

TRENDY TIMES

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Going Orange For The Animals

By Marianne L. Kelly

What started out as a grassroots movement to raise animal cruelty awareness, has evolved into a nationwide movement, complete with local events, to inform people of the existence of widespread cruelty to animals and teach them how to spot and rescue helpless animals in hopeless and life threatening situations. On April 7th, many landmarks and buildings went "Orange for Animals" the signature color of the ASPCA, kicking off April as Prevention of Cruelty to Animals month.

Thanks to the Internet and particularly Facebook, there is no excuse for ignorance of animals being beaten, starved, abandoned

and otherwise mistreated. The stories are heartrending and the pictures graphic. The majority of pictures and stories are of dogs however, many other animals suffer untold abuse by their owners and handlers.

Local rescue organizations try valiantly to help abused and abandoned animals find foster or permanent homes, but space, time and funds are so limited that many healthy animals end up in high kill shelters, where they are ultimately destroyed. Recently we were made aware of the dismal treatment of those beautiful horses that pull carriages of tourists around New York's Central

Park. A high profile sports celebrity was convicted and went to prison for 19 months for using dogs for fighting. These animals rarely go home after a fight as the fights are often to the death.

WHAT CAN WE DO?

Perhaps we cannot save every abused animal, but by being concerned and vigilant, we can reduce their numbers.

Signs of animal abuse include wounds on the body, missing hair patches, limping, emaciated looking, an owner striking or otherwise abusing an animal, dogs repeatedly left alone and chained without adequate food, water and shelter forced to live in their own excrement, and animals that cower in fear or react aggressively when approached by their owners. Cats looking "scruffy and starved," perhaps with wounds on their bodies.

As concerned citizens, we can get to know and be aware of the conditions of dogs and cats in our neigh-



borhoods, watch for quick and extreme weight loss, an indicator of abuse, and perhaps start a neighborhood watch program to help identify and pinpoint suspicious behavior.

Make that call! If you suspect abuse, call your local police or animal shelter. These animals cannot speak for themselves and depend on us to be their voices. Provide as much information as possible to the authorities so they can launch an investigation.

Fight and vote for the passage of anti-cruel to animal laws on all levels, as with stronger laws come tougher penalties. Support your local shelter or animal rescue organization.

Set a good example for others by responsibly and lovingly caring for your pets. Be sure to have your pet spayed or neutered.

Teach your children that pets are not toys to be used and thrown away but are living, feeling beings that get cold, and hungry, and much like humans feel pain and joy. Expect them to help care for pets in ways appropriate to

their ages. Take them to visit a shelter so they can see firsthand how animals that have been mistreated, lost or abandoned are treated and "brought back to life" by loving caregivers. Ask someone at the shelter to explain the adoption process, and perhaps allow the child to pet or groom a dog or cat with permission and under close, careful supervision.

Finally, pets require a lot of attention. If you don't have the time, temperament or space do not consider adopting. If you can, foster an animal until a permanent home is found, or if conditions are right, adopt one yourself.

I adopted Mollie, a beautiful lab, terrier mix last July, barely a year old who was cruelly abandoned while pregnant, attacked by other animals and abused. She came to me frightened, and underweight. It took some time, a lot of work and patience but today my sweet Mollie is a sassy, playful, mischievous puppy who has stolen my heart and taken over my home. She is a true blessing.

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TRENDY Dining Guide

Happy Hour Restaurant

By Gary Scruton

This is the first in what we trust will be a long line of articles about the Trendy Dining Guide participants. These will not necessarily be just reviews of the food or service at a particular establishment. They will also try to paint a broader picture of the history, or special feature of that business.

Let's start with the Happy Hour Restaurant. This family dining facility has sat on Main Street in Wells River for many, many years. The doors were first opened on New Year's Eve, December 31, 1945 by Harley Kaiser. Though some employees may seem to have been

there since that time (at least 3 with 25 or more years on the payroll) the staff, and even ownership have indeed changed. The current owners are Steve Kaiser (grandson to Harley), his wife Prudy, and Mark Riggie. They took over about 13 and a half years ago. Mark himself has been working the kitchen area since he was about fifteen.

Not all things are as they have always been. Very recently a new menu has met diners. That's not to say that all the foods have changed. The Happy Hour continues to feature steaks, seafood and what Steve calls "comfort

foods", those old favorites that many travelers stop in to order as an annual rite. The menu also features a selection of Pub Fare, sandwiches, burgers and soups that often hit the spot. Plus there is a selection of pasta dishes, chicken and turkey so that everyone can find the

right food for their pallet.

The Happy Hour is also very well known, and very well attended, when it comes to those big holidays. New Year's Eve, Easter, Mother's Day, Father's Day and Thanksgiving are all days when reservations are required in order to guarantee a seat at the table for those special menus. There are also special menu items every month. And on Wednesdays, Thursdays and Sundays there are daily specials.

The Thursday Fish Fry is one example. An all you can eat special where the wait staff is not afraid to ask if you want seconds (you will need a real good appetite to take advantage of that offer). Along with the food the Happy Hour has beverage specials and two fully stocked bars to serve diners as well as the many functions

that so often use the facilities on Main Street in Wells River. Regular meetings are common in their two function rooms as the Woodsville/Wells River Rotary Club meets there weekly, the Co-hase Lions Club has dinners the first and third Thursdays of the month, and the Good Ole' Boys and Girls Club has lunch on the first Monday of each month. Steve and the crew can also take their food on the road with catering capabilities to cover most every need.

The bottom line is that the Happy Hour Restaurant is a staple with over sixty years of service to the area. And there is a reason for that longevity. Stop in soon yourself for lunch or dinner and choose from a complete menu of wholesome food, at reasonable priced and served by a staff that cares.

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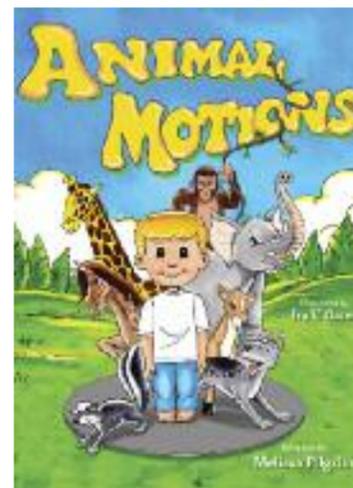
"Animal Motions" Keeps Kids Creatively Fit!

Kids (and the whole family)! Get "creatively fit" with Animal Motions—a fun, easy to follow, low-impact movement routine told as a story in a colorful new, just released children's picture book. Follow Eric as he stretches and moves his body at the start of his day by using his imagination to become some of his favorite animals. Travel with him to the jungle, the desert, the forest, the ocean—and don't forget to keep your body moving! Animal Motions shows how using your imagination can help make moving your body even more fun!

This book was inspired from the author's, Melissa Pilgrim, theatre classes with young children and was written to help kids everywhere learn how to be "creatively fit" by doing two things at once: 1) Shows children how to move and stretch their body in a variety of animal-like poses to

help them develop healthy lifestyle habits, stay active, and be more confident with how their body moves overall, 2) Teaches children how they can be creative and use their imagination as they pretend to be 17 different kinds of animals living in various habitats. The beautiful, full page watercolor illustrations that help guide the child's imagination are done by Ira V. Gates.

The author, Littleton native Melissa Pilgrim, has over 15 years of experience writing for projects in all mediums—film, TV, theatre, and book publishing. She has had 16 plays for children and teens produced, 4 screenplays optioned, 1 TV series optioned, and has worked on over 12 books with authors from L.A. to N.Y.C. Melissa was the artistic director for The Sheil Park Players, a community theatre in the Wrigleyville area of Chicago, for 5 years where she pro-



duced and directed 16 original shows and worked with adults and children of all ages. Animal Motions is her first children's book.

Animal Motions is published by Indigo River Publishing. The book is available at Amazon.com and IndigoRiverPublishing.com. For more information, or to contact the author, please go to the book's website: www.AnimalMotions.com. Teachers & Parents: Free lesson plans and a free mini-poster to print out and color are available at the website!

Extension Expands Role In Communities ³

By Deb Maes, Regional Field Specialist, Civic Engagement

As UNH Cooperative Extension gets ready to celebrate the 100th anniversary of the federal Smith-Lever Act that provided funding for states to work with residents, the organization is expanding its' capacity to support communities.

The new program team, Community Economic Development, is poised to increase the organization's capacity to help individuals, organizations, businesses and communities.

One program, familiar to over 80 communities across NH is the Community Profile Program. This program was started by then Governor Judd Gregg in the early 1990's. This initial process, called Civic Profiles, targeted ten communities and a two-day event was held in each county.

Now called Community Profiles, this process helps community members take stock of where they are today and what they want their community to look like in the future. Extension staff members work with a group of volunteers to plan the event, train local residents to facilitate small group discussions and provide leadership for the action teams as they work on community projects. One of the major outcomes of the Community Profile process is that more citizens participate in the community and the affairs of the local government.

If you are reading this article on-line you probably have broadband or hi-speed internet access. Extension is working with the NH Broadband Mapping and Planning Program to improve broadband access across the state. One component is to map broadband availability to identify unserved and underserved areas of NH; another is to assess broadband needs and promote use and to deliver training to the business and municipal sectors. Extension currently offers training in Leveraging Broadband to promote Economic Development; Putting Your Business on the Digital Map and Free Ways to Promote your Town via the Web. For more information on this project go to <http://iwant-broadbandnh.org>

The members of the Community and Economic Development team have found many unique ways to engage community leaders and members. The web-based New Hampshire Citizen Planner is a site for lay citizen planners and land use board to access training on zoning, site plan review, conservation subdivisions, meeting management and more. Check out the site at www.nhcitizenplanner.org

UNH Cooperative Extension is available to assist communities in developing a vision for their future. Whether it is a vision for a specific location, project, or your whole community, we can lead you through the process to gain citizen input and make decisions for the future. For example, some communities want to focus on recreation and host an event to develop a Recreation Plan. Another community wanted to look at zoning changes that targeted the downtown section of their community. Extension assisted in these projects. For other communities, Extension staff help develop community forums that provide data to update the local Master Plan. Not all our work is community based. This spring Extension staff will offer two options for people wanting to improve their facilitation skills and strengthen their leadership

skills. Facilitation training gives participants the skills to facilitate meetings in their communities. These skills are useful for community leaders, grassroots organizers, agency/organization leaders and community development professionals. Two one-day classes, in Portsmouth (April 30) and Boscawen (May 15), will focus on Basic Facilitation Skills by identifying Ten Skills for Effective Community Meetings. A more in-depth class targeting individuals and organizations wanting to strengthen their skills to promote collaboration will be offered in Boscawen on May 30 & 31. For more information or to register on-line for these classes, go to <http://extension.unh.edu/Community-Development>

Cooperative Extension has a long history of working with local and state-wide organizations to enhance the capacity of these organizations to accomplish their work. Working with the Carsey Institute at UNH, Extension has worked with the nine regional planning commissions across the state to facilitate local and regional dialogue to involve as many people as possible in the planning process. Over 20 targeted listening sessions and at least one public session in each of the Regional Planning Commission catchment areas will provide a

wealth of input on what people want for the future of their communities and the state as a whole. To learn more or share thoughts about the future of your community go to www.granitestatefuture.org

Whether you were born and raised in New Hampshire or moved here to experience our unique way of life, we are all part of multiple

communities from our families, neighborhoods, cities and towns to our state. UNH Cooperative Extension's Community Economic Development team is working hard to help communities maintain our beautiful landscapes; strengthen our economy and support children, youth and families.

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

April 16, 2013 Volume 4 Number 14

Grafton County Drug Court

Saving Money - Saving Souls

A Continuing Saga Of Ending Addictions

By Robert Roudebush

Inventor Thomas Edison famously said, "Vision without execution is hallucination"

Lets talk about a current vision that has execution and why it is no dream but a reality.

Welcome to Grafton County Drug Court. Back in 2007, some farsighted people in our area decided to move certain convicted non-violent drug offenders- in crimes such as theft, burglary or forgery - into a well-designed, strictly enforced rehabilitation program outside jail and prison walls but still within the corrections system. Instead of spending the standard cost of \$26,000 to \$30,000 a year for an incarcerated inmate, the cost dropped to around \$10,000 to \$12,000 a year.

This curriculum, currently operating with success in many areas throughout the country, reduces crimes including child abuse, reunites families, saves lives and restores communities. In 1994, there were 12 drug courts in the United States, and today there are more than 2,000. Our Drug Court combines the supervision of the NH Court System with treatment for drug and/or alcohol ad-

diction. It is designed to give people the tools they need to remain sober and crime-free. It allows offenders to serve a sentence involving intensive supervision and treatment rather than prison time. The program is completely voluntary and gives each participant the opportunity to live a substance-free life.

It isn't easy, not for the hands-on court-support team administering the plan, nor on the offenders - called "clients" - who participate. And not every client who enters the program leaves it successfully. But many do. And have for years now.

Two pivotal dates approach in May which highlight the success of this effort. Monday May 6, 1:30 PM at the Grafton County Superior Court in the Grafton County Complex on Dartmouth College Highway in Haverhill will be the next graduation ceremony for the most recent victorious participants. There will be two males and two females. You, the public, are invited to attend. And then, May 28th, Tuesday, at 2 PM in the same location is scheduled another in the series of regular in-court sessions of Drug Court, also open to the public.

Such sessions are normally held on Mondays, but the Tuesday date allows for Memorial Day. It is an eye-opening opportunity to see why and how the program works.

The core of involved people that make it all work is extensive - County Corrections Officials and Law Enforcement Officers, The Drug Court Judge, fair-minded, straight-talking Timothy Vaughn, Program Creator and Coordinator former New Jersey Prosecutor Robert Gasser, County Attorney/Prosecutor, Lara Saffo, Clinical Evaluator Jim O'Hearn, Case Manager Jennifer Stone, defense attorneys, public defenders, and treatment providers. The Judge and his team monitor each person's participation and progress during the course of the entire 18-24 month treatment program.

Program Requirements for clients include

- Appearances before the Drug Court Judge on a regular basis
- Mandatory and random urine testing as deemed necessary
- Compliance with all treatment directives imposed by the court and substance abuse evaluators
- Actively seeking and maintaining employment or being involved in vocational counseling or job-training

As of March 2013, the total number of men and women admitted to Grafton County Drug Court since its beginning was 78 - of those, 24 were terminated, 3 were administratively discharged, and 30 had completed successfully. That's a completion rate of over 52%. And there are currently enrolled 21. Completion rate so far has been higher for males than females.

One member of the public wrote to the Valley News recently after attending an open session of Drug Court - "SAVING COSTS AND SOULS - The Grafton County Drug Court is an innovative, cost-saving and soul-saving project. Stay sober and clean, participate in 12-step programs, get a job, pay for a place to live, and the court rewards you."

The county attorney's office decides which offenders are appropriate for participation. Referrals can be made by defense lawyers, law enforcement and even family members. The offenders accepted into the program enter a plea agreement which states if they drop out of drug court, or fail to meet the requirements, they will be terminated from the program and will serve state prison time for the crimes that led to the charges against them.

"COURAGE DOESN'T ALWAYS ROAR - SOMETIMES COURAGE IS THE QUIET VOICE AT THE END OF THE DAY - 'I WILL TRY AGAIN TOMMOROW'" Grafton County Drug Court Newsletter, March 2013

There are "milestone rewards" granted to clients who meet progress goals - and successful completion means the court will consider vacating their convictions. There are also sanctions for failing those goals, including quick trips back to jail.

HOW IS THE PROGRAM REGARDED, NATIONWIDE AND IN OUR REGION?

Based on nation-wide success, in October, 2007, the U.S. Senate voted to increase the federal funding for drug courts from \$10 million to \$40 million. Someone who has successfully completed the lengthy course is

50 percent less likely to reoffend than someone who has gone the traditional incarceration route.

LITTLETON CHIEF OF POLICE PAUL G. SMITH - "I have experienced first-hand a [Drug Court] graduate shedding her drug dependence, but at the same time gaining the strength to learn to parent again. Many times, their families are benefactors of the program. Participants are allowed to peel back layers in their life to determine the route cause of their dependence and sometimes that means visiting wounds generated in their families. With that said, the drug court allows the members to heal those wounds and create a more positive family environment. On the law-enforcement side, due to the efforts of the drug court, our contacts with members of the program are drastically reduced."

RETIRING LEBANON CHIEF OF POLICE JIM ALEXANDER - "When I first heard about the drug court... I was less than enthused. I had seen many "alternative sentencing" programs over the years that had failed to produce real results or change people's lives." Chief Alexander's view began to change. "...the drug court seemed to look at the problem of drug addiction in a way that combined both serious treatment with serious supervision. This program uses high risk and high reward to give people a chance to get their life back. It's a program anyone can support - whether you see the dollar value in savings, or the human value in lives changed and restored."

Multiple sources for this story included Mr. Ed Rajsteter, President of THE FRIENDS OF GRAFTON COUNTY DRUG COURT - for more information on their activities write them at PO Box 326, North Haverhill, NH 03774, or call Ed at 603-787-6682, or 201-314-8420. The "Friends" make possible participant rewards and incentives, offer modest loans and grants to clients, and sponsor other supportive programs and activities to aid clients on the road to recovery. The Adult Drug Court may be reached at 603-787-2042.

Not all Times are Trendy but there will always be Trendy Times April 16, 2013 Volume 4 Number 14



GROTON GROWERS Winter MARKET

Saturday, April 20
Groton Community Building
9 a.m.-1 p.m.

Fresh greens, local produce, honey, eggs, meats—beef, pork, lamb, emu, poultry. Organic almonds. Pies sweet breads, jams, peanut brittle, salsa, artisan breads. Fresh coffee, Diane's famous sticky buns, and fresh apple fritters. Locally brewed beer. Locally crafted soaps and lotions. Local wool and knits, woodcrafts, handsewn totes. Wood turning and wool spinning demonstration. Get your knives and garden tools sharpened! Learn how to winterize your house and save money! Lunch by Derrick Samuels.

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From The Desk Of NH State Senator



Dear Constituents,

Recently I received an email from a constituent asking me why I opposed the casino bill (SB152). As background, this legislation would authorize one casino in New Hampshire, with a study commission that would recommend additional licenses in the future. The license for the casino grants up to 5,000 slot machines and 150 game tables. The bill requires a \$425 million capital investment in the casino by the developer within 5 years of approval, and it requires local authorization in the form of a binding vote from residents of a host community. (As an example, in March the town of Salem voted in favor of being a host community by an 81% majority.)

As I told the folks at a Dorchester Selectboard meeting last week when we discussed this issue, I make no moral judgments about gambling—I don't gamble, but my mom absolutely loved it. Not only did she play in a monthly card club with the neighborhood women, but she also made it a point to visit casinos and play the slots whenever she traveled to a state that had this type of venue.

While there is a plethora of reasons out there about why many believe expanded gambling is wrong for New Hampshire, my opposition is two-fold and stems from a background and experience of preserving and promoting a brand image that makes New Hampshire a state that is the envy of many. As a former Main Street Director, I worked daily to support and promote our small hometown communities and the local businesses that support them. These businesses included the local mom & pop stores, restaurants, bed & breakfast establishments and more.

I believe that expanded gambling will taint NH's brand and cannibalize the profits of small businesses.

New Hampshire's Brand
New Hampshire is a state that promises visitors a unique experience. People travel to New Hampshire to see our mountains, lakes, forests and quaint New England villages—they come to enjoy a "Golden Pond" experience

and participate in our many outdoor recreational activities —they come here to relax and get away from it all.

Sally Stitt, President of Star Media of New Hampshire, has played a critical role over twenty years in helping protect and enhance our New Hampshire brand. She advised the NH Gaming Study Commission that gambling industry marketing and promotional activity would "dwarf" New Hampshire's total state and individual company tourism marketing and would "drown out" the very healthy New Hampshire brand messages (by a ratio of 5 to 1). Total private, state Joint Promotional Program and match money tourism marketing is now about \$7 million annually. Assuming the typical gambling industry marketing budgets of 5-10 percent of gross profit, the casino would spend \$15-30 million annually on marketing New Hampshire's casino.

Cannibalization of New Hampshire Businesses

Another significant concern is the negative impact on the local businesses as residents decide to spend disposable consumer income on gambling instead of existing local restaurants, movie theaters, and food stores. With the projected build out of several new high-end casinos in Massachusetts, will the NH casino draw more customers from larger distances and import new tourist dollars -- or like almost every gambling venue in the United States,

will the NH casino draw 80%+ of its customers from the surrounding resident population?

A New Hampshire casino would subject existing New Hampshire businesses to an egregiously unfair and anti-competitive disadvantage. Here's how. SB152 grants a market monopoly on slot machines and high-stakes table games. As a matter of practice, casinos throughout the U.S. use monopoly slots profits to "comp" (discount below cost or give away for free) rooms, meals, drinks, entertainment, and other amenities. Local businesses, the very same businesses that send revenues and profits back into the local economy, won't be able to compete.

These are the same local businesses that sponsor the local little league baseball team, hold fundraisers for local charities, and donate back to the community. The local businesses that will be harmed by casino monopolies are an integral part of our local community life.

Are we willing to jeopardize what makes New Hampshire special and harm our local economies for the questionable promise of revenues? I am not and that is why I voted against SB152.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call (271.2609 [o] or 279.1459 [h] or email me at jeanie@jeanieforrester.com. If you would like to subscribe to my e-newsletter, go to www.jeanieforrester.com and sign up. For more information on expanded gambling, a good report to read is available from the NH Center for Public Policy Studies (www.nhpolicy.org).

Your Senator from District 2
Jeanie Forrester

Legislators To Update Bills

Local legislators will update legislation and define their priorities and committee assignments at a legislative breakfast to be held Monday, April 29. The session will last from 8 to 9 am at the St. Johnsbury House dining room, Main Street, St. Johnsbury.

The monthly programs provide area business people and residents a concise overview of the legislative session and issues affecting the region. Local legislators will be in attendance and present updates on their respective committees and relevant legislation prior to the end of the session. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the legislative forums and will also provide a brief legislative report.

The breakfasts are usually

held the last Monday of each month, from 8 to 9 a.m. The next and final breakfast of the year is tentatively scheduled for Monday, May 20.

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon State College, Maple Grove Farms of Vermont, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank, Union Bank and Weidmann.

Reservations are not needed for the event. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive – Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at director@nekchamber.com.

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!

SATURDAYS

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10:00 AM – 12:00 Noon
Littleton Fire Station

SUNDAYS

SOFTBALL CLINIC
1:00 PM – 3:00 PM Elementary aged girls
3:00 PM – 5:00 PM High School girls
Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

CIRCLE DANCING

3:30 PM to 5:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

LINE DANCING

4:00 PM – 5:00 PM
Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

WALKING CLUB
6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION
8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857
Wells River Congregational Church

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

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

WEDNESDAYS (THRU JUNE)

**DEEP MEDITATION FOR HEALING
AND CREATIVITY**
6:30 PM – 8:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

THURSDAYS

THRU THURSDAY, APRIL 11, 2013
FREE INCOME TAX PREPARATION - CVCA
4:00 PM – 7:00 PM
Bradford Public Library

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

TUESDAY, APRIL 16

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, APRIL 18

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

SATURDAY, APRIL 20

ACTING CLASSES FOR ALL AGES
Various Times Depending On Age
North Country Center For The Arts, Lincoln

GROTON GROWERS WINTER MARKET

9:00 AM – 1:00 PM
Groton Community Building
See ad on page 4

SPRING RAILROAD SHOW

10:00 AM – 3:00 PM - Benefits DC Trip
Haverhill Cooperative Middle School

BENEFIT DINNER FOR DOLORES BROCK

5:00 PM – 7:00 PM
Warren Village School, Warren
See ad on page 13

MONDAY, APRIL 22

HAVERTHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

THE SUN ALSO RISES BOOK DISCUSSION

7:00 PM
Haverhill Corner Library
See article on page 7

TUESDAY, APRIL 23

PRESIDENT LINCOLN DISCUSSION
7:00 PM
Baldwin Memorial Library, Wells River
See ad on page 7

WEDNESDAY, APRIL 24

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
7:00 PM
Shear Animal Styling Salon, Woodsville

THURSDAY, APRIL 25

BOOK CLUB FOR WRITERS DISCUSSION
7:00 PM
Haverhill Corner Library
See article on page 7

FRIDAY, APRIL 26

DRUM CIRCLE
7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

SATURDAY, APRIL 27

FLEA MARKET
9:00 AM – 12:00 Noon
Peacham Church

CELEBRATING SPRING

9:00 AM – 12:00 Noon
Pike Hall, Rt 25, Pike
See article on page 8

SUNDAY, APRIL 28

ACCOUSTIC MUSIC JAM
1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

LOCAL NOVELIST JENNY LAND

3:00 PM
Groton Free Public Library
See article on page 7

MONDAY, APRIL 29

NEK LEGISLATIVE BREAKFAST
8:00 AM – 9:00 AM
St. Johnsbury House, Main Street
See article on page 4

TUESDAY, APRIL 30

**EXTREME COUPONING & GROCERY
WORKSHOP**
4:00 PM – 7:00 PM
Woodsville Elementary School
See ad on page 9

WEDNESDAY, MAY 1

**WOODSVILLE/WELLS RIVER 4TH OF JULY
COMMITTEE MEETING**
7:00 PM
Woodsville Emergency Services Building

MONDAY, MAY 6

**GOOD OLE BOYS MEETING –
SENATOR JEB BRADLEY**
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERTHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MAY 7

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

DINNER OUT - BOYS & GIRLS CLUB OF THE NORTH COUNTRY

5:00 PM – 9:00 PM
Applebees, Littleton

CONNECTICUT VALLEY SNOWMO BILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MAY 8

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

FRIDAY & SATURDAY, MAY 10 & 11, 17 & 18

JESUS CHRIST SUPERSTAR
7:30 PM
St. Johnsbury School
See article on page 11

SATURDAY, MAY 11

ACCOUSTIC MUSIC JAM
1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

SUNDAY, MAY 12

Breakfast
8:00 AM – 10:00 AM
American Legion Post 83, Lincoln, NH

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Submit your entries by:

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Deadline for submissions is Thursday, April 25th for our April 30th issue.

Ernest Hemingway Discussion

HAVERHILL, NH — The Haverhill Corner Library will host a discussion of *The Sun Also Rises* by Ernest Hemingway on Monday, April 22, the library has announced. This is the fourth and final discussion in the library's series "The Roaring Twenties."

The discussion will be held at the library at 7:00 PM and will be free and open to the public. Copies of the book are available to borrow from the library in advance.

Published in 1926 and considered by many to be Hemingway's greatest work, *The Sun Also Rises* is a novel about American and British expatriates in Paris and

Spain. Based on real people and events, the novel tells the story of the doomed love of Jake Barnes and Lady Brett Ashley. Today considered one of the most important and influential of Modernist novels, the book was immediately popular upon publication and has been continually in print since its first appearance.

Living and working in Paris as a correspondent for the *Toronto Star*, Hemingway had attended the Festival of San Fermin in Pamplona, Spain where he had become fascinated with bullfighting. His experiences in Paris and Pamplona became the basis for *The Sun Also Rises*.

Though the novel quotes Gertrude Stein's observation that his was a "lost generation," Hemingway rejected this notion, feeling that his characters, while "battered" by their experiences in World War I, had endured.

The Sun Also Rises is also famous as one of the best examples of Hemingway's spare style, his elimination of sentimentalism, and his "iceberg theory" of writing in which much of the story occurs beneath the surface of the narrative.

For more information, visit the library's web site at <http://hliba.blogspot.com/> or call 603-989-5578.

New Short Story Discussion In Haverhill

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, April 25, the library has announced. The discussion will focus on short stories by Angela Carter and Kelly Link, authors known for incorporating elements of fairy tales in their fiction.

Participants will discuss "The Bloody Chamber" by Carter and "Travels with the Snow Queen" by Link. The discussion will begin at 7:00 PM at the library, and will be free and open to the public. Copies of the stories are available from the library in advance.

The British novelist, essayist, and short story writer Angela Carter was known for infusing her work with both magical realism and feminism. The *London Times* ranked her tenth on its list of "the 50 greatest British writers since 1945," and though she died of cancer in 1991, her work has continued to be influential and widely discussed. Her collection *The Bloody Chamber and Other Stories* was published in 1979 and won the Cheltenham Festival Literary Prize; the stories play with the conventions and concerns of traditional fairy tales.

Kelly Link is an American editor, author, and publisher who, like Carter, is also interested in fairy tales and magical realism. "Travels with the Snow Queen" won the James Tiptree, Jr. Award and appeared in her 2001 collection *Stranger Things Happen*, which was named one of the best books of the year by *Salon* and the *Village Voice*. With her husband, she runs the literary and science fiction publisher Small Beer Press.

Book Club for Writers is a fiction discussion program that meets four times a year. Discussions are open to all, and focus particularly on questions of craft and technique that will interest writers and aspiring writers. Created by the New Hampshire Writers' Project, Book Club for Writers is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

The next Book Club for Writers discussion will be held on Thursday, July 25 and will feature "Everything That Rises Must Converge" by Flannery O'Connor and "Why I Live at the P.O." by Eudora Welty.

For more information, call the library at 603-989-5578.

Upcoming Programs At The Groton Free Public Library

National Library Week: Sun 4/14 - Sat 4/20. Tell us why YOU love your library by visiting or emailing your local library during National Library Week. Each written response will count as your entry to win this year's raffle prize of a \$25 gift certificate donated by the Woodsville Bookstore. (One entry per person per library.) Come celebrate with us and let us know what's great about your library! grotonlibraryvt@gmail.com

Local Author Presentation with Jenny Land (Family Program): Sunday, April 28, 3:00pm. Meet local novelist Jenny Land! Her debut novel, "The Spare Room," is the diary of twelve-year-old Susannah Allen, who lives on her family's farm in 1843 Vermont. Susannah begins to learn about slavery in the South and the Abolitionist movement in the North, but the issues soon become more than idle gossip. The Spare Room is a story appropriate to all readers ages ten and up. Jenny Land lives in Peacham and teaches English and creative writing at St. Johnsbury Academy.

Join a Book Club! 3rd or 4th Monday of EVERY month. Looking for something new to do in the NEK? We have two book groups that meet on a monthly basis, both for teens and for adults. Take a break

from the everyday, explore some different authors, and enjoy a night on the town! Books are often available in both e-reader and hard copy formats.

Beginner Spanish: EVERY Tuesday, 5:30-6:30pm. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcome!

Crafts & Conversation: EVERY Wednesday, 1:00-3:00pm. Join us with your ideas and projects-in-process — or — just join us!

Interested in volunteer-

ing? Looking for volunteers of all ages for special projects such as light carpentry, craft preparation, front desk help, and general organizing.

Interested in donating? We are looking for donations of children's stickers, bookshelves, hand puppets, board games, and a digital camera.

All of our programs are free and open to the public. For more information about any of our services, find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358.

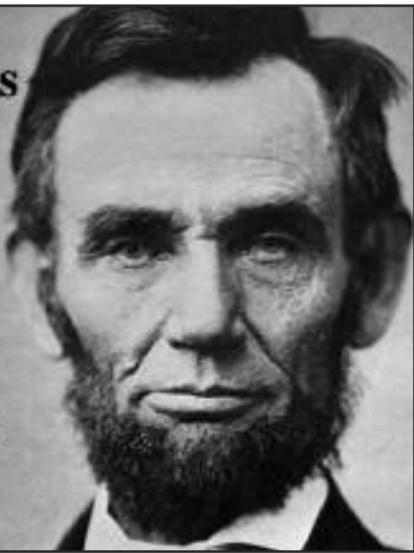
Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/GrotonFreePublicLibrary

LINCOLN & HIS TEAM OF RIVALS
Join us for a discussion with Rev. David Pruitt

Tuesday, April 23
7:00 pm

Baldwin Memorial Library
Wells River, VT



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What: Nancy Millette Doucet Memorial Lecture Series Part III.

“Celebrating Spring: An Indigenous Perspective, preparing for Haverhill / Newbury 250th Anniversary Celebration”

Sponsored by the Pike Ladies Aide and the White Pine Association.

Where: Pike Hall, Route 25, Pike, New Hampshire (adjacent to Pike General Store)

When: April 27th, 2013, 9A.M. - 12 noon Public programming
 1P.M. - 3 P.M Tribal meeting



Join the Koasek of the Koas, a local native American community as it shares and reclaims its ancient Spring Traditions. Scholar and Historian, Dr. Frederick Wiseman will work with Koasek youngsters and adults to re-learn the lapsed ceremony gathering and share agricultural tips. Many of these pointers, such as

fishing for suckers to use as fertilizer, originally came from the long memories and stories of Koasek leaders. In addition, Dr. Wiseman will explain the “Seeds of Renewal Project” which he has worked with Abenaki Elders, such as the late Chief Nancy Millette Doucet, for many years to accumulate local crops used in the Connecticut River Valley. Of course the star of the project is the Koasek Corn, repatriated by the Calley Family in 2006. As of today, Professor Wiseman has also tracked down other old crops to round out our aboriginal diet, including three, perhaps four beans, another type of corn, two types of pumpkins, two squashes and minor crops such as ground cherries, Jerusalem artichokes and sunflowers. Seeds of these important crops were given to a Koasek Elder earlier this month to grow out the crops, so as to protect their genetic integrity and preserve the seeds for giving to other Abenaki citizens committed

to reclaiming their ancient agriculture. Dr. Wiseman will also share his work on Indigenous Vernal (Spring) Ceremony, including the Native American Community Fire Ceremony, which existed in this area, back into living memory, planting ceremony, and the Sun, Rain, and Moon Dances, which nourish the crops. Dr. Wiseman will illustrate his presentation with music, images, video and artifacts, as well as take questions from the audience.

Refreshments will be provided by the White Pine Association during the morning break. The previous two Nancy Millette Doucet Memorial Programs to kick off the 250th Celebration of the Haverhill / Newbury area have been very well received by the Koasek peoples and their neighbors. There has been tremendous interest and excitement from the public, learning of the rich culture that still exists today, up and down this rich fertile Connecticut River Valley that we call N'dakina, Our Home.

The morning program is open to the public. All are welcome to attend, there is no admission fee.

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 Morning Prayer With Sunday School
 Bible Study Following Coffee Hour

You Can Now (Re)Match (Your) Sports

In today's economy it seems everyone is looking to save a few dollars when they go shopping. They are also looking to make a few extra dollars wherever they can. For many years here in the North Country those two objectives were mainly met by summer yard sales, flea markets and rummage sales. Today that niche is being filled year round by thrift and consignment stores. It seems that you can't travel thru many large, and many small, towns without seeing one or two such stores. And in many cases there are several shops with varying products. There are clothing stores for kids, for adults, or for both. There are stores that feature antiques, some that have shelves upon shelves of housewares, and even some whose main feature is furniture.

You can now add one more product line to the list. Sporting goods will be the category featured at ReMatch Sports. Owner Dawn Lambert will be opening ReMatch Sports in early May. The store is located at 69 Main Street in Littleton. And it will be a consignment store which means those who wish to bring in products to be sold will get a portion of the selling price. Dawn will offer consignees some choices. If you take cash when your items sell, then you get 40% of the selling price. Take credit toward something else in the store and get 50%. Plus first time consignors will be given a coupon for 10% off and products they want to purchase.

Dawn is planning to offer a very wide range of products for sale. She is currently

taking all Spring, Summer and Fall sporting goods. That means kids or adult sporting goods, like balls, bats, gloves, etc. Also camping and hiking supplies like tents, sleeping bags, compasses or hiking boots. There will also be room for kayaks, canoes and the life jackets and paddles to go with them. Of course any baseball, soccer, lacrosse or golf supplies and welcomed. Even dance and cheerleader equipment will have a space on the shelves. She will not be accepting hunting or fishing equipment.

For those who want their items on the shelf first Dawn is now making appointments to accept any of these items before the store opens. You

can contact her by phone at 603-991-4619 or visit her website at www.ReMatch-SportsNH.com



LISBON, NH - All the charm of a traditional New England Home- 2100 sq. ft., 10 Rooms, 4 Bedrooms, 1 1/2 baths. Entertain in the 26' x 14'9" Living Room with large windows very bright & airy also a fireplace which makes the room cozy, formal Dining Room, wonderful pantry with glass based cabinets, 1st floor office, lavish maple floors, 3 bay garage with plenty of overhead storage, business opportunities with all zoning options. Lot 0.95. Excellent condition. \$159,900.

BATH, NH - Now Listing - Brilliant Log Home hybrid built in 2007- 1250 sq. ft., Living Room open to Dining Area, Kitchen fully appointed and island, Master Bedroom suite with whirlpool tub and a den, 2 additional bedrooms, main bath, skylights, woodstove, sheetrock interior walls, insulated 6" walls, full basement, 1 bay garage with storage. Enjoy Mountain Lakes. First time offered. \$164,500.

NORTH HAVERHILL, NH - Words can not describe the views of the mountains & farms from this home. Two acre Ranch with a spacious Living Room, open concept kitchen w/appliances & Dining Area. Slider to dock, Den could be a 3rd Bedroom, full basement, 2 car detached garage. Over 1000 sq. ft. of Living Area. \$109,500.

HAVERHILL, NH - Cute efficient Chalet within short walk of Lakes, beach, basketball court, pool. This open concept home offers central heat, vaulted ceilings, nice wooded lot on paved road, well maintained with 2 bedrooms. Nice porch right off the kitchen / dining area and fully furnished. Basement partial with storage. Snow machine front property. Many updates and easy maintenance. \$89,500.

NEWBURY, VT - Possible views of the White Mountains and Southern Exposure make this 1.5 Acre lot so attractive. Lot has a septic plan and driveway permit. Power pole nearby. Good location for a mobile home or have a home built. \$16,500.

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

April 16, 2013 Volume 4 Number 14

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Is Your Portfolio Truly Diversified?

Life is full of ups and downs — and the financial markets are no different. As an investor, you're no doubt happy to see the "ups" — but the "downs" can seem like a real downer. Isn't there any way to help smooth out the volatility in your investment portfolio?

First of all, to cope with volatility, it's helpful to know what causes it — and there can be many causes. Computers that make trades in milliseconds, based on mathematical models, are sometimes blamed for intraday volatility, but large price swings can also occur following the release of government economic reports, such as those dealing with unemployment and housing starts. Global events, such as the European economic malaise, can also send the financial markets into a tizzy.

By being aware of the impact of these

events, you can see that the workings of the markets — especially their volatility — may not be as mysterious as you thought. Still, while knowing the causes of volatility can help you prepare for market swings, it won't blunt their impact on your portfolio. To do that, you need to create a diversified mix of investments because your portfolio can be more susceptible to negative price movements if you only own one type of asset.

To illustrate: If you owned mostly bonds, and interest rates rose sharply, the value

of your bonds would likely drop, and your portfolio could take a big hit. But if you owned stocks, bonds, government securities, certificates of deposit (CDs) and other investment vehicles, the rise in interest rates would probably affect your portfolio less significantly.

Unfortunately, many investors think that if they own a few stocks and a bond, they're diversified. But you can actually extend your diversification through many levels — and you should. For the equity portion of your portfolio, try to own stocks representing many market sectors and industries. Also, consider international stocks. And rather than just owning U.S. Treasury bonds, consider corporate bonds and municipal bonds, and diversify your fixed-income holdings further by purchasing short-term, intermediate-term and long-term bonds. Work with your financial advisor to determine the mix of asset classes and investments that are appropriate for your financial goals and objectives.

How you ultimately diversify your portfolio depends on your risk tolerance, time

horizon and long-term goals — there's no one "correct" asset mix for everyone. And over time, your diversification needs may change. To cite one example, as you enter your retirement years, you may need to increase your percentage of income-producing investments while possibly reducing the amount of growth investments you own. These growth-oriented investments tend to be more volatile, and you may want less volatility during your retirement. However, even during retirement, you will need to own a certain percentage of growth investments to provide you with the growth potential you'll need to stay ahead of inflation.

Keep in mind that diversification can't guarantee a profit or protect against loss. Nonetheless, building a diversified portfolio may help take some of the volatility out of investing — so look for diversification opportunities whenever possible.

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

District Health Council Meeting

Councilor Ray Burton and NH Health and Human Services Commissioner Nick Toumpas announce a District Health Council Meeting to be conducted on MONDAY April 22, 2013 9-11 AM via electronic interactive video conferencing network at the UNH Cooperative Extension offices and NH Employment Security offices.

Commissioner Toumpas and I will be personally located at the Gregg Safety Academy in Littleton, NH but invite all to go to the nearest offices listed below for a 2 hour discussion of exactly what is in play at the State Legislature and in the US Congress relative to Human services programs and how we at the local level may be impacted by these proposals. Anyone having questions prior to April 22nd can email them to Kathleen Henderson at KHenderson@dhhs.state.nh.us

Commissioner Toumpas and I are grateful to UNH Cooperative Extension

and NH Employment Security Commissioner and Administrators for making their video conferencing facilities available which will save time and travel for all. Representing 108 Towns and Four Cities in seven of the Northern NH Counties utilizing this technology is very helpful but always know my office is at your service at 747-3662 and ray.burton@myfairpoint.net and 271-3632 and rburton@nh.gov

Sincerely, Ray Burton

DISTRICT ONE HEALTH COUNCIL MEETING MONDAY APRIL 22, 2013 9-11 AM at the following locations- EVERYONE is invited to participate.

UNH Cooperative Extension Sites:

- Coos County 629 A Main Street, Lancaster - North of Lancaster on Route 3
- Grafton County, 1930s Nursing Home Building 1st Floor, 3855 Dartmouth College Highway, North Haverhill, NH

- Sullivan County, 24 Main Street, Newport, NH
- Carroll County 73 Main Street, Conway, NH
- Merrimack County, 315 Daniel Webster Highway, Boscawen, NH
- Strafford County UNH Taylor Hall 59 College Road, Durham, NH

NH Employment Security Offices:

- Claremont Office, 404 Washington Street, Claremont, NH
- Berlin Office 151 Pleasant Street, Berlin, NH
- Littleton Office, 646 Union Street, Littleton, NH
- Conway Office, 518, White Mountain Highway Conway, NH
- Laconia Office, 426 Union Avenue, Laconia, NH
- Somersworth Office, 6 Marsh Brook Road, Somersworth, NH
- Concord Office, 10 West Street, Concord, NH
- Gregg Safety Academy, Littleton Learning Center, 646 Union Street, Littleton, NH



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St. Johnsbury Players Present Jesus Christ Superstar

The St. Johnsbury Players will present Jesus Christ Superstar, Rice and Lloyd Webber's classic rock opera. Based on the events of the last week of Jesus' life it is a retelling of the Passion of Christ in a contemporary rock music style. The driving rock score also features such memorable numbers as 'I Don't Know How to Love Him', 'Everything's All Right' and 'Jesus Christ Superstar'.

Jesus Christ Superstar was originally conceived as a concept album and then brought to Broadway in October of 1971 and was nominated for five Tony Awards. At the center of this modern passion play is the complex relationship of Judas (Tom Jaques), Jesus (Nathan Col-

pitts) and Mary Magdalene (Nicole Bradford). There's an examination of over zealous apostles such as Simon (Laura Wayne), betrayal from Peter (Jay Sprout), the comically corrupt Herod (Andrew Lidestrie) and the looming threat of Caiphas and Annas (Chris Colpitts and Elizabeth Graziose). In the end Jesus is brought before Pilate (Paul Scavitto) and is condemned to be crucified. St. Johnsbury Players originally presented this show 21 years ago and is thrilled that some of the original members of that cast have returned to join this cast of over 40 local actors.

Superstar is directed by Kim Wood (reprising her role as director from Players' first

production). The production also features musical direction by Nicole Bradford and a set design by Bill Taxter.

Show times are Fri. and Sat. May 10 & 11 at 7:30 and Fri. and Sat. May 17 & 18 at 7:30 as well as a Matinee at 2:00 on Sun. May 19. All performances are at the St. Johnsbury School. Advance sale general admission tickets are available through Catamount Arts by calling 748-2600 or at catamountarts.org. Tickets will also be available at the door on performance nights. Group rates are also available. For more information on the show or group rates, call Kim Wood at 274-0774, e-mail st.johnsburyplayers@hotmail.com or find us on



Nicole Bradford as Mary Magdalene, Nathan Colpitts as Jesus and Tom Jacques as Judas.

Facebook.

Corporate sponsors include Passumpsic Bank, Union Bank and Community

National Bank. Arrangement through Rodgers and Hammerstein International.

Oliverian

By Elinor P. Mawson

The old Oliverian campground was on Benton Flats, and consisted of about 12 campsites, an outhouse, a pavilion with picnic tables, a pump and a pipe-like contraption into which you put your \$3.00 fee. Pretty basic, huh?

My in-laws discovered it one day when they were fishing the Oliverian Brook, and decided to try camping. This was back in the day when camping was just becoming popular, but being financially challenged, it sounded like a good idea. Besides, we were living nearby and it would give us all a chance to get together more often.

So they bought an umbrella tent, a camp stove and got out their old cooler, and started off. We were there when they put up the tent. First of all, they gave me the directions, and then spread the tent out on the grass and the three of them got inside. I heard muffled voices and saw strange lumps moving around, and trying not to laugh, started reading.

They couldn't see a thing, and I had to holler their instructions, but things were not going well. My inlaws exchanged a few unprintable words, and my husband tried to smooth things over. The strange lumps moved around a little more, nobody

knew how to put the umbrella up, nor where to put it. Soon they were all making not-nice statements to each other, and outside, I was having a hard time staying calm and not laughing.

Finally my husband figured out--still in the dark--how to attach the umbrella to the top of the tent, and everyone staggered out, hot and sweaty and not the least happy with each other. Somebody else took the directions and soon the outside pegs were put in. It was a tent! Fortunately, the fire making and cooking weren't a problem for Nana. Papa took the bedding out of his car and set up the sleeping quarters. My husband and I enjoyed the nice meal that was prepared, and soon we were on our way home, feeling quite envious and wishing we could go camping too.

My inlaws camped at Oliverian for quite a few years. During that time, the flood control dam was built, which didn't please Papa at all. Eventually we bought our own tent and started camping. We loved it there, because it was small, in the middle of nowhere and very VERY rustic! Our boys enjoyed being there, and did a lot of fishing, they climbed the dam, and in the evening, they chased fireflies. We made a lot of memories.

Years passed--over 20 of them, and we brought our granddaughter to Oliverian. She enjoyed climbing the dam, and loved, especially, sleeping in her Rainbow Bright sleeping bag. In July of 1984, we packed the van and started for our favorite campground. Imagine our surprise and disappointment when there was a gate across the entrance. We later found out that the place was closed because there was "too much vandalism" and "it was too far away to be supervised". So our camping days were over.

We spent the rest of the summer looking for another place to camp. Nothing in a 60 mile radius fit the bill for us. For the most part, there were just too many people.

Luckily, a friend of a friend put us in touch of a realtor who brought us to the site where we live now. The rest is history.

But every time we cross Benton Flats we look longingly at the tiny place where we spent a good part of 25 summers, with what became 4 generations of our family.

We still miss it.

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Painting The Town Purple – Cancer Awareness 13

Relay For Life of North Country is celebrating spring with its campaign to Paint the Town Purple and bring awareness to the Fight Back against cancer.

This month, in several towns across the North Country, you will see the "Seasons of Hope" theme reflected in public parks and town greens.

In a time of economic turbulence, the fight against cancer doesn't rest. Relay For Life events around the world raise money for patient pro-

grams and research to find a cure for cancer. The American Cancer Society is working to provide a world with more birthdays, where cancer doesn't exist. Breakthroughs in prevention and treatment have saved countless lives, but the battle continues and we need your help.

Relay For Life of North Country will take place June 22 at Remich Park in Littleton. We are looking for more teams and participants to help raise awareness and find a cure for cancer. We

also invite all cancer survivors, whether you have just been diagnosed, are going through treatment, or are living cancer free, to join our celebration. The next Team Captain meeting is May 15 at 6:45 p.m. at St. Rose of Lima church in Littleton. But you can sign up now at www.relayforlife.org/northcountrynh. Last year, Relay For Life of North Country raised \$142,000 to help the American Cancer Society fight cancer. With your help this year we're aiming to have

one of the most successful Relays in New England, attracting more survivors than ever before.

BCC To Have Yard Sale

Dear Readers,

While doing your Spring Cleaning, if you have useful items that you no longer need, consider donating them to the Bradford Conservation Commission's Annual Yard Sale to be held on Memorial Day week-end at Boch Park. You'll be helping to keep items out of the landfill, you'll enable someone else to benefit from the items that you no longer need, and you'll be supporting the Bradford Conservation Fund. Please call 439-3562 or 222-5108 if you wish to donate items to the Yard Sale.

Bradford's Conservation Fund helps to preserve precious natural resources in the Town. If you own, or if you know of someone who owns forest land or farm land in Bradford, that is worthy of protection, contact the BCC at contact@bradfordconservation.org. The Conservation Fund can be used to help private landowners cover the up-front costs of

conserving their land.

Nancy Jones & Jenny Copeland, Co-Chairs

Bradford Conservation Fund Committee

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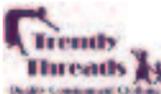
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April 16, 2013 Volume 4 Number 14

Diabetes Control

Diabetes is a defect in carbohydrate metabolism that results from insufficient pancreatic insulin production. The diabetic often requires a daily insulin injection so that he/she can consume moderate amounts of carbohydrate. Any dietary treatment that can reduce or eliminate the need for insulin injections will increase the diabetic's ability to avoid serious symptoms. This compound acts upon the re-synthesis of glycogen, facilitates in the repair of the isles of langerhan of the pancreas, and promotes better production and utilization of insulin. Since this is a balancing compound, its action is to normalize and restore integrity of the organs and glands associated with carbohydrate and sugar metabolism. Use as an adjunct to the daily diet for promoting a greater balance of glucose metabolism within the body.

This formula promotes the body's ability to reduce high blood sugar (hyperglycemia); promotes glandular health and function.

UVA URSI LEAF: (Aristolochia Uva Ursi), Used as a specific in all formulas for bladder and kidney infection and irritation; as part of a formula to dissolve kidney stones; as a major component in a prostate inflammation compound; as a diuretic in the treatment of female disorders and diabetes; to cleanse and strengthen liver and spleen; to control excess mucous discharge in urine and bowels; externally and internally for hemorrhoids and piles.

DANDELION LEAF: (Taraxacum Officinale), An effective diuretic, high in Potassium and vitamins A & D. Used as a specific in a formula to re-

lieve water retention, especially if due to high blood pressure; as part of a liver and gallbladder tonic when there is congestion and jaundice; as part of a formula to overcome anemia and "tired blood"

DANDELION ROOT: (Taraxacum Officinale), It stimulates bile production and helps the body get rid of excess water produced by the diseased liver. Dandelion extracts also benefit the spleen and improve the health of the pancreas.

PARSLEY ROOT & LEAF: (Petroselinum Sativum), A concentrated chlorophyll, B vitamin and potassium source, with broad spectrum healing activity; a strengthening diuretic and specific for liver, kidney and bladder problems; an effective stone dissolving agent, digestive aid, blood tonic, and or immune enhancer. Used as a specific chlorophyll source for toxic blood and degenerative disease formulas; as a key diuretic herb with balancing potassium for water retention; as a specific for digestive improvement.

GENTIAN ROOT, FRENCH: (Gentiana Lutea), A bitters fortifying tonic particularly useful for liver malfunction, bile production, and jaundice. Primary Uses: as a specific for pelvic inflammatory disease (PID), and virally caused venereal infection. Secondary Uses: as part of a formula for sluggish digestion.

BILBERRY LEAF (HUCKLEBERRY, Vaccinium Myrtillus), is used by many naturopathic physicians to treat sugar diabetes, and ailments of the kid-

neys and gallbladder. The herb is one of the best for mild diabetes, and may be especially beneficial for use in "senile" diabetes.

BUCHU: (Barosma Betulina), An antiseptic, diuretic and diaphoretic herb, best known as a remedy for urinary disorders including cystitis and prostate related problems. Primarily used for chronic inflammation of the bladder, irritation of the urethra, uric acid problems, diabetes in the first stages, urine retention, and cystitis of the bladder. Used to treat enlargement of the prostate gland and burning urine.

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KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas. Secondary Uses: as part of an organ cleansing tonic, and for growth of growth of hair and nails. Kelp contains a sugar that is mildly sweet yet does not raise blood sugar levels. It is thought that kelp may someday become a source for a sweetening agent that diabetics can use.

BLADDERWRACK LEAF & STEM: (Fucus Vesiculosus), Another product of the sea, has been effective against nephritis, bladder inflammation, cardiac degeneration, obesity, thyroid problems and menstrual problems.

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, capsules, bath & body products & aromatherapy pillow all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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HELP! I've Let Myself Go!

Welcome to our new column, "Help! I've Let Myself Go!" This column is for all you stressed-out, overweight, sweatpants-wearing, ponytail-bearing women out there who put everyone else's needs before your own and have...well...let yourselves go. You men aren't off the hook, though. We know many of you haven't taken good care of yourselves either, so while many weeks will be directed toward the ladies, you'll get your time, too. If you have any specific health and fitness questions, write to us! We'll answer as many of them as we can in upcoming issues.

"I don't have enough time to workout", "My kids have me running in 10 different directions", "I'm just too tired"... Do these excuses sound familiar? We all have

24 hours in each day. And we're all busy! The main difference between those who have chosen a healthier path and those who haven't is priorities. What are your top six priorities, and where do you and your health fall in line? Until you recognize the importance of yourself and your health, and place value on it, you probably will not make the necessary changes toward a better life.

"But taking the time to go to the gym is just selfish, especially for a mother." First, you do not have to join a gym to become fit and healthy. Second, let me ask you this: How does being frazzled, stressed-out, overweight, disorganized, and snappy make you a better mom than someone who takes an hour several times a week to take care of herself? As women, we tend to be the caretakers. We

schedule, feed, clean, cook, shop, pay bills, and drive everyone to where they need to be. By the end of the day, we're exhausted and if we're lucky, we'll get a good night's sleep—if we can stop thinking about the next day's to-do list—and even if we get decent sleep, it never seems to be enough. But consider this: You can do all this and take better care of everyone if you first take care of yourself!

Are you ready? In order to make long-term, lifelong changes, you must want it from the inside-out. It's okay—and necessary for most—to have the support of others. This external motivation comes in handy on those days when you're ready to throw in the towel. However, you cannot change for anyone else, whether it's quitting smoking for your kids or losing weight for your spouse. YOU must want this change for yourself, because you know it will improve your life. You must have some amount of intrinsic motivation. I call this the first of four "H's", the

Heart level.

Once you've verified that yes, I want this change for myself, because I want a better life, you must next choose to make this change. This is the second "H", the Head level. You're making the commitment to yourself to make this change.

Now it's time to put this change into action—the third "H"—the Hands level. This is where you design your plan and put it into action. What are you trying to accomplish? What are your goals? What is your plan for making your goals and desires a reality? What obstacles will you face? Remember, you know better than anyone what obstacles you're likely to encounter—it's your life! What will you do when you run up

against one of these obstacles? For instance, let's say you've set a goal to walk three days a week for at least 30 minutes. What will you do when it rains, or when a last-minute meeting interferes? Have possible solutions to your obstacles in place to draw upon when they occur—because they will!

The last "H" is Honesty! Sometimes we lie to ourselves to the point where we actually believe our own excuses. Other times we lie to others to help save face. It's time to give up the excuses and be honest about why you haven't been taking good care of yourself and whether or not you're really ready to make this change.

Until next time...take good care of you!

Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. You can reach her at carriemyers.smith@gmail.com.

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By Ronda Marsh

Maple Balsamic Vinaigrette

So tell me, why-oh-why are you wasting your hard-earned money on purchased salad dressing?? I recently looked in my refrigerator and tossed out 4 or 5 different bottles of store-bought dressings that were all expired by at least a year. The scary thing is that they all still looked and smelled perfectly edible; doubtless due the long and quite unpronounceable list of ingredients on the label...things like cellulose (excuse me, isn't that what sponges are made of?!), and Locust Bean Gum (makes me cringe just to say it!). I am pretty confident that if I'd left them undisturbed, those bottles would look and taste the same next year, too. I know that the packaging is attractive, and the taste is what many of us are used to, but trust me, for the most part, this stuff is not good for

you. In my opinion, the reduced calorie versions are even worse, pumped full of all kinds of chemicals to mimic the taste and mouth-feel that can only come from pure, natural ingredients. I don't know about you, but I would prefer to cut calories by having just a little of something tasty and real, rather than drowning a salad in artificial crap. Making your own salad dressing is easy, requires only a few ingredients that you may likely already have in your kitchen, and is not only healthier for you, but per serving costs a mere fraction of any purchased dressing. Did I mention that it takes only a minute to make and it will taste better, too? All compelling reasons to give it a try!

Here is a dressing that I like to keep on hand; not only do I use it on salads, but it



works well as a marinade for pork or chicken, and a tablespoon or so drizzled on asparagus before roasting makes that wonderful spring vegetable taste even better. As with all dressings you make yourself that do not contain a plethora of preservatives, it will keep in the fridge for a week or so, but it's so versatile and yummy, that probably won't be an issue. So grab a canning jar and get creative!

- 1/2 cup light extra-virgin Olive oil, or vegetable oil
- 1/4 cup Balsamic vinegar
- 2 tablespoons Maple syrup (only the real stuff, please!)
- 1 teaspoon Dijon mustard
- Salt & pepper, to taste

Combine all ingredients in a jar with a tight-fitting lid and shake well. Store in refrigerator for up to a week, shaking before each use. Yield: Just under one cup of vinaigrette.

Note: If you choose to use Olive oil, it will harden a bit and get cloudy in the fridge, but will come back to its original state as the dressing warms to room temperature.

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