

# TRENDY TIMES

171 Central Street • Woodsville, NH 03785  
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JUNE 23, 2015 VOLUME 6 NUMBER 19

## Join The Fun At North Haverhill Fair

The 71st Annual North Haverhill Fair is fast approaching. Craig Wayne Boyd, the winner of Season 7 of "The Voice" will take the Thayer Stage on Friday, July 24. The Saturday night show will feature Resurrection: A Journey Tribute. They not only play the music of Journey, but they sound and look like this great band as well.

But these two nights are only a small portion of all that can be enjoyed at the North Haverhill Fair. One of the best ways to enjoy the fair is to be a part of it yourself. To accomplish that there are numerous opportunities no matter what your age, talent or hobby.

Before the fair even opens you can enter one or more of the contests being held inside the Gerald Stoddard building. From afghans to art, from photography to flowers. There

are many categories and divisions for children as well as adults. Some classes do require a small entry fee, but cash prizes are also offered in all classes. You can find all the details on the website, nohaverhillfair.com.

If you want to be a bit more physical you could enter the Hand Mowing Contest on Thursday. Check out the website for rules and a video. Or be part of a brand new contest this year, the Hay Bale Olympics, being sponsored by the Little Oxbow 4-H Club of North Haverhill.

Perhaps you are into mechanics. From stock lawn tractors for youth, to modified antique farm tractors, or from demolition derby mini vans to diesel 4x4 pick ups there is an event or a class for you to bring your vehicle and compete against your neighbors.

Another tractor pull will take place on Saturday after-

noon in the Kennedy Arena. This one is kid powered and features a pedal powered unit. Earlier that day there is also a Kiddie parade in the adventure tent that also offers a prize for every entrant.

One more event that has proven to be very competitive is the North Haverhill's Got Talent Show on Thursday evening. Personal talents, whether it is singing, juggling, dance, or whatever are judged. A top prize of \$100 cash and a plaque, plus the chance to hear what the judge's have for comments make this a favorite event.

Another Thayer Stage event will be the Little Miss North Haverhill Fair contest. This is open to girls up to age 10 and has a talent portion as well as a question and answer aspect.

Other contests that are open to anyone include the Open Horse Show on Sun-



day. And if you only want the horses shoes to play with, the annual Horseshoe Pitching Contest starts at 9:30 on Sunday.

Rules for all of these contests and more can be found on the website www.nohaverhillfair.com or you can call the fair's phone 603-989-3305 and leave a message to get rules and regulations.

Make 2015 the year you join in the fun and competition



at the North Haverhill Fair, Wednesday, July 22 thru Sunday, July 26.

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# TRENDY Dining Guide

## Calamity Jane

By Gary Scruton

Making a trip to Calamity Jane's Restaurant, just off the common in Warren, NH on a Friday night has meant a great fish fry in the past. But this trip down Route 25 to see Jane and her staff had a different purpose.

Owner Jane Higgins recently made the decision to expand her menu. In order to do that she made the major purchase of a pizza oven. Like so many good pizza ovens this one works with those big and small pizza stones. (Now if she can just get the right ones shipped to her in one piece, she will be very happy). The other aspect of getting a new piece of cooking equipment like this is the task of learning just how to use it to its fullest potential and getting the best product possible.

Being a Friday night I felt that trying out the oven was a good plan. I must say that because all the bugs are not worked out yet, there was not a "pizza and calzone menu" available yet. But I have my favorites and went ahead with a pepperoni and onion calzone. The waitress then asked if I wanted the sauce inside or outside? "That's different" was my thought, but when assured that there would also be a side of dipping sauce, I went with the inside sauce.

One thing that is all set is the serving of a pizza or calzone. Our waitress brought out the wire rack that holds the pizza pan up off the table. On that she placed a large pizza pan that had a calzone stretching from side to side. It

was not as fat as some that I have eaten, but was longer and more flat. But of course the real test is the taste. No problems with the taste here. Quite flavorful on its own, and with that aforementioned dipping sauce clinging to the outside there was even more tang offered up to the taste buds.

To my mind a good way to top off any pizza or calzone is to have a cold refreshing adult beverage. My choice these days is Sam Adams. Jane's offered the summer ale and served it with a frosted glass. Nicely done.

As normal my wife was also with me on this trip, and she decided to go in a totally different direction for her evening meal. One of the great things about an eatery

like Jane's is that they serve breakfast any time the doors are open. Her choice for this evening was a Spanish Omelete. This omelete was made with black olives, sausage and cheese. It also came with a side of spicy salsa. Her meal also included home fries and a choice of wheat, rye or white toast. She awarded her meal a "delicious" tag.

The two meals along with beverages (including Sam & his brother) plus tax still came in about \$35.00.

I want to note at this point that not only is Jane Higgins

the owner, and name sake, of Calamity Jane's Restaurant, but she is also very involved with the community as a whole. In fact Jane's is sponsoring an upcoming pig roast on the Warren Common. This is an annual event in memory of Jane's late Husband Mike. This year's event will actually benefit the Make A Wish Foundation with funding going to a local boy with MS and his wish to visit Disney. So circle June 27 on your calendar for a trip to Warren. Or stop in at any time for a great meal and possibly a chance to chat with Jane herself.



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# ServSafe® Food Protection Certification Course Offered In North Haverhill

The ServSafe® program is a nation-wide food safety certification program sponsored by the National Restaurant Association Educational Foundation. This in-depth training is critical for owners, food managers, chefs, and cooks who work in restaurants, hospitals or nursing homes, or specialty food producers who manage their own small businesses.

Participants in the ServSafe® training will learn basic food sanitation principles from receiving to serving, improving the quality of

food served, lowering costs, increasing profitability, and making sound decisions that will keep customers safe. Participants who successfully complete the exam will receive their industry-wide recognized ServSafe® certificate as food safety managers.

Jessica Sprague, UNH Cooperative Extension Field Specialist, Food Safety, is a certified ServSafe® Instructor and will be conducting this two-day program on August 4th and 5th from 9:00 a.m. to 2:00 p.m. at the UNH

Extension office in North Haverhill.

For more information go to <http://bit.ly/1elfAC9> or call the Grafton County UNHCE office at 787-6944. Seating is limited. Registration must be received at least 2 weeks prior to class.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

## 2nd Annual Wells River Picnic Will Feature Story-Telling, Live Animals And Free Ice Cream

Wells River Action Program, the Baldwin Memorial Library and the Newbury Historical Society are teaming up to make the 2nd Annual Wells River Picnic and Ice Cream Social a day to remember with story-telling, animals, and ice cream.

The picnic is June 27th and events will occur between 11:00AM and 2:00PM just south of Wells River Village at the Berry Field at 143 Main Street North.

Baldwin Memorial Library has 2 programs on tap, the first beginning at 11:00AM when local story-tellers will entertain families with three short stories. At 1:00 PM, Vermont Institute of Nature Science (VINS) will present the program "Superheroes of Survival", accompanied by two live birds, a reptile, and other animal artifacts to demonstrate the amazing ways animals adapt to their environment.

The Newbury Historical Society will open a "story corps" tent at 11:00 AM to record remembrances about Wells River or Newbury. Historical Society members will be on hand until 1:00 PM to record short personal stories about events or life experiences that occurred in Newbury, involved Newbury residents, or include a Newbury connection. Stories could be memories from long ago or of more recent events. These stories will be archived and may be made available to the public at a later time by the Historical Society.

WRAP will serve free ice cream at the conclusion of the VINS Program at about 1:45pm.

The Berry Field has plenty of space for family picnics as well as playground equipment. In addition to a picnic lunch, attendees may wish to bring their own chairs, blankets, canopies, non-alcoholic beverages, sunscreen and insect repellent.

The wider Wells River community is invited to come enjoy our wonderful park, visit with some of your neighbors, enjoy your own picnic, hear some stories or tell a story, get close to some wild

birds and animals, and have some ice cream.

Handicapped parking will be provided but the general public is encouraged to park in Wells River and walk or bike to Berry Field. The event will be held at the Wells River Congregation Church starting at 11:00. In case of rain, to be held at the Wells River Village Garage on Creamery Street.

For more information contact Richard M Roderick at 802 757 2708 or by email [wrapwr@gmail.com](mailto:wrapwr@gmail.com) or Peggy Hewes at the Library at 802 757 2693 or by email [wells\\_river@vals.state.vt.us](mailto:wells_river@vals.state.vt.us)

### Acoustic Music Jams

Sunday, July 12 & Sunday, July 26  
Sunday, August 9 & Saturday, August 22  
Sunday, September 13 & Sunday, September 27

1:00 PM – 5:00 PM

Robert E. Clifford Memorial Building  
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Do you play an instrument or just enjoy listening to COUNTRY, FOLK and BLUEGRASS music?  
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If there is a question of cancellation due to weather, phone 603-747-2839 after 9:30 AM on the day of the event or listen to WYKR radio station.

Sponsored by the Haverhill Rec. Department  
with many thanks to our  
volunteer facilitators Jim & Ruth Strout.

*No Drums • No Horns • No Alcohol*

## MUSIC DIRECTOR NEEDED

The Haverhill Congregational Church is seeking a music director. The person will be responsible for the direction of the adult choir and play at regularly scheduled Sunday morning services, as well as occasional special services. For information call Catherine Gherardi at 603-989-5823.

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This year, 2015, we are sponsoring Wyatt Perkins of Glenclyff. He is a 7 year old student at Warren Village School. He has been diagnosed with Muscular Dystrophy. Wyatt wishes to go to Disney... Please join us in making this happen!

For More Information Or To Make A Donation Contact  
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*Absolutely no pets allowed  
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**2015 Theme  
 "Home of the Brave"**

**Schedule of Events  
 (All times subject to change)**

9:00 AM	Flea Market Opens
11:00 AM	<b>Gigantic Parade</b>
1:00 PM	Midway Opens (Two new ride companies)
1:00 PM	'Travelin' Barnyard Opens
1:00-3:00 PM	Parker Hill Band (Bluegrass)
1:30 PM	"Critter" Chip Bingo (All Day)
2:00-5:00 PM	Buddy The Clown
2:00-7:00 PM	Free Face Painting
2:30-9:00 PM	BINGO - under the tent
3:00-5:00 PM	Red Hat Band (Classic Rock)
5:00-7:00 PM	Sky King Band (Reggae and Classic Rock)
6:00 PM	Parade Winners Announced
7:00-9:00 PM	Mirage Band (Classic Rock)
8:00 PM	Raffle Drawing - Winners Announced
9:00-10:00 PM	Hi-Way 5 (Rock)
10:00 PM	<b>IMMENSE FIREWORKS DISPLAY!</b> (weather permitting)
10:30-11:00 PM	Hi-Way 5

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# Community Forest Trail Building And Training Weekend

EASTON – Grab your work gloves and join the Ammonoosuc Conservation Trust out on the 840-acre Cooley-Jericho Community Forest. We're going to start building trails with guidance from the Appalachian Mountain Club (AMC).

A forest for all, the purpose of the Cooley-Jericho Community Forest is to provide multi-recreational trail uses, wildlife habitat, and encourage people to have fun outside and learn about nature.

On Saturday and Sunday, June 27 and 28, we will meet at the end of Trumpet Round Road in Sugar Hill and walk into the Forest. We'll meet and be done by 3

p.m., rain or shine.

These work days will include training on the best techniques for trail design and building. AMC trails staff will lead the training. We will be extending a trail that Lisbon High School PAWS students began in May. This is the first trail blazing on the Community Forest after over a year of planning. All skill levels are welcome – we have a lot of trail to clear!

Brushing, side hilling, reverse grades, drainage dips, and stump removal are skills and techniques that AMC trail leaders will be using. Tools will be provided, but you are welcome to bring your favorite saw or clippers.

Please wear work boots or hiking boots and clothes that can stand up to brambles and mud. Bring a brown bag lunch, water, bug dope, and work gloves. Children are welcome to attend with an adult.

If you have any questions, please call ACT Outreach Coordinator Lianna Lee at (603) 823-7777 or e-mail her at outreach@acon-servationtrust.org. More details about our trail work-days (including cancellation in case of horrid weather) can be found at www.acon-servationtrust.org and www.cooley-jericho.org

ACT is the North Country's regional land conservancy. It conserves land for the future of the North Country and conducts free educational and outdoor recreational programs. The Cooley-Jericho Community Forest is community owned, locally controlled, and conserved forever.

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**UPCOMING LIVE SHOWS**

**The Wood Brothers**  
 FRIDAY, JULY 10

**Ljova & the Kontraband  
 with the North Country  
 Chamber Players**  
 SATURDAY AUG 15

**Sierra Leone's  
 Refugee All Stars**  
 FRIDAY, SEPT. 4

**Shemekia Copeland**  
 SATURDAY, SEPT. 12

**SPECIAL EVENTS**

**National Theatre Live:  
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 Encore Performance  
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 THURSDAY, JUNE 25 at 7:30  
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 www.BethlehemColonial.org

# “Don’t Mention My Name”

Old Church Theater’s last auditions for 2015 are just around the corner: “Don’t Mention My Name” is the comedy that will have audiences rolling in the aisles, and you’ll want to get a part or see it for sure! Written by the master Fred Carmichael, there are parts for 5 women and 3 men, ages 20s to mid 50s.

Auditions will be held at the theater, 137 N. Main St, Bradford, VT on Thursday June 25 at 7pm, and Saturday June 27th at 1pm. Paul Hunt directs; please contact him at 802-222-4253 or 802-356-6071, or email

Paul.hunt@customsupport.com with questions or to arrange an alternate audition time.

**THE STORY:** In this laugh-out loud comedy our hero has temporary amnesia and stumbles into a guest house where it turns out he was expected all along! He gets called by one name and then someone else calls him another, and someone else surprises them all and calls him by yet another name. As our heads spin we find the characters are not who they say they are, but all have an identical purpose! The plot becomes more and more hi-

larious until all questions are answered, including who the hero is, with a surprising twist ending!

Old Church Theater is a non-profit volunteer community theater celebrating its 30th anniversary in 2015. Founded in 1985, it exists to offer opportunities for people to experience and participate in live theater in Bradford and the surrounding communities. More than 150 full length productions have been presented with hundreds of people having appeared on the stage, many for the first time,

## 26 Teams Drove, Chipped & Putted To Help BGCNC Kids!

Bethlehem, NH – June 7, 2015- Sunshine and blue skies greeted the 100 golfers who participated in the third annual Boys & Girls of the North Country Club Tee-it-Up for Kids golf tournament this past Sunday. Held at the Maplewood Country Club in Bethlehem, NH, this fun-filled event welcomed 26 teams who drove, chipped and putted their way around the legendary Donald Ross course. The winning foursome, captained by Jeff Woodward, came in with -12 score.

Platinum Sponsors The Cog Railway, White Mountain Biodiesel, Littleton Chevrolet and Crosstown Motors, as



The winning foursome. Left to right Taylor Woodard, Chip Stowell, Jeff Woodward and Don Butson

well as, Event Sponsors The Rowley Agency and AutoSaver Group helped to make the event a tremendous success, and all proceeds will support local BGCNC pro-

grams. Make plans to attend next year’s event - Sunday, June 5, 2016. For more information on the golf tournament or BGCNC, visit our website BGCNorthCountry.org.



Jeanette Emmons receives congratulations from Jerri Ryan, Volunteer Engagement Coordinator for the NEK Council on Aging, during a special lunch held Friday (FYI 6/12) at the St. Johnsbury House. The event recognized the different ways in which neighbors voluntarily support each other, from changing a hard-to-reach light-bulb, caring for a pet, helping such organizations as the American Red Cross to delivering Meals on Wheels.

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Our 30th season!

Auditions open to all!

# AUDITIONS

Thurs, June 25th 7pm / Sat, June 27 1pm  
137 N. Main St, Bradford, VT  
Comedy by Fred Carmichael  
**"Don't Mention My Name"**  
Needed 3 men and 5 women Directed by Paul Hunt  
Production last two weekends in September  
Information 802-222-4253 or Paul.hunt@customsupport.com

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# Calendar of Events

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

**MONDAY JUNE 22 –  
SUNDAY, JUNE 28**  
BRADFORD 250TH CELEBRATION

**WEDNESDAY, JUNE 24**  
IMPACT CHILDREN'S THEATER  
10:00 AM  
Jean's Playhouse Theater  
*See article on page 10*

**MY HOME TOWN STUDENT ESSAYS**  
7:00 PM  
Bradford Academy Auditorium

**SATURDAY & SUNDAY  
JUNE 27 & 28**  
FOREST TRAIL BUILDING  
8:30 AM  
Trumpet Round Road, Sugar Hill  
*See article on page 4*

**THURSDAY, JUNE 25**  
OCT AUDITIONS  
7:00 PM  
Old Church Theater, Bradford  
*See article & ad on page 5*

**FRIDAY JUNE 26**  
KIDS' SUMMER READING KICK-OFF  
3:00 PM – 6:00 PM  
Groton Free Public Library  
*See article on page 7*

**SATURDAY, JUNE 27**  
STRAWBERRY FESTIVAL  
9:00 AM – 3:00 PM  
Haverhill Common  
*See ad on page 9*

**WHITE MT. CRUISERS  
TOYS FOR TOTS CAR SHOW**  
10:00 AM  
Newbury Common

**2ND ANNUAL WELLS RIVER PICNIC**  
11:00 AM – 2:00 PM  
Berry Field, 143 Main St. North  
*See article page 3 & ad page 20*

**OCT AUDITIONS**  
1:00 PM  
Old Church Theater, Bradford  
*See article & ad on page 5*

**KARAOKE FOR A CAUSE**  
4:00 PM – 8:00 PM  
On the Common, Warren  
*See ad on page 3*

**STRAWBERRY BUFFET**  
4:30 PM  
South Ryegate Presbyterian Church

**THE NEW ENGLAND TOWN**  
7:00 PM  
Bath Public Library

**SUNDAY, JUNE 28**  
CAR SHOW & MORE  
10:00 AM – 2:00 PM  
Warren, NH Common  
On the Common, Warren  
*See ad on page 13*

**BENEFIT TEXAS HOLD "EM POKER**  
1:00 PM Tournament / 11:00 AM Cash  
VFW POST 10038, Hill St. Lyndonville, Vt.

**MARK SHELTON BENEFIT CONCERT**  
7:00 PM  
Lyndon Institute Auditorium

**MONDAY, JUNE 29**  
HAVERHILL SELECTBOARD MEETING  
6:00 PM  
Morrill Municipal Building, North Haverhill

**TUESDAY, JUNE 30**  
EVERY HERO HAS A STORY  
10:30 AM  
Bath Public Library  
*See article on page 7*

**HARPER LEE DISCUSSION**  
7:00 PM  
Haverhill Corner Library  
*See article on page 7*

**WEDNESDAY, JULY 1**  
WOODSVILLE/WELLS RIVER 4TH OF JULY  
COMMITTEE MEETING  
7:00 PM  
Woodsville Emergency Services Building

**FRIDAY, JULY 3**  
NOVALIMA  
8:00 PM  
Colonial Theater, Bethlehem  
*See ad on page 4*

**SATURDAY, JULY 4**  
WOODSVILLE WELLS RIVER FOURTH OF  
JULY PARADE & CELEBRATION  
11:00 AM Parade  
*See ad on page 4*

**MONDAY, JULY 6**  
GOOD OLE BOYS & GIRLS MEETING  
12:00 Noon  
Happy Hour Restaurant, Wells River

**TUESDAY, JULY 7**  
NH STATE VETERANS COUNCIL  
REPRESENTATIVE  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

**CONNECTICUT VALLEY SNOWMOBILE  
CLUB MONTHLY MEETING**  
7:00 PM  
Morrill Municipal Building, North Haverhill

**WEDNESDAY, JULY 8**  
MONTHLY MEETING -  
ROSS-WOOD POST #20 AMERICAN LEGION  
6:00 PM  
American Legion Home, Woodsville

**FRIDAY, JULY 10**  
AMERICAN LEGION RIDERS  
MONTHLY MEETING  
6:00 PM  
American Legion Home, Woodsville

## Ongoing Weekly Events

**SATURDAYS**  
GROTON GROWERS - 9 AM - 1 PM  
Groton Community Building  
FREE BLOOD PRESSURE CLINIC  
10 AM – 12 Noon – Littleton Fire Station

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

**MONDAYS**  
NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
ADULT STRENGTH TRAINING 1PM-2PM  
North Congregational Church, St. Johnsbury  
9 AM – 10 AM  
Municipal Offices, Lyndonville  
10:30 AM – 11:30 AM  
Municipal Offices, Lyndonville  
BINGO - 6:00 PM  
Orange East Senior Center, Bradford

**MONDAYS/WEDNESDAYS**  
CARE COORDINATOR/  
ENROLLMENT SPECIALIST - 1:00 PM  
Baldwin Library, Wells River

**MONDAYS/THURSDAYS**  
WALKING CLUB  
6:30 PM – Woodsville Elementary School  
GOLDEN BALL TAI CHI  
8:30 AM – 9:15 AM – St. Johnsbury House

**TUESDAYS**  
BREAKFAST BY DONATION  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, N. Haverhill  
ADULT STRENGTH TRAINING  
9 AM – 10 AM - St. Johnsbury House  
10:30 AM – 11:30 AM  
Senior Action Center, Methodist Church,  
Danville  
NEK COUNCIL ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center,  
Methodist Church, Danville  
NOON - Presbyterian Church, S. Ryegate  
NOON - Darling Inn, Lyndonville  
T.O.P.S. (TAKE OFF POUNDS SENSIBLY)  
Weigh In 5:00 PM – Meeting 6:00 PM  
Horse Meadow Senior Center, N. Haverhill  
EMERGENCY FOOD SHELF  
4:30 PM – 5:30 PM  
Baldwin Memorial Library, Wells River  
WEIGHT WATCHERS MEETING - 5:30 PM  
Orange East Senior Cntr, Bradford  
AA MEETING (OPEN BIG BOOK)  
7:00 PM – 8:00 PM  
St. Luke's Parish Hall, Woodsville

**TUESDAYS/THURSDAYS**  
ACTIVE OLDER ADULT  
STRENGTH CLASS - 1:30 PM  
Woodsville Post Office, S. Court St  
GROWING STRONGER FITNESS CLASS  
2:00 PM – 3:00 PM 800-642-5119  
East Haven Library

**TUESDAYS/FRIDAYS**  
GOLDEN BALL TAI CHI  
8:30 AM – 9:15 AM  
First Congregational Church, Lyndonville

**WEDNESDAYS**  
AQUA AEROBICS - 9:00 AM  
Evergreen Pool, Rte 302, Lisbon  
ADULT STRENGTH TRAINING  
1 PM – 2 PM  
North Congregational Church, St. Johnsbury  
BINGO - 6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill  
CRIBBAGE - 7:00 PM  
Orange East Senior Center, Bradford

**WEDNESDAYS/FRIDAYS**  
NEK AGENCY ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Presbyterian Church, West Barnet  
NOON - Darling Inn, Lyndonville

**WEDNESDAYS THRU MONDAY**  
PEACHAM CORNER GUILD 10AM-5PM  
643 Bayley Hazen Road, Peacham

**THURSDAYS**  
ADULT STRENGTH TRAINING  
10:30 AM – 11:30 AM  
Senior Action Center  
Methodist Church, Danville  
NEK AGENCY ON AGING'S HOT MEALS  
11:30 AM - St. Johnsbury House  
NOON - Senior Action Center,  
Methodist Church, Danville  
NOON - Darling Inn, Lyndonville  
PEACHAM FARMERS MARKET 3PM-6PM  
Peacham Academy Green  
LISBON FARMERS MARKET 3PM-6PM  
Main Street, Lisbon

**FRIDAYS**  
ADULT STRENGTH TRAINING  
9 AM – 10 AM - St. Johnsbury House  
1 PM – 2 PM - North Congregational Church,  
St. Johnsbury  
WORSHIP UNDER THE TENT - 7:00 PM  
100 Horse Meadow Rd, No Haverhill  
AA MEETING (OPEN DISCUSSION)  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, Woodsville

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

*Submit your entries by:* Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

*Deadline for submissions is Thursday, July 2nd for our July 7th issue.*

# Groton Free Public Library News

Kids' Summer Reading Kick-Off: Friday, June 26 from 3-6pm. Stop in to sign up for our reading prize program & other special summer events. Free take-home goodies to help kids stay motivated, plus crafts, activities & snacks. Every reader (ages 3-18) who signs up between June 26 and July 15 receives a coupon for a free Sidecar Sallie's ice cream!

Vermont History Through Song: Thursday, July 2 at 6pm. Join us at the Veterans Memorial Park in Groton as we welcome Linda Radtke for her performance of Vermont History through Song, a Vermont Humanities Council event. The music starts at 6pm. Feel free to bring a pic-

nic, or enjoy some of the homemade goodies that will be provided. Hosted by the local Historical Society and Library. We hope to see you there!

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

Passports to Vermont Libraries are now available at our library! Stop by to learn more about this fun way to visit libraries around our state and have a chance to win some neat prizes along the way. Open to readers of all ages and sponsored by the Vermont Libraries Association.

Reserve a local attraction

pass from your local library! Call or email today to reserve a Vermont State Park pass (free admission), Vermont Historic Site pass (free admission), or Echo Center pass (discounted admission).

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Online catalog: grotonlibrary.kohavt.org. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

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

## Marcia Merrill Of Jericho Re-elected Chair Of Vermont Commission on Women

The sixteen appointed members of the state agency, the Vermont Commission on Women, have re-elected Marcia Merrill of Jericho to serve a 4th term as Chair. Ms. Merrill has served in this leadership role since 2006.

Established in 1964, the Vermont Commission on Women (VCW) is a non-partisan state government commission advancing rights and opportunities for women and girls. Sixteen volunteer commissioners and representatives from twenty-five organizations concerned with women's issues guide the VCW's public education, coalition building, and advocacy efforts. VCW offers many services to the public, including a toll-free information and referral service at 800-881-1561 and many publications, including the handbook The Legal Rights of Women in Vermont, and has just launched the Vermont

Equal Pay Compact, a voluntary pledge that employers sign to indicate their commitment to closing the gender wage gap in their workplace.

Reflecting on the Commission's work, Ms. Merrill stated, "Our state leads the nation in many measurements of women's equality and we are also one of the oldest continuously operating women's commissions. VCW has a fifty year track record of effectiveness, and we remain the only state agency dedicated solely to improving the status of women and girls. The Commission's success lies in both our partnerships and in our ability to get things done. We are the voice, the eyes and the ears of women in public policy on such issues as equal pay, incarcerated women, and balancing work and family life. I'm honored to contribute to this powerful group of women."

Ms. Merrill is a Certified

Public Accountant, and is responsible for the audit and accounting practices of Montgomery & Merrill, P.C., her woman-owned public accounting firm in Burlington. In that role, she works primarily with not-for-profit organizations, small businesses, and start-up businesses, assisting the ownership and boards of directors in the use and interpretation of financial statements, as well as providing audit and other financial statement services. Ms. Merrill has served in board positions for a variety of community and not-for-profit organizations that focus on women's and family issues, including local, state, and national level positions for Vermont Business and Professional Women (BPW). She holds a BA, Summa Cum Laude, from William Smith College and an MBA from Rochester Institute of Technology.

# Bath Public Library's Summer Reading Program

The Bath Public Library's 2015 Summer Reading Program "Every Hero Has a Story" presents; "Sally Sherrard – Balloon Artist" on Tuesday, July 7th, 10:30 am at the Bath Public Library.

Artist Sally Sherrard has been a long-time local favorite with children of all ages. Watching her cre-

ations is amazing and great entertainment. Join us with Sally and twist up some fun!

This program is open to the public and free of charge. For more information, please call the Bath Public Library, (603) 747-3372, Tuesday through Thursday, 9 am – 6 pm, Saturday, 9 am -12 pm.

## Haverhill Corner Library Sets Harper Lee Discussion For June 30

HAVERHILL, NH — The Haverhill Corner Library will hold a discussion of Harper Lee's To Kill a Mockingbird on Tuesday, June 30, the library has announced. The discussion will be held at the library at 7:00 PM and will be free and open to the public.

This will be the first of two Harper Lee programs. The library will also hold a discussion of Go Set a Watchman on Tuesday, July 28. Participants must secure their own copies of both books.

Published in 1960, To Kill a Mockingbird won the Pulitzer Prize and become one of the most beloved of American novels. Its nostalgic yet clear-eyed portrait of life in the Depression-era South; its engagement with issues of class and, especially, race; and its unforgettable characters, especially the young nar-

rator, Scout, and her father, the noble Atticus Finch, have made this book a contemporary classic. Few books can match its iconic stature.

Harper Lee is now eighty-nine years old, and for decades, To Kill a Mockingbird was famously her only published fiction. Now a second novel, Go Set a Watchman, is scheduled for publication this summer. In this book, set some twenty years after the events of To Kill a Mockingbird, an adult Scout Finch travels from New York to Maycomb, Alabama to visit her father, Atticus.

The Haverhill Library Association is marking this literary milestone by scheduling discussions of both novels.

For more information, visit the library's web site at <http://hliba.blogspot.com/> or call 603-989-5578.

**It's Farmers' Market Season!!**  
 The Lisbon Farmers' Market is growing its best season yet.  
**HOMEMADE PRODUCTS OR LOCALLY GROWN PRODUCE**  
 Goat Milk Soap • Baskets • Flowers • Syrup • Produce In Season  
 Homespun Yarn • Knitted Items • Other Local Products  
 Customer Special: Buy any items from one of the Farmers' Market vendors & receive a redeemable coupon provided by several Main Street businesses.  
 Thursdays 3-6pm Until September 24 • Main St, Lisbon, NH  
 Walter Young Property & Adjacent Town Property

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 Wednesday thru Saturday  
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 A wonderful selection of Children's sizes 0-14 and Maternity Wear  
 On Facebook? Become a Cheap Kids fan!  
 www.cheapkidsnh.com  
 "definitely worth the trip"

**Woodsville/Wells River Area 4th Of July Committee**  
 P.O. Box 50, Woodsville, NH 03785

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

Commercial/Business Entry     Non-Profit/Organization/Family Entry     Non-motorized Vehicle / Bicycle, etc.     Color Guard

Band     Motorized Vehicle Car, Tractor, Etc.     Other     VFW  
 AL  
 Other

**2015 Theme: "Home of the Brave" • Must be registered by 9:30 AM**  
**Parade Starts at 11:00 AM on the 4th of July at the Woodsville Elementary School**

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

*Forms can also be picked up or dropped off at An Affair To Remember - A Party Store.  
 For questions call (603) 747-3200 or Colleen and Steve Stroud (603) 747-2878*

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

June 23, 2015

Volume 6 Number 19

# Getting The Most From Your Pick-Your-Own Experience

By Heather Bryant, Regional Field Specialist, Food and Agriculture

I was out on a farm visit last week and saw strawberries just starting to color up! So that means the Pick-Your-Own Season will be starting soon and it's a good time to review strategies for getting the most out of your experience.

Some farms are a little behind schedule this year due to the hard winter and late spring, so the first strategy is to check the website or call the farm ahead of time. You want to make sure they are open and have what you are looking

for.

I would also recommend you try to find out what the farms policies are. It can be a sensitive topic, but for food safety reasons most operations prefer you leave pets at home, don't eat snacks in the picking area and that if your child wears diapers you make sure they have on a pair of pants or shorts over the diaper. Another note on food safety, if possible wash your hands before you pick especially if the operation includes a petting zoo that

your kids couldn't resist visiting before picking.

As you pack your car, think about how hot you expect it to get that day. In berry operations there is very little shade, so you may want a water bottle and a hat or sunscreen. Also think about what you plan to pick. Berries are very perishable and the sooner you cool them down after picking the longer they last, so if you can, put them in a cooler for the ride home. For the same reason, if you plan to pick multiple containers, put the full one in a shady spot before you start picking into the next one.

When you get to the farm, feel free to ask about the varieties. Variety absolutely does matter in terms of flavor and whether the crop is early or late within the season. Farmers are passionate and knowledgeable on the subject and are happy to share their information with you. What they don't know is what you like and what you plan to do with your fruit once you get it home. Do you prefer sweet? Tart? Firm? Are you going to cook with it or eat it fresh?

With this information the farmer can recommend which varieties you might like best and where to find them in the field. If they grow multiple crops, they can also give you a good estimate of when to come back for the next crop.

Next, make sure you understand the directions about where to walk, where to pick, how to pick and any other rules for the operation. Most farms have a planned flow of traffic designed to keep customers in the part of the field with the most ripe fruit. If everyone follows the plan, you will end up in the best possible picking spot for the day you are there. Some plants and most fruit can be damaged from improper picking technique. Most farms also have policies about sampling before or while you pick and those policies vary. One farm I work with has an honor jar. If you figure you ate about 50 cents worth of fruit while you picked, they encourage you to put 50 cents in the jar. At the end of the year, the farm uses the money for conservation practices like installing nest boxes for birds. For obvious reasons,

some farms prefer you don't sample while picking!

Finally, what to do with your day's harvest when you get it home? Everyone likes to eat a nice, fresh, "still warm from the sun" piece of fruit, but the truth is what you aren't going to eat right away almost always needs to go in the refrigerator to maintain shelf life. To avoid spoilage, do not wash fruit until you are ready to eat it. With berries, if you don't think you will eat them all within 2 days, I would recommend freezing the extra. For very soft fruit like raspberries, I like to put them on a cookie sheet in the freezer until they freeze, and then put them in a freezer bag.

A little planning and a few strategic questions can greatly improve your picking experience and your level of satisfaction with the end product. Happy summer and bon appetit!

*The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.*

## The Wood Brothers Tour Stops In Bethlehem, NH

The Wood Brothers are back on the road this Summer playing a combination of theatre and festival dates around the U.S. They'll head to Bethlehem, NH on Friday, July 10 to play a headline show at The Colonial Theatre. While the tour supports their critically acclaimed, Buddy Miller-produced album, *The Muse*, The Wood Brothers will also present new material at these shows, which they plan to include on their next studio recording due later this year.

A three-piece unit comprised of brothers Oliver and Chris Wood along with multi-instrumentalist Jano Rix, The Wood Brothers are amalgam of vintage roots music, drawing equal inspi-



ration from blues, folk, gospel and jazz. Their earthy Americana-based sound is adorned by the brothers' high and lonesome harmonies, stinging slide guitar lines and floor-stomping rhythms, but ever present at the foundation is exquisite songwriting.

Oliver and Chris mine a deep well of lyrical and melodic ideas on songs like "Wastin' My Mind," "Neon Tombstone" and "Sing About It," which led *Paste Magazine* to declare their latest recording "more dynamic than ever."

### NH LAND MARKS OLD HOME DAYS Friday, Saturday & Sunday July 10-12, 2015 Warren, NH

#### FRIDAY, JULY 10

- 4-6:30pm Chicken Bar-B-Q (Fire Dept - Behind School)
- 6-8pm Open Mic Session
- 8pm-12am Sky King Band
- 9pm Fireworks Presented By Hells Gate

#### SATURDAY, JULY 11

- 7am Kyle Mooney Prouty Virtual (Fish Hatchery)
- 8am Breakfast
- 11am Parade Theme "NH Land Marks" (Sanford Memorial Field)
- 12pm Poker Run
- 12pm Historical Society Museum Opens
- 12:30-2:30 Music! Bob King & Margo Veitch
- 1:30pm Tae Kwon Do Demonstration (On The Common)
- 2:30pm Horseshoe Competition (Next To Townhall)
- 3pm Kids Watermelon Eating Contest (Located at the Kids Corner)
- 3-7pm Music! King Chrome

#### SUNDAY, JULY 12

- 7am Masonic Breakfast (Masonic Hall Next To Tedeschis)
- 10am United Warren Methodist Church Service (On The Common)
- 12pm Kiddie Parade With Buddy The Clown "NH Land Marks"
- 12:30pm Music! Newfound Grass
- 1pm Pig Roast
- 1:30pm Parade Winners Accounced
- 2pm Home Run Derby (Sanford Field)
- 4pm Mens League Softball Triple Header (Sanford Field)



# Deb Robie – Farming Is Now And In Your Life

By Robert Roudebush

Deb Robie understands too many young ones in our region these days don't know or care much what farming is, how they get their food, fiber, or fuel, where those things come from. Unhappily, it's also true of many of their parents. She's doing something about it and she's good at her job.

Her job, and it is part-time, is Grafton County Coordinator of Agriculture In The Classroom, part of a nationwide program, Agriculture In The Classroom - (agclassroom.org). She works with the New Hampshire Department of Agriculture, as well as the New Hampshire Farm Bureau, a non-governmental group of "aggie enthusiasts", who gather in support of farm issues, oftentimes wearing their distinctive dark green collared T-Shirts when they appear en masse.

Deb and volunteer presenters working with her are all about bringing new awareness of the never-ending life-line of farming and agricultural to area youngsters – at the Woodsville Elementary School, at the Warren Village

School, and most recently at the Haverhill Cooperative Middle School, June 10th. Agriculture may be historic and still active in this state but Deb is finding out daily that it also is misunderstood or worse, forgotten.

Deb asks students – 4th, 5th and 6th graders at HCMS – certain questions and provides the answers when they can't. Sometimes those answers involve a little math or science, another benefit to her work - making those sometimes disliked subjects a little more fun and memorable for students and teachers alike.

- What is agriculture? Deb gets "lots of blank looks, sometimes one or two of them try to tackle the 'culture' part of the word, but they don't really know", she reports.

- How are you personally connected to agriculture? "Most think and say, 'we're not'".

- Where does your food come from (the frequent but incorrect answer is "Walmart")

- She also asks the students, did you eat today? Usually it's yes. That question leads

to food sourcing, milk, bread, cereal, juices, eggs and bacon. Did you get dressed today? Invariably, the answer is yes, and that leads to the fiber sources of cotton and wool for clothing, even the synthetic fibers have a starting point. She asks, how did you get to school today? Some walk of course, but many take the bus or are driven by parents. And that leads to fuel, and what is a prevalent part of much of our gasoline today? The answer of course is ETHYNOL, which is corn based, but few at that age make the connection.

- How can you turn a liquid into a semisolid? (The answer is clearly demonstrated at one point when Ms. Robie invites students to participate in the making of "plastic bag ice-cream" – vanilla in this case, pretty good the kids all said).

Deb tells the TRENDY TIMES, "We're not trying to turn kids into farmers. We like to engage them in some of the many aspects of farming, for increased appreciation of



farming, and that approach can be a more fun way to approach math and science too. To do this, my volunteers and I will show up at any classroom, any school, library, or home-school site, anywhere we can talk to the kids."

Carolyn Sherman and Elaine Elliot were on board June 10th to speak and demonstrate fiber connections, in their case wool. HCMS Fourth Grade teacher Tara Russ was out-of-doors introducing her youthful Alpaca, but not all Deb's volunteers were adults. Seventh-grader Mathew Sergeant introduced his "fiber

bunny", an angora rabbit not maintained for meat. And student Colby Horne, knowledgeably physical and already deep-voiced for his age, wrangled his working steer team, not yet old enough to be termed "oxen". He went through the yoking up procedure for the huge strong animals, demonstrating some of their weight-pulling ability with a 200 lb. tractor tire, an easy task for those two.

Teens and teachers alike will find great fun and learning possibilities, as well as a way to reach Deb Robie, at agclassroom.org/nh.



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# IMPACT Children's Theatre Tour Comes Home To Lincoln

Lincoln, New Hampshire – IMPACT Children's Theatre tour comes home to Lincoln on Wednesdays and Saturdays



Audiences around the state have fallen in love with the IMPACT Children's Theatre Company from Jean's Playhouse! IMPACT stands for Imagination and Music! Professional Artistry in Children's Theatre and is the White Mountain's touring Children's Theatre company.

IMPACT tours to multiple venues around New Hampshire for eight weeks every summer. At each venue, the company performs a new 40-minute musical every week. These shows, while based around well-known fairy tales, are original works written and choreographed by IMPACT's talented and aspiring writers and composers. After each performance, the company

greet their young audiences for another half-hour, autographing programs and speaking with those who have questions.

Audiences delight in the creative and entertaining music, characters, costumes and sets. As one mother from Concord told us,

"As a parent I can't say enough wonderful things about the actors your organization chose. The cast you

put together was made up of intelligent and dazzling personalities whom all made this summer so much fun for my son. They have made such a positive impact on his life and created such warm memories. The scripts were a fun twist that kept him on his toes each week and made him read every possible version of the stories to prepare what your organization would have up your sleeve. This was also fun for the adults in the audience."

Join us this summer for hilarious and engaging performances of such beloved stories as Goldilocks and the Three Bears, Arabian Nights, The Emperor's New Clothes, Snow White and the Seven Dwarves, and Pinocchio! IMPACT Children's Theatre debuts at Jean's Playhouse on Wednesday, June 24 at 10:00 am and will continue every Wednesday and Saturday morning until Saturday, August 15.

Want to take the family to Jean's Playhouse? IMPACT Children's Theatre plays at 10:00 am every Wednesday and Saturday morning on the big stage in Lincoln. Admission is \$7.50 for kids and \$5.00 for parents. Call 603-745-2141 or visit [www.jeansplayhouse.com](http://www.jeansplayhouse.com) to purchase tickets!

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# TMP Plans Race & More

The Mentoring Project of the Upper Valley (TMP) is pleased to welcome three new members to its Advisory Board. Oxbow High School Guidance Counselor Kathy Garone, Crystal McCullough, owner and operator of Be Good Sports, and World Cup Supply owner Penny Sirjane have recently come on board. Penny is also a Mentor in the program.



*Newest additions to the Advisory Board of The Mentoring Project of the Upper Valley, left to right, Kathy Garone, Crystal McCullough and Penny Sirjane are planning a 5K Halloween Race in Bradford. Proceeds from the Race will benefit The Mentoring Project.*

According to Sarah Swift, TMP's Advisory Board President, "These new members are sparking new life into the program by being actively engaged with the youngsters and with projects aimed at keeping our services sustainable. On their radar are plans for a 5K Halloween Race that will begin and end at Oxbow High School on October 31."

Other TMP summer fundraising projects include a Grand Raffle, with prizes donated by Copeland Furniture, A Notch Above Auto and King Arthur Flour. The Raffle drawing will take place at The Mentoring Project's 2nd Annual Gala Golf Tournament on August 12th at the Bradford Golf Course. Fred Clements, TMP's Treasurer is heading up the Golf Tournament again this year.

The Mentoring Project of the Upper Valley, established in 2005, matches youngsters in the greater Bradford area with caring community adult volunteers who commit to spending at least 5 hours per month engaging in wholesome activities together. The overarching goal is that this supportive relationship will last and thrive through high school graduation.

Funds raised by TMP's Advisory Board supplement awards received from Mobius - VT's Mentoring Partnership, the Byrne Foundation, Hypertherm Hope Foundation, Merchants

Bank Foundation and allocations from the Towns of Bradford, Newbury, Corinth and Fairlee. These combined funds enable increased services in support of individual and group activities, mentor background checks and trainings, insurance costs, and a part-time Program Coordinator.

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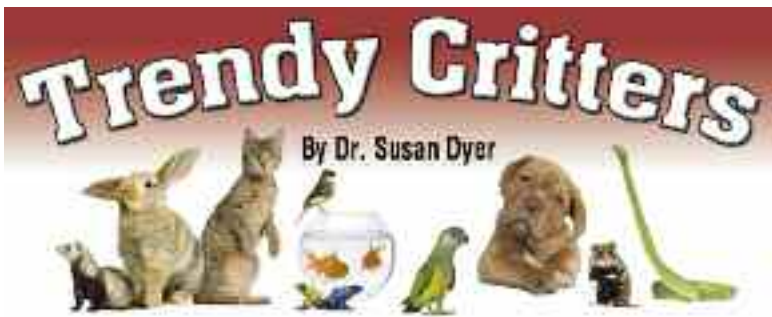
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## Lyme: A Serious, But Preventable Disease in Dogs

By M. Kathleen Shaw, DVM  
Vermont Veterinary Medical Association

Lyme disease is a very serious concern for people and pets. It is carried by deer ticks which emerge in the spring, remain pretty active during the summer months, and then go through a burst of activity in the fall. While we think of dogs who spend time in the woods or playing in grasslands becoming exposed to deer ticks, they can be present in your backyard lawn, too. (Cats can become infected and form antibodies to Lyme, but clinical signs -if they occur at all -are extremely rare.)

Dogs can become infected with Lyme in less than 24 hours after a deer tick attaches to them for a blood meal. Since the immature (nymph) form of the deer tick can transmit Lyme and is tiny - the size of the head of a pin - it is important to do everything you can to prevent these ticks from attaching to your pet. By the time the tick is swollen with blood and you find it, it is likely it has already been there long enough to transmit Lyme disease.

If your pet becomes infected by this disease, the initial symptoms can be mild and easily overlooked. The most common sign of Lyme disease in a dog is limping or lameness. This means the Lyme disease organism has already made it to the joints and is causing arthritis. Some dog owners may also notice painful joints, a lack of appetite, fatigue and fever. In the early stages, a diagnosis can be difficult to make based on clinical signs. Rarely, Lyme can settle in the kidneys - without the classic limping that we associate with Lyme - and cause kidney failure and death.

Treatment within the first few weeks is very effective and almost always results in a decrease of symptoms. It is unlikely that your dog will ever be completely cured, as flare-ups can occur in the future. If Lyme affects the kidneys, it is rarely cured and almost always results in death of the dog. Since we can't predict which of the two Lyme will affect, prevention is key.

Prevention is simple and inexpensive. One of the best ways to prevent transmission is to check your pets over very carefully after outdoor activity and remove any ticks before they become swollen with blood. If you find a tick, wear

gloves and tweezers to remove it. Grasp as closely as you can to the skin and pull straight out. Tick removers are also available at your veterinarian's or local pet store. Remember, ticks cannot jump or fly: they only attach after direct contact with your dog. Usually they are found around the head and neck, but can attach anywhere.

There are many options now for tick (and flea) control for your dogs. Most of us are familiar with the topical liquids that are applied to the skin on the back of your dog's neck. Recently, oral medications have arrived on the market that can prevent fleas and ticks for up to three months. These work well for those dogs who have skin reactions with the topical preventatives. They also work for owners or who don't like the topicals or can't remember to apply them. There are also some collars available for prevention.

It is important to remember that one product is not 'best' for all dogs. Talk with your veterinarian who can provide you with guidance based on your dog's medical history and lifestyle. For instance if your dog is a frequent swimmer, a topical or collar may not be the best option, as some products lose their efficacy after water exposure. It is important that you talk with your veterinarian if you are considering buying a product online or over the counter. There are many products out there that do not work, regardless of the claims on the website/package. Before you buy these products, write down the name and active ingredient of the product and have it available when you consult your veterinarian.

Also, we now have highly effective vaccines that will prevent Lyme disease in dogs. Certain Lyme vaccines actually block the transmission of the disease from the tick to the dog. These vaccines are recommended for all dogs exposed to deer ticks.

Medications to prevent ticks from attaching, checking your pets frequently in case they have, and vaccination can save your pet from useless suffering. Ask your veterinarian for more information on prevention of ticks and Lyme disease or visit [www.vtvets.org](http://www.vtvets.org).



Woodsville, NH- Arlen Dexter "Skin" Whitcomb, 78, died on Tuesday, June 16, 2015, at the VA Medical Center, White River Junction, VT.

Arlen was born in Bath, NH on June 2, 1937, to Dexter and Hazel (Tewksbury) Whitcomb. He was a graduate of Woodsville High

School and served in the US Air Force. He worked for many years as a self-employed carpenter and painter and had worked for the former Merrimack Feed and Grain Company in Woodsville.

Arlen was a fifty year member of Ross Wood American Legion Post #20 of Woodsville. He enjoyed golfing, walking, fishing, motorcycling, snowmobiling, and riding the back roads.

He was predeceased by two sisters, Joyce Corey and Betty Emery.

He is survived by a son, Jason Whitcomb of Woodsville; a sister, Lois

Sheltry of New Britain, CT; a brother, Richard Whitcomb of Sebring, FL; several nieces, nephews, and cousins; and a dear friend, Sandy Baird of North Haverhill, NH.

There will be no calling hours.

A graveside service will be on Sunday, June 28th at 11AM in the Bath Village Cemetery, Bath, NH.

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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# Know The Impact Of Retirement Goals On Your Finances

The concept of "retirement" has changed dramatically in recent decades. Today's retirees are traveling, volunteering, pursuing their hobbies — and even working for money. In fact, as a retiree, you can essentially do anything you want, as long as your health and finances permit it. Through exercise, proper diet and avoidance of bad habits, you can do a lot to stay physically healthy. And by clearly identifying your retirement goals and estimating their financial impact, you'll know how to stay "financially healthy" throughout your retirement years.

So, what are your retirement goals? Here are some of the more common ones:

**Travel.** Many people can't wait to see the world once they retire. If you're one of these eager travelers, you've got more choices than ever. Programs such as Road Scholar (formerly known as Elderhostel) provide educational travel programs to virtually every area on the planet. And, of course, you are free to journey on your own. But however you decide to hit the road, you'd better bring your wallet — because travel is expensive. One way of dealing with

these costs is to place a certain amount of money each year in a liquid account that offers significant protection of principal. Set aside enough money to cover all your travels for a year, and when it's exhausted, you'll know it's time to stay home for a while.

Rent or buy a second home.

During retirement, many people like to spend a few months each year in a more pleasant climate or in a location nearer their grown children. If you are considering a second home, you'll need to decide whether you want to rent or buy. You'll find considerable differences from a financial point of view, so you'll want to think carefully about your choice.

**Pursue your hobbies.** While you were working, you might have wished that you had more freedom to pursue your hobbies. Once you retire, though, you'll probably have a lot more time to do what you like, whether that's driving your classic car, painting landscapes, golfing, fishing, building furniture — whatever. Be aware, however, that some people do get over-exuberant and spend more money on their hobbies than they can really afford. So have fun with your pursuits, but set a budget — and stick to it.

**Get back to work.** Upon your formal retirement, you may decide to do some consulting or open a small business. Any

wages you receive can greatly improve your retirement income picture. For example, the more money you earn, the less you'll have to take out each year from your 401(k), IRA and other retirement plans. (You will have to take at least minimum withdrawals from some of these accounts.) Plus, if you make enough money, you may be able to postpone Social Security for a few years, thereby increasing your monthly payments when you eventually start taking them.

As you can see, your retirement goals will be closely tied to your finances. So think carefully about what you'd like to do when you retire — and connect these objectives to the money you'll spend and the money you may earn. By being aware of both your dreams and your "bottom line," you should be able to enjoy the retirement lifestyle you've envisioned.

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

## A Voice From World War II

*Editors Note: With Independence Day coming we thought it appropriate to publish this letter home from one of our many dedicated citizens. Thank to Jim Hobbs for contributing this letter from his collection.*

Letter written to his father Edward G. Hobbs, by Leon Hobbs somewhere in France on November 10th, 1944. Leon R. Hobbs, born in New Hampshire in 1922 and died on December 18th, 2006. Leon served in WW II, as did his twin brother, Louis Hobbs and other brothers Arthur and John....

The following letter was written to his father, Edward G. Hobbs...

Dear Dad,

Since it can now be told I thought I'd write you somewhat of where we've been since we hit France. The 79th Division was the first American outfit to cross the Seine River after the German line had been broken in Normandy and General Patton's 3rd Army swept across France. This regiment crossed the Seine by night at Mantes Gassicourt about 25 miles northwest of Paris. The operation was carried out with such speed that the surprised Germans thought the infantrymen were paratroopers -- German radio stated that an American airborne force had been dropped north of the Seine. The men of the 79th Division which was the first to cross the river, had been the first to smash

through the outer defenses of Cherbourg., and the first to enter the city last June. From Cherbourg, it had swung north to the bitter fighting of La Haye du Poits. It can now be told how the division swept through the breach at Coutances and Avranches to spearhead the infantry avalanche as far as the Belgian border. In fact, one regiment was the first across the Belgian border. The divisions first objective after the breakthrough was St. Malo, on the Brittany peninsula. Then it swung sharply east, through Fougères, Laval, and Le Mans, crossing the Sarthe River, August 14th, moving north towards

Aleçon to help close the famous Falaise "pocket." The division by then was motorized and moving as fast as an armored column. It had captured scores of prisoners and enemy vehicles, but met comparatively little opposition, although there was street fighting in Le Mans. The division was then ordered to attack Paris, but those orders were countermanded. Instead the order was to seize and hold the high ground south of the Seine and west of Paris. This was done. Then the crossing of the Seine began. There were two dams across the river at that point. One had been blown by the Germans --- the other to be blown by our infantry, but the platoon, sent across to the northern bank of the Seine lacked enough explosives to carry out the demolition. The platoon reported no enemy at

that point so a plan was formed to use the dam as a crossing. That night the entire regiment crossed to the northern bank of the river. Engineers built floats for the regiment's vehicles and later constructed a bridge for the rest of the division. At this time French and American forces were closing in on Paris from the South. The Germans launched a counter attack on the 79th Division. They were beaten off with terrible losses to the enemy. (This was a major battle --- I believe we get a star for it as well as for three others and possibly for another one!) German artillery and German air force did their best to dislodge the 79th, whose position constituted a stubby finger sticking into enemy territory. We had Germans on three sides and a river behind us. The Division held and suffered slight casualties compared to those sustained at La Haye du Puits and on the Cherbourg campaign. With the fall of Paris the Division pushed on in a general advance toward Belgium. They were the first American troops to enter many of the towns and cities in Northern France, where they were mobbed at times by the French, cheering them as liberators. So, there you have it up until the time the American forces reached Belgium. What do you think of my Division now? I hope everyone at home is O.K. I'll close for now before I get writers cramp. Love to all, Leon

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# Someone You Should Know...

## Sheila Brill, Central Freeze

By Marianne L. Kelly



Woodsville, NH — Irish Cream, Kahlua Cream, Chocolate Peanut Butter Cup, Wild Blueberries, Vanilla, Chocolate, Peaches & Cream, Crème de Menthe...all in one place! You would have to buy them in individual cartons assuming your supermarket stocks them. Central Freeze owner Sheila Brill offers 40 flavors that change weekly.

Visit Central Freeze in Woodsville, and find yourself stepping through a symphony of flavors and textures. After deciding between eight flavors and four "twists" from the self-serve dispensers, it's time to choose from 35 toppings that include a huge array of candies, fruit, nuts, the best hot fudge, and caramel from Ghirardelli, alongside Reece's Piece's. Now find a table in this squeaky clean shop, savor your creation, and let yourself drift back to a simpler, more fun time.

On a particularly nice day, sit on the colorfully painted chair in front of the store, and enjoy your frozen treat as you watch the world go by.

Brill loves her business and that her customers have so many choices. "They can control their portions and get exactly what they want."

### TRANSITION

Brill, born in Rhode Island, moved to this area when she was 10 and has lived here ever since. Employed by Woodsville Savings Bank "for many years," she also worked at the rail yard for a time, before returning to the bank where she worked until last year.

"I always knew I wanted my own business, but never knew exactly what it would be," said Brill, a self-described "creative person." Her former coworkers marveled at her creativity and encouraged her to find a way to express it.

She immediately realized that a successful small town business would have to appeal to a large number of people. "It

had to be renewable, financially friendly, fun and different," she said.

"Eight years ago, we went to San Diego to visit my sister-in-law and niece who is five years older than my daughter." Her niece took them to "Yogurt Land," a very popular area chain. "She introduced us to self serve frozen yogurt. My daughter went crazy over it, and visited at least twice a day," said Brill.

Brill was so impressed that when she returned home, she decided to research the possibility of starting a frozen yogurt franchise, but found the expense prohibitive, and tabled the idea until a few years ago.

"I realized that I am creative and could do my own version of this and not deal with creating a chain." Her criteria insisted it be family friendly and affordable. Continuing her research, she discovered she could run it herself, wouldn't have to take orders or "fix anything." She also knew that people, especially children for whom she has a special fondness, would love walking around to each dispenser and serve themselves. Central Freeze is also "puppy friendly," Brill noted.

"When people come in and take some out to their little

dogs, you can see the dogs get excited as they know where they are."

"The best part about this business is the little kids," said Brill, "We all remember places we went as kids and what stood out." One of her favorite memories was going to the bank with her mother when they lived in Rhode Island, and being allowed to pick a lollipop from the lollipop tree.

"While looking for something fun and different here that kids would enjoy, I came up with the "magic spoon." It looks like a regular spoon until it hits the cold yogurt, when it changes color from either pink to purple, blue to purple or white to blue. The kids think this is absolutely fantastic," she said, noting that this is also quite popular with their moms.

Birthday parties are special at Central Freeze. "I know from my own experience, not wanting to deal with the mess kids can make indoors, especially in winter when they are always looking for something to do, that this is would be a great place for a birthday party." said Brill, continuing, "And, they are all really great kids!" She even commented on how terrific she found her teenage customers, saying, "They never cause any prob-



lems and always have a good time."

Listening to customer suggestions and realizing that winter is her most challenging season, she's considering installing self-serve coffee, hot cocoa and hot cider. She's had other suggestions but decided, "I just want to do frozen yogurt and do it well."

Her vision for the future is

to see Central Freeze grow into a landmark where people can come from near and far, enjoy a treat that they concoct, and have fun with their children.

This is why Sheila Brill is someone you should know.

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The exhibition will include a cross-section of the varied artistic disciplines that Ellen pursued. Included are hand painted linoleum block prints, pastel drawings, colored pencil drawings, paper cut out designs, professional note cards, star bottom ash baskets, handmade Valentines Day cards and Alchemy jewelry.

Ellen was born and raised in Lakewood, New Jersey. She attended the Maryland Institute College of Art in Baltimore, Maryland,

and Johnson State College in Johnson Vt. After traveling extensively in the United States and living in Washington State, Ellen settled in Vermont. She possessed and unwavering artistic curiosity and dedication, which she shared with family and friends as well as with the students she instructed at Lyndon Institute for 16 years. Throughout her life, Ellen used her creativity and artistic abilities to explore a wide variety of fine art and craft disciplines. She was peren-

nially inspired by objects as simple as a fruit crate label or as intricate as a geometrically complex mosaic. She achieved a high level of competency in numerous endeavors and was able to gracefully and effectively transfer that knowledge to her many students. Ellen left us too soon. She leaves behind an impressive legacy.

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## Millennials Are On The Move, It Just Took A While

By Geoffrey Sewake,

University of New Hampshire Cooperative Extension

My wife and I are older millennials. Generally, millennials are described as urban loving, apartment living, diverse, technology-dependent, student debt-ridden young adults born between 1980 and 2000. But unlike many of our younger compatriots, and however similar to a growing number of older millennials, we're first-time home buyers and no longer city dwellers.

Up until about two years ago, like many in our generation, we lived and breathed the city life. It had everything a young adult could want, but as we got older and more financially secure, we were ready for something new, something beyond just the two of us. We were ready for a family of two plus more. For many millennials, student-related debt and economic downturn have and continue to delay their entry to next-step life cycle events, entry that used to happen earlier in life. As Forbes observes, millennials have delayed marriage, home buying and having kids, the so called, "big ticket items". In that same way, at the end of our 20's and early 30's, my wife and I became more financially secure and were able to make those moves. As Wells Fargo notes, "[...] the dream of homeownership is still very much alive. For most Millennials, it is just likely to come true later in life."

Already, according to the



National Association of Realtors, millennials make up the largest home buying demographic. If this trend continues, more and more millennials will be making this transition away from city rentals to suburban homes. Just this year alone, according to Reuter's, 4.3 million millennials will turn 30, a significant milestone, which is part of a greater trend that will lead this generation to occupy the highest number of young 30-somethings at any one time in our nation's history.

My wife and I were in our late 20's and early 30's when we got married and made the move to Northern New England. And it wasn't until after we were both in our early 30's that we bought our first house and had our first kid.

But just as the experts predicted, or rather, have taken note, we only did so later in life and after having experienced a period of financial stability and job security. With age comes change. We're not alone, nor will we be the last.

The author, Geoffrey Sewake, is the Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.



# Hobo & Winnepesaukee Scenic Railroads Announce Summer Event Schedule

Kicking things off will be the Hobo Railroad's award-winning Nature by Rail series presented by Bank of New Hampshire which starts on Saturday, June 27th. Entering its' third season, the series was created in 2013 and will be offered each Saturday for ten weeks concluding on Saturday, August 29th. Through a unique 3-way partnership with the Squam Lakes Natural Science Center and Bank of New Hampshire, Naturalist Instructors from the Squam Lakes facility ride each of the Hobo Railroad's trains at 11:00am, 1:00pm & 3:00pm. Throughout the 80-minute train ride, skilled Instructors share information and artifacts with passengers pertaining to the plant life and wild life that surround their "rolling classroom" as they make their way along the Pemigewasset River between Lincoln, NH and Woodstock, NH and back. In addition, live animal presentations take place at the Railroad's Choo Choo Theater at 12:30pm and 2:30pm each Saturday where guests have a chance to take pictures and learn about the following animals from the Squam Lakes Natural Science Center - Peregrine Falcons, Owls, a Beaver, a Porcupine or an Osprey. For more information regarding the Nature by Rail series or the schedule of live animal appearances at the Hobo Railroad,

Also returning to the Hobo Railroad this summer is the Storybook Sunday series in support of the Believe in Books Literacy Foundation. Started in 2008, this popular summer series takes place every Sunday in the Railroad's Choo Choo Theater at 12:30pm and 2:30pm. It begins on Sunday, June 28th and is offered on eleven consecutive Sundays concluding on September 6th. Geared to young children and their families, the series is free for all ages and features readings each week

from such well-known children's books as Curious George, Winnie the Pooh, Clifford the Big Red Dog, Paddington, Martha the Talking Dog and Olivia. Not only do children enjoy readings from these well-known books, they're also treated to a special visit from the main character from each book.

Independence Day has always been special at the Hobo Railroad in Lincoln ever since the railroad first opened 28 years ago. This summer is no different, as the annual 4th of July Family Party Train is scheduled for Saturday evening, July 4th at 7:00pm and the entire train is decorated in patriotic style. Passengers enjoy hot dogs, chips, an ice cream treat and a cold Pepsi-branded beverage on the train and everyone receives a complimentary July 4th-themed party favor. Family entertainment aboard the train is also part of the evening's fun. The one hour and twenty minute train ride takes you along the Pemigewasset River from Lincoln, NH to Woodstock, NH and returns to Lincoln along the very same route. The train returns to Hobo Junction in time to enjoy the Lincoln-Woodstock 4th of July Fireworks display which starts at 9:30pm - this location also happens to be the best place in the area to view the town's fireworks display. Train Fare for this special train is \$20.00 pp for all ages 3 and up and includes the meal, a cold beverage, an ice cream treat and a party favor. Ages 2 and under are free. Advance tickets for this special train are suggested.

The Hobo Railroad's one hour and twenty minute round trip excursions travel through wooded areas along the banks of the Pemigewasset River from Lincoln, NH to the village of Woodstock, NH and back. The Winnepesaukee Scenic Railroad offers one and two hour excursions along the western

shore of Lake Winnepesaukee and Paugus Bay from Meredith and Weirs Beach to Lakeport, NH and back. All trains travel rain or shine and all excursions are round-trip.

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# “Is This Still Good?”

## A Closer Look At Moldy Foods

By Jessica Sprague, Food Safety Field Specialist

This article was modified from the USDA article “Molds on Foods: Are they Dangerous” published online.

How many times have you opened up a loaf of bread to find green or gray spots on the edge of a slice? Or found that piece of missing cheese in the refrigerator with a white, dusty layer on the surface? Perhaps a fuzzy circle of growth appeared on some fruit or a jar of jelly in your kitchen. These are all examples of mold growth on food. We are familiar with mold and even more so in the summer when the warm, humid conditions make for optimal mold growth.

Molds are microscopic fungi that live on plant and animal material. They have

many cells (unlike bacteria, which are unicellular) and they have spores which allow them to spread by water, air or insects. It is unknown how many different species of mold exist, but estimates range from tens of thousands to over 300,000! Under a microscope molds look like tiny little mushrooms. They consist of root threads that obtain nutrients from the food, a stalk that rises above the food and then a spore at the far end of the stalk. Mold can be found in virtually every environment. Let’s look at what it means when mold is found on our food, how to deal with it and how to prevent it from growing!

Warm, humid environments encourage mold

growth, but mold can still grow in the refrigerator. Additionally, while many other food invaders are deterred by high sugar or salt concentrations in foods (such as in cured meats, jams and jellies) molds can tolerate these conditions.

Sometimes mold growth is a beneficial process in the production of food. Certain kinds of cheese and cured meats have characteristic mold growth. Blue veined cheese such as Roquefort, blue, Gorgonzola and Stilton are produced with the help of a deliberate introduction of mold. Brie and Camembert have a white surface mold. These cheeses are safe to eat.

Cleanliness is vital to preventing and controlling mold growth. The spores from affected foods can build up in the refrigerator, on sponges or dishcloths, and other cleaning utensils. Does your dishcloth smell musty? That means it is spreading mold around. Discard any cleaning items that you can’t clean or launder. Cleaning your refrigerator every few months with 1 tablespoon of baking soda in a quart of water followed by rinsing and drying is best for the main compartment. Using 3 teaspoons of bleach in a quart of water is recommended for the rubber casings around the fridge. The mold will often appear as little black spots on the rubber surfaces.

Keeping the humidity level in your house at 40% or lower will also help reduce mold growth.

To protect food from mold spores be sure to keep it covered in clean containers. This includes items in the refrigerator. Don’t leave perishable foods out at room temperature for more than two hours or if it is a warm day, one hour. Prompt refrigeration of leftovers and using leftovers within 3 to 4 days is best so mold doesn’t have a chance to grow.

Of course, mold will happen, especially during a hot and humid summer. If food is covered with mold, discard it. It is recommended not to sniff moldy items as some molds can cause respiratory trouble. Put the item in a paper bag or wrap it in plastic and dispose of it somewhere that children or animals can’t get to it. Even if no visible residue is left in the refrigerator or cabinet where the moldy item was found, clean the spot to ensure no spores remain. Check nearby items for mold. Vegetables or fruit in a fridge drawer or a bowl could easily contaminate other items they touch. Follow the guidelines below for other specific foods.

The USDA recommends discarding the following foods if mold is found on them: Luncheon meats, bacon or hot dogs, cooked

leftover meat and poultry, cooked casseroles, cooked grain and pasta, yogurt and sour cream, jams and jellies, soft fruits and vegetables, peanut butter, legumes and nuts. Any item with a high water content has potential for bacteria growth along with the mold growth. Bread and baked products should also be discarded because they are porous and mold may have contaminated below the surface of the food. Soft cheeses with mold growth that is not part of the standard production process should also be discarded.

Several items are considered safe for consumption by the USDA even if mold growth is found. Dry salami and country cured hams can still be consumed after the mold is scrubbed off the surface. Hard cheese can still be consumed as long as the moldy portion, as well as one inch around the moldy portion, is removed. This also applies to hard fruits and vegetables like cabbage, bell peppers and carrots. When cutting off the moldy portion of cheese, fruits or vegetables, ensure that the knife does not come in contact with the mold or the spores could contaminate the rest of the product via the knife blade.

Visit [www.fsis.usda.gov](http://www.fsis.usda.gov) to learn more about this and many other food safety topics.

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# Diabetes Control

Diabetes is a defect in carbohydrate metabolism that results from insufficient pancreatic insulin production. The diabetic often requires a daily insulin injection so that he/she can consume moderate amounts of carbohydrate. Any dietary treatment that can reduce or eliminate the need for insulin injections will increase the diabetic's ability to avoid serious symptoms. This compound acts upon the re-synthesis of glycogen, facilitates in the repair of the isles of langerhan of the pancreas, and promotes better production and utilization of insulin. Since this is a balancing compound, its action is to normalize and restore integrity of the organs and glands associated with carbohydrate and sugar metabolism. Use as an adjunct to the daily diet for promoting a greater balance of glucose metabolism within the body.

This formula promotes the body's ability to reduce high blood sugar (hyperglycemia); promotes glandular health and function.

**UVA URSI LEAF:** (Arcostaphylos Uva Ursi), Used as a specific in all formulas for bladder and kidney infection and irritation; as part of a formula to dissolve kidney stones; as a major component in a prostate inflammation compound; as a diuretic in the treatment of female disorders and diabetes; to cleanse and strengthen liver and spleen; to control excess mucous discharge in urine and bowels; externally and internally for hemorrhoids and piles.

**DANDELION LEAF:** (Tarax-

acum Officinale), An effective diuretic, high in Potassium and vitamins A & D. Used as a specific in a formula to relieve water retention, especially if due to high blood pressure; as part of a liver and gallbladder tonic when there is congestion and jaundice; as part of a formula to overcome anemia and "tired blood"

**DANDELION ROOT:** (Taraxacum Officinale), It stimulates bile production and helps the body get rid of excess water produced by the diseased liver. Dandelion extracts also benefit the spleen and improve the health of the pancreas.

**PARSLEY ROOT & LEAF:** (Petroselinum Sativum), A concentrated chlorophyll, B vitamin and potassium source, with broad spectrum healing activity; a strengthening diuretic and specific for liver, kidney and bladder problems; an effective stone dissolving agent, digestive aid, blood tonic, and or immune enhancer. Used as a specific chlorophyll source for toxic blood and degenerative disease formulas; as a key diuretic herb with balancing potassium for water retention; as a specific for digestive improvement.

**GENTIAN ROOT, FRENCH:** (Gentiana Lutea), A bitters fortifying tonic particularly useful for liver malfunction, bile production, and jaundice. Primary Uses: as a specific for pelvic inflammatory disease (PID), and virally caused venereal infection. Secondary Uses: as part of a formula for sluggish digestion.

**BILBERRY LEAF (HUCKLEBERRY, Vaccinium Myrtillus),** is used by many naturopathic physicians to treat sugar diabetes, and ailments of the kidneys and gallbladder. The herb is one of the best for mild diabetes, and may be especially beneficial for use in "senile" diabetes.

**BUCHU:** (Barosma Betulina), An antiseptic, diuretic and diaphoretic herb, best known as a remedy for urinary disorders including cystitis and prostate related problems. Primarily used for chronic inflammation of the bladder, irritation of the urethra, uric acid problems, diabetes in the first stages, urine retention, and cystitis of the bladder. Used to treat enlargement of the prostate gland and burning urine.

**SAW PALMETTO BERRY:** (Serenoa Serrulata), effectively used for nutritional support of all bodily systems. It helps build new tissue and restore function. Its inclusion in this blend is precisely for the reason that diabetes and other diseases of the glands

and organs require the kind of nutritive and chemical support that these berries provide.

**TURMERIC ROOT:** (Curcuma Longa), An aromatic liver stimulant to alkalize, cleanse the blood and help dissolve sediment. Used as a specific to reduce uterine tumors; a specific in the reduction and clearing of skin cancers; part of a menstrual pain relief formula; applied externally to injuries and skin tumors.

**KELP, LEAF & STEM:** (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activ-


ity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas. Secondary Uses: as part of an organ cleansing tonic, and for growth of growth of hair and nails. Kelp contains a sugar that is mildly sweet yet does not raise blood sugar levels. It is thought that kelp may someday become a source for a sweetening agent that diabetics can use.

**BLADDERWRACK LEAF & STEM:** (Fucus Vesiculosus), Another product of the sea, has been effective against nephritis, bladder inflammation, cardiac degeneration, obesity, thyroid problems and menstrual problems.

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