

# TRENDY TIMES

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## Strengthening Local Economic Development

By Deb Maes & Andre Garron, Extension Specialists, Community & Economic Development  
UNH Cooperative Extension

If you use the term Economic Development in a community many towns and cities think it means bringing in new businesses that add to the tax base and provide new jobs. New business supports the construction industry and offers more employment options for local residents. Others might see business expansion as the need for more schools, more local services, and more traffic as the downside of increasing the business base.

You might be surprised to know that rather than attracting new business for employment opportunities, existing businesses account for 60-80% of all jobs created in the United States. A good economic development plan combines the need for attracting new businesses opportunities while supporting the current businesses.

During the 2012 reorganization, UNH Cooperative Extension recognized the need to add an Economic Development component to the existing program structure. Extension has long supported businesses that come under the 3F's—farming, forestry and fishing. With the

addition of the Business Retention and Expansion (BR&E) program, Extension is primed to help local communities look at a variety of ways to expand their business base as well as support our traditional audiences.

The objectives of the BR&E program are designed to help communities appreciate the contributions to the local economy that local businesses provide. Another objective is to provide a way for existing businesses to solve problems. A third objective is to help businesses develop business plans that focus on long-range business retention and expansion. Finally, businesses learn to become more competitive and develop a capacity to sustain growth and development.

Andre Garron, an Economic Development Specialist for UNH Cooperative Extension visited Minnesota last winter to participate in the BR&E training. The University of Minnesota Extension program has been involved in BR&E for more than ten years. Andre brings more than 20 years of Economic Development work in New

Hampshire to his Extension job having worked in Goffstown and Londonderry before joining Extension last October.

As with all Extension efforts, the BR&E program is designed to involve community members from the public and private sector. Newcomers as well as established businesses are encouraged to participate in the process to explore what may be limiting growth and expansion of the local business sector. A local leadership team forms the nucleus of a task force, visiting businesses, surveying people from all segments of the private sector and organizing the data.

Once the survey results have been compiled the core team meets to establish priorities and design projects that are designed to support local businesses.

Finally, the teams work towards implementing the BR&E projects, meeting regularly to compare notes and develop an evaluation of the results.

The BR&E program requires a 2-3 year commitment from the community to allow for a realistic timeline complet-

ing each segment of the program. Extension's role in this project is to work with the leadership team, training the task force members and the volunteers visiting the business. Extension will review the reports and guide the team as they develop strategies to make their plans successful. Contact with the core team quarterly will help keep the project on target.

What can this mean for New Hampshire communities? Looking over some case studies posted on the Minnesota website it is easy to see that the outcomes for this project are diverse. Faribault, MN started their BR&E in 2002. One area that was identified was the need to improve the community image. They found that long-term residents had a more negative view of their community than newcomers. They started to encourage more positive discussions about their community and the need for a local brand.

One of the results was the development of a list of ten things that made Faribault "a great place to work and live". Ultimately the committee cre-

ated a slogan branding their town as "Faribault: Small Town Price, Big City Opportunities." Ultimately, local businesses starting adding the slogan to their own marketing and advertising campaigns.

What is most impressive about the Faribault experience is that rather than hire an outside firm to develop a brand and slogan the group used the resources from within. It's definitely an example of how communities can work together for long term improvement with the impetus of the BR&E experience.

What worked for Faribault might not work for a NH community but the BR&E project helps communities get a head start on improving their economy by supporting existing businesses and making a case for industrial owners to consider their area for location of a new business or expansion of a current one.

For more information about the Business Retention and Expansion program, contact Andre Garron at 862-5171 or by email at andre.garron@unh.edu.

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# TRENDY Dining Guide

## Bagel Boss & Burger Hoss

By Gary Scruton

One of the complications that comes up on a Sunday at noon or so when going out to eat is that not everyone in the group wants the same kind of food. One may still be looking for breakfast. Another may be ready for a burger, and a third could be looking for something else all together. While this dilemma can cause major discussions with some groups, or three-some found one of those spots that could handle all three with ease.

The Bagel Boss & Burger Boss on Route 5 in Lyndonville calls home a building that, from the outside, does not look like your typical restaurant. It looks more like a big red barn. But once inside you quickly realize that food is indeed their service.

Now for the meals. Let's start with breakfast. A western omelette and, of course, a bagel. The omelette was cooked just right for me and had plenty of the fillings you expect. You do get the choice of either toast or a bagel with the omelette. I choice one of their fresh daily homemade french onion bagel. After all part of the name is Bagel Boss. And I was not disappointed as it certainly tickled my taste buds. Very good flavor even without any cream cheese. And there was a variety of cream cheese flavors I could have picked from From Veggie to Maple, the list includes an even dozen flavors. Or you can pick jelly, butter or even peanut butter & jelly. The Bagel Boss also offers a Texas half dozen (7 bagels) or a Texas dozen (14) for those who want to take some home or to treat those at the office.

The second meal our group picked was a burger (remember the other part of the name is Burger Hoss). It came with homemade fries and coleslaw. And there was plenty of burger! Nicely cooked and loaded up the way it was ordered with a few of the dozen or so toppings offered at no extra charge.

The third meal ordered was a fish and chips dinner plate. The breaded fish was nicely prepared and as men-

tioned the fries could not be complained about in the least.

One reason for mentioning all three meals is to also say that though there was only one person behind the counter at our arrival, she handled the ordering process and the cooking duties with ease. All three meals came out together before the second person on duty got back from a quick errand. So congratulations need to be passed on to the help at this location.

The Bagel Boss & Burger Hoss is actually one of three facilities owned by the same person. The other two locations concentrate only on Bagels, however. Those two spots are in Littleton and St. Johnsbury. And the bagels for all three are made at just one location and sold at all three. This means that the Fresh Daily Homemade Bagels that are always preservatives free line that is printed on their menus is no more than the truth.

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*Lyndon State College incoming freshman lend many helping hands to the St. Johnsbury Community Farm Project. This volunteer led project is managed by St J ALFA and is located on Old Center Road in St Johnsbury. The farm produces tons of food each year that is donated to volunteers, the food shelf and community meal sites. To find out more about this project, to donate or volunteer contact Melissa Bridges at 802-748-9498 and visit [www.stjalfa.org](http://www.stjalfa.org) and on facebook.*

## Woodsville's Community Garden

Looking for a way to give back to your community? Tri-County Community Garden needs your help. A vegetable garden has been established at 6 Church Street in Woodsville, New Hampshire. The garden was established with the goal of supplementing the existing food pantry located in the Tri-County CAP office. People who need the services of the food pantry are not always able to access fresh produce. The goal is to supply fresh vegetables and herbs to those who frequent the pantry. Community members can help by volunteering at the pantry and the garden. As little as a half hour once a week would help. We are also looking for stakeholders to help maintain longevity in the project. Help us keep the garden going for years to come. Thank you to Huntington's North Haverhill Agway, Fogg's hardware, The Green Thumb, Grafton County Farm, Wal-Mart and the community for all your support and donations.

If you would like to volunteer please contact the Tri-County CAP Community Office at 603-747-3013. You can also email at [paldrich@tccap.org](mailto:paldrich@tccap.org).

# In Vino Veritas – Bottle Fifteen

## “In Wine There Is Truth – And Beauty”

By Robert Roudebush

**Q - Look, what books do you read when you do your research about wine, and how else do you find information? Maybe sources I can use.**

A – I've got lots of books, professional-level source material, but most of them are old and very used now, and possibly out of date because I got 'em a long time ago when I was a professional-level wine specialist. So, on a regular basis these days, I do information checks on-line, and I compare what I find there to what is written in the old texts dating sometimes more than 20 or 30 years ago. What I find online is mostly solid information that anyone can access at any time.

**Q - What are you finding in terms of accuracy, which is best, the books or the internet?**

A – Surprising to me was how in line almost all the information is, both old printed and new electronic. Sometimes online, there is a new take on basic info, that is caused strictly by the passing of time – for example, the changing data on tasting trends coming in from tasters of wine, or new methods of production from the scientists working on it, or the geographic changes that are inevitable with the politics of the world.

**Q - What sites online do you click on?**

A – Start by simply typing in “wine” on Google and a whole new world spreads before

you, a world you can expand or contract according to your information needs. “Wine” leads of course to Wikipedia, which leads to among other things, history, vintages, tasting, production, consumption, religious significance, health effects. I just confirmed online a few minutes ago what I had always been taught from 25 years ago – Italy, France and Spain continue to be, over decades, the top three producers and exporters of wine in the world. And the United States continues to be not even ranked among the top ten among countries in terms of wine consumption per person a year. I have long drunk wine like a European and I still do, until I have some kind of problem with that level of intake.

Even if you opt out of Wikipedia, there's tons of good stuff waiting for you to make one more click – the publication called the “Wine Spectator”, types of wine, Wine 101, Wine reviews, learn about wines, wine making. You can certainly punch in a specific type of wine to narrow your search, as in BEAUJOLAIS VILLAGES, one of my favorites, and, my lord, there is the whole story for you.

**Q - What books do you still consult?**

A – Too many to mention, but I'll list a couple or three that are for me irreplaceable. First is called ENCYCLOPEDIA OF WINE – by a fellow called Frank Schoonmaker. This is the seventh edition, revised and expanded, and it cost me or the person who gave it to me \$14.95 back in

1980 and it is printed in at least 8 different languages worldwide. It's just like a dictionary – look it up alphabetically, and there it is.

Another indispensable for me is GROSSMAN'S GUIDE TO WINES, BEERS, AND SPIRITS and this one goes back to 1983, don't even know how much it cost. And then there is ALEXIS LICHINE'S NEW ENCYCLOPEDIA OF WINES AND SPIRITS and that goes back to the early eighties as well, is available in 15 different languages, and goes on for more than 700 pages. My favorite little handy pocket-book treasure is not even in print anymore, and it is the book from which I used to teach wine classes in the restaurants I worked in – ALEXIS BESPALOFF'S NEW SIGNET BOOK OF WINE – real jewel even today since 1985.

**Q - Bet you're going to leave me with a few timely words about wine, right, something you always liked?**

A – The next glass is on me. Here is the quote, from a fellow named Duff Cooper, in something called OLD MEN



FORGET, and all of it from the LICHINE text - “I can truthfully say that since I reached the age of discretion I have consistently drunk more than most people would say was good for me. Nor, do I regret it. Wine has been to me a firm friend and a wise counselor. Often, wine has shown me matters in their true perspective, and has, as though by the touch of a magic wand, reduced great disasters to small inconveniences. Wine has lit up for me the pages of literature, and revealed in life romance lurking in the commonplace.

“Wine has made me bold, but not foolish; has in-

duced me to say silly things but not to do them. Under its influence, words have often come too easily which had better not have been spoken, and letters been written which had better not have been sent.

“But if such small indiscretions standing in the debit column of wine's account were added up, they would amount to nothing in comparison with the vast accumulation on the credit side.”

**Editor's Note – Roudebush worked for years in restaurants as a wine specialist. He submits occasional pieces on the wonderful world of wine.**

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State Energy leaders with Carl Belanger of Burgess Biomass and North Country Senator Woodburn.

# State Energy Leaders Tour The North Country

NORTH COUNTRY - North Country Senator Jeff Woodburn took state energy leaders on a 12-hour whirl-wind tour of the North Country on Wednesday, August 21. Meredith Hatfield, Director of the State Office of Energy and Planning, Karen Cramton, Deputy Director of the OEP and Molly Connors, Governor Hassan's energy adviser will have meetings and site visits in Littleton, Bethlehem, Berlin, Colebrook and Lancaster.

The basic message, Woodburn said was that high energy costs are holding us

back economically and eating up more of our precious financial resources. "The North Country is consistently colder, has a longer heating season; has an older, less efficient housing stock and more meager wealth than the rest of the state," Woodburn said, "We need to do more support grassroots energy conservation programs, encourage local energy production and support good work that is happening around the region."

The group meet with North Country energy leaders in Berlin, Colebrook and

Bethlehem; toured one of the North Country's newest energy producing plants -- the Burgess Biopower in Berlin and one of the oldest -- the historic water-powered Garland Mill in Lancaster. The group will also visited two energy-retrofitted buildings -- Berlin's St. Kieran's Art Center and the Littleton station/public works building.

More than anything else, Woodburn said, these tours "expand knowledge and build relationships" between state leaders and North Country residents.

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## My Mistake

By Elinor P. Mawson

Being brought up in a family who expected perfection, I dreaded the times when, either by choice or by accident, I didn't measure up to the exacting standards that were expected of me. I was the oldest in the family of four, and with a surname like PERFECT it's easy to see why I tried hard not to either make a mistake or at least, get caught.

It was a difficult childhood, and I was glad to get away from home when I went to boarding school.

Of course, at school, we were watched like hawks, with little freedom and a lot of required studying. But I loved it! There were different sets of eyes watching me, and being around other girls my age made it easier to comply with rules and expectations.

When I began my teaching career I told my students that they were allowed to

make a mistake every day. If they ran in the hall or were late to class, we let it slide for that time. If they got one wrong on a paper or forgot their homework, it was their "Mistake of the day". I had decided not to expect perfection from my students because I knew how it felt. Oddly enough, most of the kids were pretty good; they didn't seem stressed, and we all got along fine.

Every school has a teachers room and our school was no exception. There were a table and chairs, a microwave, a couple of couches, a Coke machine, and the most popular of all, a refrigerator. It was always chock-a-block full of everyone's lunch, and the freezer overflowed with leftover ice cream from the various parties which took place from time to time.

Of course, people put

their leftover lunches in it, and if those items weren't eaten, they got pushed to the back and forgotten. Most of the time it was OK; the rest of the time it was pretty bad, and every so often you could smell it from the front door of the school.

This was the case when I came in one Friday morning. You can't believe the stench--and since I was the first person in the building, I decided to do something about it. Getting the biggest trash barrel from the janitor's closet, I opened the refrigerator door, and, holding my breath, threw everything away. Everything! Half full soda cans, leftovers in plastic boxes, and bag after bag of odoriferous lunches. Putting the cover back on the trash can and returning it to the closet, I went on my way.

Later that day, I was bringing my kids back from Music class--what a long line I had following me--when I was accosted by a substitute teacher.

"Mrs. Mawson, where is my lunch?" She demanded. Confused, I replied, "What lunch?"

"My lunch that was in the refrigerator!" (You could hear her all over the school--)

"Oh, I am sorry!" I replied. "But you haven't been here all week!"

"That doesn't matter," I was going to have it today and you threw it away!"

I could hear my students giggling in the line. They loved seeing their teacher getting a dressing down.

"It looks like you made your mistake of the day," one of them said.

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# From The Desk Of NH State Senator

*Jeanie*  
**FORRESTER**

Dear Constituents,

As most of you know, District 2 includes 27 communities in the counties of Belknap, Grafton, and Merrimack. While there are a lot of issues we have in common with the rest of New Hampshire, I believe District 2 has some unique aspects that require our state officials to experience firsthand—which is why this summer I hosted three tours—the first with the new Commissioner of the Department of Resources & Economic Development, the second with the Director of the Division of Parks & Recreation, and the third, with the Commissioner of the Department of Agriculture, Markets & Food.

The third tour with Ag Commissioner Lorraine Merrill re-confirmed to me that agriculture is truly a cornerstone of New Hampshire's scenic landscape and rich community heritage. District 2 has some of the best products in the state, whether it's dairy, meat, wine, produce, or landscapes. (There are currently over 4,000 farms in New Hampshire, with nearly 2,000 in District 2.)

As background, the mission of the NH Department of Agriculture is to promote agriculture and serve farmers and consumers in the marketplace. The Department assures safe and healthy food supplies, provides accurate information on prices and availability of farm commodities and crops and develops markets for the state's farmers. That's a lot of responsibility for 33 employees!

The Department's budget for FY14/15 is approximately \$10.9 million, of which approximately \$5.3 million is general funds. In researching the economic impact of agriculture in New Hampshire, the most recent information available (FY2005) showed:

- \$934.7 million in direct spending by agriculture, horticulture, and agriculture-related tourism - 1.8 percent of Gross State Product.
- This spending resulted in 10,866 full-time equivalent jobs.
- This direct spending also resulted in household incomes of \$222.0 million.
- Finally, this spending produced \$56.8 million in state and local government revenues, including \$22.7 million in local property taxes, \$15.3 million in rooms and meals taxes and \$18.8 million in other state government revenues. The full report is available at: <http://agriculture.nh.gov/publications/documents/THEIMPACTOFAGRICULTURE.pdf>

Our tour included a visit to Hatchland Farm in Haverhill where we sampled what had to be the best ever coffee milk. We traveled to Robie Farm in Piermont to learn about cheesemaking and sampled locally-made cheese. At our stop at D Acres in Dorchester, we learned about permaculture and enjoyed a wonderfully fresh, organic lunch. Our next stop at Hermit Woods Winery in Sanbornton included a lesson in the wine-

making process, followed by a stop at the Surowiec Farm (also in Sanbornton) to sample berries and vine-ripened tomatoes. We ended the tour at Moulton Farm in Meredith where the corn was freshly picked.

During our tour, we had the opportunity to learn about the challenges that farmers face in trying to work the land and be successful—and it's not just bad weather! Farming in New Hampshire has significantly evolved as it adapts to increasing urbanization and globalization. The pressures of encroaching development and increased regulations present many challenges to farm businesses. Throughout the day, we discussed many of those issues including the recent proposed regulations for the Food Safety Modernization Act (FSMA) and the H-2A Temporary Agricultural Program.

Commissioner Merrill recently spearheaded a public forum for farmers, consumers, food distributors and marketers to communicate with top FDA food safety officials on the proposed rules for FSMA. While the FDA views the proposed regulations as a way to increase food safety and help the agricultural economy, farmers feel that regulations will jeopardize the economic viability of their farms. They are concerned about the cost of complying with hundreds of new rules on a variety of issues including wildlife, the use of manure, and weekly water testing.

Another serious concern in the agricultural industry is the lack of a stable workforce. The H-2A Temporary Agricultural Program attempts to address that challenge by allowing agricultural employers who anticipate a shortage of domestic workers to bring nonimmigrant foreign workers to the U.S. to perform agricul-



*Robie Farm in Piermont: Rep. Lauer, Lyman Robie, Betty Sue Robie, Rep. Sue Ford, Sen. Forrester, Ag Commissioner Merrill, Rep. Rick Ladd, (front row): Freeman Robie*

tural labor. This federal program, while well-intentioned, creates more frustration than help. Reforms to this program are included in a U.S. Senate bill that will ensure a stable workforce and promote a fair system for American farm workers and American producers.

Even though our agritour was pretty comprehensive, it was but a fraction of what District 2 has to offer. From farmers' markets and wineries, to dairy, meat, fruit, and vegetable farms and everything in between, we were fortunate to get a real taste (both figuratively and literally) of what these small businesses can provide.

I learned many things on this tour—that our Commissioner

is extremely knowledgeable and highly respected in the agricultural community; that it is critically important we support these businesses that are so vital to our economic success; and where to get the best ice-cold coffee milk!

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](mailto:jeanie@jeanieforrester.com)). If you would like to subscribe to my e-newsletter, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester

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*North Haverhill*  
**FAIR**

**ASSOCIATION**  
**PICNIC**  
**Sunday, September 15**  
Steaks ready about 12 Noon

*All Volunteers and their families  
are welcome.*

# 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

## 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, SEPTEMBER 3

**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, SEPTEMBER 4

**BALDWIN LIBRARY BOOK DISCUSSION**  
6:00 PM  
Baldwin Library, Wells River

## WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## THURSDAY, SEPTEMBER 5

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

## SATURDAY, SEPTEMBER 7

**ALZHEIMER WALK & BAKE SALE**  
9:00 AM – 11:00 AM  
Grafton Country Nursing Home, North Haverhill

## ANNUAL BOOK AND BAKE SALE

9:00 AM – 2:00 PM  
Lincoln Library, Church Street

## SUNDAY, SEPTEMBER 8

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

## TEXAS HOLD 'EM CHARITY TOURNAMENT

1:00 PM  
Green Mt. United Way  
Breslin Center, Main St., Lyndonville

## OLD TIMERS RACONTEURS

2:00 PM  
Old Town House, Newbury Center  
*See article and ad on page 7*

## MONDAY, SEPTEMBER 9

**BRADFORD 250TH PLANNING COMMITTEE**  
7:00 PM  
Bradford Academy

## 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

## WEDNESDAY, SEPTEMBER 11

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

## THURSDAY, SEPTEMBER 12

**CALL FOR ARTISTS FOR THE  
LISBON FALL FESTIVAL OF THE ARTS**  
10:00 AM – 4:00 PM Drop Off  
White Church, Lisbon

## BATH LIBRARY BOOK DISCUSSION

7:00 PM  
Bath Public Library

## BRADFORD BUSINESSES OF THE 40'S AND BEYOND SLIDE SHOW & PANEL DISCUSSION

7:00 PM 802-222-4423  
Bradford Academy Auditorium

## FRIDAY, SEPTEMBER 13

**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, SEPTEMBER 14

**FREE CLOTHING EVENT**  
10:00 AM – 2:00 PM  
Warren Town Hall

## AIRPORT AWARENESS DAY

10:00 AM – 3:00 PM  
Dean Memorial Airport, North Haverhill  
*See ad on page 9*

## NEWBURY'S OFFICIAL PHOTOGRAPH

10:30 AM  
Newbury Elementary School  
*See article and ad on page 7*

## FOOD, BEER & WINE FESTIVAL OF EARTHLY DELIGHTS

4:00 PM – 8:00 PM  
North Haverhill Fair Grounds  
*See ad on page 3*

## SUNDAY, SEPTEMBER 15

**TEXAS HOLD 'EM CHARITY TOURNAMENT**  
1:00 PM  
Post 58 American Legion, St. Johnsbury

## MONDAY, SEPTEMBER 16

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

## TUESDAY, SEPTEMBER 17

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

## FREE CLOTHING EVENT

6:00 PM – 8:00 PM  
Warren Town Hall

## THURSDAY, SEPTEMBER 19

**FREE CLOTHING EVENT**  
10:00 AM – 2:00 PM  
Warren Town Hall

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, SEPTEMBER 21

**FREE CLOTHING EVENT**  
10:00 AM – 2:00 PM  
Warren Town Hall

## AMERICAN LEGION LEADERSHIP MEETING

10:00 AM  
Ross-Wood Post #20, Woodsville

## LITTLETON ROTARY CLUB'S

**LOBSTER FESTIVAL**  
4:30 PM – 8:00 PM  
Bretton Woods Base Lodge/Slope Side

**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, September 12th for our September 17th issue.*

## Bath Public Library Announces Grant Award

BATH – The Bath Public Library has received a grant from the New Hampshire Humanities Council to present Steve Taylor, Cows and Communities: How the Lowly Bovine Has Nurtured New Hampshire through Four Centuries, Friday, September 13th, 2013 at 7:00 pm at the Bath Village School.

Cattle were essential to the survival of the earliest New Hampshire settlements,

and their contributions have been central to the life and the culture of the state ever since. From providing human dietary sustenance to basic motive power for agriculture, forestry, and transport, bovines have had a deep and enduring bond with their keepers, one that lingers today and is a vital part of the iconography of rural New Hampshire, even as dairy farming becomes ever more reliant on inten-

sive modern science and technology.

Where are New Hampshire's cows today and what are they doing? Steve Taylor provides answers – some will prove surprising.

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.

## Orange East Senior Center

The senior center will have a Reiki Clinic here starting on September 18 at 10:00 a.m. Reiki is a Japanese Technique for stress reduction and relaxation that also promotes healing. It is administered by 'laying on hands' and is based on the idea that an unseen "life force energy" flows through us. If one's life force energy is low or obstructed, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Please come to check it out and see what Reiki is all about.

The Visiting Nurse and Alliance are doing a wellness clinic on the 3rd Friday of the month from 10:30 a.m. until 12:00 p.m. This includes a blood pressure check and a wellness check. The next wellness clinic is September 20th.

The East Corinth Cribbage Club will be starting at O.E.S.C on Wednesday, September 18, 2013 for the 2013-2014 season at 7:00

p.m. Cost is \$2.00 per night. A raffle drawing will be held on the last Wednesday of every month. Any level welcomes—please come to enjoy! If you have any questions, please call Sally Osgood 802-222-5756

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 September 11th. 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!

## Old Timers: Raconteurs At The Newbury Town House

The Newbury Center Town House is hosting an informal program with local citizens reflecting on many aspects of living in and around the Town of Newbury at the "center".

The Town House was erected in 1839 on land donated by Charles George. The annual Town Meeting was held there for the first time in 1840. Since 1903 Town Meeting has been held in Newbury Village, but the Town House is still used at general elections. Church services were held at the Town House with area pastors on Sunday afternoons. A morning Sunday school was held there for many years before the establishment of the Church of the

Nazarene now located in North Haverhill, NH.

Many local functions continue to be held at the Town House, including an upcoming event on September 8th. Many local descendants of the town's early citizens will be reminiscing about life in and around the Town House. Topics will include schools, a local store, the Home Demonstration club, Sunday school, the cemetery, the

150th anniversary of the building and much more. There will be ample time for questions and answers.

Wrapping up the event, Bruce Stevens will be guiding us in an 'old tyme sing-a-long' with his pump organ. Many artifacts will be on display and refreshments will be served. 250th anniversary souvenirs and books will be for sale. This event is free and the public is welcome.

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## Newbury's Official Photograph

All Newbury residents are invited and encouraged to be part of a historic photo to be taken at the Newbury Elementary School on Newbury Common at 10:30 Sharp on Saturday, September 14th. Bring the whole family.

This event is part of the Newbury 250th Anniversary Celebration. This photograph is for all Newbury residents. Whether you live in Newbury Village or Wells River Village or in South Newbury, or Boltonville or Newbury Center or the out-back or points in between you should be part of this celebratory picture

Each person in the photo will be entitled to a FREE 4x6 Glossy print. Prints will

be available for Pick-up at the Town Office starting September 18th. Larger Prints will be available at Copies and More for the price of the print you choose.

Don't Be Camera Shy. Whether you lived in town during 1963 Bicentennial Celebration or were in the last Graduating class from Newbury High School in 1971 or just moved into town last week plan to be in the picture and be part of this Historic Photograph.

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**NEWBURY'S OFFICIAL PHOTOGRAPH  
NEEDS YOU!!!**  
Saturday, September 14, 2013 - 10:30 pm  
Newbury Elementary School  
On The Common  
This event is part of the Newbury's 250th Anniversary Celebration. Each person in the photo will be entitled to a FREE 4x6 glossy print. Prints will be available for pick-up at the Town Office starting September 18th. Larger prints will be available at Copies and More at regular price. DON'T BE CAMERA SHY! BE PART OF THIS HISTORIC PHOTOGRAPH!

*Celebrating the 250th Anniversary -*  
**Newbury, Vermont**  
1763-2013

**The Old Town House**  
Newbury Center  
Built 1839  
(174 Years)

**September 8th**  
Sunday 2 PM  
Scotch Hollow Road  
Local Speakers / Questions & Answers  
Displays For Viewing Refreshments  
Old Time Sing-a-Long with Organist, Bruce Stevens  
Free Admission

Ad sponsored by the Haverhill/Newbury 250th Anniversary Committee

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# Late Blight Resistant Tomato Variety Trial

By Heather Bryant,  
 Regional Field Specialist, Food and Agriculture

Growing tomatoes outdoors is a challenge, particularly for growers who prefer to minimize the use of pesticides, because there are a number of fungal diseases that attack tomatoes. Anyone growing tomatoes or potatoes in 2009 probably remembers the challenge we had with late blight, the same disease that caused the Irish Potato Famine. And in wet years like this one, early blight and septoria leaf spot can also become major challenges. But tomatoes are my favorite food so when New Hampshire growers expressed an interest in seeing more research on the subject, I and two other Extension staff, Becky Sideman and Olivia Saunders jumped on board.

Since 2009, a number of varieties advertised as late blight and early blight resistant have come on the market. Two studies conducted in 2012 in New York\*, showed that some of those varieties had promise. My colleagues and I chose 7 of the most promising, shortest season varieties from those trials to try in New Hampshire. We wrote a small grant proposal to New England Vegetable and Berry Growers Association and came up with a plan to take the 7 new varieties and compare them to a non-resistant variety that does well in our climate. I've been getting a lot of questions this summer about genetically modified crops so in case you are wondering, the new varieties are not genetically modified, they are the result of traditional plant breeding.

One of the challenges for farmers and gardeners in NH is that growing conditions vary widely from one end of the state to the other. So to make sure we got the best



possible information we decided to run the trial simultaneously in three different locations; Durham, Ossipee and North Haverhill. The Grafton County Farm and I have collaborated on a number of trials over the last few years and they provided the land and the equipment for the North Haverhill site. The Carroll County Farm and UNH's Woodman Research Farm agreed to host the other two sites, and we were in business.

Or, we thought we were in business, until it started raining. And kept raining. Some fields puddled, and the plants started to look a little yellow. But, okay. Rain equals disease pressure and we are trying to see how the new varieties would stand up to disease, right? Right, but for a while there it was looking like the pressure would be a little too great.

Things got better, I'm happy to report. Once the rain slowed, the plants recovered. And, we are seeing enough disease to gather data on resistance, but so far not enough to kill the plants. We haven't had late blight yet either, which would force us to kill the plants ourselves to protect area farms. I would guess we are close to peak production in most sites, with

enough green fruit left on the plants to see how they race frost and disease. Stay tuned this winter when we post the results on our research report page, <https://extension.unh.edu/Grower-Resources/Research-Reports>

Examples of the varieties in the trial.

One final thought, while we are on the subject of late blight. Tomato and potato growers have actually been very lucky so far this year. The disease has been verified in ME, VT and MA, but we have not seen the rapid spread or the level of destruction we saw in 2009. Cheryl Smith, UNH Cooperative Extension plant pathologist believes that is because growers and gardeners alike have become vigilant. Perhaps a little too vigilant here in Grafton County. Late blight only attacks tomatoes and potatoes, not other plants like peppers and cucumbers. There are a number of plant diseases out there that are much less destructive than late blight and do not require you to kill all of your plants. If tomatoes or potatoes are dying slowly from the bottom up or only one plant is dying and the rest are fine, you may have one of those other less destructive diseases. For rapid assistance with a late blight diagnosis you can send a digital photo to our Information Center ([answers@unh.edu](mailto:answers@unh.edu)) or use the photos on this Cornell site to help you learn to identify the disease [http://www.longislandhort.cornell.edu/veg-path/photos/lateblight\\_tomato.htm#images%3E](http://www.longislandhort.cornell.edu/veg-path/photos/lateblight_tomato.htm#images%3E).

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**SEPTEMBER 7, 2013**  
**8:00 AM - 3:00 PM**

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 or Comm. Wellness and Rehab Bldg,  
 241 Indian Point St, Newport, VT

# Young Eagles To Soar Soon

By Robert Roudebush

September 14, a Saturday, from 10 in the morning till about 2:30 in the afternoon at the airport. It's coming soon so this is the time to make notes on calendars and arrange to have time to be there.

Lots of young folks will take to the air there for the first time on that date – some of them will catch the air fever and decide to move into flight-related vocations and avocations airborne, military, commercial as well as private, for a lifetime.

You can be there, you can encourage it, you can sign up your kids or grand kids. It's called the "YOUNG EAGLES" program, and it is part of Airport Awareness Day upcoming at Dean Memorial Airport. It's typically an annual event since 1997, has happened many times before and will happen again this month.

You know where the airport is – it's on route 116, also called Benton Road, and if you find the Haverhill Post Office, and then head up the hill east on 116, soon you come to Airport Road to the right and that will take you right to the site of the event.

At that time – "youngsters" from the age of 8 to 17 years, with signed parental permission, can climb for no cost into the cockpits of aircraft owned and operated by licensed New Hampshire pilots and take a free flight. There's a lot more to do than just fly – you can visit the airport, maybe view inside some of the hangars, chat with people involved with aviation, and you can get something to eat and drink that day too.

For some young folks, that is just the beginning.

Their parents and others can take flights too, except they need to pay a small fee, a few cents per pound of their body weight – might be a good time to drop a few pounds if you can. Parents and kids don't fly in the same craft at the same time.

The rain-delay date is the next day, September the 15, a Sunday.

Dean Memorial Airport is a neat place – the only airport in Haverhill is one of only 24 "public use" airports in the entire state of NH. Airports are of vital importance to the communities they serve enabling aircraft to access the NATIONAL AIRSPACE SYSTEM thereby providing their communities an aviation link to their state and to the rest of the nation. It has been said that you build a mile of roadway, you can go a mile, but if you build a mile of runway, you can go anywhere in the world.

Dean Memorial Airport stands unique as an airport which takes no funds from the local town, but gives some

money back in taxes and fees. Airport generated revenues pay the expenditures, and Airport Awareness Day includes spreading that encouraging fact. Privately owned hangars pay taxes on the buildings and land and those taxes go directly to the Town of Haverhill general fund and not into the Airport budget.

The airport raises funds for its own budget through the sale of aircraft fuel, the rental of a housing structure on the property, and their own fund-raisers, including selling raffle tickets to win a hot-air balloon ride, or airplane ride, for two people in either case, or the option to take \$500.00 cash instead of the balloon ride if the ticket holder wins first prize. That raffle, and those ticket sales are going on right now around town, and Airport Awareness day is a great

time and place to buy a few chances to win.

Young Eagles is a national program whereby local aircraft owners provide free introductory flights to children ages 8 through 17. More precisely, it is the Experimental Aircraft Association (EAA) Chapter 740 that runs our part of this nation-wide program. As of a few years ago, about 40,000 volunteer pilots and 55,000 ground volunteers have introduced youngsters to the magic of flight, and well-over 600 of those youngsters have flown from Dean Memorial Airport. An invitation is extended to the area schools in both New Hampshire and Vermont and the response is always overwhelming. It is often a child's first exposure to small aircraft and many of the children have gone on to pursue interests in aviation.

sue interests in aviation.

A small, community, non-controlled airport - (that means no control tower) - it is nestled in the Upper Connecticut River Valley at the northern foothills of the White Mountains in New Hampshire. With a 2,511 foot paved runway, the airport is able to accommodate a vast majority of the small aircraft it is designed to serve. In addition, the airport has excellent hangar and fueling facilities and is superbly maintained.

There are currently over 5,000 public-use airports in the United States, and the Governor of our state thinks enough of the few in New Hampshire that she recently proclaimed March of this year GENERAL AVIATION APPRECIATION WEEK.

Executive Councilor and Grafton County Commissioner

Ray Burton and New Hampshire Department of Transportation Director of Aeronautics, Rail and Transit Patrick. C. Herlihy flew into Dean Memorial within the past few days, as part of Councilor Burton's annual fly-to visits of several small airfields in one day. Mr. Burton pointed out several aspects stemming from airports like ours.

- Airports create economic activity
- Airports support jobs
- Airports encourage tourism
- Airports provide life saving transport
- Airports enhance regional security

An airport is much more than just an airport. It is a vital piece of transportation infrastructure that connects a community and a region to aviation and its limitless possibilities.

## 17th Annual Dean Memorial Airport Awareness Day

### Participate in Young Eagles Flight Rally

**Saturday, September 14, 2013**  
**10 - 3pm**

Rain Date Sunday, September 15, 2013  
 Dean Memorial Airport in N. Haverhill NH

**Parent or Guardian must attend!**

**Register youngsters any time after 10am up to 2:30pm**



**Adult Scenic rides available for 25 cents per lb. body weight**

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# Copper Cannon Camp Set To Host Third Annual Raffle

BETHLEHEM, N.H. – It doesn't get any better than food, fun and prizes all for an excellent cause. Friends of Copper Cannon Camp and the surrounding communities are invited to join the camp on Saturday, Sept. 8 for its third annual Raffle and Cowboy BBQ.

The event will take place from 3 p.m. to 7 p.m. at the camp, which is located at 231 Gale River Road in Bethlehem.

The raffle is one of Copper Cannon's four major fundraising events each year. Copper Cannon is a completely free summer camp for low-income youth from all over New Hampshire, and a large amount of funding for the camp comes through these fundraisers. Last year's event raised more than \$6,000 in one evening, enough for 10 low-income New Hampshire youth to enjoy a free summer camp experience.

Musician Matt Tellier will be on hand from 3-5 p.m. to provide some entertainment and a soundtrack for the afternoon's activities. Events will include a horseshoes tournament, Cornhole/bean bag toss, board and card games, tours of camp, and of course an exceptional western-themed cookout dinner.

The evening will culminate with the drawing of the winners for the third annual raffle. Tickets for the raffle are \$100 each and only 125 total raffle tickets will be sold. The grand prize raffle ticket will win \$2,000. Second prize is \$1,000, third prize is \$500, and five prizes of \$100 each will also be awarded. Raffle entries do not have to be present to win, and Copper Cannon staff can also handle entries for participants who will not be able to attend at all.

Participants can RSVP and enter online at [www.coppercannon.org](http://www.coppercannon.org), through the mail (P.O. Box 124, Franconia, NH 03580) or by getting



*Drew and Pat Beck: "Copper Cannon Board member Drew Beck and his wife, Pat, at the 2012 auction."*



*Matt Tellier: "North Country musician Matt Tellier performed at the 2012 auction and will return again for this year's event at Copper Cannon."*

in touch with Copper Cannon Camp through phone (603-823-8107) or email ([info@coppercannon.org](mailto:info@coppercannon.org)). Attendees are encouraged to bring coolers, chairs or picnic blankets to enjoy the festivities on the dining hall back lawn. While there will be a number of raffle winners on the night of the event, the real winners, as always, are the campers whose lives are changed by the community support. Copper Cannon Camp has just completed its 50th summer of providing a free summer camp experience to low-income New Hampshire youth. Since 1963, well over 20,000 New Hampshire youth have gotten this traditional camp experience at no cost to their families.

Copper Cannon, please visit [www.coppercannon.org](http://www.coppercannon.org), email [info@coppercannon.org](mailto:info@coppercannon.org) or call (603) 823-8107.

What: 3rd Annual Copper Cannon Raffle and Western BBQ

Where: Copper Cannon Camp, 231 Gale River Road, Bethlehem NH, 03574

When: Sunday, Sept. 8th, 2013 – 3 p.m. to 7 p.m.

Who: Anyone interested in attending can purchase a ticket. Your purchase of a raffle ticket grants entry to the event, food, entertainment and the chance to win some big prizes.

Why: It's for the kids – proceeds from the event will send low-income New Hampshire youth to camp.

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# Power Soccer Returning To The North Country

Franconia, NH – On Sunday, September 22nd Power (wheelchair) Soccer will be returning to the North Country as an adaptive team sport. The North Country Storm, a team of Adaptive Sports Partners of the North Country (ASPNC) will begin an 8 week season of practice and competition. "The Storm" is looking for both participants and volunteers to help with this activity.

Power Soccer is a team sport played by individuals with various disabilities, new players, youth and / or adult are welcome. No previous experience necessary. The game is played in a gymnasium on a regulation basketball court. Two teams of 4 power chair users attack, defend, and spin-kick a 13-inch soccer ball in an attempt to score points on a goal. The game is similar to the non-



*Becca Coulter of Thornton, NH steals the ball from her opponent with support from North Country Storm teammate, Nathan Fernandez of Lincoln, NH*

stop action seen in a typical soccer game.

Please contact Sandy Olney, executive director or the ASPNC office for more information or to register to play!

Contact Information:  
Adaptive Sports Partners of

the North Country, PO Box 304, Franconia, NH 03580

Tel: 603-823-5232

Email: info@adaptive  
sportspartners.org

Website: www.Adaptive  
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# Kingdom County Announces 2013-14 Performance Series

Kingdom County Productions has announced its lineup for its 2013-14 performance series. The artists scheduled represent, among them, eleven Grammy awards, more than twenty-five Grammy nomina-

tions, an Emmy, and two Tony Awards. Also included: two world-class vocal ensembles from England, a ballet troupe from Moscow, and world-acclaimed drummers from Japan.

KCP's fifth performance season will open with two-time GRAMMY-WINNING JAZZ SINGER CASSANDRA WILSON at 7pm, Sunday, September 22nd, Fuller Hall, St. Johnsbury Academy. Time Magazine calls Wilson "America's best singer" for her extraordinary ability to phrase new material or give fresh interpretation to familiar songs. This will be Cassandra Wilson's exclusive northern New England concert.

Other KCP 2013-14 per-

formances include:

\* Gordon Clapp in "ROBERT FROST: THIS VERSE BUSINESS" performed by Emmy-winning actor Gordon Clapp as New England poet Robert Frost who, for 45 years, traveled America with his indelible poems, dry wit, and "promises to keep." Showtime is 7pm, Friday, October 4th, Fuller Hall, St. Johnsbury Academy. Proceeds from the performance will benefit KCP and The Frost Place, in Franconia, NH.

\* STILE ANTICO performing "CHORAL TREASURES OF THE RENAISSANCE." The British vocal ensemble Stile Antico has won two Grammy nominations for their performances of early music throughout Europe and North America. Working without a conductor, the singers rehearse and perform as chamber musicians,

each contributing artistically to a musical result that is praised for its vitality and commitment, expressive lucidity and imaginative response to text. Showtime is 7pm, Tuesday, October 8th, North Congregational Church, St. Johnsbury.

\* AN EVENING WITH RICKIE LEE JONES. Nicknamed the "Duchess of Coolsville," two-time Grammy-winner Rickie Lee Jones' styles include rock, R&B, blues, pop, soul, and jazz standards. Jones promises to open new dimensions of interpretation, imagination—and appreciation. Showtime is 7:30pm, Friday, October 18—Twilight Theater, Lyndon State College.

Further into the season, artists will include world-class clown BOB BERKY in his FEAST OF FOOLS (4:30pm, Saturday, December 7th at the St. Johnsbury School); a holiday concert by the CHOIR OF CLARE COLLEGE, CAMBRIDGE (UK) (7pm, Thursday, December 12th, North Congregational Church); GOAT IN THE ROAD THEATER'S New Orleans Fringe Festival favorite, INSTANT MISUNDERSTANDING, co-written by Northeast Kingdom native Sascha Stanton-Craven (7:30pm, Saturday, February 8, Lyndon State College); The Tony Award winning Acting Company/Guthrie Theater pro-

duction of Shakespeare's HAMLET (7pm, Tuesday, February, 19, Fuller Hall, St. Johnsbury Academy); Chicago-based LUCKY PLUSH dance troupe performing is newest work, "Cinderbox 2.0" (7:30pm, Friday, March 21 at Lyndon State College); the TAO DRUMMERS OF JAPAN (7pm, Tues. April 1st Lyndon Institute); and the MOSCOW FESTIVAL BALLET'S production of CINDERELLA (7pm, Thursday, April 17th at Lyndon Institute).

KCP will also present two "out of town" shows at two nearby venues. They include TAJ MAHAL'S "WORLD BLUES" CONCERT, featuring the legendary country blues musician Taj Mahal, acclaimed South African guitarist and vocalist, VUSI MAHLASELA, and New Zealand rockers, FREDERICKS BROWN (7pm, Wednesday, November 6th at the Lebanon Opera House) and NATALIE MACMASTER'S "CHRISTMAS IN CAPE BRETON (7pm, Wednesday, December 6th at the Barre Opera House.

Tickets for all shows are now on sale at the Catamount Arts box office or by calling 802-748-2600. Online sales are available at KingdomCounty.org.

This 2013-14 performance series is presented and produced by Kingdom County Productions in association with Lyndon State College, The Passumpsic Savings Bank, Burklyn Arts Council, and Catamount Arts. For more information, or to be notified of the availability of last-minute discounted RUSH tickets, contact series producer Jay Craven (jcraven@marlboro.edu).



Cassandra Wilson



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September 3, 2013 Volume 4 Number 24 Not all Times are Trendy but there will always be Trendy Times

## OBITUARY

### MARY LOCKWOOD "PAT" BARTKOWSKI



North Haverhill, NH – Mary Lockwood "Pat" Bartkowski, 86, died August 30, 2013 at the Grafton County Nursing Home, North Haverhill, following an extended illness. She was born in Glen Cove,

NY, February 2, 1927, the only child of Frank and Alfredina (Chant) Lockwood. Pat lived on Long Island most of her life and prior to her retirement was employed as a Supervisor in the telephone repair division for New York Telephone. She married Henry F. Bartkowski on August 16, 1947, and he predeceased her on May 6, 2008. Pat and Henry moved from Port Washington, Long Island to North Haverhill in 1983 and built their dream home. She volunteered for many years at the Haverhill Police Department as an RSVP worker.

Pat is survived by in-laws,

nieces, nephews, a special friend, Antoinette "Toni" Vascellaro of Jericho, Long Island, and other friends.

A Mass of Christian Burial will be celebrated on Thursday, September 5, 2013, at 9 AM at the St. Patrick's Catholic Church, Glen Cove, NY. Burial will immediately follow at the Cemetery of the Holy Rood, Westbury, Long Island, NY.

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

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

## OBITUARY

### EARL WATSON SHERMAN, JR.



Dear Ompie:

Earl Watson Sherman, Jr., such a long, strong name, but Ompie means so much more. Ompie is more than just Dad, Grampa, or friend; it is you and everything, as you stepped up for three generations and were everything! Nobody knew that your marrying Karen Lackie on April 22, 1977, would help you shape the lives of so many and bring such happiness to our lives over the years, the best and most influential years ever! Having you born in Coventry, R.I. on Feb. 9, 1942 (71 years ago) has made it possible for us to have the opportunity to grow up hearing so many wonderful stories of all you have seen and done. Many stories told on the road again, ranging from your love of driving trucks for 50 years, ending your career with Sunstate Carriers, where you made some truly amazing friends, to all the magnificent places you got to thoroughly enjoy along the way, to your love of hunting and teaching us to fish, shoot and fix our rigs. We all know that nothing topped your spending time with Cody working on project boats and going fishing. We have always been so proud of you, in all that you have done. We all know how you loved your "wif-fel," Karen, so dearly and how losing her Bumble has shattered her heart into a million pieces. You were so proud to be a lifetime member of

OOIDA (Owner Operator Independent Drivers Association), which comes as no surprise to us, since we know how much you loved being a tractor trailer driver. Though there will be no funeral, your Celebration of Life party was a perfect event on July 27, 2013! Seeing you smile and happy with your friends and family, as we had a great time reminiscing about old times and the fantastic journey of your life, including the surprise when we all saw your pictures of you in your USAF uniform for the first time. There will be no burial because, as you said, "I want to be with my wif-fel until she kicks the bucket." You two will be buried at the same time, being together forever. Your time with us was cut short on Aug. 15, 2013 when you died peacefully at home.

You were predeceased by your father Earl Sherman, mother Irma Priebe, brother Leonard Sherman, sister Cindy Brown and father-in-law James Lackie.

Those of us who survive you are; your wife Karen of St. Johnsbury. Your children, Lisa Bailey and husband Mark of W. Warwick, R.I., Laurie Gomez of Kissimmee, Fla., Sandra Adams and husband Bryan of Barnet, Roy Willey and wife Kerry of Talbotton, Ga., Beth Sherman of Littleton, N.H. and Cody Sherman of St. Johnsbury. Your grandchildren, Rhiannon Strembicki of W. Warwick, R.I., Meaghan Jeffrey and husband David of St. Johnsbury, Katlynn Stevens of St. Johnsbury, Ashleigh Carr of Waitsfield, Ryan Sherman of St. Johnsbury, Kelsey O'Donnell and husband Kevin of Sutton, Devon Sherman of W. Warwick, R.I., Annabell Gagne of Windsor, Caydence Sherman

of Stuart, Fla. and Wyatt Sherman of Stuart, Fla. Your great-grandchildren, Darius Jeffrey, Ariana Jeffrey, Kevin O'Donnell and Gauge Sherman. Your stepmother Roberta Sherman of Washburn, Maine. Your mother-in-law Louine Lackie of Woodsville, N.H. Your brothers-in-law Preston Brown Sr. of Washburn, Maine, and James Lackie, Jr. and wife Betty of Woodsville, N.H. Your step-sisters of Washburn, Maine, Harriet Brown and husband Freddie, Sandra Skidgel. Your step-brothers of Washburn, Maine, Michael Gilliam and wife Cheryl, Cecil Gilliam, Willis Gilliam, Leonard Gilliam. Special cousins Jane Diaz, her sons, Frank and Tony Diaz of Oakland, Ca., and Joyce Sherman of Warwick, R.I. Many special nieces and nephews.

Your cousin Joyce said it best when she said that you are our superhero! Your oldest son, Roy, voiced just how true that is when he said, "please let him know that I learned so much from him. I learned that if you want something you have to work hard for it, never let anybody take what is yours and never take any crap from anybody. I have modeled my life that way and it has worked out very well so far." You would never believe how much that goes for all of us! We'll never forget our incredible times with our Ompie, Dad and friend. We love and miss you beyond compare! Happy Trails to you, until we meet again, Mr. Omp.

Love always, Boston, Lee, Laurie, Annie, Roy, Beth, Code, Rhiannon, Magoon, Crash Again, Ry, Devon, Annabell, Caydence, Wyatt, Dari-Magoon, Ana-Magoon, Beanie and Gauge.

# Big Health Care Changes Coming

By Jeff Woodburn

In the next few months the process by which many of my North Country constituents receive health insurance will change substantially. The new health insurance exchange will come on-line in October followed by New Hampshire shifting its Medicaid program to a fee-based managed care system. And, of course, there is the potential expansion of Medicaid under the Affordable Care Act which would serve an additional 40,000 of our citizens.

While politicians and government employees in Concord debate if and how these changes will be implemented, I am concerned that my constituents are unaware of these changes and that the State's efforts to inform them of their options has been lacking. Our neighbor states seem far ahead of us in using paid media and a robust grass-roots marketing effort to inform people of the opportunities with the exchange.

In Connecticut, their Health Access Exchange plans to knock on over 120,000 doors and bring the information directly into people's living rooms while in Vermont there is a dynamic effort on radio, TV and the internet to inform its citizens of the exchange. Kentucky has taken to the county fairs to spread the message.

I fully understand that the Exchange and the move to Managed Medicaid are separate entities, funded differently and with unique oversight and implementation requirements. However, in both cases there seems little information reaching the general populace. And while rural populations might be harder to reach, it is no excuse for not having a plan in place.

There is no area in the state more impacted by these changes than the North Country. It is estimated that half of the state's uninsured people live in the northern part of the state. It is well known that our economy lags far behind the rest of the state and our people work twice as hard for as much as our southern neighbors.

Changing policy hardly helps, if it is not adequately implemented. Bureaucrats and policy-makers need to stop talking to each other and get to work getting the word out.

(Jeff Woodburn, of Dalton, represents the North Country in the State Senate.)

Sen. Jeff Woodburn  
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# Are You An “Efficient” Investor?

Generally speaking, if you're efficient at a particular task, you'll get good results without wasting effort. As you've already learned from your life experiences, it's usually far better to be efficient at something than to be inefficient — and that's certainly true with investing.

So, what can you do to become a more efficient investor? Here are a few ideas:

- Invest systematically. If you put a few dollars in an investment, such as a stock, that you heard was “hot,” and then a few months later put some more money in another vehicle that strikes your fancy, and you continue this pattern indefinitely, you may not be maximizing your resources. By taking this type of haphazard approach, you could end up owning a bunch of investments without rhyme or reason — a motley assortment that may not help you reach your goals.

Instead of following this route, consider a systematic approach, sometimes known as dollar cost averaging. To do so, you'll first want to identify some investments

that are appropriate for your objectives, risk tolerance and time horizon. Then, automatically move the same amount of money each month from your checking or savings account into the investments you've chosen. When the price of your investments falls, your contribution will buy more shares, and when the price rises, you'll buy fewer shares — in other words, you'll be fulfilling the “buy low” part of the classic investment formula. Over time, this technique should result in a lower average cost per investment. Keep in mind, though, that dollar cost averaging does not ensure a profit or protect against loss — and you'll need to have the financial resources available to continue investing, even in “down” markets.

- Reinvest dividends. Among your investments, you may own stocks that can pay dividends. You can take these dividends as cash, but if you don't need the money to meet everyday expenses, you may be better off by reinvesting the dividends. This is

an efficient way to increase your shares — and boosting your share ownership in quality investments can be a key way to help build wealth. (Be aware that companies can reduce or discontinue dividends at any time.)

- Look for tax-efficient techniques. Another type of efficiency associated with investing is tax efficiency, which refers to your ability to defer taxes as long as possible. Tax-deferred accounts, such as a traditional IRA or a 401(k), can help you put off the tax bill until retirement, when you may be in a lower tax bracket.

- Consolidate investment accounts. If you have one IRA with one financial services provider, another IRA with a second, and a separate investment account with a third, you may end up paying more in expenses, fees and commissions than is necessary — and since these costs can eat into your investments' “real” rate of return, this scattershot ownership method may be inefficient. You may be better off by consolidating all your investment accounts with one provider.

Seek to become an efficient investor. You may be pleased with the results.

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

## Wells River Action Program

WRAP (the Wells River Action Program) invites the public to stop by and view the “Memorabilia of Past Celebrations” in the storefront at 51 Main Street next to Ted's Barber Shop) in Wells River.

Newbury and Haverhill plus several other towns in the area are celebrating their 250th Anniversaries this year and WRAP thought it would be fun to look at past celebrations held in Newbury. There are photos, posters, programs and souvenirs from 1912 to this year. Notably absent is any memorabilia from the town's Centennial in 1863; perhaps the town was not in a celebratory mood as the nation was in the midst of the Civil War.

On display are artifacts from the 1912, 150th Anniversary Celebration of the Settlement of Newbury, the 1963 Bicentennial Celebration, the Newbury Town House 1989 150th Anniversary celebration. Also included is Vermont's Bicentennial Celebration in 1991, which Newbury actively took part in plus souvenirs from this year's 250th Celebration.

The photo spread of the 1963 Founders Day Program a joint venture between Haverhill and Newbury was attended by a crowd of 600 people is particularly interesting because of who is pictured in the photographs, Names that many people will recognize: Mary Rowe and the North Country Chorus, H O Taylor (Think H O Taylor Chevrolet), now Wells River Chevrolet, David and Dorothy Stevens, Agnes Bailey, Pearl Hinman and Jane Angel, 4 Burroughs sisters, Elizabeth, Cynthia, Barbara and Virginia plus many more.

The display will be up for the month of September and available for viewing anytime at your leisure as the exhibit is a window display and

everything can be seen from the windows.

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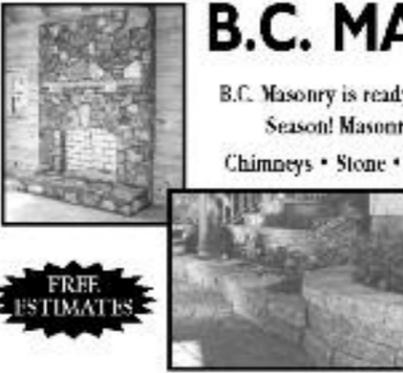
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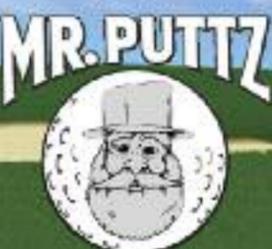
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# Notes From Above Ground

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



## Freedom Of Expression By Charlie Green

When you're young, Freedom of Expression happens so much easier. Maybe it has something to do with having little to lose, being on some sort of ego trip or perhaps under the influence of something. When you're young it's a given that you know everything, are totality in need to express it, finding the idea totally necessary and exhilarating. Oh by the way some pseudo-intellectualism can sometimes get you girls...

As years pass, you marry and start a family. Life is now a thing you can decide upon. Is it time to get "real", or having learned some coping skills, still have the fortitude to say and do as you wish with total confidence? Your jobs, your taxes, your rent and etcetera, have a tendency to leave you much

less time to go walking around shouting expressions of certain knowledge. Oh sure, you still have feelings and opinions that you "badly" want to express, as opposed to expressing them "badly" as you once did... and with now more principled enthusiasm.

But things are a little different now aren't they, Sparky? How would your boss, especially if you think he's a total jerk on the matter, feel about you spouting off? Are you sure he'll be agreeing with you? How much do you really like your job anyway?? Those taxes you fork over each payday so that your politician can find new and better ways to waste them or to feather his own nest or those of friends, does that seem fair? Probably not, but unless you

have a lot of friends who agree, or pictures of your congressman sleeping with a women, not his wife, or worse a young boy, there isn't a whole lot you can do about it except complain, vote and then hope for the best.

I guess you could stop paying your taxes like you declared you would so many times in college. But remember back then you didn't earn enough to pay any taxes. Today, with your old attitudes intact, you could be worrying about your wife and kids without a home, if your lucky, or just visiting you at Club Fed twice a month, while your in-laws keep telling your wife, "we told you not to marry that dreamer..." if your not.

So maybe now you've found the freedom you wanted, to tell the world how you feel. What's that you say, you would, but your too tired right now...imagine that. Well, hang in there, with the passage of time, you'll be retired, saying most anything you want, and not really giving a damn who likes it. I'll bet the newest know-it-all generation, resembling who once was me, then became thee, will be wondering who is that crazy old coots really.

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# Kicking It Old School At Hampton Beach

Just back from a trip with the family down to the shore where the "new" Hampton Beach was proudly showing herself off. A sudden sense of togetherness struck me just after 5pm when I shouted out over a stir fry plate of chicken and rice that it's time we kick it old school and hit an arcade.

"Enough of these cooking shows!" I blurted out. "I can only watch some celebrated chef drizzle sweat onto a sparkling plate of unfilling food so many times."

I wanted a greasy, all banged up, retro looking arcade, too. Something ancient with 25 cent games, plastic rice rockets to wiggle on, skin slick basketballs to hoist and piano men to shoot in the back with an air rifle.

Over the past couple years Hampton Beach aficionados (state, local) have really stepped it up when it comes to the shore. Not long ago it was filthy at best, that stretch from Seabrook to North Hampton. Rock hard sand even harder at the water line. A trashy, unsafe feeling encompassed your senses with treachery and danger back then. Food with a germ, heavy stank on it seemed to be all that was offered, then gorged on.

But not tonight. Tonight Hampton Beach was aglow, brilliant all over. From the pink moon to the packed restaurants. Everywhere you turned there was happiness. A good, cleaner version of Hampton happiness. Same faces, same ethnicities. Seemingly every nationality was represented on the boardwalk, street walk, the strip, whatever Hampton is, and was filled to the brim with a thousand lives from all over the North Shore.

I was wildly impressed. New buildings painted fresh with onlookers pulling on drinks from high above, reading books, sitting in silence, just

enjoying life from their balconies above Ocean Boulevard. Musicians playing covers of Van the Man and Etta James inspired kids and seniors alike to wiggle and grind in unison at the new Sea Shell Stage while the sun went down.

People were weaving in and around each other -- the diehard yoga Mom's showing off their carved, tanned calves, the over torched city gals cranking butts in low cut tank tops, and the pin thin older gents with uncontrollable gray chest hairs curling up under their arm pits -- were all present.

Hundreds of teenagers in fashionably naked gear careened politely in-and-out of traffic, gripping powder drenched fried dough, talking loud and proud.

My kind of party!  
And my wife could not believe her eyes. She's lived in the Granite State for over twenty years now and always seemed to head to Rye or some other heralded beachfront with a more refined clientele when it came to sunning her bod.

"I had no idea that this was like this," the Flower said. "It really is beautiful."

She was right.  
A bevy of \$100 matching haircuts and expensive beach heels has never kept me away from the beaches in York or Kennebunk. I love a bourgee parade of medicated perfection. But you can get that at any

house party on your subbie block on any given weekend.

Or, you can gather at Hampton Beach and flashback to the days when you and your friends would dig holes in the sand to sun in, then hit the strip and chow down on the most delicious turkey and mayo subs on C- Street.

And that sense of togetherness was building as I watched my kids get painted with tattoos and roll skee balls up the rung out target boards into the molded catch rings. Over stimulation was in abundance, what with the arcade music chaotically spiraling out of control from the cobwebbed ceiling speakers with metal music, of course.

Then, as we were wrapping up our trip to the coast, we passed a spanking new yogurt shop filled out with orange and white futuristic looking chairs.

"Care for a free sample of Snickerdoodle yogurt, sir?" a teenage boy asked me as we stood out front.

I was shocked. Free samples! At Hampton Beach! Yogurt! This is so not 1987!

"Doodle me away, kid." I told him. "Just promise me you don't sweat all over my sample. I'm kicking it old school tonight. Just not that old school."

Rob Azevedo, from Manchester, NH, is a writer, radio host and filmmaker. He can be reached at onemanmanch@gmail.com.

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# Whole Body Tonic

Many people have come to the understanding that "feeding and cleaning the body" on a daily basis is the goal for increasing and maintaining excellent health. The link between balanced hormones, stress and overall health is often overlooked, primarily because of conflicting and confusing information. Between countless responsibilities, women and men burn through the energy gained from sufficient sleep and a healthy diet. All the assaults that your health faces – from your diet, lifestyle, emotions, toxins in the environment, etc..., continually batter your well-being and create imbalances that lead to illness and poor healthy. Once you un-

derstand your imbalances, you can choose the path that will lead you back to your balanced state. Your balanced state is unique to you. Therefore, what "healthy" looks like for you may be quite different from what it looks like for your neighbor. The key in holistic medicine is to be honest about where you are and whether you are at your healthiest.

For a better idea of your balanced and imbalanced states, take a good look in the mirror and ask yourself "how do I truly feel? Tired, energized, foggy, achy, irritable...?" Accept the truth as the beginning of change, a momentary feeling of "needing to regroup." This blend is

one of the ultimate tonics for creating and maintaining physical and emotional health; the true heavyweights of the herbal kingdom. This blend is for those who are really serious about holistic health, those who cherish the daily rejuvenation of the body's vital substances, the inevitable growth of stamina, strength and resistance to disease. This formula is designed to benefit every gland, nerve, muscle, vein, artery, organ and bone in the body. The longer you maintain daily usage, the greater those benefits will be.

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*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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# HELP! I've Let Myself Go!

Who's sabotaging your efforts? The answer is within yourself—and quite possibly, literally within yourself! We are often our own worst enemies when it comes to trying to establish healthy habits.

## What's Your 'Tude?

You say you want to make healthy changes, but your attitude doesn't always show it. For instance, let's say a friend suggests you try packing your healthy snacks and lunch the night before, and you respond with, "Eh, I don't have the time," or "Nah, I don't want to do that". Your willingness to try tips and techniques that have been shown to be effective can make the difference between success and staying stuck where you're at.

## Plan Ahead

As anyone who has made health and wellness a normal part of their life will tell you, planning ahead is key to maintaining a healthy lifestyle. Plan ahead for the upcoming week. Plan out your meals, buy what groceries you need, schedule your workouts—and treat them as important appointments that are difficult to cancel. Have a plan in place for

the obstacles that pop up. For instance, let's say you have a walk planned with a friend after work, but your boss calls a last-minute meeting that will interfere with it. Rather than just ditch your walk, what other options do you have to get at least some activity into your day?

## Excuses, Excuses

One very common excuse mothers use is that their kids' activities get in the way of them being able to work-out and make healthy meals. If you're using this excuse, go back to the beginning and reread the first two sections. There are almost always options! You just need to be creative and think outside the box. For instance, do you usually sit in the car and wait for your kids during their soccer practice? Why not use that time to walk? If you don't

want to leave the field, do laps around the field. While you're at it, invite other mothers to join you!

Don't be fooled by your excuses. Recognize them for what they are and start coming up with solutions rather than more excuses.

## But My Kids Like It

I commonly hear, "I wouldn't even have it in the house, but my kids and husband like it, and then I just can't resist eating it." I'm referring to junk food here. If you do the grocery shopping, you are the gatekeeper to your kitchen. Your kids eat the way they do, because you allow them to. If you don't regularly have chips, candy, cookies, and other junk in the house, they can't eat it. If they refuse to eat an apple with nut butter or other healthy snack, then they're not hungry enough. When you change your eating habits, they will have no choice but to change theirs, too. Make eating healthy taste good so that the transition isn't so shocking. And if your

husband wants his junk, he can buy it, and you can request that he leave it out of the house. And this brings me to our next point...

## Husbands and Mothers and Co-workers, Oh, My!

You're on the right track. You're making healthy changes, and changing your body. You're looking and feeling great! Then along comes the co-worker who suddenly believes in bringing donuts to work every morning, or the husband who brings home your favorite take-out, or your mom or grandmother who is a great cook and believes that if you love her, you'll eat several helpings of what she's made—just for you, of course. There are several

reasons others will try to sabotage your efforts. The co-worker may be jealous of your success, but not ready to attempt the changes herself. Your husband or boyfriend may be insecure with your changes. I mean, after all, you're looking good! This may bring attention from other men. Will he still be good enough for you? And some mothers and grandmothers equate love with food—specifically the food they've slaved over just for you. Plan out how you will handle each of these saboteurs, because one thing I can guarantee is that you will have at least one in your life (besides yourself!).

Until next time...have a gladitude (not a baditude!) and 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

## Maraschino Cherry Quick Cake

My earliest memory of having this cake was when I turned six. It was my first "real" birthday party, where all my little friends from kindergarten were invited to attend. Since my birthday is in June, it was held outside, in a shady glen adjacent to the field in front of our house. My dad built a fire pit with a rack for cooking hotdogs and filled our red metal Coca-Cola cooler with ice and soft drinks. My mom strung balloons and streamers from the surrounding trees and laid out quilts on the ground for guests to sit upon. She also made this pretty cherry cake, piled high with a fluffy frosting and topped with a little plastic doll which she had outfitted in a beautiful pink frothy ball gown, made from her sewing table scraps. I thought it was the most beautiful confection in the world, and when the first cut revealed the cherry-studded and equally pink interior, I was convinced I must be the luckiest girl in the world.

1/2 cup shortening  
1-1/3 cups sugar  
4 egg whites, room temperature  
2-1/4 cups sifted cake flour  
3 teaspoons baking powder  
1/2 teaspoon salt

Preheat oven to 350°F. Grease two 9" round cake pans, line bottoms only with parchment or waxed paper, then grease and flour entire pan (I use a baking spray with flour, and that works very well). In a large mixing bowl, cream the shortening and sugar, then beat with a mixer until fluffy. While beating on low, add the egg whites one at a time and mix well (at this point you can't beat it too much; the more the better). Sift the dry ingredients together in a bowl, and set aside. Combine the milk and cherry juice. Starting and ending with the dry ingredients, alternately mix into the shortening mixture with the milk/cherry juice, about a third at a time, and mixing just until combined. Fold in the cherries and nuts. Divide the batter into the prepared pans, and bake for 30-35 minutes, or until a toothpick inserted in center of the layers comes away clean. Remove from oven and allow to cool on a rack for 10 minutes, before inverting onto rack, removing pans and peeling off the parchment. Allow to cool completely before frosting with a fluffy white frosting (my recipe follows).



Since that long-ago birthday, I have had this cake many times, since it is also my mother's favorite cake, but I had never made it myself. Then, a couple of years ago, I decided to try to find the recipe to make the cake for my mother's birthday. She was in a nursing home for rehab after falling and breaking her hip. She was understandably a bit depressed, and had not been eating well. It took a bit of searching, but I finally lo-

1/4 cup cherry juice from 8-oz. bottle  
Maraschino Cherries  
1/2 cup whole milk, room temperature  
16 Maraschino cherries cut in eighth's (I just chop up the whole bottle!)  
1/2 cup chopped walnuts

cated the recipe amongst my mom's volumes of little scraps and cards saved over a lifetime of good cooking. I cannot adequately describe the look of pure joy that crossed Mom's face when she took the first bite of that simple Cherry Cake! And for me, it was sort of like turning six all over again. Whoever said "You can't have your cake and eat it, too" couldn't have been more wrong!

### A GREAT FLUFFY CAKE FROSTING

5 tablespoons flour  
1 cup whole milk  
1 teaspoon vanilla  
1 cup butter, softened (no substitutions)  
1 cup granulated sugar

In a small saucepan, whisk milk into flour and bring to a boil, until very thick (like stiff instant mashed potatoes) stirring constantly. Allow to cool completely to room temperature before proceeding with recipe. In a large bowl, combine butter and sugar. Beat with an electric mixer until fluffy and most of the graininess of the sugar has dissolved. Add vanilla and the cooled flour/milk mixture, and beat, beat, BEAT on high speed until frosting takes on an appearance similar to whipped cream. Makes enough to frost a 2-layer cake.

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