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72nd Annual North Haverhill Fair July 27-31



On stage performances at the 2016 North Haverhill Fair promise to entertain almost every taste. It starts on Wednesday night with the talent portion of the Little Miss North Haverhill Fair getting started at 6 pm, right after the posting of colors by some of our local veterans. That is followed at 7 pm by the Stove Pipe Mountain

Band. Plus during intermissions there will be a chance for spectators to win prizes as they volunteer to take a shot at the Minute To Win It tasks.

Thursday night's entertainment will be the annual North Haverhill's Got Talent with performers vying for the top cash prize in front of a panel of four judges. The first rounds starts at 6 pm and the final round will get underway at 8:30 pm.

The big stars take over the Thayer Stage on Saturday night as Lauren Alaina, from Season 10 of American Idol shows off her vocal talents with hits like "Next Boyfriend" and "Wildflower". Show time is 8:30 pm and like all the other shows it is included with your paid gate admission.

Another big act hits the

stage at 8 pm on Saturday night as Hotel California, the Original Eagles Tribute Band promises to make new memories for new and old fans.

The Thayer Stage will also host the No Strings Attached Marionettes on Sunday with shows at Noon, 2 & 4 PM.

If your entertainment is more aimed at the Fiesta Shows Midway than you should know that there are four ride specials during this year's North Haverhill Fair. Wednesday from 5-10 pm a bracelet is \$20. Thursday from 5-10 get the bracelet for \$25. Also \$25 for a bracelet on Sunday from noon-5 pm. And new this year, there will be a 30% discount on ride tickets on Friday from noon - 5 PM. Plus admission to the fair is just \$8 during those hours on Friday, and you can sign up to win one of

five tablets to be given away to those coming to the fair between Noon & 5 pm on Friday, July 29.

Remember that there are animal pulling events every

day of the fair including a new single horse Powder Puff division on Saturday. Saturday will also feature the 20th Annual Rich Kinder Memorial Lumberjack Contest with a new Tree Felling contest to close out the day.

Other highlights of the fair include Wednesday's Car Show, Demolition Derbies on Wednesday & Friday, the Green Mt. Tractor Pullers on Thursday night and the 4x4 Truck Pull on Sunday.

Also new this year will be the Hay Bale sculpture



competition with the public choosing the winner by ballot.

General admission to the fair is \$12 with children 12 & under free. Parking is also free. Senior Day is Thursday with those over 65 paying just \$5 at the gate, and Veterans Day is Wednesday, also with a \$5 admission for those with ID.

For more details on the 72nd Annual North Haverhill Fair, which runs Wednesday, July 27 thru Sunday, July 31 go to www.nohaverhillfair.com or look us up on Facebook or Twitter.

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TRENDY Dining Guide

St J Brewery

by Gary Scruton

Just as a reminder to our loyal readers of this Trendy Dining Guide, our reviews are for advertisers in Trendy Times. Part of our contract with eateries is that during their run of ads we will visit and do a review just like this one. So thank you to our devoted advertisers, it gives us some great opportunities to explore the wide variety of places to eat in this wonderful area in which we live.

I define an eatery as a place that serves food, as simple as that. With that in mind it means that eateries in this area come in all shapes, sizes, and price ranges. A new place on our list was the St. J Brewery. It is located in the Green Mt. Mall on the north end of St. Johnsbury Center. As you would expect by the name, the St. J Brewery is first and foremost a place that makes beer. And the owners are all too happy to talk to customers about the beers they make, as well as the beers that are made elsewhere but are served at their location. When you walk into their small, but clean and inviting eatery you will find a good sized horseshoe bar, plus a number of tables scattered around the area. There is also a good sized TV on the wall. On the night we stopped in the Red Sox game was playing and from the looks of the decor it was also easy to tell that

the owners are sports fans as well. But there was much more than just sports memorabilia on the walls. We saw a nice display of bottle openers. There was another display of corkscrews, and a third display of corks and unique bottle caps. If we had asked, I am pretty sure we could have gotten a few stories about some of those displayed items.

One other very noticeable aspect about this location is that at the side of the eating area there was a large glass wall that looked out into the brewing area. Several vats as well as several bags of ingredients were readily visible. It was also obvious that if your timing is right you could watch the brew master at work. In fact most of the tables were situated just so

that just such a view could be enjoyed.

But let's get to the food (I'm getting hungry). Like one might expect at a brewery, the menu is not extensive, nor did we expect it to be so. We both picked from the hoagies that were listed. I chose a Pesky Pole Pulled Pork (mean anything to Sox fans?). My wife went with the Big Papi Hall of Fame Meatball. (maybe a bit premature?) Of course we also needed to order the proper beverage to go with these sandwiches. I like a darker beer and was offered samples of a rum flavored and an anise flavored beer. For me, a non licorice lover, there was too strong a taste, but my wife tried the sample and enjoyed it. But the rum flavored was just

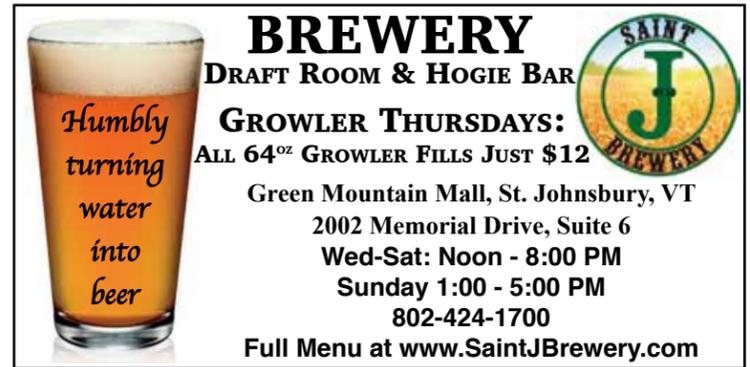
fine. My wife, traditionally not a beer drinker, tried a light American blonde. We both enjoyed our beverages just fine, thank you.

The sandwiches themselves were also quite tasty. They were both served on a Hoagie roll and had great flavor and filled us up just fine. We were also offered our choice of a bag of Deep River potato chips, \$2.00 per bag and made with no GMO's in Old Lyme, Connecticut.

We stayed long enough that we also picked up a dessert. Again, not a large selection, but what they offered was nicely priced and tasty. I had a brownie with ice cream and chocolate sauce, Janice went with an oatmeal chocolate chip cookie with ice cream. I also added a second beer that went with desert. In this

case the suggestion was for a beer not from their brewery, but instead from Minnesota, a Founders Porter.

The total for our evening was just over \$41.00, not including tip. Before we left we also received a Vermont Breweries brochure that lists many locations to stop. Scott, our server and owner of St. J Brewery, was a very personable host. His brother, who was also there that evening was also more than happy to chip in. We found the evening enjoyable as well as informative. For anyone who likes a taste treat of the liquid variety, in a friendly environment, we strongly suggest you stop and see them. If you are just looking for a bite to eat while shopping at the Green Mt. Mall, then the, St. J Brewery also works very well.



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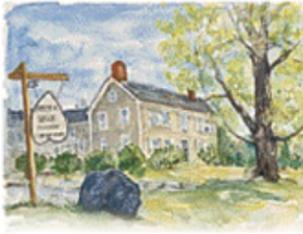
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Fairs, Festivals and Food Safety

By Jessica Sprague,
Food Safety Field Specialist



Fair and festival season is upon us! This means eating delicious treats of all kinds and then jumping on rides that spin, twist and swing. It means winning prizes at the game booths and walking through exhibits.

My favorite part of a fair is taking a slow wander through the animal barns. Bringing together all these animals, people, food and activities creates a unique environment where pathogens can thrive. Follow these personal hygiene and food safety tips to keep you and your family safe during fair season.

HANDWASHING

Wash hands often! The Centers for Disease Control and Prevention (CDC) emphasize the importance of hand hygiene at fairs and festivals. Washing with soap and clean running water for at least 20 seconds is the best way to keep hands safe. The CDC also suggests carrying hand sanitizer or disposable wipes in case there are no handwashing stations available when you need them.

Handwashing is recommended:

- After using the restroom or changing diapers,
- After playing a game or going on a ride,
- Before eating or drink-

- ing,
- Before preparing food or drinks, and
- After leaving an area with animals.

Even if you did not pet any animals, pathogens can survive on surfaces in the animal barn like enclosures or equipment. In 2013, the National Association of State Public Health Veterinarians stated that animals are more likely to shed pathogens during an exhibition. This is due to the increased stress, comingling and handling during the event. Past outbreaks originating from petting zoos and animal exhibits include E. coli O157:H7, Cryptosporidium, and Campylobacter. Populations that are more likely to become ill from these pathogens are children, elderly adults, pregnant women and individuals with compromised immune systems. When at the fair, it is important to be especially vigilant about keeping your hands clean between activities.

FOOD

The CDC reports an increase in foodborne illnesses during the summer. This is likely due to more food being consumed outside where there may be limited access to temperature control and monitoring, sanitary equipment and surfaces, and proper washing facilities. At festivals and fairs when you are thinking about purchasing food from ven-

dors, consider the following points from the CDC:

- Does the vendor have a clean/tidy workstation?
- Does the vendor have a sink for employees to wash their hands?
- Do the employees wear gloves or use tongs when handling food?
- Does the vendor have refrigeration on site for raw ingredients or pre-cooked foods?

If you are bringing your own food to the fair, remember to keep hot food hot and cold food cold. Do not leave food without temperature control for more than two hours, and reduce this time to one hour if temperatures are higher than 90°F. Use a cooler or insulated bag along with plenty of ice or ice packs to keep cold food cold.

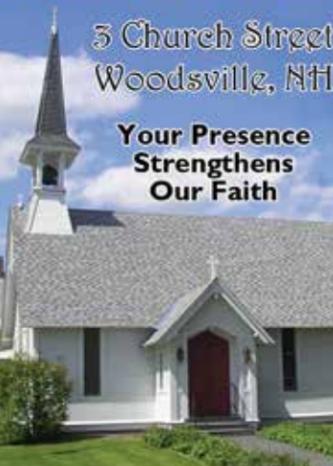
The summer months are meant for enjoying long sunny days outside, planning adventures and exploring fairs and festivals. If you're like me, summer just wouldn't be complete without fried dough and a few fair games on a hot day. Don't let foodborne illness ruin the fun for you and your family this season.

Jessica Sprague is an Extension Field Specialist in Food Safety with the Food & Agriculture team for the University of New Hampshire Cooperative Extension in Grafton County. She can be reached at 603-787-6944 or jessica.sprague@unh.edu.

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Mileage-Based Taxation: Bad Idea!

New Hampshire's state gas tax is set at 22.2 cents per gallon. This price is slightly less than the 24 cents per gallon paid in Massachusetts and much less than the 30 cents per gallon paid in Maine. With the exception of the 4.2 cents per gallon increase in 2014, NH's tax on gasoline has remained relatively flat over the years.

The Department of Transportation along with a number of departments and agencies rely upon this source of revenue in order to support daily operations;

however, with increasing numbers of fuel efficient and electric vehicles, department operating revenue has decreased. Some vehicles are simply traveling farther for the same amount of gas; therefore, less gas is used. This is a 'win' for the consumer and environment, but decreasing revenue is counter-productive to highway and bridge maintenance.

In an effort to remedy the revenue issue, there appears to be an effort by several states to pursue a study of a mileage-based tax.

Rather than being taxed for gas used, drivers would be taxed on miles driven. The mileage-based tax concept presents a whole host of bothersome issues such as financial hardship to those dependent upon high volume highway use and for all, privacy issues regarding how the government would collect and track data.

Accordingly, it is somewhat shocking to learn that a federal grant application was submitted by the Delaware DOT on behalf of the I-95 Corridor Coalition, a consortium of 16 states. It proposes pilot programs in five states – Connecticut, Delaware, Pennsylvania, New Hampshire and another to be determined – designed to learn more about mileage-based user fees, and to evaluate implementation alternatives. The total cost of the grant program is \$2.98 million of which \$1.49 million comes from the federal government with the remainder coming from individual

states with matching funds. Connecticut has committed \$300,000, Delaware and Pennsylvania would each pay \$290,000 in cash, and Vermont would contribute \$30,000 for planning and analysis. Instead of cash, the pilot program application reflects New Hampshire's match share in the amount of \$580,000 in toll credits.

Can New Hampshire afford to redirect more than 1/2 million dollars of toll credits needed for road maintenance and redlined bridges in order to support a fee-per-mile taxation study? The state budget making process is built upon prioritizing needs and doing so through an open, transparent process involving public input. Redirecting toll revenue midstream during a budget cycle is contrary to that process and invites needed legislative oversight.

Mileage-based taxation generates a number of serious issues of which protection of personal information

and data is foremost. How is "Big Brother" going to obtain data identifying miles driven, and will this information remain protected and confidential? If a scheme such as this does move forward, how will the state ascertain taxable miles driven in New Hampshire verse miles you drove in another state or country? If mileage-based taxation becomes reality, how will North Country residents be impacted where traveling longer distances is required for work or other daily needs? And, if a fee-per-mile study becomes reality in NH, how would this taxation scheme apply to vacationers from out-of-state?

Learning about the I-95 Coalition fee-per-mile study application and of NH's decision to pilot the program with \$580,000 from state toll credits is unsettling to this member of the legislature.

Respectfully,
NH Rep Rick Ladd

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Crocker Preserve Nature Walk August 3rd

FRANCONIA – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk on a new conservation property in Franconia on Wednesday, August 3rd from 3:00-6:00 p.m. The public is invited to this free program to learn all about trees, ferns, wildlife, wetlands, and the history of the land.

The Crocker Preserve nature walk will introduce participants to 65 acres of land in the process of being conserved by ACT through the generosity of the Crocker

family. The wooded property is relatively flat and easily accessible from Route 142, featuring a beautiful marsh, pond, and wetlands.

The family is preserving the land in memory of the late Sarah Crocker. They are donating the land to ACT, and the Franconia Conservation Commission will hold a conservation easement that prevents future development of the parcel. It is a lovely property with a feeling of peace and seclusion.

This is the third in a series of five nature walks this summer on local lands conserved by ACT. The walks take place every other Wednesday from 3:00-6:00 p.m. All programs meet at the ACT office at 729 Main Street in Franconia, and the group will carpool to a different site each week.

The summer nature walk series is led by ACT's Direc-

tor of Education & Outreach Liz Wyman and volunteer Linda Moore, who will teach participants about plants and wildlife. Dee Crocker McKown of Lyman will co-host the Crocker Preserve walk. The property has been in McKown's family for many years.

"This is a unique opportunity for people to explore the beautiful conservation lands in our area and learn about the natural and cultural history of our region," said Wyman.

Participants of all ages are welcome. All walks will be at a slow to moderate pace with many stops to observe and enjoy nature.

Recommended gear includes long pants, boots or sneakers that can get dirty, a hat, sunscreen, bug spray, snacks, and a water bottle. Nature guide books and binoculars are optional for those who want to learn and see more.

The full schedule of nature walks includes Whipple Field on July 6, Bronson Hill on July 20, the Crocker Preserve on August 3, the Gale Forest on August 17, and Cooley-Jericho Community Forest on August 31.

For details on each hike, please visit www.aconservationtrust.org/education-events.

The Ammonoosuc Conservation Trust is the North Country's regional lands conservancy, protecting land for the vitality and well-being of our region. Learn more and become a member at www.aconservationtrust.org or call (603) 823-7777.

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St. Johnsbury Players presents It's Only a Play!

St. Johnsbury Players kicks off its 80th season with Terrence McNally's hysterical comedy *It's Only a Play*, McNally's blistering look at the business of theater. First written in the early 80's the show was recently revived on Broadway and features an updated script complete with multiple references to the current Broadway landscape.

It's the opening night of *The Golden Egg* on Broadway, and the wealthy producer Julia Budder (Haley Marckres) is throwing a lavish party in her lavish Manhattan townhouse. Downstairs the celebrities are pouring in, but the real action is upstairs in the bedroom, where a group of insiders have staked themselves out

to await the reviews. The group includes the excitable playwright (Noah Fink); the possibly unstable wunderkind director (Dan Haycock); the pill-popping leading lady (Heather Bowser), trading the boards after becoming infamous in Hollywood; and the playwright's best friend (Caleb McMurphy), for whom the play was written but who passed up this production for a television series. Add to this a drama critic (Jan Clausing) who's panned the playwright in the past and a new-in-town aspiring singer (Ryan Sweatt), and you have a prime recipe for the narcissism, ambition, childishness, and just plain irrationality that infuse the theatre—and for comedy. But don't worry: This play is

sure to be the hit they have all been hoping for.

Curtain times are 7:30pm at the St. Johnsbury School Auditorium on August 5, 6, 12 & 13th. There will be a special 2pm matinee on August 14th. Tickets are \$10, \$7 for students and seniors. Advance sale tickets available through Catamount Arts (<https://tickets.catamountarts.org/public/shows/it's%20only%20a%20play/events>). For more information contact 802-535-0841 or go to the St. Johnsbury Players Facebook page.

Please note that *It's Only a Play* contains strong adult language that some may find offensive or objectionable. It is not intended for young children. Please use discretion.



Everyone awaits the incoming reviews. Front: Noah Fink, Back row (L-R): Jan Clausing, Heather Bowser, Caleb McMurphy, Ryan Sweatt, Haley Marckres

Multi-Media Bach

Presentation at the Colonial

On Friday, July 29, The Colonial Theatre in Bethlehem will present *From Tragedy to Transcendence*, Bach, Casals & The Six Suites for Cello Solo, A Multimedia Presentation by Guitarist Steven Hancoff.

Steven Hancoff has transcribed and recorded, for the first time, Bach's Cello Suites for acoustic guitar, and created an amazing inter-disciplinary project in the process. From *Tragedy to Transcendence* takes the audience on a vicarious journey—Johann Sebastian Bach's existential, archetypal and universal journey—with virtuosic guitar playing, storytelling with music, video, hundreds of historic images and spectacular contemporary art, all of it inspired by the music of J.S. Bach.

The multi-media presentation combines a visual feast that includes historical elements as well as purely emotional art choices. The sublime music of the suites achieves a whole new dimension when transposed for acoustic guitar. The balance of the intellectual and the emotional aspects of the presentation is exquisite, information as well as ideas flow naturally and at the end Hancoff performs live the *Prelude* from the first Suite.

General Admission tickets for the 8 PM performance are \$15; Colonial, Catamount Arts and St. Kieran's Community Center for the Arts members \$12; Reserved Front & Center tickets (available on-line only) are \$18. Tickets are avail-

able in advance on-line, at Catamount Arts, St. Johnsbury or at the door. For more information about this or upcoming live events find The Colonial on Facebook ([Facebook.com/BethlehemColonial](https://www.facebook.com/BethlehemColonial)), follow The Colonial on twitter (@ColonialNH), visit the Colonial on line at www.BethlehemColonial.org or tune in to Bethlehem's own

community radio, WZNC, broadcasting from atop the historic Colonial Theatre at 99.9 on the FM dial.

This evening of great classical music is made possible with support from The Cold Mountain Café, The New Hampshire State Council on the Arts, and The Colonial's promotional partner, Catamount Arts.





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Calendar of Events

A Full Page of Events from Local Non-Profits, Schools and Towns. *Presented FREE by Trendy Times.*

THURSDAY-SATURDAY, JULY 14-30

GODSPELL
7:30 PM
Jean's Playhouse, Lincoln

TUESDAY, JULY 26

TURNING 11 ON THE APPALACHIAN TRAIL
7:00 PM
Alumni Hall, Haverhill

WEDNESDAY-SUNDAY, JULY 27-31

NORTH HAVERHILL FAIR
1299 Dartmouth College Highway, No. Haverhill
See Ad on Page 8 and Article on Page 1

WEDNESDAY, FRIDAY & SATURDAY, JULY 27, 29 & 30

SHAKESPEARE'S "KING LEAR"
7:00 PM
St. Johnsbury Academy's outdoor amphitheatre

THURSDAY, JULY 28

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 3

FRIDAY, JULY 29

GUITARIST STEVE HANCOFF
8:00 PM
Colonial Theater, Bethlehem
See Ad on Page 7 and Article on Page 10

SATURDAY, JULY 30

TAG SALE & FOOD SALE
9:00 AM - 2:00 PM
St. Luke's Episcopal Church, Woodsville
See Ad on Page 7

SUNDAY, JULY 31

SHAKESPEARE'S "KING LEAR"
2:00 PM
St. Johnsbury Academy's outdoor amphitheatre

LOBSTER, STEAK & PUPPETS

2:00 - 5:00 PM
Pemi Base Camp, South Mountain, Lincoln
See Article on Page 14

JEREMIAH INGALLS SINGERS

3:00 PM
Old Goshen Church, Bradford

LAMPLIGHT SERVICE AND HYMN SING

6:30 PM Refreshments / 7:00 PM, Service
Old North Church, St. Johnsbury

WEDNESDAY, AUGUST 3

ACT NATURE WALK
3:00 - 6:00 PM
ACT Office, 729 Main St., Franconia

MONTHLY MEETING WOODSVILLE / WELLS RIVER FOURTH OF JULY COMMITTEE

7:00 PM
Woodsville Community Field

THURSDAY, AUGUST 4

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 3

FRIDAY & SATURDAY, AUGUST 5 & 6

ST. J PLAYERS "IT'S ONLY A PLAY"
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

FRIDAY-SUNDAY, AUGUST 5-7

JERICHO ATV FESTIVAL
10:00 AM
Berlin, NH
See Article on Page 17

SUNDAY, AUGUST 7

STEWART-MCINTOSH REUNION
10:00 AM
Old Goshen Church, Bradford

ANNUAL MEETING

2:00 PM
Old Goshen Church, Bradford

MONDAY, AUGUST 8

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

TUESDAY, AUGUST 9

FREE "LYME TOWN BAND" CONCERT
6:30 PM
On The Common, Fairlee Vt.

WEDNESDAY, AUGUST 10

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

THURSDAY, AUGUST 11

SUMMER SUPPERS
5:30 PM
Groton United Methodist Church
See Ad on Page 3

FRIDAY, AUGUST 12

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

FRIDAY & SATURDAY, AUGUST 5 & 6

ST. J PLAYERS "IT'S ONLY A PLAY"
7:30 PM
St. Johnsbury School Auditorium
See Article on Page 5

SATURDAY, AUGUST 13

ALL YOU CARE TO EAT BREAKFAST
8:00 - 10:00 AM
Lakeview Grange, West Barnet

WEST NEWBURY SUMMER FESTIVAL

10:30 PARADE / 8:00 AM - 2:00 PM
West Newbury Hall, 219 Tyler Farm Road

SUNDAY, AUGUST 14

ROSS-WOOD POST 320 FAMILY PICNIC
12:00 NOON
Ammonoosuc Valley Fish & Game Club, Bath
See Ad on Page 5

ST. J PLAYERS "IT'S ONLY A PLAY"

2:00 PM
St. Johnsbury School Auditorium
See Article on Page 5

Ongoing Weekly Events

MONDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House
NOON - Darling Inn, Lyndonville

ADULT STRENGTH TRAINING

1:00 - 2:00 PM - North Congregational Church, St. Johnsbury

9 AM - 10 AM

Municipal Offices, Lyndonville

10:30 AM - 11:30 AM

Municipal Offices, Lyndonville

BINGO - 6:00 PM

Orange East Senior Center, Bradford

TOPS (TAKE OFF POUNDS SENSIBLY)

6:00 PM - Peacham School

MONDAYS/WEDNESDAYS

RSVP BONE BUILDERS

10:30 AM - 11:30 AM

Linwood Senior Center, Lincoln

CARE COORDINATOR/ENROLLMENT SPECIALIST

1 PM, Baldwin Library, Wells River

MONDAYS/THURSDAYS

ADULT INTERVAL AEROBICS CLASS - 6:30

Woodsville Elementary School

GOLDEN BALL TAI CHI

8:30 - 9:15 AM - St. Johnsbury House

TUESDAYS

BREAKFAST BY DONATION

8:30 AM - 10:00 AM

Horse Meadow Senior Center,
North Haverhill

ADULT STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House

10:30 AM - 11:30 AM

SENIOR ACTION CENTER

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Presbyterian Church, S. Ryegate

NOON - Darling Inn, Lyndonville

TOPS (TAKE OFF POUNDS SENSIBLY)

Weigh In 5:00 PM - Meeting 6:00 PM

Horse Meadow Senior Center, N. Haverhill

EMERGENCY FOOD SHELF

4:30 PM - 5:30 PM

Wells River Congregational Church

WEIGHT WATCHERS - 5:30 PM

Orange East Senior Cntr, Bradford

AA MEETING (OPEN BIG BOOK)

7:00 PM - 8:00 PM

St. Luke's Parish Hall, Woodsville

TUESDAYS/THURSDAYS

ACTIVE OLDER ADULT STRENGTH CLASS

1:30 PM

Woodsville Post Office, S. Court St

GROWING STRONGER FITNESS CLASS

3:00 PM

East Haven Library

TUESDAYS/FRIDAYS

GOLDEN BALL TAI CHI

8:30 AM - 9:15 AM

First Congregational Church, Lyndonville

WEDNESDAYS

AQUA AEROBICS

Evergreen Pool, Rte 302, Lisbon

ADULT STRENGTH TRAINING

1 PM - 2 PM

North Congregational Church,

St. Johnsbury

BINGO - 6:30 PM

Haverhill Memorial VFW Post #5245

North Haverhill

CRIBBAGE - 7:00 PM

Orange East Senior Center, Bradford

WEDNESDAYS/FRIDAYS

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Presbyterian Church, West Barnet

NOON - Darling Inn, Lyndonville

THURSDAYS

ADULT STRENGTH TRAINING

10:30 AM - 11:30 AM

Senior Action Center

Methodist Church, Danville

NEK COUNCIL ON AGING'S HOT MEALS

11:30 AM - St. Johnsbury House

NOON - Senior Action Center,

Methodist Church, Danville

NOON - Darling Inn, Lyndonville

PEACHAM FARMERS MARKET

Peacham Academy Green

LISBON FARMERS MARKET

3:00 PM - 6:00 PM - Main Street, Lisbon

FRIDAYS

ADULT STRENGTH TRAINING

9 AM - 10 AM - St. Johnsbury House

1 PM - 2 PM - North Congregational

Church, St. Johnsbury

WORSHIP UNDER THE TENT- 7 PM

100 Horse Meadow Rd, No Haverhill

AA MEETING (OPEN DISCUSSION)

8:00 PM - 9:00 PM

Methodist Church, Maple St, Woodsville

SUNDAYS

CRIBBAGE - 1:00 PM

American Legion Post #83, Lincoln

Horse Meadow Senior Center

Every Tuesday: 8:30
Community Breakfast

August 1:

Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30
Tech Time w/Paul @ 1:00
Decorative Arts 1 @ 1:00

August 2:

Nifty Needlers @ 9:30
Foot Clinic (by Appt.) Starting @ 10:00
Herb Group @ 10:00
Classic Bone Builders @ 2:00

August 3:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

August 4:

Art Class w/Barb @ 9:00
Classic Bone Builders @ 2:00

August 5:

Bone Builders @ 9:30
Mahjongg @ 10:30
Blood Pressure Check: 11:00
Paper Craft 1 @ 1:00

August 8:

Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30
Tech Time w/Paul @ 1:00
Crafts 1: @ 1:00

August 9:

Nifty Needlers @ 9:30
Classic Bone Builders @ 2:00

August 10:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

August 11:

Art Class w/Barb @ 9:00
Floral Arrangement w/ Jane @ 9:30
Classic Bone Builders @ 2:00

August 12:

Bone Builders @ 9:30
Mahjongg @ 10:30
Ceramics 1 @ 1:00
August 15:
Bone Builders @ 9:30
Hearts & Hands Quilters @ 12:30

Tech Time w/Paul @ 1:00
MS Support Group @ 1:00
Decorative Arts 2 @ 1:00

August 16:

Nifty Needlers @ 9:30
Herb Group @ 10:00
Classic Bone Builders @ 2:00

August 17:

Bone Builders @ 9:30
Writers Group @ 10:30
Bingo @ 1:00

August 18:

Art Class w/ Barb @ 9:00
Cards w/Jeanie @ 9:30
Crafts 2 @ 1:00
Classic Bone Builders @ 2:00

August 19:

Bone Builders @ 9:30 Mah-jongg @ 10:30
Anniversary Celebration @ 11-1:00



The Cohase Lions Club recently installed new officers whose terms began July 1st. (l to r) Roland Clifford, King Lion; David Pruitt, 1st Vice President; Richard Thompson, 2nd Vice President; Tim Page, Secretary; Doug Dutile, Treasurer; Cindy Fagnant, Lion Tamer; Harold Clough, Immediate Past President; John Aldrich, Director; Robert Fagnant, Director; and Tim Corey, Director. Absent: Glenn English, 3rd Vice President and Joseph Fiore, Tail Twister.

The Club, an affiliate of Lions Club International, is beginning its 76th year of service. Its goal is to support eye research broadly and to assist populations in the communities it represents, through a wide range of activities, thus living up to its mission of "service above self."

Groton Library News

Bookin' Bootcamp: Summer Series. Mondays at 5pm. For kids & teens ages 7 & up. Meet for fun, free, past-paced exercise in the Groton's Veterans Memorial Park (rain location = Groton Community Building). Each week will have a different book theme & be led by a certified personal trainer! Meets Mondays from 5-5:45pm: Aug. 8, 15 (no Aug. 1).

2016 Summer Parks Passes Now Available! Call, email or come by the library to borrow free & reduced entrance passes to VT State Parks, Historic Sites & the Echo Center. Open to all library card-holders.

Crafts & Conversation. Every Wednesday from 1-3pm. Stop by the library for some crafty tips, and perhaps share some of your own. Bring a project to work on or just enjoy some good

company!

Free E-Books & Audiobooks. Download lots of great titles with our library's subscription to ListenUp Vermont! All you need is your (free) Groton Library card. Come by the library for a new card and/or for more information.

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 M (2:30-7) W (10-4) F (2:30-7) S (10-12). www.grotonlibraryvt.org

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White Mountain Trader, 147 Central St., Woodsville, NH
JUNE SALE HOURS ... NOON TIL 5 and 7-9 pm 603-243-0225

TAG SALE & FOOD SALE



Saturday, July 30

Rain or Shine

9 am - 2 pm



St. Luke's Episcopal Church

Corner of Central and Church Streets
Woodsville, NH

Orange East Senior Center

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

No Strings Attached will be playing on Friday, July 22nd starting at 11:00 a.m.

The Orange East Senior Center is planning a trip for Wednesday, October 12, 2016 to the Ogunquit Playhouse to see the Broadway musical Million Dollar Quartet. We will be going to lunch at Mike's Clam Shack in Wells, Maine. The cost is \$145 a person and needs to be paid when you sign up.

We are looking for substitute drivers for our Meals on Wheels routes. If you are interested, please call or come by. We are in great need of volunteers in our kitchen at the Orange East Senior Center-We need help Monday through Friday-but you can pick a day that works in your schedule and the amount of time you can volunteer

Bingo is every Monday at 6:00 p.m. The doors will open at 5:00 p.m. The kitchen will be open selling drinks and food.

Computer class summer hours will be on Wednesdays from 10:00 a.m. until 12:00 p.m. This class is for all levels.

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. The Tuesday and Thursday exercise class is a strength and balance class.

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!

LIVE! THE COLONIAL

FROM TRAGEDY TO TRANSCENDENCE:
Bach, Casals & The Six Suites for Cello Solo
A Multimedia Presentation by Guitarist Steven Hancoff
FRIDAY, JULY 29, 8 PM
TICKETS: \$18, \$15, \$12

TOM RUSH
With Special Guest **SETH GLIER**
SATURDAY, AUG. 6, 8 PM
TICKETS: \$37, \$29, \$23

AVAILABLE AT: BethlehemColonial.org, Catamountix.org, Maia Papaya Café, Bethlehem, NH; Littleton Food Coop; and Catamount Arts, St. Johnsbury, VT

THE COLONIAL

BETHLEHEM, NH | INFO: 603.869.3422
www.BethlehemColonial.org

Card Shower

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70TH

HAPPY BIRTHDAY

on

August 6, 2016

Send Cards to: PO Box 192
North Haverhill, NH 03774

72nd Annual North Haverhill FAIR



Wednesday - Sunday
July 27-31, 2016

Fiesta Shows Ride Specials

Wednesday 5-10 PM	\$20
Thursday 5 - 10 PM	\$25
Friday Noon - 5 PM	30% Off
Sunday Noon - 5 PM	\$25
General Admission	\$12
Five Day Admission	\$48
Veterans w/ID Day (Wednesday)	\$5
Senior Day - 65+ (Thursday)	\$5
Discount Day (Friday 12-5) at main gate only	\$8
Children 12 & Under	Free
Parking	Free
Overnight Camping	\$25
Overnight Camping w/AC Hookup	\$30

Concerts & shows are free with paid gate admission!
 No alcoholic beverages or firearms allowed.
 Not responsible for damage to vehicles on grounds.
 No pets allowed on Midway.
 Schedule subject to change.
 Absolutely no weather related refunds.

Friday, July 29

8:30 PM on Thayer Stage



Lauren Alaina
From American Idol's
Season 10, with
"Wildflower" &
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Saturday, July 30

8:00 PM - Thayer Stage

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Concerts Also Supported By:



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At the 300' Clay Track in McDanolds Arena
All events free with paid general admission.

WEDNESDAY, JULY 27 Show Time: 7:30 PM



6 & 8 Cylinder Demolition Derby

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Mini Van Demolition Derby

Sponsored by: Patten's Gas

THURSDAY, JULY 28 Show Time: 7:30 PM

Green Mt. Tractor Pullers

Sponsored by: **E-Z Steel & Sabil & Sons**

FRIDAY, JULY 29 Show Time: 7:30 PM

4 Cylinder Demolition Derby

Sponsored by: **Dad's 4 By Tool & Supply**

SATURDAY, JULY 30 Show Time: 12 Noon

Farm, Antique & Enhanced Tractor Pull

SUNDAY, JULY 31 - Show Time: 1:00 PM

4x4 Truck Pull

Sponsored by: **Allied Insurance & Pete's Rubbish Removal**



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SATURDAY, JULY 30 10:00

SPECTACULAR FIREWORKS DISPLAY

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Bear Ridge Speedway - ROYal Electric

Janice & Albion Estes & Grandchildren

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Sweet Water

by Maggie Anderson

The annual cleaning of the town water tank took place early Monday morning. It is a necessary ritual, performed around the Fourth of July since the town's well was first drilled.

The cast and crew are much like other groups of volunteers; a reliable core that serves to anchor the rest of those who drag themselves up to the drive next to the cemetery, roll up their sleeves or their pant legs and spend an hour making sure the villagers have the same freezing cold, sweet water they've come to expect each time they turn on their taps.

The list of volunteers has always been in flux but lately the changing of the guard is more pronounced. Several have left the village and taken up permanent residency in the cemetery, presumably to oversee the efforts of those left behind. There have been strokes and surgeries, bad knees, weak hearts and missing lungs to shorten the list.

Somehow in spite of everything there are always just enough bodies to scoop sediment, set the traps in the front room, sweep and vac the walls, ceiling, and crevices of lurking dust and spiders, turn the pump back on and pour the necessary amount of chlorine in before the chart is filled in, the lights turned off and the outer door is locked again.

This year we were lucky, two of the through hikers on the AT volunteered to help, they weren't planning to hit the trail until 9 or 10 anyway and they were told we would surely be finished before then so they jumped aboard. Interesting guys, their trail names traditionally chosen at the start of the long journey, were Sprout and Whiskers. These guys told us they were happy to help, glad of the chance to offer some payback for all the folks they'd met along the trail who were so generous and so helpful to them.

When the job was done and the pump was humming we wished them safe travels, offered hearty thanks for their efforts on our behalf then went back inside and added their names to the list of the important details of the day.

Now every time I turn on the tap and am rewarded with that icy sweet refreshment I'll picture Sprout and Whiskers high in the mountains headed for Maine.

Happy trails guys.

Vermont Open Farm Week Returns August 15-21, Celebrates Local Food Origins

Vermont farms welcome the public into the field to dig into the local agricultural economy

Montpelier, Vt. – Following a successful first year, farmers across Vermont will once again open their barn doors and garden gates to the public for a behind-the-scenes look at Vermont's vibrant working landscape. Vermont Open Farm Week 2016 will be held Monday, August 15 through Sunday, August 21.

Open Farm Week is a weeklong celebration of Vermont farms. Approximately 100 farms across the state will participate, many of which are not usually open to the public. Open Farm Week offers visitors access to learn more about local food origins, experience authentic agritourism and build relationships with local farmers. Activities vary and may include milking cows and goats, harvesting vegetables, collecting eggs, tasting farm fresh food, scavenger

hunts, hayrides, farm dinners, and live music.

Open Farm Week helps Vermont reach its statewide Farm to Plate food system goals to increase farm profitability, local food availability, and consumption of Vermont food products.

Please visit www.DigInVT.com for a map of participating farms by region. Many events are free and costs vary depending on the activities offered. Not all farms are open every day during Open Farm Week, so be sure to check schedule information prior to arranging your visit.

Open Farm Week is a collaborative statewide agritourism project organized

by members of the Vermont Farm to Plate Network including Vermont Farm Tours, University of Vermont Extension, Vermont Agency of Agriculture, Vermont Fresh Network, Vermont Department of Tourism and Marketing, Shelburne Farms and Farm-Based Education, NOFA-VT, and City Market.

Vermont Open Farm Week is sponsored by the City Market/Onion River Coop and the Vermont Department of Tourism and Marketing.

Plan a visit at www.DigInVT.com. Join the conversation using #VTOpenFarm hashtag and follow at Facebook.com/DigInVT and @diginvt on Twitter and Instagram.



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Woodsville, NH

Fourth of July in Woodsville & Wells River

The Woodsville / Wells River Fourth of July Celebration had some changes during the 2016 celebration. But there were also a great deal of familiar aspects to the 35th edition of this community wide festival.

The parade stepped off as normal at 11 am from the area of the Woodsville Elementary School. It proceeded down Central Street (Route 302) and crossed into Wells River, ending on Main Street. As has always been the case the street was lined with people over almost the entire parade route. In fact some people had even reserved their favorite watching spot as early as the Thursday before the

2016 Parade Winners

- 1st Place for Commercial Clifford Concrete
- 2nd Place for Commercial Woodsville Guaranty Savings Bank
- 3rd Place for Commercial Cottage Hospital
- 1st Place for Organization Calvary Baptist Church
- 2nd Place for Organization Bath Congregational Church
- 3rd Place for Organization Oxbow Chapter Daughters of the American Revolution

parade.

After the parade there were activities on the Community Field in Woodsville. One of the changes for this year was that those activities were sponsored by, and run by the Ross-Wood Post #20 American Legion of Woodsville. Those activities included a DJ with a music

trivia contest, a dunk tank, some other games, and the ever popular food vendors and flea marketers with a wide variety of offerings.

The celebration was capped off by a fireworks display that went in the air about 9:15 pm from the Paddy Acres fire department training site on the Wells River side of the Connecticut River.

From all accounts it seems that the parade and the field activities were well received and went smoothly again this year

For those who would like to volunteer to help with the celebration in 2017 and beyond, or would simply like to pass along their thoughts about the 2016 festivities, the next meeting of the Fourth of July Committee will be on Wednesday, August 3 at 7:00 pm on the Community Field in Woodsville.



Of course not everyone was totally happy. And some even displayed their memories from years past.

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The Cohase Lions Club held its annual Golf Tournament at the Blackmount Country Club on Saturday, June 25, 2016. The golfers enjoyed a full afternoon of play under sunny skies. In keeping with the theme of Lions International, "Service Above Self," the Cohase Lions Club uses proceeds from the event to support a large number of local charities, as well as providing vision testing for school age children. Membership in the local Lions Club is open to all civic-minded women and men on both sides of the Connecticut River. Pictured (l to r) Winning Team Lavoie: Dave Joslin, Tim White, Ken Horton and Mike Lavoie.

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Prouty - Housewright Construction Team Wild Women

The Craig Hervey Housewright Construction, Team Wild Women rode in the Prouty bike race again on Saturday, July 9th. Team Wild Women has successfully raised money for the Friends of the Norris Cotton Cancer Center for the last seven years. The fundraising benefits the Prouty Pilot Project grants for research, nursing education, which keeps the Norris Cotton Cancer Center nurses abreast of best practices; and the all-important patient support services, which ease the financial & emotional burdens of cancer patients and their families.

Kate Renner of Lyndonville, VT, Molly Maloy of Littleton, NH, Jodi Ovens of Bethlehem, NH, and Sheryl Loveland of Littleton, NH, cycled for 100 miles. The 2016 Team of Wild Women raised \$4,600 for the Friends of the

Norris Cotton Cancer Center, this year surpassing all previous years. It was a cold and wet day but as several of the riders said throughout the century ride, "How blessed we are to have this opportunity to make a difference within our community." All of the riders were constantly reminded by our growing list of people to remember/honor that cancer continues to take the lives of our family and friends. The funds raised now might make the difference between life and death in the future.

Team Wild Women would like to thank the following local businesses for their generous donations; Brown's Masonry of Perkinsville, VT, Emily Herzig Floral Consulting, LLC of Littleton, NH, Fortunati Painting, LLC of East Topsham, VT, Green Energy Times of Bradford, VT, Green Mountain Mono-

gram of Wells River, VT, Hill & Thompson, PC, of Manchester Center, VT, Housewright Construction, Inc. of Newbury, VT, Mount Cleveland Construction, LLC of Bethlehem, NH, Newbury Village Store of Newbury, VT, Noyle W. Johnson Insurance Group of Danville, VT, N T Martin Construction, LLC of Littleton, NH, Oakes Brothers of Bradford, VT and Valley Floors of Bradford, VT. Special thanks to various private citizens who donated from near and from far away for this very important cause to our area.



From left to right – Kate Renner, Molly Maloy, Jodi Ovens and Sheryl Loveland

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SHIRLEY E. (NORCROSS) CLEMENT - OBITUARY

The Villages, FL – Shirley E. (Norcross) Clement, 77, died Thursday, July 21, 2016 at her brother Eddie's home in Haverhill, NH.

Shirley was born in Haverhill, NH, November 7, 1938, a daughter of Edward B. and Harriett L (Patridge) Norcross, and graduated from Haverhill Academy, Class of 1956. She married David Clement on April 5, 1958, and together they lived initially in Haverhill, MA, then Woodstock, VT, Agawam, MA, Mrtyle Beach, SC, Framingham, MA, and currently were residing in The Villages, FL. While in Woodstock, she operated Crafty Ideas Gift Shop and later Presents Gift Shop in Quechee, VT. They enjoyed buying and flipping houses, painting and hanging wallpaper. In her spare time, she enjoyed reading the newspaper and doing crossword puzzles. She took great pride in sending cards and gifting family and friends. Along with David, she was able to travel near and far, having visited several European countries, including Portugal, Ireland, United Kingdom, Finland, and Sweden, along with Russia and Estonia. They were also able to cruise through the Panama Canal on several occasions, and visit Aruba. Trips in the United States that included Oregon and Alaska created special memories.

Survivors include her husband of 58 years David Clement of The Villages; three children, Jimmy Clement and wife Libby, and Kevin Clement and companion Karen Webb, both of Perkinsville, VT, and David Clement and wife Annette of The Villages; three grandchildren Tansy, Sam, and Olivia; a brother, Eddie F. Norcross and Barb of Haverhill; a sister, Sandra M. VanNorden and husband Richard of Benton, NH; several nieces, nephews and cousins, including her special cousin Patty Gadwah and husband Charlie of Wells River, VT; and Aunt Beverly Dagostino of Conway, SC.

Calling hours will be held on Monday, August 1 from 1-3 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A graveside service will follow at 4 PM in Ladd Street Cemetery, Haverhill.

Memorial contributions can be made to either the Visiting Nurse and Hospice of VT & NH, PO Box 1339, White River Junction,



VT, 05001, or to the Norris Cotton Cancer Center, One Medical Center Drive, Lebanon, NH 03756.

To sign an online condolence please visit www.rickerfh.com

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



The Woodsville High School class of 1976 celebrated their 40th class reunion on July 2nd at the Monteau Ski Lodge. The classmates enjoyed an afternoon of "catching up" while enjoying hors d'oeuvres and a fantastic dinner prepared by Maureen and Steve Mosher. Twenty-five classmates and their significant others spent the day reminiscing about their four years at Woodsville High School. For many, their school years began together in elementary school

The Class of 76, also known as "the spirit of 76" consisted of 76 students. Unfortunately, five classmates have passed away. The classmates decided that they needed to make every effort to have another reunion in five years and not wait until the 50th.

While many live within a 50 mile radius of one another, life keeps us moving in many directions, with our paths not crossing. It is so important to make time for our friends and those that we spent our most formative years with.

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Next week, the 2016 Summer Olympics begin in Rio de Janeiro. One of the most compelling events is the marathon, a 26.2-mile endurance contest with roots dating back to ancient Greece. It may be that we've kept our interest in the marathon because it can teach us much about life – and it certainly has lessons for investors.

In fact, if you were to compare investing to an Olympic sport, it would be much closer to a marathon than a sprint. Here's why:

- Long-term perspective – Sprinters are unquestionably great athletes, and they work hard to get better. Yet their events are over with quickly. But marathoners know they have a long way to go before their race is done, so they have to visualize the end point. And successful investors, too, know that investing is a long-term endeavor, and that they must picture their end results – such as a comfortable retirement – to keep themselves motivated.

- Steady pacing – Sprinters go all out, every second and every stride. But marathoners have to pace themselves – too many spurts

of speed could tire them out and doom their performance. As an investor, you, too, should strive for steady, consistent progress. Rather than attempting to rush success and achieve big gains by chasing after supposedly “hot” stocks – which may already have cooled off by the time you hear about them – try to follow a long-term strategy that emphasizes diversification among many different investments. (Keep in mind, though, that while diversification can reduce the impact of market downturns that primarily affect one type of asset, it can't guarantee success or prevent all losses.)

- Ability to overcome obstacles – When sprinters stumble or fall, they are finished for the race; there's simply not enough time to recover, so they typically just stop. But over 26 miles, a marathoner can fall and – providing he or she is not injured – get up again, compete and possibly even win. When you're investing for the long term, you have time to overcome “mishaps” in the form of market volatility. So instead of dropping out of the “race” and heading to the investment sidelines, stay invested in all types of markets. As you near retirement, and you have

less time to recover from market downturns, you may need to adjust your portfolio to lower your risk level – but even then, you don't need to call it quits as an investor.

- Proper fueling – Sprinters have to watch what they eat. But world-class marathoners have to be ultra-diligent about their diets, especially in the period immediately preceding a race. Because they must maximize the oxygen their bodies can use while running, they need a high percentage of their calories to come from carbohydrates, so they “carbo-load” when needed. When you invest, you also need to periodically “refuel” your portfolio so it has the energy and stamina needed to keep you moving forward toward your goals. And that means you must add dollars to those areas of your portfolio that need beefing up. Regular reviews with a financial professional can reveal where these gaps exist.

As an investor, you can learn a lot from Olympic marathoners – so put this knowledge to good use.

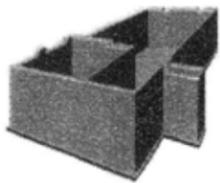
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Lobster, Steak, and Puppets!

It's half way through the summer already, so that means it's about time for a party! Jean's Playhouse is hosting the annual summer fundraiser in the form of a Lobster/Steak Bake at the Pemi Base Camp, South Mountain, Loon on July 31st! Join us from 2-5pm to chow down on some fresh lobster, steak, clam chowder, and much more provided by Gordi's Steakhouse and the Woodstock Station, with live music performed by The Knucklehedz! Regular tickets are available at our box office here at Jean's for \$40, Surf & Turf tickets for \$55, or Twin Lobster for \$55! The fun isn't exclusive to adults, either, so bring the whole family along! Children's meal tickets are available for \$20 and they'll receive a delicious kid friendly hamburger. Round up your friends and family to support the arts and for some great White Mountain summer fun! More information can be found at jeansplayhouse.com or by calling us at 603.745.2141!

We are also excited to announce that we have begun rehearsal for Avenue Q! This laugh out loud and politically incorrect musical comedy features a recent college grad who moves into a shabby New York apartment all the way out on Avenue Q! There he meets several colorful types who help him try to discover his purpose in life! These puppets (yes, we said it--- PUPPETS!) don't

hold back when it comes to sex, drugs, and rock n' roll, so this is definitely a night to call a babysitter. Avenue Q opens August 4th and runs Tuesdays, Thursdays, Fridays, and Saturdays at 7:30pm, with special Wednesday matinee performances on August 10th and 17th at 2pm. Call our box office now to reserve your seats for a hilariously jaw-dropping night out!

That's not all! Stay tuned for performances of Altar Boyz: August 25th – September 10th; Steel Magnolias: September 22nd – Oct 1st; and closing out with On Golden Pond: October 6th-15th.

Jean's Playhouse professional main stage series tickets are \$30 per adult, \$25 per senior (65+), and \$16 per child/student. A 10-Pack of tickets may be purchased for \$250, a discount of \$5-off our top-priced tick-

et. 10-Packs are valid for all performances at Jean's Playhouse (excluding fundraising events) for twelve months after receipt. Call the Box Office at 603-745-2141 to reserve your 10-Pack today!

Jean's Playhouse operates the professional Papermill Theatre and IMPACT Children's Theatre Companies in the summer and fall and the community Playhouse Players and Jean's Teens theatre companies in the winter and spring. Jean's Playhouse also offers a limited year-round guest artist series of magicians, comedians and musicians. Jean's Playhouse is located at 34 Papermill Drive in Lincoln, adjacent to Riverwalk at Loon Mountain (opening this June!) off I-93 Exit 32. Visit JeansPlayhouse.com or call 603-745-2141 for more information.



Godspell is currently playing through July 30 at Jean's Playhouse

Letters From Camp

by Elinor Mawson

My cousin Bobby went to camp as soon as he was old enough. He participated in all the activities, ate his meals and behaved himself. Every Sunday he had to write a letter home. His first missive was happily received by his mother until she opened the envelope and read:

Dear Ma, I am eating all my food. I am doing all my activities. I have learned to swim. I sleep every night. But I still hate it here. Love, Bobby.

When our younger son was old enough to attend camp, we talked about it for quite awhile. When it was time to sign him up, we sent the \$100 for two weeks, and proceeded to pack his footlocker. We included everything on the list that we had been sent, including paper, envelopes and stamps. And with a lot of enthusiasm on our part, we took him to camp, not noticing how quiet he had become.

Bidding him a happy goodbye, we went on our first vacation in years without our kids. (Our older son was in another camp). It was freedom at its best!

Arriving home, there were several messages on our answering machine--all saying the same thing: "Come and get your son!"

We were aghast. When I called the camp, the director was quite abrupt. "Your son doesn't want to participate in anything. He wants to play trucks all by himself or in the

woods. He is very unhappy. Come and get him."

Off we went! Coming into camp we saw a very unhappy 9 year old sitting on the steps of the office with his footlocker. He couldn't get in the car fast enough. The camp director came out and talked to us. "He has been like this all week. We tried to get hold of you and you weren't home."

"Do we get our \$50 back for the next week he isn't here? we asked. "NO you don't" was the answer.

Getting back home, our son took off to play with his trucks, singing the whole time. We unpacked his footlocker and were aghast once more.

Everything was just the same as it was when he left for camp. He had not changed his clothes once! The only difference was the fact that he had bought 6 flashlights at the camp store. And there was one piece of paper, one envelope and one stamp missing.

The next mail brought a letter with the camp postmark.

Dear Ma and Dad: I am having a terrible, terrible, terrible terrible terrible terrible terrible time. From your son.

I still have that letter. Right now we laugh about it a lot. It is in tatters. And at the same time, we feel terrible because our happy little boy was so miserable for a whole week out of his life.

We all learned a lot from his experience.

NH Maple Producers Association Celebrates 2016 & Plans For Future

North Woodstock, NH – Nearly 120 members of the New Hampshire Maple Producers Association from around the state gathered in North Woodstock, NH this past Saturday, July 9, 2016, to celebrate not only a successful 2016 sugaring season, but to set educational goals for the future.

The day-long gathering at Fadden's General Store and Maple Sugar House included demonstrations of sugaring equipment from vendors across the Northeast as well as presentations from members of the New Hampshire Maple Producers Association. Topics ranged from business to education as well as the science of the sugaring process.

In addition, Senator Kelly Ayotte (R-NH) served as the event's key note speaker and Chuck Henderson, an aide for Senator Jeanne Shaheen (D-NH), also read a letter of support from Senator Shaheen. Both Senators acknowledged the efforts of the New Hampshire Maple Producers Association and they announced bi-partisan support for an effort currently underway to force the Food & Drug Administration (FDA) to take action against questionably labeled food manufacturers who claim to have maple as a component in their products. Ayotte stated during her remarks "Following a meeting with the Food and Drug Administration in May, I don't believe the Agency is being aggressive enough. Rather than

a regulatory fix, I believe a legislative one might be the ticket."

Following a barbecue prepared by Woodstock Station, a popular North Woodstock Inn & Eatery, staff members from nearby Hubbard Brook Experimental Forest in Thornton, NH addressed the organization. The group shared information from several long term projects currently underway regarding the maple sugaring industry. One such topic presented by Doctoral candidate Rebecca Sanders Demotte from Boston College focused on the effects that diminishing snowfall is having on tree growth and longevity. "The lack of snow cover enhances the opportunity for the soil to freeze", stated Demotte. "It's been observed that Maple tree roots exposed to increased freezing have also exhibited a decrease in their ability to take on important nutrients."

One of the key topics discussed by the New Hampshire Maple Producers Association during the summer gathering was education. Although a number of outreach programs at state fairs and schools throughout the

state and region currently exist, the group would like to enhance these programs and determine ways in which they can increase their current reach into New Hampshire's educational system.

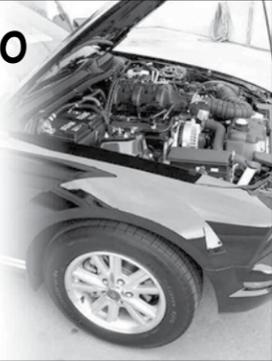
In his closing remarks, Association President and event host Jim Fadden, a 6th generation maple producer himself and a life-long resident of North Woodstock, supported the association's educational focus by stating "Although we're able to celebrate what turned out to be a fantastic year for maple sugaring, we need to focus a major part of our efforts going forward on the future of this industry. This means educating and sharing more and more information with students in all grades - from elementary, middle and high school through the entire New Hampshire University system. The youth of New Hampshire are also the future of this industry and we can't forget that."

To learn more about the New Hampshire Maple Producers Association, their mission or to learn more about the maple sugaring process, visit <http://www.nhmapleproducers.com>

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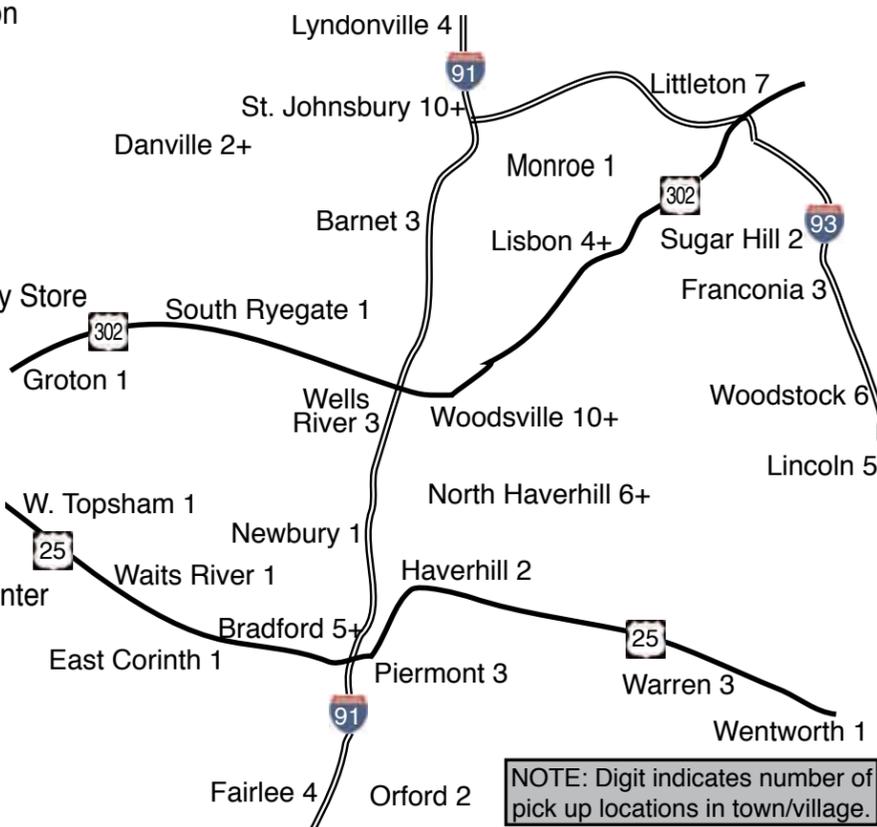
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7th Annual Jericho ATV Festival Kicks-off in Berlin, NH August 5-7

Berlin, New Hampshire – The 2016 Jericho ATV Festival Presented by Progressive is an ATV enthusiast's dream weekend, with approximately 6,000 people expected to attend. Now in its seventh year, the festival features mud races, demo rides, live music and delicious food. The festival takes place at Jericho Mountain State Park, which boasts more than 80 miles of trails, and is linked to the Ride the Wilds network, which includes more than 1,000 miles of interconnected OHRV trails.

The family-friendly festival hosts an assortment of fun and thrilling entertainment and activities. The Downtown Block Party is a fan favorite, complete with food vendors, music, and a beer tent for the 21+ crowd. Thrill-seekers will enjoy Keny Bartram's Steel Rodeo Tour Freestyle Show, Poker Run, and obstacle course. The festival will host several exciting new events this year, including a Music Festival & BBQ with live music, a Law Enforcement versus Fire Department Mud Race and an ATV Pull Show, testing the skill and precision of drivers and the might of their OHRVs.

"The Jericho ATV Festival Presented by Progressive is a jam-packed weekend of exhilaration and fun," said Paula Kinney, executive director of the Androscoggin Valley Chamber of Commerce. "From races to trail riding and mud galore, this is the northeast's most highly-anticipated OHRV event. The Jericho ATV Festival puts the spotlight on New Hampshire's Ride the Wilds network as the prime location in the entire northeast for OHRV riding."

Festival guests will enjoy trying out brand new OHRVs from the major dealers—Polaris, Arctic Cat, Yamaha, Can-Am, Bad Boy Off Road, Kawasaki & ROKON. On Friday night, Berlin's Main Street will fill up with OHRVs for the Downtown Block Party, featuring live music by A Shot of JD. Enthusiasts can

check out all the OHRVs and mingle with other riders on Main Street following the first day of festival activities. On Saturday night, visitors will enjoy music by New England's favorite Cover Band "Last Kid Picked" at the music festival & BBQ.

"This festival captures the contagious energy and adrenaline-filled excitement that OHRV enthusiasts bring to the North Country," said Karl Stone, marketing manager for NH Grand, the official visitor information source for the Great North Woods and the Northern White Mountains. "The Jericho ATV Festival Presented by Progressive creates a hub for OHRV fanatics to enjoy the festival and the incredible Ride the Wilds trail network. Riders will be excited to find they are allowed to drive their ATV's on many town roads along the trail network to enjoy picturesque lodging options, authentic North Country dining establishments and a variety of retail stores".

To add to the excitement and fun, one lucky winner will take home a brand-new 2016 Can-Am Outlander ATV, as AutoNorth Pre-Owned Superstore of Gorham is sponsoring a free giveaway as part of the festival. Enter for free at <http://autonorth.net/forms/free-atv-giveaway>. The winner

will be announced during the festival on Saturday, August 6.

Additional festival events include:

Poker Run - sponsored by the Androscoggin Valley ATV Club & Progressive – jam packed with prizes!

Mud Pit Grudge Runs and Races – prepare to be covered head-to-toe in mud by the end of your course.

Youth ATV Simulator – a safe way for kids to familiarize themselves with the mechanics of an ATV before their first ride.

Progressive® FLO-TUM Pole Chainsaw Carving – impressive carvings created with a chainsaw.

ATV Torch-Lit Parade – taking place at dusk at the Downtown Block Party on Main Street.

FREE ATV Wash – sponsored by Progressive! Admission costs \$10 Friday and Saturday, \$5 Sunday with children under 6 free. As always, Berlin's streets will be open to OHRVs for the weekend. A free shuttle will run all day Friday and Saturday to the grounds from designated parking areas. Visit <http://www.nhgrand.com/signature-events/jerichofestival.aspx> or visit the Jericho ATV Festival Facebook page for a schedule of events and more information.

I Love Collaboration

I love collaboration. It's a way to maximize and multiply the reach of your work, allows you to access skills and expertise you otherwise don't have, and builds and reinforces the communities, partnerships and friendships around you. I see its positive effect all over---from the communities I work with, to businesses I frequent, to the organizations I meet. Collaboration can, and often does, work.

This past June, I was fortunate to go to a national joint conference of university extension community development professionals and natural resource professionals. Together we gathered in Burlington, Vermont for four days of peer-to-peer learning, sharing, and networking. At the event, my own University of New Hampshire team, was honored with an award in programming excellence and one of the programs I've been co-developing, the 1st Impressions Program, with my colleague Casey Hancock, was presented at two workshops! But it wasn't the cool award or multiple presentations at a national conference that really wowed me, it was the collaborative spirit of natural resource professionals and community development professionals coming together. It was the boots-on-the-ground development of professional

relationships and partnerships between a diversity of folks from across the nation. It was the back-of-the-napkin project idea and collaboration generation happening over lunch or a quick bite to eat. It was the development of community, development of collaboration, development of friendships that truly impressed me.

Collaboration can work, and when it's done right, it can spark innovation and expand capacity. My own collaborative efforts have given me the ability to offer new and innovative programming and access a wealth of academic and experiential knowledge that immediately lend themselves to the questions, challenges and opportunities of our region. I simply cannot do it all on my own, nor would I want to. Are you with me? Are you, partner?

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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Lyme Disease Revisited

Lyme disease is a condition that affects as many as 20,000 Americans every year, according to an article by Suzanne Arthur in "Townsend Letter": The Examiner of Alternative Medicine" entitled "Effectiveness of Samento, Cumanda, Burbur and Dr. Lee Cowden's Protocol in the "Treatment of Chronic Lyme Disease." Banderol Bark Extract has been used in Peru to treat malaria for a long time, and now has found to be effective against Lyme Borrelia. Herbs such as Samento, Cumanda, Burbur and Quina may work too, according to the article. Banderol is a recommended substitute for people who are sensitive to Cumanda, Quina or Samento or who may have built up a tolerance. Long-term antibiotics often help Lyme disease sufferers, but Dr. Cowden says that recurrences happen often with antibiotics.

Lyme bacteria may also cause Cardiovascular disease, Multiple Sclerosis, amyotrophic lateral sclerosis, autism, Parkinson's, gastrointestinal diseases, neuro-degenerative and cardio-arrhythmias says Dr. Cowden. Using Banderol to fight Lyme disease may prevent these other diseases. Dr. Cowden recommends a detox program and the use of herbal anti-microbial protocols that may include Banderol to prevent chronic illnesses caused by Borrelia.

Most documentation that I have found indicates that many Lyme sufferers also are hosts to the Epstein Barr virus, meaning these individuals also suffer from Chronic Fatigue/Fibromyalgia with Arthritic symptoms.

Cat's Claw Bark is indicative for the Arthritis symptoms as it is a rich source of sterols, chemical compounds that are closely related to steroids. Animal studies have found that the herb reduces swelling by approximately 50%. Cat's Claw can effectively detoxify the intestinal tract and replenish friendly bacteria. Most bowel disease are due to a disruption in this beneficial flora. If intestinal flora are not properly balanced, this can affect the immune system. The immune-stimulant effects of Cat's claw allow it to fight Lyme disease and sinusitis, speed the rate at which the immune system gets rid of cold viruses, and act against Helicobacter pylori, a bacterium associated with both gastritis and peptic ulcers. Cat's claw helps

the body produce T cells and other white blood cells in normal numbers. This prevents excessive immune stimulation that can provoke herpes outbreaks or give human immunodeficiency virus opportunities to become drug-resistant. 1 teaspoon 3x daily. Wait 5 minutes before consuming water.

Echinacea Purpurea greatly increases activity of NK (Natural Killer) cells and inhibits secondary infections. Echinacea Purpurea acts against Candida Albicans, the micro-organism that causes most yeast infections. Echinacea acts by stimulating the immune-system cells known as macrophages to engulf and consume yeast cells, but not increase the numbers of immune cells overall. The advantage of keeping the number of macrophages constant is that it helps to avoid inflammatory reactions that can accompany infection. Echinacea is useful in treating people with Lyme disease and Chronic Fatigue syndrome because yeast infections often cause or accompany symptoms of these disorders. ½ teaspoon 3x daily for 3 weeks, break for 3 weeks, keep cycling 3 on 3 off. Wait 5 minutes after dosage before consuming water.

Panax American Ginseng like Echinacea Purpurea increases the activity of NK cells in chronic fatigue and Lyme disease. Ginseng helps to support the normal functioning of the hypothalamic-pituitary-adrenal axis, which may be helpful for the relief of fatigue and the effects of stress. Ginseng has been found to improve almost all indicators of psychological health in people with Chronic fatigue, especially levels of attention and concentration. 1 teaspoon 3x daily, wait 5 minutes before consuming water.

Kudzu (Pueraria Lobata) increases circulation, an action that tends to reduce muscle pain and stiffness. It has traditionally been used for respiratory infections. Kudzu relieves tension in the muscles of the face and neck. The herb also acts directly on viral infections that produce muscle pain. 650 mg. capsules; dosage 2-4 daily with 8 oz water between meals.

Licorice root (Glycyrrhiza Glabra) helps to prevent the progression of neurological symptoms and counteract Chronic fatigue. Consume potassium-rich foods such as bananas or citrus juices, or take a dandelion root sup-

plement, daily when taking this herb. ½ teaspoon 3x daily for 6 weeks, then take a 2 week break

Maitake mushroom (Grifola Frondosa) stimulates immune function and fight infection; provides nutritional support by enhancing the body's absorption of micronutrients through the intestine. This is especially true for copper, and increasing copper absorption also increases the absorption of zinc, a nutrient that often is not readily available to the bodies of people with Chronic fatigue.

Scullcap (Scutellaria Bicalensis) an anti-bacterial and anti-viral; prevents the activation of the human T cell leukemia virus and Epstein Barr Virus from their dormant states. EBV causes mononucleosis, and has also been associated with Chronic fatigue and some forms of cancer. Scullcap's high zinc content also is helpful in fighting chronic fatigue. 1 teaspoon 3x a day, wait 5 minutes before consuming water.

Shiitake mushroom (Lentinus Edodes) is useful for low natural killer syndrome (LNKS), a disease that causes disabling fatigue. Shiitake treatment has been successful in reversing symptoms, including remittent fever, persistent fatigue and low NK cell activity. The ability of this type of therapy to stimulate NK cells also make it valuable in the treatment of Lyme disease. 650 mg. capsule, take once daily, with water.

Siberian Ginseng (Eleutherococcus Senticosus) stimulates the activity of several immune-system components: B & T cells, which direct the immune system response to infection; macrophages, "germ-eating" cells that attack bacteria; and interferons, which "interfere" with every stage of viral infection.

½ teaspoon 3x daily, wait 5 minutes before consuming water.

Milk Thistle Extract (Silybum Marianum also known as Carduus Marianus), protects the liver by preventing the entry of virus toxins and other toxic compounds and thus preventing damage to the cells. Milk thistle increases the production of bile, a fluid created in the liver that helps break down fats in the small intestine. 1 teaspoon 3x daily, wait 5 minutes before consuming water.

Bromelain (Ananas Comosus) A protein digesting enzyme found in the stem and fruit of the pineapple

plant is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It contains three plant enzymes- Lipase, Amylase & Protease, all to improve nutrient absorption. Bromelain "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, upper respiratory tract infection and Peyronic's disease, which affects the genitourinary tract. 650 mg. per capsule, dosage = 1 capsule with each meal.

***Eat plenty of garlic – it is a natural antibiotic and immune-booster.

Green Tea Capsules (Camellia Sinensis) provides both a stimulant and an antioxidant with a diversity of healing applications. The polyphenols in green tea are potent antioxidants. Researchers have found that one of the polyphenols, designated epigallocatechin gallate (EGCG) is over 200 times more powerful than the renowned antioxidant vitamin E in neutralizing free radicals. Also, green tea increases energy, which may make it useful as part of a weight-loss program. Benefits include: Asthma, Atherosclerosis & high cholesterol, Breast cancer, Endometriosis, Fibrocystic breasts & Ovarian Cancer. 650 mg. capsules, take 2-4 capsules daily with water, between meals.

Red Root Extract (Ceanothus Americanus) Red Root stimulates lymph and inter-tissue fluid circulation and is effective on tonsil inflammations, sore throats, enlarged lymph nodes and for shrinking non-fibrous cysts. It also has astringent properties useful in stopping menstrual hemorrhage, nosebleeds, bleeding piles, hemorrhoids and capillary ruptures from vomiting or coughing. Red Root reduces inflammation in the Spleen, Liver, Pancreas & Kidneys. ¼ teaspoon 3x a day, wait 5 minutes before consuming water.

Ashwaganda Root (Withania Somnifera) An Ayurvedic tonic Adaptogen herb used since Ancient times to promote health and vitality. Regularly used to enhance immunity and to treat inflammation; used to treat debility and most degenerative diseases; relieves aches and pains associated with Arthritis. A specific in Chronic Fatigue, Epstein Barr and oth-

er auto-immune diseases; used to treat loss of memory and nervous disorders. ½ - 1 teaspoon daily, under tongue. Wait 5 minutes before consuming water.

Fresh Motherwort (Leonurus Cardiaca), A heart tonic that improves blood flow, also used in treatment of female gland and hormone disorders. As a menstrual and uterine tonic to relieve cramping, delayed or stopped menses, and to support the female organs during menopause; a primary heart tonic for high blood pressure symptoms and palpitations. A specific in all stress-related heart disease. If Motherwort is taken within the first 10 days after a tick bite, it will prevent secondary viral infections. ½ - 1 teaspoon 3x daily, wait 5 minutes before consuming water.

Compounded Chinese Astragalus Root (Astragalus Membranicus), Chinese Ligustrum Berry (Ligustrum Lucidum) & Chinese Schizandra Berry (Schizandra Chinensis) is a recommended compound to bring support to all deep immune functions and activated cellular immunity. Use as an adjunct in the treatment of Cancer, Arthritis, Lupus, Blood disorders, Anemia, Epstein-Barr Virus (EBV). Excellent for recurring cold/flu infections which prevail chronically throughout the winter. 30-40 drops 3-5x daily, wait 5 minutes before consuming water. When treating EBV, Best results are achieved when used 4-6 months or longer. ***When treating for Lyme's disease, one can become resistant to Astragalus Root, this is rare, take in cycles (30 days on 30 days off).

Compounded Lomatium Root (Lomatium Dissectum), Pau D'Arco Bark (Tabebuia Impetiginosa), Oregon Grape Root (Berberis Aquifolium), Black Walnut Hulls (Juglans Nigra), St. John's Wort (Hypericum Perforatum), Scullcap (Scutellaria Latiflora), Chinese Schizandra Berry (Schizandra Chinensis), Essential Oil of Cinnamon. Specifically indicated in the treatment of chronic viral infection including Epstein-Barr Virus (EBV), hepatitis, shingles, mononucleosis and other liver viruses. Dosage: Start with 1 Tablespoon, wait 5 minutes before drinking water. Continue on day 2 with 1 teaspoon 3x daily.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH.



Charlie, Mark Garfield's seven-year-old Chihuahua, is a recipient of the NEK Council on Aging's Pets for Life food program for all domesticated companion animals whose owners receive Meals on Wheels. Charlie and Mark strike a pose with the Council's new RSVP Volunteer Coordinator, Karen Budde (boo dah). She's helping a table Aug. 7 from noon to 4 p.m. at the Summer Dog Party on Dog Mountain in St. Johnsbury, where she hopes those who want to donate to Pets for Life or help make deliveries will say hello. If you can't make it, but are interested in volunteering, please call Karen at 800-642-5119.



Volunteers from the Cohase Lions Club manned the SAG (Stop and Go) station for the recent Prouty fund-raiser as bikers traveled through Woodsville. Shown above (l to r) are Lions Dan Brady, Richard Thompson, Robert Fagnant and Roger Fournier who coordinates activities at this stop each year for the Lions Club.

Changing Society's Perspective

Editor's Note: This is the third in a series of articles written by local people who some would call disabled. But they would like to change that title and change that perspective.

We encourage anyone with comments, or perhaps a story of your own, to send us a note. Or simply send a question that you would like answered and we will do our best. After all, that's all that any of us can do.

ALS Article

by Lois Zambon
South Ryegate, VT

I was diagnosed with ALS, also known as Lou Gehrig's, 6 years ago.

ALS is an abbreviation for amyotrophic lateral sclerosis. This basically means that your muscles cannot receive information from the spinal cord and eventually are unable to move. ALS usually affects the muscles in the legs, arms, mouth and throat, not everyone has all these problems.

ALS is a progressive disease with no known cure or cause. It is not contagious and not many people get this illness and it usually affects adults between 40 and

70 years of age.

Remember the ice bucket plunge? The money is used for ALS research answers are difficult to arrive at but there are ongoing trials

Many things have stayed the same for me as they do for other people with ALS. We still feel pain when we are hurt or have to sit in one place for a long time. We can hear...see...and think... Even if talking is difficult for us. We sometimes get angry when we cannot do simple things for ourselves, like getting dressed, going to the toilet, or scratching an itch. We may become irritable and mad because we have to ask for help.

Since my diagnosis I have progressed from weakness in my hands to being unable to use my arms and I am having difficulty walking.

So how do I live with the knowledge that I won't be getting any better, only worse. I find support for myself in my faith, family, friends. I belong to a very supportive group for autoimmune diseases. It is great to talk to other people who understand the issues you face, companionship is vital. I'm able to continue exercising, thanks friends. This

I believe has allowed me to have more mobility longer in my body. It is also very relaxing for me to look out my window and enjoy the views and the changes daily that happen outside. Relaxing, meditating, whatever you want to call it is important to be able to refresh yourself. Very important is a positive attitude. How do I try to maintain such an outlook on life? I read mostly happy books, watch movies and programs that bring a smile to my face, listen to light happy songs, Music, listen to children laughing whatever it takes to not dwell on your problems. If I'm really having a bad time I make myself smile. Just the act of putting a smile on your face does improve your attitude

I would like to encourage you today or in the future when you are eating ice cream or a hamburger, rolling over in bed, petting your dog, hugging a child realize what a pleasure that is. Take a moment to think what it would be like never being able to do those things.

Remember that the person is still the same underneath as they were before ALS started.

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by Ronda Marsh

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Southern Wilted Lettuce Salad

Let me preface this article by asking that you overlook the word "Wilted" in the title. To me, wilted has always inferred something on the verge of spoiling, or not quite up to par. I know that until I tried this salad, I certainly wouldn't have given any recipe with wilted anything in it a second glance. As a matter of fact, I was so convinced I wouldn't like it, I almost didn't even want to try this recipe. In retrospect, that would've been a really big mistake. I tried it; I love it, and I'll be making it again!

It all began when my friend, Leslie, and I were bemoaning the travails of cooking in this hot summer weather, and she mentioned having had something called a Wilted Lettuce Salad many years ago. So I started looking around the internet (admittedly more for her edification than mine), and discovered there is a whole history of these simple salads dressed with a hot vinaigrette and served as a light summer meal. The idea probably originates from a variety of Hot German Potato Salad-type recipes brought to the Carolinas by Eastern European immigrants and adapted to incorporate the abundance of lettuces available there in summer.

So one very hot evening recently, Les came over, and



together we assembled "The Salad" (note I intentionally left out the word "wilted!") I took a small serving initially, but after the first couple bites, I found myself becoming more and more taken with the combination and contrast of flavors and textures. I helped myself to 2nds, and 3rds, as did Leslie, and suddenly, we realized we'd finished off a salad intended to serve four to six people. So much for my disdain for the whole "wilted" aspect...I'm now a big fan, and if you try it, I know you will be, too!

- 4 strips thick-sliced bacon, diced
- 6 little new potatoes, in 1/4" slices
- 2 scallions, sliced thinly
- 1/4 cup vinegar (white or cider)
- 2 Tablespoons water

- 2 teaspoons sugar (light brown or regular white)
- 1/4 teaspoon each, salt and pepper
- 1 egg, hard boiled and sliced
- 6 to 8 cups of lettuce, washed, dried, & torn bite-size
- OPTIONAL: Whatever other salad veggies you prefer...tomatoes, cukes, etc.

In a skillet, cook diced bacon till crispy over low heat to render fat. Remove bacon pieces and set aside. To the fat in the pan, add the potato slices, salt and pep-

per to taste, and cook until just cooked through. Remove. If necessary, add a bit of olive or Canola oil to pan, to equal 2 Tablespoons, total. Add scallions, vinegar, water, sugar, salt and pepper. Bring just to a boil to dissolve sugar. Place lettuce in a large bowl, top with the potatoes and bacon bits. Pour the hot dressing over all, toss lightly and garnish with egg slices. Serves 6-8 people (unless it's me and Leslie...then it only serves 2!)

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