

A FREE PUBLICATION

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TRENDY

TIMES

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AUGUST 6, 2013 VOLUME 4 NUMBER 22

Littleton Area Chamber Of Commerce Calls For Artists

The 44th Annual Littleton Art Festival is quickly approaching, and the Littleton Area Chamber of Commerce is working in partnership with the Arts Alliance of Northern New Hampshire to bring in the best artists in the area! Filling Littleton's Main Street and Mill Street aside the picturesque Ammonoosuc River with the finest art in the region, the 2013 Art Show will feature live music, family-friendly activities, the return of the Littleton Lions Annual Antique Car Parade, and a performance of the Orchid Ensem-

ble at the Colonial Theatre on September 28th, 2013.

"It promises to be a very exciting event, and we're thankful to our generous sponsors at the Omni Mount Washington for their support of the arts," says Lauren Alberini, Executive Director at the Littleton Area Chamber of Commerce. "Our partnership with the Arts Alliance of Northern New Hampshire is a chance to grow our art exhibition. We value the annual festival and the chance to support the area's many talented artists!" Along with growing the number of artists attending the event, Alberini says that the Art Festival committee is hard at

work revitalizing the Patron Voucher program that directly supports local artists, connecting talented creators with a generous fan base.

Artists interested in being part of the Art Festival may register online at <http://bit.ly/artshow44> or call 603.444.6561 to register over the phone or have a paper registration sent to them by mail. Acceptable exhibitors include painters and illustrators, photographers, fabric or mixed media art, potters and sculptors, or three-dimensional arts & crafts. All artwork must be created by artist; resale works will not be accepted into the festival.



But wait, there's more! Fun! Fame! Fortune (sort of)! Enter the 2013 Poster Contest for a chance to win your artwork on this year's annual poster and the promotional material for our 45th Annual Art Festival in 2014, as well as wonderful prizes graciously provided by Foto Factory! This year, the eligible selection is expanding beyond photography, to other works including but not limited to paintings, illustrations, and graphic design. Visit <http://bit.ly/art44contest> or call 603.444.6561 for more details.

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561 or at www.littletonareachamber.com.

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TRENDY Dining Guide

Peyton Place Restaurant

By Gary Scruton

Volume 4 Number 22
August 6, 2013

Some of our readers may remember Peyton Place as a 1956 novel written by Grace Metalious. It later became a movie in 1957, and ABC ran a TV drama of that name from 1964-1969.

Locally Peyton Place was begun about 21 years ago by owner and Chef Jim Peyton and his wife, and hostess, Heidi. The Peyton Place website tells us that Jim is a New England culinary Institute graduate and after working at some very prestigious establishments he and Heidi decided to be their own bosses.

Several things have continued since they first opened and several things have changed. Their current location in an old farmhouse on Route 10 in Orford is not where they began. But the house offers some very interesting seating arrangements. In one of the dining rooms a pool table sits (not to be used during dinner, according to the sign posted nearby) in the middle of the room while small tables cuddle up to a beautiful fireplace, or near the window.

It's easy to imagine that the quality of the food has also not changed. Peyton Place offers dishes not found in most other eating establishments in this local area. I partook of the blackened scallops for an entree. The cajun influence was quite evident with the first mouthful. A solid spiciness that I found to be wonderful. My wife chose leg of lamb. Though it did not fulfill all your wishes, it was flavorful and enjoyable. Peyton Place is also well known for their wine and beer lists. And the prices for our beverages to accompany the meal were well within reason.

The staff seemed to be quite attentive as we did not have just one wait person. But instead each of the four people, including the hostess, took turns stopping to see if all was going well. Dur-

ing one visit Heidi was asked about their unique "menu". After we had received our drinks one member of the wait staff brought over a chair (I thought we were getting a surprise visitor). But instead the chair was there to hold up a blackboard full of the items available that evening. Heidi told us that when they started they did not have the money for nice menus so they used her mother's blackboard. It became a tradition that seems to work well. Of course they have now expanded to alt

least two such blackboards to cover their busy times. The blackboard also gives them the opportunity to change items in order to take advantage of changes prices and availabilities of entrees, appetizers and desserts.

It should also be noted in this review that Peyton Place is not the spot for you to eat if you are looking for a quick bite, or some fast food. A meal here is one to be enjoyed, to take your time eating, and be able to savor each and every bit of the dining experience.

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

In Vino Veritas – Bottle Fourteen

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - That last guy you talked about wine with in this column, I'm sure you remember him, he's the one who liked wine as sweet as Vermont Maple Syrup.

ANSWER –Well, not quite. I mean I remember him, but of course you mean New Hampshire Maple syrup.

Q - That's what I said, New Hampshire Maple Syrup.

A – Sure. Yes, I remember him, and no, he did not like it that sweet, he just said he liked it white and sweet, and lots of times that means the varietal Riesling, and the wine called the same name, Riesling, oftentimes from Germany.

Q - Yeah, I got all that. I even remember that he could also go to something called Chenin Blanc, or even rose wines called White Zinfandel.

A – You recall pretty good. But I sense a real question coming up here soon. What's all this leading to? Don't tell me – you like only red wines, not white, and you like them full-bodied and dry, not sweet. Is what what you want to talk about?

Q - You got it.

A – No, you got it – what do you want to know?

Q - Besides Cabernet Sauvignon, what else can I look for?

A – You're right. Cab Sauv is the premier red wine grape in the world, and produces a full-bodied dry red wine. If you were wanting this grape, and this kind of wine and you were in France, you'd be asking for Bordeaux. Because Bordeaux wine from France is made primarily from the Cab Sauv grape. It is often mixed with Cabernet Franc, a cousin, or Merlot, just the way it is blended here in California and other states. But there are lots of other wines that will do the job for you if you like it full-

bodied and red dry. Names I've talked about here before, glad to go over them again

Q - Let's hear 'em

A – See if any of these names ring a bell. Merlot – (mare-LOW) A soft wine that tastes like Cabernet Sauvignon but with less tannin and astringency. Tannin levels can be judged in any red wine you drink by that dry feeling on the roof of your mouth when you drink it. That's the palate, the roof of your mouth. Astringency refers to the acid levels detectable in a wine, most usually felt on the sides of your tongue. Merlot has less tannin and astringency than Cab. As I said, Merlot is often used to soften Cab Sauv in California, as it does for the red wines of Bordeaux, France. Merlot ages more rapidly than Cab. For the past ten years or so here in America, it has oftentimes been the best selling red wine in restaurants.

Here's another dry red you've read about in this space before – Pinot Noir. (PEE-no No-are) This is the wine made from the noble grape of Burgundy, France, of the same name – Pinot Noir. It is difficult to cultivate and vinify in California, and it needs a very special micro climate. When properly grown and vinified, the wine can be excellent – both Oregon and Washington as well as California have over the last several years proven repeatedly they can make first class Pinots. It is known in the industry as soft, elegant, red wine, rounded, feminine succulent and luscious at its best. Many have noticed how those descriptive words may apply to more than just wine, and that is as fine a

way as any to recall why Pinot Noir is different from the more masculine structure of Cabernet Sauvignon.

Q - Yeah, that last one, Pinot Noir rings a bell.

A – I'll bet it does. Here's another for you I know you've heard or read about – Zinfandel, pronounced just about the way it is spelled. This is called a “claret-style” wine, an old-fashioned phrase for red wine that is used a lot in England. It is kicky, with a spicy, berry-like aroma and taste. The grape's origins are unknown, but Zinfandel is most broadly associated now for long time with California where it is widely cultivated. But how about this – to quote from GROSSMAN'S GUIDE TO WINES, BEERS AND SPIRITS, - “The latest research, however, suggests that this grape was introduced into California from New England, where it was grown as a hot-house grape.” How about that? This wine grape today may be vinified in varying styles, from VIN ORDINAIRE – (Just like it sounds – an ordinary wine) – which should be drunk cool, to a rich, full-bodied wine that should be aged. Zinfandel is a little too bold for some folks. But is never bland or boring.

Q - I'm taking notes but I'm about out of patience. What else?

A – Don't forget to check out Syrah. Sometimes it is called and spelled Petite Syrah, or Shiraz. This wine has a deep red color, nearly purple in the glass, and is sometimes exceptionally full and tannic, with a spicy nose. You want really full-bodied, you got it with this grape.



Q - And of course, there's one I know you left off this list.

A – Just because while it is red, it is not dry, full-bodied, or most of the other terms applied to red wine. While it is never sweet, it may come across that way to some drinkers because it is fruity, fresh light and pleasing – the grape is called Gamay, and

the wine is called the same when made in our country, and of course that same style wine from that same grape is called Beaujolais Village from France. Lift a glass for me.

(Editor's Note – Roudebush functioned as a wine specialist for years in restaurants and submits occasional pieces on the Wonderful World of Wine.)

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August 6, 2013 Volume 4 Number 22

Lunch With Woodburn

Sen. Jeff Woodburn's chicken supper at the lawn of the Woodburn House, Whitefield Common on Saturday, August 10 from 4-6 p.m. \$9 per person /\$15 per family. Whitefield Community Day

events going on all day including famous frog jumping contest at 3:30 p.m.

To purchase tickets: <https://secure.actblue.com/page/chixen>

World War II Comedy-Drama "Mister Roberts" Next On Old Church Theater Stage

Bradford, VT: Old Church Theater is gearing up for its fourth production of the 2013 season, "Mister Roberts", written by Thomas Heggen and Joshua Logan from real WW II experiences. The play is a Tony Award winner about a cargo ship in the Pacific Ocean near the close of the war. Opening at the group's theater at 137 North Main St. in Bradford on August 16th, "Mister Roberts" plays two weekends, Friday and Saturdays at 7:30pm and Sundays at 4pm. Reservations may be made by calling 802-222-3322, or reservations@oldchurchtheater.org. Admission is \$10.00 and \$5.00 for students.

"Mister Roberts" is billed as a comedy-drama: The crew of the cargo ship,

"USS Reluctant", have not been granted shore leave for almost a year by the strict captain, and as Mister Roberts tries to be the buffer between them, the crew's antics have become zanier and crazier. There is a final showdown as the tension and drama builds before the triumphant and bittersweet ending, with a potted palm becoming the unlikely symbol of victory for crew and audience alike.

Made famous by the 1955 film starring Henry Fonda, Jack Lemmon and James Cagney, the Old Church Theater production is directed by Peter Richards with Robin Ng as stage manager in charge of props, and Barbara Swantak as stage manager in charge of action sequences.

"Mister Roberts" features a nearly all-male cast, including: Mark Alloway, Charles Fray, Scott Johnson, Robert O'Leary, David Chipman, Aaron Richter, Walt Rhil, Vincent Moore, Nicolas Buonanduci, Cameron Day, Mathew Allen, Jon Clement, Doug Coughlin, Reilly Osadchay Brown and Jeremy O'Leary. The lone female member of the cast is Meghan Bullard.

Old Church Theater is a non-profit organization based in Bradford, producing 5 productions a year from May to September. Recently closed was an original production of "Heidi" which drew record audiences. Following "Mister Roberts", the final production of the year will be eight short plays by NH and VT writers, collectively called "Caught in the Act(s)", with open auditions scheduled on August 17th and 18th. The short plays open on September 20th.

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From The Desk Of NH State Senator



Dear Constituents,

This past week I had the good fortune to tour three of the many treasures that make New Hampshire so unique. With Phil Bryce, the Director of the NH Division of Parks and Recreation leading the way, we visited Livermore Falls State Forest in Holderness, the Sculptured Rocks Natural Area in Groton, and Wellington State Park in Alexandria. Each one of these places offers awe-inspiring views and opportunities to recreate.

- Livermore Falls State Forest encompasses 174.3 acres of land and includes Livermore Falls, famous for its very popular local swimming area.
- Sculptured Rocks Natural Area covers 272 acres and is an amazing example of nature's powerful artistry. The Cuckermouth River carved a narrow canyon in bedrock on its way to Newfound Lake, beginning as the last ice age drew to a close.
- Wellington State Park has the largest freshwater swimming beach in the NH State Park system. Hiking trails and picnic areas along the shore of Newfound Lake afford views of

one of the deepest and clearest lakes in the state.

Under state law, the park system is charged with protecting these valuable natural areas and providing recreational opportunities for state residents. Today, the Division of Parks and Recreation operates on a budget of roughly \$23 million per year. In addition, approximately \$2 million per year is provided by the federal government through the National Recreational Trails Program and the Land and Conservation Fund Program. The Division is self-funded, raising all of its operational revenue from visitor and user fees. Capital funding is provided from the legislature through general fund bonding and projects are also supported through operations revenue.

During the tour, we learned that there are 92 properties in the state park system. These properties include 38 day use areas, 20 campgrounds, 22 beaches, 16 historic sites, 6 natural areas, 2 ski areas, 606 buildings, 1900 picnic tables, 7000 miles of snowmobile trails and 1000 miles of ATV trails! New Hampshire truly is a state for all sea-

sons—promising everyone a unique experience.

These New Hampshire treasures are a critical component to our economic success. An estimated six million people visit NH to soak in our scenic mountains, lakes, and forests, contributing over \$500 million to the state's economy and directly supporting 8,000 jobs. Snowmobiling, supported by the Trails Bureau and local clubs, delivers an additional economic impact of \$586 million to the state annually.

When Yellowstone was set aside in 1872 as the world's first national park, it marked the beginning of a new attitude toward the American outdoors. Citizens all across the country were coming to realize the value in saving tracts of open space for everyone to enjoy.

And that same attitude was embraced in New Hampshire, with the roots of our state park system tracing back to 1881. That year, the legislature appointed a special board to investigate the unsystematic cutting of timber throughout the state. As a result, the State Forestry Commission was created to deal with forestry problems on a long-term basis.

Under Forestry, the state's land acquisition policy was geared towards forestry, preservation, and public enjoyment of scenic and natural features. By 1935, New Hampshire boasted 18 parks. The state created the Forestry and Recreation Commission, replacing the Forestry Commission, marking the beginning of the Parks and Recreation Commission. Although the parks operated during summer months only, the beginnings of a statewide system offering various kinds of recreational opportunity were in place.

Ten years later, our state parks offered opportunities for swimming, picnicking, hiking, fishing, and camping -- activities ranking highest among a sampling of New Hampshire residents. Skiing followed shortly with a rope tow on Mt. Prospect at Weeks State Park in Lancaster.

As I visited these parks I was reminded of why I love New Hampshire—it is not only because of the landscapes and special places, but also because of those who have such an enthusiasm for protecting these treasures. Granite Staters who have lived here long enough also share that inti-

mate association to the land--these places are our homes. There is a passion to preserve the wild and undisturbed character of the land that speaks volumes about the importance of the connections created here that you can't feel in a more industrialized landscape. New Hampshire has come a long way and worked hard to create special places for New Hampshire citizens and visitors alike—let's keep it that way!

I will continue to work hard towards upholding the commitment to our state's special places, because I believe it is in everyone's best interest to preserve and care for our Granite State gems.

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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THANK YOU

We apologize to the people who were not able to board the 9:00am train on Friday. There were many factors involved, some within our control, and others were not. We wish that all could have taken a later departure, but understand how that did not always work with personal schedules. We are truly sorry for the disappointments and for any inconvenience caused to anyone. We gladly gave refunds although refunds can never replace a lost opportunity. Please accept our heartfelt apologies.

Hod Symes, Richard Roderick and the Haverhill/Newbury 250th Anniversary Celebration Committee

WWW.CELEBRATE250.ORG



WWW.FACEBOOK.COM/
HAVERHILLNEWBURY250TH

Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SATURDAYS

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

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM
Groton Community Building

SUNDAYS

LITTLETON FARMERS MARKET
(UNTIL OCTOBER 13TH)
10:00 AM – 1:00 PM

CRIBBAGE

1:00 PM
American Legion Post #83, Lincoln

VESPER SERVICES (AUGUST)

5:00 PM
East Haverhill United Methodist Church

MONDAYS/THURSDAYS

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

THURSDAYS

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, AUGUST 6

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, AUGUST 7

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

THURSDAY, AUGUST 8

BATH LIBRARY BOOK CLUB
7:00 PM
Bath Library
See article on page 7

FRIDAY, AUGUST 9

**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.

SATURDAY, AUGUST 10

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

LISBON 250TH PIE BAKING CONTEST

9:00 AM Judging - 603-838-5014
Lions Community Field, Lisbon

CROQUET TOURNAMENT

10:00 AM 633-3831
McIndoe Academy

SUNDAY, AUGUST 11

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

THE LIVES OF HENRY KEYES & FRANCES PARKINSON KEYES

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

CIRCLE DANCE

4:30 PM – 6:30 PM
Neskaya Movement Arts Center,
1643 Profile Rd.(Rt. 18) Franconia

MONDAY, AUGUST 12

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

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

DIABETES SUPPORT GROUP

7:00 PM – 8:30 PM
Rehab Waiting Room, Cottage Hospital

TRADITIONAL GAELIC CEILIDH

7:00 PM – 9:00 PM
Franconia Town Hall
See article on page 11

TUESDAY, AUGUST 13

IPAD 101 WORKSHOP

6:00 PM – 7:30 PM
Bath Public Library
See article on page 7

WEDNESDAY, AUGUST 14

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

THURSDAY, AUGUST 15

**MENTORING PROJECT
MINATURE GOLF TOURNAMENT**
5:00 PM
Mr. Puttz, Lower Plain, Bradford
See ad on page 1

VFW POST #5245 MONTHLY MEETING

7:00 PM
VFW Hall, North Haverhill

FRIDAY & SATURDAY,

AUGUST 16 & 17

PEACHAM ACCOUSTIC MUSIC FESTIVAL
Multiple Times and Venues
Peacham, VT
See article on page 9

MISTER ROBERTS

7:30 PM
Old Church Theater, Bradford
See ad and article on page 4

SATURDAY, AUGUST 17

LANDAFF OLD HOME DAY

9:00 AM Auction
5:00 PM and 6:00 PM Ham and Bean Supper

CAPT. CHARLES E. CLARK

PORTRAIT UNVEILING
2:00 PM 802-222-4423
Bradford Historical Society Museum,
Bradford Academy

STREET DANCE

5:30 PM
Bath Village Common
See ad and article on page 8

PIG ROAST

6:00 PM
Our Lady of Perpetual Help, Bradford

SUNDAY, AUGUST 18

**SUNDAY SALAD LUNCHEON
W/COUNTRY BOYZ**
1:00 PM – 2:00 PM
Haverhill Congregational Church

MISTER ROBERTS

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

CIRCLE DANCE

4:30 PM – 6:30 PM
Neskaya Movement Arts Center,
1643 Profile Rd.(Rt. 18) Franconia

TUESDAY, AUGUST 20

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

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, August 15th for our August 20th issue.

Upcoming Free Programs At The Groton Free Public Library

Summer Reading Raffle! Through August 16, kids are invited to enter a raffle ticket for each book they read (or have read to them) during the summer. Prizes include donated gift certificates from the Upper Valley Grill and Big Cones! Reading logs available at the library.

Mon-Fri, August 12-16: Crafts 4 Kids! All supplies provided for a variety of drop-in kids' crafts during weekday open hours this week! Mon: Nature Scratch Art. Wed: Beading Bracelets. Th: Play-Doh Bonanza. Fri: Sand Art.

Tues, August 13, 7-9pm: Casting Shadows Workshop. Join us for a hands-on workshop to create visual dimension in your quilts using a bleaching technique. Facilitated by local master quilter

Mary Schilke. Beginners welcome! Sign up at grotonlibraryvt@gmail.com / 802.584.3358.

Mon, August 19, 6:30pm: YA: Between the Covers. Book Club for teen and adult readers! The book for August, international bestseller "Thirteen Reasons Why" by Jay Asher, is available at the library for lending.

Mon, August 26, 7:00pm: Book Discussion Group. This group meets the 4th Monday of every month. "The Power of One" by Bryce Courtenay, a classic novel of South Africa, is the discussion topic for August. Available at the library for lending.

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

just join us!

Donations Needed: Used kids' and adults' electronics (anything with batteries) for creative workshops; bookshelves for our book sale area.

Volunteers of all ages always welcomed and much appreciated!

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

Fall Foliage Cruise On Lake Memphremagog ⁷

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!

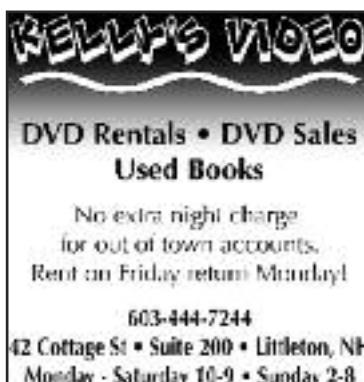
Not all Times are Trendy but there will always be Trendy Times

August 6, 2013 Volume 4 Number 22

Bath Public Library IPad Workshop

Bath Public Library is holding an ipad 101 workshop: Making the most of your ipad on Tuesday, August 13th, 6:00 – 7:30. Bring your ipad or ipad mini to the workshop and learn how to customize your

device with new apps, manage settings for child use and more. This workshop is free and open to Bath Public Library patrons, registration required as space limited, so please call 747-3372 on



Tuesday or Thursday to reserve your space.

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A YEAR OF CELEBRATIONS
A YEAR OF MEMORIES

"The Lives of Henry Keyes and Frances Parkinson Keyes"

Sunday, August 11
2:00PM

Court Street Arts, Alumni Hall
75 Court Street, Haverhill

A look into the lives and accomplishments of Henry Keyes, a New Hampshire governor and United States senator, and Frances Parkinson Keyes, fiction author, feature writer for Good Housekeeping Magazine, and an editor of National Historical Magazine, as told by their grandchildren, Peter Keyes and Frances Keyes Keidel. This event is free. <http://www.catholicauthors.com/keyes.html> bioguide.congress.gov/scripts/biodisplay.pl?index=K000161

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7TH ANNUAL THE ROCKING CHAIRS / BATH FIREFIGHTERS ASSOCIATION

Street Dance

Saturday, August 17, 2013

Food On The Grill 5:30 pm

Bath Village Common

Opening Band:
The Strawberry Farm Band 6:00pm
50/50 Raffle

All Proceeds to Benefit the Bath Firefighters Association
Special Thanks to White Mt. Distributors, Bath Brick Store and WYKR

7th Annual
MIKEY WILLIAMS
Alumni Soccer Game

Saturday, August 24 • 11 am & 1 pm

Woodsville High School

featuring

WHS Womens Alumni vs. WHS Girls Varsity Soccer Team 11 am	WHS Mens Alumni vs. WHS Boys Varsity Soccer Team 1 pm
---	---

Alumni or community members who would like to play, volunteer or make a donation, please contact: DAVID ROBINSON 603.359.9330

Proceeds will go towards
The Mikey Williams Memorial Fund
to benefit WHS boys and girls soccer players

The Lives Of Henry Keyes And Frances Parkinson Keyes

The Haverhill/Newbury 250th Anniversary Committee invites you to look in to the lives and accomplishments of Henry Keyes, former Governor of New Hampshire and United States Senator, and Frances Parkinson Keyes, a successful magazine columnist, editor and author of over 30 books during the 20th century.

Henry Wilder Keyes, born in Newbury in 1862, was raised in New Hampshire. His family farm (Pine Grove Farm) in North Haverhill is still in the Keyes family. Mr. Keyes attended both New Hampshire College and Dartmouth College, and graduated from Harvard in 1887. A farmer and banker (president of Woodsville National Bank), Mr. Keyes entered politics serving in the New Hampshire House (1891-1895, 1915-1917) and Senate (1903-1905) before being elected to one term as Governor of New Hampshire, 1917-1919. Keyes

was then elected to the United States Senate and served 3 terms from March 4, 1919, to January 3, 1937. He died in North Haverhill (NH) on June 19, 1938 and is interred in Oxbow Cemetery, Newbury (VT).

Frances Parkinson's ancestors settled in Newbury (VT) and she spent many a summer at the family home built by her great-grandfather. In 1903 Frances married Henry Keyes and they had three sons. They lived in the Keyes home until Henry was elected governor of New Hampshire. In spite of her busy days as a companion, nurse and teacher to her children, Mrs. Keyes found time to write. Her first novel, Old Gray Homestead, was published shortly after her husband entered the US Senate. The family moved to Washington, D.C. where Mrs. Keyes acquainted herself with life in the Capitol. It occurred to her that the many women throughout the United States might be interested in the happenings in Washington, so she began writing "Letters From a Senator's Wife" for Good Housekeeping magazine about national and international events from a woman's perspective while living in the Capitol. Drawing upon research and her extensive travels, Mrs. Keyes also continued to write both fiction as well as biographies of several Catholic saints. Senator Keyes died a year after leaving office. Mrs. Keyes' writing career continued from her winter home at Beauregard House in New Orleans, her continued travels and her home here in our Connecticut River valley.

Join grandchildren Peter Keyes and Frances Keyes Keidel on Sunday, August 11 at 2:00PM in beautifully restored Alumni Hall, 75 Court Street, Haverhill, NH as they share their perspective about the lives and accomplishments of their talented grandparents.

Annual Firefighters Benefit Concert / Street Dance

The Rocking Chairs, the rock and roll band from Bath, NH, is holding their 7th "Annual Firefighters Benefit Concert/Street Dance". All proceeds will go

to the Bath Volunteer Fire Association fund to assist the volunteer firefighters' budget needs. As usual, it will be a night of fun, food, and music. On Saturday,

August 17th, at 5:30pm, the Bath Village Common will be closed off for the event. Food goes on the grill, manned by the firefighters, at 5:30pm. The opening band, The Strawberry Farm Band, will begin at 6:00pm, with The Rocking Chairs to follow. Included in The Rocking Chairs' set, will be songs off of their just released 4th album and tunes that had fans calling for more during their 2 tours of Liverpool, England. There will be a 50/50 raffle, raffle prizes provided by White Mountain Distributors/Budweiser, and donations will be welcomed throughout the event. Come on down and have some fun and bring the whole family....and stay for the whole show. Keep your ears to Radio WYKR, 101.3, Radio WLTN, 96.7 or call 603-747-2074.

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Peacham Acoustic Music Festival – Third Times A Charm⁹

After two successful years, the Peacham Acoustic Music Festival (PAMFest) returns on Friday, August 16th and Saturday, August 17th with another great roster of talent, show-casing a host of acoustic musical styles.

This year PAMFest again brings different acoustic genres to the stage. There will be blues, bluegrass, old time music, classic swing/jazz, folk music, contra and family dances, workshops and jam sessions. The craft fair returns this year and will again feature the Family Tent with hands-on activities for the kids, and new this year is the Instrument Petting Zoo!

Local organizations including the Town of Peacham, the Town of Danville, the Peacham Congregational Church, Fire Department, Library, Peacham Community Housing, Peacham Historical Association and others are involved. The backbone of the event is the Peacham residents whose volunteer support makes PAMFest work. Catamount Arts is also a partner and key contributor to the success of PAMFest by providing help with promotion and ticket sales.

The Peacham Acoustic Music Festival starts on Friday, August 16th when regis-

tration opens at 1 PM for those who want to settle in, view the sights and sounds of Peacham, play some tunes, listen to or join in jam sessions.

PAMFEST offers a world-class contra dance, held at the Peacham Town Gym. This year, the dance will be led by Will Mentor, a dance caller and artist from the Burlington area. Music will be performed by Atlantic Crossing.

While the dancers are spinning across the old gym floor, just across the street, others will be enjoying a concert in the historic Peacham Congregational Church featuring:

Carl Jones – Hailing from Galax, Virginia and one of the finest old time musicians to be found anywhere,

Guthrie's Ghost – In 2012, three Hudson Valley folk performing entities came together to celebrate Woody Guthrie's centennial year and found a chemistry that propelled them to reunite and continue making music together.

Bob Amos & Catamount Crossing with special guest Sarah Amos presents original and traditional bluegrass

The Bayley Hazen Boys take you on a rollicking ride from the hills of northern Ver-

mont down through Americana to the southern Appalachians.

Alan Greenleaf lives on the farm he has worked for a good part of his life in Northern Vermont. His songs are inspired by his life on his farm and the people and countryside around him.

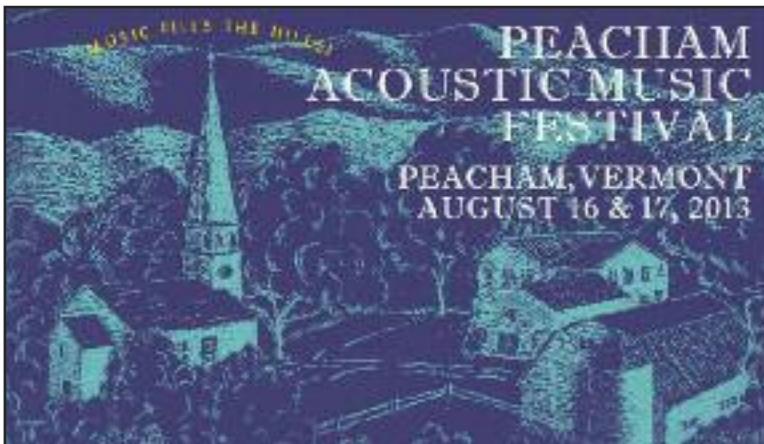
Saturday, August 17 starts off at 9 AM with workshops taught by the performers as well at the Peacham Congregational Church and other nearby locations.

At 10 am the Craft Fair will be open for business until 4 pm. There will be a diverse group of vendors offering fiber crafts, jewelry, massage, fresh produce, ice cream, wood-working and more.

Patrice McDonough returns with the Family Tent providing numerous activities for the children (young and old!) to enjoy.

The festival has fine food vendors serving a variety of fare featuring Jamaican, vegetarian, barbecue choices, and other treats.

Live entertainment is adjacent to the craft fair area again this year, housed in a large tent to provide performers and patrons with rain or shine protection. The music starts at 10 am and continues until 4 pm. Look for



Ethan Azarian, Carl Jones, Chickweed, Annie & the Hedonists and Alan & the Doctor "under the big top!"

We again offer a Saturday afternoon Family Contra Dance from 2-4 pm in the Peacham Gym.

Saturday Day activities close with an afternoon concert in the Peacham Congregational Church from 4-6 pm featuring local favorites Bob and Sarah Amos, The Irregulars (in concert this time) and the Bayley-Hazen Boys – and don't forget the Band Scramble performers as these intrepid musicians give it their all on the big stage!

PAMFest wraps up with an all-star concert on Saturday evening starting at 6:20 with Chickweed. Don't miss this spicy, upbeat folk, with jazz/blues and Latin sounds mixed in, featuring unique 3-part harmonies featuring

Linda Warnaar, Fran Forim and Abby Maier Johnson.

Tickets for PAMFest are available at Catamount Arts Regional Box Office, St. Johnsbury or by calling 802-748-2600. 24 Hour Online sales are available at www.catamountarts.org.

Tickets to the contra dance and concerts are limited by venue capacities so advance purchase is highly recommended. Tickets will be available at the festival registration desk for cash or check only, while supplies last.

The Peacham Acoustic Music Festival is produced by Frank Miller and Copithorn Productions in partnership with Catamount Arts. For more information and a complete schedule and artist line-up, visit www.pamfest.com.

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

August 6, 2013 Volume 4 Number 22



A HUGE THANK YOU

To all of our Sponsors, Volunteers and Staff for making the 69th Annual North Haverhill Fair such a success.

Without your contributions the fair would not be possible.

ALSO A BIG THANK YOU TO ALL THOSE WHO ATTENDED THE FAIR.



Judge Seth Johnson with Lottie Page (of North Haverhill), and Thistle Knob Sam Hook-It. Hook-It won the honor of Supreme Champion at the 2013 North Haverhill Fair Dairy Cattle Show on Saturday, July 27, 2013. Photo courtesy of UNH Extension Service.

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WEST NEWBURY SUMMER FESTIVAL

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SATURDAY, AUGUST 10
8:00am – 3:00pm

All Day: Silent Auction, White Elephant Sale, Displays, Bake Sale, Free Hay Rides, and more!
"Celebration!" Parade (10am)
Mitzi's Muffins (8 – 10am)
Spare Rib BBQ
(11:30 – 1:30 Adults: \$9.50, kids: \$5)
Taste of Local Desserts (12 – 2) and more!
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Aidan Cleaves (l), of Piermont, was this year's North Haverhill Fair winner of the Bum Bigelow Award. Aidan is shown here with Wayne Bigelow, Bum's son. Photo courtesy of UNH Extension Service.



One of the big highlights at the North Haverhill Fair is the 4 Cylinder Demolition Derby. A good number of cars slammed away for the top prize.



North Haverhill Fair President David Luckie with two longtime volunteers who were honored at a reception Saturday night. Donna Mitton (l) and Jan Kinder.



The Rich Kinder Memorial Lumberjack Contest also has plenty of female competitors. Here, one of those contestants is shown chopping thru a 10" piece of white pine.

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Horse Meadow Senior Center, North Haverhill. Senator Jeanie Forrester (left) hosted an Ice Cream Social assisted by Rachael Spear and Allie Root. Also attending was Councilor Ray Burton. This social event gave everyone a chance to visit informally with elected officials Jeanie Forrester and Ray Burton.

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One of several new events this year was "Survey Says". A team from Old Church Theater of Bradford showed up in their Sunday Best, but lost to eventual champions Woodsville Guaranty Savings Bank.



This year's Saturday concert featured Greg Bates. He is shown here with the entertainment committee. Hannah Leland, Linda Keith, Debbie Bigelow, Vickie Blaisdell & Lindsey Bigelow. This group includes 3 generations of fair volunteers.



Sylvia and the Magic Trunk was one of two family shows with multiple shows each day for fair goers. With audience participation Sylvia entertained everyone.



The ever popular Kiddie Tractor Pull has been going for over 20 years. Kids up to 12 get their shot at pulling the transfer sled for prizes.

Monday Evening Ceilidh A Community Circle Dance Event

Ray Price, internationally recognized Welsh Musician, will offer an evening of enchanting bagpipe music and storytelling, and lead folks in simple-to-learn circle dances at the Town Hall in Franconia, NH, Monday, Aug 12, 7 – 9 pm. This evening will be similar to a traditional Ceilidh, a Gaelic social gathering with music, dancing and storytelling.

Price was born into the Bardic/Storytelling tradition of Snowdonia, North Wales

and has spent decades spreading music and dance around the world. The performance that he brings to Franconia is entitled "Celtic Joy" and will open the door to the enchanting music and dance from the six nations that form "Keltia." The circle dances he will share are simple to learn and his songs delightful. Expect live vocals, medieval bagpipes, drums and storytelling.

Price has a new musical project in development

called "Kingdom Animalia" which celebrates the Ancient Knowledge, Magic and Wisdom of the animals of the Celtic realm. He promises to preview some of the material from the project in Franconia.

All are invited! Families welcome. No dance experience needed. Admission is free. For more information contact Neskaya Movement Arts Center, 603-823-5828, movementarts@neskaya.com , www.neskaya.com.

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OBITUARY

JASMINE LILYANNE MARIE PAYE



East Ryegate, VT – Jasmine Lilyanne Marie Paye, 14, died Saturday, July 20, 2013, at the Dartmouth Hitchcock Medical Center, Lebanon, NH, following a lengthy illness.

She was born on August 5, 1998. Jasmine was a student at Blue Mountain Union School, preparing for her freshman year.

Jasmine was always smiling. She was unselfish and concerned more for others than herself. During her

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Powerful Tools for Caregivers is a 6 week educational series designed to help family caregivers: reduce stress, improve self confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

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Participants will receive a

"Medicare Boot Camp" At NVRH

Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here's your chance to learn more from an expert without anything to sell.

On Thursday, August 22, 2013 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – individuals approaching the age of 65 or who have become disabled on a long term basis. Individuals working in the Health Care Field are also invited to attend. The workshop will be held in Conference Room 126 at the Business Center at Northeastern Vermont Re-

gional Hospital.

It's easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works. Topics include supplemental insurance, prescription drug coverage and state and federal health insurance pro-

grams that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Aging at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

her great grandmother, Mary Fortier of Woodsville, NH; Avis's husband, Roger Silverman of Wilson, NC; Godmother, Dawn Lazzara of Groton, VT; and numerous aunts, uncles and cousins of both the Hartson and Paye families.

A service in celebration of Jasmine's life will be held on Friday, July 26, at 11 AM, in the Dr. Harry M. Rowe Gymnasium at Blue Mountain Union School, 2420 Route 302, Wells River, VT, with the Rev. Dr. Catherine Cook officiating.

In lieu of flowers, memorial contributions should be made to Christopher's Haven, 1 Emerson Place Suite 2-N, Boston, MA 02114 or through the website www.christophershaven.org

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

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

stration is required.

Classes are sponsored by ServiceLink of Grafton County.

Funding for this program was made possible in part by the U.S. Administration on Aging's Community Living Program. The views expressed in this program do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. government.

Time of classes: 1:00 – 3:30 p.m.

Place: Horse Meadow Senior Center, North Haverhill, NH

For more information or to register, contact ServiceLink of Grafton County at 603-448-1558, or 1-866-634-9412 or E-Mail at jconklin@gcscc.org Class size is limited and pre-regis-

tration is required.

Participants will receive a

book, The Caregiver Helpbook, developed specifically for the class. There is a suggested donation of \$25.00 to cover the cost of the book.

Classes will be held on Tuesdays, September 10 through October 15, 2013.

Time of classes: 1:00 – 3:30 p.m.

Place: Horse Meadow Senior Center, North Haverhill, NH

For more information or to register, contact ServiceLink of Grafton County at 603-448-1558, or 1-866-634-9412 or E-Mail at jconklin@gcscc.org Class size is limited and pre-regis-

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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.



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Magic Ring

By Eben Crawford

Back around Christmas time there was some discussion in the group about miracles, and it was reluctantly agreed that there was no place in this cynical age for elves, flying reindeer, angels or magic rings. This stuff just doesn't happen any more.

But maybe it does! I got to thinking about some events that occurred during the last election, when we and everyone else were being besieged by telephone calls-political calls from unlikely parts of the U.S. We had been able to dodge much of this by means of the modern miracle of caller i.d., but one rainy November afternoon, there was a knock on the door. I answered it, and there stood a lady who was canvassing for Obama in the old fashioned door-to-door way.

You have to ask yourself, why, when the old fashioned way is more direct, more face-to-face, do political operatives use the phone system?

Why does phone canvassing even work? Probably because the people who answer these calls have firm ideas about the political situation and they believe that someone out there actually cares about what they think. Come to think of it, that would be a miracle right there.

Well, anyhow, back to the lady at the door. She turned out to be someone I used to know years ago. We talked about old times and a little about Obama even. I was actually glad I had answered the door. Later that evening I got to thinking about this lady, whom I'll call

Sarah and an incident that occurred in the back in the 60's. Sarah was 18 then, and she was working a summer job as a waitress at a restaurant on a lake. On any given evening the staff consisted of the boss, two or three waitresses and a dishwasher. On this evening the dishwasher and the other waitresses had finished up and gone home for the evening, leaving the boss and Sarah to set up for the next day. As they worked, Sarah began to notice that the boss was keeping a little closer to her than usual, was talking more than usual and occasionally making suggestive remarks. As we say now, red flags went up. She hadn't panicked yet, but she was getting nervous. Then she saw it!

"That's a nice ring you have there."

And the boss, "Oh yes. That's a Masonic ring. I've had it for years."

And Sarah, "You know, my Dad has one just like that."

And just like that, the atmosphere cleared, and everything went back to working normal.

Magic ring or not?

Alacrin

By Sheila Asselin

When I lived in Panama I encountered a lot of flora and fauna most of which I had never seen before. One morning while I was still in bed the maid came in screaming "Alacrin, Alacrin!" I knew a little Spanish but alacrin was not in my vocabulary. So I followed her outside and sure enough there was a huge--it certainly seemed huge to me--alacrin sitting atop the pile of laundry.

This Alacrin was in full

battle dress, tail curled in the air, stinger at the ready, all set to strike the first gringa who questioned her existence. I knew this alacrin was a female. She looked much too ferocious to be a male.

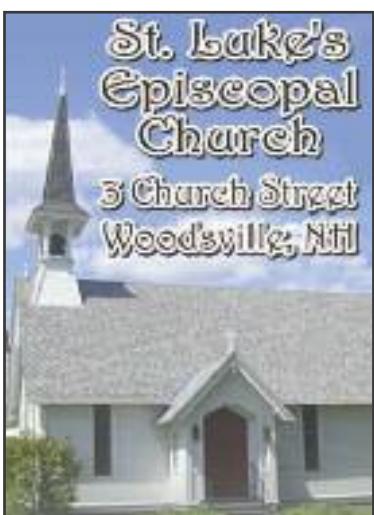
What to do? With three little ones in the house we definitely needed to get the laundry done right away. Since I was an old Girl Scout I knew my first thought should be "Be prepared". I went to the trunk of

the car and pulled out the largest pair of pliers I could find. The maid, Beny, armed herself with a large rock. I stared at the Alarcon eye to eyes. I am not sure how many eyes an alacrin has but I thought she must have more than two.

Fortunately she seemed to have none in the back. Approaching with extra caution I managed to grab hold of her around the middle with the pliers, tail thrashing precariously the whole time. Brave Beny pounded that sucker with the rock until she was nothing but silly putty.

Giving each other high fives, we were finally able to relax and let the adrenalin flow get back to normal. Now for a strong cup of coffee and some pan de huevo, the rich egg bread the Panamanians enjoy for breakfast. Our reputation for courage, bravery and ingenuity must have spread rapidly through the neighborhood population of alacrins. From that time on Beny did the laundry in peace.

Her name was Venancia, hence the nick name Beny. An alacrin is a scorpion.



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Letter To The Editor

"There are alternatives to violence" wrote Rev. Jed Rardin, pastor of South Congregational Church in Concord, in a recent op-ed. I pick out especially, "Good peacemaking rests on the ability to imagine something good." This ties well to an upcoming New Hampshire Peace Action event, for which the public is needed, and perhaps the public will feel they need the event. On Saturday, September 21st, International Day of Peace, we have reserved the State House's front lawn for "Art for Peace." From 11 a.m. through 3:00 p.m., New Hampshire Peace Action provides the opportunity to display art that shows what the artist imagines a world at peace looks like.

Any media is welcome, with artists bringing their work to the lawn for display.

Lynn,

This sounds like an inspiring event. Art depicting a World at Peace; what a wonderful thought. And the fact that this is not a contest should make it even more inspiring as artists of all types will feel liberated to let the imaginations run.

Best of luck to you and your group on this event.

Gary Scruton, Editor

Going To The Fair

By Elinor P. Mawson

Fairs in the area the past few weeks have put me in mind of the days when I taught third grade and we attended the Deerfield Fair each year as a field trip.

Grades one through four climbed on about a dozen buses and off we went. Kids were not allowed to go on the rides at the fair, but there were enough other exhibits and activities to keep everyone busy for the four hours we would be there.

Parents were only too happy to be chaperones; after all, it was a free chance to see the fair. I assigned about four kids per parent, but always took the four naughtiest kids for myself.

We had a little chat before we went in the gate. "You can go anywhere you want, see anything you want to see, and do anything you want to do as long as we stay together. All I ask is that you go with me for 15 minutes while I go see the quilt display and I will go everywhere else with you."

As I recall, we never had any trouble.

One year, the four of them immediately bought fake swords. We agreed not to try to stab anyone, and we

would find a space out in back of a building where they could have their sword fights. When they got tired of that, we would move on.

Someone would invariably want to see the pigs. So off we would go, to see a couple of 800 pound pigs nursing about 15 piglets each. The kids were fascinated and had a lot of interesting comments, as you can imagine.

Next we would check out the other animal exhibits--after we went behind the chicken coop for another sword fight. Eventually we would go to see the tractors, watch the chainsaw carvers and climb on farm equipment.

Somewhere in there, we would find a bench and eat our bag lunches, followed by another sword fight.

Once we went into a building where there were several adjustable beds on display. We each took one, lay down, and spent the next 10 minutes riding up and down, much to the merriment

of the owners of the business who must have wondered if we were going to take the place apart.

My 15 minutes of quilt exhibit went all too fast. The boys weren't as interested as I was, until they saw a lady braiding a colorful rug, and of course they asked a lot of questions. I could have stayed for another 2 hours, but time was getting short, and my boys were getting tired. And after all, they had only promised me 15 minutes.

I look back on those fair days as some of the best times of the school year. It was good to see the students enjoying a day out of school. The practice has been discontinued because it wasn't "educational".

But I have to disagree. Listening, following directions, watching animals, viewing exhibits, not whining about the rides, keeping track of their lunch, not killing each other or somebody else--

What isn't educational about that?



RON DEROSIA
Owner/Technician

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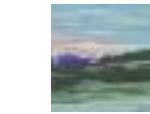
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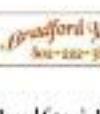
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The Rocking Chairs



How is your relationship with food? For many, it is a love-hate one. We all have to eat to live, so food, unlike other potential addictions, is something you simply cannot avoid. And herein lies the problem. In a nation with so many food choices, where do you begin?

My best advice with food is to begin with the basics. Marketing on packages and in commercials have complicated something that used to be so basic. So let's begin there—with the basics.

Food is not your enemy. Food is energy. Wholesome

food is nourishment. Some food, however, can be poison to our bodies. Eating processed, prepackaged, and genetically modified (GMO) foods can take its toll on your body. Chemically-laden food is not what your body needs. It may, however, crave it, as often times these are the foods that are addictive and coming off them can be like coming off a drug. Then to relieve your discomfort, you eat the very thing you should be avoiding. Once you realize this, though, it is easier to go through, knowing that these feelings of withdrawal are

normal and will pass after a few days.

Choose whole foods as often as possible. It would be unrealistic to believe that we can eat whole, unprocessed foods all the time. The key is to make them the majority of your food intake. Fruits, vegetables, whole grains, lean meats, poultry, seafood, nuts, and seeds. When buying prepackaged foods read the label! The shorter the ingredient list, the better.

Even healthy foods can be unhealthy. The topic of food sensitivities is becoming more and more popular. A food sensitivity is different from a food allergy; a food allergy can cause an immediate, life-threatening reaction, like you'll find with a peanut allergy. Food sensitivities are sneakier. They cause immune and inflammatory reactions in our bodies that we may not relate to

food. Asthma, environmental allergies, arthritis, or other autoimmune diseases can all be worsened by the food you're eating. Here's another example. Do you wake up in the morning feeling pretty good, your clothes fit, your abdominal region is flatter? But as the day wears on, you become bloated, gassy, and can't wait to get home and throw on your comfy clothes? This can be a sign of food sensitivity and consequently, a cause of weight gain. And here's the catch: healthy foods can be the cause of food sensitivities (just when you thought you finally had it down!). We'll talk about this more another week.

Want to lose weight? Feed your body! Women are notorious for trying to avoid food all day—until the mid-afternoon or post-work slump sets in. Then it's binge time! Ladies! Stop doing this to your bodies! Your body is a very complicated machine, but in some ways, it's also pretty basic. When you haven't eaten all night and then continue the fast through most of the next day, your body goes

into storage mode. It's thinking, "She's not going to feed me for a while, so when she does finally give me something, I'm going to store it up for the next famine." Now before you say, "Well I know Susie who does this and it works for her," yes, there will always be exceptions to the rule, but in general, this is how it works.

Think of your body as a woodstove. After going all night without putting any wood into it, you're left with ashes and hopefully a few hot coals to get the fire going again. To get the fire going again, you put a few sticks of wood on it (breakfast). To keep the fire going throughout the day, you continue to occasionally feed it more wood (snacks, lunch, and dinner). Ideally, you will eat something every three to four hours...and ideally that something will be healthy and will include a fruit and/or vegetable and a lean protein.

Next time we'll discuss the importance of hydration and water in your quest for good health and weight loss! Until then...take good care of you!

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Mountain Lakes Does It Again - And Again¹⁷

Two Additional Dry Hydrants Improve District's Fire-Fighting Capability

By Robert Roudebush

(Mountain Lakes, North Haverhill, NH) The first installed small white pipe with big potential has been joined by two more just like it, creating even greater potential for fire protection here.

Less than one year ago, the heavily-wooded residential district of Mountain Lakes installed its first new dry-hydrant - and within the last two months, has installed two more new ones, upping the total to three at far-flung locations throughout the area.

That's some life-saving liquid. Each pipe is inside diameter of only 6 inches and with proper pumping gear and skill, within about one minute, each can move upwards of one-thousand to fourteen-hundred gallons per minute.

The value of a dry-hydrant is that it provides access to water sources for fighting fires where no standard hydrant exists, where there is no existing pressurized water system. Typical sources can be lakes, ponds and running streams. There is no pressurized water system in this region of part-time and full-time residences, which are mainly log and wooden homes.

The first hydrant installed in summer of 2012 replaced a previous dry-hydrant, many-years old and largely unusable - it's location is near the pool and mailbox area, to one side of the upper of the two mountain lakes for which the district is named.

Each of the three existing dry-hydrants is a modest vertical pipe, called a "riser", standing less than three feet above the ground near its own specially-built vehicle-access pad. Each pipe is buried several feet below ground level, and right-angles out into the lake or pond, several feet below the

water's surface.

The two new locations - planned during last year, and funded this year by specific warrant articles included in this fiscal year's budget and approved by Mountain Lakes voters at their District Meeting - are, one, adjoining the west side of the dam of the lower lake, just off Roudebush Loop, and, the second, near a deep small pond very near the district's lodge just off Valley Road.

The small pond near the lodge, on the Monteau Mountain side of a running stream called Waterman Creek, dates back to the 1980's and was nearly invisible to most people until recent brush trimming in the area - it is fed by perennial mountain streams. In recent years the pond has provided the water to create a cold-weather skating rink nearby, and at one point in Mountain Lakes skiing history, was the source of water for snow-making.

The first installation last year, and this year's additions, were the result of persistent years-long effort from key people - Mountain Lakes District Water System Supervisor Don Drew, North Haverhill Fire Chief Donny Hammond, North Haverhill Firefighters and MLD residents Joe McQueeney and Mike Bonanno, and the district's determined water committee. The Committee currently includes Chair Ed Rajsteter, MLD Commissioner Bob Long, Tony Salvucci, Ken King, Peter Olander, Robert Roudebush and of course MLD Water Supervisor Drew. Additional input was also sought from other area fire chiefs. The planning, installation and use of the three new hydrants was designed from the start to implement the on-going

"mutual response" agreements in place among region-wide fire-fighting forces - every piece of equipment around is able to access and utilize the new hydrants.

The two hydrants new this summer share a feature also present on the one first installed last summer. Each of the three has white PVC plastic intakes a good length underwater, several feet of which are perforated. There is a hinged "pressure flap" at each end, making possible "blow-out" procedures for clearing the pipe of possible debris. When the mechanical pressure is applied from water pumping equipment to intake the water, those flaps close shut, ensuring the water enters the underwater pipe through the perforated portions of the pipe, a type of initial straining or screening of water.

Additional screening of the entering water occurs at the above ground hydrant's terminal, just before the fire-fighting water enters the pumper's interior mechanism. Two "bollards", or protective upright plastic pipes filled with cement and embedded in the ground, guard the new hydrant at the lower dam - the new vehicle access pad there permits possible traffic moving from two directions - and one new bollard stands guard near the new hydrant near the lodge, on the bridge side.

As with the first installation last year, the Kevin Horne Company excavated the ground and placed the two new hydrants, with Mountain Lakes furnishing significant portions of the necessary material it purchased on its own specifically for the jobs. Supervisor Drew commends the work-ethic and professionalism of the Horne company, pointing out that while safety and town guideline



Pond Road past the Mountain Lakes entrance.

As was the case last year with the first new dry hydrant, Chief Hammond and other members of local fire-fighting forces this year tested the new installations, purposely over-pumping to check, among other things, how much the surface level of the small pond near the lodge dropped with heavy, sustained draw-downs of water.

Supervisor Drew also praises the positive continuing input from firefighters Bonanno and McQueeney, who not only helped to bring these three hydrants to functional reality, but also are responsible for two new fire-hazard awareness warning signs in Mountain Lakes - posted fire-hazard-level indicators, eye-catching colorful reminders to motorists moving each way on French

Mountain Lakes - twice again, a district investing relatively small amounts of money for really big payoffs.

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

August 6, 2013 Volume 4 Number 22

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Over the past couple of years, the economic picture has brightened for many cities and states — but some of them are still facing potential financial problems. As a citizen, you may well have concerns about these issues. And as an investor, these financial woes may affect your thinking about one particular type of investment vehicle: municipal bonds.

Specifically, given the difficulties faced by a few municipalities, should you consider adding "munis" to the fixed-income portion of your portfolio?

It is true that municipal defaults, though still rare, rose in 2012. But we haven't experienced any sharp increases in defaults in 2013. Overall, default rates for municipal bonds are low — much lower than for corporate bonds

of comparable quality, according to Moody's Investor Services.

Of course, there are no guarantees, but if you stick with "investment-grade" municipal bonds — those that receive the highest grades from independent rating agencies — you can reduce the chances of being victimized by a default. And municipal bonds offer these benefits:

Tax advantages — Municipal bond interest payments are free from federal taxes, and possibly state and local taxes, too. (However, some munis are subject to the alternative minimum tax, as well as state and local taxes.) This tax treatment means you would have to earn a much higher yield on other types of bonds to match the "taxable equivalent yield" of municipal bonds.

Civic benefits — By adding quality municipal bonds to your portfolio, you can help support worthwhile projects in your community, such as construction of schools and hospitals.

Steady income — Barring a default, you will receive a regular, predictable income stream for as long as you own your municipal bonds. However, if you currently own many long-term munis, you may want to consider reducing your overall position. Eventually, rising interest rates will push down bond prices, and long-term bonds carry added risk because their prices will decline more as interest rates rise. Work with your financial advisor to determine the most appropriate approach for your situation.

Diversification — Municipal bonds can help you diversify the fixed-income portion of your portfolio if it's heavily weighted toward corporate bonds. And you can even diversify your municipal bond holdings by building a "ladder" consisting of munis of varying maturi-

ties. Once you've built such a ladder, you can gain benefits in all interest-rate environments — when rates are low, you'll still have your longer-term bonds working for you (longer-term bonds generally pay higher rates than shorter-term ones), and when interest rates rise, you can reinvest the proceeds of your shorter-term bonds at the higher rates.

Consult with your financial advisor to determine if municipal bonds can be an appropriate addition to your portfolio, as investing in bonds involves risks, including credit risk and market risk.

Bond investments are also subject to interest rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

Investors should evaluate whether a bond ladder and the securities held within it are consistent with their investment objectives, risk tolerance and financial circumstances.

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

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Eye Health

Deteriorating vision is often directly related to liver malfunction and environmental pollutants, as well as a diet with too much sugar and refined foods. No other sense is so susceptible to unhealthy lifestyle conditions. A good eyesight diet should have plenty of natural antioxidants and proteins from herbs, sea foods, seaweeds, high mineral nutrients from leafy greens and green superfoods, and beta-carotene-rich foods like carrots, broccoli or sea vegetables. These nutrients not only build up immune response but also help keep the eyes protected from free radical damage and environmental pollutants. The most stressful eyesight situations are reading, using a computer for most of the workday, and a sedentary lifestyle.; eye-strain will result in blurring vision as the day goes on.

Ninety percent of what we learn during our lives we learn through sight. The eyes are not only the windows of the soul, but windows to body health as well. Your lifestyle profoundly affects your "eyesight." You can often tell if your daily stress level is affecting your eyes if you see sparks or vivid colors when your eyes are closed. Eyes often reflect imbalances elsewhere in the system. No other sense is so prone to poor health conditions. As with so many other body systems, poor liver function is the most common cause of eye problems and the key to healthy eyes. Natural treatment has been notably successful in improving poor vision, especially with herbs that support the liver, tone eye muscles and reduce eye fatigue. Take good care of your eyes!

The principle action of this compound is a tonic to the eyes and the major effect is supplied by Eyebright and Goldenseal. The other herbs in the compound are anti-biotics, astringents and stimulants. They provide the "housekeeping" actions of the compound, toning, warding off bacteria, delivering nutrients, and elimination wastes. Although from many different

reported herbal trials one hears of blends like this have "cured" blindness, cataracts and other severe vision problems, documentation of the diagnostic measures and exact mode of treatment in such cases has been lacking. It is clear that adding super greens, seaweeds and bitters daily are major keys to prevention and rebalancing.

And the herbs are:

EYEBRIGHT HERB: (*Euphrasia Officinalis*), Eyebright has been depended upon for at least 2000 years in the treatment of eye problems. Used internally as an anti-bacterial and astringent herb, effective in maintaining the health of the optical system; also a specific anti-catarrhal for sinusitis and other congestive states. Used as a specific in combinations to treat a variety of eye problems, conjunctivitis, cataract formation, glaucoma, weak eyesight and eyestrain; to help remove cysts caused by chronic eye inflammation; as part of a de-congestive allergy formula; as part of a liver cleansing and stimulating formula. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

GOLDEN SEAL ROOT: (*Hydrastis Canadensis*), Because of its potent antibiotic and antiseptic nature, Goldenseal will greatly reduce infection and inflammation of the eyes. Herbalist have used Goldenseal in America for over one hundred years for inflammation of the eyes, and to soothe and tone catarrhal and follicular conjunctivitis and sore eyes. A major anti-biotic and healing tonic herb, used to fight infections of all kinds; it is also a source of natural insulin, and a hemostatic to control both external and internal bleeding; as a skin wash for skin cancers, ringworm and dermatitis; an excellent aid during childbirth.

NOTE: AVOID DURING PREGNANCY BECAUSE OF UTERINE MUSCLE STIMULATION. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potas-

sium, selenium, zinc. Vitamins B1, B2, B3 & C.

BAYBERRY BARK: (*Myrica Cerifera*), Bark of the Root. Is provided in this compound as a stimulating tonic for the good of the whole system. It has astringent activity for venous congestion, particularly for mucous membranes. Used as a specific with Cayenne to increase the body's ability to ward off infections of all kinds. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

RED RASPBERRY LEAF: (*Rubus Idaeus*), in the small quantities found in this compound, Red Raspberry imparts a certain amount of astringency, and is included for this particular reason. Astringency helps less the severity of mucous discharge from the eyes and nose. Nutrients: calcium, iron, magne-

sium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3, C & E.

CAYENNE PEPPER: (*Capsicum Annum*), insures the rapid delivery of nutrients to infected areas as well the efficient removal of waste material. Such service can be extremely important in cases of eye infection and other eye-related problems. The mode of action of Cayenne is to

stimulate the cardio-vascular system as a whole, but is felt predominantly in the capillaries, which is precisely where needed for proper infusion of the diseased area with a constant fresh supply of blood-borne nutrients. Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

Melanie Osborne is the owner of Thyme to Heal Herbals 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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By Ronda Marsh

Aunt Bev's Blueberry Tea Cake

If you are a fan of blueberries, then you are probably already aware that this year appears to be a banner one for those petite deep-purple globes. Whether cultivated or wild, the little super-fruit are flourishing in New England this season. It reminds me of my childhood summers, when my mother (who adored picking any kind of berry) would coerce me (who hated picking berries) into going "on safari", while she gathered gallons of the tiny field blueberries that carpeted our fields, which she then sold to a local hotel and bakery. I'm afraid I was not always a willing participant, and spent a lot of time moaning about the heat, sweat and bugs, but I sure did enjoy the desserts that resulted from her work, in spite of all my whining. One of my

favorites is this cake, which originated from my Aunt Bev, who was my dad's older sister. In addition to being one of the classiest ladies I've ever known, she was a remarkable seamstress and an excellent cook. So, when my brother-in-law recently presented me with a pint of local high-bush berries, I immediately went looking for Aunt Bev's recipe. Long story short, after a whole day devoted to sorting through my mom's recipes, I still had not come up with the Tea Cake. And, if you've ever been through a similar experience, you know that the longer you can't find something, the more you become obsessed with finding it. Finally, I gave up on the search and sent an e-mail to my Aunt Bev's daughter, cousin Nancy, in hopes she would still have

that recipe from her mom's collection. Let me add here that Nancy is just a year younger than me, and during those long-ago summers, while I was complaining it was too hot, sweaty, and buggy to pick berries, often times we were joyously running around getting equally hot, sweaty, and buggy, but it didn't seem to matter, as long as we were just goofing around, with no enforced berry-picking!

Nancy, who now lives in Florida, (and is an excellent cook herself) very graciously stopped in the middle of unpacking from a move to a new condo, and immediately forwarded me the recipe. What a gal! Now THAT'S a cousin (and a recipe) worth keeping!

1-1/2 cups blueberries, rinsed and dried
2 tablespoons butter, room temperature
1 cup sugar
2 eggs, separated
1-1/2 cups flour

1-1/2 teaspoons baking powder
1/4 teaspoon salt
1/3 cup milk
Powdered sugar (for dusting the cake)

Preheat oven to 350°F. Prepare an 8X8 pan by greasing and flouring it. Cream butter and sugar. Add the egg yolks, beating until creamy. Sift together the flour, baking powder and salt. Add dry ingredients to the egg/sugar/butter mixture alternately with the milk and beat till smooth. In a separate bowl, beat the egg whites until stiff. Gently fold the whites into the batter, just until incorporated. Spoon half of the cake batter into the pan and spread it evenly. Toss the blueberries with about tablespoon flour to coat. Sprinkle the berries evenly over the batter, then top with the remaining batter. Bake 35-40 minutes, or until a toothpick inserted in center comes out clean. Remove cake and allow to cool slightly before dusting with powdered sugar.

NOTE: This column is a repeat of one published here in 2011. In the past couple weeks, have had several requests in this recipe, so I thought it was worth printing again. ENJOY!



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