

# TRENDY TIMES

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AUGUST 5, 2014 VOLUME 5 NUMBER 22

## Earthly Delights Brings More Great Food, Drinks & Music

"This year's event is shaping up to be a fantastic one with so much regional food being represented, everyone's favorite beverages and great music," says Lesa Lakeman-McDonald, one of the organizers of the Festival of Earthly Delights. Celebrating it's 4th year on Sunday, August 10th from 3-6pm, Earthly Delights brings together a showcase of regional food, craft brews, wine and music.

The focus of the event is locally made products from area restaurants, artisan cheesemakers, craft brew-

eries, wineries and confectionaries, all of which attendees get to sample. An added feature this year will give attendees the opportunity to purchase bottles of wine directly from wineries to enjoy at home. Bring coolers as many food items will also be for sale, allowing you to take your favorites home.

Paired with all these culinary delights will be the music of master fiddler Patrick Ross, singer-songwriter Hunter Paye and the high energy of The Van Burens. The event is family-friendly and kids should expect an appearance from Jingo the Clown and face painting.

Another big change marking this year's Earthly Delights Festival is the location. In previous years it was held at the

North Haverhill Fairground, but the festivities this year will be held at Alumni Hall in Haverhill Corner, the organization's home base. "We have a beautiful historic building and we want to showcase it," says Lakeman-McDonald of the move. The organization is making plenty of room for parking, including handicap access, and activities outside will be covered by tents.

The Festival is sponsored by two long standing local businesses, The Dead River Company of North Haverhill and Steenburgh Auctioneers of Pike, NH.

Tickets can be purchased online at [www.courtstreetarts.org](http://www.courtstreetarts.org) or at the following locations: An Affair to Remember (Woodsville, NH), Newbury Village Store (New-



bury, VT), The Local Buzz (Bradford, VT) and the Littleton Co-op (Littleton, NH).

Admission includes samples from over 30 participating vendors, a souvenir glass, live music and a chance at great door prizes and silent auction. The food only ticket is \$20 and the food and drink ticket is

\$25. Kids are free when accompanied by an adult. For a full list of vendors visit the organization's website. Those wishing to sample alcoholic beverages should bring a state or government photo I.D. For more information call (603) 989-5500 or email [info@alumnihall.org](mailto:info@alumnihall.org).

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# TRENDY Dining Guide

## The Happy Hour Restaurant

By Gary Scruton

To have a successful restaurant is not the easiest of tasks. There are a wide range of variables, and in order to make a restaurant successful the management team needs to keep them all in balance.

The Happy Hour Restaurant on Main Street in Wells River seems to be one of those places that has it figured out. The waitstaff is a mix of young enthusiastic servers and some long time employees who seem to know everyone who comes thru the door. The cooks have many, many years of experience cooking dishes that have always been favorites, along with monthly specials. The menu itself is a vital aspect of any restaurant's success. The Happy Hour menu includes pub fare, appetizers, daily soup specials, a full salad bar, and proven entrees. There is also a kids menu so that the whole family can enjoy a meal together.

Also a big part of any restaurant is the facility itself. Again, the Happy Hour has a successful formula. They are located right on Main Street in historic Wells River. Over the years this restaurant has seen some famous people visit, (even a US President) but also is a comfortable place for anybody to come thru the door and feel at home.. Inside there are a variety of comfortable booths in the main dining room. Plus there is a second dining room that has a couple of booths along with some tables to handle the larger (8-12 person) groups. Beyond that room is a third dining area that often hosts planned groups but can also accommodate the last minute group or the single person who wants to be seated at the bar. With the variety of tables in this area they can

be configured in any variety of manners to seat up to almost 40 people. This area also contains a bar that can cater to the assembled group and still handle the needs of those in the other dining areas. And if that isn't enough, there is a fourth dining area that also has its own bar, seating for 40 or more and doors that can open it to the other large area so that even bigger groups can be welcomed and served in style.

Over the years I have had the opportunity to dine in all four of these dining rooms. My wife and I have visited on a spur of the moment visit. I have gone with a group that made last minute reservations for

lunch. There have been times where a monthly meeting has been there for lunch and got a pre-arranged meal. And I have also attended annual meetings that sat down for an evening meal ordered individually. In each occasion the staff has made sure that the meals come out in a timely manner with consistency.

When you put all these aspects of this business together, you come up with a family restaurant that has been around for over half a century. When you are looking for a lunch or dinner that will please the entire family, make sure that the Happy Hour Restaurant is on your short list of places to visit

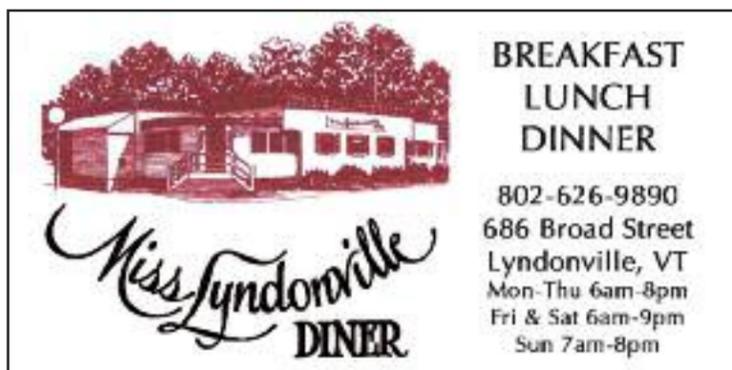
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# In Vino Veritas – Bottle Twenty Four

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

By Robert Roudebush

**QUESTION - Listen, why don't you just open up a few of those old wine books of yours and pick out some stuff at random and tell me about what you picked? Just open 'em up and pick a page, any page at all, point your finger and educate me, maybe relearn something yourself?**

**ANSWER -** I thought you'd never ask.

**Q - Money's the same, right? You don't get docked for jumping around from one subject area to another, just based on chance, right?**

**A -** Right, money's the same and it's your time and mine. Books are open now, 6 of them, guess where my finger just landed?

**Q - This is a family news magazine, keep it clean now.**

**A -** Here goes random. WINE MAP OF LEBANON, ISRAEL AND TURKEY. In the book called “Wines Of The World” page 432. Quote – Clustered around the eastern shores of the Mediterranean are three nations that, despite their cultural and religious differences, all share a historical attachment to wine. Vines have been cultivated in Lebanon, (not New Hampshire, but the one located between Syria and Jordan over there) Israel and Turkey for centuries, and as modern practices penetrate these areas, the wines are becoming increasingly accessible to the world market. Growing conditions in these countries could not be more diverse – from the cooler northern areas of Turkey to the desert-like Negev in Israel, high-quality wines are now showing what the unique terroirs of Southeastern Europe have to offer.

**Q - Yeah, right, try another book, another page please?**

**A -** Here goes. Venencia. (Ven-

NEN-see-ah) Schoonmaker's Encyclopedia Of Wine, page 356. Don't confuse this with the Italian way of pronouncing Venice, that northern state of Italy. We're talking the geography of Spain here. There, it is an instrument used (like a pipette or “wine thief”) in the Sherry or Manzanilla country to take samples of wine through the bung hole (yes, you read that right) of a cask. In its simplest form, it is a strip of bamboo with one cylindrical section left intact at the lower end, so as to form a little cup. This cup is now more often made of silver, attached to a pliable whalebone rod, with a silver hook to serve as a hangar at its upper end. An expert can use his venencia with extraordinary grace and skill.

**Q - OK, what else?**

**A -** Remember, this is just chance. Here are some words from the “B” section of The New Encyclopedia of Wines and Spirits. BOCA – Italian red wine from Piedmont. BOCK – See beer. BLENDING - The practice of mixing together or “marrying” wines or spirits to obtain uniform quality from year to year or to obtain a product better than any one of the components taken individually. In some cases, blending is a practical way of increasing quantity – but not quality. All Sherry is blended as is most Champagne, Cognac, and whiskey. Here's another B – BODY - A wine with substance or body fills the mouth. Alcohol and tannin give the characteristic of body. Many great whites can be light, lacking body, but all great red wines will have it. When young, a great red wine often has excessive body – you can detect it as dryness on the roof of your mouth. Here's yet another B - BOMBOM CREMA – a honey-flavored Cuban liqueur. BOR – Hungarian term for wine. BOXBEUTEL – The flat, flask-shaped wine bottle of

Franconia (no, not in New Hampshire, but Germany this time) and Austria rarely used except for these wines. Remember a famous Portuguese wine named Mateus Rose? That was a boxbeutel, or BOCKSBEUTEL.

Let's look at some “Cs” – CLOS (clo) – Originally in France, a walled or otherwise enclosed vineyard, as in Clos De Vougeot - (clo-d'-voo-ZHO). The term today is much more loosely used, but may not appear on a French wine label, as part of a wine, unless the a Clos, or vineyard, genuinely exists, and actually produces the wine in question.

**Q - Stop here. That's a famous wine you just mentioned – what is it?**

**A -** Clos De Vougeot is a world-famous Burgundian vineyard, and also the name of the wine that's made there - the growing ground is the largest of a famous growing area in Burgundy called the Cote d' Or – (coat d' OAR). All that information means the wine is soft, succulent, flavor-full, rounded and downright great to drink. And expensive. Its average annual production is now in the neighborhood of 15,000 cases, which for that region is huge.



The pros who speak of this wine use words like breed and bouquet, body and power. I talk about it and talk about how pricy it is, which is why I haven't had any for 20 years or more.

Let's look at another C here – CLEAN – Essentially, a clean wine is a sound wine, one without any “off” aroma or taste, palatable, agreeable, refreshing. It is a term that can quite properly be applied to a young wine as well as an old one, to an inexpensive wine as well as a very great one. A wine that is not clean is bad, generally not fit to drink. And that means – CLOUDY – A wine that is not clear or brilliant. No sound and good wine is ever cloudy, but the term should NOT be applied to a clear wine which has thrown sediment in bottle.

**Q - What's sediment being thrown got to do with wine in a bottle?**

**A -** I'm not going to look everything up for you. Find that out yourself and get back to me, maybe next column.

**Q - But you're the teacher, so teach.**

**A -** Sometimes teachers encourage students to teach themselves.

*(Editor's Note – Roudebush worked for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and how to do your own research sometimes.)*

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

August 5, 2014 Volume 5 Number 22

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## New HAMPSHIRE HOUSE UPDATE

By Rick Ladd - Haverhill

During the past session, numerous bills were submitted relative to: Northern Pass, Medicaid Expansion, School Construction, Highway Funding, Gaming, Gas Tax and more.

Among legislative decisions to be made during the upcoming 2015 session, the issue of funding state government will be hotly debated. Depending upon one's perspective, balancing

the state operational budget may be viewed as a revenue shortfall or a spending problem.

As with the family budget, the state operational budget must be balanced and sustainable. Per capita income and household median income vary widely from one NH community to another. For example, if your local property tax is above \$28.55 per \$1000, your com-

munity is among the highest 25 taxing towns in the state. Towns or precincts in this region with a total tax rate of \$28 to \$30 per \$1000 have a hefty tax burden and these taxpayers must deal with increasing living expenses differently than those in towns such as New Castle, Hebron, and Moultonborough where the tax rate is significantly lower.

Living with high property taxes may be more manageable depending upon one's personal income, debt, area tax base, and living expenses, and we know that since 2000, living expenses have skyrocketed. In a brief 14- year period, a barrel of oil has gone from \$24.11 to \$100. Annual health care spending (per capita) has jumped from \$4,550 to \$9,300. Ground beef has increased 96.3% from \$1.90 to \$3.73. The new family car that once cost \$20,300 is a shocking \$31,500 today. Then there's the average monthly rent that has grown from \$635 to \$890.

Some may contend that growing income offsets living expenses. According to US Census figures, median NH household income rose from \$49,467 in 2000 to \$64,925 in 2012. Although average household income in NH has increased by more than \$15,000, this is not the case for Haverhill where the average household income is \$43,307, well below the state's average, 14 years ago. In addition, Haverhill's per capita income ranks 230th at \$21,587. The local tax burden, along with disparity issues among less affluent communities, certainly provides reason for closely scrutinizing the upcoming state budget. Before voting on the next biennium budget, representatives should carefully consider and balance state level financial decisions based upon impacts to local taxpayers and job producing businesses.

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# Old Church Theater To Present Louisa M. Alcott's "Little Women"

Bradford, VT: Old Church Theater's mid-August production is a stage adaptation of the famous and beloved story "Little Women" by Louisa May Alcott. Written by Peter Clapham and directed by Gloria Heidenreich, the play faithfully follows the famous novel, interweaving the lives of the March sisters, Meg, Jo, Beth, and Amy, and Laurie, the boy next door, as they grow up together in a small town in Massachusetts in the 1860's during the civil war.

The overtones of gaiety and the undertones of sadness come to life on stage as the March family struggles to cope with the family's declining wealth during the war while gaining insight as they learn the importance of doing kindness to those less fortunate. Appearing in the cast of 11 are Mercy Simpson, Destiny Lange, Mikaela Keith, Erin Haley, Joan Cooke, Athene Chadwick, Melissa J. Mann, Parker Hogan, Theodore Kenyon, Chuck Fray and Brian Kenyon.

The play opens in Bradford on Friday, August 15, and plays again Saturday and Sunday, repeating the following weekend. Curtain is at 7:30pm except for Sunday's matinee at 4pm. Tickets at the door are \$10, \$5.00 for students. Thanks to the generosity of Modern Woodman of America, a cash match has been made available for any tickets sold the first weekend to help cover the cost of the thousands of dollars of improvements made to the theater this year.

Director Gloria Heidenreich, with her husband and technical director Jim, and her stage manager Diane Fray, have jointly presented many memorable plays at



Old Church Theater's "Little Women" opens in Bradford August 15. All ticket sales will be matched the first weekend by Modern Woodman of America to help defray the theater's extensive upgrades this spring. In the roles of Amy, Meg, Beth and Jo are, from left to right, Mercy Simpson, Erin Haley, Destiny Lange and Mikaela Keith.

Old Church Theater, including "Heidi", "Anne of Green Gables", and "Enchanted April". Heidenreich's other directing credits at Old Church Theater include "The Miracle Worker", "The Diary of Anne Frank" and "The Fantastiks".

Reservations for "Little Women" may be made by calling the box office at 802-222-3322 or online at reservations@oldchurchtheater.org. Preview photos, available a few days before opening,

may be viewed at [www.oldchurchtheater.org](http://www.oldchurchtheater.org).

The next and final presentation of Old Church Theater's 2014 season will be a collection of short plays "Caught in the Acts" opening in late September. Old Church Theater is a non-profit community theater and will be celebrating its 30th anniversary in 2015 with a special production of "Harvey" as a part of the regular five play season.

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# Just Say NO

By Elinor P. Mawson

The other day when my husband was in the post office, he heard two women talking about volunteering. One woman was saying that she didn't feel like doing any volunteering but felt she had to do it "with a smile on my face".

I got to thinking about the Cracker Barrel and how it is no more, due to the lack of people to volunteer to help to put it on. After many decades of this event, it has finally come to an end, and probably rightly so.

I remember the Cracker Barrel in the 70's when it included a 3-day antique show, a common filled with many kinds of vendors, wonderful church suppers and an atmosphere of excitement and fun. Gradually these events have either gone away or drastically reduced in size.

Of course the church suppers and the Fiddlers

Contest have remained, but it has been harder and harder to maintain the atmosphere of old.

Like a lot of things, nothing remains the same. Perhaps it is time for the Cracker Barrel to go its way. But there are many other events that go on--250th anniversaries of a town, for instance, where volunteerism is necessary to carry them off.

And this is where all of us need to stop and decide if we want to help. Do we want to head up a committee? Work on a specific event? Help cook a church supper? Demonstrate a craft? Contribute money?

And if we do decide to help out--let's decide to do it with a smile on our face, because we are members of a community, or interested in doing a good job.

And if we don't--just say NO.

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# Calendar of Events

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

## SATURDAYS

**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, 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

## 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

## FRIDAY, AUGUST 8

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

## SATURDAY, AUGUST 9

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

## WEST NEWBURY SUMMER FESTIVAL

8:00 AM – 3:00 PM  
West Newbury  
*See ad on page 8*

## GIGANTIC TENT SALE

9:00 AM  
Meadow Street, Littleton  
*See ad on page 14*

## 18 ANNUAL PLAYING FOR CLOVER 4-H GOLF TOURNAMENT & SILENT AUCTION

10:00 AM – 3:00 PM  
Blackmount Country Club, North Haverhill  
*See ad on page 7*

## BACKSHED STRING BAND

6:00 PM – 8:00 PM  
Railroad Park, Woodsville

## DANCE: MIRAGE

8:00 PM – Midnight  
American Legion Home, Woodsville  
*See ad on page 8*

## 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 article on page 1 and 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

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

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## WEDNESDAY, AUGUST 13

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

## THURSDAY, AUGUST 14

**MUSIC IN THE PARK: EMILY & THOMAS  
INGER & ANDRU**  
6:00 PM  
Groton Veterans Memorial Park

## FRIDAY & SATURDAY

**AUGUST 15 & 16**  
**PAMFEST**  
Peacham Village  
*See article on page 9*

**ST J PLAYERS PRESENT  
THE DINING ROOM**  
7:30 PM  
St. Johnsbury School

## FRIDAY, AUGUST 15

**SUMMER READING PARTY & OPEN HOUSE**  
3:00 PM – 6:00 PM  
Groton Free Public Library  
*See article on page 7*

## LITTLE WOMEN

7:30 PM  
Old Church Theater, Bradford  
*See article on page 5 and ad on page 10*

## SATURDAY, AUGUST 16

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

## CHICKEN PIE SUPPER

4:30 PM – 7:00 PM / 802-429-2204  
First Congregational Church of Newbury  
*See ad on page 9*

## TEXAS HOLD'EM TOURNAMENT

6:00 PM  
Orange East Senior Center, Bradford  
*See article on page 7*

## LITTLE WOMEN

7:30 PM  
Old Church Theater, Bradford  
*See article on page 5 and ad on page 10*

## SUNDAY, AUGUST 17

**BENEFIT TEXAS HOLD 'EM TOURNAMENT**  
Satellites 11:00 AM – Tournament 1:00 PM  
American Legion Post #58, St. Johnsbury

## ST J PLAYERS PRESENT THE DINING ROOM

2:00 PM  
St. Johnsbury School

## LITTLE WOMEN

4:00 PM  
Old Church Theater, Bradford  
*See article on page 5 and ad on page 10*

## BACK SHED STRING BAND BLUEGRASS

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

## MONDAY, AUGUST 18

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

## TUESDAY, AUGUST 19

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

## EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM  
Wells River Congregational Church

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

*Submit your entries by:*

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

**Deadline for submissions is Thursday, August 14th for our August 19th issue.**

# Groton Free Public Library Events

Fri, Aug. 15, 3-6pm: Summer Reading Party & Open House. Our closing celebration for our Summer Reading Program! We'll raffle off our prizes for our summer reading prize drawing, and all registered readers will receive a certificate and take-home goody. Projects, crafts & snacks for kids of all ages. Hope you can drop in -- no registration required for the fun!

Mon, Aug. 18, 7pm: Movie Night! Join us for big-screen showing of 2013 based-on-real-life film starring Judy

Dench, rated PG-13 & based on the book by Martin Sixsmith. (Call/email for additional title information.) Free night out, light refreshments, and good company!

Mon, Aug. 25, 7pm: Book Discussion of *Philomena: A Mother, Her Son, and a Fifty-Year Search* by Martin Sixsmith, part two of our Page-to-Screen Summer Series. Contact Anne at the library if you would like to borrow a he book.

Every Wed, 1-3pm: Crafts & Conversation (for adults).

Join us with your ideas and projects-in-process -- or -- just join us!

All of our programs are free and open to residents of all towns. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

# Orange East Senior Center

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

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

There will be a community picnic on Wednesday, August 27, at 6:00 p.m. at Elizabeth's Park. We will be having BBQ chicken, macaroni and dill salad, four bean salad, 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 and everyone is welcome. In case of rain, the picnic will be cancelled.

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.

There is 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!

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802-757-2809

# Third Summer Program From Haverhill Historical

Haverhill, NH – The Haverhill Historical Society will present its third and final summer program on Tuesday Aug. 12 at 7:00 PM at Alumni Hall on Court Street in Haverhill. Marcia Schmidt Blaine of

Plymouth State University will address New Hampshire's early role in the creation of the National Forests. Admission is free and open to the public.

**OUR PRESCRIPTION FOR CLEAR ADVERTISING... CALL TRENDY TIMES 603-747-2887**  
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*18th Annual*  
**Playing For Clover 4-H Golf Tournament**

Saturday August 9, 2014

**Silent Auction 10 AM - 3 PM**  
(Silent Auction Open To The Public)

*Playing for Clover*  
  
4-H Golf Tournament

*Blackmount Country Club*  
400 CLARK POND RD • NORTH HAVERHILL

AND TO THINK I SAW IT AT THE  
**CALEDONIA COUNTY FAIR**  
AUGUST 20-24, 2014  
1 Fairgrounds Road • Lyndonville, VT  
Exit 23 Off I-91 • www.vtfair.com

**Kingdom All Star Band & Chorus**  
WEDNESDAY, AUGUST 20 • 7PM

**Eudora Exotic Petting Zoo**  
DAILY: 11AM-CLOSE

**SATURDAY • 8PM**  
**JASON MICHAEL CARROLL**  
with opening act: TOM DIXON

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**GATES OPEN AT 7AM**  
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# Peacham Acoustic Music Festival – Who knew...?

The Peacham Acoustic Music Festival (PAMFest) returns on Friday, August 15th and Saturday, August 16th for what has come to be a highly anticipated weekend of music, dance, and fun for young and old alike set in idyllic Peacham Village. Through broad community support PAMFest has become one of the premier events in the region.

This year PAMFest again brings a variety of acoustic genres to the stage. There will be blues, bluegrass, old time music, classical, and folk music with workshops and jam sessions. The dance offerings have grown with three contra dances and one family dance along with some special dance workshops. The craft fair returns this year and will again feature the Family Tent with hands-on activities for the kids, and back by popular demand is the Instrument Petting Zoo! Local organizations includ-

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

The heart of the festival revolves around a schedule of world class concerts presented in three very different settings - the historic Peacham Congregational Church, the Entertainment Tent, and new for 2014 - the intimate setting of the Peacham Café

Friday Evening Concert - 5:45-10:00 - Peacham Church, Jonathan Edwards - Warm as summer sunshine, real as the truth, inti-

mate as a long overdue visit between old friends ... such as a Jonathan Edwards concert.

But before Jonathan takes the stage, the Friday Evening Concert opens with the skirling of the pipes as local piper Ben Post officially opens the festival with his highland artistry.

Carl Jones (returning for his 4th year) and Erynn Marshall - Hailing from Galax, Virginia - Erynn and Carl bring their own brand of southern old-time song-duets and fiddle/banjo/mando tunes to the Peacham stage. Carl is a favorite on the PAMFest stage and Erynn is a renowned fiddler - don't miss this dynamic pair.

Wayne Henderson and Helen White - Hailing from the "mecca" of traditional mountain music, Wayne and Helen provide a visit to an Appalachian porch. Helen's simple, strong guitar backup provides a solid foundation for Wayne's amaz-

ing guitar wizardry. The folk songs, fiddle tunes (and maybe a clawhammer banjo tune or two) allow an audience to experience a nice sample of Appalachian music.

Bob Amos & Catamount Crossing returns for their 4th year at PAMFest with special guest Sarah Amos. This superb group presents original and traditional bluegrass featuring Gary Darling (mandolin), Bob Dick (bass), Freeman Corey (fiddle), and Steve Wright (guitar).

Saturday - Peacham Church - 6:00-10:30 pm The Grand Finale Concert

Del Rey - PAMFest is proud to welcome back Del Rey! Del started playing classical guitar when she was four. As a teenager, she met bluesman Sam Chatmon who inspired her to become a blues queen.

Also on Saturday night, we start the evening with An-

nemieke Spoelstra McLane as she returns to the PAMFest stage offering her beautiful presentations on classical piano.

Our next performers are an exciting new trio featuring Jeremiah McLane (accordion), Owen Marshall (guitar) and Ethan Hazzard-Watkins (fiddle) will offer a diverse selection of traditional music, from high energy jigs & reels to hauntingly beautiful airs, on accordion, fiddle, banjo, bouzouki and guitar.

The concert will close with Tritium Well - a high-energy, local, acoustic, Latin-spiced, folk-rocked, red-barned, reggae, rock, funk, roots, and blues group.

Saturday - Outdoor Entertainment Tent - 10:00 am-4:00 pm

Live entertainment is adjacent to the craft fair area again this year, housed in a large tent to provide performers and patrons with rain or shine protection. The music starts at 10 am and continues until 5 pm. Look for Doug Perkins, Carl Jones & Erynn Marshall, Wayne Henderson & Helen White, Del Rey, the Band Scramble, and Tritium Well "under the big top!"

Saturday - Peacham Café - 11:30 am-5:30 pm

The new Peacham Café is ready to open after a long effort by a dedicated group of Peacham citizens. PAMFest is proud to present a series of performances in the Café that will provide an intimate setting where musical magic is expected. The inaugural group will be the Bayley Hazen Boys followed by Doug Perkins, Ethan Azarian, Alan Greenleaf & the Doctor, Wayne Henderson & Helen White and Erynn Marshall & Carl Jones.

Saturday - Peacham Church - 12:30-5:00 pm

A favorite part of the Saturday daytime schedule has been the performances at the venerable Peacham Congregational Church. The afternoon offerings start early this year with Guthrie's Ghost leading a sing-along in memory of the great Pete Seeger, then Annemieke Spoelstra McLane, Bob Amos & Catamount Crossing w/Sarah Amos, and closing with the Bayley Hazen Boys.

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

The Peacham Acoustic Music Festival is produced by Frank Miller and Copithorn Productions in partnership with Catamount Arts and support from VPR and Passumpsic Financial Advisors. For more information and a complete schedule and artist lineup, visit [www.pamfest.com](http://www.pamfest.com).

## WEST NEWBURY SUMMER FESTIVAL



Sponsored by West Newbury Women's Fellowship

**SATURDAY, AUGUST 9**

8:00am - 3:00pm

All Day: Silent Auction, White Elephant Sale, Displays, Bake Sale, Free Hay Rides, and more!

"Memories of Childhood!" Parade (10:30)

Mitz's Muffins (8 - 10am)

**Spare Rib BBQ**

(11:30 - 1:30 Adults: \$10, kids: \$5)

Taste of Local Desserts (12 - 2) and more!

Follow the signs to 219 Tyler Farm Road

Call Marylou for info 802 222-7480



## 8th Annual MIKEY WILLIAMS Alumni Soccer Game

Saturday, August 23 • 11 am & 1 pm  
Woodsville High School

featuring

WHS Womens Alumni  
vs.  
WHS Girls Varsity Soccer Team  
11 am

WHS Mens Alumni  
vs.  
WHS Boys Varsity Soccer Team  
1 pm

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

Proceeds will go towards

**The Mikey Williams Memorial Fund**  
to benefit WHS boys and girls soccer players

## GROTON GROWERS FARMERS MARKET

RTE 302-GROTON COMMUNITY BUILDING

**Come Celebrate National Farmers Market Week**  
**Saturday, August 9, 2014**  
**9:00 AM - 1:00 PM**

Seasonal Vegetables and Fruit, Local Beef, Pork, Lamb, Eggs, Breads, Pies, Pastries, Maple Syrup, Jams, Jellies, Pickles, Relishes

Breakfast, Lunch and Everything You Need For Dinner  
Coffee and Conversation

Check Out The Chicken Cutting Demonstration!  
At 10:30 AM and 11:30 AM

We Accept EBT & Debit Cards  
Farm To Family & Harvest Health Coupons  
See You At The Market!

# DANCE

OPEN TO THE PUBLIC

**Saturday, August 9**  
**8:00 pm - Midnight**  
American Legion, Woodsville, NH  
\$8.00 single / \$12.00 a couple  
Music provided by: MIRAGE

This is to help us celebrate 10 years that the American Legion Riders have been in New Hampshire starting right here at Post #20 Woodsville, New Hampshire

# First They Cook With It Then You Drive With It Or Heat Your Home With It

By Robert Roudebush

This magic cooking/driving/heating fluid is called BIODIESEL and it is "... used vegetable cooking oil which is chemically changed to be equivalent to petroleum heating oil or to be used as part of petroleum diesel fuel in vehicles." So says White Mountain BioDiesel Plant General Manager Bruce Lamarre.

The used cooking oil - also known as "yellow grease" - is collected from restaurants who save it by the barrel and it is then collected professionally and transported to WMB by the tanker-full. The used cooking oil comes from restaurant "fryolators", or "deep-fryers". No individual donations of used cooking oil from local residents are accepted by WMB these days, although it is possible for folks to ask their local restaurants if it is possible to donate used home-cooking oil to them to add to their regular scheduled collection.

## AFTER THE OLD COOKING OIL IS COLLECTED AND DELIVERED, THEN WHAT?

The cleaning process starts - water and solids are removed by sedimentation settling and the use of a high-speed centrifuge. The next two steps are called "ESTERIFICATION" and "TRANS-ESTERIFICATION", converting free-fatty acids into Biodiesel, a clean-burning alternative fuel, produced from renewable domestic resources. It contains no petroleum, but it can be blended at any level with petroleum diesel to create biodiesel blends. And those blends can be used in compression-ignition (diesel) engines with little or no

modifications. It is simple to use, biodegradable, nontoxic and essentially free of sulfur and aromatics.

General Manager Lamarre's background includes a degree in chemical engineering and he has been involved with WMBD's Haverhill production plant- its only one - since its beginning, long before production ever began - designing the structure of the plant, choosing the equipment and creating the production system. He and Production Supervisor Josh Aldrich spoke recently with TRENDY TIMES about the upcoming expansion of their business, which already qualifies as the largest bio-diesel production plant in New England. Joining the conversation at one point were two other key plant employees, Stefan Kuhsel, Sales and Purchasing Manager (as well as the son of Robert Kuhsel, one of the owners), and Production Engineer Jordan Cesca. Some of the information for this article also came directly from the internet, by simply googeling WHITE MOUNTAIN BIODIESEL.

## HOW'S BUSINESS?

Plant officials say the place is operating at full capacity right now, 24 hours a day, 7 days a week, and the eye-catching presence of several huge shiny metal holding tanks just recently delivered to the plant on Business Park Road are testament to the fact that WMBD has more business than it can currently handle.

The new 15,000 gallon capacity tanks, and more to come for a total of 10 in all, were once used in wine clarification. The tanks will now provide storage space for incoming used oil, as well as space for the finished product and one of the by-products, glycerin. White Mountain is pleased that it will soon be looking to hire more employees to handle their increased production. While the plant currently operates on two twelve-hour shifts, near future plans are that operations will shift into three eight-hour shifts.

## WHY NOT JUST CONTINUE TO USE OIL?

The company believes, "...that the age of oil is rapidly coming to an end." They reference the CIA's World Fact Book which indicates that the world consumes 85 million barrels of oil a day, or 31 billion a year. At current consumption rates, the book indicates, the oil left on the planet will all be gone in less than 50 years. And the fighting over these reserves has already begun. The belief from these facts is that our nation's wealth is being exhausted by buying and protecting petroleum. WMB believes in "thinking locally, acting globally."

WMB also sells specialty products made from biodiesel, and they collect and process by-products created during the bio-diesel process, glycerol. They help farmers and land owners return fallow and unused open land to productivity through



Pictures courtesy of Joe McQueeney.

the planting and harvesting of oil seed crops.

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Also pictured above are the winners of the tournament. First Place was team the The Smith Team: Samantha, Ryan, Angie and Peter Smith.



Second Place team was The Claflin Team: Sharon Claflin, Jon Vielleux, Erik Zambon and Chad Claflin.

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Third Place team was The Ottina Team: Bob Powers, Charlie Ottina, Charlie Smith and Terry Gorham.



Pictured above are Jeff Moore, General Manager of Wells River Chevrolet and Maria Ryan, PhD, CEO of Cottage Hospital of Woodsville. Pictured behind them are Marcia Selent, Marilyn Bedell, Linda Pair and Susan Aldrich, all members of the Auxiliary.

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Pictures courtesy of Joe McQueeney.

The 12th Annual Cottage Hospital Auxiliary golf outing took place on Saturday, June 21, 2014 and was held at the Blackmount Country Club in North Haverhill.

Wells River Chevrolet had a 2014 Chevy Impala parked on the golf course hoping for someone to make a hole-in-one on the first green., not to be made again this year. Good luck to someone for next year!

This year's event was a huge success and the proceeds will be going to Cottage Hospital for the new Stress Test Treadmill System.

The Auxiliary would like to thank the many businesses and individuals who sponsored tees and greens, gave us door prizes or donated items to be included in the Silent Auction. We would also like to thank all the players who came out to play in the tournament. Hope everyone had a great time and we will see you again next year.

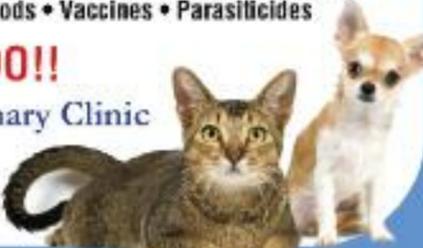
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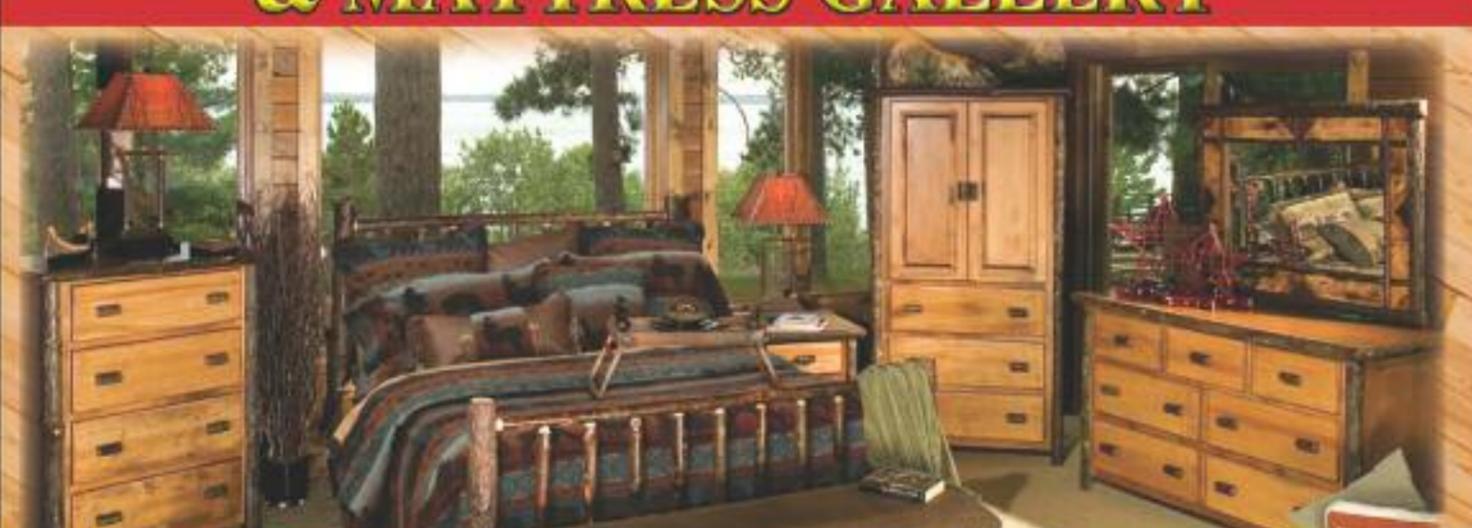
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**NORTH HAVERHILL, NH** - Ranch style double wide mobile home featuring 2200 sq. ft. Total 10 Rooms. Relax in the Living Room or Family Room. Kitchen/Dining area, 3 bedrooms, 2 baths, master bedroom suite with one of the baths part of master bedroom, extra rooms added, one car detached garage, shed and private setting. Reduced \$ 99,000!

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**BUSINESS:** Help Wanted, For Rent, etc. \$10/2 Issues, \$20/5 Issues, \$50/15 Issues.

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

## OBITUARY BEVERLY RUTH ELLSWORTH



reading, traveling, music, and spending time with family and friends. She loved her dog, Gus, and enjoyed playing the piano. For years she participated in the Meals on Wheels program.

The Ellsworth family is so grateful to all the staff of Grafton County Nursing Home for their heartfelt care and devotion and to their wonderful friends.

In lieu of flowers, you may donate to Second Chance Animal Rescue, Horsemeadow Senior Center, Grafton County Nursing Home – Alzheimer's Unit, Friends of Bath or the charity of your choice.

Services will be held in the fall.

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

Ricker Funeral Home & Cremation Care of Woodsville is assisting the family with arrangements.

Beverly Ruth Ellsworth  
April 6, 1926-July 21, 2014

A beautiful mother, wife, and grandmother has transitioned to be with the Lord. Beverly was a caring, gentle, sweet soul with unlimited kindness and smiles for everyone.

Bev is survived by her devoted husband and best friend of seventy years, Bob Ellsworth; her three children and their spouses, Lynn (Jay), Lori (Lou), and Bob, Jr. (Diana); her three grandchildren, Eric, Sean, and Kristina; and her three sisters-in-law, Alleda, Cathy, and Lori.

Bev loved gardening,

## OBITUARY CHALMER RAY HYSONG



gregation of the Trinity Church of the Nazarene and the Grafton County staff at a later date at the Grafton County Nursing Home with Rev. George Hemway of the Trinity Church of the Nazarene, officiating.

Memorial contributions may be made to either the Trinity Church of the Nazarene, 41 Nazarene Drive, North Haverhill, NH 03774 or to the Grafton County Nursing Home, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

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

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

North Haverhill, NH - Chalmer Ray Hysong, 72, a long time resident of the Grafton County Nursing Home, died there on Sunday, July 27, 2014, comforted by the care of his family.

Ray was born in Trafford, PA, on August 11, 1941, to Ralph Vinton and Eva (Lewis) Hysong.

Ray moved from Leesburg, FL to North Haverhill in 1986. He was a member of the Trinity Church of the Nazarene in North Haverhill. He loved his Lord and attending his church. He enjoyed gospel music, a good joke and laugh with his friends, and regular meals.

Ray was predeceased by his two brothers, Rev. Wayne Hyson and Rev. Ralph Hysong.

He is survived by two sisters-in-law, Muriel Hysong of Tavares, FL and Mary Elizabeth "Betty" Hysong of North Haverhill; and several nieces, nephews and cousins.

A memorial service is being planned for the con-

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## OBITUARY – GARY MURPHY



Gary Murphy was born in Barre on June 4, 1949, a son of Harland Murphy and Annie Carpenter. On July 11, 2014 he passed away, surrounded by loving family and friends at Dartmouth Hitchcock Medical Center in Hanover, NH, the result of a tragic fall at his home in South Ryegate.

Gary grew up in Barre and Wells River, graduated from Wells River High School as valedictorian in 1967, and from the University of Vermont in 1971.

Following college graduation, Gary worked at various jobs in Vermont and North Carolina.

He married Marielyn Chadwick on 15 March 1992 at Post Mills, VT; they later divorced.

Gary worked at Capital City Press in Berlin for several years, but was laid off

when the company moved its operations out of state in 2005. Since then he has worked at Shaw's Supermarket in Woodsville, NH, and at Jiffy Mart in Bradford, as well as embarking on a website design and computer repair business, in which he collaborated with his son, Gaelan.

Gary's life has been one of activism, working as a union organizer and union representative at Capital City Press, and more recently playing a prominent role in the quest for a Vermont State Bank. He cared deeply about social justice and was a frequent contributor to the opinion page of the Caledonian-Record. His contributions were never vitriolic, but well-reasoned and to the point. He was also very active in organizing local groups for causes that he was passionate about. Gary has been involved with local softball leagues. He was a sports enthusiast and cheered on all the New England teams, especially the Red Sox. Gary was also an avid reader and history enthusiast. He was a selfless man who was respected by

many and will be missed by all who knew him.

Gary leaves behind his son Gaelan of South Ryegate, brothers Bob (Lynda) of Barre, Ron (Vicki) of Shaftsbury, Dennis (Linda) of Peterborough, NH, sister Janet Bryer (partner Christos Maninos) of Groton, former wife Marielyn Chadwick of South Ryegate, and many uncles, aunts, nieces, nephews and cousins.

A celebration of Gary's life was held on Sunday, August 3rd at 1:00 pm at the Ryegate Corner Presbyterian Church, 48 Bayley Hazen Road, Ryegate, VT.

Should family and friends desire, contributions in his memory may be made to the Gaelan Murphy Education Fund, in an account set up at the Wells River Savings Bank, PO Box 645, Wells River, VT 05081.

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

Ricker Funeral Home & Cremation Care of Woodsville assisted the family with arrangements.

## OBITUARY – DIANE IRENE FILIPEK



Bath, NH - Diane Irene Filipek, 68, of Hill Road, died unexpectedly at Dartmouth Hitchcock Medical Center, Lebanon, NH on Wednesday, July 23, 2014.

Diane was born in Attleboro, MA on July 21, 1946, a daughter of Roger and Dorothy (Lennox) Racicot. She was a graduate of Attleboro High School and attended business school. She married David Filipek on February 5, 1972.

During her working career, she worked in purchasing for HR Harrington in Gardner, MA. She also served as the bookkeeper

for her husband's furniture business. After moving to Bath, she assisted folks as a personal care aide.

Along with her husband, Diane moved from New Ipswich, NH to Bath in 2001. In her free time, she enjoyed handiwork, knitting, and crafts and she dabbled in painting. She was a communicant at St. Joseph Catholic Church, Woodsville, NH. Diane treasured the moments she spent in prayer and praying for people. She has been described as a "victim soul"...a person who takes the pain and suffering from others...and as an intersessor for the sick. Diane was brought to Bath and its greater area on a mission by The Lord to pray for its people.

Diane is survived by her husband of 42 years, David Filipek of Bath; two sisters, Paula Rocha and husband James, Jr. of Attleboro and

Cynthia Rocha and husband Louis of Swansea, MA; a niece, Aimee Rocha and two nephews, Jeffrey Rocha and Collin Rocha.

There was a calling hour on Friday, August 1 from 9:30-10:30 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH with a Mass that followed at 11 AM at St. Joseph Catholic Church, 15 Pine Street, Woodsville. Burial will follow in St. Joseph's Cemetery, Bath, NH.

Memorial contributions may be made to St. Joseph Catholic Church, 21 Pine Street, Woodsville, NH 03785.

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

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# Letter To The Editor

Dear Editor,

Having read the recent articles regarding the Bath Covered Bridge, we also feel compelled to respond. We'd like to point out that people on this side of the river feel the impact of the bridge closure as well. We sympathize with those who have had to spend extra time and money to drive the long way around, but in our case, our income has plummeted dramatically for the past two years.

It's not just the loss of business from the West side residents. It's snowmobilers, hunters and ice fisherman in the winter. It's ATVers, fisherman, tubers, swimmers, hikers, and bikers in the summer. We have had suppliers drop us because we weren't selling enough of their products. Despite our customers' best intentions, in reality, if they have to drive through Woodsville or Lisbon to get to Bath, why not just get what they need in those towns?

*Mike & Nancy,*

*As with almost any issue there are two sides. In this case, the east side and the west side of the bridge. There are also those who believe the crew is doing a great job, and those who feel it could have been more quickly.*

*The one fact is that most everyone will be thrilled to see the bridge reopen and therefore allow life in Bath to get back to normal. This historic structure has been an intricate part of Bath for many years, and with this reconstruction, it should remain a vital part for many years to come.*

*Let me also remind our readers that The Brick Store is listed as the longest continuously running general store in America. So here's hoping that business does indeed pick up and that you can keep this landmark operating for many years to come as well.*

Sincerely,  
Mike & Nancy Lusby  
The Brick Store, Bath, NH

*Gary Scruton, Editor*

# Letter To The Editor

To the Editor,

Your response to Lunda Riley did not address her immediate concerns about the children/teens entering our country. Her concerns are immediate and cannot wait for immigration reform. In Sunday's paper, I see there is a strong possibility that thousands of those children will be sent to New England, Vermont and New Hampshire in particular. Are you ready? There are major health issues, for one. Can the states' economy support them? Do you have housing, staff? Read her letter again to help you get ready.

You have a great newspaper. I am from out of state, but I really enjoyed it, including the ads!!

*Wilma,*

*You are right that I did not answer this immediate concern. And I am still not sure that I can honestly address that issue. Hundred or thousands of children and teens who are here illegally is an issue that will indeed, one way or another, affect us all. If you are correct and the government sends them all to New England I don't know how we will handle it.*

*But let me say this. Sending those youth here is a major error. Why spend all that extra money to send them here? Spend the money where they are. Put up some tents or whatever until they can be processed and returned home, or given asylum. Bring in extra judges, lawyers or whoever else is needed to make the process go quickly and get the job done.*

*Wilma Franz*

*Gary Scruton, Editor*

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## BAKING WITH PRIDE – North Haverhill Fair King Arthur Baking Contest Draws Junior And Adult Bakers

*By Kathy Jablonski, Field Specialist, University of New Hampshire Cooperative Extension, 4-H Youth and Family*

"I won a ribbon, I won a prize!", chanted Jillian Robie of Alexandria, NH, as she danced out of the Stoddard Arts and Crafts Building on Saturday, July 26, 2014. Jillian was the third place winner of the youth division of the King Arthur Baking Contest held at the North Haverhill Fair.

Adults and youth were encouraged to enter carrot cakes and classic blueberry muffins, respectively, in this yearly contest. Contestants must use King Arthur Flour and the provided recipes in order to compete in the event.

This year nine youth and nine adults entered their baked goods.

For the youth division, judge Gabrielle Granger-Clark of Littleton's East Street Sweets, complimented all the bakers. "You all had that traditional blueberry flavor. Generally, your muffins were good."

That being said, three contestants stood above the rest. Emily Cheeves of Lebanon, NH, earned the first place rosette and a \$50.00 gift certificate provided by King Arthur Flour of Norwich, Vermont. Placing second and earning a \$25.00 gift certificate and a red rosette was Abbie Clark of Warren, NH. Third rosette winner, Jillian Robie, received a King Arthur Cookie Companion Cookbook.

Scoring was close in the youth division, with only a three point spread among the top winners. Granger-Clark pointed out that the only difference between the top three and the folks who didn't place was over mixing. Kathy Jablonski, Field Specialist who organized the youth division of the contest, reminded contestants to only moisten their ingredients as overbeating makes a muffin less tender.

The nine youth contestants included: sisters Olivia and Emma Desilets of Charlestown, NH; sisters Claire and Lindsay Miller of Rumney, NH; Macy Adams of Littleton, NH; Annie Reall of Pawtucket, RI and the three winners.

In the adult division, Littleton's Debra Harris- Stinehour received first place for her rendition of carrot cake as well as a \$75.00 gift certificate from King Arthur Flour. Second place winner was Darrell Chase of Claremont, NH



*Abbie Clark, second place winner of the youth division of the King Arthur Baking Contest at North Haverhill Fair, July 26, 2014.*

earning a \$50.00 gift certificate with Judith Vaughan of Newbury, Vermont, placing third and winning a King Arthur Baking Companion Cookbook. Chase, a previous entry in King Arthur contests and last year's winner, shared he learned to cook after retirement by using the internet. He bought back his own cake and he and his wife sampled a slice before bringing it back home. Vaughan purchased her own cake to take home for her birthday celebration as her 4-H Club was showing cattle that day at the fair. Harris-Stinehour's winning entry was bought by one of the many on-lookers who couldn't wait to sample what had been tempting visitors to the fair throughout the judging.

Judging the adult event was Lisa Ford, Nutrition Connections Program Coordinator for UNH Cooperative Extension and a graduate of the Culinary Institute of America. Ford complimented the bak-

ers on their presentations, the richness of flavors and the texture of their winning entries. For those that were interested, she made suggestions for improving their cake the next time it was made.

Deb Maes, Field Specialist, Food and Agriculture, organized the adult division contest.

Judges for the event were presented with a King Arthur Flour burlap tote as a token of appreciation for their volunteer service.

Once the judging was complete, the entries were sold to fair visitors and the proceeds donated to the Grafton County 4-H Leaders' Association.

For more information about the King Arthur Baking Contest at North Haverhill Fair, visit the NoHaverhill Fair.com website or the extension.unh.edu/Grafton website. The 2015 contest will be posted after April 1, 2015.

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## Horse Meadow Senior Center Hosts 1st Annual Fall Festival

The Horse Meadow Senior Center will host their First Annual Fall Festival on Saturday, October 4, from 9-3. This fund raiser will help raise funds for a new activity room.

This festival features an outdoor flea market and an indoor craft show. The fun includes live entertainment, giant yarn sale, face painting, wagon rides, candy apples, a cake walk, and drawings for prizes. Burgers

and hot dogs on the grill will be available as well as coffee, home baked goodies and other vendor food inside.

The fee for a 20' x20' flea market space is \$30. The flea market is outside only. The fee for an 8'x10' space inside is \$20.

For more information contact Activities Director, Michelle Grabowski at (603) 787-2539.

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# Are You A Baby Boomer? Don't Let Retirement Plans Go Bust.

If you're a baby boomer, you're at the point in life where, if you haven't actually entered retirement, you're at least approaching the outskirts. But if you're like many of your fellow boomers, you may be experiencing more than a little trepidation over your financial prospects as a retiree. That's why it's so important for you to determine what steps to take to help improve your chances of enjoying a comfortable retirement.

Just how worried are baby boomers about their future? Consider these numbers: Seventy-two percent of non-retired boomers think they will probably be forced to delay retirement, and 50% have little confidence that they will ever be able to retire, according to a recent AARP survey. Other surveys show a similarly bleak outlook among the baby boom generation.

Fortunately, when it comes to building resources for retirement, you have options. Of course, if you're in one of the younger age cohorts of the baby boom generation, your possibilities are greater — you may still have time to take measures such as boosting your 401(k) and IRA contributions, reducing your debts and positioning your portfolio to provide you with a reasonable amount of growth potential.

But even if you are

pretty close to retirement, or at least close to the point where you initially expected to retire, you can act to better your outcome. For one thing, you could re-evaluate your planned date of retirement. If you really don't mind your job and could extend your working life for even a couple of years, you could help yourself enormously in at least three ways:

You'll add on to your retirement accounts. The longer you work, the more you can contribute to your IRA and your 401(k) or other employers-sponsored account.

You may be able to delay taking Social Security. You can start taking Social Security as early as age 62, but your benefits will be permanently reduced unless you wait until your Full Retirement Age (FRA), which will likely be 66 or 67. Your payments can increase if you delay taking your benefits beyond your Full Retirement Age, up to age 70.

You may be able to delay tapping into your retirement vehicles. The longer you wait until you begin withdrawals from your IRA and 401(k), the more time you are giving these accounts to potentially grow. (Once you turn 70 ½, you will need to generally start taking withdrawals from a traditional IRA and a 401(k) or similar plan, but you don't face this requirement with a Roth 401(k) account.)

As an alternative to delaying your retirement — or possibly as an additional step you can take along with a delay — you may be able to adjust your investment mix to provide you with the combination of growth and income that can help carry you through your retirement years. You can also be strategic about which investments you start taking withdrawals from, possibly allowing your portfolio to grow more than you had envisioned.

Start thinking now about ways you can help yourself achieve the retirement lifestyle you've pictured. You may want to consult with a professional financial advisor who can suggest the strategies and techniques most appropriate for your situation. In any case, with some careful planning, you can be a boomer whose retirement plans don't go bust.



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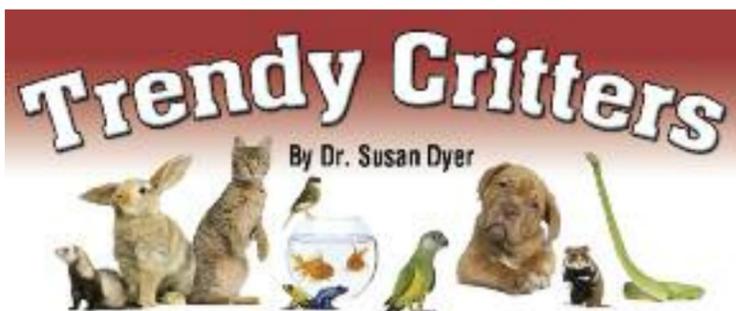
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## What's Bugging Our Animals?!

During the hot summer months, both large and small animals can suffer unwanted attention from biting flies and mosquitoes. These flies are not only the typical "house flies" we see, but species such as black flies, deer flies, and horse flies. In many cases, the mosquitoes and flies prefer to "strike" the sensitive and fairly thin skin of the animal's ears. This has led to the common term "fly strike" as a means of describing the problem. Mosquitoes can carry disease to small and large animals. Hot days with little wind allow these insects to attack and cause more problems than days with a brisk breeze. Fly strike is uncomfortable for the animal and can be seen as crusty and/or oozing lesions along the ear flaps: as the ears are continually wounded, more flies are attracted and bite.

Be particularly careful with older, long-haired pets who may not be very active when outside. In areas of the body prone to moisture and soiling, especially the rear end, it is common to find skin damage from the fly larvae (maggots). If you notice this problem, bring your pet to your veterinarian as soon as possible to avoid serious systemic illness.

In horses, biting flies can cause decreased performance and certain mosquitoes can transmit disease such as West Nile Virus (WNV) and Eastern/Western Equine Encephalitis Viruses (EEE/WEE). Besides this, they are annoying and painful to your horse, just as they are to you. There are many things you can do to protect your horse from these pesky insects.

Help reduce the mosquito population by removing standing water (where mosquitoes breed), if possible add fish that eat mosquito larvae to water sources, and completely empty the stock tank periodically to rid it of any mosquito larvae. Keep horses stalled during peak mosquito feeding times of dusk and dawn and use mos-

quito repellants on them. Most products that repel mosquitoes will also repel biting flies. Many horse owners will attach insect proof face masks to their horses, to help prevent clusters of flies gathering around their eyes. Since wild birds are the source of WNV infection to mosquitoes, discourage them from roosting in the horse barn/stables. It is important to also talk with your veterinarian about vaccination for the viral diseases.

In our companion animals, fly strike can cause infection and pain. Mosquitoes can transmit potentially fatal heartworm disease to both cats and dogs. Cats in particular can be extremely sensitive to mosquito bites around their ears and face, leading to scabs, swelling, and itching.

To help prevent fly strike and mosquito bites, try not to leave your pets outside all day long during hot summer days. Eliminate standing water to help reduce the mosquito population. While there are many products available to repel flies and mosquitoes, it is extremely important that you talk to your veterinarian before applying a human over the counter insect repellent: many of them contain ingredients that are toxic to dogs and cats. In addition, don't assume that if the product is okay to use on dogs that you can use it in cats. There are many over the counter and dog-only products that can kill your cat. A monthly heartworm preventative (either a topical or a pill) can help prevent heartworm disease in your dog and cat, and some topical products now repel mosquitoes.

Remember, all of our livestock and companion animals are prone to mosquito bites and fly strike. For prevention, keep animals in at peak feeding times of these pests, do what you can to help eliminate standing water, and talk to your veterinarian about preventatives and repellents for our animals' protection.

# The White Gates

By Kaitlyn Camarato

One more step and she was there at the big, white, pearly gates. She wasn't moving entirely by herself, the rest was magic.

An old man was waiting for her. He had on an old pair of jeans, a plaid shirt, and a baseball cap.

"There's my baby girl!" he rasped out in a raspy yet gentle voice. The old man walks over and picks the baby girl up.

"Hello, Anna Marie," he said. His name is Grandpa Ralph. He kisses the tiny bundle in his arms. "Come on into Heaven baby girl."

Grandpa Ralph walked over to the gates and they majestically opened up with a touch of his hand. Grandpa Ralph walked over to a cloud high off the ground. Somehow he floated up to it. He set the baby called Anna Marie into the cloud; she gave a soft wail in reply.

"You'll like it hear; you'll grow up and play, and never die." He gave a tiny sniff.

In a few years Anna Marie grew to be the age of twelve, it was magic again.

"Grandpa Ralph," said

Anna Marie one day, "what happened to me? Why am I in Heaven?"

"Well," Grandpa Ralph drew in a deep breath. He knew this question was going to come soon. "Well, when you were born you were born about three months early. You were a very sick baby and your body and lungs weren't fully developed. Your body finally said it was done."

"Oh," said Anna Marie. "I miss Mommy and Daddy lots. I bet they miss me too."

There was a long pause, then Anna Marie stated, "I-I remember a warm purple blanket."

"Ah, your sister, Kaitlyn, made that for you."

"I have a sister?"

"Yes, and two brothers and a dog."

"Wow," whispered Anna Marie. She never knew she had siblings.

A few years passed, but only for people in Heaven. For people down on Earth it had been 45 years.

That day Anna Maria took a walk by the big white gates. There was a man crying and looking at her.

"My baby girl!" cried Anna Maria's father.

*Editor's Note: The above article was written as a school project by twelve year old Kaitlyn Camarato and is based on the passing of her own sister.*

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# Agriculture Secretary Declares 15th Annual National Farmers Market Week

By Marianne L. Kelly

There are more than 8,100 farmers markets throughout the country, 70 of which are in Vermont.

Recognizing the increasingly important role farmers markets play in our agricultural and food economy, Agriculture Secretary, Tom Vilsak declared the week of August 3-9, "National Farmers Market Week."

This week farmers markets across the country are hosting special events highlighting the services they provide that support family farms, availability of locally grown food that help grow and sustain rural economies.

Farmers Markets are key in providing local residents with fresh, convenient, healthy products affordably, and educating them in their use and in meal preparation. They are a great place for smaller, newer operations to get off to a good start.

A growing trend sees many farmers markets now accepting EBT cards, Farm to Family and Harvest Health programs, that help provide easy access of healthy products to low-income residents. Another growing trend is

public recognition that buying from farmers markets not only assures them of fresh local products, but the money spent usually remains in their communities.

On August 8, the USDA Farmers Market headquartered in Washington, DC will host a Healthy Back-To-School Challenge to show students and their families how to cook simple, healthy, delicious meals and snacks using fresh seasonal ingredients. In Vermont, the Northeast Organic Farming Association (NOFA-VT) continues to strengthen Vermont Farmers markets by supporting, educating and raising awareness of the benefits that farmers markets bring to residents throughout the state.

Locally, there are two farmers markets making their mark on our communities.

The Groton Growers Farmers market, established in 1995 by two friends who wanted a place for local growers to sell their produce, humbly began on the steps of a storefront in Groton Center.

Growing in stature over the years, Groton Growers moved from Veterans Park to its current location on the lawn of the Groton Community Building. This popular community market boasts a plethora of vendors from Groton and surrounding communities offering fresh seasonal produce, seasonal plants for the garden, homemade jams, jellies, pickles, relishes, baked goods, local meats, and unique gifts produced by local artisans. Those with extra produce from their gardens are encouraged arrange to sell them at the market.

Visitors to this market can have their knives, scissors and small tools sharpened by a local professional sharpener while they shop or enjoy lunch.

The Groton Growers actively offers, supports, promotes and encourages programs and workshops on growing and preparing one's food, and seeks ways to involve entire families in this endeavor. Like many markets, they constantly seek ways to involve and educate children and families in the importance of choosing healthy food and snacks, and encourage participation in market workshops and events. Their fall children's events such as pumpkin carving and their holiday markets are long standing community favorites.

Groton Growers accepts EBT and Debit cards, as well as Farm to Family and Harvest Health coupons.



The summer market takes place every Saturday from 9-1. The winter market takes place in the gym inside the building every third Saturday from 10-1. Check out their Facebook page for information, activities and events. New vendors are welcome.

The area's up and coming market is located in Bradford, on the lawn of the Bradford Academy Building on Route 5. Here as in Groton, you will find a wide range of seasonal vegetables, plants, baked goods, local meats, and local artisans selling their creations. They also encourage people to bring their extra garden produce to sell to the community, and can accommodate a few more vendors.

One goal of this market is to become a community gathering place. Another is to implement a program modeled on the Power of Produce (POP), a nationally recognized children's program begun in Oregon that encourages and gives children incentives to come to

market and learn more about where their food comes from. They also seek to work with a farm coordinator to encourage students to come to the market to meet and interact with local farmers.

The Bradford Summer Market takes place every Sunday, on the lawn of the Bradford Academy Building, Route 5, and is open from 10:30-2. The winter market takes place next door in the hall of the Methodist Church, the second and fourth week of each month from 10-2. Check their Facebook page for more information.

Both markets work tirelessly to be an important part of their respective communities, and a sustainable market for vendors.

National Farmers Market week is the best time to visit your local farmers markets, meet your local growers and treat yourself to GMO free produce. Remember the dollars you spend at your local market stays in your communities, and that benefits everyone.

See you at the markets!

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# Nervous Tension

This blend contains a group of safe herbs whose sedative properties are known throughout the world. Only in an encapsulated product such as this could they all be so easily combined. This blend can be expected to provide mild sedation and tranquilization at the recommended usage. Although some of the herbs in this blend are significant relaxants and sedatives by themselves, most of these herbs work best in combination.

**VALERIAN ROOT:** (Valeriana Officinalis), A strong pain relieving safe sedative herb for insomnia, anxiety, and depression, without narcotic side effects. It is also an effective anti-spasmodic and healant to the nervous system. Primary Uses: as a specific in any and all combinations for nervous tension, stress, insomnia, nerve and arthritic pain, menstrual cramping and muscle spasms; a specific with feverfew for the relief of migraine and cluster headaches; as a cardio-tonic agent to normalize heart palpitations while strengthening circulatory activity; as part of a safe calming formula for hyperactivity and restlessness in children; as part of a combination for hypertension and high blood pressure; as a brain tonic for mental exhaustion; as a calmative for hysteria and manic-depression where the cause is emotional or mental trauma; as part of a formula for indigestion from nervous stomach. Nutrients: calcium, choline, essential fatty acids, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**PASSION FLOWER, LEAF AND HERB:** (Passiflora Incarnata), Primary Uses: as a specific for almost every nerve, insomnia, and seizure condition, for rest and relief without the accompanying "narcotic hangover", effective in a formula to overcome alcohol abuse; in a treatment for asthma spasms; as part of a formula to relieve the pain of shingles; to control hypertension in children; as part of many tension headache combinations that also involve reducing high blood pressure. Amino acids & Calcium

**WOOD BETONY HERB:** (Betonica Officinalis), A sedative and analgesic herb with particular effectiveness for face, head and nerve pain. Primary Uses: as part of a headache, migraine or nervous tension pain for-

mula; in the treatment of neuralgia; as a relaxant in a stress formula. Nutrients: choline, magnesium, manganese, phosphorus. **BLACK COHOSH ROOT:** (Cimicifuga Racemosa), A precursor to estrogen, with anti-spasmodic, diuretic and hormone-balancing qualities. Primary Uses: as a specific in many female toning formulas, to relieve menstrual cramps and uterine disorders, encourage estrogen production, and during the last weeks of pregnancy, to facilitate childbirth; in the treatment of arthritic, neurological, and rheumatic pain. Secondary Uses: as part of a formula for ringing in the ears; as a muscle relaxant, as an anti-spasmodic in lung and mucous conditions. Nutrients: Calcium, Chromium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**SCULLCAP HERB:** (Scutellaria Latiflora), An aromatic powerful nervine, with wide ranging sedative, anti-spasmodic and calming use. Primary Uses: as a specific for every nervous system problem, including D.T.'s, insom-

and many others; for nervous tension and emotional upset; an excellent herb for a formula to break alcohol and drug addiction; as an anti-spasmodic for menstrual pain and cramping; as part of a formula for epilepsy, petit mal and seizures; as part of a high blood pressure combination. Secondary Uses: as part of a treatment for bedwetting; as part of a tonic for promoting focused meditation; to relieve hiccups. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**HOPS FLOWER:** (Humulus Lupulus), A sedative relaxant for the central nervous system. Primary uses: as a specific in formulas for insomnia, or to relax tension and anxiety. Secondary uses: as a relaxing astringent for control of nervous colitis and stomach ulcers; to decrease Delerium Tremens and desire for alcohol. Nutrients: Amino acids, calcium, chromium, magnesium, potassium, selenium, silicon, zinc. Vitamins B1, B3 & C.

*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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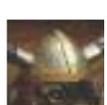
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By Ronda Marsh

# Raspberry Buttermilk Cake



Whenever I see a recipe for a small cake, I always give it a second look, and here's why: Unless I'm having company, or making it specifically for a gathering, I find full-size cakes often don't get eaten before they get stale or dry. I hate wasting time, effort, and ingredients to end up with what amounts to expensive food for the wild birds! I gleaned this little gem from the pages of the June 2009 issue of Gourmet magazine, and since we are in the middle of raspberry season, I thought now would be a great time to share it with you. Don't be put off by the fact that the word "buttermilk" is in the title. While buttermilk is a wonderful ingredient, the plain old truth is that I rarely have it on hand, because there just aren't that many uses for it, and I certainly am not going to buy a quart for the mere 1/2 cup required here. There is a very old and very simple trick for making a substitute for buttermilk, and it works every single time. Just add a little white or cider vinegar to regular milk and let it sit at room temperature for a while. VOILA!!! The acid works its magic, and you can just pretend that you're one of those people who actually keep buttermilk on hand! I also found that you can happily substitute the whole frozen raspberries (not the kind in syrup) for the fresh ones without any discernible difference in the end product. Just toss the frozen berries with a bit of flour before adding to the batter to keep them from sinking to the bottom. Again, sometimes a much more economical choice in the middle of winter! Thanks to the buttermilk (fake or otherwise), this cake has a really nice, fine crumb, and the sugar sprinkled on the top just before baking adds a great little crunch to it. Served with a scoop of vanilla ice cream and a cup of hot coffee or tea, it's my definition of a perfect dessert!

- |  |   |
|--|---|
| 1 cup all-purpose flour  | 1/2 teaspoon vanilla extract  |
| 1/2 teaspoon baking powder   | 1 large egg   |
| 1/2 teaspoon baking soda   | 1/2 cup buttermilk (OR, scant 1/2 cup milk with 1/2 teaspoon vinegar added) |
| 1/4 teaspoon salt  | 1 cup fresh raspberries (OR individually frozen raspberries)                |
| 1/2 stick butter, softened   |   |
| 2/3 cup sugar (and another 1-1/2 tablespoon for sprinkling the cake top) |   |

Preheat oven to 400°F with rack in the middle. Butter and flour a 9-inch round cake pan. Whisk together flour, baking powder, baking soda, and salt.

Beat butter and 2/3 cup sugar with an electric mixer at medium speed until pale and fluffy, about 2 minutes, and then beat in vanilla. Add egg and beat well.

At low speed, mix in flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined.

Spoon batter into prepared cake pan, smoothing top. Scatter raspberries evenly over the top (if using

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the frozen berries, toss them with a little flour to coat before scattering them, to prevent them from sinking to the bottom) and sprinkle with the remaining 1-1/2 Tablespoon sugar.

Bake on center rack of oven until cake is golden and a wooden pick inserted into center comes out clean, 25-30 minutes (the truth is, my oven actually takes more like 45 minutes.) Cool in pan 10 minutes, then turn out onto a rack and cool to warm, 10-15 minutes more. Invert onto a serving plate.

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