

# TRENDY TIMES

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## SCHOOL KIDS DNA TODAY Protection For Tomorrow

By Robert Roudebush

The cops were there, well the sheriffs really, brown-uniformed and gold-badged and business-like, and so were the nurses, equally attentive. Everybody was in place for this unusual event at Woodsville Elementary School recently – including the kids themselves too, more than a hundred of them, as well as their teachers and supervisors. Everybody in the school building was aware of what was going on and helped as best they could.

But this was no sudden emergency or tragic happening May 15, 2013. Just the opposite. This was good news, pragmatic preparation today for the near and far future. Well-planned and well-executed, pulled off with good spirit and a prevailing sense of humor, this was sensible action in today's world of the kind of uncertainty that is no longer relegated to only the big cities.

And it all revolved around the completion of a small multi-page folded booklet called the CHILD PRINT I D KIT – one kit for each of about 135 kids at the school, a small package containing an even smaller sealable zip-lock plastic sleeve that would hold two samples of that child's unique life marker, DNA. Within that flat transparent bag would be placed the business end of a cotton swab

with moisture from the child's mouth as well as a small snip-pet of hair from the boy or girl. This was non-invasive, no blood was taken, no puncturing or pricking, just kind of fun stuff the kids didn't seem to mind.

Inside the school, at tables in the cafeteria area, Grafton County Sheriff's Department Deputies worked as one half of several teams alongside Registered Nurse volunteers from Littleton Regional Healthcare, as each child approached to be processed. Ranging in age from pre-K to grade three, some of the youngsters were shy and reluctant, and others, more curious - all were experiencing something new and reacted accordingly. Among the children and adults assembled, there was more of an air of recess than the serious business it was. The young ones were flat-out cute in their youthful innocence and wide-eyed wonder – all were gifts from God and they were on the receiving end of level-headed preparation for the unthinkable, possible on life's road.

DNA wasn't all the information the CHILD PRINT I D KIT holds. Impressed into one page of the kit itself were painstakingly but gently obtained fingerprints from each child, all five fingers from each hand. As well there was room

for a photo of the child, and space for recording the date of the picture and the child's age in the photo. And there was more in terms of information – body silhouettes, front and back, allowing for indications of identifying marks – birthmarks, scars, etc. And of course there is one page in the booklet for personal and medical information including name, nicknames, eye and hair color, blood type, medications usage and chronic allergies or illnesses. Each kit even held a dental chart with instructions that it be completed by the child's dentist at their next visit.

And finally, in the same kit package, there are even a couple pages of "child safety tips" including guidance for parents on what to do for any child in case of injury or loss. Never a pleasant thought, but comfort to be had with sound methods in dealing should it occur.

Nothing was left to chance in certifying that the proper child was correctly paired with the pertinent information being collected into the kit – each approaching child was wearing a typed out name tag, with an adhesive back, placed there by their teachers and those who knew them by sight and name. Each adhesive name tag was lifted from the child's clothing and pressed into place on the front of his or her kit at the time of their processing. The kits,, when they were completed by



Kristyna Champagne RN (middle) registers a student as Sheriff Deputy Barbara Dutile prepares to take finger prints and Darlene Coursey RN prepares the buccal swabs and hair clippings. Photo courtesy of Kevin Peter.

the Sheriff/Nurse processing teams, were collected by the appropriate teachers who made sure they were passed on to the child's parents – those parents were instructed to store the kits in their freezers.

Parents were also advised ahead of time that this identification partnership would take place by a letter/permission form sent out April 22nd. The Cohase Lions Club sponsored this project in an effort to provide parents with valuable information in the event that your child ever goes missing. PLEASE NOTE – we are only collecting samples as a service to your family. We will NOT be submitting any samples or information to any lab, or testing facility. All information will be sent home for you for safekeeping.

Well-recognized service organizations such as the Lions Clubs nationwide, as well as law enforcement agencies throughout the country are active in the program of providing and preparing the CHILD PRINT I D KITS, according to

Deb LaPorte of Your-SafeChild.com. The email there is info@yoursafekid.com

Project Initiator Cindy Fagnant first approached the Cohase Lions Club for funding, contacted SAU 23 Superintendent Bruce Labs, involved the Grafton County Sheriffs, and says she had no trouble lining up nurse volunteers to help get the job done. She points out one of the additional benefits of the recent partnership – "Its good for kids to see people in uniforms aren't scary but helpful to them" Nurse Fagnant speaks of "extending the boundaries" of the identification efforts in the near future, within SAU 23, Bath for example, and also into the areas of Monroe, Littleton and Lisbon, and is assured by the Lions Club of their financial support in upcoming efforts – they fund the purchase of the kits – brought to you with care by the Cohase Lions Club.

Woodsville Elementary Principal Kathleen Clark noted she was "tickled to death" about the effort, and said she had had "excellent family response for this much-needed community service – this is a comfort factor. God-forbid we need it."

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# TRENDY Dining Guide

## Ramunto's Brick Oven Pizza

By Gary Scruton

There are many pizza places scattered around the North Country, the Upper Connecticut River Valley and the Northeast Kingdom. And several of them are franchise type places. And even though Ramunto's Brick Oven Pizza in St. Johnsbury is indeed a franchise, it shows few, if any, of those signs.

Mike and Laura Heath bought this franchise in 2009 from the original owners who had been open only a couple of years. The Ramunto's franchise actually has eight locations in Vermont, New Hampshire and one in Florida. But this location certainly does not have the appearance of a franchise.

The restaurant, located at 1216 Railroad Street in St. Johnsbury, right next to Twin State Ford, has several tables in different rooms. They recently added wait staff during the evening hours so that you can walk in, pick a seat, and then place your order. There are also some surprises, as the night we dined a young musician was on hand doing a very nice job of playing guitar and singing some familiar tunes.

Of course the reason you pick a particular pizza place is for the pizza they serve. Ramunto's brick oven pizza is all

freshly made with as many local ingredients as they can find. Being freshly made does mean that there is a bit of a longer wait from the time of order until the time of serving, but it certainly proved worthwhile. They offer 12", 15", 20" and Sicilian sizes with your normal toppings or gourmet toppings. There is also a good selection of Specialties Pies from California to Old World to Steak Bomb.

Another specialty at Ramunto's is their Calzones. Again freshly made dough and local ingredients make for a wonderful meal. And a meal it is! The menu even warns you that a full Calzone, half size is also available, is HUGE! If you order one for your self you need to be either VERY hungry, or ready to take some home.

And speaking of Calzones, have you ever had one for

dessert? How about a Calzone with sliced Granny Smith apples and some spices? It's not quite your normal apple pie, but it was certainly tasty and well worth another take home box for another taste treat the next day.

The menu also includes many of the other pizzeria staples. Subs, pastas (also made fresh to order) and a long list of Appetizers. That list includes Ramunto's own Garlic Knots. Pizza dough tied in a knot and baked, then topped with garlic butter sauce and mozzarella cheese. (Sounds like a return trip just to try those!)

Like any good pizzeria, Ramunto's also offers free delivery service, and take out service. The staff all seems to be friendly and helpful and they have a nicely produced menu that they are more than happy to share with all of their customers, or potential customers.



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# CHILD SAFETY TIPS

## Clip This And Save This Now – Where You Can Read It Again

(EDITOR'S NOTE -Courtesy of Deb LaPorte of Your-SafeChild.com, TRENDY TIMES presents the following courses of action, lifted directly from CHILD PRINT I D KIT booklets brought to you with care from the Cohase Lions Club – these kits were recently utilized by Grafton County Sheriffs and medical personnel from Littleton Regional Healthcare at Woodsville Elementary School. They are for you and your family.)

- 1 Approach the subject of safety in a non-threatening way. It is important that you don't make your child fearful of dangerous situations or people, but cautious and able to recognize when something is not right.
- 2 Encourage your child to trust his or her intuition – to be able to talk to you when something is bothering them. They should know not to keep secrets from you. Open communication

is very important. REALLY LISTEN TO YOUR CHILD.

- 3 Let your child know that their body belongs to them. No one has the right to touch them inappropriately. If someone is making them feel uncomfortable, they should let you know immediately.
- 4 Inform your child of rules pertaining to strangers. A stranger looks just like any other person and will use several ways to lure a child. The most common ones are –
  - Pretending to look for a lost dog
  - Having candy or money if the child goes to their car with them
  - Telling the child that they'll hurt family members if they do not comply
  - Asking for directions.
- 5 Let your child know that adults DO NOT ask children for help – nor do they threaten them. If they do encounter these situations they should immediately

scream, "NO!" and run quickly in the opposite direction and try to find a trusted adult. They should never approach an unknown car or get into a car with an adult that they don't know. If someone tries to grab them, they should scream, "THIS IS NOT MY PARENT!" to attract attention.

- 6 Share an easily-remembered secret CODE WORD. Tell your child that if anyone approaches them and says that they are a family friend, they must ask for the code word. If the person really is a friend, they will know it. If they don't, then your child should run away as quickly as possible.
- 7 Never label clothing, a backpack, or other personal items with your child's name. An abductor could use this information to try to gain trust.
- 8 Give your child instructions on what to do if they get separated from you in a

supermarket, or other public place. Tell them to go to a check-out counter or information desk, or to approach a security officer or mother with other kids. Then let them know they are lost and looking for their mom or dad.

- 9 Make sure that your child knows his or her full name, address, and phone number. Make sure they know the place where you work, or can be contacted, and how to dial 911. How to reach the operator on any phone.
- 10 Know where your child is at all times. Keep a list of their friend's addresses and phone numbers.
- 11 Remember to update your child's records every 6 – 12 months because of his or her growth.

### IF YOUR CHILD IS MISSING

Try not to panic. First check everywhere in the house, then check with your neighbors and your child's

friends. If you still cannot locate them, immediately call the police.

### THERE IS NO WAITING PERIOD REQUIRED TO REPORT A MISSING CHILD

Give them a description of your child's clothing, along with your CHILD PRINT I D KIT. Let them know when you last saw him/her. Request that your child's name be entered into the National Crime Information Center Missing Person File (NCIC) – that enables any law enforcement agency in the U.S. to identify them. Call the National Center for Missing and Exploited Children at 1-800-THE LOST to have your child entered into their database. Post signs around the neighborhood and town with your child's photo and vital information. Be persistent in your search efforts and keep hope alive that your child will be found and returned home safely.

## The New Hampshire Gymnastics Prep Optional State Championships

The New Hampshire Gymnastics prep optional state championships took place this past weekend in Dover, New Hampshire. The event saw more than 300 competitors over the two days, 25 of which were members of Evergreen Sport Center's competitive gymnastics team in Lisbon, New Hampshire.

The Evergreen competitive gymnastics team practices year round with a competition season extending from December to May. Evergreen has gymnasts competing in all four levels of the prep optional gymnastics program, Bronze, Silver, Gold, and Platinum.

In the Bronze level, for the 6-8 year old age group, Emma Gray, 8, of Wells River, Vermont had a fourth place finish on bars with an 8.95 and finished sixth in the all-around with a 35.35. Lexi Rexford, 8, of Littleton had a second place finish on Vault with a 9.45 and finished seventh in the all-around with a 35.25. Grace Hall, 8, of Lisbon had a third place finish on beam with a 9.225, coming in ninth in the all-around with a 34.85. Ella Gaulin, 8, of Littleton finished fourth on

Bars with an 8.95.

In the Silver level 6-9 year old age group, Larkin Kern, 9, of Sugar Hill was state champion on the floor exercise with a 9.425 finishing fourth in the all-around with a 36.125. Kern also placed fifth on beam with a 9.025 and sixth on bars with a 9.15. Isabella Cronin, 9, of Whitefield followed Kern finishing fifth in the all-around with a 36.025. Cronin finished fifth on beam with a 9.175 as well as fifth on floor with a 9.3. Christian Veltri, 10, of Lancaster had a fourth place finish on beam with a 9.15 for her age group. The girls won an eighth place trophy for their work as a team.

In the Gold level, for the 14+ age group, Emily McCormack, 13, of Lisbon finished second on floor exercise with a 9.45 placing

her sixth in the all-around with a 35.625. Becky Stockley, 13, also of Lisbon, was the vault state champion with a score of 9.1. In the 13 year old age group, Emma Hudson, 13, of Vermont had a second place finish on Vault with a 9.025 and finished sixth in the all-around with a 35.3. In the 6-12 year old age group Britney Le, 12, of Littleton was state champion on the floor exercise with a 9.7 and finished fifth in the all-around with a 35.725. Francesca Veltri, 12, of Lancaster finished fifth on the floor with a 9.2.

In the Platinum level Evergreen has one competitor, Alicia Brisson, 12, of Vermont. Brisson finished second on vault with an 8.475 and came in seventh in the all-around with a 34.125.

This year gymnasts in the Silver, Gold, and Platinum levels were presented with the opportunity to qualify for a regional competition taking place in Boxboro, Massachusetts the weekend of June 8-9. The region VI

competition will include competitors from all of New England and New York. McCormack, Hudson, Le, and Brisson's performances earned them each a place in the regional competition.

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# Jean's Teens Bring Seussical, Jr. To Life In Lincoln

Jean's Teens, a community theater group featuring young local performers, has been hard at work for the past month staging the wacky world of Dr. Seuss in the musical, *Seussical, Jr.* Directed by Vicki Etchings, who last directed *A Christmas Carol* and *A Funny Thing Happened on the Way to the Forum* at Jean's Playhouse, *Seussical, Jr.* showcases the talents of sixteen 9- to 17- year-olds as they bring to life the strange and otherworldly characters from Dr. Seuss' long career of creating children's literature for all ages.

Hanna Olivier, a fifteen-year-old home-schooled student from Lincoln, plays one of the few human characters in the show, the Mayor of the Whos. Miss Olivier, who was last seen on the Jean's Playhouse stage as Fan in *A Christmas Carol*, explains that one of the recurring lines in the show, "A person is a person no matter how small," exposes the theme running through the play and as many of us can remember Dr. Seuss' eclectic body of work. The creative process of staging the play and getting "into character" has been affirmative and stimulating for Miss Olivier, who says that "Vicki encourages us to use our imagination and be the character as we see it."

*Seussical, Jr.* will be



From left: *Wickersham* (Noah Olivier), *Bird Girl* (Kaitlyn Peck), *the Cat in the Hat* (Chris Torlone), and *Wickersham* (Lauren Peck)

playing at Jean's Playhouse on Saturday, June 1st at 2:00 pm and Sunday, June 2nd at 7:30 pm. Tickets are \$15 for all ages and may be purchased at [www.jeansplayhouse.com](http://www.jeansplayhouse.com) or over the phone at (603) 745-2141. Meet the Cat in the Hat, Horton the Elephant, JoJo, Mazie and all your other favorite Seussian characters in this fabulous show. You will like it better than *Green Eggs and Ham*, but you can't watch it there you can only watch it at Jean's Playhouse!

Also opening the same weekend is *Adventure Improv*, which returns to com-

mence our stellar professional summer season! Audiences roar with laughter as our company actors perform from the top of their heads and fly by the seat of their pants, creating hilarious scenes through games and sketches. You can participate by yelling out your ideas or sit back and enjoy all the fun in this family-friendly improvisational cavalcade of jocularly. Performances run Saturday, June 1st, Friday, June 7th and Saturday, June 8th at 7:30 pm and Sunday, June 9th at 2:00 pm; tickets are \$20 for all ages.

## NEK Chamber Citizen Of Year Dinner Details Announced

The Rev. Jay Sprout, the St. Johnsbury pastor selected the Northeast Kingdom Chamber 2013 Citizen of the Year, will be honored at a special combination dinner and retirement party on Saturday, June 22, at 5:30 p.m., at the North Congregational Church, 1325 Main St., St. Johnsbury.

The Rev. Sprout received the award for his extensive commitment to his congregation and community, as well as a host of other organizations, including First Night St. Johnsbury, North Country Chorus, Pumpkin Hill Singers, Kingdom Community Services, St. Johnsbury Players and the Salvation Army.

The cost of the dinner is

\$16 per person. To keep the cost of the meal down, the meal will be buffet style with family-style seating in the basement of the North Congregational Church, possibly outside if the weather permits. The meal will feature chicken, pasta, pulled pork, salads and a selection of desserts. Please RSVP by June 15 so we can alert the caterer of those attending.

The social hour will start at 5:30 p.m., with the dinner starting at 6 p.m. The Citizen of the Year presentation and retirement party is expected to start around 7:30 p.m. in the church sanctuary. The program will include a light roast/toast award presentation and musical performances by Bob Amos and the

Pumpkin Hill Singers. Guests need not attend the dinner to attend the event upstairs.

Friends and colleagues are encouraged to send congratulatory cards to the chamber so they can be included in a memory book for the Rev. Sprout. The address of the chamber is 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819. People may also drop by cards at the chamber's Green Mountain Mall office.

For more information on this event or to reserve a spot, contact the NEK Chamber at 802-748-3678 or e-mail at [nekinfo@nekchamber.com](mailto:nekinfo@nekchamber.com).

# Giving Back To The Community: Garnet Hill's Fifth Annual Cleanup Day At Copper Cannon

FRANCONIA, NH--May 13, 2013--Garnet Hill employees arrived with paintbrushes, work gloves, hammers, shovels, and rakes Thursday, May 9, for Garnet Hill's Fifth Annual Community Service Day to help open Copper Cannon, a local camp that serves underprivileged New Hampshire youth. Since its inception in 1963, the camp has served more than 20,000 children in New Hampshire with a week of free summer camp. This year Copper Cannon will be celebrating its 50th anniversary.

"Copper Cannon offers lifelong memories for the children who attend camp, and their families as well," said Peter Christnacht, executive director of Copper Cannon "Receiving this kind of support from local companies and organizations such as the New Hampshire Elks Club has provided so many kids with the summer camp experience of a lifetime, regardless of income."

The Garnet Hill cleanup day and the spirit of giving back set the tone for the season, and the spirit of giving back is contagious. When Snapper Rock, a Garnet Hill Kids supplier, learned about the community service day at Copper Cannon, the company donated more than 450 pieces of new swimwear for the campers and came to take part. "It was an honor to



*The 2013 Garnet Hill Copper Cannon Cleanup team*

be invited to be part of the Garnet Hill team today, to participate in the Copper Cannon cleanup, and to do this for the children of New Hampshire," said Julie Rich of Snapper Rock. "Garnet Hill's philosophy of 'giving back' is very aligned with Snapper Rock. It was great to be able to work side by side today instead of across the table from one another."

Garnet Hill president Russ Gaitskill said, "Garnet Hill has participated in the Copper Cannon cleanup for the past 5 years. We are so proud to have made an impact in children's camp experience through building new tent platforms, forging new trails, and prepping the camp for opening day. "Copper Cannon is a Garnet Hill tradition. It is a team-building experience that brings people together for a worthy cause."

This year, employees were asked what it means to them personally to give back and participate in the Com-

munity Service Day at Copper Cannon.

"My favorite part is standing there at the end of the day and seeing what we've accomplished together — there is nothing like it," said Sandy Hamilton.

"It means being a little sore today, but the amazing stories you hear about that camp make it all worth it. I wouldn't trade it for anything," Mary Tremblay said.

"It means interacting with your co-workers on a different level, while working for a cause that's really worthwhile," said Christi Gignac.

"It means coming back every year and seeing the difference good teamwork makes," Kate Cook said.

"To me, it means happy children. And I believe happy children create a happy world," said Jae Kim.

"It means that my small effort seems to be helping kids who would otherwise have had a very different kind of summer," Courtney Brady said.

# OCT Holds Auditions For WW II Drama "Mr. Roberts"

BRADFORD, VT: Old Church Theater is holding open auditions for "Mr. Roberts" on June 1 and 2 at 2pm at their theater at 137 North Main St in Bradford. Written by Thomas Heggen and Joshua Logan and directed by Peter Richards, "Mr. Roberts" will be presented in for two weekends in mid-August. Richards has directed many plays, most recently "On Golden Pond", "Gin Game" and "The Curious Savage".

"Mr. Roberts" was made famous by the film featuring Henry Fonda. This World War II drama needs 16 men, with many small roles for those wishing to try out acting for the first time. The story takes place in the closing days of the war in the Pacific where Lt. Roberts is the buffer between

the crew of a supply ship and the Captain, who chooses to exercise his power by strict rule. The drama of war and its bittersweet humor is the hallmark of this classic play.

For information, visit [www.oldchurchtheater.org](http://www.oldchurchtheater.org) or call director Richards at 802-222-5801. Open auditions means anyone may audition for any role. You may come with prepared material or ask the director to audition you from the script of the "Mr. Roberts".

Old Church Theater is in its 28th year of community theater: The first show of the season, "Catch Me If You Can!" closed May 12. The next show is a comedy, "Let's Murder Marsha!" opening June 7th, with "Heidi" opening July 12th.

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

May 28, 2013 Volume 4 Number 17



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Needed: 16 men, 1 woman  
Auditions open to all!

# AUDITIONS

June 1&2 at 2pm  
137 N. Main St, Bradford

# "Mr. Roberts"

WW II drama

(Performances August 16-17-18 and 23-24-25)  
Directed by Peter Richards

[www.oldchurchtheater.org](http://www.oldchurchtheater.org)

For more info or to request alternate audition time call 802-222-5801



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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!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

## SUNDAYS

**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

## FRIDAYS

**LYNDON FARMERS MARKET**  
3:00 PM – 7:00 PM  
Bandstand Park, Rt 5, Lyndonville  
*See ad on page 8*

## AA MEETING (OPEN DISCUSSION)

8:00 PM – 9:00 PM  
Methodist Church, Maple Street, Woodsville

## WEDNESDAY, MAY 29 TO

**FRIDAY, JUNE 7**  
**PLANT AND SEED DROP, SWAP & SALE**  
St. Johnsbury Food Co-op, 490 Portland St.  
*See article on page 16*

## THURSDAY, MAY 30

**TRADITIONAL MEMORIAL DAY**  
Please fly your flag at half-staff

## ANNUAL GHOST WALK

7:00 PM  
Center Cemetery, West Bath

## FRIDAY, MAY 31

**PINEHILL SINGERS**  
7:00 PM  
Alumni Hall, Court Street, Haverhill

## JUNE 1-15

**20TH ANNUAL FIELDS OF LUPINE FESTIVAL**  
Sugarhill/Franconia  
*See ad on page 7*

## SATURDAY, JUNE 1

**HOSPICE WALK-A-THON**  
8:30 AM Registration  
North Country Home Health & Hospice Agency  
536 Cottage St, Littleton  
*See article on page 7*

## 3RD ANNUAL TENNEY FEST

9:00 AM – 2:00 PM  
Tenney Memorial Library

## SEUSSICAL JR.

2:00 PM  
Jean's Playhouse, Lincoln  
*See article on page 4*

## MISTER ROBERTS AUDITIONS

2:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## SUNDAY, JUNE 2

**BGC TEE IT UP FOR KIDS  
GOLF TOURNAMENT**  
8:00 AM Shotgun Start / For Boys & Girls Club  
Maplewood, Bethlehem

## MISTER ROBERTS AUDITIONS

2:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 5*

## CONVERSATION WITH SYDNEY LEA

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

## PINEHILL SINGERS

4:00 PM  
Sugarhill Meeting House

## SEUSSICAL JR.

7:30 PM  
Jean's Playhouse, Lincoln  
*See article on page 4*

## MONDAY, JUNE 3

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## DAVE FALKENHAM - EMERALD ASH BORER

7:30 PM  
Pine Grove Grange #298, Bath Town Hall

## TUESDAY, JUNE 4

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, JUNE 5

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

## THURSDAY, JUNE 6

**3 RIVERS BUSINESS ASSOCIATION  
MONTHLY MEETING**  
6:00 PM  
All Access Realty Office, All Seasons Plaza  
Woodsville

## FRIDAY, JUNE 7

**DINNER OUT - BOYS & GIRLS CLUB OF  
THE NORTH COUNTRY**  
5:00 PM – 9:00 PM  
The Beal House, Littleton

## SATURDAY, JUNE 8

**SPECIAL SATURDAY OPEN HOUSE**  
10:00 AM – 2:00 PM  
Bradford Historical Society Museum,  
3rd Floor, Bradford Academy

## ACCOUSTIC MUSIC JAM

1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## SUNDAY, JUNE 9

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

## LITTLETON FARMERS MARKET

10:00 AM – 1:00 PM Music - Bobby and Me  
*See article page 11*

## HAVERHILL LETTERS OF MYRA MONTGOMERY

2:00 PM  
Alumni Hall, Haverhill  
*See article and ad on page 7*

## MONDAY, JUNE 10

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

## TUESDAY, JUNE 11

**OFF THE MAP AUDITIONS**  
6:30 PM  
Universalist Church of St. Johnsbury  
*See article on page 9*

## NIFTY NEEDLES GROUP MEETING

7:00 PM – 9:00 PM  
Groton Free Public Library  
*See article on page 7*

## WEDNESDAY, JUNE 12

**FOOD SAFETY TRAINING WORKSHOP**  
9:00 AM – 11:00 AM and 2:00 PM – 4:00 PM  
Grafton County Extension Office, North Haverhill  
*See article on page 8*

## MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

## OFF THE MAP AUDITIONS

6:30 PM  
Universalist Church of St. Johnsbury  
*See article on page 9*

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

*Submit your entries by:*

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: [gary@trendytimes.com](mailto:gary@trendytimes.com)

**Deadline for submissions is Thursday, June 6th for our June 11th issue.**

# 2013 Hospice Walk-A-Thon

On Saturday June 1, 2013 North Country Home Health and Hospice Agency will host their annual Hospice walk-a-thon to raise funds in support of the hospice program.

The walk-a-thon, held rain or shine, takes place at North Country Home Health & Hospice Agency, 536 Cottage St. Littleton. Registration is from 8:30-9 am.

Walkers are encouraged to get sponsorship but may opt to pay a nominal admission fee instead.

The event is open to the community and is the major fundraising event specific to the hospice program. To obtain a walk-a-thon registration form call NCHHA at 444-5317 or stop by to pick one up. We hope to see you on June 1st for the walk!

## Groton Free Public Library

Sun, June 2, 3:00pm: A Conversation with Sydney Lea. Sydney Lea, Poet Laureate of Vermont, will join us to share his award-winning writing and lifelong passion for the natural world.

Tues, June 11, 7-9pm: Nifty Needles. Groton's "Nifty Needles" Group meets the 2nd Tuesday of every month. Evening is geared towards quilting, but knitters, rug hookers, and needle artists are welcome to come and join us for inspiration, techniques, and camaraderie! Facilitated by local master quilter Mary Schilke.

Mon, June 17, 6:30pm: YA: Between the Covers. Book Club for teen and adult readers! This group meets the 3rd Monday of every month. The book for June, "The Book Thief" by Markus Zusak, is available at the library for lending.

Every Tuesday, 6:30-7:30pm: Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Span-

ish or to reinforce their beginning skills. Drop-ins welcome!

Every Wednesday, 1-3pm: Crafts and Conversation. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open M (2:30-7) W (10-4) Th (10-12) F (2:30-7) Sa (10-12).

Interested in volunteering? 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 an SD card reader.

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

# "To Vegetate In The Country..." 7

## The Haverhill Letters Of Myra Montgomery, 1813-1817



Have you ever wondered what life was like in the early years of 19th century in the North Country? Many of us imagine life in the rural Connecticut Valley two centuries ago to have been a quiet, slow round of planting and harvest, of raising families and burying the dead. As Haverhill resident Myra Montgomery put it, even back then city people imagined that their county cousins lived lives of "undisturbed calm in which one is allowed to vegetate in the country." In actuality, life then was as complicated as our lives today. Listen in on detailed accounts of gossip, weather, fashion, bereavement and much more as told by the clever, vivacious Myra Montgomery (1794-1817). She will introduce you to Haverhill of the 1810s, the townspeople, their lives, their joys & sorrows.

Approximately a dozen typescript letters written primarily by Myra Montgomery (October 1, 1794-April 14, 1817) to her cousin and subsequently, fiancé, Horace Henry Goodman (December 22, 1785-January 3, 1849) survive in the

collections of the Haverhill (NH) Historical Society and at the New Hampshire Historical Society. Although the letters are small in number, Dr. Alexander will reveal how this valuable source of information sheds new light on an affluent young woman and her family in the early Republic. While living in a rural town, she had access to much wider intellectual, artistic and literary circles through her Boston education at the progressive Mrs. Susanna Rowson's School and due to Haverhill's role as the seat of the Grafton County court, which attracted several hundred individuals throughout the year.

Join us on Sunday, June 9th at 2:00PM in Alumni Hall, 75 Court Street, Haverhill, NH, as historian Dr. Kimberly Alexander shares a glimpse into the lives of Myra and the other residents and visitors to Haverhill. Her forthcoming Historical New Hampshire article "So Dreary an Aspect: The Haverhill Letters of Myra Montgomery, 1813-1817" is dedicated to the late John Page and is the result of two decades of research. Myra Montgomery became ill in No-

ember of 1816, and succumbed to what was most likely consumption. She died on April 14, 1817 in the house where she lived most of her short life. You can visit Myra's burial site, along with that of her father, General John Montgomery, her mother and step mother, Patience, at the Ladd Street Cemetery, not far from where her home still stands along the Oliverian Brook at the junction of Routes 10 & 25 in Haverhill, NH.

Kimberly S. Alexander is a historian of 18th & 19th century material culture and Adjunct Faculty in History at UNH, Durham, where she teaches museum studies and New England material culture. She earned the Ph.D. in Art History from Boston University. Founding Curator of Architecture and Design at the MIT Museum, Kimberly went on to serve as Curator of Architecture and Design at the Peabody Essex Museum in Salem, MA and was Chief Curator of Strawberry Banke Museum in Portsmouth, NH. She lectures and publishes on New England women's fashion, diaries, architecture and travel in early America and the world.

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**A YEAR OF CELEBRATIONS**  
 A YEAR OF MEMORIES

**"To Vegetate in the Country..."**  
**The Haverhill Letters of Myra Montgomery,**  
**1813-1817**  
**Sunday, June 9th at 2:00PM**  
**Alumni Hall, 75 Court Street, Haverhill, NH**

Have you ever wondered what life was like in the early years of the 19th century in the North Country? Many of us imagine life in the rural Connecticut Valley two centuries ago to have been a quiet, slow round of planting, harvesting, raising families and burying the dead. As Haverhill resident Myra Montgomery put it, back then city people imagined that their county cousins lived lives of "undisturbed calm in which one is allowed to vegetate in the country." In actuality, life then was as complicated as our lives today. Listen in on detailed accounts of gossip, weather, fashion, bereavement and much more as told by the clever, vivacious Myra Montgomery (1794-1817). Dr. Kimberly Alexander will introduce you to Haverhill of the 1810s, the townspeople, their lives, their joys & sorrows.

Sponsored by the Haverhill Historical Society  
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**20TH ANNUAL FIELDS OF LUPINE FESTIVAL**

June 1-15: Concerts, Inn Tours, Unique Events  
 Full Festival Calendar in Festival Tour Book

June 1: Lupine Festival Parade, 11 am – Franconia  
 June 11: Swing & Sweets with Swing North Big Band  
 June 15: Art Show and The Taste of the Lupine Festival  
 Lupine Festival Open Air Markets  
 10 am – 4 pm, Rain or Shine  
 June 1-2: Dow Field, Franconia  
 June 8-9: Sugar Hill Meetinghouse

Over 50 Vendors – Something for Everyone!  
 Artisan Demonstrations, Local Businesses & Non-Profits, Luncheon Entrees  
 Seminars & Workshops at Sugar Hill Market  
 NH History, Digital Photography, NH Wildlife, and More  
 June 9, 1 pm: Free Concert with Uncommon Folk  
 Sugar Hill Meetinghouse, Rain or Shine  
 For More Festival Info: 603-823-5661 or 603-823-8000  
 www.lupinefestival.org or www.HarmansCheese.com/lupine

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 Space still available at both markets:  
**Contact Cheese@Harmanscheese.com**  
**or 603-823-8000**

8 **DO WELL & DO GOOD**  
**Smart Financial Strategies For**  
**Charitable Giving Discussion**

What is the best way to support my favorite organizations?

Are some assets better to give than others?

Should I give now or through my estate?

Is there a way to increase my income now and leave a charitable gift later?

How can I be sure my gift will be well managed?

What is a community foundation?

What is a donor advised fund?

Thursday, June 13th,

3:00 pm. - Lincoln Public Library, 22 Church St. Lincoln, NH

Presenter: Linda Gray, Senior Philanthropy Advisor, New Hampshire Charitable Foundation

Hosts: Rob Normandin & Troy Neily, Investment Advisors - Flatiron Financial Group, Lincoln, NH

Refreshments will be served. To reserve a seat at this event, RSVP to Carol Riley - Library Director 603-745-8159 library@lincoln.nh.org www.lincoln.lib.nh.us

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# A Good Time To Downsize

By *Elinor P. Mawson*

There comes a time in everyone's life when there is a need to downsize. The only problem is that nobody really knows when that time is. Maybe it's a move to the Home or a smaller place. It could be a decision to move into a child's "mother in law" room.

Then there is the problem of what to get rid of. Here, everyone is different; should it be the furniture? The decorations? The porch or lawn stuff? All of it? Where to start?

Of course, if you ask for advice, everyone will say something different, leaving you with no answers at all!

Then, how will you dispose of all this "stuff"? A yard sale? Give it away? An auction? All of the above? And what will you do with the items that are invariably left over?

Eventually you will come up with a solution, and your downsizing will begin in earnest. Of course, in between you will have made a decision on what your next move will be, and what you will be saving.

Our downsizing began several years before I retired. We lived in a rather large house with a rather large yard. I began by packing 3 boxes a day with items that would eventually go to auction. Fortunately we didn't have any concrete plans about where we would end up, or have any time con-

straints. And fortunately, we had plenty of storage space which had gotten us into trouble in the first place.

We had a rather large garage with a loft which was always full of "stuff". Every Spring we would back up our truck and fill it with things we didn't really need, and wonder why we had gathered it to begin with. A couple trips to the dump and the space was ready to fill up again.

After three years we were ready to part with most of our belongings. The auction items went to a local sale. We had several yard sales. We gave a load of things away--mainly clothes and household items --and were ready to move.

The only problem was that we didn't have a place to go. We loaded up a rented storage trailer and moved it to our son's yard. We took some better things to store at camp, and the rest went to a friend's garage. Then we went to live in an apartment at the beach for the last year of my teaching career.

Every so often, we would open the storage trailer and send some more things to auction.

When at last we had a home to go to, we got rid of some more things and said goodbye to the trailer and emptied our friend's garage. There was no room for the items at camp, so we left them there.

In the meantime, we had

moved several times, living in a garage, as well as a former grange hall.

And then we had the fire. Our camp burned to the ground, taking everything including my antiques inventory and all the special things we had moved there. it was like a death in the family--we mourned our "things" but especially our camp which represented years of wonderful times and fabulous memories.

As we looked over the last 7 years since our house had sold, we realized that we were no longer encumbered with the things we had amassed over the previous 4 decades. By this time, we owned four rooms of furniture and not much else.

So we rebuilt--not another camp, but a house, and moved in. After a couple of years, the place was just about the way we wanted it, but was missing something. So we started acquiring some decorative items to put on the walls.

We love our house. We love the fact that we are in our "forever" place. After 11 moves in 50-something years we will move no more.

The old folks have a saying: "Two moves is as good as a fire." Downsizing is a wonderful thing--as long as it can be permanent.

Unfortunately, after 8 years of living here, we have started "upsizing".

I don't think the old folks have a saying for that.

## Food Safety Training Offered

UNH Cooperative Extension will be presenting two free workshops on safe food handling. This training opportunity is designed for food managers and workers in restaurants, grocery or convenience stores and schools. The program is a great overview for new employees and the perfect re-

freshener course for more experienced staff.

The workshops are being held on Wednesday, June 12th at the Grafton County Extension Office in the County Complex in North Haverhill. The morning class will run from 9-11 a.m. and the afternoon class from 2-4 p.m. The workshops will be

presented by Extension Field Specialist, Deb Maes. Maes is a certified ServSafe® instructor with more than 20 years of experience as a food safety trainer.

The Safety Awareness in the Food Environment (SAFE) workshop explores the alternatives and consequences of various "risky" situations that can happen in any food service establishment. SAFE reviews critical food safety and sanitation concepts such as personal hygiene, preventing cross contamination and controlling time and temperature. Certificates of attendance will be issued.

For more information, or to register, call the Grafton County office of UNH Cooperative Extension at 787-6944 or e-mail Teresa.locke@unh.edu. Pre-registration is requested by June 10th.

*Thank you*

I cannot tell those of you who made it to my birthday party on April 21st how much I enjoyed seeing you, old friends, new friends, and even a few I've driven crazy over the years. I appreciate you taking the time to party with me, and appreciate the efforts of the organizers, Don and Donna Bagley, Janice Sackett, Lawrence Clark and Katherine. For the kind words, thank you to Charlie Chandler, Luanne Clar, Ray Burton and Brenda Polidoro. I look forward to seeing all of you again soon, but do mark your calendar for our next party in 10 years. Thank you all!

Lyle Moody, Warren, NH

May 28, 2013 Volume 4 Number 17  
 Not all Times are Trendy but there will always be Trendy Times

# A Soldier Died Today

By A. Lawrence Vaincourt.

He was getting old and paunchy  
And his hair was falling fast,  
And he sat around the Legion,  
Telling stories of the past.

Of a war that he once fought in  
And the deeds that he had done,  
In his exploits with his buddies;  
They were heroes, every one.

And 'tho sometimes to his neighbors  
His tales became a joke,  
All his buddies listened quietly  
For they knew where of he spoke.

But we'll hear his tales no longer,  
For ol' Joe has passed away,  
And the world's a little poorer  
For a Soldier died today.

He won't be mourned by many,  
Just his children and his wife.  
For he lived an ordinary,  
Very quiet sort of life.

He held a job and raised a family,  
Going quietly on his way;  
And the world won't note his passing,  
'Tho a Soldier died today.

When politicians leave this earth,  
Their bodies lie in state,  
While thousands note their passing,  
And proclaim that they were great.

Papers tell of their life stories  
>From the time that they were young  
But the passing of a Soldier  
Goes unnoticed, and unsung.

Is the greatest contribution  
To the welfare of our land,  
Some jerk who breaks his promise  
And cons his fellow man?

Or the ordinary fellow  
Who in times of war and strife,  
Goes off to serve his country  
And offers up his life?

The politician's stipend  
And the style in which he lives,  
Are often disproportionate,  
To the service that he gives.

While the ordinary Soldier,  
Who offered up his all,  
Is paid off with a medal  
And perhaps a pension, small.

It is not the politicians  
With their compromise and ploys,  
Who won for us the freedom  
That our country now enjoys.

Should you find yourself in danger,  
With your enemies at hand,  
Would you really want some cop-out,  
With his ever waffling stand?

Or would you want a Soldier  
His home, his country, his kin,  
Just a common Soldier,  
Who would fight until the end.

He was just a common Soldier,  
And his ranks are growing thin,  
But his presence should remind us  
We may need his likes again.

For when countries are in conflict,  
We find the Soldier's part  
Is to clean up all the troubles  
That the politicians start.

If we cannot do him honor  
While he's here to hear the praise,  
Then at least let's give him homage  
At the ending of his days.

Perhaps just a simple headline  
In the paper that might say:  
"OUR COUNTRY IS IN MOURNING,  
A SOLDIER DIED TODAY."

New Hampshire Governor Maggie Hassan has issued a proclamation declaring Thursday, May 30, 2013 Memorial Day in the State of New Hampshire. Please fly flags at half-staff all day.

# St. Johnsbury Players Hold Auditions For Off the Map

The St. Johnsbury Players will be holding auditions for their summer production, "Off the Map" by Joan Ackermann. In this coming-of-age story, Bo Groden recalls her unusual childhood, living "off the grid" with her parents in rural New Mexico. Her world is turned upside-down by the arrival of William Gibbs, an IRS agent who arrives to audit the Grodens and never leaves. The play depicts Bo's desperation for a more conventional life, her father's struggle with depression, the

unending love and devotion of Bo's mother, Arlene, and her godfather, George, and William Gibbs' transformation from IRS agent to renowned artist. Parts are available for two women, three men, and one girl age 11-14. Auditions will be held on Tuesday and Wednesday, June 11 and 12 at 6:30 PM at the Universalist Church of St. Johnsbury. For more details, contact director Sarah Bengston at 802-274-4496, or visit the St. Johnsbury Players on Facebook.

**This space FOR RENT!**

**\$12.00 or less!**

**Call Gary at 603-747-2887**

**or email [gary@trendytimes.com](mailto:gary@trendytimes.com)**

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The Traveling Wall was set up and ready to welcome visitors at noon on Thursday, May 23. Thanks to Railway Farm And Garden of Woodsville for the plants.



While some simply looked at the list of names, others were looking for one or more specific names.



The 80% replica of the Vietnam Wall was too long to be laid out straight. It therefore was given a right angle.



Several speakers were on hand during the recent visit of the American Veterans Traveling Tribute. The Haverhill/Newbury 250th group spearheaded the effort to bring this meaningful display to the North Haverhill Fairgrounds. Haverhill VFW Memorial Post #5245 and Ross-Wood Post #20 American Legion were lead contributors to the funding of this event. All of the above photos courtesy of Michele Avery.

Volume 4 Number 17  
May 28, 2013  
Not all Times are Trendy but there will always be Trendy Times

**NORTH HAVERHILL, NH - New Listing -** Well away from busy Pt. 10, on very nice level half acre lot + this super efficient ranch will save you lots of heating cost! Featuring a lovely modern kitchen, lots of living area up & downstairs, with 2 full baths, 2 car garage & mini garage for the toys. Quiet attractive neighborhood. \$182,500.

**NORTH HAVERHILL, NH - New Listing -** Lovely 7 Room Ranch situated on level 3.11 Acres. Living Room, Dining Area & Kitchen with a very open concept & vaulted ceiling. Master Bedroom w/bath & 2 additional bedrooms, main bath, slider from dining area to deck overlooking near yard w/variety of fruit trees. Two good size sheds, 2 car attached garage, full basement & generator. Nicely landscaped & bring the horses. Neat as a pin. Move right in. \$187,000.

**HAVERHILL, NH - New Listing -** Offering a Charming Cape in Haverhill Corners. Large farmers kitchen, family room with woodstove capable of whole house heating, Living room, Dining Room, 3 Bedrooms, 2 car attached garage plus a 32 x 56 barn with huge loft. Lot 1.01 Acres. Great price \$122,500.

**BATH, NH - New Listing -** Large Two Story home with 4300 sq ft living area on nice one acre lot perched above Bell Village offers an opportunity for a large one family home or a two family home. Great location for small business right on Rt. 302 with very nice set back. Comes with new terrace, lots of charm and remodeling will be required in some areas. Some nice features from the 1800's worth preserving. \$89,500.

**HAVERHILL, NH - You Can Not Go Wrong** with this Energy Star Rated- Brand New 14 x 72 mobile home. Open the front door and welcome home. Spacious Living Room open to the Kitchen with plenty of cabinets & counter space, and bedrooms, 2 full baths and laundry area. Heavy insulation in the floors, walls and ceiling. A list of upgrades are available. Great park. Easy commuting. Call Today! \$56,000

**NEWBURY, VT - Opportunity Knocks -** Place your single or double wide home on this 1.3 Acres in the desirable town of Newbury. Water and septic already installed, power at site. Situated on a paved road, views into New Hampshire, close to RT.5. \$42,500

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# Saturday, May 18, 2013 Haverhill/ Newbury Founders Day

Founders Day was one of the main activities for the Haverhill/Newbury 250th committee as the two towns celebrate this milestone together.

The 250th committee has produced several souvenir items, such as t-shirts and mugs. The committee has also produced a 160-page book that includes historical as well as current articles. Any of these products can be ordered online by visiting [celebrate250.org](http://celebrate250.org). They will also be available at any and all upcoming 250th events.

For a complete listing of all upcoming events check the website or look for posters and ads.



*Hod Symes was the coordinator and one of several speakers at the REC Building in Woodsville that kicked off a full day of remembrances and celebration.*



*John Cobb, a direct descendent of Jacob Bailey one of the founders of Newbury, receives a copy of the charter that was signed by Governor Wentworth in 1763.*



*Wells River resident and 250th Committee member Richard M. Roderick was one of several speakers during Founders Day Celebrations in Newbury Village. His bowtie is a souvenir from the Bicentennial in 1963. The Celebration photos are courtesy of Janis Moore.*

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## Littleton Farmers Market “The Place to Be”

Littleton Farmers market is under new management and looking forward to an exciting new year. The market is open Sunday's 10-1 and runs June 9th thru October 13th. We invite you to enjoy the open-air market with its scenic views of the running river, covered bridge and grist mill.

This year we will have 30 plus vendors. All of your old favorites will be there as well as some exciting new ones. In addition to local grown vegetables, meats, cheese and baked goods you can look forward to fresh ground, pour-over coffee, hand made chocolates, and so much more. We have also scheduled a number of exciting special events that will take place at the market throughout the summer. As always we will continue to have musicians, however we will also have demonstrations by local artists, book signings by local authors, a magician, and a children's weekend. We will also be sponsoring two Shakespeare productions by Theater under the stars.

The market has always been a wonderful place to do some shopping and spend a Sunday. So come on down, check out the events, and join us at the Littleton farmers market, the place to be this summer.

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**MISC:** TRUNK \$20, lamps \$10, old typewriter with case \$10, tools \$10, artificial Christmas tree \$10. 802-748-6911 05.28

**PANASONIC 23" TV** with remote. \$40 OBO 802-274-1560 05.28

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**1989 CHEVY FIEST G20 CAMPER VAN,** 89K, no rust, solid, new exhaust, new inverter, new serpentine belt, new tires. We used it to go across country once, no longer needed. Decent shape, over \$3500 into it, will take \$3000. Can email photos, Littleton, NH area 603-616-8537. 05.28

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**WOODEN OX CART,** similar to VT Garden Cart. Large, 4'x32" wide x 16" deep, 26" wheels, cost \$340 new, asking \$150 or BRO. Photo available. 603-272-4954 5.28

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**JELLY CABINET:** Antique White Jelly Cabinet. Picture available. 802-505-1527. \$200. 04.30

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**BALDWIN BLOCK - ALL** utilities with central elevator. - 31 Main St - 1 BD; \$650

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Haverhill, NH - Howard W. Evans, 91, died on Saturday, May 11, 2013, at his home.

He was born in Wentworth, NH, on January 12, 1922, a son of Claude B. and Mary (Crane) Evans.

He attended Wentworth Grammar School and was able to go by train to Plymouth (NH) High School, graduating in 1940. He enrolled in Plymouth Teacher's College in the Class of 1944, but was inducted into the US Army in October 1942.

He trained in the Infantry in Florida, Tennessee, Arizona, and Kansas before going overseas with the 79th Infantry Division in 1944 to England.

He arrived at Utah Beach soon after D-Day, and was involved in the capture of Cherbourg and in the campaigns near Mantes-Gassicourt, Nord Wind, and the Ruhr District. The 79th Division was involved in many actions during the War, and at some time in every Army group in France. At the end of the War, the Division was sent to Czechoslovakia and to Germany, before returning to the States in September 1945. He received a 45 day furlough and was then discharged in November 1945.

He enrolled again in Plymouth Teacher's College and graduated in 1947. He taught

for a year in Warren, NH. Then he married Doris Yeaton on June 20, 1948. They came to Haverhill and both began teaching in the Haverhill school system. He received his Master's Degree in 1953 from Keene State College.

Ronald was born in 1951, James in 1953, and Sandra in 1958.

Ron and Jim were both afflicted with Muscular Dystrophy. Jim died in 1975 and Ron in 1992.

Howard taught in several Haverhill schools and ended his career as Principal of the Haverhill Academy Junior High School. After retirement, Howard and Dot did volunteer work for a number of years. Over the years, he has been a member of the Grange, the Haverhill Memorial VFW Post #5245 of North Haverhill, NH, and of the Grafton-Kane Lodge #46 of North Haverhill, the Haverhill Budget Committee and Zoning Board, and a member and former trustee of the First Congregational Church of Haverhill.

The family would like to recognize the people of Haverhill and the surrounding towns for their great help with Ron and Jim throughout their lives.

Along with his sons, James and Ronald, he was predeceased by a brother Richard Evans.

Howard is survived by his wife of nearly 65 years, Doris Yeaton Evans of Haverhill; their daughter, Sandra C. Niven and husband Richard of Nashua, NH; two grandchildren, Siamaara and Harper Niven; a sister Lucille Tuttle of Altus, OK; a brother Donald Evans and wife Priscilla of Plymouth, NH; numerous sisters and brothers in law, several nieces and nephews, and cousins.

At Howard's request there will be no calling hours.

A graveside service was held on Sunday, May 19th, at 2 PM in the Ladd Street Cemetery, Haverhill, NH. Rev. David Norling of the First Congregational Church of Haverhill, UCC will officiate.

Memorial contributions may be made to either the First Congregational Church of Haverhill, UCC, PO Box 102, Haverhill, NH 03765, or to North Country Home Health & Hospice, 568 Cottage Street, Littleton, NH 03561.

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

For more information, please visit [www.rickerfh.com](http://www.rickerfh.com)

WAYNE WESLEY MINNICK

Newbury, VT -- Wayne W. Minnick, 61, died unexpectedly May 13, 2013, at his residence. He was born in Rahway, NJ, the son of Harry and Bertha (Welch) Minnick. Wayne is the former owner of The Way We Were Outlet Store in Woodsville, and was an active member of the Co-

hase Lions Club and also active with community events, such as the Woodsville - Wells River 4th of July celebration. Survivors include two sisters and their families. There are no services being planned locally. Wayne will be buried in the family plot in Fairview Cemetery, Westfield, NJ.



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OBITUARY – EDWARD C. PATTEN



Lodge # 46 F&AM, as well as a 32 degree mason, and member of Bektash Shrine Temple, Concord, NH. He also served as president of the Haverhill Academy Corporation for many years. He was a member of the North Haverhill United Methodist Church, and the First Congregational Church of Haverhill, UCC, where he served as Trustee and financial counselor.

Family members include his wife, Alfa M. Patten, his son David E. Patten and Kimberly D. Hines, of Piermont, NH, Madison, Christopher, and Forrest Brock of Bradford, VT; his daughter Deanna P. Mitchell and husband Guy S. of York, ME, and grandsons Jackson S. Mitchell of North Haverhill, and Marcus S. Mitchell of York, ME. Also Gary and Joanie Gautreau of Palm City, FL, Crystal and Ryan Farr of Hanover, NH, Nicholas and Michelle Lorusso of Conway, SC, Jeffrey, Darlene, and Zachary Gautreau of Thetford, VT, Trisha, Jared, and

Walter Shipman of Piermont, NH, and Renee, Trent, Joshua, and Austin Palmer of Stuart, FL, along with several nieces, nephews, and cousins. He was predeceased by his parents, his sister Nancy Thornton, and brothers Carl, Richard, and Jim, and a son in law David E. Farr.

There will be no calling hours.

A memorial service will be held in the First Congregational Church of Haverhill, UCC, 122 School Street, Haverhill, NH on Sunday, June 2, 2013 at 2 PM. The Rev. David Norling, pastor will officiate.

In lieu of flowers memorial contributions can be made to the First Congregational Church of Haverhill, UCC, Building Fund, PO Box 102, Haverhill, NH 03765.

For more information or to sign an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home & Cremation Care of Woodsville is in charge of arrangements.

North Haverhill, NH – Edward C. Patten, 76, Entrepreneur, Financial Consultant, and Propane Distributor, of North Haverhill, passed away unexpectedly, Thursday, May 23, 2013 at his home.

For the past several years he was the Chairman of the Board of Patten's Gas, a wholesale and retail business service the Northeastern United States. He also was Chairman of the Board of Upper Valley Commercial Corporation, a financial institution serving the Northeast.

Born in North Haverhill, a son of Parke J., and Hazel (Munzey) Patten in 1936, he had been active in all types of fund raising and served on the boards of different organizations. In 1957 he joined the Cohase Lions Club and was elected that organization's youngest District Governor in 1967. In addition to his Lions club work; he served as the Cottage Hospital Board Chairman, served on the Board of Directors of several corporations, among them, National L.P. Gas Association, a past master of Grafton

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

May 28, 2013 Volume 4 Number 17

# Letter To The Editor

## New Hampshire Advantage?

The NH House voted down the casino bill last week giving as a reason that it would ruin the "New Hampshire Advantage". This is always brought up during public policy debates. Coined by a former governor of NH, Steve Merrill (1993-1997), it means different things to different people. Most commonly, it refers to the State's business climate; lack of a sales or income tax; quality of life and a large citizen legislature which I take it to mean that we here in New Hampshire like to take our time in deciding things!

I have a different take on the NH Advantage. We rank second only behind Maryland in the average median household income and second only to New Jersey in property taxes as a percentage of home

value. This tells me one thing. We're stuck in a Victorian mind set where we want the tourists to pay all our bills.

In recent studies, the NH Advantage begins to dim a bit. Massachusetts added 41,000 jobs last year and Vermont added 3,000. By comparison, NH lost 2,000. An even more startling economic indicator is that the population growth is also slowing down. Thanks to the University of New Hampshire's high in-state tuition rate, we are easily one of the top three most expensive States to raise children.

Being a chess player, my next question to those purists who don't want a casino or income tax—What's your next gigantic move?

George Maloof  
Plymouth, NH

George,

Thank you for another thought provoking letter. "The NH Advantage" is a phrase I have also heard, and I thank you for giving me the origin of that phrase. As you said it can mean many different things depending on your point of view.

I personally am in favor of a casino, especially in a community that wants it. My understanding is that a company is set and ready to make a purchase and do the required improvements if and when such a bill allowing a casino passes. This would mean immediate jobs for construction workers, and later jobs for those working at the casino. The fees charged would also be a boost to the state budget.

There are many who wonder about the "gambling addiction" that a casino could create. I offer the fact that many bus tours already leave this state with many on board heading to casinos. There are many others who take their own vehicles out of state in order to play slots, poker or any number of other games of chance. I honestly do not believe we will see a large increase in addictions.

The bottom line though is that it appears the casino bill is dead for this year. That means much more work will need to be done to the new state budget in order to keep it balanced. And I strongly urge our representatives and senators to stay within budget. Like any household or business, you can not spend more than you take in. And seeing as revenue is mostly based on tax revenues, and most of us do not want to pay higher taxes, than you must look at spending. That translates to program cuts, or better efficiency. Whichever way you go, please use some good old New Hampshire common sense.

Gary Scruton, Editor

# Letter To The Editor

## I support Senator Kelly Ayotte

On April 30th. I attended Senator Ayotte's town hall meeting in Warren and would like to point out a few facts that were left out by the media's coverage of that meeting. To begin with Senator Ayotte's supporters far outnumbered the amount of out of state, paid protesters that showed up by a 5-1 margin. Secondly, the Senator has been doing these town halls since she took office and this was her 21st town hall meeting and 3rd one that she has held in Grafton County alone. I have been to those meetings and the format for Warren's town hall was the same as the previous meetings. No screening of questions, no planted questions, and in fact the person was not even asked to write down their question, just check what topic they wanted to discuss and sign their name; everyone had the same opportunity to do so.

Next I would like to dispel the ridiculously inaccurate statement, being thrown out there by the anti-second amendment folks, that the Senator does not support background checks. This is absolutely false, in fact the Senator supported the Grassley amendment which would have improved the existing background check system, crimi-

nalized gun trafficking and straw purchasing, boosted resources to improve school safety and addressed the mental health gaps in the criminal justice system. Lastly, this bill would have increased the resources for those who attempt to buy guns illegally. If we can't enforce our current laws, how is creating more onerous laws going to matter.

In closing, as tragic as the shooting in Newtown was, and believe me having grandchildren myself I was outraged by this vicious attack on the most innocent of our citizenry, the law that President Obama and the left is pushing would not have prevented this horrible event from occurring. As usual Senator Ayotte used her common sense combined with her strong background in law enforcement (former NH Attorney General) to support the right amendment. I only wish my other Senator would have had the courage to break with her party and support the common sense Grassley amendment. At least then we could have started down the path to a more common sense gun control solution.

Tom Thomson  
Orford, NH

Tom,

Let me thank you for pointing out the number of town hall meetings that Senator Ayotte has held. Being accessible to the voters is an important part of any elected official. Letters, emails and phone calls to the office are good, but an in person gathering offers a better chance for communication.

The gun control issue will probably be debated for many, many more years. There will always be those who think not enough has been done, and others who believe regulations are too restrictive. Finding that balance is the job of our elected officials.

Balance and compromise seem to be lost terms on way too many elected representatives. There appears to be way too much "my way is the only way." I simply ask all of our elected officials to not close any doors until the possibilities have been fully explored, because it often is the new idea that ends up making the most sense.

Gary Scruton, Editor



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our editors to respond.

## Letter To The Editor

Be sure to take in the historic window displays in Wells River, designed and created for the 250th Anniversary celebration in the Town of Newbury (of which, Wells River is a part), by K thru 5 students from BMU. The excellence of the designs, and the history lessons imparted, demonstrate that our future is in good hands. The students were assigned topics representing Wells River's history, with leadership from the school's capable staff, they researched the subjects assigned and designed some very eye-catching and creative displays. They can be found in windows in the Baldwin Memorial Library, Burnham's Shoe Store, Copies and More and TJ's Lunchcounter, and interior displays in the Wells River Savings Bank lobby and in the library. These young people are amazing - BMU K-5 students - you have to see their work ! Great going, kids, and thank you !

Hod Symes  
Wells River

Hod,

I have not yet been able to see all of these displays but certainly plan to take my time and look them over soon. I strongly suggest others do the same. It is such a delight when our youth get involved with projects like the 250th Celebration. And it happens because people like you make it happen.

So, thank you to the students at BMU who put these projects together, the teachers who guided those students on the way, to the businesses that gave of their window and lobby space to display the projects, and to the volunteers of the 250th committee who organized this project.

Gary Scruton, Editor

## Letter To The Editor

Senator Kelly Ayotte, a longtime prosecutor who served as our state's Attorney General, is someone who is widely respected by law enforcement at all levels from across New Hampshire. During her time as Attorney General, she earned a reputation for working hard to prevent violence while also vigorously prosecuting criminals.

I have always and continue to be a strong supporter of the Second Amendment and the rights of law abiding citizens to keep and bear arms. That's a commitment that Senator Kelly Ayotte shares.

The Senator has also kept her focus on key areas that we have identified as essen-

tial to preventing violence, strengthening mental health services, improving the existing background check system, bolstering school safety and increasing prosecutions of those who commit gun-related crimes.

In this debate, Senator Kelly Ayotte has been able to stand on her extensive experience as a prosecutor and as Attorney General. We appreciate the efforts she has made to advocate for common sense solutions that are focused on keeping firearms out of the hands of criminals and those with mental illness.

Sincerely,  
Sheriff Douglas R. Dutile  
Grafton County, New Hampshire

Sheriff Dutile,

I could not agree more in regards to your point of keeping firearms out of the hands of criminals and those with mental illness. That is, and should be, the main objective of any legislation. Improving the background checks for those purchasing firearms is another point I very much agree with.

I would also like to add the idea of licensing those who own firearms. As part of the background check process, why not add an educational portion? Such a course is needed before you can get a hunting license in NH, why not the same standard before you own a firearm? Learning the correct way of handling, storing, cleaning, and firing a rifle or pistol would add to the safety level of everyone.

The Second Amendment is an important part of the American way of life. So is common sense and watching out for your neighbors.

Gary Scruton, Editor

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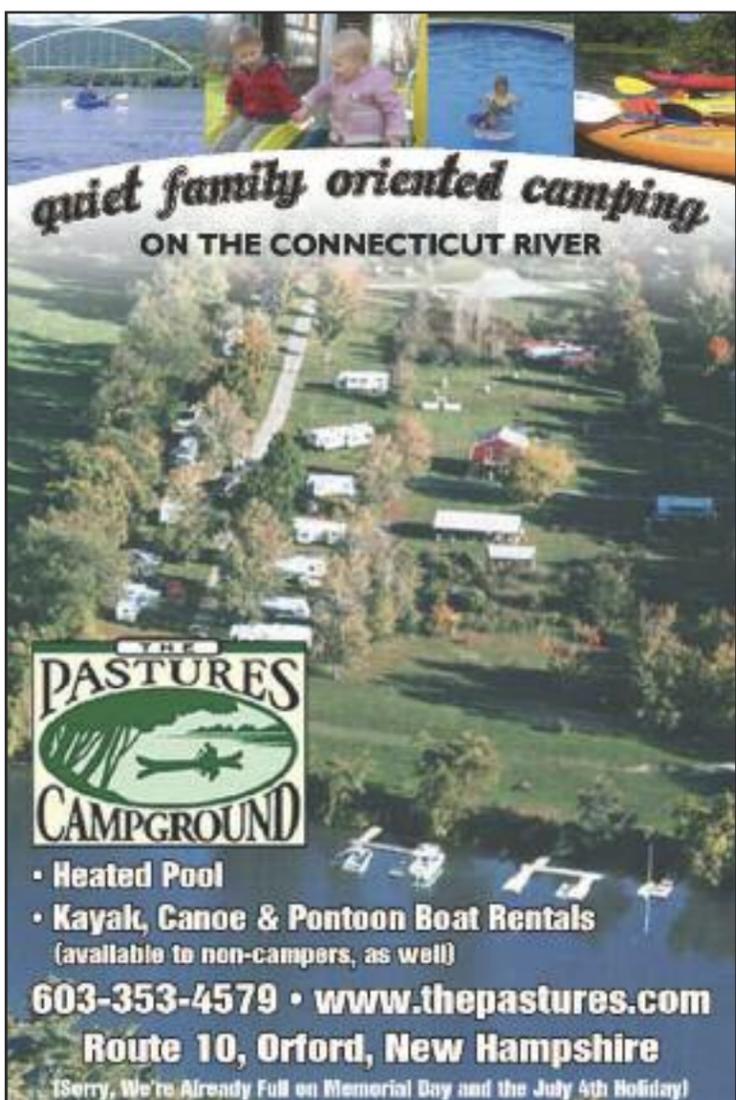
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# Quechee Hot Air Balloon, Craft And Music Festival On The Village Green In Quechee

The 34th Annual Quechee Hot Air Balloon, Craft and Music Festival will take place June 14-16, 2013. Thanks to the tremendous efforts of the Quechee Lakes Landowners Association and the Town of Hartford for restoring this beautiful location, which was severely damaged by Tropical Storm Irene. This pristine and unique site is better than ever! Residents and visitors alike can once again enjoy this quintessential piece of Vermont – we're thrilled to be back home.

The Quechee Hot Air Balloon Craft and Music Festival is the longest continuously running Hot Air Balloon Festival in New England featuring over 20 hot air balloons. Sponsored by the Hartford Area Chamber of Commerce, the Festival features entertainment and fun for families of all ages. There are over 60 outstanding Craft Artisans from pottery to potpourri. Commercial Vendors, Area Businesses, and Non-Profit Organizations will be there with information and unique items galore! Special

this year, Vermont-based artist Woody Jackson, who is known for his depiction of the famous Ben & Jerry's cows, will be there with his colorful artwork!

### Balloon Flights

Balloon rides are available to purchase at [www.quecheeballoonfestival.com](http://www.quecheeballoonfestival.com) prior to, and during the event.

There are five flights over the weekend--wind and weather permitting--during which over twenty colorful balloons ascend over the Quechee Valley and beyond. A guaranteed sight to behold! Balloon flights are scheduled for 6:00pm on Friday evening, and 6:00am and 6:00pm on Saturday and Sunday. The 34th Annual Quechee Hot Air Balloon, Craft and Music Festival will also welcome a new Hot Air Balloon featuring Wicked the Musical.

Tethered balloon rides are available during the day (again - weather permitting!)

### Entertainment

Enjoy the tradition of the "Balloon Glow" on Friday

evening, continuous bands, comedy acts, and dance routines throughout the weekend. Children will love the "Kid's Zone" (hosted by The Upper Valley Haven) with three inflatables: obstacle course, kiddie grand prix crawl, and a balloon moon bounce. Also, watch the amazing tricks of the New England Disc Dogs & back by popular demand, Jump-town Parachute Demonstration Team - you don't want to miss to miss this!

### Food Court & Vendors

Northeast Concessionaires returns again this year with their fabulous Food Court. The Food Court offers great food for everyone including blooming onions, refreshing beverages and healthy wraps!

For more information about volunteering and a schedule of events, visit [www.quecheeballoonfestival.com](http://www.quecheeballoonfestival.com), sponsored by the Hartford Area Chamber of Commerce. (802)-295-7900

See you Father's Day Weekend; June 14, 15, 16 2013!

# Plant And Seed Drop, Swap And Sale To Benefit The St. Johnsbury Community Farm

The St. J. Food Co-op welcomes St. J. ALFA (Area Local Food Alliance) in collaboration on the annual Plant and Seed Drop, Swap and Sale beginning on Friday, May 31st at the St. J. Food Co-op located at 490 Portland Street, St. Johnsbury. Community members are encouraged to visit the co-op with houseplant cuttings, an-

nuals, perennials, seeds, mulch, soil, tools and all other things garden-like for donating, swapping or selling. The co-op will begin to accept donations of any of these items on Wednesday, May 29 and continue accepting and selling through Friday June 7 or until supplies run out.

"We have changed the model of our sale a little bit"

explains Co-op Education and Outreach Director and Vice-Chair of St. J. ALFA, Melissa Bridges. "In recent years people have been disappointed to miss the sale on one day only. We found if we keep plants available people will continue to swap and buy. This generates more funds for the Community Farm project."

Each year the co-op chooses a local organization to benefit from the sale. Recent beneficiaries have included The St. Johnsbury Farm to School project and the St. Johnsbury School garden. This year's recipient is the St. Johnsbury Community Farm which is located on Old Center Rd. in St Johnsbury. This entirely volunteer project is managed by St. J. ALFA. Individuals and groups are invited to work at the farm at any time they can or during a regularly scheduled work party.

If you are interested in knowing more about the Plant Sale, the Community Farm project, St. J. ALFA or the St. J. Food Co-op call 802-748-9498 or email [info@stjfoodcoop.com](mailto:info@stjfoodcoop.com).

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# Public Offered Historic Opportunity To Ride Around NH Speedway Track, Set New GUINNESS WORLD RECORDS® Title While Supporting Boys & Girls Clubs

Meredith, NH – Laconia Harley-Davidson and New Hampshire Motor Speedway (NHMS) have teamed up to make the 90th Anniversary of Laconia Motorcycle Week even more historic through an effort to raise over \$76,000 for the Boys & Girls Clubs of New Hampshire and set a new GUINNESS WORLD RECORDS® title. Laconia Motorcycle Week attendees and New Hampshire residents will play a key role in this endeavor by purchasing tickets for a Community Appreciation Parade at New Hampshire Motor Speedway on the final Saturday of Bike Week, June 15th. Participants will have the unique opportunity to ride around the New Hampshire Motor Speedway track, continue on a police escorted, scenic 32 mile non-stop ride around the Lakes Region, set a new GUINNESS WORLD RECORDS title and most importantly, raise significant funds for the Boys & Girls Clubs of New Hampshire. Non-riders can also contribute to this effort by making a donation at New Hampshire Motor Speedway on June 15th. Reserve your space for this historic event at [www.newhampshire.speedwaycharities.org](http://www.newhampshire.speedwaycharities.org).

“The Boys and Girls Clubs, more than any other organization, are working to put all children on a path to meaningful and productive lives. Their programs have a positive impact on the lives of young people and in some cases, have been credited with saving them,” said Anne Deli, owner of Laconia Harley-Davidson. “There is no better way to commemorate the 90th Anniversary of Laconia Motorcycle Week than attempting a philanthropic act of historic proportion. Motorcycle riders from across the globe and those here in New Hampshire can take part in a once-in-a-lifetime riding opportunity, but more importantly, make a difference by supporting this re-

markable organization.”

Laconia Harley, New Hampshire Motor Speedway and the Boys & Girls Clubs of New Hampshire are calling on the public to help break an existing record for “most money raised for a charity in 24 hours by a motorcycle parade.” The current record is \$76,036.

Riders can pre-register online at [www.newhampshire.speedwaycharities.org](http://www.newhampshire.speedwaycharities.org), in-person at the Laconia Harley-Davidson dealership at 239 Daniel Webster Highway in Meredith, or sign up the day of the event on June 15th at New Hampshire Motor Speedway. Tickets are \$35 per bike and \$15 for an additional rider. Only 50 VIP tickets will be available for \$150, which will enable a rider and passenger to get priority spot in the first 50 spaces behind the pace car. Participants will also receive one free ticket to the Loudon Classic Weekend that evening at NHMS. Individuals and businesses can also contribute to the effort by making a donation of any amount between 7:00-10:00am June 15th at NHMS.

The New Hampshire Chapter of the Speedway Children’s Charities began in 2009, and since has worked to care for children in educational, financial, social and medical need in order to help them lead productive lives.

“This is another example of that,” said Cheryl LaPrade, director of the New Hampshire Chapter of the SCC. “This is going to be a tremendously exciting event and we hope to make this one of the biggest in history. We are thrilled to be partnering with Laconia Harley-Davidson to help the Boys and Girls Clubs of New Hampshire.”

Participants will enter NHMS at the South Gate by the Shell gas station and line up on the “5-lane “of from 7:00 – 9:00am. The ride will depart at 9:30am with a ride around the Speedway track followed by a scenic 32 mile

police escorted, non-stop ride around the Lakes Region, concluding at the American Police Motorcycle Museum, at 194 Daniel Webster Highway in Meredith.

Every New Hampshire Boys & Girls Club will benefit from the money raised in this attempt. This includes the Boys & Girls Clubs of Salem, Manchester, Souhegan Valley, Concord, Greater Nashua, Greater Derry, the Lakes Region, Portsmouth, the North Country and an additional 18 satellite operations affiliated with the organization.

The Boys & Girls Club’s mission is to reach out to all youth, especially those who need them most, inspiring them to realize their full potential as productive, responsible, and caring individuals. New Hampshire Boys & Girls Clubs provide a safe, structured, and positive environment for 28,000 young people, including 12,000 members, in 40 communities throughout the state. Core programming includes: education and career development; character and leadership development; health and life skills; sports, fitness and recreation; and cultural arts.

“Boys & Girls Clubs make a real impact on the lives of members and the larger community,” said Richard Lowney, president of the New Hampshire Alliance of Boys & Girls Clubs. “Every day our staff of mentors, role models and friends creates a zone of physical and emotional safety that allows our members to become the best they can be, each in their own way. This work requires significant resources, and like many non-profits, we have faced challenges in this current environment of economic uncertainty. This initiative, lead by Laconia Harley-Davidson and New Hampshire Motor Speedway, has the promise to generate significant funds which can help sustain our Clubs and impact the kids that truly need us most.”

Support the Boys & Girls Clubs of New Hampshire by pre-registering online at [www.newhampshire.speedwaycharities.org](http://www.newhampshire.speedwaycharities.org), or in person Laconia Harley-Davidson in

Meredith. Attend the GUINNESS WORLD RECORD official attempt June 15th at New Hampshire Motor Speedway, 1122 New Hampshire 106, in Loudon, NH.

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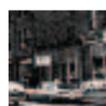
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# Herbs For Prenatal And Pregnancy

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In America today, one in six married couples of child-bearing age has trouble conceiving and completing a successful pregnancy. Pre-conception planning is essential as neither our environment with its toxic pollutants, our diets full of fast foods, or our stressful lifestyles are conducive to successful child conception. Poor nutrition and stress are at the base of most fertility problems. Diet is an all important key to successful conception. The body does not readily allow conception without adequate nutrition. Nature tries in every way possible to insure the survival and health of a baby. Gland and hormone health, the basis of reproductive health, is so primary and so potent that it must receive good nutrition for conception.

Conscious attention needs to be made by both prospective parents to a healthy diet and lifestyle for at least six months before trying to conceive.

Both men and women should avoid fatty, fried foods or reduce intake to between 5% and 10% of the diet. (This is good for your sex life, too!) Low-fat, fresh produce, whole grains, seafoods, turkey and chicken provide minerals, protein, fiber and complex carbohydrates to build gland function quickly. Reduce or avoid full fat dairy foods, sugary foods, and meats laced with nitrates and/or hormones.

Lifestyle habits are important, too. It is important to avoid or reduce consumption of tobacco, caffeine and alcohol. Get light exercise, and morning sunshine every day possible. Take alternating hot

and cold showers to stimulate circulation and glandular secretions throughout the body. Apply alternating hot and cold compresses to the abdomen or scrotum to increase circulation to the reproductive areas. Herbs and other nutritional supplements are valuable for both men and women trying to conceive a child.

Optimal Eating For Two During Pregnancy. A woman's body changes so dramatically during pregnancy and child-bearing that her normal daily needs change. Promise yourself and your baby that at least during the months of pregnancy and nursing, your diet and lifestyle will be as healthy as you can make it. A largely vegetarian diet of whole foods provides optimum nutrition for pregnancy. Many staples of a lacto-vegetarian, seafood and poultry diet are nutritional requirements such as whole grains, leafy vegetables, fish, turkey, eggs, legumes, nuts, seeds, green and yellow vegetables, nutritional yeast, bananas and citrus fruits. You can base your pregnancy diet on these foods with confidence that the baby will be getting the best possible nutrition.

Here are the keys:

- Protein is important. Most experts currently recommend 60 to 80 grams of protein daily during pregnancy, with a 10 gram increase every trimester. Eat a high vegetable protein diet, with whole grains, seeds and sprouts, with fish, seafood or turkey at least twice a week. take a protein drink several times a week for optimal growth and energy. even though protein requirements increase during pregnancy, it

is the quality of the protein, not the quantity that prevents and cures toxemia.

- Have a fresh fruit or green salad every day. Eat plenty of soluble fiber foods like whole grains and vegetables for regularity. Eat complex carbohydrates foods like broccoli and brown rice for strength.
- Drink plenty of healthy fluids, pure water, mineral water, and juices throughout the day to keep the system free and flowing. Carrot juice at least twice a week is ideal. Include pineapple and apple juice frequently.
- Eat folacin rich foods, such as fresh spinach and asparagus for healthy cell growth.
- Eat carotene-rich foods, such as carrots, squashes, tomatoes, yams, and broccoli to prevent disease.
- Eat zinc-rich foods, such as pumpkin and sesame seeds for good body formation.
- Eat vitamin C foods, such as broccoli, bell peppers and fruits for connective tissue. Eat bioflavonoid-rich foods, like citrus and berries for capillary integrity.
- Eat alkalizing foods, such as miso soup and brown rice to combat and neutralize toxemia.
- Eat mineral-rich foods such as sea veggies, leafy greens and whole grains for baby building blocks. Especially include silicon-rich foods for bone, cartilage and connective tissue growth, and for collagen and elastin formation; brown rice, oats, green grasses and green drinks.
- Eat small frequent meals instead of large ones.

Herbs have been used successfully for centuries to

ease the hormone imbalances and discomforts of stretching, bloating, nausea and pain experienced during pregnancy, without impairing the development or health of the baby. Herbs are concentrated mineral-rich foods that are perfect for the extra growth requirements of pregnancy and childbirth. They are easily-absorbed and non-constipating. A developing child's body is very small and delicate. Ideal supplementation should be from food source complexes for best absorbability. Herbs are identified and accepted by the body's enzyme activity as whole food nutrients, lessening the risk of toxemia or overdose, yet providing gentle, easy nutrition for both mother and baby. Herbs are good and easy for you; good and gentle for the baby. Important Note: Early pregnancy and later pregnancy must be considered separately with herbal medicinals. If there is any question, always use the gentlest herbs.

### ESSENTIAL CATEGORIES FOR PRENATAL HEALTH COMPOUNDS:

Pregnancy Specific Herbs include: Bilberry Berry & Leaf, Chamomile Flowers, Red

Raspberry Leaf, Burdock Root, Nettles, Peppermint, Ginger Root, Yellow dock Root, Alfalfa.

Essential Fatty Acid Sources include: Flax Seed Oil, Alfalfa, Evening Primrose Oil, Spirulina, Chlorella, Dulse, Kelp & Sea Vegetables, Aloe Vera, Borage Seed.

Iodine & Potassium Source Herbs include: Kelp & Sea Vegetables, Dandelion Leaf & Root, Spirulina, Barley Grass, Capsicum, Nettles, Watercress, Chlorella, Borage Seed.

Vitamin C & Bioflavonoid Herbs include: Bilberry Berry & Leaf, Hawthorn Berry, Leaf & Flowers, Parsley Leaf, Kelp & Sea Vegetables, Spirulina, Royal Jelly, Red Clover, Catnip.

Mineral-Rich Herbs include: Yellow dock Root, Kelp & Sea Vegetables, Watercress, Dandelion Leaf & Root, Parsley Leaf, Spirulina, Irish Moss, Barley Grass, Alfalfa.

Herbal Iron Sources include: Beet Root, Alfalfa, Dandelion Leaf & Root, Spirulina, Nettles, Yellow Dock Root, Parsley Leaf & Root, Borage Seed, Kelp & Sea Vegetables.

*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 capsule compounds, all made on premise. 603-838-5599 thymetoheal01@yahoo.com*



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# If Rates Rise, What Should You Do with Bonds?

Interest rates are at historic lows. But they will rise eventually. If you invest in fixed-income vehicles, such as bonds, what might higher rates mean for you?

As is almost always the case in the investment world, there's no simple answer. First, it's important to distinguish between short-term and long-term interest rates. The Federal Reserve is determined to keep short-term rates low until unemployment improves, but, in the meantime, longer-term rates may well rise.

Depending on your situation, a rise in long-term rates can present both opportunity and concern. The opportunity: Rising rates can mean greater income if you invest in newly issued bonds. The concern: If you already own longer-term bonds, and rates rise, the value of your bonds will fall. That's because other investors won't want to pay full price for your bonds when they can get new ones at higher rates.

Even if the value of your long-term bonds falls, isn't it worthwhile to hold on to them? After all, as long as your bond doesn't default — and if the bond is considered "investment grade," a default is unlikely — you will get a

steady source of income and you'll receive the full value of your bond back at maturity. Aren't these valuable benefits?

They are indeed — but they may be more relevant for short-term bonds. Longer-term bonds — those of 10-year duration or longer — are more subject to inflation risk than shorter-term bonds. Of course, we've experienced low inflation for a number of years, but, over time, even mild inflation can add up. When this happens, and you own a long-term bond whose rate doesn't change, you could face a potential loss of purchasing power. One of the reasons that long-term bonds pay higher interest rates than short-term bonds is because the issuers of longer-term instruments are rewarding you for taking on this additional inflation risk.

Consequently, simply holding on to long-term bonds — especially very long-term ones, such as those that mature in 30 years — may not be the best strategy. If you review your fixed-income holdings and find that they skew strongly toward longer-term bonds, you may want to consider reducing your exposure in this area. If you did sell some of these

bonds, you could use the proceeds to help build a "bond ladder" — which may be one of the best ways to invest in bonds.

To create this ladder, you need to invest in bonds of varying maturities. When market rates are low, you'll still have your longer-term bonds earning higher interest rates, thereby paying you more income. And when market rates rise, you can reinvest your maturing short-term bonds at the higher rates. You must evaluate whether the bonds held within the bond ladder are consistent with your investment objectives, risk tolerance and financial circumstances.

If you own bonds, you do need to be aware of where interest rates are — and where they may be headed. Nonetheless, as we have seen, you don't have to be at the mercy of rate movements. By keeping yourself informed and choosing the right strategies, you can benefit from owning bonds and other fixed-income vehicles in all interest-rate environments.

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

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

## A Dead Language?

By Sheila Asselin

Generations of scholars have proclaimed Latin a dead language. Yet once knowledge of Latin was considered the hallmark of an educated person. For those of you who did not have the advantage of a classic education (I include myself in this category) here is the translation of a few common Latin phrases.

Carpe diem= we are having fish for dinner.

Per diem= we are having it again tomorrow

In vino veritas=two drinks and I get blabby

Vini, Vidi, Vici= three gentlemen of Verona

Nolo contendere=that young boxer Nolo shows promise. He could be a contender.

Glutemus Maximus=one of the lesser known Caesars during that era of Roman history when there was a palace coup every two weeks

En loco parentis=my parents are crazy

Ante bellum= good old aunt Bella. A great cook and a world class hugger.

Pax romana=really tasty Italian cheese

Sophia Loren=another tasty Italian dish

Is it mere coincidence the foremost practitioners of Latin today are doctors and lawyers? Well, I don't think so. Let's face it, if they spoke English or the lingua franca

of wherever such as we mere mortals, do we might be able to understand them.

Then we would be on to the arcane secrets of the trade.

No one would be so willing to pay big bucks if they called a gut repair by its proper simple description instead of umbilicus interruptus. It is not too late to brush up on your Latin. It is a matter of self defense.

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David Borden Moore, of North Haverhill, NH, graduated from Gordon Conwell Theological Seminary, S. Hamilton, MA, on May 11, 2013. David received two degrees, a Master of Divinity followed by a Master of Theology, summa cum laude.

On April 24th, David was honored with the Divisional Award for a graduating senior from the Division of Practical Theology, awarded by vote of the faculty.

David is currently the pastor of EACF, Exeter Area Christian Fellowship, in Exeter, NH. His undergraduate degree is from the University of New England, Biddeford, ME, and he is a graduate of Woodsville High School, Woodsville, NH.

He is pictured here with his parents Joanne and David Moore.



By Ronda Marsh

## Mediterranean Roasted Potatoes

I will apologize in advance for the brevity of this week's column; I have been negotiating a move to a new residence with all the chaos and confusion affiliated with relocating what is essentially a lifetime of "stuff". Anyone who has moved recently can surely relate to what I'm going through!

Because cooking has been at a minimum lately, I looked back to find a recipe I could not only make quickly, but that everyone might enjoy on any given night of the week. These potatoes are just the ticket...very tasty, and good reheated or sliced and fried



for breakfast. Until my kitchen gets properly organized, and I can find my various cooking implements, these are on my menu!

- 3 pounds potatoes (little Yukon Gold or Red Bliss are good choices)
- 1 cup chicken broth
- 2 tablespoons lemon juice
- 1/4 cup melted butter

- 1 teaspoon dried oregano or Italian herb mix
- 1 teaspoon minced garlic (or a couple cloves, left whole)
- Pepper
- 1/2 cup grated Parmesan cheese

Preheat oven to 375°F. Butter an oven proof dish large enough to hold potatoes without crowding. Wedge potatoes or cut into about 2" chunks and place in buttered dish. Combine broth, lemon juice, butter, oregano, garlic, and pepper.

Pour over the potatoes and cover dish tightly with aluminum foil. Bake 40 minutes, remove foil and toss around. Return to oven and continue baking an additional 20-30 minutes until potatoes are browned and cooked through.

Remove from oven and immediately sprinkle with the cheese and toss before serving.

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