

# TRENDY TIMES

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AUGUST 18, 2015 VOLUME 6 NUMBER 23

## THIS SIDE OF THE RIVER

# Vermont And New Hampshire Landscapes

By Dianne Taylor Moore

August 14 – October 3rd  
Meet the Artist  
Reception August 21

Dianne Taylor Moore is an artist that currently specializes in pastel paintings. She is from Chapel Hill, North Carolina and lives in New Hampshire and Maine. Her award winning work has been noted for its great energy, rhythm and vivid color. Exaggerated reality is the phrase used to describe her style of painting. Nature and its boldness is the foundation of her work. She has an extremely active exhibition schedule. Dianne received a classic art school education, attending The Maryland Institute College of Art, The School of the Art Institute of

Chicago and the University of Illinois. After receiving a Bachelor of Fine Arts degree from The Portland School of Art, she embarked on what was to be a 40 year studio art career. She has a recorded time line of artistic development through her paintings and exhibition history.

During the years 1980-1990 she produced large format oil paintings depicting cacti, lizards and wild things from the southwestern United States. These works were juried into exhibits in AZ, CO, NY, MA, PA, Iowa and NH: winning a First in Show award in Pennsylvania and purchase prizes in New York and PA. She has been profiled on the NH television series, NH Artist.

In 2000 she began studying in Taos, NM and working outdoors. By necessity this brought about a shift in scale to her paintings as well as her technique. Gestures became more active and the painting was looser and faster. Studying and traveling became essential for her artistic growth.

Provence 2007 changed her painting forever. During a disastrous oil painting workshop she discovered pastels. Furiously painting and studying (2007-2014) with nationally known pastel artists, has brought her into the second phase of a successful career. Her first foray into pastel competition in 2009 brought an acceptance into the Triton Museum of Art/PSWC in



"West Danville" by Dianne Taylor Moore

Santa Clara, CA. Recently she won 3rd place in the Vermont Pastel society exhibition in Manchester, VT. Her work may be seen in NHAA in Portsmouth, NH, Northeast Kingdom Artisans in St.

Johnsbury, VT, Wren Gallery in Bethlehem NH and Artistic Roots in Plymouth, NH.

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# TRENDY Dining Guide

## Calamity Jane's

By Gary Scruton

Summer time in this area does see a noticeable increase in the local population. Some of that population is very temporary, day travelers. Some is around for a while, vacation week or two. Plus there are those who have the summer off and have that "summer home". Even more are in the category of "Snow Birds", gone before or shortly after the first snow, and returning only when that white stuff is all gone. One of the things that increased population brings is more business to many small establishments like Calamity Jane's Restaurant, within eyesight of the Redstone Rocket on the Warren town common.

My wife and I are no strangers to Jane's. In fact Jane and I attended school together (let's just say many years ago). And Jane is no stranger to the kitchen of her eatery in Warren. Jane is indeed the chief, and often only, cook.

This brings me to our last visit down Route 25. It was a Sunday, about noon when we arrived. The place was busy, and appeared to have been so for most of the morning. Shortly after we found a table two other groups came in and likewise found an unoccupied table, and got comfortable. (Jane's is small enough that no hostess is needed, and there is a "seat yourself" policy always

in affect.

We got our coffee very soon after sitting down and put in our order shortly after that which is the norm for Jane and her waitress.

Now comes the reason for mentioning the fact that there are so many more people around in the summer. I couldn't help but overhear a person at the second of the groups that followed us in, tell the waitress that they had been waiting "a half hour" to get their food. Now, I'll admit that they were busy, and therefore a bit slower to get things prepared and served, but "a half hour? Not quite! I mention this to say that the waitress took it in stride and

chatted with the table a bit before heading back to the kitchen to check on their order.

In the meantime our meals arrived. I had gone with a short stack (two pancakes) with blueberries added, and a side of sausage. I can tell you that Jane did not skimp on the blueberries. Topped with real maple syrup (you do have a choice) they were just what I wanted. Plus the sausage patties had a spiciness to them without being hot. Just my kind of meal for a Sunday brunch.

My wife ordered what the menu calls a Cheddar Burger. I think it should be

called a BLT burger. Along with the juicy burger there is bacon, lettuce, tomato, onion, and, oh yes, cheddar. She upscaled the regular fries to sweet potato fries. Again, a meal that hit the spot. All together the bill, with tax, was under \$28.00. Of course we also left a nice tip for the busy waitress.

Now, regarding that party that had to wait sooooo long. Their food came out, in turn, and suddenly the whole

table was very quiet. I always was told that you can tell when the food is good, no one is talking because they are way too busy eating and enjoying their food.

As a further update I should also note that Jane now has a full pizza and calzone menu to go with her regular menu. She even does take outs for those in the area who want to enjoy the common, or some other part of the great outdoors.



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# Haverhill Historical Society's Summer Lecture Series "New Hampshire's Long Love-Hate Relationship With Its Agricultural Fairs"

Haverhill, NH – The Haverhill Historical Society has invited Steve Taylor, former New Hampshire Commissioner of Agriculture to speak about one of his most current interests, "New Hampshire's Long Love-Hate Relationship with its Agricultural Fairs". This event will take place on Tuesday August 18 at 7:00 PM in the Stoddard Arts and Crafts Building at the North Haverhill Fairgrounds. Admission is free and open to the public.

The first agricultural fair in North America was held in what is now Londonderry, NH in 1722, and it would become a wildly popular event lasting for generations until it came to be so dominated by

gambling, flim-flam and other "scandalous dimensions" that the legislature revoked its charter in 1850.

But fairs have always had strong supporters and eventually the state came around to appropriating modest sums to help them succeed. Temperance groups and others would continue to attack the fairs on moral grounds and their close connection to horse racing was a chronic flashpoint. Steve Taylor will discuss the ups and downs of the fairs down through years and how public affection for rural traditions helps them survive in contemporary times.

Steve Taylor is an inde-

pendent scholar, farmer, journalist and longtime public official. With his sons, he operates a dairy, maple syrup and cheese making enterprise in Meriden Village. He has been a newspaper reporter and editor, and served for 25 years as NH's commissioner of agriculture. Mr. Taylor was the founding executive director of the NH Humanities Council and is a lifelong student of the state's rural culture.

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Friday August 21st, 4-6pm, Littleton Food Co-op, Littleton NH – Come have a beer with Olympic Skier Bode Miller and sample Tuckerman Brewing Company's Kolsch Beer TRale named after the Turtle Ridge Foundation in Franconia, NH.

Friday August 21st, 4-6pm, Littleton Food Co-op,

Littleton NH – Meet our Partner of the Month and Pizza Night! \$1 from every pizza sold will be donated to the Transitional Housing Program in Bethlehem, NH.

Wednesday August 26th, 5-7pm, Littleton Opera House, Littleton NH – Join us for an all Member Meeting at the Littleton Opera House. Meeting will include presentations by Gossens Bachman Architects, LFC General Manager, samples from local farms including Joe's Brook Farm, Small Axe Farm, and Prospect Farm and light refreshments and appetizers.

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Not all Times are Trendy but there will always be Trendy Times August 18, 2015 Volume 6 Number 23

# Hassan Budget Veto Hurts Northern NH

*Op-ed by Rep. Brad Bailey, Monroe; Rep. John Fothergill, Colebrook; Rep. Edmond Gionet, Lincoln; Rep. Erin Hennessey, Littleton; Rep. Rick Ladd, Haverhill; Rep. Laurence Rappaport, Colebrook; Rep. Herbert Richardson, Lancaster; Rep. Leon Rideout, Lancaster; Rep. John Tholl, Whitefield*

Governor Hassan's veto of the budget will hurt the most vulnerable among us in northern New Hampshire. The budget approved by the House and the Senate increased by 5%, totaling \$11.3 billion. It was done without raising taxes and fees; no small task. The Governor's initial proposal included a 6% increase in spending that relied on more tax increases on tobacco and small businesses, and raising motor vehicle registrations by 35%.

The budget she vetoed included more funds for Health and Human Services than any other budget in the history of our state. It increased funding for our substance abuse programs by 75%, or a total of \$42 million to help combat the drug overdose epidemic. It also fully funded Development Disability Services, Meals on Wheels, ServiceLink and the new 10-bed crisis stabilization unit at NH Hospital. All these programs are vital to the needs of our residents as evidenced by leading health care providers in the state when they pleaded with the Governor not to veto the budget.

Planned increases in support for local and higher education are being delayed as a result of the governor's veto. The Community College system, critical to us up north, was fully funded under this budget and would have helped keep tuition affordable. The University System would have seen a 5.8% increase totaling \$162 million. Education stabilization grants would have continued at 96% of current levels - avoiding drastic cuts to our small towns that can least afford it.

Good roads and bridges are critical to us. The Department of Transportation would have seen an 8% increase to \$1.089 billion helping improve our infrastructure and provide winter maintenance without reducing any personnel from our local DOT sheds. As a result of the governor's veto, tens of millions of dollars addressing our infrastructure issues are being held back.

Travel and tourism promotion, vital to our local economy, would have received \$4.2 million from the budget that was vetoed. In a highly competitive market for out-of-state tourist dollars, this money is crucial to bringing revenue into our state which helps provide jobs for many living and working north of Concord.

New Hampshire has some of the highest business taxes in the country, a factor in our stagnant economic growth compared to our neighboring states that pay lower taxes. To show the business community the state

is serious about attracting and growing businesses, while employing more workers, the budget included an 11.4% decrease in the business profits tax over a 3 year period.

Governor Hassan and her supporters have said the budget she vetoed did not balance. The non-partisan Legislative Budget Assistant has said that it in fact does balance. There is no projected deficit.

The Governor has just come out with a "compromise" that would yet again raise taxes and fees on the

hard-working people of our districts. We contend that the budget we passed through the legislature is the best solution because it meets the critical needs of our state with no new or increased taxes or fees.

It is impossible to build a budget that pleases 100% of people 100% of the time. No one legislator or governor can have everything they want in a budget. The basis for the Governor's veto represents a very small portion of the budget, but it has major consequences for our

state and our region, The Governor's veto holds back needed funding increases for many services we rely on.

The legislature's budget is fiscally responsible and provides services for our residents, of which some desperately need for daily life. In September, the House of Representatives will convene to vote on whether to override Governor Hassan's veto. We hope we have enough votes to do just that. It's important to all who call northern New Hampshire home.

## Destroy It To Save It

*By State Senator Joe Benning  
Caledonia-Orange District*

A very long time ago I was watching a television interview of an American soldier in a foreign war. His platoon was burning a village. Asked why they were burning the village, the soldier said it was believed some residents were enemy sympathizers. He then said: "We've got to destroy the village so we can save it." The Vermont we consider home may be facing a similar fate.

Act 56 is Vermont's new renewable energy law. It raises renewable energy targets on utilities from 55 percent of a utility's sales in 2017 to 75 percent in 2032, an important objective that most Vermonters support. Unfortunately, one prominent individual has sparked the idea that Vermont must meet those percentage goals by using only in-state renewable energy production. We certainly should pursue in-state renewable generation, but how much and how we produce it is a flammable topic. If the "in-state only" spark catches fire, the things Vermonters cherish most will be consumed in a conflagration of our own doing.

Think I'm needlessly pulling a false alarm? Meet David Blittersdorf, president of All Earth Renewables, developer of industrial-sized wind towers and solar arrays. He is also a major player in Vermont politics, as many Vermont politicians receive his campaign contributions. He recently gave a presentation to Addison County Democrats entitled: "Vermont's Renewable Energy Future," a link to which appears at the end of this essay. He makes it quite clear the only proper way for Vermont to reach 75% renewable generation is with in-state produced power. There were at least a couple

of well-meaning people in the

room who agreed with him. Getting to 75% renewables is a noble endeavor, but getting there by limiting ourselves solely to in-state production threatens to destroy our way of life. Mr. Blittersdorf's own numbers, taken from his vision of Vermont's "future," demonstrate why. He says our current in-state renewable production of 100 megawatts will need to rise to 9,000 megawatts to meet our goal. To get there, he proposes 3,000 megawatts of industrial wind facilities and 6,000 megawatts of industrial solar arrays.

Okay, so what exactly does that mean? In the case of wind he says: "(To reach) 3,000 megawatts, you can put about 15 megawatts per mile — so that's 200 miles of ridges." He did not say how much land would be needed for the additional 6,000 megawatts of solar, but he dismissed an audience member's suggestion to use rooftops with a sobering statistic. Installing solar on every usable rooftop in Vermont would only generate "one to two percent" of the state's energy needs. One can therefore surmise that Vermont would need to convert tens of thousands of acres worth of viable agricultural and forest land into solar fields to get the other ninety-eight to ninety-nine percent. He also says it's time to relax some of Act 250's strict land protections.

So imagine this new Vermont. Two hundred miles of ridgelines adorned with almost five hundred foot tall whirligigs that blink at night, each one atop a concrete pad that has obliterated a pristine environment and disrupted wildlife habitat corridors. Untold thousands of acres of clear-cut forestlands

and despoiled agricultural land covered with solar arrays.

And radical landscape transformation is not all. He continues: "In Vermont, people like to live ten, twenty, thirty miles from work. That's going to disappear. The 10-acre lot way out in the middle of nowhere on a dirt road is not going to be working anymore. So we have to ... abandon the car ... get people to live where they work ... [t]hey can't be living everywhere." He goes on to call for a moratorium on new roads, airports, gas stations, car dealers and natural gas pipelines. He wants a \$100-per-ton carbon tax on distributors of fossil fuels, a tax that would hit the poorest Vermonters the hardest. In short, rural Vermont is no more.

It goes without saying that Mr. Blittersdorf stands to profit handsomely if we burn our village. The only remaining question is: how many state policy makers are picking up his torch? It is no sin to accept renewable power from out of state as we strive to meet our goals. But it would be a travesty to allow a vain sense of ideological righteousness to drive policy that is myopic in nature. We've long fought against acid rain to protect our ridgelines and supported regulations that thwart destruction of prime agricultural and forest lands. Destroying what we have heretofore protected needlessly divides a people who have traditionally stood together protecting their environment.

<https://www.wind-watch.org/news/2015/07/24/green-energy-ceo-vermonters-must-abandon-the-car-embrace-renewable-energy-future/>

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# Ruby's Story: A War Time Story

Deep and hard hitting. In very short terms that is how I would have to describe the latest production from Old Church Theater. There was a point in this production that my stomach and chest felt like they had been hit, hard. That is what live theater is all about. Congratulations to the cast and crew.

Ruby's Story is not a play that will catch and keep the attention of every audience member. By it's sheer production style it can lose those who may drift away after one of the many short, but very powerful, glimpses at this family of West Virginia. But really the place they lived had much less to do with this play than the time they lived - just before and for a time after D-Day, June 1944.

Opening night of this production saw an almost full house at the second oldest building in Bradford, somewhat of a rarity for Old Church Theater. One reason for this great turnout may be the stage debut of three actors. Another could be that there was a pair of sisters, a mother and son, and a husband and wife all involved in the outcome of this very moving and well performed

piece. Another reason for the big crowd may be that the person some may consider the star of the summer at OCT, Meghan Bullard, was in her third production of the year, and, taking from her playbill bio, performing in a role that was "a dream come true".

Whatever the reason for the big crowd, there should have been very little disappointment to those attending opening night. There were as always a few opening night, and first time performer, jitters. (There is always room for improvement). But lines were delivered on time, laughter from the audience came when expected, and the sound affects and lighting were handled extremely well.

As mentioned earlier, this production featured many short snippets in different parts of the stage that required lighting and actor positioning to be precise and on time. There were also several occasions when Old Ruby, the narrator, was filling us in on some of the unseen happenings, and those on stage needed to freeze in position, then perhaps drift away, or wait until the lights went out.

Again, this seemed to work very smoothly and allowed the story to grow without interruption.

The story itself, a tale about war and those who were fighting it in Europe, as well as at home, was well written and profound. As mentioned, it hit hard, it struck a nerve, and it was well performed. On a deeper note this play could well have been written about today's world, with today's out of country war, and those left behind.

Whether you are old enough to remember anything about World War II, or if you have loved ones currently serving, or you have ever had difficulty with parents or a relationship, this play may very well strike you as well. Again, my congratulations to the cast members, the director, the lighting crew, and to the Board of Directors of Old Church Theater for bring to life this well written, and very well performed production. There is no doubt that I would recommend it to anyone in any of the categories listed above.

## 10th Annual Auto Show & Flea Market In Orford

10th Annual Mt Cube Lodge #10 Masonic Auto Show & Flea Market, Orford, N.H. Located on Orford's Historic Green on Main Street

Classic Cars, Street Rods, Antique Cars, Modified, Trucks and Special Interest Cars

Saturday August 22, 2015 Rain Date Sunday August 23, 2015

Sponsored by Mt Cube Masonic Association Spectators Fee - \$3.00 Gates open at 8AM

Registration of cars: Note all cars to be judged should be on field by 11:00 am Judging

starts at 11:00 am - Judging completed by 1:00 pm - Awards 2:00 pm

Food Concession on grounds all day provided by local Mason and Eastern Star members

Further Information Call: Wendell Woodward 603-353-4869

## Sen. Forrester to Host Annual Complimentary Ice Cream Social

Sen. Jeanie Forrester, R-Meredith, will host an ice cream social at the Horse Meadow Senior Center on Monday, August 31st immediately following lunch.

"I'm pleased to host this annual ice cream social for my constituents in Haverhill and the surrounding area. It's a

great way to be accessible, answer questions or concerns, and have some ice cream." said Forrester.

The ice cream social is free and open to the public. RSVP's are appreciated by email at [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com) or 279.1459.

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**Newbury Historical Society Summer Program**

**"The 150th Anniversary Re-enactment Of The Lincoln Funeral"**

*Presented By*  
*David Pruitt, Anna Lisa Pruitt, Larry Scott & Peggy Hewes*

**Sunday, August 23, 2015**  
**2:00pm**

**West Newbury Congregational Church**  
**Tyler Farm Road, West Newbury**

ADA accessible  
Light refreshments will be served.

Information: [newburyhistorical@gmail.com](mailto:newburyhistorical@gmail.com)

**Budget Lumber**  
1139 Clark Pond Road, N. Haverhill, NH 03779  
[budgetlumber@charterinternet.com](mailto:budgetlumber@charterinternet.com)  
1-800-488-8815 • 603-787-2517  
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44 pos. 2x12x18 WEATHERED	\$15.54
Select 1x4x8	\$4.99 ea.
Select 1x6x8	\$7.99 ea.
Select 1x8x8	\$8.99 ea.
1x4x12 STRAPPING	\$2.50 ea.
17"x48"x96" AZEK PVC sheet	\$75.00 (1)
3/8"x48"x96" AZEK PVC sheet	\$50.00 (1)
3/4"x48"x96" AZEK PVC sheet	\$75.00 (1)
3/8"x48"x96" AZEK PVC Beaded Pattern	\$50.00 (1)
3/8"x48"x120" Beaded Pattern	\$60.00 (1)
3/8"x48"x120" PVC Sheet	\$60.00 (1)
4"x8' white FRP Liner Panel 11 Pcs.	\$19.00 ea.
4x10 white FRP Liner Panel 36 Pcs.	\$25.00 ea.
10 LARSON Full Glass Storm Door SOME LIST \$300	\$99.00
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20 PCS 3"x18" ABC Galv-a-lum roofing clearance	\$27.00 ea.
24 PCS 3"x14 ABC Galv-a-lum roofing clearance	\$21.00 ea.
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Not all Times are Trendy but there will always be Trendy Times

August 18, 2015

Volume 6 Number 23

# Calendar of Events

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

**TUESDAY, AUGUST 18**  
**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
 8:30 AM – 12:00 Noon  
 Woodsville American Legion Post #20

**HAVERHILL HISTORICAL SOCIETY FAIR TALK**  
 7:00 PM  
 North Haverhill Fairgrounds, Rt. 10  
*See article on page 3*

**WEDNESDAY, AUGUST 19**  
**LITTLETON FOOD CO-OP TOUR**  
 5:30 PM  
 Meadowstone Farm, Bethlehem  
*See article on page 3*

**THURSDAY, AUGUST 20**  
**NORTHERN GRAFTON COUNTY REPUBLICAN COMMITTEE**  
 6:00 PM  
 Screamin Bar Smokehouse, Littleton

**WHITE MT. JEWISH FILM FESTIVAL**  
 6:30 PM  
 Colonial Theater, Bethlehem

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

**FRIDAY & SATURDAY**  
**AUGUST 21 & 22**  
**RUBY'S STORY**  
 7:30 PM  
 Old Church Theater, Bradford

**FRIDAY, AUGUST 21**  
**MEET THE ARTIST RECEPTION**  
 Northeast Kingdom Artisans Guild, St. J  
*See article on page 1*

**BEER TASTING WITH BODE MILLER**  
 4:00 PM – 6:00 PM  
 Littleton Food Co-op  
*See article on page 3*

**THE HYSONGS IN CONCERT**  
 7:00 PM  
 Corinth Bible Church, 840 Center Road

**SATURDAY, AUGUST 22**  
**ORFORD CAR SHOW**  
 8:00 AM Gates Open  
 Orford Common, Main St  
*See article on page 5*

**ANNUAL BOKED GOODS & CANNED GOODS SALE**  
 9:00 AM – 1:00 PM  
 Christ Anglican Catholic Church, Marshfield

**MIKEY WILLIAMS ALUMNI SOCCER GAME**  
 11:00 AM & 1:00 PM  
 Kings Plain, Woodsville  
*See ad on page 7*

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

**SUNDAY AUGUST 23**  
**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
 1:30 PM  
 Breslin Center, Main Street, Lyndonville, Vt.

**LINCOLN FUNERAL RE-ENACTMENT**  
 2:00 PM  
 West Newbury Congregational Church  
*See article on page 9, ad on page 5*

**FESTIVAL OF EARTHLY DELIGHTS**  
 3:00 PM – 6:00 PM  
 Court St. Arts @ Alumni Hall, Haverhill  
*See article on page 8, ad on page 10*

**RUBY'S STORY**  
 4:00 PM  
 Old Church Theater, Bradford

**MONDAY, AUGUST 24**  
**HAVERHILL SELECTBOARD MEETING**  
 6:00 PM  
 Morrill Municipal Building, North Haverhill

**WEDNESDAY – SUNDAY**  
**AUGUST 26–30**  
**CALEDONIA COUNTY FAIR**  
 Fairgrounds Road, Lyndonville  
*See ad on Page 3*

**WEDNESDAY, AUGUST 26**  
**LITTLETON CO-OP ALL MEMBER MEETING**  
 5:00 PM – 7:00 PM  
 Littleton Opera House  
*See ad on page 3*

**NORTHERN PASS OPEN MEETING**  
 5:00 PM – 7:00 PM  
 Inn on Newfound, Bridgewater  
*See article on page 9*

**THURSDAY, AUGUST 27**  
**MEDICARE BOOT CAMP**  
 9:00 AM – 11:00 AM  
 Northeastern Vermont Regional Hospital  
*See article on page 18*

**SATURDAY, AUGUST 29**  
**ANNUAL BOKED GOODS & CANNED GOODS SALE**  
 9:00 AM – 1:00 PM  
 Christ Anglican Catholic Church, Marshfield

**MERCY HARRIMAN'S GARDEN TALK**  
 7:00 PM  
 Bath Public Library  
*See article on page 7*

**MONDAY, AUGUST 31**  
**ICE CREAM SOCIAL**  
 12:30 PM  
 Horse Meadow Senior Center, No. Haverhill

**TUESDAY, SEPTEMBER 1**  
**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
 8:30 AM – 12:00 Noon  
 Woodsville American Legion Post #20

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

**WEDNESDAY, SEPTEMBER 2**  
**WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING**  
 7:00 PM  
 Woodsville Emergency Services Building

## 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  
**TOPS (TAKE OFF POUNDS SENSIBLY)**  
 6:00 PM - Peacham School

**MONDAYS/WEDNESDAYS**  
**RSVP BONE BUILDERS**  
 10:30 AM – 11:30 AM  
 Linwood Senior Center, Lincoln  
**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, August 31st for our September 1st issue.*

# Groton Free Public Library News

Please note: Starting in September, we will be closed on Saturdays. Thank you to Susan & our other volunteers who have allowed us to stay open on the weekends this past year!

Friday, Aug. 21: Summer Reading Prize Program Ends. Last day for kids who have registered to claim their reading prizes! Come in with your reading log between 2:30-7pm.

Monday, Aug. 24 @ 7pm: Book Discussion. The month's feature title: "Pass-

ing" by Nella Larsen. Copies available at the library for borrowing. New folks welcome!

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

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, 802.584.3358. Online catalog: grotonlibrary.kohavt.org.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

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

## Orange East Senior Center

Tuesday-August 18-9:00 a.m. Exercise Class, 9: 40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-August 19-Foot Care Clinic by Appt.10:00 a.m-12:00 p.m. Computer Class, Lunch at Noon \$5 adults 59 and younger, \$3-60 and older,

Thursday-August 20 - 9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday-August 21- 9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Monday-August 24-9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO GAME-Game begins at 6:00 p.m. and doors open at 5:00 p.m., Looking for Meals on Wheels Drivers

Tuesday-August 25-- 9:00 a.m. Exercise Class, 9: 40 a.m. Line Dancing, 10:00 Balance Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Wednesday-August 26- Tai-Chi class by donation 8:00 a.m-9:00a.m, 10:00 a.m-12:00 p.m.- Computer Class Lunch at Noon \$5 adults 59 and younger, \$3-

60 and older-

Thursday-August 27- 9:00 a.m.-Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older+

Friday-August 28- 9:00 a.m. Exercise Class 10:00 am-12:00 pm-Flu Clinic, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older

Monday-August 31-9:00 a.m. Exercise Class, Lunch at Noon-\$5 adults 59 and younger, \$3-60 and older, BINGO -Game begins at 6:00 p.m. and doors open at 5:00 p.m., Looking for Meals on Wheels Drivers

## Horse Meadow Senior Center

Every Tuesday:  
8:30 Community Breakfast  
Must Preregister for  
Computer Classes  
(call 603 787-2539)

August 18  
Nifty Needlers @ 9:30  
Open Doors – Online Banking Do's and Don'ts @ 9:00

August 19  
Foot Clinic by Appointment Only (\$20.00) @ 9:00  
Bone Builders @ 9:30  
Writers Group @ 9:30  
Bingo @ 1:00  
Music – The Boyz @ 11:00

August 20  
HMSC 15th Anniversary  
Art Class w/Barb @ 9:00  
Cribbage @ 12:30  
Music – The Grabowski's @ 11:00

August 21  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Beginning Decorative Arts – Painted Wood Signs @ 1:00

August 24  
Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30  
Music – Wayne Klingler @ 11:00

August 25  
Nifty Needlers @ 9:30  
Beginner Crafts – Tin Can  
Wind Socks @ 1:00

August 26  
Bone Builders @ 9:30  
Writers Group @ 9:30  
Bingo @ 1:00  
Music – John & Phyllis @ 11:00

August 27  
Art Class w/Barb @ 9:00  
Cards w/Jeanne @ 9:30  
Cribbage @ 12:30  
Foot Clinic by Appointment Only (\$20.00) @ 12:30

Advanced Crafts – Felt  
Owls @ 1:00

August 28  
Bone Builders @ 9:30  
Mahjongg @ 10:30  
Advance Decorative Arts –  
Painting Wooden Cheese  
Boxes @ 1:00

August 31  
Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30  
Ice Cream Social w/Jeanne  
Forester @ 12:30  
Music – Wayne Klingler @ 11:00

**ATTENTION**

**ALL NON-PROFIT GROUPS**

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To get your event delivered to over 8,000+ addresses call Gary at 603-747-2887 or email: gary@trendytimes.com

# Mercy Harriman's Garden

BATH PUBLIC LIBRARY— The Pine Grove Grange will host a history presentation by Newbury author Michelle Arnosky Sherburne on Saturday, Aug. 29 at the Bath Village School as part of the town's 250th anniversary commemoration. The event is free and will begin at 7 p.m.

The first settlers of Bath were the Jaasiel Harriman family and his daughter Mercy is remembered as helping the family the first winter by planting a garden on a large rock outcropping near the Ammonoosuc River. For years the Pine Grove Grange kept Mercy's Garden planted on that same rock outcropping just west of the village off Route 302.

Sherburne, who lives in Newbury only miles from Harriman Pond and the first loca-

tion that Jaasiel Harriman settled in the North Country with his family. Harriman was one of the first to arrive with Jacob Bayley and settle in Newbury. But he traveled farther east and found the Bath area and made that his home.

Back in the 1990s Sherburne researched Mercy and her life, after the garden, and will share Mercy's story. Sherburne is a Vermont historian but works full time as the production manager at the Journal Opinion in Bradford. She has published two books with History Press and co-edited a Civil War book for Peacham Historical Association.

For more information, please contact the Bath Public Library at 603-747-3372. We are open Tuesday through Thursday 9-12 and 1-6, and Saturday 9-12.

## Bath Library Book Club

The Bath Library Book Club will be discussing "Girl in Hyacinth Blue" by Susan Vreeland on Thursday, September 10th at 6 pm at the Bath Public Library.

This luminous story begins in the present day, when a professor invites a colleague to his home to see a painting that he has kept secret for decades. The professor swears it is a Vermeer—but why has he hidden this important work for so long? The reasons unfold in a series of events that trace the ownership of the painting back to World War II and Amsterdam, and still further back to the moment of the work's inspiration. As the painting moves through each owner's hands,

what was long hidden quietly surfaces, illuminating poignant moments in multiple lives. Susan Vreeland's characters remind us, through their love of this mysterious painting, how beauty transforms and why we reach for it, what lasts and what in our lives is singular and unforgettable.

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 bathlibrary@together.net.

## Visit Our New On line Store WhiteMountainTrader.net

**9th Annual MIKEY WILLIAMS Alumni Soccer Game**

Saturday, August 22 • 11 am & 1 pm  
Woodsville High School

featuring

WHS Womens Alumni	vs.	WHS Mens Alumni
WHS Girls Varsity Soccer Team	vs.	WHS Boys Varsity Soccer Team

Alumni or community members who would like to play, volunteer or make a donation, please contact: DAVID ROBINSON 603.359.9330

Proceeds will go towards  
**The Mikey Williams Memorial Fund**  
to benefit WHS boys and girls soccer players

# Oscar's Memorial Dog Park Update

This is a progress update on the dog park that will be built in Newbury, Vermont in the very short distance future.

Fundraising has been very, very slow and that is affecting the ability to get some of the dog park under construction. There have been other construction issues as well and hopefully, those can be resolved in the next few weeks so construction can start.

The dog park is going to be built in three different phases, as it totally depends on monetary contributions, fundraisers, and other mechanism of raising funds. We will be having several fundraisers on-going over the next few months and we truly hope that the public will support the dog park. There is no off-leash, fenced, dog park within 35 mile radius of Newbury, VT.

The average amount of money necessary for any dog park to be built and

maintained runs in the area of \$50,000 to \$75,000 and beyond. Zoning permits are required as well as other state and federal regulations that can affect the dog park building. Heavy duty equipment and contractors have to be hired. Building a dog park is a complex project but in the end can great benefits to those users of the parks.

Those wishing to donate to the dog park can do so by sending their donation to:

OMDP  
241 Benton RD  
North Haverhill, NH 03774  
or

Credit Card Donation At:  
www.justgive.com  
Choose Oscar's Memorial Dog Park as the charity.

Those wishing to volunteer their services at fundraisers can send an e-mail to: oscarMDP@charter.net and request a Volunteer Profile sheet or send a request to the address just above.

# 5th Annual Festival Of Earthly Delights

Court Street Arts at Alumni Hall is happy to announce that the organization is partnering with the Co-hase Chamber of Commerce to host the 5th annual Festival of Earthly Delights, a celebration of regionally produced food, craft brews, wine and live music. The event will be held at Court Street Art's historic Alumni Hall building on Sunday, August 23 from 3-6pm.

The Board of Directors at Court Street Arts developed this signature fundraising event not only to help raise funds to support the organizations live performances, school programs and art classes, but to also showcase the culinary delights the region has to offer. Along with sampling delectable food and drink, attendees will be treated to the tunes of Hayley Jane and the Primates and master fiddler Patrick Ross.

As the event continues to grow to include over 35 vendors, Court Street Arts looked for a partner with a similar mission of enriching the region. Gabe Zoerheide, Executive Director of the Co-hase Chamber, said of joining forces with Court Street Arts, "It's a great event that highlights the amazing cheesecakes, farms, bakers,



restaurants and so much more this region has to offer."

Early birds can save by purchasing tickets in advance this year at \$20 for the food ticket and \$25 for food and drink. Tickets at the gate will be \$25 and \$30 respectively. For more info visit,

www.courtstreetarts.org. Tickets can be purchased in advance at The Local Buzz in Bradford, An Affair to Remember in Woodsville, Newbury Village Store and the Littleton Coop. Sponsoring the event is the Dead River Company and Upper Valley Press.

August 18, 2015 Volume 6 Number 23

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

**THE FARMER'S DAUGHTER**  
Gift Barn & Ice Cream Parlor

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- Vermont Maple Syrup

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# THE LINCOLN FUNERAL

## The First Of Three Newbury Historical Society Programs

"The Lincoln Funeral" will be the first of three presentations sponsored by Newbury Historical Society in the next three months. One hundred and fifty years ago the nation was in the throes of President Abraham Lincoln's Assassination. This past spring four local residents, Larry Scott and Peggy Hewes of Newbury and David and Anna-Lisa Pruitt of Haverhill traveled to Springfield, Illinois where they joined tens of thousands as re-enactors for the 150th anniversary of Abraham Lincoln's funeral.



Larry Scott and Peggy Hewes of Newbury, with Anna-Lisa and David Pruitt of Haverhill pictured in period costume in Springfield, Illinois in April for the 150th anniversary re-enactment of Abraham Lincoln's funeral.

They will give a presentation of that once-in-a-lifetime experience that the three-day event impressively re-created the trauma and pageant of the original 1865 spectacle. The program will be held at 2:00pm on August 23, at the West Newbury Congregational Church. The church is ADA accessible. The program is free and open to the public. Light refreshments will be served.

David Pruitt will also be teaching an adult education

course "The Inner Life of Abraham Lincoln" this fall with Osher Life Long Learning Institute at Dartmouth College in Hanover, NH. More information is available at [osher.dartmouth.edu](http://osher.dartmouth.edu)

The second Newbury Historical Society Program will be Sunday, September

27, at 7:00pm - "The Gateway to Wells River, 1770-1853", or "Who moved the Wells river?" The third program "How to research family and house history using free resources" will be October 4, at 2:00pm at the Bailey Club in Newbury Village.

# Film Festival At Colonial Theater


WHITE MOUNTAIN JEWISH FILM FESTIVAL CLOSING NIGHT 6:30 p.m., AUG. 20 COLONIAL THEATRE, BETHLEHEM

"The Front" with Woody Allen closes this exciting White Mountain Jewish Film Festival season. At the patio reception beginning at 6:30 p.m., guest speaker and

weekend Scholar-in-Residence Lawrence Bush, editor of "Jewish Currents" magazine, presents "On Being a Child of Communists: The Reality behind Woody Allen's 'The Front'" to introduce the film which begins at 7:30 p.m. For full details about the film and ticket information, visit [www.bethlehemsynagogue.org](http://www.bethlehemsynagogue.org)

[white-mountain-jewish-film-festival/](http://white-mountain-jewish-film-festival/) or contact Dorothy Goldstone, Chair: [dorothygoldstone@gmail.com](mailto:dorothygoldstone@gmail.com).

**NORTH COUNTRY LONGSPURS CHAPTER**  
Of The National Wild Turkey Federation Announces



**19th Annual JAKES Event**  
Saturday, September 12, 2015  
Check-In 7:00 AM  
Bunnell Camp • Passumpsic, VT

Pre-Registration Needs To Be In By  
Friday, September 4, 2015

The North Country Longspurs want to encourage those who wish to register their children between the ages of 7 and 17 to send in their registrations today or call Colleen Racenet at 802-748-1415 to register over the phone. Registration forms are also available at [northcountrylongspurs.com](http://northcountrylongspurs.com). Like us on Facebook to get updates!

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Morning Prayer With Sunday School  
Bible Study Following Coffee Hour

# Northern Pass

## What's Next

There will be an open meeting for interested citizens "Northern Pass, What's Next" on Wednesday August 26, 4:00 to 7:00 pm at the "Inn on Newfound" Bridgewater NH. The schedule will be, cash cocktails with appetizers 4:00 - 5:00pm, Panel discussion and questions from the audience 5:00 - 7:00pm.

The meeting host will be Brian "Bulldog" Tilton and the panel will consist of; Executive Councilor Joe Kenney, NH Senator Jeanie Forrester, Representatives Larry Rappaport and Suzanne Smith, activists and experts in this field, Will Abbot, Attorney Robert Baker, Jim Dannis, Susan Schibanoff, Dorothy McPhaul, Nancy Martland and Tom Mullen.

Northern Pass is an electric transmission project sponsored by the Hydro Quebec Corporation of Montreal,

Canada and Eversource Energy (formally Public Service Company of NH) which proposes to transmit 1200 megawatts of electrical direct current energy (HVDC) from Canada to the "grid" in Deerfield NH, ultimately to power the needs of Massachusetts and Connecticut. The current project entails the use of 2000 towers up to 135 feet tall on a 187 mile path through New Hampshire.

Thirty one towns and virtually every town North of Franconia Notch has gone on record as opposed to this project mostly due to the negative effect of the installation of 2000 towers that will be above the tree line and visible for many miles.

The intent of the discussion is to influence the project to install underground transmission lines where the visual and health effects are minimal.



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

August 18, 2015

Volume 6 Number 23

# Gov. Scott Walker In Ashland

ASHLAND NH: The Pemi-Baker Valley Republican Committee invites you to join them in welcoming Wisconsin Governor Scott Walker for a Town Hall. He will be at the American Legion Hall, 37 Main Street, Ashland, NH at 7 PM on Thursday, August 20.

Governor Walker is a conservative candidate for President. He is coming to introduce himself to you. He invites you to ask him questions and to let him know your concerns for our country.

Scott Walker grew up in a small Wisconsin town called Delavan. The son of a pastor, Scott had the spirit of service instilled in him at an early age. He was involved in sports, band, church, and achieved the rank of Eagle Scout. In high school, he attended the American Legion's Badger Boys State

and went on as a representative to Boys Nation in Washington, D.C., an experience that opened his eyes to public service.

Scott attended Marquette University. While still in school, he worked for IBM before leaving school in his senior year to work full time in development for the American Red Cross.

He served in the State Assembly beginning in 1993, and later, in 2002, Scott was elected Milwaukee County Executive. On January 3, 2011, Scott Walker was inaugurated as Wisconsin's 45th governor.

Since that day, he has proposed bold reforms that have turned the state around. He eliminated the state's \$3.6 billion budget deficit without raising taxes and without massive layoffs, saved Wisconsin taxpayers



more than \$2 billion, and lowered property taxes on the average median-value home.

On June 5, 2012, Scott Walker became the first governor in American history to win a recall election, and on November 4, 2014, Scott was reelected as Wisconsin's 45th governor.

Governor Walker is married to Tonette and they have two sons – Matt, a junior in college, and Alex who is a sophomore in college. They are active members of their church in Wauwatosa and remain active with numerous charitable programs.

To RSVP and to register for the Town Hall, please do so at: <http://skwashland.eventbrite.com>

For more information, contact Cindy at 603-536-3880 or [cindy@hdatech.com](mailto:cindy@hdatech.com).

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Please Join NH State Senator **JEANIE FORRESTER** for a free **ICE CREAM SOCIAL**

**Monday, August 31<sup>st</sup>, 2015**  
Immediately following lunch; approximately 12:30p.m.

Horse Meadow Senior Center  
91 Horse Meadow Road  
North Haverhill, NH

RSVP's are appreciated to Jeanie Forrester at (603) 279-1459 or [jeanie@jeanieforrester.com](mailto:jeanie@jeanieforrester.com)

[www.JeanieForrester.com](http://www.JeanieForrester.com)

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Senator Jeanie Forrester (R-Meredith) with Sheriff and Barb Datile at the North Haverhill Fair.



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The Colonial Theatre in Bethlehem celebrated their 100th anniversary on Saturday in conjunction with the town's Old Home Day. North Country Sen. Jeff Woodburn presented a Senate resolution honoring the Colonial Theatre to Board Member Jae Kim and Founding Executive Director Stephen Dignazio.

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Not all Times are Trendy but there will always be Trendy Times August 18, 2015 Volume 6 Number 23

# TRENDY TIMES



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**BUSINESS:** Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.

## OBITUARY

### EARL EDWARD ASHCROFT



East Ryegate, VT- Earl Edward Ashcroft, 88, of River Road, died unexpectedly on August 12, 2015 at Dartmouth Hitchcock Medical Center, Lebanon, NH.

Earl was born in Haverhill, NH on June 16, 1927 to Edward and Lillian (King) Ashcroft. After attending graded school in East Ryegate, he graduated from Woodsville High School, Class of 1944. He attended Norwich University for a year prior to entering the US Army

in 1945. Following his honorable discharge, he was employed at the Ryegate Paper Mill in East Ryegate his entire life.

Earl was active in East Ryegate Village serving as the treasurer of the Fire District for a number of years. He was a Justice of the Peace and enjoyed officiating at many weddings. He was a member of the Ross Wood Post # 20 of the American Legion in Woodsville and of VFW Post #5245 in North Haverhill, NH. He was a member of St. Luke's Episcopal Church in Woodsville. Earl was an avid hunter and sportsman and was a successful deer hunter almost every season. He loved hiking, mostly in the White Mountains of NH, and was always accompanied by his faithful German Shepherds. He enjoyed skiing and his many feline companions.

Survivors include his best friend, Don Holloway and wife Marilyn of

Greenville, SC along with distant cousins and his many friends in the Ryegate community and the surrounding area.

There will be no calling hours.

A memorial service will be held on Tuesday, August 18, at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville with Father William Watts of St. Luke's Episcopal Church, officiating. Burial will be in the Blue Mountain Cemetery, Ryegate Corner, VT.

In lieu of flowers, memorial contributions may be made to the Humane Society of the United States, Department: Memorial Donations, 2100 L Street NW, Washington, DC 20037.

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.

## OBITUARY

### EDYTHE M. "BEE" BAUMAN



Barnet, VT- Edythe M. "Bee" Bauman, 94, passed away peacefully on July 31, 2015 at her home in Barnet after an extended period of poor health.

She was born May 25, 1921, on a farm just a couple of miles away, the daughter of Selby V. and Gladys (Clark) Bogie.

Bee received her early education at the Aiken and Roy "one room" schools, also nearby. She graduated from McIndoe Falls Academy in 1939 and departed home shortly after to attend the Bellevue School of Nursing in New York City. Following graduation from Bellevue in 1943, she worked at hospitals in New York City for a few months then joined the US Navy to do her part in World War II. She was commissioned as a naval officer with the rank of Ensign. She then served as a nurse in naval hospitals in Great Lakes and New Orleans be-

fore receiving training as a Navy flight nurse. She was assigned to a Naval Air Transport Squadron in the Pacific theater of operations. Their primary duty was to evacuate wounded servicemen from Okinawa and other battle areas back to Guam and the Hawaiian Islands. She continued to serve as a flight nurse throughout the war and after at various bases in the United States. She resigned from the Navy as a Lt.(jg) in February 1949.

Shortly after, on February 19, 1949, she married Lt. John "Jack" Bauman at the Naval Air Station Alameda, CA. She spent the next twenty years as a Navy wife, moving every few years to duty stations on the East and West Coasts, and to one duty station in Europe. After Jack retired from the Navy in 1971, they moved to land they had purchased in the Barnet area and began "small scale" farming, raising cattle, growing timber, and making syrup for the next twenty years.

Bee was a little hard to define but she was definitely "one of a kind," always fiercely protective of her home, her land and the deer, bear, and other wild animals of the forest. She loved traveling around the back roads and visiting vendors throughout the area with her good friend, Doris Pettis, looking for "old farm things" and adding to her "duck" collec-

tion. She always considered herself very fortunate to be able to live in the peace and quiet of the Vermont hill country.

Bee held memberships in the Ross Wood Post # 20 of the American Legion of Woodsville, NH, the Bellevue Alumnae Association, and the McIndoe Falls Academy Alumnae Association.

Bee is survived by her husband of 66 years, Jack Bauman; a sister-in-law, Dixie Bogie; and many nieces and nephews and their children.

She was predeceased by her parents, Selby and Gladys Bogie and five brothers, Carlot, Calvin (Kelly), Lindy, Gordon, and Leslie Bogie.

A special thanks to Bee's nieces, Betty Stewart and Patrice Bogie, for their unselfish nursing care and assistance in making Bee's life as comfortable and pain free as possible during her many years of illness and especially during the last few days of her life.

In accordance with Bee's wishes, there will be no funeral services. Burial will be private at a later date in McIndoe Falls Cemetery.

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.

## Juvenile Restorative Justice Program Receives Accreditation

Grafton County Juvenile Restorative Justice Program, part of the Alternative Sentencing Program has applied for and received its accreditation from the Administrative Judge of the Judicial Branch of Family Division; Honorable Judge Edwin Kelly. The accreditation standards are high, and those programs who receive accreditation have shown high levels of proficiency in their programs.

The Grafton County Juvenile Restorative Justice program focuses on Grafton County youth that have committed minor offenses. Program coordinators work with youth to make amends for the harm they caused to the victim, community, family and themselves by diverting first-time offenders from the traditional juvenile justice system. The program helps hold youth

accountable while addressing at risk behavior with the goal of preventing future involvement with the criminal justice system.

The reparative process has many facets, and works directly with the juvenile offender, and their family as well as the victim and community members to help the juvenile reconnect with their community and repair the harm they have caused.

If you would like more information on the Juvenile Restorative Justice Program or any of Grafton County Alternative Sentencing Programs, please go to the website at [www.co.grafton.nh.us](http://www.co.grafton.nh.us) or contact Juvenile Restorative Justice Coordinator, Colleen Strout or Alternative Sentencing Director Lucille Amero at 603-787-2291.



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# Inflation And Your Retirement Income Strategy

You might not think much about inflation. After all, it's been quite low for the past several years. Still, you may want to take it into account when you're planning your retirement income strategy.

Of course, no one can really predict the future course of inflation. But it's a pretty safe bet it won't disappear altogether — and even a mild inflation rate, over time, can strongly erode your purchasing power. Consider this: If you were to purchase an item today for \$100, that same item, in 25 years, would cost you \$209, assuming an annual inflation rate of 3%. That's a pretty big difference.

During your working years, you can hope that your income will at least rise enough to match inflation. But what about when you retire? How can you minimize the impact of inflation on your retirement income?

One thing you can certainly do is include an inflation assumption in your calculations of how much annual income you'll need. The number you choose as an inflation factor could possibly be based on recent inflation levels, but you might want to err on the conservative side and use a slightly higher figure. Since you may be retired for two or three decades, you might have to periodically adjust the inflation factor to correspond to the actual inflation rate.

Another important step is maintaining an investment portfolio that can potentially provide returns well above the inflation rate. Historically, stocks have been the only investment category — as opposed to investments such as Treasury bills and long-term gov-

ernment bonds — whose returns have significantly outpaced inflation. So you may want to consider owning an appropriate percentage of stocks and stock-based investments in your portfolio, even during your retirement years.

Now, you might be concerned at the mention of the words "stocks" and "retirement years" in the same sentence. After all, stocks will fluctuate in value, sometimes dramatically, and even though you may be retired for a long time, you won't want to wait for years to "bounce back" from a bad year in the market. But not all investments move in the same direction at the same time; spreading your dollars among a range of asset classes — large stocks, small and mid-cap stocks, bonds, certificates of deposit (CDs), foreign investments and so on — may help you reduce the impact of volatility on your portfolio.

And you don't even have to rely solely on stocks to help combat inflation. You could also consider Treasury Inflation-Protected Securities, or TIPS. When you purchase a TIPS, your principal increases with inflation and decreases with deflation, as measured by the Consumer Price Index. Your TIPS pay interest twice a year, at a fixed rate; this rate is applied to the adjusted principal, so your

interest payments will rise with inflation and fall with deflation. When your TIPS matures, you will receive adjusted principal or original principal, whichever is greater. As is the case with other bonds, though, you could choose to sell your TIPS before it matures.\*

Work with your financial advisor to help decide what moves are right for you to help protect your retirement income from inflation. It may be a "hidden" threat, but you don't want to ignore it.

\* Yield to maturity cannot be predetermined, due to uncertain future inflation adjustments. If TIPS are sold prior to maturity, you may receive less than your initial investment amount. If bonds are not held in a tax-advantaged account, investors will be required to pay federal taxes on the accreted value annually, although they will not receive any principal payment until maturity. When the inflation rate is high and the principal value is rising significantly, the taxes paid on TIPS may exceed interest income received. Therefore, TIPS may not be suitable for investors who depend on their investments for living expenses.

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

## Sleeping Babies, Exercise And Workplace Performance

By Geoffrey Sewake, University of NH Cooperative Extension

My wife and I recently welcomed our first child. It has been an amazing, beautiful and joyous experience, but also one of sleepless nights followed by a general office place daze. A daze I'd like to improve. While altering my baby's sleeping pattern could present a serious challenge, there are areas in my life I can more easily take control of to improve my workplace productivity. Areas like exercise and physical activity.

According to the Harvard Business Review, exercise can positively benefit your brain's cognitive ability—improve your concentration, memory, ability to learn, creativity, stress levels and mental stamina—and by that

same token it can better your workplace performance. It doesn't even need to be a high intensity activity, according to the Brookings Institution, moderate to low activity is enough to get many of the brainy benefits. Moreover, as the Centers for Disease Control and Prevention notes, regular physical activity can reduce the number of sick days and even has the added bonus of being one of the most effective ways to prevent disease, decreasing your risk of everything from cardiovascular disease to cholesterol to stroke to type 2 diabetes.

Having a major life event, like the birth of a child, can have significant impacts on your life

and work. Finding time to improve your physical activity regimen can be important, not only for your body, but also your mind. Last month, to combat my workplace daze, I got a step counter. Although I initially felt weird about counting my steps, I don't anymore. I've been better about going outside, walking the dog, and just doing more physically active stuff, at home and at work. My workplace performance seems to be on the rise, and I physically feel better (my baby also seems to be sleeping more!). Now that's a trend I'll take any day, one step (and baby) at a time.

Before changing your activity level, make sure you speak with a healthcare professional. The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office, when he's not hanging out with his three month old, you can find him walking his dog. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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# Earth Warrior Recycling

Earth Warrior: How a North Haverhill teen finds a way to make his hometown a more environmentally friendly place.

Dennis Ruprecht, Jr., of North Haverhill, New Hampshire recently created Earth Warrior; a business that collects zero sort recycling from people in Central and Northern New Hampshire and Vermont.

"Earth Warrior is dedicated to encouraging recycling in Central and Northern New Hampshire and Vermont by making the recycling process easy by offering zero sort recycling." claimed Ruprecht. "Customers simply

put all of their recyclables together and we will take care of the rest."

The idea came to Ruprecht while at work when he realized that many people don't recycle, which is something quite important to him. "I have talked to many people who say they want to recycle but aren't sure how to, or think the process is too complicated. To encourage recycling, we have made the process easier for people. All people have to do is put anything that is recyclable together. After that, we pick up their recycling, sort it, and bring it to its appropriate des-

tinuation."

Though there are transfer stations nearby where people can bring their recycling, Earth Warrior is the first of its kind in this area because it picks up recycling directly from people's home, sorts it, and brings it to a proper facility to be recycled.

Earth Warrior is located in North Haverhill, New Hampshire and serves central and northern New Hampshire and Vermont. Earth Warrior can be contacted via phone at: 603-2430362, via email at: earthwarriorrecycling@gmail.com, or via Facebook at: Earth Warrior.

## 40th NH Highland Games & Festival

CONCORD, NH – Discover Scotland – no passport required – at the 40th New Hampshire Highland Games & Festival, one of the largest and most diverse Scottish events in the US. The NH Highland Games & Festival, running Friday, September 18, through Sunday, September 20, is a three-day celebration of competitions, clans, living history, and entertainment for all ages. Enjoy the pageantry and excitement of piping & drumming, pipe band, highland dancing, fiddle, harp, sheep dogs, and heavy Scottish athletic competitions. More than 60 clans will be wearing their tartans and bringing their heritage to clan village. Living history encampments will bring the rich cultural history of Scotland to life. Renowned for its outstanding entertainment, the NH Highland Games & Festival features multiple venues with Scottish and Celtic performers playing traditional and modern music. For a full schedule of events and activities, please visit nhscot.org.

"You don't have to be Scottish to enjoy the Highland Games – it is such a fun, welcoming event that you leave feeling like you are a little Scottish," says NHSCOT Executive Director Patti Nisco. "There's so much to see and experience: music and dancing, sheep herding, fascinating seminars, delicious Scottish food, whisky tasting, and caber tossing. And it's a family-friendly event: our Festival Youth Program features games, crafts, and activities, including children's caber tossing."

### NH Highland Game Highlights

Great music: Experience the variety of fun, lively musical performances at the various venues around the Games. Performers include: the tribal sounds of Albannach; Scottish rock/pop band The Red Hot Chillii Pipers; nationally

renowned Scottish accordionist John Carmichael; master fiddler Alasdair Fraser and cellist Natalie Haas; traditional Scottish band, The Brigadoons; fiddler Brendan Carey Block; fiddle band Halali; American Celtic rock band Prydein; and Scottish troubadour Charlie Zahm. Some concerts are free with admission; some require a paid admission. See [www.nhscot.org](http://www.nhscot.org) for details.

Competitive heavy athletics, featuring strongman Thor (The Mountain from HBO's Game of Thrones): Athletes from the US, Canada, Iceland, Scotland and Europe will be competing at the NH Highland Games & Festival in the Caber Toss, Weight Over Bar, Weight for Distance, Sheaf Toss, Hammer Throw, and Loon Stone Carry competitions. Hafthór (Thor) Björnsson, who plays the character of The Mountain in HBO's Game of Thrones and winner of Europe's Strongest Man competition in 2014, will be competing at the NH Highland Games all weekend.

Piping, drumming, fiddle, harp and dance competitions: On Saturday and Sunday, pipers, drummers, fiddlers, and harpists will show off their skills in both solo and band competitions. Dancers will compete in four dances -- the Scotch Measure, Highland Laddie, Sailor's Hornpipe, and Flora MacDonald's Fancy – as part of the prestigious White Mountain Premiership competition on Sunday.

Festival Youth Program: The NH Highland Games & Festival features a youth program where children can try their hand at various craft projects; listen to a storyteller; participate in games (tossing the haggis, caber toss, stones carry); and interact with presenters of highland music or dance. Events are designed for children 5 years to pre-teen.

Sheep dog trials: The NH Highland Games & Festival

kicks off on Friday with sheep dog trials. Watch the border collies as they make their way through an obstacle course, where the goal is for each dog to run four sheep through five obstacles.

Whisky tasting: On Friday and Saturday afternoon, learn about and taste the whiskies of Laphroaig and Auchentoshan. Must be 21 to participate.

Scottish merchandise: There is always great shopping at the NH Highland Games & Festival. T-shirts, colorful tartan items, exquisite jewelry, and so much more. Vendors offer a great array of goods from "across the pond."

### NH Highland Games & Festival Ticket Information

The NH Highland Games & Festival runs from Friday, September 18 through Sunday, September 20 at the Loon Mountain Resort on 60 Loon Mountain Road in Lincoln, NH. All events are held rain or shine. No pets are allowed; only recognized guide or service dogs permitted.

Single day tickets are available in advance online at [nhscot.org](http://nhscot.org) or at the gate each day. Weekend (3 day) tickets may only be purchased in advance online at [nhscot.org](http://nhscot.org). Get a Weekend Pass and save: The price through July 26 is \$43, after July 26 and through September 16, the price is \$50. Tickets are \$20 per person for Friday admission only and \$20 for Sunday admission only. Admission for Saturday only is \$27 through July 26; after July 26 and through September 16, the price for is \$30.

Admission includes all daytime concerts in the main concert tent as well as other venues; heavy Scottish athletic competitions, sheep dog trials, highland dance, fiddle, harp, piping and drumming and pipe band competitions, clan village, Scottish shopping, demonstrations, youth program, and living history area.

## Letter To The Editor

I'm neither for or against, but what is best for all.

I can't help but wonder who decides what is most important for the majority of all. As for the Northern Pass and 184 miles of line, that would benefit many, if not all. I would think if some are worried for the environment, they would be more concern with a 1000 miles+ of ATV trails, destroying the forest, soil and the wildlife's living quarters. As well as hiking trails all through the National Forest, up to your knees from wear and tear. As for ski areas thousands of miles of trails and towers throughout NH are no different to me, than the power lines, furnishing the ski areas with the power they need to function but, detest and criticize and want moved or eliminated. Kind of ironic on the criticism the NP is getting because of the energy NH needs for all of our toys and for tourism. Now the Balsams being renewed and a new Hotel for Mt Washington Auto Road, and now the AMC huts to be made for sleeping accumulations, maybe they could have solar panels or wind,.. wind, especially is plentiful in these 2 areas so maybe it would work. Then they wouldn't need NP. Just a thought.

Nancy Leclerc, N. Woodstock, NH

Nancy,

*Wind and/or solar are, I believe, very viable alternatives and should be explored just as strongly as the hydro power that is slated to pass thru Northern Pass. Unfortunately there is currently an oversupply of electric power from Hydro Quebec and that is why they are trying to sell it to the grid. No such source is currently available from wind or solar.*

*In regards to the towers, I have mixed feelings. Towers of the height that has been proposed, in certain areas, could indeed spoil the natural views that we love so much and that visitors come to see. On the other hand the millions of telephone and local power poles that line almost every road you travel were also once considered an eyesore, spoiling, or at least interfering with, local and distant views.*

*Progress will continue. The best we can do is to manage it as best we can right now. The future will undoubtedly be different, but we can't foresee exactly how it will be different. So let's work for the best choices we can make with the information we have.*

Gary Scruton, Editor



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# Blitz Odyssey

The story of Blitz began for us on July 26, 2011.

This great dog was found tethered to a telephone pole in the state of Georgia by a homeless gentleman. After a short time together they relocated to New Hampshire. When the man could no longer take proper care of Blitz, he was surrendered to Above the Notch Humane Society.

At the time that we received Blitz, who is a neutered, male, red Staffordshire terrier, he was friendly to just about everyone. Since we did not know what his life had been like previously, there was no way of knowing if he had any personality issues or problems.

Blitz has spent the last 4 years with us. Aside from getting out sometime during the day and taking walks, he has spent a better part of his days in a kennel and did develop some behavioral issues. If anyone that he did not know walked by him, he would bark and jump on the kennel door. We have been working to help him overcome and move past these issues.

Tuesdays became 'Night with Blitz' at the kennel where we slowly introduced him to new people. This boy did have what we considered

trust issues where he was wary of people that he did not know. We slowly introduced him to new people so that he would not react to them in a negative way. He now has a circle of human friends who he trusts and his behavior has improved so much from when we first started. Blitz, once he has met and trusts you, is very friendly and lovable. It has been said of him that he has a very sweet soul. However, he does still need more training in order to be a 'good citizen' in public.

The Above the Notch Humane Society Board of Directors recently made the decision to send Blitz to the All Dogs Gym in Manchester, New Hampshire run by Gail Fisher, a well known dog trainer. She is now working toward furthering his socialization training. What was recently discovered is that Blitz problem is not so much that he does not trust but that he never learned the skill of how to develop relationships. This was a big breakthrough and has seen some very amazing results.

From our last report of his progress, Blitz is doing very well and is well-liked by his trainers.

It took him about two weeks to acclimate to his new surroundings and as of now he does seem to trust his handlers and is cooperating with his training. He will be with them for a few more weeks. We do get periodic updates on his progress. From the information that we have received recently from



Blitz early years at the kennel.



Blitz at a Tuesday Night gathering

All Dogs Gym, he has developed friendships with other dogs and is getting along well with them. We are hopeful that this process will enable us to find that special someone to foster or adopt him.

The All Dogs Gym has sent us a video of Blitz playtime which we have posted on the Above the Notch Humane Society Facebook page. If you view it, he appears to be having a wonderful time.

It is our hope that this training, which he is receiving, will be beneficial to allow us to find him his forever home. In our mind, he most certainly deserves it.

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# Home Canning & Botulism

Written by: *Ann Hamilton, UNH Cooperative Extension Field Specialist, Food Safety*

One of the biggest risks in home canning is botulism\*. Not following directions precisely can be fatal, as was the case in Ohio this past April. The case involved 29 people who ate potato salad made with home-canned potatoes at a church potluck. Of the 29, 1 died of respiratory failure shortly after arriving at the emergency department.

The person who made the potato salad with the home-canned potatoes made a critical error. The person processed the jars in a boiling water canner instead of a pressure canner. A mistake that cost someone their life.

Low-acid vegetables such as potatoes, carrots, peas and corn need to be processed in a pressure canner. Pressure canners process food at 240°F or higher. This temperature will eliminate *C. botulism* spores. A boiling water canner processes at approximately 212°F, which is not high enough to kill the spores.

I have had people tell me that they boil the food for hours. This will not kill the spores, if present, because the temperature will not reach 240°F. In addition, the quality of the food suffers.

Whether you consider yourself an expert or novice food preserver, you can save time, effort, and money by following these four important steps as you plan ahead for this coming summer.

Plan carefully before you begin to preserve food at home. Time invested before you begin will save you time and money later. UNH Cooperative Extension has been providing information about preserving food at home for more than 100 years. Call the UNH Cooperative Extension Education Center & Info Line at 1-877-398-4769 with your questions before you begin preserving food. Many times a caller asks questions while in the middle of the process only to be disappointed to learn they can't alter the recipe.

Use only up-to-date tested recipes and methods. This is an important step. Preserving food safely at home is an evolving science. Recipes and methods are constantly updated based on

current research. The latest USDA guidelines came out in 2009. Some great resources for up-to-date recipes are from any Cooperative Extension office throughout the country, USDA and the Ball® Blue Book published in 2014.

Gather all your ingredients and equipment. Make sure you have everything you need on hand so you can work quickly and efficiently. Inspect equipment and replace as needed. UNH Cooperative Extension does check dial-gauges on pressure canners for accuracy. Dial-gauges need to be tested on an annual basis. Weighted gauges do not need to be tested. Call your local Extension office to learn how to get your gauge tested.

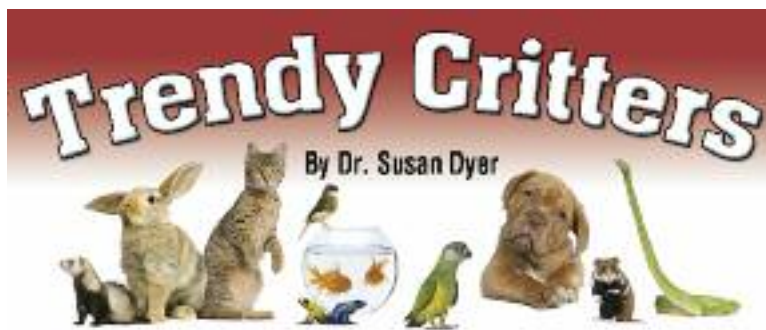
Follow recipes and directions precisely. Tested recipes are based on precise amounts of ingredients and procedures. For some preservation methods, altering either can affect the safety of the final product. Adjustments in processing time may have to be made for canning in altitudes of 1,000 feet or above. Take the time to know this before you begin in preserving food.

For resources, recipes, fact sheets and answers to your food preservation questions, call the UNH Cooperative Extension Education Center at 1-877-398-4769, Monday through Friday, 9:00 am – 2:00 pm.

For information online, visit the National Center for Home Preservation website at <http://www.uga.edu/nchfp>. This comprehensive website features research-based information, publications, recipes, methods, and links for most food preservation methods.

Ann Hamilton is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Carroll County. She can be reached at 447-3834 or [ann.hamilton@unh.edu](mailto:ann.hamilton@unh.edu).

Trade names mentioned in the article are for educational purposes only and does not imply endorsement by UNH Cooperative Extension.



## Rabbit Basics - Part 1

By *M. Kathleen Shaw, DVM*

*Vermont Veterinary Medical Association*

Rabbit Basics, Part 1

Rabbits are very sensitive to some medical issues that may require veterinary care. These can include systems like the gastrointestinal tract, respiratory tract, eyes or the reproductive tract. Part 1 will discuss proper rabbit diets, Part 2 general issues with the gastrointestinal tract, Part 3 respiratory and eye issues in rabbits, and Part 4 reproductive problems in rabbits.

Rabbit nutrition is a very important aspect of rabbit care. Rabbits are considered a "hind gut fermenter." They not only have a simple stomach, but have modified their cecum into a large compartment for the processing of fiber. Fiber does not provide nutrition; instead it provides a stimulus for gut motility. Because rabbits have such a specialized digestive system, the traditional diets that consist primarily of processed pellets made up of small fiber particles can lead to many health problems.

While wild rabbits prefer browsing on juicy buds and young leaves of bushes, they will also eat grasses, weeds, and bark. In captivity, a preferred diet for rabbits is a small measured portion of good quality pellet, timothy or local grass hay, and an assortment of vegetables.

Pellets should be formulated from timothy hay and have a fiber content of 18-22%. Alfalfa has an excess of calcium that can cause issues with urinary stone formation in some rabbits. Lower fiber content can increase the potential for diarrhea and anorexia. Pellets should always be measured, with lazy, overweight or under-exercised animals getting 1/8-1/2 cup per day

depending on their size. For example, a 3 pound dwarf should get 1/8 cup, an 8 pound Netherland should get 1/2 cup at most. Pellets can be a source of obesity in rabbits when the protein content is greater than 16%. Younger animals can get pellets with higher protein and even utilize an alfalfa based pellet due to their higher calcium needs during growth.

Timothy hay fed freely to rabbits can help prevent obesity and life-threatening gut stasis. Stasis is a very painful syndrome in rabbits that causes them to stop eating and their stomach to start to expand from gas production. This causes a lack of appetite, no bowel movements, lack of energy and often tooth grinding which is a sign of pain. This syndrome is immediately life-threatening and should be treated by a veterinarian within 24 hours of any of these signs. Greens are a natural way to provide more moisture and fiber to a rabbit's diet. Greens should be introduced slowly to evaluate for any diarrhea. Once the preferred greens are determined, offer a variety of at least 3 greens at any given time to provide the best balance of nutrition. A list of preferred greens includes: Arugula, Carrot tops, Cucumber leaves, Endive, Escarole, Frisee lettuce, Kale

(all types), Mache, Red or green lettuce, Romaine lettuce, Spring greens, Turnip greens, Dandelion greens, Mint (any variety), Basil (any variety), Watercress, Wheatgrass, Chicory, Raspberry leaves, Cilantro, Radicchio, Bok Choy, Fennel (the leafy tops as well as the base), Borage leaves, Dill leaves.

The following greens are safe, but should be fed in lesser quantities due to the potential of the formation of oxalic acid, which can affect the kidneys when fed in high doses over long periods of time. Just provide one of these vegetables daily along with an assortment of those listed above. Parsley, Spinach, Mustard greens, Beet greens, Swiss chard

Fruits are often offered to rabbits because they love them, but they are largely full of water and sugar, and lack much of the fiber and nutrition a rabbit requires. The sugars can act to change the intestinal flora and cause diarrhea as well. Feed fruits, root vegetables like carrots and potatoes, and flowers like broccoli and cauliflower in moderation. These provide a large amount of sugars with little fiber. For example, a 5 pound rabbit should get a 1/2 inch cube of apple or 1/4 of a medium carrot per day.

As you can see, feeding your rabbit can be much more complicated than common knowledge implies. With good monitoring you can avoid obesity and unnecessary abdominal pain, while providing your rabbit with a good variety in a high fiber and low protein diet. Contact your veterinarian immediately if you see diarrhea, inappetance or lethargy that lasts more than 12 hours or immediately if your rabbit is grinding its teeth, which is a sign of pain.



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# ASPNC Sunrise Ascent Scales New Heights

Franconia, NH, August 6, 2015: The conclusion of the Adaptive Sports Partners of the North Country's Sunrise Ascent on Mt Washington on August 2nd held many wonderful moments and milestones for 12 adaptive athletes and their support teams. "It was an amazing day full of awesomeness!" says Executive Director Sandy Olney. "To date we have raised over \$93,000--the most in the event's six year history." Olney believes that this was due, in great part, to this year's inclusion of neighboring program, New England Disabled Sports

(NEDS) based in Lincoln, NH and two of their athletes. "The day ended with a wonderful Sunset Celebration cocktail party hosted by US Paralympian, Chris Devlin-Young and his wife Donna, where over 50 guests mingled with ASPNC and Sunrise Ascent participants, Erik Kondo and Martin Wallem, who shared their stories in an intimate and beautiful setting. It was the perfect end to a perfect day." Olney recalls.

In Sunrise Ascent, teams of volunteer "mules" and "Sherpas" aided adaptive sports enthusiasts in ASPNC's version of a "walkathon" on a sunny, clear and temperate day. Each team got pledges and had the task of raising at least \$6,288 (the height of Mt Washington). The teams represented were Bella Hibberd, Taylor Baird, Chester Eastwood, Abby Duffy, Courtney Blasius, Peter Rizzo, Sasha Segal, Phil Lussier, Martin Wallem and Erik Kondo for ASPNC and Nick Capano and Vince Skelton for NEDS. "It was a smashing success and it is all thanks to our volunteers, participants, their teams, the individual donors who pledged to each team, the Mt Washington Auto Road, halfway house sponsor The Bank of New Hampshire, mile marker sponsor Noyle Johnson Insurance and mule team sponsors VanDesign, Casella Waste Management, Inc., RizFit, SprayFoam Insulation, Moat Mountain Brewery, Franconia Gas, and Turtle Ridge Foundation—all of whom made the event the biggest, brightest and best ever, enabling ASPNC and NEDS to continue to offer sport and recreational outings, programs and competitive team opportunities to North Country adaptive athletes and their families," says Olney.

athletes included Bella Hibberd from Bethlehem and Chester Eastwood of Conway who both made their 5th consecutive ascents of Mt. Washington. Additionally, Taylor Baird of Littleton, made his first ascent supported by several of his classmates and teachers from Littleton High School as did Peter Rizzo of Lancaster, NH. Together the 12 athletes were supported by over 150 "mules", 60 "road runners", volunteers who provide the rides from the summit, and over a dozen support and safety team members.

The Endurance Challenge portion of the event saw three challengers this year, Erik Kondo from Lexington, MA, Peter Rizzo from Lancaster, NH and David Santamore from Barre, VT. These three athletes all attempted an unassisted wheeled ascent, hoping to make the summit within 7 hours or break the times set last year by Tyler Walker (6:45:57) and Laurie Stephens (6:46:32). Of the three, Kondo on a ReActive Adaptions, bomber off-toad handcycle, was the one who made the summit unassisted in 8 hours, a personal best for him, shaving over 5 hours off his previous time! Rizzo and Santamore both ran out of time, but are already making plans to find success at next year's event scheduled for Sunday, August 7, 2016.

To learn more about this event, the athletes, and the adaptive sport organizations involved, Adaptive Sports Partners and New England Disabled Sports, please visit [www.SunriseAscent.org](http://www.SunriseAscent.org). Donations in honor of the Sunrise Ascent athletes and their designated programs are still being accepted through the month of August. To donate or to contact ASPNC, go to [www.adaptivesportspartners.org](http://www.adaptivesportspartners.org).

Local Sunrise Ascent

# Medicare Boot Camp

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

On Thursday August 27, 2015 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in conference room #127

at Northeastern Vermont Regional Hospital.

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

Pre-registration for this workshop is required. Reservations are limited and can be made by calling Pat or Andrea Labor at the Area Agency on Agency at 802-748-5182.

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# Dear Marci

Dear Marci,  
A few years ago, Original Medicare covered some of the costs of a walker I was prescribed for use in my home. My doctor recently gave me a prescription for oxygen equipment. Is this durable medical equipment like my walker, and will Medicare help pay for it?

Samir

Dear Samir,  
Yes, oxygen equipment is considered durable medical equipment (DME), and Medicare will help cover its costs. Specifically, Medicare Part B covers DME as long as the equipment is:

- durable, meaning you can use it again
- to help your medical condition
- meant for use in your home, although you are also allowed to use it outside of the home
- likely to last for three years or more

It is important to note that Medicare only pays for DME if you get it from Medicare approved supplier. For Original Medicare, this depends

on where you live. You can find a Medicare-approved supplier by visiting [www.medicare.gov/supplier](http://www.medicare.gov/supplier). Note that if you have a Medicare Advantage Plan you should contact your plan to find a certified supplier.

Although supplier restrictions are the same for oxygen equipment as for other types of DME, other coverage rules are different so the process for getting your oxygen equipment will be different from the process you used for getting your walker. Unlike other types of DME, oxygen equipment is always rented in a five-year cycle. Medicare will pay the supplier a monthly rental fee for the first 36 months. The fee includes all equipment, oxygen, and supplies. You must pay 20 percent of each month's rental fee. For the next 24 months, the supplier must allow you to keep the equipment, but Medicare rental payments stop. You pay no more rental fees, although the supplier still owns the equipment. Also, if you use oxygen tanks or cylinders, you must pay a 20 percent coinsurance for liquid or

gaseous oxygen each month.

Finally, at the end of five years, you will have the choice to either get new oxygen equipment from your supplier or change to a different supplier.

Throughout this five-year period, the supplier must keep your equipment in good working order. During the first 36 months of the rental period, the supplier must provide you with supplies and maintenance free of charge. During the last 24 months of the rental period, providers are allowed to bill you for in-home maintenance visits every six months.

- Marci

For free personal counseling for individuals on Medicare and their families, call Pat Paine or Andrea Labor at the State Health Insurance Assistance Program (SHIP) located at the NEK Council on Aging at 748-5182 or 1-800-642-5119.

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# TRENDY KITCHEN

By Ronda Marsh

If you would like to reach Ronda Marsh you can email her at [trendychefronda@gmail.com](mailto:trendychefronda@gmail.com).

## Caesar Salad Dressing - My Way

Let's pretend – just for a minute – that you are a movie starlet in Hollywood in the 1920's. You're dying for a fun night out, so you get all dolled up in your fringed flapper dress, grab your favorite leading man, and hop in the Packard for a little trip south of the border to Tijuana, Mexico, where there is no pesky Prohibition. The hot place to see and be seen is a nightclub owned by Italian-born restaurateur, Caesar Cardini, where you can wine and dine the night away, dancing The Charleston into the wee hours. If you're lucky, the chef may personally visit your table and create one of Caesar's

salads for you. Those salads become so popular, they start appearing on menus on both sides of the border. The Caesar Salad is born. How divine, dahling!

Okay...back to the 21st century, where today, Caesar Salad is a staple at most restaurants. The salad itself is Romaine lettuce, topped with toasty croutons, Parmesan cheese, and coated in the signature Caesar Salad dressing, which is a creamy combination of raw egg emulsified with olive oil, anchovies, garlic, and lemon juice. WHOA, NELLIE!! Raw egg?! And little fishes?! There has to be an alternative for those



of us who prefer our eggs cooked, and our fish fried, right? Relax, folks, because here is my simple Caesar Salad dressing recipe, made

with a few pantry staples, and in my opinion just as good, if not better than anything you'll find in a restaurant or on a store shelf. It has no stabilizers or preservatives (not to mention raw egg or anchovies), and keeps for a week in the fridge, although I doubt it will last that long be-

cause in addition to being a great salad dressing, this tasty fake Caesar is great as a sandwich or burger spread, too. Just whisk all the ingredients together in a bowl, or shake 'em up in a jar, and you are well on your way to a delicious classic Caesar Salad – without the fish and eggs!

- 1 Tablespoon grated Parmesan cheese
- 1 Tablespoon mayonnaise
- 1 Tablespoon olive oil
- 1 Tablespoon lemon juice
- 1 Tablespoon Worcestershire sauce
- 1 teaspoon garlic powder
- 3/4 teaspoon mustard powder (or 1 teaspoon Dijon)
- 1/2 teaspoon Tabasco sauce

Whisk all ingredients together in a small bowl, or place in a jar and shake to combine. Recipe may be doubled; refrigerated leftover dressing will keep for a week.

NOTE: This is great on sandwiches (like roast beef, red onion, bacon and avocado) or on a Chef's Salad.

August 18, 2015 Volume 6 Number 23

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



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<b>2013 Suzuki Kizashi</b> #25185A, SE, 4dr, AWD, Nice <b>\$14,444</b> <b>\$160<sup>31</sup></b> A MONTH	<b>2015 Chevy Equinox</b> #40348, 2 LT, AWD, Hid Seats, Moonroof, Fogs <b>\$27,085</b> <b>\$298<sup>49</sup></b> A MONTH	<b>2008 Jeep Wrangler</b> #25232A, X, 4x4, 6 Speed, AC, Low Miles <b>\$16,944</b> <b>\$259<sup>07</sup></b> A MONTH
<b>2013 Chevy K2500</b> #25240A, LS, 4x4, Xcab, 6.0L, 16k Miles <b>Just In Must See</b>	<b>2012 Chevy K1500</b> #40227A, Z71, 4x4, Xcab, All-Star, 5.3L, Tow Pk <b>\$26,749</b> <b>\$337<sup>46</sup></b> A MONTH	<b>2012 Toyota RAV4</b> #25184A, AWD, 2.5L, Tow Package, Roomy <b>\$16,658</b> <b>\$211<sup>19</sup></b> A MONTH

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