

# TRENDY TIMES

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## Colonial Theatre Presents The Wood Brothers

The Colonial Theatre with the support of Mascoma Savings Bank will present The Wood Brothers Friday, July 10. When Oliver and Chris Wood were growing up in Colorado, Oliver taught his younger brother Chris to play the bass. Thirty years later, The Wood Brothers are still making music together, and the result is electrifying. Chris and Oliver have joined forces with multi-instrumentalist Jano Rix. Together, the trio shuffles between bluesy country and swampy funk with their dialed-in harmonies, spunky acoustic guitar, virtuosic upright bass, and jangling percussion. The Wood Brothers draw on their many timeless influences (Robert Johnson, Willie Nelson, Charles Mingus) while always staying grounded in their own fresh sound: playful and

warm, with a little brotherly mischief thrown in for good measure.

From early in their childhood in Boulder, CO., Chris and Oliver were steeped in American roots music. The brothers bonded over bluesmen like Jimmy Reed and Lightnin' Hopkins, but their paths, musical and otherwise, would diverge. Oliver moved to Atlanta, where he played guitar in cover bands including King Johnson, a hard-touring group that would release six albums of blues-inflected R&B, funk and country and spent years as blues great Tinsley Ellis's guitarist. Chris, meanwhile, studied jazz bass at the New England Conservatory of Music, moved to New York City where he formed Medeski Martin & Wood, which over the next

two decades would become a cornerstone of contemporary jazz

After pursuing separate musical careers for some 15 years, the brothers performed together at a show in North Carolina and decided they needed to play together. A demo landed them a record deal with Blue Note, who released Ways Not To Lose in 2006. Follow-up Loaded came in 2008; after covers EP Up Above My Head. The next year, the band moved to Zac Brown's Southern Ground Artists for Smoke Ring Halo and then 2012's Live, Volume One: Sky High and Live, Volume Two: Nail and Tooth. Since 2006, Chris and Oliver Wood have released three studio albums of Americana as The Wood Brothers.

General Admission tickets



for the 8 PM performance are \$35; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$29. Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio.

This evening of great

Americana music is made possible with additional support from New Hampshire Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, The New Hampshire Charitable Foundation and The Colonial's presenting partner, Catamount Arts.

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# TRENDY Dining Guide

## Juniper's

By Gary Scruton

It is always a treat when we have the opportunity to visit a new member of the Trendy Dining Guide. A recent Friday evening was such an occasion. We made the trip north to Lyndonville, then to Darling Hill and Juniper's Restaurant at the Wildflower Inn.

The restaurant portion of this establishment is in an old farmhouse. Plus they have added a deck just outside of the glassed in porch. When we made our reservations, as recommended, we were unable to get a spot on the deck but were offered a porch table. As it turned out, the porch was not a bad spot as a cool summer breeze came up and those sitting at the deck were scurrying for light jackets during their evening meals. Either way there were some great views while mak-

ing the decision for the evening's meal.

Our waiter was young (I found that out when I asked about a recommendation for an adult beverage and he quickly said, "I'm only 19".) No problem, I went with a Switch Back from the tap. This was one of several local beers on tap. The drink list also offered domestic beers, several wines, by the glass or bottle, and a full bar.

We decided on this evening to also go with an appetizer. One of my favorites from this list is Calamari. The menu told us that it was lightly breaded and severed with a banana pepper infused marinara sauce. The serving was plentiful and quite tasty. There was plenty of sauce to please both of us. We agreed that it was a good choice.

The decision for an entree is almost always the toughest choice of all. I looked over the nicely presented menu (I had actually looked on their website earlier in the day) and decided to stay with my choice from earlier in the day - meatloaf. Actually, Juniper's grilled meatloaf. It may be that name that intrigued me or the added line that it was "topped with onion confit gravy". Whatever the reason, I was not disappointed at all. The meatloaf was served and was obviously not a piece cut from a large pan. It was indeed cooked just for the person who ordered it. The portion was quite ample and very tasty, and it was served with garlic potatoes and broccoli.

My wife made her decision to go with the barbecued half chicken. And she was

even willing to let me try some of the skin off the chicken. We both thought the taste was superb, and again the portion was all you would want.

It should also be mentioned that both meals came with our choice of a salad or the soup of the day. My wife, being a vegetable lover, went with the salad. Again a nice sized salad that tasted good. On the other hand I took a chance. The soup of the day was described as Curried Summer Vegetable Soup. Now I am not so much of a vegetable lover. I eat them, but some I don't like, and generally I like one vegetable at a

time. But I asked for this soup nonetheless. And what a great surprise. The soup had the consistency of something more like a chowder. No vegetables were visible in the bowl either. It was, perhaps, blended? And the curry added a snap to the taste. I would order this again!

Juniper's is billed as a fine dining restaurant. I would not argue that at all. But more than just fine dining was the fact that we received ample portions of good food, and the price was not extravagant. The whole dining experience at Juniper's was quite enjoyable.

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# Old Church Theater's "Saving Grace" Is Pure Fun <sup>3</sup>

Bradford, VT – Old Church Theater opens their July comedy, "Saving Grace" by Jack Sharkey, on Friday July 10th for a two weekend run. The comedy is appropriate for all audiences. Performances are 7:30pm on Fridays and Saturdays and Sundays at 4pm; tickets may be reserved at 802-222-3322, or reservations @oldchurchtheater.org. Admission is \$12.00, \$10.00 for seniors and \$6.00 for students.

Directed by Athene Chadwick, "Saving Grace" features Justina Kenyon as Grace, and Vincent Moore, Meghan Bullard, Brendon Chadwick and Paul Coates in the other roles. The story is about sweet, warm-hearted Grace who confuses the telephone repairman for a burglar and tries to reform him from his life of crime while trying to keep her romanticizing boss at bay, but when her straight-laced sister arrives with her Russian fiancé, hilarious fun

abounds. This comedy is perfect for all ages.

Old Church Theater and the Colatina Exit Restaurant offer a dinner-theater for two on Fridays and Saturdays. Simply say "dinner-theater please". The price is only \$54.99.

Old Church Theater is celebrating its 30th anniversary season. The August production is "Ruby's Story" a drama by Ron Osbourne, directed by Gloria Heidenreich, opening August 14th.



In rehearsal for the comedy "Saving Grace" are three of the cast members, Vincent Moore, Brendon Chadwick and Justina Kenyon.

## The St. Johnsbury Players Announce Their Summer Performances Of Agnes Of God

John Pielmeier's compelling drama, Agnes of God, will be performed by the St. Johnsbury Players on Friday, July 10th, Saturday July 11th, Friday, July 17th, and Saturday, July 18th at 7:00 p.m. with a special 2:00 p.m. matinee performance on Sunday, July 19th at the St. Johnsbury School Auditorium, 257 Western Avenue, St. Johnsbury, VT.

Summoned to a convent, Dr. Martha Livingstone (Nicole Bradford), a court-appointed psychiatrist, is charged with assessing the sanity of a novice (Haley Marckres) accused of murdering her newborn. Miriam Ruth (Ursula Malabre-Speicher), the Mother Superior, determinedly keeps young Agnes from the doctor, arousing Livingstone's suspicions further. Who killed the infant and who fathered the tiny victim? Livingstone's questions force all three



A hypnotism session takes a dramatic turn. (L-R: Ursula Malabre Speicher as Mother Miriam Ruth, Haley Marckres as Agnes and Nicole Bradford as Dr. Martha Livingstone.)

women to re-examine the meaning of faith and the power of love leading to a dramatic, compelling climax.

Tickets are available at the door or in advance through Catamount Arts at <http://www.catamountarts.org>. Admission is \$10.00 for adults and \$7.00 for seniors & students. This production

is presented with permission from Samuel French and deals with mature subject matter which may not be suitable for all audiences.

For more information, contact Director Laura Wayne at 802-751-1175 or Producer Gianna Fregosi at 802-626-3663.

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# Marijuana Legalization: It's Time

By State Senator Joe Benning  
Caledonia-Orange District

As a state senator I'm used to getting missives from countless Vermonters who wish to weigh in on various subjects. But rarely do I get one, from someone not even old enough to vote, that is well researched and articulated on a controversial subject.

Yet that is precisely what landed in my mailbox recently. A middle school student at Camels Hump Middle School sent me a wonderful letter arguing for the legalization of marijuana. In a remarkable coincidence, she had reached some of the very same conclusions several of us in the Senate's Government Operations Committee had reached this past legislative session.

We know legalization is coming because that is the obvious progression of the issue. Since overcoming our previous fear and paranoia, we've learned medicinal marijuana has value. It eases pain for those in pain. Producing and regulating this medication has led to the creation

of real, good-paying jobs. Our committee recently toured a medical marijuana dispensary and growing facility. I was astounded to find an extremely clean, totally secure, almost invisible facility so close to our statehouse. It is run by professionals who know the science of how to produce a safe product and how to conduct their business within the parameters of the law. They created a business that helps many Vermonters and the sky has not collapsed.

We've also learned recreational marijuana is a widely popular consumer product. Although pretty obvious for decades, this was officially confirmed by The Rand Report, an exhaustive study recently completed at the request of your government. Vermonters are spending upwards of two hundred and twenty-five million dollars annually on marijuana consumption in an underground economy. Treating this consumption as a legitimate,

properly regulated industry can only lead to more real, good-paying jobs.

It will also insure a safer product. As my middle school friend points out: "[w]hen people buy marijuana off the street illegally, there isn't any way to tell if what you have is laced with some other drug or injected with some sort of chemical." This is now a problem in Vermont with underground production. That problem can be eliminated if consumers can purchase from a properly regulated retailer, who in turn purchases stock from a properly regulated producer. We do this now with medical marijuana and alcohol.

My middle school friend also believes the product should not be sold to those under twenty-one, that the product should be properly labeled so consumers are informed and protected, and that everyone in the chain from cultivation to packaging and sale should be licensed and monitored by the state. She prefers local growers selling it in local stores. Our committee reached the same conclusions, recognizing the need to legalize in a "Vermont way."

My young friend prophetically concluded her letter by suggesting legalization would promote "Vermont's economy and safety." Viewing this argument through the eyes of a middle school student, it is easy to discard political ideology and dismiss the fears that have paralyzed my generation with a pointless war called "prohibition." I wrote her back to tell her I agreed. It's time for Vermont to begin the process of having a mature conversation about marijuana legalization.



The House and Senate will next convene in September to address the Governor's budget veto.

In August and September, the House Education Committee will further work on 14 retained bills that must be reported to the House no later than November 12, 2015. These bills have been assigned to five sub committees: (1) School building Aid and Adequacy Funding, (2) Charter Public Schools, (3) Online Student Data Protections, (4) School Policy Issues, (5) Powers of the State Board of Education and Duties of School Boards.

Several of the retained bills have the possibility of significantly impacting local education. During the past seven years, the lack of school building aid for new and renovation projects has seriously impacted communities such as Haverhill. The proposed budget for FY 16-17 funds only the state's portion of school construction debt. The budget includes no new construction or renovation funding. This hurts communities such as Haverhill that have low property tax bases, less than average median family income levels, and that have older educational facilities. Well over 50% of NH's school facilities are over 50 years in age, and some communities such as Haverhill are unable to assume full costs for new construction without partial assistance from the state. Education committee members are exploring the possibility of modifying state law to allow districts that have corrected safety issues during the moratorium to receive credit for their efforts in future grant aid

applications.

A sub committee is also looking to adjust base adequacy funding to include financial support for various instructional and support services now required under current law that were not in place eight years ago when the formula was developed. In short, the committee is attempting to seek financial assistance for unfunded state mandates.

Several policy bills have been retained. If passed as proposed, HB581 would eliminate school districts from obtaining information explaining that a transferring student may be under suspension or expulsion from another district. This bill was retained due to the fact that it is wrong to allow a student who has been aggressive or extremely disruptive in another school to side step disciplinary action by simply enrolling in a neighboring school district. In regard to HB527, this bill would require schools and police departments to complete a memorandum of understanding defining terms, responsibilities, duties and training required of an officer before he or she could work in a school. Once again, the education committee believes that an agreement or policy such as this is the sole responsibility of town and school officials. The state should not get into the business of mandating how police departments and school districts should work together.

The NH House is in recess for July. Have a pleasant summer and I have appreciated your support; please contact me with any legislative concerns at: (ladd.nhhouse@charter.net)

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# From The Desk Of NH State Senator



Dear Constituents,

The Governor's claims that the FY16/17 budget she vetoed is unbalanced and dishonest continue to be unfounded, misleading, and hurtful to the people of New Hampshire. As the Chair of the Senate Finance Committee, I stand by our proposal as a solid foundation that is good for New Hampshire, spending \$600 million more than the FY14/15 budget.

Within days of the House and Senate passing the \$11.35 billion state budget, Governor Hassan irrationally acted on her veto promise. Many, on both sides of the aisle, are scratching their heads about what she hoped to achieve by taking this action. Many recall that when John Lynch was Governor, he simply allowed the 2012/13 budget to go into law without his signature. He fully understood the turmoil that would descend on state agencies and our citizens with a veto. His priorities were well-placed when he allowed the budget to pass into law without his signature.

The House and Senate, in anticipation of Governor Hassan's veto, prepared a six-month continuing resolution (using FY15 appropriations) that would prevent a

government shutdown. It was a bit of a puzzle when the Democrats introduced their own continuing resolution to fund government at FY16 levels, when they too had joined the chorus of claims that our budget was irresponsible and unbalanced.

Last week the Senate Finance Committee met in public with the non-partisan Legislative Budget Assistant (LBA) to review the Governor's accusations that the budget was unbalanced, dishonest and made promises it couldn't keep. One by one, those claims were refuted.

In addition, the public learned that the Department of Health and Human Services had requested additional funding for Medicaid caseload spending. The Governor denied that request and neglected to account for it in her budget. If the Governor had acceded to the Department's request, she would have been out of balance at the close of Fiscal Year 15. It was clearly disingenuous of the Governor to then ask the Senate to address a problem she was aware of months before but didn't address.

I appreciate that the Governor is willing to work together and I look forward

to having some productive conversations. Since revenues are ahead of plan by \$42.5 million, we can only assume that if there is a problem (which the Governor clearly believes there is), it has to be on the spending side of the equation.

For us, what will be extremely helpful in finding a path forward will be for the Governor to provide us with the spending numbers now – and not make us wait until the end of September. If the Governor does have a problem, we want to be able to help solve that problem as soon as possible. The citizens of New Hampshire expect no less than for us to come together and solve this problem as soon as possible.

This budget does so much good: it funds the mental health settlement and the 10 beds at the NH Hospital and the staff; it fully funds developmental disabilities and the wait list; it restores cuts made by Governor Hassan to the home health agencies (like Visiting Nurses and Granite State Independent Living) and provides the first rate increase since 2006; it increases spending on drug and alcohol by 75% more than the last budget; and it restores ServiceLink, Meals on Wheels, and Emergency Shelters.

This budget restores the retiree health insurance premium contribution to 12.5%; it spends more than the Governor's budget on roads and bridges, restores the DMV stations and state troopers. This budget starts to seriously rebuild the

Rainy Day Fund, from \$9.3 million to more than \$21 million over the biennium. It also offers a modest cut to business taxes which will help our small businesses grow.

This budget sends money back to our cities and towns through state aid grants, flood control, rooms & meals distribution, and increased education adequacy payments.

This budget does all that and more without the \$129 million in taxes and fees as proposed by the Governor. We found a way to build this budget without adding any unnecessary financial burden on our hardworking citizens.

The Governor's unsubstantiated claims (much like the claims she made during our last budget) and her subsequent veto directly impacts our communities, state agencies, and impor-

tant programs. As we wait for the Governor to provide the information on spending, important new mental health programs don't get funded, increased spending on drug & alcohol doesn't happen, cities and towns are held hostage and left wondering about the tax rate-setting process, and much more.

I urge the Governor to work with the legislature and share the information we need to move forward.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester

## July 16 Next Meeting For Northern Grafton County Republicans

On June 18th the Northern Grafton County Republican Committee gathered at the Littleton Screamin Boar Smokehouse in Littleton for our monthly meeting.

We were pleased to hear our President, David Starr's recounting of events leading up to WW II; particularly noting our country's isolationist tendencies of the early war. This message is very meaningful and vital to us presently where there seems to be similar attitudes abounding in our nation.

Nitsa Loannides, field leader for Carly Fiorina, spoke of her work at Plymouth State. Nitsa is a fine example of young thinking woman who has looked beyond the "give me everything" promotions of the present

regime. She has faced the reality of the fact that all "free things" are a cost to someone and that someone may well be our future graduates and their children. Nitsa spoke fervently of her candidate and we were very impressed with her knowledge and ability. It is inspiring to have a young woman such as Nitsa on our team.

There was a motion pre-

sented by Nick Di Mayo to have the secretary look into paid ads in local papers for our organization and its meetings. There was a second to the motion and it passed.

Remember our next meeting is July 16th at the Screamin Boar Smokehouse on 40 West Street in Littleton at 6pm. We hope to see you there.

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## 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 Tedeschia)
- 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)

# Calendar of Events

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

**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

**THURSDAY, JULY 9**  
**SUMMER SUPPER BY DONATION**  
 5:30 PM  
 Groton United Methodist Church

**GRAFTON COUNTY MASTER GARDENER ANNUAL SUMMER MEETING**  
 6:30 PM  
 John Riley Community Garden, Lincoln

**CONN. RIVER BEEKEEPERS MEETING**  
 7:00 PM – 9:00 PM  
 Grafton County Office Building, North Haverhill

**FRIDAY & SATURDAY JULY 10 & 11**  
**AGNES OF GOD**  
 7:00 PM  
 St. Johnsbury School Auditorium  
*See article on page 3*

**SAVING GRACE**  
 7:30 PM  
 Old Church Theater, Bradford  
*See article on page 3, ad on page 12*

**FRIDAY, JULY 10**  
**OUT OF THE GORGE EXPERIENCE**  
 12:00 Noon  
 Lost River Gorge, North Woodstock, NH  
*See article on page 19*

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

**WOOD BROTHERS CONCERT**  
 8:00 PM  
 Colonial Theater, Bethlehem  
*See article page 1 and ad page 19*

**SATURDAY, JULY 11**  
**PANCAKE BREAKFAST**  
 8:00 AM – 10:00 AM  
 Lakeview Grange, West Barnet

**SWEET JAMM**  
 7:00 PM  
 Alumni Hall, Haverhill

**SUNDAY, JULY 12**  
**ACOUSTIC MUSIC JAM**  
 1:00 PM – 3:00 PM  
 Clifford Memorial Building, Woodsville

**SAVING GRACE**  
 4:00 PM  
 Old Church Theater, Bradford  
*See article on page 3, ad on page 12*

**MONDAY, JULY 13**  
**HVERHILL SELECTBOARD MEETING**  
 6:00 PM  
 Morrill Municipal Building, North Haverhill

**ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING**  
 6:00 PM  
 American Legion Home, Woodsville

**TUESDAY, JULY 14**  
**GARDEN GROUP**  
 6:00 PM 802-757-2693  
 Baldwin Memorial Library, Wells River

**BIG HOUSE, LITTLE HOUSE, BACK HOUSE**  
 7:00 PM  
 Alumni Hall, Haverhill  
*See article on page 8*

**THURSDAY, JULY 16**  
**SUMMER SUPPER BY DONATION**  
 5:30 PM  
 Groton United Methodist Church

**NORTHERN GRAFTON REPUBLICAN MEETING**  
 6:00 PM  
 Screamin Bear Smokehouse, Littleton  
*See article on page 5*

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

**FRIDAY & SATURDAY JULY 17 & 18**  
**AGNES OF GOD**  
 7:00 PM  
 St. Johnsbury School Auditorium  
*See article on page 3*

**SAVING GRACE**  
 7:30 PM  
 Old Church Theater, Bradford  
*See article on page 3, ad on page 12*

**SATURDAY, JULY 18**  
**CHICKEN BARBECUE FUNDRAISER**  
 5:00 PM – 7:00 PM  
 VFW Pavilion, Cottage St., Littleton  
*See ad on page 8*

**SUNDAY, JULY 19**  
**AGNES OF GOD**  
 2:00 PM  
 St. Johnsbury School Auditorium  
*See article on page 3*

**CONCERT IN THE PARK**  
 3:00 PM – 5:00 PM  
 Railroad Park, Woodsville  
*See ad on page 7*

**SAVING GRACE**  
 4:00 PM  
 Old Church Theater, Bradford  
*See article on page 3, ad on page 12*

**MONDAY, JULY 20**  
**POULTRY GROUP "FOWL FRIENDS"**  
 6:00 PM 802-757-2693  
 Baldwin Memorial Library, Wells River

## 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 16th for our July 21st issue.*

# Groton Free Public Library News

Kids' Summer Reading Prize Program: Sign Up until July 15. Stop in to sign up for our reading prize program during any of our Mon-Wed-Fri-Sat open hours. Free take-home goodies to help kids stay motivated, plus every reader (ages 3-18) who signs up receives a coupon for a free Sidcar Sallie's ice cream!

Creative Creatures: Friday, July 17 at 3pm. Learn to light up colorful LEDs in basic circuits with solar energy. Your solar powered LEDs will light up the creatures or containers you craft from repurposed plastic packaging. Take home your newly invented glowing creatures! Ages 6 & up, or 3-5 with participating adult. Sign up at the library to reserve a spot.

Book Discussion: Monday, July 27 at 7pm. This month's feature title: "The Immortal Life of Henrietta Lacks" by Rebecca Skloot. Book available at the library, and also through [listenupvermont.org](http://listenupvermont.org). New folks welcome!

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. Sponsored by the Vermont Libraries Association.

Reserve a local beach or museum pass! 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](mailto:grotonlibraryvt@gmail.com), 802.584.3358. Online catalog: [grotonlibrary.kohavt.org](http://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/Groton-FreePublicLibrary](http://www.facebook.com/Groton-FreePublicLibrary) and at our website: [www.grotonlibraryvt.org](http://www.grotonlibraryvt.org)

# High-Flying Heroes

The Bath Public Library's 2015 Summer Reading Program "Every Hero Has a Story" presents; The Children's Museum of New Hampshire – "High-Flying Heroes" on Tuesday July 14th, 10:30 am at the Bath Village School.

This program is a startlingly-science filled hands-on journey through the basics of flight and aviation's greatest heroes! How does flight work? Who are the pio-

neering highflying heroes in the history of aviation? Why does a kite fly through the air? These questions and more will be answered in this summer's library outreach program from the Children's Museum of New Hampshire.

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.

## 3rd Annual Big Truck Day And Ice Cream Social

The Bath Public Library's 2015 Summer Reading Program, "Every Hero Has a Story" presents; "3rd Annual Big Truck Day & Ice Cream Social" on Tuesday July 21, 10:30 am at the Bath Village School.

This popular event will feature dump trucks, heavy equipment, police and fire vehicles to look at, sit in, touch and even honk. An

adult will be at each piece of equipment to educate visitors about the vehicle. The event will finish with ice cream for all the children.

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.

## Bath Public Library's Book Club

The Bath Library Book Club will be discussing "The Unlikely Pilgrimage of Harold Fry" by Rachel Joyce on Thursday, August 13th at 6 pm at the Bath Public Library.

Meet Harold Fry, recently retired. He lives in a small English village with his wife, Maureen, who seems irritated by almost everything he does. Little differentiates one day from the next. Then one morning a letter arrives, addressed to Harold in a

shaky scrawl, from a woman he hasn't heard from in twenty years. Queenie Hennesy is in hospice and is writing to say goodbye. However, before Harold mails off a quick reply, a chance encounter convinces him that he absolutely must deliver his message to Queenie in person. In his yachting shoes and light coat, Harold Fry embarks on an urgent quest. Determined to walk six hundred miles to the hospice, Harold believes that as

long as he walks, Queenie will live.

Books may be picked up at the Bath Library; hours are Tuesdays, Wednesdays 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 [bath-library@together.net](mailto:bath-library@together.net).

## Orford Church Summer Schedule

The United Congregational Church UCC of Orford, New Hampshire has two restful houses of Worship and activity. Services for July and August will be held at the Orfordville Building on Route 25A in Orfordville, New Hampshire. Worship is at 10:30 a.m., child care is available and dress is "come

as you are"--gardening clothes, church clothes, play clothes... A very informal fellowship follows Worship with refreshments. The July 12th Sunday the boys of Lanakila Camp will "SING" the Worship Service. The August 2nd service will be at 5 p.m. so everyone can enjoy the flea market on the Green in

Orford. The August 9th Service will be at 10:30 and part of the 250th Orford Celebration, breakfast will be at the Main Street building starting at 7 a.m. "God is Still Speaking in Orford, New Hampshire" Everyone is always welcome. [jteamw@aol.com](mailto:jteamw@aol.com)

## Walk Near Bedell Bridge

The WALKING TRAILS at the Bedell Bridge State Park are open and the spring flowers have been spectacular! Apparently, some people have thought that the gates at the entrance are to prevent anyone from using the trails: that is far from the truth - the purpose of the gates is to keep vehicles off the trails - they are close to

the water in some places and frequently spongy. And the trails are wheelchair accessible. When we built the trails, my brother and I hoped that many people would enjoy the birds, the

flowers, the views of the slough which the trails provide. So please! Walk there, take lots of pictures, linger at the viewing platform! You are all welcome there.

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**YARD SALE**  
**Saturday, July 11, 2015**  
**9am – 2pm**  
**22 Maple Street**  
**Woodsville, NH**  
**TOOLS • STAGING • BUILDING EQUIPMENT**

**Tag and Food Sale**  
Saturday, July 25  
9am – 2pm  
Rain Or Shine  
**St. Luke's Episcopal Church**  
CORNER OF CENTRAL & CHURCH STREET  
WOODSVILLE, NH

**RAILROAD PARK**  
Located Behind Modern Furniture, Central St., Woodsville, NH  
**2015 CONCERT SERIES**  
**THE CONNIPTION FITS**  
Sunday, July 19, 2015 • 3-5pm  
**THE SHANA STACK BAND**  
Sunday, August 23, 2015 • 3-5pm  
**ALL AGES WELCOMED!**  
**RAIN LOCATION**  
Clifford Building, 65 South Court Street  
**CONCESSION STAND**  
Hot Dogs, Popcorn & Cold Drinks For Sale  
Information Call 603-787-6096  
Sherri Sargent, Recreation Director  
Sponsored By Haverhill Recreation Commission  
Donation To Benefit Haverhill Recreation

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

July 7, 2015

Volume 6 Number 20

## Haverhill Historical Talk On Unique Northern New England Farms

The Haverhill Historical Society has received a grant from the New Hampshire Humanities Council to present "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New England", a program offered by Thomas C. Hubka of Portland, Oregon and who summers in Maine. This event will take place on Tuesday July 14 at 7:00 PM at Alumni Hall in Haverhill Corner. Admission is free and open to the public.

Through architecture unique to northern New England, this illustrated talk focuses on several case studies that show how farmers converted their typical separate house and barns into connected farmsteads. Thomas Hubka's research in his award-winning book, "Big House, Little House, Back House, Barn: The Connected Farm Buildings of New Eng-

land", demonstrates that average farmers were, in fact, motivated by competition with farmers in other regions of America, who had better soils and growing seasons and fewer rocks to clear. The connected farmstead organization, housing equal parts mixed-farming and home-industry, was one of the collective responses to the competitive threat.

Thomas Hubka earned his Bachelor's in Architecture from Carnegie-Mellon University and a Master's from the University of Oregon. His research primarily interprets the historic development and relationships between architecture/buildings and culture/people. He is currently investigating American popular housing of the 19th and 20th centuries, including case studies of working-class housing in major U.S. cities.

# Strawberry Festival A Hit At Groton Growers

By Marianne L. Kelly

GROTON, VT—The sun was shining, and a gentle breeze blowing on this beautiful early summer day, but the star of the show at the Groton Growers Farmers Market was the strawberries.

The market celebrated its annual Strawberry Festival on June 20 with quarts of organic strawberries available to customers, as well as strawberry treats such as strawberry cream hand pies, strawberry poppy seed coffee cake, strawberry rhubarb pie, and of course, strawberry jams and jellies provided by the food vendors.

While local strawberries took center stage at this market, not to be easily dismissed were locally grown veggies and garden plants, home-

made breads, pies and pastries, salad greens, a fine variety of local cheese, locally produced maple syrup, honey, beautiful and unique handcrafts by talented local artisans and so much more.

If you haven't been to this fun, family market yet, you don't know what you are missing. The vendors are knowledgeable, friendly and fun to talk with, and everything is locally grown and/or produced. Have a question? There's no waiting on line for an answer, as you speak directly to the grower/producer. You can even relax at the covered picnic table and enjoy lunch, a treat or just chat with neighbors, friends and summer visitors.

They have more planned

for the summer. The next festival celebrates blueberries on July 18, but don't wait until then to discover all the Groton Growers Farmers Market has to offer. They even have a "You can take it table," where you just might find a treasure that has your name on it.

Don't forget to bring your knives and scissors to be sharpened while, you browse, taste and purchase some of the area's best produce and prepared foods.

Groton Growers also accepts debit and EBT cards.

The Groton Growers Farmers Market takes place every Sat. on the front lawn of the Groton Community Building, Route 302. The hours are 10-2.

See you at the market!

## Governor Shumlin Reappoints Ruth Finn Of Barre To The Vermont Commission On Women

Montpelier, VT – Governor Peter Shumlin has appointed Ruth Finn of Barre to serve a third term as Commissioner on the state's Vermont Commission on Women (VCW).

Ms. Finn has served on the VCW since 2003 and brings a wealth of public service experience and an interest in women's history to the Commission. "I'm grateful to Governor Shumlin for the reappointment. I enjoy serving with this dynamic group who really make a difference in progress for Vermont women," stated Finn, "It's been fulfilling to combine my interest in history with the work of the Commission by serving on the advisory board for the Vermont Women's History Project. This project documents the contributions of Vermont women, and was initiated at VCW and then moved to a permanent home at the Vermont Historical Society (VHS). Our organizations work together often. We present a program every year

to commemorate Women's History Month, and I take part in judging student entries at VHS Vermont History Day each year, awarding the Deborah Pickman Clifford Vermont Women's History Prize through the Commission's foundation. This prize goes to an outstanding entry focused on a specific Vermont woman who made an important contribution to the state, or on the role women played during a particular time in Vermont's history. This year, that award went to Lilianna Ziedins of Crossett Brook Middle School for her outstanding documentary, 'Politics Through the Eyes of a Legendary Woman: Madeleine Kunin.'"

Ms. Finn retired as Barre Town Clerk-Treasurer in 2000. She volunteers for many state and community organizations in addition to VCW, and is currently: member of the Barre Town Republican Committee; Finance Commissioner for the Washington County Republican

Committee; Honorary State Regent and Past Vice President General for the Vermont Society Daughters of the American Revolution; and serves as a Vermont Historical Library volunteer. She serves on the Barre Town/City Flags for Veterans Committee, placing thousands of flags in seven Barre area cemeteries earlier this spring, honoring veterans back to the Revolutionary War. In the past, she served as President of the Vermont Town Clerk-Treasurer Association, President of the Vermont Government Finance Officers Association, President of American Association of University Women's Barre Branch. She was also a member of the New England Municipal Clerks Association, a regional advisory council member of the UVM Extension Service, and served on the Historical Records Advisory Board.

**TONY ILACQUA MEMORIAL**  
**Chicken Barbecue Fundraiser**  
Sat. July 18  
5:00-7:00 pm  
To Benefit Second Chance Animal Rescue  
VFW Pavilion, Cottage St, Littleton  
\$10 Adults, \$5 under age 10  
Buy Your Tickets Early!  
Advance tickets for sale at  
Second Chance Shelter or Abbott's  
Party Store, Union St., Littleton  
603-259-3244  
www.secondchancear.org

**PTO'S WANTS YOU TO KNOW!**  
**FISHER**  
We Are Celebrating Our 10 Year Anniversary!  
During the month of July we will be giving away a prize every Friday morning! Stop by PTO's Repair or visit our display at the North Haverhill Fair to enter.  
**PRIZES INCLUDE:**  
July 10: North Haverhill Fair Pass  
July 17: North Haverhill Fair Pass  
July 24: Vermont State Inspection  
July 31: Fisher Plow Parka (\$200 value)  
Stop by and see us at the fair and see what's new from Fisher in 2015!  
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# North Haverhill FAIR



1299 Dartmouth College Highway • North Haverhill, NH

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

Wednesday - Sunday

July 22, 23, 24, 25, & 26, 2015

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 18 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)

- PEOPLE / PORTRAITURE
- LIVESTOCK
- LANDSCAPE
- DOCUMENTARY
- PETS
- NATURE
- FAIR THEME 2014 "REFLECTION AND CELEBRATION OF 70 YEARS"
- FANTASY
- STILL LIFE WILDLIFE



### EDITH G. HENSON MEMORIAL FLOWER SHOW

Entry Information: Items must be brought to the fairgrounds on Wed., July 22 3-6pm, Thur., July 23 3-6pm or Fri., July 24 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).

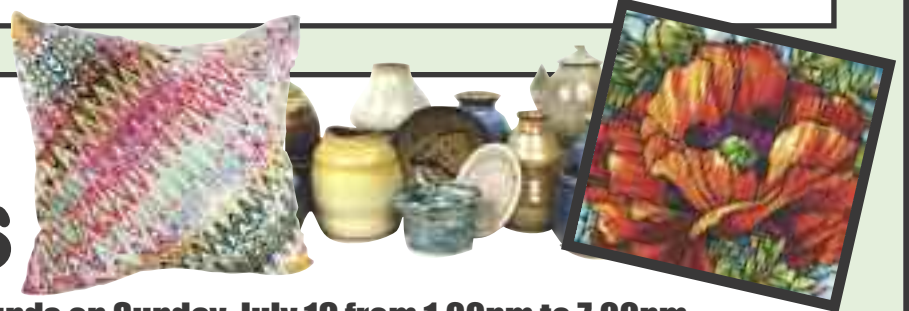
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|--|---|---|
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- |   |   |  |
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|---|---|--|



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Wednesday, July 22  
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# 10 Cottage Hospital Auxiliary Golf Tournament

## A Win For Improved Local Healthcare

WOODSVILLE, NH On May 30, perfect golf weather welcomed 48 golfers who played in the Cottage Hospital Auxiliary 13th Annual Golf Tournament held at the Blackmount Country Club in North Haverhill. The tournament was a great success with five of the twelve golf teams winning top scoring team prizes and eight individual golfer prizes were awarded. The winning golf team, Team Smith, captained by Peter Smith, shot 11 under par to garner the

top team prize. While the golfers had a terrific tournament, the day's real winner was healthcare for the area communities as the Auxiliary announced its donation of \$10,000 to the building fund for Cottage Hospital's new Dr. Rowe Health Center. All of this year's golf tournament proceeds combined with donations from Auxiliary's other many fundraising events made this generous donation possible.

Wells River Chevrolet sponsored the tournament's hole-in-one contest prizes and more than 80 businesses and individuals from the New Hampshire and Vermont area communities made donations to the tournament. 16 Auxiliary members, family and friends volunteered on tournament day to help make the fundraising event a tremendous success.

The golfers and volunteers concluded the tournament by sharing a barbecued luncheon prepared by the Monroe Community Church and the tournament officials made awards of contest prizes, door prizes and silent auction winners.

Karen Woods, Administrative Director for Cottage Hospital, addressed the luncheon attendees and spoke about the collaborative efforts of the Auxiliary and Cottage Hospital toward improving and expanding quality healthcare for our communities and spoke about construction progress on the new Dr. Rowe Health Center, which is on target for completion this Fall.



*Tournament volunteers, L-R Ken King, Mike Simpson, Laraine King, Susan Aldrich, Carolyn Byrne, Pat Ottina, Karen Woods, Don Perlee and Carlos Ortiz*



*Karen Woods, Cottage Hospital Administrative Director, addresses tournament luncheon*



*Tournament winning team - Team Smith, L-R Ryan Smith, Samantha Smith, Angie Smith & team captain Peter Smith*



*Wells River Chevy Team and hospital administration, Rear L-R Michael Esposito, Jeffrey Moore, Wells River general manager, Brian Newton and James Mayer. Front L-R Mike Simpson, Cottage Hospital Human Resources Director and Karen Woods, Cottage Hospital Administrative Director.*

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MONROE COMMUNITY CHURCH, WELLS RIVER CHEVROLET, WILLIAM GALLAGHER ASSOCIATES INSURANCE  
AND ALL OF THE TOURNAMENT AUXILIARY VOLUNTEERS, FAMILY & FRIENDS

# Cottage Hospital: Recognizes Employees

WOODSVILLE, NH – The Medical Staff, Board of Trustees, Volunteers and Auxiliary of Cottage Hospital recently joined the Hospital staff for an evening of celebration at the Mountain View Grand Resort in Whitefield,

NH. The annual event is opportunity to recognize the years of service of employees and pay tribute to the quality and dedicated work of the staff through the year.

This year's awards banquet featured the special recognition of long time employee and provider Dr. Gerry Lyons. Lyons, has committed his medical career to caring for the patients in the Upper Connecticut River Valley, with over a thirty-year tenure in the areas of Primary Care, Emergency Medicine and Gastroenterology.

Dr. Lyons has spent a significant portion of his career advocating for colorectal health and other health needs of our area. His diagnostic care has saved many lives making him not only a respected clinician, but a true asset to Cottage Hospital and our community. Dr. Lyons will be retiring from Cottage Hospital at the end



*Pictured L to R: Dr. Sarah Young-Xu, past Medical Staff President, Maria Ryan, Chief Executive Officer and Dr. Gerry Lyons.*

of 2015, but is currently still booking appointments through the late fall in his gastroenterology practice – colonoscopies save lives!

Cottage Hospital is a community hospital, located in Woodsville, NH. The hospital has been serving the

Upper Connecticut River Valley of New Hampshire and Vermont for over 110 years with a broad range of services. For more information, visit [www.cottagehospital.org](http://www.cottagehospital.org) or call 603-747-9000.

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July 7, 2015 Volume 6 Number 20

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

# Stormy The Sheep

The Above the Notch Humane Society is well known as a dog rescue organization but occasionally we are asked to assist in abandonments and cruelty situations. After a tip from a concerned Lisbon citizen, Lisbon Police Chief, Scott Pinson and Officer Brandon Walker along with volunteer members of the Above the Notch Humane Society's President Richard Larcom, Vice President Nancy Cooper, and Board of Director members Frank Mellaci, Nicole Clarke and Pamela Yarosh successfully rescued a Shetland ewe (sheep) and two rabbits from an abandoned residence in Lisbon.

After a safe relocation site was determined, horse trainer Rick Weinberg from Easton donated the use of his horse trailer. Along with additional help from Sarah Brooks and her niece, the distressed ewe, named Stormy was coaxed from her shed into the trailer and transported to a safe location. She remained there until she received a clean bill of health from veterinarian, Dr. Andrew Crouse. She will live out her life with Allison Gallagher of Lyndonville, VT as a "lawn ornament" along with others of the herd.

A recent update from Allison advised us that she was thrilled to have Stormy join her 16 Merino sheep. Stormy has a healthy appetite and was very easy to move when motivated by Cheerios. After a few sniffs by her new siblings, she was welcomed into the herd. Stormy is thriving in her new environment.

The rabbits were delivered to Gretchen Hesler of Franconia, a long-time friend of Above the Notch Humane Society. She provided foster care until they were adopted into their forever home.

The Above the Notch Humane Society wishes to thank all who participated in the rescue of three helpless



animals in precarious circumstances. We strive to provide similar positive solutions and happy outcomes for abandoned, abused and surrendered dogs in the greater Littleton/Franconia

area. We are particularly grateful for the thoughtful and professional assistance given toward this rescue by the Lisbon Police Department.





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Not all Times are Trendy but there will always be Trendy Times July 7, 2015 Volume 6 Number 20

# Peanut Butter Main Ingredient To Dog Wash <sup>15</sup>

It was canine wash day at the Newbury Veterinary Clinic as the Rambling Rivers 4-H Club from Newbury sponsored a dog wash fundraiser for Oscar's Memorial Dog Park. Eight members of the club and their leader, Judith Vaughn, along with Dr. Amy Cook, and two Board members of the non-profit organization were on hand to watch the kids, in action with the dogs. This was quite an event to start with since the first dog to wash was so huge she couldn't fit in the clinic's bath station. Luckily, one of the

Board members had brought an outdoor dog wash tub, and thankfully, after a bit of maneuvering by Dr. Cook and the kids, the dog was finally in the tub.

This was quite an event to watch since the dog was getting excited about leaving the tub before the wash was completed. In an effort to appease the dog, Dr. Cook provided a jar of peanut butter and every so often, a tongue depressor with some peanut butter was given to the dog to lap. Down the hatch it went and the wash was eventually com-

pleted. But, the grooming didn't stop here as the dog was well endowed with fur. Fur, fur, fur everywhere, even in the tub. And for the last step of the grooming process, the kids and Dr. Cook did an extensive combing out job. A job well done by all.

Several other dogs were also washed and semi-dried. Some were more tolerant being washed while others just kept trying to get out of the bath station. Needless to say, that jar of peanut butter certainly came in handy to appease these dogs into letting



This fundraiser occurred June 27th at the Newbury Veterinary Clinic by the Rambling Rivers 4-H Club. Photographer: Sue Hastings.

## OBITUARY

### KATHARINE "KAY" "TRINKA" FIZZELL BLAISDELL, PHD



grew into nine books of local and regional history, the "Over the River and Through the Years" series, and a town history, "Haverhill, New Hampshire in the Twentieth Century."

Ed and Kay traveled extensively; Dominican Republic, Azores, caribou hunting in the Yukon Territory, Germany Africa, Scotland, Hawaii, the Galapagos Islands, and mountain climbing in the rain forests of South America. They drove cross country in their mini van camping in it along the way. They presented many slide shows of their travels, as well as educational historical programs.

She was a Sunday school teacher in Charlestown and North Haverhill. For over fifty years, she served as Choir Director and violinist at North Haverhill United Methodist Church and continued singing with the choir through this spring. She dearly loved the choir, her church family and her church. She served as President of Woodsville Progressive Club and Haverhill Historical Society, Northern NH District Director of Women's Clubs, Master of Pink Granite Grange and Charlestown Grange, Trustee of North Haverhill Library and member of the North Country Chorus. She was predeceased by her brother, Dr. James Frizzell, formerly of Sanibel, FL.

She is survived by her husband, Edwin Blaisdell, DVM; six children, Carl Blaisdell and wife Gloria of North Haverhill, Dorothy Custance and husband Dana of Belmont, NH, Brian Blaisdell and wife Pamela of Hillsboro, OR, Roscoe Blais-

dell and wife Kathleen of Raymond, NH, Marilyn Blaisdell of North Haverhill, and Kenneth Blaisdell and wife Vickey of North Haverhill; 23 grandchildren and 19 great grandchildren; a brother, Robert Frizzell and wife Apolonia of Charlestown; two sisters, Theodora Frick and husband Tom of Charlotte, NC and Elizabeth Bascom and husband Allyn of Port Charlotte, FL; and her brother James's wife, Janet of Sanibel, FL; and nieces, nephews, and cousins.

Calling hours will be on Friday, July 10 from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A memorial service will be on Saturday, July 11, at 11 AM at the North Haverhill United Methodist Church, 2900 Dartmouth College Highway, North Haverhill, with Pastor Clint Brake, officiating. Burial will follow in the Center Haverhill Cemetery, Benton Road, North Haverhill. There will be a gathering of family and friends at the church.

Memorial contributions may be made to the North Haverhill United Methodist Church, PO Box 29, North Haverhill, NH 03774 or to the Patten Library, c/o Mrs. Audrey Clough, 2885 Dartmouth College Highway, North Haverhill, NH 03774.

Condolences may be mailed to her daughter, Marilyn Blaisdell, 2247 County Road, North Haverhill, NH 03774, which will then be shared with the family.

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.

North Haverhill, NH - Katharine "Kay" "Trinka" Frizzell Blaisdell, PhD, 87, beloved wife, mother, grandmother and great grandmother, passed away peacefully with her husband and best friend Ed, by her side at Brookside Nursing Home and Rehabilitation, White River Junction, VT on Thursday, June 18, 2015. Katharine was born April 4, 1928 in Keene, NH to Theodore and Martha McDanolds Frizzell of Charlestown, NH.

She graduated from Charlestown High School in 1946, University of New Hampshire in 1949 and Cornell University, M.S. 1950, Ph.D 1952 (Veterinary Parasitology and Physiology). While at UNH, she met her husband of 66 years, Edwin "Ed" "Doc" Blaisdell, DVM, son of Ellis and Eva Merrill Blaisdell of Belmont, NH. While both attended Cornell, they married in 1949.

While raising six children, she assisted in Ed's veterinary practice. Interested in local history and inspired by stories Doc would bring home from his veterinary travels, for many years she wrote the column "Over the River and Through the Years" for the Journal Opinion. These columns then

the kids finish their washing and drying of them. But oh, to watch the facial expressions of the dogs was priceless!

We can't thank the Rambling Rivers 4-H Club enough for volunteering to do this dog wash fundraising event and the Newbury Veterinary Clinic for providing an indoor dog wash station and to The Canine Academy of North Haverhill, NH, for the outdoor dog wash tub.

We truly appreciate the donations received at this fundraiser towards the building of the dog park. Fundraising is a slow process and every little bit helps!


Here's how you can help

Oscar's Memorial Dog Park: Donations can be mailed to this address as follows: Oscar's Memorial Dog Park, Inc., 241 Benton RD, North Haverhill, NH 03774-4607

Credit card donations: <http://www.justgive.com> Once at this site, insert the name of the charity "Oscar's Memorial Dog Park" and then follow the very easy instructions for credit card donations.

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# Keep Your Investments From Going On "Vacation"

It's that time of year when many of us hit the road for a summer vacation. If you are fortunate, you will be joining them — after all, "all work and no play" is a difficult way to live. But while you may not think it beneficial to work all the time, the same can't be said of your investments and your investment strategy — because, ideally, they should never stop laboring on your behalf.

How can you avoid "taking a vacation" as an investor? Here are a few ideas:

Don't let your portfolio get "lazy." Laziness is fine for vacations, but it's not so great for an investment portfolio. When you invest, it can be easy to let things drift along and stay the same as they've always been. But over time, things can change: Your goals can change somewhat, your family situation can certainly change and even your investments themselves may change. That's why it's important to review your portfolio and your investment choices regularly, possibly with the help of a financial professional. You may not need to make drastic changes, but even modest-seeming adjustments may make a big difference down the road.

Don't choose an investment mix that just "sits around." If you were to put all your investment dollars in conservative vehicles, such as certificates of deposit

(CDs), your principal would likely not experience much volatility — which is good. But your money almost certainly would not have the growth potential to help you reach your long-term goals — which is not so good. That's why you will need to own some investments, such as stocks and stock-based instruments, that offer growth potential. It's true these investments will fluctuate in value, and there's no guarantee you won't lose money on them. You can help address this risk by focusing on the long term and by creating an investment mix that is suitable for your situation.

Don't become a "spend-happy" investor. It can be pretty easy to spend more on vacations than you had planned. For some reason, perhaps the carefree nature of a vacation, the act of spending money seems less grounded in reality — until you get home and see the bills. As an investor, you can also get carried away with your transactions — and it can cost you. To be specific,

if you are constantly buying and selling investments, you'll be making it harder for yourself to follow a unified, long-term investment strategy. As mentioned, you will need to make changes as needed, over time, to your portfolio, but making moves such as chasing after "hot" investments, or giving up on other investments after one bad period, will likely not benefit you and could prove detrimental to your progress. As someone who spends most of your life working, you may very much appreciate your vacations. But as someone trying to achieve important financial goals, such as a comfortable retirement, you shouldn't take a "vacation" from investing — and you shouldn't let your investments take one, either. As you know from your career and your other activities, making a consistent effort may pay off — and it's the same with investing.

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

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## Barbara

By Elinor P. Mawson

She was quite a beautiful girl, despite the fact that she had a glass eye. This was the result of an accident between a hoe and a greenhouse roof when she was 12 years old.

But Barbara soldiered on, finished school and went to work at a restaurant in Portsmouth, NH. She had many chances to date since the restaurant was a popular hangout for the sailors who were in and out of the Naval Shipyard nearby. She managed to turn them down nicely and politely until one day when an English submarine came limping into port.

Eric was an English sailor, a small man who took to Barbara at first sight. For a few days, she tried to say no to his advances, but he was dogged and insistent, and she finally agreed to date him.

It must have been the

love story of the century because it wasn't long before the couple went to her parents and announced they wanted to get married.

Then they eloped.

Meanwhile the English submarine was nearing the end of its needed repairs, and Barbara and Eric were making plans. He would return to England, and once his Navy stint was over, he would send for her. It might take awhile, for after all, this was World War II and nothing was definite.

So when the submarine was ready to go, Barbara and Eric exchanged a long and fond farewell, and off he went.

Not long after his departure, Barbara discovered she was pregnant. Hoping that this might help her get to England quicker, she notified Eric and waited for his reply.

She waited a long time.

In due time, Diana was born. Barbara informed Eric he was now a father, but there was no answer.

Finally there came an announcement from a barrister in England that Eric was filing for divorce. And by this time, Barbara had resigned herself to the fact that she was a single mother.

After the War, Barbara met and married Bob, a large man with a steady job and the willingness to adopt Diana and make himself a family. They subsequently had a daughter of their own.

Diana grew up, got married and had a couple of kids. Eventually she got divorced and married a wealthy gentleman who took her to England for their honeymoon. On Diana's itinerary was a chance to finally meet her father.

When she arrived home, her only comment to her mother was, "Mother! What did you see in that LITTLE man?"

A few years later Barbara herself traveled to England. When she went to see Eric, she discovered he had died 5 weeks earlier.

All in all, Barbara and Eric had been married less than a month.

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# A Walk In The Woods - June 2015 <sup>17</sup>

By David Falkenham, UNH Cooperative Extension Grafton County Forester

"I am tired, deliciously tired, but I know a great content. I sit by the fire, living over again the events of the day. Bob is lying at my feet, his soft brown eyes gazing up into mine beseechingly. I know of what he is thinking; I gather up my manuscript and answer the dog's unspoken question.....Yes, boy, we're going, tomorrow" (Burton L. Spiller, 1935)

I am lucky to say that I have known some great dogs in my life. I'm even luckier to say that four of those great dogs have been mine, or maybe I have been theirs. For my entire life I have been influenced by dogs. As a kid growing up in Lancaster we had dogs off and on during my childhood, two springer spaniels and a German shorthaired pointer. I wouldn't exactly call them world class hunting dogs, but of course that all depends on what you're hunting for. Regardless,

they left their mark on my personality and at the age of 17 I told my dad that I was going to have a job that allowed me to take dogs to work with me. And so it began....

I started my forestry career in 1996 but held off getting a dog until I was married and "settled", thinking that was the "responsible" thing to do. Less than two months into our marriage, Hunter came into our lives. Four months later Jewel crashed the party with her unforgettable enthusiasm. For the next 12 years of my life, I never went in the woods without my Labrador Retrievers, starting when they were each only 10 weeks old. I can't even imagine the number of miles they put on their paws working full days in the woods with me, never a day off, even in the winter. I lose my breath thinking about it. This lifestyle was likely the reason they lived

such long lives, 13 and 14+ years respectively.

Now it is Walker and Casey's turn to leave their paw prints in my truck. Walker, as much the physical machine that Jewel was, and Casey the ever-mindful kind soul that Hunter was; each of them molding my identity in their own way.

Most foresters I have known, have had a dog working in the woods with them at some time during their careers. A feeling of

freedom prevails when bringing your dog to work that speaks to the spirit of forestry. There is nothing like having a knuckle-headed dog bounding aimlessly through the woods while I try to focus at work. Actually it helps my focus and it gives me someone to talk to out there, most foresters would agree. And at the end of the day, when the dog is "deliciously tired" and covered with tree marking paint I can sleep well

knowing I have done my part to make their lives great, and that they have done their part to save me from my own sanity.

Now Walker and Casey will join me while I paddle into a new chapter of my forestry life as the "Forest Manager" at Paul Smiths College in the northern Adirondacks. Like I told my dad years ago, there will always be a dog at my side...

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

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# Fourth Of July Parade

## Photos From Woodsville

*Photos By Janice Scruton  
To see these photos in color visit  
[www.trendytimes.com](http://www.trendytimes.com)*



*As always there were kids of all ages looking for some of those treats that came from parade participants.*



*The Grand Marshals of the 2015 Woodsville/Wells River parade were furnished with an open air ride in this fine looking jeep.*



*The color guard of Ross-Wood Post #20 American Legion of Woodsville had a full contingent including members of the Junior Auxiliary leading, and officers of the New Hampshire Department following.*



*This was just part of the crowd that watched this year's parade in Woodsville.*



*An interesting train that was part of the parade.*



*Local John Deere collector & Cohase Chamber of Commerce Citizen of the Year, Richard McDanolds of North Haverhill on one of his collection.*



*This float honored those who have served this country in past conflicts, and why they did so.*



*This team of oxen and their teamster had a bit of a shorter walk this year during the Woodsville/Wells River Fourth of July Parade.*

Not all Times are Trendy but there will always be Trendy Times  
July 7, 2015 Volume 6 Number 20

# LETTERS

(and even some real words)

## From The Editor

Let me start this Letter by stating that I am a member of the Woodsville Wells River Fourth of July Committee. I have been a member for about fifteen years and was president for about eight or nine of those years. Before that I was the announcer for this parade. I make those statements so that all reading this will know of my obvious bias toward, what I consider, the second largest event to happen in the town of Haverhill every year. But more than just Haverhill is affected. As the name indicates this organization has always included Wells River, our western neighbor, as an intricate part of the organization as well as home for this annual celebration.

As I have often said to folks who have asked, we are proud that this parade has grown into the largest 4th of July Parade in the state of New Hampshire. (To be honest many other towns have their parades before or after the 4th itself, but it still remains a very large feather in our cap). I can point out that department of NH American Legion officials have chosen this parade for years to visit and participate in.

It should also be noted that the fireworks display now actually occurs from Paddy Acres in Wells River, though most people watch the event from the Community Field in Woodsville. Again it is a coordination between the two villages, towns, counties and states that has made this work so smoothly and well for more than a quarter of a century.

Then comes the celebration of 2015. As is true with most years there were changes. Not only with some of the volunteers who make this all possible, but also with some of the entertainment on the Community Field. (A new

ride company, a different food vendor, and some different flea market folks). All of that seemed to come off smoothly. Though as an insider I can attest to the fact that it is never as easy as it appears.

Then it came to be parade time, or more correctly less than an hour before parade step off, and wait! There is a problem! No detour signs in Vermont! And this is where, I believe, much more information will need to be gathered. Whose responsibility was it for those signs to be posted? They have been posted in the past, and removed. This year there was a parade permit applied for from the state of Vermont. It was granted and in hand. Yet, no detour signs, and therefore, no parade. What? Something does not seem right. Someone did not do their job properly. And therefore every person who has, in some cases, for a decade or more, watched this great parade from "their spot" in Wells River, now are told that there will be no parade. Well, there will be a parade, but not here. You will have to go across the river to see it. And what about the businesses in Wells River that count on that extra boost in sales to help the bottom line? Sorry, no customers today, they all have gone across the river.

The bottom line is that what has been a long standing tradition of cooperation and sharing of an event, was cut short and rerouted. I hope and trust that the oversights or errors of this year will be a one time occurrence and that 2016 will once again see the military organizations, floats, fire trucks, bands and all the other participants of this great parade crossing over the river and helping to bring these two communities together in our annual celebration of our independence as a country.

# Lost River Gorge & Boulder Caves<sup>19</sup> Dedicates New "Out-of-the-Gorge Experience" July 10

Celebration of Lost River's first expansion in 30 years features special admission, scavenger hunt and other activities.

North Woodstock, NH (June 25, 2015) – The Lost River Gorge & Boulder Caves, one of New Hampshire's greatest natural wonders, will officially celebrate an expansion project which treats visitors to an "out-of-the-gorge" experience. A special event to officially dedicate the new expansion – Lost River's first since 1984 – will be held Friday, July 10 at 12:00 pm.

New Hampshire Governor Maggie Hassan and state senator Jeff Woodburn are scheduled to participate in a ribbon-cutting ceremony to officially dedicate the new out-of-the-gorge experience. Throughout the day, visitors to Lost River may participate in a fun scavenger hunt and qualify to win prizes, such as a season-long pass to Lost River Gorge, a Lantern Tour package and a White Mountains Attractions pass. Admission on July 10 will be reduced – the special out-of-the-gorge experience dedication price will be announced on the Lost River Gorge Facebook page one week prior to the event.

The expansion project, which was completed last year, consists of a new, 750-foot-long forest adventure trail designed and built to withstand high water and winter snows. The new trail guides visitors over a covered bridge and deep into the woods for a completely different experience at the base of Dilly Cliffs. On the boardwalk, visitors are totally surrounded by the northern woods on the way to the Forest Treehouse – with its life-size animal carvings. Visitors follow the trail up to the bird-cage overlook, and cross



*A new, 750-foot-long forest adventure trail guides visitors over a covered bridge and deep into the woods for a completely different Lost River experience.*

back over Lost River Gorge on a new, 60-foot-long suspension bridge with views of the gorge and scenic Kinsman Notch.

Lost River Gorge & Boulder Caves is a land of spectacular beauty forged by the powerful forces of water, wind, weather and time. Today, thousands of visitors descend into the gorge and follow the boardwalks to explore jagged rock walls, gigantic boulders, rock-strewn glacial caves and cascading waterfalls. The out-of-the-gorge expansion provides new and exciting opportunities to explore more of the natural beauty and ecology of the Lost River Gorge area.

Lost River Gorge & Boulder Caves is one of New Hampshire's oldest attractions, and in 1912, celebrated 100 years of preservation by the Society for the Protection of New Hampshire Forests. Since 1967, the White Mountains Attractions Association has been operating and managing

the popular tourist site. To find out the special July 10 admission pricing, visit Lost River Gorge & Boulder Caves on Facebook at [www.facebook.com/lostrivergorge](http://www.facebook.com/lostrivergorge).

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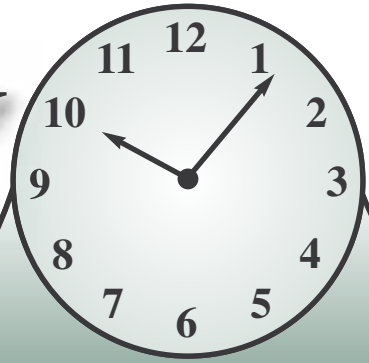
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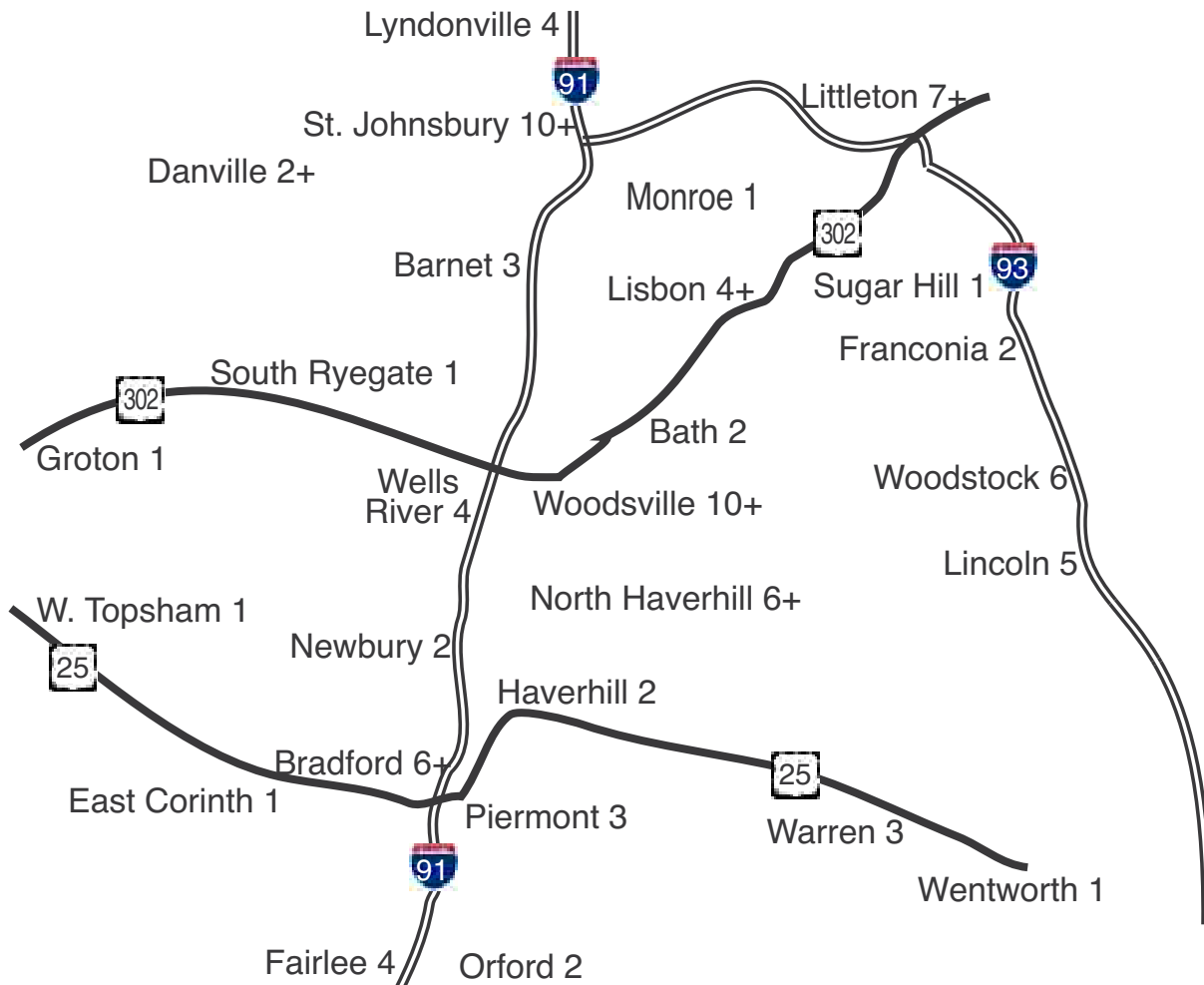
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 July 7, 2015  
 Volume 6 Number 20

# ACT Begins Trail Building In Cooley-Jericho Community Forest

EASTON – Trail building has started in the Community Forest with Ammonoosuc Conservation Trust (ACT) staff, ACT volunteers, and AMC staff.

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. The forest is owned and managed by ACT.

Trail work got going earlier this spring with Lisbon High School PAWS students building bog bridges. On Saturday, June 27th ACT staff members Rebecca Brown and Lianna Lee, ACT volunteers Suzanne Beauchesne, Ned Brewer, Jeff Carter, Chris Nicodemus, Parker Towle, and Paul Ugo continued work on a multi-recreational trail. We dug drainage ditches, cut new paths away from marshy areas, and carved some side steps under the guidance of AMC trail staff.

ACT will continue hosting trail workdays this summer. All skill levels are welcome during our trail days – we have a lot of trail to clear! This is a great way to meet



*ACT Volunteers Chris Nicodemus and Suzanne Beauchesne work with AMC trail staff member Gregory Allen in the Community Forest.*

other outdoor enthusiasts in the area, and maybe even pick up a few tricks you can use on your own trails.

We are excited to announce that Asher Merrill, son of Ben Merrill and Alice Rocke of Sugar Hill, will be installing a welcome kiosk for his Eagle Scout project. This project will be an excellent addition to the forest.

The Community Forest can be accessed in Easton from the parking area located along Trumpet Round Road. After a brief walk, you will enter a rock landing area with stunning views of the Franconia range and Cannon Mountain.

To learn more about how you can volunteer in the Community Forest, please call ACT Outreach Coordinator Lianna Lee at (603) 823-7777 or e-mail her at outreach@aconserva-tion-trust.org. Please visit our website [www.aconservation-trust.org](http://www.aconservation-trust.org), or [www.cooley-jericho.org](http://www.cooley-jericho.org) for upcoming events.

ACT is the North Country's regional land trust. It conserves land for the future of the North Country and conducts free educational and outdoor recreational programs.

# Memorial Brick Donation Program

Oscar's Memorial Dog Park, Inc. is pleased to announce that we are starting a Memorial Brick Donation program. The program has been started as way to honor the memory of a beloved pet and a fundraiser. It is anticipated that there will be a memorial garden for these bricks to be on display and to be enjoyed by all when the park is built. The brick can only have 15 characters per each line for a total of three lines. The characters include lettering, spacing, commas, dashes. The cost per brick is \$75.00 and needs to accompany your order form. We

have a local business who will be designing all of our bricks.

These memorial bricks are tax deductible as we are a 501 (c)(3) non-profit organization and an acknowledgment will be mailed to each donor.

If you are interested in purchasing a brick for a loved-one, please send an e-mail to: o\_scarsMDP@charter - request "Memorial Brick Program information," or mail a request to: Oscar's Memorial Dog Park, Inc., 241 Benton RD, North Haverhill, NH 03774-4607

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# Little Shop Of Horrors At Jean's Playhouse

Lincoln, New Hampshire – June 30, 2015 – Jean's Playhouse announces NH Resident Rate on Fridays!

Jean's Playhouse is proud to announce a special deal for New Hampshire residents only! Enjoy great Summer Theatre this July and August at Jean's Playhouse and save big if you are a New Hampshire resident simply by showing your New Hampshire driver's license; that's right: just show your driver's license and you can purchase tickets for any performance of Lend Me a Tenor, Pippin or Man of La Mancha- for only FIFTEEN DOLLARS! Summer just got a whole lot better... and what better way to spend time with family and friends this summer than enjoying some great theatre in the White Mountains!

The 29th Mainstage season from the award-winning Papermill Theatre Company is Lend Me a Tenor (July 2-11), Pippin (July 16-Aug 29), Man of La Mancha (July 23-Aug 26), Dames at Sea (Sep



3-Oct 3) and Same Time, Next Year (Oct 8-17). Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to ongoing construction of the Riverwalk at Loon Mountain site off I-93 Exit 32. Visit [JeansPlayhouse.com](http://JeansPlayhouse.com) or call 603-745-2141 for more information.

Want to take the family to Jean's Playhouse? Join us this summer for hilarious and engaging performances of such beloved stories as 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. 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!

# New Gardens At Copper Cannon Camp

By Russ Gaitskill, UNH Cooperative Extension Master Gardener Intern

A 6,000 square foot garden site has been developed at Bethlehem's Copper Cannon Camp. The Growing Space at Copper Cannon Camp is a community volunteer project with resources and donations from local businesses, individuals and organizations. I am the Project Leader, a longtime supporter of Copper Cannon Camp, an avid gardener and a University of New Hampshire Cooperative Extension (UNHCE) Master Gardener Intern. I received approval from UNHCE to use Copper Cannon for my Master Gardener volunteer commitment. The project received a sizeable grant from the Harvard Pilgrim Health Care Foundation. The Community Garden Grant funded a large portion of the required materials and made the project a reality. We could not have made this happen in such a short period without their generosity.

This project involved clearing and grading the site, building 29 raised beds, laying ground cloth and filling the beds with locally sourced loam and organic compost. Planting began on June 20th and will continue throughout the summer. Now The Growing Space at Copper Cannon Camp has an herb garden and an assortment of quick growing vegetables, both transplanted and from

seed. Eventually, the plot will be fenced with perimeter beds of perennial flowers to attract bees, hummingbirds and butterflies. We have made a great deal of progress but still have much to do. If any fellow Master Gardeners or anyone else from the community is looking for a project, I'd love the help.

The primary goal of the project is to provide a teaching venue for basic gardening skills that can be replicated in a child's home community. Additionally the Growing Space will enrich the camp experience by allowing children the opportunity to participate in harvesting vegetables from the garden.

Rachelle Lyons, Copper Cannon's Program Director, believes the garden can promote healthy nutrition and life skills. "I feel this garden provides the opportunity to embed environmental education and for increasing the food literacy of both our campers and our staff. We have become so far removed from our food that many of us lack a basic understanding of how food gets from the field to our plates. With this garden, we will be able to cultivate an appreciation for fresh vegetables and to deepen the understanding of just how we feed ourselves. Ultimately, our

campers will be empowered with the knowledge to make healthy food choices and to self-advocate for a healthy food system," Lyons said.

Now in its 51st summer, Copper Cannon Camp, founded by Hamilton Ford of Franconia, has served approximately 21,000 young people while consistently offering New Hampshire's low income youth the opportunity to experience the wonders of living close to nature while in a supportive community. It is unique in that it is the only camp in New Hampshire to provide a completely free traditional summer camp experience. Over 200 children from Coos, Grafton, Carroll and Belknap Counties enjoyed the camp last summer.

Pete Christnacht, Copper Cannon's Executive Director stated, "Summer is an especially tenuous time for underprivileged students for a host of reasons, including loss of support structures. By providing stimulating, applied, field science experiences, we hope to cultivate a love of science and fascination with the natural world leading to academic gain and motivation. Dovetailing a sustainable garden into our program is ideal."

Christnacht added, "The Growing Space will provide educational opportunities and hands-on gardening for the campers during the summer. Copper Cannon Camp also works closely with many of the local schools and will create opportunities for class trips to our facility in the fall. Staff will assume responsibility for the garden and coordi-



Photo courtesy of Russ Gaitskill

nate with our community partners after the summer season ends. Every October, Copper Cannon Camp hosts a day for campers and their families to help shut down the facility for the winter. The garden will be tied in to the projects. Produce harvested in the fall will be used for retreat groups on site, canned for next summer and/or donated to the local food pantries in Bethlehem and Franconia.

The UNHCE Master Gardener Program is designed to train volunteer gardeners to extend the horticultural information of University of New Hampshire Cooperative Extension through educational programs, community activities, and individual contacts. The classes are held twice a year with a multi-week program being held in Littleton at White Mountains Community College this fall beginning on September 9th. For more information, or to obtain an application form, contact marcy.stanton

@unh.edu. Application deadline is July 15, 2015.

For additional information contact:  
Copper Cannon Camp – Pete Christnacht  
pchristnacht@coppercannoncamp.org

Plymouth State University Center for Rural Partnerships - Rachelle Lyons  
rilyons@plymouth.edu

Grafton County UNH Cooperative Extension – Heather Bryant  
Heather.Bryant@unh.edu

Growing Space at Copper Cannon – Russ Gaitskill  
russ@gaitskill.com

UNH Cooperative Extension Master Gardener Program – Marcy Stanton  
marcy.stanton@unh.edu

Harvard Pilgrim Healthcare Foundation – kimberly\_moore@harvardpilgrim.org

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Dear Marci,  
I have been taking Lido-caine patches for years to help my back pain. There has never been a problem getting my Part D plan to cover the patches, and nothing has changed this year in terms of my condition or coverage. Earlier this year, I got a notice from my plan saying that the patches have been denied because of off-label use. What exactly does off-label mean, and can I do anything to get the medication covered?

Jill

Dear Jill,  
Off-label drug use means that a prescription drug is prescribed for a reason other than the use that is approved by the U.S. Food and Drug Administration (FDA). Medicare does not cover drugs that are prescribed for reasons other than the FDA-approved use. You can appeal this decision, but these appeal requests are not always granted.

In general, there can be several reasons for Part D drug denials. For example, a drug can be denied based on quantity limits (amount you need exceeds the authorized limit), step therapy (you must try a less expensive drug before the more expensive one is covered), or not on the formulary (a plan's list of covered drugs).

Off-label drug denials are more complex. You may think that because your doctor writes you a prescription to treat a particular condition, you must be using the drug for an approved purpose. However, this is not necessarily the case. In some cases, your doctor may prescribe a drug for off-label drug use, meaning that the reason you use the drug is not an ap-

proved use by the Food and Drug Administration (FDA).

Medicare Part D plans only cover drugs that are prescribed for medically indicated use, meaning that it is FDA approved or is listed in one of three Medicare-approved drug compendia. A drug compendia is a medical encyclopedia of approved drug uses.

Off-label means that the reason that you are using the drug for has not been approved by the FDA and is not mentioned in a Medicare drug compendia. So, although off-label drugs are still legal for a doctor to prescribe and can be helpful in treating your medical condition, Medicare does not cover them.

You can request an exception for your plan, but these requests are rarely granted for off-label drugs. Before starting the appeal process, have a conversation with your doctor regarding the denial. You may want to explore other Medicare-covered prescription drugs.

Marci

For free, personal counseling on benefits, rights and options for people on Medicare and their families, call Pat Paine or Andrea Labor of the State Health Insurance Assistance Program (SHIP) located at the Northeast Kingdom Council on Aging: 802-748-5182 or 1-800-642-5119.

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By Marianne L. Kelly

What began as a dream of Diana Perry to bring Vermont crafters, direct sellers, food and collectible vendors together under one roof, has expanded to include vendors from New Hampshire, and Vermont Heart and Soul has changed its name to the more inclusive North Country Heart & Soul. "We had several request from New Hampshire vendors to join us," said Perry, and realized what a great addition they would be to this monthly market.

North Country Heart and Soul, a non-profit organization, seeks to bring Vermont and New Hampshire food vendors, crafts people, small home-based business people, direct sellers, service providers, and antiques and collectible vendors together under one roof offering diversity, and convenient one stop shopping for residents and visitors.

This unique market will donate proceeds to an area charity each month. Cur-

rently they are helping to support the Hooved Animal Sanctuary in Chelsea.

The first market took place on June 20 in the Masonic Hall on Route 25 in Bradford and showcased several vendors selling collectibles, jewelry, candles, beautiful scented products, homemade bread and pastries, wood crafts and more.

A light lunch, beverage and desert were available at the "Heart & Soul Café," and will be available at each market. Be sure to check out Kadence's cookies for a special treat.

Sean Kelly will be on hand each time to sharpen your knives and scissors while you shop, and will give a "hands on...try it yourself," demonstration of how the tool works.

"We are very new, and still have limited space for more food vendors and crafts people. Tables and chairs are provided and the fee is \$20," said Perry.

"We'd love to see this

grow to a "go to" activity for residents and visitors, as you never know what treasures have "your name on them," or what unique gifts you might not find available in box and chain stores." When you buy from the vendors, you are also supporting a local charity.

All vendors must live in Vermont or New Hampshire and all food and craft vendors must make and produce what they sell.

The next North Country Heart & Soul Market takes place on Saturday, July 18, in the Masonic Hall, Route 25, Bradford, VT, and I have it on good authority that beanie baby collectors might find just what they are looking for to add to or complete their collections. Hours are 10-2.

Come check us out!

For more information, check our FB page or call Diana Perry at (802) 439-3700, or Marianne Kelly at (802) 222-2958.



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By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at trendychefronda@Gmail.com.

# Parmesan Crusted Pork Chops

Question of the day: What do boneless pork chops and boneless, skinless chicken breasts have in common? Well, for one thing, they are a very lean, white meat. For another, they are pretty good for you as a source of protein. The third commonality they share is a tendency to be sort of dry and tough once cooked. Unfortunately, the thing that makes them a healthier meat choice (no skin or bones or fatty striations) is also why they can often be used as shoe leather, or a doggie chew toy, if your teeth aren't up to a good workout.

In an effort to make boneless chops tenderer and less dry, I tried a method similar to one I use on chicken cutlets. The key ingredient here is mayonnaise, which is really an amazing and under-



rated product. Think outside the box here; more than just a sandwich or salad condiment, good 'ole mayo is basically stabilized eggs and oil, and in many instances, can be substituted for either product. By using it to cover the surface of the pork, you are adding a minimal amount of fat, but getting the benefit of the added moisture, which is sealed in courtesy of the nice crust formed by the

melting Parmesan. The mustard contributes a nice little zing, and by butterflying the chops, the required cooking time is reduced so the meat is less likely to dry out from overcooking.

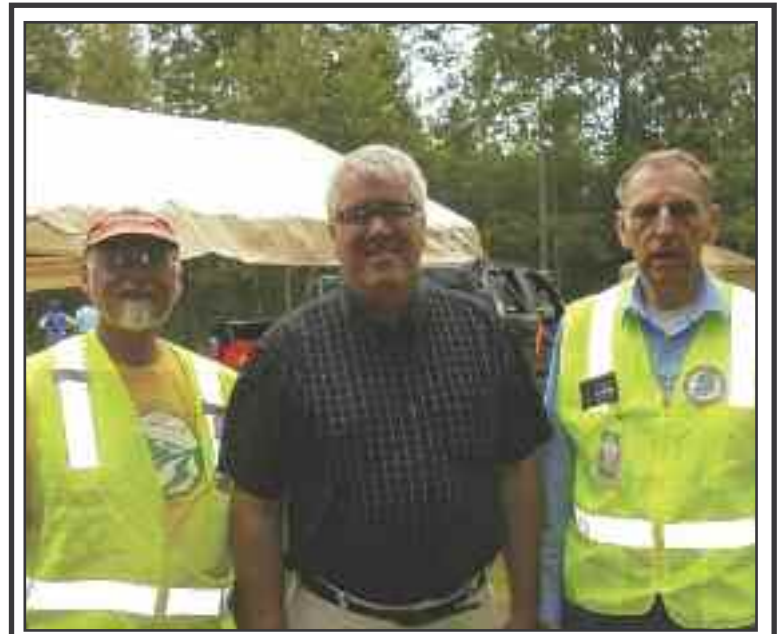
So, the next time you find yourself faced with a package of boneless chops for dinner, give this recipe a try, and you'll be able to find some other source for your chew toys and shoe leather!

- 4 boneless pork chops
- 1 Tablespoon mustard (I like Dijon)
- 2 Tablespoons mayonnaise

- ½ cup grated Parmesan cheese
- 1 teaspoon garlic powder
- Salt, pepper, & paprika

Preheat oven to 375°F. Butterfly chops by slicing in half horizontally to within about ½" of edge, then laying open, like a book. Dry all surfaces with a paper towel. Sprinkle both sides liberally with salt and pepper and place chops on a baking tray that has been lightly greased. In a small bowl, mix the mustard, mayonnaise, cheese, and garlic powder. Spoon ¼ of mixture on top of each chop and spread to cover surface evenly and sprinkle with paprika. Place in oven and bake for about 30 to 40 minutes, until browned and cooked through. Allow to cool 5 minutes before serving.

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Littleton Area Radio Club Field Day was held in Franconia on Saturday, June 26. North Country Senator Jeff Woodburn, center, learned about the important emergency communication network provided by local clubs. He is with Club President George Blakeslee, of Guildhall, VT, left, and N1A AARES Coordinator Ron Tasker, of Franconia.

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The greater Gilman community celebrated the intergenerational spirit of volunteerism Friday (FYI: 6/19) with a celebratory lunch in the Lawrence E. Hartshorn Dining Room. Fellow diners included NEK Council on Aging staff with Executive Director Lisa Viles seated front row, right, next to volunteer manager Gisele Hallee. The occasion acknowledged how neighbors help each other from fitness coaching and looking after companion animals to trips to the grocery store and transporting Meals on Wheels to those who are homebound.