

A FREE PUBLICATION
NEXT ISSUE: TUESDAY, FEBRUARY 16TH

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FEBRUARY 2, 2010 VOLUME 1 NUMBER 17

Cardiovascular Disease Is the Nation's Number One Killer!

*The number one cause of cardiovascular disease is smoking.
Poor diet and lack of exercise are other known risk factors for heart disease.*

Northeastern Vermont Regional Hospital and the Club at Old Mill team up in February to celebrate National Heart Health Month. "Our goal is to raise public awareness of heart disease and to support people who are actively quitting smoking," said Bonnie Bashaw-Cole, Manager of the Club at Old Mill.

To help people quit smoking and get more exercise the Club at Old Mill and NVRH will be offering programs to help tobacco users quit their addiction for good. People who participate in a Fresh Start quit tobacco workshop in February will be eligible for savings at the Club at Old Mill. Participants can join the Club at Old Mill in February without paying the initiation fee. After thirty days of NOT smoking or chewing, quitters will receive a ten dollar certificate toward their next month fee or toward any product or program available at the club. By abstaining from tobacco for ninety days they will receive an additional twenty dollars certificate to be used toward a membership fee or any product at the club.

According to Rose Sheehan, Tobacco Coordinator of the VT Quit Network Quit in Person Program at NVRH, most people associate heart disease with men. However, it's also the leading cause of death among women. Shee-

han lost her mother in 2001 to a heart attack, brought on by the lung disease emphysema. Emphysema made her mother's heart work harder than normal for many years; it could no longer handle the load and her mother lost her life. Most people know that cigarette and tobacco smoking increases your risk of lung disease, but few realize that it also greatly increases the risk of heart disease and peripheral vascular disease (disease in the vessels that supply blood to the arms and legs). According to the American Heart Association, more than 400,000 Americans die each year of smoking-related illnesses. Many of these deaths are because of the effects of smoking on the heart and blood vessels.

Smoking increases heart rates, tightens major arteries, and can create irregularities in the timing of heartbeats, all of which make hearts work harder. Smoking also raises blood pressure, which increases the risk of stroke in people who already have high blood pressure. Although nicotine is the main active agent in cigarette smoke, other chemicals and compounds like tar and carbon monoxide are also harmful to your heart in many ways. These chemicals lead to the build up of fatty plaque in the



arteries, possibly by injuring the vessel walls. And they also affect cholesterol and levels of fibrinogen, which is a blood-clotting material. This increases the risk of a blood clot that can lead to a heart attack.

People who are not active have a greater risk of heart attack than do people who exercise regularly. Exercise burns calories, helps to control cholesterol levels and diabetes, and may lower blood pressure. Exercise also strengthens the heart muscle and makes the arteries more flexible. Those who actively burn 500 to 3500 calories per

week, either at work or through exercise, can expect to live longer than people who do not exercise. Even moderate-intensity exercise is helpful if done regularly.

"Adding a regular exercise and nutritional plan to the Fresh Start workshop, along with the FREE nicotine replacement aids, significantly increases a persons chances for quitting successfully," stated Sheehan.

For your convenience, workshops are offered at different days, times, and places. To register for a workshop and begin receiving the FREE nicotine replacement aids please contact Rose Sheehan at 802-748-7532 or r.sheehan@nvrh.org. To learn more about all the exercise and nutrition programs offered at the Old Mill, please call the club directly at 802-748-5313.

Valentine Greetings

Your Valentine Message With Standard Graphic
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We can custom design a special Valentine
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Deadline: Thursday, February 11th  Publish Date: Tuesday, February 16th

BEAT THE HABIT!



SAVE YOUR HEART
The VT Quit Network @ NVRH is
Celebrating Heart Health Month in February!

**FREE Fresh Start Workshops &
FREE 8 Weeks of nicotine replace aids for participants**

Kingdom Recovery Center
Thursdays: February 4th-25th, 6:30-7:30pm

For More Information and to Register please call:
Rose M. Sheehan at 802-748-7532 or r.sheehan@nvrh.org

Dance It! Sing It! Act It Out!

Morning Workshop on Early-Childhood Creativity is February 6 in Plymouth

PLYMOUTH — Teachers, child care providers, children's librarians, and parents and family members of young children are all invited to participate in an intensive workshop in music, movement and creative drama on Saturday, February 6, from 9 a.m. to noon at Plymouth Elementary School.

"Dance It! Sing It! Act It Out!" is presented by the Arts Alliance of Northern New

Hampshire and VSA arts of NH as part of their collaborative Arts in Early Learning program. It will be led by Deborah Stuart (music), Richard Moses (drama) and Kelly Doremus Stuart (movement). Participants will have a chance to experience a wide variety of creative activities aimed at enriching the learning experiences of young children both at home and in pre-school and

child-care settings.

Participants are invited to bring a lunch and stay and talk to the presenters after the workshop.

The workshop fee is \$15, payable to AANNH; scholarships may be available. Preregistration is required; a registration form can be downloaded at www.aannh.org, or call 603-323-7302 for more information.

Feeling Stretched As A Caregiver?

Powerful Tools for Caregivers is an educational series designed to provide you with the tools you need to take care of yourself.

This Program helps family caregivers reduce stress, improve self confidence, communicate feelings better, balance their lives, increase their abilities to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Blass Leaders conduct the series. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

Participants will receive a book, The Caregiver Helpbook, developed specifically for the class. Classes will be free, thanks to the support from ServiceLink of Grafton county and the New Hampshire Facility Caregiver Support Program.

Classes will be held at the Horse Meadow Senior Center from 1:00 to 3:30 p.m. on Thursdays starting February 25, 2010 and ending on April 1, 2010. For more information or to register, contact ServiceLink of Grafton County at 1-866-634-9412 or 603-448-1558 or E-Mail at jconklin@gcsc.org. Class size is limited and pre-registration is required.



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The Antique Rose Florist

VALENTINE'S DAY
 Sunday, February 14th

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Friday, February 12 7am-6pm
 Saturday, February 13 8am-5pm
 Sunday, February 14 9am-4pm
 Monday, February 15 8am-5:30pm

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Letter To The Editor

The following letter is in response to a story that was on the front page of the January 12th issue of Trendy Times. A sincere thank you to the writer of this letter for giving us his opinion. Trendy Times is ready, willing, and still able to print opinions of our readers, whether or not they agree with some other article written. In fact most articles will have someone that does not agree. It is the start of a discussion that sometimes can lead to a good and reasonable solution to a difference of opinion. So if you disagree with a point of view in these pages, or if you wholeheartedly agree with an opinion, let us know. We will be happy to hear from you. And so will the other readers.

Gary Scruton, Trendy Times Editor

Dear Editor:

Howie Howe, RC Coordinator (RC?) of the Gathering of Eagles implores people to contact the general court to protest an attempt of some legislators to have Cannon Mountain Ski area, a state run facility, leased to a private corporation. Leasing it would make it a source of income rather than a financial burden to the state. I support leasing the ski area if the legislature chooses to do this. Mostly, this is because I feel that private enterprises can operate businesses more effectively than state agencies can. The reason Howe gives for being against leasing is that this is "a gross violation of the intent of the legislature for this Memorial Park."

In 1928, the land was dedicated as a memorial to veterans. This was 10 years before the tramway and ski area opened on the mountain. Having a major unnatural feature, a tramway, on the mountain is a violation of the natural environment. I suppose the next step for Howe is to ask that the tramway be removed since violating nature seems hardly a tribute to veterans. A tramway certainly does not have anything to do with veterans.

The ski area has been leasing facilities to concessionaires probably since its inception. I suppose Howe will want to put a stop to this practice. However, serving coffee or renting skis on the mountain does not dishonor veterans or anybody else, whether the state does it or private enterprise does it on leased property.

If the state becomes limited in use of property that has been dedicated to whatever purpose, we might have some very expensive real estate on our hands or we can have state involvement in running businesses, which I do not advise. Permitting a private operation of the ski facility is not a discontinuance of the park or its dedication to veterans. Leasing it will not give the leasee authority to void any dedications, remove plaques, or dedicate the park to any other group or idea.

People do not go to Cannon Mountain to honor veterans. Most of them probably do not see dedicatory plaques or even think of veteran matters while they are there. Most skiers know of nothing about the facility's devotion to anything other than skiing. Not even the people who work there think they are working for a veterans cause.

I am a veteran and a skier. I will not feel dishonored if the state leases the ski area. Furthermore, I have gone to Cannon Mountain to ski, not to honor anybody. Howe asks that skiers ski Cannon "as a tribute to veterans"! I have had no such intent and will never go there for that purpose. I go to ski not to pay tribute and do not want my going there, for whatever reason, to be interpreted as a political gesture. Skiers might want to avoid Cannon to demonstrate that they want to keep veteran politics out of skiing and out of state parks.

I hope the legislature will base its decisions about the park on what is best financially for the state and what is consistent with the purpose of state parks. Parks are essentially created to foster recreation and preserve nature, not to honor veterans.

Robert G. Fillion
PO 283, Woodsville, NH 03785
fillion@surfglobal.net

Calendar of Events

TUESDAY, FEBRUARY 2
CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building
North Haverhill, NH

STUDENT ART SHOW OPENING & RECEPTION
7:00 PM – 8:00 PM
Alumni Hall
Haverhill, NH

WEDNESDAY, FEBRUARY 3
3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
8:00 AM
Wells River Savings Bank
Wells River, VT

LONG WINTER'S NAP - DREAM JOURNALING AND INTERPRETATION. MAKE A DREAMCATCHER TOO.
6:30 PM
Bradford Public Library
Bradford, VT

THURSDAY, FEBRUARY 4
TOWN OF HAVERHILL BUDGET HEARING
7:00 PM
Haverhill Municipal Building
North Haverhill, NH

FRIDAY, FEBRUARY 5
VETERANS APPRECIATION DAY
9:30 AM - 4:00 PM
Woodsville Guaranty Savings Bank
Woodsville, NH

HEATHER POOR BENEFIT PORK ROAST BUFFET DINNER
5:00 PM – 6:00 PM
1st Congregational Church of Haverhill
Haverhill, NH

SATURDAY, FEBRUARY 6
WARM YOUR HEART SOUP SUPPER
5:00 PM – 6:30 PM
Wells River Congregational Church
Wells River, VT

SATURDAY, FEBRUARY 7
WELLS RIVER ACTION PROGRAM ANNUAL MEETING
5:00 PM
Happy Hour Restaurant
Wells River, VT

CAMERATA PIANO QUARTET
7:00 PM
Alumni Hall
Haverhill, NH

WEDNESDAY, FEBRUARY 10
MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home
Woodsville, NH

SATURDAY, FEBRUARY 13
VALENTINE'S DANCE WITH SWEET JAM
7:00 PM
Alumni Hall
Haverhill, NH
See ad on page 13

WOODSVILLE FIRE DEPARTMENTS VALENTINE'S DANCE
8:00 PM – 12:00 AM
Woodsville American Legion Post #20
Woodsville, NH
See ad on page 11

SUNDAY, FEBRUARY 14
BEEF LOIN VALENTINE'S DINNER
6:00 PM – 8:00 PM
Strong-Nurse Post #68 American Legion
2400 St. Johnsbury Road
Littleton, NH

WEDNESDAY, FEBRUARY 24
FREE COMMUNITY MEAL - OPEN TO ALL
5:00 PM – 7:00 PM
St. Luke's Parish Hall, Central Street
Woodsville, NH

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building
Woodsville, NH

THURSDAY, FEBRUARY 25
POWERFUL TOOLS FOR CAREGIVERS
1:00 PM – 3:30 PM - six week course
Horse Meadow Senior Center
North Haverhill, NH
See story on page 2

SUNDAY, FEBRUARY 28
BRIDAL & SPECIAL EVENT SHOW
12:00 Noon
Alumni Hall
Haverhill, NH

WEDNESDAYS, FEBRUARY 3, 10, 17 & 24
BUREAU OF THE CENSUS 2010 APPLICATION & TESTING SESSION
2:30 PM
Horsemeadow Senior Center
North Haverhill, NH

THURSDAYS, FEBRUARY 4, 11, 18 & 25
SENIOR & COMMUNITY MEAL
12:00 Noon
Brown's Market Bistro
Groton, VT
Sponsored by: Area Agency on Aging

THURSDAYS, FEBRUARY 4, 11, 18 & 25
BUREAU OF THE CENSUS 2010 APPLICATION & TESTING SESSION
6:00 PM
Old Church Building
Piermont, NH

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 is Thursday, February 11, 2010

OUR YEAR END REPORT

Helping Hands & The Variety Store OR, What You Helped Us Do!

September 2009 we opened The Variety Store at 147 Central St in Woodsville. We began selling clean new and gently used "guaranteed" goods from Sports Equipment to Blenders and Tools to Books, Movies, Games, Skates, and Clothing all at reasonable prices. We use the profits from what our customers buy here to fund our foundation Helping Hands.

Helping Hands mission statement briefly is, to help the citizens in our area however we can, within our capacity to do so. People who have an emergency need, who may not qualify for assistance from the other wonderful agencies in this area or, as has happened in a few cases, funds were not available through other agencies. Not to change the world but to be able to step in, in emergency situations where people just needed a 'Helping Hand' to get them through. It is here, between the cracks that we fit in. Even though we have to answer only to our conscience, we stated that we would publish our accomplishments. This is that statement. In the articles written about us we stated that we are not a "Non-Profit" organization. This frees us from constraints and regulations that might otherwise render a family ineligible for assistance. We are also able to provide immediate assistance when necessary. Through our actions, we have gained recognition and work closely with many of the other agencies and churches in the areas we serve. We hope to continue to work with them and expand our abilities to help. We consider this recognition both an honor AND an obligation to continue to do our best to serve the communities.

Our original idea was to pledge half of the store profits back into the communities. This would be in the form of heat, clothing, food, and other needs as they arose. To date, we have designated all of the profits to provide assistance. The need is great, and growing every day. In talking with other agencies, they agree. More and more people are requesting assistance, and many agencies are overtaxed. One in every ten people you pass by is unemployed or under-employed. Even more are living paycheck to paycheck or on limited fixed incomes. If something unexpected happens, they can be in trouble and in need of assistance. We have not had to refuse anyone help to date. Once we have checked them out and found their need to be genuine, we have provided assistance. Our funds are being used as fast as we get them. Unless our business grows even more, we may have to do so in the future.

These are our accomplishments to date. So far we have purchased over seven hundred dollars in food vouchers, and most of them have already been distributed. We get no discounts with these. We have assisted with heat in five emergency situations. We have helped three families with vehicle problems to get them back on the road. These were unusual situations where there were small children or elderly living in the house with medical needs. The vehicle repairs were exceptions to the type of aid we offer, and were only approved because they were emergencies. It is far too much of a drain on our resources to offer as a rule.

At present we have eight

families that we are assisting. Four of these are families who were starting with nothing. We were able to provide them with household items such as plates, silverware, clothing, towels etc., and many things that most of us take for granted (bed, baby crib and in one situation, a refrigerator). Two of these families had people that were starting work and needed special clothing that we were able to provide. We also provided for free or at reduced prices, clothing to over a dozen families who were referred to us with children who could not afford them in a regular store. The retail cost of the items and clothing that we have given away so far from our store is over one thousand dollars.

We assisted one family and kept them from losing their house. This was a unique situation and we tried several other avenues before stepping in. We do not assist with house payments or rent, as it is too much of a drain on our limited resources, at present anyway. We have been able to coordinate with other agencies in finding two families proper housing and other aid. Having an assistant service officer from the American Legion on staff at the store, we were able to secure funding for one veteran who otherwise wouldn't have received it. All together we are aware of many agencies and services available to refer people in need to, so they can access the services they need. We are becoming recognized as a place to start in getting help.

With all the good that has been happening, we have to report that we have been taken advantage of, but only a couple times. We found out that some people were requesting the same things, at other agencies, or "making the rounds". We are working very closely with other agencies, sharing information on how we can all best serve the community with our limited resources. To also ensure this does not become a burden and ensure our resources are available to those who are truly in need.

These people are the exceptions. Most of the people we have been helping are hard working people, who had no control over their situations. People who have been trying to make it on their own and do not want to be a burden to society. They are people who need temporary assistance to keep them on

their feet. Most of the people we have been helping did not come in and ask for help themselves. We found out about them from their neighbors, friends, pastors or another agency. They were both surprised and overjoyed when help was made available. We hope to be able to coordinate even more within the communities we serve in the future. This will help all of us to better meet the needs in our areas.

In the time we have been open, we have met many awesome people that work for or volunteer for the other wonderful organizations in the area. They now know we are here and what we are able to do. We are proud to be recognized by them and take that acceptance very seriously.

All in all, from just having a need to do something like this; for personal reasons (those of you who have read the articles written about the store and know what we are doing here know what I mean) to being open for almost six months now; with what we have been able to accomplish, we are satisfied. We have met a great many wonderful customers many who have become friends. The words of encouragement from them, has given us the determination to continue. Even though we are not asking, we have accepted a few donations of winter clothing and a few items we could give to others and we appreciate all of them and the spirit in which these items were given.

From all indicators, this economy is not improving anytime soon. People who have been at the same job for years are finding they are laid off or their hours are cut. And of course, gas and heating oil prices are on the rise again. We have begun to feel that we are needed in this area; that what we are doing, especially if business picks up, is making a difference! We would like to be able to continue. But in order to do so, we need you! We ask that you stop by our store and see if there is something you might need or want there. It does not have to be a lot. A lot of little sales add up quickly. And while you are at it, we also ask that you check out the other unique stores along Central Street. We have made friends with many of them and all of us refer customers to the other stores. If we don't have it but know where you can find it, that's where we will send you. We have all felt the effects of the economy and the recent

additions in town. Unless people take a little extra effort to patronize the small business in our areas, several may not make it. We do not expect you to do all of your shopping in the small stores, but if you would at least give us a chance, you may be surprised at the quality, hard to find and unique items available with personal friendly service that still exists, at your local small businesses.

Speaking for ourselves, we have done what we can. We purchased most all of our items to do this, and paid the rent in advance for six months to give it a good chance to get off the ground. We have been able to arrange to stay for another two months, due to having great landlords, but this will be the deciding factor whether we will continue. With rent, utilities we will have to pay because of our decision to not be non-profit, our monthly bills come to over eleven hundred dollars a month, just to open the doors. Because our rent was in advance, we were able to build up our Helping Hands fund to where we were able to accomplish what we have so far, but just in the month of January alone our fund has dropped to less than a quarter of what it was when we decided we had enough to start helping. We have not had to refuse anyone help that checked out and was found in need, so far, but unless we can start building that fund at a faster pace, we may soon have to do so.

We are lowering our already low prices throughout the store and will be holding some awesome sales in the coming months to bring more people in. We hope you will be one of them.

We aren't totally nice people. We do hope to be able to make a personal profit from this business someday, but that is not our first priority. For now, we take great satisfaction in being able to make a difference in someone's life. You too, can share in that satisfaction by making a few small purchases in our store.

We would like to sincerely thank all of our customer's, supporter's and the encourager's we have met in the last six months. Patronizing our store and the kind words of support and encouragement does make a difference!

We hope you have a safe and warm 2010!

Sincerely
David & Deborah Turner

Clothing Sale!!!

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Brown's Market Bistro Hosting Senior And Community Meals

Brown's Market Bistro is one of the region's popular casual fine dining establishments but on every Thursday afternoon in Groton, it is also home to an increasingly well attended Senior and Community Meals program.

Bistro owner Chuck Gallagher recently commented that, "of all the things that we do here at the Bistro, our Thursday lunch is, for me, the most fun." According to Gallagher, the lunch program was an idea brought to him by Mary Berljung and other Groton residents who thought that Groton should rekindle the Senior Meals program effort that was so successful years ago. Groton had long had one of the more successful Senior Meals programs in the county but the weekly lunch was discontinued when the work schedules of staff and volunteers made continuing difficult. Gallagher said he was a little skeptical at first that they would be able to attract enough lunch goers to make such an effort worthwhile but added that he was immediately, and happily proven wrong. According to Gallagher, even on the coldest winter day they are serving thirty meals. Meals are

also delivered to seniors who, for whatever reason, cannot make it down to the Bistro for their meal.

Gallagher says that what makes attending the Thursday meal wonderful is the combination of camaraderie, good conversation and, often, great music. He said that local musician Bob Jennings is one of the regulars and that he often sits at the Bistro piano and knocks off a variety of tunes, everything from jazz to show tunes to classic piano standards. "It's funny", says Chuck Gallagher, "but I sometimes feel like I'm in some Greenwich Village piano bar. I love the fact that its all going down in Groton in the middle of the afternoon. It's just a great way to get together with friends and neighbors." Gallagher also said that they call the Thursday

lunch "Senior and Community Meals" because everyone is welcome and non-seniors regularly attend, including young families. He says the meals are, in part, supported by the Caledonia County Area on Aging office, Groton General, donating area banks, and individuals. The recommended donation for the meal is 4 dollars for seniors and 6 dollars for non-seniors. And, the meal is prepared, served and delivered by a dedicated group of volunteers who show up early and stay late to clean up, said Gallagher. "It is an impressive and fun loving group who have set this up and make it work", said Gallagher

The Bistro this week served a turkey dinner with all the trimmings and next week will prepare another delicious meal.

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Wintertime Means Family Fun

By Deborah Maes, Extension Educator for Family & Consumer Resources



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Our New Hampshire four-season climate offers plenty of opportunities for families to spend time together, both indoors and outside. Outdoor lovers have a wonderful playground here within the mountains, rivers and valleys of Grafton County. Since there are snowflakes in the air and the temperature is below freezing, let's focus on family winter fun.

Our winters are traditionally long and cold. If your family has a young hockey player, skier or figure skater you may find yourself

traveling all over the region attending practices and competitions. Before you hit the road, explore what other activities the area has for the down times. Are there trails for cross country treks or hikes on snowshoes? Maybe your family loves to downhill ski. We have some of the state's best ski areas that cater to athletes of all ages and abilities.

Also consider some traditionally summertime activities that can be adapted for winter fun, many can be done in your own back yard. Why

not have a cookout complete with hot dogs and s'mores over an open fire? Consider packing a lunch and blanket, then hike up a local hill to view the scenery. You might come across some animal tracks in the snow so bring along a guidebook and make the experience fun as well as educational. Be sure to take along a camera or sketch book to record wonderful memories.

If you prefer quieter, indoor pursuits, or are like me and are not fond of being cold, explore family activities that can be done inside. Hunt through your closets and find that stash of board games. Visit the craft aisle in your favorite store and pick up some supplies. When you are snowed in you can teach your children the activities you learned as a child. Spend time pouring over the pictures you took during the summer and put them together in a book. As you look over the pictures, share stories about what you remember from that day.

Winter is the perfect time to teach some simple cooking skills. What better occasion than a snowstorm to make a pot of nice hot chicken vegetable soup, a simple batch of biscuits, and some fruit cobbler? Kids can learn valuable life skills such as measuring, reading recipes, the proper handling of kitchen tools, and



kitchen safety. At the end of the project your children will experience the pride of eating something delicious that they had a hand in making. Make sure you take pictures of the finished meal for the next scrapbook session, and let them know that you expect their help during clean-up.

The next time you get measurable snowfall, hand out the shovels and clear the paths together. Then keep active by building a snowman, making snow angels, creating a snow fort and engaging the whole family in a traditional snow ball fight. Consider putting some food coloring and water into a spray bottle to decorate the fort. Or be like my neighbor's grown daughters who recently created a fish snow sculpture in their front yard. What fun they must have had and what a treat for us driving by each day.

When kids get tired of traditional winter activities or it is

just too cold outside, consider my friend Ann's idea. Her cellar was warm enough so she placed her summer wading pool on the concrete floor, filled it up with warm water and let her daughter splash around in her bathing suit. Once the activity was over, she drained the water down the sump pump hole, mopped up the floor, and headed back upstairs.

Your goals for winter fun should be many: keeping the kids physically active, creating some great family fun activities, learning new skills, and showing everyone that you don't have to spend a lot of money to have a good time. Soon enough they will retreat to the television, MP3 Player, video games or computer time. Make sure they have some family activities to talk or IM their friends about.

If you want a copy of the recipes mentioned in this article e-mail our office at: graston@ceunh.unh.edu.



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Thank You!

I would like to thank all those who remembered me on my 85th birthday. The cards I received were a great joy. Thank you one and all.

Louise Kimball
North Haverhill

In Search of The Perfect LOGO

for the
3 Rivers Business Association

Logo Contest

We are looking for a logo design that can be used in ads, marketing brochures, letterheads, etc. It needs to reproduce well in various sizes in color as well as in black & white.

We are a local group working together to maintain healthy business communities in the Bath, Haverhill, Newbury, Wells River, & Woodsville areas.

The designer of the winning logo will receive a check for \$250.00 as well as a 2011 membership in 3 Rivers Business Association.

Entry deadline is February 26th, 2010.
Mail entries to PO Box 338, Wells River, VT 05081 or email to trendythreads@yahoo.com. Questions? Call Janice Scruton at 603-747-3870 (days) or 603-747-3942 (eves)
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PT FARM

It Doesn't Stand For Part-time



Buying local is one of the real buzz phrases in the retail business of this young century. Knowing the person you are giving your hard earned money to and knowing that the money is staying local is good for the local economy. Knowing where the products you are buying come from is also an important part of buying local. Farmers' Markets have become a big part of the economy in many areas. This article is about one particular Farm.

Peter & Tara Roy of PT Farm in North Haverhill are doing their part to make buying local an excellent choice. They operate a small retail space in their home that features the meats they raise themselves. Not only do they raise beef and hogs for butchering, but they also process the meat at their St. Johnsbury plant. That means the whole process is controlled by a local couple, not some far off high volume meat packers. They know what goes into their animals, how they are treated and what the final product will be like.

Most of the meat that comes out of the processing plant is sold to restaurants through wholesalers. It is a product that many fine restaurants are proud to serve. The processing plant also handles animals from some other local farmers. All of the beef processed comes from either Vermont or New Hampshire and has no growth hormones added.

The hogs that go through the plant are also hormone free with most coming from PT Farm itself. At any one time the farm has about 200 head of beef cattle and 200 hogs, all in various stages of growth. The sheep that are available from the plant come from other local farms. An average week at the processing plant will see some 30 head of beef, 40 hogs and an average of 20 sheep

processed. All of this is under the watchful eye of a USDA inspector. The inspector is at the plant 5 days a week overseeing the entire process and must sign off on each and every animal processed. This assures that each animal passes the testing process and is treated in a manner approved by the USDA.

The retail store space in North Haverhill recently went through some renovations. Being part of their home, that has been around for many years, the space was not originally built as a retail space. In fact the hay and plastic around the outside only somewhat kept the cold out. So the Roys took on the project of putting in a foundation under the space, expanding it slightly for some extra storage, and making it a bit more comfortable. One change that does not work for some people is the fact that

there are now four steps up to a covered porch before entering the store. As Tara pointed out, this makes it tough for some of the regular customers who have a hard time climbing stairs. But those folks simply pull into the parking area and honk. Tara or someone else on the staff will run out and deliver the "regular" order. It's what shopping local is all about - personal service.

Make no mistake, PT Farm is indeed a family business. Calvin, the oldest of four children has recently helped expand the product line at the store. Cal is raising meat rabbits which are processed and available for purchase from one of the freezers at the store. PT Farm also sells Hatchland Dairy milk, locally produced eggs, and Peaslee potatoes from Vermont.

By being the growers and processors of their meat Pete

and Tara can provide their customers with custom cuts. From roaster pigs for that special summer barbecue, to a particular roast for a holiday gathering, or premade hamburger patties to stock up the freezer, just stop in. They will be happy to help you plan and order the right product for your event.

PT Farm is what buying local really means. They reinvest the money they make in the local economy by way of wages for the workers at the store and the processing plant. The feed they buy for the animals. The other local producers they buy product from.

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Educator in the Workplace Brainstorming Event

Eight education professionals tour Coventry Log Homes manufacturing plant and models. Pictured L to R are: Bob St. Pierre, Robert Reardon, Patti Eaton, Erin Sykes (internship coordinator), Stephen Sanborn, David Benjamin, Polly Jerome, Bob Sattelberger and Mark Elliott, vice president of Coventry Log Homes.

An "Educator in the Workplace Tour" was organized by Jennifer Thygesen, the program manager of the Valley Business and Education Partnership (UVBEP) of Hanover, NH, for participating teachers from the River Bend Career and Technical Center as well as the Lyme School and the Rivendell School District. Part of the day's offerings was to have one group tour Green Mtn. Monogram of Wells River, Vt and Coventry Log Homes, Inc. of Woodsville, NH, while another group toured

Copeland Furniture of Bradford, Vt and Cedar Circle Farm of East Thetford, Vt.

Before the tours the two groups met over lunch to discuss what they hoped to take away from the tours. The mission of the UVBEP is to connect classrooms and career opportunities in the Upper Valley region of New Hampshire and Vermont. Among the many goals of today's modern educators is to stay abreast of the local working climate and its expectations on their future employees. This knowledge helps them support the student as he/she makes the inevitable transitional status change from one of student to the employed.

Mark Elliott, vice president of Coventry Log Homes and tour host claimed that, "virtue training such as punctuality, perseverance and efficiency should somehow be included in curriculum content since those valuable



characteristics are coveted in the job force."

After the tours the educators reconvened to discuss the insights they gained and ways to incorporate the new connections they made into their classrooms. Take-away

ideas included field trips to tour locations, in-class presentations by business representatives, obtaining job applications for student practice, and using local business examples during classroom projects.

To see the mill tour video the educators saw, go to www.coventryloghomes.com and click on "What's New at Coventry" and to learn more about Upper Valley Business and Education Partnership go to www.uvbep.org.

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David and I were married in 1974. He was 22 and I was 40 with three children under eleven years old.

We were married 36 years ago on January 19th.

David has nurtured and helped the children grow and become who they are today. Many thought our marriage would never last! But we love each other more than ever. Four grand children, seven mini Dachshunds and six large fresh water aquariums full of fish.

He has made our lives a delight with each other. Life is never dull as we both retired ten years ago! But are determined to keep on the job!

I love you David!

Jane Grimes



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(behind Trendy Threads)

Congratulations to WHS Special Olympians ⁹



Shirley Ingerson - Head Coach, Thayne Gregory (Bib #436), Bette Hannaford Coach, Jessica Beck (Bib #434), Connie Lankiewicz (Bib #437) and Carrie Stoddard (Coach) Jim Ingerson, Coach with us was with Bob Jones when this picture was taken.

We were in the Regional Games at the Dartmouth Ski-way. We will be going to the State Level @ Waterville Valley on Feb.28, March 1st and 2nd.

Thayne Gregory brought home ribbons in:
3rd place in the 50 meter
1st place in the 100 meter
1st place in the 200 meter

Jessica Beck brought home ribbons in:
2nd place in the 50 meter
3rd place in the 100 meter
2nd place in the 200 meter

Connie Lankiewicz brought home ribbons in:
1st place in the 15 meter
2nd place in the 25 meter
1st place in the 40 meter



By Ronda Marsh

Musical Bread

When I was 17, I went to Spain. The whole trip was less than stellar, but the breads they served every morning for breakfast at the hotel in Madrid were awesome. These rustic loaves were like nothing I'd ever experienced before. They came to the table still warm from the oven, had crispy crusts, and tender, creamy interiors filled with nooks and crannies that begged to be buttered. Since then, I have rarely found bread to compare, and when I have, the bakeries get big bucks for a small loaf. Any recipes I thought might produce such a loaf were just too complex for me to attempt, until I happened upon this one, posted on the internet. This is the most simple, but delicious bread you can imagine. Don't be scared to give this one a try even if you've never baked bread before. Except for the oven part, even a child can do it. No kidding! Once you taste it, you'll be addicted, and that's a promise!

P.S...In France, it's called "Musique du pain" (Musical Bread) because as it cools, it crackles and snaps. Listen for it!

- 3 cups bread flour
- 1/4 teaspoon instant dry yeast (not rapid-rise)
- 1 teaspoon table salt
- 1-1/2 cups warm water (NOT hot water...it'll kill the yeast)
- Covered pot (five-quart or larger, cast iron, Pyrex, ceramic, enamel... something that can go into a 450F oven.)

1. Mix dough: The night before, combine all ingredients in a big bowl with a wooden spoon until the dough just comes together. It will be a shaggy, doughy mess. Cover with plastic wrap and let sit 12-20 hours on countertop.

2. Shape & preheat: The dough will now be wet, sticky and bubbly. With a wet




spatula, dump the dough on a floured surface. Fold ends of dough over a few times with the spatula and nudge it into a ball shape. You can use your hands if you like; just keep your hands wet so that the dough does not stick. Generously dust a cotton towel (not terrycloth) with flour. Set dough seam side down on top of towel. Fold towel over the dough (see my note below.) Let it nap for 2 hours. When you've got about a half hour left, slip your covered pot into the oven and preheat to 450F.

3. Bake: Your dough should have doubled in size. Remove pot from oven. Holding towel, dump wobbly dough into pot. Doesn't matter which way it lands. Shake to even dough out. Cover. Bake 30 minutes. Uncover, bake another 15-20 minutes or until the crust is beautifully golden. Remove and let cool on wired rack. If not eating right away, you can re-crisp crust in 350F oven for 10 minutes. Makes wonderful toast for breakfast!


NOTE: Rather than deal with a flour-permeated towel, I dump my dough onto a well-floured flexible cutting board; do the shaping, then cover it with a towel for its nap. When it's time to bake, I just brush away the excess flour then dump the dough into the pot and proceed.





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North Country Artists Sought For Juried Exhibit

WHITEFIELD — North Country artists are invited to submit images of up to three pieces of work to be considered for a juried show that will be on exhibit at the AVA Gallery library in Lebanon this April. "Northern Light: Variations on a Theme" is being developed in conjunction with two spring concerts by Camerata New England. The deadline for submissions is March 1. The exhibit is a collaboration of the

Arts Alliance of Northern New Hampshire, AVA Gallery, and the Old Mill Studio in Whitefield, in conjunction with Camerata New England.

Camerata New England (new name of the Hanover Chamber Orchestra) will be performing two spring concerts, April 23 in Lebanon and April 24 in the North Country. The concerts will present Russian music, including Anton Arensky's "Variations

on a Theme by Tchaikovsky." The art exhibit will open April 9 at the AVA Gallery library in Lebanon and continue there through the April 23 concert date (with a pre-concert reception that evening), then move north after the concerts.

"We are delighted by this opportunity to send the best possible art representing our region to another part of the state," said Sue Gradual of the Old Mill Studio in Whitefield, one of the exhibit coordinators. "It's a significant chance to show others the great talent flourishing in northern NH."

Works can be in any medium, and must be ready to hang or for tabletop display. Submission guidelines can be found on the Arts Alliance website at www.aannh.org. For more information contact Eileen Alexander of the Arts Alliance at 837-2275 or eileen@aannh.org, or Sue Gradual at 837-8778 or graduals@yahoo.com.

Health & Beauty Tips That Help Beat The Clock

Turn back the hands of time with anti-aging products for hair, skin and nails. It might not be the fountain of youth but new professional products have been formulated to combat dryness, wrinkles and fine lines that come with age. Don't just cover up aging - defy it! Healthy, glowing and toned skin is what we all seek as we age gracefully. A healthy lifestyle including balanced diet and proper body treatments assist in the elimination of cellulite. Our hands and feet are one of the most overworked parts of our body. Unwind and revitalize, soften and soothe with treatments designed just for you.

Treat Your Feet

Try this simple home therapy for tired achy feet. Soak your feet in a bath of epsom salts and warm water. Relax and allow the salt to detox and release the tension for 10 - 15 minutes. Sip tea and eat this wonderful Orange Pound Cake; the healthy alternative.

- *1/2 cup butter**1/4 cup low-fat cream cheese
- *1 1/2 cups sugar**3 egg yolks
- *2 1/4 cups pastry flour*2 1/2 tsp baking powder
- *1/2 tsp baking soda*1/2 tsp salt
- *1 cup buttermilk**2/3 tsp orange extract
- *1/3 cup orange juice*2 tbsps grated orange peel*

Blend the sugar and wet ingredients together. Add the dry ingredients and mix well. Pour in a 9" bundt pan that has been lightly coated with canola oil and dusted with flour. Bake 45 minutes in a 350 degree preheated oven. When cool, dust lightly with powdered sugar.

February 2, 2010 Volume 1 Number 17

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Trendy Times would like to thank Donna and Susan from Shear Animal Styling Salon in Woodsville for sharing the above article. It is the policy of Trendy Times to use these types of articles when possible. We encourage other professionals to submit articles of similar nature (that is to say, not promoting themselves, but giving good general knowledge) for publication in future editions of Trendy Times.

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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.

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Former Car Laundry Re-opens

The former Car Laundry is now Presby Auto Wash. Thad and Trevor Presby of Franconia and Sugar Hill respectively are the new owners. The brothers purchased the property on January 4th and completely upgraded the automatic wash with new equipment and opened for business on Friday, January 22nd. The brothers also own some other businesses including Presby Construction in Sugar Hill, Presby Energy in Bethlehem, and Presby Recycling in Franconia.

Presby Recycling is a new business just purchased a couple of months ago



(formerly Hunt's Auto) which is a scrap metal and auto parts recycling business.

The intention is to continue to upgrade and improve the Auto Wash as time and weather permit with the next focus being on the exterior. The difference at Auto Wash is that personal service is offered. A real prep

that gets dirt and grim from the areas only an attendant with a high pressure gun can access, and a first class wash with new, modern equipment. In general the Presy brothers think it is a higher level of cleaning and service that most people appreciate.

They are currently looking for a tenant to lease out the rear building on the property formerly utilized for auto accessories and detailing. They would prefer to see some auto related business settle there.





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Local Scouting Group Participates In International Pennies for Peace Campaign

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FISHER CATS CHAPTER, SPIRAL SCOUTS, PIKE, NEW HAMPSHIRE

The scouts of Spiral Scouts Troop #241, the Fisher Cats, have joined hands with tens of thousands of other children around the world who share the vision and dedication to empower communities through education in remote areas of Pakistan and Afghanistan. The Fisher Cats are embarking on a Pennies for Peace campaign to broaden

their cultural horizons and become members of a global family dedicated to peace.

How can a penny bring peace? It doesn't buy much in Pike. But in the villages of Pakistan and Afghanistan, it can buy a pencil, start an education, and transform a life. In a region where terrorist organizations recruit uneducated, illiterate children, that

pencil can empower a child to read, write, and learn. The Pennies for Peace program goal is to encourage children, who are ultimately our future leaders, to learn the value of philanthropy by collecting pennies for global peace.

The Fisher Cats will have an opportunity to study the cultures of Afghanistan and Pakistan, learn to work and share together in their Peace for Peace campaign, and come to understand their own capacity as philanthropists – one penny at a time.

The scouts have placed donation jars in businesses, libraries, and other public places in the Haverhill area, as well as at the Oliverian School, where they hold their monthly troop meetings. If you see a jar, please drop a penny!

The pennies that the children collect can add up to make a real difference.

1 penny = a pencil
2-3 pennies = an eraser

15 pennies = one notebook
\$20 = one child's school supplies for one year
\$50 = one treadle sewing machine and supplies
\$100 = maternal healthcare supplies for one year
\$300 = one advanced student's annual scholarship
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Children in over 400 mountain villages in remote northern Pakistan and Afghanistan are on the waiting list, hoping to learn in a new school. The Fisher Cats hope to help build a bridge of peace, one penny at a time, offering alternatives to the cycle of terrorism and war.

About Pennies for Peace

The Pennies for Peace campaign (www.PenniesFor

Peace.org) is a program of Central Asia Institute (CAI), founded by Greg Mortenson, author of the #1 New York Times best seller, *Three Cups of Tea*. CAI is a registered 501(c)3 nonprofit organization that promotes and provides community-based education and literacy programs, especially for girls, in remote mountain regions of Central Asia. Founded in 1996, CAI has built, to date, nearly 100 schools in Afghanistan and Pakistan, which serve more than 28,000 students, 14,000 of whom are girls. Greg's story and more information about CAI can be found on the web at www.ikat.org.

Contact Information

To find out more about the Fisher Cats' Pennies for Peace campaign, please contact: Kerri Harrington at kerriharrington@hotmail.com or Carl Stagg at carlstagg@gmail.com Or call (603) 989-3396

More Than Football This Weekend French Pond Ice Fishing Derby

February 7th is Super Sunday. Most sports fans, and even fans of half time shows or interesting new television ads will immediately know what is referred to. Super Bowl XLIV. That is the television event of the weekend. But locally there is another event that can make Sunday a Super Sunday.

Saturday & Sunday, February

6 & 7 are the dates for the 6th annual French Pond Fishing Derby. French Pond is located just off French Pond Road in North Haverhill. The pond is not all that large, but offers some fun fishing and for this weekend, some fun competition.

Registration for each day begins at 6:00 in the area of the boat launch. Saturday fishing continues until 6 PM. On

Sunday the end time is moved up to 3:00 PM so that there is time to hand out all the awards and still get home for the other big event.

Registration fees for this event are \$10 for adults and \$5 for children. The kids will be vying for three trophies in three different species of fish. The three largest perch, trout and pickeral caught will be awarded trophies.

The adults will be trying to catch some cash prizes being awarded for the three heaviest fish.

Proceeds from the day are being donated to the Connecticut Valley Snowmobile Club. Club members will also be on hand to sell raffle tickets for a muzzle loader, and they will be on hand with hot beverages and foods to keep the competitors warm and toasty all day long.

Special thanks should also be given to those who have organized this event for these six years. If you see Tom Smith or any of his helpers at the event, be sure to shake their hand and let them know you appreciate their devotion to this event.

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4-H Extends Its Reach

By Arianne Fosdick, Volunteer Management Program Assistant



Some of Pemi Bridge House residents working on a wool needle felting project as part of the 4-H program.

Over the past 100 years 4-H has slowly been expanding its model. What began in 1902 as farm kids around a kitchen table can now be found in diverse urban homes, rural town halls, after-school programs, and at the Bridge House in Plymouth, NH. The Bridge House provides shelter, housing, outreach, education, and job training to a dynamic community of men, women, and children. Last year one of these children participated in a 4-H after-school program. Inspired by her enthusiasm, I squirreled away the idea of The Bridge House as a possible location for future programs. During the late fall / early winter lull in traditional 4-H events, I approached Director Cathy Bentwood with my idea of 4-H for the Bridge House residents. In perfect practicality she replied, "Let's ask them!"

The following week I put together a few examples of the projects I wanted to work on (origami, wool felting, and recycled-fabric mittens), and presented my case to a colorful group of women and

children. It was not a hard sell; at least two of the women were knitting as they listened patiently, and two more had been in 4-H as kids. Not surprisingly, as creativity and skill begets the same, the two

youngest Bridge House residents were as excited as their adult counterparts. As we mulled over what day and time would work the best, the six and seven year old sisters were whisked off to bed. I

packed up my things to the sound of the 4-H alumni trying to retrieve the 4-H pledge from the dusty reaches of their memory.

And thus started the Bridge House 4-H program. We have met three times so far and have successfully completed two of our three projects. Because we have fewer time constraints and more adult supervision than the typical after-school program, we are able to work together for at least two hours and can tackle more complicated projects... like those that involve sewing machines and patterns.

Though this logistical convenience plays a role in the success of this program, a larger part of the equation belongs to the ingenuity, willingness, and good humor of the participants. One of our senior contributors, hunched over a wool star she was decorating for her granddaugh-

ter, smirked as she recounted her daughter's reaction when she said, "I'm in 4-H now!" When, on the Sunday before Martin Luther King Jr. day, our youngest participant professed her love for this brave, brilliant man, she unwittingly reminded me that what happens when a group of people sit around a table and make things -be it garden plans, model rockets, or origami flowers -has as much to do with genuine, quality connection as it does with the projects themselves. And though 4-H has morphed, merged and modernized in the last 108 years, this is one part of 4-H that has remained the same.

For more information about 4-H programs and clubs in Grafton County, please contact the office at (603) 787-6944, or find us on the web at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>.

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February 2, 2010 Volume 1 Number 17

Major General John Stark

Revolutionary War Hero

By George Clark

STARK, John, Major General, Revolutionary army. His parents, Archibald and Eleanor Stark, left Ireland, their homeland, in the summer of 1720 and made their way to Londonderry, New Hampshire where numerous other Irish settlers had preceded them. John Stark was born on 28 August 1728, in Londonderry, and grew up on what was then the New England frontier. He learned at an early age how to fight the Abenaki Indians that were making war against the non-French settlers.

John Stark, like his father, was a farmer in Londonderry, New Hampshire, the frontier at the time. Relations

with the Native Americans were deteriorating as the French and English clashed for control of the land. The Indians naturally tended toward supporting the French who were mainly hunters and trappers and not settlers. In fact he even learned how to befriend an Indian named Christo and remained so through trials and tribulations between the two families and friends. During his teen years he spent most of his time hunting and fishing, and learning from Christo.

At age 24 John Stark was captured by an Abenaki raiding party and, the story is, was forced to run a gauntlet between hatchet swinging

braves. He grabbed a stick and began swinging. His courage so impressed the Abenakis they adopted him, and he lived with them for a period learning the language and skills.

In 1755 he was appointed a lieutenant in Major Robert Rogers's battalion of rangers. Rogers himself was born in Londonderry in 1727 though his family moved to Stark, NH. Rogers later lived and farmed in Dunbarton, and in raids his farm had been burned. Rogers and his men used guerrilla warfare, incorporating the Indian skills of scouting, tracking, destruction of property, and scalping to keep the enemy away from the settled

areas. These were skills Stark learned well. Stark took part in the battle at Crown Point, 8 September 1755, and in the assaults on Fort Ticonderoga by General James Abercrombie in 1758 and General Jeffrey Amherst in 1759. He left the service a captain in the latter year and took up farming in Derryfield (now Manchester), New Hampshire.

As soon as news of the fighting at Lexington and Concord came in April 1775, Stark set out for Boston at the head of nearly 2000 New Hampshire volunteers. He was appointed colonel of a New Hampshire regiment, and at Bunker Hill on 17 June, his men, marksmen

all, manned the rail fence on the American left; in response to Stark's celebrated order, "Boys, aim at their waistbands," they laid down a galling fire which killed many British soldiers.

He later participated in the defense of New York City, and the retreat of the ill fated expedition of December 1775 from Canada, and in the battles of Trenton and Princeton, 26 December 1776, and 3 January 1777, in New Jersey. Angered by the promotion of junior officers over him, in March 1777 he resigned his commission and returned home, but by July he was

Continued on Page 15

February 2, 2010 Volume 1 Number 17

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FRI 02 / 05 / 2010	5:30pm	GIRLS & BOYS BASKETBALL: Littleton at LISBON
SAT 02 / 06 / 2010	7:30pm	NASCAR: Daytona Int. Speedway (Shootout)
TUE 02 / 09 / 2010	7:30pm	GIRLS BASKETBALL: Randolph at OXBOW
THU 02 / 11 / 2010	1:00pm	NASCAR: Daytona Int. Speedway (Daytona Duels)
FRI 02 / 12 / 2010	7:30pm	BOYS BASKETBALL: Randolph at OXBOW
SAT 02 / 13 / 2010	2:30pm	BOYS BASKETBALL: WOODSVILLE at B. M. U.
SUN 02 / 14 / 2010	12:00pm	NASCAR: Daytona Int. Speedway (Daytona 500)
SUN 02 / 21 / 2010	2:00pm	NASCAR: Auto Club Speedway
SUN 02 / 28 / 2010	2:00pm	NASCAR: Las Vegas Motor Speedway
SUN 03 / 07 / 2010	12:00pm	NASCAR: Atlanta Motor Speedway
SUN 03 / 21 / 2010	12:00pm	NASCAR: Bristol Motor Speedway
SUN 03 / 28 / 2010	12:00pm	NASCAR: Martinsville Speedway
SAT 04 / 10 / 2010	6:30pm	NASCAR: Phoenix International Raceway
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Major General John Stark

Continued from Page 14

back in the fray when General John Burgoyne's British forces invaded New York and threatened Vermont and to split New England from the other colonies, Stark was made a brigadier general and, with money supplied by John Langdon, raised over 1300 recruits and marched to Vermont. On 16 August he stopped a foraging contingent of 700 Hessian soldiers and Tories under Lieutenant Colonel Friedrich Baum, who was later reinforced by another 600 men from Burgoyne, and captured most of them in an important victory of the Saratoga campaign. His own brigade numbered some 1500, augmented during the fight by Colonel Seth Warner's 350 men. Stark's supposed rallying cry was long remembered: "My men, yonder are the Hessians. They were bought for seven pounds and ten pence a man. Are you worth more? Prove it! Tonight, the American flag floats from yonder hill, or Molly Stark sleeps a widow!" Over 150 prisoners were taken including the British commander, Lieutenant Colonel Baum.

His victory at Bennington encouraged the colonists and paved the way for the victory at the Battle of Saratoga which is considered by military historians as the "turning point of the war" as it led to recognition by France. The French alliance ensured greater supplies, money, trained troops and the eventual defeat of the British.

After the battle he held several important posts including commander of the northern border. He served on the court martial of John Andre, the British soldier who worked with Benedict Arnold to plan the surrender of West Point. In 1783 John Stark resigned his commission as Major General in the United States Army and returned to farming in New Hampshire.

He was commended for his action by the Continental Congress and in October given the rank of brigadier general in the Continental army. He helped bring about the surrender of Burgoyne in New York, and twice he was put in command of the Northern Department. He also saw service in Rhode Island and at the battle of Springfield, New Jersey, in June 1780 and sat on the court-martial of Major John André, Benedict Arnold's British contact. In September 1783 he was brevetted a major general. Following the

war Stark retired to his home in New Hampshire and declined several opportunities to hold office.

His personal life should be of great interest. In 1758 John Stark married Elizabeth Page who was born in 1737. Her father was a captain in the New Hampshire militia. He had built a fort on his property in Dunbarton as a defense against Indian attack. "Betsy" helped guard the fort and met John Stark there while he was serving in Rogers Rangers. John Stark always called his wife Molly and she has gone down in history as Molly Stark. It has become known as the "Molly Stark House." After marrying, the Starks built a house in Derryfield (Manchester) near Molly's father's and farmed. They had five boys and six girls one of whom died in infancy. His oldest son, Caleb, lived with his grandparents. After John Stark led forces to Massachusetts in 1775, he wrote describing conditions and inviting Molly to join him and she did. Molly and also their son, Caleb, age fifteen, who fought at Bunker Hill. Molly was noted for her spirit

of adventure and courage. When not accompanying John with the troops, Molly ran the farm. After the revolution, they farmed and ran a tavern in Derryfield. He did not take as active a part in political life as did other leaders of the Revolution.

In 1808, thirty one years after the battle, a commemoration was planned in Bennington to which General Stark was invited. At age 81, he declined but sent a letter of thanks and a toast which has become famous.

"Live Free or Die; Death is not the worst of evils." That motto is proudly shown by the state of New Hampshire on its automobile plates. Truly, don't all free men agree with that proclamation? If not, why not!

Molly Stark died of typhoid fever in 1814 and John Stark died in Manchester (then Derryfield) on 8 May 1822, at age ninety-three.

This biographical sketch, as was John Sullivan's, has been taken from my forthcoming book about American military and naval personnel of Irish birth or descent, as yet untitled.



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Deadline
on ads and classifieds
for our
February 16 edition is
Thursday, February 11



There are four candidates running for three seats on the Haverhill Select Board on Town Meeting Day, March 9, 2010. The five member board has two three year term seats available for this year. Roderick "Rick" Ladd is seeking re-election to his seat. The other currently belongs to Bob Macinni. He has announced his retirement from the board and one time Haverhill Police Chief and former School Board Chair, Wayne Fortier has filed to fill that chair. The

third seat is for only two years as former Select Board Member Peter Conrad vacated that seat during the past year. In October of 2009 the remaining four members of the board appointed former board member Lynn Wheeler to fill that seat until the upcoming election. She has filed her candidacy to continue in that seat. Wendy P. Warcholik has also signed up to have her name on the ballot.

The photo above shows Wayne Fortier and Lynn Wheeler as they signed the necessary paperwork.

In an attempt to better educate the voters in any of the area towns, Trendy Times will publish letters from any candidate who wish to write. Letters will need to be limited to no more than 300 words. Letters will be grouped by town and by candidate. Those seeking Vermont offices will run in the February 16 issue. Those seeking New Hampshire positions will run in the March 2 issue of Trendy Times.

Good luck to all the candidates, and thank you for your efforts to serve the tax payers. And to the voters...do what you can to learn about your candidates before election time. They are your representatives, be sure you know who they are.

The Grafton County Commissioners dedicated the Grafton County annual Report to three individuals. Commissioner Ray Burton presents the annual Report to Jason Morrill of Morrill construction company of North Haverhill. "Businesses like Morrill construction are the type of small businesses that are holding the economic base of many of our rural areas together. I was very pleased to select Jason Morrill and his Company which has been in business since 1970." Burton stated



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Trendy Times Investor Update

The past two weeks have been very busy and quite interesting from a business stand point here at Trendy Times. First and foremost, thank you to each and every one who has answered our call for investors in Trendy Times. It has been a treat to speak with most of you (some came by mail with short notes). Please be aware that we are keeping a close eye on all of these monies coming in and putting them to good use. As stated before we plan to pay them all back, with interest, in the next two years.

To that end, you will note by this issue of Trendy Times that we have added some

pages. That always is a good sign. The more ads in the paper, the bigger we need to make it so that we can still have all the stories that our readers have come to expect and want to read. Our thanks to all those fine businesses that have chosen to advertise with Trendy Times. It is their advertising dollars that will help us pay our bills and keep the press running.

We also need to continue to thank those who have contributed stories to fill these pages. You will see several of our "regular" contributors in this issue. Plus there are a few new writers. We have the first of what we hope will be many "Love Is In The Air"

stories. These writers are competing for gift certificates to Warner's Gallery Restaurant in Wells River. You don't need to be a professional writer to enter. You just need a Valentine story that you are willing to share. The deadline for stories is February 11 at 5 PM. The best way to enter is via email at gary@trendytimes.com. You can also drop off your story or mail it to us at 171 Central Street, Woodsville, NH 03785.

With the help of our many fans, advertisers and contributors Trendy Times will continue to provide a "Viewpaper" that has a different content from most other publications.