RR Park Chugs Forward
Another Season, Another Set Of Changes

By Gary Scranton

Like so many events, each year brings something new and different. The 5th annual 3 Rivers Business Association Chili Cook Off was no exception. The location, Railroad Park in Woodsville, has gone thru many changes over the past five years. The first year saw not much more than the newly built band stand, courtesy of Coventry Log Homes. That local business was again thanked this year for their generosity. It had happened.

Now some may wonder why this whole move was necessary. It seems that as the sun set on this wonderful little park, the interior of the bandstand really heated up, plus the sun ended up being worse than stage lights. The warmth and the beating sun not only were hard on the musicians, but it also took a toll on the instruments. So the Haverhill Recreation Commission, the group at the forefront of the management of the park, made a decision to shift things around. They pulled money from the Capital Reserve Fund which taxpayers make a deposit in each year, to get the job done. They also plan on other improvements to Railroad Park over the coming years. Those projects will continue to be discussed and decisions will be made as funds and time allow.

Regarding the first night of the season for Railroad Park, the night was not the best weather-wise. A shower or two hit the area during the performance, but the large tent erected by 3RBA gave shelter to many. Many others simply popped up the umbrellas and enjoyed the blue grass sounds of Parker Hill Band, a group that has opened the park for many years. The rest of the summer schedule features a fine variety of music styles.

June 25th
Steven Richard Lindholm
(Children’s musician, entertainer)
July 16th
Crunchy Western Boys
August 13th
McClure Band
September 10th
A Rock and Roll Band

Regarding the cook off, there were not as many entries for 2011 as there just have been is some past years. But it was still a fine variety and taste treat for those who showed up. The judges got first shot, but many others went thru the line with a chance to taste all the varieties available. Those who purchased the chili sampler also got to vote for the People’s Choice award. Pies were also on sale with a good tasty variety. Again the judges got first chance, but others had the opportunity to taste the results from some of the best cooks around. During intermission the 3RBA took the opportunity to announce another fund raiser for this summer. The first ever Rubber Ball River Race to be held June 25. Two hundred balls will be released to race down the Ammonoosuc River, under the historic covered bridge, over the dam and hit the finish line behind Railroad Park. The winning ball will get its owner $500 cash. There are four other cash prizes, plus at least five more prizes to be handed out. Proceeds from the race will benefit the 3RBA Scholarship Fund and the Great Northern Boys Scout Council. Tickets are available from many 3RBA members at $20.00 each, or contact Gary Scraton at Trendy Times to purchase yours.

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Nancy Lusby
People’s Choice
Elaine Keesling
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Gail Brown
2 Crust Fruit Pie (Rhubarb)
Gail Rogers
Blaker’s Choice
( Maple Walnut)
Elaine Keesling
Peacham Farmers Market
To Open May 26th

Summer is on its way! In celebration, the Peacham Farmers Market will open for the 2011 season on Thursday, May 26 at 3 PM. The market is sited on the historic Academy Green, in the heart of the village of Peacham, Vermont.

This year’s Market will be as much a weekly community event as a source for quality foods and crafts. With live folk music, children’s activities, and locally made ice cream, the market offers a charming way to spend the afternoon, for kids and adults alike.

“This market is unique. It’s a warm, homey feeling place,” said Diana Senturia, market co-originator, long-time village resident, and former Peacham Community Housing board member, which sponsors the Market. “This town has so many great agricultural producers, talented crafts people, and terrific bakers. These unique vendors are at the heart of our market. Here we seek to create a space where people can sell their goods at a reasonable cost, while allowing everyone access to the best that Peacham and this region have to offer. We really love sharing the warmth of this community.”

Vendors for this year’s market are a mix of the Peacham specific and the regionally familiar. The market will be open every Thursday from 3 to 6 PM through September 29, rain or shine, culminating in the Fall Foliage Festival. Fruits and vegetables will be subject to seasonal availability. Every week there will be music, kids activities, crafts, baked goods and ice cream.

“The Peacham Farmers Market is not just an opportunity to hear live music, to buy wonderful, locally sourced veggies, colorful yarns and wool, certified organic, humanely raised meats and eggs, delicious breads, cookies and pies, arts, crafts, and even home-made ice cream,” said market co-director Jane Alper. “It’s also an opportunity to spend the afternoon in one of the most beautiful little villages in Vermont.”

For news about vendors and performers visit the market’s website at: www.peacham.net/market.

Further inquiries to Jane Alper
802-592-3161
jalper@gmail.com

Madge Rossinoff
802-592-3370
mrossinoff@gmail.com

F.O.N.E.S. RAFFLE
(Friends Of Newbury Elementary School)
Parent & Staff Group At Newbury Elementary School

Tickets are $1.00 Each Or $5.00 for 5

Drawing Held June 9, 2011
Newbury Elementary School

Tickets on sale at the school, Little League games and practices in Newbury. Ask from F.O.N.E.S. members or contact Laurie Cladue at 802-429-2942 or email mail@faulkner.net.

AD SPONSORED BY: Dwayne Cladue Builder, Wells River, VT

Piemont Volunteer Fire Department
Is Sponsoring An All Day Flea Market
Saturday, May 28, 2011
9:00 AM – Whenever
At Fred’s Lot (Near Guaranty Bank)
Corner of River Road & Route 25, Piemont, NH
Vendor Set Up Begins 7:00 AM $10 Per Space

VENDORS PLEASE CONTACT
Deputy Chief Terry Stirk at 603-778-7549 or Firefighter Matt Hogan at 603-772-9197

Volunteer Firefighters will be on site watching cars for donations.

“We’re BBQ will be on site for those who may get hungry or thirsty!”

LISBON – Lisbon Farmers Market opening is just a month away. Registration forms are available at www.lisbonmainstreet.org. The market opens Saturday, June 18, 9 a.m. to noon and will run each week until mid-October. The market is held on North Main Street just north of Chevrons Park and the gazebo.

“We encourage new vendors to contact us early for assistance in preparing for the market, and we have volunteers to help set up. Once again this year we also encourage vendors who may not have a large or consistent quantity of products to consider sharing a space with another vendor. It’s a great way to get started,” said Ruth Taylor, Executive Director of Lisbon Main Street, Inc., market sponsor. For more information, prospective vendors may call the Lisbon Main Street office at 603-838-2200.

Pemigewasset Project
The White Mountain National Forest is seeking public input for the Pemigewasset Project in the towns of Benton, Landaff, Easton and Woodstock, NH. This project proposes to accomplish the following: (1) harvest timber and improve wildlife habitat; (2) improve watersheds and aquatic and riparian habitat; (3) restore fire-dependent oak/pine communities using prescribed fire; (4) relocate and improve the Black Mountain Trailhead; (5) remove hazard trees along Long Pond and Long Pond Spur Roads; (6) maintain and restore portions of existing forest roads and decommission unnecessary existing forest roads.

The proposed activities for this project are more fully described in the Pemigewasset Project scoping document, which is available at the Pemigewasset Ranger District/Forest Headquarters in Campton, NH (off Exit 27, open Monday through Friday from 8am to 4:30), or on our website: http://www.fs.fed.us/nea/nea_project_ex_p.php?project=34713. This scoping document also contains maps of the project area and instructions on how to be involved and make comments on the proposed activities.

For more information, please contact Kori Mar- chowsky at the Pemigewasset Ranger District at 603-536-6108.

The USDA Forest Service is an equal opportunity provider and employer.
Last month, I attended Valley Food and Farm’s annual Flavors of the Valley Event. Flavors of the Valley is a trade show for local food enthusiasts. Visitors to this event view booths where farmers and restaurateurs have set out samples of their products. Participants learn about organizations that focus on local foods or agriculture. One of the booths was set up by the Upper Valley Food Coop and they were offering samples of a homemade spring tonic made from dandelion greens, vinegar and maple syrup that they had mixed in a bicycle powered blender. It was surprisingly good and got me thinking about dandelions and other wild edible plants that come with spring and summer.

Dandelion greens are surprisingly good to eat (or drink as I did at the Upper Valley Food Coop booth) as long as you harvest them before they start to flower. They are also healthy for you. According to the University of Maine, 3.5 oz of dandelion greens boiled, with the water changed once to mellow the flavor, contain 33 calories, 0.6 grams of fat, and 2 grams of protein along with iron and Vitamins A and C. If you missed the window or you know the dandelions in your yard have been fertilized or sprayed with pesticides, you can buy them instead.

Fiddleheads are another wild edible plant you can find in the spring. I’ve also seen them at the Littleton Coop if you don’t trust your plant identification skills. They are the young shoots of the elephant fern. One caveat with fiddleheads is that the Center for Disease Control has investigated reports of food-borne illness connected with lightly cooked fiddleheads. While the results were inconclusive, they do recommend boiling fiddleheads for at least 10 minutes before eating them.

Of course spring and summer are also a good time for collecting wild mushrooms, but as mushrooms can be a challenge to identify, it’s best to find an expert to teach you how to find them or buy them in a store. My favorite wild mushroom is called chicken of the woods, and it smells just like chicken when you sauté it. It tastes very much like chicken as well. As much as I like chicken of the woods, I think lambs quarters are my favorite wild edible as they are a common summertime weed in the garden and eating them provides a certain sense of revenge, even though you can’t eat enough of them to make a difference. Lambs quarters make a very nice pesto and are a close relative to the quinoa plant. The young leaves at the top of the plant are the ones you want and can be prepared in the same way you prepare more traditional pesto or cooked greens.

Purslane is the other major edible summertime weed. It is cooked the way you would spinach or you can eat it raw if you don’t mind the slimy texture. In the case of purslane the entire plant is edible or if you prefer you can just eat the leaves. For most of us collecting and eating wild edibles is just a fun way to celebrate the season or an old family tradition, but for past generations spring, and the vitamin packed greens that come with it, was likely a welcome change from the stored foods that would have certainly become boring and probably scarce or in poor condition after a long winter. So enjoy your seasonal treats and raise a glass of dandelion tonic to the coming (finally) of spring and summer.
BRADFORD, VT—As the wind chimes outdoors serenaded them with their melodic spring symphony, Pam and Bob Wilcox were settling comfortably indoors knitting up a storm in preparation for this season’s farmers markets and craft shows.

The Wilcox’s sell their beautiful hand knit socks to area residents and visitors from around the country and add them with their wares at the Garden Geraniums and other vendors at Thetford Academy’s annual Christmas bazaar, and sold socks and mittens for the first two years. Bob became bored making mittens, and admiring Pam’s beautiful socks, decided he too would like to learn to knit them.

Bob found he enjoyed knitting socks but “I didn’t allow him to use my expensive yarn until he became more proficient,” laughed Pam. The two knit several hundred pairs of socks each year and call on daughter Hillary for help, when inventory declines. Bob decided to knit socks full time, and the word got out that people could purchase high quality hand knit socks at an affordable price. She and Bob became vendors at Thetford Academy’s annual Christmas bazaar, and sold socks and mittens for the first two years. Bob became bored making mittens, and admiring Pam’s beautiful socks, decided he too would like to learn to knit them.

The Wilcox’s are a fine example of a rewarding retirement. Call them at (802)-222-4651, or visit them summer through foliage season at the Danville Farmers Market each Wednesday, Saturdays at the Bradford Farmers Market, and at the Groton Growers Market during the winter season.

THE YARN

The yarn they use is high quality yarn imported from Germany, Italy and Canada. While most of her yarn comes from Germany, Pam is impressed with the quality of Canadian yarn. She met her German contact, Astrid, on E-bay, but the business grew so quickly that Pam now orders name brand German yarn directly from her website. Her “stash” totals at least one thousand self-striping skeins in various color waves, neatly organized in cubbies in her “yarn room.”

Pam Wilcox is a fiber artist who learned to knit from her mother. “I started knitting scarves, and then graduated to baby booties. When Pam was just eight, her older sister gave birth to a baby girl, and I made a sweater with a design incorporated in it for that baby,” she said.

Over the years, Pam has taught herself advanced knitting techniques, including knitting socks. “I started knitting socks when Bob and I were first married in the late 60’s,” Bob says. His father had a circulation problem and Pam rescued his perpetually cold feet by knitting him about ten thousand pairs of woolen socks over two or three years. She stopped knitting socks for a while and concentrated on knitting fisherman and Norwegian style sweaters. “I was always knitting something, except when I was quilting or doing something else,” she said, “but I always returned to knitting.”

About nine years ago, Pam decided to knit socks full time, and the word got out that people could purchase high quality hand knit socks at an affordable price. She and Bob became vendors at Thetford Academy’s annual Christmas bazaar, and sold socks and mittens for the first two years. Bob became bored making mittens, and admiring Pam’s beautiful socks, decided he too would like to learn to knit them.

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Virginia Thibodeau, RN, Director of Nursing at The Morrison, presented the Clint Jones Nursing Award on May 13 during a ceremony and reception at the nursing home.

"Virginia Thibodeau started her healthcare career as an LNA in 1996; advanced to an MNA in 2005; and in June 2006 earned her RN. In December 2009, she joined the Morrison, moved into the Director of Nursing position six months later, and has just completed a Directed Nursing program for long-term care. In her nomination of Thibodeau, Roxie Severance, Executive Director of the Morrison, noted that Thibodeau uses a team approach to tackle problems, and has "created a culture where staff can ask questions and feel they are a valued part of a team by meeting with every individual in her department to learn more about them and ascertain each person's strengths."

The Morrison, located at 6 Terrace Street in Whitefield, is a non-profit nursing home and assisted living facility that provides comprehensive long- and short-term nursing care, rehabilitation care, social services, recreational activities and therapy. For more information, call 837-2541 or click on www.morrisonnh.org.

Put More Healthy Food On Your Table With 3SquaresVT

Virginia Thibodeau, RN, Director of Nursing at The Morrison (holding flowers and a granite plaque) was presented with the Clint Jones Nursing Award on May 13 during a ceremony and reception at the nursing home. From left, John Poirier, President and CEO of New Hampshire Health Care Association; Roxie Severance, Executive Director, The Morrison; Matt Jones; Mrs. Clint Jones; Thibodeau; and Shawn LaFrance, Executive Director of the Foundation for Healthy Communities (Courtesy photo)

"Those at Morrison were not surprised that Ginny received this award," said Severance during the May 13 ceremony. "Ginny has a fresh approach to the delivery of resident care. She thinks outside the box."

Thibodeau, she said, is known as a hands-on administrator, on the floor and willing to lend a hand and assess residents' needs, said Severance, as well as a first-class communicator with staff, residents and family members. She has implemented several successful programs as DON, such as IV therapy, and an alternative therapies program that includes aromatherapy, Reiki, pet therapy, and adaptive nursing. Nursing staff at Morrison said Thibodeau inspires other nurses by leading by example, her exceptional work ethic, by being upbeat and by showing her staff genuine kindness and appreciation for their hard work on behalf of residents.

"This is a huge, huge honor for me," said Thibodeau. "I don't do this by myself, and I wouldn't be here today without everybody I work with. I can't imagine doing anything else but nursing, and I can't imagine working anywhere but at Morrison."

"Not all Times are Trendy but there will always be Trendy Times" May 24, 2011 Volume 2 Number 16

Virginia Thibodeau, RN, Director of Nursing at The Morrison presented the Clint Jones Nursing Award on May 13 during a ceremony and reception at the nursing home. From left, John Poirier, President and CEO of New Hampshire Health Care Association; Roxie Severance, Executive Director, The Morrison; Matt Jones; Mrs. Clint Jones; Thibodeau; and Shawn LaFrance, Executive Director of the Foundation for Healthy Communities (Courtesy photo)
Not all Times are Trendy but there will always be Trendy Times

“One World, Many Stories” is the theme this summer at the Bath Public Library. Children will explore the world through stories, crafts and food.

Registration for the Summer Reading Program begins on Thursday, June 9, 2011. Special programs relating to the summertime theme will be offered for five weeks beginning Thursday, June 30th at 10:30 am. There will be a Kick-Off Event at the Bath Village School on Wednesday, June 8th at 10:30 where acclaimed storyteller and musician Odds Bodkin will present a special program in celebration of our Summer Reading theme. Admission is free.

In this program Odds will perform folktales and myths from around the world with original music performed simultaneously. The way he performs will fascinate the children. He uses many different sound effects and humorous character voices and includes a sing-a-long, which the children will thoroughly enjoy.

Here’s a chance to have your children your children celebrate the joys of summer with an enriched reading program. This program is open to all area children who have a Bath Library membership. For further information, please contact the Bath Public Library at 747-3372.

Library Hours
Tuesday 9:00-12:00
1:00-6:00
Thursday 9:00-12:00
1:00-7:30
Saturday 9:00-12:00

Artist Kristine Lingle will be teaching two new watercolor classes at Alumni Hall on Tuesdays, June 7-28. Painting Floral Still Life will be offered from 1-3pm and Landscapes from 5:30-7:30pm. Call (603) 989-5500 or email info@alumnihall.org for more information.

Artist Kristine Lingle will be teaching two new watercolor classes at Alumni Hall in Haverhill, “Painting Floral Still Life” from 1-3pm and “Landscapes” from 5:30-7:30pm, on Tuesdays from June 7 through the 28th. In this four-week series, participants will learn a variety of techniques to paint with watercolors effectively and create original works of art.

Lingle earned a BFA in Art Education from the University of Massachusetts in Amherst, and has taught children and adults for 20 years. She teaches classes and workshops at the Littleton Studio School and Granite State College. Her paintings and collages have been exhibited in the Washington, DC area and northern New Hampshire, and are in numerous private collections.

All levels are welcome. Materials will be provided for the first class, at which time the instructor will advise students on supplies to purchase. Class size is limited to 10. The cost for the four-week session is $50. To register, call (603) 989-5500 or e-mail info@alumnihall.org.

Bath Public Library Launches Summer Reading Program

Alumni Hall Offers Two New Watercolor Classes
While “The Emperor’s New Clothes” Are Invisible, The Audience’s Enjoyment Is Not

By Robert Roudebush

NORTH HAVERTOWN, NH – The North Havertown United Methodist Church Fellowship Hall.

The large cast of performers in the musical dinner-theatre play was having a blast onstage and that pretty much guaranteed that the audience had a good time too.

Don’t let the fact that this entertaining effort was mounted in the basement of a local church fool you into thinking this was a well-intentioned but poorly realized amateur attempt. Far from it. Stand-out performers were numerous in this delight directed by Marilyn Blaisdel, and we’ve heard the play performed by professional musician and music educator Jeff Fullerton. Both are featured in the play – Miss Blaisdel, the stalwart trumpet-voiced direct-to-the-audience Narrator, General Manager for the Emperor as well as Aaron The Minstrel, and Ms. Mollington, the stage as Sgt Neener, representing the empire’s ill-dressed military. Even minor roles in big group productions can perform; the actors display good spirits, honest effort and a sense of humor. Many did, you’ve gotta hear them. No trouble the whole lot, a juniper power in both singing and spoken voices in the production. Such was the case at the final dress rehearsal of “The Emperor’s New Clothes - The Musical”, May 17 in North Havertown.

It was the final dress, prior to three performance dates, May 19, 20 and 21, involving form ing an immediate family without all the usual obligations – overheard from a theatre-type just before rehearsal started.

Involves forming an immediate family without all the usual obligations – overheard from a theatre-type just before rehearsal started.

While this entertainment occurred in the lower level of the church, the cast and staff including Luanne Fournier and Greg Houde had seen to it that space looked like a real theatre, not a cellar. In addition to the performing area sets, and special stage lighting, the remainder of the wall space was black-draped, designed for cast entry, exit and costume changes, and because this was a dinner-theater experience with a multi-course meal served directly to patrons at tables between the three acts, dining tables of various shapes and sizes were attractively set and arranged. Not a bad seat in the house Others in the cast adding their own particular energy to this successful presentation – Pastor Sue Ellery, Lloyd Steeves, Dennis Fournier, Peggy Home, Pam Aldrich, Ruthie Page, Wayne Bigelow, and Jan Kinder as Miss Penelope Method.

Chris Steeves portrayed the Empress, as well as being Music Director. Shawn Tripp was credited as Chef, and Lesa Lakeman-McDonald for advertisement. There was a special thanks to Philip Ver ratti of the O.C.C. T. The play was performed with permission from Pioneer Drama Service Book by Karen Boettcher-Tate. Music and Lyrics by Bill Francoueur.

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Cottage Hospital April Stork Report

Cottage Hospital is pleased to announce the following births for April 2011.

Lynnette Shepard of East Ryegate, VT proudly introduces Jadabiah Natalie Guzman born April 4, 2011. Delivering Physician was Dr. Melanie Lawrence.

Lynn George & Chad Emerson and big brother Kolby of Woodsville, NH proudly introduce, Kyler Ray Emerson born April 8, 2011. Delivering Physician was Dr. Melanie Lawrence.

Stacie Downton of Woodsville, NH proudly introduces, Kamdyn James Downton born April 12, 2011. Delivering Physician was Dr. Melanie Lawrence and Dr. Steve Genereaux.

Lindsay Fellows & Jesse Smith and big sister Alivia of Corinth, VT proudly introduce, MacKenna Jayne Smith born April 19, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Reegan & Brian Hubbard of North Haverhill, NH proudly introduce, Tyler James Hubbard born April 27, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Lisa Welch & Derek Williams of Bradford, VT proudly introduce, Margaret Ainsworth Williams born April 28, 2011. Delivering Physician was Dr. Jessie Reynolds.

Delivering Physician was Dr. Melanie Lawrence.

INSTRUMENT LESSONS: Offering private piano, guitar, banjo and clarinet lessons for beginner and intermediate students of all ages. More than 30 years instructing. For more information and to set up a day and time please call 603-989-3255. 06.07
“Come on up and go canoeing with us,” said my friend from Northern Maine. It sounded like something different and fun, so we said “Yes” and started getting ready. Visions of lazy days floating on a peaceful lake went through my mind.

Imagine our surprise when we arrived at my friend’s and found that there were to be 8 of us in 4 canoes and we were going to go down the Allagash (a 100 mile long river that flows north from Baxter State Park to the Canadian border) and be gone for a week.

An “Outfitter” took us into the woods over paper company roads. We were “only” going to do 70 miles of the river, but to say I was nervous about it would be an understatement. Kit, the outfitter, dropped us off at the foot of Chase Rapids (I was glad we didn’t have to canoe those) and there we were in the middle of nowhere and entirely on our own.

After loading considerable gear into the canoes we set off. My friend and I shared a canoe, and she warned me about the rapids—“paddle like hell” and off we went.

Our first campsite was not far away, and we set about to make camp. There were five or six pup-tents to put up, and bags and bags of food and gear to go through and put away.

The campsite had only a picnic table and a fireplace; an outhouse was further back into the woods. When we finally finished setting up it looked pretty much like a slum campsite but everyone was happy.

That night the 5 teenagers went to their respective tents and tried to sleep; however they had left the doors open and their sleeping quarters were full of no-seesums. There was little sleep that night and the kids were quite surly in the morning.

After breakfast we broke camp and started off again. It was a warm day and the sun shone on parts of us that hadn’t seen the light of day in a long while. Everyone got a sunburn, we had to cross two lakes, and we were all sore and grumbling by the time we reached our next campsite, Long Lake Dam. We set up camp on top of a rocky promontory over the dam, and after a quick supper, we all retired early. The kids were out like lights but everyone was happy.

The rest of the week was rather uneventful; we got better at paddling and going over the rapids. We all swam, and fished and enjoyed the wilderness. We saw lots of moose and deer, several bears and other wildlife. One campsite was full of almost-tame rabbits. We saw very few other humans.

I was very reluctant to end our canoe trip. The last day, we finished the Allagash and paddled several miles on the St. John river to get back to Kit’s and turn in the canoes.

That evening my husband and I hugged each other and exclaimed how wonderful the trip had been. He was amazed at me, for it was the first time I had ever set foot in a canoe.
Not all Times are Trendy but there will always be Trendy Times
M ay 24, 2011
V olume 2 Number 16

May 1-7, 2011 was Na tional Physical Education and Sport Week. At Bath Village School we had plenty to keep us active. With childhood obesity on the rise, and young children showing risk factors for heart disease, we're fighting back by getting active.

We had wonderful supporters, that gave of their time to come out and make our week fun. Monday - Lisa Ford and Kristina Conroy from UNH returned for their 4th of 6 weekly Nutrition Classes. This week their focus was on beverages, the differences between juices, sports drinks and soda, natural and added sugar and how to make an educated decision. They also played games.

Tuesday - Roger Lohr of NH BikeSmart in Hanover joined us to go over bike safety. The children learned about wearing your helmet correctly and proper clothing, the ABC’s of checking your bike and rules of the road.

Wednesday - Sensei Greg Williams of Kaze Dojo in Littleton spent the day with us. He brought along 4 great assistants, Allen Josselyn, Tayla Cummings, Bob Cummings and Ben Gwilt.

The morning (grades 4-6) and afternoon (grades K-3) sessions included Jujitsu techniques, cardio workouts and concluded with a talk on bullying.

The morning session also included Project ACES (All Children Exercise Simultaneously), the largest exercise class in the world. On the first exercise simultaneously in a symbolic gesture of fitness and unity Sensei set up 3 stations and we rotated through each area for 10 minutes for a total exercise time of 30 minutes. The children were all awarded Project ACES Certificates signed by Sensei Greg Williams and the founder of Project ACES Len Saunders.

Thursday - physical education day
A busy and fun week for everyone. Thanks again to everyone that made this week possible.

National Physical Education And Sport Week - Bath Village School

Ross-Wood Post #20 American Legion
Woodsville, NH Installs New Officers

The recent installation of officers at Ross-Wood Post #20 American Legion saw many new faces in elected positions as well as several who remained in elected slots that they have filled for a number of years.

Three of the four groups that make up the American Legion family had new leaders installed during the evening of ceremonies. The Legion elected Rodney Thompson as the new commander and he had the honor of closing the evenings events. Between the opening and closing ceremonies several Department of New Hampshire officials in attendance were given the opportunity to address the fifty plus members and spouses who were in attendance.

The Auxiliary also elected a new leader. Rhonda Conners will assume control of the group after the state convention in June. The Auxiliary is the ladies division of the American Legion family. As part of the evening several members of the Auxiliary prepared a wonderful buffet meal. The Auxiliary was also honored to have present the current President of the New Hampshire American Legion Auxiliary, Betty Ward, who lives in Monroe. She was introduced to the crowd and had the opportunity to say a few words.

Also installed during the evening was Sons of the American Legion (SAL) Commander Phil Davidson. Phil is the only leader this year to stay in the position at the top of a group. The SAL has a strong presence at the Legion Home and has for many years been a major component of the Legion family.

The fourth and final group of new officers represented the newest American Legion division. The American Legion Riders is a group of men and women who are members of one of the three other groups, but who also enjoy motorcycles and are willing to show their colors as part of the Legion family. The incoming Director of the Charter Chapter in New Hampshire that represents Ross-Wood Post #20, is Jim Fitzgerald.

In other news from the Post it was voted at the annual meeting in late April to make the entire Ross-Wood Post #20 Home smoke free as of June 1. New Hampshire state law has allowed cigarette smoking in private clubs since it was banned from most other businesses a few years ago. But as of June 1 the Post will join those locations with a No Smoking sign up on a daily basis.
In celebration of the Weeks Act Centennial, the White Mountain National Forest (WMNF) is partnering with the Arts Alliance of Northern New Hampshire to offer its first-ever Artist-in-Residence program, and is seeking applications from interested artists in all media. The deadline for applications is June 6.

The WMNF Artist-in-Residence program offers professional and emerging artists from around the country — visual and performing artists, craftspeople, writers, composers, eco artists and media artists — an opportunity to pursue their particular art form while being inspired by the surrounding forest and, on several occasions, sharing their work and their artistic process with members of the public. The goal of the residency program is to provide lodging in rustic accommodations on the Forest as well as limited reimbursement of travel expenses and the cost of supplies and materials.

"Artists have been inspired by the beauty of the White Mountains for hundreds of years," notes Tom Wagner, WMNF Forest Supervisor, "and they’ve also played an important role in shaping the public’s view and understanding of our landscape. I’m pleased that the White Mountain National Forest, in partnership with the Arts Alliance, is starting this new program, using contemporary art to help our visitors connect with nature and better understand the mission of the Forest Service. The Artist-in-Residence program will help us broaden the ways in which we experience and communicate the value of the national forest.”

“One of the most exciting aspects of our work on the Weeks Act Centennial has been learning about the ways in which government, business, nonprofit organizations and private citizens worked together for the common good a century ago. It’s exciting to bring that same spirit of collaboration to the Artist-in-Residence project,” says Frumie Selchen, Executive Director of the Arts Alliance of Northern New Hampshire, a nonprofit working to promote, support and sustain cultural life throughout northern New Hampshire.

Find more information and an application for the program at www.aannh.org, or contact the Arts Alliance at Frumie@aannh.org, 603-323-7302.

Lodging for the Artist-In-Residence will be at the Mead Base Lodge in Center Sandwich.

In this year marks the 100th anniversary of passage of the Weeks Act, a milestone in American conservation history. The Weeks Act enabled the federal government to purchase land in the eastern U.S., allowing cut and burned-over lands to become publicly owned national forests, thus leading to the creation of the White Mountain National Forest and more than 50 other national forests. The Act was named after John Wingate Weeks, a native of Lancaster.

During this, the inaugural year of the Artist-In-Residency program, one three-week artist residency will be offered. The focus of the program is to provide lodging in rustic accommodations on the Forest as well as limited reimbursement of travel expenses and the cost of supplies and materials.

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Lodging for the Artist-In-Residence will be at the Mead Base Lodge in Center Sandwich.
Interested in taking better care of your woodland? Sharpening your forestry skills? Come to one, two, or all four of these workshops. The cost will cover refreshments and handout materials. You will be "in the field" for at least part of the day so come prepared for the weather.

All workshops run from 12:30-4:30 pm. Eat your lunch before the workshop, or come early and enjoy your picnic lunch by Indian Pond. Individual chapters of the just-published, second-edition of Good Forestry in the Granite State: Recommended Voluntary Forest Management Practices in New Hampshire will be provided as handouts during relevant sessions. The book will be available to purchase.

June 3
GPS on Your Woodlot ($10 per person) Learn the basics of using GPS to navigate around your woodlot and to do simple mapping. GPS units will be supplied. For beginners. Attendance is limited to 20 people.

June 10
Roads and Trails on Your Woodlot ($10 per person) Learn the basics of woods road and recreation trail design, construction, and maintenance from Mike Lynch, with the Natural Resources Conservation Service (NRCS) and Jennifer Codispoti, NH Division of Parks & Recreation. Sources of financial assistance will be covered.

June 17
Your Woodlot and Wildlife ($10 per person) Learn techniques you can use to create and maintain foraging, nesting, denning and cover for native birds, mammals, reptiles and amphibians. We will also introduce you to a variety of financial assistance programs (EQIP, WHIP, NH Small Grants) that can help pay for habitat projects.

Caring for Your Forest
Workshops for Landowners
Spring Series 2011

The Schwaegler Family Tree Farm
Pondside Lodge At Indian Pond
Orford, NH

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Walking in the woods in May is probably one of the most relaxing and satisfying events of the year. The glacier of snow has finally receded and everything is green and new. It is as if the world is being reborn and essentially it is. Most of the waterfowl have made their annual passing, the mornings are warmer requiring only jeans and a shirt and our morning dog walks are highlighted by the wonderful roar produced by our migrating bird population.

I have never been good at identifying all of the songbirds that I hear. To me it is a wall of music that I enjoy as it is, unable to pick out individual birds. I have many friends who can identify every single bird by its song, I simply smile, nod and enjoy the concert. Outside of robins, chickadees, turkeys and a few others, I am pretty much songbird illiterate. There is one bird however that I can identify clearly through the confusion and that is the annual drumming of the male ruffed grouse.

All male birds mark the coming of spring with dramatic performances to establish mating territories which are aggressively defended. The ruffed grouse is as impressive as any of them however unlike most of our singing and gobbling feathered friends, the ruffed grouse does no elaborate singing to advertise his intent. To establish territory and attract the ladies the ruffed grouse struts and displays much like a wild turkey. The grouse adds to this performance by performing his drumming ritual.

To perform the drumming a male ruffed grouse climbs on a log, stands up, cups his wings and proceeds to beat the air with a series of hard wing beats. This action of flapping cupped wings creates miniature sonic booms that start very slowly at first followed by a rapid increase of the rhythm until the whole event crescendos with what sounds like a trailing drumroll. The event takes about twenty seconds and is repeated with what seems like endless repetition. The sound of the drumming carries through the forest advertising the grouses territory and intent.

The thunderous escape of a ruffed grouse from thick cover is a heart-stopping moment that most of us have experienced. The sound of the drumming is not unlike this same sound however no flying is involved and the bird remains in one spot throughout the drumming event. The sound frequency is low enough that many people have trouble hearing it and I am quite certain that dogs don’t hear it at all.

As you might guess the habit of a chicken sized bird to throw out his normally cagey survival instinct and aggressively advertise his location attracts the attention of not only other grouse, but many predators as well. Hawks, owls and some mammalian predators love to eat grouse, especially stupid ones and they easily key in on the sound of the drumming and the birds temporary love drunk pre-occupation and lack of self-preservation. The result is often an easy meal for a magnificent owl, and a pile of feathers on a log.

The male grouse and other birds perform admirably for their small size, but the male’s efforts pale in comparison to the females who must raise the young birds throughout the summer. Whether it is a songbird or a full grown moose, a mother of any size will defend her young with unimaginable aggression against any intruder. This is a tale for next month.

Enjoy the spring!
Pike Industries will be performing the following work on the Danville Route 2 project as follows:

Building of the new sediment pond across from Marty’s Store will continue. This work will have minimal impact, if any, on traffic flow.

Tree cutting around the Green will also continue. This work should have no impact on traffic.

Waterline work will begin between Marty’s and Highland Ave in the westbound lane of Route 2. The work will remain centered in this area for most of the week. If time allows, crews will then start working their west on Route 2 towards the center of Town. This work will require lane closures.

Probing for ledge along the project will also include those streets around the Green. This work will require lane closures as well.

Traffic delays can be expected in and around the project for the entire week. Traffic control will be present to maintain traffic flow at all times. Motorists are encouraged to plan accordingly.

In observance of the Memorial Day Holiday Weekend, crews will stop work on the project at 12:00pm Noon on Friday, May 27th and will not return to work until Tuesday morning, May 31st.

Contact Francine Perkins, Public Relations Officer, FRP Enterprises, LLC with any questions or concerns regarding this project at 802-479-6994 or for a more up to date schedule visit www.roadworkupdates.com.
Evergreen Gymnastics Brings Home State Title

Mark your calendars! The Northeast Kingdom Vulnerable Adult Action Coalition will host its 3rd annual World Elder Abuse Awareness Day event on June 15th. World Elder Abuse Awareness Day is an international event held around the world each year on June 15th to raise awareness of elder abuse. The event is held in support of the United Nations International Plan of Action which recognizes the significance of elder abuse as a public health and human rights issue.

Throughout the world, abuse and neglect of older persons is largely under-recognized or treated as an unspoken problem. Unfortunately, no community or country in the world is immune from this costly, public health and human rights crisis. Older adults in the Northeast Kingdom are affected by this problem, too.

Activities will be held from 10:30 to 11:30 am at two locations this year - the Lyndonville Senior Meal Program at the Darling Inn and the St. Johnsbury Health and Rehabilitation Center. Coalition members will be present at both locations to help mark the event by distributing purple flowers and to promote the concept of aging with dignity and respect.

The Darling Inn event will feature a local band playing old-time favorites from 11:00 am to noon. Lunch will be available for those attending the event for a modest fee. Lunch reservations are required and can be placed by calling Cindy at the Darling Inn at 639-8700.

The St. Johnsbury Health and Rehabilitation Center event will feature local author Reeve Lindbergh. A light lunch will be available at no cost to those attending the event.

If you need transportation to either location, or for more information about this event, please contact the Area Agency on Aging for Northeastern Vermont at 802-748-5182.

Please join us on June 15th to help stamp out elder abuse in our community and to support aging with dignity and respect throughout the world.

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

May 24, 2011
Volume 2 Number 16

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Woodsville Schools Evacuated

By Gary Scruton

It’s almost never a good sign when there are fire trucks blocking the street, cruisers from several departments scattered around, and the occupants of multiple buildings being moved to other locations. And that was just what happened on Thursday, May 19th in Woodsville.

Fairly early in the day a call came in to the Woodsville Elementary School. Though the exact content of the call is not being released, the caller did make a “bomb threat” to a Woodsville School. Because of that call both the Woodsville Elementary School and the Woodsville High School buildings were evacuated by about 10:30 AM. The students from the elementary school were bussed to North Haverhill and the Morrill Municipal Building for the duration of the day. Woodsville High School students walked the short distance down the hill to the Clifford Armory on South Court Street, where they also remained for the rest of the school day.

In both cases SAU Superintendent Bruce Labs said that he was proud of the effort from the entire staff at both schools. As he said “plans were in place and they were followed.” He also had praise for the students of both schools, but also felt bad that they lost almost a full day of instruction. Not only was the day lost, but evening activities also were cancelled for the evening. Those events included an arts festival and a supper put on by one of the classes. There are plans to reschedule those events, possibly this week (check with the school for details).

Speaking of food, the student body at both locations were in need of some as they cooled their heels in the temporary quarters. The problem was solved in two different manners. The Clifford Armory is used extensively by the Haverhill Recreation Commission. That group recently took ownership of a hot dog cart. It was broken out and staff members ran to a local store for the needed items to feed the students and staff. Also, after careful examination of the Baggonzi Community Council’s coolers, staff members were allowed in to get milk for those students.

Meanwhile at the Morrill Building, the elementary school children also needed sustenance. They were taken care of by the good folks at Aldrich General Store who made and delivered sandwiches for students and staff. Mr. Labs was very thankful to store owner and school board member Phil Tucker.

Meanwhile, back at the vacated schools, members of the Woodsville Fire Department were standing guard to keep the area clear of members of the public who might be curious. Also members of Haverhill Police Department, NH State Police, NH Fish & Game and Grafton County Sheriff’s Departments were all on hand at various times to lend assistance.

The final all clear was not given until mid-afternoon when a bomb sniffing dog, brought in from Lancaster, had been given access to the buildings. The seven year old Black Lab and her handler did good searches and found no indication of the warned threat.

According to Haverhill Police Chief Byron Charles there are leads that are being followed. He said that the chance of finding the person or persons who initiated this “threat” are very good.
Federal Benefit Payments Are Going All-Electronic

The U.S. Department of the Treasury now requires all federal benefit and nontax payments to be paid electronically. People applying for Social Security, Veterans benefits or other federal benefits on or after May 1, 2011, will receive their payments electronically starting with their first payment. People currently receiving federal benefit checks will need to switch to an electronic payment option by March 1, 2013.

Those who do not choose an electronic payment option at the time they apply for federal benefits or those who do not switch by the deadline will receive their benefit payments via the Direct Express® Debit MasterCard® card, so they will not experience any interruption in payment. People who are already receiving benefit payments electronically do not need to take action. They will continue to receive their payment as usual on the payment day.

Having federal benefits paid electronically by direct deposit into the bank or credit union account of your choice or into a Direct Express® card account is safer, faster and more reliable than receiving paper benefit checks. In 2010, more than 540,000 Treasury-issued checks were lost or stolen, and had to be reissued.

With direct deposit, the Treasury Department sends an electronic message to your bank or credit union account on your usual payment day with the exact amount of your benefit payment from Social Security, VA or other federal agency. You don’t have to worry about your money being stolen out of your mailbox and there’s no need to make a trip to cash or deposit a check. Plus, it’s better for the environment and saves taxpayer dollars.

Don’t Wait – Sign Up Today! Sign up for Electronic Payments is Easy!

• Have an existing bank or credit union account? Sign up for direct deposit. Your money goes straight into your checking or savings account each month, so you can count on it being there on time, every time. It’s easy. Visit your local financial institution, sign up online at www.GoDirect.org, or call the U.S. Treasury Processing Center at (800) 333-1795.

• Prefer a prepaid debit card? The Direct Express® card is a Treasury-recommended prepaid debit card that provides another safe, low-cost way to get your federal benefit payments. Your money will be posted to your FDIC-insured Direct Express® card account each month, so you can access your money immediately on payment day. There are no sign-up fees, monthly fees or overdraft charges. Some fees for optional services may apply. No bank account or credit check is required.

To get your benefit payments through direct deposit, here’s what you’ll need to have when you sign up:

• The type of account you have (checking or savings)
• Your financial institution’s nine-digit routing transit account number that often comes before your account number at the bottom of your checks
• Your checking or savings account number

*This information is often on your personal checks.

If you prefer the Direct Express® card, you can:

• Notify the federal agency, such as the Social Security Administration or Veterans Affairs, of your choice to receive your benefit payments on the card.
• Visit www.GoDirect.org or call (800) 333-1795.

Once approved, you’ll receive your card in the mail along with a cardholder information packet explaining how to use the card.

For more information, visit www.GoDirect.org or call the Area Agency on Aging at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

Tenney Fest In Newbury

Tenney Library, Newbury VT, is holding the first annual Tenney Fest, June 4th, 11 am to 2 pm. Featured events are the silent auction with over 70 items from an aerial tree-climbing adventure to emu meat to maple syrup; 25 autographed books by authors local and beyond; a huge used-book sale; 50-50 raffle; cook-out lunch; Slick’s ice cream; and music by Brian Emerson and the Muddy Roads. All proceeds go to benefit Tenney Library. For more information please call 802 429-2632 or e-mail skiddie@fairpoint.net.

Ghosts Walk Again In Bath

The Bath Historical Society met Thursday, April 28. The agenda contained planning for this year’s Ghost Walk which will take place at the Old Pettyboro Cemetery in West Bath on the Pettyboro Road. The Ghost Walk will be at 7:00 PM, Memorial Day, Monday, May 30th. Five to seven people will speak as ghosts from people buried in the cemetery. You are invited to attend. Please bring your own chair.

A special time with cookies and lemonade will follow the Ghost Walk. It will be at Barbara Stimson’s farm about one half mile beyond the cemetery toward Lyman. If coming from Bath Village, go through the Bath bridge, up Creamery Hill to Pettyboro Road and continue toward Lisbon. Do not take the right toward Lisbon. The Old Cemetery is a little beyond the Lisbon turn, toward Lyman. If coming from Lisbon take the River Road to the Pettyboro Road. Turn right and go 200 yards on your left.
Hospice Walk-A-Thon

On Saturday June 4, 2011 North Country Home Health and Hospice Agency will host their annual Hospice walk-a-thon to raise funds in support of the hospice program.

The walk-a-thon begins at 9:00am at North Country Home Health & Hospice Agency, 536 Cottage St, Littleton, with registration opening at 8:00 am. Walkers are encouraged to get sponsorship but may opt to pay a nominal admission fee instead.

The event is open to the community and is the major fundraising event specific to the hospice program. To obtain a walk-a-thon registration form call NCHHA at 444-5317 or stop by to pick one up! We hope to see you on June 4th for the walk.

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- North Haverhill Fire Department
- Littleton Food Cooperative
- North Country Habitat

Purple Heart

By Sheila Asselin

"With honor and gratitude to all those who have earned this award from a grateful nation"

The walk-a-thon begins at 8:00 am. Walkers are encouraged to get sponsorship but may opt to pay a nominal admission fee instead.

For more information regarding this workshop, or to register, contact White Mountains Community College located in the Littleton Area Learning Center at 646 Union Street, Suite 300, Littleton, NH 03561, or call 444-1326.

Instructor: Holly Hayward, Herbalist

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HAVERHILL, NH - The graduates this time were five young men, slightly nervous, and very proud.

Grafton County Superior Court Room number two at the complex in Haverhill was Sentencing Program. It is this mony and Fourth Anniversary of Grafton County Drug Court Sentencing Program. It is this county’s version of a nationwide 4-phase program designed to keep selected felony drug offenders out of incarceration and into productive lifestyles. Grafton's Drug Court is one of over 2,400 and has been in place since 2007.

“TO put it bluntly, we now that drug courts outperform virtually all other strategies that have been attempted for drug-involved offenders.” Dr. Gary Maritzen from the Treatment Research Institute, University of Pennsylvania.

Attorney and former prosecutor Robert Gasser, Coordinator of the court, one-by-one, side by side with the tall black-robed Honorable Timothy J. Vaughan, Supervisory Justice. They received from him encouraging words and their Certificates of Completion of the 18 to 24 month long multi-phase program. Those watching, filling extra chairs in the aisles, applauded – each young man said a few words, sharing their thoughts and emotions of the moment.

Dr. Seuss said it his own way on a graduation ceremony note “Kid, you’ll move mountains! Today is your day! Your mountain is waiting, so…get on your way!” from “Oh! The Places You’ll Go”.

The guest speaker was Harvard graduate and Stanford Law School alum and former with the , black-robed, Honorable Michelle Martinez Campbell from the Vermont Law School.

INTO ACCOUNTABILITY
The five youths had completed, or were within days of completing, the intensive treatment program, an effective effort which reduces recidivism, and which costs the government many thousands of dollars less per year than locking someone up. Drug Court emphasizes personal accountability – in employment, individual counseling sessions and mentor sponsorship. There are numerous mandatory meetings under unfailing supervision from hard-nosed law-enforcement supervisors and case managers.

Dr. is an easy program, and more than half of those attempting it here don’t cut it for one reason or another. The ones unable to complete the course move directly into the New Hampshire State Prison system, while those who graduate are promised that the felony charges which brought them into Drug Court will be expunged from their records.

The two actions are a major carrot and a major stick. It is an unfortunate fact that women are only half as likely to complete the program as men, according to Case Manager Jennifer Stone in a previously published report in the Valley News. "Our females do not tend to fail due to relapse or drug addiction," Stone said. Rather, a big percentage – perhaps 80 percent – of the women in the program have experienced physical or sexual abuse. "These women are facing certain issues that are more often men have not had to deal with and it’s a big contributing factor in their addiction" according to Lori Shipulski of the Women’s Leadership Council of Granite United Way.

HOW IT WORKS
“We want to stop the revolving door of people coming in and out of the justice system. You can prosecute an individual, send them to jail, and you know they’re going to be right back your desk all over again.” Rick St. Hilaire, Former Grafton County Attorney.

None of the new graduates – Michi B, Christopher C., Henry T., Justin C., and Gilbert D. - was involved in violent or sexual crimes and none of them, nor any of the many others currently in the program and in attendance at the graduation, were involved in the manufacture, distribution or transportation of drugs. All were addicts who committed crimes to support their addiction.

Drug courts work by using the power of the criminal justice system to achieve abstinence and alter criminal behavior with a combination of several court appearances monthly, strict drug and alcohol treatment, frequent and random drug testing, and closely monitored employment and or schooling. Various graduated levels of care exist, including time in the Grafton County Jail, when a participant violates an order of the court.

STANDING ROOM ONLY
This latest successful group raised to 19 the number of finishers out of pool of 49 entrants so far. At one point early in the proceedings, chaired by Coordinator Gasser, those in attendance were asked to stand if they had any part in actively supporting, teaching or working to provide assistance to the new graduates during their course of training. It seemed nearly half of the people in the full-capacity room rose to their feet. At that point, Mr. Gasser then asked the five young graduates to stand, to turn around and to look at those who had just risen. It was a powerful moment as each of the two groups regarded each other in realization of accomplishment. There were many important people in that courtroom graduation day – each of the two groups recognized by everyone good in realization of accomplishment. There were many important people in that courtroom graduation day – each of the two groups recognized by everyone.
By Ronda Marsh

Alfredo… My Way

I just finished watching a food show on television, where the chef made a version of Fettuccini Alfredo, and to be honest with you, it kind of fired me up to write this column. Here’s why: Contrary to what the TV chef says (as well as many cookbooks), I believe a really good Alfredo sauce can be made, even if you don’t happen to have a very pricey piece of genuine Parmigiano Reggiano cheese. As a matter of fact, I’ve been using the much-maligned stuff from the green can for years, and I haven’t had any complaints, yet! I will admit that if, oh, let’s say, the President, the Pope, or maybe Kevin Costner were coming for dinner, I’d probably step it up a bit, and go for the Parmigiano. But, since I haven’t heard from the Pres, the Pope, or Kevin yet, I haven’t seen fit to invest almost $20.00 per pound to create what is, essentially, a fancied-up plate of cheese and pasta. I have no doubt that the inventor of the original dish, Rome restaurateur Alfredo De Lelio, probably had access to very good Parmigiano, when he first made this specialty for the honeymooning American celebrity couple, Mary Pickford and Douglas Fairbanks, back in 1927. I also am confident that Mary and Douglas would have enjoyed my version, as well, albeit the use of a much less expensive cheese. Give this a try, using whatever meat and veggie combo you have on hand. Chicken and broccoli, or ham with asparagus are good options, or, just make the cheese sauce itself, dress the noodles, and serve as a side dish with grilled steak or chicken. It’s a quick, easy, and economical way to put a very pretty meal on the table that everyone will enjoy!

• 8 ounces (1/2 box) fettuccini or linguini
• S alt & pepper, to taste
• 1 teaspoon dried dill weed
• 1 cup half & half
• 1 cup grated parmesan cheese
• 1/2 cup chicken broth (or bouillon)
• 1 teaspoon dried dill weed
• Salt & pepper, to taste
• 8 ounces (1/2 box) fettuccini or linguini

noodles, cooked and drained

In a large skillet, heat the oil. Add the garlic halves and let them just cook until soft and barely golden, infusing the oil. Remove the garlic and discard. Add the ham and mushrooms to the pan, sautéing until the mushrooms and ham start to brown. Remove to a plate and set aside. Add butter to the skillet, and the half & half. Allow to come to a boil, stirring occasionally, and then continue to cook at a simmer, about 2 minutes, or until reduced in volume by about 1/3. Remove skillet from heat (very important!), and add cheese gradually, stirring to facilitate melting, until sauce is smooth, and a path is left when you drag your finger across the back of the spoon (“nape” is achieved.) If the sauce appears to tighten up too quickly, add a little of the chicken broth to thin to desired consistency. Add the dill, and the sautéed meat and mushrooms back to the pan, as well as the peas and the pasta, to combine and heat through (but do not allow to boil!) before serving. Serves 4.

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Oxbow High School is pleased to announce that McKenzie Garone, daughter of Kathy Garone and Greg Garone, both of Bradford, Vermont has been selected as the 2011 recipient of the DAR Good Citizen Award. Recipients are recognized for qualities that include dependability, service, leadership, and patriotism which lead to commendable citizenship. Students who receive this award qualify to compete for a National Scholarship. McKenzie is an excellent student and heat (very good quality), both of Bradford, and was recently selected as the 2011 recipient of the DAR Good Citizen Award. She is a three-season varsity athlete and mentors young students at the elementary school. In addition, she holds a part-time job, volunteers at a variety of community activities, and spends her summer working at a local soccer camp. McKenzie will be attending Rensselaer Polytechnic Institute in the fall to study Engineering.

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• 2 Tablespoons vegetable (or olive) oil
• 1 clove garlic, sliced in half
• 1/4 pound deli ham, sliced in thin strips
• 4 ounces canned sliced mushrooms, or equivalent fresh mushrooms
• 1/2 cup frozen peas
• 2 Tablespoons butter

In a large skillet, heat the oil. Add the garlic halves and let them just cook until soft and barely golden, infusing the oil. Remove the garlic and discard. Add the ham and mushrooms to the pan, sautéing until the mushrooms and ham start to brown. Remove to a plate and set aside. Add butter to the skillet, and the half & half. Allow to come to a boil, stirring occasionally, and then continue to cook at a simmer, about 2 minutes, or until reduced in volume by about 1/3. Remove skillet from heat (very important!), and add cheese gradually, stirring to facilitate melting, until sauce is smooth, and a path is left when you drag your finger across the back of the spoon (“nape” is achieved.) If the sauce appears to tighten up too quickly, add a little of the chicken broth to thin to desired consistency. Add the dill, and the sautéed meat and mushrooms back to the pan, as well as the peas and the pasta, to combine and heat through (but do not allow to boil!) before serving. Serves 4.

Alfredo… My Way

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

Concord, NH  Amy Lynn Kulkey of Lisbon spent May 11, 2011 with Councilor Ray Burton and the Governor and Council Meetings. Starting with the NH Department of Employment Security for an 8 AM Governor and Council Breakfast, 10 AM Meeting in the State House, and lunch with The Executive Council followed by a tour of the State House and an official stopat the Visitors Center to sign the official State house Visitors book.

I- Amy Lynn Kulkey, Governor John Lynch and Councilor Ray Burton

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