

TRENDY TIMES



171 Central Street • Woodsville, NH 03785
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AUGUST 30, 2011 VOLUME 2 NUMBER 23

Food, Beer & Wine Festival – A Rousing Success

By Gary Scruton

It appears that the supports of Alumni Hall have hit upon another great entertainment event for the area. The first ever Food, Beer & Wine Festival of Earthly Delights took place on a warm (almost tropical) Saturday, August 27th evening on the grounds of the North Haverhill Fair. And it was a good thing that there was plenty of room to park the cars that were coming thru the front gates.

As each of those vehicle came in they were met by an Alumni Hall volunteer who offered up a hand full of coupons for food, as well as more for drinks for those who chose to pay the extra fee and take full advantage of all the vendors inside. Those paying the extra also received a souvenir glass that was required in order to get sample drinks. Once inside the building there were plenty of vendors to choose from.

Alumni Hall Executive Director Keisha Luce was a bit disappointed that not every vendor who had signed up for this event was able to participate. But she was thrilled at the number of members from the general public who were front and center with willing taste buds. Total attendance numbers were not available at the writing of this article, but several vendors were in the process of stretching their offerings to satisfy all the hungry and thirsty attendees.

There was more than food and drink at this event, There was also some wonderful music being performed in the tent outside as well as in the building itself. It very much added to the atmosphere of a festive time.

The main sponsor of the event, Steenburgh Auctioneers was represented by Archie and Martha Steen-

burgh. When asked about the event Archie merely said that he was happy to have been able to help get the program started.

For those who were in attendance there was a very wide variety of taste tempting items. Local and more distant beer and wine makers were on hand offering measured amounts of their particular offering. From apple based wine to dark lager beers, lines formed at many tables to take a taste.

If you were more interested in the food that was on hand, then you could choose many taste treats from donuts to Emu meatballs, from humus to salsa, and from fudge to salad. Many of the food vendors also had a



variety of their products for sale. Many even had literature about their particular products for those interested. As with every fundraiser,



or social event, not everything was perfect for the first ever Food, Wine and Beer Festival of Earthly Delights. But it appeared that there

were so many good things that most everyone who was part of this year's event will be looking forward to the second annual next year.

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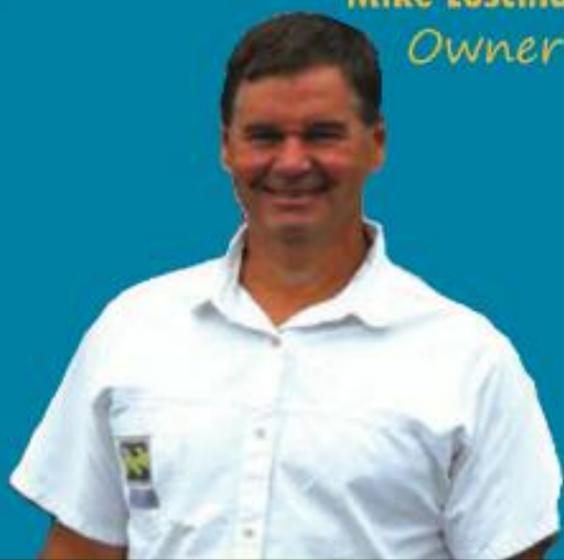
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Upper Valley Lake Sunapee Regional Planning Commission Awarded Contract To Provide Administrative Services To The Connecticut River Joint Commissions

The Connecticut River Joint Commissions (CRJC) has contracted with the Upper Valley Lake Sunapee Regional Planning Commission to administer its programs. It had previously retained paid staff. New Hampshire's Connecticut River Valley Resource Commission, created by the legislature in 1987, and Vermont's Connecticut River Watershed Advisory Commission, similarly created in 1988, were directed to cooperate with each other to preserve and protect the resources of the Connecticut River Valley, and to guide its growth and development. They have met together as the Joint Commissions since 1989.

Both Commissions are advisory and have no regulatory powers, preferring instead to advocate and ensure public involvement in decisions which affect their river and their valley.

"Our goal is to make the most of the resources we're provided by the States of Vermont and New Hampshire to strengthen the ecological and economic health of the Connecticut River, its watershed,

and its communities. By making use of the administrative and professional capacity of one of the watershed's strong regional planning commissions, we can more efficiently and effectively build our programs, including increased support of our five Local River Subcommittees," said Chris Campy, Chair of the Vermont Commission and President of the Connecticut River Joint Commissions.

"It was clear that we couldn't further develop our programming with one staff person, and increasing our own staff resources wouldn't make the most effective use of our funding," said Glenn English, Chair of the New Hampshire Commission and last year's President of the Connecticut River Joint Commissions. The CRJC invited each of the Regional Planning Commissions within the Connecticut River Valley to submit an administrative services proposal. "The Upper Valley Lake Sunapee Regional Planning Commission proposal was strong, they are located in Lebanon, New Hampshire, which is a central location, and

they came in at the lowest cost which will enable us further leverage our funding through the pursuit of matching grants," said English.

The CRJC is composed of thirty volunteer Commissioners, fifteen appointed by each state, who are business people, landowners, conservationists, and citizens who live and work in the Connecticut River Valley and are committed to its future. To ensure local leadership on river issues, the CRJC established five Local River Subcommittees: Headwaters, Riverbend, Upper Valley, Mount Ascutney,

and Wantastiquet. In total these Subcommittees are composed of over one hundred citizens appointed by their riverfront towns to give a local voice to interests ranging from local business, local government, conservation, agriculture, recreation, and riverfront landowners. Over the next year the CRJC looks to strengthen and support the work of the local Subcommittees, build capacity to address watershed issues and seek new opportunities to support the mission of the organization; to build a strong and vibrant economy while

conserving the natural wealth and beauty of this special place.

"The Local River Subcommittees are a top priority for the Commissioners, and we look forward to working with them to build their capacity," said Christine Walker, Executive Director of the Upper Valley Lake Sunapee Regional Planning Commission. "If towns have any questions about the status of their representation on the Subcommittees, I encourage them to call Rachel Ruppel on our staff for assistance." The CRJC may be reached at (603) 448-1680.

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

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August 30, 2011 Volume 2 Number 23

J's Rainbow – Multi-Hued Central Wonder

By Robert Roudebush

Sit out in front of J's Rainbow in the open air on a beautiful clear day - watch the world move by just beyond the colorful flower boxes, have a good burger or a dog, maybe tip back a cold one or sip a glass of wine. The snappy multi-hued flags are flapping in the breeze, you might hear some folks speaking language other than English. It's not hard to be amazed and delighted at this sidewalk café style of dining, maybe let your imagination or memory put you into European or Asian cities, or some of the more famous cities on either coast or in Canada.

That's the magic of J's Rainbow Seafood, open in the warm months, right on Central Street in Woodsville, good food and good service. This outdoor eatery is a long-

time Haverhill favorite, which moved to its current location some years ago after a considerable time situated near Village Pizza up the road. It shares the parking strip now with Shadow Box Art and Framing, The Bookstore, Everything But the Chef, and another fun shop, H&R Block Taxes. There's also Paul's Barber shop tucked in there a few feet away.

Richard Hastings and his wife Marilyn are responsible for the four reasons for J's success - location, location, and location and reason number four is what makes the first three work - attitude. The Hastings know by now after more than a decade in the restaurant business what works. Part of that attitude is how they treat their extensive seafood offerings. Both of the Hastings do the cooking. Mar-

ilyn tells me, "We hear all the time that we have the best seafood around, even better than Maine." Richard points out, "Don't overcook or over bread, use fresh delivered seafood whenever you can." They insist on a clean, colorful exterior, inviting to passing pedestrians and motorists, and friendly servers to help you outside or at the inside dining area as well. On my most recent visits Emily saw to my needs. ("Please don't forget to tip your server").

There's now a fifth reason to visit the vivid eating place - a new Softserve Ice cream stand, right out in front, even more eye-catching, offering at least 24 flavors in various sizes, and Hershey's hard ice cream, and shakes and other frozen delights as well. It's already a hit.

Outside seating is limited. A couple or three wrought-iron table and chair sets, surprisingly comfy, and two circular one piece wooden bench and table sets for larger groups. Seafood Dinners include Cole slaw or potato salad and fries and there are sandwich rolls, fish, shrimp, scallops, Whole Clam or Clam Strips or Lobster. Complete diners come in twelve variety combinations featuring Haddock, Scallops, clams, clam strips, and shrimp, ranging in price from \$16.75 to \$9.75. You can enjoy the seafood itself without sides for substantially less. Or you can go for the "Seafood Combo", where you choose any three of five choices for around \$20.00. Hot Sub best sellers from J's menu include the Philly Steak and Cheese, (\$5.75 - \$6.25),



Apple Smoked Pulled Pork and Meatball Grinder, both \$6.25.

And don't forget Pizza (Or Custom Calzones) Ten-inch size pizzas only, a standard Cheese for only \$7.25, Greek, with spinach, tomato, feta cheese and garlic for \$8.75, or you can go Veggie lovers for even less, or jump to the Supreme with about everything for \$9.75. Of course, there are all kind of custom extra toppings - pepperoni, sausage, ham, ground beef, mushrooms, peppers, and feta cheese. Eleven different sandwiches are offered, on white, wheat, rye bread or as wraps. There are also fresh salads offered, including Caesar, Greek and Chef varieties.

J's Rainbow is not the only place around here to eat outside, but it seems to be the best. Something about a constant cooling breeze on the hottest day. People there look out across the wide street onto a small, well-kept park, and the bordering high green trees behind it. The best free sport in the world is abundant - people watching. Old and young ones go by, with and without dogs, pull-behind grocery wagons, and baby car-

riages, and folks on bicycles. Casual conversations pop up among those who sit and eat and drink. Recently, a couple of guys on classic Harleys woke up the street and roared into J's, had some Sammy Adams and Philly Steak & Cheese and a Chicken Caesar Wrap (\$6.00) and asked me how to get to Montreal from here. LOL. The questions were in French, which means there were no answers from me, but even I could look at a map and point. We all did a good deal of laughing at the language disconnect but they bought my meal, a Ham & Cheese on Rye, Provolone and cheddar, (\$4.00) and a frosty cold bottle of Heineken. They probably ended up in Quebec City or maybe Newfoundland.

The Rainbow is not open Mondays. The Hastings, who live in Bradford, will look to close for the season in early September, and make their annual winter trek to Florida. And they will be back next year by early April.

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**Saturday, September 10
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(Rain Date: Sunday, September 11, 2011)

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THE HAVERHILL RECREATION DEPARTMENT IS PROUD TO PRESENT 2011 Youth League Soccer Schedule

SIGN UP DATE:

Monday, September 12 from 5-7 and Wednesday, September 14 from 6-8
at the James R. Morrill Building in North Haverhill.

AGES:

Kindergarten - 3rd Grade

LOCATION:

Haverhill Cooperative Middle School - Rain or Shine

DATES:

This is a 4 session program running September 18 with the last day being October 9th

TIMES:

Kindergarten - 1st Grade 1:00 PM - 2:00 PM
2nd - 3rd Grade 2:30 PM - 4:00 PM

COST:

\$10 if you register on or before the sign-up date.
After the deadline date the fee will be increased to \$15.

Please note that each week children will need to bring plenty of water and a SOCCER BALL clearly marked with the child's name. T-shirts will be handed out at registration.
Parents are encouraged to bring a chair and support your children while they play!
If the practice is cancelled due to inclement weather there will be a message left at 603-787-6096.
Please make checks payable to Haverhill Recreation.

Eat Local Challenge

By Heather Bryant, Extension Educator, Agricultural Resources

August is Eat Local Month, a collaborative effort between the NH Department of Agriculture, Markets and Food, farms, businesses, organizations and individuals to promote local food. A number of events from garden tours, to dinners, to film discussions have been planned throughout the month to encourage all of us to explore and enjoy what our local food system has to offer. As part of the month, the Littleton Coop issued an Eat Local Challenge.

I have seen eat local challenges advertised over the years, but I have never participated. While I like the theory, I ate local for years when I lived overseas and I found the effort and creativity involved to be a MASSIVE chore punctuated by a great deal of irritation. However, given my job and my interest in strengthening the local food system, I decided it was time for me to stop avoiding. After all, a week is pretty short.

Step one was to decide what my rules were. There are two main reasons to participate in an eat local challenge. One is to explore and support the local food economy, the other is to decrease the carbon footprint of your food. If the former is your goal, you might decide restaurants are okay as long as the menu includes some local food, or that local bakery items are okay even though some of the ingredients are not local because by patronizing these businesses you are still supporting the local food economy. If you are primarily interested in the carbon footprint of your food, you would limit yourself to items with all locally grown ingredients.

I decided I was primarily interested in the local food economy and that I would deal with the carbon footprint issue by defining "local" very stringently. The Littleton Coop had suggested defining it as anything grown or produced "within 100 miles of home", I decided on 50 miles.

The Coop had also suggested allowing "Marco Polo" exceptions, and lifelines. The Marco Polo exception means that salt, spices, sugar and oil are okay, and the lifelines are non-local items you allow yourself to have. I went with the Marco Polo exceptions, although where possible, I substituted butter for oil and maple syrup for sugar. Instead of lifelines I decided beverages didn't count as food – I really like coffee.

I was actually surprised at how easy it was, although looking back, I shouldn't have been

surprised. I live in the perfect town for an eat local challenge. On my ride home from work, I pass two farm stands with fruits, vegetables and eggs, one dairy store that also sells local bread and donuts produced by other local businesses, and a store that sells locally raised meats. If I go a little out of my way I can find two restaurants that offer local food. And for big shopping trips there are 10 farmers markets, at least 5 Coops and grocery stores with some local foods, several more farm stands and restaurants with a commitment to local, and one fudge maker all within a 50 mile radius.

That said there were challenges. I like to snack and one of my favorites is cottage

cheese. Unfortunately the brand I like is produced 150 miles away. I also found myself eating the same things over and over again, which is fine for a week, but not all the time. Some items were more expensive, for example maple syrup was a great sweetener for coffee but it costs more than sugar. And of course August was probably the easiest month for me to do this, because I like vegetables. A winter time eat local challenge would require more drastic change.

So what did I learn? Eating local is not as much of a chore here as it was when I lived overseas. That was actually really nice to learn, but at the end of the day, we don't need to eat all local all the time to make a dif-

ference. New Hampshire produces about 6% of the food needed to support our population, and our local agriculture and food manufacturing sector currently contribute \$560 million per year to our state economy and employs (as of 2007) 81,000 people*. It's reasonable to think increasing that to 10 or 15% would create jobs and increase income for local farms and other businesses without requiring massive change or additional expense on our parts.

So what can we do? I actually committed to buying all my dairy and eggs locally about a year ago; after this challenge I decided to add bread to the list. One of my colleagues said he and his wife buy all their

fruits and vegetables locally once the farm stands open for the season. And another colleague gives local foods as holiday gifts. At Extension here in Grafton County, we offer at least some local food at our agricultural events, as individuals we could also do that when we are invited to a potluck or have friends over for a meal. There are plenty of options, so have fun exploring the ones that appeal to you.

*Home Grown: The Economic Impact of Local Food Systems in New Hampshire, Current Status and Prospects for Growth by M. Magnusson, R. Gittel and J. Carter, 2010. http://www.nh.gov/agric/publications/documents/HomeGrownReport_final.pdf

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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!

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

WEDNESDAY - MONDAY AUGUST 31 - SEPTEMBER 5

LANCASTER FAIR
Route 3, Lancaster
See ad on page 13

SATURDAY, SEPTEMBER 3

NORTH HAVERHILL TOWN WIDE YARD SALE
7:00 AM – 2:00 PM
North Haverhill
See ad on page 19

ALL YOU CAN EAT PANCAKE BREAKFAST

8:00 AM – 11:00 AM
McIndoe Falls Congregational Church

HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM
Christ Covenant Anglican Catholic Church
Creamery Street, Marshfield

BREAD & PUPPET

4:00 PM
Alumni Hall, Haverhill
See article on page 7 and ad on page 18

SATURDAY & SUNDAY

**SEPTEMBER 3 & 4
BOOK, BAKE AND YARD SALE**
8:00 AM – 3:00 PM
Patten Library, North Haverhill

SUNDAY, SEPTEMBER 4

VESPER SERVICE OF HYMNS AND LESSONS
5:00 PM
East Haverhill Methodist Church

TUESDAY, SEPTEMBER 6

**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, SEPTEMBER 7

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, SEPTEMBER 8

NEK COLLABORATIVE ECONOMIC FORUM
4:00 PM
Lyndon State College

SATURDAY, SEPTEMBER 10

LORD'S ACRE AUCTION
9:00 AM
North Monroe Church

HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM
Christ Covenant Anglican Catholic Church
Creamery Street, Marshfield

CHARITY MOTORCYCLE RIDE FOR ANIMALS

10:00 AM
Horse Meadow Senior Center, No. Haverhill
See ad on page 4

ABSOLUTE CLUB CHILI COOK-OFF

11:00 AM
Absolute Power Sports, Wells River
See article on page 8 and ad on page 9

STILL KICKIN CLASSIC ROCK CONCERT

6:00 PM
Railroad Park, Woodsville
See ad on page 7

SUNDAY, SEPTEMBER 11

**COTTAGE HOSPITAL WALK-A-THON
& ROAD RACE**
9:00 AM
Woodsville Community Building
See article and ad on page 18

10TH ANNIVERSARY PARADE

Dusk
Woodsville Fire Station to Central St Monument
See article on page 11

MONDAY, SEPTEMBER 12

**HAVERHILL RECREATION YOUTH LEAGUE
SOCCER SIGN-UP**
5:00 PM – 7:00 PM
Morrill Municipal Building, North Haverhill
See ad on page 4

MONDAY, SEPTEMBER 12

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
American Legion Home, Woodsville

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, SEPTEMBER 14

**HAVERHILL RECREATION YOUTH LEAGUE
SOCCER SIGN-UP**
5:00 PM – 7:00 PM
Morrill Municipal Building, North Haverhill
See ad on page 4

MONTHLY MEETING -

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

HAUNTED BRADFORD: GHOSTS, SPIRITS & SUPERSTITIONS

7:00 PM
Bradford Academy Auditorium
172 North Main Street, Bradford

THURSDAY, SEPTEMBER 15

ANNUAL CHICKEN PIE SUPPER
5:00 PM – 7:00 PM
South Ryegate Presbyterian Church

FRIDAY – SUNDAY

**SEPTEMBER 16 – 18
SECOND ANNUAL FILM SLAM**
7:30 PM
Bradford Academy, Main Street

SATURDAY, SEPTEMBER 17

**LOCAL ENERGY & AGRICULTURE
FESTIVAL (LEAF)**
9:00 AM – 5:00 PM
North Main Street, Bradford

HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM
Christ Covenant Anglican Catholic Church
Creamery Street, Marshfield

FAIRLEE COMMUNITY CHURCH BENEFIT DINNER & DANCE

5:00 PM Dinner
7:00 PM – 10:00 PM Dance
Orford Masonic Hall

TUESDAY, SEPTEMBER 20

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

SATURDAY, SEPTEMBER 24

HOME BAKED GOODS, CRAFTS & PLANTS
9:00 AM – 1:00 PM
Christ Covenant Anglican Catholic Church
Creamery Street, Marshfield

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, September 8th for our September 13th issue.

Mayo's Furniture And Floor Covering

All Furniture 1/3 Off Labor Day One Day Only Sale!!

Interview With Fred Laferriere

By Lauren M. LoSchiavo

Fred Laferriere and "Mayo's Furniture". This successful relationship began 30 years ago when Fred came to work here as a carpet and vinyl installer. He was soon managing the entire floor covering department and then was promoted to Store Manager.

"You never know where life will take you," says Fred, as he recalls his beginnings. He now owns not only this furniture store, which, incidentally has approximately 35,000 square feet of showroom space, but also the building next door which houses "Mayo's Paint".

"Mayo's Furniture" is enormous. Many of you will recognize this building. It has been a furniture store under the name "Mayo" for more than 30 years. From the outside it is similar to other furniture stores and the appearance gives you very little to imagine what lies within. If you have never passed through these doors (and even if you have), I highly recommend stopping in. The inventory of furniture available is constantly changing and the variety of styles, shapes, and colors available is quite remarkable. The store is tastefully packed with ideas for

adding just the right touch to pull your rooms together. This would include beautiful oriental carpets, matched with just the right sofa and throw pillows, selections of lamps, area rugs, entertainment centers, bar stools, dining room tables, mattresses, beds, and even tasteful artwork to complete your living space. You can easily see any room in your home come together. There is also magnificent, handcrafted "Fireside" or "Lodge" furniture if you prefer the rustic look. The prices are comparable, if not better than other furniture stores, but the amount of pieces to choose from sets this store well above others in this area.

To use Fred's words, "We are all about pricing, and we are all about the service." With the amount of inventory, floor space, and customers he has to keep happy, this requires dedication. Fred is definitely the man for the job. He is full of energy and enthusiasm for this business. He works with his customer to offer the very best possible price and he is always thinking of creative ways to save them money and time. Mayo's Furniture offers free delivery within a 50 mile radius. And service... If you

purchase, for example, a recliner, and it doesn't work correctly, just give Fred a call. He will send someone to look at it, (and you won't have to wait forever), he will order the part, if necessary, and fix it - free of charge.

There are 3 levels of showroom to explore and hunt for treasures for your home - and treasures you will find. If you have never been inside this store, it is worth the trip. Even the architecture is interesting. There is a huge event coming up on Labor Day offering 1/3 off all furniture. You may want to pick out your pieces early!

Nikken Products - Comfort and Wellness are ideals for this man. Being a Mountain bike and wake board enthusiast - among some of his hobbies, staying fit and well are a significant focus in his life. He is a firm believer, and very knowledgeable, about how the use of magnets can have a significant impact on one's comfort, as it may relate to pain and wellness overall. If you are interested in learning about Nikken Products, Fred carries a line of them and would be happy to share this information.

Bread & Puppet

Bring The Man = Carrot Circus To Haverhill



Known for visually rich performances filled with music, dance and slapstick, Bread & Puppet Theatre will give a special performance at Alumni Hall in Haverhill on Sept. 3 at 4pm.

The internationally celebrated Bread & Puppet Theatre Company is bringing a special performance of their new Man = Carrot Circus to Alumni Hall in Haverhill on Saturday, Sept. 3 at 4pm. Bread & Puppet is known as champions of visually rich, street-theater brand of performance art that is filled with music, dance and slapstick. Performances are political and spectacular, with huge puppets made of paper maché and cardboard, lively music and dance. Expect puppets of all kinds and sizes, masks, sculptural costumes, paintings, buildings and surreal landscapes.

The performance will be held on the Haverhill Commons, located off route 10 and situated just minutes from Alumni Hall's performing arts stage. If rain, the performance will be moved to the inside stage. All Good Foods Cafe based in Lisbon and known for using local free-range meats and local produce will be offering light fare. Tickets can be purchased in advance or at the gate and are \$7. Visit www.alumnihall.org or more information.

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

August 30, 2011 Volume 2 Number 23

THE HAVERHILL RECREATION COMMISSION
Is proud to sponsor a bit of classic rock 'n roll at Railroad Park!

Saturday, September 10, 2011
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Club Chili Cook-Off Fundraiser

Come and Enjoy a fun filled day at the 3rd Annual Absolute Open House and Club Chili Cook-Off Fundraiser Saturday Sept. 10th, 2011 from 11 am to 3 pm. Hosted By Absoltue PowerSports VT in Wells River, VT. All proceeds from the event will go to the local ATV and Snowmobile clubs participating. Public is Invited and Needed to VOTE! Vote for your Favorite Chili! There will be a Redneck Competition, Trivia Game, Vintage Snowmobile Swap Meet,, 50/50 Raffle, Silent Auction, Itty Bitty Mini Farm animals, and More.... For more information please call 802-429-2500.



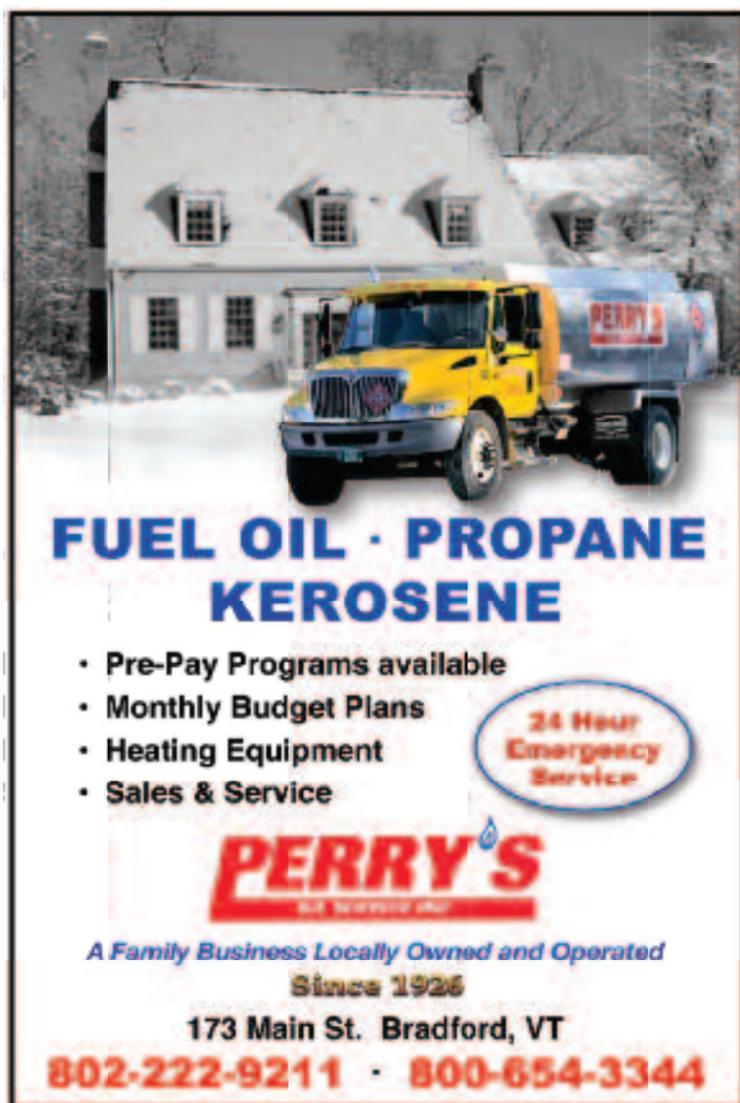
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Cowboys And Aliens

PG-13

Start with one part strapping young Clint Eastwood in The Good, The Bad and The Ugly. Now mix in Aliens with Sigourni Weaver. Add a dash of classic Harrison Ford in the pot and stir with a Steven Speilburg spoon. There you have the recipe for this mind spinning, jaw dropping, graphic novel gone big screen.

The thing that really sets this whole picture apart from all the other overly Hollywood films, which this one is a little guilty of, is the heart behind it. As you watch you can just feel the amount of fun that every-

one had just being on this particular set. It almost seeps off the screen and into your lap, right where the women hope Daniel Craig (Jack) will land.

Though it has all the undertones of a Speilburg flick in the way of being visually stunning and having loads of explosions this particular movie is anything other then what you would expect. Well, that's not entirely accurate. It has the twist you expect. It has the story you mostly expect. It even has the love story that you expect. However, the twist isn't the one you thought you'd get. The

story is deeper and a little less predictable then you thought. And the love story, well, that's just something you'll have to judge for yourself (I however thought it was wonderful).

I will say though that there were a couple of points where the movie became slightly awkward and a bit hard to follow. At least without laughing and thinking 'really?'. But the good news is that it all happens in the middle of the movie and doesn't last long. The beginning and the end of the movie are brilliant in themselves so it's easier to forgive the strange, yet still amazing, middle.

Overall Cowboys and Aliens is one of those films that just has to be seen to be believed. The meshing of the two worlds that are galaxies apart is beautifully done and the cast just oozes with talent and good times. Whether you're a western fan or a sci-fi fan there's something to thrill you in this action packed movie. But either way you can consider this a good ride on a hover craft into the sunset, and a movie well scrutonized.

Educational Wine Tastings Series At The St J Food Co-op

The St J. Food Co-op continues its new educational series featuring monthly wine tastings. The series takes place on the first Thursday of each month from 2 pm – 6pm at the St. J. Food Co-op. The St. J. Food Co-op is located at 490 Portland Street in St. Johnsbury, Vermont.

The purpose of these tastings are to offer people the opportunity to taste before they buy, to try something new, and to learn some of the nuances in sampling a variety of wines. The co-op will be working with

several wine distributors to create an info sheet that offers wine descriptions and food pairings. The tasting will feature seasonal wines from around the world. The event is free and will feature between 4 – 6 wines.

The September tasting will be held on Thursday, September 1 beginning at 2pm. The theme will be "Organic Wines". Featured wines will include Chardonnays, Pinot Noirs and some lesser known varieties such as Carmenere, Monastrell and Xarel-lo. Stop in and check

out the wines for tasting, sample something new and peruse the expanded wine section.

All St. J. Food Co-op events are open to the community. The St. J. Food Co-op is a cooperatively-owned food store for the community offering fresh, local, organic foods. Member or not, anyone can shop.

Store hours: Sunday 11-4; Monday – Wednesday & Saturday 9-6; Thursday & Friday 9-7.

For questions regarding this event or general store information call 802-748-9498 or email info@stjfoodcoop.com



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In Vino Veritas – Bottle One

“In Wine There Is Truth” – And Beauty

By Robert Roudebush

(Editor's note - Roudebush writes occasionally about wine from his back ground as head-waiter and wine steward for many years in Kansas City restaurants.

“The only way to learn about wines is to taste them, and there is no substitute for pulling a cork” – Alexis Bepaloff’s New Signet Book of Wine

I can’t carpenter, plumb, electrify, fix a car or work a farm – I respect those that can. But I can pull a cork.

Pull the cork, (sometimes these days unscrew the cap or push the button on the box) drink the wine, pay attention to what you are drinking. You like it or you don’t or something in between – make a note. First rules of conduct to get what you want in a restaurant or a liquor store. When you pull that cork, also pay attention to the bottle - what does the bottle look like, what color is it, what shape? Yes, the appearance of the bottle tells you a lot about the wine inside, one key to getting what you like again, and avoiding what you don’t care for.

I got into the crazy restaurant business about the time I turned 30. That’s late to

begin in that business. I say crazy because sometimes it was a five ring circus of fools, with me as chief fool, and other times about as exciting as a dry day in a grass growing contest, with me as one of the watchers. But most times for me it was heaven. Of all the jobs I’d ever had, this was the most rewarding. I seemed to have a feel for it. I performed every task in that line of work except cook the food, and I always bribed and questioned the chefs anyway so I learned something about their job as well. It made me a better waiter. But I really found my calling in wine service – the learning about it, ordering, inventorying, creating wine lists, the recommending and presenting of it and in time the teaching about it to restaurant staffs. And of course, the drinking of it, which is the best way to learn as long as you are paying attention, and not JUST drinking it.

WHAT IS WINE? You could call it grape juice with a kick, and the kick is alcohol. In fact the difference between grape juice and wine IS alcohol. Wine is commonly defined as the fermented juice of fresh grapes This obviously leaves out such specialty products as cherry wine, dandelion wine, apricot wine.

Fact is wine can be made from many types of produce, mainly fruits, as long it can be fermented, which means the produce must have sufficient sugar.

“FERMENTED” – WHAT IS THAT? That’s how grape juice turns into wine - the chemical process of FERMENTATION. It is a completely natural process, occurring whenever broken fruit is left to sit. And that explains why when I was a kid, fat greedy Robins used to eat rotting cherries from my grandmother’s back yard cherry tree and fall off the branches backward drunk. I’ve seen many men and women in bars and restaurants copy that action with less grace. Man has learned to enhance and control Fermentation – it converts two things naturally occurring in grapes into two other things. The sugar inside crushed grapes interacts with the yeast present on the outside of grapes and creates almost equal parts carbon dioxide (not to be confused with carbon monoxide, a poison) and alcohol.

SO, YOU GOTTA PICK THE GRAPES - THEN WHAT HAPPENS? The normal sequence in the making of red wines is for the picked grapes to be brought into the vinification shed, or winery, stripped of their stems, and lightly crushed or pressed to release their juice.

PEOPLE STILL DOING THAT BY WALKING AROUND BAREFOOT IN BIG WOODEN TANKS? Not really, except on old “I Love Lucy” reruns. The time honored process of treading on the grapes by foot is extremely rare these days because it is just so inefficient. Effective mechanical presses have been in existence since primitive times.

AFTER YOU CRUSH OR PRESS THE GRAPES? They are transferred to fermentation tanks, large wooden vats, or increasingly, large cement tanks, or large plastic-lined fiberglass or stainless-steel tanks, all of which are easier to keep clean and they permit the temperature of the fermenting juice to be controlled. It’s

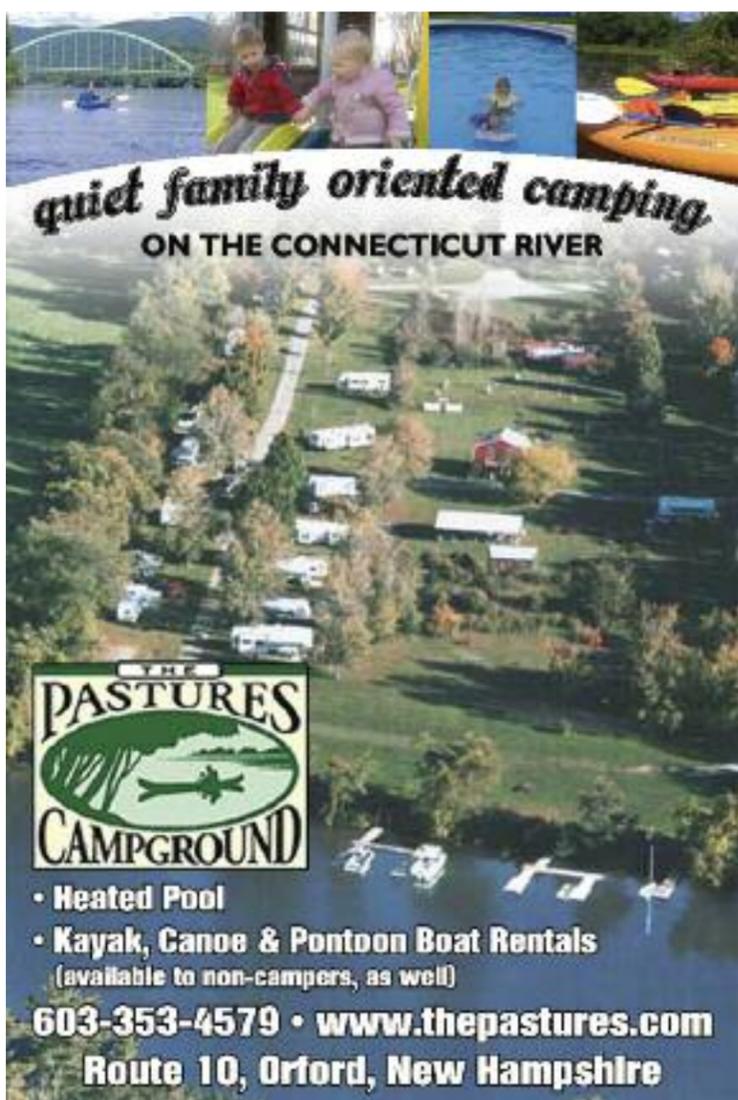
called “controlled fermentation” and Americans are leaders in that technology.

WHITE WINE MADE THE SAME WAY? Kind of, yes, with some differences. White wine grapes are pressed immediately and the juice ferments away from the skins, unlike red wine grapes. White wines do not need to pick up color from pits, stems and skins, which is the only way red wines get to be red by the way. All juice from grapes, any color grapes, red and black and white, is mostly white to start with when freshly squeezed. Check that yourself – go to the grocery store, get a bunch of different colored grapes, and squeeze individual grapes onto a white plate or bowl. Look at that color. There might be a pink tinge to the juice from the black or red grapes, but it is not red. Which is why you can make white wine from red grapes, but not red wine from white grapes.

More wine truth and beauty next bottle.

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

August 30, 2011 Volume 2 Number 23



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Maple Creek: Streams Into The Area

By Gary Scruton

When is a stone wall, not a stone wall? That probably sounds like a riddle. But there is no riddle to the real answer: Stone Makers! Locally furnished by Maple Creek Landworks. Stone Makers is a new and innovative method that allows concrete to be molded, shaped and formed while keeping its full strength and integrity. This method allows for the Maple Creek crew to make the concrete look like stone, or stucco, or whatever your imagination might dream up. As General Manager Joshua Dickey puts it "your imagination is your limit".

Maple Creek is an outdoor living contractor that can take you from the idea of a makeover all the way thru to the actual enjoyment of the finished product. And more importantly, they do it with the customer's best interests as a key. Maple Creek offers a quality job at a price that is affordable for most any homeowner.

Along with making a simple concrete retaining wall look like a hand built fieldstone wall put together by a master, the Stone Works method can create rock walls, caves, even a castle for the little princess in your life. And as a bonus, it will not take all year to see the completion of the project. A one hundred foot wall that is four to five feet tall can be poured, shaped, and finished in just two days. Stone Works was even part of a recent (August 8) airing of the DYI network's Turf Wars program where time constraints are a big part of the project.

But the outdoor transformation does not stop at a single wall. For those who have always wanted an in-ground pool, Maple Creek is also a Composite Pool distributor. Combine the two product lines and you can create an outdoor living space that can make you feel like you are on vacation every day of the

week. The design team can also incorporate an outdoor kitchen, patio or even a hot tub. Again, your imagination, and that of the staff, are the only limits.

While Maple Creek Landworks may sound new to people in this area, the company has been around for a number of years. Joshua, himself, has about 20 years of experience in the hardscaping and outdoor living field. He recently reestablished his relationship with Maple Creek in order to bring these products to the upper valley region. He currently lives in Orford with his wife Kate, and their three young children.

Joshua points out that there is still plenty of time to get your project done this season. Both the Composite Pools and the Stone Makers products are of extremely high quality, but also allow for fast installation. For the homeowner this offers two big ad-



This walkway and steps at Cheap Kids in Orford, though not yet completed, shows some of the possibilities.

vantages. One is that your project is done in a minimal amount of time so that you can get back to enjoying your outdoor space. The second factor is that these products offer warranties that range from fifteen to twenty years. And as a third bonus, it is proven that hardscapes add value to property. Dollar for dollar, in fact, they can offer more return on your dollar than most any

other home improvement.

So if you are looking to add value to your property, redo an area with some upgrades or additions, or if you want to make an unused outdoor area into a great place to be, contact Maple Creek Landworks. They will be happy to do a site visit and help your imagination lead you to places you have yet to even dream about.

Lisbon Main Street To Have A Busy Fall

SEPTEMBER IS A BUSY MONTH – This has to be the busiest September we've seen at Lisbon Main Street! First: our annual meeting of the LMSI board of directors on Wednesday, September 7, will welcome new board members and begin our work plans for the coming year. Second: we are launching an exciting raffle to raise funds to see us through the balance of 2011. The prize is your choice of a Polaris ATV or Snowmobile (see details below). Third: we are hosting a visit by DRED Commissioner George Bald in a special gathering for our local

business owners on Tuesday, September 6, at 5:30 p.m. at the Lisbon Railroad Station, 22 Central Street.

RAFFLE TICKETS ARE HERE! – Your choice: a Polaris ATV or Snowmobile! Tickets are only \$25 each, and no more than 500 will be sold. Those are GREAT odds! The ATV is a 2011 Sportsman 500, and the Snowmobile is a Fan Shift 550. The equipment is being provided through Absolute Power Sports of Wells River, Vt. Tickets are available from any Main Street Board member, or by calling the office

at 603-838-2200. The raffle drawing will be Thursday, December 15, 2011, at the Railroad Station, 22 Central Street, downtown Lisbon.

ANNUAL FLEA MARKET/YARD SALE – Another great event! Clean out your attic, basement, garage or storage unit! Bring your "fleas" and antiques, out-grown baby clothes, etc. to Lisbon on Saturday, September 17. We'll be there from 9 am to 2 p.m., in the riverside parking lot at New England Wire Technologies (thanks, NEWT). The Farmers' Market will move to the flea market

area for that day only. RAIN DATE: In case of inclement weather, we will hold the Flea Market on Saturday, October 1.

ARTS FESTIVAL SHAPING UP – Folks at The Lisbon Arts Gallery are busy planning the annual Fall Festival of the Arts for Saturday, September 24. Watch for posters and news about the schedule. Lisbon Main Street will be hosting the Scarecrow Festival again this year, at the Farmers Market site on N. Main Street. If you have clothes you'd like to donate for use, drop them off at L&L's Laundry on So. Main Street. (Thanks, Lori!)

INFO CENTER CONNECTS WITH VISITORS – Bill Callender reports 192 visitors stopped at the Lisbon Informa-

tion Booth from mid-April through July 31 this season! Bill does a great job making a visit to the area rewarding. After gathering flyers and maps from area attractions, he creates a "visitor's package" to hand out to those looking for things to do in the area. And they also get that friendly, warm greeting only Bill can provide! How lucky to be a visitor to Lisbon!

FOLLOW US ON FACEBOOK – If you're a regular user of Facebook, look for us, and "friend" us. The more we show up on your page, the more other folks will hear the good news of things happening in Lisbon – Small Town, Big Heart!

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This is a picture of my son, Kiptyn Ross Aldrich, with his great Uncle Rodney "Gerb" Aldrich, celebrating our 85th Aldrich Family reunion @ the Eden Aldrich residence in Woodsville. Photo by Josh Aldrich.



During the recent Chili competition to benefit World Vision at The Pastures Camground in Orford, most of the crowd took a break from the music to watch the touch down of a hot air balloon. One of the passengers was actually staying at the campground. It was reported that about \$600 was raised during this event for World Vision.



In memory of the 10th anniversary of 9/11 the Woodsville Fire Department is hosting a parade. Haverhill Memorial Post #5245 VFW will lead the parade from the Woodsville Fire Station to the Central State Monument, stepping off at approximately 7pm. All First Responders and military personnel are invited to join them.



This flock of Canadian Geese was captured just north of the Narrows on the CT River as they prepare for their long fall trip. Photo by Bettie Ward.



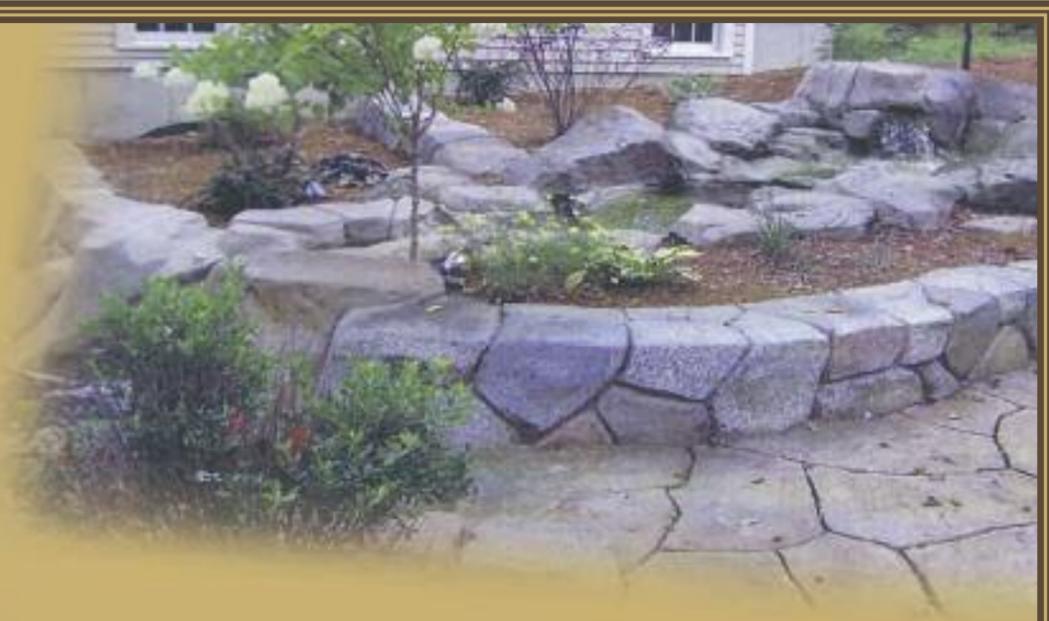
Cottage Hospital's Food & Nutrition Department hosted an annual Employee Barbeque on Thursday, August 18, 2011. This year's theme was Wizard of Oz, employees enjoyed a special lunch in the land of OZ!



In the mean time the attached photo is from the HPD/HARP Bike Rodeo 2011.



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15th Annual Clover 4-H Golf Tournament

The 15th Annual Playing for Clover 4-H Golf Tournament was held on August 13, 2011 at the Blackmount Country Club in North Haverhill. The Fore-U Golf team came in first place. Team members Pete and Anne Johnson, Jennifer Johnson and Peter Harris swept the tourney with a score of 61. Their prize of four rounds of golf, with cart, was provided by Owl's Nest Country Club of Campton. Mr. and Mrs. Johnson celebrated their 45th anniversary and honored us by playing in our tournament.

This event, sponsored by the Grafton County 4-H Leaders' Association, benefits the University of New Hampshire's Cooperative Extension 4-H youth development work throughout

Grafton County. Proceeds from this tournament will fund 4-H camp scholarships, conference and workshop scholarships for youth, and workshop and training scholarships for leaders; help defray costs of 4-H events; purchase county awards; fund educational materials for 4-H clubs to use.

In second place, winning four rounds of golf with cart provided by Canterbury Woods, was this year's Gold Sponsor, Cooperative Insurance. Team members Randy O'Dell, Jon Slack, Bruce Slack and Rendell Tuller were in a 10 way tie with the third and fourth ranked teams, Hayloft Inn of North Haverhill and the Schieman Family. Playing for Hayloft were Ruth Maffei, Beth Twombly, Eddie Chamberlin

and Ernie Lindes. Both teams scored 67, as did the Schieman Family who placed fourth. The other two teams earned rounds of golf provided by The Maplewood Country Club and Neshobe Golf Club, respectively.

All sixteen teams received a box of golf balls from one of the following sponsors: Blackmount Country Club, The Bridge Weekly Sho-Case, GEA Farm Technologies, Karen Wallace, Morrill Construction, and Yankee Farm Credit.

The longest drive prize of gift certificates to The Common Man and Topic of the Town, were earned by Francis Campbell playing for Poulin Grain and Rima Hall playing for Poulas Insurance. Closest to the pin went to



Pete and Anne Johnson, Fore-U Golf team, celebrated their 45th wedding anniversary at this year's Grafton County 4-H Leaders' Association golf tournament.

Dan Whyte and Nicole Whyte, playing for Poulas Insurance. They earned gift certificates to Panera Bread and Koto Steak House, both of Lebanon.

Longest putt contest for men was won by John Williams, playing for Poulin Grain and winning a \$25.00 gift certificate from the Whistlestop Cafe. Meg Niewinski, playing for the Schieman family team, won a \$25.00 gift card from the Blue Sky Restaurant Group.

The Chipping Contest was won by Cooperative Insurance. The team won 4 dozen golf balls

The putting contest was sponsored by Blackmount Country Club. Their gifts of new putters were awarded to Larry Schieman and Blackmount Equipment's Carol Hard.

Pete Johnson, playing for Fore-U Golf and Ruth Maffei playing for Hayloft Inn won the Accuracy Contest. Both won a dozen golf balls.

Littleton Chevrolet sponsored a Hole in One for a 2010 Chevy Cruze. Blackmount Equipment sponsored an additional Hole in One for \$10,000 cash prize or a new John Deere garden tractor. Though many were close, there were no contest winners.

Gold Sponsor for this event was Cooperative Insurance Companies.

They were joined by Bronze Sponsors: AC Sweepers, Blackmount Country Club, Blackmount Equipment, Budget Lumber, Darrel Louis/Shawn Boyd Farm Family Insurance, Fore-U Golf Center, Grafton County Farm Bureau, Hayloft Inn, Lowe's of Littleton, Poulin Grain, Poulos Insurance, Royal Electric, The Schieman Family, Wells River Chevrolet and WYKR.

Patron sponsors were Patten's Gas; Perry's Oil

Service, Inc.; VanDorn and Curtis; Wells River Savings Bank; WGSB; and an anonymous donor.

Tournament placing's are as follows: Fifth place, Poulos Insurance; Sixth place, Budget Lumber; Seventh place, Royal Electric; Eighth place, Blackmount Equipment; Ninth place, AC Sweepers; Tenth place, Wells River Chevrolet; Eleventh place, Blackmount Country Club; Twelfth place, WYKR; Thirteenth place, Poulin Grain; Fourteenth place, Lowe's; Fifteenth place, Grafton County Farm Bureau; Sixteenth place, Darrell Louis/Shawn Boyd Farm Family Insurance. Sixty-four players competed in the tournament this year. The Grafton County 4-H Teen Club provided the meals, and served the barbecue dinner. Club members and leaders throughout Grafton County provided the workers for the event. Over 120 merchants and businesses throughout Grafton County provided special awards, silent auction items and door prizes for each of the participants.

This year's planning committee: John Stoddard of North Haverhill, Chair; Van Anderson, 4-H Alumni and treasurer of the Grafton County 4-H Leaders' Association; Kathleen Jablonski, Extension Educator, 4-H Youth Development Grafton County; Linda Stoddard of Blackmount Country Club; Amy Gall, president of the Grafton County 4-H Leaders' Association; Marilyn Fuller, Grafton County 4-H leader; and Dana Huntington of North Haverhill Agway.

For information about the 2012 Grafton County 4-H Leaders' Association Tournament, please contact any of the committee members or call the UNHCE office at (603) 787-6944.

August 30, 2011 Volume 2 Number 23

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Mentoring Project Congratulates Michael McCallie



2011-2012. This is a competitive, accelerated program for high school seniors and we would like to recognize Michael for this accomplishment and wish him all the best.

Michael has been a participant in The Mentoring Project, matched with his adult volunteer mentor Chris Jacobs, since 2006. Michael's mom, Sharon McCallie-Steller had this to say about that experience for her son:

"I think that the mentoring program definitely contributed to Michael's success. No matter what was going on, negative or positive, he always had this patient, caring person outside of his family that was there. It's a relationship that has evolved to the point of a

lifetime friendship; an amazing gift. I can say that Chris Jacobs has made a difference in my son's life in ways that I can never repay and I'd like to take this opportunity to say thank you to Chris and to everyone that makes the program happen and to the individuals and businesses that support the program in any way."

When asked if he and his mentor will continue their relationship while he's away at VTC, Michael commented, "We will always keep in touch, no matter where we are. Chris and I are good friends."

The Mentoring Project of the Upper Valley (TMP) matches responsible adult volunteers from the greater Bradford Area with young people seeking a mentor.

Applications to become a mentor and make a difference in a child's life, are available on TMP's website.

www.mentoringprojectuv.org . Applications for kids who would like to have a mentor are also available at that site.

The Mentoring Project of the Upper Valley is proud to congratulate Michael McCallie on his acceptance into the VT Academy of Science and Technology Program at VT Technical College (VTC). Michael, currently a student at Blue MT Union High School, will simultaneously complete his high school senior year and his freshman year of college at VTC in



Concord, NH Ruel Cerventes (Center) of Lebanon was sworn in as a US Citizen at the US District Court on August 19, 2011 and is congratulated by NH State Senator Jeanie Forrester and Councilor Ray Burton.

Gov. John Lynch was on hand among the many Grafton County Friends attending the Naturalization Ceremony including Former County Attorney Rick St. Hiliare, County Commissioner Omer Ahern, County Treasurer Carol Elliott, and State Representatives William Tobin, and Paul Mirski.

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BIGFOOT



By Ronda Marsh

Eggplant Parmesan

I am by no stretch of the imagination a vegetarian, but I think I probably could be, if I could only have Eggplant Parmesan every day. Eggplant is just so substantial and, well, "meaty", that when I make this dish, I just serve it with some buttered spaghetti and maybe a salad for a complete meal...no meat necessary!

Believe it or not, the eggplant is actually classified as a berry, and is a member of the nightshade family, like potatoes and tomatoes. They contain numerous little dark seeds that cook up soft, but can be bitter, so I always salt my eggplant and allow it to drain in a colander to eliminate that issue. Salting (also known as "degorging") will also decrease the amount of oil absorbed during the cooking process, which is important, as the texture of eggplant makes it act sort of like a sponge, otherwise. Always choose eggplant that are heavy for their size, and have a shiny, unblemished skin. Eggplants come in many different colors and shapes, with the most popular being the large, ovoid, deep purple variety, referred to in many countries simply by their color: Aubergine. I use a vegetable peeler to remove the outer skin of the eggplant, but I actually like a bit of that crispy

- Eggplant (ends removed, peeled, and cut into 1/2" rounds)
- Salt
- 2 eggs
- Flour

An hour or so before assembling, place eggplant rounds in a colander and salt heavily. Place in sink or over a bowl to drain. After an hour or so, rinse eggplant well under cold water and discard any accumulated juices. Pat eggplant dry with paper toweling and set aside. Set up a dredging station by putting flour in a container large enough to hold multiple eggplant slices comfortably, and then beating the eggs slightly with about a tablespoon of water in a medium bowl. In a 10 or 12" skillet, pour in vegetable oil to a depth of about 1/2". Heat oil over medium-high heat until a pinch of flour dropped in the oil bubbles immediately, indicating proper frying temperature has been reached. Dust eggplant in flour, and then dredge in egg before placing in the hot skillet. Do not crowd. Fry until golden on bottom, then turn and fry other side, adjusting heat as necessary to maintain temperature, and adding more oil as needed. Remove fried slices to a paper towel-lined plate to drain. After all the slices have been cooked, resist the overwhelming urge to just eat the fried eggplant (ok...maybe eat just one to see how incredibly delicious these are)! Preheat oven to 400°F. Spoon about 1/4 cup of marinara sauce into the bottom of a casserole dish. Lay in a layer of the eggplant, shingling them to overlap slightly. Sprinkle with some of the Parmesan, then with some of the Mozzarella. Spoon more sauce over all. Repeat twice, ending with a sprinkling of the cheeses. Bake uncovered for 30-35 minutes, until browned. Allow to sit about 10 minutes before cutting to serve.

texture, so I usually leave a few strips unpeeled. I find the average eggplant will yield enough to fill a 9X9 casserole, but just use whatever ovenproof dish seems adequate. Same thing goes for the cheese and marinara sauce – use as much as you like, although I don't like mine overly saucy, as it does not setup into layers as well.

I won't fib, and tell you that this dish is quick to make; it requires some prep earlier, but the end result will more than compensate for the time you invest in its creation; so much better than anything you will ever experience in a restaurant, plus, any leftovers reheated the next day taste even better!



- Vegetable Oil (NOT olive oil, butter, or margarine)
- 1 jar Marinara sauce of choice
- 1/2 to 3/4 cup Grated Parmesan Cheese
- 1 to 1-1/2 cups Shredded Mozzarella Cheese

Healthy Wild Brook Trout Discovered In The Streams Of Bath

By Judy Tumosa,
Bath Natural Resources Inventory Committee



A healthy brook trout captured for study from Burton Brook in Bath. Photo by Sam Clifford.

Volunteers in Bath spent an exciting three days in July assisting New Hampshire Fish and Game biologists in searching high elevation streams for the presence of Eastern brook trout. The biologists used backpack electrofishing units to collect the fish that were identified, weighed, measured, and released back into the water. Team members were surprised to discover that each of the 12 streams supported healthy wild eastern brook trout and they were found where water levels were very low. "People tend to dismiss these little brooks as unimportant when they can be essential stable reservoirs of habitat during the summer months," said fisheries biologist Dianne Timmins. Each stream yielded a slightly different habitat with its own compliment of fish species, which in addition to the brook trout included Atlantic salmon, longnose and blacknose dace, creek chub, white sucker, and slimy sculpin.

Volunteers and biologists also gathered data on dissolved oxygen, pH, temperature, macroinvertebrate populations and stream habitat. These measurements indicated that the overall water quality was healthy, there was a good food source for the fish, and that there were well vegetated riparian or streamside habitats that are critical to provide the cold water temperatures and high oxygen levels that brook trout require. However, team members also observed perched culverts and small dams made by people to create swimming holes that created barriers to fish movement and stranded fish in undesirable locations. Some fish species, particularly wild brook trout, need to have the ability to move throughout stream systems to reach cooler waters during the summer and spawning areas during the fall. Additionally, if a catastrophic event occurs, the barriers may not allow fish to reach upstream areas and repopulate them. Inappropriately designed stream crossings can also alter a stream's natural dynamics.

Erosion rates and sedimentation can be increased.

All of this data will be used by many partners. The town of Bath will add it to their Natural Resources Inventory and use it to offer advice to interested landowners on how to keep the streams healthy and protected. According to fisheries biologist Ben Nugent, "The streams where we find the majority of wild brook trout populations are not necessarily protected at the state level and there is a real need for all of us interested in protecting fish habitat and water quality to become active at the town level." This project also opened a dialogue with the Ammonoosuc River Local Advisory Committee to assist their efforts to maintain good health for the river into which many of the Bath streams outlet. The Fish and Game biologists will add it to the statewide database on brook trout presence/absence and this was the first opportunity to collect information in this area of the state. Nationally, this work is part of an effort that spans from Maine to Georgia to protect and restore wild brook trout populations throughout their native range. This is the mission of the Eastern Brook Trout Joint Venture, one of the habitat partnerships under the National Fish Habitat Action Plan, and one of New Hampshire's primary objectives in our Wildlife Action Plan. These surveys are the first step in meeting this objective.

Volunteers in this effort included Sam Clifford (Woodsville High School intern), Harry Woods, Rick Walling, Kathy Troy, Dave Falkenham (Grafton County Extension forester), Bruce Barnum, Judy Tumosa, Joe Norton (Trout Unlimited) and two interns, Ben Mathews and Joe Martell. "It was great to see the variety of fish living in the streams that we drive by every day," commented conservation commission chair Bruce Barnum. "It gives us all a new appreciation for healthy aquatic ecosystems and how important they are to the town of Bath."

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Readers Are Asking

Question: I was doing errands recently and noticed an acquaintance walking a dog on the sidewalk. I crossed the street to talk to her, but not before she was also stopped by a couple other people who wanted to visit with her and pat her dog. I told her I was surprised to see her out and about with a dog as I did not know she had one. She told me she had read somewhere that owning a pet was good for one's health. She had wanted to start walking and as she had always wanted a dog, she thought it might be good for both of them. She told me she was meeting new people all the time when they walked and felt better than ever.

I haven't owned a pet before but have thought about it a lot. I also care for my elderly parents who are still living in their home near me and I go by their house everyday to do errands and housework for them. Would it be fair of me to get a pet now?

Answer: You can enjoy being a responsible pet owner at any age! First, it would be good to make a list of what you can provide to a pet. Are you living in a housing situation that allows you to care for a range of pets or are you limited by space or other considerations? Are you mobile enough to walk a dog or clean a cat box? Can you take the pet to your parents' home when you visit them? Are there family members or friends willing to assist if you need their

help in an emergency?

Pets can provide companionship and improve your health and well-being. Even fifteen minutes spent watching fish swim in an aquarium provokes physical changes in your body that improve your mood.

Research suggests that pets can lower our blood pressure, reduce stress and bring laughter into our lives. Pets that require us to exercise them outdoors help reduce our isolation and cause us to be more physically active. Having a pet might introduce you to other community members who own the same type of animal or you can join an online group that can provide another option to connect with fellow animal lovers. While being a pet owner requires work, more often than not, humans becoming healthier by adding pets to their lives.

Do your homework before making a decision about pet ownership. The internet is a great resource for information, but speaking with people who have had experience caring for the kind of animal you might adopt is even better. Veterinarians, animal shelter staff, breeders and your friend you saw walking the dog on the street can all have important information. For example, speaking with the staff of a local pet shop about the maintenance requirements of a beautifully maintained aquarium will help you to decide on the types of fish you could maintain. Knowing how much grooming a dog or cat will

require beforehand will help inform your decision about pet ownership.

If you are looking for a dog, be sure to research the breed or breeds you are interested in before you purchase or adopt one. Many rescue dogs are looking for homes, but, often, they are a combination of two or three breeds, and their heritage should be taken into consideration just as if you were looking to adopt a purebred. One example is a dog that is part terrier/part hound will probably love to dig. Do your homework and buy from a reputable breeder if you want to buy a purebred dog or cat. Responsible breeders have invested a lot of love, training and money into health clearances in the animals they own and will be happy to tell you about them.

Sometimes adopting an older dog or cat that is already housebroken is a bit easier than

a puppy or kitten. If you are a senior yourself, some organizations provide seniors with an older dog at a discounted or free rate, while also providing assurances that if anything happens to you the pet can return to the organization.

Regardless of your choice, line up a veterinarian before you take the animal home. Most veterinarians treat dogs and cats; not every veterinarian treat birds, rabbits and ferrets. If you want to have a pet that is considered a livestock animal, such as chickens, goats, horses, etc, you might want to check your town ordinances to see if they are allowed.

If you decide pet ownership is not for you at this time, you can still experience a connection with companion animals. Perhaps you could volunteer to walk a dog or clean out a stall at your local animal shelter. Many farms advertise open



barn days where humans can meet and learn about the animals that fill our world. Good luck in your new adventure!

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

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As Told By Rachel Houston To Lauren M. LoSchiavo

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We began with just a few pieces of furniture under a heavy canvas. One winter day a man who refinished furniture, came and began chopping furniture out of the ice that had built up under the tarp. That made us realize we needed some kind of building.

Sam soon began tearing down a barn not far from our house. Using lumber from here and there, Sam built our first furniture barn and Houston's Used Furniture Barn was born. Since then we have added storage sheds and 3 storage trailers.

In the beginning Sam

and Rachel purchased, picked up, and delivered the furniture alone, but now their 2 grandsons do all the pickup and delivery.

Houston's Used Furniture Barn has a large inventory of kitchen & dining room sets, hutches, bedroom furniture, living room sets, couches, antiques, and collectibles. You can find almost anything you would need to set up housekeeping, including small items such as dishes, lamps, decorative items, and much more.

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located at the Junction of Route 302 (Lisbon Road) and Route 117 (Sugar Hill Road). Turn onto 117 and take an immediate Left onto River Road. They are the first House on the Right. The barn is tucked back a bit, so it is easy to miss.

Writer's Recommendation: Before you go out and buy anything new either to replace something in your house, or to set up a new home, I would strongly encourage you to stop by Houston's Used Furniture Barn. They bring in new inventory on a regular basis and the selection to choose from varies from week to week. If you have stopped here before and didn't see what you were looking for, try again, you may be surprised to see exactly what you need at a price that can't be beat.

Thinking About Screen Time

By Deb Maes, Extension Educator, Family & Consumer Resources

How much time do you spend in front of a screen each day? Not much you say? Think again. When we talk about screen time we include time spent texting, using your phone to check the internet, actual computer time, video games and television.

Now how much time do you spend in front of a screen each day? If you are an adult who works on a computer it could be 5-6 hours a day. Do you text your kids or partner throughout the day? What about watching a baseball game after dinner? It might not be unreasonable to find that you spend at least 8-10 hours a day looking at some type of screen.

As part of the 5-2-1-0 HealthyNH goal, the "2" refers to spending two hours or less each day viewing a screen. It's probably a challenge for you as well as your children to limit yourself to only two hours in front of a screen. And maybe if you have a job that requires you to use some sort of screen each day it may not be possible. But what choices do you make at home?

Why is limiting screen time part of the goal? Here's what we know about children and screen time. The first two years of life are critical for optimal brain development. When babies and toddlers are plopped down in front of the screen they aren't exploring their world, playing and interacting with the adults and peers in their lives. All those activities encourage learning and healthy physical and social development. Watching

the television doesn't do that.

As kids get older, too much screen time can interfere with being physically active, reading, doing homework, playing with friends and spending time with family. Too much screen time can also be the cause of irregular sleep, emotional, social and attention problems and also impaired academic performance especially if there is a television or computer in a child's bedroom. Kids who are exposed to violence on television, music, videos and games can be desensitized to violence. Finally there is less time for active and creative play.

Kids who constantly spend too much time in front of a screen are more likely to be overweight or obese. Consider the number of food related ads that you see watching a television show. What kind of an impact would these have for the children in your life who can be susceptible to this type of marketing aimed especially for the young audience?

Your first step in determining if screen time is an issue for your family is to monitor how much time each family member is actually spending in front of a screen. If everyone is spending more than two hours a day, you may want to consider ways to gradually reduce this figure to get closer to the two hours a day that 5-2-1-0 recommends.

Next, think about when the television screen is on. Is anyone watching it or is it merely providing background noise? Shut off the television and perhaps put on the radio

or some music.

Most child development experts feel strongly that computers and televisions should not be in the bedroom. Kids who have access to screens in their room watch more television than children who don't.

Make meal time family time, not television viewing time. This goes for snacks too! It is too easy to eat more food than you intended if you are caught up in a video game or television show.

Consider setting rules for weekday and weekend viewing. There was a two-year timespan that my children only watched television during the weekends. I found that they read more, were easier to get to the dinner table, were more likely to play games, got their homework finished and interacted better with everyone in the household.

If your children are cared for by someone else during the day, talk to your provider about limiting television viewing.

If your child whines that "there's nothing to do" be prepared with a list of activities. Be willing to spend time with them trying a new game, reading a book, preparing dinner or going for a walk or a bike ride. Remember you are trying to reduce your screen time too, so be a good role model.

Like any changes, these may take time. Consider small steps. Make one day a week an "unplugged" day. Challenge your child to come up with alternative activities. Help them learn a new hobby, start a garden, write a story journaling how hard it is to give up

their screen time or encourage them to visit their grandparents or an older neighbor.

There are still going to be plenty of screens in your child's life, and yours too. Paying closer attending to

how much time we spend viewing a screen and developing some non-screen activities can help produce a more active imagination, better family relationships and maybe even a fitter you!

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21st Annual Cottage Hospital Walk-A-Thon & Road Race

Woodsville, NH – Cottage Hospital is gearing up for its 21st Annual Cottage Hospital Walk-A-Thon & Road Race to be held on Sunday, September 11, 2011. Race day registration for the 5K Walk and 8K Race will begin at 8:00 a.m. at the Dr. John Bagonzi Community Building.

All proceeds will benefit the Elisabeth Berry Health Careers Scholarship. The scholarship was created by the Cottage Hospital Board of Trustees in memory of Dr. Berry and her many years of service to Cottage Hospital. The purpose of the scholarship is to provide educational funding to anyone from the Cottage Hospital service area that wishes to commit to a career in healthcare. This year we will extend our criteria to any individual pursuing an education in the first responder field, as a tribute to the Heroes of 9/11 and our local responders.

The top four participants who raise \$500 or more will get their choice of a Grand Prize of one of the following:

- A two-night stay at the Woodstock Inn, North Woodstock, NH
- A two-night stay at the Lake Morey Resort, Fairlee, VT
- A two-night stay at the Mittersill Alpine Resort, Franconia, NH
- 2 Red Sox Tickets for the September 18, 2011 game in Fenway Park

Many other great prizes will be awarded which will include many wonderful gift certificates from local businesses. There are many prizes for different collection levels and every participant is entered into our many raffle prize drawings.

The 21st Annual Walk-A-Thon and Road Race is made possible in part by our several sponsors including our Corporate Sponsors, Laconia Savings Bank, Woodsville Guaranty Savings Bank, and Wells River Savings, and by the many hospital and community volunteers that dedicate their time and energy to helping this worthy cause. Start



times are 9:00 a.m. for the Walk and 9:30 a.m. for the runners and speed-walkers. There will be lots of free refreshments for all participants. Join us for a heart-healthy event.

You can register at <http://www.cottagehospital.org/g/2011walkathondetails.php> or the day of the event.

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 or call (603) 747-9000.

Nelson

By Sheila Asselin

My uncle Nelson was a tramp. In most peoples minds there is not another name for it. After all, he moved from town to town, never working at any one job for very long. As soon as things became routine the open road would call and he would be off to his

next adventure. True he never stole or harmed anyone but he also adamantly refused to settle down, marry and raise a family in one spot like most respectable men would do. When I was a child I adored him and thought he had the most wonderful life imaginable

Nelson was short on book learning but he knew many things you will never find in books. Such as how to survive on canned sardines, saltine crackers and pork and beans. Which railroad workers kindly looked the other way when he boarded a freight car, and the art of home barbering so he and his fellow gentlemen of the road could always present a neat appearance.

He worked at various times as a short order cook, bicycle repairman, roustabout with a circus, sheep herder. And best of all a gold miner in Colorado.

From time to time he would appear at our house unannounced with stories of his latest feats. I treasured his every word.

One evening after everyone had gone to bed I heard a slight noise. Tiptoeing barefoot from my bed to the living room, I found him sitting in our

old rocker staring into the open fireplace. He scooped me up into his lap and sat me on his knee. Nuzzling into his chest I caught the sweet smell of coal dust and pipe tobacco. He had come from Colorado and told me of his time in the mine fields there. He placed in my palm something that looked like a miniature egg yolk. It was a piece of Colorado gold. Then he reached into his overall pocket and brought out two pieces of butter rum toffee, one for him, one for me. Snuggled together in silence we savored to candy, the warmth of the fire and the magic of the moment. How I loved his lean wiry form, shock of black hair and deep set sad eyes.

In the morning he was gone as quietly and as quickly as he had come. I never saw him again. He disappeared along with the thousands of nameless, faceless men who roamed the country riding the rails. That was over fifty years ago. Still I can never taste butter rum toffee without a pang in my heart and a sweet memory. It is not the candy that leaves the sweet taste but the thought of my uncle, the railroad bum, who made me feel as precious as the Colorado gold.



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An August Night Is Transformed To An Enchanted April

By Gary Scruton

Once again the brain trust at Old Church Community Theater has chosen a play that is very well written, and the director has chosen and assisted a cast that made the production a marvelous experience.

For those of you who had the opportunity to be in the audience for this latest production you had the chance to laugh on many occasions. Probably the best laugh was shortly after the exploding bath and the ensuing towel dance. But there were many other one liners that brought comic relief to the well attended opening night. Being a romantic comedy the laughter was expected and appreciated by the actors. It should also be noted that the actors reacted well to the audience participation, waiting for the laughter to end before heading off to the next line.

Of the cast of eight for this production, all have had previous experience with OCCT, and many have performed with other area theater groups. In all, compliments go to the director, Gloria Heidenreich, who obviously did a fine

job in casting the production as well as keeping the production flowing well. As in many small groups, one person does many jobs. In this case the director also acted as a stage hand coming out between the many scenes to help set up for the next. Even during the intermission between acts the director was front and center using good old duct tape to help set the castle grounds in proper order for the remainder of the play.

The play itself was written in 1925 and depicted post World War I England for the first act and an Italian seaside castle for the second act. The main characters were four English ladies of varying backgrounds who together rented the aforementioned castle. Though two were married, the other two were not really aware of that fact and in the mind of one, it was simply improper for them to have even made this venture.

As in most romantic comedies there was a little bit of a twist that made some in the audience take a deep breathe. But in the end all worked out well and even the



falling flower petals worked just according to plan.

The production of Enchanted April by the cast, crew and members of OCCT was another example that some very fine talent exists in this area. From almost flawless lines, to authentic looking costumes, to a set that gave the desired feel, this group should be very proud of the fourth of five summer productions. It will be sad, but still enjoyable, to go back one more time for the ending Evening of One Act Plays. If it matches the rest of the productions, it will be well worth the time and admission price.

The Lesson

By Elinor P. Mawson

My father was a big man and he loved big fast boats. He traded them regularly; my mother could tell by the expression on his face when he came in the door that he had traded once again.

This time it was very big and twice as fast. The only way he could justify the expense was to have all of us go with him on Sundays. If ever there were photographs taken of us then, they would show four unhappy children donned in life jackets, with their arms folded in disgust.

One day we headed for the lake and on the way he bought us a big box of doughnuts--I am sure that it was enticement for what he had in mind. As soon as he launched the boat, he brought out a pair of brand new water skis and announced that he was going to teach us to use them

"Who wants to go first?" he asked.

We were busy thinking about doughnuts--and none of us was athletically inclined anyway.

For once my father took our silence in his stride and didn't demand that one of us comply. "Then I will show you

how to water ski," he said. "It is so easy!! You will love it. Lois, he said to my mother, "You can drive the boat while I show these children how it is done."

"Heavens, Gordon," said my mother. "I don't want to drive this brand new boat, and I don't know how to do it anyway."

"Nothing to it", said Gordon. "When I say 'Hit it' give it the gas. And when I wave to you, you can come back to shore."

While they were getting ready for the "lesson" we got into the box of doughnuts, and watched our parents as they maneuvered the boat into position and my father took hold of the rope. We had no idea what was going to happen.

After a few false starts and some unprintable words from my father, Lois got the idea and when he said "Hit it", she gave it the gas and he came out of the water like a rocket. As I said, he was a big man with skinny arms and legs; his bathing suit flapped in the considerable breeze as he sailed up and down the lake.

After awhile, you could tell he was getting tired, and started waving at my mother.

She had finally gotten the hang of driving the boat and was enjoying herself immensely. Every so often she would look at my father and wave back at him.

Way out in the middle of the lake, Gordon was getting really tired. We could hear him shouting "Stop, Lois, stop" but of course she couldn't hear him. Around and around they went. In between doughnuts, we were laughing fit to kill.

Finally my mother realized what the waving was all about and started for shore. Unfortunately, she didn't know how to stop the boat, and too late realized that she was in trouble. Gordon, meanwhile saw what was going to happen and let go of the rope. He sank like a rock. My mother drove the boat right up onto the shore with a terrible crash. We had to hide our faces because we were laughing so hard.

Gordon came out of the water as mad as a hornet. My mother got a dressing down that is etched in our memory even now. Then he put the water skis away and we never saw them again. Our lesson was done. So were the doughnuts.

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Maps of yard sale locations will be sold the day of event. All proceeds go to the Class of 2012.

Contact Kirsten Spooner if you want to be a vendor in North Haverhill with your location on the map. 603-787-9829 KirstenSkye@gmail.com

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Building Strong Bones

Bone and cartilage are an ever changing, ever-growing infrastructure of the body. Bone is living tissue, and like other body systems requires a wide variety of nutrients. Healthy bones both use and store the body's minerals, acting as reservoirs for its extra mineral needs. Minerals and trace minerals building block of the cells, the most basic elements needed for proper metabolism. They are the bonding agents between the body and food. Without them the body cannot absorb nutrients or utilize them for growth. Minerals regulate acid/alkaline balance, transport body oxygen, and control electrolytic movement between cells, nerves and tissue. They play a key role in heart health, sugar and blood pressure regulation and degenerative prevention. Even small mineral deficiencies can produce stress on the body, because imbalances mobilize the needed element(s)

out of the various body "reservoirs" to compensate. Our bodies often feel the immediate effects of this process as irritability, nervousness, emotional tension, and depression. A mineral-poor diet can mean osteoporosis, premature aging, hair loss, brittle nails, dry cracked skin, forgetfulness, food intolerances, back pain, PMS, poor motor coordination, joint deformity, difficult pregnancy, taste and smell loss, slow learning, poor attention span, and the inability to heal quickly. And this is only a partial list. **MINERALS ARE IMPORTANT!**

Minerals are not made by the body. They must be taken in through food, drink or mineral baths. Unfortunately, years of pesticides, non-organic fertilizers, and chemical sprays used in agri-business have leached good mineral quantity or quality out of the soil. So it's no longer easy to get them

from foods we eat. Over a third of our population, and more than 50% of American women, suffer from calcium deficiency alone. Mineral needs increase as the body ages because digestive systems need more hydrochloric acid and enzyme help.

Osteoporosis is far more complex than was thought even just five years ago. Excessive meat consumption, over-refined foods, lack of vitamin D from sunlight, and too little exercise, are involved in bone porosity and poor mineral absorption. Steroid and excessive antibiotic use, tobacco and too much alcohol, all contribute to mineral depletion and weakening of bone structure. Osteoporosis is partially a result of reduced nutrient (particularly mineral) absorption, which is highly bound to enzyme activity. High levels of phosphorous in meat, soft drinks and other common processed foods deprive the body of calcium high stress lifestyles and habits also inhibit mineral absorption.

What about calcium? Calcium is the most abundant mineral in the body, and 98% of all calcium is stored in the bones. But osteoporosis is the result of much more than a calcium deficiency. It involves both mineral and non-mineral components of bone. Calcium supplements, while playing a role in preventing bone loss, can't stand on their own as a viable treatment. In fact, bone strength is best enhanced when calcium is used with other nutrients, such as B vitamins, magnesium, silica, manganese and boron. How do you know if you have a calcium deficiency? Calcium deficiencies show up premenstrually as back pain, cramping or tooth pain. Taking a natural calcium supplement before your period can let you know if this is your problem, because supplementation should help these symptoms disappear. There is a clear relationship between high protein consumption and osteoporosis, too. As amino acids from excess protein enter the kidneys they cause loss of water and

large amounts of minerals, especially calcium, which is released from bone material in order to neutralize the acidity of the protein amino acids. Excess protein from animal sources is an even bigger danger for osteoporosis. Studies of vegetarians and non-vegetarians from age 60-90, reveal that the mineral content in meat eater's bones decreased 35% over time, while mineral content of a vegetarian's bones decreased only 18%. Vegetarians typically have denser, better-formed bones, because the most usable minerals come from green vegetables, sprouts, whole grains, soy foods, eggs and vegetable complex carbohydrates.

There is, however, no question that a solid mineral base is of prime importance to bone health. Organically grown foods, sea plants and herbs are becoming the best way to get them. These foods are used by the body's own enzyme action, as a whole, not as an extracted substance, and that is a key to their effectiveness.

Minerals are essential to body balance and bone strength. The typical American diet has become increasingly sparse in mineral micronutrients, so most of us need more minerals than our nutritional habits provide. (Skin pallor and chronic fatigue are almost certain signs that the body isn't getting enough minerals.) Scientists, in fact, admit that the American diet is not supplying the minerals needed to build healthy bones over a lifetime. Minerals from plants are higher quality and more absorbable than other sources. They work optimally with enzyme production for nutrient assimilation. Plant materials from herbs are an excellent choice to address nutrient density deficiencies against bone weakness. Calcium, magnesium, silica and trace minerals from herbal sources are superior in absorption and benefits to isolated sources. They help insure uptake by the body for optimum bone, and cartilage nutrition.

Herbal therapy is a good choice for both treatment and prevention of osteoporosis because they offer the broadest base of protection against the widest array of factors. Phytohormones from herbs can be a key element in promoting bone marrow development. Phytohormones in plants are remarkably similar to those in humans, and work by encouraging the body's own hormone balance. For women, osteoporosis involves progesterone/estrogen balance, not just estrogen supply. Progesterone is a key factor strengthening bone. Thyroid malfunction, and poor collagen protein development also contribute to osteoporosis. The mineral riches in phyto-estrogen plants stimulate proper cell growth and replacement. The naturally occurring flavonoids in phyto-hormone rich herbs exert a similar balancing effect on hormone secretions. A broad range herbal formula containing estrogen and progesterone-stimulating substances as well as bio-flavonoids and bone-building minerals is a good health choice.

Calcium & Magnesium Herbal Sources: Horsetail, St. John's Wort, Nettles, Dandelion Root, Oatstraw, Kelp, Sea Vegetables, Pau De Arco Bark, Gotu Kola, Ginger Root.

Connective Tissue Stimulants include: Bee Pollen, Royal Jelly, White Oak Bark, Rosehips, Bilberry Berry & Leaf, Evening Primrose.

Vegetable Protein Sources: Miso Powder, Alfalfa, Barley Grass, Chlorella, Spirulina, Fo Ti Tieng, Soy powder, Oats/ Oatstraw, Brewer's Yeast.

Hormone Balancing Herb Sources: Black Cohosh Root, Licorice Root, Sarsaparilla Root, Dong Quai Root, Wild Yam Root, Dandelion Root, Alfalfa, Vitex Berry, Ginseng Root.

Vitamin A & D Herbal Sources: Kelp, Sea Vegetables, Chorophyll-rich herbs, Dandelion Root, Gotu Kola, Burdock Root, Alfalfa, Yellow Dock Root, Capsicum.

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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SCARED SHEETLESS

By James Paradie

Do It Yourself Ghost Hunting: Volume 3 - The Investigation Part 1: The Technique Behind E.V.P.

Last time we talked about how to go about getting your first investigation going. It's not a guarantee, but it's something to try. Now, you're at your first investigation and the sun is going down, there is a full moon, and a wolf just howled outside... Okay, I'm setting up something for a horror movie, but the anticipation is just as close to it. Don't fear, because ghost hunting is an exercise to face fear and find the reality within that supposed fear.

Your first investigation is about to take place, you've taken out the equipment; you got your digital camera, your digital audio recorder (if you bought the analog...you poor thing), and maybe you bought some other equipment like a K-II or something, but let's just say you got the camera and the audio recorder just for the sake of this article. (Within the next few weeks I'll make sure to do more articles on the equipment we use and how to use it). What to do now?

Lights out.

Flashlights, remember them, they are your friends, your eyes in the night. Cherish them, keep them close, keep your finger ready to turn them on, but also keep your finger ready to start what we call an E.V.P. session. I did an article about E.V.P.'s a little while ago, so here's a brief description of what E.V.P.'s are intended for in ghost hunting from that article:

"EVP stands for Electronic Voice Phenomena and it's probably the most important tool to ghost hunting. How do EVP's work you may ask? The basics of this question is that whichever proposed haunted location you are at, you ask the spirit questions. Simple questions: "What's your name?", "Why are you here?", "What's your favorite color?", "Are you trapped here?", "Do you need help to cross over?" All these questions, some may seem ridiculous yes, but any question may get a possible answer."

Now, one thing I didn't touch base on in that article (which you can view, cheap plug I know, on my website: scaredsheetlessncn.blogspot.com) is that ghosts are said to talk in a different frequency than us. Spirits, according to experts, talk in what is known as the white noise frequency. Humans can't hear it, but audio equipment seems to pick it up very well. Are the questions above the ones you should ask? Yes, but not right away.

You want to try to approach them like they are one of us, because if you go in there like some people, "How'd you die? Were you murdered?" These are sensitive questions that you should not start out with. You should try to form a bond with the spirit. Try to talk to them like they are one of you. Start off with introducing yourself and maybe asking what the spirit's name is. On one of my previous articles I said that me, my cousin, and a friend of his did an EVP session in the upstairs of our garage and he asked what the spirit's name was and we got an answer ("Michael or Mikayla." We're still debating on that one). That's because my cousin formed a bond with this spirit. It's like my two cousins from down state New Hampshire who have their own ghost hunting quests in a cemetery in Concord and they've formed a bond with this spirit child.

Forming a bond with a spirit may sound crazy, but it does

get results, and I've always gone by the old saying, "Treat others the way you want to be treated...unless they are demons, then you call a priest." But you won't bump into them on your first ghost hunt, or will you? Well, good luck! There will be more Do Your Own Ghost Hunts tutorials as time progresses, but take these hints, clues, and guidelines as a way to get started. Thanks for reading. This has been another Scared Sheetless, happy haunting and keep it scary!

Need more scares? Enter if you dare at scaredsheetlessncn.blogspot.com and look at all the articles, photos, videos, plus more to get the bone chilling, spine tingling temptations that your heart can desire! You can also find the extended version of this article on there as well.

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 and most lyghosts.com where he is a regular contributor.



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22 A Walk in the Woods - August 2011

By David Falkenham, UNH Cooperative
Extension Grafton County Forester

The 2011 hunting season is rapidly approaching and many of us are frantically preparing for the opening day of archery season or the regular firearms season. Many people have permission from a specific landowner to use their land for hunting, while others hunt mostly on public land. It is also true that many people hunt on land whose ownership is not entirely known to the hunter.

As a kid growing up in Lancaster, my dad and I would spend countless hours hunting and fishing on private land. Usually it was someone my dad knew, and at some point during the season he would contact the owner and thank them, possibly returning a favor at some point in time. My dad was the local doctor so he had permission from a lot of landowners. Three lessons that he taught me about using land were: 1. Respect the land, 2. Respect the landowner and 3. Try to pay back the favor of using the land.

These three lessons will never be outdated. If you use land for any recreational purpose, whether it is hunting or hiking you should make a point of thanking the landowner. The private landowners in New Hampshire make much of our outside recreation possible and we often take for granted the outdoor opportunities that we have in this state. In New Hampshire, if land is not posted then it is assumed that access, including hunting, is allowed. Even if land is posted, a visit to the land

owner could gain you access. This is a benefit that is not universal throughout the country; it is very much a New England tradition.

Our private landowners provide us with many benefits. A place to walk, hunt, fish and find peace are all benefits that many of us enjoy on private lands. These benefits are brought to us by generous people who are willing to own the land and pay the taxes and by doing so they preserve our way of life here in New Hampshire.

I would recommend to all hunters and non-hunters that they follow the lessons my dad taught me; respect the land, respect the landowner and try to pay back the favor if you can. Get to know your landowners and ask them if there is any work that you can do for them on their land. Maybe a road needs clearing, or a boundary line needs painting or a trail needs to be maintained. These are all things that anybody can do to help, and if you use their land for your recreation, you owe them. Owning land is expensive and a lot of work, so a little help goes a long way. If they don't need help with anything, a good gesture such as a card or a small gift will go a long way.

For those of us who do hunt, private landowners are a critical component for our current success and the future of our sport. Every hunter should know who provides the opportunity to hunt the land we love so much and we should respect and be grateful for this opportunity.

Happy hunting and good luck to all.

Letter To The Editor

Dear Editor

You published a letter on August 2 that the Haverhill Heritage Commission sent you in response to my letter of July 5 in which I criticized the commission for not taking on the functions that the law assigns to commissions and for performing activities that the law does not authorize. James Hobbs's name and title as chairman of the Haverhill Heritage Commission on the letter makes the commission responsible for the letter, much of which is libelous. The letter was evidently not intended to explain the commission's work but rather to embarrass me, probably in the hope that it would shut me up. Minutes confirm nothing of the commission's claims about my involvement at meetings.

The commission's so-called response did not respond to any of the matters that I brought out in my letter. Instead it was a reaction to what the commission apparently sees as my meddling in what it apparently believes is none of my business. The letter contains over 50 false statements and an endless stream of emotional attacks on me personally. Among inappropriate statements was the assertion that the commission dealt with my "whims" and "fantasies" at several meetings. Classifying citizen ideas as whims and fantasies does not show receptivity to citizen ideas or participation.

At any rate I only attended one meeting, presented nothing for the commission to respond to whimsical or otherwise, except one question, which was not an issue since I had no more to say about it. However, the commission has done what it can to belittle me by saying that I repeatedly stuttered and stammered when I was giving an answer, which is not true. At any rate for the commission to be taking up a matter of someone stuttering and stammering indicates that the commission minimizes its purpose and that its authoritarian mode does not tolerate citizen participation or questions of its performance.

The commission's letter says that I disrupted meetings, although it also says it had expected me to attend a meeting in January (which I did not say I would attend and which I did not attend). The letter also said twice that I was asked to "join us at the table". Responding to invitations to sit at the table is hardly disruptive. At any rate, I sat at the table all during the only meeting I attended, there was no other place to sit.

The commission letter takes up deal-

ings that I supposedly had with other agencies, which is inappropriate intrusion of a government agency into affairs for which it has no authority. The letter criticized me for not contributing to the Railroad Park and not going to a photo display that chairman Hobbs's business put on. This constitutes meddling in a private matter that has nothing to do with a commission function. It also smacks of conflict of interest.

The commission claims that material I submitted at a meeting had fowl language in it. The commission has not produced this material, which I asked for under the right to know law. The selectboard chair (who is also a commissioner) picked out the minutes file to show me. It did not have the material in it. Of course, it is very likely that he had read the minutes previously and knew the material was not in the file. He refused to search anymore because he claimed a conflict of interest due to an anticipated law suit. The right-to-know law does not exempt officials because of conflict of interest. Furthermore, responding to a right-to-know request cannot constitute conflict of interest if no financial interest is involved. We may need to look into this more. He more than once said that he doubted the material was there and finally concluded that it was not, although he opened only one file in three drawers of files. He even said he thought I was paranoid. He was apparently thwarting my attempt to find information.

Hobbs presents commission involvement in the first person singular as if he cannot distinguish between commission and personal business. The commission has so confused its activities with Hobbs's White Mountain Trader business that it points to a conflict of interest situation.

The commission responded to the right-to-know law request with a letter that was all falsifications. Minutes of the meetings confirm none of the assertions in the letter. The letter clearly shows commission resentment at having to provide information and is set up to dodge the request. To unlock commission files and leave them open for me, unsupervised, to take out materials, which the letter allows me, shows lack of responsibility for the records. I refused to go near the place until I went with Wayne Fortier, selectboard chair and a member of the commission who took charge of the file search.

Robert G. Fillion, Woodsville
August 26, 2011

Mr. Fillion,

This response may vary a bit from the normal responses written here in Trendy Times. In that vein let me make a couple of initial statements. First is that Mr. Hobbs is an advertiser in Trendy Times. That status does not afford him any special benefits. It is simply a statement of fact.

Second is the restatement of the Letter to the Editor policy of Trendy Times. It is an open forum for people of the area to write and have read by others their thoughts and ideas on whatever subject they would like to address. The two stipulations are that a name with address must be included (though not always published) and that there not be libelous statements.

Referring to your letter, and the previous letters written by yourself and Mr. Hobbs, it appears to me that there is a personality conflict between the two of you. With that said, your right, or anyone else's, to see minutes and other items of public interest can not, and should not, be diminished. The right to know law is there for a reason. Conflict of interest laws are also an important aspect of public and private organizations.

On the other hand, in a small community like Haverhill it can be difficult to find interested people to volunteer who do not have some sort of connection to the decisions and actions of a group for which they volunteer. For that reason, some latitude should be given in the hopes that those involved are doing their part with the best of intentions.

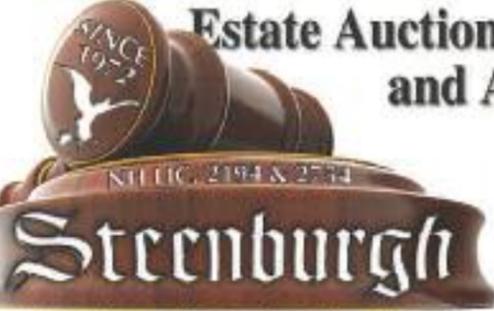
Gary Scruton, Editor

Not all Times are Trendy but there will always be Trendy Times August 30, 2011 Volume 2 Number 23



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