



TRENDY TIMES



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Support Center Launches “Lighting the Night” Community Campaign

The Support Center at Burch House proudly announces its first annual “Lighting the Night” luminary event to be held on January 1, 2010. The event is a community campaign to show support for victims and survivors of violence as well as raise awareness of the services available to assist victims. According to Support Center Director Jeanne Robillard, “no one should have to live in fear of being abused. This luminary event is an evening of believing that communities can work together to end domestic and sexual violence. This event also is a way of reaching out to victims and survivors to let them know that their community supports them in their recovery from abuse. They are not alone. There is help”

The Support Center at Burch House is selling specially crafted luminary kits for the event. Each kit contains a set of purple luminaries, a purple ribbon, (for domestic violence awareness), and

information about domestic and sexual violence. On the day of January 1st, people wear the purple ribbon to show their support of victims in the community. On the evening of January 1st, people place the purple luminaries outside on their porch or walkway “lighting the night”.

“We’re really excited about this event and the luminary kits. We’ve worked hard to craft a kit that is not only functional, but eco-friendly and an attractive, meaningful gift.” says Robillard. “The kits are made from 80% to 100% post consumer recycled materials. The tag is made from recycled paper containing flower seeds. You can plant it and it will bloom.” Proceeds from the sale of kits will benefit Support Center victim services. Kits may be purchased by calling 603-444-0624 or at these area retailers: Mojo Coffee and the Garnet Hill Outlet in Franconia; WREN in Bethlehem; The Sugar Hill Sampler; Aylakai and Simon’s Market in

Littleton; Shear Animal Hair Salon and Spa and An Affair to Remember gift shop in Woodsville; The Village Shop and Lilly Anne’s Jewelry and Fine Gifts in Lincoln. Kits may also be purchased at the following Woodsville Guaranty Savings Bank locations: Franconia, Cottage Street and Meadow Street in Littleton and at the Lisbon branch.

“We’re very thankful to the retailers who have agreed to support the event by being points of sale for the luminary kits. We’re also very grateful to Garnet Hill, The Village Bookstore, Rare Books and Comics, and The Jenson Family for their sponsorship of the event.” said Robillard.

The Support Center at Burch House is a program of Tri-County Community Action, Inc., and member of the New Hampshire Coalition Against Domestic and Sexual Violence. The agency provides direct services and shelter to approximately 500



individual victims of violence in Northern Grafton County each year. Services that are available through the Support Center include: a 24 hour help line, crisis intervention, legal, police and medical advocacy and accompaniment, support groups, emergency shelter,

material goods assistance, food pantry, school based violence prevention programs for grades K-12, community education, outreach and professional trainings, and referrals to other community resources that can assist victims in their recovery from abuse.

“Lighting The Night” – A Personal View

By Janice Scruton

For many of us, this is a very joyous time of the year. We surround ourselves with family, we celebrate the season, we are safe and secure. We are the lucky ones.

Unfortunately for some, the holiday season only escalates the abusive behavior that they are tortured with. Battered women (and men

too!) often find their situations even more intolerable this time of year. The number of women physically running for their lives increases during November, December and January and their needs are many.

Picture in your mind a young woman in her early 30’s running into an airport in

a hospital gown, with two broken arms, trying to get her 6 year old daughter to keep up with her. This woman, let’s call her Jane, ended up in the emergency room after her husband beat her up once again. I met Jane shortly after she relocated to a new area and heard her story and saw the pictures of the brutal

beatings she had suffered from time and time again.

I met another young woman many years ago in a thrift store just before Christmas. She had 2 young children with her and she was looking for clothing to wear that her very wealthy husband would never dream that she might wear. She announced that the clothing on the racks was too “good” for her to wear and she asked if there were any clothes in the trash that might be more suitable for her “disguise”. During the following week, this woman and her children would be zig-zagging across the country in the hopes of not being traced and found and thus, avoiding another beating, one that might kill her the next time.

We hear of these situations, we sympathize, but few

of us understand the fear that drives these individuals to run for their lives. When I was young, I’d wonder why they didn’t just leave if things were so bad. Why would you stay in an abusive environment? And I still wonder why it takes so long for a victim to escape.

Abuse often starts slowly. It can manufacture itself by being unable to respect someone’s privacy. Like a cancer, it grows, feeding on a victim’s feeling of inadequacy and low self esteem. Abusive behavior frequently starts as emotional abuse which can devastate someone for years without their even being aware of it. It’s insidious, it works to destroy the framework of your personality that would allow you

Happy New Year
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Cohase Chamber of Commerce Membership Drive



The Cohase Chamber of Commerce (serving the towns of Newbury, Bradford, Haverhill, Woodsville, Piermont and their surrounding areas) is launching a new membership drive in January 2010 with the goal of increasing its membership by 25%. The chamber invites all area businesses who are not currently members to join. The region served by the chamber is rich in small businesses – a business sector that benefits greatly from chamber membership participation. According to a study measuring the value of joining a local chamber of commerce, “When consumers know that a small business is a member of a chamber of commerce, they are 44% more likely to think favorably of it and 63% more likely to purchase goods or services from the company in the future.”

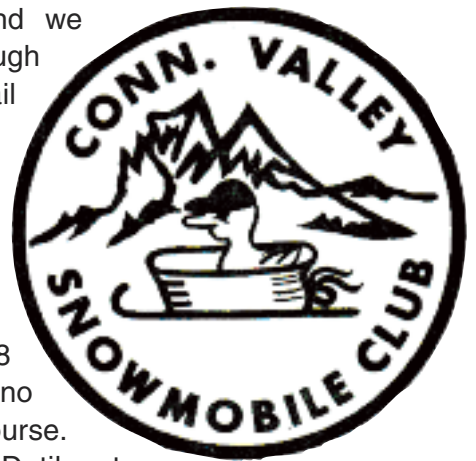
The cost of annual membership ranges from \$30 for an individual to a maximum of \$270 for companies with over 50 employees. Member benefits include access to Cigna Healthcare and Northeast Delta Dental through the VACE insurance program, a listing in the popular Regional Map/Guide, a listing in the Area Directory on the www.cohase.org website, and a free web page if a business does not yet have one.

Find out more about the Cohase Chamber of Commerce and its initiatives by visiting their website or call Mark Nielsen, Executive Director, 802-757-2549.

Connecticut Valley Snowmobile Club

Winter is here and we should soon have enough snow to open our trail system.

Our club will be holding our snowmobile safety course on Sunday, January 3rd at the Municipal Building in North Haverhill from 8 AM to 4 PM. There is no charge for this course. Please contact Barb Dutille at 603-989-3005 to pre-register. For those that plan to attend, please bring a bagged lunch, helmet and warm clothes.



Our club has other events we will be holding this year such as our Poker Run that will be held on January 31st. Registration will be from 9 AM until 11 AM. The Poker Run will go from 10 AM until 2 PM. The event will start off in the field across from Aldrich General Store in North Haverhill.

We will also be holding our Radar Run on Sunday, February 21st from 10 AM until 2 PM. This event will also be held in the field across from Aldrich General Store in North Haverhill. For more information on these events call Jay Waterhouse at 603-747-3744.

Our club will also be involved with the French Pond Fishing Derby that will be held on February 6th and 7th. We are going to raffle off a Thompson Center Muzzleloader Model Omega Z5.

Please join us at our meetings to find out what is going on with our club. Meetings are held the first Tuesday of every month at the Municipal Bundling in North Haverhill at 7 PM.

Save money on your snowmobile registration. Join our club - Singles \$20.00, Family \$25.00. Memberships are available at TC's in North Haverhill, Grafton Motors Service Department in Woodsville and Walt's Auto in Glenciff, NH.

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How to Make This New Year's Resolution a Reality

By Deb Maes, Extension Educator, Family & Consumer Resources

This is the time of year when people make New Year's resolutions. Some of the most popular resolutions include: I'm going to lose weight. I'm going to stop smoking. I'm going to save more money. I'm going to exercise more.

Chances are if you have made a New Year's resolution in the past that even with the best of intentions on January 1st, by the end of February you were back to your old habits. So how can you make a New Year's resolution that you can keep?

Consider asking yourself these questions. Where am I now? Where do I want to be? How am I going to get there?

Any kind of resolution or intention, needs to be S.M.A.R.T. Specific, Measurable, Achievable, Realistic, and Timely. When you follow those guidelines, it is easier to get where you want to be.

Let's use the example of getting more exercise. You can be Specific by stating "I will go to the gym, walk at lunch time, or sign up for an exercise class by January 7th". Your goal is Measurable by plotting how many times you actually do what you say you will do. Make your goal Achievable by stating "I will walk three times a week". You may end up walking more often, but it's better to under-estimate

and exceed than over-estimate and call yourself a failure. This also makes your goal Realistic.

Finally, consider the Timeliness of your goal. You may want to walk more often, but finding time in your schedule may be difficult at first. Keep in mind that outdoor walking in northern New Hampshire in January can be a challenge, especially on a dark, cold morning. Instead, you might sign up for a dance class, join an indoor sports team, or a fitness center. When it warms up in the spring you can start your outdoor walking.

Give a voice to your goals. They always seem to be more effective if you put them in writing or tell someone what you want to do. Once it's written or said, you own it and can start working on it.

Try plotting your progress, setup a chart to document your work. If you live in North Haverhill, your initial goal may be to walk the distance from home to Lebanon, about 40 miles. If you walk three times a week for 13 weeks, you could be in Lebanon by the end of March. At that pace you could walk 150 miles by the end of the year all the way to Boston. Chart your progress like some fundrais-

ers do with a big thermometer. Fill in the chart as you progress. It's there for everyone to see, and a good motivator for you!

Be aware of some common New Year's resolution mistakes. Recognize that you are working on a behavior change and that it will take time. There will be good days and bad days. Don't let the bad days discourage you. Do not try to take on too much at once. If you have more than one goal, start slowly. Tackle the most important goal first. As you make progress, you can start working on a second goal. It doesn't make a difference when you start, as long as you do start.

Finally, many people stumble several times before they are successful. This is normal and expected. You have to keep going, understand where you made a mistake and then change your behavior. Many successful people are that way because they have failed, learned and tried again. Repeatedly. Successful people view these challenges as valuable lessons and look at the positive ways they can make the experience help them achieve their goals.

So, think of one thing you want to change, plot the steps to make that change, and begin.

Calendar of Events

WEDNESDAY, DECEMBER 30

COMMUNITY MEAL - OPEN TO ALL

5:00 PM – 7:00 PM

St. Luke's Parish Hall, Central Street, Woodsville

THURSDAY, DECEMBER 31

FIRST NIGHT

4:00 PM

Saint Johnsbury

SATURDAY, JANUARY 2

WOODSVILLE AREA BOOSTER CLUB

BASKETBALL TOURNAMENT

2:00 PM, 3:30 PM, 6:00 PM, 7:30 PM

Dr. John A. Bagonzi Woodsville Community Building

SUNDAY, JANUARY 3

SNOWMOBILE SAFETY COURSE

8:00 AM – 4:00 PM

Morrill Municipal Building, North Haverhill

BRING A BELL AND RING IN THE NEW YEAR

9:00 AM

Bethany Church, United Church of Christ, Pike

BRING A BELL AND RING IN THE NEW YEAR

10:30 AM

United Congregational Church of Orford, Orford, NH

WOODSVILLE AREA BOOSTER CLUB

BASKETBALL TOURNAMENT

12:00 PM, 1:30 PM, 4:00 PM, 5:30 PM

Dr. John A. Bagonzi Woodsville Community Building

MONDAY, JANUARY 4

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

TUESDAY, JANUARY 5

CONNECTICUT VALLEY SNOWMOBILE CLUB

MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, JANUARY 6

WOODSVILLE ARMORY USE COMMITTEE

7:00 PM

Morrill Municipal Building, North Haverhill

FRIDAY, JANUARY 15

NORTH COUNTRY CHORUS MADRIGAL DINNER

ROBIN HOOD REMEMBERED

6:30 PM

Monroe Town Hall

SATURDAY, JANUARY 16

NORTH COUNTRY CHORUS MADRIGAL DINNER

ROBIN HOOD REMEMBERED

6:30 PM

Monroe Town Hall

SUNDAY, JANUARY 17

NORTH COUNTRY CHORUS MADRIGAL DINNER

ROBIN HOOD REMEMBERED

4:30 PM

Monroe Town Hall

WHENEVER DATE

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 Thursday by 5pm

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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.



A WEEKLY PUBLICATION

TRENDY TIMES

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The Continuing Saga of Disorderly Kondukt

Disorderly Kondukts Audition for America's Got Talent

Disorderly Kondukt made it to New York and had a great time. They got there around 3:30am, parked on the street, and walked around Manhattan. They talked to a few people on the street and went to see the New York Times building. Standing across the street they looked up and felt as if they would fall over from how tall the building was. From the Times they started backtracking to their van and stopped at a firehouse on their way. Engine Company 34 and Ladder Company 21, the pride of Hells Kitchen, had five plaques in memory of five brother firemen on the outside of their station walls. In between the two front doors was a large beam from the World Trade Centers, in which, had a cross made out of re-bar, also from the Trade Centers. In their words, "It was breath taking!" They reached the Jarvis Center on 11th Avenue around 5:00am and stood in line with about eighty other people waiting to audition for America's Got Talent. At 8:00am they made



it inside to sign in and were the 29th contestants. At 10:00am they took pictures with Nick Cannon, the host of America's Got Talent, and if and when you see them on TV, you will get to see how "goofy" they really were. Pictures and camera time took around an hour, then the moment of truth came, time to audition. Singers and bands formed their own line and Disorderly Kondukt was first. They had an interview with the produc-

ers and after handing over their video, Disorderly Kondukt was asked to leave the interview room so it could be viewed. Ten minutes later they were called back in surprised it had taken so long, as it only took other people a few minutes. Once the band was back in the room they were told their video was going to L.A. with them and call backs would start January 2010 and go until April 2010. The band hopes that with the amount of time it

took for them to be called back into the room, their call back news will be good.

Moment of Silence

At this time the band would like to ask all of their fans to take a moment and pray for all our troops serving our great nation. Their hearts also go out to the families of fallen soldiers and everyone at Fort Hood in Texas.

Getting Things Straight

There were a few things released into the paper about Disorderly Kondukt a couple weeks back that were

not true. They were told that they did some things that they shouldn't and also didn't do things they should have, but they just ask that you look at where the facts came from. The band has moved on from all of this and are now concentrating on their music and more uplifting thinking.

About Open Auditions

A few weeks back the band placed a notice in the paper for open audition and three days after the release received a call from Joel Pasquerillo for lead guitar and another call from Dwayne Pitts for bass guitar, both were hired into the band. They have been playing together for a month now and the band is even better then before. If you liked them before you will really love them now. Writing music left and right they are trying to get a new album out for the fans to hear and are hoping to have it done in a couple of months.

The band will be playing at the Silver Fern Bar & Grill December 31st 2009 and January 1st 2010 at 9:00pm until 12:00am both nights. They hope to see everyone there. Also you can join their Myspace page by going to: www.myspace.com/cruzcontrol2 and sign the guest book.

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To All Interested in Local Government in the State of New Hampshire

Ray Burton will be hosting his annual Student Intern Reception on January 6, 2010 from 5-7 PM at the Eagle Square Deli in Concord, NH. The guest speakers will be Steve Barba, Plymouth State University Vice President for Public Relations; and Stephanie Webb, current student intern from PSU. Stephanie is the 135th intern over the last 31 years. This annual event raises money to cover the expenses of the numerous student interns per year that Councilor Burton takes on in his office to gain a hands on experience in the inner work-

ings of state government. Interns to Councilor Burton's office gain a valuable breadth of experience and have gone on to challenging and rewarding careers in not only the public sector but also the private sector. All have gone on to take on an active role in community life, having learned that it only takes action to make a positive difference on the town, state, country, and world.

This is an event that is very near and dear to Ray's heart, and he invites all who support the development of positive public citizens to join him this evening to meet past

interns, future interns, and the supporters of those interns who make it all happen. The suggested donation is \$25.00 per person, with checks made payable to the "NH Student Intern Fund". Checks can also be mailed to the Student Accounting Office, MSC 17, Plymouth State University, Plymouth, NH 03264.

As always, if Ray can be of service to you please do not hesitate to contact him at 603-747-3662, ray.burton@myfairpoint.net, or at 338 River Road, Bath, NH, 03740

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New Year's Eve All You Can Eat Buffet \$19⁹⁵ featuring Prime Rib • Serving 5-9PM

RESERVATIONS REQUIRED FOR NEW YEAR'S EVE BUFFET



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Closed New Years Day

A New Creative Economy Coordinator for the Arts Alliance – And a New Blog

The Arts Alliance of Northern New Hampshire is pleased to introduce Sasha Eisele, its new Creative Economy and Cultural Tourism Director, and her new blog, Creative North. "Bringing creative businesses and people and those involved in the arts to the region is what drives me," says Sasha, who will blog regularly on Creative North. "I like having other creative minds to work with."

Around the country there is growing recognition of the importance of creative enterprise; together, artists, cultural nonprofits, and creative businesses produce and distribute cultural goods and services -- from theater productions to website designs to handmade products of all kinds -- that impact the economy by generating

jobs, revenue, and quality of life. The northern New Hampshire creative economy initiative, says Sasha, is vitally important as the region looks at ways to revitalize an economy that has been greatly impacted by the loss of local jobs due to the closure of the paper mills, the effects of global warming on seasonal businesses, an aging population and young people who leave the area in search of jobs.

The Arts Alliance is a strong voice for this effort, serving as the connector between local presenters and artists (who are generally forced to focus on their own financial survival and capital needs) and the regional and statewide nonprofits and government agencies working on broader economic issues. Arts Alliance staff serve on

the North Country Council's Comprehensive Economic Development Strategy committee and have been active participants in the Northern Forest Sustainable Economy Initiative and the Coös County Economic Development planning process.

"The arts are a vital economic driver," notes Frumie Selchen, Executive Director of the Arts Alliance. "Our cultural nonprofits and arts-based businesses have a significant direct economic impact, but they also play important integrative roles in regional tourism, in attracting new businesses to the region, and in critical areas like education, sustainability and even health care. That integration is what we're focusing on. We want to make sure that the creative economy is a real part of regional and local economic thinking and planning."

As the Creative Economy Coordinator, Sasha will work with Arts Alliance members and a regional advisory committee to support and develop creative centers throughout the region, and to regularly survey creative enterprises around the North Country to track their economic progress. This winter the Alliance will undertake a comprehensive Artists Survey -- of both resident artists and those who might be interested in the region -- to better understand their needs and interests, from affordable housing to access to markets and networks of colleagues.

Sasha grew up outside New York City, where she was able to take advantage of the Big Apple's art and cultural offerings. She holds a degree in art history and printmaking from Maine College of Art in Portland, and has pursued a career in marketing and development with small non-profits.

A couple of years ago,



after commuting between Portland and the North Country on weekends, Sasha and her husband, Erik, decided to move to Glen to be in reach of all the outdoor activities they enjoy, and to take advantage of the quality of life and natural landscape that the North Country has to offer. She cites the affordable housing and business spaces that are available here as reasons other young people might also consider moving to northern New Hampshire.

Sasha's position at the Arts Alliance has been preserved by a grant from the New Hampshire State Council on the Arts & the National Endowment for the Arts through the American Recovery and Reinvestment Act. "Sasha is a wonderful addition to our team,"

says Frumie. "We're lucky to have someone so dynamic and so dedicated to exploring creative economy opportunities, and we're looking for other like-minded people to be involved."

Creative businesses will be regularly highlighted on the Creative North blog (go to www.aannh.org for the link). "The businesses and organizations in this area are unique and special," says Sasha, "and tools like this can be valuable in promoting economic development here. We want people to go to the blog and use it as a way to communicate with us and others."

Sasha welcomes news of new and established North Country creative enterprises. She can be reached at sasha@aannh.org or (914) 643-3345.

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DEER STORY WINNERS

Trendy Times is happy to announce that there were two winners in our Deer Story Contest.

Carolyn Bigelow of Passumpsic, Vermont sent in a story and photo about her husband's adventure in Maine.

Mark Locke was the other winner with his story about Dreams and Memories.

Both winners will receive \$25.00 gift certificates to Warner's Gallery Restaurant in Wells River, VT

Our thanks to the contributors for their efforts.

The next contest for readers will be coming in January with a Valentine's theme. So get your pens, pencils and computer keyboards ready for the the next opportunity to win.



New Year's Eve marks the 17th annual First Night celebration of the arts in St. Johnsbury.

It all starts in St. Johnsbury at 4 pm on December 31, 2009 and finishes with bright bang at the midnight fireworks finale on January 1, 2010. That leaves eight hours to choose from among the 100 performances by 50 different artists or shows being presented at 19 venues on and near Main Street St. Johnsbury. Hear music from many traditions, including folk, pop, rock, blues, bluegrass, Broadway, sacred, contemporary and classical piano. See modern dancers, break dancers, magicians, a hypnotist, jugglers, a one-man band and comedy shows. Dance the night away to swing or hot rock, in country squares or contra dance lines. Let the kids work off some energy with giant

inflatables and enjoy craft activities at the Family Fun Fare.

The complete schedule for First Night St. Johnsbury is posted on the web at www.firstnightstj.com.

First Night buttons are on sale at most area banks and a number of other businesses including Trendy Times in Woodsville, NH.

Given the current economy, organizers are pleased to hold the pre-New Year's Eve price to \$10. The price for adults does jump to \$15 on December 31, but the student price remains at \$10. And pre-schoolers never need a button.

First Night volunteers who work a shift hosting at a venue on New Year's Eve can get free buttons. To become a volunteer, complete the form on the First Night website or call 802-748-2603.



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

December 29, 2009 Volume 1 Number 13

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A picture of a skipper I came across on Pettyboro Road in Bath last Thursday on the way home from work. She looks like she has eyebrows and eyeshadow on.

Photo courtesy of Valerie Pickens.



Jody Roystan bagged a 190 lb buck, making him the winner of The Brick Store's 2009 deer pool. Here he receives \$121, presented by Virginia Dennett, an employee of The Brick Store.

OBITUARY NANCY LEETE

NEWBURY, VT – Nancy Leete, 78, died December 21, 2009, at the St. Johnsbury, VT Health & Rehab Center, following an extended illness, with her daughter Marcia at her side. She was born in Newport, VT, June 10, 1931, a daughter of Clayton and Grace (Noble) Gould. She graduated from Wells River High School and Becker Junior College in Worcester, MA.

Nancy worked at Cottage Hospital in Woodsville for 27 years as the Director of Medical Records, prior to her retirement. She was a lifetime member of both the Order of the Eastern Star and of the Corinthian Chapter # 42 of Wells River, the Blue Mt. Grange of Ryegate, and the South Ryegate and Ryegate Corner Presbyterian Churches. She was a member of the McLure's Student Band for many years. Nancy was interested in genealogy and has researched not only her own family, but her husband's family as well. She was a gifted cake decorator, having made many wedding cakes for area weddings.

She married Stewart R. Leete on June 10, 1952 and he predeceased her on April 1, 1996.

Survivors include five

daughters, Marcia Leete Darby and husband David of Boltonville, VT, Sage McKay of East Corinth, VT, Cynthia Leete of Morrisville, VT, Deborah L. George and husband Sheldon of Woodsville, NH, and Cathryn L. Aylward and husband Peter of Woodbury, VT; a very special granddaughter, Heather Leete of Claremont, NH; twelve grandchildren and twelve great grandchildren; several nieces, nephews and cousins.

Calling hours will be on Sunday, December 27 from 1:30 to 3:30 PM, at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH. The funeral service will be on Monday, December 28, at 11 AM at Ricker Funeral Home, with Pastor Candace Ricker officiating.

Burial will be in the Boltonville Cemetery, Newbury, VT in the spring.

Memorial contributions may be made to Visiting Nurse Association and Hospice of VT and NH, 66 Benning Street Suite 6, West Lebanon, NH 03784.

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

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

OBITUARY SHIRLEY ELIZABETH (KENDALL) LOCKE

BRADFORD, VT - Shirley Elizabeth (Kendall) Locke, of Waits River Road, died on December 20, 2009 at her home.

Shirley was born in Barre, VT on December 11, 1932, to Percy Gilman and Hazel Mildred (Montgomery) Kendall. She was a graduate of McIndoe Falls Academy, Class of 1950 and married Harvey Elmer Locke on June 9, 1951.

Shirley worked as an in-home healthcare provider for many years. She then worked at Dartmouth-Hitchcock Medical Center in housekeeping for 15 years before retiring in 1997. Always involved in her community, Shirley was always assisting and support-

ing those in need. She enjoyed her handicraft work and sewing.

She was predeceased by her husband, Harvey Locke on October 26, 1989. She is survived by her children Bruce Locke of Bradford, Kendall Locke and wife Sheila of Bradford, Harold Locke of Greensboro, NC, and Karen Locke also of Bradford; four grandchildren Glen Locke and wife Jennifer of Haverhill, NH, Nathan Locke and wife Jessica of Bradford, Stacy Locke of Concord, NH, and Anthony Stockman, Jr. of Johns Island, SC; four great grandchildren, Dorothy Gallagher, Abigail Locke, McKenna Locke, and Samantha Locke;

and several nieces, nephews, and cousins.

There will be a graveside service on Saturday, May 22, 2010 at 11 AM at the Monroe Village Cemetery, with Pastor Mary Brownlow officiating. Assisting in the service will be Mr. Clyde Jenne.

In lieu of flowers, memorial contributions may be made to the Norris Cotton Cancer Center, DHMC, One Medical Center Drive, Lebanon, NH 03756.

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

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

"Lighting The Night" – A Personal View

Continued from Page 1

to fight back against it.

It was several years after my divorce from my first husband that I too realized that I had been a "battered woman" in that marriage. I don't know how to describe it succinctly. I can say that over a period of years that I was slowly robbed of my identity. Instead of being me, Janice, I was being introduced to others only as "my wife". Even our babysitters called my "Mrs. B". I once asked a sitter to call me Janice and she said, "oh no, I was told to call you Mrs. B.". I was told what to cook for dinner, and when I did as I was told, my husband would tell me that I was no good, that I hadn't cooked it right, that it was ready too early or too late, etc. I was told over the years that I was a lousy

wife, an awful mother, a miserable person, totally useless, you couldn't live without me, the list is endless. And the amazing thing was that all these slams to my personality were interspersed with words of endearment like "I'll love you forever", and "you are the best thing that has ever happened to me". My man loved me, I was so very lucky to have him. My personal wake-up call came when the emotional abuse turned physical. When his closed fist connected with my thigh and left a dark purple bruise the size of a grapefruit, something inside me snapped and I knew I had to leave, and I had to leave now. The first blow had to have been the hardest one to make, after that I believed that the physical blows would become easier. Even after I filed for divorce and was living on my own, the emotional abuse continued. I vividly remember one day when my

soon to be ex came to pick up his 2 ½ year old son for a weekend visit. It was just before Christmas, and once again he pleaded with me to go back to him. When I said no, he said that if he couldn't have me, I couldn't have our son, and he very calmly and quietly described to me the exact corner of the road that he was going to drive off killing himself and our son. I was left with the fear that I might never see my son again. I am one of the lucky ones, I escaped, and I wasn't coerced into going back.

Fortunately, things have changed in how physical abuse and threats are handled by the police and our court system. Unfortunately, they can only become involved when they are made aware of abusive situations. We are extremely fortunate to have some wonderful services and resources available for battered persons in our area. The front page article references one such group, and there are numerous other organizations in New Hampshire and Vermont that fight in a positive manner to free battered individuals from their personal prisons.

We can't eliminate the problem of abuse, but we can help the victims. How? We can support these helpful groups by participating in their fund raising activities. And if you think you might know someone who is being either emotionally or physically abused, talk to them, become their friend, make them aware that they are not the only ones and that there are people out there that want to help them. Make a friend, save a life.

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THE AMERICAN LANGUAGE: SCRUTINIZED

"I didn't say she stole the money."

No, this is not the headline to a story about a robbery. It is, as the headline indicates, another piece in the ongoing head scratching that is created by the American Language.

The above is a short seven word phrase that offers a real simple way to showcase the use of inflection in the American Language. That's right, there is more to this language than just the strange spellings and pronunciations, but instead how you say those words. Simply written, this seven word phrase indicates the speaker or writer is claiming innocence of the person mentioned.

However, when spoken, this phrase can take on seven distinctive meanings.

Put the emphasis on the first word - "I didn't say she stole the money." The statement now says that the speaker is not the accuser, but someone else probably is.

Put the emphasis on the second word - "I didn't say she stole the money." This is pretty straight forward in claiming innocence for the poor girl. But at the same time it may sound like the speaker was accused of making the statement.

Now let's try putting the emphasis on the third word - "I didn't say she stole the money." This certainly sounds like the writer wrote about guilt, but did not speak aloud about it.

"I didn't say she stole the money." Again, kind of obvious what the speaker

would be implying here. She may be innocent, but someone else certainly is not.

"I didn't say she stole the money." Here is where there could be a bit of head scratching. She may not have stolen the money, but it certainly sounds like the money is not where it is supposed to be. And it appears she is responsible.

When we put the emphasis on "the" word - "I didn't say she stole the money.", it now sounds like there is some question as to which money is being referred to. But again, she apparently is the one responsible.

And finally we have "I didn't say she stole the money." Now the question is about just what was stolen, even though it appears, again, that she did it.

A seven word phrase with at least seven interpretations, depending on your emphasis, or as some would say "your inflection".

However you want to phrase it, this statement "I didn't say she stole the money" if simply written and left to the discretion of the reader can take on many different meanings. And if the statement is spoken, the speaker can change the meaning simply with the inflection of the voice.

The moral: Be careful what you write, be careful what you say, and be careful to read and listen carefully. Quite often it is the little things that can make a big difference is the meaning of any phrase.

American Legion Riders roll on with 2010 Slate of Officers



The N.H. American Legion Riders, Charter Chapter held it's 2010 election of officers at Woodsville's Ross-Wood American Legion Post #20 on December 13,2009. The results are as follows:

- DirectorSteve Pickens
- Assistant Director.....Jim Kenny
- Secretary.....Ann McDermott
- Treasurer.....Valerie Pickens
- Chaplain.....Paul Lacroix
- Sargeat at ArmsJeff Smith
- Run Coordinator.....Tom McDermott

I would like to announce new meeting days and times.

Winter Meetings - are still the 2nd Sunday at 1pm but, only for the months of November - April

Summer Meetings - will be the 2nd Tuesday at 6pm for the months of May - October

All meetings will still be held at Ross-Wood Post #20 in Woodsville.

I would like to thank the officers, members, supporters and the American Legion Family for making 2009 a sucessful year. I would also like to congratulate the new incoming officers and wish them a prosperous year. We're looking forward to helping the American Legion Family grow and prosper in 2010.

Submitted by,
Steve Pickens,
Director N.H.AL.R,
Charter Chapter

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NEW HAMPSHIRE HEROES

John Sullivan

By George Clark

When the great independence war of the thirteen colonies began in 1775, very few traditional soldiers were available to fight a protracted war against some of the best trained soldiers in the western world. A few Americans had fought the French and Indians for years but that was bush warfare, not an in-line standup fight which a real war would require. Consequently, an army of officers and men had to be trained, and fortunately a few men with the necessary intellect and skills came forward and made the task much easier. Most were reasonably brave as well.

One of the gifted officers of George Washington's Continental army was New Hampshire born John Sullivan. Son of Irish born indentured servants, he was born at Somersworth, NH, on 17 February 1740; and was well educated by his school-teacher father. As a young man John read the law with Samuel Livermore and in 1759, at age nineteen, he opened his own practice.

Married in 1760, he and she resided in Durham where he purchased land, built mills, and pursued a legal career. In other words, he became highly successful at an early age, but controversial. He managed to aggressively bring actions which soon had him making money but earning unpleasant relationships with many of his neighbors.

In the late 1760s Sullivan supported Britain and became a favorite of the Royal Governor, John Wentworth. Because of this he was commissioned a militia major. However, in the early 1770s a change of heart brought on by patriotism, and Sullivan became an exceptional champion of American independence. He was soon regarded as an ardent spokesman for freedom and was elected to the Provincial Assembly. And, during September – November 1774, he was a representative in the first Continental Congress. In December he returned to New Hampshire and, warned by Paul Revere of an impending British

move, he raised a force and participated in the capture of Fort William and Mary with its valuable stores, at Portsmouth, NH, on 14 December 1774. This is considered to be the first shot fired during the American Revolution.

In May 1775 he was appointed to the second Continental Congress, by which he was commissioned a brigadier general in June. Sullivan led the New Hampshire brigade at the siege of Boston from July 1775 to March 1776, where he led two raids on British outposts. Both were repulsed but Sullivan was applauded for valor.

In April 1776 Sullivan was ordered by Washington to replace the fallen General John Thomas and reinforce the Northern Army at Quebec. When he arrived on the scene, the patriot forces were retreating up the St. Lawrence River before an enemy offensive. During June and July 1776 he was in command of the northern army, which was then recuperating from the disastrous Quebec campaign at Fort Chambly on the Richelieu River; the period was also marked by the defeat of General William Thompson at Three Rivers, on June 8th. At Three Rivers, Thompson found not the 600 British he anticipated but instead Burgoyne's army of 8,000. For some reason, Congress held Sullivan responsible for the defeat. Later they reversed that charge and promoted him to major general.

Thereafter, Sullivan's command retired up the Sorel River to Lake Champlain, and then to the safety of Fort Ticonderoga. While there, superseded by General Horatio Gates, Sullivan threatened to resign, but persuaded by John Hancock, soothed by George Washington, and by his promotion to major general, he remained in the Army. Instead, he was sent to command the forces on Long Island.

His task in August 1776 was to guard roads leading to Brooklyn Heights which protected the East River. By the time of the British landing on August 22 he had yielded over-all command to General Israel Putnam. As co-commander of the army, Sullivan has been blamed for failing to watch Jamaica Pass through which British troops poured at night to outflank the American regiments. Fighting bravely, Sullivan with a pistol in each hand was captured at Flatbush Pass. The blame for the serious loss has been spread about by many historians, to Sullivan, or Putnam, or even Washington himself. Washington did manage to ferry his army to New York, and in October he extricated his men from Manhattan to White Plains. Overall, a look at the original positions on the battle map indicates a rather poor placement of the entire army.

As a prisoner of Lord William Howe, the British commander, Sullivan agreed to convey armistice terms to the Americans, and he was

paroled to present these arrangements to Congress which, of course, rejected them out of hand. Howe's demand for a revocation of the Declaration of Independence as a prerequisite, allowed no room for further discussion. By September Sullivan was officially exchanged, and soon after, he joined Washington's retreat through New Jersey to the Delaware River.

Sullivan served skillfully under Washington at the battle of Trenton fought on 26 December where his brigade captured an important bridge over the Assunpink Creek. This prevented the escape of the Hessians and ensured the high number of them captured. This route has been called "Sullivan's Way" ever since then. He performed well at Princeton, where his brigade played a key role in capturing the village. In these engagements, Sullivan demonstrated his tactical ability, while under Washington's supervision. Yet Sullivan became increasingly embittered—he suffered from a stomach ulcer, he drank excessively, and he resented being denied the command of Fort Ticonderoga. Even Washington, invariably patient with his erring generals, had to admonish Sullivan for his intemperate outbursts.

Anxious to demonstrate his military prowess, Sullivan in August 1777 planned a daring sortie on Staten Island. But because of faulty intelligence, insufficient boats, and poor troop discipline, the expedition fared so poorly that Sullivan underwent a court of inquiry though he was soon exonerated. Although delegates continued to question his fitness for command, Washington maintained his defense of the fiery Irishman. Another crucial test for Sullivan came at Brandywine in September 1777 when Washington assigned him the right wing. Sullivan, and Washington each overlooked a wide flanking movement by the enemy. Sullivan's subordinates were unable to reinforce him. His division was saved from destruction only by the timely arrival of

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Continued on Page 11

New Hampshire Heroes – John Sullivan

Continued from Page 10

Nathanael Greene's troops and by Howe's lethargic pursuit after the British victory. Washington assumed the blame for the disaster. Then came another test for Sullivan, for Washington entrusted him to lead the American right wing during the attack in October on Germantown. As a result of several mishaps—poor maps, complicated maneuvers performed in darkness, a stout British artillery defense—the assault was repulsed. Washington again rose to Sullivan's defense in Congress, but, this time somewhat belatedly. It seems apparent that Sullivan was suffering from the worse luck possible, but so was Washington.

Sullivan served at Valley Forge in the winter of 1777—1778 where his major contribution was to direct the construction of a bridge over the Schuylkill. During the encampment, Sullivan complained incessantly about the lack of proper rewards due him and about his right to an independent command. Washington finally relented and directed Sullivan to lead an expedition against the British naval base at Newport, Rhode Island, and to cooperate in the difficult amphibious operation with a French naval squadron.

He planned an expedition against the British base at Newport, Rhode Island, to be carried out jointly with the French fleet under Admiral d'Estaing. Sullivan surrounded Newport in August, but d'Estaing's fleet was overtaken by Admiral Lord Howe's, and both were scattered in a sudden gale. D'Estaing then made for Boston to make repairs. Sullivan, his militia forces deserting, concentrated north of Newport, where the British attacked him furiously on August 29 1778. He repelled the attack, but news of approaching British reinforcements made it necessary for him to withdraw. He remained at Providence until the following spring.

Martial glory had again eluded Sullivan, but in March 1779 he had another opportunity. Washington appointed him to lead an expedition to the Finger Lakes of New York in order to destroy the Iroquois war potential. This was a result of the activities of Indians and Tories in western New York and Pennsylvania, notably Colonel John Butler's Tory Rangers and Joseph Brant's Iroquois warriors in Wyoming Valley and the

Cherry Valley. Sullivan was ordered to lead an expedition into the region. At Easton, Pennsylvania, he assembled a force of about 2500 men under General's Edward Hand, William Maxwell and Enoch Poor. He marched toward the Wyoming Valley, Hand attacking en route the Indian village of Chemung, and at Tioga built Fort Sullivan. August 22 he was joined by General James Clinton and 1500 more men, and the combined force swept through Indian territory, burning crops and villages. The principal fight of the campaign was at Newtown (Elmira), on August 29. An Indian force retaliated, but Sullivan easily repulsed them. He continued westward, wrecking settlements on the Genesee River, but encountering supply shortages, he did not attack the British base at Fort Niagara. Sullivan temporarily broke the power of the Iroquois and received the thanks of Congress.

Soon after the conclusion of the expedition Sullivan fell ill, and on November 30, 1779, he resigned his commission. At home in New Hampshire he was a hero and again sat in the Continental Congress in 1780-1781. He was a member of the New Hampshire constitu-

tional convention in 1782, and the state attorney general in 1782-1786, serving also in the legislature during that time. Sullivan was elected president of New Hampshire for two terms, 1786-1788. He served as chairman of the state convention that ratified the federal Constitution in 1788; he was speaker of the assembly in the same year, and president again in 1789. He was federal district judge for New Hampshire from 1789 until his death at an early of 54 in Durham, New Hampshire, on 23 January 1795.

Sullivan's fitness for high command was questioned by some delegates to Congress but essentially, as the saying goes "when he was right no one remembered, and when he was wrong, no one forgot." Brave to a prodigious degree and ambitious for national fame, Sullivan occasionally overestimated his abilities or the force at his disposal. When he was closely controlled in combat by Washington, as at Trenton and Princeton, Sullivan performed skillfully. His arrangements for the attack on Newport were astute, and his plan of attack sound; he missed a victory there only due to ill fortune. In fact, a fair appraisal would say he often suffered ill fortune. Sullivan's greatest military achievement was to destroy the Indian menace in western New York. He was the epitome of the soldier patriot who seldom wavered in the fight for

independence, but Sullivan achieved only limited fame. Petulant and contentious, Sullivan was one of Washington's most controversial generals. Because of his own temperamental outbursts, and his record of incredibly bad luck, Sullivan failed to achieve the martial glory he sought.

However, Sullivan had many honors conferred upon him, most by his home state. Harvard College bestowed the degree of Master of Arts in 1780, and Dartmouth College went further with a degree of Doctor of Laws in 1789.

Many honors from New Hampshire include the incorporation of the Town of Sulli-

van in Cheshire County; then establishment of the County of Sullivan in 1827; an erection of a granite monument by NH near his home in Durham in 1894; a bridge across the Piscataqua River from Newington to Dover Point was named in his honor; and in 1929 the US Post Office issued a stamp bearing his likeness and finally, as far as I know, the State Of New York honored him by erecting a statue of him at Ithaca in 1879.

All-in-all I believe John Sullivan was one of the outstanding men of New Hampshire who should be remembered by the residents of the state.

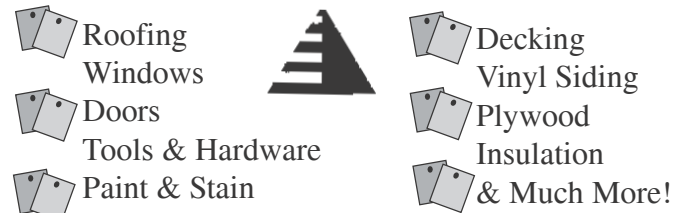
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The Art of Volunteering

By Arianne Fosdick, Volunteer Management Program Assistant

"We make a living by what we do, but we make a life by what we give." - Winston Churchill

It wasn't until I started my current job, that I began to think more about volunteers and the act of volunteering. I support two programs at the UNH Cooperative Extension office in Grafton County: 4-H Youth Development and the Master Gardener programs. Both programs rely on a core of volunteers, and part of my job is to get, find, and keep these volunteers. This responsibility has led me to some wonderful people and to lots of questions. Why do people volunteer? Why don't people volunteer? Who is most likely to volunteer? Why do they do it?

At first I suspected that, like so many other inherited and learned characteristics, the tendency to volunteer (or not to) came from our family. The first family I thought of, however, disregarded this linear notion; my grandparents did volunteer and my parents did not. My own attitude towards volunteering is somewhere between my grandmother's, who considered volunteering a necessary part of life, and my mother's who felt so consumed with the necessities of life that committing to anything additional was inconceivable. As a volunteer coordinator, I find myself straddling two roles I am both the person trying to convince you to

volunteer, and the person who knows she does not volunteer enough.

People volunteer because they want to make a difference. People continue to volunteer because they feel that they are making a difference. If you are trying to muster up the enthusiasm to volunteer, be sure to choose something that matters to you. For inspiration pay attention to the things in the world that you find infuriating. Tired of misspelled advertisements? Become a literacy volunteer. Exasperated about cornfields becoming condos? Join a land conservation group or a local foods movement. Worried that today's children watch too much television? Help out with 4-H Youth Development or the local after-school program in your area. Volunteering is a positive way for us to change what we don't like about the world.

I know we sometimes feel too busy, too financially strapped, and too overwhelmed to willingly add one more item to our list. I also know, on the volunteer management end of things, that organizations are happy for any kind of help. If you are too busy to become a full fledged 4-H leader then help out with a 6 hour 4-H Special Project on a topic of your choice. If you are too busy to

do a 6 hour project, then attend the fair as a judge for baked goods, or be a gardening mentor to a 4-H gardener next summer.

In some ways, volunteering is the ideal work. It is not something we have to do, but rather something we choose to do. Volunteering is about quality, not quantity, and

fulfillment and purpose are the earned wages.

For more information on 4-H and Master Gardener volunteers please call the office at (603)787-6944 or visit us on the web at <http://extension.unh.edu/COUNTIES/Grafton/Grafton.htm>

Look for next week's column from Grafton

County's UNH Cooperative Extension office.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.

LETTERS (and even some real words) From The Editor

More On Volunteering

I write this after reading the column from the Extension Service about volunteers. I have to say that I fall into the category of that writer's grandmother. I volunteer. In fact, I have had some tell me I volunteer too much. Let me continue by saying I must agree with the concept that volunteering does not necessarily run in the family, but sometimes it does.

When I was growing up there was not a volunteer idol I looked up to. I certainly appreciated the time given by volunteers. Sunday school teachers, 4-H leaders and instructors, Boy Scout leaders. The time and energy was appreciated, but at the time probably not nearly realized enough to fully appreciate the time and energy given.

I did not begin to be a volunteer until much, much later in life. What first got me started is probably not that important. What is important is that I did step up, when

asked, and gave of my time.

Any time is valuable time when you have a family. Family is, or at least should be, at the top of your time list. That being said, not every minute of every day can be given to any one cause. "All work and no play makes Jack a dull boy." Or how about "don't put all your eggs in one basket"? Diversity can be a very important aspect of the well being of a person's self worth and health, both physical and mental.

Giving back to the community, whether it be as a 4-H leader, a Judge at the fair or some other event, or sitting on a board of volunteers that help make the community a better place to live, can be a very rewarding endeavor and can increase one's self worth many times over.

Some may still say, "I just don't have the time." Or even, "No one has ever asked me to volunteer." To

these responses I say, you really do have the time, if you really want to. And if no one has asked, then in the true spirit of volunteerism, go out and find an organization that you believe in, or an event you enjoy participating in, and step up.

Almost every group has room for someone willing to give a couple of hours a month, or a handful of hours once a year. How much time you spend is up to you. But doing something will be rewarding. Not only will your time and effort help some organization, but your example may well encourage others to do the same. And remembering one more long time phrase "many hands make light work", the job will be that much easier with your help.

So start the new year and the new decade off with an easy resolution to keep, volunteer. If you don't, who will?

Safe Route to School in Bath Rescheduled Meeting

The December 8 edition of Trendy Times had a front page story regarding an upcoming meeting in Bath about the ongoing project of creating a safe pathway for students and others from the Bath Village School to the main area of Bath Village. The meeting was set for Monday, December 14.

Unfortunately that meeting was postponed due to illness of the presenter. A new meeting date was promised at that time and

that date is now set. Thursday, January 7 at 5:00 PM will be the time. The location will again be at the Bath Village School. The presenter, John Corigan, will actually arrive earlier in the day in order to observe some of the traffic patterns around the school. He will then set up and be prepared with a Power Point Presentation, followed by a question and answer session.

This meeting is open to the general public.



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