

TRENDY TIMES

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DECEMBER 1, 2009 VOLUME 1 NUMBER 9

December Is...

This issue of Trendy Times has a publish date of December 1, 2009. December means many things to many people. It is factually, the last month of the year. With that comes working on budgets for the upcoming year, working to fulfill the budgets of this year, resolutions are being made for next year and resolutions are being analyzed from last year.

December is most notably the month of Christmas (December 25) Hanukkah (December 22-29), and Kwanza (December 26 - January 1).

But December is so much more than just the celebration of these holidays. It also contains the beginning of winter (December 21). While the beginning of winter is not really celebrated as a holiday, it is the day with the shortest amount of daylight. Looking at the glass half full, that means the days are getting longer after the winter solstice and therefore, can spring be that far away?

A quick check on some online sites tells us so many other things about December. On the celebration side December 5 is the birthday of Walt Disney and Ira Gershwin was born on December 6th. Ludwig von

Beethoven's Birthday was December 16, 1770. Historically, the Wright Brothers took their first flight at Kitty Hawk on December 17, 1903. The first artificial heart transplant took place on December 2, 1982 and the anniversary of the Pilgrims landing is set as December 21, 1620. One other event from New England that took place near water was the Boston Tea Party which took place on December 16, 1773.

Other dates of importance in December are for some not so good memories. The earthquake and tsunami in the Indian Ocean took place on December 26, 2004. John Lennon was murdered on December 8, 1980, and probably most notably December 7, 1941 marks the anniversary of the Attack on Pearl Harbor (more on that event in another story elsewhere in this issue of Trendy Times).

December also has a tone of Human Rights. It is officially Universal Human Rights Month. Human Rights Day is December 10. Possibly one of the main reasons for that designation is that Rosa Parks refused to give up her seat on a bus on December 1, 1955 and that led eventually to a US Supreme Court decision on December 20, 1956 that abolished segregated buses. Plus the Thirteenth Amendment to the Constitution, which abolished slavery, was ratified on December 6, 1865.

Other

items of note for the month of December include the birth of the Game of Bingo in 1929 created by Edwin S. Lowe. The Anniversary of the first Crossword Puzzle is listed as December 21, 1913.

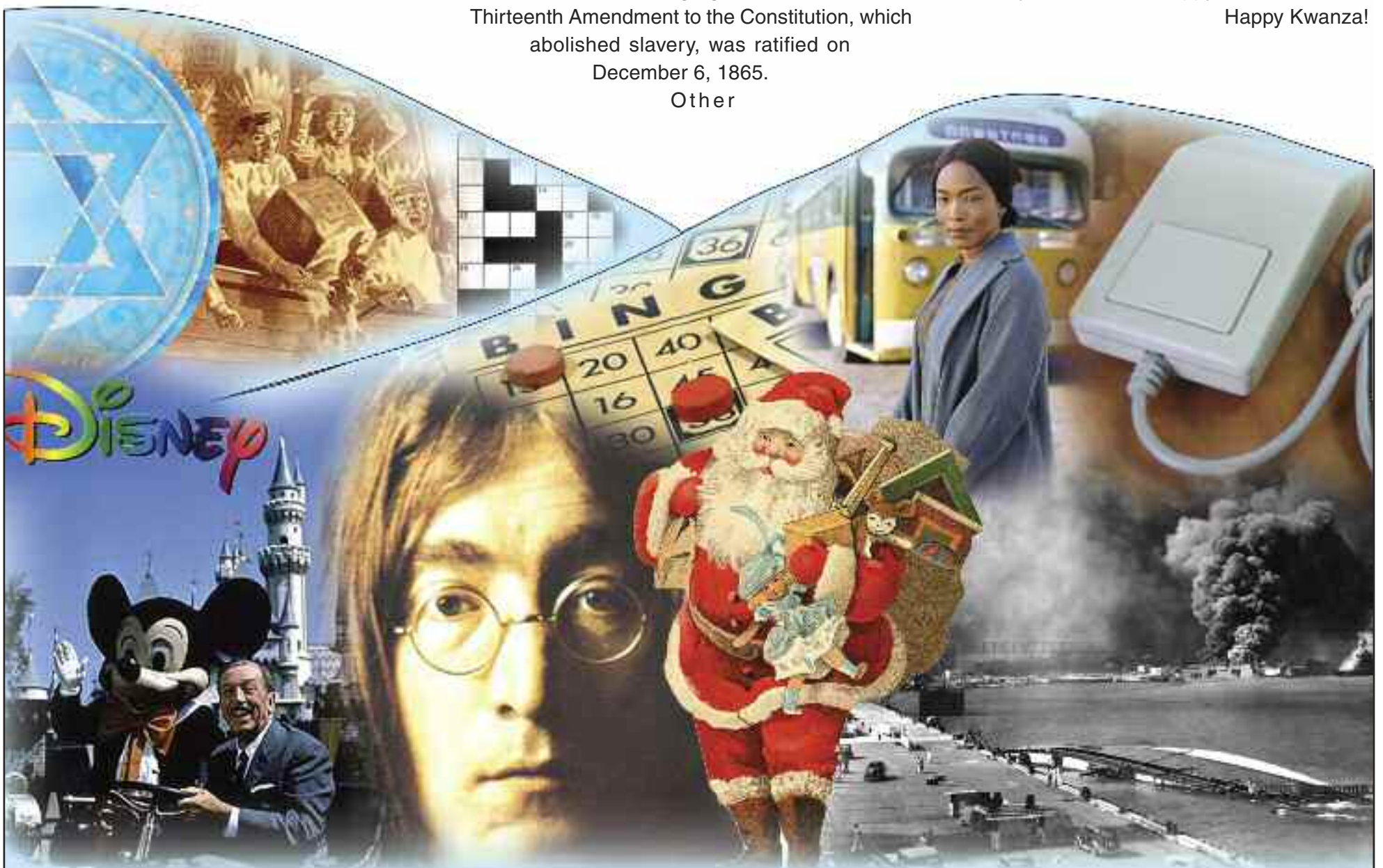
Two other items of rather great importance to those of us in the publishing business are the date of December 9, 1968 listed as the date that the Computer Mouse was Developed. And certainly last but not least, Poor Richard's Almanack was first published on December 28, 1732.

With all that has happened in December in the past, there is still room for many more things to happen in the future. December is a wonderful month. It is a month of hope and good will. It is a month that has marked the beginning of many great happenings. It has also marked the end of many good as well as bad happenings.

Whatever December means to you, take a moment to look at December from someone else's perspective. It could put a whole new light on your life and the life of others.

Gary Scruton, Editor

PS: Merry Christmas, Happy Hanukkah, and Happy Kwanza!



Military Testing to Predict PTSD

November 20, 2009 Associated Press

TWENTYNINE PALMS, Calif. -- Two days before shipping off to war, Marine Pfc. Jesse Sheets sat inside a trailer in the Mojave Desert, his gaze fixed on a computer that flashed a rhythmic pulse of contrasting images. Smiling kids embracing a Soldier. A dog sniffing blood oozing from a corpse. Movie star Cameron Diaz posing sideways in a midriff top. Troops cowering for safety during an ambush. A doctor tracked his stress levels and counted the number of times he blinked. Electrode wires dangled from his left eye and right pinky finger. Sheets is part of a military experiment to try to predict who's most at risk for

post-traumatic stress disorder. Understanding underlying triggers might help reduce the burden of those who return psychologically wounded - if they can get early help. PTSD is a crippling condition that can emerge after a terrifying event - car accident, sexual assault, terrorist attack or combat. It's thought to affect as many as one in five veterans returning from Afghanistan and Iraq. Military doctors have been mystified as to why certain warfighters exposed to bombings and bloodshed develop paralyzing stress symptoms while others who witness the same trauma

shake it off. Studies on veterans and civilians point to some clues. Childhood abuse, history of mental illness and severity of trauma seem to raise a person's risk. Having a social net and a coping strategy appear to offer some protection. However, none of the factors explored so far are reliable predictors. "Right now, we can't determine with certainty who will and who won't develop PTSD," said Paula Schnurr, deputy executive director of the Department of Veterans Affairs' National Center for Posttraumatic Stress Disorder. "Perhaps with better measures, we can get closer." Earlier this year, a quarterly publication from the national PTSD center found that studies to date have looked at only "a narrow band of the potential risk and resilience predictors" and that more work beyond surveys was needed.

New PTSD studies are using technology to try to get

at the answer. Select Marine and Army units are undergoing a battery of physical and mental tests before deployment including genetic testing, brain imaging and stress exams. They are followed in war zones and upon return. There's an urgency to detect early signs. Since the 2001 terrorist attacks, more than 1.8 million U.S. troops have fought in Afghanistan or Iraq. The Obama administration is weighing whether to increase forces in Afghanistan where violence has escalated in recent months. Previously called shell shock, combat fatigue and post-Vietnam syndrome, PTSD was officially recognized as a mental disorder in 1980. Sufferers experience flashbacks, nightmares, sudden outbursts and social withdrawal and are sometimes haunted years after the trauma. The ongoing wars have given scientists fresh opportunities to follow service members. One autumn

morning, a throng of Marines squeezed into a trailer at the Marine Corps Air Ground Combat Center in Southern California before deploying to Afghanistan. They belonged to the 3rd Battalion, 4th Marine Regiment - nicknamed the "Thundering Third." "We're doing this not to make you better prepared to go do what you have to do in Afghanistan. We're not doing this to make your health any better," said Dr. William Nash, a retired Navy psychiatrist and study co-investigator. "We're doing this so that we can learn more about how to protect Marines from stress injuries like PTSD." Nash asked how many have heard of PTSD. A half dozen raised their hands. Who wants PTSD? "Right, nobody," he answered rhetorically. The trailer soon buzzed like a factory, with Marines rotating from one test station to another in an assembly line. They donated blood, urine and saliva samples so researchers can search for genetic biomarkers that might play a role.

Groundbreaking research published last year on adult survivors of child abuse suggests that specific variations of a gene increased their chances of developing PTSD. Scientists believe there may be many other gene variants that contribute to PTSD risk. Marines also underwent a blink test to gauge their startle response and neuropsychological screening. They filled out questionnaires and were interviewed by psychiatrists with a checklist to diagnose PTSD. The work is funded by the Marine Corps, Veterans

Continued on Page 3

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Trendy Times will feature special holiday greetings in our December 22 issue. See page 8 for details.

Military Testing to Predict PTSD

Continued from Page 2

Affairs and Navy Medicine. Last year, about 1,000 Marines were recruited before leaving for Iraq. This latest batch of 673 Marines who were tested during a two-week period in the fall headed to Afghanistan where they're sure to see more intense fighting. They will be followed up in the field by Navy corpsmen with special "stress first-aid" training to read early signals. Researchers recently did six-month follow-up testing on some Marines who returned from Iraq. It will take time to analyze the results, said the study's lead investigator, Dr. Dewleen Baker of the VA San Diego Healthcare System. Cmdr. Bryan Schumacher, the 1st Marine Division's top doctor, said the purpose of studying PTSD triggers is not to bar someone from service. If it turns out that something can be done to prevent it, those vulnerable could get special training to reduce their risk, he said. Similar research is ongoing 1,300 miles away at the University of Texas at Austin where scientists have collected detailed health data from 178 Soldiers from nearby Fort Hood who recently came back from Iraq. The base was the scene of a massacre on Nov. 5 when an Army psychiatrist opened fire, killing 13 people and wounding dozens more. The shooting has not affected the research, which enrolled first-time deployed Soldiers. Unlike the Marines, the Soldiers filled out monthly questionnaires online while in combat that tracked their experiences such as whether they saw a roadside bomb go off or knew of a wounded buddy. Before deployment, Soldiers submitted a DNA sample, had an MRI scan of their brain and inhaled carbon dioxide as part of a stress reaction test. Early results suggest Soldiers who

reacted more strongly to the CO2 test and who were exposed to more stress in the field showed greater PTSD symptoms, said chief researcher Michael Telch, of UT Austin's Laboratory for the Study of Anxiety Disorders. The decision to volunteer in the Marine experiment was personal for Lance Cpl. Jaecob Kylo. His grandfather fought in Korea and Vietnam and two uncles served in Operation Desert Storm. They spoke less afterward and would get irritated easily. Kylo said his uncles were diagnosed with PTSD and suspects his grandfather had it too. "I've seen it before and it's not the most pleasant thing," said the 20-year-old from Seattle, who previously served in Iraq.

Melvin Carter, a 27-year-old Marine sergeant who had done three tours in Iraq, noticed buddies who were once laid-back turn angry after coming home. The Oakland, Calif., native copes with stress by laughing and cracking jokes. Navy corpsman Benjamin Reinhardt was recently trained to look for signs of PTSD in 20 Marines attached to a mor-

tar platoon. He likened his job to a school nurse. Marines confide in him about their innermost struggles. He thinks he can spot when someone is not himself. "I tend to be reasonably observant with people's personalities. I can see changes," said the 21-year-old from upstate New York.

He added: "I hope none of us become PTSD casualties." Sheets, a 22-year-old private first class from Newark, Del., has never seen combat before. Before joining the Marines, Sheets dabbled with college and was working a dead-end job hauling trash. He enlisted after being inspired by a sermon from his pastor. While in infantry school, he met a sergeant who suffered from PTSD. He's not exactly sure what it is, but has heard horror stories. "A guy comes home from war and he's freaking out. He's beating his wife. He's drinking. He's doing everything he can. He'll go off and he'll hate the Marine Corps," Sheets said. "And it's just like, OK, is that going to be me when I come home?"

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4 **Executive Council Report #12**
November 23, 2009

One of the official duties of the Governor and Executive Council is to find citizens to serve on the dozens of volunteer Boards and Commissions within the Executive Branch of State Government. About 33 of these Boards are regulatory Boards that exam, license, discipline and renew license applications. Many others are advisory Boards within some of the state agencies, and all of them have statutory and legal responsibilities.

I'm always seeking citizens from the towns and cities in the Five Northern Counties of Carroll, Coos, Belknap, Sullivan and Grafton

who are willing to serve in these volunteer positions.

The NH Commission on the Status of Women recently issued a booklet on how to get appointed to State Boards and Commissions which outlines five steps that are easy to follow. You can find this booklet on, www.nh.gov/csw

Or send your letter of interest and resume to Governor John Lynch, State House, 107 North Main Street Concord, NH 03301.

Contact my office if you need for more information. It is a pleasure to serve you.

Ray Burton,
 NH Executive Counselor

2000-2009

Name That Decade!

It seems to be to be a simple question. What is our current decade called? I refer to the ten year period from 2000 thru 2009. This is the widely accepted period to make up a decade. The last decade of the twentieth century was known as the 90's, before that we had the 80's, etc. But this current decade seems to be skirting an easy answer. Some on line checking came up with a few suggestions, but there did not seem to be anything concrete for this decade.

Therefore, I am starting a campaign to call the time

frame from 2000 thru 2009 as the "double aught" decade. You know, like the buckshot (00). To me it fits just fine. Shotguns, and therefore double aught shells are used throughout the country, not just here in the northeast. All of the years from 2000 thru 2009 had at least two aughts (0's) in them. It is also a term that will fully identify this specific decade until the year 3000 rolls around, and by then who knows what history will have done to the whole time we currently live in.

I must say that I am not

the only one to ask this question. I heard a DJ on the radio just a while ago asking the same question. So this is not something brand new or just from me. But, t is an issue that needs to be solved, and solved quickly. After all the decade ends in just a month!

So, if you agree with my suggestion, or very much disagree, or if you have some other name, please let me know. Trendy Times will list all the suggestions that come in and we will see what progress we can make this month.

December 1, 2009 Volume 1 Number 9

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 — Carl Jung, *Mysterium
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Pearl Harbor

Monday, December 7, 2009 will mark the 68th anniversary of the attack on Pearl Harbor and the eventual entrance of the United States into World War II. Many things have been written about this day of infamy, as FDR stated.

This article will not address any of the factual events of that day. I will leave that to the historians who have already written so much about the day and the following events.

This article will also not try to pass along the memories of any one individual of what happened that day. Again those memories are well

written in many forms and those of us in this area are lucky enough to still have at least one Pearl Harbor survivor living among us.

There is also no way of trying to present pictures of items or mementos from that time. Again they are many and have been documented well over the years.

What this article is meant to do is to make us all remember at least some of these items. To stop and think about what happened some sixty-eight years ago. Whether you want to go on line and look up Pearl Harbor and read factual de-

scriptions, or go to the library to work thru some research books, or maybe take a minute to chat with that Pearl Harbor survivor.

We should also remember that Pearl Harbor ended nothing, except peace. Many years of war followed this attack, and the men and women who served or simply lived during those times are also a great resource and need to be cherished.

So take the opportunity to stop and think about our nation's past, present and future. After all "those who do not learn from the past, are sure to repeat it in the future".

Sequence of Events

Saturday, December 6 - Washington D.C. - U.S. President Franklin Roosevelt makes a final appeal to the Emperor of Japan for peace. There is no reply. Late this same day, the U.S. code-breaking service begins intercepting a 14-part Japanese message and deciphers the first 13 parts, passing them on to the President and Secretary of State. The Americans believe a Japanese attack is imminent, most likely somewhere in Southeast Asia.

Sunday, December 7 - Washington D.C. - The last part of the Japanese message, stating that diplomatic relations with the U.S. are to be broken off, reaches Washington in the morning and is decoded at approximately 9 a.m. About an hour later, another Japanese message is intercepted. It instructs the Japanese embassy to deliver the main message to the Americans at 1 p.m. The Americans realize this time corresponds with early morning time in Pearl Harbor, which is several hours behind. The U.S. War Department then sends out an alert but uses a commercial telegraph because radio contact with Hawaii is temporarily broken. Delays prevent the alert from arriving at headquarters in Oahu until noontime (Hawaii time) four hours after the attack has already begun.

Sunday, December 7 - Islands of Hawaii, near Oahu - The Japanese attack force

under the command of Admiral Nagumo, consisting of six carriers with 423 planes, is about to attack. At 6 a.m., the first attack wave of 183 Japanese planes takes off from the carriers located 230 miles north of Oahu and heads for the U.S. Pacific Fleet at Pearl Harbor.

Pearl Harbor - At 7:02 a.m., two Army operators at Oahu's northern shore radar station detect the Japanese air attack approaching and contact a junior officer who disregards their reports, thinking they are American B-17 planes which are expected in from the U.S. west coast.

Near Oahu - At 7:15 a.m., a second attack wave of 167 planes takes off from the Japanese carriers and heads for Pearl Harbor.

Pearl Harbor is not on a state on high alert. Senior commanders have concluded, based on available intelligence, there is no reason to believe an attack is imminent. Aircraft are therefore left parked wingtip to wingtip on airfields, anti-aircraft guns are unmanned with many ammunition boxes kept locked in accordance with peacetime regulations. There are also no torpedo nets protecting the fleet anchorage. And since it is Sunday morning, many officers and crewmen are leisurely ashore.

At 7:53 a.m., the first Japanese assault wave, with 51 'Val' dive bombers, 40 'Kate' torpedo bombers, 50 high level bombers and 43 'Zero' fighters, commences the attack with flight com-

mander, Mitsuo Fuchida, sounding the battle cry: "Tora! Tora! Tora!" (Tiger! Tiger! Tiger!).

The Americans are taken completely by surprise. The first attack wave targets airfields and battleships. The second wave targets other ships and shipyard facilities. The air raid lasts until 9:45 a.m. Eight battleships are damaged, with five sunk. Three light cruisers, three destroyers and three smaller vessels are lost along with 188 aircraft. The Japanese lose 27 planes and five midget submarines which attempted to penetrate the inner harbor and launch torpedoes.

Escaping damage from the attack are the prime targets, the three U.S. Pacific Fleet aircraft carriers, Lexington, Enterprise and Saratoga, which were not in the port. Also escaping damage are the base fuel tanks.

The casualty list includes 2,335 servicemen and 68 civilians killed, with 1,178 wounded. Included are 1,104 men aboard the Battleship USS Arizona killed after a 1,760-pound air bomb penetrated into the forward magazine causing catastrophic explosions.

In Washington, various delays prevent the Japanese diplomats from presenting their war message to Secretary of State, Cordell Hull, until 2:30 p.m. (Washington time) just as the first reports of the air raid at Pearl Harbor are being read by Hull.

News of the "sneak attack" is broadcast to the

American public via radio bulletins, with many popular Sunday afternoon entertainment programs being interrupted. The news sends a shockwave across the nation and results in a tremendous influx of young volunteers into the U.S. armed forces. The attack also unites the nation behind the President and effectively ends isolationist sentiment in the country.

Monday, December 8 - The United States and Britain declare war on Japan with President Roosevelt calling December 7, "a date which will live in infamy..."

Thursday, December 11 - Germany and Italy declare war on the United States.

The European and Southeast Asian wars have now become a global conflict with the Axis powers; Japan, Germany and Italy, united against America, Britain, France, and their Allies.

Wednesday, December 17 - Admiral Chester W. Nimitz becomes the new commander of the U.S. Pacific Fleet.

Both senior commanders at Pearl Harbor; Navy Admiral Husband E. Kimmel, and Army Lt. General Walter C. Short, were relieved of their duties following the attack. Subsequent investigations will fault the men for failing to adopt adequate defense measures.

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Free Button Up Vermont Workshop



well as how to get help in determining the best energy efficiency solutions for your home. An energy-efficiency professional will discuss these topics and present an entertaining "how to" video.

Refreshments will be served.

Attendees interested in an energy audit will be eligible to receive a \$150 rebate for energy audit services.

The workshop will be sponsored by the Newbury Energy Committee, which educates the community on energy savings and investigates ways for the town to save money on energy. newburyenergy.blogspot.com

Button-Up Vermont is a program of Efficiency Vermont, a state organization that helps Vermonters save on their energy bills.

www.encyvermont.org

WELLS RIVER -- Learn to reduce your energy bills at a free Button Up Vermont Workshop on Saturday, December 12, from 1 - 3 PM, at Blue Mountain Union School in Wells River, VT.

Now that winter is on its way, come learn about how homes lose energy, learn simple do-it-yourself methods to keep your home warmer for less money, and learn more about ways an energy efficiency retrofit can save you even more. There will be information about how to finance major work, as

Holiday Music with Fiddler Patrick Ross



Patrick started playing "a little Mickey Mouse fiddle" when he was three years old, accompanying his father, Arthur Ross, at parties. When he was eight, his father gave Patrick his first fiddle lesson. "Then it was just like wildfire," he said. "Within a month, I was performing at the American Legion and at Christmas I was doing gigs at the nursing home." His father taught him — all by ear — over 100 French Canadian fiddle tunes, reflecting his fiddling heritage that originated in Scotland and included migration to Quebec, New Hampshire and then Vermont. Though his father died when he was 11, Patrick says he'll always remember both the fiddle tunes and what they mean.

His newest CD, "In De Good Mood," traditional French Canadian tunes that he recorded with Jean Nil Theroux of Canaan, Vermont, will be available, as will older recordings.

Please RSVP to 837-2275 or Eileen@aannh.org if you plan to attend as space is limited. The suggested donation is \$7.

BETHLEHEM — North Country native Patrick Ross will perform a program of holiday tunes and other fiddle favorites on Tuesday, December 8, at 7:30 p.m. at the Rocks Estate, Route 302, Bethlehem.

The program, presented by the Arts Alliance of Northern New Hampshire, is one of a series of informal events

celebrating the holiday season.

Patrick is a native of Canaan, Vermont and a fifth-generation fiddler. Since graduating from Lyndon Institute in 2000 he has toured across the United States and traveled in Ireland, Italy, Hungary and Nicaragua, and now makes his home in Groveton.

Local Work Group Meeting Notice

There will be a Local Work Group (LWG) meeting at 1:30pm on Thursday, December 10, 2009 at the USDA Service Center, 250 Swiftwater Road, Woodsville, NH. The 2008 Farm Bill recognizes the continued importance of locally led conservation. Local Work Groups set local priorities based on public input and needs assessments. They identify locally

important natural resource concerns and make recommendation to the State Technical Committee and NRCS State Conservationist on such items as priorities, practices, policies and cost share rates. This meeting will provide an opportunity to review the current Practice List and Ranking Sheets used for the Environmental Quality Incentives Program (EQIP), and the Wildlife

Habitat Incentives Program (WHIP). This is a chance to voice any concerns related to any of these programs so that your thoughts may be taken forward to the State Technical Committee. This meeting is open to the public. Contact Pam Gilbert at Grafton County Conservation District, (603) 747-2001, ext. 103 with any questions or concerns.

TEEN DANCE

SATURDAY, DECEMBER 12 • 7-10 PM

Ross-Wood Post #20 American Legion
Ammonoosuc Street, Woodsville





\$5.00 ADMISSION INCLUDES TICKET FOR ONE FREE SODA

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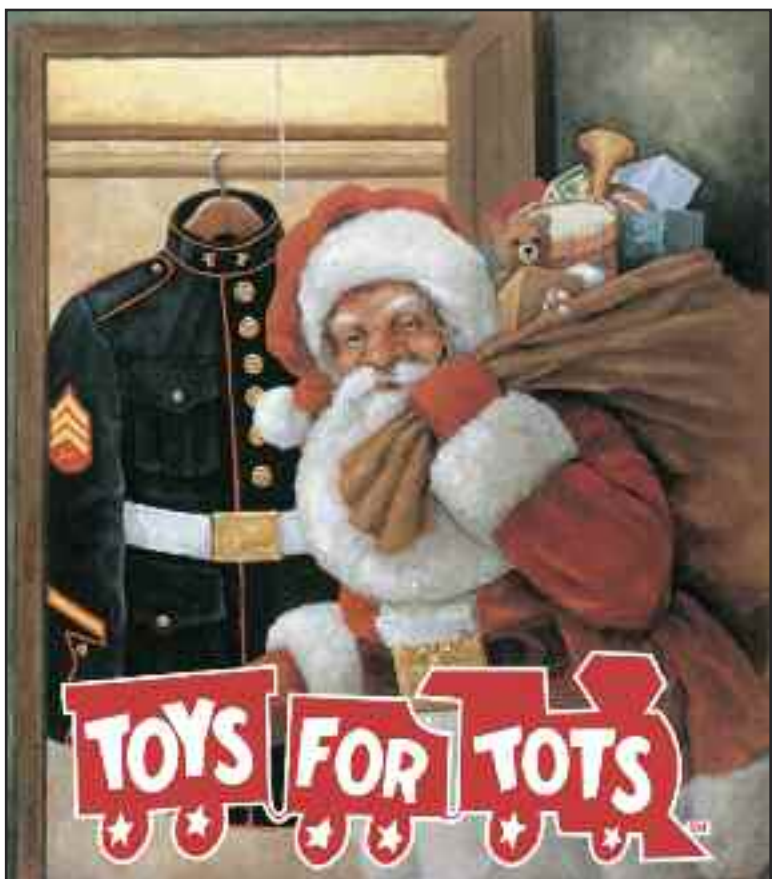
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brand new toys for children aged infant to seventeen, who otherwise would not have a joyful Christmas.

Locally the program is maybe less well known than it is nationally, but is just as important to those children who might otherwise have no reason for cheer at this joyous time of year. One local Marine Corps mother has undertaken the task of making Toys for Tots a program with a local touch.

Mary Ann Bryant of Haverhill is the local leader of this program. What does a local leader actually do? Well, Mary Ann solicits local businesses to allow Toys for Tots boxes to be placed in their stores. At this point she has permission from Newbury General Store, Aldrich General Store in North Haverhill, Thomas Pharmacy in Wells River, Rite-Aid of Woodsville, Wal-Mart of Woodsville and the Railyard Fitness Center in Woodsville. There will also be a box at Cottage Hospital from December 1 until the tenth.

In 2008 about \$1000 in cash was also donated locally for Toys for Tots, all of which was kept locally to

purchase gifts that were not already given. Some 65 local children received these gifts. This year Mary Ann and her helpers are set to again distribute the gifts just before Christmas. What they need now are gifts to be donated. Simply place your new, unwrapped gift in a Toys for Tots box located at

any of the previously mentioned locations.

If you would prefer to donate money you can contact Mary Ann at marinemoms@gmail.com or call 603-989-3050. You can also contact the Marine Corps Reserve location in Lebanon, NH at 603-647-1477.

Toys for Tots began in December 1947 with a hand crafted Raggedy Ann doll. The wife of Marine Reserve Major Bill Hendricks made this doll and asked her husband to deliver it to an organization that would present it to a needy child on Christmas Day.

Major Hendricks could find no agency to provide such a service. To help fill that void, Major Hendricks

and members of his Los Angeles Marine Reserve unit, collected and distributed 5,000 toys to needy children of Los Angeles during Christmas 1947. The seed was planted and Toys for Tots was born. The following year the Marine Corps Reserve adopted the program and collected and distributed toys in 74 communities nationwide.

Toys for Tots provides

Stretch Your Holiday Dollars



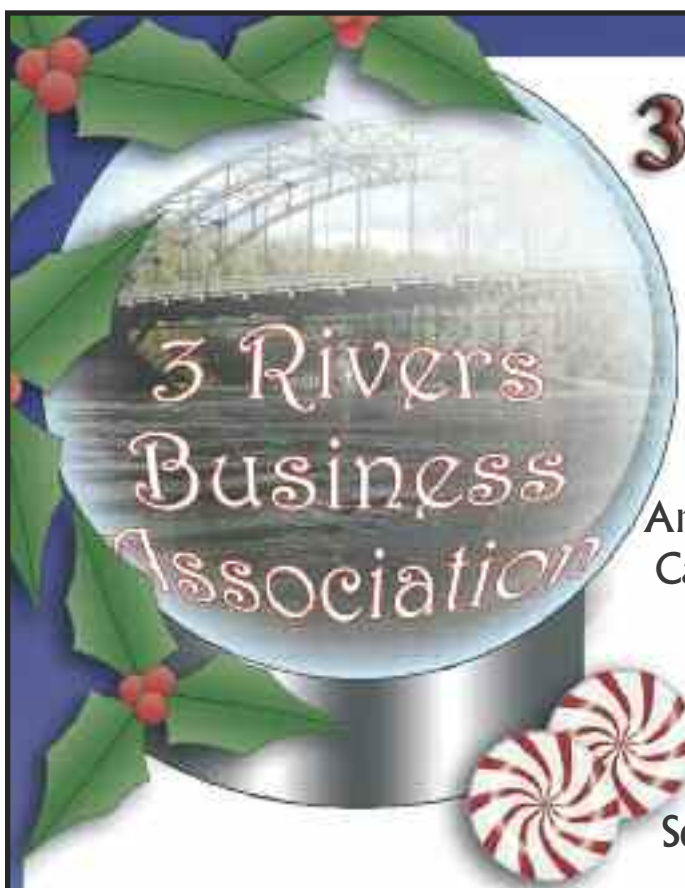
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3 Rivers Business Association

Of Woodsville, Wells River, Haverhill & Bath

encourages you to support your local businesses during this holiday season. A larger percentage of dollars spent locally remain local, helping our towns' overall economies.

- A New U Salon & Fitness Center • All Access Real Estate
- Allen's Cocktails & Candlepins • An Affair to Remember
- Antique Rose Florist • Brick Store • Burnham's Shoe Store • Cakes by Blenda
- Carmen's Not Just Hair Cuts • Chicoine Photography Design • Davis Realty
- Donna's Custom Cakes • Everything But the Cook • Fogg's Hardware
- Fraser Photography • Happy Hour Restaurant • Hubert's
- Lawrence Clark's Barber Shop • Lia Sophia • Lyman Realty
- Reiki Retreat • Ross Business Center • S. F. McAllister Jewelers
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- Trendy Times • Twin River Campground & Cottages • Under Cover Tents • Wells River Savings Bank
- Woodsville Guaranty Savings Bank • WYKR Radio

AD COURTESY OF TRENDY TIMES

December 1, 2009 Volume 1 Number 9

I did a soil sample...but what do the results mean?

By Heather Bryant, Extension Educator, Agricultural Resources

Fall is a good time to test your soil because having the results now gives you time to plan for next spring. But, sending in the sample is only the first step, next you will need to make sense of the results that come back.

When you receive your results, the first thing to look at is the pH of your soil. pH measures acidity and the number seven represents neutral. Anything below a 7 means your soil is acidic; anything above a 7 means your soil is alkaline. Plants generally prefer slightly acidic soils with pH values between 6 and 6.5. Of course there are some notable exceptions such as blueberries which thrive at pH levels between 4.5 and 5.

If your soil pH is out of line with what you want to grow, you can add lime to increase the pH or sulfur to decrease it. The recommendations section of your soil test result sheet will tell you what and how much you need. Early fall is a good time to apply lime because lime acts slowly and next year's garden will benefit from the additional time. If you have missed the fall application window, simply apply lime after the ground thaws in the spring.

Next you want to look at the nutrients. Three of the most important plant nutrients are nitrogen, phosphorus, and potassium.

Nitrogen levels change quickly in the soil and

are therefore not easy to test accurately. UNH doesn't test nitrogen, instead, we make recommendations on how much nitrogen fertilizer to add based on what your crop needs.

Organic matter contains nitrogen, so if you have historically added a lot of organic matter to your soil in the form of mulches, compost or manure, or your garden is near water, you may want to check the box for "organic gardening" on your soil test form even if you don't follow organic practices. This test will tell you the percentage of organic matter you have in your soil and will "credit" you a certain amount of nitrogen for it. This will minimize the risk of applying excess nitrogen which might then wash out of your soil and into surrounding water ways.

Phosphorus levels in the soil tend to be high here in New Hampshire, particularly if your garden has received a lot of compost or manure in the past. This is because when you supply the right

amount of compost and manure to meet the crops nitrogen needs you also put on more phosphorus than you need. If the level in your soil is excessive you will likely get a recommendation to limit or even stop your use of manures and composts until the levels start to come back down.

High levels of phosphorus in the soil are a concern primarily because the phosphorus could wash into waterways causing excess algae growth. If your phosphorus levels are too high the best thing you can do is to keep plants growing in that spot to use up the phosphorus and minimize the risk of erosion.

Potassium helps your plants resist drought and may be low in your soil depending on how you have historically used the land. If that is the case, the recommendations will tell you how much potassium to add and give you some examples of products that contain it.

Calcium and magnesium are also considered major

plant nutrients. Magnesium helps your plants photosynthesize and calcium is important for plant growth. Lime products contain calcium and in some cases magnesium. Other products may also be used if you need calcium or magnesium but do not need to adjust your pH. In fact, if your grandparents used Epsom salts in their garden, they were most likely trying to increase the amount of magnesium in their soils.

Finally, your soil test will also give you a value for the amount of lead in your soil and tell you whether or not that level is potentially harmful. Old landfill or factory sites and gardens near older homes with lead paint on the siding are the most likely places to find high levels of lead.

If you have any questions or concerns about your soil test results please call me at 787-6944 or the Family, Home, and Garden Education Center, recently renamed the Education Center and Info Line at 1-877-398-4769.

December 1, 2009 Volume 1 Number 9

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



The Tuesday, December 22, 2009 edition of Trendy Times will feature Christmas Greetings from businesses, organizations and individuals from our circulation area.

The name, address & phone number of your business, family or organization can be included in the ad.

Choose from Religious, Santa Theme or Generic Holiday greetings! You may also provide your own greeting or graphics.

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DEADLINE IS THURSDAY, DECEMBER 17 AT 5PM.

To reserve your Christmas Greeting, contact Gary:
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Email: gary@trendytimes.com
Mail or Drop Off: 171 Central Street, Woodsville, NH 03785

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Tuesday – Friday 9:00am - 5:00pm

Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



TRENDY TIMES

A WEEKLY PUBLICATION

One Down – How Many More To Go?

One of the big news articles in the past week was the very large marijuana bust in the town of Haverhill. The Grafton County Sheriff's Department and the New Hampshire State Police worked together to stop a very sophisticated marijuana growing operation. The operation was what is called hydroponic growing and allowed for the planting of seeds, and after just 12 weeks of cultivation, the plants can be harvested at their most potent level. The operation included grow lights, exhaust fans, watering and fertilizing methods that were all hidden away in a basement area. It appears that this was a full time job for the accused person who was arrested and brought to court. Because of very strong family ties to the area it was decided to allow the accused to be released on personal recognizance bail.

Grafton County Sheriff Douglas Dutile said that in his thirty years of law enforcement he has only seen about ten of this type of sophisticated operation. Most cultivators of marijuana tend to just have a few plants, but this was

a real first class operation with purpose. The purpose being the growing of very potent marijuana in a very quick and efficient manner.

Even with this type of operation being discovered it does not appear to be the biggest drug problem here in the North Country. According to Sheriff Dutile the abuse of prescription drugs is the number one drug issue in this area. As is true with most illegal activity, availability is a major factor. And at this time prescription drugs and their potential abuse appear to be the most convenient method.

As is so often asked,

“What is the best way to combat drug abuse?” Again according to Sheriff Dutile, if you see something suspicious contact your local authorities. If you hear about illegal activities, contact your local authorities. If you want to make a difference in your community, contact your local authorities. It is their job to enforce the laws that are on the books. But they do not know everything that happens in the community. It is our duty as citizens to pass on useful information so that the proper authorities can further investigate and take proper action.

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NORTH HAVERHILL FIRE DEPARTMENT

Annual Christmas Tree Sale

ALL TREE'S ARE GROWN LOCALLY
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Full Service
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Honor System
Throughout The Week

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Let everyone know what you think and why.

Just be ready for one of our editors to respond.

Calendar of Events

WEDNESDAY, DECEMBER 2

HOLIDAY TREE DECORATING WITH ORIGAMI PEACE CRANES
6:00 PM - 8:00 PM
Bradford Public Library

3 RIVERS BUSINESS ASSOCIATION ANNUAL PLANNING MEETING

6:00 PM
Happy Hour Restaurant, Wells River

FRIDAY, DECEMBER 4

NORTH COUNTRY CHORUS
7:30 PM
First Congregational Church, Littleton, NH

SATURDAY, DECEMBER 5

HAVERHILL AREA YOUTH ORGANIZATION PENNY SALE
9:00 AM - 3:00 PM
Horse Meadow Senior Center, North Haverhill
See page 8 for details.

CHRISTMAS BAZAAR

9:00 AM - 2:00 PM
Haverhill Congregational Church

VICTORIAN TEA TASTING

11:00 AM - 1:00 PM
Bradford Public Library

AMMONOOSUC VALLEY FISH & GAME CLUB CHRISTMAS PARTY

6:00 PM
Club House, Swiftwater
See page 12 for details.

VOICES OF THE RENAISSANCE BY WRENSONG

7:00 PM
Alumni Hall, Haverhill

NORTH COUNTRY CHORUS

7:30 PM
Congregational Church, Wells River, VT

SUNDAY, DECEMBER 6

ALL YOU CAN EAT BREAKFAST: HOLIDAY EDITION
7:30 AM - 10:00 AM
Monroe Town Hall

14TH ANNUAL LIGHTING OF THE MONROE COMMUNITY CHURCH MEMORY TREE

4:00 PM
Monroe

NORTH COUNTRY CHORUS

3:00 PM
Congregational Church, Peacham, VT

MONDAY, DECEMBER 7

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

FRIDAY, DECEMBER 11

HOLIDAY HARMONIES BY THE PINE HILL SINGERS
7:00 PM
Alumni Hall, Haverhill

SATURDAY, DECEMBER 12

WHITE MOUNTAIN FOSTER & RESCUE CRAFT FAIR
10:00 AM - 2:00 PM
First Congregational Church, Haverhill
See page 10 for details.

BUTTON UP VERMONT WORKSHOP

1:00 PM - 3:00 PM
Blue Mountain Union School, Wells River
See page 11 for details.

TEEN DANCE

7:00 PM - 10:00 PM
American Legion, Woodsville
See page 6 for details.

WHENEVER DATE

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Deadline for submissions Thursday by 5pm

10 Military Beneficiaries, Vets Shielded From Health Reform

By Tom Philpott

November 25, 2009

The national health reform bill passed by the House last month and the Senate version to be debated in early December pose no threat to current health care benefits provided to military families, retirees or veterans, say advocates for these beneficiaries as well as congressional committee staffs. The House-passed Affordable Health Care for America Act (HR 3962) states in Section 311 that "nothing" in the bill "shall be construed as affecting" authorities used by the departments of Defense and Veterans Affairs to provide TRICARE programs or VA health care benefits. The Military Officers Association of America (MOAA), the Fleet Reserve Association of America, the American Legion and other veterans' service organizations have studied the legislative language of both bills. Their own reviews, and assurances they've received from relevant committees, give them confidence that the bills won't impact benefits or fees charged by TRICARE or VA, nor will these beneficiaries be exposed to any new tax liabilities. "We have not talked to anybody – Republican, Democrat, anyone in the [Obama] administration or

any members of Congress have embraced any of these ideas. "Everyday I get to answer e-mails from people who are still telling me that this 'CBO legislation' is moving through rapidly," said Robertson. Other military retirees and disabled veterans are worried by news reports that national health care reform will impose an excise tax on "Cadillac" health insurance programs. Will that include TRICARE or VA health care? It will not, say service groups and informed congressional staffs. Strobbridge noted that the Senate bill, the Patient Protection and Affordable Care Act (HR 3590), doesn't contain the same specific language of the House bill does to shield TRICARE programs and VA health benefits. However, the Senate bill's provision to allow an excise tax on "applicable employer-sponsored coverage" lists, among government plans, only the Federal Employees Health Benefits Plan for possible inclusion. TRICARE and VA health care benefits are not named. Finance committee staffers have explained that this was intentional to shield these programs. MOAA has urged senators to add three clarifying provisions to their bill. One would duplicate language of the House bill that

nothing in the legislation alters health care program authorities for DoD and VA. Other language is sought to explicitly exclude TRICARE, TRICARE for Life and VA health care programs from any health reform bill excise tax on certain employer-provided plans. Finally, MOAA wants language in the Senate bill calling for a study of national health reform's impact on veterans to include a study of the impact on TRICARE and TRICARE for Life. Military people who seek assurance that the Senate health reform bill won't impact them negatively end up "looking for something that isn't there," Strobbridge said. The Senate, like the House, should make it clear, he said. "There are lots of people out there who would like to raise military fees" on health benefits, Strobbridge said. "But they are not trying to do it in this legislation...As far as we can see, everybody in Congress is trying to bend over backwards to protect the military. And that's true of both parties." The only real threat to military and veteran benefits posed by national health reform, he continued, is the likelihood that it will add to the annual federal budget deficit which was \$1.4 trillion last year. That will increase political pressure, over time,

to curb federal entitlements including military health care and retirement plans, said Strobbridge. Pressure on defense budgets already is enormous. "That's why Defense leaders have been saying for years 'I don't want to pay this \$10 billion for TRICARE for Life that we put in the defense bill every year.' I want to shift more costs to the beneficiary.' That is what the Bush administration said the last three years," Strobbridge said "We haven't even started to talk about the effect of the baby boom generation on Medicare and Social Security" on future budgets, he added.

Given that pressure, MOAA has been pressing Congress to define in law that military members and retirees have earned through service certain unassailable rights to promised retirement and health care benefits. "What we're concerned about is that budget pressure will drive arbitrary decisions. That is what has hurt us in the past," said Strobbridge. Congress should take steps to spell out what military folks have earned. "If you don't have any rules to rely on," he said, "when the budget tidal wave comes it will sweep you away."

December 1, 2009 Volume 1, Number 9 Not all Times are Trendy but there will always be Trendy Times

WHITE MOUNTAIN FOSTER AND RESCUE
CRAFT FAIR
Saturday, December 12, 2009
10:00 am – 2:00 pm
First Congregational Church
School Street • Haverhill, NH

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Haverhill Heritage Books

Haverhill Heritage Books, a series edited by Robert Fillion of Woodsville, has recently produced its 42nd book, Oliverian Valley Memories, which consists of interviews of old-time residents of the East Haverhill area. Started in 1988, the HHB series features local history of the Haverhill area. Paperback, 5.5 x 8.5 inches, they are usually less than 68 pages, except that Haverhill Flower of the Coös, is hard cover with 496 pages. In addition to primarily narrative, the books contain photos, sketches, maps, and indexes.

The hardcover book costs \$25.00, except to officials of town government and village districts, which may obtain it without charge. All other books are free of charge to all residents of Haverhill. Although some of the books are no longer in print and will not be printed again, most are still available. For a list of the books call 747-2052. They are available at various locations such as the town clerk's office, senior citizens center, the Railyard, libraries, waiting rooms, etc. Retailers charge for the books they sell. You may also obtain them by calling 603-747-2052. Over six

thousand copies of these books have gone out to residents of Haverhill.

Most books relate to Haverhill but some treat aspects of Benton, Piermont, and Warren. Robert Fillion is author of all except six of them. The series includes, in addition to newly published materials, republished books of historical value on which the copyright has expired. An example is Clark Perry's 1831 previously unpublished Annals of Newbury.

An author who wants to have historical or literary works published may submit the manuscript to Haverhill Heritage Books at 40 King St., Woodsville. Historical works must meet standards of historical scholarship. All books must fit the HHB format.

Initially Fillion stressed East Haverhill history, which he featured in six of his earlier books: From Number Six to the Oliverian; East Haverhill Long Ago; East Haverhill in the 20th Century; Methodists in East Haverhill; Moosilauke Grange, and the Woman's Christian Temperance Union.

His research broadened to the east to include Still Some More Things about Coventry-Benton; Glencliff, and the Glencliff Home for

the Elderly. It broadened to the west to include two books on Pike, six on Haverhill Corner, two on Piermont, and one on Newbury. HHB also includes books on North Haverhill, Woodsville, and the more general area including a book on the Province Road, the railroad, and Indians. The more popular books are Railroad on the Oliverian, Indians in Cowasuck, and Early Pike and the Whetstone Works. A widely distributed book, Historical Haverhill in a Nutshell, is appropriate for introducing new residents to the town's history.

Fillion continues to research and intends to publish more books, some of which will deal with Haverhill at the turn of the century, town planning, libraries, tales of Old Eastavril, maps, history for students, and the

Whetstone Inn. He plans a second volume in hardcover.

Publishing Haverhill Heritage Books is the first effort to publish seriously researched Haverhill history since William Whitcher wrote his history of Haverhill published in 1919. In the next several years, many myths developed about the town. Fillion works at demolishing myths such as those that relate to a supposed Fort Wentworth in Woodsville, an Indian corn mill in North Haverhill, Tarleton's tavern at Lake Tarleton in the 1770s, Indian trails, Isaac Pike discovering whetstone, the Coös Road, the Province Road, and Ebenezer Macintosh, among others. He also brings out false information on historical markers in Haverhill, which is due to basing justification on myth and hearsay, rather than ver-

ifiable researched information, and the politicization that is part of the state's historical programs.

Editor's Note: Please note that the Haverhill Heritage that is referred to in the above article is not affiliated with the Haverhill Heritage Commission of the Town of Haverhill. That commission is a volunteer group appointed by the Select Board of Haverhill. They are designated to work on such projects in town as the caboose recently brought in to Railroad Park. They are also working on several other projects of historical nature in town.

Haverhill Heritage that is mentioned in the above article is owned by Robert Fillion with the purpose of publishing books.

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R & M Automotive: Growing A Business



Carroll, Ron and Dan at the R & M Automotive service counter.

It may not be a recession proof business, but at least one local automotive repair shop is growing, not shrinking or even shutting down. Ron DeRosia, co-owner and top mechanic at R & M Automotive Service Center is happy and proud to announce that he has recently hired another top mechanic who also lives in Haverhill. Carroll Hastings has moved his tool box into the R & M Automotive work bays on Route 116 (Benton Road) in North Haverhill and seems to

be settling in just fine. Ron and wife, Mary, started R & M Automotive about eight years ago and moved into their current home some five years ago. Ron already had a half dozen years experience turning wrenches before his move into business ownership. He is happy to tell you though that it is wife Mary who keeps the checkbook and keeps him going straight. It's true with most small businesses in this area and probably around the

country that the owner is a very hard working part on the business and quite often the spouse takes part of the burden, whether it be the book-keeping, or the heavy lifting. With both Ron and Mary involved with the business it has also allowed Ron to continue his certification training. He is a certified ASE mechanic and is working on the last little bit to become a Master Certified Mechanic. Ron has also made sure the shop stays up to date with all the latest technological equipment. They are fully set up to handle computer diagnostics, one of the main stays of today's automotive technology. Along with that R & M Automotive can handle

the new four wheel alignments that today's newer model cars require to keep performing at the top of their game. In fact, Ron and crew are ready, willing and quite able to handle most any automotive repair task. Carroll Hastings has been working in the automotive field since he was eighteen, some twenty-two years ago, and has worked in the area for most of that time. Carroll said that Ron had been after him for some time to join the team at R & M Automotive and now seemed like the best time to make that move. The third member of the mechanic crew is still just working on a part time basis.

But he certainly makes a significant contribution. Ron says that all he needs to do is ask and Dan Avery of Groton is right there ready to get the job done. Day is not yet certified, but is currently attending Vermont Technical College in Randolph Center, to earn that certification. When he graduates in the spring of 2010 Ron hopes he will stay on as a vital part of the team. It is not a big crew at R & M Automotive Service Center. Ron's motto is "Do it right the first time". And that is made easier with a small crew. Therefore, Ron is happy to stand behind his work and guarantees all the work done.

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