

TRENDY TIMES

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APRIL 27, 2010 VOLUME 1 NUMBER 23

Reduce, Reuse, Recycle

Reduce, reuse, recycle. It's a phrase that we all hear a lot in today's world. It's a phrase that can mean many different things depending on the surrounding circumstances. One of the largest examples of reduce, reuse, recycle in our area is the former Atkinson Retreat in Newbury Village. This great

building and some not. General Contractor Ben Cole mentioned that on several occasions his crew would put items in the front yard that they were not going to be able to reuse in the project (such as all the old single pane windows). They were accompanied by a free sign and within a very short time

Though much of the building has been torn out, right down to the posts and beams, there was at least one finished touch that will remain intact. That is the fireplace that graced the front room of the original building. It will, when finished, probably have a gas fireplace insert in order to lessen the chance of fire. The fireplace will now be located in the office of Dr. Melanie Lawrence.

Dr. Lawrence, along with her husband Ken, are the new owners of the property. They plan to have the renovations done by June 1st and will open a clinic. Dr. Lawrence currently works at Little Rivers Health Care, but will strike out on her own when this renovation project reaches its first end point.

One other big change for the property will be the creation of a different main entrance. It is proposed to create a parking area and driveway on the south end of the building, nearer to the village center. This should offer a much improved entrance and exit from Route 5. It will also lead to the front door of the main occupant of the property.

Following the opening of



building is located on the west side of Route 5 on the northern end of the historic village. The main portion of the building was erected in the 1760's using post and beam construction, like so many other structures of that time.

During the demolition process, many items have been reused, some inside the

the items would disappear, apparently to another who had good reuse for the material or items being offered.

Though new insulation, windows and siding are being added to help conserve energy, much of the character of the building will be preserved and in many cases reborn.

the clinic, more areas will be finished. It is projected that the upstairs of the original home will become office space to be rented to other practitioners or professionals. There are also plans to add a pair of apartments on the first and second floor in the portion of the building parallel to Route 5.

The mid eighteenth century, when this building was first erected, was not the easiest of times for the settlers of this area as can be attested to by one of the great finds during renovations. Ben Cole and crew were in the basement doing demolition work when they happened across a flat stone holding up a pier. An example of someone in the past

also reusing. With the pier removed they went to move the rock and discovered that there were, in fact, two such stones. And though the top was smooth, the under side seemed rough, maybe even with some sort of design. What was finally discovered was a pair of gravestones made of slate. The gravestones were in memory of two children of the Chamberlain family who both died at the age of two. The first, a boy, in 1775 and the second, a girl, in 1778. Before any more work was done in the basement, research was done and it was discovered that both of these stones had been replaced by new headstones which were located in a local cemetery.

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Koasek Corn Seeds And More Goes To Help Haiti

Employee of the First Quarter Named at Cottage Hospital



On Saturday April 17, 2010, Rebecca Ladd of Piermont left for Haiti packed with tarps and garden seeds to help Haitian farmers in Bercy, Haiti who have been devastated by the earthquake. "We have sent money as often as we could," said Rebecca Ladd, "However, there was no way the farmers could get seeds to start their gardens this year which could feed hundreds of starving people."

Rebecca Ladd has had a long standing association with families from Haiti who have come to our area over

the years to help at camps. When she was able to finally reach them after the earthquake they informed her no international aid has come to the village of Bercy, even though 90% of the houses there were destroyed in the earthquake. They also reported that people are living outside even in the 90 plus degree heat and rain and they have no options. A 25 lb bag of rice is \$235.00 Haitian dollars, unattainable for a majority of people so an immediate answer to help them would be seeds for the gardens, then food and tarps.

Once this information was known a movement began on April 4th to help send Ms Ladd to Haiti packed with seeds and whatever else she could manage to take to help the farmers. The White Pine Association of Newbury, Vermont and Haverhill, NH helped sponsor the trip and gifted some of the precious Koasek Corn seeds to the farmers. "This corn is historically known for saving starving visitors to the Koas (Oxbow) meadows so it seems appropriate to send the seeds along to help Haiti," stated board of directors of the WPA. The corn seeds were gifted to Abenaki by the Calley family in Wells River in 2006 after saving it for over 25 years. They were given the corn seeds by the Green family who had saved this rare historically known strain from the meadows for generations. This corn strain has been written in the history of the Koas, (Oxbow) meadows for hundreds of years as being corn harvested by the Abenaki Indians. Ms Ladd will be gifting the Haitian farmers the history of originating story of this corn with hopes it will help inspire them in this hard time as well as feed hungry children and families.

Also contributing to the cause was donations from 50 individuals, Cheap Kids in Orford, Windfall Clothing in Orford, Farm-Way in Bradford, Agway in North Haverhill and three area churches: Piermont Congregational Church, Grace United Methodist in Bradford, and the Thetford Hill Congregational Church.

There will be a public presentation when Rebecca Ladd returns from Haiti.



Scott Hamilton has been chosen as Cottage Hospital's Employee of the First Quarter for 2010. Scott joined the Cottage Hospital Team in December of 2006 as a Maintenance Technician in the Maintenance Department.

Co-workers nominated Scott for this honor stating, "...Scott is one of the many unsung heroes at Cottage Hospital. You will see him quietly making his way through the halls with his red and black tool box, going from one task to another. He always has a smile and a "hello". "I can do that" is what you will hear most times you ask him to do something. Scott deserves to be recognized for his positive attitude, his team approach, and his respectful manner," and "Scott has been an exceptional help to the HIM Department the past year or so (and I imagine he is as helpful to any department that requests his help). He always has a smile and tries to accommodate to the best of his ability. Whether it

is a little job or a big job, he gives it his all! We appreciate Scott and think he deserves this nomination."

Scott expressed that, "It felt great to be recognized. I spent sixteen years in the construction field where recognition is few and far between. I like the interaction with all the different people who work at Cottage. I like being part of something positive for the community."

Scott was born and raised in Littleton, New Hampshire. He moved to Wyoming for eight years, but once he had a family, he quickly moved back to New Hampshire. Scott enjoys snowmobiling and coaching Little League. He also enjoys boating with his family on Moore Dam in the Summer and Fall hiking in the White Mountains.

A party will be held in Scott's honor in the hospital dining room. In addition to a cake, Scott will receive a check from the hospital and a special parking space reserved for the Employee of the Quarter.

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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. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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TRENDY TIMES

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

April 27, 2010 Volume 1 Number 23

Spring Into Detox

Spring time is time for cleaning; the dusting of cobwebs, windows open, airing out the staleness of the winter months. Spring is the perfect time to do the same with our bodies. This process, detoxification, can increase your energy, mental performance, reduce physical symptoms, manage stress, and even help you lose weight. It sounds complicated and not the least bit enjoyable. Yet, with a few minor adjustments in your daily routine and the addition of certain herbs, a healthier diet, detoxification can easily fit into your schedule.

Our body is built to naturally detoxify daily through the process of elimination. Our colon, kidneys, liver, lungs, lymph system, and skin help to rid the body of potential poisons and toxins and dispose of these wastes in an automatic body function. This process relies on the proper nutrition for our organs and body to run efficiently. Unfortunately, body systems today are overloaded in a world of toxins - food additives, pesticides, radiation, industrial wastes, refined foods, high fat food, too much caffeine, sugars, and alcohol compounded by stress and sedentary lifestyles. In order to protect ourselves internally, our body creates mucous and fatty deposits that store toxins, trying to keep our health in balance. When there is an excessive amount of toxins, it is important that our body remove them to prevent a build up. Over time, these stored

substances can produce physical symptoms and cause weight gain. You become at risk for the development of degenerative or chronic health issues.

Besides the toxins we take in externally, internally, we can develop free radicals. Simply, a free radical is a molecule that "floats" around until it is stabilized. To stabilize, it steals or bonds with other molecules, taking an electron and injuring the host cell. This creates more unstable molecules and the chain continues. Although this is a part of the natural process of aging, free radicals contribute to the destruction of DNA and clogging of the arteries. Research is investigating the link to heart disease, stroke and certain types of cancer.

Pay attention to your body. Some signs that can signal the need to detox are:

- Headaches that occur frequently and are unexplained
- Chronic sinus problems or asthma
- Food allergies and intolerance to odors and things in the environment
- Poor digestion and elimination, flatulence
- Adult acne, psoriasis

- Bad breath, body odor, coating of white on your tongue

- Abnormal difficulty in sleeping, mood changes, poor memory

- Tiredness and sluggishness

Think of detoxification as a preventative to disease before we become ill. Almost anyone can benefit from daily use of an herbal tea to renew and rejuvenate. Consider using specific herbs to help neutralize toxins in the body and aid in the elimination process. Add foods high in anti-oxidants to your daily diet. Take a few more steps to increase your activity level and breathe deeper to promote greater circulation. Just a few simple changes can have you feeling like a different person.

When starting any detox program, research the herbs and foods you are considering to use. If pregnant or nursing, taking medications, or just unsure, contact an herbal practitioner.

In green wellness,
Susan Lucas BS, RMT,
Herbal Consultant
www.wisewomantradition
@yahoo.com

Trendy Times would like to thank Donna and Susan from Shear Animal Styling Salon in Woodsville for sharing their recent newsletter. It is the policy of Trendy Times to use these types of articles when possible. We encourage other professionals to submit articles of similar nature (that is to say, not promoting themselves, but giving good general knowledge) for publication in future editions of Trendy Times.

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Letter To The Editor

Have you ever wondered what the State of NH officials get paid to do? Well this is my opinion on that matter. It is not that they are there to help the NH resident or NH business people that is for sure. I recently called my town clerk to find out what it was going to cost to register my vehicle this year, man what a surprise that was. It more then doubled from last year. I paid \$55.00 to the state last year, this year its going to cost \$109.00. They added a surcharge to EVERYONE'S State fee. Surcharge for what, you don't get anything for it going up, at least when the driver's license's went up you got an extra year. They (the officials in the state offices) don't have anything else better to do then to sit on their butts and try to figure out what else they can try to squeeze out of the residents of NH. Taxes for this, surcharges for this, fees for this... A while back I heard a Governor or Congressmen say he didn't know where the jobs are going. DAH, keep raising taxes surcharging people here in this great state of NH telling us what we can and can't do. It's about time the officials (BOTH STATE AND TOWN) take off their blinders and see what is really happening.

Mike Bishop
North Haverhill, NH

This sounds like a voice from the people very loudly saying "enough is enough". It may be tax free New Hampshire, but there seem to be fees or surcharges on everything we do.

As we see more and more political letters in publications, advertisements mailed to us, and very shortly, the radio, TV and newspaper ads every time we turn around, remember Mike's statement. "Take off the blinders and see what is really happening." Be sure you are informed about all those seeking your vote, make a decision based on your beliefs, and be sure to go to the polls to vote. It may only be one vote, but one plus one, plus one does add up.

Gary Scruton, Editor

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There is no cost to attend but you must register. To register for this training, please contact Linda Lewis at 1-800-852-3345 x 8560. Or you may email Linda at linda.l.lewis@dhhs.state.nh.us

Please let Linda know that you are registering for the LITTLETON training. (Linda is currently registering folks for several trainings.)



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Letter To The Editor

Bob Guida in "Six Steps to Fix Obama Care" (April 13) seems to be unaware of the actual content of the recent health insurance legislation passed by Congress. He raises several bogeymen in arguing the legislation is a danger to us.

1. "ObamaCare's assault on our personal freedoms and our free enterprise system." Mr. Guida does not mention any particular assault (there are none). He might be thinking of the new requirement that everyone carry health insurance. That requirement meets a logical demand of the private health insurance industry that if it must cover anyone, then everyone must be covered, lest only the sick buy insurance. Far from an assault on the free enterprise system, the legislation is a stimulus to that system by sending millions of new customers its way, a good number of them to be subsidized by the rest of us fortunate enough to be able to do so.

2. "Medicare cuts the Democrats dumped on our seniors." The legislation cuts no benefits to seniors under the federal health insurance program (Medicare) established in 1965. A few new services will be covered, like an annual physical. The writers of the legislation are hopeful (perhaps in vain) that substantial savings can be obtained over time in Medicare expenses through price cuts and efficiencies which

It is obvious that the Health Care debate is far from over. Whether on a national level or on the very local level there are many opinions, options and thoughts on the entire issue.

Trendy Times will continue to publish opinions from those who have been elected, those who want to be elected and (maybe most importantly) from those who are doing the electing.

Of course, there is much more to discuss than just the Health Care issue. So jot down your thoughts or opinion and either mail it to 171 Central Street, Woodsville, NH 03785, or email it to gary@trendytimes.com, or even bring it in. Our only rules are that you keep your letter at a reasonable length and that letters must be signed. (Trendy Times will discuss with any writer the option of leaving the writer's name off, if circumstance warrant).

Ken Rower, Newbury

Gary Scruton, Editor

POLITICAL LETTER POLITICAL LETTER POLITICAL LETTER

Letter To The Editor

April 9, 2010

Dear Editor:

As I drive through Meredith, I am reminded of the wonders of living in a smaller community. Having lived in Massachusetts, Connecticut and Illinois, I am proud to now call Meredith my home. Meredith is more than a lovely lakeside town, it is a vibrant community filled with dedicated volunteers of all ages, as are many of our surrounding communities in this area of the state. From the scouts, to the schools, the churches, and civic and service groups, Meredith brings together all interests for the betterment of our town. Folks are encouraged to volunteer as evidenced by the number of residents who volunteer on town committees, commissions and with local civic and other community groups. It is this genuine spirit that is especially important in the current economic climate.

In NH, we have many opportunities to meet and support the candidates that we vote to send to Concord to represent the all the people, not just the special interest groups. We are all seeking a strong local candidate that we can believe in. As a regis-

tered independent voter, I look hard and long at the candidates, evaluate their experience, leadership, and commitment and support the candidate that best fits these characteristics.

Jeanie Forrester has the qualifications that I am looking for to represent all the people. She is honest, a good listener, thoughtful, and pragmatic; qualifications that will serve the folks in our district well. Her professional background and experience as Executive Director of the Plymouth and Meredith Main Street programs gives her a unique perspective on practical solutions and problem solving for businesses and their communities that fosters job creation. Her prior political experience gives her the knowledge and ability to work with all political elements for the betterment of the people. Common sense is what we need, and Jeanie has it.

I am excited to be a member of the volunteer team that supports Jeanie Forrester in her bid for NH State Senate for District #2. The time is right and the time is now.

Please join me and support Jeanie Forrester, our voice, our advocate, our neighbor, our next NH State Senator.

Carol F. Gerken, Meredith

This letter is obviously an endorsement of a candidate in the upcoming election. This is one of many ways for voters to learn about candidates. Therefore Trendy Times encourage such letters and will do our best to give fair and equal exposure to all such letters that are sent to us.

If you have an opposing view, or want to promote the candidacy of a different candidate, please feel free to contact Trendy Times.

Gary Scruton, Editor

Letter To The Editor

Hold On A Minute There, Mr. Guida!

Congressional candidate Bob Guida calls the new health care reform bill "an assault on our personal freedoms and our free enterprise system". It is unfortunate that he did not take the time to get his facts straight before setting pen to paper.

Mr. Guida: Congress should reverse Medicare cuts... will harm seniors' health and drive up their medical costs dramatically...

Response: The new health care bill eliminates Medicare Advantage, putting its recipients on regular Medicare. These plans cost 14% more than traditional Medicare and do not provide better outcomes. Over ten years these plans will cost us \$149 billion dollars more than regular Medicare. The new law saves billions without compromising health care.

Mr. Guida: Congress should pass legislation requiring Congress and staff to use the new plan...

Response: The bill states that "members of Congress and staffs will have health care created under this act".

Mr. Guida: Congress should deny funding the law by not appropriating money.

Response: Congress can do this but it might not please the millions of Americans who are already benefiting from the new law.

Mr. Guida: Congress should implement tort reform.

Response: The direct cost of malpractice insurance is under 1% of the total cost of health care. The cost of practicing "defensive medicine" is unknown. McAllen, Texas, spent \$15,000 for each Medicare patient in 2006. The Mayo Clinic spent \$6,688. The difference is that McAllen physicians are paid fee-for-service and earn more by doing more tests. Doctors at Mayo clinic are salaried. Health care outcomes at Mayo are among the best in the country. The claim that "defensive medicine" forces all these extra tests is mostly bogus.

Mr. Guida: Congress should negate state restrictions on insurance competition.

Response: The new law does this by establishing national and state insurance exchanges.

Mr. Guida: Congress should require insurance portability, not taken away if one changes job.

Response: Under the new law, insurance exchanges and government subsidies provide for continued coverage.

Mr. Guida: Congress should provide better tax incentives to businesses that insure employees.

Response: In 2010, small businesses employing less than 50 people will be eligible for a 35% tax credit on health insurance premiums. This increases to 50% in 2014.

Mr. Guida: Allow families to deduct the full cost of health insurance from federal income tax.

Response: This does not help low wage earners or the unemployed who don't pay any federal income tax but make up a large portion of the uninsured.

Mr. Guida: Expand Medicare and provide tax deductions to people under certain income thresholds...eliminate waste and fraud in Medicare...expand availability and use of medical savings accounts.

Response: (1) Government already pays for 48% of health care in this country. (2) Eliminating fraud and waste in Medicare is a good idea. (3) Medical savings accounts, where pre-tax income is put aside for future medical emergencies, do nothing to help people who can't afford them.

Facts about the new law....

Fact: Health care reform preserves the employer based health care system which will continue to insure 200 million Americans via private sector insurance companies.

Fact: There will be a range of private plans to choose from including insurance exchanges.

Fact: There will not be a public plan.

Fact: Everyone continues to choose their own doctors and hospitals.

Fact: Nothing in the new law puts government between individuals and their doctors.

Fact: There are no death panels.

Fact: Medicare benefits are not being cut.

Fact: This bill lowers prescription drug costs for Medicare Part D recipients.

Fact: Private insurance is not being outlawed.

Fact: Undocumented immigrants will not be covered under this law.

This law mandates that everyone have health insurance. Like Social Security and Medicare, the program only works if everyone chips in. Until now, those who have elected not to have health insurance have become the burden of those of us who have coverage, costing us each \$1000 per year.

I finish with a message, indeed a plea, to Mr.Guida.

People holding or seeking public office, regardless of which side of the political spectrum they support, have an obligation to be honest and straightforward in their communications with us. Surely we deserve at least that much.

Claudette Sortino
South Ryegate

In fairness I believe I should mention that Claudette's first response sent to Trendy Times was returned to her due to the long length. She has done a wonderful job at making her response shorter, and yet still very understandable and worth reading. If you care to reread the original piece by Mr. Guida you can visit www.trendytimes.com and find the April 13 issue.

Gary Scruton,
Editor

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Planting A Program

By Arianne Fosdick, UNHCE Volunteer Management Program Assistant

Last spring, our new Agricultural Resources Educator Heather Bryant, was busy learning about the regional characteristics of Grafton County getting to know the people, the landscape, the finicky climate, and the beloved, if short, growing season. In between early spring farmers' markets and farm visits, Heather

was chipping away at plans for the Grafton County display vegetable garden. What eventually fruited, and grew out of these ideas was a small vegetable garden on the south lawn of the County Complex and an informal workshop series. Both ventures were aimed to give you, the backyard gardener, practical information and a chance to connect with the gardeners and resources in your community.

Encouraged by our success with last year's program, we have expanded the 2010 Vegetable Gardening series into a 9-part program that covers topics from composting to garden lore to

cooking with fresh vegetables. We are especially delighted to offer a parallel children's program called "Growing Places", which will take place at the same time and location as the adult workshop series. Designed and facilitated by Master Gardener Volunteers, these sessions will get your kids interested in the bugs, birds, and plants around them. Topics include discovering scat, pressing flowers, and two days of animal fiber be prepared to meet some furry friends! Bring your kids, your grandkids, or your neighbor's kids.

Most sessions will be held at the Grafton County Complex, in the gazebo

located between the Courthouse and the Nursing Home. All workshops are open to the public and are free of charge. You may attend one or all of the sessions. For a complete schedule of the "Vegetable Gardening Series" and "Growing Places" visit the Grafton County web page at <http://extension.unh.edu/COUNTIES/Grafton/Grafton.htm> or call the office at (603) 787-6944.

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Pay range \$9.50/hour with night and weekend differential (20-40 hours per week for up to 4 months)

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Cottage Hospital Earns Quality Respiratory Care Recognition In National Program



Woodsville, NH – Cottage Hospital has earned Quality Respiratory Care Recognition (QRCR) under a national program aimed at helping patients and families make informed decisions about the quality of the respiratory care services in hospitals.

About 700 hospitals or approximately 15% of hospitals in the United States have applied for and received this award.

The QRCR program was started by the American Association for Respiratory Care (AARC) in 2003 to help consumers identify those facilities using qualified respiratory therapists to provide respiratory care. Hospitals earning the QRCR designation ensure patient safety by agreeing to adhere to a strict set of criteria governing their respiratory care services.

To qualify for the recognition, Cottage Hospital

provided documentation showing it meets the following conditions:

- All respiratory therapists employed by the hospital to deliver bedside respiratory care services are either legally recognized by the state as competent to provide respiratory care services or hold the CRT or RRT credential.
- Respiratory therapists are available 24 hours.
- Other personnel qualified to perform specific respiratory procedures and the amount of supervision required for personnel to carry out specific procedures must be designated in writing.
- A doctor of medicine or osteopathy is designated as medical director of respiratory care services.
- Hospital policy prohibits the routine delivery of medicated aerosol

treatments utilizing small volume nebulizers, metered dose inhalers, or intermittent positive pressure treatments to multiple patients simultaneously. Circumstances under which this practice is permitted is defined by policy.

The AARC's QRCR program grew out of growing concerns among health care leaders and the general public regarding the safety and quality of health care services provided to patients. Hospitals that meet the QRCR requirements provide a level of respiratory care consistent with national standards and guidelines, and should be commended for their commitment to quality care. A list of QRCR hospitals is maintained at the association's website for consumers, YourLungHealth.org.

Respiratory therapists are specially trained health care

professionals who work under physician's orders to provide a wide range of breathing treatments and other services to people with asthma, chronic obstructive pulmonary disease, cystic fibrosis, lung cancer, AIDS, and other lung-related conditions. They also care for premature infants and are key members of life-saving response team charged with handling medical emergencies.

The AARC is a membership organization representing more than 46,000 health professionals involved in respiratory care nationwide.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of its services please call (603) 747-9000 or stop by and visit us at 90 Swiftwater Road, Woodsville, NH.

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I took this photo of a pair of Canada Geese on Chandler Pond in Landaff, NH on Saturday, April 10, 2010. With the arrival of the geese and all the ice now gone off the pond, this is a sure sign of spring coming to the area.

Photo By Robin Locke – Bath, NH



On March 10th on my way to work I saw a huge field filled with robins, I could not get a decent shot but I got this little guy sitting in a tree by the Bath Bridge that same morning. Seeing them let me know that spring was really on its way.

Photo By Valerie Pickens

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Photo By Valerie Pickens taken in 2009 in Lyman, NH



Photo By Lee Bishop – Concord, VT

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Curtis Hartson – Woodsville, NH



Photo By Valerie Pickens taken on a side hill in E. Bath, NH

Many thanks to the participants in our Spring Photo Competition. Our judges soaked in some sun (and almost got burned) as they made their decisions. Two participants will receive \$25 gift certificates to Warners Gallery Restaurant in Wells River. Those winners are Valerie Pickens and Curtis Hartson.

Our next competition will come along when we have a great idea!

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10 Artists Everyday – The Wonders Around Us

By Robert Roudebush

"A thing of beauty..." you know the rest of the phrase..."is a joy forever". I like the truth of it.

My Dad designed and built tires for most of his forty-year career in the business. He was a mechanical engineer from the Colorado School Of Mines and he early impressed on me that a job well-done was to be appreciated, no matter the job, no matter who did it.

That's where artists come into the picture. Pragmatic artists. They show us all something we've not seen before, or seen enough, something the same old thing in a whole new way. It's the artists around us, the everyday artists, not just the famous ones we all recognize, who show us daily

beauty. Most times most of us don't even notice them.

We fail to notice them because we're too worn out, or too busy, or we just have forgotten - forgotten how to look. It's a skill we don't use much and you know, if you don't use it, you lose it.

Remember this one. Aldrich's grocery store last summer and fall, and how it caught floral fire with the two seasonal plantings of flowers - the place was a showcase, a visual banquet. Two separate floral feasts. You could not drive by there without saying or thinking, "My lord, look how beautiful". I have no doubt that instead of driving by, some folks chose to stop and look closer and maybe do some shopping too, buy a little gas. You might say the beauty gave folks joy,

pragmatic joy. That's what I'm talking about. You know Phil Tucker knows that. The young woman who did the work would describe herself as a landscaper, she might even fess up to being a knowledgeable hard worker. And she was both those things. But would you say she was an artist? I'd say so. Ask Phil who she was. I bet he remembers the job she did for his property. He was smart to give her the job.

Pick your own list of famous artists - agree or disagree with mine - Bode Miller on a pair of skis - Anton Ono on skates - Sinatra with a saloon song - Chet Atkins with a guitar - Annie Liebowietz with a camera - Picasso or Van Gogh with a paint brush - any great teacher with a challenging student -

Babe and Mickey on the baseball field - Springsteen on stage backed by the E-Street band - Hank Williams with any song he ever wrote - Dr. Martin Luther King Jr. with a speech, and Ghandi with a nation.

Here is another list just as deserving of your awe. Executive Councilor/Grafton County Commissioner Raymond S. Burton working any room he walks into, social occasion or political or community event. His successful, decades-long popularity boils down to a couple of qualities, I think. First, an absolutely authentic interest in the concerns of his constituents, and secondly, his low-key showmanship, which he never allows to overwhelm or diminish the first quality. Add to that the further fact that he is just plain a nice guy AND he returns phone calls and emails and what you have is an artist everyday. His gift of service is God-Given and human-nurtured.

Look around us at other artists daily - carpenter Eric Hansen with wood and Eric again with round rock. A joy to behold are the walls on his property on French Pond Road. Check out the dependable quality of work done by Mike Lavoie and Sean and Ron on any kind of car you care to hand them.

I watched a fellow on our land with a 14-ton excavator grind and pivot and swing

back and forth during a big messy job on a strip of narrow swampy ground - if his fine-tuned work with that awkward powerful machine was not artistry, what would you call it? I told Spencer Richardson he was an artist and I am sure I embarrassed him.

The beauty exists in the job itself, the doing of it with grace and determination and assuredness. Also, the joy starts right away, and lasts well after the job is done, lasts into long memory of the job and how well it was done. Pragmatic artistry.

Artists deal in beauty and joy, that's their business. In the beauty of and joy there is also some teaching. Teaching that can make us look closer next time, maybe make us try harder when we attempt such a job ourselves.

I watched one artist of care in County Home not long ago -there are several of them at work there anytime of the day or night. I saw one dear old soul of lady who was in some distress and crying in her wheelchair, no obvious reason apparent. This one young female caregiver close by knelt at her side and with touch and with eye contact and soft soothing words brought peace and comfort to the hurting old lady. There was a smile and a nod on her tear-stained lined face gentle face. Tell me the caregiver is not an artist with a PhD in kindness and I'll argue with you.

April 27, 2010 Volume 1 Number 23

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Women's Health, What Are The Issues?

By Deborah Maes, Extension Educator, Family & Consumer Resources

In 2007 there were 153 million women in the United States. Of these women over the age of 18 about 14% were considered to be in fair or poor health. Only 30% were engaged in leisure time physical activity. In 2007, 18% of the women were smokers. For at least 14% their use of alcohol puts them into the category of binge drinkers, consuming five or more drinks in one day. Another concern about today's woman is that 35% of those over the age of 20 are obese and 33% of women have hypertension. These statistics do not paint a picture of good health.

All these factors combine to create several critical health issues for women. The number one risk for women continues to be heart disease, especially past the childbearing years. Cancer is also an issue. More women die from lung cancer, but breast and colorectal cancers also pose major threats. Other issues for women's health are stroke, chronic lung conditions, Alzheimer's, injuries, diabetes, kidney disease, depression, weight issues and autoimmune diseases.

As a society we need to learn how to adopt healthy habits to reduce our risk for those illnesses we have control over. Controlling our weight through getting exercise on a regular basis is a very important step we can all take. Other issues such as managing our stress,

getting enough sleep, and controlling our use of alcohol, drugs and tobacco all play important factors on our long term health.

To reduce our risk of some of these health concerns, changes must be made. It can be difficult to change old habits, so start by taking small steps. If you don't already exercise on a regular basis, consider starting to walk. Think of walking as a chance to see nature at its best. Watch the trees turning green in the spring and see the colors change in the fall. Hear the birds. Maybe your walk takes you past some new construction and you get to see a home being built stick by stick; it might even give you a chance to review your day and organize your thoughts.

If you are new to exercise, start small. Begin with 10 minutes a day and increase your time by five minutes each week. By the end of the month you are up to 30 minutes a day. If your morning routine doesn't leave you time for a walk, try taking 10 minutes at lunch or at the

end of the day before you head home.

If you don't like to walk alone invite your children, your spouse, your friends or neighbors. Everyone benefits. Having someone to walk with is a good incentive to get out of bed in the morning. I found that the hardest step was the first one out the door. Once that step was made, the rest became easier. Consider purchasing some walking music; plug in your earphones to help you keep up a specific pace and make walking fun.

Making some improvements in your food choices can also benefit your health. If most of the breads, rice and pasta in your current diet are white, try adding whole grains to your menu. Start by using whole grain pastas or rice in your favorite dishes and don't forget to eat plenty of fruits and vegetables throughout the day. Reduce your intake of saturated fats and salt and use lower fat dairy products and lean meats. Learn to read the labels to help you make wiser food choices; maybe you'll

be able to find some lower sugar options of your favorite foods. Remember, less sugar and less fat may mean less calories. If you exercise more and eat fewer calories you will slowly see smaller numbers on the scale.

We need to get women to focus as much on their own health as they do on their family members'. If you see

me, I'll be the one walking to the oldies with my iPod playing and my earphones on.

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Andrews 4 Paws For Ability Walk-A-Thon

The calendar will soon turn to May. The month of May means many changes in this area of New England. Along with mowing lawns, planting gardens and planning picnics, May also is the traditional time for walk-a-thons. This coming Sunday, May 2nd is the annual March of Dimes event in Wells River. But just two weeks later there will be another, first time walk-a-thon.

This second walk-a-thon will feature a completely different route, as well as an all new cause. It begins and ends at the Briarstone Vegetable Stand and Augie's Take-A-Break site in North Haverhill, just across from Aldrich General Store. The route will be a 3.2 mile round trip up to the Grafton County vegetable stand by way of the old railroad bed. That means a mostly flat, virtually no traffic route that could be walked more than once if you so choose. Because of the terrain families, individuals, teams, pets (must be leashed) and even strollers are welcome.

Now every walk-a-thon also needs a cause. A reason to get out there, raise money and walk. In this case the cause is a local family in need of something very special and therefore very expensive. All proceeds from this event will go directly to the purchase of a seizure/service dog for Andrew. Andrew, along with his sister Jess and parents Allen and Jamie Riley live in North Haverhill.

Andrew has bilateral hearing loss and a difficult to control seizure disorder. Andrew also has a visual processing disorder which essentially makes him "blind". While he can visualize objects, he can not process and identify what he is seeing. On top of this, Andrew also has a swallowing disorder which makes it nec-

essary for specialized feeding.

The seizures Andrew has been diagnosed with have also included Infantile Spasms, which is a very serious diagnosis in a child. Due to the severity and frequency of Andrew's seizures, he is termed as "Global Delay" because of the interruption they cause in his daily learning and processing of information. This is despite being on multiple medications and therapies.

At 2 1/2 years of age, we are still waiting for Andrew to take his first steps or say his first word.

The hope is that a highly trained service animal will improve Andrew's long term quality of life by alerting and providing comfort before, during and after seizures. The dog can also help to be Andrew's eyes and ears and provide a much needed source of support and comfort to him as he meets the upcoming challenges in his life.

4 Paws For Ability is a non-profit organization dedicated to helping children and adults with disabilities. The dogs are specially chosen and trained specific to each individual's needs. The family fundraises on behalf of 4 Paws For Ability in order to minimize the wait time and allow them to participate in the process of placing a dog with Andrew.

The total cost of such a dog is about \$14,000. On top of that will be costs for the family to travel to Ohio for special training with the chosen dog and Andrew. That training will take place once the initial funding and the following training have been accomplished.

The walk will be Sunday, May 16 beginning at 10:00 AM. For more details on this Walk-a-Thon or to sign up, contact Liz at 603-747-3200 or Angela at 603-787-6826. You can also visit <http://andrewshope.blogspot.com/>

A MEMORIAL FUND FOR THE FAMILY OF HOWARD WARD OF MONROE, NH HAS BEEN ESTABLISHED

Howard was killed Monday, April 19 in Monroe in a tractor accident. His family needs some financial assistance to help pay for things.



Please Send Donations To:

Wells River Bank
ATTN: Maria or Katie
34 Main Street
Wells River, VT 05081

Checks should be made out to Debbie Ward

Calendar of Events

WEDNESDAY, APRIL 28

COMMUNITY MEAL - OPEN TO ALL
5:00 PM – 7:00 PM
St. Luke's Parish Hall, Central Street,
Woodsville

ELECTION OF OFFICERS AT ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
Woodsville American Legion Post #20

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building,
Woodsville

FRIDAY, APRIL 30

NATIONAL SAVE A FROG DAY
10:00 AM
Bradford Public Library, Bradford

SATURDAY, MAY 1

4TH ANNUAL SPRING MODEL RAILROAD SHOW
10:00 AM – 3:00 PM
Haverhill Cooperative Middle School
See ad on page 8

VEGETABLE GARDENING KICK OFF

10:00 AM – 2:00 PM
UNH Cooperative Extension Office
North Haverhill

PRAYER WARRIORS OF NH BLUE & GOLD STAR MOTHERS

2:00 PM
Woodsville American Legion Post #20

SUNDAY, MAY 2

MARCH OF DIMES WALK-A-THON
10:00 AM
Wells River Savings Bank, Wells River

MONDAY, MAY 3

GOOD OLE BOYS MEETING – CHAMBER OF COMMERCE EXECUTIVE DIRECTOR
12:00 Noon
Happy Hour Restaurant, Wells River

TUESDAY, MAY 4

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

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, MAY 5

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
8:00 AM
Woodsville Guaranty Savings Bank,
Woodsville

SATURDAY, MAY 7

ANNUAL LASAGNA DINNER & AUCTION WHS NATIONAL HONOR SOCIETY
5:30 PM
Woodsville Community Building

A LITTLE MURDER NEVER HURT ANYBODY

7:30 PM
Old Church Community Theater, Bradford
See ad on page 13

SATURDAY, MAY 8

MOTHER'S DAY TEA
10:00 AM
Bradford Public Library, Bradford

A LITTLE MURDER NEVER HURT ANYBODY

7:30 PM
Old Church Community Theater, Bradford
See ad on page 13

SUNDAY, MAY 9

A LITTLE MURDER NEVER HURT ANYBODY
4:00 PM
Old Church Community Theater, Bradford
See ad on page 13

MONDAY, MAY 10

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

SUNDAY, MAY 16

ANDREWS HOPE WALK-A-THON
10:00 AM
North Haverhill
See article on page 12

TUESDAY, MAY 18

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

WEDNESDAY, MAY 19

COMPOSTING & CREATING A HABITAT WITH COMPOST FOR KIDS
5:30 PM – 7:00 PM
Grafton County Complex, North Haverhill

MONDAY, MAY 24

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

WEDNESDAY, MAY 26

UNDERSTANDING MILITARY CULTURE PRE-REGISTRATION REQUIRED
Littleton VFW, Littleton
See article on page 4

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Deadline for submissions is Thursday, May 6th, 2010 for our May 11th issue.

GCNH Volunteers Are Everyday Heroes ¹³



Volunteer Virginia Onorato visiting and reading to a resident.



Pet Therapy Volunteer Martha Cunningham and JD visiting with Marion Tyler.

April 18-24, 2010 is National Volunteers Week, and we not only want to acknowledge and thank our volunteers this week but all year long. Here at Grafton County Nursing Home our Volunteers are an important part of our team. Their in-

sight, talents, compassion and connections with the whole community help to increase the quality of life for all those who live here.

These dedicated and compassionate people grace us with their talents and friendship as they come here

to visit, read, write letters, assist with trips, group activities, special events, Bible Study, spiritual worship, musical entertainment, pet therapy, assist in the Country Store & Café, and perform helpful tasks such as filling bird feeders, folding newsletters or making decorations. We have community groups who sponsor bingo games or birthday parties, along with schools and clubs that come here (or invite us there) to share their many talents and skills.

We appreciate each and every one of our volunteers and are also thankful to the many volunteers in our community who give of their time to help others. Hats off to VOLUNTEERS who are EVERYDAY HEROES.

Through out the month of April, Grafton County Nursing Home is celebrating "Volunteers-Everyday Heroes" with a display on the bulletin board outside the Coordinator of Volunteers Office. If you're in to visit, stop by and

see some of the people that help to make this a home.

Doreen Moody,
Coordinator of Volunteers

For information on becoming a volunteer you can call Doreen at 787-6971 ext. 211 or e-mail at dmooddy@co.grafton.nh.us

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

April 27, 2010

Volume 1 Number 23

14 **Jeanie Forrester – A Clear Difference in State Senate 2 Race**

Issues Recently Brought To The Attention of VA Secretary Shinseki

By Howie Howe, RC Coordinator, NH Help on the Homefront

Conservative Republican State Senate Candidate Jeanie Forrester reacted with disappointment when she learned that her primary opponent, Fran Wendelboe today supported a bill to bring casinos and slot machines to New Hampshire.

"I don't know why Representative Wendelboe seems to have thrown in the towel on cutting spending, instead rolling the dice in the hopes that expanded gambling is the answer to our budget woes. As your State Senator, I will oppose such legislation and will advocate for free market solutions that improve services and reduce costs," said Forrester.

In her floor speech Representative Wendelboe explained how she has always voted 'no' but that this bill has 'a lot of spending potential' and should be kept alive.

"I'm very surprised that

Representative Wendelboe would talk about 'a lot of spending potential' when Republicans for the most part are committed to reducing spending. My other opponent, Democrat Deb Reynolds also saw the spending potential and also voted for expanded gambling."

Thankfully, the majority in the House ignored her calls and voted down the bill 158-212.

"Expanded gambling does nothing to solve Concord's addiction to spending and would adversely affect our quality of life here in New Hampshire - something I have worked for the last 25 years to improve. As a Main Street Executive Director and small business owner I understand what it takes to create jobs and improve our economic quality of life. That's why I am running for State Senate," concluded Forrester.

Members of the Veterans Organizations in Maine and Rhode Island recently met with VA Secretary Shinseki for about 1/2 hour. Lots of information was provided and VA people took notes, writing fast and furiously. Every now and then the Under-Sec would ask "did you get that?"

The main jest of information that was passed on was about Veteran's needs, wants and desires. Groups did ask them about more studies needed and not needed. An explanation of Rural Veterans Healthcare was explained, and how they are missing the boat with an opportunity to do better.

Hep C was brought up, and a major concern that was brought forward was that not all VA Hospitals (if any) work together to help the Vets. For example, if you need meds or service away from your local VA, you must change your enrollment to that VA Hospital (the numbers game) and when you

get back home you have to re-enroll in your local VA Hospital. Examples of this practice was given with the documentation. The answer - "we'll get back to you on this".

Overall, the groups felt it was a very productive meeting but the results are pending.

And that brings me to how we can help improve the system:

It is my understanding that the reason for having assigned Hospitals or VAMC's is to determine the budgeting for each facility based on the number enrolled, so each Administrator wants maximum enrollment to substantiate their annual budget requests. We see this VA Hospital enrollment problem happen all the time with Snowbirds from NH - in the Winter they are in Florida, and in the summer they are up here in NH. Some like the assigned doctors they have at both locations (or one location) and fear losing them if they change their VA hospital enrollment.

This brings us to the bigger problem of many Vets not registering with the VA for any reason as their medical facility is not convenient, or they have a better alternative. By not enrolling, or not using VA they hurt other vets in the budget process. What we need is to get very Vet signed up with

their local or State VA, whether they use their services or not, so that the budgets can be increased. Let us not forget that now more categories of Veterans are eligible for care - but bear in mind that even if what the VBA approves for you is not to your liking (such as co-pay), causing you to use/choose other services instead, that each enrollment helps those who do use the services.

I carry enrollment forms with me in my vehicles to hand out to Vets who say they are not enrolled. We need to expand this practice to help out Vets who are enrolled, and those who over the years have been discouraged by past VA practices. Sign up everybody, even if they say they will never use the VA, as it truly is a numbers game. To give you an example, as I remember it there are 225,000 Veterans in NH, and only 33,000 are enrolled, with 18,000 actually using the VA Medical Services, 12,000 of those in Manchester, the balance in Maine and Vermont.

And, at present, with the recent Healthcare reform, we are being told that having VA Medical Coverage satisfies the requirement to buy Healthcare Insurance. Why pay for what you can get for free, because you earned it by serving our country?

Not all Times are Trendy but there will always be Trendy Times Volume 1 Number 23 April 27, 2010

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Our "Half-Off" sale has generated a lot of interest and business is getting better! BUT we still need to increase to be able to provide proper help for the area needy.

Not in New York City, or Chicago, but last week, in Woodsville, New Hampshire, during the snow and rain, there were four individuals living in a tent by the river, homeless. One came into our store wearing only flip-flops, without socks! We were able to get her some decent boots and socks and dressed her warmer, but would not have got them off the street, were it not for some decent folks that we had helped earlier, who offered their living room for shelter until the other organizations were able to find them a place to live. We are the only organization in the area we know of that is able to provide some form of immediate assistance in many cases, and we can only do that with your continued help.

Therefore we are continuing our sale and continuing to lower prices throughout the store. We have thousands of clean, reconditioned, and guaranteed items of just about every interest one can imagine. We are also looking for ideas and asking for help in expanding the store to include a community center in the same building. Please stop by and check us out. You just may be surprised at what you find! Help us, Help others!

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Courage

You're a 19 year old kid. You're critically wounded and dying in the jungle somewhere in the Central Highlands of Viet Nam. It's November 11, 1967.

Your unit is outnumbered 8-1 and the enemy fire is so intense, from 100 yards away, that your CO (commanding officer) has ordered the MedEvac helicopters to stop coming in.

You're lying there, listening to the enemy machine guns and you know you're not getting out.

Your family is half way around the world, 12,000 miles away, and you'll never see them again.

As the world starts to fade in and out, you know this is the day.

Then - over the machine gun noise - you faintly hear that sound of a helicopter.

You look up to see a Huey coming in. But... It doesn't seem real because no MedEvac markings are on it.

Captain Ed Freeman is

coming in for you.

He's not MedEvac so it's not his job, but he heard the radio call and decided he's flying his Huey down into the machine gun fire anyway.

Even after the MedEvacs were ordered not to come. He's coming anyway. And he drops it in and sits there in the machine gun fire, as they load 3 of you at a time on board. Then he flies you up and out through the gunfire to the doctors and nurses and safety. And, he kept coming back!! 13 more times!! Until all the wounded were out. No one knew until the mission was over that the Captain had been hit 4 times in the legs and left arm.

He took 29 of you and your buddies out that day. Some would not have made it without the Captain and his Huey.

Medal of Honor Recipient, Captain Ed Freeman, United States Air Force, died last Wednesday at the age of 70, in Boise, Idaho.

May God Bless and Rest His Soul.

I bet you didn't hear about this hero's passing, but we've sure seen a whole bunch about Michael Jackson, Tiger Woods & Jesse James!

Medal of Honor Winner Captain Ed Freeman Shame on the American media!!!

I Honor & Salute you "SIR" Thank you for your Courage & Bravery... Albuquerque, New Mexico

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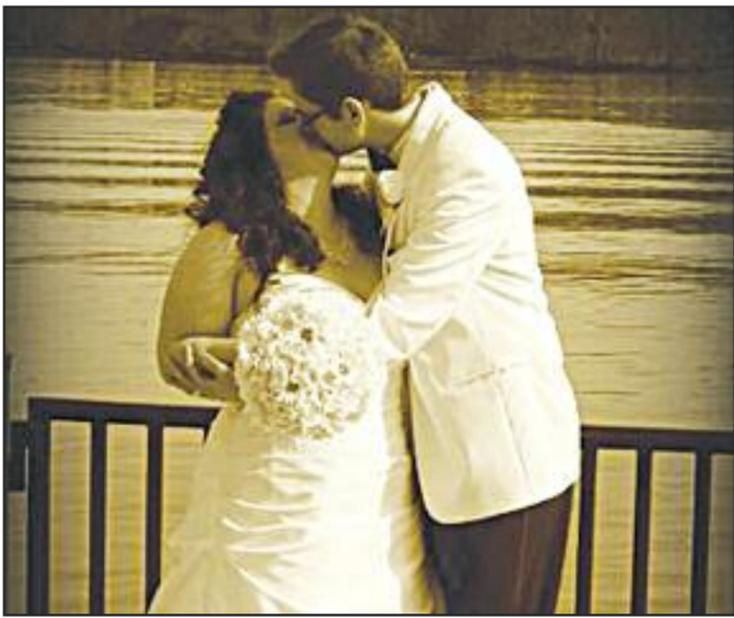
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Rachel Hartley Ardolino and Jonathan Andrew Butler, were joined in marriage on March 27, 2010 at the Calvary Baptist Church in Bristol, Pa. The Bride is the daughter of Debbie & Joe Ardolino of Lisbon, N.H. The Groom is the son of Judith Butler of Sewell, N.J. A reception was held at The Fishers Tudor House in Bensalem, Pa. The wedding colors were Yellow & White. Rachel graduated from Lisbon High School, Lisbon, N.H. and attended Philadelphia Biblical University, Langhorne, Pa. and The American Music & Drama Academy of N.Y.C. She is employed as an insurance broker with J.P. Reilly Inc. Feasterville, Pa. Jon graduated from Gloucester Christian High School and attended Pensacola Christian College, Pensacola, Fla. and Philadelphia Biblical University, Langhorne, Pa. He is employed with Education Testing Services (collegeboard), Ewing, N.J. The couple resides in Bristol, Pa.



By Ronda Marsh

Raspberry-Lemon Whoopie Pies

Oh. My. Goodness gracious. Those were the only words I could manage when I took the first bite of these utterly mind-bending confections! Now, I have made, eaten, and enjoyed the traditional chocolate and marshmallow creme-filled Whoopie Pies for my entire life. They are a true comfort food; a wonderful New England tradition (although the Pennsylvania Amish also claim they invented them.) But these... these marvelous little tender treats are on an entirely different level of deliciousness. The hint of lemon in the cake rounds perfectly compliments the raspberries in the real whipped cream filling, and vice versa. They are also very pretty and delicate looking. What a great idea for a bridal or baby shower! I saw them just today in my monthly Everyday Food Magazine, and I immediately knew I had to try them. My niece, Adrienne, was here and she seconded the motion, so we got busy and we whipped us up some Whoopies, so to speak! I had to make one slight adjustment to the recipe, as I only had one lemon and they call for a tablespoon of grated lemon peel, which would require the zest from multiple lemons. To compensate, I squeezed about a teaspoon or so of the lemon juice into the milk, creating a sort of buttermilk substance, likely contributing to the "cake-ie-ness" and kicking up the lemon flavor. It worked very well; as a matter of fact, that is how I plan to do it the next time....and believe me, there is definitely going to be a next time...maybe tomorrow!



- 1/2 cup (1 stick) butter, room temperature
- 1 cup plus 3 tablespoons light brown sugar
- 1 tablespoon grated lemon zest (or the grated zest of one lemon + 1 teaspoon lemon juice added to the milk.)
- 1 teaspoon vanilla extract
- 1 large egg
- 2-1/4 cups all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup whole milk
- 3/4 cup heavy cream
- 1 cup fresh raspberries (or the individually frozen raspberries, thawed)

Preheat oven to 350°F. In a large bowl, using an electric mixer, beat butter, 1 cup brown sugar, and lemon zest until light and creamy. Add vanilla and egg and beat to combine, scraping down bowl as needed. In a medium bowl, whisk together flour, baking powder, baking

soda and salt. With mixer on low, beat in flour mixture in 3 additions, alternating with milk and ending with flour mixture, scraping bowl as needed. Beat well to combine. Drop batter in 2-tablespoon rounds, about 2 inches apart, onto two parchment-lined baking sheets. Bake until puffed and pale golden around the edges, 17-19 minutes, and rotating sheets halfway through. Let rounds cool completely on sheets or wire rack. In a large bowl, whip cream and sugar to stiff peaks. In a small bowl, mash the berries then fold into the whipped cream. Divide raspberry cream evenly among half the cakes, then sandwich with the remaining cakes. For a pretty presentation, dust with powdered sugar. Makes 15 Whoopie Pies.

April 27, 2010 Volume 1 Number 23

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