

A FREE PUBLICATION

TRENDY



NEXT ISSUE: TUESDAY, SEPTEMBER 6
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TIMES

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Celtic band Solas headlines UnCommon Jam

The picturesque Newbury Common in Vermont will be rocking with celebrated Celtic powerhouse Solas for the 3rd annual UnCommon Jam Festival. "We are thrilled to bring Solas, which has such international acclaim to our beautiful village and to have Patrick Ross, Doug Perkins and the unique beats of Painted Sol join them - you couldn't ask for a better day of music!", proclaimed Marvin Harrison one of the event organizers along with Court Street Arts.

The event is set for Sunday, August 28th from 2-7pm and as Harrison mentioned, headlining is

one of Celtic music's most significant ensembles, Solas. As a forerunner in Irish-American music, the band's sound is explosive yet seductively personal; timelessly melodic yet rippling with modern muscle. It can bring edgy urban hipness to ancient reels, and make songs by Tom Waits and Bob Dylan feel like they've been aging for centuries in the sweet old casks of Celtic tradition.

Lining the Common will be food vendors selling culinary delights highlighting the rich food culture in the region and a craft brew tent. Co-organizer Art Morris explained, "Not only will we have a variety of great

food made locally, but we have a fabulous local brewery River Roost coming along with other small beer makers including Burlington Beer Company, Farnham Ale & Lager and Lost Nation."

Tickets are \$20 (under 12 free) can be purchased online at courtstreetarts.org, at Wells River Savings Bank Branches and at the gate the day of Festival. The event would not be possible without the support of local sponsors including Farmway, Under Cover Tents, The Abbey, Housewright, Oakes Bros, Odell Insurance, Woodsville Guaranty Savings Bank, Blackmount Equip-

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TRENDY Dining Guide

The Little Grille

by Gary Scruton

It was a recent Friday night that Janice and I made our way to Littleton to visit a place that has a growing reputation. The Little Grille on Cottage Street is just one of three locations that Scott and Camila Rutherford are currently operating, all under the Little Grille name. This couple has been working for a number of years now to grow their business and in so doing have hit a few snags, and made a few turns. But one thing is for sure, they put on a meal.

Like I mentioned, we visited on a Friday night, Brazilian Barbecue night in Littleton. Of course that's what I ordered, along with a glass of their own label dark beer that the menu promised, had a sweet taste to it. I do like my dark beers and this was certainly no exception. (In fact with the barbecue I ended up ordering two of those 16 oz. beverages.

Janice went away from the special and instead got an old favorite, the fisherman's platter. This dish comes in many varieties depending on the eatery. The Little Grille offers theirs with haddock, fried shrimp and fried scallops. It comes with a potato choice (Janice chose their crispy delicious french fries) and their own special cole slaw that contains cranberries and this time round had diced apples also. The whole dish came out hot and steamy. The haddock was a almost a

meal on its own. The shrimp was tasty and the scallops (I got the two last ones) were delicious, crispy on the outside and moist and tender on the inside. This dinner was one of the best tasting fried seafood Janice has had.

But the star of the show for this dining experience had to be the Brazilian Barbecue. It is as much of an experience as it is a meal. You start off with an invitation to go to the sides table, get a plate and serve yourself rice, beans or potato. There are also rolls with butter, and of course the fixings for a salad. Now this is not a full salad bar, nor is it meant to be because believe me you want to save room for the main course. Like most bars like this you can, of course, go back on multiple occasions as this is

an "all you can eat" meal.

Now for the main dish (actually dishes, or skewers) of the meal. On this evening a young servers assistant did the serving. She came from the kitchen with a skewer that was about two and a half feet long. She held the handle in one hand and a bowl to catch drippings in the other. She also carries serving tongs and/or a knife, as the dish required for serving purposes. From this skewer she would inform me of what exactly she had, bacon wrapped sirloin, house marinated beef, sweet sausage, honey and sugar glazed pineapple, and chicken with lime, pork ribs and several other choices. You could have as much, or as little, as you wished from each skewer. She also made sure to remind me that

if there was anything I would like more of, just ask.

Now she was serving more than just me from each skewer. She made the rounds of the dining room as well as those seated outside who had ordered the barbecue. It certainly kept her busy.

I mentioned just six of the dishes that were offered, but as memory serves there were nine presentations in all, most of which I gladly nodded my head to in acceptance. (I am not a pineapple fan, and therefore did not try that particular offering.

I do like my desserts, and though our waitress tempted us, there was simply no room for more on this evening. With that said, our bill was just shy of \$60.00 before tip. But it was also an experience that one does not often get with a meal. The chance to taste a number of dishes,

even some you might not often order themselves, and still the chance to get more of what you like. Well worth the trip.



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TRENDY Dining Guide

Kingdom Crust

by Gary Scruton

This time Janice and I had the chance to visit a brand new eatery. Well, it isn't really brand new. What is now called Kingdom Crust Co. was formerly known as Ramunto's Pizza. It is located at 1216 Railroad Street in

St. Johnsbury (just south of Twin State Ford). The name did not change because of new ownership. The same owners and most all of the staff are still there. The difference is that they are now an independent eatery rather than being associated with the franchise shown by their former name.

In fact when we pulled in to a full parking lot on a Thursday night, we noted that the outside tables were occupied. That did not mean that there was a waiting line, the layout of this pizzeria has a number of rooms, plus take out and delivery are all available. This means that there can easily be many vehicles coming and going. One thing they do not have at Kingdom Crust is a hostess. Instead the counter staff just let us know that we could "sit anywhere". We walked thru the first room and found a table for two in the second eating area.

It was not long before our

waitress came out to see what we had in mind for the evening. Kingdom Crust has a nice line of beers on tap. For me a beer with pizza seems natural. And like I have said on more than one occasion, I do like my dark beers. Kingdom Crust had something that certainly fit that bill. It was an 8% local beer that worked well by itself and just as well when the meal was served.

In regards to the meal there was, most naturally, a whole new menu. Well new looking at least. Many of the products were quite similar to what we had eaten in this same location on previous visits. After a bit of perusal we both decided to hit an old favorite, calzones. Janice went with the small vegetarian style while I ordered the large meat lovers. (I ordered the large because I planned to take some home for lunch the next day - I ended up taking half of it home).

We were not at all disap-

pointed with the meals we ordered. The calzones came out piping hot and filled with our chosen ingredients. The crust was cooked well and had great taste.

As I mentioned, I saved half of my meal to eat the next day. Because of that we had some room for dessert. Our waitress mentioned a few items and we settled on something that we not only had never had, but I'm not sure I had even ever heard of deep fried cheesecake bites. What we were served were these small balls of crust (like you would see on haddock or scallop). Inside was a very hot cheesecake filling. We learned quickly to not just pop them in our mouths because of the retained heat in these little balls of flavor. I actually held on to two of these treats and added them to my lunch for the next day. I must say that lunch the next day was quite a treat. I popped everything into the microwave for only a minute (just enough to take the chill off is how I put it). And I will say that I got even more cheesecake flavor the next day.

Overall we got our two meals, beverages, and my lunch for the next day for a total of \$32.75 before tip. So there have been changes at Kingdom Crust, but the food is still priced well, and tasting better than ever now that the chefs can add their own special touches to every dish.



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INFORMATION - EXPAND YOUR KNOWLEDGE

Cohase Chamber of Commerce - Newbury Conservation Commission
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Cutting College Costs with Dual Enrollment

The need for college prepared workers continues to increase and threatens the growth and expansion of New Hampshire's economy. Business employers wanting to expand their operations in NH as well as employers looking to locate in the state have expressed this concern. The Coalition of Business and Education along with other groups such as the NH Business Industry Association have emphasized and prioritized the need for an educated workforce. The NH Legislature recently passed a resolution in support of 65 by 25, which aims to have 65% of NH's workforce with either a 2-4 year college degree or value added vocational skill by 2025.

This is a lofty goal, but absolutely necessary if New Hampshire wants to maintain a competitive and productive economy. In prior years, NH has maintained a quality, well-trained workforce due to a strong migration of highly skilled workers moving to the state. This

is no longer the case. The state's population is shrinking, and the in-migration has largely stopped.

NH's shrinking demographics point to an aging society and a shrinking school age population. Consequently, in order to sustain a vibrant economy, a larger population of graduating high school students must be encouraged to pursue post secondary education opportunities. But, approximately 45% of our annual graduating high school students opt to continue post secondary degrees out-of-state, and for many, this potential workforce does not return to NH. States like Maine and Massachusetts are simply undercutting the University System New Hampshire's tuition costs. It's about affordability. For example, a community college credit hour in NH costs \$200 while that same credit only costs \$130 in Massachusetts.

We can reverse the outflow of students by reducing the cost of in-state post sec-

Colonial Screens Topical and Timely Documentary

On Friday, August 26 at 6:30 PM The Colonial Theatre in Bethlehem will present a one night only screening of *The Hunting Ground*, in collaboration with Tri County Cap and UNH Sexual Harassment & Rape Prevention Program (SHARPP). From the team behind *THE INVISIBLE WAR*, comes a startling exposé of rape crimes on U.S. campuses, institutional cover-ups and the brutal social toll on victims and their families. Weaving together verité footage and first-person testimonies, the film follows survivors as they pursue their education while fighting for justice - despite

harsh retaliation, harassment and pushback at every level. Ty Burr in the Boston Globe commented, "The movie needs to be seen and discussed by everyone within shouting distance of the college experience: parents, students (of both genders), administrators, alumni, coaches - the list goes on." Advocates from The Support Center at Burch House and Zachary Ahmad-Kahloon, Male Victim Service Coordinator and Educator from UNH Sexual Harassment & Rape Prevention Program (SHARPP), will be on hand for a Q&A and discussion following the movie.

ondary education. Establishing closer partnerships between high schools and post secondary colleges can help in reducing these costs. NH should consider a statewide program supporting partnerships also known as "dual enrollment." These programs afford students in grades 11 and 12 the opportunity to obtain college credit while enrolled in HS courses. For example, a dual credit chemistry course offered at your local high school would also be designed to meet college standards approved by an accrediting post secondary institution. After successfully completing the course, the student would receive HS graduation credit as well as 3 college credits toward a career pathway.

There is sound fiscal policy that supports this type of programming. A college approved dual enrollment course taught in a local high school may cost an additional \$100 per course paid by a state scholarship program. This same course taken after high school graduation would cost the student \$600 at a community college or \$1800 at UNH. In summary, if legislation such as this moves forward, the costs of a college student's education could be eliminated by one semester. That cuts student debt by 1/8th. The program will cost the state approximately \$2.6M per year for 5200 qualifying 11th and 12th grade students. The figure of \$2.6M would translate to \$15.6M if taken later at a community college. We need to offer students this jump start.

With 65% of our workforce having some form of post secondary education, the state will recognize a \$1400 increase per-capita personal income and an increase of about \$130 million in state revenue annually, according to the National Center on Higher Education Management Systems. Statewide "dual enrollment" legislation is being considered for this fall.

Respectfully Submitted,
NH Rep Rick Ladd

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North Country Leaders & Community Activists Back McPhaul for Senate

Cite her energy, optimism and specific ideas on how to bring jobs and opportunity to Coos and Northern Grafton Counties as reasons for support.

Littleton, NH – Today, Dolly McPhaul announced the support business leaders and community activists for her campaign for State Senate District #1.

“Dolly McPhaul is a positive force who will stand for the North Country and make sure Concord can no longer ignore the unique challenges we face. Her ideas of establishing an Enterprise Zone and bringing together area businesses and schools to provide job training and opportunity to local residents are refreshing,” said Lincoln small business owners, Bob & Muffy Copenhaver.

Dolly McPhaul is a small business owner and community activist who has lived nearly her entire life in Sugar Hill. She and her husband David run a family business in Littleton, Harrison Publishing. She also is a member of the NH Advisory Board for Children, Youth and Families and is a volunteer and sponsor of the North Country Public Safety Foundation.

“I am excited and honored to have the support of these local leaders. I have been taking my campaign door-to-door and one-on-one and I hear over and over that Concord has forgotten about us. I will do everything I can to fix that, and I look forward to continuing to meet and listen to the concerns and ideas of area voters,” said McPhaul.

David Ernsberger - Small business owner, Littleton

Bob Copenhaver- Retired small business owner, Littleton



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Muffy Copenhaver - Small business owner, Lincoln and Littleton

Ed Hennessey – Businessman, Littleton

Erin Hennessey- Littleton Lore Dodge – Business owner - Whitefield

John Dodge – Business owner – Whitefield

Rep. Brad Bailey – Littleton

Rep. Erin Hennessey – Littleton

Senator John Reagan – District 17, Deerfield; Senate Education Committee, Chairman

Linda Samson – Small business owner, Stewartstown

Sandy Laleme - Bethlehem

Russ Gaitskill – Former CEO, Garnet Hill, Sugar Hill

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Steve Trooboff – Retired businessman, Franconia

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Robert Whitney – Retired small business owner, Franconia

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Steve Whitney – Bath

Andy Smith – Twin Mt.

Jackie Smith – Twin Mt.

OCT Audiences Find The Secret Garden

by Gary Scruton

The most recent Old Church Theater production was actually a premier event. True that “The Secret Garden” is a well known title, but this particular adaptation of the book was written specifically for Old Church Theater by William Fray. Another Fray, as in Charles or “Chuck” took an on stage part portraying the walking challenged gardener, Ben Weatherstaff.

This performance was also a great showcase for many first time performers at this great amateur troupe that has now completed more than half of their summer’s schedule. Those first timers included Candace Belcher who portrayed Mrs. Metlock. Though this was not the leading role, Candace did a fine job, including a very distinctive and well placed foot stomp.

Another first timer was ten year old Mike Fernandez who did the portrayal of Colin Craven, the self diagnosed cripple who became a changed person due to the magic of the Secret Garden. Though not yet polished,

Mike recited his lines so that all in the theater could hear him, and he has much to be proud of.

The lead role of Mary Lennox was proudly portrayed by Journey Hausmann. But Journey was not the only member of her family that added to this OCT offering. Her mother Sukie was a co-director. One sister, Lisie, wrote and performed a violin piece especially for OCT and The Secret Garden. Plus another sister helped with back stage duties. Regarding the person that the audience was able to see, Journey was on stage for most every scene. She also needed to enter or exit many scenes. When dealing with new actors, and what was also a mostly young cast, Journey did a fine job of being on time, knowing her lines while also doing a nice job with the needed accent, and even being an on stage prompter. It will be fun to see her in future performances when she may have the chance to further highlight her on stage skills.

One other actress that should be mentioned is Naomi Wallner. Naomi was given the part of Martha, the maid whose job was to help teach Mary the do’s and don’ts of the residence, as well as the do’s and don’ts of life in the heather lands of England.

Again, the cast for The Secret Garden was mostly young, or new to the stage (or perhaps both). With that as a starting point, they also suffered the loss of a performer just a few weeks before opening night. That in itself can cause issue. But this group still offered a well attended, and apparently much appreciated rendition of this story. Applause should go out to the cast, crew, and the leaders of Old Church Theater for continuing the now traditional performance of what I refer to as a children’s performance, each year. As we all know, if we do not bring along the next generation to take over the things we enjoy, then many of these events will come to an end.

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SHEFFIELD FIELD DAY

LABOR DAY

EVENTS

1847 Town House Museum open 8am-4pm
GRAND PARADE 10:00am
SUTTON RIVER BAND 11am-2pm
CHICKEN BARBECUE 12:00pm
FIDDLERS CONTEST 2:00pm
CASH PRIZES 4:00pm

Pony Pulling • Softball Tournament
Pony Rides • Bingo • Red Ticket Raffle
Game Booths • Floral Hall
Horseshoe Tournament
Crafts & Vendors

Calendar of Events

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

FRIDAY, AUGUST 26

THE HUNTING GROUND
6:30 PM
Colonial Theater, Bethlehem
See Article on Page 4

SATURDAY, AUGUST 27

ACT HARVEST POTLUCK
5:00 - 8:00 PM
Dow Field, Franconia
See Article on Page 8

SUNDAY, AUGUST 28

LAMPLIGHT SERVICE AND HYMN SING
7:00 PM
Historic Old North Church, North Danville

UNCOMMON JAM

2:00 - 7:00 PM
Newbury Common
See Ad on Page 13 and Article on Page 1

MONDAY, AUGUST 29

ANI DIFRANCO
8:00 PM
Colonial Theater, Bethlehem
See Article on Page 9

WEDNESDAY, AUGUST 31

COOLEY-JERICHO NATURE WALK
3:00 - 6:00 PM
ACT Office, Main St., Franconia
See Article on Page 18

THURSDAY, SEPTEMBER 1

NORTHERN GRAFTON COUNTY
REPUBLICAN COMMITTEE MEETING
5:00 PM
Topic of the Town, 125 Main St., Littleton

SATURDAY, SEPTEMBER 3

SO LONG SUMMER, HELLO FALL FESTIVAL
9:00 AM - 2:00 PM
Main Street, Wells River
See Ad on Page 3 and Article on Page 10

SUNDAY, SEPTEMBER 4

BENEFIT TEXAS HOLD 'EM CASH GAMES
11:00 AM
Breslin Center, Main St., Lyndonville

MONDAY, SEPTEMBER 5

SHEFFIELD FIELD DAY
8:00 AM - 4:00 PM
Rt. 122, Sheffield, VT
See Ad on Page 5

FIDDLER'S CONTEST

2:00 PM
Miller's Run School Gym, Sheffield, VT
See Ad on Page 7

TUESDAY, SEPTEMBER 6

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

WEDNESDAY, SEPTEMBER 7

ANNUAL MEETING WOODSVILLE / WELLS
RIVER FOURTH OF JULY COMMITTEE
7:00 PM
Woodsville Emergency Services Building

FRIDAY, SEPTEMBER 9

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

SUNDAY, SEPTEMBER 11

BENEFIT TEXAS HOLD 'EM CASH GAMES
11:00 AM
Moose Lodge 1779, 2388 Portland St., St. J.

CANDLELIGHT SERVICE

7:00 PM
Old Goshen Church, Bradford

TUESDAY, SEPTEMBER 13

NEW HAMPSHIRE PRIMARY ELECTION
A Polling Place in Your Home Town

WEDNESDAY, SEPTEMBER 14

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

THURSDAY, SEPTEMBER 15

VFW POST #5245 MONTHLY MEETING
7:00 PM
VFW Hall, North Haverhill

NHARNG RETIREE LUNCHEON

John Force Headquarters, Concord
See Article on Page 7

SATURDAY, SEPTEMBER 17

EASTON YARD SALE
8:00 AM - 3:00 PM
Easton Town Hall, 1060 Easton Valley Road
See Article on Page 7

LISBON FLEA MARKET

Registration Closes on September 10
See Article on Page 7

MONDAY, SEPTEMBER 19

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

TUESDAY, SEPTEMBER 20

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

THURSDAY, SEPTEMBER 22

VERMONT GOVERNOR FORUM
Noon - 1:30 PM
Vermont State House, Montpelier

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

ST PAUL'S BIBLE STUDY ON JAMES, 6:15

PM, 113 Main St., Lancaster

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

August 23

Nifty Needlers @ 9:30
Jewelry 1 @ 1:00
Classic Bone Builders @ 2:00

August 24

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

August 25

Art Class w/Barb @ 9:00
Ceramics 2 @ 1:00
Classic Bone Builders @ 2:00

August 26

Bone Builders @ 9:30
Mahjongg @ 10:30
Health Fair @ 10-2:00

August 29

Bone Builders @ 9:30
Hearts & Hands Quilting @ 12:30

Tech Time w/Paul @ 1:00

August 30

Nifty Needlers @ 9:30
Herb Group @ 1:00
Jewelry 2 @ 1:00

Classic Bone Builders @ 2:00

August 31

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

Orange East Senior Center

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

The center will be closed on Monday, September 5 for Labor Day.

No Strings Attached will be playing on Friday, September 9th 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.

Our summer volunteers will be leaving shortly, so we will be looking for help in the kitchen. We are looking for help Monday through Friday between the hours of 9 a.m. and 2p.m., but you can set your own hours and the day or days, you would like to 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!



Littleton Food Co-op presents Above the Notch Humane Society in Franconia, NH with the first payout from the newly formed Community Cooperative Fund. Sponsored by the Twin Pines Cooperative Foundation, the nationwide campaign is an effort to support food cooperatives across the U.S. in building local Cooperative Community Funds. The fund will serve as a means for co-op members and shoppers to make donations to an endowment that donates to local non-profit organizations.

The interest earned will be given annually to local groups working on issues relating to sustainable agriculture and organic food, hunger and social issues, environmental protection and cooperatives. The Community Cooperative Fund gives back to those deserving--and hard working--groups that build community.

Easton Yard Sale

The Easton Town Hall Improvement Club will hold a yard sale on Saturday, September 17th at the Easton Town Hall located at 1060 Easton Valley Road (7 miles from Franconia on Route 116 South), Easton, NH. From 8:00 A.M.-3:00 P.M.

Donations will be accepted on Thursdays, September 8 and September 15 at the Easton Town Hall between the hours of 10:00A.M.-2:00 P.M. Donated items should be clean and good shape. For local pick-ups call 823-7210.

Lisbon Flea Market

Lisbon Main Street Inc. is now accepting registrations for vendor spots at the annual Fall Flea Market in Lisbon, NH on September 17. For more information or to register go to www.lisbon-mainstreet.com today! Registrations close September 10.

Bath Ice Cream Social

On Saturday, August 27th, the Bath Historical Society will be holding an "Ice Cream Social" in conjunction with the Bath Fire Department's Street Dance.

The Street Dance will be located between the Common and the Bath Historical Society Building. While the Fire Department will be cooking and selling Hot Dogs, Hamburgers, Soda and Chips starting at 5 PM on one side of the BHS building, the "Social" will start around 5:30 PM and continue until 8 PM on the other side of the BHS Building.

Come on out ... enjoy a night of music and your neighbors ... and help support the Bath Fire Department and the Bath Historical Society!!! Hope to see you all there!!!!

"ATTEN HUT"

NHARNG Retiree Luncheon Date Set

The New Hampshire Army National Guard (NHARNG) 8th Annual Retiree Luncheon date has been set for Thursday, September 15, 2016 by the luncheon planning committee. The committee is made up of current and retired Army National Guard members. Our immediate goal is to notify all retired NHARNG members about this upcoming event and the change from the traditional Wednesday to Tuesday. Retirees who have not attended prior luncheons or have relocated are urged to contact Command Sergeant Major (Ret) David Follansbee via e-mail: dave_follansbee@comcast.net or (603) 623-7757.

This year's luncheon will

be at the Joint Force Headquarters building on the State Military Reservation in Concord and will feature a briefing on the current status of the NHARNG as well as exhibits and displays of interest to retirees. A group photo is also planned. Feedback from previous retiree luncheons tells us the most significant attraction for attendees is renewal of old acquaintances, retelling stories (often embellished beyond recognition) and exchanging military memories.

The planning committee asks if you know of someone who has retired from NHARNG to pass this information along.

"AT EASE; DISMISSED!"

Thank You

I would like to thank the Woodsville Hospital and staff for the wonderful care they gave during my stay there.

Also thank you Woodsville Ambulance and all the ones that came to my house to help. Thank you very much.

Robert Dean
Bath, NH



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**Pat O'Hagan Memorial
FIDDLERS' CONTEST**

LABOR DAY
Monday, September 5th, 2016
at **SHEFFIELD FIELD DAY**
Miller's Run School Gym ~ Rte 122, Sheffield, Vermont

**Registration 1:30 pm
Fiddlers' contest begins at 2:00 pm**

PERFORMANCES TO INCLUDE:

1. WALTZ (tune in ¾ time)
2. TUNE OF CHOICE (for example: jig, strathspey)
3. HOEDOWN (reel, hornpipe)

DIVISIONS & PRIZES (1st & 2nd place)

1. YOUNGSTERS (under 12) \$40 & \$25
2. JUNIORS (12-17) \$100 & \$70
3. ADULTS (18-59) \$200 & \$150
4. SENIORS (60-79) \$200 & \$150
5. SUPER SENIORS (over 80) \$200 & \$150



For more information, contact Bobbie Bristol 802.626.8293 or bbkinnell@aol.com

Scenic Railroads Extend Summer Fun

LINCOLN, NH – The Hobo Railroad in Lincoln, NH and the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach, NH are extending summer fun for adults by offering them child-priced tickets Monday, August 29th through Friday, September 2nd, 2016.

Starting Monday, August 29th and running for five consecutive days through Friday, September 2nd, ticket prices for adults at the Hobo Railroad in Lincoln and the Winnepesaukee Scenic Railroad in Meredith & Weirs Beach will be at child rates with the use of a special code – only \$13 in Lincoln for the 1 hour and 20-minute ride, \$15 in Meredith for the 2-hour ride and \$13 at Weirs Beach for the 1-hour train ride - while ages 2 and under ride for free as

always.

“With so many children returning to school the last week of August this year, we thought we’d encourage adults to come out and have some fun with us,” stated Paul Giblin with the Hobo & Winnepesaukee Scenic Railroad. “In doing so, we’re extending child’s ticket prices to adults as long as they show our Ticket Agents the special coupon we’ve created for this event which is available on our web site: www.HoboRR.com and on our Facebook page: www.facebook.com/Hobo-Winnepesaukee-Scenic-Railroads-200982623280741/”

This unique coupon will be available on our web site and Facebook page starting Thursday, August 18, 2016 and will remain available through Friday, September

2, 2016. The discount coupon is valid for use on any of our regular daily trains between August 29th and September 2nd, but not valid for use on our special trains.

Hobo & Winnepesaukee Scenic Railroad Train Schedule – August 29 through September 2, 2016

Hobo Railroad – Lincoln, NH. Departure Times – One hour & twenty-minute excursions: 11:00am & 1:00pm

Winnepesaukee Scenic Railroad – Meredith, NH. Departure Times – Two hour excursions: 10:30am & 12:30pm

Winnepesaukee Scenic Railroad – Weirs Beach, NH. Departure Times – One hour excursions: 11:00am, 12:00pm & 1:00pm

The Hobo Railroad is located at 64 Railroad Street in Lincoln, NH, just off Exit 32 on I-93, directly across from McDonalds – while the Winnepesaukee Scenic Railroad is located at 154 Main Street in the village of Meredith, NH with a satellite ticket booth conveniently located on the boardwalk at 211 Lakeside Avenue in Weirs Beach. For more information regarding the Hobo & Winnepesaukee Scenic Railroads, visit www.HoboRR.com or call (603) 745-2135.

Community Harvest Potluck and Pie Baking Contest on August 27

FRANCONIA – The Ammonoosuc Conservation Trust (ACT) invites the community to attend its annual Harvest Potluck on the Dow Field in Franconia on Saturday, August 27 from 5-8 p.m.

The event will feature live music, a pie baking contest, delicious food, and games for the whole family to enjoy. It is the perfect time of year to relax with friends and neighbors and share the

Kids and adults of all ages can enjoy face painting, potato sack races, parachute games, horseshoes, and bocce ball.

The potluck is free and open to the public. Guests should bring a dish to share along with a tag indicating the name of the dish and its ingredients. Appetizers, salads, main courses, and desserts are welcome. A picnic blanket and reusable cups



bounty of the harvest.

Local farms will showcase their products and provide samples. Roast pig from Prospect Farm will be available for \$5 per plate.

and plates are recommended, and the event is BYOB.

Bakers of all ages are invited to enter the Pie Baking Contest. There will be judging categories for children, adults, and professional bakers. Pies must be made by the individual submitting them using homemade fillings. Entrants should bring two pies from their favorite recipe to the Dow Field by 5:30 p.m. One will be for judging, and the second pie will be raffled, with proceeds benefitting the local food pantry. There is no fee to enter the contest.

This event is sponsored by the Ammonoosuc Conservation Trust with support from the Littleton Food Co-op, Franconia Community Church, and Lafayette Recreation. ACT is the North Country’s regional lands conservancy, protecting land for the vitality and well-being of our region. For more information, please visit www.aconservationtrust.org or call (603) 823-7777.



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SUNDAY 9:00 AM - 2:00 PM

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Baldwin Memorial Library - 5th Annual Fall Fundraiser

“Books for the Baldwin” Block Party



Friday, September 2
5:00 – 7:00 pm

Wells River Congregational Church
parking lot and/or vestry, rain or shine

Live Music: **Brian Emerson & Friends**

BBQ Buffet: Hamburgers, Veggie-burgers, Hotdogs, Salads,
Beverages, & Brownie Sundaes

Tickets available at the Library or at the event
Suggested Levels of Support:
\$8/single, \$15/couple, \$20/family

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Colonial Welcomes Ani DiFranco

On Monday, August 29, The Colonial Theater in Bethlehem, NH, with the support of Samaha Russell & Hodgdon, PA, and Jim and Carrie Hamblin, will present singer, songwriter, activist, and independent entrepreneur Ani DiFranco.

Ani DiFranco has been setting her own pace—and encouraging countless admirers to do the same—for more than 20 years. But while she has been known as the “Little Folksinger,” her music has grown far beyond her acoustic solo roots in cozy venues to embrace jazz, soul, electronica and even more distant sounds. All of these are featured in DiFranco’s new Righteous Babe release, Allergic To Water (2014), where she also blends abstract imagery and deceptively understated melodies with personal reflections on her life in New Orleans where she is now raising her two children with her partner, producer Mike Napolitano.

“It’s such a humbling and grueling thing to raise children,” DiFranco said. “And that makes playing music more precious and makes me more grateful. It’s a real balancing act, but it also has a balancing effect.”

DiFranco adds that becoming a mother has brought her closer to listeners who have followed her music since she began performing in New York City during the early 1990s. But widespread attention never prevented her from holding on to her integrity and independence. A strong belief in human rights has run throughout her work, including when she played at numerous benefit concerts around the world. At a time when record labels still held an oversized influence, DiFranco stood ahead of the curve in launching her own Righteous Babe Records. The company has re-



leased more than 20 of her albums to date, ranging from the popular two-disc live album, Living In Clip (1997), to the expansive To The Teeth (1999), which included such guests as legendary R&B saxophonist Maceo Parker and Prince. Journalist Sylvie Simmons wrote in the British music magazine MOJO in 1998, “Even if her overt politicism and her 200-shows-per-year tours with an acoustic guitar place her in the Woody Guthrie tradition, her music—which has boldly plundered funk or punk, hip hop, rock—doesn’t.”

Beyond touring and releasing new music, DiFranco continues to mark other career milestones. In 2013, DiFranco returned to the Winnipeg Folk Festival, where she received their prestigious Artistic Achievement Award, coupled with her first ever honorary doctorate, which was given to her by the University of Winnipeg. She recorded a version of Peter Mulvey’s song “Take Down Your Flag” with Ivan Neville and Terence Higgins, in support of the victims of the 2015 Charleston church shooting. She also marked the passing of her own mentor, Pete Seeger, through writing a moving essay about the man and his legacy in the Wall Street Journal.

“I think that my one grain of wisdom in my life, which serves me well, is that when

I meet a great teacher, I follow them,” DiFranco said. “I invent excuses to be near them. Whether it’s Pete, Utah Phillips, or Sekou Sundiata, it’s made my life pretty great along the way.”

General Admission tickets for the 8 PM performance are \$49 General Admission, \$39 Members General Admission; \$62 Reserved Front & Center, (available on-line only). Tickets are available in advance while they last at Maia Papaya Cafe, Bethlehem, The Littleton Food Coop, or Catamount Arts, St. Johnsbury. The doors open at 7 PM for the 8 PM performance with refreshments on the patio. For more information about this or upcoming live events find The Colonial on Facebook 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 alternative rock music is made possible with additional support from New Hampshire Public Radio, Vermont Public Radio, The Cold Mountain Café, The Wayside Inn, The New Hampshire State Council on the Arts, and The Colonial’s promotional partner, Catamount Arts.

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**NORTH COUNTRY LONGSPURS CHAPTER
Of The National Wild Turkey Federation Announces**

**20th Annual
JAKES Event**

**Saturday, September 17, 2016
Check-In 7:00 AM
Bunnell Camp • Passumpsic, VT**

**Pre-Registration Needs To Be In By
Friday, September 9, 2016**

The North Country Longspurs want to encourage those who wish to register their children between the ages of 7 and 17 to send in their registrations today or call Colleen Racenet at 802-535-7459 to register over the phone. Registration forms are also available at northcountrylongspurs.com. Like us on Facebook to get updates!

SEE YOU ALL SATURDAY, SEPTEMBER 17TH!

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GREEN LATTICE PRIVICY 4X8 \$15.99
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5th Annual "So Long Summer - Hello Fall Festival"

"Something for everyone" is how Richard M Roderick, President of Wells River Action Program (WRAP) described the 5th Annual "So Long Summer - Hello Fall Festival" to be held in downtown Wells River on September 3rd, from 9:00 am - 2:00 pm. "So far, there are over 30 vendors, information booths and Wells River businesses taking part in the festival", he said and then added that he expects a few more vendors to sign up.

Once again the Festival will be anchored by the Baldwin Memorial Library book sale. Also on Main Street, Copies and More, the Wells River Pharmacy and Burnham Shoe will be having sidewalk sales or in-store specials. This will probably be about the last time you will be able to buy shoes from Nancy Ranno. The store has been closed for a few months now, but there are a

few pairs of shoes and boots that still can be bought. The River Edge Eatery formerly TJ's Lunch Counter, will have lunch specials, serving them outside in front of the store. Don't forget to sign up for their drawing while you are there. The Happy Hour is having a festival lobster roll lunch special with fries and coleslaw from 11:30 am - 4:00 pm.

More activities will be taking place on Railroad Street (route 302). Roderick noted that "Sportsman and hunters will want to take a walk to Gateway Sports, just past the underpass to check out the specials at their sidewalk sale". Owner Gary Griswold will be there to answer any questions you have about the latest hunting rifles and scopes, or personal protection revolvers. Also on Railroad Street attendees will have a chance to sign up for a free drawing at Wells Riv-

er Chevrolet. Prizes include a Tablet, a cordless Bluetooth Radio Speaker and a \$100 Wells River Chevrolet Gift Certificate. The Green Mountain Rebels AAU Girls Basketball team will be out front holding a carwash to raise money for the team. Next-door at Dad's 4 by Tools and Supply in-store specials will be available and across the street, WRAP will be having its annual bake sale.

The Main Street sidewalks will be alive with over 25 vendors and information booths offering everything from homemade bread, jams and jellies, relishes, maple syrup, cupcakes, and fresh local fruits and vegetables; plus antiques, crafts, jewelry, books by local authors, knives and tools, CDs, VHS tapes, colored glassware and woodcrafts and yard sale, flea market, attic treasure and household items. On site knife, scissors and small garden tool sharpening will also be available at the festival. Festival goers will have a chance to sign up for a chance to win a book from at least 2 different local authors.

Folks will also have the opportunity to find out what the Newbury Conservation Commission is doing in town, get information about



Derek Van Namee of Wells River reclaimed the top spot in the 2015 Giant Zucchini Contest held during the Festival.

the Woodsville-Wells River Rotary Club, stop by the NewburyConnect booth and see how they are working to connect volunteers and community groups to each other and also sign up for a free drawing there, plus learn about the Waldorf High School in Plainfield, Vermont. The Newbury Historical Society and the Cohase Chamber of Commerce will also have booths. Wisdom Stoves will be demonstrating their clean burning charcoal stove that was developed for use in Kenya. They plan to have their truck that runs on wood there too. Need a ride? Stop at the Stagecoach bus and meet a driver, and learn about the bus routes that serve this area. Stagecoach will be accepting food dona-

tions for their "Stuff the Bus" Food Drive for area food shelves. The Garden Club also sponsors the "Share Your Harvest" table and gardeners are encouraged to bring their excess bounty to share.

The Giant Zucchini Contest weigh-in will take place at High Noon using the shipping scale at Copies and More. The Reverend Kate Maver, Chief Judge will be overseeing the weighing. Registration for the big oblong vegetables is at 10:00 am at the Wells River Area Garden Club's booth.

Roderick concluded his virtual tour of the Festival by saying "It isn't just a sidewalk sale event, or a farmer's market, or a flea market or a place to find out what community groups are doing, it is all of them rolled in one big event." It is an event he continued "where you can leisurely stroll the sidewalks, meet and greet your neighbors, get some information and perhaps get an early start on you Christmas shopping".

So Long Summer - Hello Fall Festival is held rain or shine.

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

Volume 7 Number 23

August 23, 2016

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ASPNC Sunrise Ascent Implements Plan B 11

Franconia, NH, The conclusion of the Adaptive Sports Partners of the North Country's Bank of New Hampshire Sunrise Ascent on Mt Washington on August 7th held many wonderful moments, though not the milestones the 16 adaptive athletes and their support teams had hoped for. Unfortunately, the Mt. Washington weather kept the athletes and their teams from their summit attempt and "Plan B" was implemented. Plan B involved a later morning start and a hike in and around the Great Glen Trail systems at the base of the Mt. Washington Auto Road. "It was still an amazing day full of awesomeness!" says Executive Director Sandy Olney. "To date we have raised over \$94,000--the most in the event's seven-year history." Olney believes that this is due, in great part, to the continued inclusion of athletes from other areas of New England and neighboring program, New England Disabled Sports (NEDS) based in Lincoln, NH.

In Sunrise Ascent, teams of volunteer "mules" and

"Sherpas" aide adaptive sports enthusiasts in ASPNC's version of a "walkathon". Each team solicited pledges and had the goal of raising at least \$6,288 (the height of Mt Washington). The teams represented were Bella Hibberd, Chester Eastwood, Courtney Blasius, David Santamore, Kaela Mullaney, Kevin Dubois, Martin Wallem, Sandy White, Sasha Segal, Sean Pesce, and a Relay Team of Erik Kondo & Mike Bengé for ASPNC. Athletes representing NEDS included Bex Fillmore, Courtney Mould, Nick Capano and Vince Skelton. "Amongst a great amount of disappointment, at not tackling Mt. Washington, our participants rallied and made the most of their morning outside on the Great Glen trails and in celebrating their fundraising success. The team work of so many is outstanding and kudos go to our volunteers, participants, their teams, the individual donors who pledged to each team, to the Mt. Washington Auto Road and Mt. Washington State Park, our venue hosts, sum-

mit sponsor, The Bank of New Hampshire, mile marker sponsor, Noyle Johnson Insurance, and mule team sponsors VanDesign, Casella Waste Management, Inc., KRT Appraisals, Paramount Electric, Franconia Gas, and Turtle Ridge Foundation — all of whom made the event shine, enabling ASPNC and NEDS to continue to offer sport and recreational outings, programs, and competitive team opportunities to North Country adaptive athletes and their families," says Olney.

The Endurance Challenge portion of the event saw two challengers this year, Kevin Dubois from Harrisville, RI, and David Santamore from Barre, VT. These two veterans had hoped to complete unassisted wheeled ascents on handcycles, but will have to return again next year. The current records are held by Tyler Walker (6:45:57) and Laurie Stephens (6:46:32)

who pushed up in their wheelchairs as part of the 2014 Sunrise event. Local Easton resident, Cameron Shaw-Duran, has also completed the grueling unassisted climb in his wheelchair.

To learn more about this event, the athletes, and the adaptive sport organizations involved, Adaptive Sports

Partners and New England Disabled Sports, please visit www.SunriseAscent.org. Donations in honor of the Sunrise Ascent athletes and their designated programs are still being accepted through the month of August.



Chester "Incredible Hulk" Eastwood of Conway, NH goofs with his teammate in the Great Glen trails.

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2013 Dodge Charger \$21,987 \$346⁵⁵ <small>A MONTH</small> #3065N, R/T AWD, 5.7L Hemi, Red Climate Leather, NAV, Beats Audio	2015 Chrysler 200 \$15,938 \$227⁶⁹ <small>A MONTH</small> #40405, Limited, 4dr, 2.4L, 9sp Auto, Back Up Camera	2014 Kia Optima \$18,930 \$269⁹⁶ <small>A MONTH</small> #46021A, EX, 4dr, 2.4L, Leather, 9,488 miles
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Not all Times are Trendy, but there will always be Trendy Times August 23, 2016 Volume 7 Number 23

WILLIAM MICHAEL (MIKE) DANNEHY - OBITUARY

Woodsville, NH -- Mike Dannehy passed away at Dartmouth Hitchcock Hospital in Lebanon, NH on August 17th 2016 at the age of 82 after a brief illness.

The son of Thomas Dannehy and Elmira (Pelkey) Dannehy, Mike was born in Rutland, VT on June 27th 1934. He grew up in Fair Haven, VT and graduated from Fair Haven High School. Mike served in the United States Army Reserves. He received an Associate degree in Business Administration and Forestry from Nichols College followed by a Bachelor of Science degree in Forestry from the University of New Hampshire. He worked for over thirty years with the Soil Conservation Service of the United States Department of Agriculture where he was District Conservationist for Grafton County for twenty five years. After retiring from the USDA, Mike was self-employed as a natural resource consultant and forester working throughout New Hampshire and Vermont.

Mike was very civic minded, loved his community and was involved with various organizations including the following: The American Legion, Ammonoosuc Fish and Game Club, Grafton County Conservation District, Haverhill Conservation Commission, Haverhill Heritage Committee, Christmas Tree Growers Association of Vermont and New Hampshire, Granite State Chapter of the Society of American Foresters, past president of the New Hampshire-Vermont Soil Conservation Society of America, Newbury Vermont Planning Board, Woodsville School Budget Committee, Connecticut River Joint Resource Commission, past commissioner of the Woodsville Water and Light Precinct and member of the New Hampshire Wetlands Council.

He was an avid bird hunter who enjoyed training his dogs, hunting around New Hampshire and Vermont and taking hunting trips to the Mid-West with his close Nichols College friends. He



also loved taking fishing trips to Quebec with friends from the local area.

Mike had a Christmas tree farm in Newbury Vermont where he spent countless hours tending his trees and swapping stories with customers.

He was a devoted husband, father and grandfather, a true family man at heart.

He was happiest in the forests and fields that he loved. He was passionate about working with the farmers, land owners, loggers and others that he met through the years. Mike had an amazing sense of hu-

mor which always brought a laugh to those who listened to the endless stories he would tell. In his later years he worked on writing stories in writing groups at Dartmouth College and the Horse Meadow Senior Center in North Haverhill. His pursuit of knowledge was endless.

He leaves behind his wife Connie Dannehy of Woodsville, NH; his son Michael Dannehy and wife Susan Lewis and his grandchildren Andrew, Keegan and Ella Dannehy all of North Haverhill, NH; a brother Edward Dannehy and his wife Barbara of Saratoga Springs New York; and nephews Tim and Chris Dannehy of Albany New York. He also leaves behind many cousins and countless friends. He truly loved his family and friends.

Calling hours will be on Sunday, August 28th, from 2 PM to 4 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A Mass of Christian Burial will be celebrated at 11 AM on Monday, August 29th, at in St. Joseph's Catholic Church, 15

Pine Street, Woodsville, NH with Father Alan Tremblay officiating.

His ashes will be buried at the Riverview Cemetery in Richmond, Vermont.

The family would like to thank, both for themselves and on Mike's behalf, all of the wonderful doctors and nurses who cared for him at the end of his life at both Cottage Hospital in Woodsville, NH and Dartmouth Hitchcock Hospital in Lebanon, NH.

Memorial contributions may be made to the Woodsville Public Library, 14 School Lane, Woodsville, NH 03785; Kinder Memorial Forest, c/o Woodsville Guaranty Savings Bank, 63 Central Street, Woodsville, NH 03785; or the Norris Cotton Cancer Center, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756.

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

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

Harvest Considerations for Garlic Growers

By Heather Bryant,
Regional Field Specialist,
Food and Agriculture



I've talked with several garlic growers across the county in the last week or two as they busily harvest this year's crop. Many of them plan to save their own seed to replant in October. It's a great way to select for exactly the traits you want, like bulb size or your favorite variety of the three you tried this year, but if you plan to save seed there are a couple of concerns you should be aware of.

Firstly, in 2015 our plant diagnostic lab diagnosed a case of white rot in garlic grown in New Hampshire. I wrote about this problem last year, but it's worth a quick review. White rot is a fungal disease on allium species, primarily garlic and onions. In garlic, it causes white fungal growth on the cloves which eventually causes them to rot. The disease generally starts in the spring, but symptoms may not be noticeable until June or July when harvest begins.

The ideal soil temperature for the development of the disease is 60-65°F, but it can develop at soil temperatures as low as 50°F and as high as 75°F, meaning unfortunately, that our growing

conditions are well suited for the disease.

While 2015 was the first time this disease was diagnosed in New Hampshire, it was diagnosed in Maine in 2008. In addition to ruining this year's crop, white rot produces reproductive structures called sclerotia which can remain viable in the soil for up to 40 years. These sclerotia can also be transported from one field or garden to another on the garlic itself or on tools or other equipment that has soil on it. There are no fungicides that are known to be effective on this disease, so rotation is the only viable alternative once it shows up in a field.

Preventing white rot, then is your best option. Examine the garlic very carefully, and do not plant anything that has any visible symptoms such as white fluffy mold or signs of decay. In the early days of the disease you might only have it in one small area, but the disease can spread from plant to plant, so if you replant even one or two cloves with symptoms over time the affected area will expand. If you suspect you have the disease, clean your tools and equipment carefully after use and purchase fresh seed stock.

One challenge with identifying white rot is that the symptoms can easily look like other garlic diseases

such as basal rot, or even go unnoticed at first if it only affects a couple plants. If you suspect white rot, you can send a sample to our diagnostic lab for confirmation. <http://extension.unh.edu/Problem-Diagnosis-and-Testing-Services/Plant-Diagnostic-Lab-Plant-Health-Program>

A second concern is garlic bloat nematode, a microscopic worm that lives in allium plants and soil. It spreads when growers unknowingly plant infected seed stock or when soil with the nematode in it is spread by foot traffic or tools. It survives by parasitizing garlic and other allium crops. The garlic bloat nematode prefers cool moist soils but can survive for several years in dry soils even without an allium host planted in that area.

Symptoms include yellowing leaves, stunted plants, light discoloration of the bulbs, and absence of roots on the bulbs, or on a section of the bulbs. A heavy infestation will result in sections of the bulb that look swollen or "bloating". One challenge with this pest is that a light infestation may show little to no symptoms, so you could easily save seed that looks fine but does have the nematodes.

If you suspect garlic bloat nematode you can send a sample to our lab as described above before saving

the seed. And, of course, when deciding which bulbs to save for replanting choose only the ones that look perfect. If you buy seed, you can ask your seed supplier if they test samples of their product for garlic bloat nematode, but keep in mind that testing a sample only tells you whether or not garlic bloat nematode was in the sample. As with white rot, cleaning tools and shoes before moving from one field to another is also very important. A four to five year rotation of allium crops will help prevent this problem as well.

The good news is that these problems are not yet common in New Hampshire and vigilance will make a difference. Also, an average family can grow all the garlic they want in a very small gar-

den plot or section of the garden, so rotation of this crop is far simpler than for crops like pumpkins that take up a large amount of space.

Information in this article was obtained from "White Rot of Garlic and Onions" by Steven B. Johnson, <http://umaine.edu/publications/2062e/>; "Diseases of Garlic: Various Pests" by Michelle Moyer

<http://plantclinic.cornell.edu/factsheets/garlicdiseases.pdf>; "Growing Garlic in New Hampshire" by Becky Sideman http://extension.unh.edu/resources/representation/Resource006097_Rep8611.pdf; and Bloat Nematode in Maine Garlic by Steven B. Johnson, <https://extension.umaine.edu/publications/1205e/>

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Consider All Aspects of College Savings Options

It's almost back-to-school time. If you have young children going to public schools, your biggest expenditures may be on pens, pencils and notebooks. But if you want those same kids to go to college someday, you'll eventually face considerably larger costs – so you may want to start preparing soon.

College is costly. For the 2015-16 school year, the average expense (including tuition, fees room and board) was nearly \$20,000 at a public, four-year school, and more than twice that amount at a four-year private school, according to the College Board. Of course, cheaper alternatives are available – your children could go to a local community college for two years at a very reasonable cost, and then transfer to a four-year school.

Still, if your child does go on to get a bachelor's degree, those big bills will eventually arrive. As you consider how you can best deal

with these costs, ask yourself these questions:

- How much can I afford to contribute? As much as you'd like to help your children pay for college, you also have to think about your own needs – specifically your retirement. Think very carefully before reducing contributions to your retirement plans, such as your IRA and 401(k), to help fund a college savings plan. After all, your children may be able to get scholarships and grants, and even if they have to take out loans, they'll have many years in which to repay them – but you can't postpone saving for retirement without jeopardizing your ability to enjoy a comfortable lifestyle. When it comes to prioritizing your financial goals, putting yourself first is not necessarily a self-act.

- What college savings plan should you consider? A number of college savings options are available. For example, you could contribute to a 529 plan which offers potential tax advantages and high contribution limits. You might also consider a custodial account, such as an UGMA or UTMA, although when your children reach the age of majority, they are free to do whatever they want with the money – and their plans may not include college.

- What will be the effect of a college savings plan on financial aid? When colleges determine

financial aid packages, they will evaluate your child's assets differently than your assets. Your child typically would be expected to contribute 20 percent of his or her assets, while you are only expected to contribute up to 5.6 percent of your assets. Consequently, you may be better off saving for college in your name, rather than your children's. Under the federal financial aid guidelines, an UTMA/UGMA account is classified as a student asset, while 529 plans are counted as parental assets if parents are the account owners. (The rules on financial aid are not always so clear-cut, however, so it might be worth your while to contact a financial aid officer at a local college or university to ensure that your chosen method of saving will still allow for the greatest possible assistance.)

As you can see, you've got several factors to think about when it comes to helping your kids meet their higher education goals. Study up on these options, so you can find the right answers for your family's needs.

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The North Country---What an honor

by Geoffrey Sewake



I started working at the University of New Hampshire Cooperative Extension about a year and a half ago. And before that, I worked at the regional planning commission for the North Country, North Country Council. Since then, I've been blessed with a multitude of opportunities to listen and speak with folks all over Grafton County and the North Country. From residents to businesses, chambers to municipalities, providers to educators, each one bringing something unique and powerful to their community and home. The occasion to listen and learn has been one of the most gratifying and invaluable opportunities of my career. Recently, I've been involved in several community and economic development projects in Grafton County and the

greater North Country. All have been enriching projects that have showed me the strength, kindness and determination of this place we call New Hampshire. With stalwart, long-respected and future leaders and partners in stride, these programs bring me strength--selfishly, I live for this kind of work---empowering communities to pave their own future.

At the University of New Hampshire Cooperative Extension, I focus on helping folks identify the tools, data and information they need to craft, incubate and hatch a better tomorrow. Sure, we have programming and very technical methods of enriching communities and their economies, like economic analyses, business outreach and main street assessments, but ultimately, it's the blood, sweat and tears of those whose future is at hand, those that have put in the long afterhours, frequently as an unpaid volunteer, to

earn that positive community what-have-you and joy---more often than not, without a thank you, handshake or congratulatory pat on the back, only that warm feeling you get when you do something good, something right for your community, and by that same token, your family. Hard-work and well-earned, I thank you and am honored. It's because of your service that your community is able to try and succeed---or give it a darnedest good one. Cheers.

The author, Geoffrey Sewake, is a Community & Economic Development Field Specialist for the UNH Cooperative Extension out of the Grafton County office. He provides communities programming and technical assistance designed to empower and move communities forward. You may contact Geoffrey at (603) 787-6944, or at geoffrey.sewake@unh.edu.

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Letter to the Editor

To the Editor,

Hillary – you do not have the temperament to be President.

You watch what and how you say things. But that is natural for someone with legal background.

Temperament – definition – a person’s nature, especially as it permanently affects their behavior

You lied to the families and American citizens that the cause of Benghazi was a video.

Now you are being sued by 2 of the families of the Benghazi dead as you said they misunderstood you in their grief when you and the families met the caskets in America.

They did not misunderstand you. You LIED!

Your “temperament” gave Putin power in the Russian reset. Russia took back some of Crimea. Russia just recently bombed air fields where our jets are located. He is constantly crossing the line and Obama does nothing. There is still tension at the border between the two countries.

I don’t want war with Russia, but it was your reset button with Russia gave Russia the power and impetus to cross the border and take back Crimea.

You negotiated lower numbers of nuclear weapons with Russia but helped

in the negotiations in giving Iran money to get their nuclear weapon and intercontinental ballistic missiles. Oh... do not forget, Iran will now have more money to support terrorists who hate the US.

Iran just recently received over 400 million in unmarked currency and called us a Banana Republic.

You said you were going to get carried away with all the jobs that you are going to create. Your economic plan is a job killer.

You are perpetuating the economic classes. Tax the rich is what you want.

The rich create jobs. The top 5% pay 50% of the federal taxes. The rich invest in new companies and improvements in existing companies which creates jobs.

The only jobs created in the past 8 years were fast food restaurants and low skilled paying jobs. Oh yes. Green energy jobs. Yes they were created. Only because the federal government subsidized them.

So I pay taxes to create a job that would not have been created without the government subsidy.

Let the market create the jobs.

When JFK and Reagan cut taxes, there were many high paying jobs created.

Hillary – you did not ask

for the endorsement from the largest police union. You are perpetuating the race problem in this country. All lives matter.

Our military is in trouble. There are jet fighters with no pilots to fly them.

Intelligence reports were manipulated to show that the US was better in fight against ISIS. The White House did not take blame but suggested the blame be put on the military. Surprise Surprise... the White House did not take any blame.

Hillary when Secretary of State wanted to outsource control to Clinton Foundation. Can you imagine a foundation that sold rights to US uranium to Russia for money to be in control of the State Department permanently.

Hillary, the State Department was up for sale when you were Secretary of State. What would you sell if you were President?

Hillary – you do not have the temperament to be President of the United States.

We want a strong America.

Hillary- would I like a woman President? Sure. But Hillary, you are no Golda Meier or Margaret Thatcher.

You do not even come close.

Linda Riley
Meredith NH

Linda,

I guess there is no questioning that you are not voting for the Democratic candidate for president in November. And I can respect that fact. Each voter must make up their own mind as to what they will, or will not, believe from every candidate, or currently elected and serving politician.

The one point I will make is that I believe

that in today’s political atmosphere I am not sure that any politician tells the truth, the whole truth, and nothing but the truth. Instead it seems that we get their own opinions on the facts. But isn’t that what politics is all about?

Again, to all voters, be educated about the candidates, and then go and vote.

Gary Scruton, Editor

Letter to the Editor

I am excited about Dolly McPhaul’s candidacy for State Senate because she has specific solutions to the many challenges we face in the North Country. It is refreshing to have a candidate who focuses on solutions!! Dolly understands that we need to be creative if we want to grow jobs and attract new businesses. That’s why I really like her ideas on incentives that would make doing business in the North Country easier. As a small business person of over 40 years I would welcome changes that would make the tasks of doing business easier.

Muffy,

Thank you for your letter of support. It is nice to read a letter that points out the good aspects of a candidate rather than the negative

She supports the idea of a North Country Business Enterprise Zone that could give businesses further tax breaks, incentives, a skilled work force, and, very importantly, a mechanism to keep our young people in this area. As tourism is so important to our area, her ideas on improving and opening our rest areas and attending to our roads is of primary importance. Dolly has fought against government overreach advocating for full burial of the Northern Pass and will fight against any other land grabs that are detrimental to this district. I have known Dolly

for over 45 years. She is a dedicated hard worker and is tenacious. She will listen and put her best effort into helping those of us north of Concord whose ideas and needs are often ignored. Her spirit and her willingness to stand up for us makes her my choice for State Senate. You can find out more at www.DollyMcPhaul.com and I hope you will join me in voting for Dolly McPhaul in the Tuesday, September 13th Republican Primary.

Thank you,
Muffy Copenhaver
Littleton, NH

aspects of an opponent. I will again encourage all to learn, decide and vote in the New Hampshire Primary on Tuesday, September 13.
Gary Scruton, Editor

Letter to the Editor

Why Jeanie Forrester will make a Great Governor

To the Editor,

I would like to express why Jeanie Forrester will make an exceptional Governor for N.H. As Senator in the State House, she took a page out of the late Ray Burton’s book and came to the people. She would answer all questions and always be available when you needed help.

Jeanie came to the North Haverhill Senior Center each summer and fall where she put on an Ice cream social and spaghetti supper as a friend not a Politician, if one had an issue she was more than happy to listen or help if needed. This is why I feel she will make a great Governor. Jeanie works hard for her districts and puts a full page letter in the

“Trendy Times” letting us know how she is voting on an issue and why.

We don’t need someone that is running on his family name, look what dynasties have done to the country, we need someone who truly works for the people and that is Jeannie Forrester. We do not want what has happened to Washington to happen to N.H. Jeanie will stand up to the forces and give this state a great place in the nation.

Chris Sununu is for the “Northern Pass” Jeanie is not!!!!

I ask you to vote for Jeanie as she will take this state far and the rest of the nation will be watching how well she governed.

Virginia Crowe
Piermont N.H.

Dear Virginia,

Thank you for your letter in support of Senator Forrester for Governor. I probably do not need to repeat myself in stating that Trendy Times will not endorse, or be negative, any candidate for political office. Instead we will simply again urge all voters to get the facts, understand the issues, and show up to vote. The NH primary is Tuesday, September 13.

I would also like to take the space to invite other readers to voice their opinions, and suggestions, for this important upcoming election.

Gary Scruton, Editor

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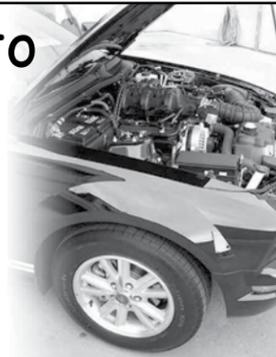
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A Walk in the Woods - Looking for Paper Birch

By Jim Frohn,
Grafton County Forester



White birch, paper birch, canoe birch. These are all common names for one of the most recognized trees in New England, *Betula papyrifera*. Even folks who aren't familiar with tree species can usually name the white birch, with its white bark that up close can look like peeling paper.

This iconic northern New England tree has played an important role throughout human history, in most northern regions where it exists. The bark, the wood, and even the sap of this tree have been used for many different products.

Modern uses of birch bark are mostly decorative, but in the past it was used for many utilitarian purposes.

Native people used the bark to make canoes, hence one of the tree's common names. There are still a few people who keep the art of birch bark canoe-building alive today, and one of the most well-known builders is from here in New Hampshire. The bark was also used extensively for containers of all shapes and sizes. The bark was shaped into a container with the sides stitched together, or it was cut into strips and woven into a basket. Containers made from birch bark were used to collect maple sap in pre-colonial times. The inner bark is edible, and was made into a type of flour for bread and as a thickener. Today, in addition to baskets, boxes, and other containers, it is used for high-end rustic furniture and is seen in clock faces, picture frames, bureaus, dressers, and more. A company in

Vermont harvests birch bark in early summer every year to sell to the craft market. Harvesting bark harms the tree and causes stain in the wood, so they recommend that it should only be peeled from trees that are designated for felling within a year or less of peeling.

The sap of the white birch contains vitamin C, potassium, manganese, and calcium, and is touted for its health benefits. It has been used as a beverage in Russia, Scandinavia, and Eastern Europe for centuries and is now starting to catch on in North America. The sap is also boiled down to make syrup. The sugar content is far less than that of maple sap, (around 1 gallon of syrup per 100 gallons of sap vs. 1 to 40 for maple). Currently I'm not aware of any commercial scale birch syrup enterprises in New England, but wouldn't be surprised if one started up. The largest existing commercial operation is in Alaska.

And of course the wood of the white birch is used for lumber and veneer as well as paper pulp. The lumber is used for furniture and flooring, and veneer is used in paneling, plywood, and furniture. Veneer sheets are stamped into Popsicle sticks, tongue depressors, and other uses due to the fact that white birch wood is tasteless and does not splinter easily. Yellow birch, on the other hand, has a strong wintergreen taste and odor, so would make a bad Popsicle stick. Unless you wanted a wintergreen flavored frozen treat!

One other product from white birch is chaga, which is a dark brown to black colored fungus that looks like a burnt cinder. Another name for it is cinder conk.

This fungus mainly colonizes birch, both white and yellow. Chaga is used to make a medicinal tea, and is believed to have immune-enhancing properties. It was also used to start fires. It has been used by eastern Europeans, Russians, and Native Americans for centuries, and, like birch sap, is gaining popularity with modern North Americans.

The white birch is a pioneer species- one of the first to establish itself on a disturbed site, and therefore intolerant of shade. White birch becomes established after a large-scale disturbance such as a fire, clearcut, or wind event. The small, light-weight seeds can be blown for a fair distance, and become established on exposed mineral soil. It is often found in conjunction with aspen (a.k.a. popple), another pioneer species. As the birches mature, more shade tolerant species develop in the understory, which eventually take over as the birches die out, usually after 70 years or so.

A good example of forest succession and the shade intolerance of birch is the Shelburne Birches in Shelburne, New Hampshire. The Birches are a well-known stand of white birch trees along Route 2. When I lived in the Gorham area in the 1990's, I was familiar with this patch of woods. The birches were becoming quite mature and were starting to decline. Growing underneath them was a stand of maple, spruce, fir, and other shade tolerant trees. If forest succession continued on its own, the birches would have faded from the scene and the famous Shelburne Birches would've been no more. They would have to be called the Shelburne Maples, or the Shelburne Spruces, or something like that. So, in order to perpetuate the white birches, some patch clearcuts were put in place in order to create the



conditions white birch need to regenerate- openings with sunlight and exposed soil. At first the patch cuts were colonized by the usual raspberries and pin cherry. The white birch saplings were in there, but the other species were most visible. But over time, the white birches emerged and today there are vigorous saplings and small poletimber size trees that will eventually develop into the iconic large white birches the area is named for.

People value, and even revere the white birch for its beauty and its many uses. Wildlife also value the white birch. Moose and deer feed on the leaves and buds, beaver feed on the leaves and bark and use the stems for building dams and lodges, songbirds nest in birch sapling thickets and feed on the catkins and hawks like to build their nests in branch crotches. When birches die, they are fed upon by insects which in turn feed birds, and woodpeckers excavate the wood, and the holes are used as dens.

The next time you see some white birch trees, stop and appreciate them for a while. Their kind have helped humans survive and thrive into modern times, and they have provided us with beauty that we associate with the New England woods we call home.

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Another Man's Treasure

by Maggie Anderson

I've traveled all over this country of ours and, though I've seen the odd chair or box of bric-a-brac sitting at the end of someone's driveway or left out on a city sidewalk, free stuff on a large and regular scale seems to be a New England staple, perhaps a throwback to our Yankee thrift.

I've embraced the habit and no matter where I lived before or after I was married I never held a yard sale without a huge pile of freebies. And anytime I found myself hanging onto too much stuff – which frankly even now is most of the time – I'd set it out at the end of our driveway or, as I do today, put it on a table under the trees on our front lawn.

Last week I cleared the table of the debris of its shredded plastic cover and the remnants of last fall's abundance of leaves and set about filling the table with free stuff for the first time since last October.

There are people in the village and from the nearby town who have told me they never pass my table without stopping to see what surprises I've left out there. As I was mowing my lawn one afternoon last summer a woman stopped with her two sons. She told me her boys looked forward to hunting through my free stuff every time they drove through town. She said when she was reading "To Kill A Mockingbird" to them, when she

got to the part about the treasures left in Boo's tree they told her it was just like my table. She told me they now refer to it as Boo's Place. I like that.

Early last Saturday morning I pushed the wheelbarrow out filled with bits and bobs but first and foremost a doll house I had purchased years ago for a ten spot at somebody else's yard sale. It was one of those "first house - cheap veneer - I think I can put this together kind of houses" nothing really special except that I wanted a doll house my grandchildren could play with totally unsupervised. I wanted a house open to their imagination, a house they could furnish and redecorate any time they chose.

During its sojourn with us the house has been part of the family, each grandchild has arranged things the way they wanted and the next child to visit remodeled every single room.

Every time I returned from a miniatures show I brought a new toy or dish or chair to be stashed somewhere in the house, the game being to see how long it took each child to find it.

Not only do we have photos of our grandchildren, now grown, playing with the house, some standing on footstools in order to see into the third floor rooms, but we also have a shot of our now ancient black cat when she was small and still had

the curiosity and the agility to jump up and crawl inside. I still remember the time she tried to get in only to find she couldn't fit any longer. It was like watching an old cartoon, she jumped up, grabbed hold of the second floor landing, found that she no longer fit, hung there for a moment and then just uncurled her toes and plopped onto the floor like an overripe tomato hitting the side of the barn.

As I said the house has been part of the family.

When I went out Saturday evening to throw the plastic cover over the table everything was gone, no house, no furniture, nothing. I like to think some little kid will move all the furniture, talk to playmates only he can hear on the tiny telephone and someday tell his children what he found on the table under the shade trees on my front lawn.

I am happy knowing the house gets to take its place with another family, the fourth so far, and I hope when it's passed on to the next family all the memories surrounding it will be as sweet as ours.

Now I have to find some more things to load the table down with, surprises for the passersby. I haven't decided what to put out there yet but if you're driving through some tiny village in New England and happen to spot a FREE STUFF sign you might want to pull over to discover what Boo's left behind.

Mixing Oil and Water Landscapes in oil by Barbara Grey and Still Lives in Watercolor by Sachiko Yoshida



August 13 through September 24, 2016. Northeast Kingdom Artisans Guild 430 Railroad St., St. Johnsbury Monday-Saturday, 10:30-5:30. 748-0158

It is said that oil and water don't mix, but when Grey's boldly painted barns, brooks and mountains are intermingled with Yoshida's elegant flowers and fruits, that doesn't apply: they complement one another.

Grey paints outdoors, choosing as subject whatever strikes her as interesting, whether the way light strikes or the texture of barn board. Yoshida paints indoors, arranging objects to fit her vision.

Grey says that she paints oils with a pallet knife rather than a brush, which brings out a sculptural, three dimensional quality. "I paint what I see. It is fun to see what happens when the eye follows light and dark, and the mind knows why the eye cannot any longer exactly see."

Yoshida, painting watercolors with brushes, says that "Every morning, I try to capture pieces of my dream I had during the night. They are very elusive, but some texture, color, composition are tangible."

Please join these artists' on their very different but complementary journeys.

For further information: Joan Harlowe, 467-3701

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Thyroid Health

The thyroid gland is the body's internal thermostat. It regulates the temperature by secreting two hormones that control how quickly the body burns calories and uses energy. If the thyroid secretes too much hormone, hyperthyroidism results; too little hormone results in hypothyroidism. Many cases of hypothyroidism and hyperthyroidism are believed to result from an abnormal immune response. The exact cause is not understood, but the immune system can produce antibodies that invade and attack the thyroid, disrupting hormone production. Hyperthyroidism can also be caused by lumps or tumors that form on the thyroid and disrupt hormone production. Infection or inflammation of the thyroid can cause temporary hyperthyroidism, as can certain prescription drugs.

Hyperthyroidism is not as common as hypothyroidism. Both of these thyroid disorders affect women more than men. A malfunctioning thyroid can be the underlying cause of many recurring illnesses. An active, healthy thyroid produces hormones that are vital in maintaining normal growth and metabolism. Too much thyroid activity produces nervousness, heart palpitations and insomnia. Too little activity produces drowsiness, fatigue,

impaired mental functioning, atherosclerosis, irritability, and lethargy. Severe inactivity produces obesity and coarsened features. An enlarged thyroid (usually with hyperthyroidism) is called goiter. The main thyroid hormones simulate the activity of organs, tissues and cells, control skeletal growth and sexual development, influence the texture of skin and luster of hair, and are responsible for a person's energy or lack of it; quite a responsibility for one gland. It is also the main repository of iodine in the body, and requires dietary iodine for proper development and functioning.

An undiagnosed thyroid condition can be mistaken for menopausal symptoms. Symptoms such as fatigue, mood swings, and depression are often present in both circumstances. If you are experiencing menopausal symptoms, you may want to have your thyroid function tested. Also, eat plenty of broccoli, brussel sprouts, cabbage, cauliflower, kale, mustard greens, peaches, pears, rutabagas, spinach and turnips, these help to balance thyroid hormone production. Always best to avoid dairy products and stimulants such as coffee, black tea, nicotine and soft drinks.

Herbs are gentle tonics to heal, strengthen and maintain the thyroid gland. This formula balances the adrenal, pineal, pituitary, lymph and other glands.

KELP, LEAF & STEM: (*Ascophyllum Nodosum*), A sea vegetable rich in iodine, chromium and other minerals; with anti-biotic, cleansing and thyroid stimulating activity. Kelp supplies the

thyroid with all the iodine it needs, increases the chances that this gland will not develop goiter, helps regulate the texture of the skin, growth of nails and prevents dull hair. Iodine is essential for the proper regulation of energy through its effect on metabolism; by helping the body burn off excess fat (it may therefore prevent atherosclerosis that is due to disturbances in fat metabolism). Kelp not only absorbs iodine from seawater but sponges up an enormous supply of essential nutrients, and delivers them to the thyroid gland and the rest of the body.

GENTIAN ROOT: (*Gentiana Lutea*), A bitters fortifying tonic particularly useful for liver malfunction, bile production, and jaundice. Gentian provides bitter principles that normalize the functioning of the thyroid, this herb stimulates the powers and organs of appetite, digestion and assimilation. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

SAW PALMETTO BERRY: (*Serenoa Serrulata*), these berries assist the thyroid in regulating sexual development and in normalizing hormones in the glands and associated organs. Saw Palmetto is a primary tissue building and gland stimulating herb for toning and strengthening the adrenals, thyroid and pituitary glands; as part of a formula for gastrointestinal infection; to help rid the lungs and chest of excess mucous in respiratory problems. Beta-carotene, Beta-Sitosterol, Ferulic Acid, Mannitol, Tannins, Vanillin.

CAYENNE PEPPER:

(*Capsicum Annum*), operates by distributing nutrients, catalyzing reactions, stimulating glandular activity, and providing its own important vitamins and minerals. Nutrients: Amino Acids, calcium, essential fatty acids, folate, iron, magnesium, phosphorus, potassium, zinc. Vitamins B1, B2, B3, B5, B6, C & E.

IRISH MOSS, LEAF & STEM: (*Chondrus Crispus*), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties;

it also has soothing demulcent ability for the kidneys, lungs and externally for the skin. A close relative of Kelp, supplies its own quantities of iodine, trace elements and tissue salts. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991.

ACT Hosts Nature Walk at Cooley-Jericho Community Forest August 31st

EASTON – The Ammonoosuc Conservation Trust (ACT) is hosting a nature walk at the Cooley-Jericho Community Forest on Wednesday, August 31st from 3:00-6:00 p.m. The public is invited to this free program to learn all about trees, ferns, wildlife, and the history of the land.

The Cooley-Jericho Community Forest was created in 2013 to protect 840 acres of forest land in Easton. The Ammonoosuc Conservation Trust worked with the towns of Easton, Franconia, Sugar Hill, and Landaff to purchase this property for public recreation and timber management. This project was the first of its kind in the nation where four municipalities worked together with a land trust to protect a shared community resource.

Cooley-Jericho is one of the largest unfragmented forests in the region outside of White Mountain National Forest. Visitors can expect to find signs of wildlife such as moose, bear, and coyote. This land has been managed as a working forest, and is an excellent place to

observe forestry practices and the process of ecological succession. The ledges boast fine views of Franconia Ridge and the Presidential range.

This is the last in a series of five nature walks this summer on local lands conserved by ACT. Participants should meet at the ACT office at 729 Main Street in Franconia at 3:00pm, and the group will carpool to the Trumpet Round Road trailhead in Sugar Hill.

The summer nature walk series is led by ACT's Director of Education & Outreach Liz Wyman and volunteer Linda Moore. "Cooley-Jericho is a beautiful property that is popular with hikers as well as mountain bikers. We are excited to introduce more people to this wonderful community resource," said Wyman.

Participants of all ages are welcome. This two-mile walk contains steeper sections and moderate elevation gain, so hikers should be prepared for the terrain. The group will move at an easy 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.

For details on this event and directions to the ACT office, 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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Changing Society's Perspective

Editor's Note: This is the next submission 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.

Being an Amputee

By Paul Anderson
Piermont, NH

I became an amputee back in 2001 by losing my right leg below the knee. It has been a rough battle since then but not with the loss of my leg but how society views me. Here I was one leg real and the other made of fiberglass and steel. It's not what society would consider normal. In 2004 I lost my left leg also below the knee and became a double amputee. What a sight I must have been to people not use to seeing an amputee. I wear shorts just about year round and here I am a big man, 6'-2", with two metal poles for legs holding me up. Yes I could wear pants and cover up my disability but it would be an inconvenience to me because there are times I need to remove one of my legs or both. Why should I or any amputee be ashamed of their loss and keep them hidden?

Back in 2001 I had a great job but after losing my

leg I was viewed as a liability and let go from the job I had. It was like the loss of my leg meant I lost my ability to think and work. Took me six years before I could find another job and I believe it was because I was not viewed for my strengths and ability or knowledge but because I had no legs. When I did find a job it turned out that I was hired because I was handicapped. I did not receive the same training as my fellow worker so I could advance like they did. After so many months with the company I had to take a test on my knowledge of the job but the test covered things I was not trained in so there was no advancement for me. So I felt it was "Hire a Handicap" instead of look what I can do and what I can achieve. So people with a loss of limbs are looked at as not being a whole person. We may be missing a part of our body but we are still a whole person trying to fit in to today's society.

When someone loses a hand or a leg they lose a body part they do not lose a brain. If anything, I have gained knowledge by knowing what it's like to be an amputee. People in society will stare and try to avoid an amputee by walking in another direction. If a child looks at you the parent will tell them not to stare. Some children will ask a question and the parent will say "Don't bother the man" and drag them off. I love when kids ask how I lost my legs and don't mind when people ask questions but the mind set of society

as a whole is you're not normal and try to avoid contact.

When I wore pants and parked in a handicap parking spot then got out of my car and walked into the store people would yell and accuse me of not being handicapped and shouldn't park there, then I have to stop and raise my pant legs to display my metal legs. Then you see a change in them just because they saw my legs then they rush off. How do you think that makes me feel or any person that's lost a limb? Don't be frightened of what you see.

We live in an Equal Opportunity State or so I've been told. When I have come across a company that has discriminated against me I contacted the state agency and it was at this point I felt like a rape victim who is being drilled by the law enforcement on whose fault was it they were raped. After reporting a company I felt like it was my fault for not getting the job. I'm not looking for special favors I just don't want to be viewed as a handicap but a person that has a handicap. There is a difference and that's what society needs to learn.



On August 12, 2016, the Littleton Food Co-op presented Copper Cannon Camp of Franconia, NH with a \$1743. check. Copper Cannon Camp was Littleton Food Co-op's Partner of the Month for July 2016. This partnership raises awareness of a local non-profit and offers an opportunity for community fundraising. The Co-op recently instituted a 'Pennies for Partners' program where customers can round-up purchases at check-out. The Co-op also donates \$1 from every pizza sold on Friday nights to the monthly partner. Copper Cannon counselors were at the store on Fridays throughout July as 'guest baggers' discussing the program with shoppers. Copper Cannon provides income qualified New Hampshire campers with free summer fun at Copper Cannon. The \$1743. check was a record breaking collection figure for the partner. Non-profits interested in being considered for Partner of the Month can contact the Littleton Food Co-op at 603-444-1430. From L to R are Copper Cannon Camp counselors: Josh Lagerquist, Jackie Gillespie and Kimberly Carroll and Littleton Food Co-op employee, Melissa Bridges

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by Ronda Marsh

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Honey Butter Pork Tenderloin

Oh my...just read that title again and soak up the anticipated deliciousness: Honey. Butter. Pork Tenderloin. What's not to love about it??! That's exactly what I thought when I first saw this recipe someone posted on Facebook. I couldn't decide which to do first: drool on my laptop, or look at the particulars! I opted for the latter, and it didn't take long for me to see this was a keeper.

A little bit of research revealed this recipe originated in the test kitchens of "Taste of Home" magazine, which I find is a pretty reliable resource. I happened to have a pork tenderloin on hand, as well as the other common

ingredients, so it didn't take long to put the whole thing together. The only part I altered was the roasting time. I know the current trend is to leave pork a bit pink on the

inside, but I just don't like the way undercooked pork looks, carves, or feels in my mouth. If, however, you prefer a less well-done roast, just lessen the baking time in the oven to about 20 minutes. I recommend using a meat thermometer to test for a safe internal temperature.

Even with my increased cooking time, the whole thing was on the table in less than an hour from start to finish, and the end result was just as I'd hoped: The meat was tender and nicely browned, with a bit of a crunchy bark on the exterior, and the sauce was perfect – not too sweet and not too spicy, just right for draping over some noodles or mashed potatoes. Simple, quick, and delicious...my kind of meal!

- 4 Tablespoons butter (no substitute)
- 2 Tablespoons honey
- 1-1/2 pounds pork tenderloin, trimmed
- 1/2 teaspoon Cajun seasoning (or sprinkle with a bit of salt, pepper, garlic powder and chili powder)
- 1/2 teaspoon black pepper
- 3/4 cup water

Preheat oven to 375°F. In a large ovenproof skillet or pot, heat butter and honey over medium heat until melted. Sprinkle pork tenderloin with Cajun seasoning and black pepper. Brown each

side for 5 minutes in the honey butter. Lower heat if honey begins to burn. Place pot in oven and roast uncovered for 25 to 40 minutes*. Remove pot from oven and transfer the pork to a plate to rest. Cover with foil. Add water to the pot and stir over medium heat. Simmer for about 5 minutes, until sauce is reduced slightly, adjusting seasoning if necessary. Slice pork on the diagonal and drizzle sauce over top to serve.

*NOTE: May need to cook longer depending on the size and thickness of the pork tenderloin.



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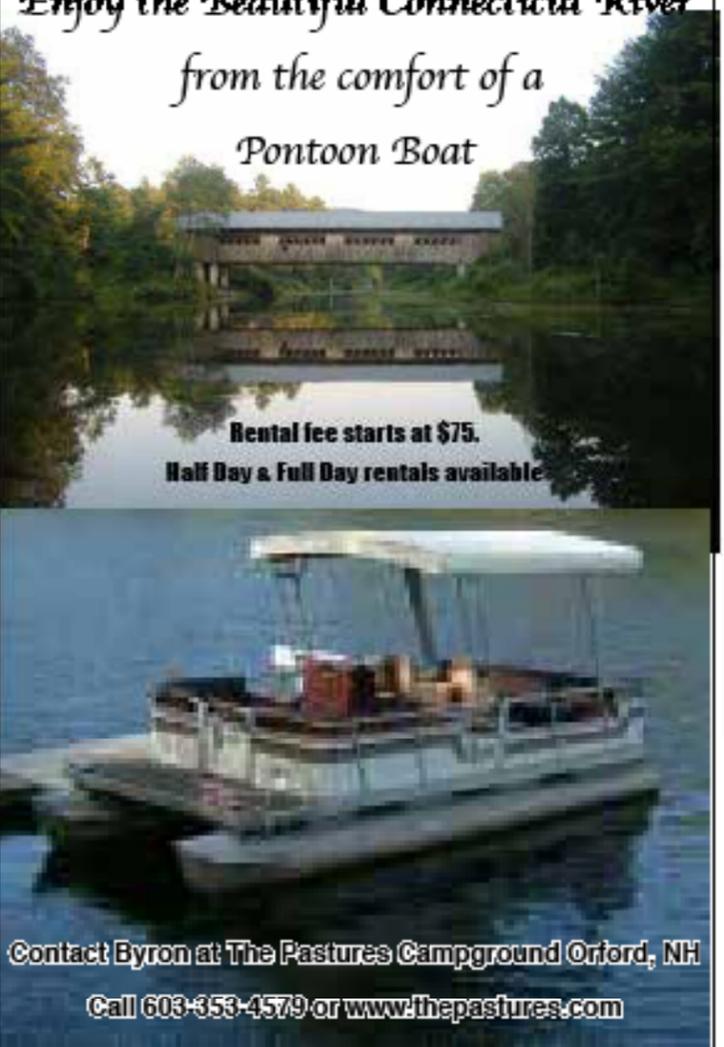
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