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## RR Park Chugs Forward Another Season, Another Set Of Changes

By Gary Scruton



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 was also noted that when the structure was moved on May 13th of this year (yes, Friday the 13th, but all went well) they were on hand and quickly went to the mill and brought back two more good chunks of timber to better brace the walls and roof. They also brought up some stain for Recreation Director Sherri Sargeant to use in making it all look like nothing had happened.

Of course Sherri can attest to the fact that much happened in more than just the past week. Not only was the move done, with help from the crane crew at Robco, but also the building had to be re-connected to power. Roland

Clifford got that bid this year, though again during the rededication ROYal Electric was thanked for their initial work and donation of time. The move was also helped along by Rich Clifford, now a town employee taking care of the town's buildings and facilities, plus some donated time by employees of Steve Robbins Excavation. And again one of the original contributors, Rich Saffo Concrete and crew, were thanked for their original donation with the poring of the first set of piers. Now some may wonder

- Vegetarian Chili Elaine Keesling
- Wild Game Chili Lawrence Gilbert
- Original Chili Nancy Lusby
- People's Choice Elaine Keesling
- Apple Pie Gail Brown
- 2 Crust Fruit Pie (Rhubarb) Gail Rogers
- Baker's Choice (Maple Walnut) Elaine Keesling

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 tole 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 have been in 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 Scruton at Trendy Times to purchase yours.

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# Peacham Farmers Market To Open May 26th

# Lisbon Farmers Market Opening



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 homemade 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](http://www.peacham.net/market).

Further inquiries to Jane Alper  
802-592-3161  
[jalper@gmail.com](mailto:jalper@gmail.com)

Madge Rossinoff  
802-592-3370  
[mrossinoff@gmail.com](mailto:mrossinoff@gmail.com)

LISBON – Lisbon Farmers Market opening is just a month away. Registration forms are available at [www.lisbonmainstreet.org](http://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 Chevron 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.

## Pemi Northwest Project

The White Mountain National Forest is seeking public input for the Pemi Northwest 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 unneces-

sary existing forest roads.

The proposed activities for this project are more fully described in the Pemi Northwest 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/nepa/nepa\\_project\\_exp.php?project=34713](http://www.fs.fed.us/nepa/nepa_project_exp.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 Marchowsky at the Pemigewasset Ranger District at 603-536-6108.

The USDA Forest Service is an equal opportunity provider and employer.

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-ordinator, 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

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Additional prizes are still being accepted. You may leave them with Mr. Weisburger or Nikki at the school office.

Tickets on sale at the school, Little League games and practices in Newbury. Also from F.O.N.E.S. members or contact Laurie Glaude at 802-429-2962 or email [ldglaude@fairpoint.net](mailto:ldglaude@fairpoint.net)

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# Wild Edibles

By Heather Bryant, Extension Educator, Agricultural Resources

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 id 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 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



The Lisbon Regional Elementary School performed their concert, JAZZ: A Swingin' Celebration on May 3, 2011 to celebrate the 10th Annual National Jazz Appreciation Month. Pictured here are 2nd and 3rd graders performing the opening song, "Jazz!" conducted and choreographed by music teacher, Chelsea Evans.

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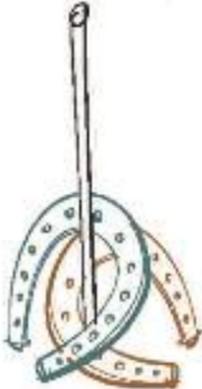
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# SOMEONE YOU SHOULD KNOW

## All In The Family – Pam And Bob Wilcox

By Marianne L. Kelly



enough, Bob is also an accomplished hobby woodworker whose bowls, boxes, lamps, canister sets and anything else he thinks of, inspire awe in everyone who sees them. Their products are so popular that keeping up with inventory is a challenge throughout the season.

Both Pam and Bob learned to knit as children. "My grandmother taught me when I was about five or six years old," said Bob. "I knit mostly mittens and every fall I'd knit five or six pair so I always had dry mittens to wear."

### BOB

Bob's knitting hobby waned for a while when he worked as a truck driver, until a fall from the truck left him injured and out of work for six weeks. "Pam suggested that I knit some vests, so all my nieces and nephews got sweater vests that year." Once again, he had to put his knitting aside to support a growing family delivering oil to homes and later servicing furnaces until he retired.

About seven years ago, Bob became ill and deeply depressed. Needing to keep his mind busy, he returned to knitting mittens for his children and gave many pair to their admiring friends.

Refusing to allow his ill-

ness keep him from enjoying life, Bob decided to learn to knit socks. Pam, already a proficient sock knitter, taught him, and together they have knitted and sold nearly one thousand pairs of socks over the past eight years. Knitting socks is a family affair with daughter Hillary Scruggs coming to the rescue when inventory declines.

Bob is also an accomplished and self-taught hobby woodworker. He bought a "cheap hundred dollar lathe because I was always interested in wood." Using his lathe and studying many woodworking books, Bob's methods are admittedly unconventional, yet anyone who has seen the intricate design of his pieces agrees that the results are outstanding. He uses various types of wood for each piece and painstakingly cuts and glues one piece at a time resulting in an artistry of wonderful colors and textures.

### PAM

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 60s." Bob's father had a circulation problem and Pam rescued his perpetually cold feet by knitting him about ten pair 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 locally 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.

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 becomes uncomfortably low.

### 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 web site. Her "stash" totals at least one thousand self-striping skeins in various color waves, neatly organized in cubbies in her "yarn room."

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 the Groton Growers Market during the winter season.

BRADFORD, VT—As the wind chimes outdoors serenaded them with their melodic spring symphony, Pam and Bob Wilcox were settled 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 the world. As if this isn't

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# Clint Jones Nursing Award Presented To Morrison Director Of Nursing



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)

WHITEFIELD — For Virginia Thibodeau, RN, Director of Nursing at the Morrison nursing home and assisted living facility, being selected as the 2011 recipient of the prestigious Clint Jones Nursing Award meant that she had come full circle. Thibodeau had won a scholarship from the NH Nursing Workforce Partnership, managed by Jones, during her nurses training, and on May 13 she was recognized with an award created in his memory for her exceptional commitment to high-quality patient care and to the nursing profession. This was also the first time the award has been given to an RN at a long-term care facility; the five previous recipients have been employed at hospitals.

The Clint Jones Nursing Award grew out of a three-year partnership between the Foundation for Healthy Communities and the NH Nursing

Workforce. Clint Jones managed this partnership at the Morrison, where the plan was to engage 800 nurses statewide in this program; however, with Jones' energy more than 2,000 nurses were engaged in training and education. Unfortunately, Jones was diagnosed with cancer while partway into the project, but his commitment to his work did not waiver; in fact, it bolstered his belief in the power of nurses to help patients heal and be cared for. Jones died in 2006, but before he did the Foundation spoke with him about creating something to recognize his work. Jones wanted to do something that would encourage people new in the nursing profession. This award, which recognizes a New Hampshire RN who has been in practice at least one year but no more than six years, was created in his memory.

Thibodeau started her healthcare career as an LNA in 1996; advanced to an MNA; in 2005 became an LPN; 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 Director of 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."

"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 resident 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 music therapy. 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."

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](http://www.morrisonnh.org).

## Put More Healthy Food On Your Table With 3SquaresVT

For a senior citizen, good nutrition is extremely important. It helps you stay active and helps prevent sickness. The high costs of food, fuel and health care are making it hard for many elders to put good food on the table. 3SquaresVT can help.

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Department of Agriculture, 3SquaresVT was created to support local businesses and farmers. Elders who take part are not taking money away from others in need. Just like Social Security, 3SquaresVT is a benefit you are entitled to if eligible – there is no reason not to apply. Spending benefits in Vermont adds federal dollars to the state's economy.

Eligibility for the program is based largely upon income, but several other factors are taken into account in order to make a final determination. The basic income standard is \$1,671 for a single household

or \$2,248 for a couple. Even if your income is above these numbers, you may still be eligible.

Many Vermonters are facing challenges right now. You are not alone. Everyone needs access to healthy food, and 3SquaresVT is here to help. More than 1 in 6 Vermonters participate, including thousands of senior citizens. As an elder, you've worked hard all your life and you have earned the help you need.

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# Bath Public Library Launches Summer Reading Program

"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 30h 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.

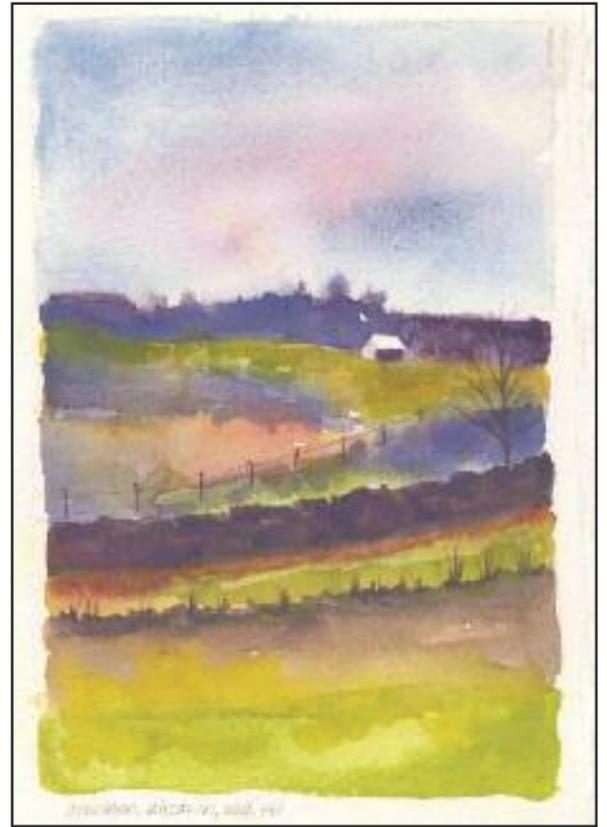
In this program Odds will perform folktales and myths from around the world with

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

# Alumni Hall Offers Two New Watercolor Classes



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](mailto: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](mailto:info@alumnihall.org).

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SUN 6 / 05 / 2011	12:00pm	Kansas Speedway
SUN 6 / 12 / 2011	12:00pm	Pocono Raceway
SUN 6 / 19 / 2011	12:00pm	Michigan International Speedway
SUN 6 / 26 / 2011	2:00pm	Infineon Raceway
SAT 7 / 02 / 2011	6:30pm	Daytona International Speedway

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# While “The Emperor’s New Clothes” Are Invisible, The Audience’s Enjoyment Is Not

By Robert Roudebush

NORTH HAVERHILL, NH – The North Haverhill United Methodist Church Fellowship Hall.

The large cast of performers in this 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 Blaisdell, and with live lively flute music performed by professional musician and music educator Jeff Fullerton. Both are featured in the play – Miss Blaisdell is the stalwart trumpet-voiced direct-to-the-audience Narrator, General Manager for the Emperor as well as Aaron The Minstrel, and Mr. Fullerton appears on stage as Sgt Neener, representing the empire’s ill-dressed military. Even minor roles in big group productions can be notable if the performers display good spirits, honest effort and a sense of humor. Many did. Plus, you’ve gotta hear them. No trouble there, lots of lung 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 Haverhill. It was the final dress, prior to three performance dates, May 19, 20 and 21, “unless we stink” ventured one energetic cast member just before they began the run-through of the three-act play. They did not stink.

For those of you who don't immediately remember what this story is all about – and I'm one of those – it's a hoot of broad comedy, clever dialogue, slapstick and sarcasm, based on an old fairy tale, teasing the frail human condition. A couple of slick fellows (Wart & Hog – you're getting it now) sell a stuck-up king a false bill of goods once upon a time in a land called Glump. Seeing the pattern? The false bill of goods is a non-existent suit of elegant clothes, supposedly of REALLY fine cloth, so fine you can only see it if “you're worthy” and the “vain, egocentric” spoiled brat of a king, really

a full-fledged Emperor, pretends he sees the clothes for two reasons. One, he is a liar, “a hypochondriac and a clothes-aholic” and too arrogant to admit he sees nothing. And two, every other soul in the kingdom also pretends they can see the invisible clothes, to suck up to the head guy because they don't want to lose their jobs. Fools supporting scoundrels. It is all quite absurd of course, as transparent as the clothes that no-one sees. It is also a great opportunity for the cast of the play to sing, dance and talk about the ridiculousness of the human condition, warts and all.

And speaking of warts – “Wart” is the primary “swindler extraordinaire” a man's role played by Anne Foldeak, along with his bumbling cohort, “Hog” a man's role played by a man, Jeff Keith. Miss Foldeak is a busy local actress who just completed work in Bradford's Old Church Community Theatre in “Second Chance” and apparently also just landed a major role in their upcoming “On Golden Pond”. As an articulate, convincing clear-voiced and appealing rascal she is quite effective – she could sell sand to the Arabs - and reminds me of several current national politicians who will remain unnamed. She can sing too, and can actually juggle, adding to the circus-like atmosphere. Wart & Hog maybe had the most rousing musical number of

the night leading the whole group of getting-down townspeople in something sounding like “Chuga Luga Boom Boom”, prancing, dancing, tripping trapping and rapping in a syncopated sales pitch for their doubtful goods – “We don't cheat, we fulfill men's dreams – bend the truth a little” – “spells and incantations from across the oceans”.

Other Standouts – The perfectly named “Cordelia Cliché” performed by Michele Clark was a scream, a shining pink blast of Mister Robert's style sunshine, who could not say enough even though everything she said had all been said before. The “emperor's girls” – Pookie, Kootchie, and Snookie, played by Charlene Aldrich, Kelley Houde, and Colette Roberts-Finn respectively are an irritating whining bunch of “empresettes” and bring down the house with female “the-chipmunks” style harmonizing. You won't soon forget Scott Solinsky's lead role as the Emperor Plumtoe. Between his large closet of outrageous clothes, his towering imperious manner, withering looks and unending demands, it was hard to tell at times if he was the Queen or King of Glumpland, but there was no doubt he was the big cheese in charge and no doubt that he was enjoying each minute of his characterization. So did we all sitting there in the dark watching him and grinning.

“Putting a play together

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 Horne, 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 Verratti 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.

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

May 24, 2011 Volume 2 Number 16

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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, Jadabella Natalia 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 Downer of Woodsville, NH proudly introduces, Kamdyn James Downer 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. Melanie Lawrence.

Ashley Johnson & Christopher Lawrence of Bradford, VT proudly introduce, Lianna Marie Lawrence 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.

# The Canoe Trip

By Elinor Mawson

"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 Alligash (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-see-ums. 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 before it even got dark. The 3 adults were awakened by a huge thunderstorm, and all I could

think of was how vulnerable we were--in a tent with metal stakes, on a bunch of rocks, in the middle of nowhere. I silently put my affairs in order and eventually went back to sleep. Not long afterward, the thunderstorm returned, as intense as ever. Needless to say, the 5 teenagers were very amazed when they woke up the next morning, to find everything soaking wet--they had slept right through both storms.

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 Alligash 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.

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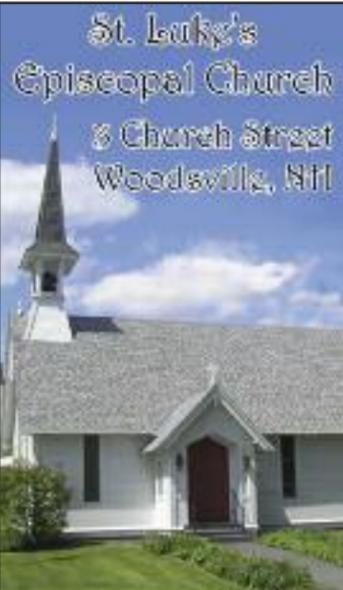
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# National Physical Education And Sport Week - Bath Village School

May 24, 2011 Volume 2 Number 16



May 1-7, 2011 was National 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

Wednesday of May since 1989 at 10am local time, millions of children, parents, teachers all over the world ex-

ercise 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.



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

## 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 Connors 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 mem-

bers 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.





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# Artist-In Residence Program Created To Celebrate Weeks Act Centennial



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

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 use art and creative expression to explore the many ways in which people relate to forests in general, and to the WMNF in particular.

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-Residence program, one three-week artist residency will be offered. The focus of the program is to provide an opportunity for the selected artist to spend three weeks in the forest, creating work and sharing it during a weekly public session, when visitors can learn more about — or possibly participate in — the artistic process, and be encouraged to think about the

connection between art, the forest and conservation. Public programs may include demonstrations, talks, exploratory walks or hikes, or performances, based on the

medium, interest and experience of the artist.

The artist will be provided 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](http://www.aannh.org), or contact the Arts Alliance at [Frumie@aannh.org](mailto:Frumie@aannh.org), 603-323-7302.

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

May 24, 2011 Volume 2 Number 16

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# Caring for Your Forest Workshops for Landowners Spring Series 2011

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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.

**June 24  
Chainsaw Safety for Weekend Woodcutters (\$35 per person)**

Instructor Spencer Laramie, experienced logger and trainer for the NH Professional Logger Program, will demonstrate safety equipment, chainsaw maintenance, hazard evaluation, and safe felling techniques. Hard hats will be provided.

Each additional family member gets a \$5 discount per workshop. To register on-line go to [https://www.events.unh.edu/RegistrationForm.pm?event\\_id=8368](https://www.events.unh.edu/RegistrationForm.pm?event_id=8368)

Questions about the program? Call Karen Bennett at 603-862-4861.

Questions about registration? Call Debbie Anderson at 603-862-1028.

## Local Work Group Will Meet To Discuss Local Conservation Priorities

Grafton County Conservation District and the USDA Natural Resources Conservation Service (NRCS) will be hosting a Local Work Group (LWG) meeting at 4:00PM on Wednesday, June 15, 2011 in the Commissioners Conference Room, at the Grafton County Complex, North Haverhill. A Local Work Group is comprised of interested farm and forest landowners, and area agencies and organizations working with natural resource concerns. The LWG identifies locally important natural

resource needs and makes recommendations to the State Technical Committee and USDA NRCS State Conservationist on such items as resource priorities, conservation practices, and policies. The 2008 Farm Bill recognizes the continued importance of locally led conservation so that federal cost-share dollars can be directed to area resource concerns. The Local Work Group provides the forum for these discussions.

This meeting will develop Local Ranking Questions for

the Environmental Quality Incentives Program (EQIP), and the Wildlife Habitat Incentives Program (WHIP) ranking process. Interested farm and forest land owners may apply to NRCS for technical and cost-share assistance through the 2008 Farm Bill Programs EQIP and WHIP. Each application is reviewed and ranked with like applications to determine the greatest environmental benefit. Applications with the highest ranking scores then receive funding. The Local Work Group provides an opportunity for local influence in determining what conservation practices will receive higher priority when awarding federal cost-share funding. This meeting is open to the public. Light refreshments will be provided. Please call Pam Gilbert at Grafton County Conservation District, (603) 353-4652, ext. 103 if you plan to attend.

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# A Walk In The Woods – May 2011

By David Falkenham, UNH Cooperative Extension Grafton County Forester

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 song bird 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 grouse's 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 ad-

mirably 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 song bird 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!

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# Danville Reconstruction Work Update Week of May 23rd, 2011

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 way west on Route 2 towards the center of Town. This work will require lane closures.

Probing for ledge along Route 2 will take place eastbound and westbound and

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 with regard to this project at 802-479-6994 or for a more up to date schedule visit [www.roadworkupdates.com](http://www.roadworkupdates.com).



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## Calendar of Events

### WEDNESDAYS

#### BINGO

6:30 PM

Haverhill Memorial VFW Post #5245  
North Haverhill

### THURSDAYS

#### PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM Rain or Shine  
Academy Green, Peacham

### WEDNESDAY, MAY 25

#### YOUR MOST INTERESTING ANCESTOR - HERE OR AFAR: RESIDENTS SHARE STORIES

7:00 PM

Bradford Public Library

### FRIDAY, MAY 27

#### LISBON LILAC FESTIVAL

Downtown Lisbon

#### HUGE YARD SALE

10:00 AM – 6:00 PM

Boch Park, Bradford

### SATURDAY, MAY 28

#### LISBON LILAC FESTIVAL

Downtown Lisbon

#### PLANT SALE

8:00 AM – 12:00 Noon

West Newbury Hall

#### HUGE YARD SALE

8:00 AM – 4:00 PM

Boch Park, Bradford

#### BOOK AND BAKE SALE

9:00 AM – 3:00 PM

Patten Library, North Haverhill

### SUNDAY, MAY 29

#### LISBON LILAC FESTIVAL

Downtown Lisbon

#### HORSESHOE TOURNAMENT

9:00 AM Registration

Lisbon Community Field

See ad on page 3

#### BOOK AND BAKE SALE

9:00 AM – 3:00 PM

Patten Library, North Haverhill

### MONDAY, MAY 30

#### MEMORIAL DAY PARADE

11:00 AM

Central Street, Woodsville

See ad on page 9

#### GHOST WALK

7:00 PM

Old Pettyboro Cemetery

Pettyboro Road, West Bath

See article on page 17

### WEDNESDAY, JUNE 1

#### 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM

Woodsville Guaranty Savings Bank,  
Woodsville

### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

### SATURDAY, JUNE 4

#### HOSPICE WALK-A-THON

9:00 AM

North Country Home Health & Hospice  
Littleton

See article on page 18

#### OPEN ARENA

10:00 AM – 2:00 PM

Barnet

See ad on page 12

#### AIRPORT AWARENESS DAY

10:00 AM – 3:00 PM

Dean Memorial Airport, North Haverhill

See ad on page 4

#### BA ALUMNI OPEN HOUSE

10:00 AM – 2:00 PM

Bradford Academy Alumni

#### TENNY FEST

11:00 AM – 2:00 PM

Tenny Memorial Library, Newbury

See article on page 17

### SUNDAY, JUNE 5

#### 34TH ANNUAL BENEFIT AUCTION

1:00 PM

North Haverhill Fire Department

See ad on page 7

### MONDAY, JUNE 6

#### GOOD OLE BOYS MEETING

12:00 Noon

Happy Hour Restaurant, Wells River

Public is invited.

#### HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

### TUESDAY, JUNE 7

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon

Woodsville American Legion Post #20

#### WATERCOLOR CLASSES

1:00 PM – 3:00 PM or 5:30 PM – 7:30 PM

Alumni Hall, Haverhill

See article on page 6

#### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

### WEDNESDAY, JUNE 8

#### MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

### THURSDAY, JUNE 9

#### SUMMER READING PROGRAM REGISTRATION

Bath Public Library

See article on page 6

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Deadline for submissions is Thursday, June 2nd for our June 7th issue.

# Evergreen Gymnastics Brings Home State Title



Left to Right. The prep opt novice girls Mersadies, Britney, Becky, Emma.

NH - State Gymnastics Championship Results for Evergreen Gymnastics.

There were 2 levels that Evergreen competed in for this state championship. I will list the girls' best finishes

There are 4 events, Vault, Uneven Bars, Balance Beam and Floor Exercise.

There is also the All-Around score which is the sum of those scores from the above events.

Prep-Opt (Preparatory Optional) Novice - 110 participants from NH

Emma Woo (Bethlehem)

- 6th Beam Mersadies Meaney (Whitefield) - 10th Bars

Rebecca Stockley (Lyman) - 3rd Vault, 3rd Beam, and 4th All-Around

Britney Le (Littleton) - 4th Vault, 1st - State Champ Beam, 1st State Champ Floor, 1st State Champion All-Around

Prep-Opt Intermediate - 76 participants from NH

Devin Foley (Monroe) - 1st State Champion VAULT Summer Bradley (Berlin) - 3rd Beam, 3rd Floor, 3rd All-Around

# Local Coalition To Host World Elder Abuse Awareness Day Event

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 pro-

mote 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 626-8700.

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

tending the event. Lunch reservations are needed and can be made by contacting Lynn at the St. Johnsbury Health and Rehabilitation Center at 748-8757.

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.

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Thank You

The family of Harold A. Whipple of Monroe wishes to express their deep appreciation & gratitude to "All the People" that were with us in our last seven months of pain & sorrow. Your visits, cards & telephone calls helped to bring comfort & smiles to Harold & the family in our darkest of hours.

Special Thanks to Elaine & Lother Riba for all the visits & the delivery of groceries each week. Breft Hutchins & Stephen & Jannette Dana for visits & snow blowing the driveway this winter. Bill Harland for mowing the lawn. Thanks DAV Drivers, Dave Pruift & Ruth Ranno, your service & support was of great help to us. To all the Hospice Girls, Inga, Deb, Wanda, Debbie & Margie your service was most valued & appreciated.

Rev. Keith Waite for traveling from Rochester, NH to perform the service. All friends & family members that took the time to travel to the Memorial Service. Perhaps, we have forgotten to mention others, please forgive us at this time.

Beverly Whipple  
Dan & Roberta Whipple, Gabbi & Nate  
Deirdre & Jonathan Gawne

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May 24, 2011 Volume 2 Number 16

# 16 New Life For A Local Landmark

# Woodsville Schools Evacuated

By Gary Scruton



Pictured left to right are: David Keenan of NCIC, New Owner Don Bazzell, Scott Horne of Woodsville Guaranty Savings Bank and Leeann Trahan of Peabody & Smith Realty.

Woodsville, NH – Popular bowling alley and lounge has been sold and is set to re-open soon. The former Allen's Cocktails and Candlepins on Central Street in Woodsville has been sold to Don & Korina Bazzell of North Haverhill.

The Bazzell's closed on the property and hope to have the doors open for business by late June. The new name of the business will be Victory Lanes Bowling and Sports Bar.

Don Bazzell says he is very excited about the opportunity, and looks forward to reopening a local favorite. He says this will be a family effort, with his wife and children. The Bazzell's are currently working on the

property, making repairs and remodeling.

Peabody & Smith Realty represented the Seller and assisted the Buyer in the transaction. Also involved in the transaction, were Scott Horne, AVP of Woodsville Guaranty Savings Bank who provided the primary financing, David Keenan of NCIC who also participated in the business financing, and Leeann Trahan of Peabody & Smith Realty.

Peabody & Smith Realty Commercial focuses solely on the sale and leasing of commercial properties and Business Brokerage opportunities throughout New Hampshire and Vermont. They can be seen on the web at [www.peabodysmith.com](http://www.peabodysmith.com).

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 scheduled at the high school 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 Bagonzi Community Building, staff members were allowed in to get milk for those students.



Principal Bob Jones enters the Woodsville High School main building with the State Police Canine Unit. Mr. Jones was assisting in the search by working as a guide to common areas, and to more specific possible search sites.



There was no lack in man power and plenty of cooperation between departments during the Thursday, May 19th "Bomb Threat" at the Woodsville Schools.

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

Sherriff'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.

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

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# 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 reported 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!/Spread the Word that Signing up for Electronic Payments is Easy!

- Have a 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](http://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 ac-

cess 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 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.

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For more information, visit [www.GoDirect.org](http://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.

# Ghosts Walk Again In Bath



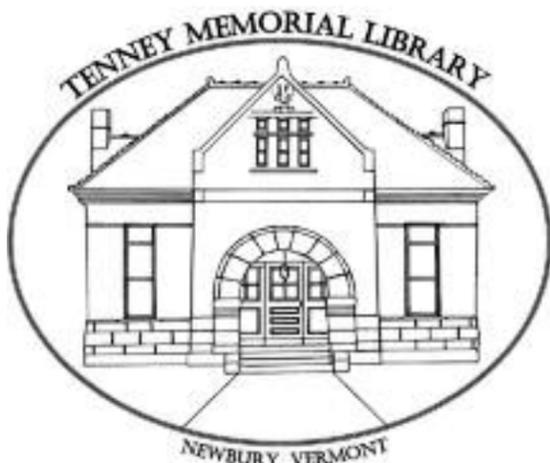
The Bath Historical Society met Thursday, April 28. The agenda contained planning for this year's Ghost Walk which will take place at the Old Pettyboro Cemetery in West Bath on the Pettyboro Road. The Ghost Walk will be at 7:00 PM, Memorial Day, Monday, May 30th. Five to seven people will speak as ghosts 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.

# 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 to benefit Tenney Library. For more information please call 802 429-2632 or e-mail [ckidder@fairpoint.net](mailto:ckidder@fairpoint.net).

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# 18 Herbs Health And Healing

White Mountains Community College, Littleton Academic Center, is offering HERBS HEALTH AND HEALING in five sessions starting on Monday, June 13, June 27, July 11, July 25, and August 8, 2011 at 6:15 pm to 8:30 pm. Come and explore the magical healing world of plants, this summer, with Herbalist, Holly Hayward, in the classroom, and fields and forests of New Hampshire. This is an exciting synthesis of science and hands-on experience for all

ages. Learn the traditional uses of many indigenous herbs and create safe and effective natural plant medicines.

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

## 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.

# Purple Heart

By Sheila Asselin

Julie raced down the beach waves lapping at her feet. She held a sand crab in her hand. Reaching her brother's side she opened her fist to show him the crab. "Eek" he screamed. How could someone be so squeamish and him a boy. Never mind that he was two years younger. She loved the beach, everything about it, the green seaweed that squished when you walked on it, the waves that ebbed and flowed, the foghorn a basso lullaby at night. Like an opera singer warming up for his big role.

The ocean was called the Pacific but it was anything but peaceful. Far away across the Pacific American and Japanese armies were fighting for control of this ocean. Her father was one of the Americans on an island in the Pacific called Samar. The year was 1944 and she had not seen him in two years.

For a while letters came from him written on v-mail onion skin paper. Lately the letters had stopped. Then just the other day a letter came with a photo enclosed of her father on crutches, his left foot covered in bandages. At least she thinks it was her father. This man was thin with yellow skin the result of a bout with malaria. He looked a good deal older than the last time she had seen him. He cannot walk without crutches.

Julie thought about her fa-



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

ther the following week. He had called her his little doll and hoisted her on his shoulders for a piggy back ride. On his shoulders she always felt secure no matter how far off the ground. He would not let her fall. Now he walked on crutches. Would he still be able to lift her and feel the same about her after two years?

Great news! Daddy is coming home! He is being sent to the Army hospital in San Francisco to recuperate. Mother is going to visit him in the hospital. But then Julie heard something that worried and distressed her. She had heard the adults talk about something called the Purple Heart. This was not the first

time she had heard about it. A lot of men seemed to be getting it and it was serious stuff. Sometimes those that got it even died afterwards. She imagined it was some sort of terrible disease where the heart grew very big and turned purple. She sure hoped her Daddy would not get it.

When her mother came back Julie's worst fears were realized. Her Daddy was getting the Purple Heart. She did not want to lose her father just when he had come back to them.

A few days later a cab drew up to their house. A tall man, his uniform hanging loosely on his frame stepped out with the aid of crutches. He dropped his duffle bag and walked slowly to the door.

Julie was afraid to look at him, what would this Purple Heart look like? Staring first at the wounded foot still encased in thick bandages she slowly raised her eyes. When she reached his face she could see he was looking at her with a happy grin and eyes full of love.

He picked her up. He could still pick her up!!!! On his chest was a purple ribbon edged in white. Suspended from the ribbon was a heart shaped medal with a gold profile of George Washington. So this was the Purple Heart she had been so worried about and dreaded. It was on the outside of his chest! She was afraid to ask but had to know. Did this mean her Daddy was going to die?

"No, Darling. I am not going to die. I am going to live to see you have a little girl of your own."

Giving a sigh of pure joy she snuggled her head against her father's chest. The strong steady beat of his heart was the most beautiful sound she had ever heard.

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# “Drug Court” Graduates Again

## Pragmatic, Cost-effective Programs Is An Alternative To Jail

By Robert Roudebush

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 full to overflowing. A sunny afternoon, May 9 – this was the sixth Commencement Ceremony 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 know that drug courts outperform virtually all other strategies that have been attempted for drug-involved offenders.” Dr. Doug Marlowe, Treatment Research Institute, University of Pennsylvania.

Attorney and former prosecutor Robert Gasser, Coordinator of the program in Grafton, has said, “We take high risk people, with high needs.” Mr. Gasser is also a facilitator for the National Drug Court Institute, has extensive experience in a New Jersey-based program, and has trained teams to operate drug courts around the country. He is one of the most experienced people in the country in this contemporary alternative to jail.

The five individuals, all in shirts and ties and in a room packed with friends, family, supporters and other inter-

ested parties, stood in the well 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 program 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 Assistant United States Attorney Professor 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 unflagging supervision from hard-nosed law-enforcement

supervisors and case managers.

It is not 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 80-85 percent – of the women in the program have experienced physical or sexual abuse. “These women are facing certain issues that oftentimes 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 on your desk all over again.” Rick St. Hilaire, Former Grafton County Attorney.

None of the new graduates – Micha 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 sanctions 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 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-to-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 – Lara J. Saffo, Grafton County Attorney, James T. Brooks, Public Defender Program, James P. O'Hearn, Clinical Evaluator, Lieutenant Tom Elliot, Community Corrections Director, Nicole Cremo, Supervision Officer, Jennifer Stone, Roselma Tucker, Court Staff Liaison – there were several state Representatives, and two different Grafton County Commissioners, Michael J. Cryans and Raymond S. Burton, also a state Executive Councilor. Jan Kinder received a plaque of recognition in her leading role with “Thresholds & Decisions”, one part of Drug Court participant's curriculum, and Ed Rajsteter was honored in his duties as President and Chairman of the Friends Of The Grafton County Drug Court. Every one of those important people knew each of the five people in the room who were more important than they were.

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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 cook-books), 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!



- 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
- 1 cup half & half
- 1/2 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.

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 stop at the Visitors Center to sign the official State house Visitors book.

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



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 president of the National Honor Society. 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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