

A **FREE** PUBLICATION

**TRENDY**



**TIMES**

**NEXT ISSUE: TUESDAY, JULY 12**  
**DEADLINE: THURSDAY, JULY 7**

171 Central Street, Woodsville, NH 03785  
Phone: 603-747-2887 Fax: 603-747-2889

Email: gary@trendytimes.com  
Website: www.trendytimes.com

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## Test Your Skills And Celebrate the 4th in Woodsville

Who is the best free throw shooter that you know? Are you better than your friend, or your sibling? Well, there is now a chance for you to prove it. This year during the 4th of July celebration in Woodsville you will have a chance to step up to the line and prove your ability. For one dollar you will be given a chance to shoot ten free throws. Your results will be recorded along with all the other people who want to take a shot at the cash prize that will be awarded at 8 PM. Of course if you don't do as well as you think you should have, then you can buy another 10 shots. This portion of the day will be handled by the members of Squadron #20 of the Sons of the American Legion from Woodsville.

Perhaps basketball is not your game. How about

shooting a frisbee? There will be an accuracy test available to test your skill. Same deal. Pay \$1.00 and get ten shots. Records will be kept and winners will be announced at the end of the day. The frisbee throw, and ball roundup will both be manned by members and friends of the Ross-Wood Post #20 American Legion Post in Woodsville. The members of this great veterans organization have stepped up to host and sponsor all of these events on the Community Field that begin at 1:00 PM.

For those who think soccer is the game to best show your skill, there will be a ball roundup challenge. In this game ten balls will be placed in a circle. Your job will be to move them to the other circle as quickly as possible, and yes you cannot

use your hands. Once more records will be kept and cash prizes will be doled out at the 8:00 pm ceremonies.

One other event on the field will have a much faster way of showing your skill. Thanks to the Bradford Fire Department a dunk tank will be on the Community Field. The tank will be filled with water and a variety of individuals are being lined up to sit on the seat of honor. There is not a definite list of who sits when, but be assured that someone you know will probably be there (Volunteers for this position are still being sought. If you volunteer than half of the money raised while you are sitting there will be donated to the charity of your choice.) It will cost only \$1.00 per throw, or \$5.00 for six throws.

Another event on


the Community Field will be the traditional Bingo game. This year the Ross-Wood Post #20 American Legion Auxiliary will be in charge of this event. As in past years players who win will get their choice from a host of prizes. Besides these events there will also be the return of Real Bounce inflatables. These are a variety of blow up fun attractions that the younger set, and many who want to feel young, are sure to enjoy. Plus the Red Neck Warrior games will take up a good portion of the Community Field. These games will challenge a number of other skills that have their own challenges.

Of course all of these activities will cause you to work up a good appetite. As has been try for many years, there will be a great variety of

foods available surrounding the basketball court. There will also be the normal variety of flea market and other vendors on site with wares from jewelry to sun glasses, and plenty of items in between.



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# TRENDY Dining Guide

## Bliss Village Store

by Gary Scruton

In this area of New Hampshire & Vermont it seems that every eating establishment has its own unique style or means of providing their prepared foods to the public. Sure, there are many that are quite similar, but there is always something that separates one from another.

Our recent schedule gave us the opportunity to visit one of these unique establishments twice in one weekend. It began on Fri-

day night when we were in a bit of a rush to get to an evening event. On the way we stopped in at the Bliss Village Store on Main Street in Bradford. Bliss offers a deli counter, which in itself is not unique. Along with that counter they also have two walls of coolers with a great variety of beverages to match most any taste. There is also a pair of shelving units with a nice variety of wines. In addition to the deli, they also have a grill, a deep fryer and a large pizza oven. Plus they also offer

a summer ice cream stand. And if that's not enough you can also buy car fresheners, work gloves or home made pastries.

Back to our visit. Like I mentioned we were on our way thru and only had the time to stop in and get something to go. Like any good counter the Bliss Village Store offers a solid variety of salads, pasta dishes and marinated options.. They have a solid variety of deli meats. Janice asked for about a quarter pound of roast beef. The guy be-

hind the counter told her that they already had some cut and portioned out in just that size. Certainly a time saver for folks just like us who were in a hurry. I took a look at the deli case and decided on some of the good looking chop suey. A one pound container was what I asked for and we headed for the front counter to be on our way. The bill for these two items was \$6.17 including tax.

To finish the story I will tell you that we went to our event, I put my supper in a microwave, and then added some green salad to make a fine meal. Janice took her roast beef and added it to a tossed salad and she was good to go as well.

But this was not the end of our Bliss Village Store visits for the weekend. In fact on our way home on Sunday we stopped again and were happy to learn that a large pepperoni pizza was the special for the day. Though we arrived late in the day (about 8:30) the girl behind

the counter was happy to oblige us and told us it would be about 18 minutes before the pie would be ready. So we took a short walk and we were able to see the lights going up for the first night of the Bradford paving project. We went back and took home a steaming hot pizza for just \$8.18 with tax. By the time we got home, got the car unpacked, and settled in for supper, the pizza was still hot. We each had two pieces and still had enough for two more meals the next day. The pizza itself was a thick crust style that I enjoyed. There was a good doughy taste to the crust instead of just a crust. Plus there was plenty of pepperoni on top. It's a deal that really can't be beat. It was not our normal eatery visit, but we have no complaints about the food we got from Bliss Village Store and it will remain on our list of places to visit when in the Bradford area.

*Put a Little Bliss  
in Your Day!*

### SUNDAY PIZZA SPECIAL

Put a little Bliss in your Sunday.

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# Summer Nature Walks Hosted by Ammonoosuc Conservation Trust

FRANCONIA – The Ammonoosuc Conservation Trust (ACT) is hosting a series of nature walks this summer on local lands that have been conserved. The public is invited to join these free programs to learn all about trees, flowers, ferns, wildlife, and the history of the land.

The series of five walks will take place every other Wednesday from 3:00-6:00 p.m. All programs will meet at the ACT office at 729 Main Street in Franconia, and the group will carpool to a different site each week.

The first program on Wednesday, July 6th will visit the Herbert G. Whipple Conservation Area in Sugar Hill. This 20-acre property bordered by woodlands and wetlands is among the town's oldest remaining undeveloped farm fields. The field abounds with wildflowers and butterflies and provides habitat for ground-nesting birds. The nearby beaver pond and marsh are home to many species of plants and animals.

The summer nature walk series will be led by ACT's Director of Education & Outreach Liz Wyman and volunteer Linda Moore, who

will teach participants about plants and wildlife. There will also be special guest hosts each week who have been involved in the conservation and management of each property.

Ornithologist Tim Williams and naturalist Robert Owen Williams of Sugar Hill will join the Whipple Field nature walk, sharing their deep knowledge of the land's history and its 100 species of birds.

"This is a unique opportunity for people to explore the beautiful conservation lands in our area and learn about the natural and cultural history of our region," said Wyman. She has previously taught field courses on natural history and ecology at White Mountains Community College and the Community College of Vermont.

Participants of all ages are welcome. All walks will be at a slow to moderate pace with many stops to observe and enjoy nature.

Recommended gear includes long pants, boots or sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guide books and binoculars are optional for



those who want to learn and see more.

The full schedule of nature walks includes Whipple Field on July 6, Bronson Hill on July 20, the Crocker Preserve on August 3, the Gale Forest on August 17, and Cooley-Jericho Community Forest on August 31.

For details on each hike, please visit [www.aconservationtrust.org/education-events](http://www.aconservationtrust.org/education-events).

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at [www.aconservationtrust.org](http://www.aconservationtrust.org) or call (603) 823-7777.

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# HB 1000 Passed!

In the last Trendy Times edition, I submitted an article titled, "Back to Concord." Several days following that article, the NH General Court did convene to approve late drafting and introduction of HB1000, a bill establishing a grant program assisting state and local law enforcement agencies in dealing with the opioid crisis.

Seldom do we ever see a bill approved for late drafting, introduced and passed by the House of Representatives and Senate, and later signed into law by the Governor all on the same day. New Hampshire's drug crisis requires and deserves this type of bipartisan support, as no community is immune from the deadly impact of heroin and fentanyl use.

From 2010 through October 21, 2015 drug overdoses in NH have claimed 1,322 lives, of which 315 were related to heroin and 377 to fentanyl.

On the day prior to the bill's passage, Colonel Robert Quinn from the NH State Police and other law enforcement officers from communities such as Manchester and Nashua explained the need for enacting HB1000. As explained, there is no single measure that will guarantee an end to the drug epidemic; however, officers emphasized that dealers and all those trafficking in illegal drugs need to be stopped and removed from the streets. NH is losing more than one person a day to drug overdoses.

es. Families are being torn apart and neighborhoods and communities are being ravaged. HB 1000 supports programs such as Manchester's Granite Hammer, an enforcement program aimed at interdiction.

By a vote of 235 to 74, the bill passed the House. The bill was passed unanimously in the Senate. The Chiefs repeatedly stated that grant funding and resources provided by HB 1000 would be used in all regions of the State. Regional drug units will assist smaller communities without drug interdiction resources. 389 felony arrests dealing with heroin and other illicit drugs have occurred this year in Nashua alone. This number is above the previous year's arrests. Interdiction programs are not designed to arrest addicts; the programs are designed to target, arrest and eliminate "major" drug traffickers. According to the state police, the fact that 50,000 dosage units of these deadly drugs have been seized is evidence that programs such as Granite Hammer are urgently needed.

The 4th of July celebrates our Independence. It also serves to remind all Americans that we must work together to keep our country strong, free and to effectively tackle the drug crisis. Respectfully submitted, NH Rep Rick Ladd

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## Woodsville/Wells River Area 4th Of July Committee

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**2016 Theme: "Great American Landmarks" • Must be registered by 9:30 AM  
Parade Starts at 11:00 AM on the 4th of July at the Woodsville Elementary School**

Contact Person \_\_\_\_\_

Tel. No. \_\_\_\_\_

Name of Unit \_\_\_\_\_

Home Town of Unit \_\_\_\_\_

Brief Description (For Announcer) \_\_\_\_\_

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



# Amputee Veteran Aspires to Make History on Mt Washington

Franconia, NH: As part of their 7th Annual Sunrise Ascent fundraiser up Mount Washington, to be held at 5am Sunday August 7th the year round sport, recreation, and wellness program, Adaptive Sports Partners of the North Country (ASPNC), will host 63 year old veteran of the Vietnam conflict, David Santamore in his second attempt to be the oldest (known) person to climb up the 7.6 mile Auto Road unassisted in an adaptive handcycle. Santamore, a native Vermonter has always been active in sports and recreation. After graduating from Spaulding High School in 1970, he joined the United States Marine Corp., serving in Vietnam. In 2005, while riding his motorcycle down Main Street of his hometown of Barre, Vermont, Santamore lost his leg when he was hit by a car.

team of volunteers are participating as a way to help raise both money for ASPNC and awareness of disability issues. "Since losing my leg, I have continued to challenge myself. In 2006, less than a year after losing my leg, I climbed Camel's Hump in Vermont." In his spare time, the semi-retired veteran works part time at a transition house for young men returning to the community from jail and volunteers at the Barre Community Justice Center as well as a local elementary school.

ASPNC Executive Director Sandy Olney confirms that this annual event is one to challenge athletes of all abilities. "This year we will have 16 athletes making summit attempts, some assisted and other unassisted. We are growing each year as more and more athletes seek to maximize their abilities".

For more info about the Sunrise Ascent, or to register as a volunteer driver by the 7/11 deadline, go to [www.SunriseAscent.org](http://www.SunriseAscent.org). To contact ASPNC, email [Sandy@adaptivesportspartners.org](mailto:Sandy@adaptivesportspartners.org), call 603-823-5232 or visit the ASPNC website: [www.AdaptiveSportsPartners.org](http://www.AdaptiveSportsPartners.org).



# Sheep Exploration Day to be Held in North Haverhill

On Saturday, July 9th at the Grafton County Complex in North Haverhill, New Hampshire, UNH Cooperative Extension intern, Erva Barnes II, will be hosting a Sheep Exploration Day to teach youth about basic sheep care and sheep showing. All youth ages 8 to 18 are welcome and do not have to be from Grafton County or be members of a 4-H club in order to participate. This is a one-day, free event running from 9:00am to 3:00pm. Activities during the day will be hands-on

and will range from viewing a shearing demonstration, learning sheep basics, making a felting project, and learning how to lead and show sheep!

Other volunteers include Katy Blaine, 4-H leader, and Hannah Nadeau, 4-H alum. Participants need to bring a bagged lunch, sunscreen, water, and a positive, "Learn by Doing" attitude. For more information, or to register, contact the Grafton County UNH Cooperative Extension office at (603) 787-6944 or [erva.barnes@unh.edu](mailto:erva.barnes@unh.edu).

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2016

## Woodsville / Wells River 4th of July Celebration Schedule of Events

(All Times Subject to Change)

11:00 AM	<b>Gigantic Parade</b>
12:00 Noon	Flea Market Opens
12:00 Noon	Opening of Real Bounce Inflatables
12:00 Noon	Red Neck Warrior Games Commence
1:00 PM On	"Name That Tune" under the Music Tent
1:00 PM On	Free Throw Shooting Competition
1:00 PM On	Ball Round Up Competition
1:00 PM On	Frisbee Accuracy Throw
1:00 PM On	Dunk Tank
2:00-8:00 PM	Bingo by the American Legion Auxiliary
2:00-5:00 PM	Buddy the Clown
2:00-7:30 PM	Horse Drawn Wagon Rides
8:00 PM	Announcement of Competition Winners and Awarding of Cash Prizes
9:00 PM	<b>Immense Fireworks Display</b> (weather permitting)

Field Activities Are Proudly Run & Supported by  
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No Pets Allowed on the Community Field

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# Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

## FRIDAY, JULY 1

**BRADFORD STRAWBERRY FESTIVAL**  
11:00 AM  
North Main Street, Bradford  
See Article on Page 14

## SUMMER CONCERT

7:00 PM  
Bradford Academy Front Lawn  
See Article on Page 14

## SATURDAY, JULY 2

**FAIRLEE FOREST FESTIVAL**  
11:00 AM  
Fairlee Village Center

## MONDAY, JULY 4

**FOURTH OF JULY CELEBRATION**  
11:00 AM Parade  
1:00 PM Field Activities  
9:00 PM Fireworks Display  
Central Street & Community Field, Woodsville  
See Ad on Page 5 & Article on Page 1

## FOURTH OF JULY PARADE

11:00 AM  
Main Streets, Orford, NH & Fairlee, VT

## TUESDAY, JULY 5

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

## WEDNESDAY, JULY 6

**ACT NATURE WALK**  
3:00 - 6:00 PM  
ACT Office, 729 Main St., Franconia  
See Article on Page 3

## FRIDAY, JULY 8

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

## DEAD TO THE LAST DROP

7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## SATURDAY, JULY 9

**DEAD TO THE LAST DROP**  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## BIRDS OF CHICAGO

8:00 PM  
Colonial theater, Bethlehem  
See Ad on Page 3

## SUNDAY, JULY 10

**DOC MUNSON GOLF TOURNAMENT**  
Lake Morey Country Club, Fairlee  
See Article on Page 12

## DEAD TO THE LAST DROP

7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## MONDAY, JULY 11

**HAVERHILL SELECT BOARD MEETING**  
6:00 PM  
Morrill Municipal Building, North Haverhill

## ROSS-WOOD AUXILIARY UNIT 20

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

## WEDNESDAY, JULY 13

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

## FRIDAY, JULY 16

**DEAD TO THE LAST DROP**  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## SATURDAY, JULY 16

**DEAD TO THE LAST DROP**  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## SUNDAY, JULY 17

**DEAD TO THE LAST DROP**  
7:30 PM  
Old Church Theater, Bradford  
See Ad on Page 8 and Article on Page 9

## TUESDAY, JULY 19

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

## WEDNESDAY, JULY 20

**ACT NATURE WALK**  
3:00 - 6:00 PM  
ACT Office, 729 Main St., Franconia  
See Article on Page 3

## THURSDAY, JULY 21

**VFW Post #5245 monthly meeting**  
7:00 PM  
VFW Hall, North Haverhill

## FRIDAY, JULY 22

**LIZ VICE - GOSPEL SOUL, R&B**  
8:00 PM  
Colonial theater, Bethlehem  
See Ad on Page 3

## MONDAY, JULY 25

**HAVERHILL SELECT BOARD MEETING**  
6:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, AUGUST 3

**ACT NATURE WALK**  
3:00 - 6:00 PM  
ACT Office, 729 Main St., Franconia

# Ongoing Weekly Events

## MONDAYS

**NEK COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Darling Inn, Lyndonville  
**ADULT STRENGTH TRAINING**  
1:00 - 2:00 PM - 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 PM, Baldwin Library, Wells River

## MONDAYS/THURSDAYS

**ADULT INTERVAL AEROBICS CLASS - 6:30**  
Woodsville Elementary School  
**GOLDEN BALL TAI CHI**  
8:30 – 9:15 AM – St. Johnsbury House

## TUESDAYS

**BREAKFAST BY DONATION**  
8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North 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  
**TOPS (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  
Wells River Congregational Church  
**WEIGHT WATCHERS - 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**  
3:00 PM  
East Haven Library

## TUESDAYS/FRIDAYS

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

## WEDNESDAYS

**AQUA AEROBICS**  
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 COUNCIL ON AGING'S HOT MEALS**  
11:30 AM - St. Johnsbury House  
NOON - Presbyterian Church, West Barnet  
NOON - Darling Inn, Lyndonville

## THURSDAYS

**ADULT STRENGTH TRAINING**  
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 - Darling Inn, Lyndonville  
**PEACHAM FARMERS MARKET**  
Peacham Academy Green  
**LISBON FARMERS MARKET**  
3:00 PM - 6:00 PM - 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 PM**  
100 Horse Meadow Rd, No Haverhill  
**AA MEETING (OPEN DISCUSSION)**  
8:00 PM – 9:00 PM  
Methodist Church, Maple St, Woodsville

## SUNDAYS

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



## Haverhill Library Announces Publication of Haverhill Corner Historic District

Haverhill, NH — The Haverhill Library Association has published Haverhill Corner Historic District: A Brief Summary of its History and Significance with Pictures and Descriptions of its Historic Buildings and Homes, edited by Joe Kirkpatrick. The publication is part of the library's celebration of the one-hundredth anniversary of its occupation of its building on Court Street.

The core text of Haverhill Corner Historic District is drawn from the nomination form submitted to the National Register of Historic Places in 1987 that yielded the official "historic district" designation. That project was led by Katharine Blais-

dell, John Klitgord, and Winifred Moran and featured architectural descriptions by Frances Gotcsik.

Kirkpatrick, trustee and treasurer of the library, has updated and reformatted the text, added contextualizing material, and supplemented the photographs from the original application with contemporary shots that illustrate some of the changes to the built environment over the ensuing decades.

"This project exemplifies the library's mission," Kirkpatrick explains, "by making information more available to patrons. Our neighbors in the 1980s invested significant time, energy, and expertise in collecting this

historical information about the district, but in the years since, it has become less readily accessible.

"Rejuvenating this resource through an updated publication is the perfect way to celebrate the many contributions our library makes to the community."

Founded in 1880, the Haverhill Library Association moved into its current home on Court Street in 1916, and it has served the community from that location for the past one hundred years. Sales of this book will help support the work of the library as it celebrates its building centennial in 2016. Copies are available to purchase at the library.

## Horse Meadow Senior Center

Every Tuesday:  
8:30 Community Breakfast

### July 1:

Bone Builders @ 9:30  
Mahjongg @ 10:30  
Blood Pressure Check: @ 11:00

### July 4: CLOSED

### July 5:

Nifty Needlers @ 9:30  
Herb Group @ 10:00  
Foot Clinic (by Appt.)  
Starting @ 10:00  
Paper Crafts 1 @ 1:00

### July 6:

Bone Builders @ 9:30  
Writers Group @ 10:30  
Bingo @ 1:00

### July 7:

Art Class w/Barb @ 9:00  
Molar Express @ 9:30 (by appt. only)  
Ecosphere Class @ 1:00

### July 8:

Bone Builders @ 9:30  
Mahjongg @ 10:30  
Decorative Arts 1 @ 1:00

### July 11:

Bone Builders @ 9:30  
Hearts & Hands Quilting @ 12:30

Tech Time w/Paul @ 1:00

### July 12:

Nifty Needlers @ 9:30  
Jewelry 1 @ 1:00

### July 13:

Bone Builders @ 9:30  
Writers Group @ 10:30  
Bingo @ 1:00

### July 14:

Art Class w/Barb @ 9:00  
Floral Arrangement w/ Jane @ 9:30

Vitamin D Day

### July 15:

Bone Builders @ 9:30  
Mahjongg @ 10:30  
Food Commodities @ 11:45  
Paper Craft 2 @ 1:00

### July 18:

Bone Builders @ 9:30  
Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00  
MS Support Group @ 1:00  
Crafts 1 @ 1:00

## Orange East Senior Center

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

The Orange East Senior Center will be closed on Monday, July 4 in observance of Independence Day. Bingo will also be cancelled for that evening.

The Orange East Senior Center is planning a trip for Wednesday, October 12, 2016 to the Ogunquit Playhouse to see the Broadway musical Million Dollar Quartet. We will be going to lunch at Mike's Clam Shack in Wells, Maine. The cost is \$145 a person and needs to be paid when you sign up.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by. We are in great need of volunteers in our kitchen at the Orange East Senior Center-We need help Monday through Friday-but you can pick a day that works in your schedule and the amount of time you can volunteer

Bingo is every Monday at 6:00 p.m. The doors will

open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class summer hours will be on Wednesdays from 10:00 a.m. until 12:00 p.m. This class is for all levels.

The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. The Tuesday and Thursday exercise class is a strength and balance class.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

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## Groton Library Upcoming Programs

**Storytime Yoga: Summer Series.** Fridays at 4pm. Children ages 3-6 & their caregivers are invited to share a special storytime at our library. Guided yoga poses will be woven into stories, games & activities. Stretch your body and mind this summer! (July 1, 8 & 15 at 4pm.)

**Crafts & Conversation.** Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good company!

**Bookin' Bootcamp: Summer Series.** Begins Monday, July 11 at 5pm. For youth ages 7 & up. Meet at the library for a fast-moving hour of exercise in the Groton park. Each week will have a different book theme & be led by a certified personal trainer! Meets for five Mondays from 5-5:45pm: July 11, 18, 25 & Aug. 8, 15.

**Animal Athletes.** Friday, July 22 at 1:30pm. This in-

teractive program by Southern Vermont Natural History Museum will look at the amazing physical feats some of our local wildlife are able to perform. Artifacts, live animals & more will help us explore these amazing abilities & compare them to the incredible qualities of the human animal. Be ready to move & run for this program! Recommended for ages 6 & up.

**2016 Summer Parks Passes Now Available!** Call, email or come by the library to borrow free & reduced entrance passes to VT State Parks, Historic Sites & the Echo Center. Open to all library card-holders.

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.

Open M (2:30-7) W (10-4) F (2:30-7) S (10-12). www.grotonlibraryvt.org

## Bath Public Library

Bath Public Library Summer Reading Program "On Your Mark, Get Set... Read" week #1, begins Tuesday, June 28th, 2016 at 10:30 am at the Bath Village School. We will be doing Yoga with Kelsey Root-Winchester from Rising Spirit Yoga.

Bath Public Library Summer Reading Program week #2 Tuesday, July 5th, 2016 at 10:30 am at the Bath Village School. We will have basketball star, Ilze Luneau, performing amazing basketball tricks. Ilze has been on the Ellen and Jay Leno shows!

Bath Public Library Summer Reading Program week #3 Tuesday, July 12th, 2016 at 10:30 am at the Bath Village School. We are hosting

the Children's Museum of New Hampshire with their "Healthy Minds Spark Makers!" program. We always have a lot of fun with them! Bath Public Library Summer Reading Program week #4 Tuesday, July 19th, 2016 at 10:30 am at the Bath Village School. We are having a CLiF Storytelling and book giveaway!

Bath Public Library Summer Reading Program final week Tuesday, July 26th, 2016 at 10:30 am at the Bath Village School. We are having a "Book Walk" and ice cream social! Yummm!

For more information contact Bath Public Library 603-747-3372 or bathlibrarykj@gmail.com



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"Just look for the yellow flags"*



# Hawaiian Day At WHS

On May 26th the National Honor Society at Woodsville High School sponsored the annual Hawaiian Day to benefit the Wishing Well Fund at Woodsville High School.

"The Wishing Well Project traces its beginnings back to an anonymous benefactor who donated monies for the express purpose of helping WHS students in need. Over the years since its inception, it has grown to include Clarkie's Closet, the free clothing exchange, as well as a "wishing well" in which staff or students can drop a request for themselves or others for anything that they feel will make a difference in a specific student's ability to benefit from school. The Wishing Well has provided backpacks, school supplies, shoes, scholarships for col-

lege course work, flash-drives, personal care items, articles of clothing, and winter boots, in addition to helping a number of students pay the portion of class dues that enable them to walk across the stage at graduation. An overseeing committee, made up of counseling staff and the school nurse, reviews wishes and makes a final decision based on need and benefit. All wishes are kept confidential.

To supplement the monetary and merchandise donations that continually come in from a generous community, Hawaiian Day was invented as our major fund-raiser as a means of raising money while having fun". -Sue Clark, WHS Guidance Counselor and Wishing Well Chair.



Shown in the Hawaiian shirts are from left to right Principal Robert Jones, Dean of Students Mike Strauch, and Guidance Counselor Sue Clark.

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Tues, Thurs, Fri 8-5  
Sat 9-12



# An epic road trip through New Hampshire's North Country

Have you ever just jumped in your car, on your bike, or whatever, and rode around without a destination? A couple years ago, I decided to take a drive---an epic drive in New Hampshire's North Country. Starting in Bethlehem I headed to Carroll, Bretton Woods, Crawford's Notch, Hart's Location, Bartlett, Glen north to Jackson, Pinkham Notch, Gorham, Berlin, Milan, Dummer through the 13 Mile Woods to Erroll, westward over Dixville Notch into Colebrook and northward through Clarksville and Stewartstown to Pittsburg, the upper Connecticut Lakes and Canadian Border, then back down through Columbia, Stratford and Groveton, east over the mountains through Stark to Berlin, back west through Randolph, Jef-



Photo courtesy of Geoffrey Sewake,

erson and Lancaster and south to Whitefield and Littleton. Why? I couldn't tell you. Perhaps it was just one of those days. Regardless, it was the North Country's rich culture natural beauty that kept me going from one town to the next. I wanted to see and experience more. And I did. The North Country is simply a wonderful place to explore, to be, to see.

In a couple weeks I'll be

taking some time off to road trip some more. Maybe I'll stop at an art gallery in Bethlehem, eat pancakes in Sugar Hill, cool off with some ice cream in North Haverhill, take a hike around Franconia Notch, or play a game of putt putt in North Conway. It's these summertime trips that makes this place so wonderful. It isn't about the destination---it's about the journey. New Hampshire's North Country is just that, a priceless journey full of adventure and countless experiences. If you live here, you know it, you explore it. If you don't---do. You won't regret it.

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

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**DEAD TO THE LAST DROP!**  
BY KEN JONES

An interactive murder-mystery!  
Follow the clues and choose the ending!

Directed by Athene Chadwick

**Old Church Theater**  
Bradford, Vermont

**JULY 8-9-10 and 15-16-17**

Admission \$12 Seniors \$10 Students \$6  
137 North Main St, Bradford, VT  
Friday & Saturday at 7:30pm Sunday at 4pm  
Reservations 802-222-3322 or oldchurchtheater.org





# CVABE Receives \$1000 Donation from WRSB



Pictured l-r: Carol Shults-Perkins, Executive Director at Central Vermont Adult Basic Education receives a \$1,000 contribution from Marvin Harrison, Vice President of Commercial Loans at Wells River Savings Bank, in support of adult literacy education services at CVABE's Bradford Learning Center.

Wells River Savings Bank has awarded \$1,000 to Central Vermont Adult Basic Education (CVABE) in support of the organization's free adult literacy services for residents in eastern Orange County. CVABE has six learning centers serving Orange, Washington and Lamoille Counties, including a center in downtown Bradford. In Orange County alone, an average of 150 adults and teens rely on this service annually.

According to CVABE's Executive Director, Carol Shults-Perkins, "Wells River Savings Bank is a long-time leader in helping adult neighbors who need basic

education. This recent donation will help community members to learn academic skills needed for employment, job training, and successful living."

CVABE staff and volunteers serve over 500 central Vermont adults and teens annually with reading, writing, and math literacy instruction, English language learning, GED or high school diploma completion, and academic instruction for career or college readiness. CVABE has learning centers in Barre, Bradford, Montpelier, Morrisville, Randolph, and Waterbury. For more information contact CVABE at (802) 476-4588.

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# "Dead to the Last Drop" Whodunit? You tell us!

Bradford, VT: Old Church Theater's newest production, "Dead to the Last Drop" is a unique laugh-out-loud murder-mystery opening July 8th. Playing Fridays and Saturdays, July 8, 9, 15 and 16 at 7:30 pm and Sundays, July 10 and 17 at 4:00 pm, this show is unlike any audiences have ever seen before.

"Dead to the Last Drop" is written by award-winning playwright Ken Jones, and is set in a coffee shop where one night an aspiring singer meets with an untimely demise. It seems at first everyone had motive and opportunity to commit the crime, but the clever twist in this story is that the audience determines the outcome, and that depends entirely on how they have been following the clues: After asking the characters questions, theater-goers will decide which of the five suspects did the crime and the remainder of the play will unfold accordingly- a challenge for the actors as they will never know who will be picked!

This production features Meghan Bullard, Brendon Chadwick, Ken Hullican, Justina Kenyon, Ginny Peck and Ally Saladino under the direction of Athene Chadwick.

The theater is located at 137 N. Main Street, Bradford. Tickets are \$12 general admission, \$10 seniors, \$6 students. For information and reservations call 802-

222-3322 or visit [www.oldchurchtheater.org](http://www.oldchurchtheater.org).

Old Church Theater is a non-profit community theater in its 31st year, producing five to six productions from May to October. The next production, "The Secret

Garden", will be in mid-August and is an original adaptation of the famous story specially written for Old Church Theater by Charles Fray, who also wrote "Heidi" for the theater a few years ago.



The cast for Old Church Theater's production of "Dead to the Last Drop". The unique murder-mystery-comedy opens in Bradford July 8th for a two weekend run. Left to right, Ally Saladino, Meghan Bullard, Brendon Chadwick, Ken Hullican, Ginny Peck and Justina Kenyon. Information and reservations: 802-222-3322

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## FSA County Committee Nomination Period Began June 15

Grafton County USDA Farm Service Agency (FSA) Executive Director Steven Schmidt, announced that the nomination period for local FSA county committees began on Wednesday, June 15, 2016.

"County Committees are unique to FSA and allow producers to have a voice on federal farm program implementation at the local level," said Steven Schmidt.

To be eligible to serve on a FSA county committee, a person must participate or cooperate in an FSA administered program, be eligible to vote in a county committee election and reside in the local administrative area (LAA) where they are nominated.

This year, nominations and elections will be held in LAA 2, which includes the towns of: Haverhill, Benton, Woodstock, Warren, Ellsworth, Thornton, Livermore, Waterville Valley, Wentworth, Rumney, Campton, Dorchester, Groton, Plymouth, Holderness, Ashland, Hebron, Bridgewater, Bristol, and Alexandria.

Farmers and livestock producers may nominate themselves or others. Organizations representing minorities and women also may nominate candidates. To become a candidate, an eligible individual must sign an FSA-669A nomination form. The form and other information about FSA county committee elections are available at [www.fsa.usda.gov/elections](http://www.fsa.usda.gov/elections).

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usda.gov/elections. 2016 nomination forms must be postmarked or received in the Grafton County FSA Office by close of business on Aug. 1, 2016.

Elected county committee members serve a three-year term and are responsible for making decisions on FSA disaster, conservation, commodity and price support programs, as well as other important federal farm program issues. County committees consist of three to 11 members.

"It is important that county committees are comprised of members who fairly represent the diverse demographics of production agriculture for their community," said Steven Schmidt. "All producers, including women, minority and beginning farmers and ranchers are encouraged to participate in the nomination and election process."

FSA will mail election ballots to eligible voters beginning Nov. 7, 2016. Ballots must be returned to the Grafton County FSA office postmarked or in person by Dec. 5, 2016. Newly-elected committee members and alternates will take office on Jan. 1, 2017.

For more information about county committees, please contact the Grafton County FSA office at 603-353-4650 (Ext. 2) or visit [www.fsa.usda.gov/elections](http://www.fsa.usda.gov/elections).

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## The Famous Ray Burton "Annual" picnic celebrates all public servants, minus the politics, on July 16

Bath - Although its founder is no longer with us, the spirit of Ray Burton and his "Annual" picnic continues on July 16 with a rain-or-shine celebration of all public servants, both elected and appointed, as well as those seeking office and regardless of their political affiliations.

A lifelong Republican, Raymond S. "Ray" Burton was nonetheless a person who repeatedly crossed the political aisle to benefit the residents of the North Country and state of New Hampshire, both as the longest-serving Executive Councilor in state history for 34 years and for 22 years as a member of the Grafton County Commission.

A resident of Bath, Burton died on November 12, 2013. Following his death, the Raymond S. Burton Legacy Fund was established by his many friends to both celebrate and promote his passion for education and public service.

Chaired by Duane Baxter, a lifelong friend of Burton's and a former classmate, the Legacy Fund has continued the tradition of Burton's annual picnics, which was known simply as the "Annual" and which this year will be held on July 16 from 2 to

8 p.m. at Celebration Field at the intersection of Pettyboro and Dodge roads in West Bath.

The event, in Burton's words, said Baxter, will recognize "...everyone running for office, in office, has been in office or hopes to run for office..." All of those persons will be introduced, but in keeping with Burton's non-partisan approach to public service, there will be no "political" speeches.

The 2016 "Annual" will feature performances by several musical groups; food catered by Bailiwicks Restaurant; a cash bar; and exhibitions of equipment from the Presby Transportation Museum.

Also on hand will be the Mount Washington Cog Railway's "Peppersass" steam engine, which at a 150-years young, is billed as "the locomotive that built the world's first mountain-climbing cog railway."

The "Annual" will also include several photo stations that feature some of the thousands of photos that Ray took with his "throw away" camera, of all of us in the North Country, said Baxter, who encourages "everyone to come and join the fun and help celebrate American as Ray showed us



and to appreciate being an American. Remember, Ray always ended his greetings with "it's a great day to be an American!"

Tickets to the "Annual" are \$25 (includes the picnic food and entertainment) you can reserve tickets by calling Bernie Prochnik at (603)838-2404. Tickets available at the gate as well. Attendees are encouraged to bring a folding chair.

Proceeds from the 2016 "Annual" will benefit the Raymond S. Burton Legacy Fund projects; Raymond S. Burton Scholarships, the Raymond S. Burton Museum and Learning Center; and to promote education and public service. Visit our Facebook page, The Raymond S Burton Legacy Fund for additional information and directions.

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## How Can You Declare Your Financial Independence?

Next week, we observe the 4th of July with sparklers, picnics and parades. And living in a country that offers so much freedom, we have a lot to celebrate. But on a more personal level, you may still be working toward another type of independence – financial independence. What can you do to speed your progress toward this goal?

Here are some ideas to think about:

- Free yourself from excessive fear. As an investor, it's not hard to find something to fear. Oil prices, interest rates, political squabbles, even natural disasters – at any given time, each of these factors (and many more) might be blamed for volatility in the financial markets. In response, many people take a "time out" from investing. Don't let fear hold you back. It takes discipline and some mental toughness

to stay invested in all economic environments, but if you're constantly jumping in and out of the market,

you're almost guaranteed to miss out on the kind of continuity and opportunities you need to move toward your financial freedom.

- Liberate your investments' growth potential. Many investors avoid investing too aggressively, wishing to lower their risk level. And that's certainly not a bad idea. On the other hand, you can easily slip into investing too "safely" by keeping the bulk of your portfolio in investments that protect your principal but offer so little in the way of return that they may not even keep up with inflation. So, try to always maintain a reasonable percentage of growth-oriented vehicles in your portfolio. The exact amount may depend on your age and tolerance for risk, but at virtually every stage of your life, you need some growth potential.

- Avoid the tyranny of debt. It's not easy to stay out of debt. But carrying a heavy debt load is truly a burden – you're not only concerned about making the payments, but you're also depriving yourself of dollars that could be used to invest for your future.

Try to do everything you can to live within your means and avoid racking up more debt than is necessary. And when you do whittle down your debts, put that "found" money to work. The more you put in your investment portfolio, the more opportunities you have to reach your objectives.

- Free your thinking about the future. Here's another roadblock on your journey toward financial independence: short-term thinking. Instead of seeking quick gains (which are notoriously hard to achieve), strive for steady growth. Instead of reacting to the news of the day by making impulsive moves, chart a long-term strategy that's appropriate for your needs, and stick to it. Instead of focusing on the losses you might see on one month's investment statement, look back over the progress you've made over the last five or 10 years. In short, worry less about today – and plan for tomorrow.

It will take a lot of time, effort and patience to ultimately achieve your own Financial Independence Day. But once you do, you'll have reason to rejoice – and you won't even need the fireworks.

## CODY Honors Grafton Country Commissioners



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

The recent CADY (Communities for Alcohol-and Drug Free Youth) 16th Annual Regional Summit was held at Plymouth State University on May 27. The conference was dedicated to the three Grafton County Commissioners along with former Rep. Philip Preston and Susan Messinger in recognition of their support of CADY's mission.

The Commissioners ( l. to r. Mike Cryans, Martha Richards and Linda Lauer) are pictured with the CADY Executive Director Debra Naro.

## Hit the Links With 2 Person Scramble or Co-ed Teamn

4th Annual Doc Munson Memorial Golf Tournament, Sunday, July 10, Lake Morrey Country Club features a 2-person scramble, 4 divisions with 1 co-ed flight. Field limited to 40 teams. \$110 per player includes dinner, awards program and silent auction. Dinner only \$40. Funds raised will be used to support youth activities in the Upper Valley. Pre-registration required. Contact Dr. Robert Munson at 802-222-9622 or bbmunson@sover.net. Hole sponsors also being sought.

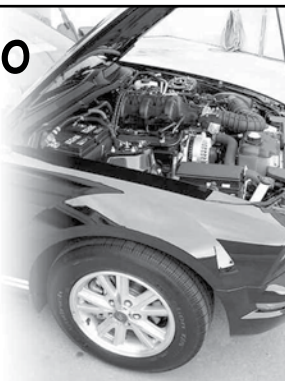
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## Hobo & Winnepesaukee Scenic RR Announce 2016 Summer Schedule

Lincoln, NH – The Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach, NH recently announced their special event schedule for the summer season – June, July and August, 2016. In addition to entertainment aboard daily excursions, the Hobo and Winnepesaukee Scenic Railroads also offer a wide variety of special events perfect for all ages throughout the summer season.

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

Also returning to the Hobo Railroad this summer is the Storybook Sunday series in support of the Believe in Books Literacy Foundation. Started in 2008, this popular summer series takes place every Sunday in the Railroad's Choo Choo Theater at 12:30pm and 2:30pm. It is offered on eleven consecutive Sundays concluding on September 4th. Geared to young children and their families, the series is free for all ages and features readings each week from such well-known children's books as Winnie the Pooh, Tigger, Eyeore, Martha the Talking Dog, Clifford the Big Red Dog, Paddington Bear, Little Critter and Biscuit. Not only do children enjoy readings from these well-known books, they're also treated

to a special visit from the main character from each book.

Independence Day has always been special at the Hobo Railroad in Lincoln ever since the railroad first opened 29 years ago. This summer is no different, as the annual 4th of July Family Party Train is scheduled for Monday evening, July 4th at 7:00pm and the entire train is decorated in patriotic style. Passengers enjoy hot dogs, chips, an ice cream treat and a cold Pepsi-branded beverage on the train and everyone receives a complimentary July 4th-themed party favor. The one hour and twenty minute train ride takes you along the Pemigewasset River from Lincoln, NH to Woodstock, NH and returns to Lincoln along the very same route. The train returns to Hobo Junction in time to enjoy the Lincoln-Woodstock 4th of July Fireworks display which starts at 9:30pm – this location also happens to be the best place in the area to view the town's fireworks display. Train Fare for this special train is \$25.00 pp for adults and \$20 for children 3-11 while ages 2 and under ride for free. The ticket includes the meal, a cold beverage, an ice cream treat and a party favor. Advance tickets for the annual 4th of July Family Party Train are strongly suggested. For tickets, visit <http://www.hoborr.com/tickets.html>. As a reminder, personal fireworks are not permitted on the grounds of the Hobo Railroad.

by Elinor Mawson

Being world travelers, we decided to "do what the Romans do" and partake of the foods of the places we were visiting. Sometimes it was easier than others.

When we visited Russia we were not surprised to eat a lot of "sausages" which were more like hot dogs (and not very good ones at that). We ate in a pizza restaurant where the pizza was strange looking, strange tasting and had a hard boiled egg in the middle of the pie. For breakfast we were given Kiefa which is a sour tasting yogurt-like substance which we had never heard of. We had lots of winter vegetables—turnip, squash, etc.

A year later we entertained two Russians for several days. They loved McDonald's! They exclaimed over our supermarkets! And we decided, like the Romans, to give them a truly American meal—Thanksgiving dinner. We invited several of our friends to dine with the Russians and us, and we had the traditional turkey with the fixin's, vegetables like squash, onions, and several kinds of pies for

## Meals For The Masses

dessert. Our friends loved it; the Russians tried small servings of everything, but they tackled the vegetables big time—it was something familiar. I sort of think they liked McDonald's better!

We never visited India but we knew an Indian family, who fed us every time we visited them. They were vegetarians, but the wife was a fabulous cook. She would feed us and her family and then eat by herself (I guess that is the way they do things in India).

When they came to our house for dinner, we made corn chowder for them—it is an old Yankee recipe, and we wanted to honor their traditions. They took one spoonful of the chowder and asked for sugar! When we produced it, they put quite a bit in their chowder and ate it up. We have never figured that one out.

Our Chinese friends brought their parents to our

house for lunch. We decided to give them fish chowder – another Yankee recipe—and we knew that the Chinese ate a lot of fish. With a lot of trepidation, they ate it, but didn't ask for seconds.

Later when we visited China, we went to a banquet hosted by the same parents who had visited us. WE ate shrimp with the eyes and feelers, snake soup, a lot of rice and tofu, and many unidentified other goodies.

At one point someone said (in Chinese which was translated by our friend) "Look at the Americans eating our food—it must be strange for them!"

The parents then said something in Chinese which made the whole table laugh uproariously. Our friend translated.

"WE ate at their house and they gave us fish and milk!"

I guess it was the wrong thing to do. Again.

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*Thank You*

*I would like to thank everyone  
for all the cards, calls, food and visits  
while I was hospitalized recently.*

*Barbara Stevens  
Piermont, NH*

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# Changing Society's Perspective

*Editor's Note: This is the first in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective. We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.*

by Cyndi Wellman

Dear Society:

I would like to change Society's Perspective.

DON'T CALL ME SPECIAL! – I Despise it. We're all Special. Not 1 Individual.

When I see people for the first time they stare, assume and discriminate. They see my walker first, not me as an individual.

Most assume, I have MS or CP (multiple sclerosis or

cerebral palsy).

For those brave enough to talk to me about it, quite frequently say to me, "you have MS". My response is: "Thank you! My doctor hasn't told me that". I suggest to them they read about MS. I also tell them briefly what I have. EXPRESSIONS on people's faces are worth it to me. Cause I like to share.

My Disability is physical. I can walk with walking sticks, walker and some without. It has its challenges. I can do many things with a little assistance. I have downhill skied, kayaked, water skied, I have had my own motorcycle. I went hiking one time with a man on Life Support. Adaptive Sports and I didn't discriminate him. Don't underestimate your ability to enjoy life.

From a young age. We all have learned how to discriminate, we all do it, in-

tentionally or not. Heard the expression "Don't judge a book by its cover"? Tell me you haven't been grabbed by a flashy cover only to find its contents were disappointing. We learn it from our immediate family, and society. It's your choice to choose appropriate kindness. Over Drama! Is it NOT wasting energy to see a person for more than what they look like.

We all have a gifted talent. Take the time to talk to us, you might actually gain Wisdom. Talk to us, not down, or behind our back. Sure you wouldn't like it either!! Some Family didn't know how to assist me, they treated me like an outsider. We all struggle. Every day I adapt. Always options in life. Every day I chose not to be a Couch Potato.

Hope you take a chance and talk to someone like me!

## Peacham Acoustic Music Festival August 19th and 20th

EARLY BIRD SPECIALS are available NOW! 20% off tickets purchased before July 1st. 10% off tickets purchased before August 1st. This is in addition to the regularly offered 10% discount for SENIORS 65+ and YOUTH 5 -15 years old. Children under 5 years of age are free.

Check out this year's lineup; Cosy Sheridan, Annie & the Hedonists, Bob Amos & Catamount Crossing, Cantrip, Doug Perkins & Jamie Masefield with special guest Rob Morse, Norman Kennedy, Erynn Marshall & Carl Jones, Alec Ellsworth & Katie Trautz, Dana & Susan Robinson, The Bayley Hazen Boys, Alan Greenleaf, Luke Donforth (contra dance caller), Ethan Azarian, plus



the Midnight Capers Morris and Sword.

Camping, Jam Sessions, Workshops, Food Court, Craft Fair, Family Tent and Instrument Petting Zoo! Check out all the details at [www.PAMFest.com](http://www.PAMFest.com)

Tickets can be purchased at [www.catamountarts.org](http://www.catamountarts.org)

## Bradford Strawberry Festival with Dwayne Benjamin

It's that time of the year for the Annual Bradford Strawberry Festival on Friday, July 1, 2016 beginning at 11:00 am. Eastern Star and Masons will once again set up their table on Phyllis Lavelles' front lawn on North Main Street. The menu will include Strawberry Shortcake, Strawberries with whipped or ice cream, and the star of the show, Strawberry Shortcake featuring a biscuit, ice cream and whipped cream. Servings will be available until 8:00 pm.

At 7:00 pm, the Bradford Historical Society will present their annual summer concert on the steps of Bradford Academy at 172 North Main Street. This year's concert will feature Bradford's own Dwayne Benjamin and "The Mountain High Band". In case of inclement weather, the concert will be held in Bradford Academy

Auditorium.

Dwayne writes his own music and lyrics, using his life experiences as the springboard to express himself. Even though Dwayne grew up around music, he only recently became serious about his own music. Since then, his life as a musician has just taken off. Musical influence came from his grandfather Lawrence Benjamin, who was an accomplished musician playing swing dance and great listening music his whole life. Father, Robert "Bob" Benjamin, Sr. has been singing and playing his guitar since high school, performing in bands and having a great solo career. Even today, Bob enjoys playing a set with Dwayne and "The Mountain High Band".

The evening promises to be an enjoyable event with great music, good friends and good strawberries.

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TRENDY KITCHEN .....RONDA MARSH	EDITOR'S ASSISTANT .....JANICE SCRUTON

Phone 603-747-2887 • Fax 603-747-2889  
 gary@trendytimes.com

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason. *Of course you will need to be really out there for us to turn you down.* We also reserve the right to make slight changes to submissions for readability purposes.

Thank you for your understanding.

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June 28, 2016

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



# Supporting Exhausted Adrenals

by Melanie Osborne

Adrenal insufficiency is suffered by tens of millions of Americans. The numbers are rising every year largely due to worsening nutritional deficiencies from an over-processed food diet and chronic mental and emotional strain. The Adrenal glands are the primary organs for fighting stress. They are responsible for warding off the ill effects of every conceivable mental and/or physical stressor. Emotional strain, especially anger, causes significant, even profound disruption of Adrenal function. Adrenal failure is associated with hypoglycemia and blood sugar imbalance, because the Adrenals exert potent control over blood sugar status. Their job is to prevent blood sugar levels from dropping suddenly as a result of stress. Herbs can help strengthen and nourish weakened Adrenal glands for those who suffer from the symptoms of blood sugar imbalance syndromes like diabetes and hypoglycemia.

This compound is specifically indicated for those exhibiting low adrenal function which manifests into low vitality, anemia, low blood pressure, anxiety, physical strain and pressure, and low and depleted energy. As an adaptogen, this compound is very useful for those constantly exposed to stressful environments or situations, overwork, excess strain to mind & body, body-builders.

**BEE POLLEN:** A highly nutritive, tonic substance

rightly known as a "superfood". Completely balanced for vitamins, minerals, proteins, carbohydrates, fats, and all essential amino acids. Use only unsprayed pollen for therapeutic applications. Used as part of a full spectrum building and rejuvenative formula, particularly for the extra nutritional and energy needs of athletes and those recuperating from illness; for general healthy blood building. Builds resistance to diseases, helps to boost healing powers and provides the body with energy.

**SIBERIAN GINSENG:** (Eleutherococcus Senticosus), An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and endurance. Used in all tonic and energy formulas as a combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol and stimulating adrenal function.

**SCHIZANDRA BERRY:** (Schizandrae Chinensis), A very strong tonic and adaptogen herb with circulation-stimulating activity. Used as part of a longevity and immune stimulation combination; to help in allergic skin reactions; used for

asthma and dry cough.

**LICORICE ROOT:** (Glycyrrhiza Glabra), Used as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; as a specific in formulas to balance both male and female hormones; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating Candida Albicans yeasts; as part of an anti-bacterial formula against staph and strep. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**HAWTHORNE LEAF, BERRY & FLOWER:** (Crataegus Oxyacantha), A tonifying high bioflavonoid herb for the heart and circulatory system, with vaso-dilating and heart muscle strengthening activity; also effective in reducing high blood pressure and arterial plaque. Helps maintain clear arterial channels and promotes healthy circulation. Assists in maintaining healthy cholesterol and blood pressure levels already within normal range Nutrients: Amino acid,

calcium, choline, chromium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**ASTRAGALUS ROOT:** (Astragalus Membranaceus), An organ toning and balancing herb, particularly stimulating to the immune system. Nutrients: Calcium, choline, copper, essential fatty acids, iron, magnesium, manganese, potassium & zinc.

**GOTU KOLA HERB:** (Centella Asiatica), A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Used as a specific in all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out" in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

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

ing activity.

**DULSE LEAF:** (Rhodymenia Palmata), A potent sea vegetable with excellent absorbable mineral and protein content. All sea vegetables contain radio-protective properties. Red sea vegetables, such as Dulse are the most effective at binding plutonium. Used for its high mineral, iron, calcium or potassium content as part of a protective formula against radiation and environmental pollutants.

**GINGER ROOT:** (Zingiber Officinale), Promotes digestion and the elimination of natural toxins. Used as a catalysts in nervine and sedative formulas; as a diaphoretic where sweating is needed for removing toxic wastes; as a stimulant to the kidneys for extra filtering activity. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH She has been in practice since 1991.

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by Ronda Marsh

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

# One-Pot Swedish Meatballs

Stop what you're doing and either clip or copy this recipe, because it's a definite keeper!

I don't know too many people who don't enjoy a good meal of Swedish Meatballs served with their creamy sauce over noodles. The only problem is the amount of time involved to make them... first you cook the meatballs, then you make the sauce, then you make the noodles. By the time you're finished, you've spent the whole afternoon cooking and have a sink full of dirty dishes, right? Not with this version! By actually cooking the raw noodles in the sauce, you not only eliminate the boiling and draining process, but the starch they emit (along with some cheese you add after) helps create a silky smooth sauce. It's a win/win situation!

I've provided you my go-to meatball recipe, but feel free to use your own, or if you really want to speed things up, purchase a bag of your favorite frozen meatballs, bake 'em and proceed with the recipe from there.

With very little effort and clean-up, you can produce a dish that looks and tastes like you worked very hard to produce it...Shhh...I won't tell; it'll be our secret!

- 1 pound ground beef
- 1 egg
- ½ medium onion, finely chopped
- ½ cup bread crumbs (I use Panko)
- 1 teaspoon poultry seasoning
- Salt & pepper to taste
- 1 Tablespoon vegetable oil



- 2 cups beef broth or consommé
- 2 cups whole milk
- 1 Tablespoon Worcestershire sauce
- 4 cups dry wide egg noodles
- ½ cup grated Parmesan cheese
- 1 Tablespoon chopped parsley

In a bowl, combine the beef, egg, onion, bread crumbs, salt, pepper, and poultry seasoning, mixing thoroughly but lightly. Form meatballs. In a large pot, heat oil and brown meatballs, cooking in two batches if necessary to prevent overcrowding. Add beef broth, milk, and Worcestershire to pot and bring to a boil. Add the dry noodles, stir, and reduce heat to simmering. Continue to cook, stirring constantly for about 7 minutes, until sauce is thickened and noodles are cooked to your liking. Remove from heat and add cheese, stirring to melt into sauce. Serve garnished with parsley. Serves 4.

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