

TRENDY TIMES

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The Village Doctor Arrives *Newbury Health Clinic Brand New*

By Robert Roudebush

Newbury Vermont - She always wanted to be the village physician and now she was.

"If I wanted to be rich and famous, I'd have become an orthopedic surgeon", she grinned at me. "I wanted to be a country doctor. This is exactly the right place, at the right time, and I'm doing exactly what I want to do."

The physician is Dr. Melanie Lawrence and the Village is Newbury.

She had a long road getting there - international travel as a youngster with her Air Force family, top drawer multiple-degree education, valuable experience elsewhere, and finally, the right location and invaluable help from certain key families. Melanie Lawrence, U. of M. Amherst undergraduate degree, UVM for her medical doctorate, and finally Dartmouth College, for her residency and Masters. Pretty fair credentials. The Newbury Health Clinic and its patients benefit.

At the open house July 24, a festive atmosphere pervaded the newly laid gravel drive and parking lot this sunshine bright,

rain washed Saturday - cars discharged kids and parents, hundreds of them, and some pets; the aged birdhouse with flaking white paint perched atop a pole was left undisturbed at the far end of the parking area, amid a prolific flower patch.

Dr. Lawrence is a family-practice clinician, a specialist in Pediatrics, Obstetrics, and Adults. She was until recently associated with Little Rivers Health Care.

This weekend was also Newbury's popular annual event, the Cracker Barrel Bazaar, with all its charms and enthusiastic participants. It would rain steadily again later in the day, as it had for several previous days, but it wasn't raining now and in the people came, to meet the new Doc, and her staff, and her friends and family.

Those good helping souls include her medical assistant, Cheryl Thornton and her husband Robert, the go-to Information Technology guy, and her office manager, Deborah Garvin, RN, and her husband

Bob and their kids, Trevor 13, and Jared, 12. All of them and more put in extensive time and effort in preparing the building itself and setting up and maintaining the open house activities.

The new clinic is located on Route 5, in central Newbury Village, Vermont - 4628 Main Street, right across the street from the Montebello Hill Apartments, (which houses the Oxbow Senior Independence Program). The office phone is 802-866-3000. It occupies the completely gutted and then restored, but still recognizable, large white clapboard sided structure which was for a long time known as the Francis Atkinson Retreat.

Open-house visitors moved from the car lot up the gentle-rise, handicap-friendly ramp (past the food preparation and picnic table area if they had the willpower) to the airy large waiting room - kid friendly, welcoming and warm - and on a humid day, also blessedly cool. This space, explained Doctor Lawrence, was once the "great room", large rooms often built into older big



homes for people gathering. The old church retreat not long ago boasted 14 bedrooms and 6 bathrooms. The structure dates from the 1760s and included a private chapel for its residents. Certain delightful and still functional features from the historic home were left intact as much as possible - a fireplace, stairway banisters, wooden support beams and plank flooring in certain rooms, including the doctor's private office.

The doctor is straightforward with a good grin, the ability to laugh out loud, and has lots of light cascading hair, framing a good-looking face. She is courteous and flexible with an unexpected visitor who asks questions during the stressful time when she and her husband and group of friends and supporters busily prepare for the public introduction of her clinic.

Her husband is Kevin, a major helper in all efforts, with long-time ties to the area as well - not only is he connected to the River Bend Technical Center as a Jobs Coordinator, but the two of them and their three children have a farm in the immediate area they call

home. The two daughters are Morgan and Melissa, and son Benjamin is also known as Ben Cole, General Contractor, the man in charge of the restoration of the new clinic.

That process itself held at least a couple of surprises - two centuries-old tombstones were discovered, rectangular, rounded at the top, and surprisingly thin. They were lying horizontally, face down, in use inside the home's lower level as supporting elements of wooden weight-bearing beams. Each stone chronicles, in out-of-date letter engravings, the death of a child around two years of age, a boy and a girl, possibly brother and sister. The parent's names are Ruth Rutherford, and the father is Joseph - one child died in 1772, the other in 1775. Research is currently ongoing to verify if the Rutherford's were the original builders of the historic extended structure. Fascinating history.

Adequate unused space remains in the new/old structure for the possible addition of other health care professionals in the future - a Licensed Mental Health Care counselor for example. The Newbury Village Doctor is open for business.

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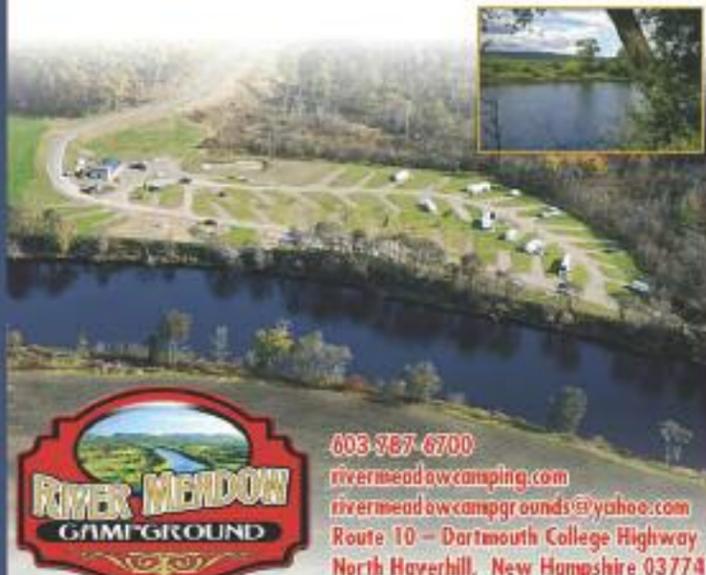
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Letter To The Editor

I just finished reading the letter from Charlie Hanson in the Trendy Times. Although, I understand the sentiment involved in wanting to name the Woodsville Armory for Bob Clifford and all the wonderful things he did for the town, I have to agree with Charlie. Naming for one person is not what the town should do! As a town, we should honor ALL of our military men (& women). The idea of naming it Freedom Hall or Heritage Hall is great!

(How about Veterans' Hall?) I'm sure there are other patriotic people out there who could come up with some other names, too! Let's not be hasty in choosing a name. Let the town's people think awhile and decide at a later date. (How about for Veteran's Day? Have a newspaper vote in for the most popular name!)

Joanne L Hatch
 North Haverhill, NH

Editor's Note: Upon receipt of this letter it was forwarded to each member of the Haverhill Select Board as well as the Town Manager. Two responses were received each saying basically the same thing. "The matter has been decided."

Joanne,

I considered Bob Clifford a friend of mine for many years. We both volunteered on a couple of organizations for some time together including the Haverhill Recreation Commission and the North Haverhill RC Racing Club. I was very saddened when I heard about his passing.

Bob was a caring and very patriotic person. Though this building had only been in the possession of the Town of Haverhill for a short time Bob had already put in many hours of loving care to begin the project of sprucing it up. In fact I was told that within just a couple of weeks of his passing he had taken down the flag pole, with help from a neighbor, in front of the building, gotten it painted, and then put back upright. It's the kind of thing that anyone who knew Bob would fully expect from him.

However, as noted in last issue's response to a Letter to the Editor, I agree with the idea of naming the facility for more than one person. I also understand the position of the Select Board that they have made a decision and plan to stand by it. They are the elected officials of Haverhill who have the task of making such decisions. Not every voter will agree with every decision. It's one of the reasons that so many people, including Bob Clifford, have been so proud to be Americans.

Gary Scruton, Editor



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Letter To The Editor

Letter to the Editor,

I am writing this letter in an effort to prevent any other citizen from going through 82 days of horror and frustration at the hands of The Vermont Department of Health's Asbestos & Lead program.

Did you know that "prior to any demolition or renovation of a facility", the owner needs to determine, "through an asbestos assessment, the presence of asbestos-containing materials." "This assessment shall be conducted by a certified Asbestos Inspector." As a contractor did you know that "no person shall demolish or renovate a facility without first obtaining confirmation from the owner that an asbestos assessment has been performed?"

If you didn't know this I'm not surprised. Prior to work on my building, I had asked a State building inspector, and the local fire chief what permits or notifications were needed and I was told NONE. But according to The Program Chief of the Asbestos and Lead program, I should have somehow magically known.

I complied with the demand to stop work and called in an Asbestos Inspector to test materials in my building and a dumpster according to the law. The Department of Health then demanded a "full inspection"

Kathleen,

Thanks for sounding the warning bell. It appears that even some officials can be confused about what must be done before a project begins. Therefore if you are looking at doing any project, in Vermont or New Hampshire, be sure to check with as many people in authority as possible. And get something in writing from each one of those people. It may not save you from all later troubles, but it will at least show that you made a good faith effort to abide by whatever rules, regulations, or other functions might later be brought up.

Gary Scruton, Editor

because of a standard disclaimer on the report. So I was forced to test "everything" in the building even though the law states testing only needs to be done on materials that will be disturbed.

I then hired Anglo-American Environmental in Morrisville, Vermont. Mr. Philip Cornock is a Certified Asbestos Inspector who was previously licensed as a State and Federal EPA Asbestos Inspector. I quickly learned in talking to Mr. Cornock that he had previously held the title of Program Engineer for the Asbestos and Lead Program and that he had rewritten the VT Regulations on Asbestos Control in 1995. Finally I had an advocate who could answer my questions, advise me and perform further testing. Mr. Cornock is extremely knowledgeable, has reasonable rates, and interceded on my behalf with The Department of Health. I highly recommend Mr. Cornock at Anglo-American.

I hope that this letter will save someone else the grief, frustration, and expense that I have encountered during this ordeal. If you ever have concerns or questions about asbestos and building renovations / demolitions you can contact: Anglo-American@asbestosaae.com.

Kathleen Goslant
Waterford, VT

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— Peter Ustinov, quoted by
James A. Haught, 2000
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A Cloud Of Smoke

By Jim Sobilloff

On September 1, 2010, Cottage Hospital in Woodsville, NH, a 25 bed critical care access hospital, will become a tobacco free campus. This means that no tobacco use will be allowed anywhere inside or outside the property that Cottage Hospital owns or leases.

Maryanne Aldrich, Cottage Hospital Community Relations Director states: "Cottage Hospital is proud to be a tobacco free environment effective September 1, 2010. We are committed to the health and wellbeing of our patients and visitors and this initiative will enable our community to know when they visit Cottage Hospital our grounds will be free of tobacco smoke and products."

According to the National Cancer Institute, smoking cigarettes can cause many

types of cancer to our organs: lung, esophagus, larynx, mouth, throat, kidney, bladder, pancreas, stomach and cervix as well as acute myeloid leukemia. "Smoking also causes heart disease, stroke, chronic bronchitis, emphysema, hip fractures and cataracts. Smokers are also at a higher risk of developing pneumonia airway infections." In short, smoking is the leading cause of premature and preventable death in this country.

What is second hand smoke? It is, according to the American Academy of Otolaryngology (ear, nose and throat medicine) a combination of the smoke from a burning cigarette and the smoke exhaled by a smoker which is capable of being ingested by anyone and which permeates the environment.

In fact, it is known as ETS (environmental tobacco smoke). Why is this a killer? There are over 4000 chemicals in tobacco smoke and at least 69 of these are known to cause cancer. The United States Surgeon General from 1981-89, Dr. C. Everett Koop, stated "Cigarette smoking is the chief single avoidable cause of death in our society and the most important public health issue of our time" in the 1980's. These words were supremely intelligent and educated as well as prophetic. Dr. Koop was responsible for the first mandatory warnings of health risk to be placed on packs/cartons in America, though of the 35+ countries now with such warnings, Canada was the first.

Here is a brief rundown of 15 toxic chemicals found

and documented in cigarette smoke of the 4000.

1. Ammonia
2. Cadmium
3. Hydrazine
4. Formaldehyde
5. Acetic Acid
6. Naphthalene
7. Arsenic
8. Polonium
9. Nicotine
10. Toluene
11. Benzene
12. Acetone
13. Hydrogen cyanide
14. Butane
15. Carbon Monoxide

These chemicals are used for everything from pesticides to nail remover to jet and rocket fuel to household cleaners to embalming fluid to explosives. Nicotine which is as addictive as cocaine, morphine and heroin, reaches your brain 7 seconds after inhalation. This information comes from the Center for Disease Control.

In July, 2006, the Sur-

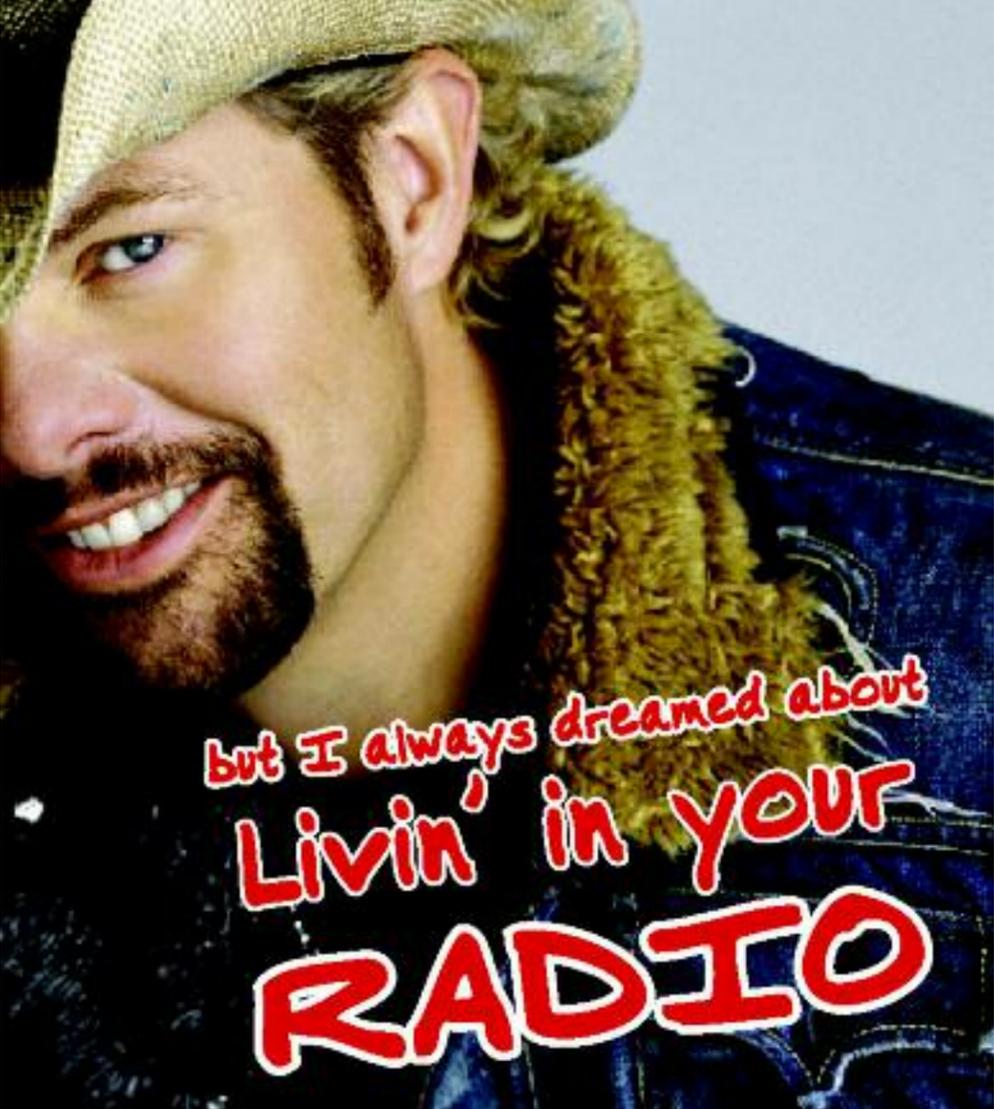
geon General published evidence stating that second hand smoke represents a serious health hazard by contaminating the air and that there is no risk-free level of second hand smoke exposure. Fetuses, infants and children are at the most risk, even with brief exposure, because their organs, such as lungs, heart and brain, are still developing. Regarding school age children and teens, second hand smoke exposure causes respiratory symptoms such as cough, phlegm, wheezing and breathlessness.

Peter T. Ames, MPH, State Vice President for Health Initiatives for the New Hampshire chapter of the American Cancer Society in Bedford states "Kids in New Hampshire continue to use tobacco at alarming rates. Tobacco use and exposure to secondhand smoke are exceptionally hazardous and we know that one third of all kids who use tobacco will



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eventually die from a tobacco caused disease."

Indeed, it is estimated that of the millions of Americans who smoke have smoking related problems resulting in 438,000 deaths annually. In addition, 3% of American adults are smokeless tobacco users. They run the same risk of gum disease and addiction as cigarette users, but an even higher risk of oral cancer.

In the published materials of Northeastern Vermont Regional Hospital, a tobacco free campus, it is stated "Health systems are in the business of providing health care, and as such, have a special responsibility to set an example for other organizations and the communities served." It goes on to estimate that "nearly 824 Vermonters die each year from tobacco related diseases which also affect the quality of their lives."

In 1997, tobacco companies spent almost \$5.7 billion to promote and advertise their products. Through promotion, these same companies target 1.63 million new

smokers annually to compensate for those who quit smoking or die from it.

Yet tobacco use, one of the most profitable industries in the country, drains our economy of more than \$100 billion in health care costs and lost productivity. This does not include environmental tobacco use, burns or smoking-causes fires.

If the above information does not show enough appreciation to Cottage Hospital and everyone in the

health care field for saving lives through instruction, maybe this would make an impression. It did for me and was taken from NVRH materials: A pack a day smoker spends \$5.00/day on cigarettes or \$150/month, over \$1800/year. If this smoker earns \$30,000 annually, stopping would result in a 6% pay raise.

Congratulations to Cottage Hospital for fighting the battle which will be a winner!

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Some people try to bring humans DOWN to the animal world or to raise them UP further than they really deserve. In fact, animals can sometimes really act like ANIMALS.

A recent show on VPT about a man in Africa raising two baby cheetahs and teaching them to survive in the wild showed how they always attacked a herd and killed the weakest or the youngest; the most vulnerable. Animals, for the most part, are NOT very nice.

I understand that humans can act like animals sometimes. History is replete with examples.

What bothers me most is when we are asked to treat animals as humans. That goes too far. We'll treat them humanely but animals they are and animals they will stay.

There's also the glaring contradiction of people who say they 'love' animals but they seemingly have no remorse about the 50+ million innocent humans killed in the womb in the USA before they even saw the light of day.

I really DO like animals. Not, however, at the expense of humans.



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2003 TOYOTA TUNDRA TRD: w/matching Leer cap & bed liner, black exterior, gray interior, access cab, 4WD, V8, auto, off road package, aluminum wheels, a/c, p/s, ABS, am/fm/cd/cassette, cruise control, power & heated mirrors, auto dimmer rear view mirror w/temp & compass display. Excellent condition, owned by 1 adult owner, never off roaded, well maintained, has 95,000 highway miles, asking \$11,500 OBRO 802-592-3376 08.17

USB ZIP DRIVE: Works on both Mac and PC. Asking \$50 OBRO. Call 802-505-1527. 09.14

2005 TOYOTA COROLLA: Standard transmission, silver color, excellent condition in and out. 92,000 miles \$7,500 or BO. Barnet, VT 802-633-4031. 08.17

1973 MOTOR HOME: Van type 20' +/- motor home. Priced to sell now at \$650. Can be seen in Haverhill. 603-986-3461. 08.17

OAK VICTORIAN DESK: A beautiful piece of work, shelves on left side, drop front desk on right side, beveled mirror and ornate carvings, has been painted, \$200.00. Call 603-747-3870. 08.17

12 FOOT ALUMINUM BOAT: V-bottom. Comes with oars. \$250. Call 603-747-2006. 08.03

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IMAC: OS 8.6, 6 GB. Great starter computer for children. Comes with keyboard and mouse. Asking \$50. Call 802-505-1527. 09.14

WANTED

HOUSES OR OFFICES TO CLEAN: Call Tina at 603-443-0488. Excellent references. Many years experience! 09.14

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UNRESTRICTED BUILDING LOT: In Haverhill to place a double wide mobile home. Needs to be reasonably priced. Call 603-747-3233. 09.14

DISHWASHER WANTED: Part-time, must be 16 years old or older. Please call Warner's Gallery Restaurant to set up an appointment. 802-429-2120. 08.03

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WOODSVILLE, NH: One bedroom, third floor unit. Non-smokers only. Excellent Central Street location. Credit and background checks. \$450/month. Please call 603-747-3870. 08.03

WOODSVILLE, NH: House for rent. Available immediately. 1/2 miles past Cottage Hospital, secluded neighborhood, 2 bedrooms, 1 bath. Looking for older person/couple, not suited for children, no pets. Plowing, sanding, garbage and mowing included. Utilities not included. \$850 plus deposit. 603-747-3771 07.20

OBITUARY
RACHEL GERTRUDE
(MASSICOTTE)
VAILLANCOURT



NORTH HAVERHILL, NH - Rachel Gertrude (Massicotte) Vaillancourt, born September 10, 1915 in Lowell, MA, died in North Haverhill, NH on July 19, 2010 on what would have been her 69th wedding anniversary to Albert J. Vaillancourt, who predeceased her on February 27, 2000.

Born and raised in Lowell, MA, she was the daughter of Joseph and Blanche (Pronovost) Massicotte.

Rachel worked at Grace Shoe in Lowell as a fancy stitcher. She was an avid reader as well as very gifted in quilting, sewing, knitting, crocheting and various crafts.

Rachel was an active member of Sainte Marie's Church in Lowell, MA prior to her move to North Haverhill, NH in 1999 where she was a communicant of Saint

Joseph's Church in Woodsville, NH.

Rachel was beloved by all who knew her and especially by her survivors which include two sons, Donald Vaillancourt and his wife Kathleen, George Vaillancourt, two daughters Lorraine Atkins and her husband Harvey, Claire Kalil and her husband Frank, three grandchildren Valerie (Atkins) Franchi, Susan Atkins and David Atkins, three great-grandchildren Jake, Noah and Matthew Franchi, three brothers Henry Massicotte, Leo Massicotte and Louis Massicotte, three sisters Yvonne Arpin, Alice Roy and Doris Bourassa.

In lieu of flowers, donations may be made to Eternal Word Television Network (EWTN), 5817 Old Leeds Road, Irondale, AL 35210.

Arrangements were made by the McKenna-Ouellette Funeral Home, Lowell, MA. Calling hours were held on Thursday, July 22nd, from 5pm to 8 pm. Funeral mass was celebrated at Holy Family Church (formerly Sainte Marie's Church) on Friday, July 23rd, at 10 am.

A Memorial Service was held at Saint Joseph's Church on Saturday, July 31st, at 10 am.

Eighth Annual Whole Hog BBQ Contest

The barbecue competition is sanctioned by the Memphis Barbecue Network (www.mbnbbq.com), with the grand champion getting a slot at the 2011 MBN National BBQ Championship. Sanctioned pork barbecue contests encourage serious competition among barbecue enthusiasts because they provide a uniform set of rules and regulations governing the process of selecting the contest winners. Last year's Grand Champion, Myron Mixon and his Jack's Old South team, has been featured on the Pitmaster's TV series on TLC this year.

The barbecue competition will be judged beginning at 9:30AM with the finals judging ending by 4p.m. One big change this year is that the popular People's Choice Contest, allowing attendees to taste and judge the competitors' finished product, will begin around 1pm and will be blind-judging. Samples from all teams will be available on a first-come, first-served basis, until the meat is gone. In past years, the Peoples Choice has started at 4pm, so this is a change in time and format. In addition to the contest, there will be authentic BBQ on sale, along with the traditional barbecue side dishes. Other food vendors will provide an assortment of tasty treats as well.

Great live music, the only

Memphis BBQ Network-sanctioned barbecue competition in the Northeast and an assortment of other tasty treats and crafts in the scenic outdoor setting of the N. Haverhill, NH Fairgrounds in the Upper Connecticut River Valley. Can it get much better than that? The Cohase Chamber of Commerce is sponsoring its eighth annual Whole Hog BBQ Contest from NOON to 7:00PM on Sunday, August 8, 2010. Admission is \$12 for those over twelve years of age or \$10 with presale tix. For presale ticket and other information, go to www.wholehogfestival.com or call 802-757-3244, ext. 367.

A full day of live music kicks off at 12:15PM with the smokin' blues of the Nobby Reed Project. At 2:15, Dr. Burma, one of the Upper Valley's most popular dance bands will take the stage, playing their eclectic mix of classic soul, blues, funk and funk. The Ms. Piggie contestants will compete at 4:30 and then local favorites, The Odell Walker Band will take the stage at 5:00. In addition to the musical performances, there will be

kids games and activities. Local and regional artisans will be displaying and selling their wares. The BBQ contest awards and the Chamber Showcase Raffle prizes will be awarded at 6:30PM

Admission to the festival will be \$12.00 (\$10 presale) for those over twelve years of age. The admission fee does not include food and beverages, but it does include the opportunity to sample and vote in the Peoples' Choice Contest. This is a family-friendly event so no alcohol is permitted.

For more information about the festival, please check out the Chamber of Commerce web site at www.cohase.org or contact Marvin Harrison at either 802-757-3244, ext. 367 or marvin.harrison@cohase.org

Information about how to participate in the Ms. Piggie contest can be obtained on the www.cohase.org web site or by contacting the group overseeing this event, the Old Church Community Theater of Bradford, VT, at info@oldchurchtheater.org (Attn: Paul Hunt).

Festival Contact Person – Marvin Harrison 802-757-3244, ext. 367

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12:15 - Nobby Reed Project
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5:00 - Odell Walker Band
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4:30 MS. PIGGIE CONTEST
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Scenes From The 66th Annual North Haverhill Fair

Volume 1 Number 30 August 3, 2010 Not all Times are Trendy but there will always be Trendy Times



One of many sponsored events that encouraged locals to participate.



The Antique Car Show had a record 69 entries and made the judging that much more difficult.

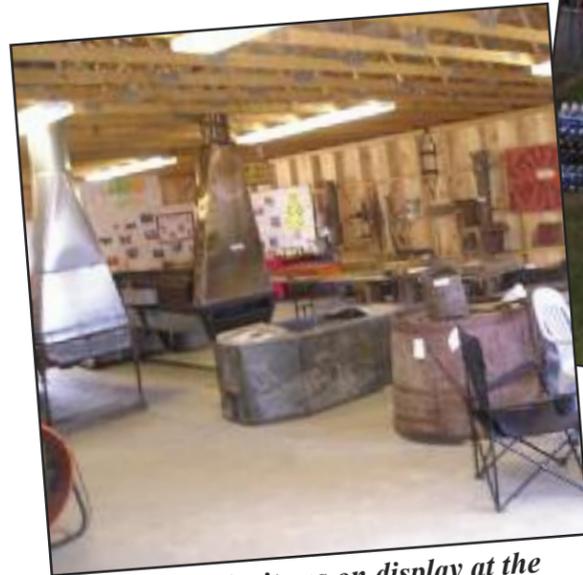


Wednesday night demo derby action. (car on left looks like it came out of the parking lot)

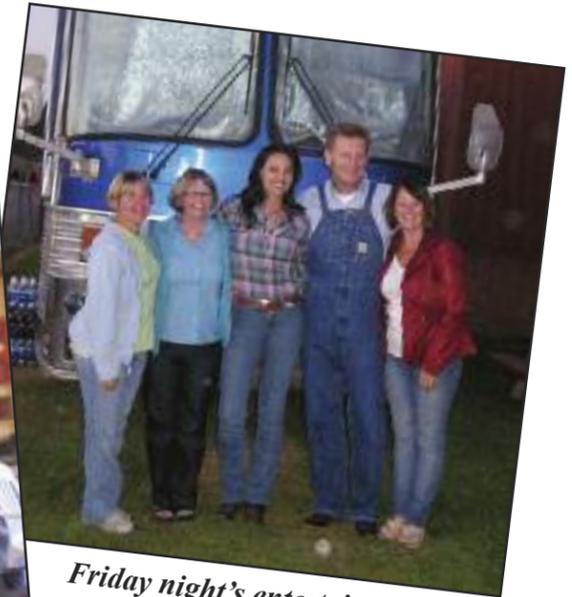
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Some of the items on display at the Blaisdell Maple Museum.



Friday night's entertainers, Joey + Rory posed with members of the fair entertainment committee in front of the duets tour bus.

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Many \$1.00 items throughout the store.
(look for the purple dots!)

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Patchwork Players Are "On The Road Wednesdays" With Pinocchio At Alumni Hall



The magical classic "The Pinocchio Show" will be on the stage at Alumni Hall in

Haverhill on August 11 at 11am. The performance features the cast of the Patchwork Players, the Weathervane Theatre's 2010 Intern Program, a tutitioned and competitively auditioned troupe of ten college-age theatre students from all over the country and beyond.

Following the events of the original Collodi tale, Pinocchio, who springs to life

from a block of wood follows the adventures of a fox and cat, the Coachmen of Toy-land, the Blue Fairy and is eventually swallowed by a great fish. It's fun for the whole family.

The cost for each performance is \$6 and tickets can be purchased at the door or reserved in advance by calling Alumni Hall at (603) 989-5500.

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The "Barnyard Pals" tent featured many animals for all to enjoy.



Horses, Horses, Horses!
Just some of the many types of horses who performed in front of young and old.



This trio of trophy winners represent some of the hundreds of participants at this year's North Haverhill Fair.



Members of the Dellinger family honor Carl with the annual trophy presentation during Sunday's Horse Show.



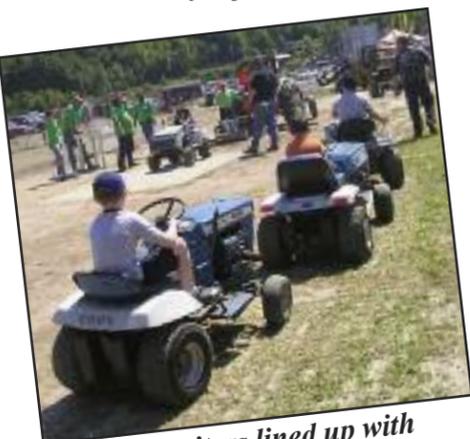
It's a Chevy pulling, but what exactly is hidden by the smoke and dust?



One competitor, one big chunk of wood, one saw, only a few seconds needed.



Two of the North Haverhill Idol contestants face the judges' comments after their performance.



Young competitors lined up with tractors waiting their turn on the concrete slab. Many volunteers and parents are close by to help if need be.



Fair Vice-president and 66 year member of the board Gerald Stoddard met with Buxton Hughes before their performance.

Renowned Musicians Will Perform Bach at Alumni Hall, Haverhill



Alumni Hall in Haverhill, NH will present the world renowned North Country Chamber Players on Sunday August 8 at 3pm.

continued her studies through the San Francisco Conservatory of Music and then the Royal Conservatory in The Hague. Currently, the Principal violist of the Brandenburg Ensemble, she performs frequently with the American Symphony and several other orchestras including Orpheus, NYC Opera and American Composers.

The North Country Chamber Players, an ensemble of nationally recognized musicians from New York, Boston, and Los Angeles, will present J.S. Bach Bash at Alumni Hall in Haverhill, NH on Sunday, August 8 at 3:00pm. The concert will be featuring the Brandenburg Concerto No. 2, Sinfonia in F Major for oboe, strings and continuo among others.

As an avid Chamber musician, she is known as a longtime member of the New York Philomusica and has performed at the Bridgehampton and Manchester Music Festivals. She has been a guest artist at several NCCP programs in recent years.

Among the celebrated musicians performing this summer is Ah Ling Neu, who recently joined the ensemble as a permanent violist. Ah Ling Neu, of Chinese parentage, began playing the viola at age 13 in the San Francisco public school system. She demonstrated both talent and interest as she

Ms. Neu is frequently heard in festivals like Spoleto Festival in Charleston, SC, the Casals Festival in Japan and the Schleswig-Holstein Festival in Germany. A highly respected teacher, she is on the faculty of Columbia University and has taught at the Bennington Chamber Music Conference.

Tickets can be purchased at the door for \$15 or in advance. For more information contact 603-989-5500 or alumnihall.org.

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Food Allergies & Intolerances

Food allergies and intolerances are becoming extremely widespread, as people are more and longer exposed to chemically altered and processed foods that the body is not equipped to handle. The fastest growing group of intolerances stems from food additives such as sulfites, nitrates, colorants, preservatives, water pollutants and heavy metals found in contaminated seafood. Other common sensitivities are to wheat gluten, dairy products, fruits, sugar, yeast, corn, mushrooms, eggs, coffee; all foods that are either heavily treated or sprayed themselves, or in the case of animal products, secondarily affected by antibiotics and hormones.

Other culprits include:

- > Too much dietary fat, and lack of stomach HCL, both of which affect the digestion of proteins and acids. When these get into the blood stream undigested, the immune system tries to neutralize them with prostaglandins and histamines, resulting in food allergy symptoms.

- > Lack of essential fatty acids for prostaglandin production, causing lowered immunity and glandular function;

- > Overgrowth of intestinal yeasts, such as candida albicans, resulting in lowered intestinal flora;

- > Overuse of certain drugs, such as cortico-steroids, anti-biotics and birth control pills that destroy the body's natural defenses and friendly Gastro-intestinal bacteria;

- > Too much of too few foods; (the typical American diet consists of 75% dairy, meat and wheat products, 15% sugar and fat, and only 10% fresh fruits and vegetables;

- > Pasteurization, homogenization, and the addition of stabilizers and mold inhibitors to all dairy products, rendering them clogging, mucous-forming, and hard to digest, and depleted of vitamins and absorbable minerals needed for enzyme activity.

Diet change and supplementation with herbs is the most beneficial and quickest means of overcoming food intolerances, and restoring digestive tract and immune integrity.

Minerals and trace minerals are the best bonding agents between the body and food. Without them, the body cannot absorb nutrients. They are essential to good digestion, keeping the body pH balanced; alkaline instead of acid. Skin pallor, chronic fatigue, and food sensitivities are almost certain signs that the body isn't getting enough minerals, or lacks the ability to absorb them. A high mineral diet can alkalize, balance enzyme activity, and gently build strength to improve digestive chemistry.

Enzyme production is at the heart of good digestion and assimilation. Different foods require different enzymes for proper absorption. Good food combining and relaxed eating bring the right enzymes into play at the right time. Undigested or poorly

digested food is the key cause of food intolerances.

Eating fresh, organically grown foods is important in overcoming sensitivities. When the body consumes processed, refined, enzyme depleted foods, its own enzymatic capacity must assume full responsibility for the digestive procedure. Eventually this capacity becomes weakened, and less and less food is processed correctly. These are then allowed into the blood stream where they are perceived as toxins by the immune system.

Four dietary watchwords are important in overcoming food intolerances:

- > Get plenty of food and herb source minerals and trace minerals.

- > Practice good food combining habits to increase enzyme production and efficiency.

- > Eat organically grown food whenever possible. Avoid refined, processed foods like the plague.

- > Consciously build immune system strength. Food allergies are caused by a malfunction of the immune system, in which the allergen is mistaken for a harmful invading bacteria and is then attacked, resulting in the runny nose, itchy eyes, headaches, diarrhea and congestion symptoms of food allergies.

Bodywork for the Food Sensitivity Diet:

- > No smoking before meals. Nicotine magnifies allergies almost more than any other substance.

- > Avoid caffeine, aspirin, and cortisone drugs. Each of these can damage the stomach and intestinal walls, and cause gastritis and ulcers.

- > No fluids with meals – especially no sodas or carbonated drinks. Phosphoric acid binds up many digestive enzymes and breaks down your bones. Water dilutes stomach enzymes, which causes digestion to take much longer. Drinking alkalizing broth or potassium broth before meals is best.

- > Try to eat relaxed. Tension and stress reduce the body's ability to deal with allergens.

About Food Combining:

So much confusion surrounds this area of food preparation and eating that a brief discussion about how good food combining can be helpful.

We all have suffered indigestion at one time or another, and indeed our society spends over 2 billion dollars a year on ant-acids for this problem. Good food combining can help alleviate poor digestion naturally, and return more energy to the body for other needs.

Food combining is only one factor in healthy eating. It will not guarantee good digestion. Different foods require different acid/alkaline mediums, different enzymes and different digestion times. Eating foods together that have drastically different digestive needs often results in poor or no assimilation. The body simply passes foods through with no digestion, or holds them back to wait for the proper enzyme medium. Sometimes this food decomposes in the digestive tract and then ferments, producing gas and toxins, with resultant heartburn or elimination problems.

Other factors can also reduce digestive capacity, such as overeating, eating under stress or when tired, eating before strenuous exercise, or during strong emotional experiences. Substances such as spicy condiments, vinegars, caffeine and alcohol all irritate and retard digestion considerably. Fever and inflammatory illness also partially suspend digestion to conserve energy.

In our own everyday use – these three things are certain to show true:

- 1) Small amounts of poor combinations don't seem to cause problems, and sometimes really enhance taste and enjoyment, such as a handful of raisins in a cake, or a whole grain cereal with a little apple juice or yogurt.
- 2) Fruits of all kinds are better eaten fresh, by themselves and in the first half of the day.
- 3) Don't let food combining rule your life. Most natural food recipes just work out that way automatically.

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WEDNESDAY, AUGUST 4
3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
 8:00 AM
 Wells River Savings Bank, Wells River

IMMIGRANT EXPERIENCE
 6:30 PM
 Bradford Public Library, Bradford

INVASIVE AQUATIC PLANTS
 7:00 PM
 Red Barn Located On The Rocks Estate
 Bethlehem

THURSDAY, AUGUST 5
HYMNS & TRADITIONAL GOSPEL MUSIC BY CHARLES HAMLETT
 6:00 PM
 Groton Gazebo In The Park

ASIAN LONGHORNED BEETLE INFORMATION SESSION
 6:30 PM
 Grafton County Complex, No. Haverhill

FRIDAY, AUGUST 6
FUN FILLED VARIETY SHOW
 6:30 PM
 Peacham Congregational Church

SATURDAY, AUGUST 7
ALL YOU CAN EAT PANCAKE BREAKFAST
 8:00 AM
 McIndoe Falls Congregational Church

BOOKS, RECORDS, DESIGNER FABRIC SALE - CHILDREN'S BOOK & TOY RAFFLE
 9:00 AM - 1:00 PM
 McIndoe Academy Library, McIndoe Falls

GOSPEL BENEFIT CONCERT
 7:00 PM
 United Congregational Church, Orford

SUNDAY, AUGUST 8
WHOLE HOG BBQ CONTEST
 12:00 Noon
 North Haverhill Fairgrounds
 See ad on page 7

NORTH COUNTRY CHAMBER PLAYERS
 3:00 PM
 Alumni Hall, Haverhill
 See ad on page 15

VESPERS SERVICES
 5:00 PM
 East Haverhill United Methodist Church

MONDAY, AUGUST 9
ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
 6:00 PM
 Ross-Wood Post Home, Ammonoosuc St., Woodsville

TUESDAY, AUGUST 10
NH AMERICAN LEGION RIDERS CHAPTER MONTHLY MEETING
 6:00 PM
 Ross-Wood Post Home, Ammonoosuc St., Woodsville

WEDNESDAY, AUGUST 11
PATCHWORK PLAYERS
 11:00 AM
 Alumni Hall, Haverhill
 See ad on page 15

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

MCLURE'S ALUMNI BAND
 7:00 PM - 8:00 PM
 Railroad Park Bandstand, Woodsville

THURSDAY, AUGUST 12
PEACHAM FELLOWSHIP LUNCHEON AND BAZAAR
 11:30 AM - 2:00 PM
 Peacham Congregational Church

FRIDAY, AUGUST 13
THE SWING PEEPERS IN CONCERT
 7:00 PM
 North Main Street Park, Bradford

SATURDAY, AUGUST 14
WEST NEWBURY SUMMER FESTIVAL
 8:00 AM - 3:00 PM
 In And Around The West Newbury Church

SWEET JAMM
 7:00 PM
 Alumni Hall, Haverhill
 See ad on page 15

TWIN STATE HUMANE SOCIETY BENEFIT
 Warren, NH

SUNDAY, AUGUST 15
VESPERS SERVICES
 5:00 PM
 East Haverhill United Methodist Church

MONDAY, AUGUST 16
HAVERHILL SELECTBOARD MEETING
 6:00 PM
 Morrill Municipal Building, North Haverhill

TUESDAY, AUGUST 17
NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:00 AM - 12:00 Noon
 Woodsville American Legion Post #20

SUPPER UNDER THE TENT
 5:00 PM - 7:00 PM
 North Haverhill United Methodist Church

WEDNESDAY, AUGUST 18
BRADFORD HISTORICAL SOCIETY MUSEUM'S NEW DISPLAY "MADE IN BRADFORD, THEN AND NOW"
 7:15 PM
 172 North Main Street, Bradford

FRIDAY, AUGUST 20
RAILROAD PARK CONCERT STRAWBERRY FARM BAND
 6:00 PM
 Railroad Park, Woodsville

WHENEVER DATE

Place your event for your town, school or organization at no charge.

Submit your entries by:

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Deadline for submissions is Thursday, August 12, 2010 for our August 17th issue.

Yes, You Can!

Safely Preserving The Harvest From Your Garden

By Deb Maes, Extension Educator, Family & Consumer Resources

My Dad used to grow the best tasting tomatoes. At the end of the season after we had our fill of juicy, red tomatoes, there was always had a surplus of green tomatoes. That's when my Mom got to work. She made sweet green tomato relish. After chopping, mixing, and grinding, the house was filled with the wonderful smell of cooking relish. She put the mixture into jars and stored them in the cellar. We ate that relish all winter long.

She canned her relish

using the open kettle canning method. Food was cooked to a rolling boil then placed in clean containers, in our case instant coffee jars, covered and stored. There was no processing involved.

As food safety specialists began researching safe canning methods they recommended that people not use that open canning method and that all canned products be processed in a water bath or pressure canner. After I went to work

for Extension and learned the "correct" way to preserve food, I bought my Mom a canner and jars so that she could produce a safer product. After going through the process the first season she remarked that it was a lot of work.

The new research also produced other controversial recommendations. Wax was not needed to seal jellies and jams, they should be water bath processed instead. All low acid vegetables such as peas, corn, beans should be processed in a pressure canner. Mason jars with glass lids should be replaced with glass jars and two piece lids. One other recommendation was that squash and pumpkin be preserved in cubes, not as a puree. Experienced food preservers were reluctant to make the changes.

All the recommendations that the United States Department of Agriculture uses are based on science. The ultimate goal is to make sure that the product in the jar is safe for everyone to eat. Following USDA recommendations means that there is less of a chance for seal failures, jar breakage or for the product to spoil on the shelf.

If you have canned food in the past, your preparation for a new season may be routine. Make a quick survey of your supplies and purchase whatever is needed. Do you have enough jars to hold all your efforts? Are the jars free of cracks and nicks? Is your canner in



Graphic From The National Center for Home Food Preservation.

good condition, and the canner seal ring free of cracks or tears? Have you remembered to purchase new lids for your canning jars? Are your spices fresh?

You might prefer to freeze your fruits and vegetables. Research and recommendations as to the best way to freeze and why you need to blanch vegetables have also been updated. Look for current information on the UNH Cooperative Extension website <http://extension.unh.edu/FoodSafe/FoodPreservation.htm>

Our ancestors had to preserve their food in order to have something to eat throughout the long, cold winter. They truly understood the concept of living off the land it was their way of life.

For most of us, preserving food is a choice not a necessity.

If you are new to food preservation or just want information and/or recipes on how to preserve food safely, contact your county Extension office or call the UNH Cooperative Extension Education Center at (877) 398-4769. Trained volunteers can help you make sure that you have a great tasting and safe product to remember those long, lazy days of summer. Or join us at the Horse Meadow Senior Center in North Haverhill on Wednesday, August 11th for a free food preservation workshop at 5:30 pm. Call us at 787-6944 to register or for more information.

August 3, 2010 Volume 1 Number 30

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NOTICE TO ALL MEMBERS

The Annual Family Picnic is scheduled for
Sunday, August 8 beginning at 12 noon
At the Ammonoosuc Valley Fish & Game Club,
Route 112, Swiftwater, NH

**The menu includes: hot dogs, hamburgs,
sausage, baked beans, various salads,
watermelon & beverages.**
There will be door prizes.
Plus games and prizes for the children.
All Members of the Legion, Auxiliary SAL & Riders
along with their guests are invited to attend
and enjoy the day at no cost.

The meeting that took place on Wednesday, July 21st had a diverse, and some would say powerful, audience. Along with the president of the White Mountain Community College and three other members of the college staff there were elected officials, present and past school administrators, Haverhill Police Chief, Human Resources personnel, a number of members of the local media and several other interested and concerned private individuals. As noted by one of the staff members after the meeting, the one group not well represented, if at all, was students. Either past, present or potential future students of the college.

In fact, all those attending are indeed potential students. One of the cornerstones of White Mountain Community College is the furthering education of adults. It was re-

ported during the meeting that the average age of their students is about 31. It was also noted from some of the presenters that continuing education is available to employees at several local businesses. But for the most part the student population was not well represented at this late morning meeting. There were no current or recently graduated high school students.

Some other quick statistics shared at the meeting. The college currently has 582 full time students and about 1500 part time. That number has about doubled in the last 10 years. In the most recent four year period enrollment at the Woodsville campus has decreased by 62% while it has increased by 83% at the Littleton campus. Twenty Associate Degree programs are offered. Costs are about \$195 per credit. Over \$100,000 in schol-

arships are available each academic year. The service area for WMCC is from Route 25 north. (That does not exclude others from taking classes at WMCC). A new "Running Start" program has been added at Woodsville High School where students can get 3 college credits for just \$100. if the course is available. This program is run at about fifteen high schools throughout the service area. WMCC's main campus is in Berlin with other campuses in Littleton and Conway.

But this meeting was focussed on the future, or lack thereof, of WMCC at Woodsville High School. The current plan calls for no more classes to be held at WHS after January 1, 2011. Some alternatives were suggested including using space at the Grafton County Complex to video conference with other campuses.

The bottom line for WMCC appears to be that not enough students have taken advantage of the Woodsville campus to make it financially viable to continue. By closing the campus/office at WHS it means a savings of \$11,000, the rental payment to the school district. That savings will then get spent "in a much smarter way" according to the WMCC staff. Just how that money will be spent is still in question. But the idea is still to offer educational opportunities to students in this area.

Fall courses scheduled to

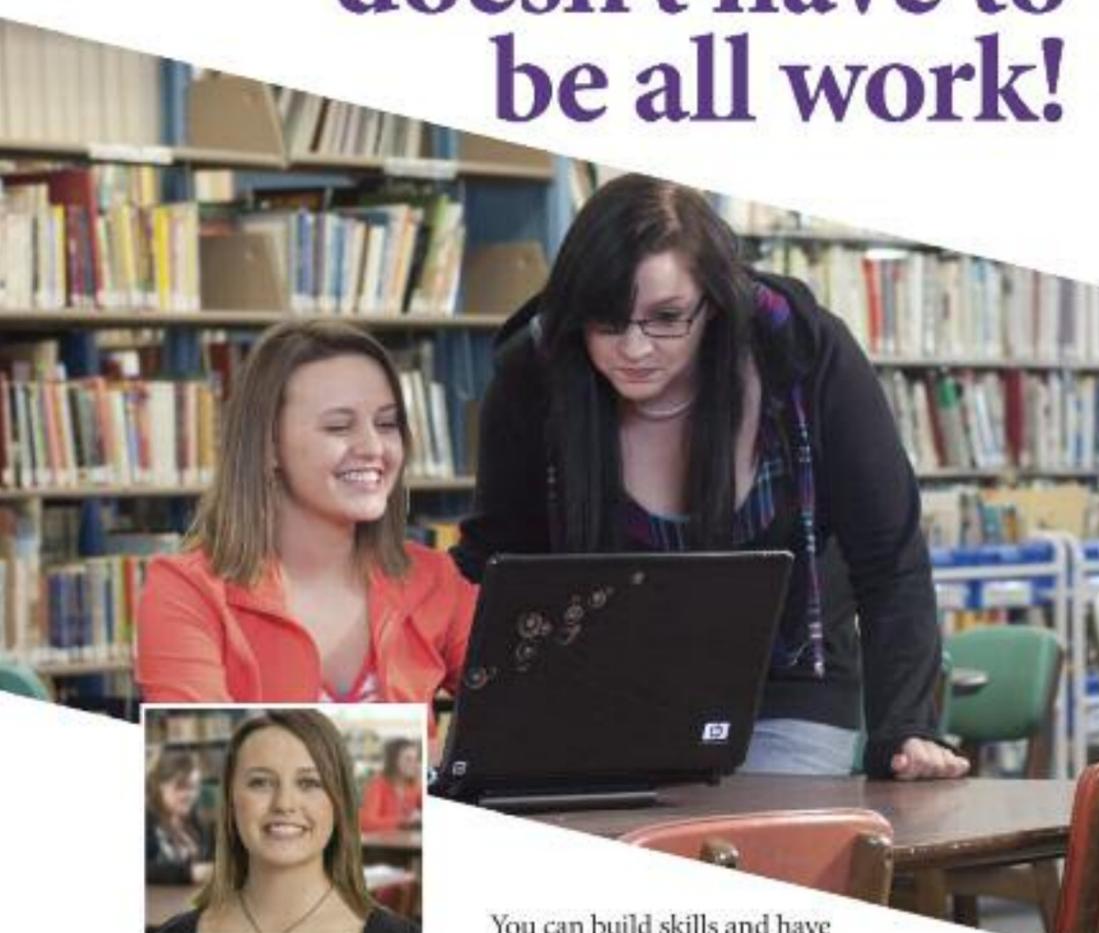
be held at Woodsville are now open for enrollment, the one thing that will best keep this campus open. These courses also include some that may be video conferenced into Woodsville with teachers at other campuses.

White Mountain Community College is a resource that this area currently enjoys, but is in danger of losing. So if you have thought about taking a college course to continue your education or to move in a different direction, now is the time to act before the opportunity moves away.

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Chamber Opera House Welcome Center Becomes Vendor for White Mountain National Forest Passes

The Littleton Area Chamber of Commerce has brought yet another great reason to stop by the newly renovated Littleton Opera House Welcome Center: You

can now purchase your parking passes for the White Mountain National Forest in Littleton.

Coordinating with National Forest officials for over

a year, chamber officials are excited to provide this service to users of the National Forest. "When we received the news that the Trudeau Road station would be closing, we jumped at the chance to be able to carry the passes and provide the service to the area" said Chad Stearns, Executive Director. This is an important service to the area, and we are proud to ensure that passes are still available locally".

Since 1997, the Forest has used recreation fees to maintain high quality recre-

ation facilities and trails. Passes available for purchase at the Opera House Welcome Center include 1-7 day Recreation Passes, Annual Recreation Passes, and 2 Car Household Annual Passes.

"This is just another great reason to come to Littleton" said Jim Alden, Vice President of the chamber, Marketing committee member, and a driving force behind bringing the service to Littleton. "Whether residents want to buy there passes before going a trip to the National

Forest, or guests to the area want to buy a pass while on vacation, providing this service brings people to town, and gets customers that much closer to area businesses doorstep".

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561, www.littletonareachamber.com

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 BOOKKEEPING.....JANICE SCRUTON

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 ads@trendytimes.com
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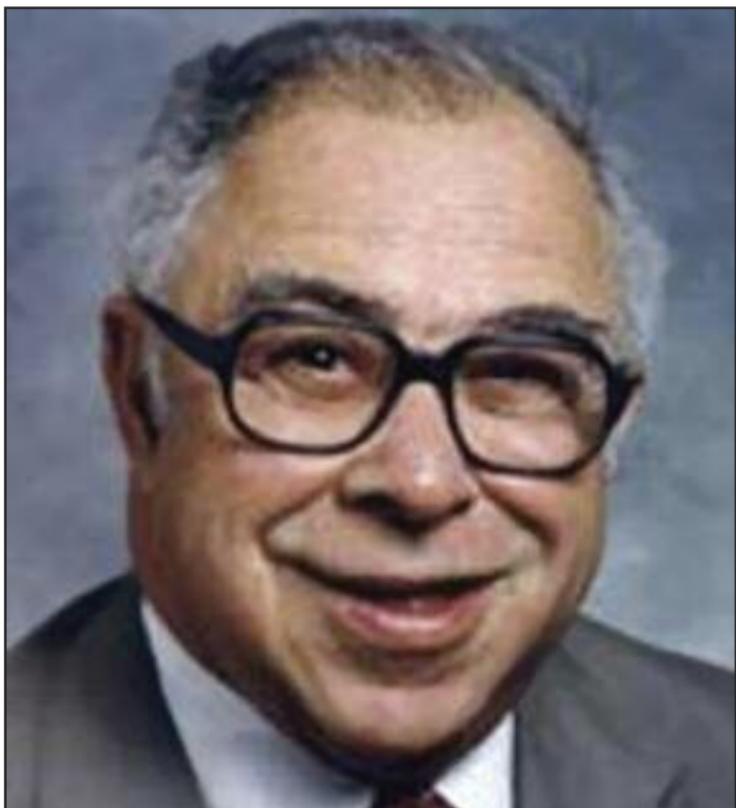
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Sergeant Arthur Buchwald

By George Clark



land in October 1942, and a sojourn that gave him a DI who, he later claimed, acted as his surrogate father. Thereby instilling discipline and a strong sense of values in a lad badly in need of both. After boot camp he was assigned to duty with the air service and eventually wound up serving in the Pacific area for two years with the 4th Marine Aircraft Wing as a service man. His unit remained in the Pacific until the war ended and returned to Cherry Point, NC.

Without a high school diploma he had to finagle a place in the incoming class at the University of Southern California, and eventually became the editor of the campus magazine, and provided articles for the daily newspaper. When the university learned he did not have a high school diploma,

they couldn't/wouldn't issue him a degree. (In 1993 they gave him an honorary degree)

In 1948 with a one-way ticket he went to Paris. He caught work as he could and in 1949 was hired by the New York Herald Tribune Paris edition to write a column Paris After Dark. His career eventually took off and he was hired back to the US in 1962 to write a series of columns with a humorous bent for specifically American audiences. He was a great success and his audience followed him into buying

numerous books based upon his columns. Many were satire based upon the American political scene.

In later years he suffered from kidney failure and it appeared that he was going to die. However, he fooled everyone and became almost well. Although, along the line he was rumored to have had an affair with Marilyn Monroe, like so many other males, he seemed to be happily married,

with three adopted children. He had a stroke in 2000 and a leg amputated in February 2006 but continued in his humorous vein until his last trip when he died from kidney failure on 17 January 2007. The next day the website of the new York Times posted a video obituary in which Art, himself, declared "Hi. I'm Art Buchwald, and I just died." I must admit, I miss his columns and humor.

Buchwald, Arthur. Sergeant. Buchwald was born in New York City to a Polish-Hungarian couple of Jewish origins. His father Joseph was a curtain manufacturer, and his mother Helen a housewife, who later spent 35 years in a mental institution. Arthur had three sisters, and after mother was committed he was forced to send his children to a Hebrew orphanage. That changed, however, when his business failed during the great depression he was forced to find a location for the four that wouldn't cost him any money. That meant foster homes for them and generally they were separated from each other for many years. One home that Arthur went to, and remained for quite a lengthy period, was one run by the Seventh Day Adventists, who began converting him. This lasted until Art, his nickname, was five years of age, and very estranged from the rest of the family. At that time he and the sisters and their father were

reunited and lived at home.

Art wanted to join the Marines as soon as war began, but at sixteen, he was then underage. He had some difficulties, so he ran away from home. While he was "touring" the south, he was picked up as a vagrant but somehow managed to talked his way out of going to a chain-gang. At that point he found a drunk, gave him a bottle, thereby bribing the man into signing off that he was Joseph Buchwald and it was ok for his son to become a Marine.

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Contribution to Fresh Air Fund Inspired by Oscar-Winning Film Program Expansion Includes Eight CLH Cabins



Brian, Mayghan, Deb and Brooke Simano stand with "Precious" movie producer, Sarah-Siegel-Magness and leading role actress Gabourey Sidibe at The Fresh Air Fund Sharpe Reservation in Fishkill, NY.

As the sales representative for the purchase of eight Coventry Log Home cabin packages destined for The Fresh Air Fund's Camp Anita Bliss Coler, Deb Simano and her husband, Brian, also an employee of CLH were invited to attend the ribbon cutting ceremony for Precious Center For Teen Leadership in Fishkill, NY. Sarah Siegel-Magness of Smokewood Entertainment Group was inspired to contribute \$1.325 million after producing the movie Precious in order to establish a center dedicated for teenage girl leadership programs, and Gabourey Sidibe, who played the lead character for which the center is named, were guests of honor.

VIP treatment was given to the Simanos who received a tour of the facility, and were introduced to the guests of honor and fed lunch seated in a manner that encouraged direct conversation with the

teen campers. Deb Simano asked the talkative girl named Gabby who sat next to her what she hoped to do with her life, the response was "I have high hopes for myself," and went on to list three lofty career goals. The board and staff for The Fresh Air Fund have been waiting for the funding that Precious producers afforded them and are anxious to provide the leadership training to make the high hopes for girls like Gabby a reality.

Aware of the role the movie played in the acquisition of the cabins the Simanos saw the "feel bad/feel good" movie and like all other viewers were disturbed by the portrayal of abuse and the role that illiteracy played in keeping the situation seemingly hopeless. After seeing first hand a day in the life of the teen camper the Simanos drove toward home in silence for a good twenty minutes contemplating the experience. Deb Simano asked her children what they were thinking, their sentiment was expressed "no matter how many pictures we share or stories we tell no one will ever understand how hopeful

we feel for these kids." Their parents couldn't agree more.

The Fresh Air Fund is a not for profit organization that was founded in 1877 and has grown to provide New York's inner-city children a vacation with either host families in 13 states and Canada or a Fresh Air Fund camp.

Every year 3,000 children experience a two-week outdoor adventure on one of five camps on Sharpe Reservation's 2,300 acre facility surrounded by lakes, ponds, streams and hiking trails located in the Hudson Highlands near Fishkill, NY.

Coventry Log Homes

Inc. is located in Woodsville, NH and manufactures and sells log home packages all over the country and beyond. To view an inspiring video and related photos of the ribbon cutting event produced by the Poughkeepsie Journal in New York go to www.coventryloghomes.com



By Ronda Marsh

Donut Muffins

Yup, you read it right: DONUT MUFFINS!! Now I ask you, what could possibly be better than a confection that tastes like a warm and sugary donut, but is made with the ease of a muffin? This is a recipe I've had since the 1970's, but I kind of forgot about, and I hadn't made them in quite a few years. Then, just the other day, while perusing one of the food blogs that I regularly visit, I saw them featured. I remembered how much I liked them, and immediately knew I would resurrect my version to share with you. Of course, I had to make a batch to get a picture for you; so ultimately, I'm blaming you for the fact that I ate up the majority of the muffins myself, and probably gained 5 pounds in the process. Oh, the sacrifices us poor, suffering food writers must make!

There is nothing difficult or tricky about making these, but as with all muffins, if you over mix them, they will tend to get dense and tough, so don't be concerned if there



are a few tiny specks of dry ingredients still visible in the batter; that's when you need to restrain yourself from being too thorough, and just put the spoon down. Even if you decide to use muffin liners with these (I opted not to) be sure to either lightly grease or spray the top of the pan, as you have to remove these babies while they're still very hot, and if they stick at all, you'll end up ripping the tops off. Now, the recipe is supposed to make a dozen muffins, but I usually get 10.

I use a 1/4 cup measure to scoop the dough, and find that works nicely. You could probably make them a little smaller, but then you risk not getting that beautiful little puff on the top, that makes them so eye appealing and donut-like. So there! No more huge kettles of boiling lard or last-minute trips to Dunkin's required to appease your donut craving. Make these to share with your family and friends, or better yet, make them just for you. After all, you need to test them first, right?!

- 1-¾ cups flour
- 1-½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon nutmeg
- ½ teaspoon cinnamon
- ⅓ cup vegetable oil
- ¾ cup sugar

- 1 whole egg
- ¾ cup milk

FOR THE TOPPING:

- ¼ cup butter
- ⅓ cup sugar
- 1 Tablespoon cinnamon

Pre-heat oven to 350°F. Combine flour, baking powder, salt, nutmeg and cinnamon in a mixing bowl, whisking to mix. Combine oil, sugar, egg and milk in a bowl. Add the wet ingredients to the dry ingredients all at once and stir just until barely combined. Grease or spray a 12-muffin tin, being sure the top of the pan is also greased. Bake for 15-20 minutes, until a toothpick inserted in the center comes out clean. Meanwhile, melt the butter in a bowl. Combine the white sugar with the cinnamon in another bowl. Shake muffins out while still hot. Dip muffins in butter, then into the sugar/cinnamon mix. Let cool on a wire rack. Eat half of them, slathered with butter, then surreptitiously bake another batch, so no one figures out that you're a Donut Muffinaholic.



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