

TRENDY TIMES

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JULY 9, 2013 VOLUME 4 NUMBER 20



The cooperation and friendship of two neighboring towns was certainly evident this past week in the Upper Valley. Haverhill, NH and Newbury, VT continue to celebrate the 250th anniversary of the granting of their respective charters. Both were signed by then Governor Wentworth on May 18, 1763. To celebrate the two towns have put on many activities to date and have several more either planned or in the planning stages.

Friday, July 5th saw one of those events, and this one

actually did cover both towns and both states. Railroad Park in Woodsville was the scene of a range of railroad memorabilia, photos, the B&M caboose, a bell and even a push car. There was also a Calliope, a large model railroad display from the Ammonoosuc Valley Railroad Club, and the ladies of Ross-Wood Post #20 American Legion auxiliary were on hand serving food and beverages.

Across the river at the old depot in Wells River the Green Mountain Flyer pulled

Were You Part Of These?

By Gary Scruton

in and left three times making the two hour round trip to Bradford and back. This was what some call "rare miles" as passenger train service has not traveled this way for some time. Those who made the trip certainly seemed to enjoy the excursion (some even made multiple trips).

There was another long standing cooperative event last week. The Woodsville/Wells River Fourth of July Committee put on their annual Fourth of July Celebration for the 33rd consecutive year. This small group of dedicated volunteers plans the whole year in order to make this one day event happen. From the raising of thousands of dollars to cover expenses to creation of the souvenir book, to getting all the other parts ready for the big day, many, many hours go into this event long before July 4.

The day itself saw volunteers up and working before 5 AM putting out trash cans, preparing the field for the influx of vendors, and eventually greeting parade entrants. Then there is the lining up of all those units and sending them off down the street to the thousands of assembled parade watchers. The day continued with

music at the Community Field and the eventual Fireworks Display. The display was cut a bit short this year thanks to Mother Nature who soaked some of the aerial entertainment.

For those interested in a complete list of parade winners and raffle winners look inside on page 10.

The third big day of this past extended weekend included a walking (or bus) tour of historic Wells River. Though the crowd was not huge, those who attended raved about it. Shortly after the tour a group photo of Wells River residents, both past and present, was taken in front of the Welcome Center. Again, not a huge crowd, more like a family gathering, with some visitors (or in-laws) added for spice.

This was then followed by the rededication of the Bayley Hazen Military Road. The monument sits on the lawn of the Welcome Center and reminds us of days gone by.

Oh, and there were also alumni get together at both Woodsville High School and



Wells River High that took place over the weekend.

It all added up to three days of fun and entertainment for residents, former residents, visitors, and those with family in the area. This won't be the last time these two towns work together, so keep your calendar handy. And if someone asks for your help, please say yes. Every volunteer makes the job easier and more enjoyable for all.



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TRENDY Dining Guide

Brown's Market Bistro

By Gary Scruton

The small town of Groton, Vermont is not your bustling shopping mecca. It is not well known as a food haven either. But it can certainly brag about one establishment that offers a meal and so much more.

Once inside Brown's Market Bistro you are met with what one might expect from an eatery with the name Bistro. A small place (maybe seating 30 people at any one time) but with wonderful food, and a fine variety of liquid refreshments as well. Owner Chuck Gallagher is quick to choose local foods as well as local brews and wines. The night of our visit he was also more than happy to choose a background music genre that fit our taste.

And this was certainly not the last time our tastes were tempted. Daily specials were offered for entrees as well as beverages. Between us we chose a house wine and a brew from a Vermont establishment. Both certainly satisfied, though the brew scored a bit better than the wine on our own personal scale.

Slices of home baked bread and some dipping sauce were offered and devoured during the cooking of the main meal. And there was even a second place of bread when the first disappeared so quickly.

Of course there is no way to taste everything that is offered in just one sitting so I can only comment on the rack of ribs I ordered and thoroughly enjoyed. Obviously slow cooked and very flavorful it will be hard to order something different during our next visit. The ribs were served with fries that did not need my normal ketchup dressing. Just the way they were with a bit of the sauce from the ribs made them delicious.

The green salad that was served was filled with local vegetables and worked quite well as an appetizer. My wife also enjoyed the haddock. A crispy covering that held in an

excellent taste was a bit surprising for her, but was well received from the first bite.

Normally after such a meal we tend to skip the desert portion of the meal, but we were tempted by home made shortcake and fresh strawberries. Of course a bit of whipped creme on top did not distract from this traditional and very tasty topping to a very much enjoyed meal.

Another aspect of Brown's Market Bistro that my wife certainly enjoyed was the bookcase in the din-

ing room. It was filled with a variety of items. A 1950's food grinder. Jams and relishes that appeared to be for sale (I'm pretty sure they were home made, and quite local). And even a copy of Little Men, the 1871 novel by Louisa May Alcott that seemed to stand out.

Considering the ambiance, the food, and the decorations, Brown's Market Bistro, in the sleepy little village of Groton will certainly stay on our list of establishments to visit again.



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In Vino Veritas – Bottle Thirteen

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - You know, I read your columns and we do go out to dinner and such and drink wine, but I don't like red much, like white better.

ANSWER - So you like whites, but not the dry stuff I'll bet, like Chardonnay, right?

Q - Right, no chardonnay for me. I know that means dry. Like it sweeter. Don't even like that in-between stuff like Pinot Grigio, or Sauvignon Blanc, what you call 'crisp and brisk' and all that. I think what I like is called...

A - Riesling.

Q - Right. What does that word mean?

A - Couple different things. Any knowledgeable wine server in a restaurant, or a bar, or a sales clerk with knowledge at a state liquor outlet should know, that Riesling equates with sweet white wine. But it means more than that.

Q - I know you're about to tell me all about it. Keep it brief.

A - Hey, this is all about helping you get what you want. Riesling is two things - First, it is the name of the grape (varietal), and second, the name of the wine made from the grape. Riesling means both things. It is by any standard one of the very greatest of white wine grapes. And Riesling means sweet white wine because that is the nature of the grape. Just like saying "Cabernet Sauvignon" means a full-bodied red wine, the kind they make a lot of in California, and also in France, in the Bordeaux region. The original Riesling grapes were developed and grown and made into wine in parts of Germany, grown in geographic areas with the kind of growing conditions - climate and soil - that excel in making sweet white wine. There is no better sweet white wine in the world than is made in the Rhine and Moselle Valley vineyards of Germany.

Q - So, I've got to buy wine from Germany to get Riesling?

A - No way. You can get it from producers right here in America, from California, and New York State, and other parts of the U. S. of A. - also Chili, South America, Austria, Switzerland, even Italy. It does pretty well in any cool growing climate. Sometimes the names for it can be confusing in certain regions - they call it JOHANNISBERGER RIESLING, or WHITE RIESLING - even EMERALD RIESLING or MISSOURI RIESLING. But remember, on the scale of sweetest to driest white wine varietals, Riesling's needle is way over to the stops pointing to SWEET. Riesling is the grape

varietal responsible for the greatest late-harvest dessert wines - read that as extremely, divinely sweet - ever made. But that is a different column.

Q - What if I forget the name, how can I get what I want?

A - Nothing easier. Good little trick coming up here. Pay attention, take notes, or clip this column. If you remember nothing else, remember that all Riesling-style wines, whatever they are called, come in a very distinctive bottle - it is called a "FLUTE" and it is tall, slim, long-necked and green and looks like no other wine bottle in the store or restaurant. And yes, you can always ask your waiter or wine steward or the bartender to see the bottle before you buy, in any good eating place - that is your right and you should get no bull from anyone for asking. Sometimes that tall, long-necked flute bottle will be brown, instead of green, but that is OK. The grape is the same, Riesling, the style is the same, sweeter white, and the brown color of the glass just tells you it comes from an area called the Moselle in Germany, instead of an area called the Rhine from that same country.

Q - So, just look for a flute bottle? Will do. Anything wrong with drinking sweet white wine? Some folks seem to get pretty snobby about it.

A - That's their problem, don't let it become yours. Of course there's nothing wrong with drinking sweet white, unless you get a bad bottle. That can occasionally happen with any wine, red or white, sweet or dry, though it is increasingly rare. Nothing wrong with drinking any kind of wine, as long as you like it. Don't let other

people tell you what to drink. You want suggestions, ideas, samples, direction, go ahead and ask for them. Learn from them. And there are rules that have developed over time about what wine usually goes best with what food type. Those rules can be a guide for you, but never a dictator. Now you're talking history and culture. But the right kind of wine for you? That is for you to decide. More product research for you to do in the near and far future. Can't be all bad. When in doubt, drink more wine.

Q - OK, I got it. Look for the flute bottle and ask for Riesling-style wines. Suppose there is no Riesling available? Then what?

A - That's when you move to plan B. Other grape types you can ask for to get sweeter white wines include Chenin Blanc. Not quite as sweet as Riesling, it still is typically less-dry than Chardonnay or any other whites. And if you're in the mood for something really special on the sweeter side, and you don't mind asking for something from France, recall the name Vouvray. This comes from the north-western area of France, around the Loire River and it is also made from the Chenin Blanc grape. It has a little something extra - effervescence, tiny bubbles in it, more discernible to the palate than the eye. That means you may not see the bubbles, but you can feel them on your tongue. Nice.

Q - And what if I can't get any of that huh, what then?

A - Ask for White Zinfandel. And if that doesn't work, take some of those sugar packets for coffee and spoon about six of them into any glass of white wine you



can get, and stir it up good.

Editor's Note - Roudebush

years in the restaurant business and submits occasional pieces about the wonderful world of wine.

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Bipartisan Budget Helps The North Country

By District 1 NH State Senator Jeff Woodburn

Last week, state government worked. Democratic and Republicans put their ideological differences aside and worked together to pass a \$10.7 billion 2-year state budget. It was an historic achievement as it is the first time a bipartisan budget committee of conference was reached in recent memory. Committees of Conference require unanimous votes and usually opposition members eventually are replaced. Remarkably, there were no "replacements" named, meaning that the House and Senate minority members of the committee conference approved the new budget.

I pride myself on being the Senate's most independent

member (meaning I buck my party more than anyone else) – so I'm pleased by the bipartisan approach. In the North Country, we have a long history of working across party lines. Much of this is rooted in the example of our iconic Executive Councilor Ray Burton.

Every budget is a series of tough choices. I had hoped that Medicaid expansion, which would have extended the eligibility to many of our low-wage work at no initial cost, would have been approved. Since half the state's uninsured people live in the North Country, it is particularly important to our region and local hospitals. A compromise was struck that creates a path for accepting the \$2.5 billion in

federal dollars available for Medicaid expansion. I would have like to see more funds directed toward North Country economic development and a renewed spirit of commitment to public investment in our economically beleaguered region. I'm sorry we didn't do more to fix our ailing transportation system.

But over all this was a good budget that spends over \$400 million more than the current spending levels. The North Country relies heavily on government. We have more public land, state and federal parks, wild critters, and a greater percentage of people on social security, Medicare, Medicaid and other public programs than anywhere else in the state. We have an international border and many public institutions that serve fewer people, but over a large swath of land. So when government services are cut, it impacts the North Country disproportionately.

This budget is good for the North Country because it funds necessary services and it has some major earmarks for the region.

The Tri-County Community Action Program was saved in this budget with a \$1.033 million appropriation and loan. A short few months ago our region's largest social service agency that serves 40,000 North Country residents and employees 275-employees, nearly collapsed. This appropriation puts the agency on firm footing so it can rebuild.

The capital budget contains \$13.5 million for the construction of Career and Technical Center (CTE) in White Mountain Regional High School to serve North Country students. As a graduate and former teacher at this school, I know this will help our children and our economy. Now the voters need to match a small portion of the project's costs.

One small item which is of special interest to me is the addition of \$200,000 to fund a persistent gap in the Fish and Game Search and Rescue services. This has been an ongoing problem. As Fish and Game is self-funded mostly through licensing, it has long annoyed sportspeople that they

pay for, but rarely use these services. The discussion of leaving lost hikers in the woods or trying to establish a hiking fee harms our image as a tourist destination. This burden should be paid through the general fund. The work of Fish and Game benefits all of us; this reality must be recognized in years to come.

This budget invests heavily in revamping our mental health services, which is the root of so many problems in our society; restores funding to the University System including community colleges and helps our local hospitals with uncompensated care expenses. It also, fully funds the existing public education adequacy formula, restores Land and Community Heritage Investment Program (LCHIP) and Children in Need of Services (CHINS), drug task forces critical to rural areas, water and sewer grants to municipalities, and tourism promotion.

Overall, this is a good budget produced through a good process and it sends money north to fund important priorities.

250 Years - Let's Celebrate! Old Home Days - July 12-14, 2013 Warren, NH

FRIDAY, JULY 12

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

SATURDAY, JULY 13

- 7 AM 5K Walk (In Memory of Kyle Mooney)
Fish Hatchery
- 7:10 AM Breakfast to Go-Pythian Kitchen
- 7:30-11 AM Commemorative Stamp Cancellation
(At Post Office)
- 8 AM Blessing of the ATV's (Methodist Church)
Twin State Emergency Trailer
- 10AM-2PM Quilt Display (Methodist Church)
Locked Antlers - Forever Locked
Finger Printing being done by Chief of Police
- 11 AM Parade - Theme Warren 250 Years-
Lets Celebrate
- 12-3 PM Lobster Fest (WWAS-At the Common)
- 12:30 PM Kiddies Parade
- 12:30 PM ATV--Poker Run--Raffles
- 1 PM Kids Watermelon Eating Contest
- 1:30-2:30 PM Warren's Birthday Party (on the Common)
- 2:30 PM Tae Kwon Do Demo (on the Common)
- 3-5 PM The Cable Guys
- 5:30-7:30 PM Crunchy Western Boys
- 8 AM-12 PM Red Hat
- 9 PM Fireworks

SUNDAY, JULY 14

- 7 AM Breakfast (Masons at Mason Hall)
- 8 AM Fishing Derby (Fire Dept. at the fish hatchery)
- 9 AM ATV Mud Run at RPM, Pine Hill Rd
- 10 AM Church Service on the common
- 12:30 PM 16th Annual Bluegrass / Acoustic
Festival (on common / inside if rain)
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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

Last year the Supreme Court ruled that the federal Affordable Care Act (ACA) could not mandate that states expand their Medicaid programs. Should New Hampshire expand its Medicaid program? The answer to this question will be a major policy decision for lawmakers.

To answer this question, lawmakers created the Medicaid Expansion Study Commission which will spend the next 3 ½ months studying this issue. It is instructive to note that in at least three situations where Medicaid was expanded in New Hampshire in the past (1989, 1992, and 1994) in each case, there was a five-month deliberative process (SB195, SB319, SB774 respectively). This Commission will begin meeting in early July and make a report of findings and recommendations for proposed legislation on or before October 15, 2013.

So what is Medicaid and how does it work? Medicaid (Title XIX of the Social Security Act) is a state and federal entitlement program that pays for medical assistance for certain individuals and families with low incomes. This program became law in 1965 as a cooperative venture jointly funded by federal and state governments to assist states in providing medical assistance to eligible needy persons. Medicaid is the largest source of funding for medical and health-related services for America's poorest people.

Medicaid is very comprehensive with little to no cost to the beneficiary for services. Coverage is similar to private insurance with much less exposure to the beneficiary. There are a number of providers who do not accept Medicaid so choices are more limited. According to staff at the NH Department of Health & Human Services (NHDHHS), a completed Medicaid application takes 30 days to be processed and individuals receive an ID card within 7-10 business days. The ID card can be used like an insurance card with very few limitations. There are no limits on primary care, hospitals, or the

number of emergency room visits. Coverage is effective immediately and allows for a 90-day retroactive period where claimants can submit bills to be paid.

In New Hampshire, Medicaid is the state's largest and most expensive program, costing \$1.4 billion a year and accounting for 27 percent of general fund spending. (According to the latest annual report [2008] listed on the NHDHHS website, more than 147,000 citizens received Medicaid.) It is estimated that approximately 58,000 additional New Hampshire citizens will benefit if we accept the \$2.5 billion in federal funds to expand Medicaid.

The bipartisan commission proposed by the Senate Finance Committee and signed into law by Governor Hassan will have the time and resources necessary to study what expansion will mean for the state. Some issues to consider:

Over the next seven years, expanded Medicaid could have a net cost to NH taxpayers of up to \$200 million. (Once the federal match drops to 90 percent after three years, state costs

will be upwards of \$50 million annually.) How will taxpayers fund this \$50 million expenditure?

Using the federal funding estimates put forward by expansion proponents, it appears that federal and state government will be spending nearly \$15,000 per new enrollee under expansion. At this cost, new enrollees would be on health insurance plans classified as "Cadillac" by the ACA--plans that are now subject to increased taxes. Will the new enrollees be able to pay the increased taxes or will someone else be responsible?

Given the state's already low Medicaid reimbursement rates, some providers have stopped accepting new Medicaid patients. Providers have been unable to guarantee they would have the ability to take on the thousands of new patients expected to seek care under the expanded program. Will there be enough providers to offer health care services with this new population?

According to the New Hampshire Center for Public Policy Studies, with the increase of Medicaid coverage up to 138% of poverty*, 34,000 people with existing private insurance will now become eligible for Medicaid. Will they drop their private insurance to go onto Medicaid?

A recent paper by the New Hampshire Center for Public Policy Studies proposes several expansion models to cover various seg-



NH State Senator Jeanie Forrester stopped to chat with Ed O'Brien before the Woodsville/Wells River 4th of July parade.

ments of New Hampshire's uninsured population – each of which would have different costs and implications. To date, none of these additional options have been explored; despite the study showing that the one-size-fits-all proposal offered by the Governor is not the most cost effective for the state. Shouldn't these options be reviewed?

On issues of both cost and effectiveness, it is not clear that the one-size-fits-all Medicaid Expansion is the right path for New Hampshire taxpayers, patients or providers. It would seem only prudent that this Commission hear from the ex-

perts, study this issue carefully, learn about the pros and cons of this entitlement, and assure that we have a plan that will be successful for our state.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email (271.2609 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

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Jeanie Forrester
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Calendar of Events

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SATURDAYS

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

GROTON GROWERS FARMERS MARKET
10:00 AM – 1:00 PM
Groton Community Building

SUNDAYS

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10:00 AM – 1:00 PM

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1:00 PM
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Starr King Fellowship
101 Fairgrounds Road, Plymouth

VESPER SERVICES (JULY & AUGUST)

5:00 PM
East Haverhill United Methodist Church

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

THURSDAY

PEACHAM FARMERS MARKET
3:00 PM – 6:00 PM
Bailey-Hazen Road, Peacham

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 7:00 PM
Bandstand Park, Rt 5, Lyndonville

AA MEETING (OPEN DISCUSSION)

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

TUESDAY, JULY 9

MEDICARE BOOT CAMP
6:00 PM – 8:00 PM
NVRH, St. Johnsbury

WEDNESDAY, JULY 10

DINNER OUT @ ALBURRRITO'S MEXICAN RESTAURANT
5:00 PM – 10:00 PM to benefit BGCNC
406 Union Street, Littleton

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

THURSDAY, JULY 11

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
6:00 PM
All Access Real Estate Office, Woodsville

FRIDAY, JULY 12

AMERICAN LEGION RIDERS MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

DRUM CIRCLE

7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia
Drums provided or bring your own.

HEIDI

7:30 PM
Old Church Theater, Bradford
See article and ad on page 10

FRIDAY-SUNDAY, JULY 12 - 14

WARREN OLD HOME DAYS
See ad on page 4

SATURDAY, JULY 13

PANCAKE BREAKFAST
8:00 AM – 10:00 AM
Grange, West Barnet

ACCOUSTIC MUSIC JAM

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

HEIDI

7:30 PM
Old Church Theater, Bradford
See article and ad on page 10

SUNDAY, JULY 14

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

LITTLETON FARMERS MARKET

10:00 AM – 1:00 PM
Janice Balog Pottery Demo

HEIDI

4:00 PM
Old Church Theater, Bradford
See article and ad on page 10

MONDAY, JULY 15

Haverhill Selectboard Meeting
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JULY 16

NH State Veterans Council Representative
8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, JULY 17

EARLY AUTO RACING IN BRADFORD AREA
6:00 PM – 7:00 PM Museum
7:00 PM Discussion
Bradford Academey

THURSDAY, JULY 18

VFW Post #5245 Monthly Meeting
7:00 PM
VFW Hall, North Haverhill

FRIDAY & SATURDAY

JULY 19 & 20

CRACKER BARREL BAZAAR
On The Newbury Common
See ad on page 5

FRIDAY, JULY 19

LIVE MUSIC BY LEWIS FRANCO AND THE MISSING CATS
7:00 PM – 10:00 PM
Pavilion Dance Hall, Harvey's Lake

HEIDI

7:30 PM
Old Church Theater, Bradford
See article and ad on page 10

SATURDAY, JULY 20

BREAKFAST
8:00 AM – 10:30 AM
Congregational Church, Church St., Barnet

MILE LONG YARD SALE

8:00 AM – 12:00 Noon 633-4928
West Barnet

BOAT PARADE

Contact Don at 633-4941
Harvey's Lake, West Barnet

TEXAS HOLD 'EM TOURNAMENT

6:00 PM
Orange East Senior Center, Bradford
See article on page 16

HEIDI

7:30 PM
Old Church Theater, Bradford
See article and ad on page 10

FIREWORKS

9:00 PM
Harvey's Lake, West Barnet

SUNDAY, JULY 21

LITTLETON FARMERS MARKET
10:00 AM – 1:00 PM
Music by David Van Houton

HEIDI

4:00 PM
Old Church Theater, Bradford
See article and ad on page 10

TUESDAY, JULY 23

YANKEE BRASS BAND SUMMER CONCERT
7:00 PM
Newbury Village Green
See article and ad on page 11

WEDNESDAY - SUNDAY

JULY 24-28

NORTH HAVERHILL FAIR
Route 10, North Haverhill
See article on page 8 and ad 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

Deadline for submissions is Thursday, July 18th for our July 23rd issue.

Upcoming Free Programs At The Groton Free Public Library

Upcoming Free Programs at the Groton Free Public Library
 Mon, July 15, 6:30pm: YA: Beneath the Covers. This month's gathering is based on a recent book by Jodi Picoult and her daughter, Samantha Van Leer – "Between the Lines." Great summer read with copies available for teens and adults at the library – hope you can join us!

Sun, July 21, 3:00pm: Vincent Van Gogh & Paul Gauguin: The Odd Couple. Vermont Humanities Council sponsors East Ryegate painter and historian Bob Manning for this free slide lecture. Focus is on the painting of Vincent Van Gogh, 1853-1890, and Paul Gauguin, 1848-1903, two giants of modern art.

Mon, July 22, 7:00pm: Book Discussion Group. What better title to enjoy this month than "Summertime?" The group will come together with J.M. Coetzee's novel as the

conversation focus. Copies available at the library for all!

Wed, July 24, 7:00pm: Movie Night! Join us for a summer-y film suitable for adult audiences starring Maggie Smith. (Popcorn provided!) A night out has never been so affordable!

Thurs, July 25, 2:00pm: Rockets: There and Back Again. Boston Museum of Science is coming to Groton! Kids ages 5-12 welcome to join us at the Groton Community Building for this exciting hands-on workshop that explores rockets and space exploration

Fri, July 26, 12:00pm: Lunch at the Library. Special for our youngest patrons! Children ages 2-6 are invited to bring their lunches to the library for a story hour. Stories will be read aloud while we eat, followed by a craft.

Summer Reading Raffle.

Open to youth ages 1 to 18! Through August 16, kids are invited to enter a raffle ticket for each book they read (or have read to them) during the summer. Thanks to Upper Valley Grill and Big Cones for their prize donations! Reading logs available for all.

Every Tuesday, 6:30-7:30pm: Beginner Spanish.

Every Wednesday, 1-3pm: Crafts and Conversation.

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).

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

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Maggie Stier, *The Old Man of the Mountains: Substance and Symbol*, Friday, July 26th, 2013 at 7:00 pm at the Bath Village School.

The story of the Old Man of the Mountain in Franconia Notch is a story of New Hampshire itself, reflecting history, the arts, literature, geography, philosophy and public policy. Maggie Stier's illustrated talk reveals the ways that this

iconic place has sparked observers' imaginations, attracted intense personal commitment, and symbolized changing public sentiment. Stier details the threats to the Old Man and Franconia Notch that led to protection as a State Park and, later, to the construction of the Franconia Notch Parkway.

She concludes with an analysis of what caused the fall of the Old Man in 2003, a summary of private efforts to create a memorial, and a discussion of how this unique

natural phenomenon may be remembered by future generations.

The audience is invited to bring souvenirs, memorabilia or other artifacts of the Old Man of the Mountain for a shared display before and after the program, and to share their own experiences and memories on the topic.

This program is free and open to the public.

For more information, contact the Bath Public Library at 747-3372 or e-mail bathlibrary@together.net.

Jacob Bayley's Desk: An Intimate Look At The Life And Times Of Newbury's Founding Father

Join the Oxbow DAR on July 20th for the seventh 250th presentation on the history of Newbury and Haverhill as part of the 250th year-long celebration.

Regent Joy Leland Michelson will give an intimate look at the life and times of Jacob Bailey Michelson completed her MA at Dartmouth College with a thesis entitled "Jacob

Bayley, Indians, and the Remembered Past: Reflections on History in a Small Vermont Town."

Historic artifacts will be on display at 10:00am

Newbury History Tour And Bailey Club Afternoon Tea

A free 2 hour narrated Newbury History tour will be offered twice, at 1:00pm and 3:00pm on July 23. The tour starts at Newbury Common and ends at the Bailey Club for Afternoon Tea. Trans-

portation is provided. The tour includes visiting historic buildings, and places in Newbury Village with a short presentation at each stop. Public buildings will be opened for viewing. Each participant will

receive a printed guide of the tour. Space is limited and reservations are suggested and can be made by calling the Town Office at 802 - 866 - 5521 or emailing treasurer@newburyvt.org.

Haverhill Corner Library Announces Discussion Of Stories By Welty And O'Connor

HAVERHILL, NH—The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, July 25, the library has announced. The discussion will feature short stories by Eudora Welty and Flannery O'Connor, two writers strongly associated with the American South.

Participants will discuss Welty's "Why I Live at the P.O." and O'Connor's "Everything That Rises Must Converge." The discussion will begin at 7:00 PM at the library, and will be free and open to the public. Copies of the stories are available from the library in advance.

Born in Mississippi in 1909, Eudora Welty published her first short story in 1936 in the midst of the Great Depression. "Why I Live at the P.O." was an early story, published in 1941 in *The Atlantic Monthly*, and included later that year in her first collection, *A Curtain of Green*, the book that established Welty's reputation. She pursued a long and productive career as a writer, during which she received the Pulitzer Prize for Fiction, the National Book Award, the Presidential Medal of Freedom, and the National Medal of the Arts. She died in 2001.

Flannery O'Connor was born in Georgia in 1925, and published most of her work in the 1950s and 1960s. Known for her Southern Gothic style of writing, O'Connor published

two novels but is best remembered for her two story collections, *A Good Man is Hard to Find* and *Everything That Rises Must Converge*. She died from complications of lupus in 1964 at the age of thirty-nine; her posthumously published *Complete Stories* won the National Book Award.

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

The next Book Club for Writers discussion will be held on Thursday, October 24 and will feature stories by three contemporary writers: "Cat 'n' Mouse" by Steven Millhauser; "Super Goat Man" by Jonathan Lethem; and "In the Black Mill" by Michael Chabon.

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

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North Haverhill Fair Is Fast Approaching

The 2013 North Haverhill Fair is fast approaching. But there is still time for contestants to enter and make their mark. As in past years there are many, many events open to the general public. You can enter art, photography, arts & crafts, quilts, flower arrangements and other items. Some of these entries call for a small entry fee and offer premiums to those the judges deem worthy.

There are several other events also looking for competitors. North Haverhill Ido, sponsored by Wells River Chevrolet, is just like the TV show. You sing, our panel of judges judge. The winner here gets cash and three hours of recording studio time.

You could also choose to

enter the brand new Tailgating competition. Bring your favorite food and all that goes with your parking lot party. Again, judges will pick the winners.

Perhaps you have a daughter or granddaughter that would like to be Little Miss North Haverhill Fair. This two night event is open to girls 6-12 years old. Those same girls and all the boys can also participate in the Kiddie Parade on Saturday, or try their strength in the Kiddie Tractor Pull sponsored by Under Cover Tents also on Saturday.

For the bigger kids with the right equipment there is open registration for the Tractor Pulling, Youth tractor pulling, Zero steer competition, and even three divi-

sions of Demolition Derby. On Wednesday you can drive a 6 or 8 cylinder car in the KDD NAPA Auto Parts division, or a mini van in the Dad's 4 By Tools class. Then on Friday try your skill with a Patten's Gas 4 cylinder car.

Full rules for any of these events can be found on the fair's website www.nohaverhillfair.com or you can call 603-989-3305 and leave a message to get the rules you need.

The 69th edition of this great family fair continues to offer great professional entertainment as well. This year's top billing goes to Kristen Kelly on Friday, July 26 at 8:30 and Greg Bates on Thayer Stage on Saturday, July 27 at 8:00 PM. These concerts are free with

your paid general admission thanks in part to the sponsorship of Woodsville Guaranty Savings Bank and WYKR Radio, plus the support of Steenburgh Associates.

Another huge event is the return of the New York Tractor Pullers Association on Thursday evening. Sabil & Sons is the main sponsor of this event along with support from EZ Steel, Pete's Rubbish Removal, Robco Fabrication & Nick's Aggregate. Thursday night will be topped off with a grand Fireworks Display sponsored by Bear Ridge Speedway, C.M.Whitcher Rubbish Removal, Floyd's Rubbish Removal & Quinttown Container Service, Hood's Plumbing, Horne Excavat-

ing, The Scott Mitchell Family & Timberwolf Rubbish Removal.

There are two other great acts that will be display all five days of the fair. Horses, Horses, Horses returns with multiple shows daily featuring all sizes, breeds and temperaments of our four legged friends. And Sylvia will also be on stage with her Magic Trunk. This ventriloquist uses audience participation to bring the show alive for young and old.

Admission prices this year are the same as last, just \$10 per person. Children 12 and under are still free, as is parking. And Thursday is Senior Day, so that those 65 and older get in for just \$5.00.

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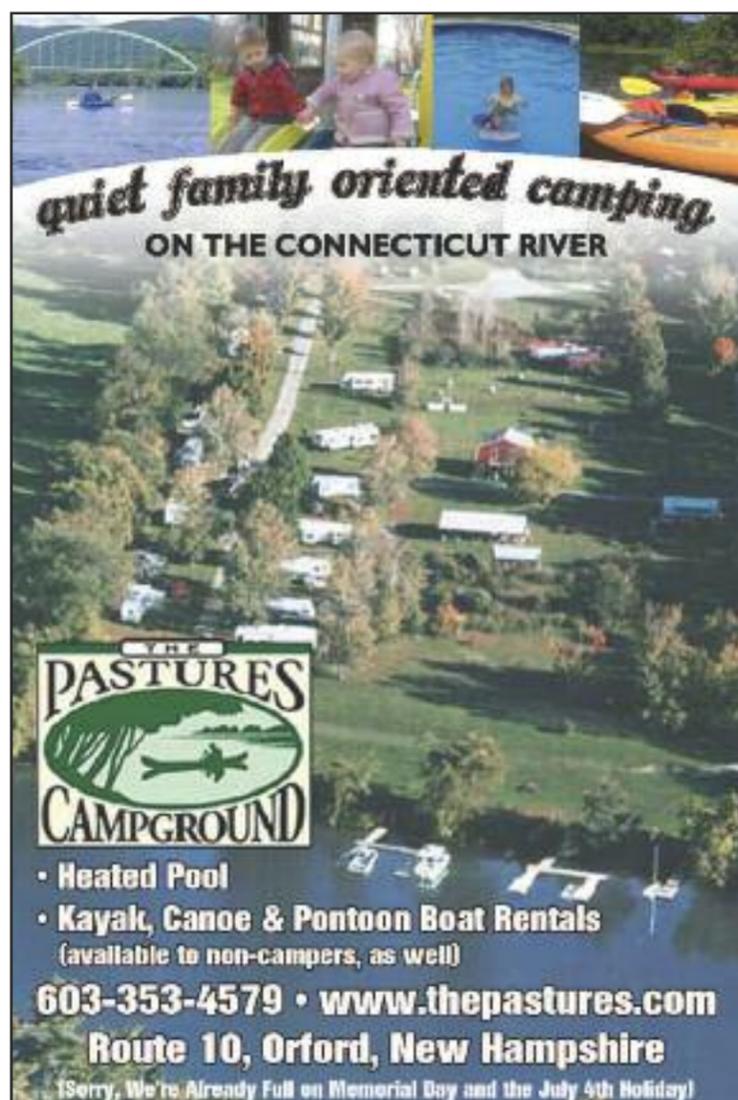
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Rain On Me

Have these quick pokes of evening down pours got you easing off the throttle of life somewhat so as to cruise into summertime in a proper, positive, less cantankerous state of mind?

Me too.

Moments ago, I retreated from my hell hole in the basement, after hearing the most recent deluge arrive on my bulkhead in Manchester City, USA. A steady rat-tat-tat was matching up well with the music of Mississippi Fred McDowell and the utter drubbing Dusty P. was putting on the Rockies in God's Town.

How I love the rain. But only on these nights. After these days. The steamy, draining, humidity raked dog days. But I wasn't complaining. Not one iota (first time ever using the word "iota"). Not right now.

Forget the AC, I told myself, as I headed out early morning into the sun shot seventy degree heat that quickly soared into the 90s as I bent my truck from Plymouth to Hudson, doing my thing.

Everything iron, human, aquatic or within the plant pool was cooking all day long. The leaves started to crisp with thirst on the trees. Bees dried up. Hair on human heads struggled and stretched in the humidity, just waiting to fall straight into the drain at first shower.

Bumpers on cars only got angrier and angrier at the nit wit drivers who continued to park in the open lots for nine

bakingly hot hours.

"Lord, it's the slow consumption," Fred was singing, "Killin' you by degrees."

And the streets, forget it. From Union Street in Laconia to the sweetest side of Windham, every road I passed had their big black tongues sticking out, begging for a fresh dumping of cool rain.

By 11 a.m., I was struggling not only with line after line of wrinkles across my bloated dress shirt, but my pits ran river deep. I'd lost the support of my man undies. My shoes felt as if they'd been transformed into an aqua jet foot spa.

Squish, squish, squish.

Still, one doesn't realize just how bad one needs a cup of rain until ones dress socks go limp just as you're walking into a pulmonologists office. When your socks go, everything goes, from your hips to your lips to your most earnest marketing pitch.

This is the time you start summoning the Rain Gods by busting out the turquoise feathers.

And the rain couldn't have come soon enough.

By 5 p.m., the day was a complete wipe out. Anyone that had been indoors all day sucking in the fake air, stepped out at closing time to rip a grit and immediately felt sick and full of remorse. That exhaustion quite possibly led to a sticky hot dinner with people that were already terse and bored two days into a eight week paid vacation.

And that dinner can always go either way. Got central air? You're all set. Enjoy your shower. Baking in the stank of mushy cat food and bowls crusted over with the remnants of morning cereal milk? You might want to bust the Nunchaks out because these hours could turn ugly.

But then, mere moments after I stepped down into my basement office filled with laundry equipment and 13 empty bottles of Xtra detergent, the rains came, and she came hard, thunderously slamming down on every aching leaf in the county, drenching the bumpers, the curbs, the ripple strips and mailboxes.

Rain on me!

Yes, she arrived in a torrent state, as if finally saying "Here you go, you boa wearing beggars. I gave you ice for four months and you now weep over the heat. Take it. Drink it in. I'll be gone in 20 minutes."

And she did as she said she would.

And now, at this moment in time, at this loneliest of hours when the house is deafening quiet, not one single note can be heard by either Mississippi Fred or the Rain Gods. Each has returned to their respective place in time, having done their job, promising only to return just when we need to hear the beauty of the blues and feel the heavenly sweetness of a hard, hard rain.

Reach Rob Azevedo at onemanmanch@gmail.com.

North Haverhill FAIR



1299 Dartmouth College Highway • North Haverhill, NH

BE PART OF THE FUN Join One Of These GREAT Competitions!

Wednesday - Sunday

July 24, 25, 26, 27 & 28, 2013

For full regulations and schedule please check our website at:
www.nohaverhillfair.com



ART & PHOTOGRAPHY SHOW

Entry Information: Items must be brought to the fairgrounds on Saturday, July 20 from 12:30pm to 6:30pm. Go to www.nohaverhillfair.com for complete rules & regulations. Luanne & Dennis Fournier 603-787-6389.

ARCHITECTURE
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HUMAN FIGURES
LIVESTOCK

PETS
PHOTO ESSAY
PLANTS
REMINISCING

SCENERY
STILL LIFE
SUNRISE OR SUNSET
WILDLIFE



EDITH G. HENSON MEMORIAL FLOWER SHOW

Entry Information: Items must be brought to the fairgrounds on Wed., July 24 3-6pm, Thur., July 25 3-6pm or Fri., July 26 8:30-12:00pm. Go to www.nohaverhillfair.com for complete rules. Hannah Leland 603-728-8117.

BOUQUET OF ONE VARIETY
ARRANGEMENT OF DRIED FLOWERS & GRASSES
ARRANGEMENT IN YOUR CHOICE OF CONTAINER
ARRANGEMENT IN A VASE
ARRANGEMENT IN A BASKET
ARRANGEMENT OF WILDFLOWERS
ARRANGEMENT IN A POTCHER
MINIATURE UNDER 3" HIGH
PATRIOTIC ARRANGEMENT OF RED, WHITE & BLUE

CREATIVE DISPLAY - 5 ANNUAL OR PERENNIAL
ARRANGEMENT OF SILK FLOWERS
DECORATIVE WREATH USING FRESH FLOWERS
EXHIBIT OF ONE ANNUAL IN A VASE
EXHIBIT OF ONE PERENNIAL IN A VASE
EXHIBIT OF ONE ROSE IN A VASE
HANGING PLANTS
FLOWERING PLANTS
FERNs

CACTI
HERBS
SHRUBS
VINES OR CLIMBING PLANTS
BEST USE OF GLADIOLAS IN AN ARRANGEMENT
GAY MORSE MEMORIAL CLASS
THEME CATEGORY
BUSINESS CATEGORY

ARTS, CRAFTS AND COLLECTIONS

Entry Information: Items must be brought to the fairgrounds on Sunday, July 21 from 1:00pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Jane Oakes 603-272-4928.



ARTS, CRAFTS & COLLECTIONS
CLASS I QUILTS AND SPREADS
CLASS II QUILTS AND SPREADS
CLASS III SMALL QUILTS
CLASS IV WALL HANGINGS
CLASS V EMBROIDERED ARTICLES
CLASS VI HOUSEHOLD ITEMS

CLASS VII CROCHETING
CLASS VIII KNITTING
CLASS IX RUGS
CLASS X DECORATIVE PAINTING
CLASS XI PILLOWS
CLASS XII HANDMADE WOODEN ARTICLES
CLASS XIII STUFFED DOLLS & ANIMALS

CLASS XIV PICTURES NEEDLEWORK
CLASS XV CERAMICS
CLASS XVI LEADED STAINED GLASS
CLASS XVII MISCELLANEOUS DECORATIONS
CLASS XVIII HOLIDAY DECORATIONS
CLASS XIX AFGHANS
CLASS XX MISCELLANEOUS

King Arthur Baking Contest

Saturday, July 27
Pre-registration Required
By Friday, July 19
Junior & Adult Classes
More info go to
www.nohaverhillfair.com



North Haverhill Idol
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Please Pre-Register By Friday, July 19
Email: garyscruton@yahoo.com
or call 603-747-3942
Thursday, July 25
Preliminary Round 6pm • Finals at 9pm
Prizes For Top Three Contestants



**Kiddie
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Saturday,
July 27 • 11am
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**Woodsville/Wells River
4th Of July Parade Winners:**

Commercial Floats:
1st Kingwood Camp
2nd Twin River Campground
3rd Coventry Log Homes

Organizational Floats:
1st Newbury Elementary School
2nd Woodsville High School Alumni
3rd Bath Congregational Church

Walkers: 1st Buddy the Clown

Color Guards:
1st Haverhill Memorial Post No. 5245 VFW
1st American Legion Ross-Wood Post #20

Decorated Businesses:
1st Everything But the Cook
2nd Well River Chevy
3rd This Plus That Consignments

RAFFLE WINNERS:
\$100 Noreen Chase
\$100 Amanda Sanville
\$100 Ronson Smith
\$100 Sandra Young
\$250 Jan Emerson
\$250 Donna Clark
\$500 Richard Kendell
\$1000 Cheng Tu

Old Church Theater Presents Family Classic "Heidi"

Bradford, VT: On July 12th Old Church Theater brings the classic and beloved story of "Heidi" to its Bradford stage. Specially written for Old Church Theater by Charles Fray, this version has all the favorite characters and features of the original 1888 novel by Johanna Spyri, and is suitable for the whole family.



In a rehearsal photo for Old Church Theater's "Heidi", Fraulein Rottenmeier, (Holly Buker) tells Dete (Rhonda Archibald) and Heidi (Isabella Yelle) that she is not the kind of companion wheelchair-bound Clara (Rachel Archibald) should have.

Directed by Gloria Heidenreich, the cast of 19 includes children, youth and adults. Appearing on stage are Isabella Yelle, Rhonda Archibald, Meghan Bullard, Parker Logan, Charles Fray, Caroline Swaney, Jeff Fullerton, Rachel Archibald, Holly Buker, Nick Buonanduci, Ron Garvin, Melissa Mann, Kelly Gaudet, Todd Robie, Evelyn Fleming, Hazel Fleming, Sara Archibald, Dayton Wagner, and Kennedy Wagner.

by her aunt to be a companion to a wheelchair-bound rich girl, Clara, in Frankfurt. Homesick, alone, and becoming very ill, she finally returns and recovers in her beloved Alps with her new friend Clara, and everyone, even Grandfather, finds new joy and purpose in life because of Heidi.

ater.org. Admission is \$10 for adults and \$5.00 for students. Performance photos will be available on www.oldchurchtheater.org beginning July 11th.

Set in the Swiss alps, as the play opens Heidi is dropped off at her gruff grandfather's secluded mountain hut by her aunt, who doesn't seem to care about the child. But Heidi's charm soon melts her grandfather's heart and as he begins to know joy again, she is abruptly taken away again

"Heidi" will be presented two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm. Reservations may be made by calling 802-222-3322 or emailing reservations@oldchurchtheater.org.

Old Church Theater is a non-profit group in its 28th year, producing 5 plays from May to September. Most recently staged was "Let's Murder Marsha!"; after "Heidi" in mid-August will be "Mr. Roberts", made famous by the film featuring Henry Fonda.

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Heidi

Adapted for the stage by Charles Fray especially for Old Church Theater

Directed by Gloria Heidenreich

Admission only \$10/ \$5 students.

Old Church Theater
Bradford, Vermont

Fridays & Saturdays
July 12-13-19-20
at 7:30 p.m.

Sundays, July 14 & 21
at 4 p.m.

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

Yankee Brass Band Is Coming To Newbury ¹¹

On Tuesday, July 23rd at 7:00PM

The Haverhill/Newbury 250th Anniversary Committee invites you to hear the Yankee Brass Band- a group 20 to 25 members who perform with actual instruments and historical informed arrangements of music from the second half of the 19th century.

In 1986, Paul Maybery of St. Paul, Minnesota, Mark Elrod of Germantown, Maryland, and a small number of brass players from around the country gathered at the Hotel Coolidge in White River Junction, Vermont. The result of this initial gathering was the performances of the Yankee Brass Band in the Upper Valley of Vermont/New Hampshire. What was created was an historically accurate recreation of an American Brass Band circa 1840-1870 performing music of the period in an appropriate style and on the original instruments. Pictures of the band show the musicians in reproductions of "uniforms" that were common attire for bands of the era - firemen's shirts (red flannel shirts) and red kepis.

While delving into historical collections in Minnesota, Maybery became "hooked" on the music and instruments of the 19th century. His first project was to reconstruct the music of Russell Munger's

Great Western Band of St. Paul. Using old posters and band programs that gave him clues to titles of songs, Maybery went on a search for the original musical scores of the 1850s and 60s. David Briggs, an old college band friend, and one of the directors of the River City Arts Forum of Hartford, Vermont, provided Maybery with a contact in the East.

In Manchester, New Hampshire, Maybery discovered the Dignam collection of music where he found many of the pieces for which he had been searching. Walter Dignam was the leader of the famed Manchester Cornet Band, which had the distinction of performing for President Franklin Pierce. Due to the costliness of printed material in the 19th century, music was copied by hand and passed on from band to band. This enabled Maybery to find surviving copies of music in the Dignam collection and several pieces common to both the Great Western Band and the Manchester Cornet Band.

Not only are the largest collections of period music located here in New England, but many local town bands still have them in their libraries. The Nevers Band of Concord (N.H.) still uses its

ancestor's (the 2nd N.H. Regiment's Band) music books.

Each July, the Friends of the Yankee Brass, Inc., brings together musicians from all over the country to perform in the Yankee Brass Band. They come as true enthusiasts of the old time band, eager for a chance to play on the 19th century instruments. Some of the instruments play much like modern ones, but others require some adjustments. "A lot of these musicians don't know what they are getting into," says Paul Maybery. "They are playing 140-year old instruments that don't transcribe well for modern music. Once they hear it, and play it, though, they are hooked. It's contagious!"

The modern musicians do have to adapt to the valve action on the antique instruments. Today's horns, such as trumpets or cornets, use piston valves—a piston moves up and down to shorten or lengthen the tube of the brass instrument, altering the pitch. Some of the old instruments have valves using a rotary action—the valves revolve rather than plunge to alter the length of

the tube. Aside from these differences, the instruments have some modern names: tuba, B-flat and E-flat cornets, alto horn, tenor horn, and baritone horn. But, there are two instruments in the band which have become extinct in the modern era—the keyed bugle and the ophicleide.

Several members of the current Yankee Brass Band were involved in the production of the PBS Civil War series, and Maybery assisted in the arrangement of the historic music. Maybery also appeared as guest conductor at the Ford's Theatre Commemorative Concert on the anniversary of Lincoln's assassination. Some historic instruments of this period were seen in the Civil War film *Glory*.

The musicians in the Yankee Brass Band come from all walks of life—engineers, doctors, teachers, consultants, professional musicians and other enthusiasts—like those musicians of the bands of the last century. These people come from around the United States to share a common love and respect for the music of the early brass bands. Many of them direct or

perform with similar bands in their own home towns.

The combined expertise of these musicians produces one of northern New England's most entertaining and informative musical events. With its collection of antique instruments and authentic music scores, the Yankee Brass Band gives the audience an auditory living-history experience they will long remember. The quicksteps, gallops, polkas, mazurkas, schottisches and waltzes, and the many overtures and medleys popular in the mid-19th century make up the program of the typical brass band concert of yesteryear. Enjoy this concert on Newbury Village Green on Tuesday, July 23rd at 7:00PM. Bring your own lawn chair. The performance will be approximately 75 minutes without intermission. In case of inclement weather, the concert will be inside Newbury Elementary School. To hear samples of their music visit www.yankeebrassband.org. This event is being underwritten by Wells River Savings Bank as part of the 250th Anniversary Celebration of Newbury (VT) and Haverhill (NH).

Notes From Above Ground

Articles appearing here are original writing by a group known as the Vintage Voyagers. They meet weekly at Horse Meadow Senior Center at 10:30am on Wednesdays. Anyone interested are welcome to come & enjoy the company.



Vintage Voyagers

War Story

By Roger Warren

It was an early evening in 1963. I was with the Army Security Agency stationed near Sapporo Japan on the northern island of Hokkaido. I had had a few drinks with a Japanese friend. He was a member of my English class. As was the custom, we sought out a place to have something to eat after drinking. We chose one of those semi-permanent sidewalk stalls, and as we were enjoying our Genghis Khan (slices of mutton cooked on an individual brassier) a slightly drunk man in the far corner started speaking. Without understanding much of what he was saying (my Japanese was limited), it was apparent that he was talking to me. This was a very small place,

perhaps seating 8 people at most. I was at one end of an ell-shaped bar and he at the other. Silence fell over our small space, only the man's voice could be heard. When he finished his short speech, I asked my friend to interpret. The man had said that during the war he had served only in his homeland and was never given orders to go elsewhere. At the time he was very upset by this because he so badly wanted to go where he could kill Americans. He wanted me to know, however, that given the way in which we treated the Japanese after the war, he was now grateful that he was never given that chance.

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www.yankeebrassband.org (Bring your own lawn chair)**

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One of the colorful and creative floats that participated in this years Woodsville/Wells River 4th of July parade. Photo courtesy of Janice Scruton.



Ross-Wood Post #20 American Legion Color Guard boasted 5 flags wide as they march in the annual Woodsville/Wells River 4th of July parade. Photo courtesy of Janice Scruton.



Cannon Mountain Aerial Tramway was celebrated on Friday, June 28 with Governor Maggie Hassan. From the left is North Country Senator Jeff Woodburn, John Devivo, manager of the Franconia Notch State Park; Dennis Murphy, Chair, State Cannon Mountain Advisory Council; Governor Hassan; Rep. Herb Richardson and Executive Councilor Ray Burton.

Littleton Pet Center Hosting Operation: War Dogs

Littleton, NH -- (July 1, 2013) - Littleton Pet Center is preparing to launch its first annual summer-long donation drive, Operation: War Dogs, to support United States War Dogs Association (USWDA). The drive officially begins on July 4th and ends on Labor Day, 2013.

The United States War Dogs Association, Inc. is a nonprofit organization of Former and Current US Military Dog Handlers and supporting members committed to promoting the long history of the Military Service Dogs, establishing permanent War Dog Memorials, and educating the public about the invaluable service of these canines to our country. Our background in military War Dog service and our dedication to honoring the memory of the service and sacrifice of the US Military Working Dogs gives us a unique perspective that we can use to educate the public on the history of Military War Dogs.

During Operation: War Dogs, donors can stop by Littleton Pet Center to make a contribution, or simply mail a check to Littleton Pet Center

made out to US War Dog Association. Littleton Pet Center will be giving away a free night of lodging at their facility to every donor who contributes \$100. In addition, Littleton Pet Center will decorate their facility with patriotic paw prints presenting the names of the clients and community members who contribute to US War Dog Association. Every dollar counts and anyone interested in donating is encouraged to stop by Littleton Pet Center to make a contribution in their name or in honor of a soldier they wish to recognize. These donations will help provide an abundance of critically needed items including K9 medications, food, grooming tools, bedding and other necessities.

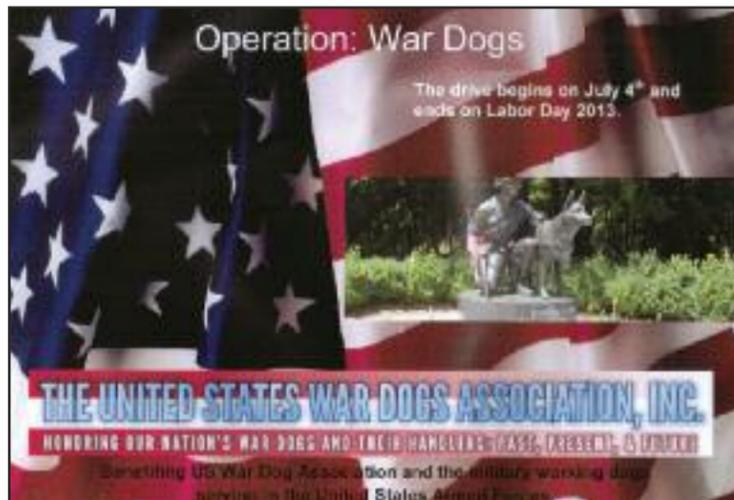
United States War Dogs Association: <http://www.uswardogs.org/>

"This will be our first year to host Operation: War Dogs. I am so honored to see how generously our community responds in helping to raise funds for US War Dogs Association." Said John Kelley, Owner of Littleton Pet Center. "It's evident that helping the dogs who serve in our armed forces is a cause very near

and dear to the hearts of all dog owners. Our soldiers, both two and four-legged, risk their lives every day to ensure our freedom; and we are so lucky just to have the opportunity to honor them in some way."

Military Working Dogs have been used by the U.S. Military since World War I. Dogs, along with their volunteer handlers, are trained in teams as scouts, trackers, sentry, mine/booby-trap/tunnel and water detection of hostile forces. Dogs have been used in WWI, WWII, Korea, Vietnam, Persian Gulf, Bosnia, Kosovo, Afghanistan and Iraq. Today, all branches of our armed forces are utilizing Military Patrol Dogs specializing in drug and bomb/explosive detection. Currently, there are approximately 600-700 of these canines in the Middle East in such places as Kuwait, Afghanistan, Saudi Arabia and Iraq, patrolling bases, military compounds, ammunition depots and military check points. They are guarding and protecting our military personnel with courage, loyalty and honor.

Donations will be accepted at Littleton Pet Center. Littleton Pet Center, 603-444-6285, is located at 1985 St Johnsbury Rd, Littleton, NH 03561. To learn more about Littleton Pet Center or for directions, visit www.LittletonPetCenter.com. To learn more about the USDWA and how they are assisting our country, visit www.uswardogs.org.



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American Cancer Society Relay For Life Is A Success: ¹³ Over \$121,000 Raised To Help To Create A World With More Birthdays

Littleton, NH – June 25, 2013 – The past weekend's 14th annual American Cancer Society Relay For Life® of North Country raised over \$121,000.00 to support the Society's mission of saving lives from cancer, leaving 350 volunteers exhausted, but happy, after walking for 16 hours at Remich Park, Littleton. This year's total brings the amount raised by the community to more than \$855,000 since Relay started in the North Country in 2000.

"Through their hard work in preparing for the event, and by spending hours walking for the cause, area residents certainly did their part to help the American Cancer Society create a world with less cancer and more birthdays," said Kathy Metz, Staff Partner for the 2013 Relay For Life.

The top individual fundraiser was Jennifer Connor from Henniker, who brought in over \$16,525. Second highest fundraiser was Bruce Charland, of Bethlehem, who raised \$5,258 from friends and family. And third highest fundraiser was Naomi Reinhard of Littleton, collecting \$3,470 in donations. Phil Clark of Lisbon was also a Pacesetter, raising over \$2,612.

The top fundraising team was team "Lisa's Legacy" at an amazing \$27,031. Second highest team was "Heart & Sole Mates, raising an impressive \$15,725, and the third highest fundraising team was an outstanding effort by team "In Memory" raising \$10,101. Team "All

in the Family", was just behind raising \$10,018. More than 350 people participated – split into 30 teams and survivor and caregiver guests. The teams represented area businesses, clubs, and organizations.

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

American Cancer Society Relay For Life of North Country was made possible by the support of its sponsors Union Bank, Abbott Rental & Party Store, Burndy LLC, Garnet Hill, Ink Mill, John Jaworowski – DJ, Littleton Regional Healthcare, Passumpsic Savings Bank, The Smith Family – In memory of Roy E. Willey Sr & Gene Smith, Jr., Littleton Coin Company, New England Wire Technologies, Connecticut River Bank and the Town of Littleton Parks and Rec Department, as well as other community-minded businesses, organizations, volunteers and supporters.

Each year, more than 3.5 million people in 5,000 communities in the United States, along with additional communities in 20 other countries, gather to take part in this global phenomenon and raise much needed funds and awareness to save lives from cancer. You

may get involved with or make a donation to Relay For Life at any time. Check out RelayForLife.org or call 1-800-227-2345 for more information or contact, Kathy Metz, staff partner for Relay For Life of North Country at 603-356-3719 or Kathy.metz@cancer.org. The American Cancer Society combines an unyielding passion with nearly a century of experience to save lives and end suffering from cancer. As a global grassroots force of more than three million volunteers, we fight for every birthday threatened by every cancer in every community. We save lives by helping people stay well by preventing cancer or detecting it early; by helping people get well by being there for them during and after a cancer diagnosis; by finding cures through investment in groundbreak-



ing discovery; and by fighting back by rallying lawmakers to pass laws to defeat cancer and by rallying communities worldwide to join the fight. As the nation's largest non-governmental investor in cancer research, contributing about \$3.4 billion, we turn what we know about cancer into what we

do. As a result, more than 11 million people in America who have had cancer and countless more who have avoided it will be celebrating birthdays this year. To learn more about us or to get help, call us anytime, day or night, at 1-800-227-2345 or visit cancer.org.

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

July 9, 2013

Volume 4 Number 20

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<p>WOODSVILLE, NH - New Listing - Charming village home, features a marble fireplace, 4 bedrooms, 2 baths, deck, porch, fully appointed basement bar. Move in condition. \$119,900</p>	<p>BATH, NH - New Listing - Unique Cape, open foyer, fully equipped kitchen, living room with sliders overlooking a view of the vast mountains, 3 bedrooms with master bedroom with views, 2 baths and more. 3.99 acres. \$252,000</p>

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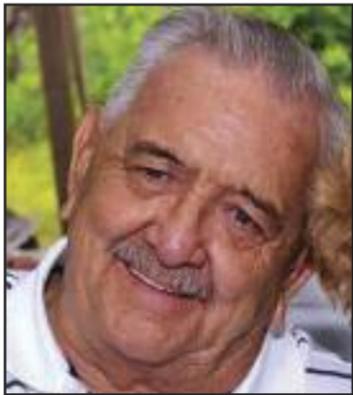
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Not all Times are Trendy but there will always be Trendy Times July 9, 2013 Volume 4 Number 20

OBITUARY – HENRY THEODORE “TED” ASSELIN



Henry Theodore “Ted” Asselin, 81, of North Haverhill, NH, died Wednesday, June 19, 2013, at his home.

Ted was born in Woodsville, NH on September 20, 1931, to Henry and Ernestine (Perry) Asselin. He married Sheila Eileen Moore on September 24, 1955 at Ft. McPherson, GA.

During his life Ted served in the Army, including two tours in Vietnam, where he earned a Silver Star, Bronze Star, and Purple Heart as well as numerous other decorations throughout a 22 year military career. After retiring from

the Army he spent 13 years in civil service. He also served in Berlin, Germany during the airlift, in Panama, and Redstone Arsenal, AL. He is remembered for running the Rest A While and Moosilauke Inn in Warren, NH, and most notably for arranging to have an out of service Redstone Missile brought to his hometown of Warren and erected in front of the Historical Society. After retiring from Redstone Arsenal, Ted and his wife, Sheila, returned to NH. He will be most remembered for the love he had for his family and friends and his ability to tell funny stories for hours. Most of them were actually true.

Ted was predeceased by his parents, Henry Asselin, Ernestine Simpson, and stepfather Ernest Simpson. He is also predeceased by sisters Patricia Bourque and Judith Siakowski, as well as his oldest son, Michael Asselin.

He is survived by his wife of 57 years, Sheila Asselin of

North Haverhill, NH; two daughters, Sharon DiFranza and husband Joseph DiFranza, of Princeton, MA, and Loretta Asselin-Zahn and husband Robert Zahn, of Washington, NH; four sons, David Asselin, of Vienna, Austria, Daniel Asselin, of Weare, NH, Christopher Asselin and wife Sheila Asselin, of Goffstown, NH, and Patrick Asselin, of Perry, GA; a brother, John Asselin, of Ventura CA and Port Huron, Michigan; a sister, Claire “Mickey” Hagerty, of Los Angeles, CA; sixteen grandchildren and seventeen great-grandchildren.

A committal service will be held on July 8th at noon at the Veteran’s Cemetery in Boscawen, NH. There will be a gathering nearby following the service for family and friends to spend time together celebrating Ted’s life. All are cordially invited. In lieu of flowers donations may be sent to the Baldwin Memorial Library, Wells River, VT 05081

A great and noble heart broke today. The heart of a man who led other men in combat yet could be touched by the sight of a hummingbird.

A man who was father to his seven children and a father figure to countless others. He loved babies, all babies, including the wounded Vietnamese infant he tossed onto a medivac and ever after wondered what was her fate. Baby Blue he called her because she radiated a blue aura. Maybe now he knows.

A man who loved one woman all his life and was loved by her. He wore shorts in the middle of the winter. Could make others laugh just by being in the room.

A man who always thought of others first. Who took delight in small wonders.

But the great heart at last grew tired. He fell asleep alone, no bother to anyone, with a look of peace on his face. So like him to make no fuss.

In the last weeks of his life he loved to get up at five in the morning and watch the first hummingbird land at the feeder. A wise bird she got there first to greet and took the first sips alone. He named her Harriet.

He is mourned and missed by many including Harriet Hummingbird.

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

Hospice Announces Volunteer Training

North Country Home Health and Hospice Agency is pleased to announce the annual hospice training, scheduled in Littleton this fall. The agency enjoys a wonderful corps of volunteers, but new volunteers are needed to meet the growing number of patients and families in the 22 communities served.

Hospice is considered to be the model for quality, compassionate care for people who are facing a life-limiting illness which no longer responds to cure-oriented treatment. Patients’ needs and wishes are met through a team-oriented approach of expert medical care, pain management, emotional and spiritual support, and volunteer service.

The philosophy of hospice is based on the belief that providing support and comfort for individuals at the end of life protects dignity, allows patients to remain as active as

possible, and to live a higher quality of life.

Volunteers provide important services to hospice families. They serve wherever patients reside, whether in their own home, an assisted living center, nursing home, or during a period of hospitalization. They offer emotional support and companionship, help with routine tasks, run errands, grocery shop, prepare meals, wash

laundry and do light house-keeping, or reminisce and record life stories. Volunteers may also assist staff in the hospice office, or participate in community outreach and fundraising. Many share special talents such as Reiki, massage, pet therapy, or music therapy and aromatherapy.

The six-evening, 18 hour training prepares volunteers by expanding their under-

standing of the hospice program, the needs of the dying, pain management and comfort care, grief and bereavement, and communication with the hospice family. There is no charge to participate in the training program which will be held at Littleton Regional Hospital on Tuesday evenings, beginning September 3rd.

Preregistration is required.

For additional information, contact Sue Buteau, Hospice Volunteer Coordinator for North Country Home Health and Hospice, at 444-5317 or sbuteau@nchhha.org.

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Graduation Announcement Hobart And William Smith Colleges

Laura R. Carver Dionne '13, of Bradford, VT received a bachelor's degree during the 2013 Commencement ceremonies of Hobart and William Smith Colleges, held Sunday, May 19.

Laura R. Carver Dionne '13, the child of Mr. Marcel A. Dionne and Ms. Marthanne G. Carver majored in Geoscience, Environmental Studies. While a student, Laura R. Carver Dionne '13 participated in the study abroad program, Ecuador/Peru - SP11. Additional info : Dean's List

James Carville, one of America's best-known political commentators and a leading citizen in the revitalization of post-Katrina New Orleans, gave this year's Commencement Address during which he told HWS graduates, "There's no success without failure."

Assuring graduates he

was confident they were going to do remarkable things in their lives, he urged them to remember to thank those who helped them along the way and then "mentor others and bring them along and show them recognition so they can grow too."

In his Valedictory Address, President Mark D. Gearan commented on the "importance of listening," noting, "If we are to truly build communities of trust and inclusion - we must listen to one another and to other viewpoints in meaningful ways."

He then pointed to the Honorary Degree recipients as good examples of active, successful listeners. In addition to Carville, the Colleges awarded honorary degrees to Maureen F. Curley, president of Campus Compact; John Grotzinger '79, mission

leader and project scientist for the Mars Science Laboratory; and Mara O'Laughlin '66, who recently retired from the Colleges as assistant vice president for the performing arts initiative.

Commencement 2013 marked the 188th graduation for Hobart and the 102nd for William Smith. The Classes of 2013 included 289 William Smith and 206 Hobart undergraduates, as well as eight MAT students and two Ontario ARC College Experience Certificates.

Hobart and William Smith Colleges are prestigious liberal arts colleges offering an array of imaginative, largely interdisciplinary degree programs to 2,272 undergraduate students.

Please contact Josh Brown regarding any questions at brown@hws.edu or call 315-781-3540.

Orange Senior Center

All events held at the Senior Center are open to the public unless otherwise advertised.

We are looking for a substitute driver for our Meals on Wheels Program. If you are interested, please call for more information.

The next Texas Hold'em Tournament will be on Saturday July 20. The entrance fee is \$25.00. The doors open at 5:00 p.m. and the tournament starts at 6:00 p.m. There is food and beverages available.

We are bringing back the community picnic. The picnic will be on Wednesday, July 31 at 6:00 p.m. at Elizabeth's Park. We will be having BBQ chicken, homemade rolls, macaroni salad, coleslaw, punch and watermelon. The cost is \$8.00 for adult, \$6.00 for seniors, \$5 for children. This picnic is open to the community, so everybody is welcome.

We are going on another trip- The next trip is to West Virginia for a Scenic Railroad Adventure. The trip is on

September 19-23. A 4-night trip includes 2 nights on route and 2 nights in Elkins, WV. It also includes 2 breakfasts, 2 dinners-one diner in the Elkins Railyard Restaurant, 2 exciting rain rides and 2 shows at the American Mountain Theater. If you are interested, please call the center at 802-222-4782 and ask for Vicky. A \$100 deposit is due with the reservation, and cost will depend on how many people sign up to go. All our welcome to come on the trip. If anyone is interested in this trip-you need to sign up in order to see if there will be enough people for the trip to happen.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-the meeting starts at 5:30 p.m.

The senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is July 10. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. Class is being

held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome. Tai Chi Easy classes are Thursday at 1:30 p.m. The Orange East Senior Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.

There is space available in the Monday, Tuesday, Thursday and Friday exercise class. The class begins at 9:00 a.m. and ends at 10:00. It is a strength building class.

There is balance class being held on Tuesdays at 9:40 a.m. This is to help with not slipping and falling.

Orange East Senior Center is holding informal Line Dancing classes for exercise and just plain fun, each Tues. at 10 a.m. Come On Down!

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Letter To The Editor

Dear Editor,

I want to thank and congratulate our North Country legislators -- Representatives Linda Massimilla, Ralph Doolan, Rebecca Brown, Sue Ford, Linda Lauer, Brad Bailey, Edmond Gionet and Marcia Hammon -- for working in a bipartisan, moderate fashion during the recent legislative session. We should be very proud of our accomplishments -- a nearly unanimously approved budget that takes care of the important needs of the North Country; a major \$13.5 million investment in career and technical edu-

cation system; new laws that improve our emerging off-highway recreational vehicle (OHRV); saving the region's largest social service agency and efforts to stabilize rural hospitals and expand access to medical care.

I'm personally grateful to them for their friendship and guidance as I completed my first session in the State Senate. I'm honored to call each of them a colleague and be able to rely on their support to best serve the North Country.

Jeff Woodburn
North Country Senator, Dalton

Senator Woodburn,

I want to thank you for publically thanking your fellow lawmakers for work on a budget that appears to have actually found middle ground. As is the case in almost any passed bill, there will certainly be those who are not happy. Either not enough, or too much spent on this project or another. However, the important part is that the legislature found middle ground where all could stand and say "yes" this will work. My true hope is that this will be the first of many such times that our elected officials, of all parties make this the rule, not the exception.

Therefore please allow me to add my thanks to not only those you listed, but all NH state legislators for a job well done.

Gary Scruton, Editor

Letter To The Editor

To Whom it May Concern, which is everyone.

The Three R's

According to the EPA: The items people throw out all take up energy to make. Many of them are not biodegradable and may take centuries to break down. According to the US Environmental Protection Agency (EPA) Americans produced 4.3 lbs of trash per person per day in 2009. Reducing, reusing and recycling .. the 3R's .. are the ways consumers can minimize the volume of waste they generate.

Reducing: Reducing is the first and most effective of the three R's. It means reducing your consumption or buying less. Designing items like plastic bottles, utensils, buying used goods, mending clothes instead of buying ones and consuming less electricity are all examples of ways you can reduce in your own life.

Reusing: Rather than throwing out items like clothing or food jars, "bicycles, lawnmowers, leaf blowers ,.... consumers, handymen, seniors can find new uses for them. They can repair and resell or give away to those less fortunate ... and thereby reduce their consumption of new resources. Composting, using jars to store beverages or leftover food, and trading or selling used DVD's, rather than throwing them out, are all good examples of ways people can reuse.

Reusing is the second best most effective of the three R's. Like reducing, it avoids creating waste rather than trying to recycle it once it's already there.

"As for bicycles, a child with no bike, can be the happiest kid on the block, to go past a senior's home, seeing a sign on a bike "free", put there just for him or her, when previously it was in the dump, ready to be crushed, picked up by a retired senior, who may have spent all day gathering up parts to make this bike work again or a fixed up lawnmower for a young couple just starting out, to make it work again... This is truly...., reducing, reusing, and recycling."

Recycling: Recycling is the third of the three R's. Recycling extracts valuable material from items that might otherwise be considered trash and turns them into new products. Communities

Nancy,

Your 3 R's make plenty of sense. And they will save many people cents and dollars. Even if New Hampshire does not have a "bottle" law, why not make a little extra effort to recycle those cans and bottles. And fixing bicycles or lawnmowers sounds like just the project many people could handle. With a little effort you could find a place for those fixed up items to go.

So, thank you Nancy for the words of wisdom and encouragement. Here's hoping many answer your call.

Gary Scruton, Editor

have a variety of recycling programs, such as curbside pickup of recyclables, drop-off centers, buy-back centers that pay you for valuable items and deposit-refund programs. Deposit-refund programs which include a deposit as part of the product price, refund consumers when they recycle such items as soda cans and plastic bottles. As a consumer you can also help recycling by purchasing products made from recycled material, such as toilet paper made from recycled pulp.

Why is it Important?

Manufacturers extracting natural resources, such as bauxite or aluminum ore, and refining them to make products use energy in the process. Often burning fossil fuels generates this energy. When people throw those items away, they send them to landfills where it may take centuries or longer to break down completely. Reducing, reusing, and recycling helps reduce humanity's environmental footprint, carbon dioxide emissions and energy use and limits the amount of landfill space people create. These savings can be substantial. Recycling aluminum uses only 5% of the energy required to refine aluminum. That's why the three R's are the basic tenets of modern environmentalism.

"Rather than crushing that bike, or lawnmower and shipping it to China, maybe to be made into a weapon, or only to buy it back again, maybe as a can opener, not always a reasonable or practicable means, it may be effective in the short term, but not in our lifetime, our children's lifetime or their children.

Also, keeping a senior citizen young, functional and productive as well as helping others in their lives and the environment, who gets joy out of fixing things, a broken bike and making a child happy may be worth the small loss of the profit from that bike or lawnmower. If that's all it takes, put a "Tip Jar" at your incinerator for that broken bike and lawnmower. There is not always a need for "financial profit" in everything we do. A busy senior, a smile from a child, is worth so much more."

Nancy Leclerc
North Woodstock, NH

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Choose Healthy – Be A Role Model

By Kathleen Jablonski, Field Specialist, UNH Cooperative Extension

July - the hot lazy days of summer when we all want to be outside near a lake, river or ocean doing some summer activity. Most of us, however, still have to go through the daily routine of work, chores and family obligations. Are we doing it while keeping healthy choices in mind?

A few weeks ago, I attended the Health Summit facilitated by the North Country Health Consortium. The folks in attendance, as we watched "The Weight of a Nation", were there for one purpose: representing their group, their school, their agency, their health care site or themselves to find out how we as a region can influence the people that surround us to make healthy lifestyle choices.

During the afternoon, we had four round robin sessions where participants gave their ideas and responses to some key questions. In three of the sessions, the questions were targeted about workplace wellness, school wellness,

and availability of community wide healthy food and drinks.

The other session, facilitated by Andy Muller from the Appalachian Mountain Club, asked, "If you had to identify one single step as the start to your own well-being program, what would it be?"

The way my mind works, I think any systematic change needs to begin with ourselves. The question got to that: asking participants who represented a wide variety of entities, what they would do themselves to change to a healthy habit. All these individuals are looking to promote or to improve, the wellness of their "people." From the practitioner's mouths, came the following responses:

"Get outside. Don't turn on the TV when you get home from work."

"Don't eat in the car."

"Carry a water bottle with you."

"Pack healthy lunches for the week on Sunday night. Take them with you to the of-

rice on Monday."

"Set small goals- No soda today."

"Split your lunch hour in two: with half of the time for eating, half for walking or other physical activity."

"Plan your meals for the week or the month."

"Buddy up with a friend for exercise...take the kids with you."

"Eat fruit and vegetables first to fill up."

"If you are going to eat, eat only at the table."

"Find stress reducers to use instead of eating."

"Walk 15 minutes before lunch/breakfast/dinner and after the meal."

"Stand up during phone calls."

"When I eat out, I ask for a box right away and split my meal in half."

"Make food rules: Use a smaller plate. No seconds. Don't bring food to the table-serve plated in the kitchen."

"Make large batches; freeze in meal size portions for future use."

"Plant a garden. Work in the garden. Eat the harvest."

"Start with 5-10 minute walks each day and add 5-10 minutes a week."

When the individuals who gave these responses at the conference make changes, they are role models for those around them. In turn, as individuals who have made healthy changes, they help to get the organizations, work places, schools and friends to see what a difference the changes have made in their life. Individuals help to promote those changes in the community they are in. One person, one change, can pay it forward. According to The Center for Disease Control, in a September, 2012 research report, 25% of adults in New Hampshire are considered obese; 62% are considered overweight. The number of obese school age children, according to the same report, is 12% with 13% considered obese. We are starting to see a shift for the better and we must continue to be role models and advocates for what are right for all of us health wise.

If each of us picks just one way we can improve ourselves, maybe, just maybe, it will spill over to workplace policies, family habits and community. Personally, I'm swimming three days a week and making an effort to walk the dog a couple of miles three days a week. It all adds up: healthier bodies, healthier attitudes and healthier lifestyles.

For more information about the Health Summit held June 18, 2013, and the ideas brought forth, contact Amy Holmes, MHA, Community and Public Health Director, North Country Health Consortium at 259-3711 or email her at: aholmes@nchnh.org.

For more information about Healthy Living programs with UNH Cooperative Extension, visit the website: <http://extension.unh.edu/Food-Health> or contact Kathy Jablonski, Field Specialist, at 787-6944 or email her at: Kathleen.jablonski@unh.edu

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2013 and is on-line only at http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm For more information contact David Falkenham at 603-728-8958.

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purchase a NH Archery Hunting License. You must be at least 12 years old to attend class. Registration Begins July 1, 2013 and is on-line only at http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm For more information contact Lewie Mardin at 603-838-6084.

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Tri-County Community Action Program

By Pauline Aldrich

I'd like to introduce myself as the Program Manager for Tri-County CAP's Woodsville Outreach Office.

For those not familiar, CAP is a non-profit social service agency providing assistance to low-income, elderly & disabled individuals. The Woodsville office specifically covers the towns of Bath, Benton, Ellsworth, Haverhill (& precincts), Landaff, Lisbon, Piermont, Warren, Monroe, Wentworth & Woodstock. We offer services such as a food pantry, Fuel Assistance, Electric Discount Program, Security Deposit Loans, Salvation Army assistance vouchers, homeless prevention referrals & emergency assistance advocacy. We also provide other types of assistance when funding is available.

What has made a great impression on me during the 4 months since I've been working in this area is the generosity of the businesses, organizations & everyday people who pitch in to make things a little better for those less fortunate. I'd like to ac-

knowledge Fogg's ACE Hardware & Lowe's for donating paint & supplies toward sprucing up the office & pantry. Shaw's Supermarket provides us with meats, breads, etc. through the Fresh Rescue Program. Lynette & her crew at Wal Mart keep our shelves stocked with generous weekly donations. Many area churches & countless individuals & families often drop off their collections & surplus goods. Cottage Hospital, Mt. Hope Grange, Harman's Cheese, The Minot Farm, "Rachel's Eggs", Woodsville HS Jag Program, Horse Meadow Senior Center all contribute in very special ways whether it be in donated items, services rendered or monetary donations. We are fortunate to have dedicated volunteers who provide their vehicles, time & energy when called upon for help with deliveries. It truly is a selfless & generous effort in many ways. I apologize if I've unintentionally overlooked anyone. Please accept my Thanks &

be assured that your contribution is greatly appreciated. Also, thanks to an ambitious young woman working toward a college degree in human services, we have the seeds planted for what will hopefully be an abundant crop of fresh vegetables for clients from our on-site garden. We're looking for volunteers who can spare a bit of time to help us nurse this project along. Please contact the CAP office if you can help. I'll be providing information & contacting folks regarding the Fuel Assistance Program as soon as that information becomes available from the State. The CAP office is located at 6 Church Street in Woodsville & is open Monday through Friday from 8am to 4pm. The food pantry is open Monday through Friday from 10am to 2pm. I can be reached by phone at 747-3013. I'll leave you with the thought that "We can't help everyone...but everyone can help someone" (Ronald Reagan). Thanks again!

My "Horses"

By Elinor P. Mawson

Like almost all pre-teen girls, I wanted a horse more than practically anything.

At school, my horse was named Champion, and he resided in a stall on the playground--a spot on the ground with his name carved with a stick. We rode around the area every recess bucking and neighing, and Champ was put carefully away in his stall when the bell rang. (I wonder if girls these days have that kind of an imagination).

Apparently my obsession with horses carried over at home, because the talk at mealtime most always turned to the subject--what I would name my horse, and where I would ride it, what it would look like, etc. etc.

My father finally capitulated to the idea and started making a real stall in the corner of the garage. My excitement knew no bounds when a truck backed into the yard. My father opened the door.

And there was the steed I had been dreaming about for the past 3 years.

Except that the "steed" was---a donkey!

His name was King, and

he came with a saddle, bridle, harness and even a sleigh to pull. He also had the most stubborn streak of any living creature. We hated each other on sight.

Of course, you know who had to tend to this animal--after all, I had wanted it--or did I? Disappointment was rampant, as well as an aversion to caring for it.

But care for it I did. I tried not to complain as I mucked out his stall every day and carried hay and water to him, or brought him out to graze.

I thought that maybe I would like him a little better if I rode him, but the first time I saddled him up and got on, he took off in the opposite direction and refused to turn around. I ended up going around the ring--about 4 miles--before we got home.

My mother, who had experience with harnessing, hitched King up to the sleigh, in preparation for a winter picnic in the woods, but he would have none of it. They had to have their picnic on the front porch, with King standing in the shafts looking at them. He wasn't too

popular that day.

I don't know how long we kept King, but I am sure it was too long. One day he left, and I don't think anyone minded a bit. I know I was relieved --and my obsession with anything equine had disappeared.

All I know is that my wonderful horse, Champion was a lot easier to live with.



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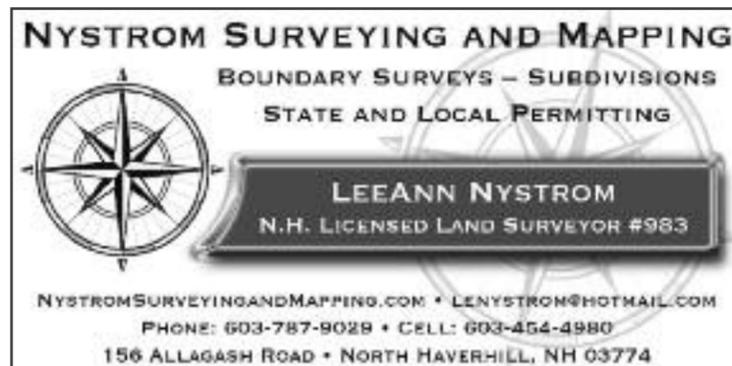


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Don't Get Trampled By The "Herd"

Every year in early July, thousands of people "run with the bulls" in Pamplona, Spain. While the event is exciting, it is also hazardous, and many runners have gotten badly injured over the years. As an investor, you may find that running with the herd is dangerous to you, too — because if you're constantly following what everyone else is doing, your own financial goals could end up getting "trampled."

The urge to run with the herd, or follow the crowd, may have been hard-wired into our psyches, according to anthropologists. In prehistoric times, running with the pack may have helped people minimize danger or increase their chances for finding food. But today, there are far fewer rewards for following a herd mentality — especially in investing.

For example, consider what happens when the financial markets go through a period of volatility. Virtually every time this happens, many investors flock to gold, apparently believing that the shiny yellow metal will always be

valuable and that its price will never drop. Yet, the fact is that gold prices, like those of other financial assets, do fluctuate. Furthermore, certain types of gold-based investments can be quite risky in their own right.

What other "follow the herd" movements should you avoid when you invest? For one thing, try to stay away from "feeding frenzies." If you look back about 15 years ago, you may remember the buzz surrounding speculative technology stocks — many of which were companies that had futuristic names but lacked some useful elements, such as profits or business strategies. For a few years, the prices of these companies soared, but in 2000 and 2001, the "dot-com" bubble burst, splattering investors with big losses that were either irreversible or, at the least, took years from which to recover.

The herd mentality often applies even when investors know the right moves to make. To illustrate: One of the most basic rules of investing is "buy low, sell high" — and yet many investors do the exact opposite. When prices drop, they sell, so that they can cut their losses — even though they may be selling investments that, while temporarily down, still have strong potential. On the other hand, when an investment's price has shot up, these same in-

vestors will often keep buying more shares, hoping to reap even bigger gains — even if the investment has now become quite expensive, as measured by the price-to-earnings ratio, and has little upside potential remaining.

Instead of emulating other investors, think about your own financial goals and create a viable strategy for achieving them, taking into account your risk tolerance and time horizon. Look for quality investments and hold them for the long term. Don't be discouraged by the inevitable market downturns, but be ready to adjust your portfolio as needed. Above all else, be patient and disciplined, always keeping your eye on your ultimate objectives.

It can feel comfortable when you're in the midst of a herd — but it can lead you to places where, as an investor, you don't want to go. Steer clear of the crowds and go your own way.

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Natural Sun Protection

My sun worshipping days are over, as a teenager I believed that bathing in it was a great idea and did so often. The ozone layer today is a much more dangerous and doctors and other health professionals are very clear on the dangers of too much exposure. Every group is stressing the importance of using sunscreen protection on a daily basis, however the mass produced marketed products contain carcinogens. I heard on the radio last week that there is now a sunscreen pill and the marketing group was calling out for those wishing for a free trial, for me that is asking to put cancer directly into one's body. In my shoppe many ask what I use to keep my healthy complexion and for sunscreen. As always I only use nature, healthy skin obviously comes from inside out, I live on Super greens, for sun blocking properties many natural oils contain SPF (Sun Protection Factor) qualities. I choose oils that I would eat, alone or with other ingredients.

I have written before on the incredible benefits of Sea buckthorn berries, this infused oil has a SPF of up to 50%; Sesame seed oil has a SPF of up to 30%, Apricot oil has a SPF of up to 30% and contains vitamin B17, which is widely known for its cancer preventative qualities. Other oils that have a SPF of up to 20% are Olive, Coconut and Peanut. Avocado oil is excellent for moisturizing the skin and hair because it has very high vitamin A & E contents and absorbs ultraviolet radiation from the sun. One does not need to protect the skin with expensive lotions, providing you keep Organically pure oils in your kitchen, you are ready for the 20 minutes of sun required daily to absorb vitamin D. Besides being linked to skin cancer, overexposure to the sun also breaks down collagen, the protein substance that gives the skin elasticity, making wrinkles and lines more apparent. This is why people who spend a great deal of time outdoors in direct sunlight have drier, tougher-looking skin.

You can still be active outdoors and enjoy the sun, but use common sense and the following guidelines to protect your skin:

- Always use sun protection. The B vitamin PABA (para-aminobenzoic acid) can be added to creams and lotions to increase their sun-screening properties. PABA can be purchased in a liquid form at many of the better pharmacies and health food stores.
- Avoid being out in direct sunlight during the middle of the day. This is usually from about 10:00 a.m. to 3:00 p.m. You can still tan (and burn) before ten and after three, so always wear sun protection.
- Always wear sunglasses. Sunglasses are the best beauty tool for slowing down wrinkling around the eyes and they help to protect the eyes from harmful rays.
- Cover your hair with a hat or a scarf if out in direct sunlight for a long period of time, as the sun can be very drying. This is especially important if you dye your hair, as the sun can also lighten the color. You can spread a small amount of your favorite SPF oil on your hair for protection.

Below are some of the qualities of my common choices:

SEA BUCKTHORN BERRY OIL

- * Anti-aging: Rich in vitamin A and vitamin E, sea buckthorn can help reduce the appearance of wrinkles and retard premature skin maturation.
- * Skin diseases: Several studies have investigated sea buckthorn's ability to treat conditions such as

acne, dermatitis, eczema, skin lesions and rosacea. Its skin-healing abilities are due to its high essential fatty acid, flavonoids, protein and vitamin content.

- * Sun Block: Sea buckthorn naturally absorbs the sun's harmful UV rays which can cause skin damage and may lead to skin cancer, SPF up to 50%.
- * Wound and burn healing skin rejuvenation: Palmitoleic acid, which is just one of the fatty acids produced by sea buckthorn, is a naturally occurring substance in the skin. Thus, sea buckthorn has proved very effective in the treatment of wounds, burns dermatitis and even cancers of the skin.

SESAME SEED OIL

- * Sesame oil is a pale yellow oil made from sesame seeds; it has a mild sesame scent. It has sun screening properties, one of the highest for natural oils, up to 30% SPF. This oil can be found in the cooking oil section of the better grocery stores.

APRICOT KERNEL OIL

- * A light oil obtained from the kernels or pits of apricots, it is a popular body oil as it does not leave an oily film on the skin, SPF up to 30%, vitamin B17. This can be harder to find, it is available in some food co-ops and online.

COCONUT OIL

- * Coconut oil is a solid white oil at room temperature. It preserves the skin and hair by providing a protective layer that locks in natural moisture. You can use it as a conditioner for your hair, skin, and lips.

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

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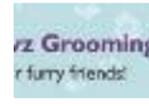
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The Complete History Of America (Abridged) At Jean's Playhouse

Last night I laughed so much my stomach hurt. I was watching The Complete History of America (Abridged) at Jean's Playhouse. This show covers over 50,000 years of history in just 90 minutes. Wondering how that is possible? You will want to see it for yourself!

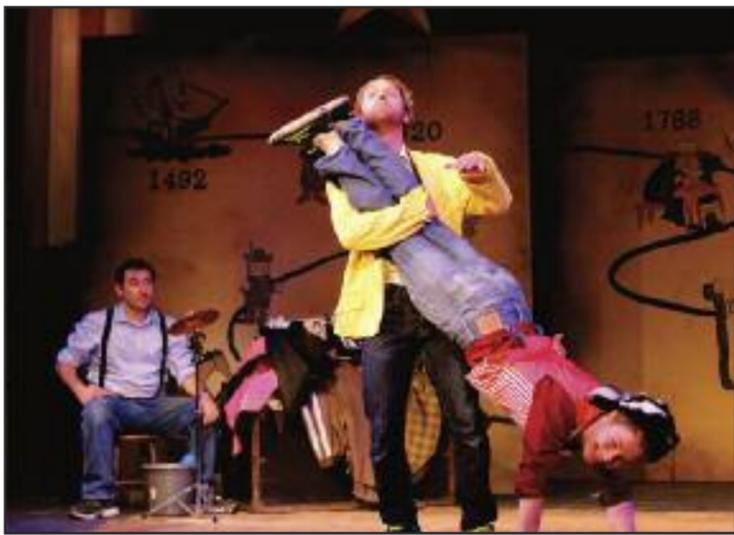
The show features three talented actors who work off each other to take on several famous characters throughout history. Gary DuBreuil, Joseph Freeman, and Josh Sticklin bring this show to life with their bubbly personalities and are a joy to watch. The audience meets Lewis and Clark, Thomas Jefferson, President Barack

Obama, and more. The comedic timing is spot-on and the mood is a playful one for all ages.

Director Rey Lopez does a wonderful job featuring each actor's strengths and abilities. Costumer Dulcie Walker is responsible for the extraordinary array of costumes, from feather head-dresses to coonskin caps to suspenders and flapper skirts, that are pulled on- and quickly stripped off again-throughout the show. When walking into the theater, you immediately notice how much work went into the hand-painted timeline that stands on the stage as well as the numerous wooden flags that add to the patriotic

theme of the show. I was amazed at the amount of props used; the precision of the set and the props went hand-in-hand and made the show very interesting to watch.

This is a high-energy show without a dull moment. It will keep you laughing the whole way through, and you will not only be entertained but educated as well! The show runs in repertoire with the upcoming Musical of Musicals from June 28th to July 28th. Tickets are \$30 (\$25 for seniors) and available at jeansplayhouse.com or (603) 745-2141. Jean's Playhouse is located at 10 Papermill Drive in Lincoln, New Hampshire.



The Musical Of Musicals In Lincoln, NH

The Musical of Musicals (the Musical!) opened this past Wednesday night at Jean's Playhouse accompanied by the annual Summer Gala, hosted by the Woodstock Station, Inn & Brewery and Gordi's Fish & Steakhouse. By the end of the night, the audience was raving about the talent of the cast. The show tells one

story five different ways using the styles of Rodgers and Hammerstein, Stephen Sondheim, Jerry Herman, Andrew Lloyd Weber, and Kander and Ebb. The basic plot: June is an ingénue who can't pay the rent and is threatened by her evil landlord. Will the handsome leading man come to the rescue?

The cast features four very talented actors who are put to the test to adapt to each composer's unique style. Nicolette Violet Sweeney plays the helpless June who is unable to pay her rent, Justin W. Calhoun plays Will, the handsome leading man, Lee Hollis Bussie is the evil landlord Jitter, and Breanne Dietrich plays Abbey, the friend next door who always seems to give great advice. Together these four professional actors have created a hilarious show that pays homage and humor to the greats of contemporary musical theatre.

The show runs in rep with The Complete History of America (Abridged) through July 28th. Remaining show



dates include 7/9, 7/10, 7/13, 7/17, 7/21, 7/23, 7/26 and 7/27 with evening performances at 7:30 pm and Sunday matinees at 2:00 pm. If you are a fan of musicals and enjoy watching talented performers sing, act, and dance then don't miss this

show! To purchase tickets (\$30 for adults, \$25 for seniors and students), log onto www.jeansplayhouse.com or call the box office at 603-745-2141. Jean's Playhouse is located at 10 Papermill Drive in Lincoln, 03251.

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Ross-Wood Post #20's Color Guard from Woodsville, NH appeared recently at Bear Ridge Speedway in Bradford, VT to honor their comrade Julius E. Tueckhardt "Tuck", who passed away recently. "Tuck" was a longtime supporter of Bear Ridge and the color guard appearance came just before the two feature races which had their laps modified to total "111" the name of a dance club Tuck ran for many years in Woodsville.

HELP! I've Let Myself Go!

TRUE OR FALSE?

- A. You'll burn more fat with lower intensity exercise, compared to higher intensity exercise.
- B. Fat can turn into muscle and muscle can turn into fat.
- C. Women should use lighter weights to avoid becoming bulky.
- D. Crunches are the best way to work the abdominal muscles.
- E. Cardio is the best way to burn fat.
- F. Stretching is a good warm-up for your workout.

The answer to all of these statements is false! Let's take a closer look.

A. While there is a seed of truth that lower intensity exercise burns more fat, it's actually quite deceiving. You

will burn a higher percentage of fat calories at lower intensities, but at higher intensities, you burn more overall calories and fat is included in that. It's also not just the fat calories that count. Higher intensity work has other benefits, too. You'll become more fit more quickly, and you can shorten your workout time when performing higher intensity exercise. In order to burn as many calories in a lower intensity workout as you would in a higher intensity workout, you need to go about twice as long. Newer research also shows that higher intensity exercise benefits the telomeres in your body's cells. As we age, the telomeres tend to shrink, which aids in the aging process. But higher intensity exercise prevents this shrinkage. Talk about anti-aging!

Of course, not all your workouts need to be high-intensity. It's good to mix it up and include other types of

workouts, such as yoga. And for those of you who prefer lower-intensity cardio, it gives you the option to continue it. Just keep in mind that to get the same calorie- and fat-burning benefits as higher-intensity exercise, you need to increase the length of time of your workout.

B. Muscle and fat are two totally different elements. One cannot turn into the other. You can, however, lose muscle mass and gain fat. This is a natural process as we age, if we're not strength training to try and build or maintain our muscle mass.

C. Many women avoid weight training for fear of becoming bulky. Yes, there are some women who gain muscle more quickly, but the majority of women do not have enough testosterone in their bodies to build enough muscle to become bulky, especially if you're training with weights two or three times a week for an hour or less. The

women who become body-builders work very hard to get there; the ones you see in magazines make it their full-time job.

With that said, you want to make sure you're using enough weight. The three pound dumbbells just won't cut it for most exercises! When you weight train, you break muscle tissue down

(which is what causes the soreness over the next 48 hours or so). Avoid training the same muscles two days in a row, as this is their recovery and repair period. It's during your time off that the muscle actually grows!

We'll go over the answers to the last three fitness myths in the next issue. Until then...take good care of you!

Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. Contact her with any questions or comments at carriemyerssmith@gmail.com.



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By Ronda Marsh

Southwestern Corn & Black Bean Salad

When is a salad not a salad? Or maybe the better question is: When is a salad MORE than just a salad? This dish is my answer that that question; I have made it to serve as a side for beef, fish or chicken, as a sort of salsa to eat with tortilla chips, and as a filling for quesadillas or loaded into corn or flour tortilla roll-ups. Most of the ingredients come right out of the pantry, and you probably have the majority of them on hand right now. The recipe I have here is the basic version, but you can add different color peppers, diced avocado, or celery. Start with the vinaigrette as shown, then taste it and alter it to suit your fancy. I sometimes add

lemon juice, or Chipotle Chili powder, depending on the flavor profile I am going for. This is a great thing to bring to a gathering or picnic, especially in the summer, as you can put it together fast, and it can be served cold or at room temp, and will not be a health hazard, since it has no mayonnaise or egg-based dressing. In my experience, both kids and adults like this stuff, and with the added protein and fiber you get from the black beans, it certainly is a much healthier alternative to many of the other dishes you might encounter at your average backyard barbecue. I make a big bowl of this salad and recycle it several times throughout the week in



different ways. It just gets more and more flavorful sitting in the fridge, and actually benefits from being made the day before you intend to serve it. Maybe I have even been known to eat a bowl of this when waking up in the middle of the night...but that is my little secret!

- 1 can black beans
- 1 can niblet corn (I get the Mexicorn, when I can)
- 1/2 Red onion, sliced thinly
- 1/2 Green, red, or yellow bell pepper, diced
- 1 jalapeno, diced (this is optional)
- 1 tomato, seeded & diced (or halve a bunch of grape tomatoes)
- 1 lime, juiced
- 1 Tablespoon cider vinegar
- 1 Tablespoon honey (or Maple syrup!)
- 1/2 teaspoon chili powder
- 1 teaspoon oregano or Italian seasoning
- 1/2 teaspoon cumin
- 2 Tablespoons Olive oil, or vegetable oil
- Salt & pepper to taste

Drain and rinse the beans and corn with cold water and place in a large bowl. Add the onion, peppers, and tomatoes. In a small jar, combine the remaining ingredients and shake well. Pour the dressing over the salad, toss, adjust seasonings as necessary, and refrigerate until serving time. This salad just gets more flavorful as it sits, and keeps well for up to a week.

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