perhaps profitable, competition? Do you take pictures, knit, quilt, have a flower garden, own a pickup, or perhaps you are 12 or under? If you fit any of these categories there is a way for you to join in the fun at the 70th Annual North Haverhill Fair. And there are more than just those as well.

If you take pictures, or paint or draw, frame up some of your favorites and bring them to the fairgrounds for judging. Knitters, quilters and other arts and crafters are also encouraged to bring in their recent work to be displayed in the Gerald Stoddard Building. Perhaps your niche is your flower garden. Or perhaps you have some great wild flowers nearby. Either way there are a vast array of categories to enter. In all cases, cash prizes are awarded. And don't forget

about Saturday's King Arthur Flour baking contest.

For those who are more of a gear head, there is the big Sunday 4x4 truck pull. From street machines, to highly tuned rigs, and even homemade doodlebugs there is a class to enter. Or bring in your farm or garden tractor for a chance at a transfer sled. Full size tractors pull on Saturday, but smaller rigs will have a go on Wednesday night. And if you are of the younger set, the youth garden tractor pull happens on Sunday morning. Of course if you want to put a little more work into a rig, and would rather hit than pull, then perhaps you need to enter one of the three Demolition Derbies. Wednesday night will feature a class for 6 and 8 cylinder cars, plus a division for mini vans. Then on Friday night the 4 cylinder cars will bang out a winner.

For those who own live-

stock there are the traditional pulling events under the covered Bishop arena. Oxen are the animals of choice on Wednesday and Thursday. Friday the arena sees the ponies in harness. Saturday and Sunday are both days for horses with three classes each day to keep the teamsters and fans busy and well entertained.

For the younger set Saturday is the biggest day of the fair. It begins with the Kiddie Parade. All entrants to this event get a prize. The second event of the day also guarantees a prize to all who hop on the pedal powered tractor and pull the transfer sled built for just such an occasion. In between those two contests is the Milk Moustache competition, that is open to more than just the young ones. The

evening finishes with the crowning of Little Miss North Haverhill Fair, after they competed on Wednesday for the crown.

One other great competition is the North Haverhill's Got Talent Show on Thursday evening. For the past few years this competition has been for just singers. But this year it is open to anyone with talent who would like a chance to take the stage, face the crowd, and hear what the judges have to say.

Other competitive events that are open to the public (with certain talents or equipment) include Wednesday night's Classic Car Show. Thursday night has the second year of our Tailgating Competition. The Woodsmen's Contest is set to chop and saw on

Saturday. And the weekend ends with Sunday's Open Horse Show.

Most of these competitions are free, but a registration fee and/or preregistration is required for some events. To get full details, rules, and registration forms check the website: [www.nohaverhillfair.com](http://www.nohaverhillfair.com) or call the fairgrounds office at 603-989-3305.

The dates for this year's North Haverhill Fair are Wednesday thru Sunday, July 23 thru the 27th. Gate admission is \$12 for adults, with children 12 and under free. Thursday is senior day with those 65 and older getting in for \$5. And Wednesday is Veterans Appreciation Day with any service member with ID will get in for just \$5. Parking is always free.

## “Morning’s At Seven” Opens Friday On OCT Stage

BRADFORD: VT: Old Church Theater is presenting “Morning’s at Seven” a comedy by Paul Osborn, opening July 11th and playing two weekends, Friday and Saturdays at 7:30pm and Sundays at 4pm. The theater is located at 137 North Main Street in Bradford.

The story is about 4 sisters and their husbands who live simpler lives in 1930’s America, but when a 40 year old son brings his fiancé home to meet the family, everything changes in a funny and heart-warming cascade of events.

The characters are as loveable and unique as you’d find in any small town, and their lives as ordinary as cornbread. “Morning’s at Seven” is an endearing and humorous look at what we today would call a dysfunctional family. The story concludes with a gratifying surprise ending.

Directed by Sheila Kaplow, the cast includes Barbara Payson, Scott Johnson,



“The cast of “Morning’s at Seven”, Old Church Theater’s comedy opening this Friday, poses on the set. Clockwise from left: Jim Heidenreich, Joyce Evans, Anne Foldeak, Paul Coates, Chuck Fray, Robin Ng, Caroline Swaney, Scott Johnson and Barbara Payson.

Joyce Evans, Jim Heidenreich, Robin Ng, Chuck Fray, Caroline Swaney, Paul Coates, and Anne Foldeak.

The title “Morning’s at Seven” is from a line in Robert Browning’s poem “Pippa

Passes”, where Browning describes an idyllic pastoral setting concluding with “all’s right with the world”, a phrase capturing the feeling of visiting a bygone era such as is re-created in “Morning’s at Seven”.

Make reservations by calling 802-222-3322 or emailing [reservations@oldchurchtheater.org](mailto:reservations@oldchurchtheater.org). Admission is \$10 (or \$5 for students) at the door. For a full evening, Colatina Exit offers “Dinner Theater” where for \$45.99 you get tickets and dinner for two (Fri and Sat only).

Old Church Theater is in its 29th season of continuous summer productions. A non-profit organization, it is an all-volunteer group governed by a 9 member board. The next production will be “Little Women” opening August 15th. For their 30th anniversary production, the group will be presenting “Harvey” in July, 2015.

### MURRAY'S STORAGE TRAILERS



2975 RYEGATE ROAD  
US RT. 5  
EAST RYEGATE, VT

STORAGE TRAILERS  
MANY SIZES AVAILABLE  
FOR SALE OR RENT

ALSO AVAILABLE  
• WOOD PELLETS  
• BARK MULCH  
• TOPSOIL • STONE

802-757-8068

### PTO'S WANTS YOU TO KNOW!

FISHER

IT'S FAIR TIME!  
PTO's Repair will  
be at the North  
Haverhill Fair!

Stop by our display and check out the  
2014 Models of Fisher Plows and Sanders.  
Now is the time to buy at last years prices.

PTO'S REPAIR  
South Main Street  
Bradford, VT  
802-222-4774  
or at [ptosrepair.com](http://ptosrepair.com)



I'M PTO AND I WANTED YOU TO KNOW!



Fridays & Saturdays  
July 11-12-18-19  
at 7:30 p.m.  
Sundays, July 13-20  
at 4 p.m.

137 North Main Street, Bradford, VT

Reservations: 802-222-3322 or  
[oldchurchtheater.org](http://oldchurchtheater.org)

Morning's  
at  
Seven

by Paul Osborn  
Directed by Sheila Kaplow

A comedy of simpler times

July 11-12-13 & July 18-19-20



# North Haverhill FAIR



1299 Dartmouth College Highway • North Haverhill, NH

## BE PART OF THE FUN Join One Of These GREAT Competitions!

**Wednesday - Sunday  
July 23, 24, 25, 26, & 27, 2014**

For full regulations and schedule please check our website at:  
[www.nohaverhillfair.com](http://www.nohaverhillfair.com)



### ART & PHOTOGRAPHY SHOW

Entry Information: Items must be brought to the fairgrounds on Saturday, July 19 from 12:30pm to 6:30pm.  
Go to [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for complete rules & regulations. Brandi Young: [youngsp photography98@gmail.com](mailto:youngsp photography98@gmail.com)

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- LIVESTOCK
- LANDSCAPE
- DOCUMENTARY
- PETS
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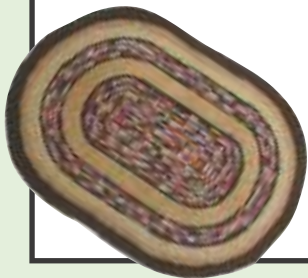
### EDITH G. HENSON MEMORIAL FLOWER SHOW

Entry Information: Items must be brought to the fairgrounds on Wed., July 23 3-6pm, Thur., July 24 3-6pm or Fri., July 25 8:30-12:00pm.  
Go to [www.nohaverhillfair.com](http://www.nohaverhillfair.com) for complete rules. Hannah Leland 603-728-8117 or [hannahleland@gmail.com](mailto:hannahleland@gmail.com).

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### ARTS, CRAFTS AND COLLECTIONS

Entry Information: Items must be brought to the fairgrounds on Sunday, July 20 from 1:00pm to 7:00pm.  
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|---|---|--|

#### King Arthur Baking Contest

Saturday, July 26  
Pre-registration Required  
By Friday, July 18  
Junior & Adult Classes  
More info go to  
[www.nohaverhillfair.com](http://www.nohaverhillfair.com)



#### North Haverhill's Got Talent

Please Pre-Register By Friday, July 18  
Email: [garyscruton@yahoo.com](mailto:garyscruton@yahoo.com)  
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# WWR 4th Of July Parade



The Littleton Area Chamber of Commerce recently held their After-Hours event at Badass Outdoor Gear Shop. From the left is Chamber Executive Director Lauren Anderson, North Country Sen. Jeff Woodburn and Badass Outdoor Gear Shop proprietor Matt Keating.



Photos courtesy of Janice Scruton

July 8, 2014 Volume 5 Number 20

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This lot may only be .91 acres, but it's open with selective trees, an outbuilding and an outhouse! It's close to Pescham, Groton, Danville and a great lot to pop up your camper or tent. Property is ledgey & rocky so probably not suitable for septic, but it's a great place for a getaway! Close to Harvey's Lake. \$19,900 -- ML4227978

3.70 acres: mostly wooded lot with frontage on Barnet Center Rd and Davidson Rd, a shared right-of-way. Views with clearing, power roadside. Pretty site with maple trees, level area for building. Septic plans available. \$30,900 -- ML4348262

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# Groton VT Students Win Vermont State DAR Essay Contest

The Oxbow Chapter DAR honored two Blue Mountain Union School students at their June 21 meeting, who were the winners of the 2013-2014 DAR American History Essay Contest at the state level in their age groups.

Lauren Gandin, the 7th grade winner, and Devyn Farley, the 8th grade winner, were invited to read their essays—each composed around the theme "The Lives of Children During the Revolution"—aloud at the June meeting in the Oxbow Chapter House on Oxbow Road in Newbury Village. Lauren and Devyn were each awarded a Certificate of Achievement, a bronze DAR medal, and a gift card for their achievement.

At this special presentation were chapter members and guests who included Devyn's mother, Tiffany; Lauren's father, Tom; grandmother, Judy; brother, Chase; and cousins, Bryce and Brinley Gandin. Members gratefully acknowledged the efforts of BMU School teacher Steve Peck, for assigning the essay to his 7th and 8th grade students and submitting entries for judging by the chapter. Lauren and Devin's essays will be forwarded to the DAR national division vice chairman of American History for division competition. They are also invited to attend and read their essays and receive additional honors at the Annual Pilgrimage of all Vermont State DAR members to the DAR John Strong Mansion Museum in Addison, VT on August 21, 2014.



*Pictured from left: Chapter American History Chairman Phyllis Vogel, Lauren Gandin, and Devyn Farley. Photo courtesy of Judy Gandin.*

"Crazy" Quilt gifted to the Littleton Opera House. Everett Aldrich, left, Member of the Littleton Sew Flakes Quilt Guild presented George Mitchell, President of the Littleton Opera House Committee, with a specially made cover for their baby grand piano. The "Crazy Quilt" features twenty individually designed blocks created by the members of LSQG, and assembled by Everett. The style and design are in keeping with the Victorian Period and elegance of the Littleton Opera House. The Opera House is also the location of the Sew Flakes Quilt Guild's Biennial White



Mountains Quilt Show, September 27 & 28, from 10-4 both days.

**HAVERHILL, NH-** Ranch with over 1700 sq. ft. Tastefully decorated 3 Bedroom, sunken Living Room with brick hearth for a wood stove Dining area, hardwood floors, large deck for cook outs. Great opportunity to have a home business. Situated on 5 Acres, main road location. Bank Foreclosure. \$120,000.

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**NEWBURY, VT-** Contemporary 2944 sq. ft. situated on 11.44 Acres with great views of the White Mountains. Living Room open to Kitchen. 3 good size bedrooms, hardwood floors, good size deck off kitchen, 2 1/2 baths one with a Jacuzzi tub. Finished lower level. Attached 2 car garage, barn, open and wooded parcel. \$230,500.

**HAVERHILL, NH-** Summer fun awaits you. Short walk to the beach or the in-ground pool. Spacious Cape with an open floor plan, tons of natural light, lovely stone face fireplace, 1st floor bedroom, 1st floor bathroom, 2nd floor master bedroom with balcony, L shape 3rd bedroom, skylights, woodstove in lower level, wrap deck, 2 car garage w/storage. Mountain Lakes has so much to offer. \$145,500.

**HAVERHILL, NH-** Split level tucked away in the pines. Spacious Living room, slider to deck, cathedral ceiling, 2 woodstoves, 1st floor bedroom and bath, lower level with walk-out. Finished with family room and 2 bedrooms. Year round fun at Mountain Lakes. \$107,000.

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# OBITUARY

## SANSFORD ERROL SCRUTON



Sansford Errol Scruton, 89, of Birmingham, Alabama passed away Monday June 23, 2014 at Fair Haven Retirement Center. He was born July 21, 1924 in Bradford, Vermont to S. Walter and Iva (Humphrey) Scruton. He graduated from Bradford Academy class of 1942. On June 23, 1946 he married Lois Edna Stetson in Piermont, NH. They lived in Fairlee, Vt and then in Haverhill, NH with their 3 children. Sansford worked at Whiting's Creamery in Bradford.

Several years after Lois' death in 1965 he transferred to New York and continued working for the company until his retirement. In NY he worked with Richard Moffitt and then met and married Enid Moffitt (Richard's Mom) on Nov 30, 1974. Sansford had the unique status as the only Sansford Scruton in the US. Sam or Sammy as he was nicknamed by his family and friends enjoyed strong Rat Trap cheese, bowling, golf, college basketball, NASCAR, and the Yankees.

He was predeceased by Lois in 1965, Enid in 2005, four sisters: Phyllis, Nathalie, Beverley and Claire. He is survived by his younger sister Audrey; his children Bruce Scruton of Pennsylvania; Karen and her husband Paul Douglas of Dover, NH;

Gary Scruton and his wife Janice of Woodsville, NH; James Moffitt and his wife Sharon of New York; Richard Moffitt and his wife Carmen of Alabama; Linda Buckland of Tennessee; Pauline Blair of Alabama and many adored grandchildren and great grandchildren.

A memorial graveside service for all family and friends will be held at South Lawn Cemetery in Piermont on Monday, July 21, 2014 at 1:30 pm. A gathering will follow at the Haverhill Congregational Church Parish House. Another service will be held in New York later in the summer. In lieu of flowers memorial donations can be made to the Shriners Children's Hospital, 51 Blossom Street, Boston, MA 02114.

# Haverhill Historical Society's

## "The Connecticut: New England's Great River"

Haverhill, NH – The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to present "The Connecticut: New England's Great River", a program offered by Adair Mulligan of Lyme Center, NH. This event will take place Monday July 14, at 7:00 PM at Court Street Arts/Alumni Hall in Haverhill. Admission is free and open to the public.

The Connecticut: New England's Great River. The largest river in New England rises in a small beaver pond near the Canadian border and flows over 400 miles through four states, falling 2,670 feet to the sea through America's only watershed-based national fish and wildlife refuge. Adair Mulligan leads an armchair tour

of this great river in New Hampshire and Vermont, exploring its history and natural beauty through the seasons and among the communities that have sprung up along its banks. Next, the discussion will shift to how the river has influenced the lives of those who live there, and how they, in turn, have affected the river. Much more than a travelogue, this presentation explores the many issues involved in managing the health of this major river, and how citizens from all walks of life have created a vision for its future.

Adair Mulligan has a run-away curiosity about the nat-

ural and cultural history of northern New England. Author of The Gunstock Parish, A History of Gilford, New Hampshire, she has also contributed to Proud to Live Here in the Connecticut River Valley; Where the Great River Rises, An Atlas of the Upper Connecticut River and Beyond the Notches: Stories of Place in New Hampshire's North Country. Executive director of the Hanover Conservancy, she served for 20 years as Conservation Director of the Connecticut River Joint Commissions. Mulligan holds a master's degree from Smith College.

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# Women Must Know What To Expect From Social Security

Everyone needs to be aware of the financial resources they will have available in retirement. But if you're a woman, you must be particularly diligent, for a variety of reasons. And that means you'll need to know just what to expect from Social Security.

Why should you, as a woman, pay extra attention to Social Security? For one thing, women often take time off from their careers to care for children and older parents, so they may accumulate less money in employer-sponsored retirement accounts, such as 401(k) plans. And women still live several years longer than men, according to the Census Bureau.

Clearly, then, you need to get the most you can from Social Security. To do so, you will need to consider at least three key factors:

**Age** — You can start taking retirement benefits as early as 62, but your benefits may be reduced by up to 30% unless you wait until your "full retirement age," which is likely 66 or 67. If you delay taking benefits until 70, your monthly benefits may be up to a third larger than if you started collecting Social Security at your full retirement age. You'll need to weigh a variety of factors — such as family longevity, income from employer-sponsored retirement plans and your anticipated financial needs — in determining when you should start taking Social Security.

**Employment** — If you work while receiving Social Security benefits before you reach full retirement age,

your benefits will be reduced by \$1 for every \$2 you earn over an annual limit, which generally increases each year. In the year you reach full retirement age, your benefits will be reduced by \$1 for every \$3 you earn over the limit before your birthday. But once you reach full retirement age, your benefits will no longer be adjusted for earned income.

**Marital status** — As a spouse, you can generally receive Social Security payments based on your own earnings record or collect a spousal benefit of up to 50% of your husband's Social Security benefit. The benefit will be reduced if you start taking it before your full retirement age. To start collecting Social Security spousal benefits, you must be at least 62 years old and your husband must also have filed for his own benefits. If you're divorced, and you're not currently married, you can generally receive benefits on your ex-husband's Social Security record, as long as you meet certain conditions. (For example, you had to have been married to your ex-husband for at least 10 years.)

No matter how much Social Security you ultimately receive, it's almost certainly

not going to be enough to provide all the income you'll need. So during your working years, try to contribute as much as you can, for as long as you can, to your IRA and your 401(k) or other employer-sponsored retirement plan. At the same time, look for other investment opportunities. And when you reach retirement, create a withdrawal strategy that allows you to stretch out the income you receive from your investments for as long as you can.

By saving and investing as much as possible during your working years, maximizing your Social Security payments and carefully managing your financial assets when you're retired, you can help improve your chances of enjoying the retirement lifestyle you deserve.

This information is believed to be reliable, but investors should rely on information from the Social Security Administration before making a decision on when to take Social Security benefits. It is general information and not meant to cover all scenarios. Your situation may be different, so be sure to discuss this with the Social Security Administration prior to taking benefits.

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## Bath's Stephen Whitney Announces For Grafton County Commissioner

Stephen Whitney is announcing his candidacy in the Republican primary for Grafton County Commissioner District 2. Mr. Whitney and his wife Teresa live on the family farm in Bath where Mt. Whitney has lived for most of his life. He attended Bath Elementary, Woodsville High School and received his B.S. degree in Business Administration from Plymouth State College.

Mr. Whitney was employed by the Grafton County Dept. of Corrections for nearly 26 years until his retirement two years ago. During his years at Grafton County, Mr. Whitney was also coordinator of Operation Impact. The program was created by the Grafton County Commissioners. This program which Mr. Whitney helped develop was created to help educate young people about the consequences of negative behavior, poor decision making and the

effect it has on them and the people around them. Elementary, junior and senior high schools as well as agencies and courts throughout Grafton County participated in the program.

During his years of employment at Grafton County, Mr. Whitney gained knowledge of departments and their functions at the Grafton County complex. Mr. Whitney was a member of the Grafton County Employee Council which represented county employees in labor negotiations with the county commissioners.

Mr. Whitney is a member of the Grafton County Mental Health Court Advisory Board. He is a past member of the NH Advisory Board on Juvenile Justice, Past Trustee of the Trust Funds in Bath and past member of the Bath Board of Cemetery Commissioners.

Mr. Whitney is a member

of Mt. Cube Masonic Lodge in Orford, NH, past master of Grafton-Kane Lodge in North Haverhill, member and presiding officer of the Masonic Scottish Rite and York Rite bodies in the North Country. Mr. Whitney is also an honorary 33rd degree mason of the Northern Masonic Jurisdiction of Scottish Rite Masonry in the United States. Mr. Whitney received the 33rd degree for his contributions to the community and the Masonic fraternity.

Mr. Whitney believes his knowledge and experience would be a significant asset as a commissioner to the citizens of Grafton County. During his years of working at the Grafton County Jail, Mr. Whitney was an employee of all the people in Grafton County. Mr. Whitney says if he is elected commissioner he would again be an employee of all the people in Grafton County.



# Letter To The Editor

## Hobby Lobby Ruling

Yesterday the Supreme Court decided the case of Sebelius vs. Hobby Lobby.

Hobby Lobby provides insurance coverage for 16 of the 20 contraceptives mandated by Obamacare. The 4 they do not provide for prevent a fertilized egg attaching to womb and in Hobby Lobby's belief is tantamount to abortion, which they are against according to their religion.

Plain and simple – the first amendment "Congress shall make no law respecting an establishment of religion or prohibiting the free exercise thereof."

This ruling does not apply to huge corporations. It applies to family businesses.

Linda,

*This ruling is again proof that our form of government is still working. Our Federal court system has ruled that the Executive division overstepped its authority. That is the way the system works. Each branch has its own set of powers. And the balance is critical to the smooth running of all three.*

*There have been a large number of debates, letters to the editor, and speeches both for and against Obamacare. Whether you are for or against it, it has become the law of the land. It was passed by both the Senate and the House, and the bill was signed by the President. Now the Supreme Court has ruled on one part of the law as it was implemented. That is how it is all supposed to work.*

*Now if we could just get all these parties to work on other important matters. Come to some compromises and get some meaningful legislation passed so that this great country can move forward.*

Linda Riley  
Meredith, NH

Gary Scruton, Editor

Hobby Lobby did not stop anyone from taking one of the contraceptives they did not condone. Hobby Lobby did not want to pay for it. They are a great company to work for, paying employees more than double minimum wage. Sundays are a day off.

Most important is that the birth control mandate was not part of the bill Congress passes. Sebelius added it later.

There were about 2700 pages in the Obamacare bill. And not one dealt with contraception. Sebelius added it later. I wonder – how much more was added.... And illegal according to our constitution?

# Under Construction

By Elinor P. Mawson

I love to watch construction projects! And I have been watching two notable projects almost in our own back yard.

The first is the Bath covered bridge.

A crew has been working on the bridge for over a year and a half. First they shut down the bridge to everyone on the "other" side, necessitating a long, bumpy ride around Robin Hood's Barn to get to 302, the post office, and every place we need to go to get anything done.

Then they found that the timbers they needed to use were "back ordered"-- or something-- so they couldn't start rebuilding the bridge when they thought they would. A long delay.

Construction has proceeded S-L-O-W-L-Y ever since. Supposedly they work

4 long days and have 3 days off. Sometimes the weather will interfere, and not much gets done. When asked, they say they might finish in May, or maybe June, or possibly July. We are waiting!

There have been a lot of complaints, of course. And it seems that the powers that be--whoever they are--didn't negotiate a contract with a clause with a deadline and fines if the bridge wasn't finished in a timely manner.

I would love to give that construction company a piece of my mind.

I am avidly watching the building of the new Cumberland Farms.

It didn't take all that long to demolish the existing buildings on the lot--and they took all the pieces away after they came down. It was almost like someone was waiting for them!

Site work was done in no time at all. They had all the machinery to take away the asphalt, move the earth around, and dig trenches for the footings.

In a flash, it seems, forms were put up and walls poured. Lumber and catch basins are sitting there ready to use. I suspect that as soon as they are in place, other materials will be on site and ready to go.

And the workers that I have seen so far have been WORKING.

How much do you want to bet that the new Cumberland's will be finished before the Bath Bridge is opened?

The construction company that is building Cumberland Farms is doing a great job! I would like to hug the guy in charge of that project!



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# NH's Only Free Professional Theatre Opens Season July 4th

New Hampshire's only no/low cost professional theatre, the award-winning, New York Times and Boston Globe featured Theatre Under the Stars returns for a 9th season with their Governor's Commended professional offerings. Family friendly fun for any age, all of the professional theatre's 7 different Main Stage shows are offered in tribute to the military men and women fighting for freedom on foreign soil. From Opening Night on Fri July 4th until Closing Night on August 16th, the 7 week season features the first folio (unrehearsed) approach to the musical "Twelfth Night", the rarely performed "Measure For Measure", The Young Playwrights Festival-winning double feature "The Merry Wives of Seuss" and "Romeo and What Julie-et", the farcically hysterical "A Comedy of Errors", the laugh-til-your-sides-hurt "audience decides the plot" comedy, "Interactive Dracula", and the hilariously popular (unrehearsed) "Original Practice Midsummer Night's Dream" hot off it's winter seacoast tour where it played to standing ovations. All shows are PG, roughly 75 minutes long, with 6pm house open, 630pm show start.



The no/low cost shows are performed in alternating repertory by three different professional acting companies featuring performers from all over the country. Season Schedule: Every Friday and Saturday night from July 4th- Aug 16th they can be found in their Waterville Valley theatre site, on Gazebo Hill behind the WV Ice Arena. Starting on July 8th-Aug 14th the troupe's popular "tent tours" travel every week to the following towns: Every Tuesday (7/8-8/12) at the Main St Gazebo Park in Bethlehem, every Wednesday (7/9-8/13) at Manchester's Jewish Federation on Beech St (\$5 tix) and every Thursday (7/10-8/14) at the Greene St Amphitheatre (across from the Sr

ctr) in Plymouth.

The ONLY New Hampshire youth theatre program to receive a Governor's Commendation for excellence, the theatre's popular low cost youth theatre day camps also return in 2 different NH towns, In Bethlehem NH: Mon July 7th-Fri July 11th, registration until July 2nd through the Bethlehem Recreation Dept. (reccdirector@bethlehemnh.org 603 869-3351 ext 19). In Waterville Valley: Mon Aug 4th-Sat 16th, registration until August 4th (info@shakespeareinthevalley.com 603 726 0098).

All theatre venues have nearby indoor space, so ALL shows at ALL 4 different performance sites are rain or shine. Pack a picnic and a BYO beverage, grab a blanket, cushion or camp chair and come on out to see some award-winning free family-friendly fare while "putting the shake back in Shakespeare" and honoring our troops (past and present). For more info (including specific shows each night) call 603-726-0098 or go to www.shakespeareinthevalley.com.



Lincoln, New Hampshire - Little Shop of Horrors is currently in rehearsal and gearing up to delight! Now is the time to purchase your advance tickets - don't miss this rock 'n roll, doo-wop musical, playing July 9 - 26 at 7:30 pm with special Wednesday matinees on July 16 and 23 at 2 pm.

A down-and-out skid row floral assistant becomes an overnight sensation when he discovers an exotic plant with a mysterious craving for fresh blood. Soon "Audrey II" grows into an ill-tempered, foul-mouthed, R&B-singing carnivore who offers him fame and fortune in exchange for feeding its growing appetite, finally revealing itself to be an alien creature poised for global domination!

Little Shop of Horrors (July 9-26) will be followed by Spamalot (July 30-Aug 16), The 39 Steps (Aug 20-30), Forever Plaid (Sep 10-27) and Greater Tuna (Oct 1-18). Professional theatre ticket prices are \$30/adults and \$25/seniors and students. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, New Hampshire (03251). Call the Box Office at 603-745-6032 or visit www.jeansplayhouse.com to purchase tickets.

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July 8, 2014 Volume 5 Number 20



# CADY College Caucus Celebrates Pragmatic Prevention Of Statewide Substance Abuse

By Robert Roudebush

(Editor's Note – In this third and last part of a series on how COMMUNITIES FOR ALCOHOL AND DRUG-FREE YOUTH is working to prevail in New Hampshire's widespread problem of youthful substance abuse, especially now heroin, TRENDY TIMES reports on highlights from the recent Fourteenth Annual Regional Prevention Summit, hosted by Plymouth State University.)

Parts one and two dealt with stark statistics on youthful alcohol abuse in New Hampshire, and how heroin is currently the cheapest street drug of choice- it can be injected, smoked or snorted, is highly addictive and dangerous, especially when mixed with a synthetic opiate FENTANYL.

**QUESTION - So, today, we talk about Restorative Justice, which is connected to C A D Y, right? What is RJ? Some kind of diversion program?**

ANSWER – Yes. Two very hard workers are responsible for the existence of this program in our region, Grafton County Attorney Lara Saffo, and Coordinator Jay Apicelli. The RJ program is a confidential, voluntary alternative to the formal court process for low-level offenders, age 12 and above, who meet certain criteria. RJ is community-based and serves Plymouth, and now Haverhill and Littleton, and is cost-effective and provides for a quick response to the offense. It teaches responsibility and compensates victims

of crime for their losses.

RJ believes that crime is a violation of people and relationships. So it goes about repairing the harm, and rebuilding relationships in the community. And RJ thinks that violations create obligations. Results are measured by how much REPAIR was done, rather than how much punishment was inflicted. RJ thinks that crime control cannot be achieved without active involvement of the community. And this is a process that is respectful of family status, and diverse cultures and backgrounds and due process.

This will help you get a handle on it. Since 2007, at least one-hundred fifteen youth have been given a second chance to take responsibility for their actions, outside of incarceration, and to turn their lives around. This New Hampshire accredited program has a 93% success rate in promoting growth and lasting behavioral change.

**Q - Yeah, but it's just a slap on the wrist, right, just an easy way to let bad kids off free when they commit crimes, right?**

A – All wrong. It does not provide an easy way out for an offender, but it does give kids a chance to stay out of jail and to make right what they did wrong in their community. It gives non-sexual offenders a chance to fix or replace the window they broke, repay the money they stole. First thing they do is fess'up that they did it, face-to-face with their victims, apologizing to them -kind of

like what responsible parents used to make their children do, be accountable for their actions. Some parents still do that, but we live in a mass-incarceration society, we love to lock 'em up, especially our youth, and it is expensive and not very effective.

So RJ creates community panels that work with the offender in creating a contract, an agreement to engage in physical work or research work, or multiple hours of community service, or some combination, maybe getting a job to earn dollars to pay back money taken, to work with and for the person who repairs the property damage, maybe learn something useful while they're at it. This contract is formulated within a small group of people, the reparative panel, which includes victims and offenders, their supporters, parents or guardians of the youth involved, and community members, where everything is agreed on together. The youth is then held accountable for completing his or her contract. It's not a slap on the wrist. For young participants, it is often much harder than sitting in a Juvenile court, where they often don't have to say a word, where their attorney does all the talking, or where Mommy or Daddy may pay whatever fine is levied.

You might want to learn more – contact Jay at 603 536 9793, or japicelli@cady-inc.org – or to contribute support, www.cadyinc.org and click DONATE.

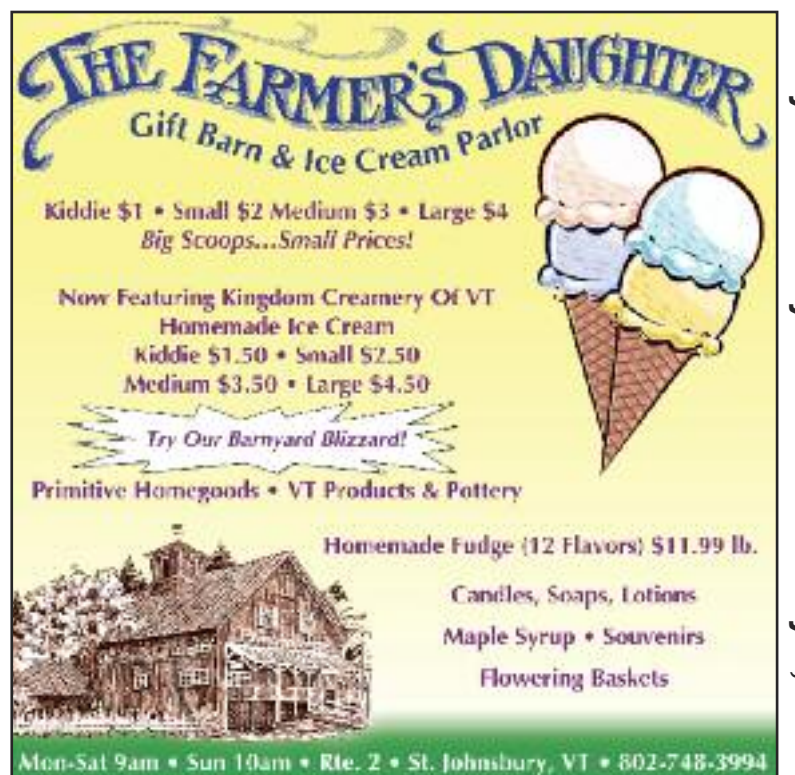
# Harvey's Lake Annual Events

On Friday evening, July 18th, the Lake Harvey Association will hold a pot luck supper at 5:30 p.m. on the Harvey's Lake town beach. That will be followed by the annual membership/orientation meeting, open to everyone, at approximately 7:00 p.m.

The annual Harvey's Lake Boat Parade will be held on Saturday, July 19th, at 12:15 p.m. This year's boat parade theme will be "Scary Moments In Fiction". Each boat entry will compete for prizes by decorating their

boats with this theme.

The boat parade is just one of a series of day long festivities sponsored by the Lake Harvey Association. The annual "Mile Long Yard Sale" along Main Street in West Barnet will run from 8:00 a.m. until noon on Saturday. A chicken barbeque will be held on the Harvey's Lake public beach from 3:00 p.m. until 5:00 p.m. The highlight of the day's activities will be the annual fireworks display at the public beach at dusk that evening.



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# Time To Stake The Tomatoes

By Heather Bryant, Regional Field Specialist, Food and Agriculture

After a very late start to the growing season tomatoes are finally taking off! In my office that means questions are starting to come in about staking.

The first question I always ask in return is, are your tomatoes determinate or indeterminate. The seed packet or the stake in the pot when you bought your transplants should tell you the answer. Otherwise,

you can find out on the internet using the variety name.

Determinate tomatoes grow to about 3-4 feet tall and then stop. They tend to fruit within a short period of time which is good if you plan to do a lot of canning or freezing and they are generally the easiest to grow outdoors. Tomato cages are a popular method for staking these varieties although I

am not a huge fan. In a good tomato year, they can get overloaded and tip over.

Indeterminate tomatoes will keep growing taller until the frost kills them and they will produce fruit over a longer period of time which is good if you primarily like to eat tomatoes all season long or want the flexibility of freezing or canning small amounts at a time. Most tomato cages are about half the height of an indeterminate tomato, so they are very prone to tipping over.

For either type, my preference for outdoor tomatoes is the basket weave system. For determinate varieties you can use either 4 or 5 foot stakes, for indeterminate I recommend 5 foot stakes or taller. A tomato plant can easily weigh 15-25 lbs when it's at peak production so it's important to pound each stake a foot into the ground. Yes, I know that's difficult even if you don't have rocks, but it's all about the power of positive thinking; you are planning for a good tomato year and your trellis needs to be able to handle a great deal of weight. You want to place one stake for every two plants going down the row.

The next step is to prune the tomatoes. Pruning helps keep the plants focused on fruit production rather than just growing leaves, and it helps keep the plant open so that air can flow through, keeping the leaves drier and minimizing disease. Suckers are shoots that grow at the juncture between the main stem and a leaf. Starting at the ground, take off every sucker you find going up the stem until you get about a foot off the ground. For indeterminate tomatoes as the season goes on you may find you need to take off more suckers so that each plant ends up with no more than 3-4 main stems.

Now take twine (either plastic tomato twine or baling twine will work) and wind it three times around the first stake about 8 inches off the ground, then walking sideways down the row, run the twine in front of the first plant and in back of the second plant. Wind it around the next stake three times and repeat the process until you get to the end of the row. At that point you need to go around to the other side of the row and reverse the process so that you end up with

a twine sandwich around each plant. As the plants grow you will want to add another row of twine every 8-12 inches until you get to the top of the stake. Indeterminate varieties usually need to be topped in order to keep them from draping over the top of the trellis and growing down towards the ground which can severely impede air flow.

To keep the twine tight without getting rope burn, I like to feed the twine into a two foot length of plastic conduit. I'm right handed so I hold the conduit in my right hand which guides the twine where I want it to go, and I keep tension on the twine with my left hand.


One final tip, if your rows are long, you may need an additional anchor on the first and last stake once the plants reach the height of the stakes. The easiest way to accomplish this is to tie an additional length of twine off at an angle between the top of the stake and an additional stake in the ground at an angle 2-3 feet away from the base of the upright stake.

Here's hoping for a great tomato season requiring a very sturdy trellis!



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# Lucky 13 Facts

1) Stress = emotional constipation and/or emotional "inflammation".  
 2) 1.5 mg maximum allowance of sodium for health = 1 tsp. (watch foods like cheeses, bagels, vegetable juices.  
 3) 100 calories of sugar is the maximum ideal per day. There are 4 calories in one (1) gram of sugar, 25 grams = 100, watch all foods including yogurts, condiments for portions vs. sugar.  
 4) 40 grams of fiber required daily excellent sources are psyllium, apples (apple fiber, apple pectin), pears (best), oat bran, flax seeds. Eat an apple or pear 20-30 minutes before each meal for colon cleansing and fiber helps fill you up. Apples contain Quercetin for better lung function.  
 5) No more than one (1) alcoholic drink per day, best red wine for anti-oxidants, beer contains B6 = note: hard alcohols are the most caloric, 122 calories per ounce.  
 6) Never eat hydrogenated fats (trans fats), watch ingredients and portions, companies are not required to post "daily allowances if under 1/2 gram, yet in the ingredients they

must be labeled as... and of course if you exceed the portion size, you have then ingested 1 gram or more artery clogging fats.  
 7) Never should your heart reach above 90 at a resting rate, omega 3's keep our hearts healthy (see sources).  
 8) LDL's cholesterol must be below 100. C-reactive proteins needs to be below 1.  
 9) Blood sugar glucose levels needs to be between 200-240mg/dl. (triglycerides).  
 10) BMI (body mass index) needs to be 30 or below, above 30 = Obesity.  
 11) Excellent foods for losing weight and belly fat: Lemon, Limes (add to foods and water), walnuts, cinnamon,

lentils, Avocado balsamic vinegar, celery (you burn more calories eating celery than it contains), sweet potatoes.  
 12) Lemons lower blood sugar, which lowers cholesterol & blood pressure.  
 13) 8 mg of zinc is required daily for hair, skin & nail health. Our bodies cannot make or store zinc, food sources include dark chocolate, liver, brewer's yeast, dulse, kelp, egg yolks, legumes, pecans, poultry. Herbs = alfalfa, burdock root, cayenne, chamomile, chickweed, dandelion, eyebright, fennel seeds, hops, parsley, rose hips, sage, sarsaparilla, skullcap & wild yam.

*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*

## Dear Marci...

Dear Marci,  
 I have Original Medicare. Does Medicare cover routine dental care, such as dental cleanings or checkups?

Joyce

Dear Joyce,  
 No, Medicare generally does not cover routine dental care, such as dental cleanings and checkups. Medicare also generally does not cover dental fillings, bridges, implants or dentures. However, Medicare may cover certain dental services in very limited circumstances. Specifically, Medicare may cover dental services if the services are needed to protect your general health. Medicare will also cover dental services if those services are necessary for another Medicare-covered health service to be successful.

For example, Medicare may pay for dental services if you have a disease that involves your mouth or jaw, like oral cancer, and you need dental services for radiation treatment. Medicare may also pay for dental services if you need dental procedures to treat jaw or face fractures.

As a reminder, people

with Medicare can get their Medicare benefits through either Original Medicare, the traditional Medicare program administered directly through the federal government, or through a Medicare Advantage plan, also known as a Medicare private health plan. For the most part, Original Medicare only covers dental services under very limited circumstances and will not cover routine dental care. However, people with Medicare Advantage plans may have limited coverage of dental care, depending on their plan's specific benefits. People with Medicare Advantage plans should contact their plan directly to see

what dental services are covered by their plan.

If you have Medicare and you need dental care, know that there may be other ways for you to get coverage of the dental care you need. For example, you may be able to enroll into stand-alone dental plans or participate in dental discount programs. Contact your local State Health Insurance Assistance Program (SHIP) for information on dental plans and programs that may be offered in your area. You can locate your local SHIP number by going online and visiting [www.shiptalk.org](http://www.shiptalk.org).

























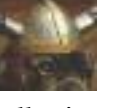




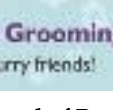








-Marci

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By Ronda Marsh

## Spicy Cauliflower Stir Fry

I was a lucky kid. I grew up in a home where food was good, plentiful, and never withheld (as in "No dessert until you eat those peas!"), or forced upon us (as in "Sit right there till you eat two more bites of your meatloaf!"). We helped ourselves to what we wanted, and no one cared if we ate a lot or nothing of any particular item. The result of this unique parenting method was that my siblings and I never developed any food phobias, are willing to try new dishes, and with very few exceptions, like most anything food related. The only vegetable I never learned to like was cauliflower. I wouldn't go so far as to say I hated it, but I certainly would never choose it, or make it for myself. To me, it lacked any real flavor and cooked up kind of mushy. Bleck! Then, in the last couple of years, I've seen quite a few new recipes for cauliflower dishes, some of them even looking quite palatable. So I decided to give this one a try, because after all, being a cruciferous vegetable, high in vitamin C, folate, and phytochemicals, it's good for you,



and as cauliflower is very inexpensive, I figured if it didn't turn out well, it would be no big loss. Well, much to my surprise, I really liked this recipe...enough so that I will be making it again. My only change will be to cut down on the amount of Sriracha used, since I found it a bit too spicy for my palate. I resolved that issue by mixing the cold leftovers the next day with a tad of mayonnaise and serving it as a salad...really delicious! At last, I am a cauliflower convert!

- 1 whole head cauliflower
- 2 teaspoons vegetable oil
- 2 cloves garlic, minced
- 2 Tablespoons soy sauce
- 1 whole lime (or alternatively, a splash of vinegar)
- 2 whole scallions, sliced
- 1 Tablespoon Sriracha, or other hot sauce (I'd start with half that amount!)
- Lime wedges for serving

Break up the cauliflower into large florets, then, using your hands, break into very small florets. Heat a large, heavy skillet over medium-high to high heat. Add the oil, then the cauliflower and garlic. Stir the cauliflower around the pan, allowing it to get very brown in some areas. Cook for 3 minutes, and then turn heat to low. Add soy sauce, squeeze in the juice of the lime, and add most of the sliced green onion, reserving the rest for serving. Stir and allow to cook for 1 minute, and then squeeze the hot sauce over the cauliflower. Stir until the hot sauce has been incorporated. Add a little more hot sauce if you want a deeper color and flavor. Serve hot in a bowl. Sprinkle extra sliced green onions on top, and serve with a lime wedge.



On the Monday night of March 3, 2014, Michael M. Van Norden got voted in the Woodsville Fire Department. They voted for me in the Woodsville Fire Department. That is an honor for me to be in the Woodsville Fire Department. I would like to say thank you chairman and the select board to get me in the Woodsville Fire Department. I would like to say thank you for all the firefighters who voted for me and selected me. I would like to say thank you to Steve Robbins, he got me in the Woodsville Fire Department.

Thank you, Michael M. Van Norden

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