

# TRENDY TIMES

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## Music To Fill The Thayer Stage

If you are a lover of live performance music, then the 2011 edition of the North Haverhill Fair is certainly a place to be. As has been the case for over a decade now, the fair has two wonderful, well known acts coming to the Thayer Stage on Friday and Saturday evenings. But this year the live performances and toe tapping sounds will not stop there.

The biggest headline of all is the Saturday evening performance of the 2010 Academy of Country Music New Vocal Group of the year, Gloriana. This group has already enjoyed a gold single, some high profile awards, and now they get to enjoy the enthusiastic crowd at North Haverhill Fair. They have also felt a bit of a bump in the road as indicated in this July

11 post from their website. "As you may have heard, Cheyenne Kimball chose to leave our band. We need you to know that Gloriana will absolutely continue on. We couldn't imagine our lives any other way. We are 100 percent committed to all of you, our fans and supporters. As planned, we will debut our new music video this week and will continue touring and supporting "Wanna Take You Home" while finishing up our new album. We wish Cheyenne the best of luck in whatever lies ahead for her."

Friday night's entertainer on the Thayer Stage is also an up and coming force in country music. Craig Campbell will always be known for "Family Man" the song. But his life also shows that he is a family man. July 11 was a good date for Craig as his latest video was released on CMT. The song is simply called "Fish" and is sure to be a hit when performed on

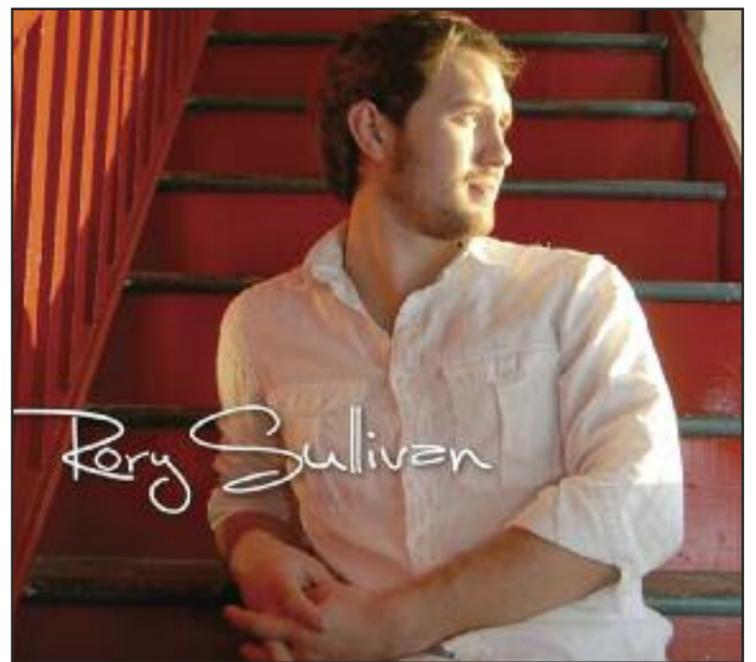
Friday, July 29 at the North Haverhill Fair.

These two shows will feature big lights, big sound, and undoubtedly a big crowd gathered to hear some wonderful music. But there will be plenty of other musical entertainment on Thayer Stage during the course of the 2011 fair.

It all kicks off on Wednesday, July 27 with singer/songwriter Rory Sullivan. His music is described as quality contemporary progressive folk rock. Rory originally hails from Newark, Delaware but currently lives in New York City. He lists The Beatles, James Taylor and Ray LaMontagne as his musical influences. Currently touring with Rory are Ryan Gleason (Bass) and Matt Musty from Piermont (Drums). This is a show that local friends of Matt shall not miss. And for all the rest, it is a concert you should not miss.

The music takes on a different flavor on Sunday afternoon when the best of the 50's & 60's dance music is performed by "Shakin' All Over". This Massachusetts based group has plenty of experience and show it with a stage presence that will entertain and make your feet move. Playing tunes from such legends as Elvis, Patsy Kline, and Buddy Holly, it is sure to take those who have always loved that music back to the good old days with a dance party to get you out of your seat and cutting a rug.

The one remaining spot on Thayer Stage will be filled by the 2nd edition of North Haverhill Idol on Thursday, July 28. Just like the TV show, a panel of three judges will listen to the hopefuls and then offer their praise, critiques, and on occasion their dislike for what they have seen and heard. The program will include a preliminary round from 6-8 PM and finals begin at 9 PM. As a bonus there is a performance being planned by last year's champion Megan Sargent. This year's panel of judges will include Steven John from WYKR, Chris Gar-



rett from 99Rock, and Amy from KIXX 100.5.

Of course all of these great shows cost nothing once you have paid your general gate admission. The same is true for all the other

wonderful shows and displays around the North Haverhill Fair located on the Fred C. Lee Memorial Field at 1299 Dartmouth College Highway in North Haverhill.

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# Make A Difference Going To The Fair

By Becky Colpitts, UNHCE, Grafton County,  
Volunteer Management Program Assistant

A long time ago, yet not so very long ago, I was a 4-Her. The month of July was a preparation time, a last minute detail time, a time of great anticipation for THE FAIR. As a 4-Her, I showed sheep, hogs, and steers, plus I always had a sewing project. After my 4-H years were over, I went back to our local Extension office under the College Work Study Program and July continued to be a flurry of activity preparing for THE FAIR. I was quite startled, an epiphany of sorts, when I had to go back to the Extension office in the afternoon during the fair to realize that many people were just doing ordinary things and the whole world wasn't at THE FAIR. At that time, for that week, my world was at the fair and it was filled not just with people I knew but with people who I never met. These people would ask me questions about my animals or my sewing project. They, strangers if you will, members of the community, spoke to me that week like I, youth that I was, was an expert. I answered to the best of my ability, and I received encour-

agement and a positive feeling about myself. These events shaped my life. Needless to say THE FAIR was pretty important to me as a 4-Her and now I know why. You, too, can go to a fair and make a difference in the life of our youth.

Little did I know back then why the fair experience was so important to me. It was more than just a fun time. Many times, especially with animal chores, it was hard work. In many aspects the fair was the "grand finale" of my 4-H project year. Most importantly the 4-H programs at the fair were an opportunity to practice skills that I was unconsciously developing. Those skills are the backbone of positive youth development programs. Those skills are: competence, character, caring, confidence, connections, and contributions.

In an article entitled "What is Positive Youth Development?" posted at <http://extension.unh.edu/4H/P4HVR.htm> (there are many more resources and information here as well), positive youth development is explained as occurring "from an intentional process that promotes positive outcomes for young people by providing opportunities, choices, relationships, and the support necessary for youth to fully participate." The 4-H youth program is an excellent example of a positive youth development program. Through a gradual process of research based, experiential education opportunities, youth become "competent, confident, connected, caring, and contributing" citizens of our community. Yet the character cannot fully develop without the experience in the wider community. This is

where community members like yourself, with no other 4-H youth connections, come in. You make the difference. A huge one.

Throughout the project year, 4-H trained volunteers offer youth a framework of experiences centered around a project or projects that the youth choose. Many 4-H members meet regularly, elect officers, run committees, perform community service, participate in county wide 4-H activities such as Food Show, Fashion Review, or County Activities Day. Most of these activities are attended by people the 4-Her knows or that are part of the 4-H community. The fair, for many 4-Hers, offers the opportunity to venture out and test their skills to a wider audience.

So, how can you help to make a positive impact on the future leaders of our world? Easy. If you go to the fair for a day or even for one of the evening shows, carve out some time to go to one of the animal shows, to the Style Show, to a 4-H youth lead demonstration, really take in the 4-H youth exhibits in the exhibit hall. Ask questions. Be interested. Be present. Offer encouragement. Smile. I remember when my boys showed sheep. When a fair goer was interested in how to groom a sheep my boys stood taller. I could visibly see their confidence grow. It is an amazing thing how a small amount of your time, intentionally placed, with a spirit of connection grows a brighter future.

For more information of the services Grafton County Extension can offer to you please peruse our website at <http://extension.unh.edu/Cou/nties/Grafton/Grafton.htm> or call 603-787-6944 Monday thru Friday 8 am - 4 pm.

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# This Ain't Your Mama's Shakespeare, Baby – Puttin' The 'Shake Back Into It'

(Editor's Note – TRENDY TIMES previewed this series of 6 Wednesday night performances in our July 5th issue – this piece reviews the first two presentations of July 6 and July 13 of "Wednesdays With Willie"

By Robert Roudebush

"Be great in act as you have been in thought" \*

They came, they acted, they conquered. July 6 and 13, 2011 will be remembered as the first two nights "that traveling acting company" came to Haverhill's Alumni Hall, 75 Court Street, Haverhill Corners, and reminded us all that William's work was always meant to be fun and still could be.

Rain both evenings drove the performers and two large crowds inside the beautifully restored and re-vitalized Hall. "Theatre Under The Stars", TUTS, was not under the stars but that lack was obscured by the many stars shining on stage. It is always exciting to see a vigorous well-trained young company tackle challenging and rewarding theatre and bring it alive. The engaged audiences were nearly a hundred strong the first night, and over that number the second. They included kids of all ages and some people nearly as old as I am. They immediately became part of these "bare-bones Bard" fast-moving shows. They learned the vocal rules - to "huzzah" (that means way to go!) and to boo and hiss (that means no way!). "The Two Gentlemen of Verona" on the 6th and the "Shrew" on the 13th were off to a dashing start. Numerous couples and groups both nights brought their own picnics and beverages of choice to enjoy before and during the show.

"The Soul of this man is in his clothes" \*

"Verona" July 6th featured splendidly period-dressed characters (Thank you Michelle Landry) rushing onto and off stage, including screaming entrances along the aisles right through the audience. The 11 member cast often played multiple characters and part of the fun and challenge was discerning who was doing what role. The stage itself was blessedly unadorned (Thank you Chris Devlin-Young), as simple a set as the language was intricate - two wooden benches standing some feet apart. The same set served for "Taming of The Shrew" as well.

"Suspicion always haunts the guilty mind" \*

From a uniformly effective cast in "Verona", for me there were some notables. OWEN HAYDEN shone in an unsympathetic role as Proteus, the most villainous of the "two gentlemen", convincingly portraying duplicity and guilt-ridden deceit with apparent joy in his misdeeds. Mr. HAYDEN proved his control of the role by the manner in which he handled audience boos-and-hisses at some of his more dastardly deeds and words. He built-in the necessary few seconds as he responded to their vocal displeasure mainly with mobile facial expressions, without skipping a beat. Great timing and great give and take. He also demonstrated a youthful pleasing singing voice, a striking contrast to his basic despicability.

"The trust I have is in mine innocence, and therefore I am bold and resolute" \*

PETER KENDALL was Valentine, the second of the "two gentlemen", exuding earnest innocence and resolute trust in sharp distinction from his thieving scheming pal. Mr. KENDALL showed subtle comic deftness and a playful demeanor when necessary, enriching his role considerably. MICHELLE GEISLER played a bearded and mustachioed young man, Speed, for most of her time on stage, and was prominent for her intelligent and well-spoken line readings, helping to clarify much of the onstage complexity. Another standout for me, and a character who threatened to steal the show each time he appeared was CALDER SHILLING as Sir Thurio - he personified high-handed haughtiness and hilarity. I've never seen a man do things with a white handkerchief the way he does - nor a woman come to think of it. He also has a fine hand with a mandolin, and can sing well, exemplifying what Producing Artistic Director Donna Devlin-Young has said about her stellar company, that she seeks first-rate actors who are accomplished musicians as well.

"We know what we are but not what we may be" \*

July 13 continued the free series (Thank you Woodsville Guaranty Saving Bank) with a rarely staged version of "The Taming of The Shrew" called ORIGINAL PRACTICE. You've never seen the like and neither had I. That phrase means that the actors appearing in the play that night did not know until the play began

which part they may be playing - they had to memorize at least two characters - and the audience helped make that choice. Men could play women, and women could play men and that happened. Part of the delight was the "bookkeeper", (Company Manager Lauren Bieber) literally the keeper of the only existing full script, sitting on stage with the cast during the show and honking and prompting the players when they were too slow, or too quiet, or saying someone else's lines. That's how the Bard's plays were mounted hundreds of years ago and almost no one does it anymore. This haphazard stage delivery meant mistakes turned into laughter, laughter sometimes turned into thunderous applause. Each of these first two shows was performed by the "shakesperimentors", Apprentice level actors of the three tier TUTS, and most of them were making their professional Shakespearean debuts with only 10 days of rehearsal.

Standouts this time for me were - CALEY VICKERMAN as "Kate", the fiery outspoken shrew who "would not be tamed" - CALDER SHILLING once again catching my attention, this time as Hortensio - and without a doubt, OWEN HAYDEN, who by chance drew the role of PETRUCHIO, to woo and wed the untamable Kate. When Mr. HAYDEN

and Miss VICKERMAN occupied the battleground of the stage together, there was no rest for the wicked, no quarter given. Sparks.

You still have four more chances in Haverhill to enjoy New Hampshire's only professional classic touring repertory company. Curtain is at 6:30 each Wednesday evening, and folks begin arriving around 6.

JULY 20 - YOUNG PEOPLE'S PLAYERS - "HALF-BAKED HAMLET"

This group of youths, ages 10-17, is the youngest division of TUTS, and you should expect "a parody of Shakespeare's most famous play".

JULY 27 - "THE WINTER'S TALE" The most senior and experienced players in TUTS tackles this show, as well as the two following.

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AUGUST 10 - "HAMLET, PRINCE OF DENMARK". "The most famous play in history comes to life in this story in intrigue and horror..."

MORE INFORMATION ON TUTS, GO TO THEIR WEBSITE WWW.SHAKE-SPEAREINTHEVALLEY.COM OR CALL ALUMNI HALL 989 5500 OR ACCESS THE HALL AT ALUMNIHALL.ORG \*OF COURSE WILLIE WROTE THIS

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## Science, Engineering & Technology

# Why I Like My Job

By Kathleen Jablonski,

4-H Youth Development Extension Educator

I was having an interesting day helping volunteers figure out solutions to problems, answering questions about fair entries, talking to leaders and members as they walked into the office to drop off materials, and getting organized for 4-H camp staff training. All of this left me feeling a bit overwhelmed as I hoped I made the right decisions with some of the issues. Then I got an e-mail referring to a bit of tension throughout the organization as we deal with new philosophies and budgetary restrictions. After all of this I was starting to wonder why I do the job that I do.

After having a few days away I looked down through my long list of e-mails and saw one from Kristin Francini Walter, Director, Public Relations at National 4-H Council. I ignored it at first, thinking it was something I could come back to later. As I continued with my day that same e-mail was forwarded to me from two other folks in Extension, so I decided I'd better open it. When I saw the topic of the e-mail I read it with great interest.

It reminded me why I chose this profession years ago, and why I like my job.

Apparently, there was a blog site that made the statement that 4-H members are desensitized when they raise meat breed animals. Walter went on to say how much traffic the site received and how many reactions there were to the statement. She felt there was an overwhelming response to the blog spot from 4-H'ers and 4-H alumni who objected to the site's take on 4-H'ers being desensitized. Walter, as any person who

embraces the 4-H program, took objection to the on-line site using 4-H'ers to draw attention to their controversial topic. She cited a particularly effective response that uses findings from a longitudinal study on 4-H done by researchers at Tufts' University. This response was posted to the blog site by, Jessica, a current Kansas 4-H member in her eleventh year.

"...I show sheep and cows. Do you really think we are desensitized? Why don't you come to our 4-H fair the last night of the fair at the auction? We know where our animal is going and there are definitely tears shed by a lot of the girls and many of the boys. I have shown since I was 8 and it doesn't get any easier, but I know that I am getting better quality meat and that they are hormone free and better for you, unlike meat you buy in the stores are. Buying show cattle also helps you with money management and how to run a "business" without losing money. I will never regret the time I spent as a leader in 4-H and I'm very sad that this is my last year to be in 4-H. Here are a few facts about 4-Hers verses Non-4-Hers... If you are in 4-H you are... More than twice as likely to contribute to their communities

- 41% less likely to engage in risky or problem behaviors
- Twice as less likely to engage in drug use
- Twice as unlikely to use cigarettes or drink alcohol
- Less likely to be victims of depression
- More likely to spend more time exercising or being physically active
- More likely to have better

grades and see themselves going to college

So really, I don't see 4-H as a bad thing at all and if you want to continue to call us desensitized go ahead, but know that 4-Hers go further in community organizations as adults and they are more likely to have a leadership career. I know that 4-H has been the best opportunity for me and because of 4-H, I was the Valedictorian of my class and a leader in all organizations at my school, so while all you guys argue about us being desensitized remember our motto "To make the best, better" and that it isn't all about animals and 4-H is an opportunity for all. I'll always be a 4-Her at heart and none of you will ever change me."

I agree with Kristin Francini Walter when she said, "No national spokesperson could do a better job."

So, thanks Ms. Walter for bringing this to my attention. Thanks, too, to Jessica for representing all 4-H'ers well in her response. I've met many Jessica's in my 10 years here in Grafton County serving as the Extension Educator for 4-H Youth Development. They, and the leaders who work with them, are the folks who are weaving the fabric of our communities by teaching and learning life skills to help kids become productive citizens.

That's why I enjoy working with our 4-H leaders and members and hearing their success stories, their adventures in "Learning by Doing", and seeing the fruits of their labor. It's a team effort to promote and do community service and to teach the life skills of responsibility, respect and resiliency. It helps all of us to grow and learn together.

That is what 4-H is all about. And that is why I like my job.

For more information about Grafton County's 4-H Youth Development program and how to become a leader, contact us at 603-787-6944 or email: [graffton@ceunh.unh.edu](mailto:graffton@ceunh.unh.edu). Don't forget to come and see the 4-H animal shows and the exhibit hall at North Haverhill Fair, July 27 through July 31.

*Thank  
you*

I would like to thank all of those who have supported me in my recent illness. First are Dr. Denis Lamontagne, Dr. Kevin Connolly, & Dr. Patricia Pratt. Then the staff at Cottage Hospital; during my lengthy stay, I felt like I got to know all of them. The nurses are extraordinarily helpful, caring & knowledgeable people, who were always ready to help me. The nursing aides were wonderful; always answering bells & checking to make sure I didn't need anything & spending a little time with me, & making sure

I was doing ok. The therapy people were always willing to get me newspapers or puzzles or anything I wanted (except for coffee ice cream). The nutrition & dietary department delivered wonderful meals, gave dietary advice so I could make the correct choices, & were endlessly cheerful. The environmental services staff kept my room spotlessly clean & again were very cheerful, helpful people. Cottage Hospital has wonderful people working there.

Thanks also to the trustees of the Tenney Memorial Library in Newbury and the Groton Free Public Library. And to Holly Senecal, Peggy Hewes & Gail Lavaude who helped cover my schedule and ensured I did not have to worry about my jobs. I can't wait to be back!

Thanks to all the people who called, came to visit, sent or brought flowers & gifts, & sent cards. It was a generous outpouring of support & affection. I am overwhelmed by it all.

And finally, thanks to the entire Judas family - Timm, Mary Lou, Hannah and Max. Our friendship goes back many years and I am always so grateful that you are part of my life.

Marjorie Shane

# From The Desk Of NH State Senator



Dear Constituents,

It's hard to believe that we are half way through the summer! With the legislative session over, I've been spending much of my time out in the District—walking in parades, attending Old Home Days, meeting with Selectboards, honoring Eagle Scouts, and responding to constituents' concerns. The Northern Pass Transmission project and the future of the woodburning biomass plants have also been a priority.

During these weeks since the budget passed and became law, much has been written. For some folks this budget, which passed by overwhelming majorities in the Senate and House, did not go far enough. For others, the same budget – allowed into law by Governor Lynch – was too drastic and cut too deeply.

These viewpoints, and the debates that have followed, are crucial to our democracy; and our ability to continue having debates is a main reason our nation was recently able to celebrate its 235th birthday. Still, I was disappointed that one of my colleagues chose to use the Independence Day holiday to argue that the new budget is unpatriotic and crafted based on personal interests versus the public good. That kind of rhetoric is not productive and I believe our citizens deserve better.

You deserve the facts.

Fact: We began this budget season facing an \$800 million deficit.

Fact: Over the past four years state government spending grew by about 24 percent when our economy was stalling and unemployment was rising.

Fact: Our state budget was out of balance based on millions of dollars in bonding used to pay for operating expenses over the last two years.

Fact: \$465 million in federal stimulus funds used over the last two years to balance our budget and provide funding for the departments of Education and Transportation would not be available in the next budget.

Given these realities,

Senate and House budget writers got to work making the tough decisions necessary to build a balanced budget and, at the same time, remained focused on helping those least able to help themselves.

We worked to restore funding in some areas where Governor Lynch had cut, such as for the developmentally disabled and the healthy kids program.

The Governor led with cuts to special education funding, also known as catastrophic aid. My Senate colleagues and I restored funds to this vital service to continue the current funding formula in use today.

The Governor also initiated cuts to the CHINS (Children in Need of Services) program and the legislature restored funding to the most vulnerable population.

Across state government, we asked departments and agencies to strive for 4%-6% less funding for the FY2012 budget. In many cases, this meant cutting or shrinking programs and reducing staff.

Budget constraints also challenged the legislature and various departments to consider reforms to reduce costs while maintaining or improving services. For example, through Managed Medicaid we will join over 30 other states in implementing a coordinated approach to health care delivery that will improve care while saving over \$30 million.

Make no mistake, there were areas where we wished we could do more—like funding uncompensated care at our New Hampshire hospitals, but the revenues were not there. You may recall the Governor initiated cuts to the uncompensated care fund by 25% and called for a moratorium on hospital construction. We laid out a plan to fund uncompensated care should revenues come in higher than expected.

In her article, my Senate colleague said our state budget should reflect the beliefs and goals of our citizens, and I think this one does. State government should be held to the same standards

that the average New Hampshire family lives by—living within their means, and that is what this budget does.

We crafted this budget based on months of hearings and meetings, hundreds of hours of public input and debate, and multiple sessions on the House and Senate floor. It is based on realistic revenue projections that received bi-partisan support. This budget represents what we believe to be in the best interests of the state, our taxpayers, and our most vulnerable citizens, given the revenues projected. It is in line with the promises we made to voters and in keeping with the oath we took when we came into office.

We accept that everyone may not agree with every line of this budget – and we look forward to the continuing discussion – but I can assure you there is nothing unpatriotic about a balanced budget that cares for those who need it most while creating conditions that will ensure this state continues to lead the nation out of this recession.

The simple truth is we cannot continue to spend more than we take in. If you remember one thing, remember that is exactly what this budget does.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email. If you would like to subscribe to my e-newsletter, go to [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester  
July 15, 2011

# Twin State Humane Society News

Thanks to all the volunteers, Twin State Humane Society, held another successful spay/neuter clinic July 6, with 36 animals treated. The first animal to be neutered was a 165 lb St Bernard. His owners obligingly stayed with him during recovery and Leo very soon showed interest in chasing one of the shelter cats. The next clinic will be Sept 14, Wed. Register online at [www.twinstateshs.com](http://www.twinstateshs.com). Pets should be at least 6 mos and have their own carrier and

blanket. On July 23 10-3 the TSHS Fund Raiser will be held at the Scenic View Campground in Warren, NH. Lots of fun is planned with a dog parade, ice cream social, 50/50 raffle, silent auction and nail trimming. The Fire Marshall will also demonstrate his special K-9 unit dog in fire inspections. Visit our website [www.twinstateshs.com](http://www.twinstateshs.com) for information on adopting a kitten or cat.

## Bow Hunter Education Course Saturday, August 6, 2011 7:00 a.m. - 5:00 p.m. Ammonoosuc Valley Fish and Game Club, Bath, NH

All hunters must pass a bow hunter education course before purchasing a New Hampshire archery license. You must be at least 12 years old to attend a bow hunter education course. Space is

limited. Sign up soon! Registration is On-Line Only. To register please visit the NH Fish and Game web site at: [http://www.wildlife.state.nh.us/Hunting/hunter\\_ed.htm](http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm)

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

July 19, 2011

Volume 2 Number 20

# 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!

## MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA  
ADULT WATER AEROBICS**  
5:00 PM – 6:00 PM  
A.P. Hill Community Pool, Woodsville

## MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA  
WALKING CLUB**  
6:30 PM  
Woodsville Elementary School

## TUESDAYS

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

## WEDNESDAYS

**BINGO**  
6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill

## THURSDAYS

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

## MONDAY - SATURDAY, JULY 18 - 23

**CHRISTIAN TENT REVIVAL**  
7:00 PM  
250 Fuller Hill Road, Groton  
*See article on page 15*

## 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

## WEDNESDAY, JULY 20

**SWING PEEPERS CONCERT**  
10:00 AM  
Gazebo, Groton  
3:00 PM  
Berry Memorial Field, Wells River  
*See article on page 16*

## 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 3*

## THURSDAY, JULY 21

**BURLAP WEAVING BOOKMARKS**  
6:00 PM  
Bradford Public Library

## MUSIC IN THE PARK – 5TH BUSINESS

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

## FRIDAY, JULY 22

**WILDLIFE HABITAT MANAGEMENT  
WORKSHOP**  
9:00 AM – 2:00 PM  
Evelyn Residence, Sugar Hill

## WEEKS FESTIVAL ARTISTS

1:00 PM – 8:00 PM  
Whitefield  
*See article on page 9*

## ON GOLDEN POND

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

## SATURDAY, JULY 23

**TWIN STATE HUMANE SOCIETY  
FUNDRAISER**  
9:00 AM  
Scenic View Campground, Warren  
*See article on page 5*

## BETTY JOHNSON GRAY CONCERT

7:00 PM  
Alumni Hall, Haverhill  
*See article on page 7*

## ON GOLDEN POND

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

## SUNDAY, JULY 24

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

## ON GOLDEN POND

4:00 PM  
Old Church Community Theater, Bradford  
*See article and ad on page 7*

## MONDAY, JULY 25

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

## HAVERHILL ECONOMIC DEVELOPMENT MEETING

6:30 PM  
Morrill Municipal Building Gym

## WEDNESDAY - SUNDAY, JULY 27 - 31

**NORTH HAVERHILL FAIR**  
*See article on page 1 and ad on page 11*

## WEDNESDAY, JULY 27

**FARM TO SCHOOL SUMMER MEETING**  
5:15 PM  
St. Johnsbury School

## "SOFT TOUCH" CONCERT

6:00 PM – 8:00 PM  
Chevron Park, Lisbon  
*See article on page 16*

## THE WINTER'S TALE

6:30 PM  
Alumni Hall, Haverhill  
*See article on page 3*

## THURSDAY, JULY 28

**TAKE OUT DINNER**  
5:30 PM – 7:00 PM  
United Congregational Church of Orford

## CHINESE DRAGON STICK PUPPETS

6:00 PM  
Bradford Public Library

## MUSIC IN THE PARK – BAYLEY HAZEN BOYS

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

## SUNDAY, JULY 31

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

## MONDAY, AUGUST 1

**GOOD OLE BOYS & GIRLS  
NH HOUSE SPEAKER - WILLIAM O'BRIEN**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*See ad on page 8*

## ST. JOHNSBURY TOWN BAND CONCERT & FREE ICE CREAM SOCIAL

Evenings  
Courthouse Park, St Johnsbury

## FIRST MONDAY MOVIE SERIES: MOTHER NATURE'S CHILD

6:30 PM  
Colatina Exit, Bradford

## TUESDAY, AUGUST 2

**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, AUGUST 3

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

## INTERACTIVE DDDRACULA

6:30 PM  
Alumni Hall, Haverhill

## WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

**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, July 28th for our August 2nd issue.**

# “On Golden Pond”

By Gary Scruton

The third production of the season is now half over at the Old Church Community Theater. Many would say that the third in a series of five is the heart of the series. If that is the case then the folks that make up OCCT, and decide on the production

off stage performer) plus the lights and sound effects person. And this cast did just a wonderful job.

From the youngest member, Josh Smith, to the oldest (I'm not writing that one down) to those in the middle, they all knew their lines, hit

the cast handled the humorous lines with a smile, and plenty of laughs from the audience. And they made the serious parts heartfelt. There were even the near tragedies. From doors falling to - well I don't want to give the whole plot away in case there is another person or two out there like me who has not seen this production before.

Now every critic will see or hear one or two things that just aren't quite perfect. And if I must find fault, it would only be that some of the sound effects were not exact. Though Loons are hard to control, they sometimes overrode the previous line. And the phone, though it was an old rotary dial phone (some of you know what those are) did not seem to ring in a normal pattern.

But none of that should deter the play enthusiast from taking the time to visit the Thayers at their summer home “On Golden Pond”. Whether you know them or not, you should be well entertained for the evening (or Sunday afternoon).

their marks, and interacted like one big family. After all, that is what the play is all about - family.

Again from the director, he felt he had chosen a good cast. Therefore his job was just to get out of their way and let them act.

And act they did. The en-



schedule, have done themselves very proud in 2011. For the heart of their summer series is a play, to my view, that is timeless. “On Golden Pond” may bring to many minds Henry Fonda and daughter Jane. After all the movie was filmed just down the road in the lakes region of New Hampshire. There were also three Academy Awards handed out for this 1981 production. But, as Director Peter Richards pointed out with his introduction, the movie and the play are not the same. He even stated that if members of the audience had come to see the movie version of “On Golden Pond” then they may be disappointed.

Luckily for this writer I have never seen either the original play or the movie. Can you believe it? And now that I have seen the play, I am not sure I want to see the movie. The play, as I stated before, is timeless. The cast is relatively small with only six on stage actors (and one



# Legendary Singer Betty Johnson Gray To Give Free Concert

The legendary performer Betty Johnson Gray will give a special performance, Life Love, at Alumni Hall on Saturday, July 23 at 7pm. Gray started her long musical career as a young girl with her family's gospel ensemble, The Johnson Family Singers. She began her adult solo career in the 1950s and rose to fame with hits like "The Little Blue Man" and "I Dream". She has appeared on The Ed Sullivan Show,

Jack Paar's Tonight Show, and has performed at the Grand Old Opry. Appearing with Gray will be her two daughters, Lydia and Elisabeth Gray, acclaimed singers in their own right. LIFE LOVE is a tribute to music, love, and the Haverhill community that Betty calls home.

Tickets are admission by donation. For additional information, contact Alumni Hall at (603) 989-5500 or info@alumnihall.org.

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by Ernest Thompson

Directed by Peter Richards

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# NIGHTINGALE PAWN SHOP

## “We Pawn, Buy And Sell Anything Of Value” From A Consultation With Buzzie Nightingale

By Lauren M. LoSchiavo

Do you NEED MONEY NOW??? Do you have ANYTHING OF VALUE?? If any of the above is true, you need to visit Nightingale Pawn Shop. They will take your item and give you cash. You then have 4 months to reclaim your item. The amount they offer is based on a percentage of whatever that particular item is worth. This information can be obtained by researching what you wish to pawn, buy or sell and looking it up on the internet. Nightingale Pawn Shop does all this work for you.

The following is a short list of some of the things they will accept AND WHAT THEY HAVE FOR SALE: Tractors, boats, wave runners, tools, electronics, cars, computers, snowmobiles,

sporting goods, knives, skis, 4 wheelers, motorcycles, compound bows, helmets, cameras, jewelry, gold and silver, and musical instruments. Among these items for sale is a brand new knife collection that is a must see for anyone who appreciates the workmanship and beauty of knives. In the future firearms will be available to pawn, buy or sell.

This family owned and operated business run by Buzzie, his wife Susan and their son Peter was started approximately 2 years ago. However, the shop has only been open about 2 weeks at the present location. I should like to point out that you will not find this establishment typical of any pre-conceived notions you may have

regarding pawn shops. Buzzie is friendly, personable, fair-minded and knowledgeable. He is an expert shooter and also loves boats. After selling his boat business in Florida, he and his family decided to make New Hampshire their permanent home. Living in New Hampshire is by no means new to them. They have spent summers here, at what used to be their second home, for many years. You may find him hard at work

building a table in his wood working shop, out walking with his dog, or assisting, Susan, his wife, in their antique business, Nightingale Mercantile, next door in this beautiful old barn that overlooks the White Mountains.

If you have something to pawn, have something to sell or are looking for a particular item to buy – even if you are just out for a ride, Nightingale Pawn Shop is an interesting experience and is worth the visit. Any questions?? Call

(603) 838-2444. The shop is opened Wednesday thru Sunday from 10:00-5:00 or by appointment. Location: 21 Bishop Cutoff, Lisbon, New Hampshire, on the corner of 302 and Lyman Road. It is conveniently located just off Route 302 as you head out of Woodsville, New Hampshire and is approximately 7 miles from Littleton, New Hampshire. PLEASE NOTE: Any questionable items will be reported to the Police Department!

## Diabetes And Low Blood Sugar

By Bonnie Bromage, RN Cottage Hospital

Low blood sugar is known by many names. It is also called hypoglycemia or low blood glucose. Low blood sugars happen when blood sugar drops below the normal level. This can happen suddenly. Treatment needs to happen quickly. If left untreated, low blood sugar can lead to seizures, coma and even death.

Symptoms of low blood sugar include hunger, shakiness, pounding of the heart, nervousness, sweating, dizziness, lightheadedness, sleepiness, confusion, personality changes, difficulty speaking, anxiety and weakness. Symptoms vary from person to person and can include other symptoms. Causes of low blood sugar include too little food or meal skipping, too much insulin or diabetes pills, too much exercise or activity and alcohol consumption. Always check

your blood sugar when you don't feel well.

Treatment of low blood sugar includes checking blood sugar with your blood sugar meter. If your blood sugar is below 70mg/dl, it needs to be treated by eating or drinking 10-15grams of fast acting carbohydrate. Examples include:

- 3-4 glucose tablets or 15 grams of glucose gel
- ½ Cup of fruit juice
- ½ Cup of soda (not diet)
- 1 Cup milk
- 1 Tablespoon of sugar or honey

Check your blood sugar 15 minutes after eating or drinking the fast acting carbohydrate. If blood sugar remain below 70mg/dl treat it again. The treatment is repeated until blood sugar is above 70mg/dl.

For people that take the following medications Acarbose (Precose) or Miglitol

(Glyset), glucose tablets or gel is the only safe way to treat low blood sugar. These medications slow digestion of other forms of carbohydrate! Fortunately glucose tablets are inexpensive and easy to carry. They are available at all drug stores.

To keep your blood sugar from going too low when drinking alcohol, have the drink with a meal. A drink is equal to 5 ounces of wine, 1 ½ ounces of hard liquor or 12 ounces of beer. Men should not consume more than 2 drinks per day, for women it is one per day. Approximately 1/5 of all severe low blood sugars are related to alcohol.

Low blood sugar is particularly dangerous when it happens while driving. The driver can have trouble concentrating, seeing clearly and may have a decreased reaction time. To prevent problems, people at risk for low blood sugar should check blood sugar before driving.

Target blood sugar for people with diabetes is 70-130mg/dl before meals and below 180mg/dl 1-2 hours after the start (first bite) of a meal. If you suspect low blood sugar and do not have you blood sugar meter with you, take action and treat the suspected low blood sugar. Please keep yourself safe.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org) or call (603)747-9000.

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# St. Johnsbury Parents And Community Members Wanted For Farm To School Project



The St. Johnsbury School Farm to School Project is recruiting volunteers to help with all phases of the Farm to School Grant. A summer meeting schedule is set to include Friday morning meetings, 9am (8/12) and Wednesday afternoon meetings, 5:15pm (7/27, 8/24). Everyone is welcome to attend to find out more. Meetings will be held at the St. Johnsbury School either in Conference Room B or at the school playground if children are in attendance. Some areas where volunteers are needed include: Creating a Local Food and Farm celebration; Seasonal recipe research; Fundraising; Classroom Taste-test volunteers; Cafeteria farm to school menu template; and Science standards review among others.

The St. Johnsbury School is a winner of the

2011 Rozo McLaughlin Farm-to-School Implementation Grant. Since 2007 the Rozo McLaughlin Farm-to-School Grant Program has been awarding Vermont schools with funds to integrate local foods in school cafeterias, classrooms and communities.

The St. Johnsbury School community will be collaborating with the St. J. Food Co-op, parents, businesses and community members to facilitate this grant.

The goals of the grant program are to encourage schools and school districts to serve food to Vermont students that is as fresh and nutritious; maximize the use of fresh, locally grown foods; educate students and the community about healthy eating habits through nutrition education, creating connections between farmers

and the school community; increase the size and stability of farmers' direct sales market; and increase school meal participation by increasing the selection of foods available to students.

"We are excited to involve school personnel, parents, businesses, farmers and all segments of the population in this project!" explains Farm to school coordinator, Melissa Bridges of the St. J. Food Co-op. "We are continually recruiting members to join us in a summer meeting schedule to move the grant forward and ensure its success. We would love to hear from people interested in helping with this. Example activities include monthly taste tests of local foods, farm field trips and enhanced science curricula teaching the life cycle of local food."

This grant program is made possible by collaboration between the Vermont Agency of Agriculture, Department of Education, Department of Health and VT FEED (Food Education Every Day). If you are interested in helping or finding out more about this community project you may contact Melissa Bridges at [Melissa@stjfoodcoop.com](mailto:Melissa@stjfoodcoop.com) or at 802-748-9498. You may also get more information at [www.vtfeed.org](http://www.vtfeed.org) or [www.farmtoschool.org](http://www.farmtoschool.org) or <http://www.vermontagriculture.com/education/farmtoschool/index.html>

# Old Mill Studio July 22, 2011 Bring a Buddy To Weeks Festival Artists' (And Non-Artists') Day

WHITEFIELD — In preparation for the White Mountains Cultural Festival: 8 Days of Weeks coming up on the four weekends in August, the Arts Alliance of Northern New Hampshire and the Old Mill Studio in Whitefield are hosting an Artists' Day on Friday, July 22, from 1 to 8 p.m. The regional festival, which will be centered in a different area each weekend, celebrates the arts, nature, and the Centennial of the Weeks Act.

Artists (and non-artists — no experience is necessary!) are invited to come for the whole day or drop in for an hour and create some fun and funky art pieces to be displayed and used during the Festival. One great possibility: Help make life-size cardboard kids and animals!

The organizers will have

plenty of cardboard and paint on hand, but participants are encouraged to bring their own ideas (and materials if they have them) along with a buddy to make some nature-themed art and have some fun. Anything is possible! Tea and coffee will be available, and everyone is welcome to bring a snack to help fuel their creative fire.

Those planning to attend are asked to email [info@aannah.org](mailto:info@aannah.org) or to call Frumie at 323-7302, Deb at 323-5030, or Sue at 837-8778 to be sure enough chairs and supplies will be on hand.

Anyone who is an artist or interested in the arts but can't attend the July 22 session, can call, email, or visit [www.aannah.org](http://www.aannah.org) to learn about other opportunities to be involved in the cultural festival.



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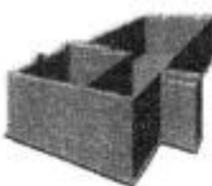
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**THURSDAY NIGHT  
SUMMER SUPPERS**

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# For The Love Of Cows...And Gardens

By Marianne L. Kelly



land Hoof Care, where he learned to care for cows, built his own chute and earned his certificate in 1999. "Twelve years later, I'm pretty confident in what I'm doing and enjoy doing it," he said. He is now one of several hoof-trimmers in the area and is a member of the Hoof Trimmers Association.

Wright calls his work fulfilling and challenging. "The cows reflect the temperament of their owners," he said. "If you have excitable people, you have excitable cows and it can be hard to get them in the chute." He learned a trick from another hooper that deals nicely in this situation. "If you have one chute behind the other and the cow in back sees what's going on ahead of her, she is less likely to be troublesome."

Looking ahead, Wright said he wants to continue trimming, as he gets older, but in order to do this he must automate, and purchased a hydraulic chute that he takes with him on his rounds.

This year's late spring presented a challenge for Wright. Traditionally the first trimming occurs in spring and the last in fall. "I usually start in March," said Wright, but this year was really a challenge and I finally was able to finish a bit later than normal.

Wright can only work part time at his profession as many farms have gone out of business, and he fills the gap by working part-time on a local egg farm. He owns twelve cows who live on a farm in Newbury, where "I take care of their cows' feet, and they look after my animals," he said.

Barnet, VT—David Wright's love for and knowledge of cows and pride in his work is apparent in the way he explains his profession as a hooper. "A hooper trims and maintains cows' feet, making them more comfortable and productive. When they are more comfortable, they pro-

duce more milk and live longer," he said. This procedure done between two and three times a year can also prevent disease. "Lame cows don't breed back, and if they don't breed back, they wind up on the meat truck," he added.

Although he has none of his own cows, Wright services about twelve area farms per year. "I trim and maintain the bottom of their soles, and look for abscesses and any signs of sore feet."

Wright always wanted to be a farmer and realized his dream in 1981. However, by 1988, he was in serious debt and had to postpone his dream while he and wife Lori worked to clear their debts.

"I wanted to know what went wrong," said Wright, "and kept asking myself why others could make it and I could not." He worked on various farms for over ten years learning from experienced farmers. He later found work at the Grafton County Farm where he noted, "The cows were doing excellent until all of a sudden I found some had become lame." Wright called the local hoof trimmer who he felt didn't know anymore about hoof rimming than he did.

Wright decided to take a \$1,500 course from Dairy-



.22 acres of land, yet their gardens look like those seen on much larger parcels. "Most of my gardens came in on dump trucks along with a wheel barrow, shovel and many trips to Home Depot," he laughed.

Peas grow on the fence along the length of his garden that borders on state land. Behind the peas are carrots and parsnips. In front of the peas grows a long row of lettuce and a crop of carrots behind them. Lori pointed out beds of strawberries, cabbage, green beans, radishes, cucumbers, and onions, several varieties of squash, along with sunflowers, red potatoes, green peppers, beet greens, tomatoes and more. Astonishingly there is room to walk around the property, and they plan to install more beds next year.

They freeze and can their

harvest and have enough to last them through a harsh Vermont winter. They raise turkeys and have raised lambs and pigs to provide meat in their diets.

The Wrights noted that they rented and worked on others farms, but it wasn't until they reached their forties that they bought their own home. David asked Lori, a Home Health worker, for a list of challenges facing older people. Taxes, maintenance and stairs were the big three followed by roof, furnace and other repairs.

"Lori wanted a mobile home on a small lot so when we get old and retire we won't have to move," said Wright. The home they share with dog Selena provides all their needs, and the two have found peace and contentment with their lives and lifestyle.

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

July 19, 2011 Volume 2 Number 20



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All items to be entered into competition must be brought to the fairgrounds between 1:00 & 7:00 PM on Sunday, July 24.

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## REMINDER

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With the arrival of hazy, hot and humid weather, elders need to take special precautions in order to remain healthy.

Older adults do not discharge excess body heat as efficiently as they did when they were younger. Changes in circulation and the body's ability to sweat cause this to occur.

Seniors who have health-related problems should be especially cautious during hot weather. Congestive heart failure, diabetes, breathing problems and other chronic diseases can impair a person's ability to cope with heat and humidity.

Certain medications, such as those for Parkinson's Disease, can impair the body's internal temperature regulators. Diuretics aid in the elimination of fluids, but can increase the risk of dehydration in hot weather. Exposure to excessive heat can lead to heat exhaustion and heat stroke. Signs of



heat exhaustion include: extreme fatigue, muscle aches, nausea, fever, clammy skin, rapid pulse and vomiting.

Signs of heat stroke include: confusion, agitation, hyperventilation, racing pulse, lethargy, convulsions, high body temperature, loss of consciousness and death.

To avoid these conditions, older adults should be aware of their vulnerability to heat-related illnesses. Outdoor activities should be limited during periods of hot weather. Fans and air con-

ditioners should be used to lower the temperature in living environments. Clothing should be light colored and loose. Cool baths can also help.

Alcohol should be avoided and individuals should drink enough fluids to remain well hydrated.

For more information, contact the Senior HelpLine at the Area Agency on Aging for Northeastern Vermont at 1-800-642-5119, 748-5182 or 334-2190.

Not all Times are Trendy but there will always be Trendy Times July 19, 2011 Volume 2 Number 20

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# Letter To The Editor

Dear Editor,

Whether Republican or Democrat, you can thank our legislators for where we are today! Once again, we are headed in the right fiscal direction. We will remain a state without an income tax. We have balanced the budget. We are no longer mortgaging our future.

Four years ago, our legislators forgot their heritage and started a steep 24% increase in state spending at a time when our New Hampshire economy was stalling and unemployment was rising. This rapid growth was financed with one-time stimulus spending, bonding state operating expenses, and over 100 new taxes and fees on the backs of the state's taxpayers and business community.

The taxpayers of New Hampshire responded to this irresponsible, out-of-control spending and taxing in November 2010. The message was loud and clear: stop the spending, stop the taxing, and get our fiscal house in order.

Families and businesses have had to cut back, control spending, and live within

their means—it's time for state government to do the same.

The new legislature was faced with a nearly \$900 million deficit and an unbalanced FY2011 budget. There were difficult choices to make, but the House and Senate did not shirk their responsibility to craft a responsible budget.

It is important to remember that legislators came into their new jobs knowing there was a big problem facing them—a problem many of them did not create, but were willing to honestly address for the future of our children and our state. It is also important to remember that it took years of irresponsible action (over-estimating revenues and over-spending) and unfortunately, it will take years to repair the damage that was done.

I appreciate that our legislators were unafraid to roll up their sleeves, do the hard work and make the difficult choices that had to be made, in order to get our state headed in the right direction.

Thank you and keep up the good work!  
Ron Ward, Hebron, NH

Ron,

*My first thought is can we export some of that "roll up your sleeves and get the job done" attitude to Washington, DC. It appears that body needs some help to find a solution to the upcoming debt ceiling deadline.*

*Regarding our more local issues, there were indeed some tough choices that were made in all that budget dealing. And as can be seen by another letter to the editor, not everyone is happy with all the decisions made. That is really no surprise. There is always bound to be some who do not get what they want. The question is, which group should that be? And that is the definition of hard questions and tough decisions.*

*One of the wonderful aspects of living in America is that when those decisions go against you or your group, you have the right, and some would say the duty, to object. Speak your piece. Let your elected officials know that you disagree with them. But keep in mind that if your funding is reinstated, someone else's will be taken away. So do more than just ask for yours, ask for yours with a way of making it happen. Either by cutting somewhere else, or by raising more funds.*

*You do not have to be an elected official in order to have a good idea. In fact many times the best ideas come from the outside. So again I invite you to let your elected officials know how you feel. If we all speak up we will no longer be known as the "silent majority".*

Gary Scruton, Editor

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*Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.*

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# Cottage Hospital

## JUNE STORK REPORT



Kayla Rich & Brent Allen, of Bradford, VT proudly introduce, Harmony Anne-Marie Allen born June 7, 2011. Delivering Physician was Dr. Steve Genereaux.

Jennifer Kimball & Jerome Clement and Big Brother Brayden, of Bradford, VT proudly introduce, Paetyn Elaine Clement, born June 9, 2011. Delivering Physician was Dr. Aaron Solnit.

Skye Weeks & David Chase Jr., of North Haverhill, NH proudly introduce, Gavon Preston Chase born June 10, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Samantha Chase & Jeffrey Robbins Jr., of East Ryegate, VT proudly introduce, Bentley Chase Robbins, born June 13, 2011. Delivering Physician was Dr. Melanie Lawrence.

Kyle & Caitlyn Page, of Piermont, NH proudly introduce, Kayl Rian Page, born June 13, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Patrick & Amanda Osgood and Big Siblings Rebecca, Ashlyn and Marshall, of Corinth, VT proudly introduce, Ellea Frost Osgood born June 14, 2011. Delivering Physician was Dr. Melanie Lawrence.

Allen & Jamie Riley and Big Siblings Jessica and Andrew, of North Haverhill, NH proudly introduce, Alex Riley born June 16, 2011. Delivering Physicians were Dr. Aaron Solnit, Dr. Sarah Young-Xu and Dr. Keith Fortier.

Brian & Alison Rose and Big Sister Stella, of Piermont, NH proudly introduce, Elias Gabriel Rose, born June 28, 2011. Delivering Physician was Dr. Aaron Solnit.

Candy LaPlante & Chris Dunnells, of Wells River, VT proudly introduce, Karter Evan LaPlante-Dunnells, born June 29, 2011. Delivering Physicians was Jessie Reynolds.

## Letter To The Editor

### HATS OFF TO THE LADIES!!!

This letter is in regards to your July 5th, 2011 publication, page 3. I would like to ask you a question. Is the Trendy Times a "Gentleman's Publication"? The American Legion is a family organization, made up of men and women.

First off, I want to congratulate these three gentlemen on their accomplishments: Maury, Jim, and Jack. I wish you "Good Luck" in your future endeavors.

At the end of your article, you mentioned that Bob Blais, the State Commander of the American Legion was scheduled to march along with members of Post 20, Bob did not march, he rode in a convertible with Irene Lewis, his counterpart, President of the American Legion Auxiliary Dept of NH. Elizabeth Ward did march in the 4th of July parade as our present National Executive Committee Woman. Eleanor Leach of Woodsville Unit 20, just finished two successful years as District 8 Alternate Director and District 8 Director, drove her car in the 4th of July parade with the newly elected Dept. Chaplain, Jessie Bernard from Jaffrey, NH.

It may be interesting to know by some of your readers, that six ladies from District 8 have reached the pinnacle of the state of NH American Legion Auxiliary, serving as State President and also as National Executive Committee Woman. They are being: Alma Gallant from Woodsville, Fannie Smith from Whitefield, Sandra Neylon from Whitefield, Bonnie Knapp from Groveton, and Elizabeth Ward from Littleton. All of these women have served as District 8 Directors and National Executive Committee Women. Also from District 8, this year, Diane Bouthot from Gorham, has been named as "Outstanding Auxiliary Member of the Year."

We may not have been on the battlefield with these veterans but we as Auxiliary members have been supportive of them and we will continue to be supportive of them for whatever it takes for them to succeed.

Past Dept President of the State of NH American Legion Auxiliary, Nancy Partington, Woodsville

Nancy,

As a proud member of Ross-Wood Post 20 American Legion in Woodsville, I am very aware that the Legion family includes men and women. In fact there are several female members of the American Legion. Plus, along with the Auxiliary that you are rightly very proud of, there is also a Sons of the American Legion program at Post 20. And Post 20 is also proud to have had the charter chapter of the American Legion Riders in the state of NH formed at Post 20. All together, it is a family.

Of course with every family, things are not always equal. One member quite often gets more notice, or praise, or sometimes grief, than the other members. This does not mean that they are any less important. It merely means that at that given point in time, they are the ones being noticed.

The July 5 article came about because Trendy Times received information about one of the members mentioned. In following up on that information I discovered others that I felt also needed some distinction. There may well be many others who also deserve to be complimented for their efforts.

But please do not think that Trendy Times is simply a "Gentlemen's Publication" or an "American Legion" paper, or for that matter a "Republican or Democratic" paper or even a "Vermont or New Hampshire" paper. We do our best to print stories that are of interest to people in general. Some will certainly have more interest to some readers than to others.

The bottom line is this: if you or a representative of the Auxiliary has information that you feel should reach the masses, by all means let us know. We will gladly accept it and then make appropriate decisions. In fact that statement goes for all groups, organizations and non-profits. We currently print many such articles which come to us as press releases.

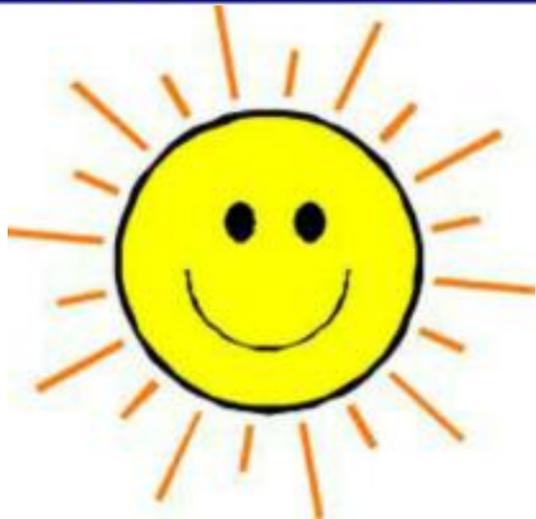
Gary Scruton, Editor

NOTE: Gary Scruton is also the current Historian of Ross-Wood Post #20.

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# Letter To The Editor

To the editor,

I see that the state of NH is trying to defund planned parenthood.

I am not liking this at all for we talk about how we want better health care and more providers, a greater access of health care, yet we are pulling one health care provider away. I think this is the wrong thing to do and the wrong message to send to the American people. We spend a lot of money on many other things that are not needed!! Yet we are taking away the very

thing that is needed. For this will hurt us women as well as men, children and teens.

Planned Parenthood provides many great services that won't be able to be accessed by anyone. And pregnancy will go up cause there won't be access to the birth control or cancer screenings or the many, many other service that they offer and provide. I for one stand with Planned Parenthood!!! Thank You.

Sincerely,  
Brittany James

Brittany,

*You are correct is stating that Planned Parenthood offers many great services. On the other hand, most of those services are also available from other providers. However, though they are available, they are not always as accessible.*

*In any sector of service to the American people competition is a good thing. Having multiple sources for the same product creates competition. That competition creates the need for each provider to do a better job, or the same job at a better price. It is indeed the American Way.*

*It is also the American Way, or at least should be, that we as a nation, and as a state, operate with a balanced budget. In simple terms that means we can not spend more than we take in. When that balance gets off, changes must happen. And unfortunately some of those changes hurt programs that someone has come to depend on. The key is to choose the right program to cut or eliminate.*

*In the end budgets for agencies like Planned Parenthood are somewhat controlled by elected officials. And like all of us, they do not always do what we consider "the right thing".*

*So, Brittany, keep writing to editors, keep writing to your elected representatives. And when you get the chance, talk to them as well. Every comment is important. Every voice is needed.*

Gary Scruton, Editor

# Tent Revival At 250 Fuller Hill Road, Groton, Vermont

Northfield Falls, Vermont July 12, 2011. The Fishermen Ministry is pleased to announce that it will be holding a one week long Christian Tent Revival at 250 Fuller Hill Road, just off Route 302 in Groton, beginning Monday, July 18th and running through Saturday, July 23rd. Meetings will begin each night at 7:00 with praise and worship. All are welcome.

Tent revival meetings date back to the time when the Lord brought the children of Israel out of Egypt by a mighty hand during the time of Moses. God had Moses construct the tabernacle of witness (i.e. a big tent) to give His people a place to worship Him during their wanderings in the wilderness. The tent ministry has been a staple of the American church scene since the early 1800s, when the Methodists and others were actively evangelizing through "camp meetings." The purpose of the tent ministry is to preach the gospel to the lost, to build up and strengthen believers in the faith and to distribute the gifts of God to His people. So do

come ready to receive what the Lord Jesus Christ has for you.

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The Fishermen Ministry is a trans-denominational ministry dedicated to the propagation of the gospel of Jesus Christ. Its focus is three-fold: (1) to bring the gospel message to those in the highways and byways of this land, (2) to strengthen believers in the faith and (3) to train ministers of the gospel. Through its combination of street preaching, cross carrying, tent revivals, coffee houses, Internet bible studies, churches and home bible study groups, The Fishermen Ministry is taking the message of God's love, as manifested in the gospel of Jesus Christ, to the highways and byways. For more information about The Fishermen Ministry visit its web site at <http://www.thefishermenministry.org> or contact Steve Atherton by phone at (802) 485-7577 or email at [satherton@shalaw.com](mailto:satherton@shalaw.com)

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# Why I Was Late For The Wedding

By Sheila Asselin

*EXPLANATION most of us at one time in our high school careers are required (forced) to read Samuel Coleridge's Rime of the Ancient Mariner. This is my take on what might happen if it were written today.*

There was this old guy, I mean a really old guy. Long gray beard and glittering eye and the whole nine yards, you know. So he stops me and I tell him I gotta go on account of I am on my way to my brother's wedding and heck I am supposed to be the best man. But this old fart won't take no for an answer.

You see, Jim and Melanie had been shacking up for about five years now, a couple of kids and all, but they finally decided they should do the right thing, make Ma happy

and all, and so they are going to make it all legal. I mean it was going to be a great wedding, a three kegger at least.

But no he has to bore me with this long story about a bunch of whacked out sailors and a trip they make. And they are not just sailing to Cuba. No they have to go halfway around the world. Well, he is he weirdest of the bunch, which is saying quite a lot. Anyway when things are going just great he has to go and shoot this @#%& big bird. And I am not talking Big Bird like on Sesame Street because this bird is pure evil. From then on things go downhill real fast. They run out of water and are reduced to drinking their own urine. I mean YUK big time. Plus everyone is really &\*( )^% off but mostly they are (\*&^%\$ off

at him.

To make a long story short, which I wish he would have, when everything is utterly hopeless there is some sort of Divine Intervention, like they had all prayed to Billy Graham or something, and things turn out all right. All is rosy and everyone gets back home okay. But for the last forty years he has been boring anyone who would listen absolutely bonkers with this story. And believe me for an old guy he is really strong. I tried to leave couple of times but NO.

So Jim, Melanie, that is why I was late for the wedding. I heard it was a doozie. Sorry Jim that you had to ask Melanie's dumb brother, Greg to stand in as best man. Save a keg for me.

Love, Jerry

## Swing Peepers To Entertain

On Wednesday, July 20, families will have two opportunities to catch the Swing Peepers, a lively and inventive duo of musician/storytellers. Matthew Witten and John Hadden will bring their show to the gazebo in Groton at 10:00 am and then to the Berry Memorial Field in Wells River at 3:00 pm. (In case of rain, the programs will be moved to the Groton Public

Library and the Baldwin Memorial Library.)

These accomplished musicians will perform a repertoire of interactive songs and stories drawing on material from around the world. Known for their easy rapport with young listeners and their infectious goofiness, the Swing Peepers enrich their performance with an array of musical instruments including

guitar, mandolin, harmonica, banjo, ukulele, and accordion.

As part of the 2011 Summer Reading Program One World – Many Stories, this show is free and appropriate for all ages. It is co-sponsored by the libraries in Groton and Wells River and the VT Department of Libraries. For more information, call 802-584-3358 or 802-757-2693.

## Soft Touch Headlines Lisbon's Second Concert Of The Summer Series

LISBON - The popular trio from Berlin – Soft Touch – will perform at Lisbon's second concert in the town's summer concert series Wednesday, July 27, 6 – 8 p.m. at the gazebo in Chevron Park on Main Street in downtown Lisbon. Offering a slightly different tempo and genre, this group has been performing at Indian Head Resort in Lincoln for many years. Soft Touch was well-received during their first appearance in Lisbon's concert series last year. The trio grew up making music together in Berlin. 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. The group's long association has created a pleasing vocal style.

Lisbon Main Street's Promotion Committee organizes the concert series and also offers hot dogs, chips and cold drinks at every concert. The Lisbonarea women's group Friends in Council offers ice cream sundaes. Bring a chair or blanket and have a picnic supper on the lawn at the gazebo.

This year's concerts are made possible by



Mike Galipeau, Cecile Bilodeau and Norm Coulombe will perform in Lisbon on Wednesday, July 27, at Chevron Park

several sponsors: Friends in Council, NH Electric Cooperative, Public Service of New Hampshire and an anonymous donor. The next concert will be on August 10 with the popular local group Parker Hill Road Band. The last concert of the season will be provided by the winners of the Lisbon Lilac Festival's Lisbon Idol contest winners on August 24.

In case of rain the concerts move to Town Hall, a short walk from the park across the river.

For more information, contact the Lisbon Main Street office at 603-838-2200 or [lisbon-mainstreet@roadrunner.com](mailto:lisbon-mainstreet@roadrunner.com)

# NIGHTINGALE MERCANTILE

## From A Consultation With Susan Nightingale

By Lauren M. LoSchiavo

If you are an antique enthusiast, are planning an outing, or just heading to Littleton, NH for some fun – you need to stop here. Did you ever watch “Antique Roadshow” and wish you had access to someone with that kind of knowledge and expertise? Nightingale Mercantile has that knowledge base. Just bring your antique to Susan and she will help you find out what it is, and also help you find out how much it is worth.

Inside Nightingale Mercantile you will find items carefully arranged. It is not overwhelming to the eye and there is something for everyone. I did not spend as much time as I would have liked, but this is a list of some of the things I noticed: Rugs, lamps, old tools, furniture- retro

kitchen to the very old, dolls, a 6 board blanket chest, whimsical items, oriental and other rugs, old framed photographs, ephemera – to include old posters, booklets, papers, letters, fruit labels, country items and much, much more. The antiques come mostly from estate sales and auctions. Some she buys from people who bring things in to the store. Her customer base consists of repeat customers, tourists and locals.

Even the building itself is fascinating. The barn has the designation of being one of the oldest in our region. If you have guests up for the summer, there are cottages and rooms for rent right next door at Bishop Farm. There is a breathtaking view of the White

Mountains that you can see from both Nightingale Mercantile and from the cottages.

Susan has over 20 years of experience and regularly participates in antique shows throughout Florida, in Massachusetts and New York. Her experience and expertise makes her uniquely qualified to assist you in finding whatever you are looking for or to help you find that special gift. (She is also fun and interesting to talk to).

Whether you are looking to buy, sell or find out what your antique is worth, you should stop here first, at 21 Bishop Cutoff, in Lisbon, New Hampshire. This is just off Route 302 from Woodsville and heading toward Littleton, New Hampshire on the corner

of 302 and Lyman Road– Nightingale Mercantile is just 7 miles to Littleton. Phone number is (603) 838-2444.

While you are there, you can also visit the Nightingale Pawn (Buy – Sell) Shop for great deals.

## Agency On Aging Urges Congress To Avoid Cuts That Would Hurt Older Adults & Family Caregivers

Just as Vermont’s population has begun to age rapidly, federal policymakers are considering drastic changes to key programs that help older adults age independently. Proposals to cut programs like Medicare, Medicaid and Social Security are being made at a time when their importance has never been greater.

The potential impact of cuts to these programs is troubling on many levels. If enacted, many seniors could lose a portion of the health and retirement benefits they were promised as deductions were made from their paychecks over the years. Addi-

tionally, less federal support for these programs would place even more demands on an already strained state budget. Lastly, if seniors become unable to remain independent at home, the cost of providing nursing home care will far exceed any savings achieved by program cuts.

In response to these proposals, staff from the Area Agency on Aging for Northeastern Vermont will travel to Washington, D.C. later this month to urge policymakers to protect these important programs that help older adults maintain their health, independence, and remain living

in their homes and communities for as long as possible.

In addition to visits with members of Congress, agency staff will participate in the 36th Annual Conference of the National Association of Area Agencies on Aging, where leading aging experts will gather to address key issues affecting America’s rapidly aging population.

For more information about the services and supports available for older adults in the Northeast Kingdom, contact the Area Agency on Aging at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

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# NOTICE

## To Woodsville Water Users

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# SCARED SHEETLESS

By James Paradie

## The Difference Between Poltergeist And Ghost and Some Observations Plus: The Sandwich Shop Poltergeist In Manchester, New Hampshire

Many people may believe that poltergeist and ghost are one of the same when some say they are actually different. Usually when a ghost is in a house that is considered a "haunting". When a poltergeist is in a residence it is considered a "disturbance." Another idea of what the two might be is that you can "see" ghosts, you can't "see" poltergeists. A better explanation would be that ghosts are defined as spirits of deceased persons who refuse or can't leave the land of the living. Where a poltergeist, as some experts put it, are forms of energy that are unknowingly being controlled by the living.

Strange? Yes, but there are as many theories of where these poltergeists come from as there is of ghosts. Another observation may be that these forms are a negative energy left behind by say some gruesome death, murder, suicide and that energy has been left behind. A ghost can give off such energies as for example, you could walk into some random room and all of the sudden you feel extremely angry or sad, this may be because this is what the spirit wants you to feel. There's been some cases, even in the investigations I've been in, where there's been intense anger or depression. Maybe the spirit that is being encountered is angry, sad, or depressed. Maybe the last extreme feeling in that room has been left behind for everyone to relive, like a residual haunting. Even though you don't know what happened, for some odd reason you get the same emo-

tions no matter if you know what happened there or not.

Also, ghosts are confined to usually where they departed or where they spent most of their time. Poltergeists, however, are not confined to one specific area, but no one knows for sure who or what these are. Usually a ghost can be sent away to the correct realm by a priest while the correct way to send away a disturbance by a poltergeist has yet to be determined, because no one knows for sure what they are exactly.

Where does this happen around here? There's a Sandwich Shop in Manchester, New Hampshire that has quite the poltergeist. Thing is though, there's some debate whether it's actually a ghost or a poltergeist, but the owners say that they don't mind their "friend" one bit and have actually embraced it as one of their own. Some strange activities that happen at the shop that can be defined as poltergeist activity is that items fly off the shelf at random times and that there is no explanation (such as a window open) to make things fly off the shelves. A meat thermometer has been witnessed by an entire staff to fly out of a cup and land three feet away. One worker got a scare when he was cutting meat one day and stacking it neatly beside him. When he looked over, all his hard work was being thrown around the room!

Even though some are confused as to whether this is a ghost haunting or a poltergeist disturbance, the entity, whatever it may be, has friends and has spoken be-

fore on EVPs, saying that it's name is Mike and that he may have been shot. Maybe the alleged shooting left some negative energy behind and has transpired into these events, but one thing is for sure: ghosts and poltergeist may have differences and similarities, but one thing is for sure is that we may never know what they are. Maybe they are different, maybe they are the same, maybe it's our minds playing tricks on us, but we all know one thing, when this happens to us it scares us sheetless.

Hope all of you had a great Fourth of July. I know I for one enjoyed the fireworks in Woodsville. Great job! If you want more scares, enter my website if you dare at [scaredsheetlessncn.blogspot.com](http://scaredsheetlessncn.blogspot.com) where you can get more articles, photos, videos. Thank you for reading and happy haunting!

Resources:  
<http://www.differencebetween.net/miscellaneous/difference-between-ghost-and-poltergeist/>

Info for the Sandwich Shop story came from Thomas D'Agostino's "Haunted New Hampshire."

James Paradie is a paranormal columnist as well as a paranormal investigator who has been seen in such newspapers as the Northcountry News, Littleton Record, the White Mountain Shopper, and the Trendy Times. His stories can also be seen on [paranormalnews.com](http://paranormalnews.com) and [mostlyghosts.com](http://mostlyghosts.com) where he is a regular contributor.

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## OBITUARY – GEORGE CLYDE DYKE

George Clyde Dyke, 50, of Woodsville, NH, formerly of Wolcott, died July 1, 2011 doing what he loved—chopping wood—while working in the beautiful woods surrounding his home. George was born February 5, 1961 in Morrisville, Vermont, of Clyde Dyke and Ada Newcomb Dyke. He was the youngest of nine children. He married his wife, Lisa, on January 7, 2005; she survives him.

George was a 1979 graduate of Peoples Academy and a 2006 graduate of Spaulding School in 2006 with certification as an LNA. He had great compassion for the elderly and enjoyed caring for them.

George served as a Staff Sergeant in the U.S. Army for 18 years, spending part of that time during Desert Storm. After his discharge

he was employed as a landscaper and at the time of his death was owner of Mountain View Lawncare and Landscaping. He was also involved in foster care, having provided a caring home for many children over the years.

George enjoyed all things related to nature, having been born and raised on his family's farm in Wolcott. He enjoyed hunting and fishing, as well as maple sugaring, and built his own sugarhouse on his property in Woodsville. George was an avid gardener and was proud of the beautiful garden that he and Lisa lovingly grew each year.

George took special pride in his Native American heritage. He loved country music and dancing, and would recall with fondness the happy memories of going



to dances with his entire family as a child. George loved photography and took great pleasure in capturing pictures of the wildlife that lived in the woods around his home. He had a special love for all animals, especially the bears which visited his yard and which George and Lisa named. Ben will miss you!

George also took great pleasure in ATV's, snowmobiling, and was a huge Nascar fan...loved Dale Earnhardt.

George took the greatest pride, however, in his grandchildren, Benjamin and Brooke.

George is survived by his wife, Lisa Dyke; two daughters, Jessika Mann and husband, Richie of S. Royalton, VT; and Mistee Crease and her fiancé, Billy Palito of Newport, NH; a son, Stephen Feola of Waterbury, CT. He is survived by his grandchildren, Benjamin Mann and Brooke Palito; step-daughter, Leigh Ann Iadarola of Waterbury, CT; also surviving are siblings, Evelyn Perry and fiancé, Lawrence Patoine of Hardwick; Lawrence Reed and wife, Cynthia of E. Montpelier; Linda Clark and hus-

band, Joseph of Wolcott; Marilyn Dickson and husband, Eugene of Albany; Betty Bocash and husband, Ralph of Hyde Park; Judith Manning of Woodbury. He was predeceased by his sister, Florence Peck; brother, Lenard Reed and his fiancé, Louise Jones; brothers-in-law, Kenneth Peck and Joseph Manning;

Funeral services were held Thursday, July 7, 2011 at 11:00 a.m. at the Puffer United Methodist Church. Interment with full military honors was held in the Branch Cemetery in Craftsbury. White-Fiess Funeral Home was in charge of arrangements.

In lieu of flowers, contributions may be made to the American Legion, 4 Ammonoosuc Street, Woodsville, NH 03785.

## OBITUARY – PAUL I. LAMOTT

Haverhill, NH - Paul I. LaMott, 94, a former long-serving Representative of the New Hampshire House, died July 8, 2011 at the New Hampshire Veterans Home, Tilton, NH.

He was born in Orford, NH, June 20, 1917, the son of Elwin and Lela (Willis) LaMott. He attended Lyme Elementary School and graduated from Woodsville High School, Class of 1934. He also attended several trade schools in the electrical and plumbing trades. He received an honorary degree in Associated Applied Science from the New Hampshire Technical Institute. In his younger days Paul was a millwright in a sawmill. For 11 years he worked for the former T. Borden Walker Enterprises in Woodsville prior to establishing his own business in 1958. From then until 1977 he operated Paul LaMott Plumbing, Heating and Electrical.

Paul served in the U. S. Army from 1941 to 1945 in North Africa, the Middle East, and Europe and was discharged as a Sergeant. He was a life member of the Veterans of Foreign Wars was a member of Haverhill Memorial Post # 5245 where he was a Past Commander. He was a former Department Commander of the New Hampshire VFW serving in 1961-62.

Paul was a past member of the Vermont Electrical Contractors, Green Mountain Refrigeration Engineers, NH Plumbers Association and Past President, New England Council of Master Plumbers and Past President, the National Associa-



tion of Plumbing, Heating, and Cooling Contractors, having served as a past National Director.

Paul was also a 56 year member of Grafton Kane Lodge # 46 F&AM of North Haverhill, Valley of Nashua 32nd degree and a longtime member of Bektash Shrine Temple, Concord.

He served as a supervisor of the Checklist for the Town of Haverhill for 25 years and was later elected to the New Hampshire House of Representatives where, at the time of his retirement, he was the senior member of the House. During his time in the House, he served as the Vice Chair of the Military Affairs Committee 1961-62, Chair of the Capital Budget Overview, former Vice Chair of the Appropriations Committee, and the Fiscal Committee. He also served as the Chair of the Fiscal Affairs Committee of the Council of State Governments, Eastern Region, and National Council of State Governments Budget Committee and Governing Board.

He married the former Muriel Spooner on November 23, 1938 and she predeceased him on March 23, 2003.

Survivors include their daughter, Marcia L. Emmett and husband Frederick Emmett Jr. of Inverness, IL; two grandsons, Christopher Emmett and wife Kim of Bartlett, IL and Paul Emmett of Chicago, IL; two great grandchildren, Christopher II and Kayla Emmett; one niece and three nephews.

There will be no calling hours.

A memorial service will be on Saturday, August 6 at 11 AM at the First Congregational Church of Haverhill, UCC with Rev. Dr. Terri Young officiating.

A private burial will be at the Center Haverhill Cemetery at the convenience of the family.

In lieu of flowers, memorial contributions may be made to New Hampshire Veterans Home, c/o N.H.V.H. Benefit Fund, 139 Winter Street, Tilton, NH 03276.

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

For more information or to offer an online condolence go to [www.rickerfh.com](http://www.rickerfh.com).

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The 64th Annual Connecticut Valley Fair in Bradford enjoyed some of the best weather of the summer over their four days of rides and entertainment. Photo by Jeanne Emmons



Top left picture, Robin's eggs. Top right and bottom left show the hatched eggs and hungry mouths. Bottom right, baby Robin is ready to leave the nest about 3 weeks after hatching. Pictures by Joshua Aldrich.



By Ronda Marsh

## Leslie's Luscious Strawberry Salad

Now that summer has finally arrived, I just can't seem to get enough of salads. Not that I don't like salad all year round, but let's face it, in this part of the country the time when we can obtain truly fresh-tasting salad ingredients is brief, which makes everything seem all the more delicious when we finally can get it locally. I have several favorite warm-weather salads which I'll share with you in the following weeks, but considering that both strawberries and lettuce are abundant right now, this is the perfect time to try this one.

A couple of years ago, my friend, Leslie Ramsay brought this particular salad combination to a little gathering. I was immediately struck by how downright pretty it all looked, but I had never had strawberries in my salad, so I wasn't sure how much I'd really go for it. I soon discovered that paired with the saltiness of the Feta, and the briny olives, it's really wonderful...hit's all the flavor receptors on the tongue at once. Leslie also made a simple dressing, which turned out to be just the perfect accompaniment. I can remember my mother making the same dressing to top

fresh garden greens when I was a kid, before salad dressing was widely available in the store. I'm not above using a purchased salad dressing, but I've come to the realization that something you make yourself with a few things you have kicking around your cupboard, anyway is usually better tasting, and can't help but be healthier for you. Whip this salad up with a simple grilled chicken breast or steak for an impressive summer meal... and try not to eat all the strawberries out of it before dinner!



**DRESSING:**

- 1/2 cup good mayonnaise (like Hellmann's)
- 1 teaspoon sugar
- 1 Tablespoon Cider vinegar
- 2 Tablespoons milk

- Assorted salad greens (I like something sturdy, like Romaine)
- Cucumber, peeled & sliced how you like it
- Red onion, thinly sliced and separated
- Black olives, pitted (preferably Kalamata)
- Strawberries, stems removed and sliced
- Optional: toasted nuts of choice or sunflower seeds
- Feta cheese, crumbled

Assemble the salad ingredients in a large bowl, in the order given, arranging as you desire. Mix all dressing ingredients together, tasting to adjust sugar and vinegar to your taste. Pass the dressing with the salad, but don't dress it in advance or it will get soggy!

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