

TRENDY TIMES

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JULY 22, 2014 VOLUME 5 NUMBER 21

70th Annual North Haverhill Fair

The final details are now coming together for the 70th annual North Haverhill Fair. There have been several new events announced, some changes to some old events, and best of all, the old favorites are back and ready for another year of tradition.

Over the past dozen plus years the North Haverhill Fair has gained a reputation for bringing in some great talent for the free concerts on Friday and Saturday evenings. This year looks to be no ex-

ception to that tradition. Frankie Ballard has already had a #1 country single with his tune "Helluva Life". Now the title track from his album in "Sunshine & Whiskey" is a single that is starting its trek up the charts. The concert will begin at 8:00 PM.

As a salute to the 70th anniversary of the North Haverhill Fair there will be a salute to the 70's on Saturday, July 26. The Ultrasonic Rock Orchestra will invade Thayer Stage with their spot on rendition of many favorite 70's British Invasion hits. Strawberry Fields Forever and Bohemian Rhapsody are just two titles that bring up fond memories from that volatile decade. This group of

a dozen or more musicians will fill the stage and the air with show stopping music, costumes and memories. Show time is 8:00 PM

Two other nights will also have plenty of music on Thayer stage. Wednesday night will start with the annual Little Miss Fair Queen contest at 6:00 pm. There are bound to be a singer or dancer in the group. That will be followed by a Veterans Appreciation Night. After a ceremonial posting of the colors and singing of our National Anthem, the Upper Valley Community Band will strike up the band for some traditional military and marching tunes. During that event all veterans will be



asked to place a push pin in our world map to show where they have served. As part of this project raffle tickets will also be on sale with half the proceeds to the winner and half to Wounded Warriors @ 45 North. Tickets will continue to be available after Wednesday night in the Presidents Commercial Building.

Then on Thursday evening it will be North Haverhill's Got Talent. A change from the past few years when only singers were allowed, this event will be open to any who care to take the stage and show off their special skill. The judges will still have their say.



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TRENDY Dining Guide

Bliss Village Store

By Gary Scruton

So far in this column we have reviewed many eateries. They have ranged from diners to fine dining, to family settings. This issue we are doing a review on a business that some may argue is not an eatery at all. Webster likens an eatery to a small informal restaurant. With that definition in hand we can certainly say that the Bliss Village Store clearly qualifies as an eatery.

From the main street of Bradford the Bliss Village Store may well not look like a restaurant. The building is one of the many historic structures in this great Vermont village, it actually dates back to the 1800's. Step inside and you will find the old flooring and the feeling of that old fashioned, friendly neighborhood store. But there is so much more to this business.

This time of year you don't even need to go inside to place your order. The walk up window serves some great ice cream. Or you can order a deli sandwich or perhaps a lunch time or evening salad. Then take your order and pull up a chair at one of the outdoor cafe tables on the newly completed sidewalk. Even in bad weather this is possible as the second floor porch gives some great protection from rain or sun. Of course you can walk inside, order and take your meal to one of the booths located at the back of the store.

The deli selections at Bliss Village Store include all those items you would expect, roast beef, pastrami, ham, pepperoni, and even meatballs and sausage or hamburger patties. Top that off with your favorite slices of American, Swiss, Cheddar or other cheeses. Then you can add from several selections of pasta salads.

The day we visited we took advantage of the daily special of a lobster roll with

french fries and cole slaw. The lightly toasted roll was filled to overflowing with some very delicious lobster salad. The french fries were well cooked, and even though we took them all to go and were another half hour before we ate, still had plenty of warmth and also hit good numbers on the taste meter. The cole slaw was a decent sized portion and was kept cool in the same container by

being separated from the fries and roll. In other words, nicely presented even though they were in a styro-foam container.

The Bliss Village Store does not stop at just the deli case though. They also have a pizza oven and feature a pizza special every Sunday.

One of the items that really sets the Bliss Village Store apart is the fact that they are indeed a store, not

just an eatery. For those who want a meal to go you can also make a purchase from a wide variety of beverages. There is a wall of coolers that offer beers from most all of the big suppliers, as well as some smaller breweries. Around the corner is a good selection of wines. And on a third wall is a vast assortment of sodas, milk, water and juices. Of course you can get your morning coffee at Bliss. Plus there is a stand with several varieties of home made pastries, nicely wrapped in order to keep that great taste fresh without

preservatives.

Bliss also has a small number of other items in stock. I noticed gloves for sale along with plenty of free and paid for newspapers.

Even though the Bliss Village Store may not appear to be your typical restaurant, the variety they offer to hungry people qualifies it to be well up on the list of eateries in the Upper Connecticut Valley. So when you are in Bradford shopping, playing golf, or just enjoying the village, don't just walk past, stop in and look around at the Bliss Village Store.

DINING GUIDE AD RATES

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OCT Did It Again

By Gary Scruton

The most recent production from Old Church Theater concluded this past weekend. The play was called "Morning's At Seven" and was set, as well as written, in the 1930's. It's the story of four sisters, three husbands, one son and his fiancé of seven years. Throw in a few facts such as the son still lives at home, but as is later revealed, has spent some time with his fiancé in a deeper relationship than most would expect was happening in the 30's. Add in the fact that two sisters share a house with just one husband. Here again more than what may have been expected is suspected (and later somewhat proven). Another fact to add is that one sister has a husband who forbids her from visiting the other sisters (because he feels they are all dumb). Mix all this together and you get a performance with plenty of laughs (even a snort or two), plus some very touching moments, and without a doubt some thought provoking scenes. Morning's at Seven turned out to be another great choice by the Board of Directors at Old Church Theater.

Each year they put forth a number of plays that are new to them. By so doing they have also managed to attract many new performers. And this play was no exception. This time there were two new performers on stage. But in my opinion the three strongest performances were from three OCT regulars. First was Jim Heidenreich, who portrayed Carl. Though the play did not really center on any one actor, Carl certainly put a spell on the audience, as well as himself. Plus he was the father of Homer, the soon to be married, yet still reluctant to leave home, 40 year old son. Jim did a masterful job with this part. From his stump sitting, to his tree leaning, he became Carl.

Next was Scott Johnson's portrayal of Thor, or Theodore. Scott has done similar parts before at OCT, and has a way of hitting all the emotions. In this play he was the long married husband who shared his home with his wife's sister (and, we eventually find out, shared more than just the living space). But he is also the understanding and trustworthy uncle who helps Homer to

make plans for an overdue honeymoon.

The third regular who sold his portrayal was Chuck Fray. As seems to be his wheelchair Chuck was again cast of the evil one. As David he was married to the sister that lived up the street and whom he forbid from visiting her sisters. But even he came around by the end of the play.

This is not to say that the four sisters were not well portrayed. They meshed well with four distinct personalities, but with one thought, what's best for my sister? And we can't forget about the "Young" couple. Homer, being his first time on stage in many years, and Myrtle with the gift to recite a line that the audience immediately knew and were ready for when it was repeated later.

All together Old Church Theater put on another fine performance of another well written play. Kudos to the cast, the director who cast these performers in these parts, and to the Board of Directors who made the decision to make "Morning's at Seven" the latest feather in their cap.

Pig Roast At Haverhill Library

HAVERHILL, NH — The Haverhill Corner Library will revive its pig roast tradition by serving pork dinners at the Festival of Earthly Delights, the library has announced. The Festival, sponsored by Court Street Arts / Alumni Hall, will be held Sunday, August 10 from 3:00 – 6:00 PM.

The library will sell pork dinners as a fundraiser, and the cost will be separate from the entrance fee to the Festival of Earthly Delights. The library will also hold a book sale in conjunction with the event.

The Festival of Earthly Delights is an annual event at which visitors sample food and beverages from a wide range of area restaurants, artisans, farmers, and beverage makers. For the first time, the event will be held this year within the precinct of Haverhill Corner, on the grounds of Alumni Hall and the neighboring Haverhill Corner Library on Court Street.

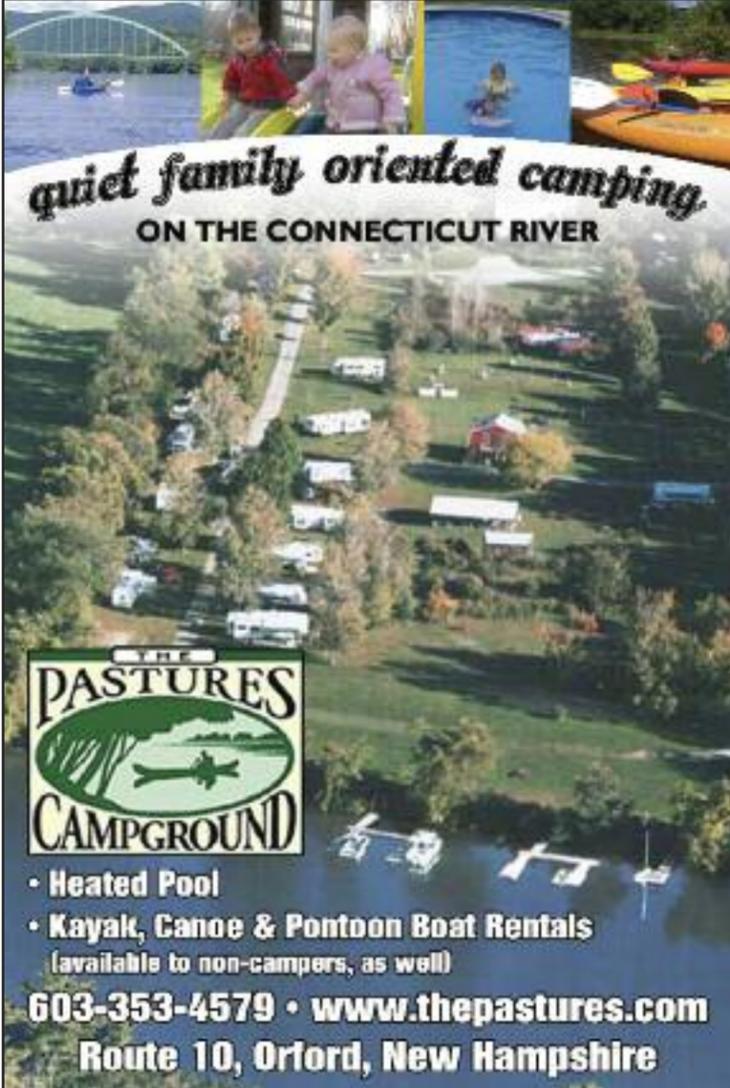
The library's pork dinners will consist of professionally roasted pig, with sausage stuffing (using a secret recipe), and homemade coleslaw (prepared in some of the Corner's best kitchens) for a price of \$10.00. Water, ice tea, and lemonade will also be available. Dinners may be eaten on the grounds of the Festival or taken away.

Founded in 1880, the

Haverhill Library Association serves residents of Haverhill and beyond with circulating collections of books, magazines, audiobooks, and movies; with internet access via in-house computers and WiFi service; with librarians prepared to assist with research and inter-library loan

requests; and with programming such as the summer reading program for kids – "Fizz! Boom! Make! Read!" – currently offered on Saturday mornings at 10:00 AM.

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



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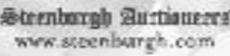
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New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

Each year the NH Legislative Youth Advisory Council convenes in Concord to conduct a mock public hearing to better understand how a bill becomes law. On August 5, twenty high school and college students from NH will discuss HB (House Bill) 1113, "an act requiring school districts to distribute a concussion and head injury information to student-athletes and establishing a definition for head injury." As the prime sponsor of the bill the Youth Advisory Committee has asked me to explain the need and legislative process that led to the Gov-

ernor's signing the bill into law.

As many must have heard through the media, the NFL recently approved a landmark legal settlement that would compensate thousands of former NFL players for concussion-related claims. The NFL agreed to remove a \$675 million cap on damages towards injured players and to additionally pay \$197 million more for players with neurological symptoms who desire baseline data and to cover associated legal fees.

HB 1113 sets forth a process in which school dis-

tricts must develop written policies concerning the prevention, management and treatment of sports-related concussions and other head injuries among student-athletes. Concussions are one of the most commonly reported injuries in children and adolescents who participate in sports and recreational activities. The Centers for Disease Control and Prevention estimates that as many as 3,900,000 sports-related and recreation-related concussions occur in the United States each year. A concussion is caused by a blow or motion to the head or body that causes the brain to move rapidly inside the skull. Concussion or head injury needs proper evaluation and care.

With soccer season about to begin, it is important that students, coaches, parents and all who interact with student activities in grades 4-12 be aware of how to manage concussion injury. HB1113 requires that schools send concussion policy information home to parents. It also requires that a student who is suspected of sustaining a concussion injury be removed from play immediately and shall not return until he or she receives medical clearance from a health care provider. The student-athlete shall further present written permission from the parent or guardian to return to play.

Healthy awareness of concussion injury is being proactive. A study in the Journal of Pediatrics shows that 40% of all emergency room visits for youth sport concussions was in the 8-13 age group. Our schools have good information on this topic and to our students...have a successful, safe soccer season!

Grafton County UPDATE

By Grafton County Commissioner Linda Lauer

As I travel around Grafton County, I've found that many people have questions about what Grafton County Commissioners do. In the future, I hope to post regular updates to keep people aware of what happens with their taxpayer money. This week, I'd like to bring everyone up to date on proposed repairs to the Grafton County Nursing Home.

The Grafton County Nursing Home is a 135 bed skilled nursing facility that is owned and operated by Grafton County. Residents are housed in one of four "neighborhoods," with a two story wing built in 1969 and another two story wing that was built in 2003. Both the 1969 building and the 2003 building are fully protected by an automatic fire sprinkler system and a fire alarm system.

New Hampshire's Fire Code requires that each of the four "neighborhoods" be separated from the rest of the facility by 2 hour fire walls. The facility has been audited for fire safety by state inspectors on a regular basis and has always passed with flying colors. In late March of this year, the Grafton County Maintenance Department discovered breaches in the integrity of the fire partitions between the floors of the 1969 building. An intensive inspection revealed numerous instances of situations such as pipes that go through firewalls without the firewall being properly sealed. The problem areas are between walls and between floors, and are in areas that were not part of the routine state fire inspections. Grafton County self-reported the problem to the State and brought in a building consultant and a Fire Code Consultant to identify the

extent of the problem and develop a correction plan.

The fire partition issues are located throughout the 1969 building and will require work in almost every patient room. Sections of the building will have to be vacated in order to perform the necessary repair work. Several options for dealing with the resident relocation were evaluated with the goal of minimizing impact to the Nursing Home residents, the employees and, of course, the taxpayers.

The County Commissioners ultimately submitted a relocation plan to the State Department of Health and Human Services (DHHS) that will move approximately 30 Nursing Home residents to the top floor of the Administration Building while repairs to the 1969 building are completed. The offices that are currently located on the top floor of the Administration Building, including the Commissioner's Office, Human Services, and Information Technology, will be relocated to storage space in the basement of the building. DHHS has inspected the Administration Building and has provided a short list of deficiencies that must be corrected or waived before the plan can be implemented. It is hoped that the project will start in October or November; the project will probably take 4-6 months to complete.

Additional renovations to the 1969 building are planned during as part of the project. The existing bathrooms will be rebuilt to allow patient transfer chairs to more easily be wheeled in and out and to bring the bathrooms up to the current ADA requirements. In addition, a new resident sitting area is planned for each floor to reduce congestion in the halls. By doing this project in conjunction with the fire partition repairs, we will save money over the cost of separate projects and will only disrupt the residents once.

As a taxpayer, the obvious question is "How will this be paid for?" The County receives a payment each year from the State to offset some Nursing Home costs. The amount varies from year to year, and is not set until the end of the fiscal year. The money that was received from the State this year was much higher than anticipated, and the unanticipated extra funds will pay for the Nursing Home repairs. No long term bond will be required.

If any readers have any concerns or questions about this, or any other Grafton County issue, I encourage you to call me at 603-747-4001 or contact me via my website at www.democracy.com/linda-lauer.

Not all Times are Trendy but there will always be Trendy Times July 22, 2014 Volume 5 Number 21

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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

Last week I attended the 38th Annual Conference of New England Governors & Eastern Canadian Premiers in Bretton Woods. The conference provided an opportunity for the premiers and governors to share their successes on the economic front and talk about energy issues. I was hopeful that there would be some discussion about the Northern Pass project, but there was very little, which was surprising to me given the prominent role (both in the media and in the legislature) this proposed project has had in New Hampshire for almost five years.

To hold this conference in the heart of the North Country, and not discuss it, to me is just one more sign of disrespect to the people of New Hampshire.

I noted that also in attendance was the new president of Public Service of New Hampshire, Bill Quinlan. Mr. Quinlan was recently featured in an article in New Hampshire Business Review where he talked about being on a "listening tour" around the state, actively reaching

out to legislators and regulators about the Northern Pass project. As one of the first legislators to speak out about Northern Pass and sponsor legislation to protect private property rights, I find it puzzling that Mr. Quinlan doesn't want to listen to me. If he did, here's what I would say to him:

As a State Senator representing 27 communities in District 2, I can tell you that there is a huge lack of trust by many of my constituents and constituents across the state because of unsubstantiated claims presented as facts by the NP media machine. The public trust has been eroded and you will need to take proactive steps to resolve the harm that has been done. First, you would do well to acknowledge that steel towers straight through the heart of New Hampshire will have negative consequences on property values. Second, temporary job creation in the future does not take into consideration permanent jobs lost now as the North Country is held hostage to this project.

A couple years ago I chaired the 361 Commission which was tasked with look-

ing at the viability of burying HVDC lines. Northern Pass/PSNH representatives claimed that it would be up to 10 times more expensive to bury the lines versus dangling these cables overhead on 100+ foot towers, but provided no data to back up the claim. So third, can you please release the study that proves out this claim. If the study has not been done, will you please authorize one as soon as possible.

Fourth, if it really is about getting power to the New England grid, then why not consider alternatives that would gain support. Why not use the existing Vermont/New Hampshire corridor? Upgrade National Grid's existing 2000 MWHVDC corridor in Vermont that crosses into New Hampshire within the existing corridor with a single 3200 MW line. The environmental benefits of using an existing corridor instead of slashing through miles and miles of pristine forest, family farms, homes, recreation land, and legally protected conservation areas are obvious. (According to public statements by Northern Pass, they have declined to even approach Vermont and National Grid to explore this alternative.)

Another alternative would be to select one of the several viable corridors identified by the NH Department of Transportation (during the 361 Commission hearings) along existing transportation rights-of-way (where the

earth has already been disturbed and no utilities exist) and assess what the real cost of burial would be.

Finally, let's talk honestly about the "reliable" and "low cost" energy promised to New Hampshire residents in exchange for ruining one of our greatest economic assets—our trademark landscapes. It's been suggested that Hydro Quebec is prepared to guarantee that Northern Pass will be the equivalent of a "baseload" generating facility for New England; specifically that the line will be providing electrons to New England 12 months a year, seven days a week, even at times in winter when demand in New England surges. However, the folks at Hydro Quebec are pretty insistent that their customers come first, particularly in the winter months when most of Quebec is heating homes and businesses with electric heat. So, who controls the extension cord when power is needed? Can you tell us what the "low-cost" of energy will be to New Hampshire—

will you guarantee that low-cost to our residents and businesses and over what period of time?

Renewable energy projects may be a positive asset to New England; however, public acceptance, community support and economic impact on New Hampshire must be properly addressed. When states around us are using state-of-the-art technologies, why is it Northern Pass cannot? Failure to answer all these questions and concerns honestly will only continue the mistrust, opposition and delay, quite probably leading to lengthy and expensive litigation.

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 (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester

HELP TOWN EMERGENCY RESPONDERS FIND YOU AND ASSIST YOU IN YOUR TIME OF NEED FOR MEDICAL RESPONSE, OR FIRE AND POLICE PROTECTION! PUBLIC NOTICE-911 STREET NUMBERING ORDINANCE

The Selectboard of the Town of Haverhill adopted an ordinance for 911 Street Numbering on 9/20/1999. One of the purposes of this ordinance was to provide more expedient emergency response.

For primary buildings from which a street number affixed thereto would be readily distinguishable, as viewed from the street, the street number shall be conspicuously displayed on that side of the building which faces the street.

For primary buildings from which a street number affixed thereto would not be readily distinguishable, as viewed from the street, the assigned street number(s) shall be conspicuously displayed at the main vehicular (or pedestrian if no vehicular access exists) access to the property, so as to be visible on a year round basis. The preferred method of display is on both sides of the mailbox but if no mailbox is located at the main access, then the assigned street number shall be displayed on a sign post or similar means.

All displayed street numbers shall be of a contrasting color and be at least three (3) inches in height. The size of numbers placed on mailboxes shall be in accordance with U.S. Postal Service requirements. Roman numerals and/or scripted street numbers are prohibited.

Please consider this a courtesy notice that the Town of Haverhill intends to proceed with enforcement of its "Street Numbering System Ordinance" which may include fines.

Please make sure that your buildings comply with the 911 Street Numbering Ordinance within 60 days of this notice to avoid enforcement which shall include a fine of up to \$250. First notice to run on Thursday, July 24, 2014.

**INCOME TAX
PREPARATION**

**Peter B. Lavoie
James K. Lang**

Personal & Professional • E-File • Payroll Services

OPEN TUESDAY & WEDNESDAY
9:00 AM – 7:00 PM
Or Call For An Appointment

e-file

603-747-3613 Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03783

Fifth Annual Masonic Motorcycle Ride

Benefit for Veterans at WRJ VA Hospital
Sunday, August 3, 2014 - Rain or Shine
Registration 9 to 9:45 AM at P&H Truck Stop
(I-91, Exit 17, Wells River, VT)

First 50 Riders
Receive Complimentary
Event T-shirts!

Join us as we
"Honor Our Veterans" with stops at:

- * VA Hospital, White River Jct, VT - Presentation of Donations
- * Veterans War Memorial, I-89, Sharon, VT - Time to Reflect
- * Veterans Cemetery, Randolph, VT - USA Flag Presentation and Pledge
- * Wilkins Harley-Davidson, Barre, VT - Cookout/Raffle Drawings

Complimentary Cookout at Wilkins Harley-Davidson
Presented by Pulaski Lodge

50/50 Raffle
Must be present at Wilkins H-D to win raffles!
DONATIONS NEEDED FOR OUR VETERANS

Cash, Toiletry Items,
Undergarments and Socks
(Both Men and Women)

Sponsored by
Pulaski Lodge #58, Wells River, VT
Ancient, Free and Accepted Masons

Ad Sponsored by
Copies & More, Main Street, Wells River



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

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

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

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

CRIBBAGE
1:00 PM
American Legion Post #83, Lincoln

**MONDAY/THURSDAY
ADULT INTERVAL AEROBIC CLASS**
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

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

WEIGHT WATCHERS MEETING
5:30 PM
Orange East Senior Center, Bradford

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

FRIDAYS

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

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

TUESDAY, JULY 22

"VT READS" BOOK DISCUSSION
7:00 PM
First Congregational Church Vestry, Wells River
See article on page 7

WEDNESDAY, JULY 23

COMMUNITY PICNIC
6:00 PM
Elizabeth's Park, Bradford
See article on page 7

WEDNESDAY, JULY 23 -

**SUNDAY, JULY 27
NORTH HAVERHILL FAIR**
1299 Dartmouth College Highway
See article on page 1 and ad on page 9

THURSDAY, JULY 24

MUSIC IN THE PARK: GUINGUETTE
6:00 PM
Groton Veterans Memorial Park

SATURDAY, JULY 26

**NORTH COUNTRY GOSPEL
MUSIC FESTIVAL**
6:30 PM – 9:00 PM 603-837-2469
Community Baptist Church
27 Jefferson Road, Whitefield

ANNUAL BLUEBERRY FESTIVAL

9:00 AM – 1:00 PM
Groton Growers Farmers Market
See ad on page 7

SATURDAY, JULY 26 THRU SATURDAY SEPTEMBER 20

BAKE SALE/PRODUCE, ETC.
9:00 AM – 1:00 PM
Christ Covenant Anglican Church, Marshfield

SUNDAY, JULY 27

**WICKED SMART HORN BAND
BLUES, SWING & ROCK**
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

MONDAY, JULY 28

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

TUESDAY, JULY 29

SUMMER READING PROGRAM FINALE
10:30 AM
Bath Village School
See article on page 7

WEDNESDAY, JULY 30

VT STATE ARCHIVIST DR. DAVID SCHUTZ
7:30 PM
Whitelaw Hall, East Ryegate
See article on page 13

THURSDAY, JULY 31

**MUSIC IN THE PARK:
ALAN AND THE DOCTOR**
6:00 PM
Groton Veterans Memorial Park

SATURDAY, AUGUST 2

WEST NEWBURY BACK ROOM YARD SALE
1:00 PM – 3:00 PM
7292 Route 5 South, Newbury

SUNDAY, AUGUST 3

MASONIC MOTORCYCLE RIDE
10:00 AM
P & H Truck Stop, Wells River
See ad on page 5

ROSS WOOD POST #20 FAMILY PICNIC

12:00 Noon
Ammonoosuc Valley Fish & Game Club
Swiftwater
See ad on page 7

HOT MUSTARD BANJO & BLUEGRASS

6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

MONDAY, AUGUST 4

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

TUESDAY, AUGUST 5

**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 6

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

THURSDAY, AUGUST 7

MUSIC IN THE PARK: KAREN KRAJACIC
6:00 PM
Groton Veterans Memorial Park

FRIDAY & SATURDAY

AUGUST 8 & 9

**ST J PLAYERS PRESENT
THE DINING ROOM**
7:30 PM
St. Johnsbury School
See article on page 17

FRIDAY, AUGUST 8

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

SATURDAY, AUGUST 9

BACKSHED STRING BAND
6:00 PM – 8:00 PM
Railroad Park, Woodsville

SUNDAY, AUGUST 10

BENEFIT TEXAS HOLD 'EM TOURNAMENT
Satellites 11:00 AM - Tournament 1:00 PM
Breslin Center, Main St., Lyndonville

FESTIVAL OF EARTHLY DELIGHTS

3:00 PM – 6:00 PM
Alumni Hall, Haverhill
See ad on page 3

PARKER HILL RD BLUEGRASS, MODERN, POP

6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

MONDAY, AUGUST 11

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

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

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

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com
Deadline for submissions is Thursday, July 31st for our August 5th issue.

Haverhill Corner Library Announces Short Story Discussion

HAVERHILL, NH — The Haverhill Corner Library will hold its next Book Club for Writers discussion on Thursday, July 31, the library has announced. The discussion will feature short stories by Andrea Barrett and Jim Shepard.

Copies of "Servants of the Map" by Andrea Barrett and "Ancestral Legacies" by Jim Shepard will be available to pick up at the library in advance. The discussion will begin at 7:00 PM and will be free and open to the public.

Winner of the National Book Award and the Story Prize, Andrea Barrett is also the recipient of a MacArthur "genius grant." She is especially well known as a writer of historical fiction and her subjects frequently include science and scientists. Her collection Servants of the Map was a finalist for the Pulitzer Prize and was hailed by the

New York Times for "a wonderful clarity and ease, the serene authority of a writer working at the very height of her powers." She teaches at Williams College and published her most recent novel, Archangel, last year.

Jim Shepard is the author of six novels and four collections of short stories, including the Story Award-winning Like You'd Understand, Anyway, in which "Ancestral Legacies" appears. His stories range widely in subject matter and are frequently grounded in substantial historical research; his last two collections included lengthy lists of sources. He is known for vigorously plotted stories that frequently end in the middle of the plot's events, and for his resistance to what he terms "the tyranny of the epiphany." Time permitting, the discussion will also take up Shepard's story "Love and

Hydrogen." Like Barrett, Shepard teaches at Williams College. His most recent collection, You Think That's Bad, was published in 2011.

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

The next Book Club for Writers discussion will be held on Thursday, October 23 and will feature two stories by James Thurber, "The Catbird Seat" and "You Could Look It Up."

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

2014 Summer Reading Science Fair

Join us at the Science Fair for the Bath Public Library 2014 Summer Reading Program Finale on Tuesday, July 29th, 10:30 at the Bath Village School.

See how to transform ordinary everyday items into things that fizz, bubble and pop! Take part in the amazing and educational experiments. Be astonished as milk changes color before your eyes, watch in wonder as bubbling, erupting lava appears in a bottle, be dumbfounded by "burning

money" or take a guess at counting items in glass jars and win a prize.

Funding for this Summer Reading Program event is made possible in part by Shaw's Supermarket, Wells River Savings Bank, Woodsville Guaranty Savings Bank, Slick's Ice Cream, and McDonald's.

For more information, please contact the Bath Public Library at 603-747-3372. This program is free of charge.

Vermont READS (And So Does New Hampshire)

The Baldwin Memorial Library in Wells River, the Wells River Congregational Church, and the First Congregational Church of Newbury are jointly participating in the 2014 "Vermont READS" program with a book discussion on Tuesday, July 22 at 7:00 pm at the Wells River church vestry.

The 2014 "Vermont READS" selection is WONDER by R.J. Palacio. Written for middle-schoolers, this bestselling book offers enough depth, wisdom, and provocative questions to be both entertaining and intriguing for adults. In the story, fifth-grader Auggie Pullman knows he's like any other kid on the inside. But due to a congenital birth defect, he stands out in ways nobody wants to. WONDER traces Auggie's journey through his first year in middle school, where he experiences the challenges of being shunned—and the satisfactions of belonging—in a world

where differences can both set us apart and bring us together.

More than 100 Vermont communities are taking part in the statewide read of this inspiring story about the power, and the importance, of kindness. Free copies of the book are available at the library and at each of the participating churches. In keeping with the "Vermont READS" mission, readers are asked to enjoy the book and then pass it along to others.

Sponsored by the Vermont Humanities Council, "Vermont READS" unites communities around reading, ideas, and activities. Anyone is welcome to attend the discussion on July 22. Refreshments will be served. Later in August, there will be a related film screening and a family mask-making activity. For more information, contact the Baldwin Memorial Library at 802-757-2693 or wells_river@vals.state.vt.us.

Orange East Senior Center

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

There will be a community picnic on Wednesday, July 23, at 6:00 p.m. at Elizabeth's Park. We will be having BBQ chicken, potato salad, cole slaw, punch and strawberry shortcake. The cost is \$8.00 for adult, \$6.00 for seniors, \$5 for children. This picnic is open to the community, so everybody is welcome.

We are looking for volunteers for the kitchen for Tuesday, Thursday and Friday. If you are interested, please call or come by.

Orange East Senior Center will be going to Cape Cod and the Islands September 8-12. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

The next Texas Hold'em Tournament will be on August 16. There is a \$50 entry fee-the doors open at 5:00 p.m. and the tournament starts at 6:00 p.m. This fundraiser benefits Meals on Wheels.

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 August 13. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. The 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 on Wednesdays at 8:00 a.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.

A balance class is 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 Tuesday at 10 a.m. Come On Down!

ROSS-WOOD POST #20 AMERICAN LEGION

ANNUAL FAMILY PICNIC

Sunday, August 3, 2014
12:00 Noon

Ammonoosuc Valley Fish & Game Club
Route 112
Swiftwater, NH



MENU:
Hot Dogs, Hamburgers, Baked Beans,
Various Salads, Watermelon & Beverages

There will be door prizes.
Plus games & prizes for the children.

All members of the Legion, Auxiliary, SAL & Riders along with their guests are invited to attend & enjoy the day at no cost.

GROTON GROWERS FARMERS MARKET

RTE 302-GROTON COMMUNITY BUILDING

ANNUAL BLUEBERRY FESTIVAL

Saturday, July 26, 2014
9:00 am - 1:00 pm

Blueberries, Blueberry Pies And Pastries,
Blueberry Jams and Jellies!

Seasonal Vegetables And Fruit
Local Beef, Pork, Lamb, Goat And Poultry
Local Artisans Featuring Soaps, Jewelry, Etc.
Pastries, Pies, Breads, Maple Syrup
Jams, Jellies, Pickles And Relishes

Breakfast, Lunch, Coffee And Conversations!

Bring your knives, scissors and small tools to be sharpened and polished while you shop.

We Accept EBT And Debit Cards... Also
Farm To Family And Harvest Health Coupons

See You At The Market!

King Arthur Flour Baking Contest At The North Haverhill Fair

Are you a baker? Do you want a chance to earn a top prize? There is only a few weeks left until the King Arthur Flour Baking Contest at the North Haverhill Fair on Saturday July 26, 2014. Entries need to be on the grounds at 9:30 a.m., complete with an entry form and a UPC from a bag of King Arthur Flour. The judging will begin at 10:00am.

Judges for the day's event are Lisa Ford, a graduate of the Culinary Institute of America and Nutrition Connections Program Coordinator for UNH Cooperative Extension for the adult division and Gabrielle Granger Clark of East Street Suite in Littleton for the youth division. Both judges bring with

them extensive experience in the food industry as well as experience in baking, especially using King Arthur products.

For the adult division, carrot cake will be made with a choice of your own frosting. In the youth division for bakers under the age of 18, classic blueberry muffins are the featured contest item. Both recipes and the registration form can be found at the North Haverhill Fair website at www.nohaverhillfair.com or by contacting the UNH Cooperative Extension office at 603-787-6944 or emailing one of the organizers: Deborah.Maes@unh.edu or Kathleen.Jablonski@unh.edu.

Meeting Alumni, Loving Life As An Extension Field Specialist

By Kathy Jablonski,

Field Specialist, UNH Cooperative Extension

I've got one of the best jobs. It's different every day and I get to meet some wonderful folks doing good things around the State of New Hampshire. My husband, retired now for 20 years, told me after a very trying day when we first were married, that if you like your job 85% of the time, you are better off than most people. Meeting the alumni who shared items for the 100th Anniversary of Cooperative Extension display for North Haverhill Fair emphasized for me why I like working for Cooperative Extension and my job's daily journey to provide education and information to the citizens of New Hampshire.

One alum dropped in earlier this week. With her, she brought a ten year history of 4-H in North Haverhill. The pride in Evelyn Elms' face as she showed me the letter inviting her to the National Morgan Show and her National 4-H Foods and Nutrition recognition bowl was still there after all these years. When Miss Elms recanted stories of her time as a 4-H'er and what she learned, it left me with a great deal of satisfaction knowing Extension staff members do make a difference in the lives of our contacts.

Another gentleman who summers in New Hampshire called and offered to bring his woodworking project and a poultry prize plaque. When Larry Corey came to the office, he shared how he and his sister

paid for their college education by raising layers and selling the eggs; entrepreneurship in action and the beginnings of his career in business. Do our 4-H'ers get to learn skills that take them into adult life situations? I think so. Mr. Corey sure felt they did and do.

At one time, Grafton County had an extremely active poultry program. Bonnie Burroughs shared with me her state champion turkey trophies for the fair exhibit as well as the supporting articles. She and the rest of her family were very active in the Lisbon club, participating in all three county fairs as well as numerous county events.

4-H'er members hang onto their favorite projects. I've heard from one alumni that she has kept a skirt she made in 4-H. Another 4-H alum, Velma Ide, loaned me her state fashion review gown from 1941 and her daughter's winning gown from 1961. The details in the dresses made by mother and daughter are exquisite and point to skills that help them create beautiful garments to this day.

Then there is Caroline Whitman, who I literally met on a street corner in Hanover. She loaned me her 1959 National 4-H Congress scrapbook as a National Fashion Review winner. According to Mrs. Whitman, 4-H helped her to determine her college choice of home economics education.

Maxine Aldrich, former

leader of the Lucky Clovers 4-H Club in Sugar Hill, had saved all of the club's scrapbooks as did Lilac Lassies leader, Anne Neilly, of Canaan. Mrs. Aldrich shared a multitude of experiences her 4-H'ers and she had while involved in the program. Mrs. Neilly's collection is in the hands of the Canaan Historical Society, where it provides a half a century's picture of 4-H in the community. Both clubs did yearly community service projects that benefitted their respective communities. Patsy Carter, former leader of the Mascoma Valley Boys in Canaan, has contributed to the society's collection as well. She always has a good story about 4-H events that influenced her, her children and her grandchildren.

By this time most of you read this, the display at North Haverhill Fair will have been erected, viewed and dismantled. I'll have one more chance to capture thoughts from alumni as I return their precious memories and learn what 4-H meant to them. Stay tuned...there's at least one more chapter to these stories.

For more information about 4-H and other programs offered by the University of New Hampshire Cooperative Extension, check out our website at: www.extension.unh.edu. Click on the Counties page and zero in on Grafton County for local offerings by our staff.

A Happy Ending

By Elinor P. Mawson

Note: This is a piece that was written about 20 years ago and first published in the Daily News of Newburyport, Ma.

For me, as a teacher, June is the best part of summer. Even though school doesn't close until the month is nearly over, the anticipation begins in mid-May and escalates until the last day of classes.

June is the month where a classroom of children finally "comes together"; It's almost as if the teacher can relax a little and allow him/herself to make allowances, to give another chance, to stop trying to teach just one more number concept and have some fun. In June, too, are the post-tests and end-of-year paperwork where a teacher sees the total picture of what each child has learned over the past months.

I like the last days of school

because there are final assemblies where students can show everyone their progress and talents in music, drama and other specialized areas. I like the field days where a person who has difficulty in math can win the 50-yard dash or the wet sponge toss.

I like the ritual of the last day where books are passed in and counted and put away on shelves covered with fresh white paper. I like seeing the surface of my own desk again, and having the satisfaction of a neat file cabinet and knowing that all my paperwork is done. It is closure.

The only sadness comes when I say goodbye to the 22 (more or less) children with whom I have shared the last nine months. We have become more than a teacher and students. We are friends who have

learned a great deal about each other

The rapport is at its peak on the last day of school. Our friendship is important but we all know that the next time we meet it will be different. The summer holiday changes children far more than the school year does.

When I get home on the last day of school, I am drained but elated. It is a day of ending but also a day of beginning. I have trips planned, projects to do, gardens to tend, people to see. The whole beautiful summer stretches out before me, and at its end, there will be another interesting and wonderful class to meet.

Yes, there is sadness.

But for me, the last day of school is the happiest day of the year.

PTO'S WANTS YOU TO KNOW!

FISHER

IT'S FAIR TIME!
PTO's Repair will be at the North Haverhill Fair!

Stop by our display and check out the 2014 Models of Fisher Plows and Sanders. Now is the time to buy at last years prices.

PTO'S REPAIR
South Main Street
Bradford, VT
802-222-4774
or at ptosrepair.com

North Haverhill FAIR

I'M PTO AND I WANTED YOU TO KNOW!

TRAILER PARTS

TRAILER JACKS

WHEEL BEARINGS

LIGHTS

WIRING

COUPLINGS

TRAILER BALLS & MOUNTS

SPARE TIRES & WHEELS

DADS 4 BY TOOL & SUPPLY
22 Memorial Drive, St. Johnsbury • 802-748-4208
10 Railroad Street, Wells River, VT • 802-757-2000
www.dads4bytool.com

70th Annual North Haverhill FAIR

WEDNESDAY - SUNDAY
JULY 23, 24, 25, 26 & 27
2014
1299 Dartmouth College Highway,
North Haverhill, New Hampshire 03774

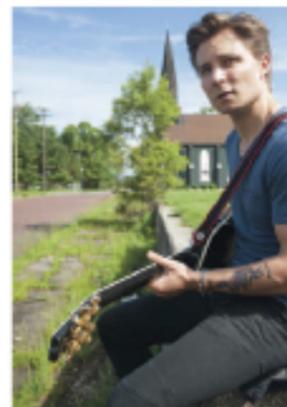
ZX GAMES
THURSDAY, JULY 24
7:30 PM

ATV RACING
XPOGO
XTREME
POGO STUNTS
AMAZING
BMX SHOW

SPONSORED BY

E-Z STEEL & FABRICATION
Supported by: Sabil & Sons

PETE'S RUBBISH REMOVAL
From New Hampshire
989-5300



Friday, July 25 Frankie Ballard

Sings his #1 Single
"Helluva Life" plus "Sunshine & Whiskey"

Show Time: 8:30 PM @ Thayer Stage

And to help celebrate our 70th year

Saturday, July 26 Ultrasonic Rock Orchestra



playing: Beatles, Bowie, Queen,
Who, Zeppelin

Show Time: 8:00 PM @ Thayer Stage

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COUNTRY 101.3
WYKR-FM

Sunday, July 27th

5:00-7:00 AM Milking in the Dairy Barn
8:30 Open Horse Show (with 4-H classes) DR
9:00 4-H Dairy Goat Showing and Fitting BA
(Breed Classes immediately following)
9:00 Working Steer Demonstration
(Log Obstacle Course) BA
9:30 Horseshoe Pitching
10:00 Arts, Crafts, 4-H Exhibit Hall
& Commercial Displays Open
10:00 Amusement Rides Open
10:00 Youth Tractor Pull MA Supported by:
Blackmount Equipment, Mt. Milk,
Fadden Automotive & Robco Fabrication
10:30 Horse Pulling 3200# Class 12' Pull BA
11:00 AM - 4:00 PM Free Face Painting AT
12:00 - 5:00 PM Fiesta Shows Ride Special \$20
12:00 Survey Says First Round TS
1:00 4x4 Truck Pull MA
'Sponsored by Sabil & Sons, Inc.
2:00 Horse Pulling 3400# Class 12' Pull BA
2:00 Survey Says First Round TS
3:00 PM Livestock Awards KA
4:00 Horse Pulling Free For All 12' Pull BA
4:00 Survey Says Championship TS

2014 ADMISSION PRICES

The following rates govern the sale of admissions
Veterans - with ID (Wednesday Only) \$5.00
Senior Citizens - 65+ (Thursday Only) \$5.00
Single Admission\$12.00
Season Admission\$48.00
Children 12 & UnderFREE
ParkingFREE
Overnight Camping\$25.00
Overnight Camping w/AC Hookup ..\$30.00
Concerts & Shows Are Free with Paid Gate Admission
No alcoholic beverages or firearms allowed.
Not responsible for damage to vehicles on grounds.
No pets allowed on Midway. Schedule subject to change.
Absolutely No Weather Related Refunds.
FAIRGROUNDS PHONE - 603-989-3305



Friday, July 25th

5:00-7:00 AM Milking in the Dairy Barn
7:00 Goat Milk Out GS
9:00 4-H Sheep Show & Leadline KA
9:00 Working Steer Demonstration DR
10:00 Arts, Crafts, 4-H Exhibit Hall
& Commercial Displays Open
12:00 Noon Amusement Rides Open
12:00 Pony Pulling 1800# Class 6' BA
3:00 4-H Goat Fitting Competition GS
3:00 Pony Pulling 2200# Class 12' BA
4:00 PM 4-H Beef Show KA
4:00-6:00 Milking in the Dairy Barn
5:00 Mini Ponies 34" & 38" Pull
(Teamsters 16 years & under) BA
6:00 4-H Dairy Fitting and Showing KA
7:00 Pony Pulling Free-For-All 6' BA
7:00 Goat Milk Out GS
7:30 **4 Cylinder Demolition Derby MA**
Sponsored by *Dad's 4 By Supply*
8:30 **Frankie Ballard**

Saturday, July 26th

5:00-7:00 AM Milking in the Dairy Barn
9:00 4-H Dairy Conformation Classes KA
10:00 Arts, Crafts, 4-H Exhibit Hall
& Commercial Displays Open
10:00 Goat & Sheep Skill-A-Thon GS
10:00 King Arthur Baking Contest SB
10:00 Amusement Rides Open
10:00 AM - 1:00 PM FREE Face Painting AT
10:30 Lumberjack Contest DR
11:00 Kiddie Parade AT
11:00 Horse Pulling 12' Pull 3100# Class BA
12:00 Noon Milk Mustache Contest AT
12:00 Cottage Hospital Diabetics Cooking TS
12:00 Farm, Antique & Enhanced Tractor Pull MA
2:00 Horse Pulling 12' Pull 3300# Class BA
3:00 PM - 6:00 PM FREE Face Painting AT
3:00 Kiddie Tractor Pull KA
Sponsored by *Undercover Tents*
4:00-6:00 Milking in the Dairy Barn
6:00 Working Steer Demonstration KA
7:00 Little Miss Fair Queen Coronation TS
Sponsored by *Coventry Log Homes*
7:00 3 Horse Hitch 20' Pull BA
8:00 **Ultrasonic Rock Orchestra**
10:00 **SPECTACULAR
FIREWORKS DISPLAY**

Wednesday, July 23rd

4:00 PM Arts, Crafts, 4-H Exhibit Hall
& Commercial Displays Open
4:00-6:00 Milking in the Dairy Barn
5:00-10:00 Fiesta Shows Ride Special \$15
5:00 Youth Steer Pulling
(Teamster 18 & Under) BA
6:00 Classic Car Show DR
6:00 Little Miss Queen Questions/Talent TS
Sponsored by *Coventry Log Homes*
7:00 JP Pulling Mini-Pullers BA
Sponsored by *Connecticut River Ag*
7:00 **Veterans Appreciation Night - TS**
Featuring Upper Valley Community Band &
Janine Stange, the "National Anthem Girl"
7:30 **6 & 8 Cylinder Demolition Derby**
Sponsored by *KDD NAPA of Bradford*

Thursday, July 24th

5:00-7:00 AM Milking in the Dairy Barn
7:00 Goat Milk Out GS
9:30 4-H Working Steer Fitting & Showing,
and Cart Class KA
10:00 Arts, Crafts, 4-H Exhibit Hall
& Commercial Displays Open
10:00 Ox Pulling 2000# Class BA
10:00 Hand Mowing Competition
10:00 4-H Sheep Blocking and Trimming GS
12:00 Noon Ox Pulling 2400# Class BA
12:00 Amusement Rides Open
1:00 4-H Dog Show KA
2:00 4-H Working Steer Stone Boat and
Best Matched & Best Trailed DR
2:00 Ox Pulling 2800# Class BA
2:00-5:30 Judging for Style Show SB
4:00 Ox Pulling 3200# Class BA
4:00-6:00 Milking in the Dairy Barn
5:00-10:00 Fiesta Shows Ride Special \$20
6:00 4-H Style Show SB
6:00 Ox Pulling Free for All BA
6:00-8:00 North Haverhill's Got Talent
1st Round TS
7:00 Goat Milk Out &
Goat Hand Milking Competition GS
7:00 Tailgating Competition KA
7:30 **ZX Games Stunt Show MA**
Sponsored by *Pete's Rubbish Removal,*
E-Z Steel & Sabil & Sons
9:00 North Haverhill's Got Talent Finals TS

For more details and links visit:
www.nohaverhillfair.com

Groton Growers Celebrates Their Third Annual Blueberry Festival



The Groton Growers Farmers Market's third annual blueberry festival on Saturday, July 26, promises to be flavorful and fun!

Our vendors are offering everything blueberry including, blueberry jams, jellies, coffee cakes, pies, pastries, muffins, scones and of

course, blueberries!

Spice of Life will have blueberry-lemon coffee cake, whole or by the slice, blueberry pecan muffins, blueberry cookies and more. Nana's kitchen will have a variety of yummy blueberry pastries; Adams Family Farm offers blueberry jams and jellies, while Louise offers seasonal produce and her own crop of blueberry jams and jellies, as well as pickles, applesauce and eggs.

Nana's Kitchen will tempt you with her "Grab 'n' Go" strata breakfast sandwich,

Spice of Life offers homemade egg rolls, and Sweet Beans will have a yummy lunch as well as her own blueberry creations.

In addition, the market regularly offers seasonal produce, eggs, maple syrup, pies, pastries, homemade breads, jams, jellies, pickles, relishes, maple syrup and locally produced cheddar cheese. Adams Family Farm offers their own chicken, pork, several varieties of sausage, bacon and more. You can also pre-order your Thanksgiving turkey here.

Need a gift? We have the most talented artisans in the area! Stop by Briars and Brambles for their handcrafted gorgeously scented soaps, lotions, tea melts and lip balms; don't forget to check out the beautiful woodturnings of Bill Nunn, and wood burnings at Spice of Life.

Allow yourself to be charmed by the hand crafted dog and cat collars, and para bracelets by Karen Bickel, and uniquely crocheted hats by Donna Bickel, who will also wow you with three varieties of cheddar cheese from Sugarbush Farm.

Sandi Adams' line consists of quilted purses, embroidered towels, baked potato bags, children's embroidered aprons and lace bookmarks. While you're trying to decide what size maple syrup to buy, look at this artisan's beautiful stained glass pieces.

Visitors wishing to take a little bit of Vermont home with them, should check Diane Frost's original photographic cards.

Don't forget to bring those knives, scissors and tools for Sean to sharpen, while you shop and enjoy everything this market has to offer, including our market dog, Mollie.

You'll never have to wonder where anything you purchase here comes from, as everything is locally grown and produced by their vendors.

There's always something happening at this fun, family friendly market, and the blueberry festival is a favorite of locals and visitors alike, and they accept EBT and debit cards.

The Groton Growers Farmers Market, located on the lawn of the Groton Community Bldg., is open every Sat. from 9-1.

See you at the market!

Volume 5 Number 21

July 22, 2014

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Fed UP At The Colonial

For the past 30 years, everything we thought we knew about food and exercise is dead wrong. FED UP, screening for one night only, Thursday, July 24 at The Colonial Theatre in Bethlehem, NH, is the film the food industry doesn't want you to see. From Katie Couric, Laurie David (Oscar winning producer of AN INCONVENIENT TRUTH) and director Stephanie Soechtig, FED UP will change the way you eat forever. Compelling and troubling in equal measure, Fed Up, is an advocacy documentary that earns its outrage. Toggling between profiles of kids struggling with their weight and a wider look at the evolution of processed foods, Fed Up presents a pretty watertight case that there's something deeply wrong with the way we eat. Director Stephanie Soechtig gathers activists, doctors, kids, lobbyists, par-

ents, politicians, reporters and teachers -- all with different stakes, and pulls no punches in its informed outrage against the food industry, zeroing in on the rampant use of sugar and its many multisyllabic variations. Fed Up is poised to be the Inconvenient Truth of the health movement. (Which makes sense - producer Laurie David worked on both.)

Showtime is 7:30. At 6 PM there will be an opening reception and refreshments on the patio featuring local health care providers and food producers Wozz! Kitchen Creations and Meadowstone Farm of Littleton. The presentation of Fed Up! is sponsored by the Littleton Food Co-op, Ammonoosuc Community Health Services (ACHS), and White Mountains Community College.

ACHS and the White

Mountains Community College are collaborating in an effort to enhance individual health and community wellness by enabling interested community members access to educational certificate opportunities as Wellness Coach, Substance Abuse Counselor, and Human Services. Their interest is 3 pronged; to increase the wellness opportunities in participants current lives and jobs, new careers and future education. Information will be available at the reception.

Tickets are \$8, \$6 Colonial, Littleton Coop members, ACHS clients and White Mountains Community College students, faculty and staff. Group Discounts: \$5 for 5 or more. Available at the Littleton Food Coop, ACHS office in Littleton, White Mountains Community College, and at the door.

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NORTH-HAVENHILL, NH - NEW LISTING - Adorable 2 Bedroom Ranch. Remodeled in 2008. Kitchen with Cabinets are custom built, open floor plan, cathedral ceiling with banjo living room, small room off the kitchen with picture window, great room for plants or smaller sitting room, 2 bedrooms, laundry room and storage. Wide board pine flooring in Kitchen/Living Room. Exterior vinyl siding, country porch with stone veneer and sidewalk. Great Buy! \$76,500.

HAVEHILL, NH - Log home with open concept. Fine interior on 2 levels, kitchen with high ceilings, living room with gas log heater, and the loft area is the master bedroom, 2 bedrooms first floor, 2 bathrooms, finished lower level walk-out. Detached 2 car garage. Mountain Lakes has many amenities, but there are no association fees. \$148,500.

HAVEHILL, NH - Premium residential property on 1.11 Acres. Rolling lawn is perfect for riders and families. Single level 24' x 48' manufactured home features 3 bedrooms, 2 baths also an add-on 11' x 24' hobby room with hand cap ramp. Premium upgrades with paved driveway, laminate flooring, bathrooms are remodeled. Turnkey condition and a Amish shed for storage. \$103,500.

HAVEHILL, NH - Split level tucked away in the pines. Spacious living room, slider to deck, cathedral ceiling, 2 wood-burning, 1st floor bedroom and bath, lower level with walk-out. Finished with family room and 2 bedrooms. Year round fun at Mountain Lakes. \$107,000.

HAVEHILL, NH - Brand New Mobile Home that is Energy Star Rated. Many upgrades throughout to add value. Mobile home is 14' x 72' with an open concept. Cathedral ceilings, 2 and bedrooms, 2 full baths, community water. First 6 months rent is Free! Great deal for \$49,900.

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2013 Volkswagen Passat #40285, S, 2.5L, AT, Well Equipped, 31 mpg \$16,525 \$209 ⁵³ A MONTH 72 months @ 3.99%	2013 Hyundai Elantra #40282, GLS, 4dr, 1.8L, AT, Alloys, 38 mpg \$16,887 \$214 ⁰⁶ A MONTH 72 months @ 3.99%	2014 Chevy Impala Limited #40277, LT, 3.5L, Moonroof, W/og, 30 mpg \$19,947 \$252 ⁸⁵ A MONTH 72 months @ 3.99%
2013 Chevy Equinox #40283, 2 LT, AWD, Moonroof, 2.4L, 29 mpg \$25,872 \$326 ⁴⁹ A MONTH 72 months @ 3.99%	2014 Jeep Compass #40284, Sport, 4x4, 2.4L, AT, Nice \$20,801 \$263 ⁰⁴ A MONTH 72 months @ 3.99%	2014 Chevy Traverse #40286, 2 LT, AWD, Heated Cloth, Quads, MyLink \$31,738 \$399 ⁸⁹ A MONTH 72 months @ 3.99%
2008 Toyota Tacoma #40287A, TRD Sport, 4x4, Crew, 585 JUST IN CALL FOR DETAILS	2013 Chevy N1500 #24166A, LT, 4x4, All-Star, 6.3L, Low miles \$29,981 \$377 ⁸⁹ A MONTH 72 months @ 3.99%	2010 Chevy N1500 #29796, LTZ, 4x4, Leather, 271, Nice \$24,765 \$312 ⁶⁴ A MONTH 72 months @ 3.99%

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GOLF CLUBS: Clubs, pitching wedges, and drivers for sale. Various prices. Buy one or all. Located in Newbury VT. 802-429-2163 08.05

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OBITUARY

CARL HENRY WAGONER



Wells River, VT- Carl Henry Wagoner, 77, of Mace Road, passed away on Friday, July 11, 2014 at the Cottage Hospital in Woodsville, NH.

Carl was born in Albany, NY on August 13, 1936, to Kenneth Earl and Gladys Elizabeth (Munyan) Wagoner.

He graduated from Milne High School in Albany and received an Associate Degree from DeVry University in Chicago, IL. On June 7, 1969 Carl married Patricia Payne. Carl served six years in the U.S. Air Force and later served in the U.S. Army. After his years in the U.S. Army he enlisted with the Army Reserves and retired as Sgt. First Class with 24 years of serves to his country. Carl worked as an electronic technician for Compugraphics in Wilmington, MA for many years. In 1992, Carl and Patricia moved to Wells River from

North Andover, MA. He worked for the State of Vermont as a rest area attendant in Bradford on I-91. Carl was very active with the Civil Air Patrol as a Captain in both MA and VT and was a squad commander in MA. He served as an Auxiliary Police Officer in North Andover, MA and also as an EMT in Lawrence and North Andover, MA. Carl was a member and past commander of the American Legion Post #20 of Bradford, VT. He was a member of the Wells River Congregational Church. In Carl's spare time he enjoyed fiddling with electronics in his basement and also, spending time with the Sunshine Bowling League in Woodsville.

He was predeceased by his parents; two grandchildren, Christopher Michael Wagoner and Jennifer Carr; and a daughter-in-law, Sandy Wagoner.

Survivors include his wife of 45 years, Patricia (Payne) Wagoner of Wells River, VT; four children, John Wagoner of Madisonville, TN, Bonnie Kay Wagoner and William Wagoner both of Round Rock, TX, and Cheryl Apigian and husband Mark

of Bath, NH; four grandchildren; two great grandchildren; a sister, Gail Santimaw of Cape Coral, FL; a niece, a nephew and several cousins.

Calling hours will be on Wednesday, July 16, from 6 to 8 PM with a prayer service at 7:45 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A military honors service will be on Thursday, July 17, at 1 PM at the Memory Gardens Cemetery and Memorial Park, 983 Watervliet-Shaker Road, Albany, NY.

In lieu of flowers, memorial contributions may be made either the Alzheimer's Association Vermont Chapter, 300 Cornerstone Drive, Suite 128, Williston, VT 05049, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756 or Cottage Hospital, PO Box 2001, Woodsville, NH 03785.

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

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

Ryegate Historical Society

First Of Three Meetings

The Ryegate Historical Society will hold the first of three 2014 program meetings on Wednesday, July 30th at 7:30 PM at Whitelaw Hall in East Ryegate. The guest speaker will be Dr. David Schutz, Vermont State Archivist. Mr. Schutz was employed as Vermonts first State Curator in 1986. A graduate of DePauw Univer-

sity, he received his master's degree from Ohio State in 1978. Arriving in Vermont the following year he worked as a research assistant on a project to establish a curatorial and restoration plan for the Vermont State House. With others he founded the Friends of the Vermont State House to advocate for and raise mone to accomplish

those plans. For nearly twenty-five years he supervised the careful restoration of the building and the conservation of its collection. In his current position, David also has responsibilities relating to the preservation of nearly 200 historic structures owned by the State of Vermont. He and his wife live in Calais. All are welcome.

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WRAP

Vendors are being sought for the third annual So Long Summer – Hello Fall Festival to be held in downtown Wells River on August 30, 2014 from 9:00am to 2:00pm. This year's festival will feature three Wells River 125th Anniversary events, a Wells River History walking tour at 10:30am, starting at the School House parking lot, a photo display of past and present photos of Wells River and a special 125th Anniversary Postmark at the Wells River Post Office. Other activities will include the Baldwin Memorial Library book sale, BMU car wash, sidewalk vendors, inside store specials, a vegetable swap, a giant zucchini contest, a bake sale the Welcome Center and more.

The Wells River Action Program is sponsoring the

event and is seeking vendors to set up on the sidewalk. There is no cost for a space on the sidewalk, but non-profit and for-profit vendors are asked to give a free will donation at the end of the day with a suggested rate of at least 10 percent of net. The vendors provide their own canopy, table and chairs. Registration forms are available at the Baldwin Library, Burnham Shoe in Wells River, by calling Richard M Roderick at 802 757 2708 or email at wrapwr@gmail.com

For more information about the So Long Summer Hello Fall Festival contact Peggy Hewes at the Library, 802 757-2693; wells_river@vals.state.vt.us, Nancy Ranno at Burnham Shoe at 802-757- 2283 or Richard Roderick at 802 757 2708 or wrapwr@gmail.com



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Letter To The Editor

Secure Border – Really?

According to Harry Reid our “border is secure.” And he is the majority leader in the Senate. No wonder we do not have an updated immigration policy. He has no clue what is happening at the border. Sad thing is that the news and radio will play what he says and people listening will believe him.

Honestly, how can he say that when tens of thousands of children/teens are crossing without parents. If they can cross, then why can't extremists that hate our country and our citizens?

A radical Muslim cleric located in Sudan said that there is no difference between military and civilian in their war with infidels. If you do not follow Islam, you are an infidel. No freedom of religion which is our first amendment right. With no difference between military and civilians then killing citizens is ok.

How do you compromise with people like this? There is no compromise. You are either Muslim or dead.

And our border is so porous that children can get across. So how difficult would it be for terrorists?

Illegals are now being allowed to travel on planes with a “Notice to Appear” document, a document which they get and are supposed to appear at their court hearing to decide if they will be deported. Eighty to ninety percent do not appear. They can board a plane without identification that we citizens are required to have to board a plane.

Now just think. We are supposed to be providing identification and required to be at the airport a couple hours before flights so that our identification can be checked. We

Linda,

It appears to me that there is an immigration problem. But that is not news. There has been an issue for some time. I point to rules that allow “illegal” immigrants to be licensed to drive. I've been told that this is good, because now the government has a way to track these people. My feeling is that we could much more easily track them if we reformed immigration laws in order to allow these hard working people to be here legally. Then it would make sense to allow them a provisional driver's license, etc.

So yes, Linda, illegal immigration is an issue, And I agree that our borders are not airtight. But without a strong fence or wall and guards at frequent intervals, our huge border will never be 100% secure. And do we all want to live inside a fenced in sanctuary?

Again, I believe the best path is to reform our immigration laws. Make it a reasonable procedure to become a seasonal worker, and long term student, or to come here and become a citizen. In the meantime, and probably forever, we will need to continually be watchful for our own safety and for that of our country.

Linda Riley, Meredith Nh

take off our shoes and go through machines to see if we are carrying anything that could bring the plane down.

Why? Why do we go through all this, when illegals need no identification and just a document they ignore a majority of time?

The illegal children/teens are being transported to many states without the knowledge of the government of the state.

I feel for the southern Border States but they are being sent all over the US. Maryland residents just fought the feds to dump the illegals there. That is not far from us.

Are they coming to NH? Do you want them here? I do not. I do not want diseases that have been eradicated in the US now around where I go.

Federal congressman have been forbidden entrance to the locations where the illegal children/teens are. Pictures cannot be taken at these locations. Personnel cannot talk to the public about the illnesses these children/teens are bringing into the country.

Legal immigrants need to undergo an examination and be free of diseases that are according to the law. The list of vaccination requirements is: mumps, measles, rubella, tetanus and diphtheria, meningococcal disease, pneumococcal disease, rotavirus, varicella, influenza, hepatitis A, hepatitis B, pertussis, polio and Haemophilus influenza type B. So tell me, do you think any of the illegals, children, teens or adults have these vaccinations? The law requires this of legal immigrants to protect citizens. Why does the federal government no longer want to protect us?

It seems to me that the illegal aliens have the rights we the citizens use to have?

Linda Riley, Meredith Nh

Letter To The Editor

After reading the letter to the editor in last week's paper I felt compelled to respond.

Living on one side of the river and working on the other, I feel I have been impacted as much or more than anyone. Also, living so close to the Bath Village Bridge project has given me perhaps a unique perspective.

All through the winter I saw and heard work being done. This was straight through one of the longest, hardest winters anyone could remember. Yet they worked every day but one when, I believe, it 28 below zero.

Some are frustrated that they worked a four day week but I wonder how many know they were working 10 hour days. Regularly, I heard hammers at or before 6 a.m. so I know they didn't get started late.

Yes, there were delays, but there always will be when working on an old structure. Anyone who has worked on an old house knows that. And many of the delays were completely out of their hands so they couldn't be blamed for those.

I also feel it is unfair to compare this project to the new Cumberland Farms. You will rarely have unforeseen delays or problems when you build something new from the ground up.

No one will be happier to see the bridge reopen than I, but I cannot hold the length of time it has been closed against those whom I know have worked diligently to get it done.

Craig Pursley, Bath, NH

Craig,

First let me point out that the article you refer to that was in the last issue of Trendy Times was from one of our regular columnists, Elinor Mawson, who also lives on the west side of the Ammonoosuc River.

There is no way that a resident of any other area can fully understand the life changes that the closing of this historic bridge has created. From walking (or taking a short drive) to the local, and also very historic, Brick Store, to visiting the town clerk, or even attending Sunday worship services, many things in life have been altered.

The good news is that it appears the wait is almost over. Though no firm date has been determined (as far as I am aware) all indications are that it will soon be open to pedestrian and light vehicle traffic, and life will once again return to what most would refer to as “normal”.

In reference to the bigger point of the quality and/or quantity of work being performed, that is not something that I feel I have the expertise to comment on. Though I have worked on older structures in my life, as well as some “from the ground up” buildings, none can compare to this historic covered bridge with state inspectors looking over the shoulders of the workers.

Let's just sum it up by saying it has been a long journey to get this bridge operational once again. And it appears that time is now very close.

Gary Scruton, Editor



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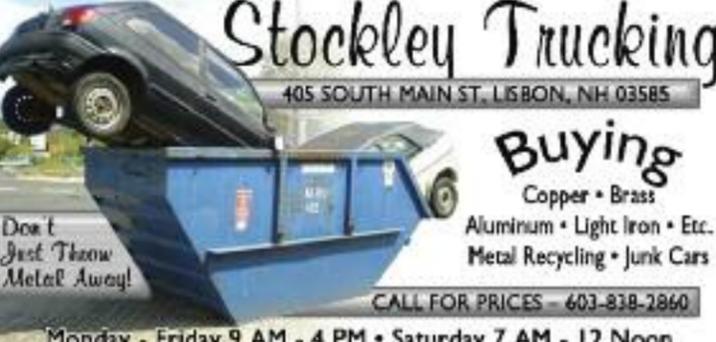


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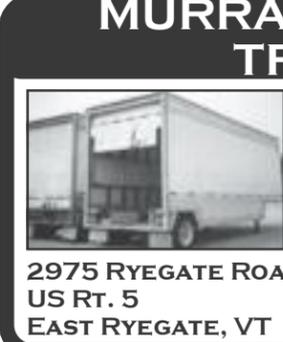


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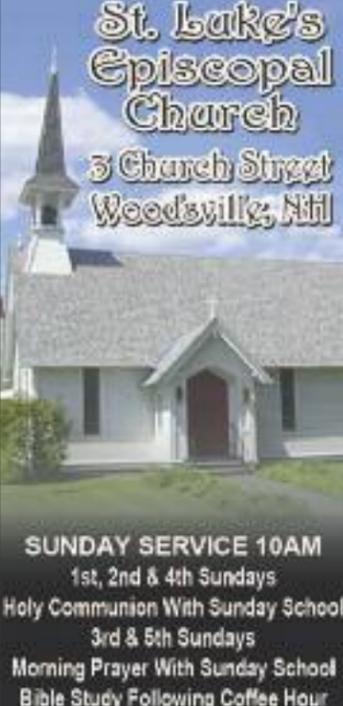
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Energy Challenges Dominate International Meeting And North Country

Op-Ed By Jeff Woodburn

Recently, the North Country was the proud host of the 38th annual meeting of the New England governors and Eastern Canadian premiers. We are grateful to Governor Hassan for bringing this event to our region, the Omni Mount Washington Resort and their staff for their excellent service and welcoming hospitality and the other businesses and community members that made this event such a success.

My Senate district and the North Country share a 58-mile border with Canada and many of our people, including myself, trace our ancestors back to this place. Strict border control has weakened that bond but our economy and culture remain connected. Being married to a proud Canadian, I'm reminded often of the virtues of our neighbors and how perplexing our differences are (especially around health care and gun policies). This conference helped build relationships that will bring understanding and opportunity for cooperation.

The conference took on the vital and volatile topic of energy. Demonstrators (both for and against) the Northern Pass project illustrated the passion and challenge of balancing our energy needs with protecting our natural resources and scenic vistas. The North Country has been rocked by the Northern Pass dispute and I've had a front row seat. I've sat with property owners who have turned down big bucks to preserve family homesteads from the scar of large transmission lines and laid-off Gorham

paper mill workers who now face an uncertain future because of the high cost of energy.

I didn't see anyone demonstrating for or against wind power, but I found myself easing off my own opposition as I recalled the smart siting of wind farms on the eastern shore of Prince Edward Island only miles from where my grandparents' graves and their homestead that is still farmed by my relatives. We need to learn from - but not be stuck in the immediate present of our own energy siting experiences.

As a member of the Senate Energy and Natural Resources Committee, I'm committed to making (and providing funding for) more energy conservation. Tightly closing the door and turning off the lights is common sense. Especially since our climate is on average colder, housing stock older and dependence on oil greater than other areas of the state. Too much of our hard-earned money goes to heating our homes and electrifying our homes and businesses; and too many energy conservation incentives are beyond the reach of many low-middle income people. We've improved the siting process to

give greater local say and we must demand local benefits from every energy project. We can not sell ourselves short and we must squeeze every job and every economic benefit from these projects. I have led the fight to prevent oil spills by sponsoring a new law that gives state control over oil pipeline spill preparedness.

To revitalize our economy, we need at least two things: good roads and reliable, reasonably priced energy. Both ironically -- and in the strictest sense-- disturb our environment, our essential cash crop. But we have lots of land and we must look for a holistic approach that balances conservation and economic development. We need to find the middle ground between preservation and poverty and isolation and desolation. Not every acre of land and landscape vista is equal and deserving of the same protection. This is a common history that we share with eastern Canada and how we begin to solve our energy dilemma.

(Jeff Woodburn, of Dalton, represents the North Country in the State Senate and serves on the Senate Energy and Natural Resources Committee)

Hospice Announces Volunteer Training

15

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

The six-evening, 18 hour training prepares volunteers by expanding their understanding of the hospice program, the needs of the dying, pain management and comfort care, grief and bereavement, and communication with the hospice family. There is no charge to participate in the training program which will be held at Littleton Regional Hospital on Tuesday evenings, beginning September 2nd.

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

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

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

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

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

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

July 22, 2014

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Smart Use Of "Variables" Can Lead To Right Answers For Retirement

If you think back to your math classes in high school or college, you may remember that many of the problems involved the use of variables. Changing these variables around in any fashion would change the outcome of the problem. Similar situations occur in life all the time. To illustrate: If you look at the need to manage your retirement income so that you can't outlive it as a "problem" to be solved, you will need to adjust some variables to arrive at the solution you seek. That's why it's so important you be aware of the key variables involved in your retirement income planning.

What are some of these variables? Consider the following:

Your investment mix — You might think that once you reach retirement, you can invest solely in income-producing vehicles, but you can't forget about inflation. Even a low rate of inflation, such as we've had for a number of years, can seriously erode your purchasing power over time — which is why you need to consider owning at least some investments that provide growth potential. Of course, you can change your investment mix at any time: For example, you might want to shift to a greater percentage of income-oriented investments as you move deeper into retirement.

Your withdrawal rate — You'll need to calculate how much you can afford to withdraw from your investment portfolio each year without de-

pleting it prematurely. Your annual withdrawal rate will depend on a few different factors — such as your projected longevity, your investment mix and your other sources of income — but you'll want to be careful not to take out too much too soon. As was the case with your investment mix, you have the flexibility to adjust your withdrawal rate during your retirement years.

Your Social Security — You can start collecting Social Security benefits as early as age 62, but your benefits will be permanently reduced by up to 30% unless you wait until your Full Retirement Age (FRA), which is likely 66 or 67. However, your monthly checks can increase if you delay taking your benefits beyond your Full Retirement Age, up to age 70. If you come from a particularly long-living family, and you have sufficient income apart from Social Security, you might want to delay your payments to get the larger benefit amount. Once again, you have a choice to make.

Your earned income — Just because you've retired from one career, it doesn't mean you'll never again earn some income. Many retirees take part-time jobs, do some consulting or even open a small business. Whether you feel that you need to work, or you just want to work, the money you earn from employment can be an important component of your overall retirement income.

As you can see, all these variables involve choices on your part. And how you choose to exercise each variable will affect all the other variables. Consequently, as you manage and monitor your retirement income, you'll need to make many important decisions. Still, this doesn't have to be a scary prospect — because the very fact that you have choices means you also have a great deal of control over your situation.

So, study your choices carefully, as you work toward achieving the income you need to enjoy the retirement you want.

New Crop Of Entrepreneurs Emerge As Jobs Continue To Evade Them

By Marianne L. Kelly

Many people who once enjoyed middle class status that comes with a secure, good paying job with benefits, home ownership, new cars every few years, and vacations every year now find themselves in the kind of financial jeopardy about which they have only read.

The job that provided a comfortable life style has disappeared, and in its place workers, if they still have a job, are downsized to part time hours and lower wages, without benefits. Many have lost their homes and savings while others hang on precariously by a thread, knowing that the next emergency can cost them everything they are fighting to keep.

Claims of recovery have lain off or downsized workers question reports of a recovery, knowing that once lost, it is highly unlikely that their jobs will ever return.

Despite outward appearances, there is a rainbow of hope enveloped in an emergence of a core of new, home based, accidental entrepreneurs.

A significant number of unemployed or under employed people have discovered long dormant skills and talents, some of which were pleasant hobbies or past times. Others are taking online courses to discover, develop or improve skills that will lead to either a new career or their own business. Suddenly,

this idea of owning one's own business isn't so fanciful. In fact it just might be the thing to help navigate this new economy, and create a better life.

Nearly all of us have skills, talents, knowledge and abilities that others will gladly pay for or barter. These skills encompass everything from pet sitting for a working person, to creating mouthwatering meals that one can heat upon returning from work, to computer training and trouble shooting and everything in between.

Try this. Find a quiet place and make a list of all the things you love. Next, narrow that list down to the things you do best. Finally look at this list and write down the one you love and enjoy the most. This is your passion. You have created the seeds of a part time business. It is now time to plant that seed.

You've decided, after researching the Internet, finding blogs that offer information for your particular business interest, joining social networks, you are ready to jump into the wonderful, scary world of entrepreneurship.

The first thing you must do is decide on a name for your business. It can be as simple as "Cakes by Cathy" or you can choose a more elaborate name. Make sure the name you choose describes your business. Check local ordinances for any licenses or permits re-

quired to start your business.

There are several ways to let people know you are in business. Have business cards and flyers printed, and distribute them everywhere you go. Ask your family and friends to help spread the word. Word of mouth is more precious than gold, especially when you are beginning your new venture.

Barter your service with local small business people who have what you need and will benefit by what you offer. If they are satisfied, word will spread and a new client just might be at the other end of your next phone message.

Starting a business is not for the faint of heart. Until now, you may or may not have considered going this route. You are an accidental entrepreneur who will find many challenges and pitfalls as well as much good, free information to help you get off to a good start, and guide you to success.

You probably will not get rich, but by using the resources of the Internet to research your business, finding blogs that offer information and support for what you are attempting, and being proactive in promoting your new business, you have put yourself on track to take control of your life.

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St. Johnsbury Players Announces Performances Of The Dining Room

St. Johnsbury Players announces performance of their first production of their 78th season of A. R. Gurney's *The Dining Room*. Performances will be held at the St. Johnsbury School August 8th and 9th at 7:30pm and the following weekend August 15th and 16th at 7:30pm with a matinee performance on August 17th at 2:00pm

Gurney's comic drama the dining room of a typical well-to-do household. A place where families gather for all occasions. The action is comprised of a mosaic of interrelated scenes-- some funny, some touching, some rueful; which together, create an in depth portrait of a vanishing species: the upper middle class WASP. The actors change roles, personalities, and age as they portray a wide variety of characters--from little boys to grandfathers, and from giggling girls to irish house maids. Dove-tailing swiftly and smoothly,



A thanksgiving dinner takes an uneasy turn, one of the many scenes featured in The Dining Room.

(L-R, Laura Wayne, Elizabeth Graziose, Jake Machell, Ursula Malabre-Speicher, Dave Daly and Adam Lumbra)

the varied scenes coalesce, ultimately, into a theatrical experience of compassionate humor and abundant humanity. The New York Post claims: "hilarious and touching...as a comic sketch crazily succeeds comic sketch a whole pattern of American life emerges"

General admission tickets are available at the door for \$10.00 for Adults and \$7.00 for Students and Seniors. For advance ticket purchase, please contact

Catamount Arts at <http://www.catamountarts.org> or toll free at 1-888-757-5559. St. Johnsbury Players is partnered with Catamount Arts and sponsored by Union Bank, Passumpsic Savings Bank, and Community National Bank.

For more information, please contact Director Dan Haycook at (802) 535-4896 or Producer Laura Wayne at 802-751-1175 or like our page on Facebook.

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18 Second Annual White Mountain Gran Fondo Expected To Draw Hundreds Of Cyclists To Northern NH

Lincoln, NH – Back by popular demand, the 2nd Annual White Mountain Gran Fondo presented by Bank of New Hampshire will be challenging nearly 800 cyclists in the ride of their lives on Saturday, August 23. Cyclists will test their strength and endurance through 100 miles of some of the toughest climbs and most brilliant scenery that New Hampshire's White Mountains have to offer. Cyclists can still register by visiting www.whitemountaingranfondo.com.

This "Big Ride for a Big Purpose" benefits City Year New Hampshire's work to help struggling students stay in school and get back on track toward high school graduation. In Manchester, City Year's diverse corps of 50 young people serve in six of the city's elementary schools.

City Year New Hampshire's Executive Director Pawn Nitichan explains, "With one in four Manchester children currently living in poverty and one in seven dropping out of high school, thousands more students at the middle and high school level are in need of similar assistance. The White Mountain Gran Fondo is critical in helping City Year raise the funds to expand and help meet the needs of all students."

Gran Fondos are long

distance, mass-participation cycling events that have been extremely popular in Europe – and increasing in popularity in the U.S. The WMGF will include three ride options: a 100 mile Gran Fondo starting at Loon Mountain, a 50 mile Medio Fondo starting at Bretton Woods Ski Resort, and a 25 mile Piccolo Fondo starting in Franconia, NH. Each ride will challenge cyclists with daring terrain and breathtaking scenery.

Last year, the event attracted nearly 400 athletes, 21 sponsors, 112 volunteers and hundreds of spectators to the White Mountains and raised \$78,000 in support of City Year's work. The event received overwhelmingly positive feedback from riders and sponsors alike.

One participant remarked, "Over the last five years I've participated in about a dozen organized bike rides annually. This was the best organized and most scenic ride I've ever been on."

Tony Ilacqua, Branch Manager for Bank of New Hampshire in Lincoln said, "Last year, numerous people went out of their way to thank me and my company for supporting such a wonderful cause. I have always been proud to represent my company, but never as much as on that day. What a great event and more importantly

what a great Partnership that Bank of New Hampshire is proud to be a part of."

Paul McCormack, Irish Olympic cyclist and the official Event Technician said, "City Year members bring an amazing level of spirit and organization that make the White Mountain Gran Fondo an incredible success – one of the best events I've been to in recent years."

Loon Mountain Resort will host all of the action at the event's start and finish line. Participants will be treated to joyful welcomes from City Year New Hampshire staff and volunteers as they arrive. The 100-mile ride will launch at 8am. The riders will turn right out of Loon Mountain to make the long, steady climb up the Kancamagus Highway and on to Bear Notch and Crawford Notch. The beautiful day of riding will conclude with a trek up Kinsman Notch with volunteers wildly cheering at the top. Then, it is all downhill to the finish. The course will be teeming with energetic City Year staff and corps members who will cheer, direct and assist riders the whole way.



More than 500 cyclists will hit the roads in the North Country to celebrate the 2nd Annual White Mountain Gran Fondo cycling challenge to benefit City Year. Photographed by Bob LaPree

"We're so pleased to host City Year's big event. We're grateful to the organization, volunteers, sponsors, riders, and their family and friends for heading to the Lincoln area and allowing us to be a part of their success," said Andrew Noyes, Sales Director at Loon.

City Year New Hampshire is partnering with the Bank of New Hampshire and

several other local businesses to make this event possible, including Loon Mountain, Bretton Woods, Papa Wheelies, Pedro's, The Mountain Club at Loon, Baker Newman Noyes, the McLane Law Firm and 13 other sponsors and partners.

For more information about the event and to register, visit www.whitemountaingranfondo.com.

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Hypoglycemia

Low blood sugar may result from any one of several conditions: 1) Overproduction of insulin; 2) Damage to Liver cells; 3) insufficient secretion of adreno-cortical hormones and/or 4) Pituitary gland abnormalities. These herbs are designed to remedy cause 3 above. Since the effects of stress are felt mainly by the adrenals. It is probable that most cases of hypoglycemia are of this type. Prolonged hypoglycemia that resists the measures presented here should be treated by a herbalist or other competent holistic practitioner. "Functional" hypoglycemia, due to severe muscular exertion, poor nutrition and other stressors, will yield nicely to the tonic effects of these herbs.

Licorice Root: (*Glycyrrhiza glabra*) its role in treating hypoglycemia is to increase the effectiveness of gluco-corticoids (adrenal hormones) circulation in the liver, and to mimic the action of these hormones itself. This mechanism would work in cases of low blood sugar brought on by adrenal stress. Often the adrenals simply cannot keep up with the demands of stress on the body. Licorice Root can help to reverse the symptoms, yet long-term maintenance demands better overall nutrition at the very least. Complete adrenal exhaustion is known as Addison's Disease. In this condition none of the three major classes of adrenal-cortical hormones are being produced. Some rather severe problems develop. Licorice Root constituents have been shown to help the body overcome adrenal failure, which could lead to Addison's Disease. For those working through insufficient secretion of adreno-cortical hormones and/or Pituitary gland abnormalities, the effectiveness of Licorice Root derives from the ability to maintain the proper electrolyte balance in tissues (normally the role of Aldosterone), and from their ability to prevent the enzymatic destruction of whatever gluco-corticoids and mineral corticoids happen to be present in the cells; this allows the hormones to be active and living longer. Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

Gotu Kola: (*Centella Asiatica*), A traditional Asian blood purifier, tonic and diuretic. It is commonly used for diseases of the skin, blood and nervous system. A memory and brain tonic herb used to overcome depression, and increase longevity, heart and nerve health. Used as a specific in

all brain and memory stimulation formulas; such as learning disabilities and Alzheimer's disease; as a specific in any energizing, mental "burn-out", or weight loss compounds; in an anti-aging formula; to increase healthy circulation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

Siberian Ginseng: (*Eleutherococcus Senticosus*), Research has shown that this herb can raise abnormally low blood sugar levels and that it can lower abnormally high blood sugar levels. Ginseng's effect on blood sugar levels is probably the indirect result of its effect on the total organism. Since a person suffering from hyperglycemia or hypoglycemia presents a complex picture of physiological symptoms, including deficiencies and excesses, any agent that improves general cellular health will have a positive effect on both conditions. And this is exactly what Ginseng does!

An excellent general tonic and nutritive herb with particular stimulation for the circulatory system, and exhibiting many of the rejuvenative, adaptogen properties of Ginseng in terms of energy and

combatant to depression and fatigue, especially where rebuilding system strength after mental or physical exhaustion, and stress; as part of an immune rebuilding combination to increase body resistance to disease; an effective component in lowering blood pressure and cholesterol, stimulating adrenal function.

Ginger Root: (*Zingiber Officinale*), It works indirectly to increase the availability of dietary nutrients for digestion and metabolism. Whenever the hypoglycemic condition is attended and/or made worse by improper digestion and assimilation of foods, Ginger root will markedly facilitate the utilization of energy stores. Ginger root promotes digestion and the elimination of natural toxins. Supports a comfortable post-meal experience. A warming circulatory stimulant and body cleansing herb, with excellent effectiveness for cramping, indigestion, nausea, cough, sinusitis and sore throat. Nutrients: Amino acids, calcium, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B6 & C. Ground ginger also contains vitamin A.

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

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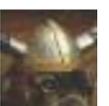
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By Ronda Marsh

Berries Romanoff

I'd better explain right from the get-go, that the name of this recipe is supposed to be "Strawberries Romanoff." But, when my sister from Georgia showed up for a visit with a basket of these lovely, perfectly ripe raspberries in hand, I just couldn't resist tweaking the standard a wee bit.

The story behind the original Strawberries Romanoff comes from Russia, where Marie Antoine Careme, chef to Czar Nicholas I (whose last name was Romanoff), is rumored to have designed this dessert, in an effort to come up with something light, but elegant, and still pleasing to the often finicky royal palate. There are many different variations on her initial creation, but basically, it's berries (often macerated in a liquor) then served layered in an elegant glass vessel with a rich, orange-flavored crème anglaise sauce. Now, if you are thinking to yourself, "Come on, Ronda, I have no idea what crème anglaise is, not to mention how to begin making it!" don't fret. It's nothing more than milk, cream, eggs & sugar, cooked into a thickened sauce. If you then take that sauce, put it in a freezer and whip air into it, what you have is plain 'ole vanilla ice cream. So...if you reverse that process by purchasing a container of any good quality vanilla ice cream, letting it melt, and then stirring in just a little orange liquor (or even orange juice) for flavoring, you've just taken a major short cut to Orange Crème Anglaise. Much easier, right? Now that you have your sauce, let your imagination take over. Maybe in addition to the berries, put few pieces of pound cake in a champagne flute, top with a dollop of whipped cream, sprinkle a few sliced almonds on the top and call it "Trifle". Maybe you're looking for a less formal and more portable dessert to take on a picnic, or serve to kids. Instead of the fancy crystal flutes, use those pretty little jelly jars, screw on the top, and refrigerate or pack them in the cooler for transport. Use any berries, or combination of berries you choose, and if they need a little help in the sweetness department, just sprinkle a little sugar over them and let them sit a bit before assembly.

Any of these variations of the original "Strawberries Romanoff" are a wonderful, easy choice for a summertime dessert, and they are all "fit for a king (czar)!"

- 1 pint strawberries, hulled and halved (or other whole berries of your choice)
- 1 pint good quality vanilla ice cream (I like Ben & Jerry's)
- 3 Tablespoons orange liquor (like Cointreau) OR orange juice

An hour or so before serving, remove ice cream from freezer and place in a bowl, allowing it to fully thaw. Add the liquor or orange juice to the melted ice cream and mix in well.

At serving time, mound berries into your chosen vessel, and spoon the orange sauce over the berries. Garnish with a leaf of mint, if available. Serves 6.



Court Street Arts at Alumni Hall in Haverhill, NH, is happy to welcome Judith Lerner, Paula Campbell, Joanne Moore, and Doug McDonald to the Board of Directors. They are joining Ed Van Dorn, Liz Shelton, Liz Bayne, David Tansey, Barbara and Roger Warren, David Heintz and Keisha Luce. The organization is enthusiastically looking forward to hosting its 4th annual Festival of Earthly Delights, a celebration of great local food, craft brews and fine wine on Sunday, August 10th from 3-6pm at Alumni Hall.

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