

TRENDY TIMES

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Two-Thousand Twelve North Haverhill Fair Continues Fair Despite Clouds And Moisture

By Robert Roudebush

Yeagh, it rained a couple days, but that didn't bother anyone.

Everything still worked great at the 68th Annual North Haverhill Fair, no matter the moisture content in the clouds or falling through the air.

The recently instituted new parking arrangement still got you in and got you out fast, the parking attendants efficient and helpful.

The admission price is still right, only ten dollars a person for the whole kit-and caboodle, including parking, less if you could convince anyone you were old as I am on at least one day, Thursday, then it was five. If you happened to be age appropriate the other way, under 12, it cost you nothing.

The singers still sang –

and flirted, mostly younguns, but not always, and always fun to watch in any case. There's a show right there for people watchers. The boys still laughed and strutted and showed off, the girls still noticing the boys showing off but pretending that the boys didn't notice the girls noticing the boys. Kinda dizzying but that's the way it still works around here. Everywhere, really. The annual North Haverhill Fair is many things to many people – it's enough to put a twinkle in your eye, a spring in your step, and salty popcorn in your mouth, (or cotton candy, or fried dough) make you feel like a kid again – even if you haven't been one for 60 years or more.

delight. As always in these written pieces, the challenge is not to come-up with several hundred words, but how NOT to submit several thousand words to TRENDY TIMES on the outing.

I saw a few people smoking cigarettes on the grounds, not many - always a pleasure to someone who doesn't like to breathe in second-hand smoke even in the out-of-doors, or observe discarded butts on the ground. I mean, someone has to clean up those throw-away filters sometime soon, right? Or they stay there forever, the length of time it takes for a filter to bio-degrade.

The fairgrounds are pretty much trash-free, just like last year. That's a pleasure for all of us walkin' around types, among the laughter, shouting, and food ingesting, even toward the end of five days of tens of thousands of people who buy burgers and dogs and Italian sausages with cardboard food holders and paper napkins. All those buyers (brisk good business Sunday) get tramping about and discard all that trash, and seem to do it in responsible ways. Fair Director Gary Scruton (who has something to do with this publication) tells me it is not just due to conscientious people, but the fact that the Fair Association has contracted with Timberwolf Services to police the fair grounds thoroughly each morning before the fair opens for another new day.

What to do, besides walk the fairgrounds in a slightly cooler but still humid weather force, still hot if you were in the sun, but much cooler in breezier places like the baby animal showcase "BARNYARD PALS", a genuine kids favorite. It had been, in years past, also the favorite of older ladies, like my mother, Mamita Linda who was in her 80's at the time. For one more cutting edge thing, you could



Three of the North Haverhill Fair Directors took an extended ride on the helicopter. They were able to see several sites of particular interests.



Rich Clifford and family of North Haverhill have, for several years, taken care of Barnyard Pals tent. This year the exhibit included a real painted pony.

professional and non-professional hopefuls - the clappers still clapped, the food vendors still vended, the animals still strove and shone and won prizes, the carnival games and carneys still gave you a game or a ride and took some of your money, gave a little back now and then maybe and still provided a fun way to pass the time, for kids of all ages.

The folks still cruised

Certain obligations kept me from attending the famous Fair this year until the last day of the five-day run, Sunday July 29th. Since I had never before attended on a Sunday anyway, I took it as a chance to see something I'd never seen. What did a wandering note-taker like me see on one afternoon only? A lot. Images and pictures and smells and sounds tumbling over each other in a profuse explosion of

pay thirty-dollars for several moments of breathless wonder ascending and descending in a helicopter – C-R Helicopters out of Nashua, NH was operating Robinson R-44 "Raven II" choppers, able to fly three people besides the pilot. 16 year-old Logan LaRoche, who has been behind the student pilot's collective operating mechanism for that chopper for three years and is now a qualified pilot, was grinning big and standing by, assisting incoming passengers and helping to refuel. C-R will put you into pilot training they tell you, and even sell you a helicopter- they'll sell it and service it if you like.

At the Dellinger Horse Ring observer Don Bagley explained to a novice visitor the difference between "English Style" and "Western Style" presentations, "walk, trot, and cantor", and why neither one of those was "dressage" – that latter term is reserved for "fancy footwork and precise movement" entries and the participant horses can cost up to \$50,000. and more.

There's not enough time or words to tell how engaging the fair was or always has been. It strikes me always as one of the best things in the world to do every year, for everybody.

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2 Bath Library Book Club

The Bath Library Book Club will be discussing "Sarah's Key" by Tatiana de Rosnay on Thursday, September 13th at 7PM in the Bath Library. Paris, 1942: Sarah, a ten year-old girl, is brutally arrested with her family by the French police. She locks her younger brother in a cupboard in the apartment, thinking that she will be back within a few hours. Paris, 2002: Journalist Julia Jarmond stumbles

onto a trail of long-hidden family secrets that connect her to Sarah. Books may be picked up at the Bath Library, hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.

Peacham Acoustic Music Festival – Take Two – Setting A High Standard

Following the success of the inaugural event in 2011, the Peacham Acoustic Music Festival (PAMFEST) returns on Friday, August 17th and Saturday, August 18th with another great roster of talent, show-casing a host of acoustic musical styles.

Local arts icon, Jay Craven said, "The music scene got a jolt of adrenaline with the first-year success of Frank Miller's Peacham Acoustic Music Festival..."

This year will see the return of favorites from 2011 combined with some great performers making their first trip to Peacham. There will be bluegrass, old time music, world-class blues, a touch of

classical, folk music, two contra dances, workshops and jam sessions. We again have an artisan's craft fair, this year featuring a Family Tent where there will be hands-on activities for the kids.

Friday evening features two events offered in tandem: PAMFEST offers a world-class contra dance, held at the Peacham Town Gym. Music will be performed by Crowfoot, a band whose intricate arrangements and instrumental virtuosity provides the background for a remarkable dancing experience. Others will be enjoying a concert in the historic Peacham Congregational Church featuring: Ben Post – Peacham resident

and world-class piper; Pete Sutherland and Friends: Annemieka Spoelstra, a Dutch classical piano virtuoso & Jeremiah McLane, Vermont master accordionist; Del Rey; and Steve James.

Saturday offers a full suite of activities from dawn 'til dusk for one price under the Saturday Day Pass (evening concert is separate!). Those activities include Workshops; The Band Scramble; Craft Fair; Entertainment Tent; Family Contra Dance; Saturday Afternoon Concert and Jam Sessions.

PAMFest wraps up with an all-star concert on Saturday evening from 7 to 11 pm. Performers include: The Peacham Acoustic Music Festival is proud to present Bob Amos & Catamount Crossing with special guest Patti Casey - original and traditional bluegrass featuring Bob Dick (guitar), Adam Buchwald (mandolin), Freeman Corey (fiddle), and Mike Santosusso (bass) with special guest Patti Casey. Expect a great show as Bob and the band will perform material from their new bluegrass album "Borrowed Time". Patti Casey, a Vermont musical treasure in her own right, adds her powerful vocals to the mix as well as selections from her own repertoire.

The evening concludes with Del Rey and Steve James returning to the stage, this time as a duet combining their impressive skills to provide a blues performance not to be missed. Del is a songstress who sings with authentic, pure blues soul and is a master of the guitar and ukulele. She plays concerts worldwide and frequently collaborates and tours with Austin-based Steve James. Steve also has a tireless international tour schedule showcasing his mastery of the blues and his instrumental virtuosity on guitar, slide guitar, mandolin, and guitar-banjo. They will take you on a ride that you will long remember.

Tickets for PAMFest are available at Catamount Arts Regional Box Office, St. Johnsbury or by calling 802-748-2600. 24 Hour Online sales are available at www.catamountarts.org. Tickets to the contra dance and concerts are limited by venue capacities so advance purchase is highly recommended.

Tickets will be available at the festival registration desk for cash or check only, while supplies last.



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It's Hot, I'm Thirsty, And There Are So Many Drink Choices Available

By Lisa Ford, Nutrition Connections, Program Associate UNH Cooperative Extension, Grafton County

It's summer time and the temperature has been hotter than ever! Drinking plenty of water so our bodies stay hydrated is very important. But with so many drink choices available, water, may not always be our first choice. I walk around and see people drinking a variety of cold beverages: iced tea, iced coffee, frozen shakes, soda, sports drinks, energy drinks, and water.

With so many choices it may seem difficult to make a healthy choice. But, it doesn't have to be. "Drink water instead of sugary drinks." This is the latest message from the USDA's Center for Nutrition Policy and Promotion.

What you drink is as important as what you eat! Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.

How much water is enough? Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Some people get

enough water from the foods they eat and the beverages they drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

An inexpensive option- Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

Convenient- Keep a bottle ready to grab and go. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.

Manage your calories- Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages – drinking water can help manage your calories.

Spruce it up- If water alone seems boring try adding a slice of fruit or cucumber, a splash of 100% fruit juice, or a sprig of fresh mint.

Don't forget dairy- When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different.

Kid-friendly drink zone- Make water, low-fat or fat-free milk, or 100% juice and easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink

up to 1 cup 100% fruit or vegetable juice each day. (100% juice is part of the Fruit and Vegetable Food Group.)

Enjoy your beverage- When water just won't do- enjoy the beverage of your choice, but cut back. Remember to check the serving size and number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses. If purchasing larger containers, pour servings into smaller sized containers.

Check the facts- Use the Nutritional Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, sodium, and calories to help you make better choices. Remember to check the serving size.

Enjoy your summer activities and stay hydrated.

Information provided by USDA, United States Department of Agriculture, Center for Nutrition Policy and Promotion.

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In Vino Veritas – Bottle Five

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Regular TRENDY TIMES readers – so far in this space we have

- learned what wine is, how it's made
- figured out how to get the wine you want anytime you want it, in wine stores or restaurants
- had a short course on Champagne, the magic bubbly of the world
- learned how wines are named, both here in America and in other parts of the world
- seen a short list of some of the best reds available and what about them will make them wines you like or don't like

You can catch up on this continuing wine series by reading previous installments of “In Vino Veritas” in past issues at www.trendytimes.com.

Today here's that other list with some of the more popular white wines, listed from most dry and full-bodied to lightest (and sweetest) –so you can figure out which ones you might like or not like. You may want to tack this list up on the wall just outside your wine cellar, next to the list of reds we gave you last time. Right, just like me.

CHARDONNAY
PINOT GRIGIO
SAUVIGNON BLANC

SEMILLON
CHENIN BLANC
RIESLING /
JOHANNISBERG RIESLING

Those wine names up there are also varietals, or grape types. The wine is named after the grape type. Those are the names you'd ask for if they are made in America. And there is a wide range of tastes WITHIN each main category. For example, while Chardonnay is recognized as the driest of all whites, some of them are made and aged in different ways, affecting how full-bodied they taste and how golden their color. Much of that taste and color comes directly from certain types of wood aging, or lack of it. In fact, some Chards never see wood, produced and aged totally in stainless steel or fiberglass – that woodless winemaking affects their taste, less darkness to the hue, (the color) less full-bodiedness in the taste. Some folks prefer it that way, some don't. The variable of individual taste.

“Further increasing your choice in taste is the procedure in winemaking of blending, or creating “meritages” (which means “Blends”) – in this case, these are white wines which are composed from more than one grape, with one predominant. Again, while Chardonnay tends to be the most full-bodied of all whites, and Chenin Blanc tends to produce a lighter, sweeter softer wine, those two have been successfully paired in the making of a delightful blend which is neither too sweet nor too dry. That's one kind of **meritage**.

All that blending information is available to you, either



on the front or back label of the bottle, sometimes in the name of the wine itself. Never overlook the value of reading a back or a front label – while a certain percentage of what's there is pure PR, some of it by law must also be factual - what grapes are in it, what percentage of those grapes, where those grapes were grown and harvested, where the wine was bottled, whether or not there are sulfites present in the wine, the percentage of alcohol by volume.

CHARDONNAY (Shar-doe-NAY) One of the very finest of all white wine grapes, rivaled only at the other end of the taste spectrum by the true Riesling. In France, it produces all of the great white Burgundies (yes! WHITE Burgundies), including genuine Chablis, and it is the white grape of the Champagne region in France. In California, it has been widely planted and is perhaps the best white table wine made in U.S. It is always dry.

PINOT GRIGIO (PEE no GREE jo) Italy's most popular white wine, it is the Italian name for the grape variety also known as PINOT GRIS (GREE) It is a vibrant, medium full-bodied white wine, crisp, with oftentimes fruit flavors ranging from melon to pear – also can have a delicately floral nose, with hints of light lemon and citrus notes. That all sounds fancy-dancy but the wine really can be that complex. Color is typically pale, a straw-like yellow. Currently one of the most “asked-for” wines in America.

SAUVIGNON BLANC (So-veen-YAW) Splendid white wine grape, perhaps surpassed in quality among the world's known varieties only by the Chardonnay. In the Bordeaux country of France, it is the leading variety of a wine called Graves (Grawv). In the Upper Valley of France, the Loire Valley, it is known as Fume-Blanc and it yields such well-known wines as charming and fruity Sancerre. In California, it gives a somewhat more more full-bodied wine.

SEMILLON (Say-me-YAW) Excellent white wine grape, widely grown in France and planted to some extent in California. It gives its best when vinified with another variety, especially the Sauvignon Blanc, as in Sauterne and Graves. Another “meritage”. The best Semillon are those that have a least a trace of sweetness.

CHENIN BLANC (Shay-nan BLAW) White wine grape of excellent quality, responsible for one of the most unusual and best wines you may ever drink, the famous wine from Northwest France called Vouvray. This outstanding wine can be fairly dry and mellow, or quite sweet. This grape yields a fresh, pale wine of considerable finesse. It can also be still, no bubbles, or a little bubbly, {petillant) or fully sparkling. It may not end up being your favorite depending on your preference, but you will never forget it.

RIESLING (REECE -ling) One of the very greatest white wine grapes, it is also correctly identified with sweet wine, certainly the sweetest on this small list. While it is again correctly identified with Germany, where nobody does it better, it is grown nearly everywhere, dose best in cool districts. In America, the varietal is often called “White Riesling” or “Johannesburg Riesling” It is easily identified in wine stores or on restaurant tables for the way it looks – the bottles are tall “flutes”, narrow-necked and always green or brown in color. That shape is so distinctive, that when Americans began making their version of German Riesling, they copied the bottle shape and color – your best clue to finding it. Raise a glass for me!

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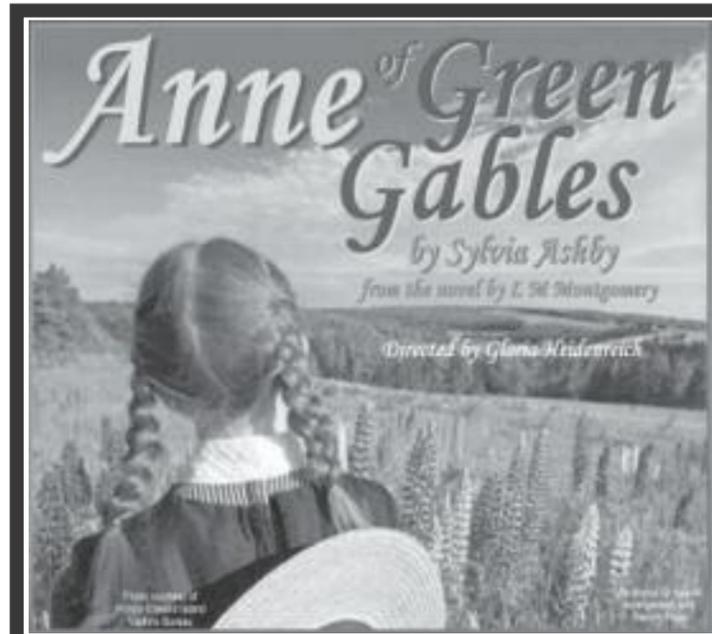
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From The Desk Of NH State Senator



Dear Constituents,

In the last legislative session, I was the prime sponsor on SB321, an act establishing a committee to study the continuation of payments to long-term care facilities (nursing homes). The Governor signed the bill into law and the committee, consisting of myself and four other legislators met this summer to study this issue.

SB321 looked to address a problem that has become quite significant for the county and private nursing homes in New Hampshire. In a nutshell, nursing homes, through no fault of their own, are being forced by circumstances and by various laws, to provide lengthy periods of free care to Medicaid applicants whose Medicaid applications are delayed or rejected by the NH Department of Health and Human Services (DHHS). As a consequence, these delinquent payments are jeopardizing the financial stability and sustainability of our nursing homes.

In hearing testimony from the nursing home representatives, the Committee learned that there are 62 nursing homes in New Hampshire and that two-thirds of the residents in those homes are on Medicaid.

Patients typically go from a hospital to a nursing home either for rehabilitation or for long-term care and the nursing homes receive patients with expectation of payment for services delivered. In most cases, the resident has not prepared for the expense and doesn't apply for Medicaid until all financial resources are depleted. Unfortunately, applying for Medicaid is not an easy process and under state and federal Medicaid laws, a person's application for Medicaid benefits can be rejected by DHHS for a number of reasons. For instance, the applicant may have transferred assets inappropriately in order to qualify for Medicaid, or the applicant may have simply failed to properly fill out the Medicaid application. Whatever the reason, the end result is that the resident will not receive

Medicaid benefits, perhaps for several years.

Once a resident is in a nursing home, state law makes it virtually impossible to discharge that person even if the person is not paying anything for their care. Thus, if the person is not paying, and Medicaid is not paying, the nursing home is required to provide free care. Testimony from DHHS revealed that they agree there is a problem with the application process and they have made improvements and continue to work on the problem. They cited the inability to get accurate and timely information from the applicant and that it is a complicated process.

DHHS also noted that the Asset Transfer Law requires the issuance of penalties against the patient if there appears to be inappropriate transfer of assets in order to be Medicaid eligible. If there is a penalty, the nursing home is burdened with providing free care during that penalty period, in which case, some of those amounts can reach upwards of \$250k.

Per the legislation, our formal committee report was forwarded to the Governor, the Senate President, the Speaker of the House, the Senate and House Clerks, and the State Librarian (full report available at www.jeanieforrester.com). In our report some potential solutions included:

- Provide that nursing facilities shall be paid within 45 days of the submission of the Medicaid application, even if eligibility has not yet been determined. If eligibility is ultimately denied, the nursing home must return the payments.
- Introduce legislation that permits the nursing facilities to recover funds lost because of the application of an asset transfer penalty. Establish a civil cause of action that establishes a strict liability on the part of the recipient which would address two concerns: 1) simplify the civil process and increase recovery rates for the plaintiff nursing facilities, and 2) place control of the recovery process in the hands of the financially aggrieved entities.
- Let the provider assist the resident in the Medicaid application process as a condition of entry to the nursing home.
- New process-oriented leadership, and ownership, of the process needs to take place quickly within DHHS. Management solutions, as opposed to leg-

islative solutions, are paramount and viewed as the priority need.

I've visited the county nursing homes in District 2 as well as several private nursing homes and am greatly appreciative of the services they provide to one of our most vulnerable populations. Timely Medicaid payments to our nursing homes is a complicated one, and one that needs to be resolved so that our nursing homes remain viable. In conversations with the Commissioner and staff at DHHS, I believe they understand the serious nature of this problem and will work aggressively to make the necessary changes to address the issue.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to at-

tend, or a problem you think I might be of assistance—please call or email. If you'd like to get more frequent updates of what is happening in Concord or in the District, please subscribe to my e-newsletter by completing the subscription form on the home page of my website at www.jeanieforrester.com.

Your Senator from District 2,
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Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
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1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

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American Legion Post #83, Lincoln

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6:30 PM

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TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857

Wells River Congregational Church

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245
North Haverhill

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM

Horse Meadow Senior Center, North Haverhill

PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM 802-592-3161

Peacham Village

SATURDAYS

BAKED GOODS, CRAFTS, PRODUCE

9:00 AM – 1:00 PM 802-563-3124

Creamery Street, Marshfield

BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM

Rt. 5 near Mr. Putz

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM

Rte 302, Groton Community Building

TUESDAY, AUGUST 7

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

THURSDAY – SUNDAY AUGUST 9 – 12

Cultivate Dance Festival
Bethlehem

WEDNESDAY, AUGUST 8

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

MUSIC IN THE PARK - ASHLEY MILES

6:00 PM

Arnold Park, Main St., St. Johnsbury

THURSDAY, AUGUST 9

CULTIVATE: EXTENDING THE DANCE MAP

8:00 AM – 4:30 PM

Bethlehem Town Hall

BATH LIBRARY BOOK CLUB

7:00 PM

Bath Library

See article on page 2

FRIDAY, AUGUST 10

THE TEMPEST

6:30 PM

Court Street Arts at Alumni Hall, Haverhill

SATURDAY, AUGUST 11

ALL YOU CAN EAT PANCAKE BREAKFAST

8:00 AM – 10:00 AM

Lake View Grange Hall, West Barnet, VT

WEST NEWBURY SUMMER FESTIVAL

8:00 AM – 3:00 PM

West Newbury

See ad on page 5

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 5:00 PM

R.E.C. Building, Woodsville

SAMMIE HAYNES

4:00 PM – 6:00 PM

Railroad Park, Woodsville

OPENING ART RECEPTION

5:00 PM – 7:00 PM 603-989-5500

Court Street Arts, Haverhill

OLD FASHIONED HAM & BEAN SUPPER

5:30 PM

St. Luke's Parish House, Central St, Woodsville

See ad on page 17

STREET DANCE

6:00 PM

Bath Common

See ad on page 7

NORTHWOODS KINGDOM COFFEEHOUSE:

ALAN GREENLEAF & THE DOCTOR

7:00 PM

Northwoods Stewardship Center

East Charleston, VT

SUNDAY, AUGUST 12

AMERICAN LEGION FAMILY PICNIC

12:00 Noon

Ammonoosuc Fish & Game Club, Bath

See ad on page 7

BRADFORD CENTENNIAL CELEBRATION

2:00 PM

Sawyer Memorial Chapel/Upper Plain

Cemetery, Bradford

MONDAY, AUGUST 13

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, AUGUST 15

HAVERHILL / NEWBURY 250TH

BOOKLET DEADLINE

See article on page 18

MUSIC IN THE PARK - TRITUM WELL

6:00 PM

Arnold Park, Main St., St. Johnsbury

THURSDAY, AUGUST 16

MEDICARE BOOTCAMP

9:00 AM – 11:00 AM

NVRH, St. Johnsbury

See article on page 14

FRIDAY, AUGUST 17

RIVER RUNNERS WORKSHOP

10:00 AM – 2:00 PM

Lancaster

See article on page 11

FRIDAY & SATURDAY

AUGUST 17 & 18

PEACHAM ACOUSTIC MUSIC FESTIVAL

See article on page 2 and ad on page 5

ANNE OF GREEN GABLES

7:30 PM

Old Church Theater, Bradford

See ad on page 4 and article on page 7

SATURDAY, AUGUST 18

LANDAFF OLD HOME DAY

9:00 AM Auction

Landaff

MIKEY WILLIAMS ALUMNI SOCCER GAME

10:00 AM & 12:00 Noon

Woodsville High School

See ad on page 8

NATIONAL MARIONETTE THEATRE – PINOCCHIO

7:00 PM

Alumni Hall, Haverhill

See ad on page 12

ANNE OF GREEN GABLES

7:30 PM

Old Church Theater, Bradford

See ad on page 4 and article on page 7

SUNDAY, AUGUST 19

ANNE OF GREEN GABLES

4:00 PM

Old Church Theater, Bradford

See ad on page 4 and article on page 7

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, August 16th for our August 21st issue.

Old Church Theater

BRADFORD VT: Old Church Theater is presenting the favorite story, "Anne of Green Gables", live on stage beginning August 17th for two weekends. Directed by Gloria Heidenreich, the cast features mixed-age actors in a script by Sylvia Ashby based on the original novel by LM Montgomery. Friday and Saturday shows are at 7:30pm and Sunday shows are at 4pm. Reservations may be made at 802-222-

3322 orreservations@old-churchtheater.org. General admission is \$10.00 and \$5.00 for students.

Set in turn-of-the-century Prince Edward Island, Canada, "Anne of Green Gables" is the story of a young red-haired orphan girl whose delightful misadventures and vivid imagination has captured hearts everywhere for more than 100 years. On the Bradford stage we follow Anne from age 13

to 16 in a superb theatrical adaptation containing all the favorite characters and scenes so well-known to readers worldwide.

The cast includes Maria Eaton, Melissa Mann, Scott Johnson, Kim Frydman, Peter Richards, Douglas Coughlin, Rhonda Archibald, Rachel Archibald, Anne Fold-eak, Chuck Fray, Maeve Cosgrove, Erin Haley, Destiny Lange, Noah Vines, Parker James Hogan and Nic Buonanduci. Costumes are by Rosemary Whitman, the stage manager is Diane Fray and technical director is Jim Heidenreich.

Old Church Theater is a non-profit community group



Left to right: Kim Frydman and Melissa Mann (in their roles as Rachel and Marilla in the play) pose during rehearsal Of Old Church Theater's "Anne of Green Gables" which opens August 17th in Bradford and runs two weekends.

that makes its home in the second-oldest building in Bradford, the "old church" on North Main Street, and has presented 5 plays a year since 1985. More information and photos of past shows are available

atwww.oldchurchtheater.org. "Anne of Green Gables" is the fourth of five productions of Old Church Theater's 2012 season, which concludes in late September with Arthur Miller's "The Price", directed by Sheila Kaplow.



A few of the younger actors of Old Church Theater's "Anne Of Green Gables" clown in their classroom scene while the teacher is away. Left to right Standing: Nic Buonanduci, Parker Hogan, Erin Haley, Mia Eaton, Rachel Archibald. On the floor: Noah Vines and Destiny Lange. Information 802-222-3322 or www.oldchurchtheater.org

Street Dance

Saturday, August 11, 2012

Food On The Grill 5:30 • Music Starts 6:00

Featuring: Redhouse 6:00
The Strawberry Farm Band 7:15 • The Rocking Chairs 8:30

Benefit For The Bath Fire Fighters Association

ANNUAL FAMILY PICNIC

Sunday, August 12, 2012
Please Note Date Change
12:00 Noon

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MENU:
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There will be door prizes.
Plus games & prizes for the children.

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7:30 PM

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WEDNESDAY, AUGUST 22
3 Monster Trucks Freestyle Show
Tough Truck Tug-of-War

THURSDAY, AUGUST 23

Tractor Pulls

11 am & 7 pm

FRIDAY, AUGUST 24

Lumberjack Competition

9:30 am

4x4 Truck Pulling

6:30 pm

SATURDAY, AUGUST 25

Lynyrd Skynrd Tribute Band

8:00 PM

EVERYDAY EVENTS

- Big Cat Encounter
- Horses - Horses
- Hypnotist
- Al The Artist
- Halfinger Horses
- Children's Barnyard
- Freedom Train
- 4-H Exhibits
- Cattle & Livestock Shows/Exhibits
- Floral Hall Displays
- Milking at Dairy Center - 4pm
- Sugar House Display
- Demo
- Horse, Pony & Ox Pulling
- Children's Games
- Info Booth & Gift Shop
- Poultry, Goat & Swine Exhibit
- Antique Tractor Display
- Commercial Exhibits
- Redneck Games
- Dreamland Amusments

SUNDAY, AUGUST 26

Demo Day

1 & 6:30 pm

Pig Scramble
Ice Cream Eating Contest

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Diversify Your Investment Risk

All investments carry risk. But, as an investor, one of the biggest risks you face is that of not achieving your long-term goals, such as enjoying a comfortable retirement and remaining financially independent throughout your life. To help reach your objectives, you need to own a variety of investment vehicles — and each carries its own type of risk.

If you spread your investment dollars among vehicles that carry different types of risk, you may increase your chances of owning some investments that do well, even if, at the same time, you own others that aren't. As a result, you may be able to reduce the overall level of volatility in your portfolio. (Keep in mind, though, that diversification can't guarantee a profit or protect against all losses.) To diversify your risk factors, you first need to recognize them. Here are some of the most common types of investment risk:

- **Market risk** — This is the type of risk that everyone thinks about — the risk that you could lose principal if the value of your investment drops and does not recover before you sell it. All investments are subject to market risk. You can help lessen this risk by owning a wide variety of investments from different industries and even different countries.
- **Inflation (purchasing power) risk** — If you own a fixed-rate investment, such as a Certificate of Deposit (CD), that pays an interest rate below the current rate of inflation, you are incurring purchasing power risk. Fixed-income investments can help provide reliable income streams, but you also need to consider investments with growth potential to help work toward your long-term goals.
- **Interest-rate risk** — Bonds and other fixed-income investments are subject to interest-rate risk. If you own a bond that pays 4% interest, and newly issued bonds pay 5%, it would be difficult to sell your bond for full price. So if you wanted to sell it prior to maturity, you might have to offer it at a discount to the original price. However, if you hold your bonds to maturity, you can expect to receive

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return of your principal provided the bond does not default.

- **Default risk** — Bonds, along with some more complex investments, such as options, are subject to default risk. If a company issues a bond that you've bought and that company runs into severe financial difficulties, or even goes bankrupt, it may default on its bonds, leaving you holding the bag. You can help protect against this risk by sticking with "investment-grade" bonds — those that receive high ratings from independent rating agencies such as Standard & Poor's or Moody's.
- **Liquidity risk** — Some investments, like real estate, are harder to sell than others. Thus, real estate is considered more "illiquid" than many common investments.

Make sure you understand what type of risk is associated with every investment you own. And try to avoid "overloading" your portfolio with too many investments with the same type of risks. Doing so will not result in a totally smooth journey through the investment world — but it may help eliminate some of the "bumps" along the way.

This article was written by Edward Jones for use by your local

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Woodsville High School

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WHS Womens Alumni vs. WHS Girls Varsity Soccer Team 10 am	WHS Mens Alumni vs. WHS Boys Varsity Soccer Team 12 pm
---	--

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Bringing Mollie Home

By Marianne L. Kelly

BRADFORD, VT—“Lady has passed,” said the vet that sad day last March when my husband and I said a final good-bye to 15 year old Lady, our third rescue dog. We returned home and put her feeding station and bed away for the next occupant waiting to claim our hearts and home.

The months passed as we grieved for our girl, and our dismal financial situation only deepened our sadness and depression. Our “Sweet Lady” was gone, the sharpening business was at a standstill, my writing business was in a coma, we were struggling, and our house was empty. “This too shall pass,” became my mantra, as life’s ebb and flow always moving forward, recreates itself as it presents us with new circumstances.

The time passed, and as winter’s darkness surrendered to the promise of spring, we decided, it was time to honor Lady’s memory by rescuing another dog. We wanted another black and white female lab mix, but were either unable to find one, or shelter fees were out of reach. It never occurred to us that we

would adopt and love a completely different type of dog, until Mollie entered our lives.

MOLLIE’S ODYSSEY

Mollie, a golden lab, chow, terrier and who know what else, and just a little over a year old was going through her own frightening difficulties. The story as we understand it is that her owner abandoned a pregnant Mollie. She was found wandering by the side of the road by a wonderful, compassionate woman named, Janey, who picked her up, took her to her own vet and boarded her at her own expense, including the vet’s services. The vet treated Mollie for hookworm and an ear infection, administered all her shots, completely vetted and spayed her. Mollie’s puppies were never found. When she was well enough, Janey fostered her until she and her network, including Haverhill’s Elaine Kiessling could find a forever home where Mollie could live in love and safety. Mollie’s temperament evaluation showed her to be very timid, yet sweet natured and non-aggressive.

I received a message from Elaine that although she realized we preferred to adopt another black and white lab mix, she found a sweet dog that really needed us. She sent a picture of Mollie, and it was love at first sight for us both. We agreed to adopt Mollie, but had to wait about a month until she was spayed and strong enough to travel. Transport from South Carolina was arranged and volunteer drivers from Cherry’s Transports started Mollie on a journey that would take her through several states with different drivers before reaching Vermont.

MOLLIE COMES HOME

Approximately 5:30 pm, July 8, Elaine, her husband Mark, and Mollie drove into my yard. Mollie was a somewhat smaller than her pictures showed, underweight and so frightened that she did everything possible to make herself invisible. She barely allowed us to pet her, and ran for cover at every opportunity.

She ate little those first few days, and on the second day, while tied outside was able to shrug out of her harness and escape. We



alerted the authorities and found her wandering on Route 25 heading towards Piermont. She refused to come to us when we called her and finally a kind woman, corralled her in the Stonecliff Animal Clinic’s parking lot, and returned her to us.

We took Mollie to the Danville Farmers Market where we are vendors. She walked on the leash, tail tucked tightly between her legs, allowing people to pet her, but making no effort to engage or make eye contact with anyone, until three young daughters of a fellow vendor befriended her and suddenly brought our fearful timid Mollie to life as she climbed into their laps and played with them.

Mollie was slowly showing signs of adapting to her new home with puppy behaviors like drinking water from the toilet, jumping on my desk and sniffing my laptop,

jumping on our bed, licking my and Sean’s faces and running out of the bedroom when she hears food being placed in her dish. She also decided to stay on her little sofa in the living room, instead of looking for hiding places. One evening while watching television, I noticed Mollie dragging something to her sofa. I turned on the light and there she was with her head resting on one of my cookbooks! Another time when I had to leave her alone for a short time, I found my knitting project mysteriously traveled from my basket in the living room to my bed.

Mollie has been with us nearly a month and in that time, she has become more trusting and less timid. She loves ice cream, riding in the car, jumping on our bed, thinking puppy thoughts and tearing through the house as if she owns it.

Mollie is home.

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

August 7, 2012 Volume 3 Number 22



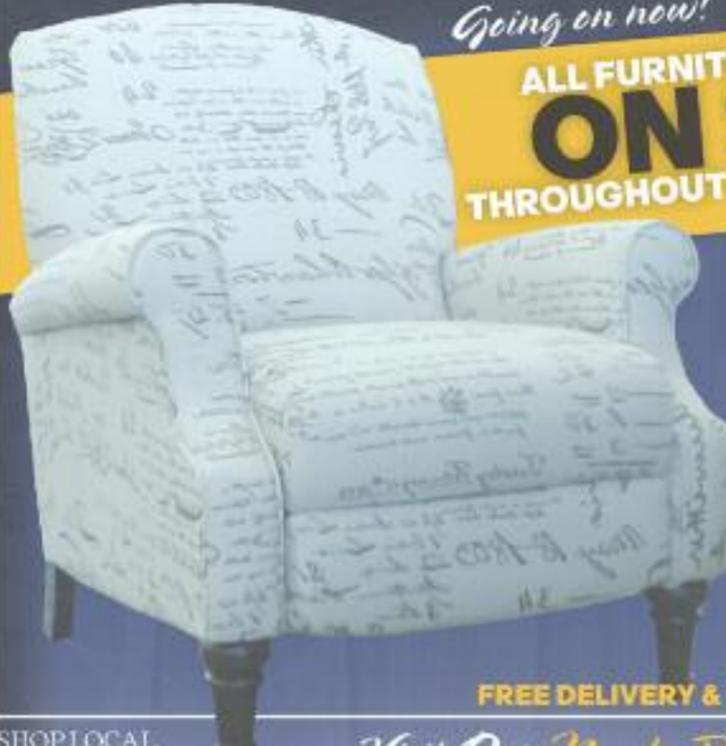
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The North Haverhill Fair 4-H Style Show, held on Thursday, July 26, had 18 youth modeling garments they made. Pictured here are the senior winners: Amanda Geil of Monroe and Catherine and Madeline Flynn of North Haverhill. They are members of the Hunt Mountain 4-H and Bob-O-Link 4-H Clubs.



The Wednesday night Car Show at North Haverhill Fair saw some 80 vehicles on display. They completely filled Dellinger ring and made the choice of the judges a very difficult one.



Josh Thompson was the featured artist on the Thayer Stage on Friday night of the North Haverhill Fair. This shot shows that there were plenty of fans there as well.



One of the events at the annual Rich Kinder Memorial Lumberjack Contest is the log roll.

Here two of the competitors get the log rolling down the course. After hitting the two stops at the other end, they must bring it back to its starting point and hit those two stops.



Saturday night entertainer Jana Kramer poses with most of the Little Miss North Haverhill Fair candidates just before they went on state for the winning announcement.

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Haverhill, NH - Single level manufactured home on 1.11 Ac's, 3 Bedrooms, 2 baths, 11' x 24' add-on with inside handicap ramp and hobby room. Remodeled baths, Amish Shed, turn key condition. \$139,900.

Lisbon, NH - Front Porch, 4 Bedrooms, Large Living Room, Eat in Kitchen with pine cabinets, work room off kitchen, 1st floor laundry, walk up attic, 2 car detached garage. Lot 0.46. In need of TLC. \$69,000

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Help Wipe Out Rock Snot

This workshop is intended to train volunteers to integrate with the New Hampshire Rivers Council's River Runners program. The program has monitored hundreds of sites on rivers in the state. The newly introduced invasive algae, *Didymosphenia geminata*, also known as Rock Snot has been a focus of the program, as well as other submerged invasive plants such as variable milfoil.

The workshop includes training on the identification of invasive aquatic plants, and the techniques and tools for monitoring them.

Volunteers are asked to select a site to monitor and report on at least once sometime between June & October.



The indoor session of the training will be held in the Lancaster Town Hall Auditorium, 25 Main Street in Lancaster, NH.

The outdoor session will be held nearby on the Connecticut River and at Lyman Falls. Please bring your lunch, a boat is not required.

This workshop is free—Thanks to support in part from

New Hampshire Rivers Council members and by grants from the McIninch Foundation and the New Hampshire Department of Environmental Services.

To register, or for more information contact: Beth Flagler, New Hampshire Rivers Council, at 603.228.6472 or e-mail BFlagler@NHRivers.org WWW.NHRIVERS.ORG



Got beef? The Becket Beef 4-H Club does! At North Haverhill Fair, the members of the Club are showing their miniature Hereford Cattle for the first time. As part of their barn display, the 4-H'ers created a display about their cattle raising and information about the breed. They earned the prestigious Agriculture Commissioners Award for the best display promoting agriculture. Pictured here are, left to right, Tyler De May and Garret Duato with Executive Councilor and County Commissioner Ray Burton. During his visit, Commissioner Burton congratulated the boys on their distinctive award and learned first-hand about their activities in raising the beef. The club is part of the Upper Valley Stewardship Center and is led by Pat and Hugh Underhill.

IT'S GOOD TO KNOW YOUR NEIGHBORS.

College Prep To-Do list

- Call Dr. for physical
- Start Checking Account at Wells River Savings
- Insurance Cards
- Service Computer
- Shopping

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GRANITE STATE OF MIND

By Rob Azevedo

Blowing Out Candles In Paradise

In a dream I saw two old friends from my youth walking along a crowded beach on Cape Cod. One guy was named Ray, the other, Gary. They were jabbering back and forth, cracking up, back-knuckling each other in the chest before taking off into full sprints.

Gary had great hair. Ray, lean muscle.

I hadn't seen these guys in a very long time (let alone dreamt about them), not since they both were gutlessly killed in separate terrorist attacks on Pan Am 103 and at the World

Trade Center. They were both neighborhood guys, friends, and about as decent as decent gets.

Regardless, tonight, in this dream, they both looked perfect, energetic, alive. Gary and Ray were weaving their way through a crowded throng of bikinis, beach towels, old men playing cards on coolers, and running children. Like a perfect, sunny day spent on the beach, any beach, all beaches.

Then, both men stopped on a dime.

"There she is," Gary said,

pointing down, smiling proudly, having accomplished his given task.

"Absolutely!" Ray shouted. "Looks a little like her aunt, right? Man, I miss seeing her aunt jogging around the neighborhood."

Gary smirked and said, "Me too."

Then, before I knew it, they were standing in front of a very beautiful girl who was leaning back in a beach chair, taking in the sun, the crowd, her new beginning. And this girl wasn't just a regular "oh she's such a beautiful girl" kind of beautiful girl, but an undeniably, no-questions-asked, beautiful, beautiful girl.

The girl looked up and saw Gary and Ray standing over her and said, "I know you both, I think. Not really, but I think I know you both."

Gary and Ray just smiled back at each other. They loved these tasks, meeting someone from their past in Paradise. It never gets old to either one of them.

Ray leaned down, put his hand out, and said to the girl,

"My name's Ray. It's nice to meet you. I was a family friend, sort of. Your father never could tackle me in football though."

Everyone laughed.

Gary folded up the girl's sun chair and said to her, "Let's take a walk. It's a beautiful day, and you have a lot of work to do."

"I know," the girl said. "I feel like that, too."

The dream continued and the three of them took no particular direction on the beach. At times they all were kicking water at the shoreline. Sometimes the girl just sat in the sand and watched Ray and Gary throw a Nerf ball back and forth. But none of them ever stopped talking, never stopped laughing like old friends with no fences.

"I can't believe how good I feel!" the young girl confessed. "Like new!"

Ray walked over to her, took her hand, lifted it under her hairline and let her fingers run all along the backside of her neck. "Baby smooth, right?" Ray said "Oh my God!" she said. "I forgot about all about the scars!"

It was then Gary bent down and made a large square shape in the sand with the heel of his foot. "Oh, I love this," he was saying under his breath. "It hurts a little, but I love this part of my task."

"What's he doing?" the girl asked Ray.

Ray took the young girl's hand again, told her to kneel down in front of the square and slowly wave her hand over it, as if she were cleaning off home plate.

So she did.

All the smiling stopped, as did the laughter, as they stared into the square. There was pain in the eyes of that square, a real-time vision into her past life, the same one her parents and everyone else who loved her (legions) were living that day.

"This is terrible," the girl said, slumping. "Everyone is so sad. Look at my poor Dad. Oh, Mom! I'm so much better! So, so much!"

Right then Gary put his hand on the girl's shoulder and said, "Hold on now. I said you have work to do, right? Well. ..."

Ray busted in, "I want to show her how!"

"Nope. This is my part." Gary said. "You got the whole square thing."

Then Gary asked the girl, "What's one thing your mother really loved?" Hmmm. The girl thought for a while. "A good breeze, I suppose. Yeah, wind in her face," she said.

"Easy!" Ray shouted.

Gary put his hand up to Ray, smiled at the girl and said, "Well, let's blow out some candles then."

Not until the sun set on the first day of her new beginning, the girl, Gary, and Ray ran around the beach, pretending they were blowing candles out on a birthday cake, sending that sweet breeze across her unknowing mother's face.

"Good work, Gianna," Gary said to her at the end of her first day in Paradise. "See you tomorrow, sweet girl."

Then I woke up.

Rob Azevedo can be reached at onemanmanch@gmail.com.

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OBITUARY

KENNETH E. FULLER



Newbury, VT - Kenneth E. Fuller, 91, of Round Pond Lane, died at his home on Wednesday, August 1, 2012. Ken was born in Haverhill, NH on June 26, 1921, to Dan B. and Ellen (Nichols) Fuller. He lived in Newbury Center his entire life. In his younger years, he worked on the family farm and at the Bowen Bobbin Company in East Corinth, VT both prior to and after serving in the Army. Ken served in the US Army in the Signal Corps in Hawaii and the South Pacific during World War II, from October 15, 1942 through January 1, 1946.

He married Marilyn

Thompson on February 4, 1950. Together, they operated the Maple Cream Farm in Newbury Center. During the 1970's he owned and operated Ken's Texaco in North Haverhill. Until retiring in 1998, he was employed at the Bradford Veneer and Panel Company in Bradford, VT.

Ken enjoyed woodworking and made picnic tables, benches, bird feeders and napkin holders. He especially enjoyed crafting wooden model airplanes. He also passed his time watching birds and spending time with his best friend, Bentley his Beagle.

He was predeceased by his parents, Dan Blodgett Fuller and Ellen Fuller; his sisters, Ethel Dennis, Eva Snell and Evelyn Gooddale; and his brothers, Carroll and Russell.

He is survived by his wife of 62 years, Marilyn Fuller; four sons, Glenn and friend Crystal, Kevin and wife Darlene, Keith and friend Laura,

Tim and wife Helen; a daughter, Karen and husband Donald; eleven grandchildren; seven great grandchildren; two former daughters-in-law, Marie Lackey and Maureen Fuller; and his best friend, Bentley. Calling hours were held on Sunday, August 5th from 2 to 4 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

A Memorial Service was held on Monday, August 6th at 1 PM at Ricker Funeral Home.

Memorial contributions may be made to the Town of Newbury, c/o Newbury FAST Squad, PO Box 126, Newbury, VT 05051 or to the Grafton County 4-H Leader's Association, c/o Van Anderson, PO Box 39, North Haverhill, NH 03774.

Ricker Funeral Home, Woodsville, NH were in charge of arrangements.

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

OBITUARY

RICHARD E. EVANS

South Ryegate, VT - Richard E. Evans, 94, died July 29, 2012 at the Grafton County Nursing Home, North Haverhill, NH.

He was born in Groton, VT, on June 17, 1918, a son of Ralph E. and Bessie Mae (Morrill) Evans. Richard served as a Corporal in the US Army during World War II from June 25, 1941 to July 17, 1945. For more than 20 years he worked as a carpenter and maintenance person at Colby Lyford in Ashland, NH. He was an avid outdoorsman who enjoyed hunting, fishing, and trapping. Richard was a conservationist with a deep regard for nature. He was a member of Ross-Wood American Legion Post # 20 of Woodsville and attended the South Ryegate Presbyterian Church.

He was predeceased by his five siblings Bertha Evans, Ralph Evans, Irving Evans, Edwin Evans, and Carl Evans, as well as, his companion of more than 30 years Bernardine A. Eastman on March 1, 2010.

Survivors include several nieces, and nephews who would visit when in Vermont, along with Bernardine's family Gayle Darling and Chester and Cyrus Rosa.

He is also survived by his dear friend Evelyn Shields, who faithfully devoted the past six years to caring for Richard, and always being a faithful friend. Evelyn's grandchildren, the Jollies from Groton, also brought great joy to Richard.

The family wishes to acknowledge the Grafton County Nursing Home for the excellent care Richard was provided while a resident at the facility.

There were no calling hours.

The funeral service was held on Thursday, August 2nd, at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH with Rev. Dr. M. Catherine Cook of the South Ryegate Presbyterian Church officiating. Burial followed in Groton Village Cemetery.

Memorial contributions may be made to the South Ryegate Presbyterian Church, c/o Mrs. Gloria Welch, Stone Road, South Ryegate, VT 05069.

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

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

OBITUARY

MARJORIE HELEN WHITCOMB



Monroe, NH- Marjorie Helen Whitcomb, 88, died suddenly on July 26, 2012, at the Lafayette Center, Franconia, NH, where she had resided for the last year. Before moving there, she lived in her home in Monroe, NH for many years.

She was born in Bath, NH, the youngest of five children, to Leon A. and Carrie (Hannett) Whitcomb on December 17, 1923. She graduated from Bath High School in 1941. In 1942, she went to Hartford, CT where she was employed by Pratt and Whitney Aircraft for nearly two years. She was forced

to terminate employment there due to a work related medical problem. After working a year for Stop and Shop Grocery, she returned to New Hampshire. Back in NH, she worked two years at Lisbon Shoe Company, then worked in the office of the First National Warehouse in North Haverhill. For the next five years she worked as a secretary at the Woodsville National Bank and the Guaranty Savings Bank. In 1954, she was employed by the United States Department of Agriculture, Agricultural Stabilization and Conservation as office clerk. In 1966, she was promoted to Grafton County Office Manager, a position she held until her retirement in January 1984.

She was predeceased by her parents; a sister, Dorothy W. Minot; and three brothers, Dexter L., Roscoe N., and Walter J. Whitcomb; and a dear friend and longtime companion, Pauline Pushee.

She is survived by nephews Alden and Arthur Minot, both of Bath, Arlen Whitcomb of Woodsville, NH, and Richard Whitcomb of Sebring, FL; nieces Betty Emery of Wells River, VT, Joyce Corey of Franconia, and Lois Sheltry of Connecticut; and many grand nieces, grand nephews and cousins. There were no calling hours. A funeral service was held on Tuesday, July 31, 2012, at 10 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Rev. Thomas Peters officiating. Burial will follow in the Bath Village Cemetery.

Memorial contributions may be made to Lafayette Center Patient Activity Fund, 93 Main Street, Franconia, NH 03580.

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

Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

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On Thursday, August 16, 2012 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those new to Medicare – in-

dividuals approaching the age of 65 or who have become disabled on a long term basis. The workshop will held in Conference Room 127 of Northeastern Vermont Regional Hospital.

It’s easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program

works. Topics include supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

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Not all Times are Trendy but there will always be Trendy Times August 7, 2012 Volume 3 Number 22

Letter To The Editor

To the Editor:

I am a voter in NH Senate District 2 and would like to learn more about the candidates running for election in this district. As for Senator Forrester I can look to the promises she made when elected and the record she has since being in office. What is troubling to me is trying to find out what Mr. Lamb, the opponent stands for.

So far I've discovered that he is a former Wall Street banker, the Chair of the Plymouth Area Democrats, and he refuses to answer hypothetical questions, which was his response at a recent house party event when asked what he would have done to fix the \$800 million deficit NH was facing in 2010.

Based on a recent article written by a reporter I gather that he also refuses to compromise. There is much ado being made claiming that Senator Forrester is refusing to have any regular debates when she would like forums where the voters ask the questions of both candidates. Senator Forrester offered a compromise to Mr. Lamb to choose the format of the Plymouth event that he rejected because he wants to choose the location and format of EVERY event they jointly appear at.

The voters are going to have to make a choice at the polls in November. These choices are not only for which Senator to elect but also for their Representatives in

the NH House. In these economically challenging times the State Budget is critical to NH's success. These budget bills originate in the House and these Representatives also make up the County Delegation and approve the County Budget. These budgets will affect the taxpayers of NH and I believe that the voters should be able to hear from ALL the candidates. I have read and heard that Mr. Lamb is also refusing to allow any candidates for the NH House to appear at any event he is at. I guess he doesn't want to be inclusive and let the VOTERS hear ALL the candidates.

I really do hope that someone can convince Mr. Lamb that the voters do not want a Senator that is so very inflexible and unbending. I don't want someone who refuses to be inclusive and is unwilling to compromise. Please Mr. Lamb, I ask you and I am quite certain the Voters in this district ask you to accept Senator Forrester's offer to have an event in Meredith arranged by her volunteers; an event in Plymouth arranged by your volunteers and an event in Haverhill arranged by the local media.

I and the voters in District 2 are awaiting your response. You should know that your response could be the decision maker for the voters this November.

Greg Knytych
New Hampton

Greg,

As our regular readers are aware Trendy Times has offered space to Senator Forrester during her first term as State Senator, District 2. She has filled that space monthly (including this issue) with articles of information about current happenings in the State Senate and other branches of NH government. She also helped in a candidates forum held in May for two of the Gubernatorial candidates. Senator Forrester has contacted me for assistance in the event you mention in the Haverhill area. We stand ready to assist in whatever manner will best assist the voters in making an informed decision in the September primary and the November election.

Gary Scruton, Editor

Letter To The Editor

I am one of Senator Jeanie Forrester's biggest fans and here is why.

New Hampshire has a very real crisis in emergency medical services (EMS). Many of our state's EMS providers have gone out of business. In the last 2 years alone we have lost over 20% of our in-state EMS capability and we now rely heavily on out of state providers. In the past year towns have had to debate not providing an ambulance when you call 911 (unlike police and fire, EMS is not a required service).

As our industry has struggled to address all the changes to Medicare and Medicaid we have at least been fortunate to have the support of a tenacious and dedicated Senator like Jeanie Forrester.

Just one example of Jeanie's hard work is her sponsorship and support of House Bill 31. HB 31 closed a loophole that for years had been allowing certain of our residents to obtain and keep millions

of dollars every year that rightly belonged to our towns and cities. Now towns and providers get paid directly for the work they do. There is no longer any opportunity for fraud. What is amazing to me is that towns and fire chiefs had been struggling for years to get this issue resolved. Jeanie fought hard to get this bill passed and with her support it finally succeeded.

HB31 is typical of Jeanie's service to constituents. It is a common sense measure that saved taxpayers money. More importantly perhaps it also prevented cuts that would have affected patient accessibility and the quality of care.

I will be voting for Jeanie Forrester in November and I hope that you will too!

Justin Van Etten
Chairman, Stewart's Ambulance Service
Meredith

Justin,

As I have said before, it is nice to hear good things about our elected officials, and the work they have done, rather than the negative remarks about opponents. HB31 does sound like a positive, logical piece of legislation.

Gary Scruton, Editor

Letter To The Editor

Letter to the Editor:

The purpose of this letter is to recommend that the voters in NH District 1 return Raymond S. Burton to the NH Executive Council. I have come to know Councilor Burton during my 35 years working with and for towns & cities here in NH. Over these years I have found him to be one of the most consistently responsive and concerned elected officials serving in Concord. Ray is a gentleman politician who, while being faithful to his conservative principles, always seems to put people ahead of politics. He is tireless in his representation of the people and communities in NH, especially those in District 1. His candidacy warrants nonpartisan consideration and support from those of us who depend upon effective representation in Concord.

Donald R. Jutton, Moultonborough

Donald,

I'm not sure that Ray Burton needs a lot of introduction to the voters of the North Country. In my personal experience he has consistently leant an ear to any issue. He is also well known for his action on such issues.

As previously stated, Trendy Times will not endorse any candidate. So I will simply thank you for your letter and encourage others to do the same for their chosen candidates.

Gary Scruton, Editor

Letter To The Editor

To the Editor:

To clear up any misconceptions, Jeanie Forrester is committed to conducting an honest public dialog where the candidates will have the opportunity to share where they stand on the issues. To that end, discussions have been, and are underway with Mr. Lamb to schedule public forums in several towns in District 2.

As a service to all voters, these public forums should include other candidates on the ballot for state offices this Fall providing the opportunity for dialog, discussion, debate and the decision by the voters on Election Day.

As a resident of Center Harbor, I am very proud to be a supporter of Jeanie Forrester, Senator from District 2.

Barbara Lauterbach, Center Harbor

Barbara,

I agree whole heartedly that our candidates need to be in front of as many voters as possible. Forums or debates are a great way for voters to compare the views of candidates. We, at Trendy Times, stand ready to assist with any such forums or debates that may be scheduled in this area. We invite all candidates, on both sides of the river, to let us know of such events so that we can inform our readers, and their constituents.

Gary Scruton, Editor



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Digestion & Assimilation Problems

People today suffer from more digestive disorders than any other health problems. Digestive ailments are usually chronic, long-standing, and deep seated. Bad breath, body odor, constipation, diarrhea, heartburn, bloating and flatulence are all signs of inadequate digestion. Poor digestion is also at the root of many serious diseases, such as arthritis, candida albicans yeast overgrowth, hiatal her-

nia, liver and gallbladder disease, diverticulitis, Crohn's disease, colitis, ulcers, hypothyroidism, and even some kinds of cancer. The causes of digestive problems are almost as varied as the individuals who have them; food allergies and intolerances (especially to chemical food additives), poor food combining, stress, lack of minerals, long illness with prolonged use of drugs, pregnancy imbalances, over-use

of antacids, overeating, eating too many fried, refined and acid-producing foods all contribute to poor digestion and nutrient absorption.

Identifying the root causes are the beginnings of understanding what needs to change and how to regroup, these seem to be the common six reasons I recognize in my cliental.

- 1) Refined foods with chemical additives are clearly the most common cause of digestive problems, from gas to allergies to hiatal hernias to ulcers.
- 2) Too much red meat and too little soluble fiber in their diet results in food that stays too long in the stomach, depletes enzyme capacity, and favors constipation.
- 3) Un-metabolized fats and proteins are stored as body fat and cellulite resulting in obesity.
- 4) Lack of stomach HCl (hydrochloric acid) and bile affects digestion of acids and proteins, resulting in an over acid system, fermentation and auto-toxemia.
- 5) Poor food combining causes food to be only partially digested, so that it just "sits there" in the stomach, partially fermented, causing gas and bloating.
- 6) Eating under stress brings on a vicious cycle. Enzyme production slows down to meet the metabolic demands of stress, and a heavy meal puts even more stress on the digestive systems. Meals eaten under stress are usually poorly chewed, further adding to enzyme depletion.

Good enzyme activity is important not only for digestion, but for total health. Most nutrient deficiencies result from the body's inability to absorb them, not from the lack of the nutrients themselves. Enzyme rich foods assure us adequate amounts of antioxidants to fight free radicals, and nutri-

ents to keep our immune systems strong. Enzymes are the single most important factor that powers our bodies, the "work crews" that drive metabolism which puts to use the nutrients we take in. The refining of food and fast-heat cooking methods have rendered the modern diet enzyme-deficient. Eating food devoid of enzymes means the pancreas and the liver have to use their enzyme stores. As a result, reserve enzymes for metabolic processes are pulled from their normal work, to digest food. But even this substitute measure does not make up for the missing enzymes that should be in our food, because without food enzymes the body can't break the food down correctly to deliver nutrients to the blood. So we end up with undigested food in the blood. White blood cell immune defenses are pulled from their jobs to take care of all the undigested food, so the immune system takes a dive. Eating enzyme rich foods or taking plant-based enzyme supplements takes care of this unhealthy flow of reactions before it ever starts. Any enzymes left over after the digestion process go on to be used by the body as metabolic enzymes, which run our bodies and contribute to healing. I believe nature intended us to eat a largely plant-based diet, rich in fresh foods for the best

digestion. It is not necessary to always eat raw, live foods. but it is important to have a large percentage of the overall diet be enzyme rich. If you don't feel you get enough fresh foods, or you need extra enzyme concentration for healing through enzyme therapy, plant based, herbal enzyme supplements are the next best choice.

The natural approach for improving digestion is simple, successful, and free of substances that cause dependency. Enhance and maintain a high quality diet. Add plant enzymes from herbs or supplements to your daily nutritional intake. Restore and improve the beneficial bacteria in the colon and intestinal tract. Consciously try to reduce the stress in your life, especially when you eat.

Herbs for nutrient Assimilation include: Garlic, Acidophilus powder, Bee Pollen, Barley Grass, Pau D'arco Bark, Alfalfa, Licorice Root, Dandelion Root, Ginger Root.

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Enzyme Support Herbs include: Chlorella, Barley Grass, Papaya, Fennel Seed, Ginger Root, Peppermint, Cardamom Seed, Dandelion Root, Oregon Grape Root, Catnip.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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THE WITCH KNOWN AS EUNICE COLE Hampton, NH

The Salem Witch Trials are as much of a staple to Massachusetts as Fenway Park is, but the truth is witch folklore has been around much longer than the famous 1693 witch trials in Salem and some earlier documents suggest that New Hampshire has had it's issues with witches. Well...witch, I should say. Eunice Cole is the only person to have ever been accused and jailed in the state of New Hampshire for being a witch. This was back in 1657, four decades prior to the trials in Salem. But where did this lady go wrong? Let's check out the facts:

Eunice and her husband, William Cole, came to America in the early part of 1637 in what is now Quincy, Massachusetts but did not stay long. They followed Reverend John Wheelwright to New Hampshire and bought land from an Indian tribe and founded the town of Exeter. In 1640, William and Eunice moved to Hampton where things didn't go so smoothly for Eunice. Now, keep in mind, this was back before women's rights was just a mad mans or women's idea and that any women who spoke out wasn't taken too kindly. This is where Eunice's problems began, she was way too outspoken for a lady of her time.

For the first ten years Eunice was in Hampton, she was in court several times due to her vile words about the community. On one occasion, some sailors

thought it was funny to harass an old lady, but Eunice wasn't going to take no lip; she told them that they won't see home ever again. Later that night, when the sailors went out to sea, a huge storm hit and it was so severe that it wrecked their ship just past Island of Shoals. They are those who swear that it was Eunice that made that ship wreck.

This incident was probably the last straw for the people as she was convicted of witchcraft in 1657 and spent three years in a Boston prison. That wasn't it though, because she was sent to jail again on witchcraft charges. Her husband, William, died in 1662 and when Eunice was released from jail, she had no home to go to. The town of Hampton sold it to pay to care for her husband's final moments and for her imprisonment. The townspeople seemed to have a soft side, or they just feared her, as they built her a small cottage and took turns caring for her.

However, their "love" for the jailbird witch only went so deep, because when she died in 1680, they dragged her body out of the house and simply pushed her in a shallow grave. This was before they drove a wooden stake in her heart just for good measure to make sure the foul mouthed "goody" Eunice Cole never returned. In 1938, the town of Hampton gave her a ceremony by some sorts as they took copies of the court documents accusing her of

witchcraft and burned them. They then put the ashes in an urn, but never buried them, instead they found their final resting place inside the Tuck Museum. According to most townspeople, she's made many appearances since her death. Her favorite spot though seems to be the museum itself, as some believe that her unmarked grave is somewhere close to it. Footsteps can be heard and a shadow of an old woman can be seen in the museum.

Eunice Cole may have not been a real witch with powers, but some would say she did have the power to do inflict an emotion...and that is fear. Thank you for reading and happy hauntings.

Email me: scaredsheetlessncn@hotmail.com
Website: scaredsheetlessncn.blogspot.com
Further Reading/References to this Story: "Haunted New Hampshire" by Thomas D'Agostino

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Be A Part Of History!

Time is fast running out for you to take part in a once in a life time event! Yes, the August 15 deadline to be a part of history arrives very soon.

The Haverhill/Newbury 250th Committee is still looking for two things. First would be pictures. Pictures of your home, even if it was built yesterday. These photos should have information such as location, date built, and current owner. Emailed pictures will

be best, please send them to roaringcreekfarm@gmail.com. Hard copy photos can be used, and should be dropped off with Gary at Trendy Times, 171 Central Street, Woodsville.

The second thing the committee needs is sponsors. Both individual and business sponsors are encouraged to take part. For a \$25 donation your name will be included in the booklet as a donor. A \$50 donation gets you a picture (of your family, your business, your dog, whatever) and a short caption explaining the photo. For the more serious contributors there is a 1/3 page spot available for \$250. This gives you space for a short history, a photo or two, and your current business information. Or you can have a full page of your own for a do-



nation of \$500. Again, a photo of your business, history, etc. are strongly encouraged.

The full color, soft cover, bound booklet will be produced this fall and should be available by November 1. It will be a great keepsake and will provide a snapshot of our two towns for years, decades or perhaps centuries to come. For further details call Gary at 603-747-3942, or any committee member.

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MY FAIR LADIES (and Gentlemen too)

By Sheila Asselin

Another North Haverhill Fair has gone into the history books. Sixty plus years and

they just keep getting bigger and better. A good time was had by all and everything seemed to run smoothly.

Leaders and 4-Hers worked for months putting together their displays of talents and crafts. Quilters, knitters, photographers, carvers, and other craftspeople spent months even years on their exhibits. Behind the scene still others put it all together. Volunteer judges judged and awarded ribbons for outstanding work.

Ticket gates and traffic ran smoothly. Parking was easy. The food was fresh and tasty. The ox and horse pulls went off without a hitch. Well maybe with a hitch but one that was entirely intentional. Demolition derby was a blast.

Fair volunteers are really into multi-tasking. I saw many who ran from working on one booth to take up stations at still another. I put in eight hours total and truly felt like a piker compared to so many.

A successful fair is the work of so many past, present and future volunteer workers. And they have been keeping up the good work for a long, long time. So as we look back at the great time we had at the fair, let us pause for a moment and reflect on all the wonderful people who work so hard to make it possible. Here is to all our fair ladies and gentlemen for all their hard work. Looking forward to an even bigger and better fair next year and you can be sure the volunteers will be in the thick of things again.

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My Life As A Shelter Dog

I'm dreaming of a house, a group of humans that love me and bowls of food and water. I am running around in my backyard playing with my little human and suddenly there is loud noises and bright lights in the sky. I dreamed that it scared me and I ran away... then I woke up!

It's morning... I am awake and hungry. There is no way to find food because I am stuck behind these bars. Oh, I forgot, I did get put in here yesterday. This place is strange to me... other dogs barking, cats (can't stand 'em) making their own noise. There are humans here that I just don't know. I don't want to trust them, but boy, am I hungry! Since there is no way for me to escape, I guess I'm just gonna have to wait till someone comes to feed me. I really gotta go to the bathroom, also, but, oh well. Guess I am stuck in here till... whenever.

Wait, here comes someone....Maybe if I bark they will notice me...Nope that didn't work. Maybe if I act shy... ..that didn't work either. Here comes someone with a very kind faceand they are ac-

tually talking to me! I really don't understand what they are saying but it sounds like they like me!

Wow, here comes some food and... great, fresh water! I didn't know I was thirsty till I saw that water! OK, I ate the food and drank the water... NOW, I REALLY GOTTA GO!! Please, OH, Please let me outta here...I gotta go...(a few minutes later). Here comes a leash and the same kind-faced human...It looks like they are taking me out! Thank you, Thank you, Thank you. YAY, ... Boy did that feel good!

Well, now I slept, I ate and drank, did my physical business outside. I am set up for the day! Now what? I am here behind the bars again. Nothing else to do but sleep. Oh, well, I guess I'll sleep...

(Hours later). (Yawn...) OK, I am now awake. Still nothing to do but... looks like I am going out for a walk. Goody! I love to go on walks. The kind-faced human is going to take me for a walk! Another bowl of food and water, another few minutes in the big field to do my business and back to the cage and

bars. I know that this was not my life in the beginning. I had my own humans that loved me and took care of me... A nice soft couch to sleep on, sitting around my humans while they look at the moving pictures on the box that makes noises up against the wall. Life was good. I always knew where my next meal was coming from; always knew when I was going out for walks. My humans took good care of me. Suddenly something scared me and I ran away from it, but I got myself lost and was unable to find my way back to my family. That is how I ended up here, a stray in a box behind bars.

The kind-faced human who has been giving me food and water, taking me for walks and being friendly, just lifted me into their car and took me home. This first night in my new surroundings, there was a bed for me, water whenever I want it and constant love and petting (which I love). It is such a shame that this can't last. I guess it is back to the cage and bars tomorrow....

I had such a wonderful sleep through the night but know that this can't last....but wait! I'm still in this house with the kind-faced human and I'm getting fed and walked and rubbed and loved on...Like I said, it is a shame that it is not going to last... .This went on for a few days before I realized....I'm not leaving! This is my new home! Since I can't remem-

ber my name, my new human is now calling me "Chance" (I think it means that I have a second chance at life). I never thought that I would ever have a new human family again, but today was the first day of the rest of my (new) life... And I know it's gonna be a good one!"

Bobbe McIntyre
Sugar Hill, NH



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By Ronda Marsh

My Taco Salad

I sure wish I had the opportunity to have a conversation with whoever invented the taco. But, since it was most probably someone who worked in the silver mines of Mexico in the 1800's, that just isn't going to happen, so instead I'll use this column to expound upon my personal views (lucky you). First of all, the whole idea of a meal you can grasp in one hand is a pretty good one. Score one for the Mexican Miner! The classic taco fillings of meat, cheese, lettuce and condiments are very tasty and also a great thought. BUT, in my opinion, where the whole thing falls apart, literally, is in the hand-to-mouth delivery system. At first glance, the crisp, U-shaped tortilla shell heaped with taco stuff would seem like an inspired idea, that is, until you actually try to eat one. As anyone who has ever eaten a taco can tell you, it usually ends up being a pretty messy proposition. The first bite often cracks the shell, spilling the contents down your hands, chin, lap, and sometimes even making it to the floor. If you own a dog, he probably appreciates the spillage, but otherwise, it can be an altogether frustrating and ultimately unrewarding dining experience. So, how do you get to have your cake, or should I say "taco", and eat it too? Turn it into a Taco Salad, of course! By using all the same ingredients (and maybe even a few more), stacking them on a plate, and using a fork to attack the whole thing, you get all the great flavors and textures of the taco, and none of the mess.

There are zillions of different variations of Taco Salad out there, and I would encourage you to go ahead and make it your own by

- 1/2 medium onion, diced
- 2 teaspoons vegetable oil
- 1 pound (more or less) ground beef (I prefer 90/10%)
- 1 teaspoon chili powder
- 2 teaspoons cumin
- Salt & pepper
- 1-1/2 cups Salsa (mild, medium, or hot...it's your choice)
- 1 head romaine lettuce, trimmed, washed & dried

Heat oil in a skillet and add the onions. Sauté for a few minutes until slightly translucent, then add the beef and continue to cook, breaking the meat up into small chunks, until no red remains. Add the chili powder, cumin, and salsa, then taste. Adjust spices and add salt and pepper as needed. Heat to bubbling.

Chop the romaine into bite-sized pieces, and make a bed of the lettuce on a large platter or plate. Drizzle salad dressing over the lettuce, then place the chips on top of the lettuce (I crush them just a bit to break them up a little). Dump the hot meat mixture on top of the chips, then immediately cover with the shredded cheese. Plop the sour cream on top of the cheese and garnish the whole thing with a sprinkling of the olives. Let the salad sit for just a minute or two before serving, to allow the cheese to melt slightly into the meat. Don't even try to make this look real pretty on the individual plates; it's an exercise in futility. Just scoop it out and enjoy! Serves 4.



changing up the ingredients however you choose. Instead of beef, try ground turkey, or even sautéed chicken strips. Like it hotter? Add some canned diced chilies to the list of toppings. If you prefer a more vegetarian version, delete the meat altogether, and add drained black beans, or refried beans, and some diced avocado. As the title suggests, this is the way I generally make Taco Salad, since these flavor combinations are my preference. I am a big fan of Marie's Poppy Seed Salad Dressing, so that's my first choice for a little drizzle of something on the lettuce, but many people prefer Catalina or Ranch dressing. Any tortilla chip will work here, but I like the little extra zip Dorito's add to the mix. Can you use an envelope of taco seasoning in lieu of the cumin/chili powder combo? Sure...no taco police here to object!

Taco salad is quick, easy, and a pretty nutritious dinner choice when you're in a hurry. The only one in your family who might object is the dog, since there'll be a lot less coming his way than with traditional tacos!

- 1/4 cup (more or less) Ranch, Catalina, or other salad dressing
- Tortilla chips, Fritos, or Doritos (again, your choice)
- 2 cups shredded cheese (I use the Mexican blend)
- 1/2 cup sour cream
- Black olives (a handful, sliced or rough chopped)

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