

“Wednesdays With Willie” Wandering Way-out Wayfarers Have Wrought Warm-blooded Wordly-wise Wackiness And High Wattage Wit In Weatherproof Weekly Wonderment

By Robert Roudebush



“ACTION IS ELOQUENCE”*

By the time you read this, the action is just about to start and it will stretch over 6 weeks of eloquence at 75 Court Street, Haverhill Corners - Theatre Under The Stars in Haverhill, at Alumni Hall.

Theatre Under The Stars (TUTS) is the name of the touring acting company coming to town - Alumni Hall is calling this multi-week stretch of fun frivolity “Wednesdays With Willie”. Guess whose works they are mounting.

It truly IS something of a midsummer night’s dream. Picture your kids laughing out loud, and screaming in joy at what they are watching. Not a TV or video screen or handheld device in sight. Sometimes they are up out of their chairs, pointing with glee and shouting in delight. As you like it. In at least one of the six presentations, the kids in the audience may be watching kids on the stage about their own age. And the oldies in the crowd are having just as great a time at the same time, for the same reason in the same place, in the hamlet of Haverhill Corners on the back lawn at Alumni Hall. If it

rains, the players move indoors. Advertise it, spread the word to your friends.

“WE ARE ADVERTIS’D BY OUR LOVING FRIENDS”*

TUTS performs Shakespeare’s works in a way you may not have seen them before – not boring. The Water-ville Valley, NH based repertory company’s well-honed specialty is family-friendly works based on Shakespeare, high-energy simplicity and plain old-fashioned fun in alternating rotation (and include in Haverhill at least one Vampire). They build in audience participation – yes, if you’re watching, you’re not JUST going to be watching. Sort of a measure for measure exchange. BYO (bring your own) picnic and beverage of choice to start before the play, and enjoy an ice cream “social” and meet and greet the actors after. This is not much ado about nothing. And it is clearly no comedy of errors - this is engaging professional theatre, with audience interaction. While there is no twelfth night, there are six nights of “Wednesdays With Willie” in Haverhill presented just as they were back in the

sixteenth century when originally staged - in raucous, clever-worded knee-slapping fast-moving fun. Kids of all ages love it. And you needn’t be a merchant in Venice to afford it. Did I mention the performances are free? Plenty of good reason to attend.

“STRONG REASONS MAKE STRONG ACTIONS”*

The Wednesday dates start nearly immediately
July 6 –
Two Gentlemen of Verona
July 13 –
The Original Practice -
Taming of the Shrew
July 20 –
Young People’s Players –
“Half Baked Hamlet”
July 27 –
The Winter’s Tale
August 3 –
Interactive DDDracula
August 10 –
Hamlet, Prince of Denmark

Shows start at 6:30 pm but bring chairs and ground cloths for your picnic, or, enjoy it at a few tables provided if you prefer, around 6 pm. The “free” part comes in because of a generous gesture of support from a local donor, Woodsville Guarantee Savings Bank, who encourage this kind of excellence, but any one attending has the option of donating “Pay What You Can” chip-ins of five-dollars per adult.

PUTTING THE ‘S H A K E’ BACK IN SHAKESPEARE!

The crowds for New Hampshire’s only professional classical outdoor repertory company, founded in 2006, are enthusiastic and diverse, drawn from every precinct in Haverhill, across the state, and from across the river in Vermont and every walk and ride of life – blue-collar, white collar, no collar at all - there may even be some desperately merry wives of Windsor.

According to their own website www.shakespeareinthevalley.com, “...on any given night you may see bikers (in full leather) with beer and pizza sitting next to the garden club ladies in their decorated straw hats next to an elegant group with a table replete with cloth and flowers who are drinking goblets of champagne from an ice bucket and next to them is a group of teens eating fast food! There may even be some flatlanders, but please, be kind.

“THOUGH I AM NOT NATURALLY HONEST, I AM SO SOMETIMES BY CHANCE”*

Executive Director Keisha Luce from Alumni Hall tells me honestly that “It’s such a great way to spend a summer evening and something that I think kids will take away as a highlight of their summer.” She adds, “...this is a company that brings a lot of fun and accessibility to the Bard – I saw them several times last year in Plymouth and was amazed at how the kids in the audience were enthralled by the shows. The series will include traditional plays with a few performances designed for kids.”

“ASSUME A VIRTUE IF YOU HAVE IT NOT”*

The virtues of this outstanding company of traveling players are well-documented in newspapers like the Boston Globe and the NY Times who compare TUTS favorably with similar acting troupes in much

bigger, more famous cities such as New York and San Francisco. The Founding/Producing Artistic Director, Donna Devlin is infectiously enthusiastic and articulate about her traveling troupe, which she calls “Bare-bones Bard”. With top-drawer educational credentials she has built an impressive personal record of professional experience and success in just about every aspect of today’s performing media, especially television and film. She was also New Hampshire’s first female Film Commissioner.

“I WISH YOU WELL AND SO I TAKE MY LEAVE, I PRAY YOU KNOW ME WHEN WE MEET AGAIN”*

MORE INFORMATION ON TUTS GO TO THEIR WEBSITE LISTED ABOVE. FOR INFORMATION ON “WEDNESDAYS WITH WILLIE” HERE IN HAVERHILL CALL ALUMNI HALL AT 989 5500 OR EMAIL INFO@ALUMNIHALL.ORG OR JUST ACCESS ALUMNI HALL.ORG

* THOSE ASTERISKS ABOVE INDICATE I DID NOT WRITE THOSE FINE WORDS - WILLIE DID.



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Walmart Foundation & Meals On Wheels Association Of America Combats Senior Hunger In The Northeast Kingdom

Much-needed Grant Means A Brighter Future For Local Efforts To Feed Homebound Seniors

The Area Agency on Aging for Northeastern Vermont is pleased to announce that it has been awarded \$14,905 through a Walmart Foundation grant to the Meals on Wheels Association of America (MOWAA). The money will provide the Agency and its local partners with much-needed kitchen

equipment and delivery materials critical to serving the growing number of seniors in the Northeast Kingdom.

This financial support is desperately needed as many Meals on Wheels programs across the country continue to struggle with skyrocketing gasoline costs and rising food prices. The Walmart

Foundation-MOWAA "Building the Future" Impact Grants will allow the Agency to purchase equipment and help ensure the sustainability of the region's senior nutrition programs while fostering long-term growth.

"Thanks to the Walmart Foundation-MOWAA Building the Future Impact Grant, we

will be able to make fresh, locally grown food more readily available for seniors in our community," said Ken Gordon, Executive Director of the Area Agency on Aging. "This grant will also help us expand the range of our delivery routes, and, in doing so, will make home-delivered meals available in regions of the Northeast Kingdom where they have not been available before."

The Walmart Foundation recently announced a \$5 million donation to MOWAA as part of a \$2 billion commitment to support hunger relief efforts through 2015. Part of that \$5 million donation will fund the "Building the Future" Impact Grants. The grants will help more than 100 local Meals On Wheels programs purchase stoves, refrigerators, trucks and other equipment needed in the fight to end senior hunger.

"We know that seniors are among those hardest hit by hunger in this country. Many are home-bound, and rely on neighbors and community volunteer programs like Meals on Wheels to help put food on the table," said Margaret McKenna, presi-

dent of the Walmart Foundation. "Through this \$5 million grant, we hope to bring additional attention to senior hunger and help ensure that our parents, grandparents and friends who have added so much to our lives have access to healthy and nutritious food."

"The Walmart Foundation continues to step up to the plate in the fight against senior hunger," said Enid Borden, President and CEO of MOWAA. "They understand that joining Meals on Wheels in this battle is a moral imperative. The Walmart Foundation's generous support helps ensure our programs sustain meal services well into the future. We can't thank the Walmart Foundation enough for being such a powerful partner in our mission to end senior hunger in America by the year 2020."

Research sponsored by MOWAA reveals that more than six million seniors in America face the threat of hunger. The Walmart Foundation-MOWAA "Building the Future" Impact Grant program is intended to help combat the problem of senior hunger.

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Local American Legion Members Move To Higher Positions

On the weekend of June 18 & 19 there was a statewide gathering of members of the American Legion in New Hampshire. This annual event was held in Nashua but still featured plenty of highlights for the Northern districts of the state.

New Hampshire has eight districts in the American Legion. The northern most, which includes posts from Woodsville to Berlin, is known as District 8. And District 8 made plenty of noise this year. It begins with Maurice Anderson, a resident of Bath, who was elected as one of five State Vice Commanders.

This was Maurice's first attempt at a position of this height and he gathered the second most votes among all the candidates for these coveted positions. With his new title he will be concentrating on Districts 8 and 6 with visitations to all the posts in those districts during the upcoming year. Maurice is a former District 8 Commander.

Maurice is also looking to open a new post at the Berlin Prison. This would not be the first such Legion Post at a prison. Many of the prisoners have expressed a desire to belong and those with less violent criminal histories are

still eligible to become members. Even as non-members, inmates have raised money from craft sales to send those serving, and have made and sent over 1000 cards to deployed troops.

Another local veteran moving to a higher position was Woodsville resident Jim Krajniak. Jim was recently elected to the post of District 8 Commander. This position will see him traveling all around the district offering assistance to any post that needs help. Jim also received an appointment as vice-chairman of the 72 member National Foreign Relations

Council of the American Legion. He will therefore be attending the 93rd National Convention later this year in Minneapolis, Minnesota.

A third American Legion member of the North Country who recently received a big endorsement was Jack Neylon of Twin Mountain. Jack was recommended by the NH Department for election as one of four nation wide Vice Commanders for the 2012-2013 term. Though his election is not a sure thing, it is a very large step toward that end. Jack has previously served as the New Hampshire Department Commander and has more recently been a National Executive Committee Member.



NH Dept Vice Commander Maurice Anderson

As another added bonus the current NH Commander, Bab Blais, was scheduled to participate in the Woodsville/Wells River Fourth of July Parade. Along with Commander Blais, several other NH officers were due to march along with members of Ross-Wood Post #20.

5-2-1-0

5-2-1-0 Healthy NH is a statewide public education campaign which promotes nutrition and physical activity for adults and children. With all the media concern about adult and childhood obesity, UNH Cooperative Extension has developed a two part workshop focusing on the basic components of 5-2-1-0; eat fruits and vegetables at least 5 times a day, cut screen time to 2 hours or less a day, participate in at least 1 hour of moderate physical activity every day and restrict sugar sweet-

ened beverages such as soda and fruit drinks to 0 each day.

The sessions will be led by Grafton County Extension Educator Deb Maes. They will be held in the Extension Conference Room at the Grafton County Administrative Building on Route 10 in North Haverhill from 6:30 to 8 PM on July 13th and July 27th. Session one will focus on fruits and vegetables and sugar-sweetened beverages. Session two will focus on physical activity and screen time.

These workshops target

parents, child care providers, grandparents and guardians — anyone who takes care of children ages 2 to 18. The goal of the workshop series is to help parents and caregivers be 5-2-1-0 role models for their children and to help adults reach their own 5-2-1-0 Healthy NH goals. This workshop series will be repeated in Littleton and Plymouth later this summer.

To register for this workshop series, call the Extension office at 787-6944 or e-mail deborah.maes@unh.edu.

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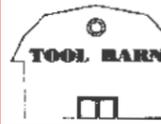
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July 5, 2011 Volume 2 Number 19



PARADE THEME IS
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Artists Sought For White Mountains Cultural Festival

Artists of all kinds are encouraged to become involved in the White Mountains Cultural Festival: Eight Days of Weeks, a celebration of art and nature, this summer.

There are many opportunities for visual artists and craftspeople, from exhibiting their work in public places in advance of the Festival to being paired with a naturalist on nature walks to help illustrate the birds, flowers, trees, insects, water and mountains through sketching and simple paintings.

Plein air painters will be invited to paint at selected locations throughout the region, and to show their work. Craftspeople whose work is inspired by wood, stone and other natural materials — or

is part of a North Country tradition — will also have opportunities to demonstrate.

Musicians, theater artists, dancers, writers and poets are also needed for a variety of programs, performances, and special events.

Both adult and student artists are invited to participate.

"This is a grass-roots festival for year-round and summer residents as well as visitors to our region," says Arts Alliance director Frumie Selchen. "We're really open to fun and innovative ideas, both artist-generated and community-based, that help us explore and celebrate northern New Hampshire and our cultural connections to our landscape in interest-

ing ways."

The Festival helps celebrate the 100th anniversary of the Weeks Act, federal legislation that allowed the Forest Service to purchase private land and turn it into public forest, including the White Mountain National Forest. Dates and locations include: weekend of August 6 & 7, Plymouth to Lincoln area; August 13 & 14, Bethlehem to Whitefield region; August 20 & 21, Mt. Washington Valley; and August 27 & 28, Gorham/Berlin region.

Contact Weeks coordinator Deb Cottrell at weeks@aannh.org or (603) 323-5030 for more information or to participate. For additional details, visit www.aannh.org or www.weekslegacy.org.

Meals To Pets Program Receives Grant

Homebound seniors in the Northeast Kingdom face many challenges, but losing their pet due to the rising cost of food will not be one of them thanks to the Area Agency on Aging's "Meals to Pets" Program. The Agency recently received a grant award of \$1,000 from the Banfield Charitable Trust that will help continue this important program.

"Meals to Pets" provides food to the animals of homebound seniors who receive Meals on Wheels in the Northeast Kingdom, and is largely dependent on donations from the community. The project is a collaborative effort between the Frontier Animal Society, the Elizabeth H. Brown Humane Society, Kingdom Animal Shelter,

Lyndonville and Newport Agway, Poulin Grain, Inc., Pic-n-Shovel, Radiant Floor Company and a devoted group of volunteers.

"Studies show that having a pet decreases illness levels and mortality rates. The program reduces the possibility that a homebound senior will have to give up their dog or cat because they are unable to feed them, said Lisa Viles, who coordinates the program for the Agency on Aging.

The economic downturn has left many older adults on fixed incomes with difficult decisions about paying for food, medication, heating their homes and caring for a pet. Far too often we learn of seniors choosing to share their home-delivered meal

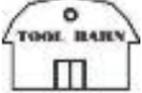
with their companion animal, resulting in poor nutrition for both. Other seniors fear losing their pets and worry about adding to the burden of local animal rescue programs.

Community members are invited to join this effort. Help is needed to fill a variety of different roles including drivers, delivery coordinators and program assistants. Financial donations from those interested in supporting this project would also be welcomed.

For more information about this program, or to add your support to this effort, contact Lisa Viles or Jenny Patoine at the Agency on Aging at 748-5182 or via the Senior HelpLine at 1-800-642-5119.

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ART & PHOTOGRAPHY SHOW

Entry Information: Items must be brought to the fairgrounds on Sunday, July 24 from 12:30pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Luanne & Dennis Fournier 603-787-6389.

- | | | | |
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| ARCHITECTURE | FAIR FUN | PETS | SCENERY |
| BIRDS | FAIR THEME 2010 | PHOTO ESSAY | STILL LIFE |
| CREATIVE | HUMAN FIGURES | PLANTS | SUNRISE OR SUNSET |
| EXHIBITOR'S CHOICE | LIVESTOCK | REMINISCING | WILDLIFE |



EDITH G. HENSON MEMORIAL FLOWER SHOW

Entry Information: Items must be brought to the fairgrounds on Wed., July 27 3-6pm, Thur., July 28 3-6pm or Fri., July 29 8:30-11:30am. Go to www.nohaverhillfair.com for complete rules. Hannah Fadden 603-728-8117.

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| ARRANGEMENT IN YOUR CHOICE OF CONTAINER | DECORATIVE WREATH USING FRESH FLOWERS | SHRUBS |
| ARRANGEMENT IN A VASE | EXHIBIT OF ONE ANNUAL IN A VASE | VINES OR CLIMBING PLANTS |
| ARRANGEMENT IN A BASKET | EXHIBIT OF ONE PERENNIAL IN A VASE | BEST USE OF GLADIOLAS IN AN ARRANGEMENT |
| ARRANGEMENT OF WILDFLOWERS | EXHIBIT OF ONE ROSE IN A VASE | GAY MORSE MEMORIAL CLASS |
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ARTS, CRAFTS AND COLLECTIONS



Entry Information: Items must be brought to the fairgrounds on Sunday, July 24 from 1:00pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Jane Oakes 603-272-4928.



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| ARTS, CRAFTS & COLLECTIONS | CLASS VII CROCHETING | CLASS XIV PICTURES NEEDLEWORK |
| CLASS I QUILTS AND SPREADS | CLASS VIII KNITTING | CLASS XV CERAMICS |
| CLASS II QUILTS AND SPREADS | CLASS IX RUGS | CLASS XVI LEADED STAINED GLASS |
| CLASS III SMALL QUILTS | CLASS X DECORATIVE PAINTING | CLASS XVII MISCELLANEOUS DECORATIONS |
| CLASS IV WALL HANGINGS | CLASS XI PILLOWS | CLASS XVIII HOLIDAY DECORATIONS |
| CLASS V EMBROIDERED ARTICLES | CLASS XII HANDMADE WOODEN ARTICLES | CLASS XIX AFGHANS |
| CLASS VI HOUSEHOLD ITEMS | CLASS XIII STUFFED DOLLS & ANIMALS | CLASS XX MISCELLANEOUS |

King Arthur Baking Contest

Saturday, July 30
Pre-registration Required
By Friday, July 22
Junior & Adult Classes
More info go to
www.nohaverhillfair.com



North Haverhill Idol
Must Apply With Video By July 20.
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or call 603-747-3942
Thursday, July 28
Preliminary Round 6pm
Finals Begin at 9pm
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Calendar of Events

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

TUESDAYS

COMMUNITY FARM WORK DAYS
4:00 PM – 6:00 PM
NEK Community Farm, Old Center Road

THURSDAYS

PEACHAM FARMERS' MARKET
3:00 PM – 6:00 PM Rain or Shine
Academy Green, Peacham

TUESDAY, JULY 5

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, JULY 6

DOG REGISTRATIONS
7:30 AM
Twin State Humane Society

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM
Wells River Savings Bank, Wells River

VEGETABLE GARDENING SERIES

5:30 PM – 7:00 PM
Gazebo, Grafton County Complex, North Haverhill

"TECH SAVY" MAC SMART

6:00 PM
Bradford Public Library

TWO GENTLEMEN OF VERONA

6:30 PM
Alumni Hall, Haverhill
See article on page 1

RYEGATE HISTORICAL SOCIETY PRESENTATION

7:30 PM
Whitelaw Hall, East Ryegate

THURSDAY, JULY 7

FIRST THURSDAY WINE TASTING
2:00 PM – 6:00 PM
St. Johnsbury Food Co-op, Portland Street

PANCREATIC CANCER AWARENESS BENEFIT DINNER, RAFFLE & AUCTION

5:30 PM – 8:30 PM
Horse Meadow Senior Center
North Haverhill

MASKS AROUND THE WORLD

6:00 PM
Bradford Public Library

MUSIC IN THE PARK - DON & JENN

6:00 PM
Veterans Memorial Park, Groton
See ad on page 19

SWIM LESSON TESTING

6:00 PM – 8:00 PM
A.P. Hill Pool, Woodsville
See ad on page 9

FRIDAY, JULY 8

FARM TO SCHOOL SUMMER MEETING
9:00 AM
St. Johnsbury School

ACHS - WARREN OPEN HOUSE

2:00 PM – 4:00 PM
Warren
See article on page 18

SATURDAY, JULY 9

WHITE MOUNTAIN GARDEN CLUB SYMPOSIUM & FAIR
10:00 AM – 4:00 PM
Sugar Hill Meeting House and Carolina Crapo Building, Rte 117, Sugar Hill
See article on page 9

UPPER VALLEY BEE CLUB SUMMER WORKSHOP

12:00 Noon – 2:00 PM
Bob Eastman's Bee Yard, West Fairlee

OCCT AUDITIONS

2:00 PM
137 North Main Street, Bradford
See article on page 9 and ad on page 18

SUNDAY, JULY 10

VESPER SERVICE OF HYMNS & LESSONS WITH REV. STEVEN SEMINERI
5:00 PM
East Haverhill United Methodist Church

MONDAY, JULY 11

VACATION BIBLE SCHOOL MON-THURS, JULY 11-14
8:30 AM – 11:00 AM
North Church, Monroe

GOOD OLE BOYS & GIRLS DOUG DUTILE UPDATE ON JAIL

12:00 Noon
Happy Hour Restaurant, Wells River

ST. JOHNSBURY TOWN BAND CONCERT & FREE ICE CREAM SOCIAL

Evenings
Courthouse Park, St Johnsbury

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM
American Legion Home, Woodsville

WEDNESDAY, JULY 13

COMMUNITY GARDEN WORKSHOP SERIES
4:30 PM – 6:30 PM
NEK Community Farm, Old Center Road

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

"CRAB GRASS" CONCERT

6:00 PM – 8:00 PM
Chevron Park, Lisbon
See article on page 8

LABYRINTHS - WHAT THEY ARE AND HOW TO BUILD ONE

6:30 PM
Bradford Public Library

THE ORIGINAL PRACTICE - TAMING OF THE SHREW

6:30 PM
Alumni Hall, Haverhill
See article on page 1

THURSDAY, JULY 14 MASKS AROUND THE WORLD

6:00 PM
Bradford Public Library

MUSIC IN THE PARK - ALAN GREENLEAF & "THE DOCTOR"

6:00 PM
Veterans Memorial Park, Groton
See ad on page 19

FRIDAY, JULY 15 ON GOLDEN POND

7:30 PM
Old Church Community Theater, Bradford
See ad on page 9 and article on page 18

SUNDAY, JULY 17

CAMP LANAKILI BOYS CHOIR SINGING THE WORSHIP SERVICE
10:30 AM
Orfordville Congregational Church

VESPER SERVICE OF HYMNS & LESSONS WITH REV. STEVEN SEMINERI

5:00 PM
East Haverhill United Methodist Church

VACATION BIBLE SCHOOL SUN - THURS, JULY 17-21

6:00 PM – 8:00 PM
United Congregational Church of Orford

MONDAY, JULY 18

ST. JOHNSBURY TOWN BAND CONCERT & FREE ICE CREAM SOCIAL
Evenings
Courthouse Park, St Johnsbury

TUESDAY, JULY 19

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

YOUTH GOLF CLINIC

Must Pre-register
Blackmount Country Club, North Haverhill
See ad on page 13

WEDNESDAY, JULY 20

FREE COMMUNITY POT LUCK DINNER
5:30 PM Vacation Bible School Families
6:00 PM Public
United Congregational Church of Orford

YOUNG PEOPLE'S PLAYERS - "HALF BAKED HAMLET"

6:30 PM
Alumni Hall, Haverhill
See article on page 1

THURSDAY, JULY 21

BURLAP WEAVING BOOKMARKS
6:00 PM
Bradford Public Library

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

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

Deadline for submissions is Thursday, July 14th for our July 19th issue.

Saint Johnsbury Community Farm Blossoms 7

The Saint Johnsbury Community Farm is headed into its second year, and it's off to a promising start. Volunteers have already planted a wide range of crops, from radishes to tomatoes to melons at the Old Center Rd. location. In the coming weeks there will be a range of events including gardening workshops (Wed. July 13) and community garden work parties held every Tuesday afternoon from 4-6pm and Saturday June 18 from 9am - Noon.

Those who have passed the land, the use of which is donated by landowner Jeff Moore, may have seen signs of progress, such as towering bean poles and the fluttering mass of green tape where the lettuce maze will be. But these are just the beginning of everything that's going on at the Community Farm.

The lettuce maze is specially designed to be both aesthetically appealing and fun for children. In fact, at the last two garden workshops and the last garden work party, half of the attendees were kids! Heather Burt, of Waterbury, who helps to manage the garden and teaches the workshops, is only half kidding when she says that she's trying to draw kids to the garden "because they're the ones with energy and motivation."

One of the highlights of the past year, according to Burt, was an Open Farm Day with a garden scavenger hunt, which she is hoping to replicate this year. The point of the community farm is not just to provide food; it's to be fun and an educational tool too. For Burt, the most important thing is "getting the community to gather together around local food."

The Community Farm, which is sponsored by Kingdom Community Services, St. J ALFA, the St. J Food Co-op, and Faith In Action, is open to all. All members of the community are encouraged to drop by, either during one of the workshops or garden work parties, or on their own, to work in the garden, and as the produce begins to ripen, volunteers will be invited to take some home. The majority of the produce will be donated to community meal sites and the St. Johnsbury Community Food Shelf.

There are regular garden work parties on Tuesdays from 4-6 PM. On Wednesday, July 13, there will be a gardening maintenance workshop at the Farm. For more details, contact the St. J. Food Co-op, 802-748-9498 or info@stjfoodcoop.com, or St. J. ALFA at www.stj-alfa.org.



St. J. Food Co-op interns Rachel Smith (right) and Abbey Heimlich plant heirloom bean seeds at the NEK Community Farm on Old Center Rd. in St. Johnsbury.



Hard workers lending a hand with Birch Bean poles at the NEK Community Farm on Old Center Rd. in St. Johnsbury. From left to right: Aaron Sol Cruz, Holly Stein, Sofia Limoges, Mazie Burt, Koby Sol Cruz, Logan Limoges, Grace Limoges.

Lee Anthony Fabric The Quilt Shop That "Thinks Outside The Fat Quarter"

You walk through the door, immediately your senses are infused with the delicate scent of potpourri and the sound of music surrounds you. Everywhere you look there is something unique, unusual and captivating to see. You have entered Lee Anthony Fabrics.

The store opened approximately 3 years ago and the name Lee Anthony is a combination of Diana and her husband's middle names. The store is "truly a family affair" says Diana, from the website designed by her daughter to the construction of the interior display areas by her husband and to the community of regular customers who have become like a large, extended family.

Here you can find not only fabrics, but notions, yards, needles, thread, books and patterns, vintage jewelry, vases, boxes and trinkets, to name a few of the treasures you can purchase here.

Diana's enthusiasm for the business is evident in every way as she describes the products and services Lee Anthony offers. "We like to think "outside the fat quarter" she tells me, which I learned was a more useful measurement of fabric for quilters. This term also lends itself to her way of doing business.

Each room is set up in such a way as to make learning fun and easy. The environment is low key and relaxed and there is something for everyone to do. Diana offers regular classes on how to make quilts, aprons and tote bags, and an introduction to quilting and sewing (she learned on a treadle machine). If you purchased a sewing machine and aren't sure how to use it—bring it in, she will teach you. Her past experience as a teacher has helped her deliver comprehensive instruction not only to children, but to parents and grandparents as well. There is even an area for children to occupy themselves with a movie while their parent is in class.

Unlike many other fabric stores, especially chain stores, Lee Anthony offers services as well. Diana has finished quilts by hand stitching and tying, will make custom baby quilts out of special

fabrics and once created a baby quilt out of a grandparent's shirt as a keepsake. She can find matches for your old fabrics and if she doesn't have it, she will find it. There is a catalog of fabrics, crafts and yarn to look through and order from and a large flat screen TV for instructional videos that also connects to the web for quilt pattern ideas or for access to even more product catalogs.

In each room you go through there is a feeling of warmth and serenity. Antique furniture carefully restored by Johnny lines the walls. Any minute you expect to hear the crackle of a fire. This is truly a store where age old tradition welcomes the 21st Century!

For more information on upcoming classes you can go online to www.leeanthonyfabric.com, visit them on Facebook, call (802)626-4445, or stop in at 216 Broad Street in Lyndonville, VT.

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**Mt. Moosilauke - Then & Now
Old Home Days 2011
Warren, NH**

FRIDAY, JULY 8

4 PM Chicken Bar-B-Q (Fire Dept. - Behind School)

7 PM Jam Session -
In memory of Norman Sackett
(Chuck Sackett & Black Brook Band)

9 PM Fireworks

SATURDAY, JULY 9

11 AM Parade

12-3 PM Lobster Fest (WWAS at the common)

12:30 PM Kiddies Parade

12:30 PM ATV Poker Run

1 PM Tae Kwon Do Demo (on the common)

3 PM Kids Watermelon eating contest

3-5 PM The Cable Guys

5:30-
7:30 PM Maggie Miller & Whipple Hill Hand

8-12 PM Red Hat

SUNDAY, JULY 10

7 AM Breakfast (Masons at Mason Hall)

8 AM Fishing Derby (Fire Dept. at the fish hatchery)

10 AM Church Service on the common

12:30 PM 15th Annual Bluegrass / Acoustic Festival (on common / inside if rain)

1 PM Pig Roast (snowmobile club)

On Going Flea Market • Concessions
Chuck-a-luck • Raffles • Indoor Yard Sale

Non-perishable or monetary donations for food
pantry accepted on common (look for sign)
Events Subject To Change

Anyone wishing to have a float in the
parade please register by 10 AM in order
to qualify for \$\$ prize and/or contact
Guy Brochu (989-3362) or
Don Bagley (764-9469)

Wildlife Habitat Management Workshop

On July 22, 2011 from 9:00 a.m. – 2:00 p.m. there will be a free workshop at the home of Doug and Martha Evelyn on Post Road in Sugar Hill, NH.

This workshop will involve a short indoor presentation followed by a field and forest walk.

Topics of discussion will be:

- grassland (bobolink and other species requiring that habitat);
- wooded wetland restoration for woodcock;
- maturing forest –long-term management (Evelyn-Mac-Cornack Forest);
- near-term timber harvest options –(Foss Forest).

Landowner education is the goal. Discussion will involve the management of these resources, available

cost-share for wildlife habitat improvement and other resources to help. Space is limited. To register call ACT at 823-7777 or e-mail rbrown@aconservation-trust.org.

Walking will not be difficult, but anticipate wet and/or buggy conditions. Please bring a lunch and water. Dogs are welcome.

Sponsored by the Ammonoosuc Conservation Trust. Co-sponsored by UNH Cooperative Extension, The Wildlife Management Institute, and NH Fish and Game.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

Lisbon Summer Concerts Enter Eighth Season

LISBON – Lisbon Main Street, Inc. announces its eighth annual Summer Concert series to be held at the gazebo in downtown's Chevron Park. Admission is free to all four concerts which are held from 6 to 8 p.m. Refreshments of hot dogs, chips and soft drinks will be available for sale, with support from local merchants. A popular offering will be ice cream sundaes sold by the area women's club Friends in Council. This year's music possible with help from Public Service of New Hampshire, New Hampshire Electric Cooperative and Friends in Council.

Bluegrass will be featured twice this season with the opening concert by Crab Grass, a group of friends who play in various other ensembles under a variety of names and frequent players at the Back Shed in Monroe. The second bluegrass group is the well-known Parker Hill Road Band. Bluegrass has its roots in the music of the Scottish, English, Irish and Welsh immigrants who settled into the Appalachians. It's a popular form of American music that has long been a staple in the North Country.

"For locals and visitors to the area who love bluegrass the Lisbon concerts are a great way to hear some of the area's best in part of the country that was settled by many of our ancestors from the British Isles who brought those tunes and tempos with them," said Ruth Taylor, Executive Director of Lisbon Main Street, Inc., who added, "This American style didn't just settle into the southern Appalachian hills. We own a piece of that cultural history, too!"

Kicking off the season is Crab Grass who will play on Wednesday, July 13, featuring Jeff Simano, Mary and Dave



Lisbon Lilac Idol winners will perform at Lisbon Summer Concert Series in August. Idol winners from left to right: Leah Cate, Lyman, NH; Ashley Miles, Concord, VT, and Chris Cote, Sugar Hill.

Choate, Chris Cate and Ronnie Howard. "We are a crazy quilt of players. We all play in other bands," said Simano, who also plays in Grass Fed Boys, another of the many local small bands who have grown out of the "Back Shed" in Monroe where local musicians gather regularly on Friday nights. The "Back Shed" phenomenon has fostered many local bands, some of whom have been playing at the Lisbon concerts for the last seven years.

A different tempo and genre will be featured on the next concert, Wednesday, July 27, with the return of Soft Touch, a group that was well-received last season. They have been one of the featured bands at the Indian Head Resort for many years. The trio grew up making music together in Berlin, NH. Norm Coulombe and his sister Cecile Bilodeau are joined by Mike Galipeau playing a variety of music including contemporary, top 40, country, big band and classic rock. Cecile charms the audience with her engaging style while Mike and Norm back her up with a highly polished sound.

On Wednesday, August

10, the popular local group Parker Hill Road Band will bring their rousing style to the gazebo. Their repertoire ranges from traditional bluegrass to modern pop tunes played in bluegrass style. This five-man band has produced several best-selling CDs and is popular at private functions, parties and weddings. Sponsored by Friends in Council, the Parker Hill Road group is always a treat for Lisbon audiences.

Closing this year's series is a concert with a new twist. The top five winners of the 2011 Lisbon Lilac Festival Idol Contest will be performing on Wednesday, August 24. Top three Idol winners – Chris Cote of Sugar Hill, Ashley Miles from Concord, VT, Leah Cate from Lyman – will be joined by Allen Pihl of Whitefield and Mikala Woods from Bath. What they play will be a surprise since they have never played together as a group. Pihl is coordinating a program for the group, and each member is expected to perform solo as well.

In case of rain the concerts will be held indoors at Lisbon Town Hall. For more information contact Lisbon Main Street, Inc. at 603-838-2200.

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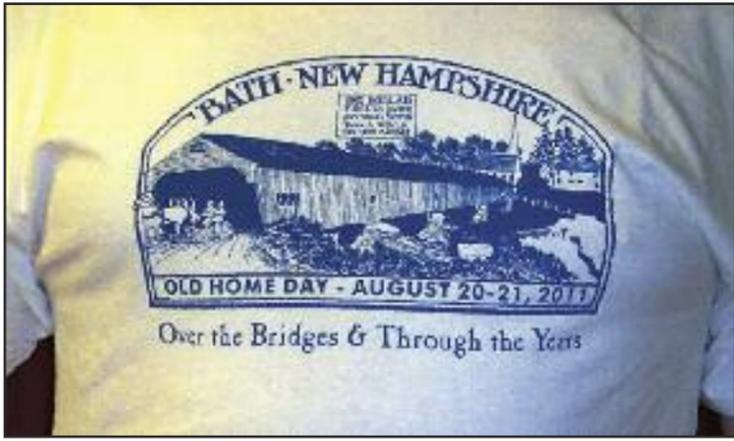
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Old Home Day In Bath



At the May meeting of the planning committee for the Bath Old Home Days (August 20 and 21) the schedule of events moved close to being finalized. The celebration will begin with opening ceremonies at 10:00 a.m. on Saturday. Exhibits will be in place including flowers, quilts, historical items and displays by various groups. After a hot dog/hamburger lunch, served up by the Bath Fire Association, Barbara Whit-

ney will sing our national anthem. The parade—always a favorite event—will start from the school yard at 1:30 p.m. with band concerts before and after. The Mad Bavarian Band performs before the parade, and McClure's Band will perform afterward. The afternoon will include games and the famous East Bath vs. West Bath tug-of-war. We are looking for entries for the Bath tub race as well. The Strawberry Farm Band will be fea-

tured from 4:00 to 5:00 p.m.

We expect people will be ready for supper after such a full day. It will be served in the church vestry and catered by the Happy Hour Restaurant of Wells River, so you know it will be delicious. To finish the day, there will be a street dance beginning at 8:00 p.m. with music by the Rocking Chairs Band.

Sunday's activities will include a special church service at 10:30 a.m. The Fire Association will once more put on their aprons to serve a Chicken BBQ. Ed O'Brien will be entertaining with his calliope and the children will have their parade. Quilts will be gone, but other exhibits will be in place for viewing.

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Pot Blessing Dinner to follow service.
If you can, bring a dish to share, if not we always have enough.
All are welcome!

To contact us:
Pastor Joseph Grabowski
603-787-5758
pastorjoe@acresofhope.net • www.acresofhope.net

One Act Auditions - Features Local Play Wright's Work

BRADFORD VT: The Old Church Community Theater announces open auditions for its "Evening of One Act Plays", on July 9th at 2pm at the theater at 137 North Main St. With many parts available for men and women in the 5 plays, there will be opportunities for actors of all abilities. These comedies and dramas will be presented at the end of September.

Two plays are original scripts by playwright-actor Chuck Fray, who will direct his new dramas "Black Fear" (1 male, 2 females), and "The Last Double Play" (3 men, 2 females, off-stage voices). Peter Richards will direct "After Words" (1 male, 1 female), a comedy by Deborah Savadge. Doug Coughlin will direct "The Incompatibles" (1 female, 2 men), a comedy by Horace Holley, and Liane Allen will direct the comedy "Infant Morality" (1 male, 3 females) by Craig Pospisil.

Come to the auditions and be prepared to read from any of the scripts or from your own prepared material. Details about the plays are available on the website www.oldchurchtheater.org. More information may be found by calling 802-222-5801.

These auditions concludes the theater group's acting opportunities for the

year.

Old Church Community Theater is in its 27th season. Its mission is to provide opportunities for theatrical creativity in the upper valley for everyone, newcomer and experienced alike. The next production is "On Golden Pond", opening July 15th, followed by "Enchanted April" opening August 19th.





swimming lessons

Haverhill Recreation will be offering evening swimming instruction for children at the A.P. Hill Pool in Woodsville starting July 11-August 18th. Testing is Thursday, July 7th from 6-8! If you are not able to make the testing please make an appointment with Mollie at 747-2671. Cost is \$35 per child which includes a pool pass so your child can practice their newly learned swimming skills for the rest of the summer!

On Golden Pond



by Ernest Thompson

Directed by Peter Richards

July 15-16-17 & 22-23-24

Fri & Sat 7:30pm Sunday 4pm



Reservations 802-222-3322 • 137 N. Main St., Bradford, VT • oldchurchtheater.org

10 Mentoring Project Of The Upper Valley



Left to right: Stewart Gates, Modern Woodmen Financial Advisor; Nancy Jones, The Mentoring Project (TMP) Coordinator; Drew Perry, President TMP Advisory Board; Tanya Cozadd Modern Woodmen Member Assistant; Russ Collins TMP Advisory Board Member

Receiving an award from Modern Woodmen's Matching Fund Project for The Mentoring Project of the Upper Valley.

It took a lot of burritos, but it was worth the effort for The Mentoring Project of the Upper Valley (TMP), when it's members participated in Modern Woodmen of America's Matching Fund Project. TMP mentors, mentees and advisory board members made and sold burritos and quesadillas at a recent fund-raising event and raised \$1,100.00 which was then matched by Modern Woodmen of American. On Tuesday, June 28 Stewart Gates and Tonya Cozadd of the Groton office of Modern Woodmen presented the award to Drew Perry, President of the Advisory Board of The Mentoring Project of the Upper Valley.

"In fact", said Perry, "this effort received a lot of support. Much of the food was donated by the Bradford Hannaford's Supermarket and the meats were donated by Advisory Board member Dave Cook and mentor Kevin Lawrence. We also received support from the Vermonster 4 x 4, Copeland Furniture and the 99 Restaurant that is managed by the parent of one of our mentees."

According to mentor coordinator Nancy Jones, mentors, mentees, board members and a parent helped with the prep cooking and took shifts manning the booth. The funds will be used to support individual activities and group activities for mentor/mentee teams in the coming year. In the past, individual activities have included bowling, movies, miniature golf, etc. and group activities have included a trip to Burlington to a Vermont Lakemonster's Baseball Game. "Since they helped raise the money, the kids and their mentors will help decide how it is to be spent," said Jones.

Currently, the Mentoring Project of the Upper Valley is seeking additional volunteer mentors who are willing to dedicate 4 -5 hours per month to a kid - going places, experiencing new things, providing a non-judgmental listening ear. Mentors are not intended to replace parents; instead they are an additional, consistently caring adult in a young person's life. To quote mentee Malory Pearl, who was matched with Debra Edmands for over 4 1/2 years and who recently graduated from Oxbow High School, "Debra took me to events and exposed me to new things that I never would have done on my own. She has become like an extended member of my family, and no matter where I go from here, we'll always stay in touch."

To learn more about The Mentoring Project of the Upper Valley, or if interested in becoming a mentor, visit www.mentoringprojectuv.org.



By Ronda Marsh

Roasted Vegetables In Foil

If you are a vegetable lover (like me) you're going to love these. If you are not a vegetable lover, I'm willing to bet you'll still love these! What can be easier than all your side dishes combined in one neat, disposable packet? Just that aspect alone makes it a pretty lovable dish.

I first had these as a child, when some visitors to our house made them for dinner, and I've been enjoying them on a regular basis ever since. As recipes go, this one's pretty simple, and it can be cooked either in the oven, or on the cooler side of an outdoor grill. They smell heavenly as they roast, and something about the specific combination of vegetables makes for fantastic flavor. If they spend a little too long in the oven, don't panic; everything just caramelizes a little more, which is fine by me! If the occasion is casual, just bundle the foil around the veggies. If you want to fancy it up a bit, stack up the ingredients in the center of the lower half of the foil square, bring the top over and make a neat

fold all around the perimeter. That way, you can place it right on the individual's plate, cut an "X" in the top and peel back the points, reminiscent of those trendy little parchment paper packets that are so popular in the swanky restaurants these days. Whether you serve these veggies with a burger or with prime rib, you're sure to appreciate how just a few basic ingredients can combine to make such a fantastic and appealing dish!



For each individual packet, prepare the following:

- Two carrots, peeled and sliced in half across, then lengthwise into several sticks.
- One medium sized potato, peeled and cut into about 2" chunks.

- One quarter of a peeled onion, cut into chunks.
- Three or four thin slices of green bell pepper.
- A pat of butter (at least a tablespoon.)
- Salt & Pepper (be generous!)

ASSEMBLY: Tear off a foot-long piece of aluminum foil (if you don't have the heavy-duty, you should double it up.) I also suggest giving the foil a light coat of cooking spray if you have it, otherwise some sticking might occur. On the foil, place the potatoes, and then top with the carrots, onions, and lastly, the green pepper strips. Add salt, pepper, and the pat of butter. Wrap the foil into a sealed package around the vegetables. If cooking in the oven, place the packets on a cookie sheet. Place the cookie sheet with the packets in a pre-heated oven; anything 400°F to 425°F is fine. Bake for about an hour to 1-1/4 hours. Remove packets and serve immediately.

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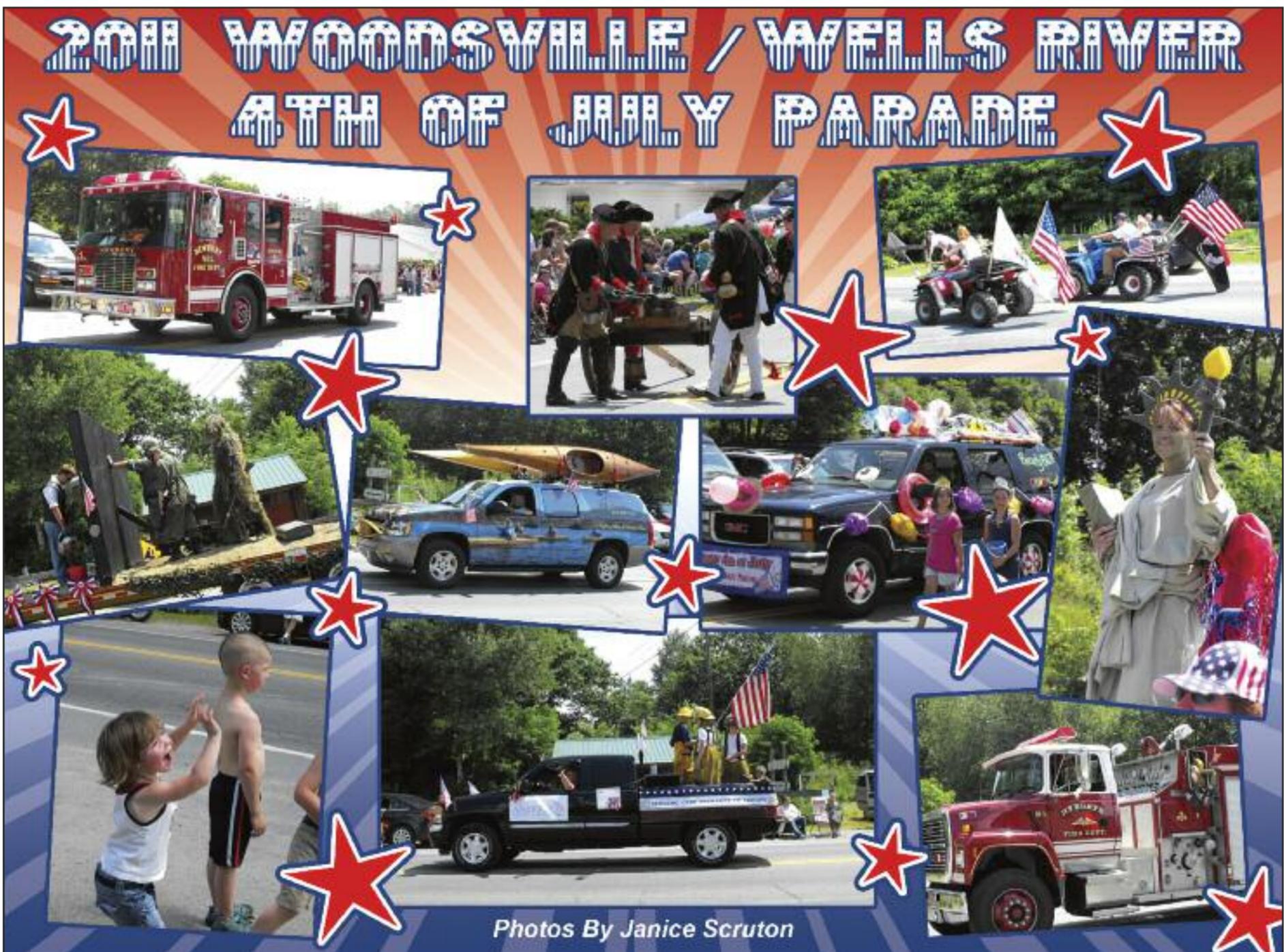
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Summer Time And The Livin' Is Easy

Photos And Story By Gary Scruton

For one day anyhow two great summer pastimes were also free. The Haverhill Recreation Commission held their Open House at the A.P. Hill Community Pool on Sunday, June 25. The B-B-Q grill was fired up (literally) and

hot dogs and hamburgs were being grilled by volunteers. Plus a cooler of soda was available. All at no charge for those who came to check out the facilities or to take a dip.

The swimming was also free for the day. It was all in

an attempt to make the community more aware of this great asset.

For those looking around they saw not only plenty of young and old enjoying the water, the slide and the kiddie pool, but they also saw some grade stakes and string. That is a sure sign that work has been going on before the season started. The work in this case was tracking down and fixing at least one of the leaks that has developed in the pool plumbing. According to Haverhill Town Manager Glenn English some more work will be done at the end of the season to fix a couple of more leaks in the skimmers. Meantime though the pool is open for the season. The

solar covers are doing their job of warming up the water,

and the lifeguards are there to be sure all are safe.



Congratulations go out to
Laura A. Kay
 For winning our July 1st drawing for a
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Trendy Threads
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Readers Are Asking

QUESTION: Recently I ran into an old friend in the grocery store who asked me what kind of quilt I was working on. I stared at her like she was talking about someone else! I can't remember the last time I sat down to sew or to thumb through a quilting magazine.

I work full time, and have been stopping by my parent's house in the next town at least four nights a week after work. By the time I get to my own house, my husband has started supper or just picked up something quick from the store to feed our teenage children. By the time I do dishes, catch up on the family's events for the day, start a load of laundry and call my parents every night before they go to bed to check in again, I am too exhausted to even think of sewing. Her question has me wondering, though, when is there time for me?

My friend invited me to go with her the next time she visited the fabric store, but it seems selfish to think about making a quilt when I should be doing things for my family. She says I have the right to pursue some of my own hobbies. What do you think?

ANSWER: Not only do you have the right to continue your hobbies - it is vital for both you and your parents that you do so. Caring for a frail or an ill family member is a generous and loving thing to do, but it requires that you take care of yourself, too. Researchers tell us that more than half of all family caregivers say that their care giving has resulted in less time for family and friends. A substantial number also report giving up vacations, hobbies and social activities as a result of their care giving responsibilities.

We also know that family caregivers often take on emotional and physical challenges that can have an impact on their own health. Researchers have demonstrated that caregivers who take the time to care for themselves, which includes taking time for their friends, hobbies and special things they did before they became caregivers, enjoy better health, have more patience and offer a better quality of support for those they are caring for.

Often, caregivers believe that they can not find the

time to continue a hobby they love. In some cases, this is realistic and a hobby will have to be put on hold. However, caregivers can often continue to enjoy these activities in smaller segments of time.

For instance, making a quilt involves many hours of time. Breaking the tasks down into smaller segments or choosing a smaller project (making a table runner instead of a king size quilt) can help you still enjoy your craft. If you don't have the room to keep the hobby in your house or you think it would be in the way, how about storing it in a basket and keeping it in your car?

If you haven't enjoyed a hobby for awhile or you think your old one isn't something you can do right now, how about considering something new? Hobbies are a personal experience and different for each of us. They can revitalize our mind and body. Make a list of some things you would like to do, and see what jumps out at you! Whatever you do, enjoy, and know that while you're doing something good for yourself, you're helping your loved one, too.

For more information about taking care of yourself as a family caregiver, to receive a caregiver bill of rights, or for more information about programs and services for older adults and family caregivers, contact the Agency on Aging for Northeastern Vermont at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

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Garden Symposium & Fair Is July 9

SUGAR HILL — Gardeners, save the date! On July 9, the White Mountain Garden Club will host a Symposium & Fair in Sugar Hill, featuring presentations by local gardening experts and a variety of garden-related exhibits and sales. The 10 a.m. to 4 p.m. event will be held at both the Sugar Hill Meeting House and the Carolina Crapo Building, diagonally across the road from one another on Route 117.

"We can't imagine a better way to spend a summer Saturday than conversing with other like-minded gardeners, learning new gardening techniques, and enjoying browsing the interesting exhibits we have planned," says Mary Sloat, Garden Club president. "We invite you to join us this year at the Symposium & Fair."

The White Mountain Garden Club has a long history of community involvement. Since 1924, the Club has sponsored

flower shows, garden tours, auctions and other events to educate, enlighten and delight gardeners and other community members. The proceeds from these events enable the club to contribute money each year for area-wide civic plantings, and to children's camps and conservation organizations.

The lineup for this year's Symposium & Fair includes four informative presentations by local experts: peony specialist Marion Schafer (10 a.m.), owner of Peonies of the Coös Riviera; Sugar Hill Botanical's Holly Haywood (11 a.m.); naturalist Bob Durant on wildflowers, wildlife and butterflies (1:30 p.m.); and landscape designer Erika Krauss (2:30 p.m.).

Exhibitors include Susan Stith, who will open her nursery across the street for visitors; the 4-H students of Grafton and Coös counties; Sugar Hill Botanicals (culinary herbs); Peonies of the Coös Riviera; land-

scape designer Erika Krauss; landscape designer Carl Bretton; floral photographer Mark Winter; Weeks State Park; and the White Mountain Garden Club, with photos of their civic plantings and members' gardens.

Floral crafts, new and old gardening books, and plants and flower arrangements from members' gardens will be for sale. Lunch will be available from noon-1:15 p.m. in the Sugar Hill Meeting House, including a vegetarian option. A raffle is also planned to round out the day's activities.

Tickets for the Symposium are \$15, or \$25 for the Symposium and lunch, and can be purchased on the day of the event or in advance by contacting Karen Jostrom at 823-9989 or madamefunfield@aol.com. Anyone who has questions about the Symposium & Fair can contact Winnie Ward at 586-4372.

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Sign up by picking up a form on the bulletin board outside the Rec Office 2975 Dartmouth Coll. Hwy or by calling 787-6096. Classes are small so get your form and \$\$ in soon! First come, first served!

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Letter To The Editor

To the Editor:

On Saturday we went to the Bradford Farmer's Market and it was an enjoyable way to spend some time and even though the weather was pretty gloomy the farmers were cheerful. It seems like a good thing to support and a way to keep money in the community and enjoy better food. The Market is on The Lower Plain across from A Notch Above and is open Saturdays from 10-2. We ended up buying a few things and talking to a few friends. We bought some locally raised beef, sausage and tomatoes. There were lots of other choices, lettuce, garlic, carrots lots of baked items, locally made socks and a tool sharpening booth.

Ed & Mary,

Thank you for reminding us all of the good things available at not only the Bradford Farmer's Market, but all such markets around this area. Many such spots have popped up over the last few years. Some have done very well, while others, for one reason or another, have not survived.

I could not agree more that such markets are a great source for local items. There always seems to be something to test your taste buds. Plus there are more and more other handcrafted items available. Plus the unusual booth, like the tool sharpening that is part of the Bradford Market.

Regarding the upcoming LEAF festival, there are good and bad aspects. The good is that there is plenty of information offered throughout the day with speakers, classes, and vendors. Plus with the Farmer's Market and the meals planned, one is sure to not go hungry.

The bad thing about the LEAF Festival is that it is one of those many events that signals the end of summer and warns us of the upcoming heating season. But that time will come whether we are ready or not.

Gary Scruton, Editor

Grafton County Implements New Mental Health Court – "A.S.S.E.R.T."

NORTH HAVERHILL/LITTLETON – Grafton County Attorney Lara Saffo announced the implementation of the new Grafton County Mental Health Court program, "ASSERT: Alternative Sentencing Solutions for Education, Recovery and Treatment" as part of the Littleton District Court under the auspices of Presiding Judge John Peter Cyr. "The new "A.S.S.E.R.T." program is designed to provide a meaningful, proven and cost effective alternative to the traditional criminal justice system for individuals with mental health illness," stated Grafton County Attorney Saffo.

The start of the new "A.S.S.E.R.T." mental health program culminates two years of planning, training, and implementation. The new program officially became operational on June 16, 2011. The new mental health court program is funded with a two-year \$227,000.00 federal Justice and Mental Health Collaboration Planning and Implementation Grant from the U.S Department of Justice, which was awarded through a competitive grant applica-

tion process that was submitted by County Attorney Saffo. "The new mental health court program has been implemented at no additional cost to our Grafton County taxpayers and provides a new cost effective, critical service to those most in need," stated Saffo.

The "A.S.S.E.R.T." mental health program provides sentencing alternatives to individuals with mental health illness who are involved at a misdemeanor level and non-violent criminal matters. It is a voluntary, intense, structured program requiring participation for a minimum of one year and maximum of two years. The program's goal is to work with participants utilizing as much positive reinforcement as possible. Participation in the program is a proven effective alternative to the otherwise costly incarceration of offenders.

The "A.S.S.E.R.T." mental health court program is modeled after other successfully operating mental health court programs in Strafford and Cheshire counties, and Portsmouth District Court as well as the similar Grafton County Drug Court Program.

On September 17th The Farmer's Market will set-up at The LEAF Festival near the BA from 9-3:30. There will be workshops and demonstrations of different skills such as cheese making and bee-keeping, workshops, alternative energy vendors and films and local merchants will be having special sales. There will be live musical entertainment all day. Bill McKibben will be our speaker this year at 4pm, and Grace Methodist Church will be hosting a locally sourced chicken dinner! Shopping locally is a good way to make our community stronger and the Farmers Market is great to do that.

Ed and Mary Wendell
Bradford, Vt.

"As part of the program, we are pleased to announce that Shelly Golden has been hired as the new Coordinator for the Grafton County Mental Health Court Programs," stated County Attorney Saffo.

The "A.S.S.E.R.T." mental health program is the culmination of the hard work, cooperation, and support of many organizations and groups including law enforcement personnel, mental health providers, and advocacy groups. "I especially want to thank the Grafton County Board of Commissioners, Retired Chief Justice Broderick, Presiding Judge John Peter Cyr, Grafton County Drug Court Coordinator Robert Gasser, Chief Paul Smith and the Littleton Police Department, NAMI-NH and the New Hampshire Public Defender's Office as well as the many citizens who supported this important new program for Grafton County," stated Saffo, "Annette Carbonneau of NAMI-NH provided exceptional leadership, along with Littleton Police Department prosecutor Aliza Anvari, Esquire."

Letter To The Editor

Dear Editor:

You have published an article on the heritage commission which announces three openings on the board. It was apparently written by Jim Hobbs, the chair. The commission needs people who qualify in culture and esthetics, which the article does not mention. The commission has chosen to ignore these areas of concern that the law mandates for it. However, the select board is not likely to find anyone who is qualified or even interested in culture and esthetics, since these are not familiar concepts in Haverhill and hardly concerns of town government. The commission is hung up on history although it has no members with history qualifications as is evident by the trivial aspects of history that it dwells on and the questionable scholarship of its historical work.

This isolated commission

talks to no one, despite a mandate to coordinate activities "with appropriate service organizations and nonprofit groups". It does not even communicate with the planning board despite its assigned power to assist the board. It has done nothing to contact the schools, Alumni Hall, the arts council, the libraries, the historical society, or any other agency with interests that fall within the commission's powers.

It is questionable that the commission has studied its authorizing statute. It has not implemented any of its 9 authorized powers. Its disregard for its legitimate mission may explain the great disinterest that the public and even its members show in the commission's work. Not enough members are interested in attending the meetings, which leaves the commission with no quorum to conduct business.

The commission focuses on the kinds of things that historical societies do. Those interested in these kinds of things would probably feel much more comfortable involving themselves with them if they were activities of an historical society rather than a government agency. We do not need another historical society, especially one with limited perspective acting rigidly under color of town authority.

The select board may not abolish the commission but I recommend that it let it disappear by not appointing any more members.

I have recently written a report on the role of the commission. Anyone wanting a copy of it may call me at 747-2052.

Sincerely,
Robert G. Fillion
fillion@surfglobal.net
June 21, 2011

Robert,

As may be apparent to many readers of Trendy Times, we enjoy and even relish having both sides of a discussion published. Quite often this happens after one opinion has been published and in the following edition a response shows up. This is one of the main objectives of Trendy Times. To get both sides of a question out there for readers to read and if they choose, to decide which side they believe in.

In the case of the Haverhill Heritage Commission Mr. Fillion has obviously done some research and has put forth his opinion on the ten year history of this group. He provided Trendy Times with a copy of his full report which makes for some interesting reading.

On the other hand was the press release furnished to Trendy Times by Commission chair Jim Hobbs that appeared in the June 21 edition. That article was an invitation for new volunteer members of the group. If you want to read that article again go to www.trendytimes.com to see the entire edition.

The Haverhill Select-board has many issues on their plate at any one time. Keeping all the committees and Commissions of the town, along with all the employees on task is one of those assignments.

It appears at this point that the Heritage Commission may need some assistance. Whether that is to change direction, or simply to gather new members is a question for the Select-board to answer. As a citizen of Haverhill I trust they will do the job well.

Gary Scruton, Editor

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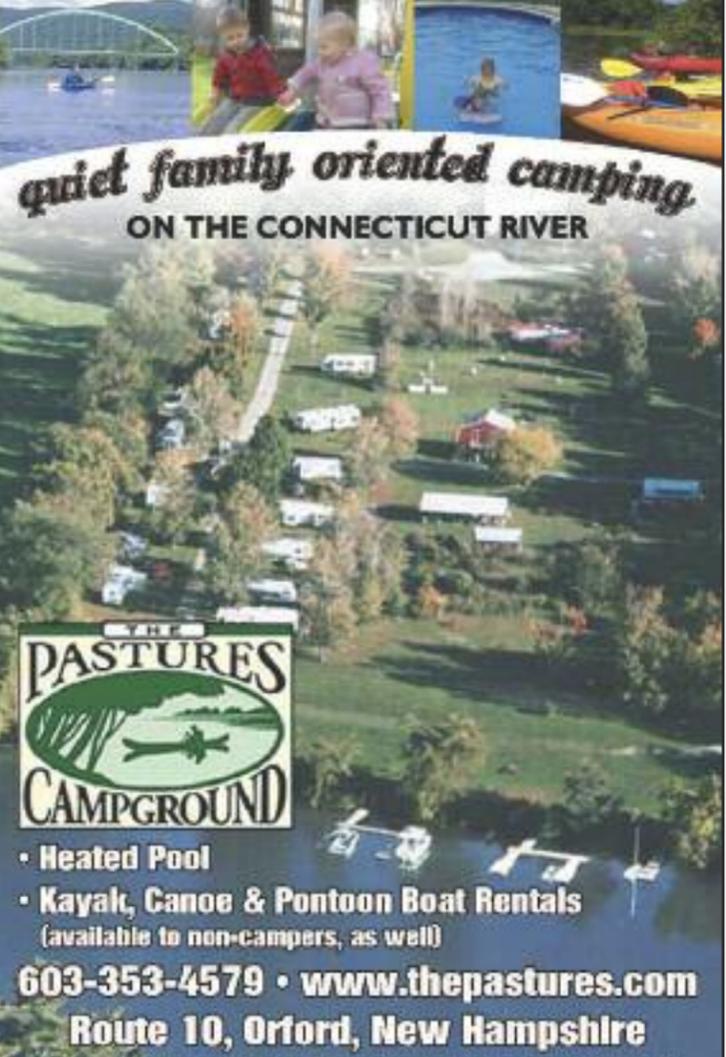
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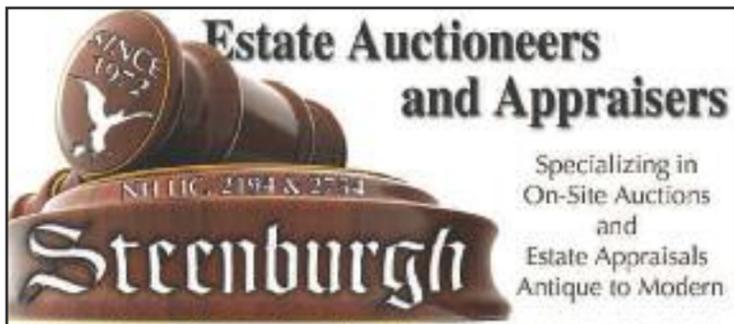
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Letter To The Editor

Dear Editor,
I live in the township of Newbury Vt. on a highly traveled road, and even though the speed limit is 50mph motor vehicles go above and beyond the speed limit, in excess of 15-20 mph. On Sunday afternoon my husband and I, along with a couple of friends, were watching my cousins while they were exercising their horses. All of a sudden a car came through (westbound) and threw out a bunch of firecrackers which was no more than 20 feet from the horse and handler. We were trying to catch a glimpse of the small (dark grey maybe) car that had done this but it was moving way too fast.

We were all so livid of this type of thing

happening. Come on people do you not know the laws concerning driving near or in the vicinity of horses? Find them and read them because they are out there. This was a very irresponsible thing that you did. Do you have any idea what the consequences could have been? Do you care? That person and/or horse could have been seriously injured. The last time I witnessed something similar while working on a horse farm, the horse rider was darted to DHMC and ended up wheelchair bound.

Do you care? No you were just having fun. Get a real life and learn the laws of driving.

Thank you,
Marcia Leete-Darby

Marcia,

I have also heard of such incidents where a horse is spooked by a motor vehicle and hurts itself or its rider. Anyone who has ever worked with large animals knows that if spooked, they can often get away from the handler; no matter how well trained they are. And when out of control injuries are almost an inevitable result. In this case, apparently no one was injured, but that was only due to the skill of the handler and the training of the animal.

Common courtesy, not to mention the actual rules of the road, tell us that when you are driving a motor vehicle and approach something on the highway other than another car, then certain precautions must be taken. This would apply to a horse and rider, or a bicycle or a tractor. According to today's rules and regulations, they have rights to a certain amount of space on the road. As a motor vehicle operator, you have certain responsibilities to them. They also have certain responsibilities and must obey traffic laws as well.

Most of all, when on the road, whether driving or along the edge, use common sense and common courtesy. If those two paths are followed there would be far fewer issues.

Gary Scruton, Editor

The Voice Of The Turtle

By Elinor P. Mawson

Benny, Mike and Walter were good friends who did a lot of things together--like hang out, drink beer and go fishing--on this day, all three. They didn't catch any fish, but found a snapping turtle on their way back to the car.

"Let's make turtle soup", announced Benny, who had no cooking skills whatsoever.

But the beer made them all braver than usual and they went after the turtle with their bare hands.

Turtles don't like being pursued or handled by anyone, and this one was no different. It scratched and bit and gave the boys a run for their money. It took quite awhile to get it into the trunk of Benny's car, and then even longer to dispatch it and dress it out. Mike was the worse for wear with big scratches on his arms; Benny could have cared less by this time, so it fell to Walter to do the cooking.

Walter was lucky: his wife and kids were gone for the afternoon, so he got out

his pressure cooker and put what was left of the turtle in and set it going. Knowing it would take awhile to get it cooked, Walter sat down in his easy chair to wait. Unfortunately the beer and the day's activities caught up with him and he was soon asleep.

He was awakened by what he calls a "terrible bang". When he realized where he was and what had happened, he got up from his chair rather quickly.

What a sight met his eyes! The cover of the pressure cooker was halfway across the room, having hit the range hood and ricocheted off. The range hood was a total loss. but worst of all, there were pieces of turtle from one end of the kitchen to the other. And there was a terrible smell.

Not wanting his wife to be too upset when she got home, Walter tried to clean up the kitchen as best he could. There wasn't much he could do about the range hood, and the pressure

cooker would never be the same, but finding all the pieces of turtle was another matter. He scrubbed, polished, scoured and cleaned for over an hour, but there was still that smell and he couldn't seem to get it to go away.

Needless to say, his wife WAS upset when she finally got home. Walter tried to smooth things over but between the hood, the pan and the smell it was not easy.

The smell got worse over the next few days. Walter's wife discovered a tiny piece of turtle in the living room behind the couch, but it didn't do any good. They finally moved the refrigerator out from the wall and found some more turtle, and after some more scouring and scrubbing, the smell finally went away.

Benny, Walter and Mike still like to hang out, drink beer and go fishing, but nobody has suggested making turtle soup ever again.

Lactose Intolerance And Diet Options

By Michal Lunak, UNH Cooperative Extension Dairy Specialist

The practice of drinking milk of another species began after animals were domesticated - sheep and goats came under human control sometime around 11,000 and 9,500 years ago, respectively. Cattle were more difficult to manage and were not domesticated for another thousand years. The first evidence of milk production comes from about 4,000 BC.

Even though, drinking milk became widespread among young humans throughout the world, not all adults retained the ability to digest milk.

About 70% of the world's population just can't drink milk or eat dairy products without getting an upset stomach. Lactose intolerance is genetic, and happens most often in people of

African, Asian, and Mediterranean descent. About 85% of Caucasians have a genetic adaptation to the immediate digestive effect of milk consumption. The ability of Caucasians to digest milk is due to a genetic mutation that happened to their ancestors a long time ago.

Many people with lactose intolerance don't even know they have the condition, while some may be misdiagnosed as having a serious bowel disease. Don't believe you have a serious bowel disorder until you are sure milk is not the culprit.

How much milk can cause an upset depends on the severity of your lactase deficiency. Many people with lactose intolerance can still drink a single glass of milk without distress, says researcher Dr. Dennis Sava-

iano of the University of Minnesota. Lactose intolerance is caused by a deficiency of the enzyme, lactase, needed to digest lactose (milk sugar). Undigested lactose lingers in the intestine and ferments - causing intestinal discomfort, including abdominal pain, bloating, gas and diarrhea.

Fortunately, for those who suffer from lactose intolerance, there are ways to enjoy dairy products.

- Opt for lactose free milk and milk products. They are real milk products, just without the lactose. They taste great and provide the same nutrients as regular dairy foods. Some of the lactose free products have lactose reduced by 99%, some only partially, so read the label.
- Start with small amounts of

milk and increase slowly over time.

- Drink milk with meals, such as soups and cereals. Blend milk with fruit. Solid foods help slow digestion and allow the body more time to digest lactose.
- Top sandwiches with low lactose natural cheese, such as Cheddar, Colby, Monterey Jack, Mozzarella, and Swiss.
- Yogurt may be a safe choice. Some studies have shown that the bacterial cultures (a.k.a. probiotics) found in yogurt help lactose digestion. However, frozen yogurt does not seem to have the same effect.
- Goat milk and cottage cheese are also lower in lactose.
- Use Lactaid or other lactose supplements. These tablets containing lactase

can be taken with lactose-containing foods. For many people, lactase supplements are only needed for larger quantities of lactose.

- For infants, try lactose free infant formula.

Sources: Health Castle http://www.healthcastle.com/herb_lact.shtml
2010 National Dairy Council
N. Barnard: Foods that Fight Pain, 2008

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Labyrinths - What they are and how to build one.
Karen Lipinczyk and Brenda Egbert
Bradford Public Library
Wednesday, July 13, 6:30 P.M.

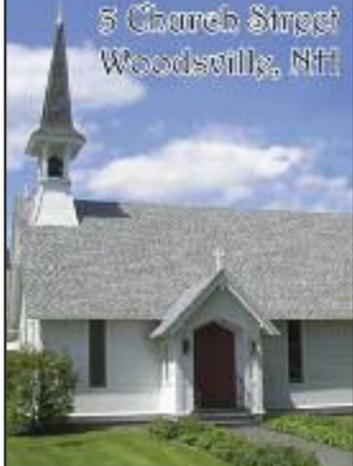
A Labyrinth is an ancient symbol that relates to wholeness and represents a journey to our own center and back again out into the world. It is a metaphor for life's journey.

A labyrinth unlike the maze has only one path and the way in is the way out. There are no blind alleys. The path leads you on a circuitous path to the center and out again. It is a right brain task that involves intuition, creativity, and imagery. A good link for more information is <http://labyrinthociety.org/>

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

July 5, 2011 Volume 2 Number 19

18 On Golden Pond

Bradford, VT: Old Church Community Theater's production of "On Golden Pond" will be presented July 15 through 17 and again the following weekend, July 22 through 24 at the theater on North Main Street in Bradford, VT. Friday and Saturday shows are at 7.30pm and Sunday shows are at 4pm. Tickets are available at the door; reservations may be made by calling 802-222-9235 or by visiting www.oldchurchtheater.org

Made into a movie in 1982 starring Henry Fonda, Katherine Hepburn and Jane Fonda, this well-loved play by Ernest Thompson tells the

story of aging Ethel and Norman as they spend perhaps their last summer at their camp on Golden Pond. As a retired professor, Norman has a sharp mind but a failing memory. Ethel, who is younger, covers for Norman, and tries to keep the peace in the family when their daughter visits with her boyfriend.

Directed by Peter Richards, the cast includes Scott Johnson, Gloria Heidenreich, Aaron Richter, Joshua Smith, Chuck Fray and Anne Foldeak.

The group will stage "Enchanted April" in mid August, a romantic comedy for all ages.

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ACHS-Warren Renovations And Expansion Complete

Open House Set For July 8th From 2-4 pm

WARREN – Ammonoosuc Community Health Services, Inc. (ACHS) received an American Recovery and Reinvestment Act (ARRA) Capital Improvement Program (CIP) grant in the amount of \$300,000 last year to fund the renovation and expansion of the ACHS-Warren facility (formerly the Mount Mooselauke Health Center). After many months of dealing with deconstruction, construction and continuing to deliver quality care to patients through it all, the staff at ACHS-Warren is ready to show off their wonderful new space with an Open House, July 8th from 2-4pm.

The project brought much needed and long overdue renovations to the historic train station turned health care center. The funding allowed for improving and expanding the exam rooms, improving handicap accessibility, securely enclosing the entire building for energy efficiency, bringing the 150 amp electrical service up to 200 amps, and correcting existing structural issues to the roof and foundation. These improvements include a 500 sq. ft. addition on the rear of the building. No funds dedicated to patient care were used for this project.

The Town of Warren deeded the building over to the Mooselauke Health Center, Inc. in 1957 and it has been the lifeblood for health care in this rural community for decades. The historic nature and structural lines of the train station have always made health care delivery at this site a challenge. The

long, narrow footprint of the building made it necessary to have a very narrow hallway down the center—so narrow that some patients that needed to get to the other end of the building had to go outside and in through another door to get to the other end of the building. This no longer poses a challenge. The changes made will make the delivery of health care more efficient and convenient.

Ed Shanshala, CEO of ACHS said, "Ammonoosuc Community Health Services, Inc. is very fortunate to have been the recipient of funding for this project. It is very exciting to see the end result that will benefit both our patients and our staff. We hope everyone in the community will come out and see the facility during the Open House!"

The public is invited to tour the facility. ACHS-Warren providers and staff will be on hand. Members of the ACHS Board of Directors will also be in attendance. Dr. David Nelson, ACHS Medical Director, is expected to make a guest appearance for those of you who knew him when he practiced at the Warren site.

View photos by famed local wildlife photographer, Tom Sears; Forest Songs and Stories Music Program will be presented through collaboration with ACHS, AANNH and VSA NH. This free, participatory music program for children and families will take place on the lawn in front of the health center (333 Route 25, Warren) on Friday, July 8 from 2

to 4pm (inside if inclement weather). Deborah Stuart and Will Cabell will share songs, stories and books, and children will be able to make their own homemade instruments from natural and recycled materials. This drop-in program is part of the AANNH Arts in Early Learning collaboration with VSA NH. Light refreshments are being provided and register to win a door prize.

Start Warren's Old Home days off with a visit to YOUR community health center's Open House!

Founded in 1975, Ammonoosuc Community Health Services, Inc. is a nonprofit community health center offering a network of affordable primary health services. Our programs promote and support the well-being of individuals and families by emphasizing preventive care and encouraging active participation in one's own health.

ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Clinical teams, made up of doctors, nurse practitioners or physician assistants supported by nurses and medical assistants, provide comprehensive services on a sliding fee scale to nearly 10,000 patients.

For more information about ACHS, visit www.ammonoosuc.org or call 444-2464. ACHS is accepting new patients, call the New Patient hotline at 1-866-201-5076.

AUDITIONS
for Old Church Theater's late Sept. production!
"Evening of One Act Plays"
(5 comedies & dramas)
July 9th, 2pm, 137 North Main St, Bradford VT
Directors: Peter Richards, Liane Allen, Doug Coughlin, Chuck Fray
Questions: 802-222-5801 or info@oldchurchtheater.org

Vietnam Redux: Tales From The Home Front

By Sheila Asselin

The plane slowly lifted into the air, carrying my husband toward a year long stint in Vietnam. I stood on the tarmac with seven small children waving goodbye. It is an unwritten law that as soon as the plane is out of sight Murphy's Law will kick in with a vengeance. And so it did.

First the washing machine died. With seven little ones I had lots of laundry!

Then the transmission literally dropped out of the car. I who had never before shopped for or purchased a car had to do something PDQ. The cat had kittens. The kitchen sink developed a leak no plumber could fix.

My boys soon developed a condition where their hair would fall out in great clumps. No doctor or dermatologist could detect the cause. The neighborhood kids starting avoiding them like the plague. Worse then the plague. People know what causes the plague, but no one could figure this one out. In retrospect I can only attribute it to stress.

Not to be outdone in physical manifestations of their anxiety their sisters sat on the front porch of the neighborhood "bad" girl across the street and armed with darning needles and ice cubes calmly pierced their ears. They were eight and ten at the time. Sharon, the more cautious one worried what her father might say if he knew she had pierced her ears, so she let hers grow back. Loretta on the other hand did not give a darn and put broom straws into the holes so that they would not grow back. I do not think their ears, pierced or not, was the most important thing on their

father's mind at that point!

With tears streaming down my cheeks I watched my best friend in all the world Helen O'Neal pack her five kids plus the dog into her station wagon and point her headlights toward Houston. Houston was the new post the US Army had seen fit to assign her husband. I had never felt more alone in my life.

My husband sent me a set of Noritake china from the big PX in Saigon. They arrived with a free bonus, plenty of cock roaches. Those Asian cock roaches were like bugs on steroids. Almost impossible to kill. The littlest kids tried to direct them toward the roach motels distributed liberally around the house but with little effect. Talk about herding cats, it doesn't even begin to compare.

He wrote every day and we started numbering our letters so we would know which to read first. With every letter I breathed a sigh of relief. I knew he had survived for one more day. Recall that this was long before the internet and international phone calls were not so convenient. This worked fine until one day I received a letter which started out "Well here I am in the hospital!" WHAT! I had not read anything about a hospital! What had happened? Why was I not notified? I called the Red Cross, I wrote my congressman, I wrote the President (he did not write back).

To my great relief the next day a letter came from him

explaining what had happened. He had been shot in the back of the neck. While serious he would survive and even live to fight again. The shot missed both the spine and jugular and carotid vessels by fractions of an inch. Unfortunately I had received the second letter first and had spent many hours of anxiety wondering what had happened.

"They also serve who only stand and wait" someone had once said. I waited but I seldom stood still. Girl Scouts, Little League, the board of the post nursery, one day a week at the thrift shop, secretary of the Catholic Women's club, and Red Cross gray lady at the post hospital. Perhaps if I stayed busy enough I would be too exhausted to lie awake at night and worry. Sometimes it worked.

After what seemed an eternity he was coming home. Reservations were made at the Chase Park Plaza Hotel in St. Louis. Humming "Meet Me in St. Louis I boarded the plane.

When we were finally reunited I marveled at the handsome handle bar mustache he had cultivated while we were apart. We arrived at the hotel to a royal welcome. As soon as we got to the room he went into the bathroom and locked the door. What is this? I had waited so long to be locked out. I knew about the neck would but I began to fear he had other wounds he had not told me

about. In the meantime fresh flowers and champagne (domestic but who cares) in an ice filled silver bucket arrived courtesy of the hotel manager.

After about twenty min-

utes he emerged from the bathroom. The Vietnam mustache was gone. As I kissed my clean shaved husband I rejoiced that for us at least the war was over and we could resume our lives.

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EMB Scholarship Winner



Left to Right: Scott Horne, Cottage Hospital Board Member – Maria Ryan, Cottage Hospital CEO – Tyler Reney, 2011 Woodsville High School Graduate – Gerry Graham, Cottage Hospital Human Resource Director.

The scholarship fund was started in honor of Dr. Elisabeth M. Berry, the first female physician at Cottage Hospital. The fund benefits local community members pursuing a education in the healthcare field. The EMB Committee dispersed over \$20, 000 in scholarships this year, helping to alleviate the financial burden to eight other students. Tyler Reney will be pursuing a degree in Nursing and attending St. Anselm's College in the Fall.

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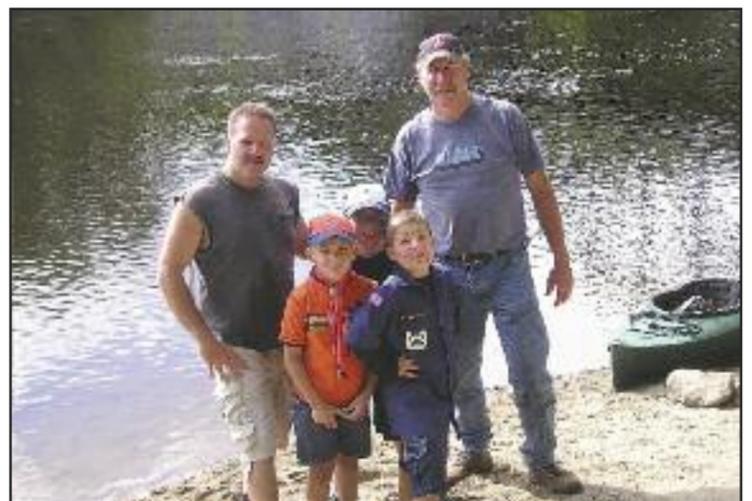
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3 Rivers Business Association Hits The Connecticut River

What happens when a 9" lightweight rubber ball and 99 of its friends are dropped into the Connecticut River on a Saturday afternoon? Well first of all they travel north. That's right, north. The first ever Rubber Ball River Race, sponsored by the 3 Rivers Business Association, took place on Saturday, June 25. That meant that 100 balls were launched at "The Narrows" off route 135 just north of Woodsville. To the surprise of all those present, the balls did not "catch the wave" and head down stream. Instead a very slight breeze pushed them north, up the narrow chute of water. Then they simply floated around each other and did nothing else. The organizers of the event then decided to help. They retrieved all the balls and brought them down closer to the finish line on the south end of No Man's Island. This worked better as the balls started moving nicely. But not for long. And for a second time they required some assistance in their travel plans. This time they were set free just up the mouth of the Ammonoosuc River. From there progress was made, by some, until winners reached the finish line and the promised ten prizes were handed out.

Winners were as follows.
First prize: \$500 Brent Clark
Second Prize \$200 Frank O'Malley
Third Prize \$200 Wells River Savings Bank
Fourth Prize \$100 Jon Hobbs
Fifth Prize \$100 Liz Shelton
The next five contestants won gift certificates from Hu-



bert's of Woodsville, Trendy Times, and Trendy Threads. Those winners were Tuesdie Carbonneau - (6th), Paul Bailey - (7th), Shauna Sanville - (8th), Torry Switzer - (9th), & Antique Rose - (10th).

Proceeds from the fundraiser are being split between the 3RBA Scholarship Fund and the Boy Scouts, who were represented during the event by three local Cub Scouts from Pack 152, and parents.

Not all Times are Trendy but there will always be Trendy Times July 5, 2011 Volume 2 Number 19

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