

# TRENDY TIMES

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AUGUST 19, 2014 VOLUME 5 NUMBER 23

## So Long Summer Hello Fall Festival

"Five Full Hours of Fun" is how Richard M Roderick President of the Wells River Action Program described the upcoming WRAP sponsored "So Long Summer -Hello Fall" Festival that is being held on August 30th from 9am -2pm

Roderick continued "You can start the day off by bringing your car to the BMU carwash at Wells River Chevrolet. While the class of 2015 washes your car you can sign up for door prizes in the showroom, walk over to Dad's 4by Tools and Supply and have your 20 pound LP gas cylinder refilled for \$10.00 and then stroll over to the Welcome Center for coffee and baked goods at the WRAP bake sale and Lily B's cupcakes." "Your car should

cleaned by then," he concluded.

Main Street will be alive with all kinds of activities. Main Street Mobile, Copies and More, Burnham Shoe and Baldwin Memorial Library will have sidewalk sales and/or in-store specials. The sidewalk will also be lined with vendors offering everything from crafts and woodcrafts, homemade bread, egg rolls, maple syrup, Mary Kay Cosmetics, photographs, fleece blankets, home décor, CDs, DVDs, colored glassware to yard sale, flea market and attic treasure items. A Sharp Edge is offering on site knife, scissors and small garden tool sharpening while you are at the festival.

The Newbury Conserva-

tion Commission, Vermont Forests and Parks and the Dean Memorial Airport will all have booths with information and handouts about the programs they offer.

The Wells River Garden Club is sponsoring the "Share your Harvest" vegetable table and the Giant Zucchini Contest; registration is at 10:00am and weighing at noon

Next to Big Cones Ice Cream festival attendees or perhaps Oxbow Softball team rivals can try out their pitching skills at the Dunk Tank hoping to dunk one of the Oxbow Softball team members.

Back by popular demand Hod Symes and his group of re-enactors will give a walking tour of the history of Wells

River. The tour departs at 10:30am from the old school house. If you missed the tour last year at the Newbury 250th celebration you won't want to miss this year's tour. The tour will conclude at noontime, which will be just in time to take advantage of the lunch specials at the Happy Hour Restaurant and TJ's Lunch Counter. TJ's is also having gift certificate drawing.

NEK Astronomy Foundation Inc. Space Camp Director Brad Vietje will conduct a workshop on building and using a "Galileoscope" telescope from noon - 2pm inside the Baldwin Memorial Library.

Wells River Village is celebrating its 125th anniversary of the incorporation of the village in 2014. In addition to the history tour, a special postmark commemorating the incorporation of the Village is available at the Post Office from 8:30am to 11:00am. A photo display of



"Then and Now" photos of Wells River will be on display in store front windows during the festival and continue to Mid October. And from now until the festival you can hear 12 Special Moments in Wells River History on WYKR 101.3 FM at 11:30am, 2:30pm and 6:30pm or at WYKR.com

Vendors many still sign up by contacting WRAP using the contacts below.

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 or contact Richard M Roderick at 802-757-2708; maxinpalau@hotmail.com

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# TRENDY Dining Guide

## Eating Out (Of The Area)

By Gary Scruton

This column has been a place to write about one of our local restaurants listed in the Trendy Dining Guide. But this column is going to be dedicated to an eating experience outside of this area. Actually it will be about several eating experiences, during a recent trip.

The first place I want to mention is a little spot called the Cooperstown Diner. Yes, we had the chance to visit Cooperstown, New York, home of the Baseball Hall of Fame. Part way thru looking thru this great hall we took a break to find a mid day meal. We found this little diner. Little may even be generous. As we walked in the front door there was a table for four to our left. To the right was a counter with two seats on the end and then a row of about eight. Not much room at all. But the meal was different. My wife and I both ordered a burger. I thought it was a bit unusual that the waitress did not ask how we wanted them cooked, but with patience we found out. What came out could have been three or four burgers. The diameter was similar to a large burger but the thickness looked like the finest thick steak. So much so that my wife cut it in half (making two patties) and still had a hard time finishing it. Personally I took the challenge and ate the whole thing along with some steak fries and was filled for many hours to come. By the way, the price was no more than one would expect to pay.

The second portion of our trip was a visit to Niagara Falls. We spent a Saturday on the US side of the Falls in a New York State Park. Here we found a snack stand that offered a decent variety of foods at a reasonable cost. And they offered it quickly with an efficient ordering and pick up system.

For the evening meal we tried a chain restaurant. The food was good, the service was adequate, but the prices were way above what is nationally advertised. And, it turned out, this was not the only eatery that had that same philosophy. On Sunday morning we tried another chain, this one known for their breakfast. Our group of four, with one eating only a small amount, saw a bill, including tax, of about \$75. That included \$3.50 for a cup of coffee (refills were free). We also visited a couple of fast food establishments while in Niagara. Again, the prices were not what you would expect to see in any other similar establishment. Just a burger or fish sandwich, with fries and a soda cost us about \$20 for two people.

The reason for this column is not to complain (too much) about the prices we paid. We fully expected that there would be some premium to be paid when visiting a tourist area. But it is meant to let readers know that when you make plans to visit any popular site, plan ahead with your budget. In today's world most restaurants have a web site and offer a sample menu and prices. There are Chambers of Commerce for most areas that offer links to attractions and local businesses. And there are plenty of other online sites that give you information so that you are aware. But please, do not allow prices to keep you away. Enjoy life, enjoy the opportunities life offers, and enjoy your friends and family.

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Educate your tastebuds,  
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every issue!

# Little Women

By Gary Scruton

An almost full house greeted the cast of the latest production from Old Church Theater. The Little Women, along with four men and a somewhat cantankerous aunt, took the audience back to the 1860's and the time of the Civil War. The war was not the main focus of this production, however. Instead it was those left behind to tend to the chores of living. The story of Little Women is well known, and much loved, by many. So for this group to take on the task of bringing this story alive, it was a challenge. In my opinion, the challenge was met.

Gloria Heidenreich, the director for Little Women, opened the evening with a shout out to a member of last year's Anne of Green Gables audience for suggesting this particular story. She mentioned that after rereading the book and searching for a script that would work, she was ready to proceed. And she did a fine job of casting the production. With several first time actors, plus a few seasoned performers she was able to bring this group together for an enjoyable, well presented performance.

The four daughters fea-

tured three young actresses, and one with some definite experience. Together they made a very believable family that interacted as though they had grown up together. The lines were well rehearsed, yet sounded more like conversation among siblings. The glue that held that family together was excellently portrayed by Athene Chadwick who portrayed Marmee (Mother) the matriarch who had to deal with sickness, daughters coming of age, a relative with an attitude, and neighbors who became friends.

Other than the Little Women there were actually four male actors who performed some intricate roles on the boards. Charles Fray is a long time, and very skilled, member of Old Church Theater's acting core. In this production he got away from his "bad guy" roles and though at first considered a bit eccentric, became one of the best friends the March family could want. Add to that the fact that his grandson was also a major factor in events to come and Mr. Lawrence became a real hero. There was also Parker Hogan portraying Laurie. In

his third year in a row of doing a classic play, Parker has grown to be a seasoned actor who again did a fine performance.

The bottom line is that once more Old Church Theater has picked a great story, and portrayed it in a more than worthy manner. Congratulations to the cast, the director, and to the Board of Directors for continuing to bring such productions to the area.

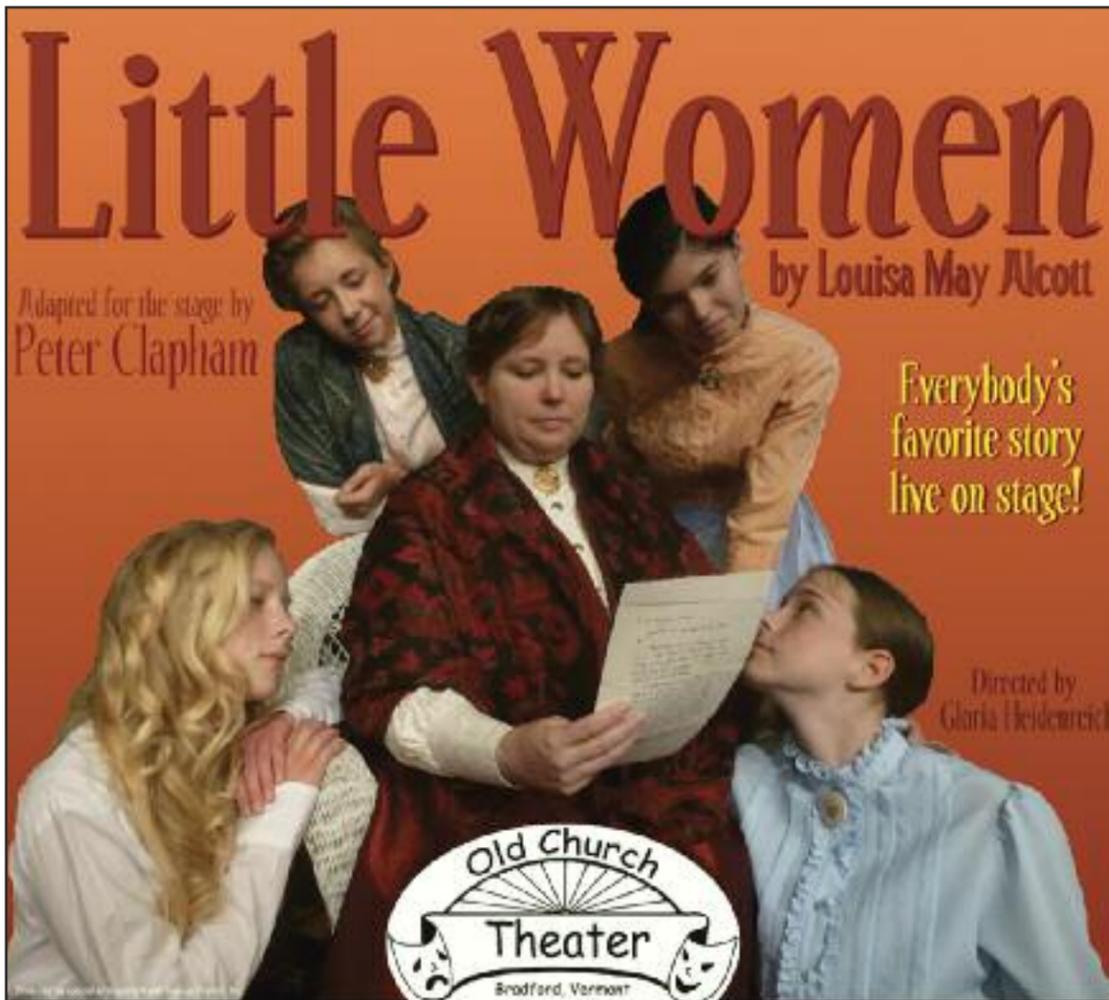
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## Stone Wall Building

On Wednesday, August 20th, the Ryegate Historical Society, along with the Barnet Historical Society, will present an evening discussion on the building of stone walls. Our guest speaker is Kevin Gardner, who is not only a stone wall builder, but also a teacher, performance critic, writer, host & producer for New Hampshire Public

Radio and author of The Granite Kiss. He will speak on the how and why New England came to acquire its thousands of miles of stone walls and their significance to our landscape. Everyone welcome.

Ryegate Corner Presbyterian Church. Wednesday, August 20th -- 7:30 p.m.



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# New HAMPSHIRE HOUSE UPDATE

By Rich Ladd - Haverhill

The six New England governors recently met with the Eastern Canadian province premiers to discuss delivering clean energy to the New England Region. The governors committed to regional cooperation on energy infrastructure. Governor Hassan said, "Certainly we have a region of our country where we are facing increasingly expensive costs... We need to increase our energy efficiency efforts as well as create a more diverse, clean energy

portfolio... The regulators also understand that what this is all really about is economic development and the capacity for our businesses to create jobs and for our people to flourish."

According to NH Business Magazine, natural gas equals 46% of New England's power, a significant increase from natural gas use ten years ago. During winter months, demand significantly constricts the natural gas supply. Last winter alone, New England energy

costs increased by \$3 billion from the preceding year. New England coal, oil and nuclear plants are retiring and the governors stated that this condition supports the need to build more gas pipelines and hydro transmission lines from Canada.

Northern Pass, as backed and funded by Hydro-Quebec, could potentially resolve southern New England's energy needs, but to what degree will the transmission project impact NH's tourism, jobs, property values, environment and life style?

In an effort to learn more about electrical transmission line impacts, I visited the Hydro-Quebec Manic 5 dam and transmission facility in northeast Quebec this past week. This transmission facility is the site of the largest arched dam in the world. I was impressed by the massive structure and with the fact that this singular dam produces 1600MW of electrical energy while the Northern Pass project will transmit approximately 1200MW. Hydro-Quebec is a government owned public utility that provides its shareholder, the Province of Quebec, \$8.9 billion in annual dividends. Hydro electricity is clean, affordable, and I saw positive community impacts to towns along the St Lawrence River. The one significant drawback that I encountered is with the monster towers that visibly crisscross Quebec's landscape. I can only imagine the negative consequences tall towers would have in tiny, scenic New Hampshire. As proposed, Northern Pass will impact property values, environment, tourism and lifestyle. The Governor and Legislators should encourage affordable energy, but insist that the line be buried. Further, if Alaska can profit from the oil pipeline, then NH should also demand benefit from Northern Pass as an energy conduit to the south.

# Grafton County UPDATE

By Grafton County Commissioner Linda Lauer

Now that the weather is staying hot, those of you who drive past the Grafton County Complex in North Haverhill may notice activity in the vegetable fields and wonder about the County farm operation. The Grafton County Farm includes a dairy farm, a small piggery, a vegetable farm and farm stand, and an actively managed woodlot.

Much of the work on the farm is performed by inmates from the County Department of Corrections. In 2013, inmates worked a total of 11,550 hours on the farm, including 655 hours at the Farm Stand. The first Grafton County Farm Stand opened in 2003 and was a temporary structure that was re-assembled each year. The current wooden farm stand was built in 2008 by a crew of inmates. Every season a new "crop" of inmates can be found tending the fields, picking the crops and manning the stand. The use of inmates on the Farm is not done simply to have cheap labor. Experience has shown that inmates who are given responsibilities around the Farm and who put in a hard day's work are less likely to return to the Corrections Facility in the future than those inmates who are simply incarcerated.

The farm grows a variety of vegetables, including potatoes, squash, beans, corn, tomatoes, cucumbers, cabbage, onions... the list goes on and on. Several years ago the Farm added some laying hens so that they could offer their own Farm fresh eggs. Vegetables that are grown at the Grafton County Farm are used in multiple locations. Last year, vegetables were sold to Belknap, Hillsborough, Merrimack and Strafford Counties for use in their respective Departments of Correction. Produce is used locally at the Grafton County Nursing Home, and over \$25,000 worth of produce was used in the Grafton County jail kitchen last year. Produce is also donated to out-

side agencies, including the Horse Meadow Senior Center, local churches and food pantries, and other nonprofit groups. The Farm Stand does a steady business selling produce to individuals who want fresh, locally-grown vegetables. With the growing interest in and, for many individuals, concerns about genetically modified foods, it's important to note that Grafton County Farm does not plant any genetically modified crops.

We are fortunate to have the expertise of the UNH Cooperative Extension office available at the County Complex. In fact, many of you may have wondered about the greenhouse that suddenly appeared in the vegetable field in late 2013. The greenhouse was originally located behind the County Complex, but was moved in a cooperative effort between UNH Cooperative Extension, the Grafton County Maintenance Department, and the Grafton County Department of Corrections. The move was funded in part through a grant from the Anna and Raymond Tuttle Environmental Horticulture Fund, which seeks to "support teaching, research and outreach activities within the University of New Hampshire's horticulture program". In its new location and configuration, the structure can be used for both greenhouse and high tunnel research. Since its relocation, UNH Cooperative Extension Field Specialist Heather Bryant has completed a winter greens trial and workshop, and is currently finishing up research on tomato varieties.

Finally, I want to remind my constituents that I am a public servant-and you are the public that I have sworn to serve. 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/lindalauer](http://www.democracy.com/lindalauer).



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Not all Times are Trendy but there will always be Trendy Times August 19, 2014 Volume 5 Number 23

# From The Desk Of NH State Senator

*Jeanie*  
**FORRESTER**

Dear Constituents,

At the end of every legislative session I begin my formal visit to each of the Selectboards in the 27 towns in District 2. Even though I send out a written legislative update to keep town officials informed as to what's happening in Concord, it is important to make a personal visit. This visit keeps me up-to-date on what's going on in their community and gives them an opportunity to ask me questions. From my smallest town of Ellsworth to my largest town of Meredith, Selectmen and constituents have always welcomed me and for that I am truly grateful.

A couple weeks ago I visited the Sanbornton Selectboard and among the issues we discussed was the recently passed legislation relative to flood control reimbursement, which has a direct financial impact on Sanbornton.

As background, in 1957 the Merrimack River Valley Flood Control Compact was established between New Hampshire and Massachusetts in order to deal with the devastating impact of loss of life and property due to regular flooding downstream. The agreement was to build large dams along the Merrimack River watershed in order to control flood waters and protect property. This agreement involved 18 New Hampshire communities including four District 2 towns (Bristol, Hill, New Hampton, and Sanbornton).

In order to build these dams, land in towns that were needed for flood control was taken by the U.S. government. In some communities, entire villages were flooded, cemeteries

moved, and farms lost. Once it became government land, the towns lost the taxable revenue on the land forever. An agreement (the Compact mentioned above) was approved by New Hampshire, Massachusetts, and the U.S. government that spelled out how the communities would be compensated for the value of that lost land -- Massachusetts would be responsible for 70% and NH would be responsible for 30%. Per the agreement, the value would be determined annually and NH would compensate the communities and then seek reimbursement from Massachusetts for their 70%.

Years ago Massachusetts stopped reimbursing us and we were not aggressive about getting reimbursed, but the state kept their commitment to the communities by covering the lost tax revenue.

In FY 2012/13, the governor's recommended budget funded only the state share (30%) which meant that the towns did not receive the 70% share that the state had historically paid.

Thanks to the initiative in the Senate, the next budget required the state to fully compensate the towns under the compact.

Also under the Senate's ini-

tiative, the legislature passed a bill directing the NH Attorney General to aggressively pursue getting past funds owed from Massachusetts. The Attorney General was successful in negotiating a settlement on the arrearage owed by Massachusetts in the amount of \$1,112,377, which was the "full and final payment of all asserted liabilities under the Compact for all years prior to and including FY 2012" which ended on June 30, 2012.

Now that NH was successful in getting the past due funds, we had to create legislation to get the money back to the towns. So, the next piece of Senate-initiated legislation (SB370) called for the full reimbursement to towns from the settlement monies. This would have made the towns whole for the two years in which only 30% of the money was provided for the lost land and tax revenue.

The bill passed the Senate and was promptly killed by the House Finance Committee. In an effort to hold true to our commitment and get these funds back to the communities, the Senate added the language of SB370 onto HB1282 (relative to prepaid contracts for home heating fuel). The House did not agree with the added language and the bill ended up in a committee of conference (a meeting where House and Senate members negotiate final language of the bill).

In conference, the House offered half the funds and would not budge—House members on the committee were willing to let all the flood control money go back into the general fund, thereby denying the towns the money they were

owed. This was disappointing and frustrating for all those Senators who worked so hard to get this money--money that is rightfully owed--back to the towns. With the risk of the entire bill being killed, the Senate was forced to accept half payment for the towns.

The Massachusetts reimbursement for FY 2013 has not yet been settled by the Flood Control Commission, and municipalities are still owed reimbursement for FY 2013. However, the Department of Revenue Administration did make full payment to municipalities for FY 2014 and will do so again for FY 2015 per the requirement in HB1282.

It is important that the state keep the promises it made to the 18 communities who gave up their land and tax revenue for

the overall good of New Hampshire and Massachusetts. To that end, I will continue to work with others to assure these communities receive all funds owed them now and in the future. (This is a perfect example of why I have concerns about proposed projects that are for "the greater good"—promises made, but not kept, and communities suffering for it.)

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

Your Senator from District 2  
Jeanie Forrester

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# 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 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

## WEDNESDAY - SUNDAY

**AUGUST 20 - 24**  
**CALEDONIA COUNTY FAIR**  
Mountain View Park, Lyndonville  
*See ad on page 7*

## WEDNESDAY, AUGUST 20

**SCHOOL DAYS MEMORIES**  
7:00 PM  
Bradford Academy Auditorium

## STONE WALL BUILDING

7:30 PM  
Ryegate Corner Presbyterian Church  
*See article on page 3*

## THURSDAY, AUGUST 21

**MUSIC IN THE PARK:**  
**DAVE LAPHAM & FRIENDS**  
6:00 PM  
Groton Veterans Memorial Park

## VFW POST #5245 MONTHLY MEETING

7:00 PM  
VFW Hall, North Haverhill

## FRIDAY & SATURDAY

### AUGUST 22 & 23

**LITTLE WOMEN**  
7:30 PM  
Old Church Theater, Bradford  
*See article and ad on page 3*

## SATURDAY, AUGUST 23

**2ND ANNUAL WHITE MOUNTAIN GRAN FONDO**  
8:00 AM  
Loon Mountain Resort, Lincoln

## 3RD ANNUAL TOMATO FESTIVAL

9:00 AM – 1:00 PM  
Groton Community Building  
*See article and ad on page 8*

## 8TH ANNUAL MIKEY WILLIAMS

**SOCCER GAME**  
11:00 AM and 1:00 PM  
Woodsville High School  
*See ad on page 7*

## ROCKING CHAIRS STREET DANCE

Bath Common

## SUNDAY, AUGUST 24

**LITTLE WOMEN**  
4:00 PM  
Old Church Theater, Bradford  
*See article and ad on page 3*

## BERLIN JAZZ

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

## MONDAY, AUGUST 25

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

## BOOK DISCUSSION OF PHILOMENA

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

## TUESDAY, AUGUST 26

**VT PRIMARY ELECTION DAY**  
A Ballot Box Near You

## WEDNESDAY, AUGUST 27

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

## SATURDAY, AUGUST 30

**SO LONG SUMMER HELLO FALL FESTIVAL**  
9:00 AM – 2:00 PM  
Wells River  
*See article on page 1 and ad on page 11*

## SUNDAY, AUGUST 31

**MARK SHELTON**  
**50'S, 60'S, ROCK**  
6:00 PM – 8:00 PM Rain or Shine  
Corner of Main St & Prospect St, Bethlehem

## BOOK CLUB FOR WRITERS DISCUSSION

7:00 PM  
Haverhill Corner Library

## MONDAY, SEPTEMBER 1

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

## TUESDAY, SEPTEMBER 2

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

## CONNECTICUT VALLEY SNOWMOBILE

**CLUB MONTHLY MEETING**  
7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, SEPTEMBER 3

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

## SATURDAY, SEPTEMBER 6

**ALZHEIMER'S WALK**  
9:00 AM  
Grafton County Complex  
*See article on page 13*

**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 28th for our September 2nd issue.*

# Groton Free Public Library Events

Mon, Aug. 25, 7pm: Book & Movie Discussion of *Philomena*, part two of our Page-to-Screen Summer Series. Join us if you have read the books AND/OR seen the movie! Contact Anne at the library if you would like to borrow a copy of the book by Martin Sixsmith.

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

ideas and projects-in-process – or – just join us!

Saturday, Oct. 4: GFPL goes LIVE! All patrons receive new barcodes, just like our books, and you will now see all of our books, movies & audiobooks online from any computer. Take advantage of free services such as online continuing education courses & online ancestry research.

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/GrotonFreePublicLibrary and at our website: www.grotonlibraryvt.org

# Bath Library Book Club

The Bath Library Book Club will be discussing "Beautiful Ruins", by Jess Walter on Thursday, September 11th at 6 pm at the Bath Public Library. On a rocky patch of Italian coastline, circa 1962, a daydreaming young innkeeper looks out over the water and spies a mysterious woman approaching him on a boat. Books may be picked up

at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information, please contact the library at 603 747-3372 or email bathlibrary@together.net.

# 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.

Cribbage will start at the senior center on Wednesday, September 17 at 7:00 p.m. For more information please call Sally Osgood at 222-5746.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-

the meeting starts at 5:30 p.m.

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

The time for the computer class has changed to 3:00 p.m. until 5:00 p.m. on Wednesdays starting August 27. This class is for all levels.

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.

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

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

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

Orange East Senior Center is holding informal Line

Dancing classes for exercise and just plain fun, each Tuesday at 10 a.m. Come On Down!

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# AND TO THINK I SAW IT AT THE CALEDONIA COUNTY FAIR AUGUST 20-24, 2014

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## AGRICULTURAL FAIR with family entertainment

GATES OPEN AT 7AM

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### WEDNESDAY, AUGUST 20 CHILDREN'S DAY

- 9 AM BEEF JUDGING
- NOON COIN SEARCH
- 2 PM YOKED CATTLE SHOW
- 3 PM COLGATE COUNTRY SHOWDOWN
- 6 PM MINI-HORSE PULL

### THURSDAY, AUGUST 21 HONOR OUR TROOPS

- 9 AM YOUTH CATTLE JUDGING
- 9:30 AM FARM TRACTOR PULL
- 10:30 AM PONY PULL, 1850 LBS.
- 2:30 PM PONY PULL, 2250 LBS.
- 7:30 PM PONY PULL, FREE FOR ALL

### FRIDAY, AUGUST 22 LUMBER DAY

- 9 AM CATTLE JUDGING-OPEN SHOW
- 10:30 AM HORSE PULLING 3100 LBS)
- 2:30 PM HORSE PULL (DISTANCE IN 5 MINUTES/TBA)
- 3 PM HORSE PULL- DYNOMETER
- 6:30 PM 4 X 4 PULL
- 7:30 PM HORSE PULL, 3,300 LBS.

### SATURDAY, AUGUST 23 FAMILY DAY

- 8 AM GARDEN TRACTOR PULLS
- 9 AM GYMKHANA
- 10 AM CATTLE COSTUME CONTEST
- 10:30 AM HORSE PULL, 3,200 LBS
- 11:30 AM GRAND CAVALCADE
- 1 PM SHEEP AND GOAT SHOW
- 1 PM TRACTOR RODEO
- 2:30 PM HORSE PULL, 3,500 LBS.
- 7:30 PM HORSE PULL FFA

### SUNDAY, AUGUST 24 DEMO DAY

- 8 AM HORSE SHOW - ALL DAY
- 10 AM OX PULL, 2,000 LBS
- NOON PIG SCRAMBLE
- NOON OX PULL, 2,400 LBS.
- 1:30 PM OX PULL, 2,800 LBS.
- 3 PM OX PULL, 3,200 LBS.
- 5 PM OX PULL - FREE FOR ALL



## ADVANCE SALE TICKETS ONLY \$14!

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## 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

WHS Mens Alumni  
vs.  
WHS Boys Varsity Soccer Team

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

**3RD ANNUAL TOMATO FESTIVAL**  
 Saturday, August 23, 2014  
 9:00 am - 1:00 pm

Featuring  
 Several Varieties Of Tomatoes  
 Tomato Specialties From Our Vendors

Local, Fresh Seasonal Fruits & Vegetables  
 VT Maple Syrup • Local Meats & Eggs • VT Cheese  
 Breads, Pies, Pastries, Cookies & Muffins  
 Breakfast Sandwiches and Eggrolls  
 Jams, Jellies, Pickles & Relishes

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# Groton Growers Celebrates 3rd Annual Tomato Festival

One of the highlights of the growing season is the annual tomato festival hosted by The Groton Growers Farmers Market. This year's event takes place on Saturday, August 23, from 9-1 on the front lawn of the Groton Community Building, Route 302.

This year's festival features several varieties of tomato offered by local area growers. In addition some

food vendors will offer their own tomato specialties.

Visitors can also purchase locally grown, freshly picked seasonal vegetables, meats, eggs, locally produced cheddar cheese, homemade breads, pies, pastries, jams, jellies, relishes, egg rolls and more from the market's food producers. Those looking for a special gift will find quilted purses, parachord jewelry,

jewelry made from recycled materials, wood-burned cheese boards, embroidered towels, embroidered children's aprons, lace bookmarks and more.

Don't forget to bring your knives, scissors and small garden tools to be sharpened while you shop and enjoy everything this family friendly market has to offer.

See you at the market!

# St. J Players Auditions

St. Johnsbury, Vermont – The St. Johnsbury Players, the Northeast Kingdom's oldest continuously performing community theatre company, proudly announces it will hold auditions for the stage musical "Bridge to Terabithia", based on the class Newbury Award-winning children's novel by Vermont author Katherine Patterson. Auditions will be held at the ST. Johnsbury School Auditorium on 346 Western Avenue on September 7th and 8th from 6-9pm. Those auditioning should bring a short (1 minute) section of a prepared song and will be asked

to do readings from the play's script.

Patterson, adapting the play from her own novel follows Jesse, a young man who is alienated from the pragmatism of his family and rural Virginia culture, and draws and dreams of becoming something special. Leslie, the new girl from the city and the ultimate outsider, opens a world of imagination, art and literature to him. Together, they create Terabithia, a fantasy kingdom where they are safe from those who don't understand them. When tragedy strikes, the strength gained in Ter-

abithia takes Jesse forward on his own and lets him share the magic of his dreams.

The play's cast calls for one male mid 20's to mid 40's non singing, one female mid 20's- mid 40's non singing, one female mid 20's- mid 40's with singing, one female late teens early 20s non singing, one 6 to 8 year old female supporting actress with singing, the lead boy (Jesse) aged 12-15 with singing, and the lead girl (Leslie), aged 12-15 with singing. Additionally, there are roles for non speaking, speaking, and choral members both male and female in ages 10-15. We are also looking for back stage help. If there are any questions please contact director Erika Scherer at 802-274-1833 or producer at Sarah Begnston 802-274-4496

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93- 34"X8' ADJUSTABLE RAIL	\$215	-50%	\$107.50
9- 36"X8 RAIL	\$205	-50%	\$102.50
72 40"X8' RAIL	\$223	-50%	\$116.50
18- 40"X6' RAIL	\$228	-50%	\$114.00
50-48"X8' RAIL	\$249	-50%	124.50

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# The Bath Covered Bridge is now open!



## We invite you to Rediscover Bath Village



### At The Hop Ice Cream Shop & Gift Shop

- Enjoy delicious ice cream treats served in real glass dishes, all in air conditioned comfort
- Customize your ice cream with your choice of toppings
- Sit at the counter or sweetheart tables
- Play your favorite oldies from the juke box
- Largest pop culture memorabilia collection in the tri-state area
- Unique weathervanes, souvenirs, gifts and collectibles

### American Heritage Gallery of Art

- Original paintings, prints, and photos by renowned artist, Craig Pursley
- Watch as he paints beautiful works of art each day

### The Little Grille Burgers & Fries

- The best burgers you've ever had! They use only the freshest ingredients and build it just the way you like it. Served with french fries, sweet potato fries, or onion rings
- Seafood baskets served with french fries and apple cranberry coleslaw

### The Brick Store

- 160 different flavors of *Nancy's Homemade Fudge*, made with real cream and butter
- Home-smoked cheese, pepperoni, summer sausage, bacon, and Canadian bacon from *Jim's Smokehouse*. Enjoy snack size packets on the go!
- Homemade buttermilk donuts made daily Mon-Fri, sold individually or by the dozen. Get 2 free on Tuesdays with a coffee
- Homemade baked goods daily: muffins, cakes, and cookies. Giant cinnamon rolls on Sat and Sun
- Homemade sandwiches, breakfast sandwiches, and lunch specials daily. Plus cold sodas including Brick Store soda, cold beer, and over 25 craft beers
- Many local products such as Alex Sutherland's eggs, Bernie Marvin's mixes, Seven Birches wine (Windy Ridge), and Minot Farm syrup
- Essentials: groceries, bulk spices, and services like dry cleaning, snowmobile & OHRV registrations
- Unique and fun clothing including many one-of-a-kind T's, fleece, and hoodie sweatshirts; fun loungewear and PJ's; unique socks and suspenders; hats; and Johnson Woolens
- Relax in the rocking chairs on the front porch or enjoy the view from the picnic tables on the deck overlooking the Ammonoosuc River and the new Bath Covered Bridge



The Raymond S. Burton Fire Academy in Bethlehem was dedicated and opened last week. Among those attending were Sugar Hill Chief Allan Clark, North Country Sen. Jeff Woodburn, Gov. Maggie Hassan, Division of Fire Standards and Training Director Deborah Pendergast, Bethlehem Fire Chief Jack Anderson and Executive Councilor Joe Kenney.

# Blueberrying

By Elinor P. Mawson

Among all the other things my husband and I have in common, is the fact that we went blueberrying when we were kids/

We happened to have a parent (in his case, his dad, in my case, my mother) whose favorite thing in the world was picking blueberries. Fortunately, there was only a short time each year when the berries were ripe; otherwise we would have considered mayhem.

My mother would wear jeans (she never wore them otherwise) with a belt in order to hold her "picking pail". She'd gather up every pail and container she could find, and with the biggest cooking pot in hand, she would be ready to go.

My father in law went through something similar, including the belt and the number of containers. My husband watched all this in something akin to panic, since he knew how the day would turn out.

Mother's picking ground was about a mile into the woods. "Let's go, girls," my mother would proclaim, and we would start off, trying not to whine and complain as we slogged through marshy places and ducked under barbed wire fence. Sometimes we would have to dodge a herd of cows whose field we were encroaching--but my mother would not notice our discomfort or fear. SHE was going to pick blueberries and nothing would stop her.

When we finally got to the blueberry field, her admonitions were always the same. "Girls, we aren't leaving until all the pails and other containers are full. That means you have to pick every blueberry you see, don't eat any, don't spill any, and watch the ground for cow pies and yellow jacket nests." That being said, she went off happily, her pail at the ready.

Both my husband and I thought that the day would never end. We wandered from bush to bush trying to find the place that we could fill our pail the quickest. We were always thirsty! Mosquitoes and deer flies bothered us incessantly. And inevitably we got caught in patches of briars or burrs or nettles. AND OF COURSE WE COULDN'T COMPLAIN!

When the buckets were completely filled up, our parents would finally decide to go home, although it was reluctant. We would return to the car with bites and welts we didn't have at the beginning of the day. And all the way, we were reminded not to spill any berries or our lives would be in jeopardy.

We were sullen and cranky.

As soon as we were old enough to anticipate blueberry season, both of us thought of various excuses to not participate. In my husband's case, I think it was early football practice that kept him away from the annual aggravation. I don't know what my excuse was, but it must have been a good one, because my blueberry picking days finally came to an end.

For years, I refused to eat blueberries.

And neither my husband nor I have ever picked blueberries since. At even \$7.00 a quart, they are cheap at the price.

August 19, 2014 Volume 5 Number 23

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

**NORTH HAVERHILL, NH** - Splendid renovation skills brings this historic Unique 3 bedroom Cape back to a charming home. Formal Dining Room, Eat-in Kitchen, hardwood floors, gas heat stove and pellet stove. Terraced gardens and oversized Amish Shed. Convenient to town. \$147,500.

**HAVERHILL, NH** - Summer fun awaits you. Short walk to the beach or the in-ground pool. Spacious Cape with an open floor plan, tons of natural light, lovely stone face fireplace, 1st floor bedroom, 1st floor bath room, 2nd floor master bedroom with balcony, L shape 3rd bedroom, skylights, woodstove in lower level, wrap deck, 2 car garage w/storage. Mountain Lakes has so much to offer. \$145,500.

**HAVERHILL, NH** - Log home with open concept. Fine interior on 2 levels, kitchen with high ceiling, living room with gas log heater, entire 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. \$149,500.

**WOODSVILLE, NH** - Classic New Englander - Great place for a growing family. Large Eat-in Kitchen with floor to ceiling cabinets, formal dining room, office or den with built ins, 4 bedrooms. Hardwood floors, walk in closet in master bedroom, 2 car attached garage and rec room or storage over garage. \$37,900.

**HAVERHILL, NH** - Comfortable living very well maintained Chalet. Open concept with cathedral ceilings. Plenty of natural light, plus a great screened in porch. Living Room with brick fireplace, 3 bedrooms, Eat-in kitchen, 2 full bathrooms, family room in lower level, loft area, nice size lower level deck, shed, ROW across street for access to the lake. Enjoy the summer and winter activities at Mountain Lakes. \$151,500.

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# Kingdom County Announces "Eight Great Nights" 2014-15 Performance Series

Kingdom County Productions (KCP) will open its sixth Northeast Kingdom performance season at 7:30pm, Friday, September 19th with an exclusive northern New England concert by The Infamous Stringdusters, the Grammy-nominated bluegrass supergroup that defies categorization by stretching the boundaries of traditional music to create a distinctive and evolving sound unlike any other.

A week later, at 7:30pm, Saturday, September 27th, KCP will continue its "Eight Great Nights in the Kingdom" series with a special return engagement of the popular "little orchestra," Pink Martini, the 12-member Portland ensemble that creates an intoxicating blend of pop, samba, Cuban dance, chamber music, and film noir. And at 7pm Tuesday, October 21st, KCP will stage a first-time collaboration between legendary New Orleans musicians Allen Toussaint and The Preservation Hall Jazz Band.

All three fall concerts will be staged at Fuller Hall, St. Johnsbury Academy – and reserved seats are now on sale for these and other Kingdom County productions. Tickets can be purchased online at KingdomCounty.org, by calling 888-757-5559, or in person at the Catamount Regional Box Office in St. Johnsbury.

Other concerts and performances slated for this season include what promises to be a spellbinding holiday concert by award-winning choral ensemble, Seraphic Fire—at 7:30pm, Friday, December 5th at the North Congregational Church. Singers from across the United States will perform the group's Grammy-nominated "Seraphic Fire Christmas." At 7pm, Tuesday, February 10th, KCP will present a first-time collaboration between Zap Mama and Antibalas in a sizzling Fuller Hall concert that combines Afro-Beat, Latin funk, and high octane drumming from Cuba

and West Africa.

KCP's annual Shakespeare performance will be staged at 7pm, Thursday, March 26th when the Tony Award-winning troupes, The Guthrie Theater and The Acting Company perform "MacBeth" at Fuller Hall. Area schools will see the show the following morning, March 27th. The Russian National Ballet will return to the Kingdom 7pm, Thursday, April 9th for a performance of the classic story ballet, "Giselle" at Lyndon Institute and, at 7:30pm, Saturday, May 2nd, Ethan Lipton and his Orchestra will perform the hilarious Obie Award-winning musical satire, "No Place to Go" – about a nocturnal playwright whose temp day job as "information refiner" gets outsourced—to Mars.

This series is presented by produced by Kingdom County Productions working in association with presenting sponsors Lyndon State Col-



The Infamous Stringdusters to kick off the 2014-2015 calendar of events. Performance to take place at Fuller Hall on Friday, September 19th.

lege, Passumpsic Savings Bank, Catamount Arts, Burlington Arts Council, St. Johnsbury Academy, Vermont Broadcast Associates, Vermont Public Radio, and individual show sponsors. Founded in 1991 by impresario/filmmaker Jay Craven and theater producer and filmmaker Bess O'Brien, Kingdom County Productions is a 501 (c) 3 non-profit arts organization that works to animate the spirit of community through the practice of per-

forming arts presentation, innovative arts education, and place-based narrative and documentary filmmaking. Additional shows, including preview screenings of Jay Craven's new film, "Peter and John," starring Jacqueline Bisset, will be announced later this fall. More information and tickets are available at KingdomCounty.org or by contacting KCP's Managing Director, Andrea Kane (dreakane@hotmail.com).

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

August 19, 2014 Volume 5 Number 23

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 \*Then and Now\* Photo Display – Storefront Windows Mid August-Mid October  
 \*Special Wells River 125<sup>th</sup> Anniversary Postmark – Post Office 8:30-11:00 a.m.  
 \*Wells River Walking History Tour – Departs from the Old Schoolhouse on Main Street at 10:30 a.m.

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For more information about the So Long Summer Hello Fall Festival contact Peggy Hayes at the Library, 800-757-3440; wells\_river@wract.com or contact Richard M. Rockwell at 800-757-2758; rmrockwell@broadband.com

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# Alzheimer's Walk At Grafton Co.

By Robert Roudebush

(Haverhill, N.H. The Grafton County Complex) Some folks in the southern part of the state are having their Alzheimer's walks later in the month of September, but Grafton County just won't wait that long.

Keene walks on September 20, and Manchester on the 27th. The "Grafton County Walkers" home team kicks off their WALK TO END ALZHEIMER'S here in Haverhill between 9:00 AM and 12:00 noon Saturday, September 6, 2014 right on the Grafton County Complex grounds on Dartmouth College Hiway. And they'd like you to be part of it, even if you can't physically take part in the walk.

Everybody will be part of the world's largest event to raise awareness and funds for Alzheimer's care, support and research. In the Massachusetts/New Hampshire Chapter Region, it is held in eleven locations, and more than 600 communities nationwide.

Craig Labore spoke during a recent interview in a well-informed, level-headed way about the County Nursing Home's walking effort. He made no attempt to hide his enthusiasm or delight in this renewed effort to fight the debilitating disease. He should know – Mr. Labore is the Grafton County Nursing Home Administrator. For quite a few years, Mr. Labore relates, the Nursing Home did not participate in these nationwide walks, but now they've restarted. For the last couple of years, they've stepped out again, and the results are encouraging. Please call Craig personally at 603-787-6971, or call Doreen Moody at the same number for more information and for registration for the event. Doreen's the long-time well-respected Coordinator of Volunteers for the home. You can email Craig at clabore@co.grafton.nh.us, or

Doreen at dmoody@co.grafton.nh.us.

## JUST HOW BAD IS THIS DISEASE, AND IS IT A TYPE OF DEMENTIA?

Alzheimer's isn't pretty as anyone knows who has been a friend or family member of someone stricken with it – and yes, it's the most prevalent kind of dementia today, an enervating condition that causes problems with memory, thinking, and behavior. It is a progressive disease. This means it gets worse over time and continues to progress for the rest of a person's life. There are recognized Moderate and Severe stages. The Moderate stage may include problems recognizing family and friends, lack of concern for hygiene and appearance and difficulty doing things that have multiple steps, like getting dressed. The Severe stage could include inability to communicate, lack of control over bowel and bladder, needing help with all activities of daily living. The disease progresses at different rates in different people.

## WHEN IS THE WALK AGAIN?

Saturday, September 6 starting around 9 AM is when the "Grafton County Walkers", begin their trek. That covers a substantial area involving several streets directly adjoining the county complex. You'll probably see Craig there in his role as a course monitor. Later that morning, around ten or ten-thirty, residents themselves and their walking partners will step and roll on their own less lengthy version of the course.

## ISN'T THERE A DEDICATED WING AT THE NURSING HOME JUST FOR ALZHEIMER'S?

Yes, the unit is called "Meadow". Roughly, right now

in this country, there are 5 million people affected by Alzheimer's, and because of the aging population of the Baby-Boomers, that number is expected to go up significantly.

## DO I HAVE TO BE THERE AT OUR WALK TO HELP?

No. But you'll miss a lot of fun and good spirits. There's a bake sale too on the site, fresh home prepared goodies for sale, and every cent becomes a contribution to fight Alzheimer's. Volunteer Director Moody's office has been offering cut-outs in the shape of "forget-me-nots" and purple wristbands for some time now in support of this event. The money comes in to help in three ways – personal donations, bake sales and sponsorships.

## AND A SPONSORSHIP IS...

Say you decide to walk the course. Line up a friend or co-worker and ask them to pay you for walking, five dollars, twenty dollars, one-hundred dollars, you walk, get the money and make that donation. It's that simple. It's a great way to increase what you yourself are able to donate personally. All those dollars go directly to the Massachusetts/New Hampshire Alzheimer's Association, and checks should be made out that way, not to the Grafton County Nursing Home. Just come over on Saturday, the 6th and walk, or you can contact Craig or Doreen ahead of time and register. Willing folks can even drop off donations of baked goods ahead of time to be sold during the walk - try to get them there at the Nursing Home on Friday, September the 5th at Coordinator Moody's office.

It's a short walk that will take you and a lot of other people a long way.



Grafton County Nursing Home residents, volunteers and staff participate in the 2013 'Walk To End Alzheimers' - This Year's Walk takes place Saturday morning of September 6 at the Grafton County Complex.

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# 14 Intern Austin Albro - Haverhill Rarity

By Robert Roudebush

College student Austin Albro is one of a kind, at least in the Town of Haverhill, New Hampshire. He's been a regular presence at summer Selectboard Meetings, an alert good-looking young man, clean-shaven, trim dark hair, casually but smartly dressed.

Austin is the first, and only, intern for Haverhill, working for most of the summer at the town Municipal Building under the supervision of Town Manager Glenn English and Administrative Assistant Jo Lacaillade in the unpaid position. "Well," Austin admitted with an ever ready grin during one recent Selectboard meeting, "I got a pool pass!" He hasn't actually used the pass yet.

Austin had attended his first two years of college at Daytona Beach State College (on International Speedway Boulevard no less) and will finish his junior year there. He plans to transfer for his senior year to Florida's Polk State University for an undergraduate degree in Public Administration. Why would a young man approaching his junior year in

college, maintaining a 3.8 GPA, work several hours a day, several days a week at any job for no money during his summer months? Austin leans forward during an interview and explains earnestly, "A professor I trusted told me, 'If you want to succeed, you've got to give up a summer and work for free.'" The Professor of State and Local Government was Dr. Trey Orndorff, and he was convincing.

Austin thought about his professor's advice for some time and made a decision. He's a graduate of Woodsville High School class of 2012, and once he was back in Woodsville after his sophomore college year, he wrote Town Manager English a letter.

English got the letter and recalls thinking that this was an "education opportunity, both for Austin and for us". English speaks of the interview process with Austin that followed: "I explored what Austin might be interested in, where his skills lay." English knew, "I did not want Austin to spend his time doing solely menial tasks, I wanted

him to learn about working in a public setting, and I wanted him to actually get some knowledge of and feel for how a town operates, what boards and committees did, how they were part of town business, how projects got accomplished." That included an introduction to the town's Economic Development Committee and attending Selectboard meetings.

Austin says during his time with town officials one of the high-points was attending those SB meetings. "They were opportunities to see people show their true colors, to feel their passion as they spoke about issues they really cared about, and to learn how the process worked".

It soon became clear Austin was cool with computers. Jo Lacaillade handed him the folder on the town website, told Austin to go to work, and almost immediately, the new intern was making it "more user friendly, and he was able to incorporate so much more information into it," she relates. The website, now haverhillnh.govoffice3.com, is functional

today, and meeting minutes and town permits/forms are posted there, as well as a community photo album, and more.

Manager English says his contact with Austin reignited an idea he'd long held. "Some kind of a get-together with students from the schools and the boards and committees from the town all in one place at one time, questions and answers, some level of participation for increased appreciation for younger folks of how the structure of a town functions, something going beyond electronic communication."

Austin's life to date has been spent in two separate areas of the country, including Daytona Florida, where he was born, attended elementary school, attends college, and where his mother Allison works as a licensed nursing assistant. His father, Stephen relocated to Gilford and finally to Warren, where he still works as a welder. Austin's earlier schooling took place in all those towns and he also attended Haverhill Cooperative Middle School. The service bug bit Austin years ago - he was involved in WHS's Executive Council, and at Daytona Beach College he was elected Vice-President of the Student Government Association. He also works part-time at the college as an imaging clerk in the records department. He says of his



Austin Albro, college student and the town of Haverhill's first and only summer intern in the summer of 2014.

Woodsville High School days, "I was a three-sport athlete, soccer, basketball and baseball and after two mediocre years I decided I would better serve the team as manager. I was right I enjoyed it."

Haverhill residents may be familiar with Austin from his work locally at Woodsville Village Pizza, and he has lately been in the ice-cream business scooping and serving at Slick's Ice Cream on Route 302.

Austin's future? "I know that serving people is the direction I want to head, tackling problems in our community."

August 19, 2014 Volume 5 Number 23

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



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<p><b>6:00a HomeWord</b> Jim Burns</p> <p><b>6:31a BreakPoint</b> Eric Metaxas / John Stonestreet</p> <p><b>6:35a Just Thinking</b> Ravi Zacharias</p> <p><b>7:00a Turning Point</b> David Jeremiah</p> <p><b>7:30a Today in the Word</b> Bob Lepine</p> <p><b>8:00a Family Life Today</b> Dennis Rainey</p> <p><b>9:00a Insight for Living</b> Chuck Swindoll</p> <p><b>9:30a Running to Win</b> Erwin Lutzer</p> <p><b>10:00a Walk in the Word</b> James MacDonald</p> <p><b>10:30a Living on the Edge</b> Chip Ingram</p>	<p><b>11:00a Focus on the Family</b> Jim Daly</p> <p><b>11:30a Grace to You</b> John MacArthur</p> <p><b>12:00p MoneyWise</b> Howard Dayton and Steve Moore</p> <p><b>12:25p Daily Direction</b> Melvin Banks</p> <p><b>1:00p Midday Connection</b> Anita Lustrea and Melinda Schmidt</p> <p><b>2:00p PowerPoint</b> Jack Graham</p> <p><b>2:30p Radical</b> David Platt</p> <p><b>3:00p Chris Fabry Live ! (Hour 1)</b></p> <p><b>4:00p Chris Fabry Live ! (Hour 2)</b></p> <p><b>5:00p In the Market (Hour 1)</b> Janet Parshall</p>
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# Letter To The Editor

Dear Editor:

How to use my September 9, primary election vote in the best way possible? Best for New Hampshire is that we NOT allow candidate for the Republican nomination for U. S. Senate, Scott Brown, any further ground than he's already purchased. He's not for New Hampshire.

I'm an Independent. I can vote for Jim Rubens, former NH state senator from the Upper Valley, where his constituents showed their confidence and gave him two terms. Jim is also the choice of Mayday Pac, a citizen-funded pac headed up by Larry Lessig of NH Rebellion fame, and supporting the "footsteps" begun by our own Granny D, as she spoke for public financing of campaigns.

At the January birthday party in Nashua for Granny D, in her memory, can-

Lynn,

*Let me take this opportunity to remind all voters to be sure to be informed before they go to the polls on Primary Day. The NH primary is on Tuesday, September 8. But the Vermont primary is Tuesday, August 26.*

*Which ever state you live in, be sure you are registered to vote. Be sure you are informed on the candidates you are being asked to choose from. And be sure that you take advantage of the opportunity to vote. Way too many people fail to understand all that this country has gone thru for us all to have that right.*

Gary Scruton, Editor

didate Rubens was the Republican candidate present, and he spoke knowledgeably about this crux time when corporate money aimed to influence our elections must be shelved. Giving Rubens a September 9 victory would be a poke-in-the-eye to Wall Street money backing Scott Brown.

I urge NH's 381,924 Independents to help make the difference by voting on September 9 for Jim Rubens. Republicans who are forward-thinking and care about New Hampshire, please do the same. Don't overlook helping new voters find their way to this important contest, either, and informing absentee ballot users about the August 11 - September 8 opportunity. Tell your friends about our New Hampshire candidate, Jim Rubens.

Sincerely,

Lynn Rudmin Chong, Sanbornton, NH

# Letter To The Editor

Dear Editor,

In March of my senior year at Woodsville High School I was impacted by alcohol in a negative way. I was arrested for transporting alcohol. Even though I wasn't under the influence, I was charged as an adult for having alcohol in my vehicle because one of my passengers had it on him. Even though it was his, it was my responsibility for driving it around in my vehicle. Alcohol possession can be a very serious thing for a minor. Did you know that the first offense for having alcohol is an arrest right off, up to \$1,000 in fines, and a permanent record for life? It almost happened to me. I was lucky to I be enrolled in a very important program called the CADY Restorative Justice Program. This second chance has allowed me to live out my dream of going into the Army.

One decision almost changed my life forever. The Restorative Justice Program has helped me to become a better person who makes good choices. I appreciate having this opportunity to fix and restore what had been clearly damaged. I tried to help a friend and ended up hurting myself. All I can do now is move forward and pick up where I left off.

It is my goal to reach out through the newspaper with my story. Young adults and even teenagers might think that they are part of the cool crowd for picking up that drink and being like everyone else, but we need to look

Shawn,

*It is refreshing to hear from a young person who is taking responsibility for their actions. Way too often there is no responsibility for actions taken by young as well as older individuals. But it is a fact that we all have a great deal of responsibility. That is true for our actions as well as the actions of those with whom we associate.*

*It is quite true that the people you hang out with today, may very well not be the ones you even know 30 years from now. But your actions of today will stay with you for a long time.*

*Regarding the CADY program, I have heard good things about the program, and it is always nice to hear that such a program is indeed doing good things.*

*As a final note let me say "Thank you" for your anticipated serve to our great country. I wish you the best in your military career.*

Gary Scruton, Editor

at the bigger picture. Is getting arrested cool? Is looking like a criminal in the newspaper cool? Is losing your job cool? Worst of all, is letting your family down cool? Definitely not—none of this makes you cool. Being an adult, planning for college or the armed forces, or planning a family—makes you cool. Knowing you have a life to look forward to and excel at—makes you cool. Taking responsibility for your actions—makes you cool. 30 years down the road, you will not even know half of these people you've been hanging out with but once you get involved with alcohol, and get arrested for it, it will stick to you for life, just like glue. Think before you act is advice my father always gave me and now I can see its value. This program opened my eyes. I now know it was my responsibility for transporting and not paying attention to what my passenger had in his possession.

I made a mistake and I'm very grateful to have the CADY Restorative Justice Program to lead me in the right direction. I am now pursuing my dream in the United States Army and will be heading to Fort Leonard Wood on August 11, 2014. This experience made a big difference in my life. I am proud to say that Restorative Justice is one great program that has impacted me deeply. I am grateful for this second chance because my future is so much brighter.

Shawn Marro

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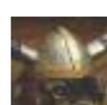
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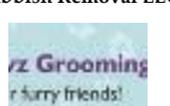
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# Avoid Expensive Errors When Paying For College

It's just about Back-to-School time again. If you have young children, you might be hustling them to the store for backpacks and binders. But if you fast-forward a few years, you can envision driving your kids a little farther — to their college dorms. And when that day comes, you'll want to be financially prepared. So you'll want to avoid making costly mistakes when preparing for, and paying, those big bills. Here are some of the most common of these errors:

**Not saving enough** — Only half of all families with children under 18 save any money for college, according to a recent study by Sallie Mae, the country's largest originator of federally insured student loans. You might find it easier to save for college if you automatically move a set amount each month from your checking or savings account to a college savings vehicle.

**Not considering vehicles with growth potential** — The same Sallie Mae study found that more parents use a general savings account than any other method of saving for college. But since most savings accounts these days pay only a minimal rate of return, you will have trouble getting the growth potential you need to achieve your college savings goals. Consider working toward your college savings goals by investing in a vehicle specifi-

cally designed for college, such as a 529 plan or a Coverdell plan. There are differences between these plans, such as contribution limits and tax treatments, but both allow you to invest for growth potential. As with any investment account, there are risks involved, including market risk.

**Stopping your savings once your children are in college** — Unless your children plan to take an awful lot of credits, they're not going to finish college in just one year. Consequently, you'll want to keep investing in your plan or other college savings vehicle while your children are in school.

**Taking out 401(k) loans** — Your employer may allow you to take out a loan against your 401(k) to help pay for college. But this may not be a good idea for two reasons: First, when you remove money from your 401(k) — even if you plan on eventually paying it back — you will slow the potential accumulation in your account, thereby depriving

yourself of resources you will eventually need for retirement. Second, should you leave the company, you might have to repay the loan within a limited number of days.

**Not using available tax credits** — Depending on your income, you might qualify for the American Opportunity tax credit, which is worth up to \$2,500, provided you spend at least \$4,000 on college expenses. Check with your tax professional to see if you qualify for this credit and how to most effectively incorporate it. And be careful you don't waste the credit, because you may not be able to use it and your plan distributions at the same time.

Paying for college can be challenging — but if you can avoid making the above mistakes, you've got a better chance of getting your kids through school without derauling the progress you'd like to make toward your other financial goals.



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## Two Special Post Marks



Two special postmarks will be available in the coming weeks for area stamp collectors and people interested in local history.

The first postmark will be available August 30, 2014 at the Wells River Post Office from 8:30am – 11:00am during the So Long Summer – Hello Fall Festival. The postmark will commemorate the 125th Anniversary of the

acceptance by village voters of the incorporation of Wells River village in 1889.

A special envelope featuring then and now photos of the Wells River Congregational Church, the Old School House and the 125th Logo will be on sale during the cancellation period. The cost for each envelope is 50 cents.

The second postmark

will be available two weeks later, September 13, 2014 at the Newbury Post Office from 8:00am – noon. The Newbury postmark commemorates the founding of the congregation of the Congregational Church 250 years ago on September 14, 1764.

A special envelope featuring a picture the church from the 1800s and a picture of the church today will also be available on September 13th for 50 cents apiece.

For either of the two postmark participants need to buy the envelope and a postage stamp or bring their own stamp and envelope. There is no charge for the postmark cancellation. The postmark will be available for 30 days after August 30th at the Wells River Post Office and 30 days after September 13th at the Newbury Post Office.

Self-Addressed stamped envelopes may be sent in a separate envelope to be canceled to the Wells River Post Office at Wells River Post Master, Wells River, VT. 05081 and to the Newbury Post Office at Newbury Post Master, Newbury Post Office, Vermont 05051



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# SOMEONE YOU SHOULD KNOW...

## Charles (Batman) Morse—Found In Vermont

BRADFORD, VT—No, his middle name isn't really Batman, but he's been a lifelong fan of and identifies with the caped crusader who, although he has no super powers, feels compelled to do what's right. Charles Morse, using his natural abilities and talents, has the power to magically turn slabs of hard wood, logs and granite into beautiful, functional furniture and cabinetry.

"I've been a carpenter my entire life," said Morse. "It's all I ever wanted to do and I love it." He worked for local companies building their special orders for cabinets, furniture and built-ins, before deciding to start his own business. "I learned stone work and did their stone projects as well."

When asked what he liked most about his work he replied, "I like to look at something and know what it can be." However, when projects don't come together as he would like, frustration and irritation ensues until he solves the problem.

Morse has the ability to see a picture of a piece of furniture and duplicate it. "Someone sent me pictures of a Missionary type oak dresser that she found on the Internet, and I'm duplicating it for her."

One can witness his talent in his yard and home. He made the tabletop in his yard from found Granite, and built the stonewall, gazebo and trellis on his property, under which he was married last year. The top stump from a pine tree became a children's play area.

Morse calls his house, "a carpenter's house," as he has torn apart and replaced much

in it. He put built-in seating in the dining area, granite and wood counters in the kitchen along with built in cutting boards on either side of the stove.

According to Morse, his wife, Kathy Rathburn, a talented crafts person in her own right, fully supported his decision to take a leap of faith, by leaving the security of a paycheck to realize his dream working for himself.

Morse reaches people mainly through word of mouth, and acknowledges two special friends who have helped promote his business. Tattoo artist Greg Wood of "Bury the Needle," needed some shelves built but lacked funds to pay for them. "I built his entire tattoo shop in exchange for his doing some ink for me." When Morse told him he wanted to strike out on his own, Wood placed some of his work on display in the shop. "He has a million friends coming and going and constantly pushes my name," said Morse.

Ernie Stevens of Ely Commission Sales and a longtime friend of Morse's family also keeps his name in front of the public. Some of Morse's furniture can be found in Stevens' own shop. When customers inquire about custom pieces, Stevens sends them directly to Morse saying, "This is the guy who can do it for you and he's very reasonable."

"Although much of what I build is new, I love finding old materials and turning them into something new." When customers request something new, they must purchase and supply the lumber. Con-

versely, if a customer requests something old, Morse searches for the proper materials to satisfy the request. "Finding old materials and turning them into something new is one of my favorite things about woodworking," he said

Morse's custom work includes dressers, beds, hutches, tables, picnic tables, built-ins and most anything a customer might desire.

Whenever possible, Morse's customers get the added benefit of knowing from where their pieces originally came. Stairs from a Dartmouth College Fraternity will become dressers with the original picture attached to the back of each. His benches that came from this same source will ultimately become a custom piece for some lucky people, with the original photo attached to the bottoms.

Although his business is relatively new, Morse says, "My ultimate goal is to have a store front with a shop in the back, separated by glass so visitors can actually watch pieces as they are built."

As far as custom orders are concerned, "I will take orders for any dressers, beds, hutches, tables, built-ins, bureaux, etc. If they want something new, they must supply



the wood. If they want something more rustic, furniture for a log cabin, we'll sit down, make a plan and I will search out the materials. I also try to price things that will be affordable for the average working person." Morse added that he loves working with logs and building log furniture.

The superbly built pieces of furniture and cabinetry speak for themselves, along with his easy going, customer oriented, and caring nature. The word is out that Charles Morse is someone you should know.

For more information call (802) 522-0283, or email: foundinvermont@gmail.com.



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# What's On My Plate?

Submitted by: Lisa Ford, UNHCE Program Associate-Youth and Family/Nutrition Connections

I would like to begin by saying, "Congratulations Cooperative Extension!" May 8, 2014 marked the one-hundredth anniversary of the Smith-Lever Act of 1914, the federal act that created Cooperative Extension nationwide. Simply put, it is a way to bring researched information to many. Specifically, the Act stated as its purpose, "In order to aid in diffusing among the people of the United States useful and practical information on subjects relating to agriculture,

uses of solar energy with respect to agriculture, home economics, and rural energy, and to encourage the application of the same, there may be continued or inaugurated in connection with the college of colleges in each State, Territory, or possession . . .".

Being curious, I started thinking about, and did some research about, food in 1914. I came across a cookbook, The Neighborhood Cook Book/Comp. Under The Auspices of The Portland Section In 1912, Council Of Jewish Women. Portland, Or. [Press

of Bushong & Co.] 1914, revised and second edition. Scanning through the pages I made several observations. The introduction made me think about keeping an open mind about how food is prepared; that we should not forget what has been passed down, but to also keep an open mind to new information.

The recipes are listed one after another and continued page after page, separated by category. Because the recipes are written in paragraph format, there could be as many as four recipes on one page. Inserted are helpful hints, what to look for in freshness and cooking tips. The index is nine pages long. Advertisements for food and cooking products are scattered between recipes.

In the section of meats, I came across the following, "The object of cooking food is twofold: First, to improve its appearance and develop in it new flavors; second, to sterilize it to some extent, and to enable it to keep longer." In vegetables, the following is written, "Vegetables are always best when they are in season." Some thinking hasn't changed much. Other practices, such as using lard, have changed.

Cookbooks are another form of history. Many towns or schools put together cookbooks for fundraising, but it wasn't until I was looking up food in 1914 did I realize there is a category called 'charity cookbooks'.

In looking at other recipes, I came across one for corned beef hash. The recipe was published in a WWI cookbook. A notation on the recipe stated, "Made from the always plentiful supply of canned corned beef." This may not be the origin of corned beef hash, but it was one way to prepare a readily available product.

WWI got me to thinking about the victory garden, which led me to The U.S. Food Administration and a food conservation practice that is still utilized today, "meatless Mondays". Victory gardens were a way to help the war effort. People planted fruit, vegetable, and herb gardens to reduce pressure on the public food supply. Today, it is still important to grow and share produce. Sharing the food we grow feeds those that are hungry and makes produce available to people who may not have other means to access fresh produce.

For instance, there are locations called food deserts. These are areas where people lack access to fresh, affordable produce. Food deserts are identified by lack of grocery stores within a convenient radius. Food stores that are available generally carry processed foods and any fresh produce carries a high price tag. Driving though a small town one day, I stopped at the town store to see what types of food were available. The only produce I noticed were two heads of

iceberg lettuce with a high price tag.

There are individuals and families in our communities who go hungry. Parents who skip meals so their children can eat. A child enjoying a healthy snack at an after-school program, all the while staff may know the snack is probably their dinner. Sharing food with local food pantries or community organizations is one way to help feed people in our community.

Not everyone has the ability to grow their own garden. It may be because of location, such as living in an apartment or place that does not allow a garden or, it may be due to the difficulty in obtaining other necessary equipment like soil. Parks, public gardens and containers can provide opportunities for people with limited space to still grow their own fruits and vegetables. There are times when helping others is done by simply sharing our harvest. I believe that gardens are a place for nurturing. We tend to the plants, so when it is time for them to be harvested, they will in-turn, nurture and care for our bodies.

Tips for where to share your produce:

- Local food pantries
- Senior centers
- Youth centers
- Community housing
- Shelters
- Community meal assistance programs

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# Skin Disorders

This blend attacks skin disorders from within, purifying the blood, carrying away wastes, reinforcing the blood's ability to ward off infectious agents. Several of the herbs in this blend constituted fundamental treatment for diseases like typhoid, diphtheria, cholera, syphilis and malignant skin conditions during the last century. Widespread use resulted in the documentation of a number of other uses. The assumption was that "bad blood", blood poisoning, and tissue alteration due to infectious diseases are the culprits in many of many human problems. Purify the blood, and you've eliminated much of the problem. There is considerable evidence that other cultures developed the same uses for these herbs. Enough scientific evidence exists to justify the blends piece in modern medicine.

**CHAPARRAL LEAF:** (*Larrea Tridentata*), A strong anti-oxidant and blood purifier, used for major disease healing and rebuilding. Primary Uses: as a specific in a lymph cleansing formula for treating cancer, leukemia, melanoma and malignant tumors; as an anti-infective and anti-biotic; in the treatment of arthritis and other over-acid conditions, such as acne and skin dermatitis; as a liver and urethral tract cleanser; as part of a bowel cleansing and rebuilding combination to tone and restore good peristaltic activity; as part of a program to overcome drug addiction, especially from hallucinogenic drugs. Secondary Uses: as part of a compound to treat venereal disease; as part of a vermifuge to expel intestinal worms; as a mouthwash to prevent tooth decay. Nutrients: Amino Acids, calcium, magnesium, selenium, sulfur, zinc. Vitamins B1, B2, B3 & C.

**DANDELION ROOT:** (*Taraxacum Officinale*), A source of natural Potassium and an excellent liver cleansing and strengthening agent, with soothing healing properties for the digestive system and bowel inflammation. Primary Uses: a specific for liver cleansing and healing, including serious liver conditions such as hepatitis, jaundice, and cirrhosis; as part of a bowel cleansing and toning formula; as part of a combination to reduce high blood pressure and its resultant water retention. Secondary Uses: aids weight loss; reduces cholesterol, speeds liver metabolic action.

**BURDOCK ROOT:** (*Arctium Lappa*), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. Primary Uses: as a specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious female conditions such as endometriosis inflammation, eruptive fevers and excess fluid retention; as a specific for antihistamine activity in cases of itching, or eruptive skin problems such as acne & eczema. Secondary: as an alkalizing herb for over-acid conditions such as arthritis, herpes, kidney and bowel inflammation; as a compress to reduce bruising, boils, & canker sores; as part of a purifying formula for viral warts & venereal disease. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**LICORICE ROOT:** (*Glycyrrhiza Glabra*), A wide-ranging, anti-inflammatory, anti-fungal, anti-spasmodic, and anti-bacterial herb, particularly useful as a blood cleanser, nervine, endocrine and hormone support. Other important functions include effectiveness as a blood sugar regulant, healant for gastro-intestinal conditions such as ulcers, and capable adrenal nourishment. It also acts as natural cortisone. Primary Uses: as a specific in a blood cleansing and detoxification tonic; as a specific in a formula to regulate both hypoglycemia and diabetes; as a specific in formulas to balance both male and female hormones; to speed healing of mucous membranes in a formula for gastric and duodenal ulcers; as a primary stimulant to the adrenal glands; as an anti-fungal in treating *Candida Albicans* yeasts; as part of an anti-bacterial formula against staph and strep; and for acute bronchitis and serious congestion. **AVOID IF HIGH BLOOD PRESSURE.** Nutrients: calcium, choline, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**ECHINACEA ANGUSTAFOLIA, ROOT & WHOLE HERB:** (*Echinacea Angustifolia*), A powerful immune stimulating and blood purification herb with anti-biotic, anti-septic, anti-inflammatory activity. It is gentle for all ages and health constitutions, yet very effective. A specific in any formula to

overcome bacterial infection and toxicity; as a primary herb in any formula to rebuild and strengthen immune defense; as a specific in bladder, kidney and prostate infection control. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

**ECHINACEA PURPUREA, ROOT & WHOLE ROOT:** (*Echinacea Purpurea*), An anti-microbial infection fighter and blood purifier against staph and strep viruses; an effective anti-biotic lotion to help heal septic cuts, wounds and sores. Primary Uses: with *Echinacea Augustifolia* as a clearing activity. Secondary Uses: as bowel and colon detoxifier, and as part of a vermifuge combination for internal parasites. Calcium, Iron, Magnesium, Manganese, Phosphorus, Potassium, Selenium, Zinc. vitamins B1, B2, B3 & C.

**YELLOW DOCK ROOT:** (*Rumex Crispus*), A rich source of herbal iron, particularly effective for liver, gallbladder, spleen and skin disorders. Primary Uses: as a specific in treating anemia, and in blood building formulas in general; a specific in liver, gallbladder, spleen and other iron deficiency disorders; as an effective lymphatic cleanser and mild blood purifier; as a mild astringent in a combination for hemorrhoids and other internal bleeding problems; as part of a formula for eczema and psoriasis; as a treatment for jaundice due to congestion; as part of a combination to dissolve cancerous growths and tumors; as part of a strengthening formula in the elimination of intestinal parasites. Secondary Uses: as part of a mild purgative for constipation; to help promote production of bile; as part of a blood building iron and vitamin C compound; as part of a building male system combination. Nutrients: calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**KELP, LEAF & STEM:** (*Ascophyllum Nodosum*), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas; as part of an organ cleansing tonic.

**CAYENNE PEPPER:** (*Capicum Annum*), A highly aro-

matic, carotene-rich digestive and heart tonic with anti-bacterial qualities, used as a central system catalyst and circulatory stimulant in many formulations. Primary Uses: as a specific in heart muscle regulation, to strengthen all parts of the circulatory system and to normalize blood pressure; as a specific in digestive formulas to control gas, flatulence and upset stomach; as a warming

agent for arthritic, lower back and rheumatic pain; as a specific in breaking up mucous congestion in colds, flu, bronchitis, respiratory and cleansing formulas; to treat shock, and to prevent the onset of shock (as in a heart attack). Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

*Melanie Osborne is the owner of Thyme to Heal 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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