

TRENDY TIMES

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JULY 10, 2012 VOLUME 3 NUMBER 20

Shaking That Speare With Joy One More Season And With A Good Meal, Too

By Robert Roudebush

Oh yeah, the professionals are back in town and the Bard's works are in good hands and spirits. All of that is being demonstrated right here in Haverhill, through Court Street Arts, at Alumni Hall, Friday nights this summer, and already off to a slapping-good start.

By the time you read this piece in TRENDY TIMES, the first two shows have been presented by THEATRE UNDER THE STARS, but there are several more to catch yet and catch them you should. This multifaceted and multi-leveled acting troupe was here in Haverhill last year – they also present shows in Manchester, Plymouth, and Waterville Valley – and made a lot of friends and supporters. This professional group of actors and musicians stands out as New Hampshire's only outdoor classical theatre company, touring the wide region, performing a rotating repertory. These hardworking talented players not only put the shake back into Shakespeare, but they do it in an unusual way today – they perform them much as they were performed in the Bard's day, that is for real everyday people, who wanted some fun for their one or two-pence tickets, and dialogue and action that could be bawdy, raunchy, screamingly funny, but always clever and never vulgar. All that was in ribald evidence June 29th, the first night of plays.

Baillif's Café will open at 5:30 pm on each show night, - delicious picnic fair – and

show times are about one hour later. Lots of folks, older and younger, often bring their favorite lawn chairs or blankets. Unless you choose to donate, these performances are free to all, thanks to sponsors like Woodsville Guarantee Savings Bank, Court Street Arts, Ashland Lumber and many others.

An enthusiastic crowd welcomed the opening night salvo of "The Taming Of The Shrew" June 29th outside of Alumni Hall, in spruce new enclosed performing area complete with a fascinatingly functional new stage area. The night was nicely warm and as it cooled off and got more beautiful, the players heated up and roared ahead into brilliance.

July 6 and the 13th was scheduled the "Merry Wives of Windsor – Original Practice"

July 20 will be the Young Peoples Players, this group's most junior members, who will present "Damsels In Distress"

July 27 the well-known and loved "As You Like It"

August 3 will showcase "Interactive Robin Hooddd"

And the last seasonal performance of TUTS here in Haverhill, August the 10th will be the company's most experienced players, doing justice to the masterpiece "The Tempest".

And what's this mentioned in the headline about a good

meal adding to the experience? Friday night, the opening night of "Shrew" featured barbecued chicken, done just right, juicy and tender, with homemade coleslaw, and potato salad (you can tell the difference between store-bought and the real thing) – a tossed green salad, watermelon, real made brownies. All served with good humor and good grace by another group of professionals, this time culinary ones, from "Baillif's Café", right out there on the open air grass with comfortable chairs and tables. Say "Baillif's Café" and you are talking about the hard-working folks who run one of the best general stores anywhere, The Village Store in Newbury. Someone mentioned to me that good wine was available as well for those of age and I certainly am.

One incident occurred opening night with me which demonstrates another value of these special summer night delights. While the wine bottle was being presented prior to opening for pouring, it was a fun-thing to offer to share the uncorking of it with a man and his wife I'd never met before, but ended up having a delightful dinner with prior to the show and good conversation with during the show. James Shuchman, an attorney from Littleton, and his wife and I laughed and toasted the good



The Shakespeare group took part in the Woodsville/Wells River Fourth of July Parade, bringin a bit on even older times to the nation's Birthday celebration. Photo courtesy of Michele Avery.

life, all by pure chance at a meeting of outdoor Shakespeare. Lots of folks were doing the same, meeting and greeting and sharing good conversation. These events, make no mistake, are true community events, good for all. Several people brought their food and in some cases, their own refreshment of choice into the viewing area to enjoy the show while they ate.

How does such ongoing spirited presentation happen, live action, in this day of handheld entertainment devices and prepackaged video boredom? Give thanks to Directors like Alex Carney (Shrew), a successful actor himself who has not forgotten how to find and encourage players to show again the brilliance still existing in hundreds-years-old

dialogue. Thank the inspiration of Donna Devlin-Young, who founded and is the Producing Artistic Director of TUTS. Thank people like Will Hammond, first rate actor himself who also serves as Executive Manager.

"Shrew" featured a cast that truly had no bad actors I must repeat to you what I overheard one attendee say to me as all of us meandered out of the play space after the opening night performance. "Why," he asked me, "why isn't all of Haverhill here tonight- I've never had a better time for less money and met lots of friends too. Even had a good meal before the show?"

This reviewer could not agree more. See you there again I hope.

NOT ENOUGH TO DO THIS SUMMER?
The Vermont Sewing School offers Kids Camp on Thursday mornings in July and August for age 8-16...
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YARD SALE
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North Haverhill Fair King Arthur Flour Baking Contest

If you can smell the aroma of freshly baked brownies coming from your neighbor's kitchen, it may be that they are getting ready for the annual baking contest co-sponsored by UNH Co-operative Extension & King Arthur Flour. The judging will be held at the North Haverhill Fair on Saturday morning, July 28th starting at 10am. Adults will be making

brownies & youth 17 & under will be tackling blueberry muffins. The recipes, contest rules & prizes can be found on the Grafton County Extension website at extension.unh.edu/Counties/Grafton/Grafton_4H.html. If you have any questions, contact the Extension office at 787-6944. We look forward to seeing you at the fair & tasting your delicious creations!

Bath Library Book Club

The Bath Library Book Club will be discussing "The Red Garden" by Alice Hoffman on Thursday, July 12th at 7PM in the Bath Library. The story takes place in Blackwell, Massachusetts, where three hundred years of passion, dark secrets and redemption have webbed the characters' lives. At the center of everyone's life is a mysterious garden where only red plants can grow, and

the truth can be found by those who dare to look. Books may be picked up at the Bath Library, hours are Tuesdays and Thursdays 9:00am to noon and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information contact the library at 603 747-3372 or email bathlibrary@together.net.

Celebrating Grange



On Monday, July 2nd; the granges of Bath, West Thornton, and past members of Sugar Hill's grange met with invited guests for a barbecue to celebrate the grange organization in Sugar Hill. The National Grange, founded in 1867, is the nation's oldest rural public interest organization and the history of the grange is a mirror to the history of rural life in America.

In 1867, the National Grange organization was the first organization to give full voice and vote to women, 50 years before universal suffrage. The Grange introduced the system of cooperative business organization in 1875, which is used today to form cooperatives. Over the years, the Grange has been active in promoting, preserving, and helping rural communities to grow through legislation that regulated monopolies, promoted agricultural, instituted RFD mail delivery, encouraged direct election of senators, and much more. Bath and West Thornton Grange are active in their community service projects, one of which is providing dictionaries to local students in the 3rd grade.

At Monday's barbecue, 5 past members of Sugar Hill Grange #222 were recognized: Harold & Edith Aldrich, Roger & Nancy Aldrich, and Maxine Aldrich. Sugar Hill Grange was chartered in 1895 and folded in 1969. West Thornton Grange #253, chartered in 1897, had 4 members in attendance and they hold monthly meetings on the 2nd Monday of each month at their Grange Hall. Bath Grange #298, chartered in 1903, had 11 members present including the Honorable Ray Burton of our NH Executive Council. Bath Grange holds meetings on the 1st and 3rd Mondays of each month. As part of the evening's program and celebration, the Grange Members were invited to tour the Sugar Hill Historical Museum. All enjoyed this year's exhibit celebrating Sugar Hill's 50th Birthday and life in Sugar Hill through those 50 years.

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Caught Live On Stage In Bradford!

Bradford, VT: Old Church Theater's popular one act play event returns this year under a new name, "Caught in the Act(s)", and its four short plays are perfect for mid-summer fun. Opening on July 13th and continuing for two weekends, the Friday and Saturday shows are at 7:30pm and the Sunday show is at 4pm. Reservations may be made by calling 802-222-3322 or visiting www.oldchurchtheater.org. The admission price is \$10.00 and \$5.00 for students.

Ben Daly directs "Back in Ten", by Barbara Swantak, a clever little sting with a surprise ending. Jim Heidenreich directs Michael Frayn's "Chinamen", a farce about a dinner party gone wrong with lots of characters who should not be meeting each other. Anthony Helm directs "Family 2.0" by Walter

Wykes, a modern tale of marital mayhem and bliss. Lastly, Peter Richards directs "She With a Capital Ess" by Jay D. Hanagan, where man's secret issues get spilled for all to see. John Hunt produces the entire event.

Featured actors include Mia Eaton, Samuel Vinton, Diane Chamberlain, Anne Foldeak, Natalie Nicholson, Liane Allen, Robert O'Leary,

Barbara Swantak, John Hunt, Anthony Helm and Walter Rhil.

"Caught in the Act(s)" is Old Church Theater's third production of its 2012 season. In late August will be "Anne of Green Gables" by Sylvia Ashby directed by Gloria Heidenreich, followed by Arthur Miller's "The Price" in late September, directed by Sheila Kaplow.

Old Church Theater is a



In a rehearsal scene from "Family 2.0" Samuel Vinton (left) pleads to Liane Allen to keep their new dog, Anthony Helm. This is one of four comedies Old Church Theater is presenting the next two weekends. Friday and Saturday shows are at 7:30pm, and Sunday shows are at 4pm. Tickets are \$10.00 (\$5.00 for students) at the door. Call the box office 802-222-3322 for reservations.

non-profit community group that has produced an average of five plays every summer since 1985. Acting, directing and involvement in

all aspects of theater is open to everyone in the community. For more information visit www.oldchurchtheater.org.

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Lake Harvey Association

The annual Harvey's Lake Boat Parade will be held on Saturday, July 21st, at 1:00 p.m. This year's boat parade theme will be "Happiness is..." Each boat entry will compete for prizes by decorating their boats showing what they think "Happiness is..."

The boat parade is just one of a series of day long festivities sponsored by the Lake Harvey Association. The annual meeting, open to everyone, starts at 9:00 a.m. at the Presbyterian Church basement in West Barnet. The annual "mile long yard sale" along Main Street in West Barnet will run from 9:00 a.m. until noon. A chicken barbeque will be held on the Harvey's Lake public beach from 3:00 p.m. until 6 p.m. Tickets are \$9.00 each and can be purchased at the Barnet Village Store as well as "The Quick Stop" market in West Barnet. The highlight of the day's activities will be the annual fireworks display at the public beach that evening.

Caught in the Act(s)!

Funny Short Plays for mid-summer fun!

- Back In Ten
- Chinamen
- Family 2.0
- She With a Capital ESS

Old Church Community Theater

Fridays & Saturdays July 13 & 14 • July 20 & 21 at 7:30 p.m.
Sundays, July 15 & July 22 at 4 p.m.

**Reservations: 802-222-3322 or oldchurchtheater.org
137 North Main Street, Bradford, Vermont**

Broccoli

By Sheila Asselin

Since when did such an innocent vegetable get such a toxic reputation? Speaker Boehner warns us that if the Supreme Court has its way we may all be forced to eat tons of it. George Bush, the father, in a childish pout declared broccoli off limits in his White House. In a presidential proclamation it was declared vegetable non grata. Grandfather Prescott Bush who provided the family fortune to begin with did not weigh in on the subject.

I do not know if broccoli is Democrat or Republican, My instincts tell me it usually votes independent. Sort of an equal opportunity vegetable. But for all it's mild mannered greenness it is seen as a threat to carnivores everywhere. What next? Barbecued tofu? Chicken fried squash? Chili con carne without the carne? What ever happened to our God given right to consume cholesterol?

Broccoli is green. Do you see any green in the good ole Red, White, and Blue? Well neither do I and I just had eye surgery. I suspect it is some sort of foreign plot. Probably

hatched by Putin and his cronies or an evil ayatollah.

Yesterday burgers with bacon and cheese, today pot roast and pork chops, tomorrow the world... excuse me I meant to say juicy Angus steaks. What will these sneaky vegans try to conquer next? Give them an inch and they want the whole hog! Cattlemen and ranchers everywhere are getting nervous. How can they ever do manly things like wrestle steers, wear chaps and spurs, or wave a branding iron around if we stopped eating critters? Heck a ten year old girl can herd a bunch of carrots. Where is the fun or glory in that? Without red meat we might as well be some wretched third world country. Maybe we could ask them for aid.

So enjoy your cookouts and barbecues this summer. Enjoy, no, revel in them. Declare your independence from food tyrants. Declare your freedom to experience clogged arteries and heart "events". But once in a while as your loving mother used to tell you, eat your veggies.



Diary Of A Fat Man



Journal Entry 4:

Ashes To Ashes (The Darkness Inside Part 2)

Written By "Mike Burton"

It shocks me I've never done any drugs. Okay, I've smoked pot on a couple occasions (but haven't had any in quite awhile.) But with all the mental anguish I feel on almost a weekly basis, I'm very surprised. I've had many relatives that have gone down the toxic path if you will. Some have died from it, others have prevailed, but thank God I am a cheap S.O.B. and all drugs are expensive. Any mental or even physical agony is not worth going down that road, because not only do you lose yourself, you lose all those who loved you. I think suicide is in the same boat.

"Pain is Temporary. Death is Forever."-Copyright, me. I made this little saying up years ago and have used this saying on a regular basis. When suicide comes up there's always someone who says, "Permanent solution to a temporary problem." Those same people probably don't suffer from depression or anxiety attacks on a regular basis. I mean, I can blame my youth on my depression today, I can blame society, because it is so simple to point fingers at whoever you want. But sometimes it just happens. Sometimes there is no rhyme or reason to why we get depressed. I honestly don't know why I do get so depressed, because I live a very

isolated life. I go to work to home, work to home, work to home. Okay, sometimes I go to the bank, sometimes I go down south, and sometimes I even go outside, but most of the time it's work to home. I really don't have a taste for people. I like people, but I guess I'm afraid of people at the same time. I'm afraid of them getting to know the packages that come with the deal, or whatever metaphor you can think of, I suppose.

Over my twenty plus years on this fine Earth, I've made friends and lost friends and that cycle never changes. I'm so used to it, I don't even care anymore. Same old same old, the fold never becomes straight again. Some people stop being my friend because they got better stuff to do and others have seen what lies behind my mask. I can become pretty scary at times, especially when I'm in my worst of moods. Example, a few months ago I was having this really bad time and when I become like this I can't even control what I think or what I say. I told this person I was going to kill myself and to take a few people to Hell with me. I'm not happy with what I said, but it gives you that insight of what it feels to be this monster and what it feels like to not have this control.

I honestly think I suffer from a split personality. Interesting thing is that I know everything that goes on while most people who suffer through that have no recollection. It's like I have these two different personalities living amongst one host. There's me, the real me, and there's "the monster." When I'm around people I can hide behind that mask of a plastic fake smile, but when they're gone I can sometimes unravel into something else. Then there's the constant fighting to get in control and that's no fun either, because most of the time the real me loses, but eventually I get back into control.

I don't believe I'd actually hurt anyone, even in my worst of days. I think I'd hurt myself before even coming remotely close to hurting someone else. Even when the "monster" me takes over, I'm not thinking of what to do to "them", I'm thinking of what to do with me. Thankfully, I realize that in the end if suicide is the solution, it's just the solution to my own demise. Why lose the battle that I've never even bothered to win? Why even give those who put me down a winning grace? Next time, I will give examples of what I do to stop myself from doing something stupid and getting back down to Earth.

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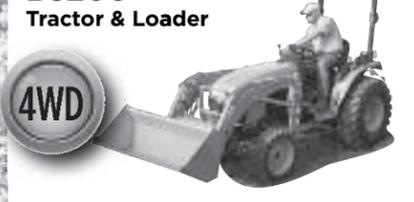


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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

On Sunday, July 1st, I spent the afternoon in Sugar Hill with nearly 100 people discussing the proposed Northern Pass project. Folks came from all over the state to get an update from a panel of people dedicated to ensuring New Hampshire residents have accurate, up-to-date information. For my part, I shared the progress of Senate Bill 361, which was signed into law by the Governor on June 13, 2012 with little fanfare. SB361 is the second bill I sponsored relating to energy projects. The first bill, HB648 (prime sponsor Rep. Rappaport) relative to protecting private property rights against private energy projects, became law last year.

Four Senators and four Representatives joined me in sponsoring SB361 which creates a commission to study the feasibility of establishing energy infrastructure corridors within existing transportation rights of way. This legislation is particularly important because it is proactive and brings key departments (Environmental Services, Transportation, Energy & Planning, Administrative Services, Resources & Economic Devel-

opment, Revenue Administration, and the Public Utilities Commission) in state government together to consider how energy transmission will come through our state and how we, as a state, will benefit from potential development.

The creation of SB361 is illustrative of the bill-making process and the final legislation was the result of work that began in October 2011. There were changes along the way, made by members of the House, Senate, and Governor's office. The crafting of this legislation is a perfect example of collaboration and compromise.

After weeks of working with state agencies and the Governor's office, the bill was ready to be introduced in the Senate in January. It began as "an act establishing an interagency task force on energy infrastructure corridors" and sent to the Senate Transportation Committee for a public hearing. A hearing must be announced to the public at least 72 hours in advance through the Senate Calendar. At the bill's public hearing, supporting and opposing testimony is heard from all interested parties. Following the public

hearing (not usually the same day), the Committee members vote to pass the legislation, amend it, refer it back to the Committee for further study, or defeat the legislation. The Committee's decision then goes to the floor of the Senate for a vote by the full body.

During this process, changes were made—most significant being the committee structure. The original language included six members from the public, but after a request from the Governor's office, members of the public were removed from the commission. While I wasn't pleased with this change, I understood that if I wanted the Governor to sign this bill into law, this compromise was necessary. The final amended language from the Senate further refined the duties of the commission.

SB361 was then put on the Senate Calendar for a "floor vote", where a Transportation Committee member presented the Committee's recommendation, which was "Ought to Pass with Amendment" to the full Senate. On a voice vote the legislation passed. If a bill is defeated or is referred for study, it does not pass to the other legislative body. If the bill passes or passes with amendments, it is referred to the other house of the legislature for another committee hearing and full body vote.

After SB361 passed the Senate on March 21st, it was sent to the House for consideration. The bill went through two House commit-

tees, and several hearings and Executive Sessions before it was voted out of the House on May 15th with more changes to the legislation. If both the House and Senate pass a bill or agree on an amended version (every bill must be passed in identical form by the two bodies before it can be sent to the Governor), it then goes to the Governor's desk for approval. The Governor has five days to veto the bill or, if the Governor takes no action within five days, the bill passes into law. The Senate agreed with the House changes and SB361 was sent to the Governor for his signature and became law on June 13, 2012.

As a citizen, you have many opportunities to impact the process, including testifying at hearings, writing letters or making phone calls to your representatives, or working with organizations to create

awareness of the possible impact of a piece of legislation. I welcome the feedback and actively engage my constituents through "legislative advisory groups" on different subject matters. If you have a particular interest and would like to participate, please contact our office.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be of assistance—please call or email. If you'd like to get more frequent updates of what is happening in Concord or in the District, please subscribe to my e-newsletter by completing the subscription form on the home page of my website at www.jeanieforrester.com.

Your Senator from District 2,
Jeanie Forrester
jjf@worldpath.net
271.4151

5
Not all Times are Trendy but there will always be Trendy Times

Disney Comes To Town Old Home Days 2012 Warren, NH

FRIDAY, JULY 13

- 4 PM Chicken Bar-B-Q 
(Fire Dept. - Behind School)
- 7 PM Jam Session -
In memory of Norman Sackett
(Chuck Sackett & Black Brook Band)
- 9 PM Fireworks (Behind School)

SATURDAY, JULY 14

- 8-10 AM Breakfast to Go - Pythian Kitchen
- 11 AM Parade 
- 12-3 PM Lobster Fest (WWAS at the common)
- 12:30 PM Kiddies Parade
- 12:30 PM ATV Poker Run
- 1:30 PM Tae Kwon Do Demo (on the common)
- 2:30 PM Horseshoes
- 3 PM Kids Watermelon eating contest
- 1:30-
3:00 PM The Cable Guys
- 5:30-
7:30 PM Maggie Miller & Whipple Hill Band
- 8-12 PM Red Hat

SUNDAY, JULY 15

- 7 AM Breakfast (Masons at Mason Hall)
- 8 AM Fishing Derby (Fire Dept. at the fish hatchery) 
- 10 AM Church Service on the common
- 12:30 PM 15th Annual Bluegrass / Acoustic Festival (on common / inside if rain)
- 1 PM Pig Roast

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

Non-perishable or monetary donations
for food pantry accepted on common.
Events Subject To Change

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July 10, 2012 Volume 3 Number 20

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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!

SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

MONDAY/THURSDAY

NCYMCA WALKING CLUB

6:30 PM

Woodsville Elementary School

Every week until next September.

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM

Horse Meadow Senior Center, North Haverhill

SATURDAYS

BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM

Rt. 5 near Mr. Putz

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM

Rte 302, Groton Community Building

See ad on page 13

JUNE 14 - OCTOBER 4

PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM 802-592-3161

Peacham Village

WEDNESDAY, JULY 11

3 RIVERS BUSINESS ASSOCIATION

MONTHLY MEETING

8:00 AM

Woodsville Guaranty Savings Bank, Woodsville

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

THURSDAY, JULY 12

BATH LIBRARY BOOK CLUB

7:00 PM

Bath Library

See article on page 2

FRIDAY, SATURDAY & SUNDAY

JULY 13, 14 & 15

WARREN OLD HOME DAYS

See ad on page 5

FRIDAY, JULY 13

ORIGINAL PRACTICE:

MERRY WIVES OF WINDSOR

6:30 PM

Court Street Arts at Alumni Hall, Haverhill

CAUGHT IN THE ACT(S)

7:30 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

SATURDAY, JULY 14

THE PROUTY CENTURY BIKE RIDE

See WRSB ad on page 12

ALL YOU CAN EAT BREAKFAST

8:00 AM – 10:00 AM

Lake View Grange Hall, West Barnet

TECH TALK AT TEN

10:00 AM

Fairlee Public Library

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 6:00 PM

Railroad Park, Woodsville

NEK HEALTHY WATERS INITIATIVE: RE-STORE YOUR SHORE WITH NATURE

1:00 PM – 3:00 PM

Northwoods Stewardship Center

East Charleston, VT

CAUGHT IN THE ACT(S)

7:30 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

SUNDAY, JULY 15

THE JEREMIAH INGALLS SINGERS

3:00 PM 802.222.4401

The Old Goshen Church, Bradford

SPECIAL WRAP PLANNING MEETING FOR THE 250TH ANNIVERSARY CELEBRATION

4:00 PM

Wells River Welcome Center

CAUGHT IN THE ACT(S)

4:00 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

MONDAY, JULY 16

DIGITAL PHOTOGRAPHY BY IAN CLARK

1:00 PM

Horse Meadow Senior Center, North Haverhill

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

TUESDAY, JULY 17

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM

Wells River Congregational Church

NEW HAMPSHIRE ON SKIS

7:00 PM

Ladd Street School, Haverhill

See article on page 18

WEDNESDAY, JULY 18

BOOK DISCUSSION GROUP: HOTEL ON THE CORNER OF BITTER AND SWEET

7:00 PM

Fairlee Public Library

THURSDAY – SUNDAY

JULY 19 – 22

BRADFORD FAIR

66 Carson Lane, Bradford

See ad on page 11

FRIDAY & SATURDAY

JULY 20 & 21

Cracker Barrel Bazaar

See ad on page 8

FRIDAY, JULY 20

YOUNG PEOPLE'S PLAYERS: DAMSELS IN DISTRESS

6:30 PM

Court Street Arts at Alumni Hall, Haverhill

CAUGHT IN THE ACT(S)

7:30 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

SATURDAY, JULY 21

BENEFIT YARD SALE

9:00 AM – 4:30 PM

Grafton-Kane Masonic Lodge, North Haverhill

TAG SALE AND COOKBOOK SWAP

9:00 AM – 1:00 PM

Fairlee Public Library

WILLING WORKERS SUMMER SALE

10:00 AM – 1:30 PM

Sugar Hill Meetinghouse

Homemade Food, Attic Treasures, Aprons &

Potholders, Attic Treasures, Toys, Books,

Homemade Food, Lunch Available.

MUSHROOM FARMING FOR SMALL WOODLOT OWNERS

10:00 AM – 3:00 PM

Northwoods Stewardship Center

East Charleston, VT

HARVEY'S LAKE BOAT PARADE

1:00 PM

Harvey's Lake, Barnet

See article on page 3

CONCERT BY SUNCOOKED

6:00 PM – 8:00 PM

Railroad Park, Woodsville

NORTHWOODS KINGDOM COFFEEHOUSE: ALAN GREENLEAF & THE DOCTOR

7:00 PM

Northwoods Stewardship Center

East Charleston, VT

CAUGHT IN THE ACT(S)

7:30 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

SUNDAY, JULY 22

BENEFIT YARD SALE

9:00 AM – 4:30 PM

Grafton-Kane Masonic Lodge, North Haverhill

NORTH HAVERHILL FAIR ENTRIES

See ad on page 7

CAUGHT IN THE ACT(S)

4:00 PM 802-222-3322

Old Church Theater, Bradford

See article and ad on page 3

MONDAY, JULY 23

DIGITAL PHOTOGRAPHY BY IAN CLARK

1:00 PM

Horse Meadow Senior Center, North Haverhill

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

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For full regulations and schedule please check our website at:
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ART & PHOTOGRAPHY SHOW

Entry Information: Items must be brought to the fairgrounds on Sunday, July 22 from 12:30pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Luanne & Dennis Fournier 603-787-6389.

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



EDITH G. HENSON MEMORIAL FLOWER SHOW

Entry Information: Items must be brought to the fairgrounds on Wed., July 25 3-6pm, Thur., July 26 3-6pm or Fri., July 27 8:30-11:30am. Go to www.nohaverhillfair.com for complete rules. Hannah Fadden 603-728-8117.

- | | | |
|--|--|---|
| BOUQUET OF ONE VARIETY | CREATIVE DISPLAY - 5 ANNUAL OR PERENNIAL | CACTI |
| ARRANGEMENT OF DRIED FLOWERS & GRASSES | ARRANGEMENT OF SILK FLOWERS | HERBS |
| ARRANGEMENT IN YOUR CHOICE OF CONTAINER | DECORATIVE WREATH USING FRESH FLOWERS | SHRUBS |
| ARRANGEMENT IN A VASE | EXHIBIT OF ONE ANNUAL IN A VASE | VINES OR CLIMBING PLANTS |
| ARRANGEMENT IN A BASKET | EXHIBIT OF ONE PERENNIAL IN A VASE | BEST USE OF GLADIOLAS IN AN ARRANGEMENT |
| ARRANGEMENT OF WILDFLOWERS | EXHIBIT OF ONE ROSE IN A VASE | GAY MORSE MEMORIAL CLASS |
| ARRANGEMENT IN A POT | HANGING PLANTS | THEME CATEGORY |
| MINIATURE UNDER 3" HIGH | FLOWERING PLANTS | BUSINESS CATEGORY |
| PATRIOTIC ARRANGEMENT OF RED, WHITE & BLUE | FERNS | |

ARTS, CRAFTS AND COLLECTIONS



Entry Information: Items must be brought to the fairgrounds on Sunday, July 22 from 1:00pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Jane Oakes 603-272-4928.



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

King Arthur Baking Contest

Saturday, July 28
Pre-registration Required
By Friday, July 20
Junior & Adult Classes
More info go to
www.nohaverhillfair.com



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Must Apply With Audio or Video By 7/18
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or call 603-747-3942
Thursday, July 26
Preliminary Round 6pm • Finals at 9pm
Prizes For Top Three Contestants
Top 10 Contestants Will Be Invited Back
& Receive \$50 For Participating In
NORTH HAVERHILL IDOL ENCORE
Sunday, July 29 - 2pm

Kiddie Parade Saturday, July 28 • 11am



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Tractor
Pull**
Saturday,
July 28 • 3pm
Kennedy Arena
Prizes For All Participants

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THIRD ANNUAL CULTIVATE DANCE FESTIVAL

Brings Contemporary Dance To The White Mountains To Enrich Local Culture

BETHLEHEM — Cultivate is a weekend festival of workshops, performances, discussions and community events. This four-day festival, Thursday, August 9 – Sunday, August 12, aims to nourish the cultural landscape of the White Mountains by celebrating contemporary dance and encouraging lively conversation between artists and audience members.

Curated by Cultivate Founder and Director Katherine Ferrier, with support from the Arts Alliance of Northern New Hampshire, Cultivate enlivens the field by bringing cutting edge dance and performance from around the nation and Europe to an area of the country that might not otherwise have access to the vibrant contributions of contemporary dance. Cultivate aims to build a local tradition of performance support by creating a space for contemporary dance to take root, develop and flourish.

In its third season, fourteen artists from throughout the United States and as far away as Dublin, Ireland have been invited to participate in the 2012 Cultivate festival: Alicia Christophi-Walsh (Dublin, Ireland)

Stephen Clapp (Mount Rainier, MD)
Katherine Ferrier (Bethlehem, NH)
Sarah Gamblin (Denton, TX)
Ellie Goudie-Averill (Philadelphia, PA)
Jessica Howard (Fall River, MA)
Jennifer Kayle (Iowa City)
Katherine Keifer Stark (Philadelphia, PA)
Monkeyhouse (Boston, MA)
Angie Muzzy (Troy, NH)
Bethany Nelson (Jackson, MS)
Cori Olinghouse (New York, NY)
Goldie Peacock (Brooklyn, NY)
Pamela Vail (Lancaster, PA)

The 2012 Cultivate Dance Festival will include dance workshops for children, adults, beginners and professionals; performances at the historic Colonial Theater in Bethlehem; site specific performances; networking opportunities and peer learning events for North Country dance artists, teachers and students; film screenings; artists/audience conversations and special musical performances.

Cultivate is distinct from other arts festivals in that it creates a forum for artists and audiences to meet, linger and mingle. The festival welcomes artists into the community in ways that will continue to inspire, support and nourish long after the artists leave town. Now in its third season, Cultivate offers four full days of workshops,



Jessica Howard

performances, spontaneous community events, shared meals and plenty of opportunities for a deep dialogue to emerge.

Cultivate will also include a pre-festival daylong conference focused on learning through movement, part of the Arts Alliance of Northern New Hampshire's Extending the Dance Map in Northern New England initiative, funded in part by the Dana Foundation and the NH State Council on the Arts. The Cultivate: Extending the Dance Map in Northern New Hampshire conference will include round table discussions, workshops and networking opportunities for artists, educators, administrators and parents from throughout the region.

For more information and a complete schedule of events, please visit <http://www.cultivatedance-nh.com>.

July 12, 1944 Factoid
Operation Mallory Major is launched by US tactical airforce in perfect weather to attack the bridges over the River Po, on the Italian front. All bridges were destroyed. Total aircraft involved: 725 heavy bombers.

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THE ROOF GUY
When you meet any veteran, thank him or her for the freedoms we enjoy today.

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ON THE NEWBURY, VT COMMON
CRACKER BARREL BAZAAR
FRIDAY JULY 20 SATURDAY JULY 21
7 PM FIDDLERS CONTEST \$6/FREE BEER GARDEN 9 AM BAZAAR FREE
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CHICKEN PIE SUPPER 4:30 - 7 PM \$10/\$4.50 CONGREGATIONAL CHURCH 7 PM STREET DANCE FREE
WWW.CRACKERBARRELBAZAAR.ORG 802-866-5380

Garden Symposium And Fair Is July 28



Cottage Hospital Auxiliary presenting a new patient gazebo in the courtyard at Cottage Hospital. The gazebo will serve as a place for patients to relax, enjoy meals and activities as part of the Cottage Hospital activities program.



Maria Ryan Named As Paul Harris Fellow

Woodsville, NH. — The Woodsville/Wells River Rotary bestowed the Paul Harris Fellow award to fellow member, Maria Ryan in honor of her financial contribution to Rotary.

The Paul Harris Fellow award is given to individuals who have contributed more than \$1000.00 to the Annual Program Fund, the Polio Plus Fund or the Humanitarian Grants Program of the Rotary Foundation. These honorees are individuals who meet high professional and personal standards set forth by Paul Harris. Paul Harris recognition is not limited to Rotarians.

The Woodsville/Wells River Rotary meets every Tuesday night at 6PM at the Happy Hour Restaurant in Wells River, VT. Community members are encouraged to come and learn about the club and the many philanthropic activities that Rotary participates in. Join our motto of – SERVICE ABOVE SELF!



HAVERHILL, NH - Cutest Cape - 1920 sq. ft. with unique loft, 3 Bedrooms, 2 full baths, hardwood floors, wood-stove, landscaped, mountain and lake views. Beaches, 2 lakes, tennis, pool and more. \$119,500.

HAVERHILL, NH - Cedar Log home over 1800 sq. ft. located on a private road. Stone Fireplace in Living Room, cathedral ceiling, loft and beams. Three Bedrooms, porch with potential view of the mountains, 3 bay garage, with room for shop and storage overhead. \$239,500

LISBON, NH - Front Porch, 4 Bedrooms, Large Living Room, Eat in Kitchen with pine cabinets, work room off kitchen, 1st floor laundry, walk up attic, 2 car detached garage. Lot 0.46. In need of TLC. \$69,000.

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LITTLETON — Herbs, lilacs and wildflowers, invasives, and alpine plants are among the topics to be presented by gardening experts at this year's White Mountain Garden Club Symposium & Fair, to be held from 10 a.m. to 3 p.m. on Saturday, July 28, at the Littleton Community House on Main Street. Also included in the day's events are a variety of garden-related exhibits and sales.

"We've planned a very exciting program that will appeal to gardeners of every ability and interest," said Star Whitney, Garden Club president. "This is a great opportunity to learn new techniques and converse with like-minded gardeners, and we invite members of the community to join us for this unique gardening event."

The White Mountain Garden Club has a long history of community involvement. Since 1924, the Club has sponsored flower shows, garden tours, auctions and other events to educate, enlighten and delight gardeners and other community members. The proceeds from these events enable the club to contribute money each year for area-wide civic plantings, and to children's camps and conservation organizations.

The line-up for this year's Symposium & Fair includes AMC Naturalist Nicky Pizzo (Life Above Treeline); NH Department of Agriculture Invasive Species Coordinator Douglas Cygan (Invasives); Guy Guinta, Chairman, NH Governor's Lilac & Wildflower Commission (Lilacs and NH Wildflowers); Lois Cardin of Herbsense (Herbs); Barbara Gates of Cady's Falls Nursery (topic to be announced); and Sugar Hill Nursery (Landscaping with Shrubs).

Among the exhibitors are The Village Book Store, with a selection of books; Sugar Hill Nursery, plants; Cady's Falls Nursery, plants; and the Littleton Garden Club, selling daffodil bulbs and gardening gloves. Flower arrangements and plants from members' gardens will be for sale, and a raffle will also take place.

The ticket price of \$15 provides entrance to all of the lectures. Entering the grounds is free to visit/buy from exhibitors/vendors. Lunch will be provided by The Beal House in Littleton for an additional charge. Tickets may be purchased at the door, or in advance at the Lancaster Farmers Market beginning July 14 or by call-



Daylilies add sparkle to a summer garden. Courtesy photo.

ing Joyce Freund at 837-2314.

For questions about the Symposium & Fair, contact Star Whitney at 823-9905 or Marion Dunham at 837-9686.

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July 10, 2012 Volume 3 Number 20

2012 Woodsville/Wells River 4th Of July Celebration Images

2012 Woodsville/Wells River 4th of July PARADE WINNERS

COMMERCIAL FLOATS

- 1st Twin River Campground
- 2nd Wells River Savings Bank
- 3rd Walmart

ORGANIZATIONAL FLOATS

- 1st Perkins Family Hillbilly Float
- 2nd North Haverhill Fair
- 3rd Congregational Church of Bath

NON MOTORIZED ENTRY

- 1st Buddy The Clown

AMERICAN LEGION, VFW & OTHER COLOR GUARDS

- 1st Ross Wood Post #20 American Legion
- 1st Haverhill Memorial Post #5245 VFW
- 1st Littleton Color Guard

2012 RAFFLE WINNERS

- \$1000 Emily Goodridge
- \$500 Elsie Roderick
- \$250 Heather Hofmann
- \$250 Richard Thompson
- \$100 George Fournier
- \$100 Travis Perry
- \$100 Wayne Bigelow
- \$100 Colleen Strout



Ross-Wood Post #20 American Legion of Woodsville was the lead unit for the 2012 Parade. Here they came to attention during the singing of the National Anthem at the reviewing stand.



Parade Marshal Wayne Fortier usually marches with his VFW Post. This year he strutted the colors and outfit of Uncle Sam as he walked the 1.7 mile parade route.



The winning Organization/Family float was rocking the entire parade route. Full parade and raffle results can be found to the left.



This trailer carried the group Anderson Lane. There is word that this local and very popular band will be performing at the 2012 North Haverhill Fair. More details to come out soon. Photo by Michele Avery.

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The Mt. Sinai Clowns are always a favorite part of the Woodsville/Wells River Fourth of July Parade. These volunteers are given a donation from the organizing committee to participate. The donation goes toward the charitable work that the Shrines do every day. Photo by Michele Avery.



This unit made the parade route, but must have had some questionable turns. (Don't those pop-ups travel better when not popped?) Photo by Michele Avery.

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This was the Bingo tent. Wind had taken down the north end and volunteers dropped the rest of the tent before any major damage was done. The Microburst storm did destroy some canopies, but there was only one very minor injury reported.



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AMERICAN CANCER SOCIETY RELAY FOR LIFE IS A SUCCESS: ¹¹ Over \$142,000 Raised To Help To Create A World With More Birthdays

Littleton, NH – June 23, 2012 – Saturday afternoon's storm didn't slow down over 400 volunteers who gathered at Remich Park to Celebrate, Remember, and Fight Back during this year's 13th annual American Cancer Society Relay For Life® of North Country. Volunteers raised over \$142,000.00 to support the Society's mission of saving lives from cancer. This year's total brings the amount raised by the community to more than \$732,000 since Relay started in the North Country in 2000.

The storm reminded Relay-ers that the fight against cancer isn't easy. The hope for a cure was represented as the skies cleared for the Survivor Ceremony, where almost 100 cancer survivors were celebrated.

"Through their hard work in preparing for the event, and by spending hours walking for the cause, area residents certainly did their part to help the American Cancer Society create a world with less cancer and more birthdays," said Barbi Mack-Keeney, volunteer co-chair for the 2012 Relay For Life.

The top individual fundraiser was Naomi Reinhard from Littleton, who brought in \$3,684. Second highest fundraiser was Phil Clark, of Lisbon, collecting \$2,635 in donations. And third highest fundraiser was Bruce Charland of Bethlehem, collecting \$1,732 from friends and family.

The top fundraising team was team "In Memory" at an amazing \$15,595. Second highest team was "Heart & Sole Mates," raising an impressive \$12,615, and the third highest fundraising team was an outstanding effort by team "All in the Family", raising \$11,373. More than 400 peo-

ple participated – split into 36 teams, as well as survivor and caregiver guests. The teams represented area businesses, clubs, and organizations.

"More than 7,800 people in New Hampshire will face a cancer diagnosis this year," said Linda Smith, volunteer co-chair. "And, it's critical that we come together during Relay to help the American Cancer Society achieve its mission of saving lives by helping people stay well, by helping people get well, by finding cures and by fighting back."

American Cancer Society Relay For Life of North Country was made possible by the support of its sponsors Abbott Rental & Party Store, Burndy, LLC, Garnet Hill, Littleton Regional Hospital, Passumpsic Savings Bank, the Smith Family, Union Bank, Littleton Coin Company, Woodstock Inn & Brewery, New England Wire Technologies, and Town of Littleton Parks and Rec Department as well as other community minded businesses, organization, volunteers and supporters, as well as other community minded

businesses, organizations, volunteers, and supporters.

Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries, gather to take part in this global phenomenon and raise much needed funds and awareness to save lives from cancer. You may get involved with or make a donation to Relay For Life at any time. Check out Relay-ForLife.org or call 1-800-227-2345 for more information or contact, Kathy Metz, staff partner for Relay For Life of North Country at 603-356-3719 or Kathy.metz@cancer.org.

The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community.



Survivors at Relay For Life of North Country 2012. The event was a big success bringing in \$22,000 more than the goal set by the committee!

Photo Courtesy of event photographer Miranda Corrigan.

We save lives by helping people stay well by preventing cancer or detecting it early; by helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreaking discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-gov-

ernmental investor in cancer research, contributing about \$3.4 billion, we turn what we know about cancer into what we do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.

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PT Farm Expands Contracts Improves

The facts actually show that they have done all three. PT Farms has contracted from two business locations (one retail location & one slaughterhouse), to one all inclusive facility. But they have also expanded from ten employees to fourteen people helping to make this very family oriented business work. And though improvement might be a bit more subjective, this move has certainly changed the structure of the business.

Pete & Tara Roy have had a PT Farm storefront at their home in North Haverhill for several years. There was not a lot of room in that location, but the coolers and freezers always held a fine selection of their locally grown beef, pork and lamb. And if you caught them right you might even be able to talk with a member of the growing Roy family (which

currently numbers seven).

The second location of PT Farm was a slaughterhouse in St. Johnsbury. That 2000 square foot facility also worked well for a number of years. But the time was fast approaching for some major renovations to the facility that had seen a number of previous owners. The other issue with the location was that PT Farms had reached the capacity of the facility. What had originally started as a custom cutting business had grown to a point where there was no time for custom cutting. The reason was that the PT Farm products were so well received by local, and far away, restaurants retail outlets, and individual customers that their workers only had the time and capacity to take care of those orders.

So the Roys knew some-

thing was going to have to give. Then they took a look at a building in North Haverhill that had been empty for about 20 years. Their imaginations took over and the decision was made to purchase the Woodsville Industries building at 500 Benton Road, just west of the north end of the airstrip at Dean Memorial Airport. And it took some imagination to convert this manufacturing facility into its current configuration.

To the average person who now goes into the new PT Farm storefront, there is almost no indication of the other functions taking place elsewhere, except for a door with a sign saying "Employees Only". The storefront area is still not large. The coolers and freezers from the old location were moved in and are now again stocked with fresh and frozen meats. This includes the famous PT Farm hamburger patties. Both 4 oz and 6 oz. patties are available in 12 pound boxes. There is also a good selection of steaks, roasts, etc. The pork and lamb selections are also varied and are fresh and locally raised. Along with the numerous meat cuts that PT Farms produces, they are often called on to furnish roasting pigs. Tara tells us that because of the call for these animals, and the limited local supply, they do make occasional trips to Pennsylvania to fill some of those particular orders.

Of the 2500 square feet of undercover space available at the new facility probably only about 10% is devoted to the storefront area. Another small chunk goes to office space. The job of keeping track of custom cut orders, wholesale orders, and retail sales receipts has grown into a full



The new home of PT Farms, 500 Benton Road, North Haverhill. The retail section is open Monday-Friday 10-6 and Saturday 9-4. The Woodsville Industries Building Sign was kept for historical purposes.

time position that requires work space.

The newly refurbished building also has a good area for expansion, something that the Roys have already thought about and have built into the facility.

The largest portion of the facility, including the newly built on holding area, is devoted to the business of turning livestock into saleable product. To this end a USDA Inspector is on duty at the facility any time that this process is running. The inspector is a USDA employee and has his own office space. His job is to be sure that every aspect of the production is done correctly and according to the latest regulations. This state of the art process includes lifts that move the meat cutters up and down a carcass as they proceed. Another aspect of the upgrade is the use of air wrenches. Not totally unlike an air wrench, these tools offer a faster, more efficient method to get the job done quickly and right.

Now that the facility is up and running, the next phase of

this \$1.5 million project is to recapture some of the lost accounts. During the three month period when PT Farms was producing no product some of their wholesale and restaurant accounts went elsewhere. Regaining those accounts becomes a priority. The next piece of the pie (maybe a meat pie) will be gaining new wholesale accounts. And the third part will be now having the ability to bring back custom cutting customers. Many of these are local farmers, or individuals, who raise their own animals but desire, or need, someone else to do the work of butchering.

In the end Pete and Tara have taken a very large step forward for PT Farm. They have invested in a facility that will allow them to better serve their past customers, plus take on many new ones. They have given a new life to a building that sat idle for many years. And they have reopened a retail shop that features the freshest meat you can find. It all adds up to an asset for the area and for this wonderful family.

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GRAVESIDE SERVICE MARY J. HANNA



A graveside service for Mary J. Hanna will be held at 1:00PM on July 21 at the Pettyboro Cemetery in Bath, NH. Mary passed away on March 27th at her home in Bath.

After the service, there will be a celebration of life and a light luncheon at The Bath Congregational Church.

OBITUARY MICHAEL BIELARSKI

Woodsville, NH -- Michael Bielarski, 42, died unexpectedly July 6, 2012.

He was born in Camden, NJ, May 24, 1970, a son of Anthony J. Bielarski and Margaretha I. Fletcher. He graduated from Stevens High School, Claremont, NH Class of 1988 and New Hampshire Community College, Claremont as a Registered Nurse. He served from June 3, 1989 to June 26, 1994 in the United States Air Force. Mike was currently working at the Veterans Hospital in White River Jct., VT and part time at Brookside Nursing Home, White River. Mike thoroughly enjoyed his time spent with and caring for the Veterans at the VA Hospital. Mike was a devoted Father and enjoyed family time with his wife and daughters.

He is survived by his wife Grete D'Hondt of Woodsville, his daughters Kirsten V. and Else A. Bielarski both of Woodsville, his father Anthony and wife Joyce of Claremont, his mother Margaretha

Fletcher of Wilder, VT, a sister Becky (Bielarski) Lovejoy and husband Byron of Keene, NH, three brothers Trevor Bielarski and Tyson Bielarski and wife Ashley both of Claremont, and Michael Skoglund and wife Maria of Sweeden, along with several nieces, and nephews. He was predeceased by a brother Travis Michaud in April 2012.

Calling hours will be on Thursday, July 12th from 6 to 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Celebration of Mike's life will be on Friday, July 13th, at 2 PM at the Mt. Lakes Lodge, Valley Road, Woodsville, NH with Military Honors.

Memorial contributions can be made to the Trips for Troops, c/o Maren Knox, 1736 Mt. Moosilauke Highway, Pike, NH 03780.

For more information or to sign an online condolence please visit www.rickerfh.com

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

FairPoint Offers Rewards For Information¹³ Leading To Copper Theft Arrests

Growing Number Of Cases Causes Public Safety Concerns

SOUTH BURLINGTON, Vt. (July 5, 2012) – FairPoint Communications announced it is offering rewards for information leading to arrests and convictions in copper thefts in northern New England.

"This is a real and growing public safety concern," said Marc Lussier, senior manager security for FairPoint. "It can cause loss of service for folks who need emergency services and there is the added concern that an untrained person removing cable could be injured."

Copper thefts are on the rise across the country due to increasing prices for metals. According to the Department of Energy, copper thefts account for almost \$1 billion annually.

FairPoint works closely with law enforcement partners in Maine, New Hamp-

shire and Vermont to investigate the copper crimes. Lussier estimates copper thefts have exceeded \$20,000 in Vermont alone this year. The company will offer up to \$5,000 for information leading to the arrest and conviction of those individuals responsible for these thefts, depending on the severity of the crime.

People are encouraged to call their local law enforcement agency or Marc Lussier at FairPoint, 603.656.8222.

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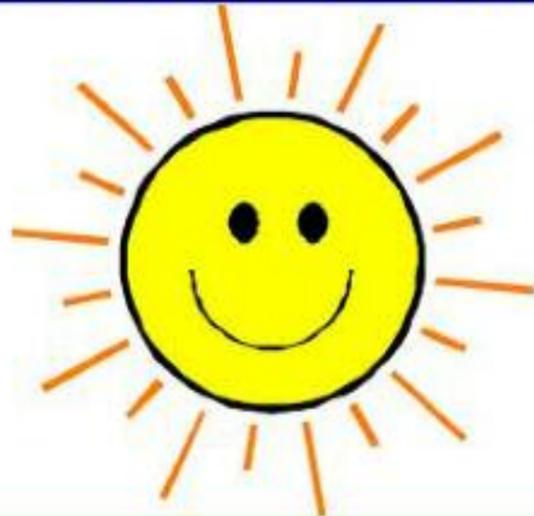
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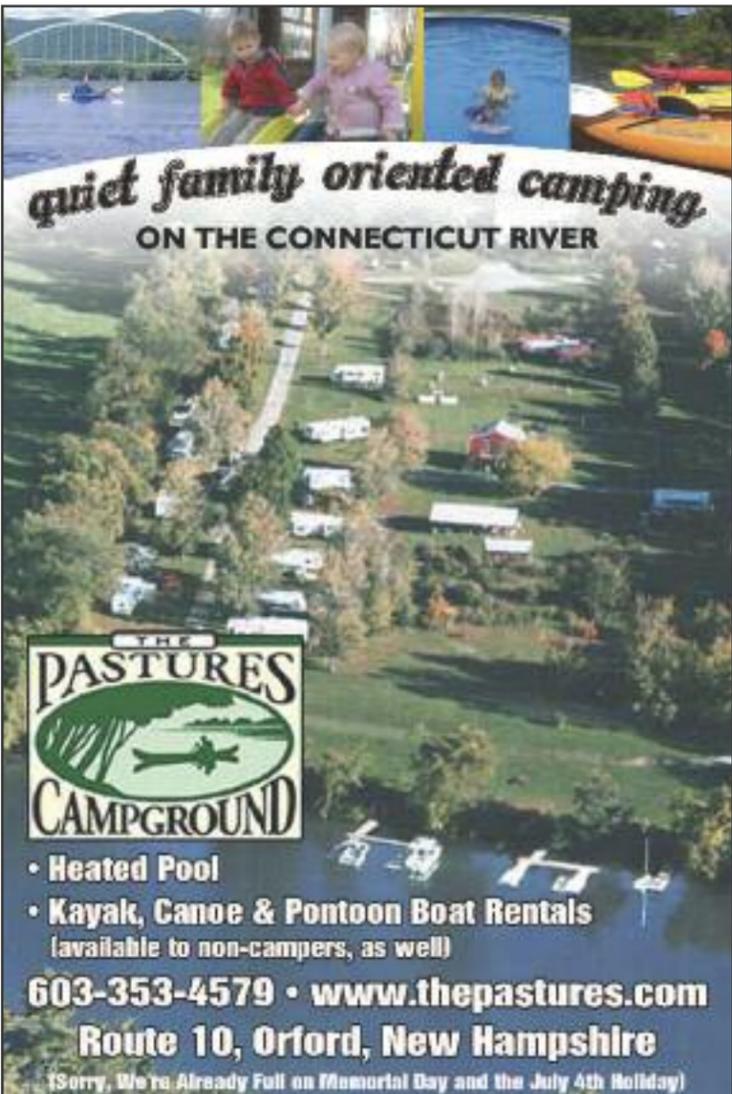
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A Lineup of Investment Moves Worth Considering

This week, Major League Baseball's All-Star Game is scheduled to be played in Kansas City. Whether you're rooting for the American or National League, you'll no doubt admire the ability and athleticism exhibited by these tremendous ballplayers. Of course, any all-star team is made up of players who bring different talents to the game. And this same approach — of combining a collection of skills toward one common effort — can be found in other endeavors, one of which is investing.

Here, then, is one possible lineup of investment moves to consider:

- **Diversify.** All investments have both benefits and risks. As an investor, your goal is to help maximize the benefits and minimize the risks — and one of the best ways to do this is by diversifying your money across a range of assets. Diversifying can help you reduce the impact of market volatility that might affect your portfolio if all your money was tied up in one particular asset class, and that asset went through a

“down” period. Keep in mind, though, that diversification, by itself, cannot guarantee profits or protect against loss.

- **Rebalance.** Even without your taking significant actions, your portfolio can evolve in ways that may not be to your liking. For example, if some of your more aggressive investments appreciate greatly, they may eventually constitute a larger percentage of your holdings than you had planned — and in doing so, elevate your overall risk level. To prevent this from happening, you should meet with your financial advisor periodically to “rebalance” your portfolio.
- **Seek quality.** Many people latch onto “hot” investments, only to be disappointed when they “cool off.” Instead seek quality vehicles — the ones that generally lose the least ground when the market is down and recover more quickly when the market rallies. When you invest in stocks, for instance, look for those companies that have strong management

teams, competitive products and good business models. When you purchase bonds, look for those with high ratings from the independent rating agencies.

- **Stay invested.** It's tempting to “take a breather” from investing when the financial markets are volatile. But if you stay on the investment sidelines, you may miss out on the beginning of the next market rally. If you've built a diversified portfolio of quality vehicles, it may be easier to stay invested.
- **Know your risk tolerance.** If you find yourself constantly fretting about the market's ups and downs, to the extent that your worries are affecting the quality of your life, you may have a portfolio that's unsuited to your risk tolerance. Conversely, if you're dissatisfied with the growth of your investments, you may be investing too cautiously, which could be a concern when you're striving to reach long-term goals, such as a comfortable retirement. Ultimately, there's no one “right” way for everyone to invest, but you do need to match your portfolio's composition with your individual risk tolerance and time horizon.

Your financial advisor can help you find the “lineup” of investment moves that is right for you. Put it to work soon.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Letters To The Editor

Dear Editor,

This past Sunday I, along with many other supporters, attended a volunteer meeting for Senator Jeanie Forrester. I was so pleased to know that not only is Jeanie willing to step up to the plate and volunteer her time for another two years, but that she remains committed to running a positive campaign, just like the last time around. During her term in office, she has been accessible to her constituents, she listens, and she understands that her time is better spent in the District. But more than that, Jeanie gets the job done and not just with legislation. When a constituent has a challenge, she follows through making the right connections with those in the state government to resolve the problem. I hope you will join me in helping Jeanie get re-elected. Let's Keep Jeanie!

Judy Ward, Meredith

Dear Editor,

It seems most people that I talk to lately are disappointed and downright disgusted (as am I) with so many of our elected officials. These feelings include local, state, and federal representatives alike and are not limited to just one party. As candidates, they purported themselves to their constituents throughout their campaigns as wishing “to represent the people” and promised to do only what was best and right for the voters that they represent. However, once in office

most seem to forget their promises as well as their constituents. It would appear that their votes are actually influenced by party lines, lobbyists, and “big money.”

And so it was refreshing and a welcomed change for me to work with Senator Jeanie Forrester over the past year to pass a bill that gave the town of Rumney local control of an issue that most other New Hampshire towns and cities already have. From the outset, Senator Forrester took an active interest in the unique problem that Rumney was having. This was certainly not the type of issue that would gain front page status, score a political touchdown, or really be of any interest to most people; but it sure was important to the town of Rumney and to two businesses located there. Senator Forrester worked on the issue diligently for the passage of Senate Bill 340 enabling me, as a hired consultant, to further assist Rumney. Through her efforts and hard work-- problem solved!

Consequently, when I read statements in newspapers articles such as Senator Forrester has the “ability to communicate and get things done,” or “never have we had a Senator who has been so responsive and interested in our needs and those of dozens of small towns throughout District 2...” I must concur. Senator Jeanie Forrester is truly a representative of the people.

Ken Knowlton-MRI Consultant
Laconia, NH

even asks for other Letters to the Editor about your favorite candidate. A reminder that the primary in Vermont comes up on August 28 and the New Hampshire primary is September 11. The General Election will occur nation wide on Tuesday, November 6.

Gary Scruton, Editor

Dear Ken & Judy

In this political season, it is so nice to get letters of praise for a candidate rather than letters of contempt or disapproval. It appears that Senator Forrester has impressed a number of voters in her district.

Trendy Times encourages, welcomes,

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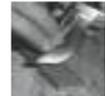
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Herbal Care For Teeth & Gums

Tooth Tartar, Tooth Decay, Plaque on the Teeth, Salivary Stones... Tooth decay rivals the common cold as the most prevalent human disorder. It is not a natural process, as many people believe, but a bacterial disease. This bacteria can enter the bloodstream and cause other problems in the body. Bacteria in the mouth combine with mucous and food debris to create a sticky mass called plaque that sticks to the surfaces of the teeth. The bacteria in the plaque feed on ingested sugars and produce an acid that leaches calcium and phos-

phate from the teeth. Plaque-causing bacteria can be formed and begin damaging teeth and gums within 12 hours if the teeth have not been properly cleaned. It is important to brush at least twice a day and floss or water pick just before going to bed. Various kinds of sweeteners, especially sucrose, and refined carbohydrates are known to significantly increase plaque accumulation. Common symptoms are bad breath, noticeable sticky film on the teeth, bad mouth taste. Tooth decay normally causes no symptoms until it is far ad-

vanced. Salivary stones cause swelling and pain in the jaw just in front of the ear, and a stone-like growth that blocks saliva. The common culprits are too many refined carbohydrates and sugars, excess red meat, caffeine and soft drinks that cause constipation and acid in the system, vitamin and fresh food deficiency. Do not use chewable vitamin C supplements, which can erode tooth enamel.

Herbs for tooth and gum health include:

- ☐ Calendula, Chamomile, Peppermint and yarrow are anti-inflammatory.
- ☐ Kava Kava, St. John's Wort, White Willow Bark and Wintergreen have analgesic properties. White Willow Bark is also an anti-inflammatory.
- ☐ Sage is good for its anti-inflammatory properties. Bring to a boil 2 Tablespoons of dried, crushed sage leaves in 1 cup of water. Steep for 20 minutes and strain. Rinse your mouth several times daily.
- ☐ Thyme is a natural antiseptic that reduces the level of bacterial in the mouth.
- ☐ My favorite Tooth & Gum tonic (also created at Thyme To Heal and endorsed by my Dentist) includes extracts of Echinacea Roots, Myrrh Gum Resin, Hypericum Perforatum & Sanguinaria Canadensis. Essential oils of Clove, Peppermint, Red Thyme, Cinnamon Bark, Eucalyptus & Lavender. Delicious & extremely healthy for teeth & gum.

Toothache, Wisdom Tooth Infection, TMJ... Many dentists now realize that you need to see a nutritionist/herbalist along

with a dentist if you have chronic toothaches and infection. Diet, nutrition and lifestyle changes are indicated – not just brushing and flossing. Current natural healing wisdom about wisdom teeth – grow them in straight; eat right so they don't decay; clean them well and keep them. They help the immune system of the mouth to work. An estimated 10 million Americans suffer from temporomandibular joint syndrome, (TMJ) a chronic syndrome that links various dental and other health problems to poor jaw alignment. The most common underlying causes of TMJ syndrome are stress and a poor bite, together with bad posture, habits such as cradling the telephone between the shoulder and jaw, tooth grinding at night, gum chewing, thumb sucking and chewing exclusively on one side of the mouth. A common contributing factor is hypoglycemia; people tend to clench and grind their teeth more when their blood sugar is low. TMJ symptoms include headaches, ringing in the ears, sinus pain, hearing loss, depression and facial neuralgia. Other common symptoms include sore jaw/or gums, dull or shooting pains, tooth or root nerve

pain from a cavity, tooth and jaw crowding or misaligned from wisdom teeth coming in too big, periodontal disease and/or bleeding gums.

Herbs for Tooth and jaw aches include:

- ☐ Blue Violet, Catnip, Chamomile, Hops, Kava Kava, Lobelia, St. John's Wort, Skullcap, Thyme, Passionflower, Red Raspberry, Valerian Root and wild lettuce have calming and anti-stress properties.
- ☐ Boswellia helps to restore blood vessels around inflamed connective tissue. It also reduces inflammation.
- ☐ Feverfew and Ginger are good for pain and soreness. Ginger is also a powerful anti-oxidant that has anti-inflammatory effects. ***Do not use feverfew during pregnancy.
- ☐ Nettle Leaf has anti-inflammatory properties.
- ☐ Turmeric and White Willow Bark are good for pain and inflammation.

Note: TMJ syndrome is not the only disorder that can cause jaw pain. Another possible cause is rheumatoid arthritis. In this disorder, the symptoms are more severe in the morning and tend to ease somewhat as the day goes on. A displaced disc can also cause jaw pain.

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

July 10, 2012 Volume 3 Number 20

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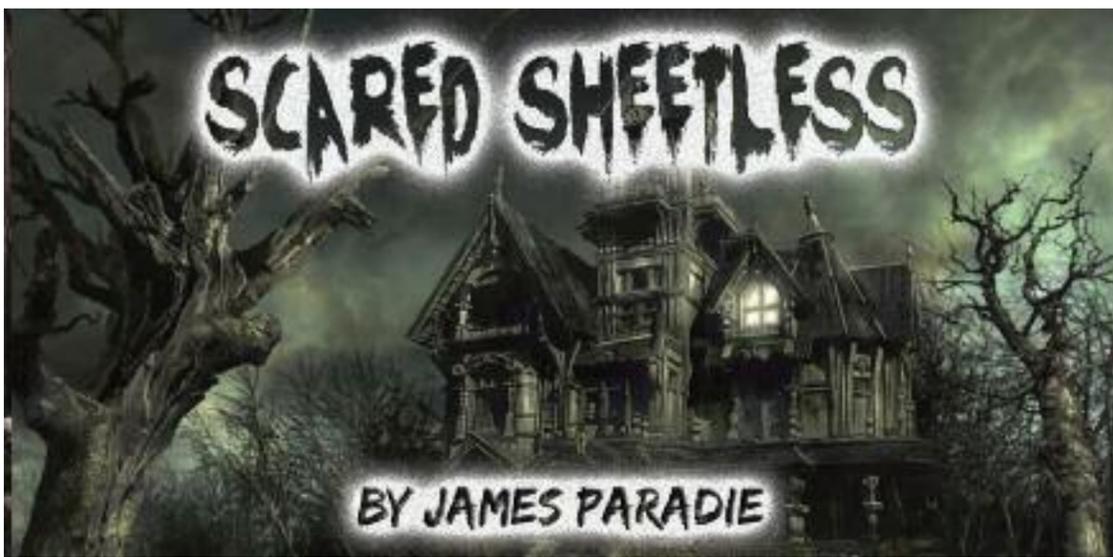
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Paranormal Pioneer Gary Galka

Gary Galka is the first name that pops up in my mind when I think of someone who has totally revolutionized and changed the norm of how paranormal enthusiasts conduct investigations now. But Galka didn't start out as a believer and at one time considered himself a full skeptic, this was until tragedy struck. At the age of seventeen, his daughter Melissa ran her car into a tree and passed away. Almost immediately after her death, Galka and his family claims that Melissa has visited them from the great beyond on a scale of over seventy times since her death in 2004.

It started out with ringing the doorbell, changing the television stations, turning the lights on and off. They've also heard their names being called, felt kisses on their foreheads and Galka has said he has felt this invisible weight on his bed and felt like someone was lying their head on his chest. This got him to think, what if?

You got to think, if spirits do exist, don't you want to let your loved ones know you're

okay through any means of communication available to you? Even though Galka was a skeptic, he couldn't just wash away these occurrences as coincidence or faulty wiring. He decided to use his knowledge of engineering to make a device that could make contact with the deceased. Maybe to even find a sign that his Melissa is okay.

Since Melissa's death eight years ago, Gary has created D.A.S. Which is the company he uses to develop and hone his skills as one of the few paranormal instrument creators. His repertoire includes the Mel Meter, which measures electronic magnetic energy which spirits are said to be made of; he has also created the SP7 Spirit Box which uses radio frequencies to get in contact with spirits. He sells his equipment on his website pro-measure.com and sells a wide variety of tools for any aspiring investigator.

The Galka family were a part of a very emotional and tear jerking episode of Travel Channel's Ghost Adventures

with Zak Bagans, Nick Groff, and Aaron Goodwin. One such moment had the team using the Ghost Box, where he heard, "Hi dad" and "Miss you all" on the device and it was in her voice. Some people who saw the show said it could of been demons posing as her, but he said he knows better and knows it is her.

Though it took a tragedy to get him into the game of ghost hunting, Gary Galka is without a doubt one of the paranormals biggest pioneers and we're thankful for his contributions to this whacky world. Thank you Mr. Galka.

For more Scared Sheetless, go onto scaredsheetlessncn.blogspot.com. Email James at scaredsheetlessncn@hotmail.com Thanks for reading!

Sources:
"Electrical Engineer Gary Galka Creates Device to Communicate with Dead Daughter" by Zach Lisabeth, Opposing Views.com
"Nearly 8 Years Later, Ghost Show Tells a Granby Story" by Ted Glanzer, Southington.Patch.com

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18 **HAVERHILL HISTORICAL SOCIETY PROGRAM**
Traces Skiing In New Hampshire

HAVERHILL, NH — The Haverhill Historical Society will present a talk by E. John B. Allen on "New Hampshire on Skis," the Society has announced. The program will be offered on Tuesday, July 17 at 7:00 PM at the Ladd Street School. Admission is free and open to the public.

Allen is Professor of History, Emeritus at Plymouth State University; Historian of the New England Ski Museum in Franconia; and author of several books, including From Skisport to Skiing: One Hundred Years of an American Sport 1840-1940 and The Culture and Sport of Skiing: From Antiquity to World War II. His most recent book, published last year, is Historical Dictionary of Skiing.

Professor Allen's illustrated lecture traces the key role that New Hampshire played in the development and popularization of skiing in

America. In the 1930s, the state led the country in ski activity, inspired in part by Dartmouth College's Outing Club and Winter Carnival. Prior to World War II, Germans and Austrians—some fleeing Nazi persecution—found the White Mountains to be suitable terrain for the downhill skiing styles of their homelands.

Innovations such as the Cannon Mountain Tram helped make the sport even more accessible, and after World War II, development of ski areas expanded greatly. Allen will trace the development of the industry from its European-inflected roots to today's resorts that offer a variety of winter activities.

Professor Allen's lecture is made possible by a grant from the New Hampshire Humanities Council. Information is also available at the Society's web site at HaverhillHistoricalSociety.blogspot.com.

Catch Them Fresh, Keep Them Safe

By Ann Hamilton, Extension Field Specialist, Food & Agriculture Team

Summer is upon us and so is freshwater fishing season. Catching fish can be fun and it's nutritious to eat. Anglers that choose to keep their fish and consume it should keep safe food handling tips in mind. Fish exposed to summertime heat and sun can spoil within an hour.

For the quality of the fish, try to minimize bruising when landing it. After fish are caught they should be rinsed with potable or natural water to remove slime and spoilage bacteria. Store fresh fish properly, preferably in water.

Clean fish as soon as possible after catching with a clean knife to minimize introducing bacteria. The key is clean, not a knife that has set at the bottom of the tackle box for weeks on end. After cleaning, thoroughly rinse and im-

mediately store on fresh, clean ice. If you are cleaning at your favorite fishing hole, place the fish in a clean cooler that has at least 3 inches of ice in the bottom. Layer the fish with ice and cover with about 3 more inches of ice. Remember to clean and sanitize the cooler after using it.

Properly cleaned, iced and stored fish will keep for one to two days without loss of eating quality and nutritional value. Fish is best held in the coldest part of a refrigerator that is at 40°F or lower. To prepare fish for refrigeration, rinse under cold, running water and pat dry with a dry paper towel. Wrap in moisture-proof paper and place in a plastic bag or closed, rigid container. Fresh fish can also be frozen at 0°F or lower for 3 to 6 months. It is safe after this time but the quality deteri-

orates. It is best to freeze fish as filets. Keep in mind that bread bags, waxed paper and cellophane wraps are poor choices for freezer wraps.

Consuming fish is part of the healthy diet but due to potential contaminants and health risks the N.H. Department of Environmental Services (DES) has issued guidelines for consuming fresh water fish (except stocked trout) in New Hampshire. These guidelines vary with population groups and fish species. The best thing to do is visit http://www.wildlife.state.nh.us/Fishing/fish_consumption.htm for more information.

For answers to your home food safety and preservation questions contact the UNH Cooperative Extension Education Center and Info Line at 1-877-398-4769.

New Hampshire Association Of Chiefs Of Police Do Not Support Telemarketing

It has been brought to the attention of President, Chief Paul Donovan of Salem, New Hampshire that a telemarketing company is currently soliciting funds from New Hampshire customers on behalf of the New Hartshorne Association of Chiefs of Police. This is a fraudulent call.

The New Hampshire Association of Chiefs of Police believes fundraising is an important vehicle in helping to raise money for the continued

benefit of promoting law enforcement education and training. "And we take it very seriously", said Chief Donovan. "We do all our own fundraising so that 100% of the money raised goes towards the programs we support and our Association. This is done through direct mail."

How can you recognize a telemarketing scam? The caller's phone number is usually from out of area. They will use high-pressure sales tac-

tics. Legitimate businesses and will usually recognize the fact that you're not interested.

You can get your name removed from many telemarketing lists through a free service offered by the Federal Trade Commission. Simply register at the Commission's Web site, www.donotcall.gov or call 1-888-382-1222 from the number you wish to add to the Do Not Call Registry.

All telemarketers, even those not covered by the National Do Not Call Registry, must take you off their list if you specifically request that they do so. Tell the telemarketer to "remove me from your telemarketing list" and ask how long it will take to have your number removed. If you get another call from a telemarketer, they have broken the law. Contact the Police Department in your area or you can send an email to the New Hampshire Association of Chiefs of Police by going to their website at www.nhchiefsofpolice.com

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Farm To School: Where Does Our Food Come From?

By Jamiee Murray, Local Foods Intern

The St. Johnsbury School Pre-K classes visited Joe's Brook Farm in Barnet, Vermont on June 1, 2012 as part of the Northeast Organic Farming Association (NOFA) Farm to Classroom Correspondence Program. The purpose of the program is to expand agricultural awareness by developing a community understanding of agriculture and to develop on-going relationships between communities, schools and their local farms.

The St. Johnsbury Pre-K teachers, Laura Smith and Julie Sturm, are very excited to introduce their students to local agriculture. The students spent the last half of the school year corresponding with farmers Mary and Eric Skovsted who own and manage the organic produce and berry farm. Earlier the same week, the classes cooked baked stuffed Kinder-apples as part of another agriculture education program: Farm to School. The recipe included maple syrup from Joe's Brook Farm along with local apples and butter.

When the children first arrived at the farm, they had a picnic in front of the tomato greenhouse and learned about why farmers use greenhouses. The class was treated to a tour of the farm led by Mary and Eric. They were shown rows of garlic, onions, broccoli, kale, carrots and lettuce, and were asked to guess what each plant was. The children received hands-on learning by planting sunflower seeds in the garden. They were given a demonstration of common hand tools that farmers use including a wheel-hoe and a hand-seeder. Next, the kids went inside the farm's 200 year old barn and learned about how it was recently moved back from the road and completely renovated. The barn is going to be the site of a new farm stand. Inside the barn the Pre-K class sang a song, "Oats, Peas, Beans, and Barley Grow," as a tribute to the farmers. The tour finished with a winding walk through the farm's rows



Farmer Eric Skovstead of Joe's Brook Farm, in Barnet hands a seed to a St. Johnsbury School pre-k student to plant during a recent field trip to the farm.

of strawberries.

Visiting the Joe's Brook Farm was a great way for the students to learn about where Vermont's fresh local food comes from. Mary and Eric have had a great experience with the Farm to School program, Mary said "This year we are proud to have a working relationship with the St. Johnsbury School. We will unite with the kids through the classroom and taste tests to help them develop an authentic appreciation for local healthy food, which is important for both students and our community."

Joe's Brook Farm offers a CSA (Community Supported Agriculture) share and operates a farm stand. Their fresh vegetables can be found at the following farmers markets: St. Johnsbury, Saturdays from 9 am to 1 pm Lyndonville, Fridays from 3- 7 pm Danville, Wednesday 9 am- 1 pm Littleton, Sunday

10 am- 1 pm.

NOFA's Farm to Classroom Correspondence project is facilitated by the Farm to Community mentor in Caledonia and N. Orleans County. The Farm to School grant program is made possible by collaboration between the Vermont Agency of Agriculture, Vermont Department of Health, The Fairbanks Museum, The St. J. Food Co-op and St. J. ALFA (Area Local Food Alliance)VT FEED (Food Education Every Day) and many community volunteers. If you are interested in helping or finding out more about these agricultural community projects, contact Melissa Bridges at Melissa@stjfoodcoop.com or at 802-748-9498. More information is available at www.vtfeed.org or www.farmtoschool.org or www.vermontagriculture.com/education/farmtoschool/index.html

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Volunteering Makes The Difference

What is the definition of the word volunteer? According to Webster's Dictionary, it means: one who acts and undertakes a task or service of his own free will, without monetary or financial compensation. That is the noun version. If used as a verb (an action word) it means to offer ones time and services to a cause or function without any tangible or financial gain. This is what I feel is the true meaning of the word.

It started out with myself, being a volunteer for the Above the Notch Humane Society, as I did have the time to spare and the unsurpassed love of dogs. Giving of one's self is more than just donating money (which does help) but giving of one's time and good will means more in the long run. As volunteers, there are so many things that need to be done where the shelter dogs are concerned. They need to be fed and watered, bathed, taken out for walks, and just loved. Spending time, sitting and talking to them, playing with them out in a field (getting them out of their run for a time), this is a small part of what a volunteer does.

As some of the volunteers' time should go to the dogs, so should there be time when it is necessary to put on fundraisers, such as our last big event in March,

2012 (Fido's Feast) and our recent Car Wash/Bake Sale in May. These events that took much planning, would not be successful without the assistance of our volunteers. Planning the events, setting them up, coordinating everything that it entails, would not be as successful without the support and donated time of our helpers. The more people that we get to assist us, the less arduous these fundraisers are....and we really do get to have some fun!

The Above the Notch Humane Society is a non-profit organization which runs on donations only. Therefore, fundraisers are a necessity in order for us to house, feed and support all of the needs of our sheltered animals. If you are interested in becoming a volunteer, please call us at 603-444-6241 or you can find an application on our website: www.atnhs.org which can be completed and sent to us at our email address: atnhs.email@gmail.com.

Since starting as a volunteer, I have been changed in so many ways. I find that I am more giving of myself and know that what I am doing to help, will make the difference in the life of a shelter dog (one animal at a time). Please help us "Save Our Strays".

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By Ronda Marsh

My Baked Scallops

If I had to choose what my last meal on this earth would be, this would be it. Or maybe lobster. Or maybe filet mignon. Or prime rib. Okay...so I probably would have a hard time deciding, but I can tell you with certainty that this would most likely be among the top contenders. While I surely am a fan of the traditional battered and deep fried scallops, sometimes the coating can get a little soggy and lift off, or the scallops can easily be overcooked and become rubbery. Also, deep fat frying is an art in itself; one which most of us choose to leave to someone else. Now, I know scallops are not considered an economical meal, and the initial cost may be rather off-putting. But, consider that even at \$16.99 a pound, there is no waste, and you can serve 4 people a luxury main course for \$4.25 each. Not such a bad deal, after all. So, when I'm craving a nice, tender sea scallop, with a crunchy exterior, this is the recipe I use. If you are a scallop novice, here are a few things you need to know:

- As with all seafood, it is important that the scallops be as fresh as possible, with no fishy smell. The only odor you should perceive is a slightly briny smell, like the sea.
- Be sure to get only scallops labeled as "all natural", as anything else has likely been treated with sodium tripolyphosphate, a chemical which causes them to absorb moisture, and in turn, makes them appear to weigh more, even though in reality, you are paying more for an inferior product. Odds are, these treated scallops were farm raised in a foreign country, not even remotely like the sweet and succulent "diver" scallops native to the Gulf of Maine. So even though the price per pound may tempt you when compared to the more costly "dry packed", stay away from these critters.

- 1 pound fresh sea scallops (diver scallops)
- 1 tablespoon lemon juice (fresh is best)
- 3-4 tablespoons butter, melted (don't you dare use margarine!)
- 1 teaspoon sugar
- 1/2 teaspoon garlic powder
- 1 roll buttery crackers (like Townhouse)
- 1-2 chopped scallions (or a little finely chopped onion, or even onion powder)

Rinse scallops in cold water and pat dry with paper towels.

Remove the "foot" from any, as needed, then cut large scallops in halves or quarters, so each piece is about 1/2 to 3/4 inches big. Place in a bowl and set aside. In a large plastic bag, place the crackers and crush by rolling with a rolling pin or a glass till very fine crumbs. Add the sugar, garlic powder, and onion and mix well. To the scallops in the bowl, add the lemon juice and coat well. Pour the melted butter over the scallops and toss to coat, then immediately add the crumb mixture to the bowl and toss altogether. Don't worry if the butter starts to clump as it cools...that's OK; just keep tossing to get the crumbs all saturated and adhering to the scallops as much as possible. Turn the scallops out into a greased oven-proof casserole dish (8X8 works well). Make sure the dish is large enough so that the scallops are not piled too deeply, or as they cook they'll steam, instead of getting crispy. Also, do not pack them in; just let them sort of loosely settle into the dish.

Bake uncovered in a pre-heated 425°F oven for about 12-15 minutes, till golden-crisp on the outside and opaque inside. Beware of overcooking, as they will quickly become tough and rubbery. Serves 3-4.



- Keep raw scallops refrigerated and use them promptly; try to purchase them within 24 hours of when you intend to cook them. They have a very brief shelf-life.

- Always rinse scallops under cold water before preparing, as sometimes small pieces of shell might adhere to them, then pat them dry with paper toweling. Wet scallops won't cook up correctly in any recipe.

- Check to see if the "foot" (the little muscle which connects the scallop to its shell) is still attached. It is easily removed with your fingers or a paring knife. It is perfectly edible, but tough.

I've been making scallops this way for over 25 years, with the credit going to the old P&C grocery store that was in Littleton. They used to have these little free pre-printed recipe cards that could be ripped off a pack that hung on a post just inside the exit door. I would routinely grab one as I left, but rarely actually made anything they suggested. Most of the time, the recipe stayed crumpled in my pants pocket and eventually went through the washer, or got otherwise discarded. This one somehow survived, and I am so very glad it did!

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