

TRENDY TIMES

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Quilts Of Valor

As this school year is winding down students in the Life Skills program at the Haverhill Cooperative Middle School are busy completing five quilts to be given to the "Quilts for Valor" program. This national program gives quilts to veterans and actively serving soldiers whether they are here in the United States or overseas as a token of the nation's thanks.

Students in grades 5-8 have been working on the quilts throughout the school year. When students have successfully completed their regular textile curriculum tasks they move on to complete whatever needs to be accomplished on the quilt project; whether constructing blocks, designing the quilts, sewing blocks together, making backings, making binding, or making pillowcases for each

quilt. Each quilt is placed in its own presentation case - a pillowcase. Each pillowcase is unique and uses up scraps of fabric left over from the construction process.

Quilts completed in previous years at HCMS have gone to soldiers/veterans in Germany, Indiana, and the four completed last year went to Canandaiqua, New York. To date the Quilts of Valor program nation wide has collected over 100,000 quilts - all made by thoughtful and thankful fellow Americans.

Thanks and congratulations to HCMS students who have given of their time and their skills for the completion of these special quilts for the nation's military.

Editor's Notes: It should also be noted that all of the materials used in this project are donated by Miss Winn. That includes the fabric for the pillowcases as well as the quilts, and the batting for the quilts. The final stitching of the quilts is done off site by a professional quilter and, though she does receive a discounted price, it is still paid for by Miss Winn.



Gabrielle Harris is shown basting the binding on one of the last quilts to be finished. JoAnn Winn, Life Skills teacher at HCMS is shown observing the progress.



Presentation pillowcases and quilts of valor on display at HCMS.

Photos courtesy of Eleanor Leach

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TRENDY Dining Guide

Calamity Jane's Restaurant

By Gary Scruton

Calamity Jane's Restaurant in Warren is the most recent eatery to be reviewed here in the Trendy Dining Guide. Jane's is located right next to the Warren town common, within eye sight of the Redstone rocket. The only town that can boast of such a rocket. It is the same type that was used to send NH native Alan Shepard into space.

My wife and I made the short trip down scenic Route 25 (aka the Mt. Mooselauke Highway) recently on a Friday evening. We chose Friday on purpose so that we could take advantage of the weekly Fish Fry at Jane's. And we were not at all disappointed by the meal or the setting. As advertised the fish fry came with a nice piece of breaded fish, a serving of french fries and a

reasonable serving of cole slaw. Plus it is an "all you can eat" so the second piece of fish came at no additional charge. (The sign hanging outside does say that though this is an all you can eat meal, "doggie bags" are not part of the deal). We did notice that some patrons were hungry enough that a third piece of fish made it to their dinner plate.

I should also mention that on this Friday evening there was also a sign letting eaters know that Jane had whole belly clams available as well. Though very tempted to go that route we stayed with the fish fry. After the meal we did go ahead and order up a sundae. The waitress gave us a few choices of ice cream as

well as toppings. And when it arrived I was certainly well surprised. It was served in a chilled tall glass that kept the ice cream from melting, and yet soft enough to spoon out and enjoy down to the very last mouthful.

The waitress that we had on this evening was very efficient. Jane's does not seat a large crowd. The short counter has only about a half dozen stools, and the dining room only has six (sometimes seven) tables. During our time most of those tables had someone seated and at various stages of the enjoying the evening meal. Those who were eating seemed to fit many demographics as well. There were some obvious regulars. But there were also

some newbies (other than us) and ages also ranged from young families to the folks that may have been visiting Jane's since before Jane even got started there.

For that to happen, it would take a lot. Jane Higgins has been the owner and hands on operator at Calamity Jane's for well over 20 years. She is the chief (and most often the only) cook. And at times she also waits tables and washes dishes when things slow down. Like so many self-employed small business owners Jane does

whatever it takes to keep the business running. And she does it with a smile and the effort of a person who loves her job.

Friday and Saturday evenings are the only nights that Jane serves evening meals. However, she is open six days a week (closed on Tuesdays) for breakfast and lunch. Though we chose the fish fry, we did get a look at the breakfast menu, which is served whenever the doors are open. And the items certainly were calling for us to make another visit.

June 24, 2014 Volume 5 Number 19

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

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“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION - Hey, you know, a lot of friends of mine and I drink wine out of a box, not a bottle. What do you think of that?

ANSWER – I say go for it. One of the best ways to get value for your money. This packaging process goes back to 1965 and was created in Australia when polyethylene bladders of one gallon (4.5 liters) were placed in corrugated boxes for retail sale. The original design required that the consumer cut the corner off the bladder, pour out the serving of wine, then reseal it with a special plug. Nowadays, there is a convenient little spigot at the bottom of the box so you can set the box on a counter and just pour it out into glasses. Some of these current boxed wines even tell you exactly how many glasses to expect from each box.

Q - No snobby attitude from you about drinking wine from boxes instead of bottles?

A – Not from me. I'm not a snob about wine, even if I do know something about it. Actually, the more a person knows about wine, the LESS a snob they should be. I wouldn't expect or accept snobbery from anybody about anything, especially wine, and neither should you. So, why are wine-boxes a good idea?

Q - Well, seems like box-wines are a bargain around here, and the wine's pretty good.

A – They are a good bargain anywhere, and what's inside those boxes is at the least pretty good wine most times and sometimes much better than pretty good. One way to look at how this state of affairs was reached is to read how THE NEW YORK TIMES put it recently - “It's the epitome of de'classe, the vinous equivalent of trailer trash, the wine snob's worst nightmare. No, I don't mean the screw cap, I'm talking about boxed wine”. Hold on, don't get upset. This same article gets better - “Despite the almost reflexive elevation of noses at the mention of boxed wines, one significant detail undermines these smug dismissals: the idea of putting wine in a box, or more accurately, in a bag within a box, is brilliant. The packaging solves significant problems that have dogged wine for millennia, whether it was stored in urns, amphora, barrel, stone crock, or bottle.”

Q - What's an amphora?

A – Hah! Thought you'd caught me. Amphora is a two-handed jar with a narrow neck used by the ancient Greeks and Romans to carry wine or oil.

Q - OK, OK, smartass, let's move on. What's the big practical deal on bags within a box for wine storage?

A – No matter how elegant or handy any of those other containers may be, their fixed volumes permit air to enter when wine is removed. Air attacks and degrades wine, making it imperative to drink up what remains, usually within no more than a few days.

Q - I thought that was not a problem for you, finishing up an open bottle of wine.

A – Almost never. But we're talking about one of the major advantages of boxed wine here, and oftentimes that means a lot of wine - the volume of those boxes can be 3 liters or 5 liters. And that means several standard-size (750ml) bottles of wine in the same container.

Q - How many bottles say in a 3 liter, or a five liter, for price comparison?

A – Do the math. Typical bottle is 750 milliliters, some bigger bottles hold the equivalent of two bottles which is called a 1.5 liter. So, a one point five liter is two bottles, then four bottles would be in a three-liter, and inside a five liter boxed wine would be something like 6 and one half bottles.

Q - Sounds like a deal. So, what else?

A – The bag-in-a-box, to use the unlovely industry term, re-

solves this problem of oxidation, of air-exposure to the wine, by eliminating space for air to occupy. Wine can stay fresh for weeks once it has been opened. And don't forget it's best to keep it refrigerated after breaking the seal so it will retain freshness even longer than four weeks.

Q - And...?

A – And, while the packaging may be ingenious, what's inside has been a problem. Quite simply, for too long, the quality of boxed wine sold in this country has been uniformly bad. Those in the wine trade have tried to explain this sad fact by saying something like this – what's the point of putting better wines in boxes if people won't buy them? That problem could be summed up with this statement from a European wine lover - “I always thought wine in boxes was a fantastic way of serving and conserving wine, and I don't see any disadvantages to it, except that people still have a negative image of them in the U.S.”

That perception is now fading, tasting panels and consumers alike agree, because in fact, much better wine has been put into those boxes for some time now. Another reason this kind of wine packaging is growing is it is preferred by some wineries because it is far less expensive, lighter and more environmentally friendly than bottled wine and far easier to handle and transport.

Q - Got a couple of dependable names available around here, say at the State Liquor outlet near Shaw's, or in Wally World?

A – Sure. Entry level might be ALMADEN Merlot, White Zin,



or two other wine types which are Mountain Rhine, and Mountain Chablis. Five liters for about \$17.00 or less. FRANZIA Chablis and Merlot are about the same price. Works out to a little over \$2.50 a bottle.

Somewhat better quality could be BLACK BOX varietals Shiraz, Cabernet Sauvignon, Pinot Grigio, and Merlot, 3 liters. At about \$14.95 (on sale, \$12.50 off in May at the State outlet) this is one of the best buys for quality - \$3.73 a bottle.

And among the highest-end names available close by are BOTA BOX, 3 liters for \$21.99, or HARDY, same size, at \$19.99. Both come in lots of standard varietals. Those work out to \$5.49 and \$4.99 per bottle respectively.

(Editor's Note _ Roudebush worked for years in restaurants as a wine specialist and submits occasional articles on the wonderful world of wine – and how to think INSIDE the box)

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New HAMPSHIRE HOUSE UPDATE
By Rick Ladd - Haverhill

This week, Grafton County representatives will gather at the County Complex to consider and take action on the proposed FY2015 budget.

Municipal property taxes are based upon town/city, school (local tax), state education, village/precinct if applicable, and county needs. The county portion of your annual property tax bill is relatively small in comparison to the whole; Haverhill's county tax have ranged from \$1.20/ thousand in 2009 to \$1.54/ thousand in 2013. When combined and depending upon the village-precinct tax amount, property taxes in Haverhill range from \$26 to \$31 per thousand. Taxes don't decrease from year to year, they increase, and this is why every level of taxation must undergo rigorous scrutiny.

The county's budget development and review process for FY15 involved county departments, commissioners, and a nine member executive committee comprised of NH Representatives. The FY15 budget reflects an overall increase of 2.74% or \$1,038,107 above the approved FY14 budget that totaled \$37,953,466. The draft budget includes a 1.75% COLA and contractual step increases for employees. The County Attorney's Office requested a new full time Assistant County Attorney and a second full time Victim Witness

Coordinator. There is also a new full time position for an Alternative Sentencing Director to better coordinate and administer Drug Court, Mental Health Court, and Juvenile Diversion. These programs benefit and serve county needs while reducing correctional costs and addressing issues associated with increased substance abuse.

In another section of the budget, county appropriations for social service organizations increased from \$467,830 to \$508,478. This portion of the budget supports: senior services, adult in-home care, domestic violence, sexual assault, mental health organizations and other social program purposes. Historically, Grafton County has supported social service agencies with more dollars and at a higher per capita rate than other counties such as Coos, Carroll, Belknap, Sullivan, and Cheshire; however, with 4 out of 10 NH households earning less than NH's median family income, government at all levels should show budgetary restraint. Some have asked why the social service budget includes first-time funding for North Country Transit, an agency that provides service from Lancaster and Whitefield (Coos towns) to Littleton, and secondly, why is the county considering fiscal support for after-school programming in one county location? I believe that the decision to fund services such as this are not county responsibilities and should be approved and funded through the annual town or school district meeting process.

In closing, I want to thank Commissioners and County Staff who worked many hours in budget preparation and who contribute to Grafton County's success.

Hillbilly Hoedown

Old Home Days - July 11-13, 2014

Warren, NH



FRIDAY, JULY 11

4 PM Chicken Bar-B-Q
(Fire Dept. - Behind School)

6 PM Open Mic Session - Hosted By Sky King

8 PM Sky King Band

9 PM Fireworks (Behind School/Church)

SATURDAY, JULY 12

7 AM Kyle Mooney Prouty Virtual (Fish Hatchery)

8 AM Breakfast to Go-Pythian Kitchen

11 AM Parade Theme "Hillbilly Hoedown"
Sanford Memorial Field

12 PM Quilt Display at the
United Warren Methodist Church

12 PM Lobster Feast Hosted by the WWAS (School)

1:30 PM Tae Kwon Do Demonstration
(On The Common)

2:30 PM Horseshoe Competition (Next To Townhall)

3:00 PM Kids Watermelon Eating Contest
(Located at the Kids Corner)

3:30 PM Red Hat Band

8:00 PM Highway 5



SUNDAY, JULY 13

7 AM Pancake Breakfast (Masons at Mason Hall)

8 AM Fishing Derby (Fire Dept. at the fish hatchery)

10 AM United Warren Methodist Church Service
(On The Common)

12:00 PM Kiddie Parade Theme "Hillbilly Hoedown"
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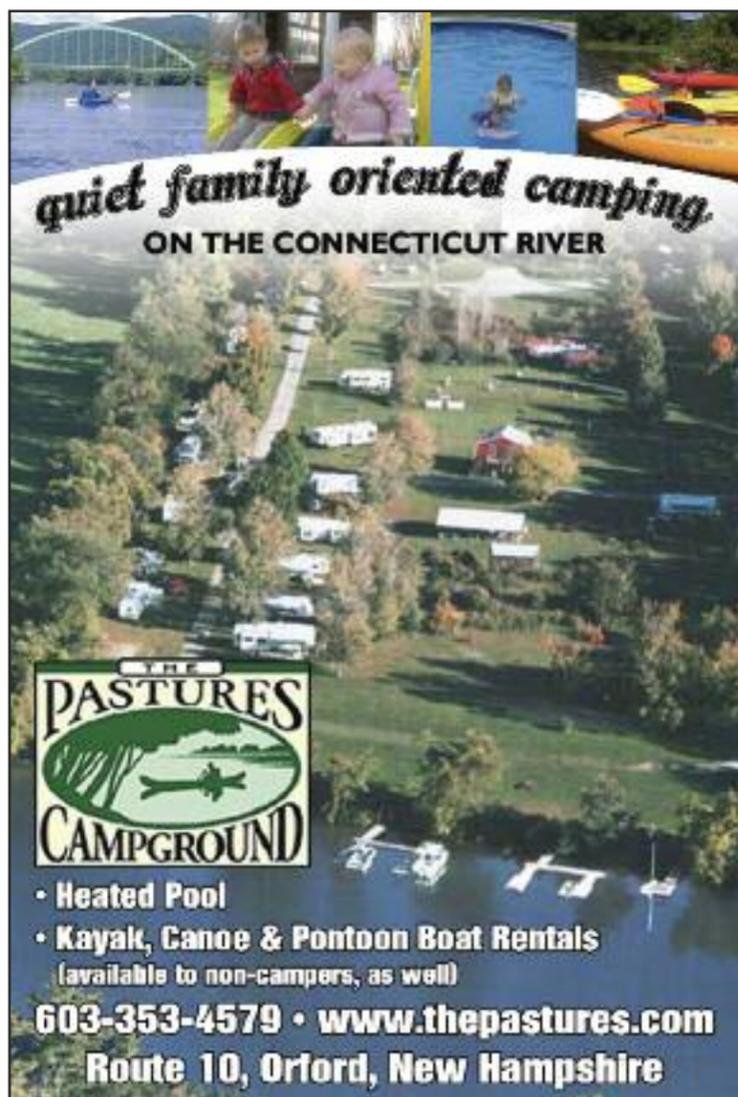
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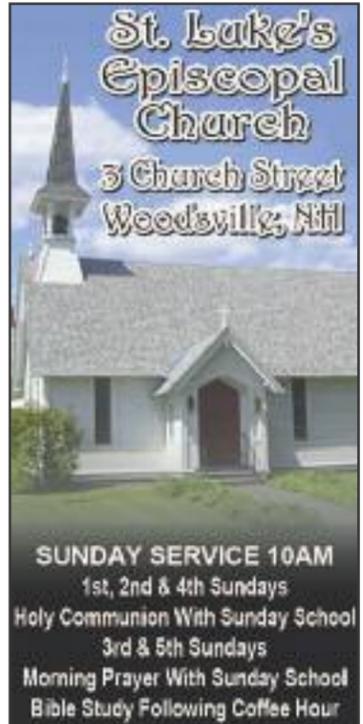


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From The Desk Of NH State Senator



Dear Constituents,

June 4th marked the last day of session for the New Hampshire Senate.

It was a challenging year in terms of the quantity of truly substantive and controversial issues that needed to be addressed—from the medicaid enhancement tax to the death penalty.

Over the last six months and more than 30 session days, legislators worked their way through 700+ bills, passing 242 of them in the areas of health care, education, criminal justice and business.

This legislative session, I sponsored/co-sponsored 29 bills; seven of which I was the prime sponsor. The first bill I filed was to name a scenic overlook on Route 302 across from the Mt. Washington Hotel and the northbound rest area in Hooksett after Executive Councilor Ray Burton. That bill has since been signed into law and I look forward to the formal naming ceremonies some time this fall.

For those of you not familiar with the process of how a bill becomes a law, here is a quick refresher:

In October, legislators file

legislative service requests (LSR's) with the Office of Legislative Services. Those LSR's serve as placeholders until they are officially given bill numbers. In January, LSR's are assigned to one of ten standing Senate Committees, now as bills. Committees have until the spring, usually mid-March, to consider the bill and give a recommendation before the bill moves to the full Senate for a vote. If the majority votes yes, the bill continues to the House and if not, the bill dies.

From there, a bill is again assigned to a House committee for consideration and recommendation before a vote from the full House. If the bill passes the House, the Governor has three choices, she may sign the bill and it becomes law, she may decide not to sign the bill and let it pass into law, or she may veto the bill. If the bill is vetoed, the Senate and House may try to override that veto.

I had several of my own priorities for the session - managing my new role as Senate Finance Chair, energy siting reforms, and rebuilding the state's rainy day fund. I am pleased to have

led the Senate's successful efforts to pass legislation that protects taxpayers by depositing a percentage of any lawsuit settlements into the Revenue Stabilization Account (aka the rainy day fund). And as a Senate, I am proud of the progress we made in the areas of jobs and the economy, health care, and education.

Here are a few highlights:

- By reducing regulation, cutting taxes, and improving our business climate, the Senate helped to reduce NH's unemployment rate from 5.8% to 4.4%, a level well below the national average.
- Defeated efforts to delay or repeal business tax reforms related to the net operating loss carry forward, Business Enterprise Tax thresholds, and the carry forward period of the Business Enterprise Tax Credit.
- Passed legislation to keep Internet access tax free in New Hampshire.
- Protected the state from the impacts of the Affordable Care Act by exempting Granite Staters from federal mandates, creating a legislative panel to oversee implementation, and prohibiting the establishment of a state-based exchange.
- Passed a NH-specific pilot program to increase access to private health insurance for low-income residents.
- Made higher education funding a priority by increasing state assistance to the

University and Community College System and requiring a freeze on in-state tuition.

- Fully funding the UNIQUE Scholarship program.
- Increasing adequate education grants to cities and towns by nearly \$4 million over the biennium.
- Fully funding existing charter schools, ending the moratorium on charter schools and providing funding for four new charter schools.

Additionally, I am pleased to report that the legislature adopted SB245 - my continued effort to identify and reform our energy siting guidelines. This legislation truly represents reforms that show evolution with the times. I am confident that these changes will allow the state's Site Evaluation Committee (SEC) to fulfill its mission effectively while fairly balancing the interests of property owners and communities with the needs of the state to maintain a strong and reliable energy supply. This legislation could not have been successful without the

active participation of many stakeholders. So, many, many thanks to all of you who had a hand in this effort!

As we head into the summer months you won't find the State House halls buzzing with lobbyists and constituents, you might not even see many legislators, but that doesn't mean that the work stops. Study committees will be formed and I expect to be serving on a committee that will examine sustainable funding for the NH Department of Transportation as well as participating in many of the statutory committees for which I am a member.

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 attend, or a problem you think I might be able to help with—please call or email (271.4980 [o] or jeanie@jeanieforrester.com). If you would like to subscribe to my e-newsletter, visit www.jeanieforrester.com and sign up.

Your Senator from District 2
Jeanie Forrester



2014 Customer Appreciation Cookout Grand Finale!

**Friday, June 27 | 63 Central Street, Woodsville
11:00am-2pm | Free for all!**

*Join us as we serve up hot dogs, hamburgers, all the fixings,
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Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SATURDAYS

FREE BLOOD PRESSURE CLINIC
10:00 AM – 12:00 Noon
Littleton Fire Station

GROTON GROWERS FARMERS MARKET
9:00 AM – 1:00 PM
Groton Community Building

BINGO
6:00 PM
Blue Mt. Grange Hall, Ryegate Corner

SUNDAYS

CRIBBAGE
1:00 PM
American Legion Post #83, Lincoln

BETHLEHEM GAZEBO CONCERTS
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

**MONDAY/THURSDAY
ADULT INTERVAL AEROBIC CLASS**
6:30 PM
Woodsville Elementary School

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

T.O.P.S. (TAKE OFF POUNDS SENSIBLY)
Weigh In – 5:00 PM – 5:45 PM
Meeting – 6:00 PM
Horse Meadow Senior Center, North Haverhill

WEIGHT WATCHERS MEETING
5:30 PM
Orange East Senior Center, Bradford

AA MEETING (OPEN BIG BOOK)
7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

LYNDON FARMERS MARKET
3:00 PM – 6:00 PM
Band Stand Park, Rte 5, Lyndonville

THURSDAY, JUNE 26

MEDICARE BOOT CAMP
9:00 AM – 11:00 AM
Northern VT Regional Hospital

FRIDAY, JUNE 27

STRAWBERRY FESTIVAL
12 Noon – 8:00 PM 802-222-4423
Next to Bradford Academy

**BENEFIT DANCE FOR
STEVE & ALBERTA ROBBINS**
1:00 PM - Midnight 603-728-8716
Clifford Building, South Court St., Woodsville

BAYLEY-HAZEN BOYS IN CONCERT
7:00 PM
Front lawn, Bradford Academy

SATURDAY, JUNE 28

WELLS RIVER COMMUNITY PICNIC
12:00 Noon – 2:00 PM
Berry Community Field, Wells River
See article and ad on page 11

KOREAN WAR VETERANS CEREMONY
2:00 PM
NH Army National Guard, Concord
See article on page 10

SUNDAY, JUNE 29

ACOUSTIC MUSIC JAM
1:00 PM – 5:00 PM
Clifford Memorial Building, Woodsville

'THE CONNIPTION FITS'
6:00 PM – 8:00 PM
Railroad Park, Woodsville

STILL KICKIN - CLASSIC ROCK CONCERT
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

**MONDAY, JUNE 30
HAVERHILL SELECTBOARD MEETING**
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JULY 1

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

FIZZ, BOOM THINK
10:30 AM
Bath Village School
See article on page 7

SCIENCE STORIES
2:00 PM
Groton Public Library
See article on page 7

**CONNECTICUT VALLEY SNOWMOBILE
CLUB MONTHLY MEETING**
7:00 PM
Morrill Municipal Building, North Haverhill

FRIDAY, JULY 4

FOURTH OF JULY CELEBRATION
See article and ads on page 9

SUNDAY, JULY 6

**MARK SHELTON - 50'S, 60'S ROCK
CONCERT**
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

MONDAY, JULY 7

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

TUESDAY, JULY 8

2ND BIG TRUCK DAY & ICE CREAM SOCIAL
10:30 AM
Bath Village School
See article on page 7

FOOD SAFETY FROM FARM AND GARDEN
6:00 PM – 8:00 PM
Grafton County Extension Office
North Haverhill
See article on page 8

WEDNESDAY, JULY 9

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

THURSDAY, JULY 10

THE PARIS WIFE
6:00 PM
Bath Public Library
See article on page 7

FRIDAY, SATURDAY & SUNDAY JULY 11, 12 & 13

WARREN OLD HOME DAYS
See ad on page 4

FRIDAY, JULY 11

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

SATURDAY, JULY 12

INSECTOPIA ARTISTS' RECEPTION
3:00 PM – 5:00 PM
Northeast Kingdom Artist Guild Gallery
St. Johnsbury
See article on page 10

SWEET JAMM DANCE
7:00 PM – 10:00 PM
Alumni Hall, Haverhill

SUNDAY, JULY 13

BENEFIT TEXAS HOLD 'EM TOURNAMENT
Satellites 11:00 AM - Tournament 1:00 PM
Breslin Center, Main St., Lyndonville

**ANNIE & THE ORPHANS
50'S, 60'S, 70'S ROCK & ROLL CONCERT**
6:00 PM – 8:00 PM Rain or Shine
Corner of Main St & Prospect St, Bethlehem

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, July 3rd for our July 8th issue.

You're Invited To Groton Free Public Library

Tues, July 1, 2:00pm: "Science Stories" with storyteller Peter Burns. Be prepared to be astounded and perplexed! Experience the magic of storytelling and learn about science in everyday life. Fun guaranteed for children and adults of all ages. ***Location: Blue Mountain Union School.

Thurs, July 17, 9am-12pm: Tape, Paper, Circuits: E-Origami. Did you know you can build circuits with paper and conductive tape? Turn a paper fold into a switch? Kids

ages 10 and up are invited to learn how to make origami, greeting cards, books, and anything made of paper GLOW! Sign up: grotonlibraryvt@gmail.com/802.584.3358. (Kids 9 and younger invited with an adult.)

Mon, July 21, 7pm: Movie Night! Join us for showing of 2014 action/adventure film starring George Clooney and Matt Damon, rated PG-13. (Call/email for additional title information.)

Mon, July 28, 7pm: Book Discussion of Monuments

Men by Robert Edsel, part of our Page-to-Screen Summer Series. Contact Anne at the library if you would like to borrow a copy of the book.

Vermont State Parks and Historic Sites Passes Now Available. Call or email the library to reserve a free day pass for up to 8 people in one vehicle to any Vermont State Park or Historic Site.

Volunteers Needed! Helping hands ages 14 and up are needed at the library to work at the front desk to check out books. Have 2 hours a

month? Have 1 hour a week? YOU can be a big help in launching our online card catalog! Contact Anne if available: grotonlibraryvt@gmail.com or 802.584.3358.

Crafts & Conversation. Every Wednesday from 1-3pm. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are

free and open to the public. Find us on Facebook (Groton Free Public Library) or contact Anne: grotonlibraryvt@gmail.com, 802.584.3358. Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary and at our website: www.grotonlibraryvt.org

Bath Public Library Book Club

The Bath Library Book Club will be discussing "The Paris Wife", by Paula McLain on Thursday, July 10th at 6 pm at the Bath Public Library. Though deeply in love, Hadley and Ernest Hemingway are ill prepared for the hard-drinking, fast-living, and free-loving life of Jazz Age Paris. As Ernest struggles to find the voice that will earn him a

place in history and pours himself into the novel that will become "The Sun Also Rises", Hadley strives to hold on to her sense of self as her roles as wife, friend, and muse become more challenging. Eventually they find themselves facing the ultimate crisis of their marriage – a deception that will lead to the unraveling of everything they've

fought so hard for. 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, contact the library at 603 747-3372 or bathlibrary@together.net.

Bath Public Library Summer Reading Program

The Bath Public Library 2014 hosts Summer Reading Program Week #2 "Fizz, Boom Think" on Tuesday, July 1st at 10:30 am at the Bath Village School.

Join The Children's Museum of New Hampshire as we explore this great Earth we live on ...and all of its trash! How much do you throw away a year? What are ways to make trash into something new again? Do you know what upcycling is? This interactive outreach program will explore all these questions and more! Children will learn easy ways they can help keep the Earth healthy while having fun along the way. Let's put our scientist caps on to work

together, question, explore and experiment. With our newfound knowledge, we can make sure this Earth doesn't go fizz...BOOM! Our Museum educator will lead participants in an upcycling adventure using vibrant images, books, science experiments and a take-home, open ended "make it new again" activity.

The Summer Reading Program Week #3 "2nd Big Truck Day and Ice Cream Social" on Tuesday, July 8th at 10:30 am at the Bath Village School.

Have you ever wanted to climb aboard a Road Grader, explore a Dump Truck, or honk the horn of a Fire En-

gine? These opportunities and more await children of all ages at the "2nd Big Truck Day and Ice Cream Social".

This popular event will feature dump trucks, heavy equipment, police and fire vehicles to look at, sit in, touch and even honk. Someone will be stationed at each vehicle to educate visitors about the vehicle.

In addition, youngsters will have ice cream and the opportunity to win several door prizes for attending. There also will be time to play on the schools extensive playground equipment.

This program is free of charge.

Orange East Senior Center

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

We are looking for volunteers for the kitchen for Monday, Tuesday, Thursday and Friday. If you are interested, please call or come by.

Orange East Senior Center will be going to Cape Cod and the Islands September 8-12. For more information, please call Vicky at 802-222-4782. Everybody is welcome to come.

The next Texas Hold'em Tournament will be on July 19. There is a \$50 entry fee-the doors open at 5:00 p.m. and the tournament starts at 6:00

p.m. This fundraiser benefits Meals on Wheels.

Weight Watchers is now meeting at the Orange East Senior Center on Tuesdays-the meeting starts at 5:30 p.m.

The Senior Center has a foot care clinic on the second Wednesday of the month. The next clinic is July 9. If you would like an appointment, please call.

There is now a computer class at the Orange East Senior Center. The class is being held on Wednesdays from 10 a.m. to 12 p.m. All levels of knowledge are welcome.

Tai Chi Easy classes are moving to Wednesdays at 8 a.m.

The Orange East Senior

Center is available for rent. We have a capacity of 125. If you would like to book your wedding reception or birthday party or if you have any questions, please give us a call.

The Orange East Senior Center now has a Wii game system for the seniors to come and try. There are golf, tennis, baseball and bowling games. Please come join us for some fun!!!! We have started the bowling league but we still would like more people to join us in our fun!!!

If you are in need of any medical equipment, please check with Vicky to see if we have it to borrow before you purchase any.



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Local Artisans Featuring Soaps, Woodcrafts, Etc.
Pastries, Pies, Breads, Brittles, Maple Syrup
Jams, Jellies, Pickles & Relishes
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www.dads4bytool.com

Food Safety From Farm & Garden To Preschool

UNH Cooperative Extension and UMass Amherst are working together to make food safer for preschools and child care establishments. The Food Safety from Farm & Garden to Preschool program is a FREE professional development opportunity for early child-care administrators, educators, foodservice staff, and volunteers.

Join us for the latest research-based information, activities, discussion, and demonstrations on: The importance of food safety to the health and well-being of the children in your care, Helping children learn about how food is grown and where it comes from by supporting local agriculture, and Fresh produce and food safety risks with a goal to keep

fruits and vegetables fresh and safe.

A workshop will be held at the Grafton County Extension Office on July 8th from 6 to 8 pm. There is no charge for this workshop, but please pre-register by calling 787-6944 or e-mailing deborah.maes@unh.edu. This workshop has been approved for two hours of staff development credits.

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It's Baking Time At North Haverhill Fair

King Arthur Flour and UNH Cooperative Extension are pleased to announce the fifth year of the King Arthur Flour baking contest at North

Haverhill Fair. As in past years we will have two categories: Juniors, ages 8-17 and Adults, ages 18 and up. Juniors will be making King

Arthur Flour's Classic Blueberry Muffins. Adults will try their baking skills with Carrot Cake frosted with their favorite recipe. Both recipes can be obtained by contacting the Grafton County Extension Office at 787-6944 or checking the North Haverhill Fair website, <http://nohaverhill-fair.com>.

Entries will be one cake for adults or six muffins for juniors. After judging, the remaining entries will be sold to benefit for the Grafton County 4-H Leaders' Association.

Prizes for this year's adults are: 1st place a \$75 gift certificate from the Baker's Catalogue, 2nd place will receive a \$50 gift certificate and 3rd place will be a KAF Baker's Companion Cookbook. First place in the Junior category will get a \$50 gift certificate, 2nd place will be a \$25 gift certificate and the third place winner will receive a King Arthur Flour Cookie Companion Cookbook.

The entries are due at 9:30 a.m. on Saturday, July 26th in the Stoddard Building on the North Haverhill Fairgrounds. Each entry must include an entry form and a UPC label from a bag of KAF flour or an opened bag of flour. Judging will commence at 10 a.m. and winners are expected to be announced around noon.

For more information, contact Kathleen Jablonski or Deb Maes at 787-6944.

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LEON SPEEDWAY

SUNDAY, JUNE 29, 2014
 O'Reilly Twilight Racing Challenge & Granite State Mini Sprints

Gates Open 12 Noon
 Hot Laps 2 pm - First Green Flag 3 pm

SPECIAL 4TH OF JULY RACE EVENT
 O'Reilly Twilight Racing Challenge & Sprint Cars of New England
 Special Veterans Modified to be unveiled!
 FIREWORKS sponsored by Noise "R" Us.
 Post time: 5 PM
 No Race Sunday, July 6

Adults \$10 • Seniors 62+ and Juniors 12-17 \$8
 Kids 11 and Under \$2 • Family Pack \$25
 Pit Gate Admission \$30

Strobel Benefit Dinner

Sponsored by the North Haverhill Fire Department
 to benefit firefighter Aaron Strobel and family.

Saturday, July 12th
 6:00 pm steak dinner
 at the Robert Clifford Memorial Building
 (former armory)

Tickets = \$25 each, \$40 per couple, \$75 per family of four
 Silent Auction
 50/50 raffle
 BYOB

Tickets available at Hatchland Dairy Delights in North Haverhill, NH,
 The Antique Rose in Woodsville, NH, or by calling
 Janice Hatch at 787-6601 or Julie Gaffey at 348-2598

Reiki Retreat
July Special
Massage
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 Barbara L. Smith
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 802-757-2809

The Method Behind The Madness

The 4th of July is a holiday for many to watch the parade, cookout, take in some rides and games of the Community Field and watch the fireworks ~ a day for family and friends soaking up life's good times. Let us start by telling you that your Woodsville/Wells River 4th of July Committee consists of less than a dozen dedicated members that work diligently throughout the entire year to put on a fun filled family oriented celebration for all to enjoy. Those same members plus several area volunteers work hard, sacrificing their celebration to provide it for you.

There have been many rumors over the years. Gripes, complaints, and compliments too (Thank Goodness)! We would like to address some of the issues that most have wondered about but few have asked.

1) We have NEVER said "no sirens." In 2001 a boy fell off a float and broke his arm, because of the way the parade was set up then it took almost 45 minutes for Emergency Personnel to reach him. Although the Ambulance had lights and sirens going - parade participants and bystanders alike thought this was all part of the parade and many did not move to the side for the Emergency Vehicle to get through. Because of this incident we have worked harder at making the 4th of July safer for all involved, now having an ambulance in Wells River during the parade. We have asked numerous times that sirens be used sparingly. Sirens on Emergency Vehicles are made to carry long distances

and are set at a high volume. These multiple sirens trapped between the building in the villages, and ricocheting can be overbearing. Additionally these sirens tend to drowned out the announcer at the reviewing stand, live on WYKR radio and on KATV which is videotaping the parade for later broadcast. For these reasons we ask that the sirens be used sparingly. We would prefer that Sirens not be used at all once you reach the junction of Central Street and Route 135 (South Court Street).

2) No throwing Candy from Moving Vehicles. Give-a-way's must be handed out by walkers on the parade route, not from vehicles. There are many reasons for this - one - our insurance will drop us if people continue to throw candy from the vehicles. The reason for this is also OUR second reason - often times when people ESPECIALLY YOUNG PEOPLE are throwing candy or prizes they accidentally drop some over the side of the vehicle, therefore not making it to the crowd. Children (and sometimes adults) then tend to run into the parade route to retrieve the dropped items. Regardless of the slow movement of the parade - it is VERY DIFFICULT to pay attention to everything that is going on around you. It is purely a safety measure that we ask that walkers hand out the items. You sign a Code Of Conduct form at the registration desk agreeing to abide by the rules set forth by the committee (which are approved by both Haverhill Police Department and Orange County Sheriff's Department)

if those rules are violated you may be pulled from the parade, and/or not allowed to return to the parade the next year.

3) The parade line up is planned as best as it can be. Everyone has a request about where to be in the line up - and honestly - most do NOT want to be near the fire trucks (this is not an insult). Bands have trouble being heard by them, animals get spooked by them, and lets face it, are you going to want to hear a very loud siren behind you for 1.7 miles? Some people also request to be in the beginning of the parade, others the end of the parade, but the bottom line is - we are limited for space to put people, and we don't want all the bands, all the fire trucks, all the floats, all the antique cars lumped together because that is not nearly as entertaining for those watching and cheering the parade on.

We as a committee do this event because we LOVE it, we are patriots, we love our country and our community. We are not perfect - we are not even close, but we have the best of intentions and do the best we can to provide a fun filled, safe, family oriented event for all to enjoy, and we hope you do. If you have questions - we encourage you to come to a meeting; held the 1st Wednesday of the month at the Woodsville Emergency Services Building at 7pm; and ask us, give us your feed back, or suggestions and help us make this event better then ever.

Thank you.

The Woodsville/
Wells River
4th of July Committee

2014 WOODSVILLE/WELLS RIVER 4TH OF JULY CELEBRATION FRIDAY, JULY 4

Community Field • Connecticut St.
Woodsville, NH

2014 Theme

*"Friends, Families
& Communities"*

Schedule of Events (All times subject to change)

9:00 AM	Flea Market Opens
11:00 AM	Gigantic Parade
1:00 PM	Midway Opens
1:00 PM	Travelin' Barnyard Opens
1:00-3:00 PM	Parker Hill Band (Bluegrass)
1:30 PM	"Critter" Chip Bingo (All Day)
2:00-5:00 PM	Buddy The Clown
2:00-7:00 PM	Free Face Painting
2:00 PM	Tae Kwon Do Demonstration
2:30-9:00 PM	BINGO - under the tent
3:00-5:00 PM	Stove Pipe Mountain Band (Country)
5:00-7:00 PM	Red House (70's - 80's)
6:00 PM	Parade Winners Announced
7:00-9:00 PM	Mirage (Classic Rock)
8:00 PM	Raffle Winners Announced
9:00-10:00 PM	The Gully Boys (Eclectic Mix)
10:00 PM	IMMENSE FIREWORKS DISPLAY! (weather permitting)
10:30-11:00 PM	The Gully Boys

There's still time to register for the parade!
NO REGISTRATION FEE

*Take part in the excitement and
maybe win a cash prize!*

For details call Steve Strout (603) 747-2878.
Pick up Registration Forms at An Affair To
Remember A Party Store or contact our Facebook page.

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Hubert's of Woodsville, Inc.
Lyman Realty
Modern Furniture
Nootka Lodge / All Seasons
Motel

North Haverhill Agway
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The Brick Store
The Bridge Weekly Sho-Case
TJ's Lunch Counter
Trendy Threads
Trendy Times
Twin River Campground
Undercover Tents
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Wells River Chevy
Wells River Savings Bank
Windy Ridge Orchard
Woodsville Guaranty Savings
Bank

Woodsville/Wells River Area 4th Of July Committee

P.O. Box 50, Woodsville, N.H. 03785

REGISTRATION FORM

Number:

<input type="checkbox"/> Commercial/ Business Entry	<input type="checkbox"/> Non-Profit/ Organization/ Family Entry	<input type="checkbox"/> Non-motorized Vehicle / Bicycle, etc.	<input type="checkbox"/> Color Guard
<input type="checkbox"/> Band	<input type="checkbox"/> Motorized Vehicle Car, Tractor, Etc.	<input type="checkbox"/> Other	<input type="checkbox"/> VFW <input type="checkbox"/> AL <input type="checkbox"/> Other

Parade Starts at 11:00 AM on the 4th of July at the Woodsville Elementary School

Contact Person _____ Tel. No. _____

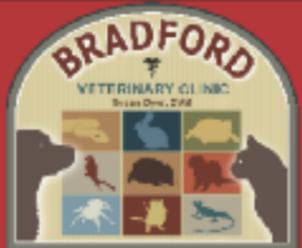
Name of Unit _____

Home Town of Unit _____

Brief Description (For Announcer) _____

Forms can also be picked up or dropped off at An Affair To Remember -
A Party Store. For questions call (603) 747-3200

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Insectopia!

Celebrating The Amazing Diversity Of Insects
Northeast Kingdom Artisans Guild – June 23-August 9

What do all insects have in common? Three body parts, six legs, one pair of antennae, and they wear their skeletons on the outside. That's where the similarities end. Body shape, size, color, function -- the sky's the limit for diversity. This summer the Northeast Kingdom Artisans Guild in St. Johnsbury is celebrating that diversity with a group show called "Insectopia". From June 23rd to August 9th the Backroom Gallery at the Guild will be creeping, crawling, hopping, flying, and buzzing with a multitude of art inspired insects. Artisans from around the State of Vermont will be exhibiting interpretations of their favorite insects. There will be paper mache wasps, a copper praying mantis, felt bees. Insects will come to life in clay, paper, felt, braided rugs, stain glass, prints, fine art, jewelry, and much more.



Look What I Got! By Amanda Weisenfeld and Jean Matray

Join us for an artists' reception to be held in the Gallery Saturday July 12th from 3-5PM. In addition, on Thursday, July 31, at 6 pm, Mary Beth Prondzinski, Direc-

tor of Collections at the Fairbanks Museum, speak on the history of the Fairbanks' insect collection. Come immerse yourself in art, insects,

and learn something new. For information call the Guild, 748-158. Hours: 10:30-5:30 Monday-Saturday

Korean War Veterans And All Those Who Served In Korea Are Invited!

In order to recognize and pay tribute to those members of the United States Armed Forces who served during the Korean War, Korean American Society of New Hampshire has hosted a ceremony for Korean War veterans in June each year. This year, the ceremony will be co-hosted with the State of New Hampshire.

General William N. Reddel III, along with the members of the Korean American Society of New Hampshire, formally invite all Korean War veterans (and anyone who served in Korea) and their families to the ceremony.

It is not necessary to make a reservation, as there will be enough seats available.

Governor Margaret Wood Hassan and the Adjutant Gen-

eral Light refreshments and drinks will be provided.

All Korean veterans will receive a gift from the State of New Hampshire. A book titled "Korea Reborn"

Date and Time: Saturday, June 28th, 2PM

Place: The NH Army National Guard Aviation Support Facility, 26 Regional Drive, Concord, NH

Contact: Michael Home, Director of the NH State Veterans Cemetery (603.796.2026)

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Picnic Time In Wells River

The second Wells River 125th Anniversary event will be on June 28th and is a Community Picnic with ice cream at the Berry Field just south of the village on Route 5. The event is being sponsored by Wells River Action Program (WRAP) and is officially from noon until 2:00pm, but the public is invited to come earlier and stay later to enjoy Berry Field with its play ground equipment and tennis court.

This is a Bring Your Own Everything event – Bring your own picnic, chairs, blankets, bug spray etc but WRAP will be serving free ice cream at 1:00pm. Handicapped parking will be provided but the general public is encouraged to park in Wells River and walk or bike to Berry Field. The event will be held at the Wells River Congregation Church starting at noon in case of rain.

This is the 1st Community Picnic of the 21st century and

is celebrating the history of community picnics in Wells River during the past 125 years. Back in the early 1900's when there were not as many events vying for one's attention Wells River community groups held picnics. A poster from 1927 advertises the 23rd annual outing of the Wells River based Fat Men's Club at Halls Lake. Also during the 1920s and 1930s at the end of the school year the Wells River Congregation Church Sunday School had picnics as well as the Wells River School with the high schoolers picnicking at Halls Lake and the elementary students on Bible Hill. More recently in the late 1990's or early 2000's WRAP held a community picnic at the spacious back yard of Sandy

Boyce.

The wider Wells River Community is invited to come enjoy our wonderful park, visit with some of your neighbors, enjoy your own picnic and have some ice cream, provided by WRAP.

Upcoming 125th events include: A Wells River History presentation sponsored by the Newbury Historical Society and a Wells River Garden and Coop Tour later this summer. Three events will take place at the "So Long Summer Hello Fall" Festival on August 30, 2014. There will be a history tour, yard sales, a special stamp cancellation at the post office and window photo displays. For more information contact Richard M Roderick at 802-757-2708 or by email - wrapwr@gmail.com

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1st Annual Wells River Community Picnic

Village Of Wells River
125th Anniversary
1889-2014

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CELEBRATE OUR 125TH ANNIVERSARY OF OUR VILLAGE CHARTER

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UPCOMING 125TH EVENTS:
Garden & Coop Tour - TBA
Wells River History Presentation - TBA
So Long Summer - Hello Fall - Aug. 30, 2014
History Tour • Yard Sales
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NORTH HAVERHILL, NH - Ranch- L shape Living Room/Dining Room, cathedral ceiling, 3 bedrooms, finished lower level, out building, corner lot 1.4 acs. \$146,500.

WOODSVILLE, NH - Vintage home- 10 Rooms with amazing detail. New pellet stove, heating system and sprayed foam insulated walls in basement, refinished birch floors, 3 car detached garage. Additional lot. Good location for a business. \$199,000.

NORTH HAVERHILL, NH - Double Wide, 2200 sq. ft. Living room/Kitchen/Dining area, 3 bedrooms, master bedroom suite, extra rooms added, detached garage, shed and private 2 acres. \$93,500.

WOODSVILLE, NH - New Englander 2200 sq. ft. Huge modern kitchen, 4 bedrooms, 2 bathrooms, pellet stove, sun porch, bar room/man cave, 2 car detached garage, paved driveway, level yard. \$96,500

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NORTH HAVERHILL, NH - Gambrel 9 Rooms- Very private setting with hearty waterfall, pond, trails, Living Room overlooking pond, woodstove with stone hearth and 2 fireboxes, 4 Bedrooms, 2 hobby rooms, separate office area, 2 bay garage, 5 stall horse barn. 11.22 Acres. \$168,900.

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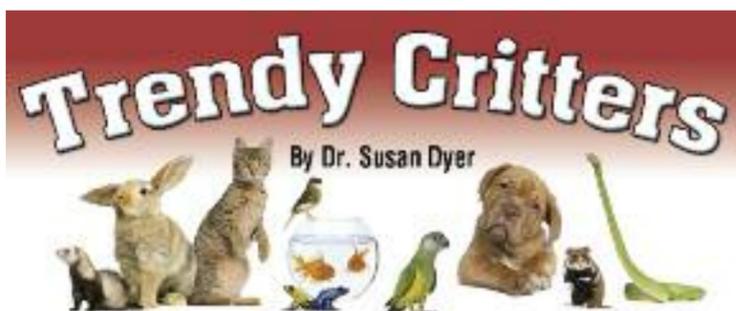
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Heartworms

With all of the advertising you see on TV, most pet owners protect their pets from fleas and ticks because they can carry parasites and diseases that will make you or your furry friends ill. Flea and tick prevention is important, but another, lesser known bug, heartworm or *Dirofilaria immitis*, is also important! These parasitic worms can cause serious disease or death in dogs, cats, and other species of mammals such as ferrets..

Heartworms are worms that live in the heart and pulmonary arteries of an infected animal. In a dog, heartworms can live from five to seven years and in a cat, heartworms can live from two to three years. Whether your pet is an indoor or outdoor pet, they are susceptible to getting heartworms. They are transmitted from animal to animal through mosquitoes.

When an infected animal is bitten by a mosquito, the heartworm microfilariae, or baby heartworms, are taken up with the blood and become infective within the mosquito; without the mosquito the microfilariae would not be able to mature and become infective to other animals. It takes about two weeks for the microfilariae to mature into infective larvae. If an infected mosquito bites a dog, cat or ferret next, the infective larvae will enter the animal's tissue and begin to travel to the blood vessels. These worms would then develop into adults which can grow from microscopic size to twelve inches. These worms will live in the right ventricle of the heart and the pulmonary arteries causing disease. Dogs are more susceptible to heartworm disease than cats because in cats many of the infective larvae do not reach maturity.

Clinical signs of heartworm disease can include labored breathing, coughing, vomiting, weight loss, and listlessness as well as fatigue after moderate exercise but some animals will not show symptoms until late stages of the disease. Heartworm disease is diagnosed through blood test, examinations, and x-rays or ultrasounds performed by your pet's veterinarian. With a blood test, it is important to

understand that an infected cat may not show signs of infection in its blood but may still be infected with heartworm; this is because cats often only have one worm at a time and our tests only detect the adult female or dying male worms.

Treatment of heartworm disease varies between animals. In dogs, a drug called immiticide can be injected into the muscles through a series of treatments. During and after the treatments, the dog must have severe exercise restriction. Limiting the exercise decreases the risk of partial or complete blockage of blood flow through the lungs by dead worms. With cats, there is currently no product in the U.S. approved for treatment. Many cats also react severely to the dead worms that are clearing their body which can result in a shock reaction which is life threatening. Supportive therapy measures can be used to minimize this reaction. It is better to prevent the disease before it happens using veterinarian recommended options.

Prevention of heartworm is just as easy as the prevention of fleas and ticks. There are chewable tablets or topical treatments available, consult with your veterinarian for the right product for your pet.

The Sweathogs

By Elinor P. Mawson

There was a notice on the bulletin board in the Teachers Room announcing a week-long Science trip throughout New Hampshire and Vermont. There would be 3 credits toward our re-certification; all expenses paid, and a chance to do something different during a week in July.

Nine of us signed up. Although I hadn't done too much socializing with my colleagues, I figured it might be fun to get to know each other. Little did I know!

The trip was organized by a lady named Ellie who had done these trips before. She had been a science teacher in another school, and (so we found out), was notorious in her methods. We were organized within an inch of our life, had a different roommate every night, and had to stop every 20-or-so miles to do a "lab" consisting of a lecture about rock formations, getting a jar full of brook water, or climb a rocky trail. Every evening we had another lecture about some scientific subject or an experiment. We had to write lesson plans about each subject studied that day and pass them in for a grade.

I needn't tell you that Science was never my favorite, and I really hated every one of the "labs".

The trip would have been one of the most boring things I had ever done, if it hadn't been for the 8 people from my school that I got to know that week, and who became some of my closest friends for many years. We called ourselves "The Sweathogs" which was an acronym for "Science which entertains all those high

on geology" --or something like that.

When we got back from our trip, we had to write more lesson plans, and decided to get together at someone's house and do it together. We wrote and wrote; then we had a few snacks which included cashews and M and M's which we called Sweathog trail mix. After several sessions like this, we passed in our lesson plans and continued to meet once or twice a month.

We never saw the lesson plans again. Come to find out, Ellie was only "organized" during our trip. We never saw much of her again either.

We really got to know one another as time went on. One of us was in Germany during World War 2, but refused to talk about it; she even denied the Holocaust. Another married a Jamaican and subsequently found out he was a felon and couldn't enter the US. A third got divorced after 32 years of marriage because she wanted more passion in her life. Pat was married to a guy who went to prison for a sex crime; he denied it for 10 years while she went to visit him twice a week. When he was released it was discovered that he really was guilty and he took his own life. Gayle was a widow who brought up her three children alone and sent them all through college. By comparison, the rest of us led quiet and dull lives with a minimum of drama. But we all cared about each other and the support was phenomenal.

So, for over 20 years we met each month, the refreshments were legendary, the gossip flowed, and we solved

a lot of problems, both school-wide and personal.

I was the first Sweathog to retire, but another member of the group filled me in on the doings of the school via email so I didn't feel like I was missing anything. I was in the best of both worlds.

Now most of us are retired. Most of our own children are grown up and married with kids of their own. The remaining members of our group are not far away from retirement and have begun to count the months instead of years. WE have one or two meetings a year, and a lot of our snacks have fewer calories now. We still have trail mix though!

I am sure that if one of us is in a bind, or loses a close relative, or needs help in any way, we will all rise to the occasion, no matter how near or far.

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Bailey Announces Campaign Team

LITTLETON – Rep. Brad Bailey, serving Grafton District 14, has announced his reelection campaign team to help carry him through to victory this upcoming fall. Grafton District 14 encompasses the towns of Littleton, Bethlehem, Franconia, Sugar Hill, Lyman, Lisbon and Monroe.

Managing Bailey's campaign will be Joe Palazzola of Bethlehem. Joe volunteers his time to the Friends of Bethlehem Public Library. He is a veteran campaigner with experience in local, state-wide and federal political races.

LISBON/LYMAN

Bailey's fiscal agent will once again be Jan Carver of Lisbon, who has volunteered and served on the boards of various organizations through the years including the Lisbon Main Street Board and Littleton Area Chamber of Commerce Board of Directors. Jan's husband, former Lisbon selectman, Mike Carver, will be serving as Bailey's town chair for Lisbon and Lyman. Over the years, Mike has been instrumental in assisting various candidates and campaigns throughout the North Country for local, state and national office.

LITTLETON

Spearheading Bailey's campaign in Littleton will again be lifelong resident Stan Fillion. Community service runs deep with Fillion where he currently serves as vice-president of the Littleton Industrial Development Corporation (LIDC) and previously sat on the Littleton Town Budget Committee.



Monroe Town Clerk Marilyn Bedell accepts Bailey's filing papers and the \$2.00 fee for his reelection to the New Hampshire House of Representatives. Bailey currently serves the Grafton 14 District which includes Bethlehem, Franconia, Lisbon, Littleton Lyman, Monroe, and Sugar Hill

MONROE

Another life-long resident of the North Country, Denis Ward, will serve as Chair in Monroe. Denis has been a long-time public servant. For many years he has been the moderator for town and school meetings. He was the Chair of the Monroe School Board and Chair of the SAU 23 School Board. For many years Denis sat on the town budget committee, planning board, and board of adjustment. Currently Denis is the 1st vice-president of the New Hampshire Farm Bureau and Chair of the Grafton County Farm Advisory Committee.

BETHLEHEM

Bailey's team once again includes John Starr, who will head up the campaign's efforts in Bethlehem. John sits on the board of the local affiliate of Habitat for Humanity, is the current vice-president of

the local Home Builders Association, and serves on the Board of Trustees of Littleton Regional Hospital.

FRANCONIA

Littleton business owner and past President of the Littleton Area Chamber of Commerce, Jim Alden, will chair Bailey's efforts in Franconia. Jim sits on the boards of the Old Man of the Mountain Legacy Fund, the New Hampshire Travel Council, former chairman of the Franconia Children's Center, and currently serves on the board of the Mt Eustis Ski Hill.

SUGAR HILL

Bruce Perlo served as Grafton County Republican Chair from 2008 to 2012. He also served as Chair the Profile School Board, Chair of the Lafayette School Board, Chair of SAU 35, Chair of the Sugar Hill Zoning Board. In addition, Bruce was the moderator of the Lafayette School Board and was a Trustee of the Trust Funds for the Town of Sugar Hill.

Beth Perlo will be chairing the campaign in Sugar Hill. Beth was chair of the Sugar Hill Planning Board, currently serves as Chair of the Sugar Hill Cemetery Trustees and has a seat on the board of governors of the Vesta Roy Excellence in Public Service Series – an organization aimed in training and educating New Hampshire women to become active leaders in the conservative movement.

In putting his team together Bailey said, "I continue to be humbled by the support and generosity that many people have shown since I was elected in 2012 and look forward to my run for the House this fall. We've put together a great team and I look forward to the weeks and months ahead."

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CADY College Caucus Celebrates Pragmatic Prevention Of Statewide Substance-Abuse

By Robert Roudebush

(Editor's Note- In this second of a short series on how an effective regional program - COMMUNITIES FOR ALCOHOL AND DRUG-FREE YOUTH - is gaining strength and working to prevail in New Hampshire's widespread problem of youthful substance-abuse, especially heroin, TRENDY TIMES reports on some highlights from the recent Fourteenth Annual Regional Prevention Summit, May 23, 2014, at Plymouth State University.)

QUESTION - Last time, you convinced me substance-abuse, drugs and alcohol, are widespread amongst the 12 to 20 year olds in New Hampshire. Tell me more about this "summit" back in May of this year at Plymouth State University. How many folks were there, who were they?

ANSWER - There were hundreds, lots of community leaders, participants and volunteers, and area police chiefs and officers. That included a vigorous former State Police Captain, now from the State Attorney General's Drug Task Force, Commander Scott Sweet. Commander Sweet addressed "Heroin in New Hampshire, A Dangerous Resurgence", laying out, among other things, that heroin is about the cheapest illegal street high around now, 5 to 10 dollars a hit. Once injected, heroin, an opiate, opium-based, turns back into morphine, and within 6 to eight seconds affects central motor functions. It can suppress respiration, which means you quit breathing, which means ODs can lead to death, and do more and more frequently. The Commander pointed out one of the newest dangers out there in street heroin is the addition of fentanyl, 80 to 100 times more powerful than morphine on a dose-by-dose basis and responsible for an increasing number of overdose-related deaths.

Q - Never heard of it. What's that called?

A - FENTANYL. I had not heard of it either, but I'm not a doctor or nurse or involved in hospitals or operating rooms. It's a potent synthetic opioid. Intravenously, it is used legally and extensively most often in operating

rooms and intensive care units, and for chronic pain control, including cancer pain.

Q - Scary. Mixing those two. Back to the meeting, who else was there?

A - Too many to mention, but here are a few. After a hot breakfast, about 8:30 that Saturday, attendees were welcomed by the CADY Board of Directors Chair, Michael Conklin, and it's Executive Director Deb Naro. In addition to Commander Sweet's address, Grafton County Attorney Lara Saffo and CADY Restorative Justice Director Jay Apicelli both took the audience on a fascinating learning journey called, "We're In This Together". Their joint input highlighted why "Court Diversion" programs like Drug Court do an effective job in discouraging substance abuse and keeping non-vio-

lent offenders out of the revolving door of incarceration. And terms of Restorative Justice, the effective job involves keeping first-time minor offenders out of the traditional Juvenile Court punitive-based revolving door, and instead focuses on making right what was done wrong, in a "victim-centered" reparation plan, and doing it in less time for less money and more effectively.

Elizabeth Brochu, CADY Youth Services Coordinator introduced her young team of activist volunteers, called YAACs, (Youth Advocacy and Advisory Council) including Kelly Ford, the Social Work Intern of the year winner. Present also were various town, county and state officials - Grafton County Commissioners Mike Cryans, Martha Richardson, and Linda Lauer, State Representative and Haverhill Selectman Rick Ladd, (also a leader in the Grafton County

Delegation) and State Senator Jeannie Forester, who received the John W. True Award for Excellence. Plymouth State Dean of Students Timothy Keefe led a rousing closing by singing strongly, and leading the whole group in song to his version of Neil Diamond's

"SWEET CAROLINE", not to be forgotten, and engendering good feelings for all in the large gathering.

In part three, we'll cover Restorative Justice in more detail and why it has recently blossomed in the Haverhill and Littleton town regions.

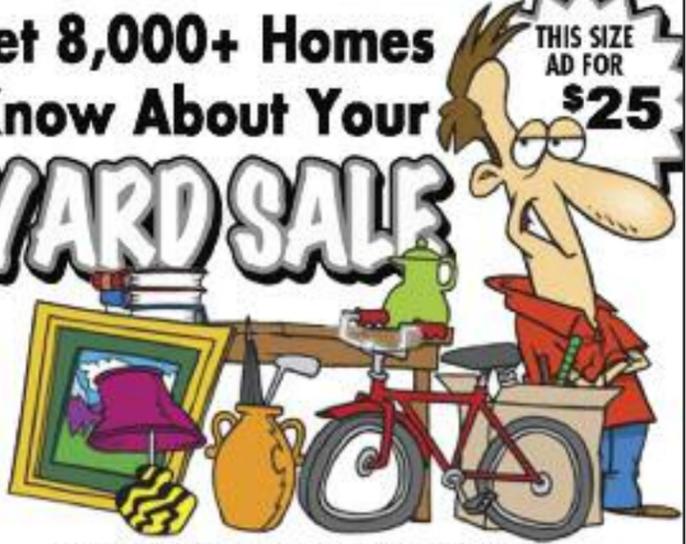
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Could You Afford To Live To 100?

Here's an interesting statistic: Over the past three decades, the centenarian population in the United States has grown about 66%, according to the U.S. Census Bureau. Of course, this doesn't necessarily mean that you have a good chance of living to 100 — but the possibility may not be as remote as it once was. In any case, if you do plan to retire in your mid-60s, and you are in good health, you may well have two, or even three, decades ahead of you. To enjoy this time to the fullest — and to help prevent the possibility of outliving your financial resources — you will need to invest for income and growth throughout your retirement years.

As a retiree, how much income do you need from your investments? There's no one "right" percentage for everyone. Furthermore, you shouldn't have to rely solely on your investment portfolio, because you may have other sources — such as Social Security and potentially your employer-sponsored retirement plan — from which to draw income. Nonetheless, your investments can play a big role in providing you with the income you'll need during retirement.

on fixed-rate investments for a good portion of their retirement income — so it's a real challenge when interest rates are low, as they have been for the past several years. Consequently, when you retire, you'll certainly need to be aware of the interest-rate environment and the income you can expect from these investments. Longer-term fixed-rate vehicles may be tempting, as they typically offer higher rates than shorter-term ones, but these longer-term investments may have more price fluctuation and inflation risk than shorter-term investments. Ultimately, you'll likely need a balance between short-, intermediate- and long-term fixed-income investments to provide for a portion of your income in retirement.

with only a 3% annual inflation rate. And in 25 years at that same rate, your monthly costs will have more than doubled, to about \$6,200. To help protect yourself against inflation risk, you should consider having at least some investments that offer growth potential, rather than only owning fixed-income vehicles. And some investment vehicles, such as dividend-paying stocks, can offer both growth potential and current income. In fact, some stocks have paid, and even increased, their dividends for many years in a row, giving you not just income, but rising income. (Keep in mind, though, that companies are not obligated to pay dividends, and can reduce or discontinue them at any time.)

While it's important to invest for income, you can't ignore the need for growth — because you won't want to lose purchasing power to inflation. As you know, we've experienced quite mild inflation recently. But over time, even a low rate of inflation can seriously erode your purchasing power. To illustrate: If your current monthly costs are \$3,000, they will be about \$4,000 in 10 years

To determine the right mix of growth and income vehicles for your individual needs, consult with a financial advisor who is familiar with your retirement plans, your risk tolerance and your family situation. And it may well be a good idea to plan for a very long retirement. You may not live to be 100 — but it would be a good feeling to know that you could afford to do so.

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Learning For Life At Blind Veterans School

Essex Junction Warrior Touts VA Program, Seeks Visually Impaired Students

By Jason Starr, The Essex Reporter

George Trendle spent seven weeks this winter studying at the rehabilitation center for blind military veterans at the Veterans Affairs hospital in West Haven, Conn. He had retired from IBM the previous summer and wanted to learn the ways of the iPhone — one of a handful of technology classes the rehab center offers to blind U.S. veterans. Trendle, of Essex Junction, was blinded in an explosion in Vietnam when he was 19 years old in 1969. He had served with the Navy in the Vietnam War for 79 days when he was injured. One of his first stops after returning home was the VA's blind rehab center in Illinois, near his home city of Chicago.

Trendle credits his experience in the VA's rehab program with inspiring him to live an uncompromised life without sight. When he returned to the program's Connecticut location earlier this year at age 64, he quickly got to know fellow classmates. Most were older than he, veterans who had become blind through disease rather than injury decades after serving in the military. Several students there, Trendle learned, had lived years visually impaired before seeking help from the VA solely because they didn't know about the VA's blind rehab program. VA administrators acknowledged difficulty finding veterans who are eligible to take part in the program, Trendle said.

He has made it a mission since returning home in April to ensure that the region's blind veterans know about the school and the program he holds in such high regard. "They literally turned me around and said 'you've got two choices. You can have a life or you can be a nothing,'" Trendle recalled of his first visit to the school after his injury in Vietnam. "That was the thing that turned me around.

"I learned how to be blind. Just because you're blind, it doesn't mean your brain is blind. It's just your eyes. They wanted you to leave saying, 'I'm going to school, I'll do this, or I'll do that.' They taught me how to go out and compete."

Trendle took the motiva-

tion to heart and earned a master's degree in psychology and later in business. He landed a job at IBM in 1981 and had a 32-year career there, working from home with equipment that enabled him work through phone and computer connections. He says many of his co-workers never knew he was blind.

Trendle doesn't talk about the specifics of the explosion that injured him during the war. He says it's a promise he made to the Navy.

"It was a hand grenade that blew up. That's as far as I'll go. Certain things just aren't discussed anymore," he said.

Vermont's visually impaired veterans interested in the VA's blind rehab programs can contact the VA medical center in White River Junction. The visually impaired service provider there, Lisa Ehrlich (802-295-9363 ext. 5347), is looking for veterans to help.

Trendle recommends her highly.

"She makes sure we are getting what we need. Whenever I've got a problem, I can call her, and she gets back to me very

quickly," he said. "She'll be with you through the whole process."

Trendle has been recruited to speak about his experiences living and working without sight to help veterans entering the blind program for the first time, or veterans who are considering it.

"Vet-to-vet (education) is what we need," he said. "I'll be there to answer questions for them, because they'll have a lot of them."

For newcomers to the program, learning to walk with a cane or a guide dog is the first step. The school also teaches Braille, cooking and working with power tools.

Trendle is comfortable with computer technology through his IBM career. But after retiring, he figured he had some things to learn about his iPhone. After his stint in Connecticut earlier this year, he's able to navigate the phone's operating system through voice commands. And the iPhone talks back, alerting Trendle which application he is in.

"It's the greatest thing," he says.

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By Melanie Osborne

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Vitamin K Sources

There are three forms of vitamin K. The first is vitamin K1 (phylloquinone or phytonadione), which comes from plants and makes up your dietary vitamin K. The second is vitamin K2, a family of substances called

menaquinones, which are made by intestinal bacteria and also found in butter, cow liver, chicken, egg yolks, fermented soybean products, and some cheeses. Third, there is vitamin K3 (menadiolone), which is a synthetic, man-made substance.

Vitamin K1 is found in some foods, including asparagus, blackstrap molasses, broccoli, Brussels sprouts, cabbage, cauliflower, chicken, pork, dark green leafy vegetables, egg yolks, leaf lettuce, liver, oatmeal, oats, rye, safflower oil, soybeans, wheat and yogurt. Herbs that supply K1 include alfalfa, green tea, kelp, nettles, oat straw & shepherd's purse. However, the majority of the body's supply of this vitamin is synergized by the "friendly" bacteria normally present in the intestines.

Note: Antibiotics increase the need for dietary or supplemental vitamin K. because bacteria in the intestines synthesize vitamin K, taking antibiotics – which kill the bacteria-interferes with this process. Anti-biotics also interfere with the absorption of vitamin K. vitamin K deficiency can be caused by any of the following:

A poor or restricted diet

Chron's disease

Liver disease that interferes with vitamin K storage

The use of anti-biotics, cholesterol-lowering drugs, mineral oil, aspirin, and/or blood-thinners.

ALFALFA: (Medicago Sativa), Leaf & Seeds. A highly nutritive herb, rich in carotene, vitamin K, chlorophyll, amino acids, octacosanol and a full spectrum of minerals and trace minerals. Primary Uses: for arthritis, to stimulate the body to remove inorganic mineral deposits from the blood, as a blood clotting agent in counteracting internal bleeding from ulcers, and as an estrogen precursor for menopause. Secondary Uses: for indigestion and its attendant conditions, in reducing blood sugar levels, in lowering cholesterol and in the prevention of tooth decay. Beta-carotene. Nutrients: Calcium, iron, magnesium, phosphorus, potassium, Vitamins A, B1, B2, B3, B5, B6, & C & D & K1.

BEE POLLEN: A highly nutritive, tonic substance rightly known as a "superfood". Completely balanced for vitamins, minerals, proteins, carbohydrates, fats, and

all essential amino acids. Use only unsprayed pollen for therapeutic applications. Primary Uses: as part of a full spectrum building and rejuvenative formula, particularly for the extra nutritional and energy needs of athletes and those recuperating from illness; for general healthy blood building. Builds resistance to diseases, helps to boost healing powers and provides the body with energy. Like Royal Jelly, pollen helps balance the endocrine system, showing especially beneficial results in menstrual and prostrate problems. The enzyme support in bee pollen normalizes chronic colitis and constipation/diarrhea syndromes. Recent research has shown that pollen helps counteract the effects of aging, and increases both mental and physical capability. Two tsp. daily is the usual dose. Secondary Uses: for control and neutralization of pollen and seasonal allergy symptoms; bee pollen also relieves other respiratory problems such as bronchitis, sinusitis and colds; effective as part of a wound healing combination.

BEET ROOT (Beta Vulgaris Rubra) A scouring, cleansing herb/food, particularly effective for the kidneys. Primary uses: as part of a kidney cleansing formula. Secondary: an aid in liver and spleen function to help cleanse toxic wastes and encourage healthy blood forming.

BLADDERWRACK LEAF & STEM: (Fucus Vesiculosus), A sea vegetable rich in natural mineral salts, carotene and iodine; a nutritive metabolic stimulant and thyroid tonic; an anti-rheumatic and anti-inflammatory; also an anti-tumor and anti-fungal. An excellent weight-reduction aid. Primary Uses: as a thyroid stimulant; for cases of obesity where poor metabolism is the cause; as part of an iodine therapy formula; as part of a weight loss formula where an under-active thyroid is the reason for the weight problems. Also a healthy oxygen supplier which increases the body's ability to burn fat through exercise. Useful as part of an adrenal stimulant formula; stamina is boosted, which allows cells to consume energy more efficiently. Has

been found beneficial for nephritis, bladder inflammation, cardiac degeneration and menstrual problems. Secondary Uses: internally and externally in a bath for rheumatoid arthritis; as an aid in keeping inorganic minerals in solution, instead of as deposits in the joints.

BROMELAIN: (Ananas Comosus) is a protein-digesting enzyme found in the stem and fruit of the pineapple plant. Bromelain is best known for as a digestive aid and for its anti-inflammatory effects after traumatic injuries and surgery. It "releases" inflammation by breaking down proteins in swollen tissues. It also helps the digestion of proteins, stops blood clot formation, and has anti-viral properties. Bromelain is used to treat heart disease, arthritis, upper respiratory tract infection and Peyronie's disease, which affects the genitourinary tract and can cause sexual dysfunction in men. Amylase, Protease, Lipase (three main categories of digestive enzymes).

CHLORELLA: A nutritive micro-algae super-food, high in chlorophyllins, proteins, anti-oxidants, vitamin B, beta carotene and zinc; an anti-viral immuno-stimulant (especially toward neutralizing the AIDS virus). A whole body tonic and regenerative. Primary Uses: as a tonic and regenerating drink, particularly after illness or surgery; as part of a blood building and liver support combination; as an anti-biotic and anti-carcinogen, to inhibit growth and development of toxic bacteria; as an intestinal deodorizer. Restores and enhances the immune system, rebuilding health and resistance to disease. Secondary Uses: to accelerate tissue cell activity, especially in cases of low red blood cell count; to check and regulate heavy menstrual flow. Vitamin/mineral rich daily maintenance; an aid to sugar balance, particularly for Hypoglycemia and Diabetes.

DULSE LEAF: (Rhodymenia Palmata), A potent sea vegetable with excellent absorbable mineral and protein content. All sea vegetables contain radio-protective properties. Red sea vegetables, such as dulse are the most effective at binding plutonium.

Primary Use: for its high mineral, iron, calcium or potassium content as part of a protective formula against radiation and environmental pollutants. Secondary: as part of a nutritive drink or food.

IRISH MOSS, LEAF & STEM: (Chondrus Crispus), A sea coast vegetable widely used for its natural gelling, emulsifying, and food stabilizing properties; it also has soothing demulcent ability for the kidneys, lungs and externally for the skin. Primary Uses: in respiratory combinations where a soothing quality is needed to overcome inflammation, such as bronchitis; as a soothing/coating agent for gastritis and stomach ulcers. Secondary Uses: as a skin softener; as a mineral-rich combination to overcome deficiencies. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 & C.

KELP, LEAF & STEM: (Ascophyllum Nodosum), A sea vegetable rich in iodine, chromium and other mineral; with anti-biotic, cleansing and thyroid stimulating activity. Primary Uses: as part of a weight loss, pre-natal, gland/blood sugar balancing and iodine therapy formulas. Secondary Uses: as part of an organ cleansing tonic, and for growth of growth of hair and nails. Vitamin K1.

NETTLES LEAF: (Urtica Dioica), A widely applicable astringent and alkalizing herb, useful as mineral rich tonic for fatigue, an anti-arthritis, to stop excess bleeding, diarrhea and dysentery, and for in-

flammatory skin conditions. Especially for a variety of children's problems. Primary Uses: as a specific in bladder infection formulas, including cystitis, kidney infection, and stopped urine; as a specific in mucous cleansing formulas for asthma relief and lung congestion; to check hemorrhage of the uterus, nose, lungs and rectum; as rich organic mineral nourishment in arthritic and rheumatic pain formulas. Secondary Uses: externally, to clean wounds and ulcers; for childhood eczema and diarrhea; as a tincture for hypothyroid conditions to increase thyroid function. Nutrients: calcium, copper, fatty acids, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, sulfur, zinc. Vitamins B1, B2, B3, B5, C, D, E, K1.

SPIRULINA: A highly nutritive micro-algae; an excellent source of protein, chlorophyll, vitamins, minerals (particularly calcium), and amino acids. Primary Uses: as a basis for weight control, high and low blood sugar support; as part of a blood building and liver support combination; in a formula for eyesight improvement (glaucoma and cataracts).

WHEAT GRASS – One of the "chlorophyll superfoods" used for treating cancerous growths and other degenerative disease. Dr. Ann Wigmore states that 15 pounds of fresh wheat grass has the nutritional value of 350 pounds of vegetables. There have been particular success with wheat grass rectal implants in colon cancer cases.

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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By Ronda Marsh

Tips For Cooking A Great Steak

While visiting with a friend of mine a few weeks ago, we somehow got on the topic of steak, and she told me she had totally given up on cooking it, because she is tired of throwing money away on a protein that more often than not, turns out disappointing. We then talked about some of the issues, specifically, and I realized she probably isn't the only one who feels like making a good steak is a bit like a game of Russian roulette – more or less hit or miss. I used to feel the same way, until I decided to pay close attention to what the food experts do to result in a tender, juicy piece of beef. I've come to the conclusion that there are a number of variables and a modicum of science involved, so I have decided to share what I've discovered with you here. So don't be scared; just follow my tips, and you, too, can make a delicious steak dinner!

1. Choose the right cut. My personal favorite is boneless rib eye, but sirloin is good, too. Of course, if it is a special occasion, T-bones or porterhouse are the crème-de-la-crème (but be sure to bring your wallet...they are very pricey)! Do not even think about buying anything with the word "round" in it; these are tough cuts that need to be braised in liquid to render them edible.

2. Infuse & tenderize. Generously salt the steak well in advance of cooking. As a matter of fact, I try to do it the day before and refrigerate overnight. What happens, is that the salt draws moisture out of the meat, then along with the salt, it is reabsorbed, not only seasoning, but also breaking down tough protein strands.

3. Warm it up, dry it off, and oil it up. Never put meat directly from the fridge to the fire! It is very important that the meat be allowed to come closer to room temp before cooking. This allows the juices to distribute evenly, and ensure uniform cooking throughout. Pat the meat dry of any surface moisture, and give it a rub with a bit of oil, to promote browning. Now is the time to add pepper or any other seasoning you desire. HINT: If you add a light sprinkling of sugar (yes, sugar!) it will help achieve a nice exterior char.

4. Preheat your cooking surface. It's vital, whether you are broiling, grilling, or pan frying. The goal is for the meat to sizzle when it makes contact, searing the surface and trapping all the juice within the steak.

5. Gauging how long to cook. If you have an instant-read meat thermometer, you

can surely rely on it, but I've discovered an easy standard for most steaks: 5 minutes on the first side and 5 minutes on the second side will give you a medium steak. If you like rare, do 3 to 4 minutes each side, and if you want a more well-done steak, do a full 7 minutes per side. This works for boneless cuts, only. If it has a bone, the meat thermometer is best.

6. Rest and relax! Probably the single BIGGEST mistake people make with steak is not letting it rest after cooking. Why is this so important? Because the meat does not instantly stop cooking when it leaves the heat source. The internal temperature will continue to rise for a few minutes, and the juices need time to redistribute throughout. If you cut into the meat immediately, those same juices will run out all over your plate, and trust me...you will not be at all happy with the dry steak sitting on top of the runoff! Instead, resist the urge to cut, and instead, place a small pat of butter on top, cover lightly with foil and set a timer for 5 minutes. When you unveil the steak, it will be beautiful, juicy, and ready for slicing.

7. Oh yeah, slice it right. Even a perfect steak can be rendered tough, if you slice it wrong. Look for the direction the grain runs, and slice against it, on an angle. This cuts the fibers into short pieces, rather than long strands, once again creating the tenderest possible bite.

8. Dive in! Devour it! Savor it! YOU DID IT!!!



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