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JUNE 22, 2010 VOLUME 1 NUMBER 27

## July Is Entertainment Month

The publish date of this issue of Trendy Times is Tuesday, June 22, 2010. That means that summer is here! Officially it began on Monday, June 21, 2010 at 7:28 am EDT. Of course unofficially summer began on Memorial Day Weekend when there were big events and small picnics or backyard cookouts throughout the area.

Now that summer is here we are preparing for one of the busiest months of the year in this area. Busy, that is, in regards to big events. July holds four very large events, three of which could easily be considered the biggest of the year.

Let's take a look at the four in chronological order. The month starts with the Woodsville/Wells River Fourth of July celebration. Run by a dedicated, but small group of volunteers, the day packs a lot of entertainment into a short time span. It begins with one of the largest 4th of July

parades in Northern Vermont and New Hampshire. Covering the entire two mile parade route there are marchers, bands, National Guard equipment, floats, bicycles, cars, and much more to entertain young and old. The committee hands out cash awards in three different categories and does not charge a fee to enter. (see page 7 for the full schedule). Once the parade is done there is music, bingo, food, vendors, rides, a petting zoo and more on the Woodsville Community Field. Plus a gigantic fireworks display fills the night sky at 10 PM. It is a great day, and a great way to kick off the month of July.

The next big event in the immediate area for July is the Connecticut Valley Fair. This long time fair runs from July 15th thru the 18th at the new fairgrounds on the Lower Plain in Bradford. Also run by volunteers, the fair is still settling in to their new digs. But

they offer up some great entertainment for the whole family. (A full schedule will appear in the next issue of Trendy Times) One great point is that your admission price also gets you on all the rides at no extra charge. They also feature lawn mower races, go cart racing, horse pulling, a horse show, and many, many more events.

Next on the list of big events is the Cracker Barrel Bazaar which comes along on July 23 & 24 on the Common and surrounding facilities in beautiful and historic Newbury Village. The center pin of this event is the Fiddlers' Contest held on Friday night beginning at 7 PM. With five categories of fiddlers, all being awarded cash prizes, the entertainment is well worth the admission fee. And don't forget one of the best chicken pie dinners that you can enjoy. It takes place Friday before the fiddlers take the stage. The Saturday schedule at Cracker Barrel includes hay and boat rides, craft fair, live music, a display from VINS, and some wonderful historical displays and talks.

The month of July wraps

up with the biggest event of the year in this area, the North Haverhill Fair. It runs for five days from July 28th thru August 1st. Like all the others, it is run by volunteers who put in countless hours in preparation and operation of the event. Held on the Fred C. Lee Memorial Field just south of the Haverhill/Newbury cross road the fair is celebrating its 66th year of operation. Big events include the concerts on Friday & Saturday nights, the Thursday rodeo, demolition derbies on Wednesday & Friday, 4x4 pull on Sunday and animal pulling events every day. North Haverhill Fair also has a great adventure tent. An area where Mom and Dad, or Grandma and Grandpa, can sit and take a break while the little ones explore all the free activities. There are also buildings full of displays of art, crafts, vendors, and even a maple museum.

All of these events add up to a great month of July in this great area we live in. So prepare yourself for a great month, and get out there and enjoy all that is available.

Gary Scruton, Editor

**Fourth of July Celebration**  
 Sunday, July 4

**Connecticut Valley Fair**  
 Thursday, July 15 through Sunday, July 18

**Cracker Barrel Bazaar**  
 Friday, July 23 & Saturday, July 24

**North Haverhill Fair**  
 Wednesday, July 28 through Sunday, August 1

# Strawberry Festival

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## Science, Engineering & Technology

### Sixty Minutes A Day To Healthier Children

By Kathleen Jablonski,

Extension Educator for 4-H Youth Development

The minute your first child is born you start building family habits; you nurture and care for your children and always want the best for them. When they are small, they learn and do what their adult role models do. As the adults in the household you establish the family habits and hope your children will follow healthy lifestyles as they grow and eventually go off on their own.

In mid-May, I attended the Littleton Regional Hospital's Women's Health Conference. The keynote speaker, Dr. Joann E. Manson, Chief of the Division of Preventive Medicine and Co-Director of the Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital, Boston, gave an evocative testimony to what we intuitively know as common sense in how we eat and how we move. What's that got to do with youth development? Well, a lot. Usually, it is the female adult of the household who controls the nutrition and healthy habits of the family. Thankfully, since my days of childrearing, men are taking more active roles, and they, too, need to know how to guide and model for the children in their household when it comes to healthy lifestyle habits. A proverb I liked to quote when I was teaching child development classes was, "Teach a child the way to grow and walk some there yourself." It all starts with you.

As I sat there and listened to Dr. Manson, I jotted some notes about the findings she and her colleagues made:

Eat a balanced diet. Vary your family's diet to match the growing season and the amount of activities your family is involved with. Try some new recipes. Have the kids help make their meals. Children who help in meal preparation actually eat more of the meal that is served. Teach children how to make their favorite dishes, or ask them what new recipes they would like to try to make. The kids will learn how to cook and you may have them prepare dinner one night a week under your gentle guidance!

Eat more fruits and vegetables. Healthy New Hampshire and USDA's Food Pyramid recommend at least five servings a day. Our county abounds in fresh farm stands, farmer's markets, co-operatives and grocery stores that carry local produce. Find one (or more!) near you and try some new veggies, or fresh veggies cooked in a new way. "Sneak" some raw veggies into your day pack when you go hiking or offer them as an afternoon snack with a lowfat dip.

Move at least 30 minutes a day, and work up to one hour. Now IS the time to start...and do it as a family. Do you walk or exercise at least 30 minutes a day and at least five times a week? Studies show that even breaking up the exercise into three, 10 minute segments a day is as good. Do weight bearing exercise. Play. Work up a sweat. Make these habits last for six months and you and your family can have

them for a lifetime. Summer is a super time to get the family outside to walk, hike, and play badminton, garden, play at the local playground, swim or bike ride. There are trails and parks throughout our region. Take advantage of the local Conservation Society and Society for the Protection of New Hampshire Forest's efforts by enjoying their parks and trails. Find out about the local state parks and what adventures may await you. Find a new family and make friends with them while you try out a Valley Quest or other GPS adventure. Look into the low cost or free programs offered by the Science centers, national forest and other preservation associations. Movement can be walking and exploring your town's "famous" sites. Check with your local chamber of commerce to see if your town has a walking tour map you can follow. Walk the dog.

For more information about healthy eating and healthy lifestyles, check out the [www.extension.unh.edu](http://www.extension.unh.edu) website. Follow the links to 4-H youth development's 4-H Healthy Living program, food and nutrition pages, the Nutrition Connection program links and the links to HEAL for up to date, research based information on healthy lifestyle and nutrition.

For more information about University of New Hampshire Cooperative Extension, refer to the website or call the Grafton County UNHCE office at 787-6944.

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- \$200 for the second largest trout caught
- \$150 for the third largest trout caught
- MINIMUM LENGTH LIMIT IS 12"

**Northern Pike Prizes (daily - Fri., Sat., & Sun)**

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- MINIMUM LENGTH LIMIT IS 28"

**Perch Prizes (daily - Fri., Sat., & Sun.)**

- \$5 for each of the first 150 registered on Friday
- \$5 for each of the first 150 registered on Saturday
- \$5 for each of the first 150 registered on Sunday
- The maximum allowed is 5 perch per day, per person.
- Youth are eligible in this category
- MINIMUM LENGTH LIMIT IS 8"

**Bass Prizes (daily - Fri., Sat., & Sun.)**

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- MINIMUM LENGTH LIMIT IS 15"

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- 1st Place trophy, Perception Express Kayak and paddle Donated by The Village Sport Shop, Lyndonville \$200. Gift card Cabelas Outdoor Outfitters, Fishing pole and fishing gear.
- 2 nd Place trophy, \$300 Gift Card Cabelas Outdoor Outfitters
- 3 rd Place trophy, \$100 Gift Card Cabelas Outdoor Outfitters Fishing pole and fishing gear.

**PRIZES WILL BE AWARDED ON SUNDAY AFTER 2:30PM.**

Prizes are awarded in accordance with appropriate state and federal laws. Please be advised that all prizes in excess of \$600 are subject to 1099 federal taxes.

Adult  Fri. \$20  Sat. \$20  Fri. Sat, & Sun. \$45      Youth  Fri. \$15  Sat. \$15  Fri. Sat, & Sun. \$35  
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**Moore Dam Fishing Tournament, P.O. Box 19, East St. Johnsbury, VT 05838**



**Concord NH, NH State House: Ray Burton (R- Bath) files over 350 signed petitions from District One citizens for a 17th term as Executive Councilor District One and an 11th term as Grafton County Commissioner. Burton is the longest serving councilor (32 years) in the history of the Executive Council. Burton (right) is shown with NH Secretary of State William Gardner (center) and Former Grafton County Attorney Rick St. Hilaire (left) of Lebanon, a long time friend and advisor to Burton.**

**"I intend to work hard for re-election and welcome the opportunity to visit with the people of Grafton, Carroll, Coos, Belknap and Sullivan Counties in this 2010 election campaign. I consider it an honor to serve the people of this northern rural NH District."**

# Life At Grafton County Nursing Home

By GCNH Resident MiMi

What has 132 residents, 225 operational staff and a cat named "Pixie"? Many already know that it is the Grafton County Nursing Home. I have been here since 2005. I am one of the younger patients at age 55. I have Multiple Sclerosis and have advanced past being home to care for myself. As in any nursing home there are a multiple of ailments. I have never before been in a nursing home so I can only attest to it here, but it is a wonderful place to live. Take for instance, one of our day trips, fishing at Long Pond. It was wonderful communing with nature and doing it with good friends. There will be more fishing trips along with ice cream trips and shopping

at Wal-Mart. There are other great programs here such as our annual "Trick or Treat Street" at Halloween and I am sure everyone in the area is familiar with that one. We have a little store and cafe for resident's use.

I have asked a few of the Nurses and LNA's why they work here and I always get the same answer, because they like working here. They like the different challenges. They say the administration is always willing to listen to what the nurses need for a certain resident and they usually get a positive response. I asked two staff members on the third shift what they thought. One loved the one-on-one he gets with a resident, getting

them up and ready for the day. Another liked the third shift as he didn't have to deal with the drama of the day shifts and he lived very close by. Me, I like getting up very early and am grateful that I can do that. I have not met anyone who wants to be in a nursing home, but most families and resident's feel that here they are in a safe and loving place.

Housekeeping is just the best. People who come to visit think they are in the wrong place, this is no nursing home, possibly a hotel.

Christmas is magical here. The activities department turns the place into Santa's Workshop. It is wonderful. The Activity Department works year round on different holidays and they do an incredible job.

I hope I came close to getting across what is so wonderful about Grafton County Nursing Home.

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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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# Cottage Hospital Welcomes Lori Hughes As Chief Nursing Officer And Vice President Of Operations And Patient Care Services

Woodsville, NH - Cottage Hospital is pleased to announce the appointment of Lori A. Hughes as Chief Nursing Officer and Vice President of Operations and Patient Care Services.

Hughes received her Bachelors of Science and Masters of Science in Nursing at Regis College and her Master of Science in Management from Worcester State College. She has over 15 years of progressive leadership responsibility in the hospital setting throughout New England.

Hughes is energized to join the Cottage Hospital team and will be focused on high quality and patient satisfaction. "As the leader over all patient care areas I will work with my staff to ensure that patients have a positive and nurturing experience, we will work together to make sure that we offer patients the compassion and quality healthcare that they expect and deserve from Cottage Hospital."

Cottage Hospital is a 25 bed, critical access hospital serving the Upper Connecticut River Valley. For additional information regarding Cottage Hospital, any of its services please call (603) 747-9189.



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# Summer "Vespers Services" at the East Haverhill United Methodist Church

Summer "Vespers Services" at the East Haverhill United Methodist Church will begin on July 4 and continue for the nine Sundays in July and August at 5:00 PM.

The services will be conducted by the Rev. Steven Seminario and consist of evening prayers, hymn sing and brief message. The Bible

theme this year will be "Fruit of the Spirit" love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control (Galatians 4:22).

The church is located on Lime Kiln Road, off Route 25 in East Haverhill. All are invited and welcome to attend these summer Vespers!

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

June 22, 2010 Volume 1 Number 27

# Letters To The Editor

Dear Editor of Trendy Times

My name is Naomi Downing and I am a Wiccan. I am writing to clear up the misconception of pete03785 made in the Trendy Bumpers article in your June 8, 2010 paper.

First of all the Wiccan Symbol is this:



and it has nothing to do with the letter S. He also claims that Wiccan is an earth worship cult with minimalist followings that believe they are right and everyone else is wrong.

Wiccan is not a cult. Even in the Armed Forces Wiccan is recognized as a valid religion. Yes, we do worship the earth and love all living things.

There are tons of people in the world that are Wiccans. Just because people have not gone up to pete03785 and said "I'm Wiccan",

doesn't mean Wiccan has minimalist followings.

Wiccans do not believe that we are right and everyone else is wrong. We leave that to Christianity and all other religions.

One thing I would like to leave in the minds of the people who read this is what happened to Tempest Smith.

On February 20, 2001 a young girl name Tempest Smith killed herself in Lincoln Park, Michigan. Her suicide was caused by the taunting of the other students of Lincoln Park Middle School (yes she was in middle school) who mocked her because she was different and because she was Wiccan.

It's sad that a young girl killed herself because other people couldn't COEXIST with a Wiccan.

I hope my letter makes it's way into Trendy Times. I hope next time pete03785 writes about something he'll take more time to research it so he'll know what he's talking about.

Blessed Be  
Naomi Downing  
East Ryegate, VT

Dear Editor,

This is in response to the Trendy Bumpers article in the June 8th issue that addressed the bumper sticker "COEXIST". I totally disagree with the writer Pete03785. I have never placed a bumper sticker on a vehicle that I drive, in fact, I have never been seriously tempted to even consider doing so until I saw the COEXIST bumper sticker. I've googled it online and have found many versions of the same basic idea available for sale. One of these days, I'm going to break down and buy one for our truck.

Why now, and why this particular sticker? Pete03785 claims that the concept of COEXIST will never work. I KNOW that COEXIST works and I can prove it. Right here in the Upper Valley I know we have those of the Islam faith, there are enough Muslims affiliated with Dartmouth College that they have their own religious support group and services. We are fortunate to have a wonderful Buddhist Meditation Center and Retreat (Karme Choling) in Barnet, VT. Science is strongly represented in most of our manufacturing facilities no matter what faith the owners are affiliated with. Judaism is

represented in our valley with several synagogues and temples. Paganism is defined in many different ways, from "Local religions practiced before the introduction of Christianity; A class of religions often associated with nature rituals (en.wiktionary.org/wiki/paganism)" to "any of various religions other than Christianity or Judaism or Islamism (wordnetweb.princeton.edu/perl/webwn)". Whatever definition you choose, I'm confident that we are sharing our valley with Pagans. Although I've always associated the Wicca religion with the pentagle (5 point star in a circle) and not with the letter "S", I am glad that they got to be included in the COEXIST logo. The Wiccans I know put a lot of very positive energy into their quest for a peaceful and better planet. Christianity places the Cross at the end of COEXIST and may be the largest worshipping group in our area. Remember, we have all of these diverse religions (and more) coexisting peacefully within the Upper Valley. The concept can and does work. I strongly believe in and support the COEXIST bumper sticker movement.

Janice Scruton, Woodsville, NH

*The two letters above were both received in response to a new column (only it's second edition) in Trendy Times called Trendy Bumpers. This article is being contributed by a local writer who does a good amount of travelling on local roads and sees many bumper stickers. The author has taken on this project for a couple of reasons. One is to have the opportunity to express his opinion about life, the people in it, and his view on it all. The second, as will be evidenced in future editions, is to bring a smile to the face of readers.*

*Quite obviously the bumper sticker entitled "COEXIST" and the piece regarding that bumper sticker has stirred some very strong feelings and opinions from some of those*

*readers. So that there is no confusion, the author of the second letter is my wife Janice.*

*One of the duties as Editor of Trendy Times is to write responses to all of the Letters to the Editor. I do so here as a response to these letters as well as to the original article.*

*First and foremost I believe strongly in all the freedoms we, as Americans, have and need to cherish. Those freedoms include speech and religion. Living in this area it seems second nature that we have those freedoms. There are, however, many who do not share that same kind of freedom. It is, therefore, very important to exercise those freedoms, else they be lost. So I am proud of, and indeed cherish, the fact that something in Trendy Times has brought forth*

*discussion and gotten an issue out there to be examined. The only drawback is that in so doing, it has offended some.*

*For those who feel offended I will offer an apology. But that apology is tempered by the fact that all opinions are worthwhile, whether or not we agree with them. Therefore, let me state again that any Letter to the Editor written to Trendy Times will be printed, with only a couple of stipulations. One is that Letters must be signed when sent to Trendy Times (requests to keep names off will be discussed on a case by case basis). The second stipulation is that Letters must not be slanderous. And thirdly, know that as Editor I feel it my obligation to respond to all Letters.*

Gary, Scruton, Editor

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**AD DEADLINE 5PM – THURSDAY, JULY 1**

# Rick Drew Freedom Fighter

A Book By Michael A. Corcoran

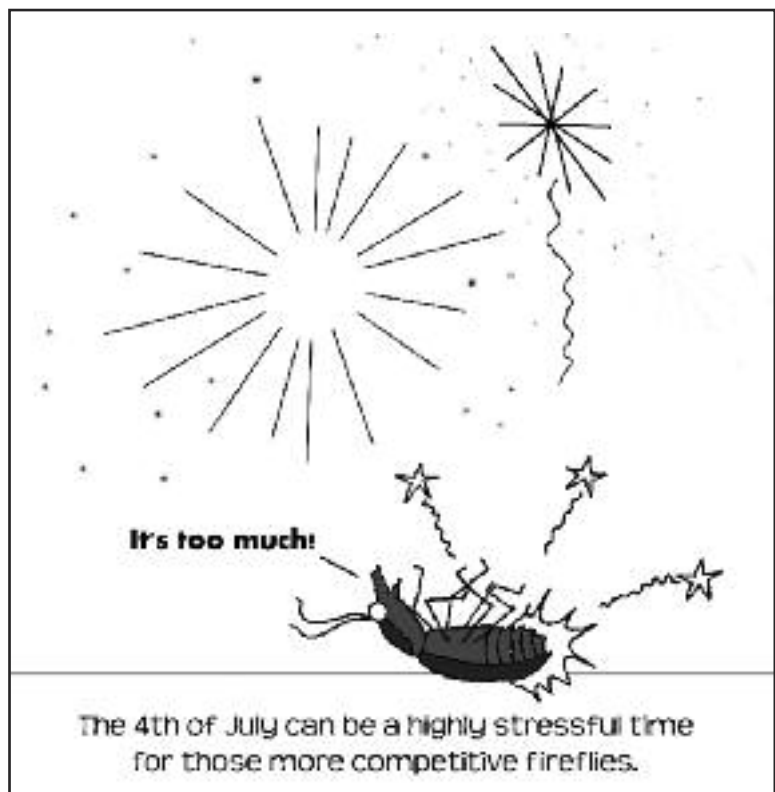
Nearly 16 years after the passing of the author, Michael A. Corcoran, Rick Drew Freedom Fighter" has been published and has been released.

Author Michael A. Corcoran uses his personal combat experiences to create a yarn that is non-stop action and adventure. Not for the faint of heart, this is a story of revenge and triumph over enemies who stand for cruelty and oppression everywhere.

It was a dream of Michael's to be a published author and now that dream has become a reality. The profits from the sale of the book will go to the Michael A. Corcoran Cancer Research and Scholarship Fund. The Fund has created a scholar-



ship for Veterans and their children and donates money to cancer research. \$14.95 per copy. For more information on the author and the organization please check out our website at: [www.michaela.corcoranscholarshipfund.com](http://www.michaela.corcoranscholarshipfund.com)



Owen Davie is an aspiring young cartoonist from Ryegate, Vermont who has, for the past year, been taking an Independent Cartooning Class at Blue Mountain Union School in Wells River, Vermont.

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**2010**  
**Woodsville/Wells River**  
**Fourth of July Celebration**  
**Sunday, July 4, 2010**

**Schedule of Events**  
(All Times Subject to Change)

<b>9:00am</b>	Flea Market Opens
<b>11:00am</b>	Spectacular 4th of July Parade - Central Street, Rt. 502 thru Woodsville, NH & Wells River, VT
<b>1:00pm</b>	Midway Opens - on the Community Field, Woodsville, NH
<b>1:00pm</b>	Travelin' Barnyard Opens
<b>1:00 - 3:00pm</b>	Back Shed String Band (Bluegrass)
<b>1:30pm</b>	"Critter" Chip Bingo (Throughout the day)
<b>2:00 - 5:00pm</b>	Buddy The Clown
<b>2:00 - 7:00pm</b>	Free Face Painting
<b>2:00pm</b>	Tae Kwon Do Demonstration
<b>2:30 - 9:00pm</b>	BINGO - Under The Tent
<b>3:00 - 5:00pm</b>	White Rose Band - (Country, old to new)
<b>5:00 - 7:00pm</b>	Sweet Jam (Big Band Music - 20's -40's)
<b>6:00pm</b>	Parade Winners Announced
<b>7:00 - 9:00pm</b>	Mad Hatters (Classic Rock)
<b>8:00pm</b>	Raffle Winners Announced
<b>9:00 - 10:00pm</b>	The Gully Boys (Eclectic Mix)
<b>10:00pm</b>	<b>IMMENSE FIREWORKS DISPLAY!</b> (weather permitting)
<b>10:30 - 11pm</b>	The Gully Boys

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# Calendar of Events

## WEDNESDAY, JUNE 23

**CHAIR YOGA**  
3:30 PM - 4:30 PM  
Bradford Public Library, Bradford

**REPUBLICAN MEETING**  
5:00 PM  
Horsemeadow Senior Center, No. Haverhill

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

**THURSDAY, JUNE 24**  
**INFORMATIONAL SESSION ON DIABETES**  
Following Noon Lunch  
Horsemeadow Senior Center, No. Haverhill

**BUILD A WEATHER VANE**  
6:00 PM  
Bradford Public Library, Bradford

**FRIDAY, JUNE 25**  
**OPEN MUSEUM TO VIEW ORIGINAL WILSON GLOBE AMONG OTHER ITEMS**  
10:00 AM - 12:00 NOON  
Bradford Historical Society

**AMERICAN RED CROSS BLOOD DRIVE**  
1:00 PM - 6:00 PM  
Horsemeadow Senior Center, No. Haverhill

**SATURDAY, JUNE 26**  
**STRAWBERRY FESTIVAL**  
9:00 AM - 3:00 PM  
On The Commons, Haverhill Corner  
See ad on page 2

**THE COMMUNITY GARDEN CLUB OF MEREDITH ANNUAL BAKE SALE**  
8:30 AM - 12:00 NOON  
Rite Aid, Meredith

**SUNDAY, JUNE 27**  
**PENNY SALE BENEFIT**  
9:00 AM - 3:00 PM  
Big Daddy's Building  
See ad on page 9

**FRIDAY, JUNE 25-SUNDAY, JUNE 27**  
**3RD ANNUAL MOORE DAM FISHING TOURNAMENT**  
Moore Reservoir, Littleton  
See ad on page 3

**WEDNESDAY, JUNE 30**  
**IN TIMES PAST WITH LARRY COFFIN BOOK SIGNING**  
6:30 PM  
Bradford Public Library

**FRIDAY, JULY 2**  
**IN TIMES PAST WITH LARRY COFFIN BOOK SIGNING**  
11:00 AM - 2:00 PM  
Bradford Public Library

**ANNUAL STRAWBERRY FESTIVAL**  
12:00 Noon  
Main Street, Bradford

**ODELL-WALKER BAND CONCERT**  
7:00 PM  
Bradford Academy

**SATURDAY, JULY 3**  
**OLD FASHION PIG ROAST WITH STRAWBERRY SHORTCAKE**  
5:00 PM  
Peacham Congregational Church

**SATURDAY, JULY 3 AND MONDAY, JULY 5**  
**BOATING SAFETY COURSE**  
9:30 AM - 2:30 PM  
Groton State Park Nature Center, Groton

**SUNDAY, JULY 4**  
**WORSHIP SERVICE WITH PATRIOTIC SONGS**  
8:30 AM  
Bethany Congregational Church, Pike

**4TH OF JULY CELEBRATION - ALL DAY**  
11:00 AM Parade / 10:00 PM Fireworks  
Woodsville / Wells River  
See ad on page 7

**MONDAY, JULY 5**  
**HAVERHILL SELECTBOARD MEETING**  
6:00 PM  
Morrill Municipal Building, North Haverhill

**TUESDAY, JULY 6**  
**NH STATE VETERANS COUNCIL REPRESENTATIVE**  
8:00 AM - 12:00 Noon  
Woodsville American Legion Post #20

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

**WEDNESDAY, JULY 7**  
**3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**  
8:00 AM  
Woodsville Guaranty Savings Bank

**SUNDAY, JULY 11**  
**CAMP LANAKILA CAMPERS CONDUCT CHURCH SERVICE**  
10:30 AM  
Orfordville Building, Route 25C, Orford

**MONDAY, JULY 12**  
**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
Public in invited.

**WEDNESDAY, JULY 14**  
**MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

**FRIDAY, JULY 16**  
**RAILROAD PARK CONCERT TAMMY JACKSON**  
6:00 PM  
Railroad Park, Woodsville

## WHENEVER DATE

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Deadline for submissions is Thursday, July 1, 2010 for our July 6th issue.



# WELFARE IN HAVERHILL TOWN

## Just How Well Is It, And How Fair?

### PART ONE OF TWO PARTS

By Robert Roudebush

*(Editor's Note - In this first half of a two-part series, Trendy Times, with the cooperation of town officials, looks at town welfare as it operates today. No past or present welfare recipients or applicants will be identified, either by name or by situation. The second and last part appears next issue)*

Haverhill, NH This town is a welfare magnet but not for the reason you or I may think. It's not because Town Manager Glenn English is a softie, or a liberal, or Administrative Assistant Jo Lacaille, or the Welfare Administrator, or anyone on the Select board .

Three reasons exist why Haverhill (comprised of several smaller districts - Pike, Mountain Lakes, Woodsville, Haverhill Corners, North Haverhill ) has welfare applicants out of proportion to its population - recipients cost the town over \$60,000 in 2009, not including the Administrator's salary. "Unfunded state mandates" is reason number one. The town is required by the state of New Hampshire, without reimbursement for the task, to provide for those unable to help themselves. RSA 165:1 - "Whenever a person in any town is poor and unable to support himself, he shall be relieved and maintained by the overseers of public welfare of such town, whether or not he has residence there ...no such assistance shall be provided directly to a person or household in the form of cash payments." Health and safety are the overriding concerns of town officials in assessing needs for any assistance.

Reason number two is contained in that same phrase from the RSAs - (Revised Statutes Annotated, the current body of state laws) - no residency requirement. People applying for welfare in the town of Haverhill don't have to live in Haverhill. Don't have to prove they live anywhere. Taking care of "town poor" is a decades-long concept in NH, more recently encoded in the RSAs, but there is no doubt that the laws as they are required to be applied today, cover far more than just "town poor". There are too many "frequent flyers", too many applicants offering

too much unsupported cause for receiving support. Also, Haverhill is a "border town", just across the Connecticut River from Vermont, a state without similar town welfare mandates from the state.

Reason number three for this undesirable status is the high level of available rental housing in the town. There are lots of places available. While recipients can reside in every district within Haverhill, and have, the majority reside in the dense population center of Woodsville, where numerous older houses have been rearranged into multiple family units. Too often, landlords are absentee, or sometimes too eager for tenants whose rent is guaranteed to some extent by the town.

Town officials cooperated in the research for this piece for the very practical reason that misunderstandings

about the system and how it works exist and that seeing the situation clearly benefits us all.

Among the responsibilities of each applicant and recipient, according to enforced town guidelines, is the following - "To diligently search for employment and provide verification of application for employment when requested following a determination of eligibility for assistance." You gotta get a job if you're physically able, or prove you're looking for one.

Another town guideline at the top of the checklist - "Records of recent income will be examined, since spending habits often distinguish between those who do not have adequate income, and those who do, but have a money management problem." Some folks don't know how to handle money even when they have it.

Welfare Administrator

Leslie Ramsay has been doing her job here since 2008 - until that time, Administrative Assistant Lacaille, who is also the town's Financial Officer, administered the system. Increasing town duties and the growing pool of welfare applicants - with the accompanying verification work necessary to do the job properly - inspired the town to hire a specialist. In that short time, Mrs. Ramsay has begun to see succeeding genera-

tions of some families seeking welfare. Applying for welfare is no game, of course, not a joke, for those really requiring it. Questions arise however - who gets it and for how long - how much - what does it take to qualify and what does it take to lose it - is there fraud? Who applies?

*(Part Two continued next issue - meet the town point person in this work, and get answers to some of the tough questions)*



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*Pictured from left to right: Back Row – Erin Clark, Drazen Smith, Kelly Clements. Front Row – Courtney Stevens, Michael Eaton, Elissa Narowski.*

These six Oxbow High School seniors have earned over \$1000 throughout their high school careers from the Oxbow Community Scholarship for Excellence. This scholarship is an incentive-based program in which students earn points each year for having good grades, excellent attendance, participating in community service, earning special awards, and for parental participation on school committees and activities. This year, approximately \$16,000 was raised, making each point earned worth \$3.50. Funds for this scholarship have been donated by 110 area businesses, community members, school faculty and staff, parents, school groups, and more and more, alums who have been recipients of OCSE awards in the past. This program continues to be successful each year through these generous donations, indicating to the students that the greater Oxbow community believes in them, and is committed to helping students pursue their post-secondary goals.



*By Ronda Marsh*

## Apple Strudel

Just in case you haven't yet figured it out from my previous columns, I am a huge fan of frozen puff pastry. I always try to keep it in my freezer, as it is so versatile and can be quickly transformed into any variety of appetizers, main meals, and desserts. I have never seen any other brand for sale around here except for Pepperidge Farms, so I have to give them my full, albeit unpaid, endorsement. I know most people who publish recipes (either written or televised) go to great lengths to avoid recommending any particular product, for fear of being perceived as working on behalf of that particular company. So here is where I voice my disclaimer, assuring anyone reading this that Pepperidge Farms doesn't know of my little existence, or my little column in this little paper, in this little state of New Hampshire. Not that I think they would be seeking me out to offer me boat-loads of money even if they DID know; but if you see anyone driving around with the Pepperidge Farms logo on their vehicle looking for me, please feel free to send them my way!



Now, for the Strudel! Although the Austrians take credit for Strudel, other countries make similar pastries including Germany, Hungary, and even Turkey. Strudel really just refers to its oblong, rolled shape, although Apple Strudel is universally the most familiar Strudel available. I like the fact that with little more than 2 apples, sugar, and cinnamon, you can quickly whip up a very fussy-looking dessert that is relatively fuss-free. Depending on what you prefer, you can opt to add Raisins, Craisins (oops, there I go using a brand name again... naughty me) and/or nuts, and you can vary the citrus for a slightly different background flavor. Sometimes, I grate a little of the zest into the filling, too. After the Strudel is rolled and ready for the oven, you can brush it with egg or milk or cream, and then sprinkle with sugar, or, you can wait until it's cooked and cooled, and then dust it with powdered sugar for a very formal-looking presentation. I personally like the crunch of a large-flake sugar, like Demerara or Turbinado, as you can see in my picture; it just gives another dimension of texture to the Strudel. So go ahead and give this recipe a try, and in the meantime, if I come into a windfall from the good folks at Pepperidge Farms, maybe I'll split it with you!

Serves: 6

- 1 sheet of frozen puff pastry (like Pepperidge Farms)
- 2 Tablespoons granulated sugar
- 1 Tablespoon all-purpose flour
- 1/4-1/2 teaspoon ground cinnamon
- dash of salt

- 2 large Granny Smith apples, peeled, cored and thinly sliced
- 2 Tablespoons raisins or dried cranberries ("Craisins")
- 1 Tablespoon lemon or orange juice
- 1 Tablespoon butter, diced
- small amount of milk or cream
- Sugar, Demerara sugar, or confectioner's sugar

Thaw the pastry sheet, tightly wrapped, overnight in the refrigerator, or remove from freezer to room temperature about 40 minutes prior to use. Heat the oven to 375°F. Lightly grease a baking sheet, or line with parchment (I LOVE parchment, and wouldn't go back to greasing and washing baking sheets for anything!)

Combine the apples and raisins (or Craisins) in a medium bowl. Sprinkle with the juice and toss to coat. Mix the sugar, flour and cinnamon and salt in a small bowl, then dump over the apple mixture, tossing to coat well. Lightly mix in the cubed butter bits. Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 16x12-inch rectangle. With the short side facing you, spoon the apple mixture onto the middle section of the pastry, to within 1 inch or so of the side edges. Starting at the short side closest to you, roll the dough up and over the apple mixture, then bring up the opposite side, overlapping on the top. Press the ends together to seal. Place seam-side down on the baking sheet. Tuck ends under to seal. Brush with the milk or cream, and if desired sprinkle the top with sugar or Demerara sugar. Cut several 2-inch long slits 2 inches apart on the top. Bake for 35 minutes or until golden. Cool on the baking sheet on a wire rack for 30 minutes. Slice and serve warm with ice cream or custard sauce, if desired. Sprinkle with confectioners' sugar, if using.

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# Cottage Hospital Joins In The Donate Life Ceremony



Above: Attendees of the Donate Life Ceremony gathered on the state house steps.

Below: (New Hampshire Representative Rick Ladd, Cottage Hospital CEO Maria Ryan, New England Organ Bank Hospital Relations Coordinator Berta Grunbeck and Executive Councilor Ray Burton display the Donate Life Month proclamation.)



Woodsville, NH - Cottage Hospital joined other New Hampshire hospitals, state organizations, and state government officials in a proclamation and flag raising ceremony at the state house on June 2nd for Donate Life month. New Hampshire is the first state in the US to have flown the same Donate Life flag above each of its hospitals.

The event began in the Executive Council Chambers and after a short speaking and proclamation ceremony, presented by Governor Lynch, the event continued outside on the State House grounds for the flag-raising where additional words were given by Councilor Ray Burton.

Cottage Hospital CEO, Maria Ryan, was one of the honored guest speakers of the day. Ryan shared a touching story of a local young woman's life changing moments, when she was given the gift of life through an organ and tissue donation by her family members. Ryan, who has also been a donor recipient noted the importance of the New England Organ Bank and credited the New Hampshire government for their role in the state donor registry program.

Other speakers and attendees of the day included, Berta Grunbeck, New

England Organ Bank Hospital Relations Coordinator, Dave Teune, New England Organ Bank Donation Coordinator, Jane Bergeron, Double Lung Recipient, Patricia Schmidt, Donor Mother, Executive Councilor, Ray Burton, NH DMV Director, Richard Bailey, NH Representative, Rick Ladd, NH Representative, Carla Skinder, and Governor John Lynch.

Donate Life New England is a joint project of two federally designated organ procurement organizations that serve New England - LifeChoice Donor Services

and New England Organ Bank. They have come together to create a fast and easy way for citizens of New England to register as organ and tissue donors in a secure and confidential manner. For more information, visit [www.donatelifenewengland.org](http://www.donatelifenewengland.org).

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services, visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org), or call 603-747-9000.

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A quiet, early morning feeding of sweet nectar provided me with the opportunity to get this great silhouette shot while sitting on my deck in Bath. Photo by Robin Locke.



This family of geese were found crossing a back road in Newbury for their daily trip to a nearby pond. Photo by Jeanne Emmons.

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 Political revisionists and historical re-creators work so very hard to tell us that what happened never happened. They try to 'recreate' the ideals, morals and beliefs of our Founding Fathers in their image.  
 It doesn't take much research to see that George Washington, John Adams, Thomas Jefferson, John Quincy Adams and Abraham Lincoln were men of faith, prayer and great vision.  
 Take the time to buy the HBO special presentation "John Adams" and see how they toiled at great personal sacrifice to create and shape this representative republic in which we live. See how they lost sleep, time, family holidays, money, personal fortunes and their very lives so we could have what we have today.  
 Go to the Federalist Papers and get the meat behind their ideas.  
 Read THEIR words and not the interpretation of their words by others.  
 Study the issues, get the facts and speak up! What should you say? Well, there is a very simple rule found in the words of Jesus: Let your "Yes" be 'Yes' and your 'No' be 'No'.  
 When speaking your mind, keep in mind these three rules;  
 1. Is it accurate?  
 2. Is it necessary?  
 3. Is it kind?  
 Remember this: "The only thing necessary for evil to prosper is for good men to do [say] nothing."

**Grafton County Commissioners Break Ground On A New County Jail**



*Commissioners Martha Richards, Mike Cryans and Ray Burton join Jason Morrill of Morrill Construction Company to start the ground preparation work.*  
  
*The new Grafton County Jail is due for completion in April 2012*

**Calling All Photographers: Show Off Senate District 2**

Submit your photos of any of the 31 towns in Senate District 2 (listed below) for a chance to win a Kodak Easy Share Z915 camera. Fran Wendelboe, candidate for State Senate, asks for your help to highlight the unique community character and beauty of the towns in Senate District 2. Fran will showcase the work of local Photo submissions on her campaign website, Facebook page and campaign literature.  
 From June 20 through September 1, 2010, photographers may submit as many entries as they would like to be

considered for display on [www.franforsenate.com](http://www.franforsenate.com). (Check out the website daily to see if your picture is featured!) Photos should display some aspect of community life. Possible subjects might include (but are not limited to) community events (such as parades, fairs/festivals, or local sporting events), local landmarks, areas of scenic beauty or seasonal pastimes (fishing, ice fishing, sailing, hiking, skiing etc.). We particularly encourage the submission of photographs that include the local landscape—especially for the website.

Photos should be submitted by email to [mattwenfran@myfairpoint.net](mailto:mattwenfran@myfairpoint.net) with photo entry in the subject line. EACH photo submitted will be entered into a random drawing for the Kodak Easy Share Z915 camera. Every day a district photo will be featured on the website. You will be entered into the drawing for each picture you submit even if the picture is not used. For complete information go to [www.franforsenate.com](http://www.franforsenate.com)

Senate District 2 towns: Belknap – New Hampton, Meredith, Center Harbor and Sanbornton. Grafton—Alexandria, Ashland, Bath, Benton, Bridgewater, Bristol, Campton, Canaan, Dorchester, Easton, Ellsworth, Groton, Haverhill, Hebron, Holderness, Landaff, Lyme, Monroe, Orange, Orford, Piermont, Plymouth, Rumney, Thornton, Warren, Wentworth, and Woodstock.

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First of all, don't starve yourself. In fact, try to eat at least three meals a day, better to eat five small meals a day, best to graze on all of the same kinds of food all day. Example, eat fresh fruits for breakfast, snacks, lunch, snacks & dinner. This may sound crazy yet, fruits are high in water content, vitamins and fiber. You will not feel full and yet, you will satisfy your sugar cravings, allow yourself large portions and your energy level will be high and balanced, which will raise your metabolism. Remember fruits such as apples, pears, plums, strawberries, blueberries, & peaches are water foods. Bananas will cause you to want breads, cereals and cookies. People wishing to lose weight “do not eat bananas”.

Understand, if you're hungry your body slows down its metabolism, which means that you actually burn calories slower. But eating regularly tricks your body into thinking it's not hungry. By far the most effective weight loss diet I've seen and practiced is following the “food combining rule list” eliminating the five high mucous forming foods, and eating the best foods for your blood type.

There are seven simple “rules” for food combining:

- 1) Eliminate all five high mucous foods.
- 2) Eat fruits alone, on an empty stomach.
- 3) Keep proteins/fats with vegetables.
- 4) Eat carbohydrates with vegetables and NO fat.
- 5) Keep proteins/fats separate from carbohydrates.
- 6) Wait three hours between meals if switching from a proteins/fats meal to a carbohydrates meal or vice versa.
- 7) Do not skip meals. Eat three meals a day, eat until you feel satisfied and comfortably full.

The five high mucous foods, best to avoid:

- 1) Wheat – includes semolina pastas, breads, muffins, cereals, snacks, baked goods...  
Substitutions: Spelt, available in pasta, pizza crust, breads, cereals, snacks... and Ezekiel breads, 7-grain Sprouted breads, Tinkyada Rice products.
- 2) Sugars – includes all processed sugars, white, brown, corn syrup, maple syrup

Substitutions: Raw Honey, Raw Sugar, Agave Nectar, & Stevia.

3) Dairy Includes all “Cow” dairy.

Substitutions: Sheep or Goat milk & cheeses, all Soy products – Soy “Ice cream”, milk & cheeses, Rice milk & Rice Dream “Ice Cream”& Almond milk.

4) Corn includes popcorn, corn chips, whole corn.

Substitutions: Rice snacks & cereals, Amaranth, Kasha & other whole grains.

5) Orange juice

Substitutions: Pineapple juice, cranberry juice, Fresh lemon & water, Fresh limes & water, herbal teas.

It is not fat and calories that cause weight gain... it's hormonal imbalance (or carbohydrates).

Food combining promotes hormonal balance, which is the key to achieving your ideal body weight and optimum health. Foods high in sugar and refined carbohydrates cause hormonal imbalance, which leads to weight gain. Remember puberty? We didn't change our eating habits, yet overnight we suddenly started gaining weight. The reason is that our hormones were changing. The same is true for menopausal women; suddenly there is a thickness around the hips while the body's hormonal levels are in a state of flux.

Sugars and starches are carbohydrates. Carbohydrates are one of the body's main sources of fuel. The other is fat. Eating too many carbohydrates at one time raises our blood sugar, causing the hormone insulin to be elevated. If the insulin cannot be balanced, due to insulin

resistance, our entire hormonal system can become imbalanced, and hormonal imbalance leads to weight gain. Fat also mimics estrogen, therefore the more fat we carry in our body's the less natural estrogen is produced causing reproductive issues from painful periods to infertility.

The story of fruit:

Eat fruit alone and on an empty stomach. Eat fruit alone and then wait twenty minutes and you may follow-up with a carbohydrate meal (this allows the digestion of the fruit to begin and eliminates problem combinations. Eat fruit alone, then wait one hour and you may follow-up with a protein/fats meal. If you want fruit for dessert, you must wait two hours after your last meal to avoid any problems. Dried fruit, fruit juice concentrate should be used sparingly, or best NOT at all. Any and all fruits in the fruit group (all water fruits, NO bananas if you want to lose weight, Avacados are proteins/fats) can be eaten together.

Eating right for your blood type. Four blood types = four diets. Dr. Peter J. D'Adamo wrote an excellent book/source guide explaining how and why it is important to feed your body appropriately for maximum health. “Eat Right for Your Type” lists foods accordingly from which are most beneficial, neutral and

best to avoid in all four diet categories. The “big book” explains all in four chapters, recipes are suggested. Also, in print are individual pocket size books, specific for single blood types. Often families are made-up of several different blood types, which further

explains why groups eating the same meals are different sizes. Get to know yourself and each member of your household, and individualize, yet many foods conquer all. Blood type kits (do it yourself) and books are often available at Thyme to Heal, call ahead.

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II, & III into mastership. In her shop located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. Email: thymetoheal01@yahoo.com*



*A young 8 pointer to be (seen the morning of June 17th in Lyman) The mornings have been foggy so the quality isn't there. Photo by Valerie Pickens, Lisbon NH*

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

June 22, 2010 Volume 1 Number 27

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# Understanding Bullying in Your Child's Life

By Deb Maes, Extension Educator, Family & Consumer Resources

It is estimated that every seven minutes a child is bullied in the United States for a total of seven million bullying incidents reported in public schools each year. At least 30% of all school-age children report having been victims of bullying and also 30% of all school children report having bullied someone else. Bullying goes beyond taunts on the playground. At least 32% of children who use the Internet say they have been targets of cyber-bullying behaviors. Among 12-15 year olds 86% report having experienced some form of bullying. When surveyed, more than 55% of all 8 to 15

year olds think that bullying is a bigger problem than drugs, racism and HIV-AIDS in their school.

What is bullying? The most widely accepted definition comes from the U.S. Department of Education. It defines bullying as: any intentional, repeated, hurtful acts, words or behavior committed by one or more children against another. Two important words in this definition are intentional, meaning that the bully or bullies acted on purpose and repeated, which means there has been more than one incident.

Bullying can be in the form of physical, verbal,

electronic or written communication intended to cause physical harm, emotional distress, interference with education, be threatening or causing disruption to the operation of a school. Boys tend to be more physical when they are bullying. Girls are more likely to engage in relationship bullying.

Children who are the victims of bullying are more likely to suffer from depression, have a higher risk of suicide, and show signs of traumatic stress disorder. Researchers have found that most often bullying is based on a person's size, race, disability or sexual orientation.

Children who are bullies may become antisocial adults, are more likely to be involved in domestic violence and child abuse, and are likely to have children who become bullies

Over this past spring more than 325 people across the state attended a series of bullying workshops. Those that attended these included; school administrators and staff, agency representatives, counselors, concerned parents and community members. The goal of the conference was the let people know about the definition and incidence of bullying, help schools provide the tools needed to support parents dealing with the issues when their child(ren) is being bullied or are the bullies.

Researchers have found that bullying most often occurs when adult supervision is the lowest; in bathrooms, playgrounds, lunchrooms, on the bus and on school ground when the day is over. It is more likely to occur at school than anywhere else, but can happen anywhere. Bullying happens just as often in rural schools as urban schools, and can affect all economic levels, every race and nationality. To put it plainly, no student is immune from being bullied.

How can parents tell if their child is being bullied? It can be a challenge if your child works hard to hide the fact that they are victims of bullying. If you suspect that your child is a victim you may notice that they are afraid to go to school, never bring friends home, their belongings are often missing or damaged, school is no longer interesting or they seem depressed.

If you suspect that your child is a victim, have a conversation with your child. Take time to listen, build trust, and gather information. Let your child know that you are ready to listen when they are ready to talk.

As a parent, try not to overreact. Document any injury to your child and damage to his or her property. As parents we want to fix all of our child's problems, but don't make promises you aren't sure you can keep. Work with your child's school staff to make decisions to protect your child. Don't encourage your child

to retaliate this may be viewed as your child being a bully, too! All parties involved should be involved in the creation of a bullying plan.

There are resources available to help parents when their child is being bullied. Malcolm Smith, UNH Cooperative Extension Family & Policy Specialist has compiled a publication on Understanding Bullying. This can be downloaded from the internet at <http://extension.unh.edu/Family/documents/BullyBro.pdf> or for fifty cents, you can pick up a copy at the Grafton County Extension Office in North Haverhill. The US Department of Health and Human Services has put together a Resource Kit called Stop Bullying Now Take a Stand, Lend a Hand. You can visit their website at <http://www.stopbullyingnow.hrsa.gov/adults/tip-sheets/tip-sheet-04.aspx> for more resources.

On June 15th the NH Bullying Bill was signed into law by Governor John Lynch. It clearly defines bullying and requires school districts to train staff on bullying. It requires schools to investigate reports of bullying within five school days of the reported incident and school districts must prepare an annual report of substantiated bullying or cyber bullying incidents to the New Hampshire Department of Education. A model policy on bullying will be developed for school districts to adapt or modify.

Bullying is a serious issue. Recent highly publicized incidents of school children taking their lives after being bullied cause us all to take a step back and wonder how this could have happened. Decades later adults can clearly remember bullying incidents when they were in school. As parents, let's protect our children from bullies. If your child is being a bully, work with your school to get your child the help he or she needs to stop this behavior.


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# OBITUARIES

## ROBERT ELIJAH CLIFFORD, SR.



**North Haverhill, NH** - Robert Elijah Clifford, Sr., of Clifford Drive, died unexpectedly on June 6, 2010, at Cottage Hospital, Woodsville, NH.

Bob was born on January 12, 1937, in Haverhill, NH to Leonard and Gladys Evelyn (Bodge) Clifford.

He married Mabel Clough on November 8, 1958. Bob was a self-employed building contractor and in later years he worked part time maintaining the office building of the Town of Haverhill. For more than 35 years, he belonged to the National Guard in both New Hampshire and Vermont, retiring in 1997.

Bob was a member of the North Haverhill United Methodist Church, a Cemetery Commissioner for the Town of Haverhill, a member of the North Haverhill Fire Department, and was a former member of the Heritage Committee.

He was predeceased by his parents, Leonard and Gladys Clifford, a brother Leonard Clifford, and a sister Marlene Clough.

He is survived by his wife of 51 years, Mabel Clifford of North Haverhill; three sons, Robert and his wife Susan of Firestone, CO; Richard and his wife Tammy of North Haverhill; Roland and his wife Angela of North Haverhill; six grandchildren, Stephanie Clifford of Firestone, CO; Crystal Clifford of Nashua, NH; Amy Clifford of Deland, FL; Samantha, Jacob, and Elijah Clifford all of North Haverhill; three brothers, Nathan Clifford and his wife Linda of North Syracuse, NY, James Clifford of Baltimore, MD, and Sanford Clifford of Keene, NH; a cousin and several nieces and nephews.

Calling hours were held on Wednesday, June 9, 2010, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A funeral service was held on Thursday, June 10, at 3 PM at the North Haverhill United Methodist Church, Dartmouth College Highway, North Haverhill with burial following in Horsemeadow Cemetery.

Memorial contributions may be sent to the newly established Robert Clifford, Sr. Patriotism Fund, c/o North Haverhill Precinct, PO Box 291, North Haverhill, NH 03774.

For more information or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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

## MALCOLM DEWEY MILLETTE



**North Haverhill, NH** - Malcolm Dewey "Mike" Millette, 84, of Indian Corn Mill Road, died at his home on June 14, 2010.

He was born on August 28, 1925, in Haverhill, NH to John T. and Catherine (Dean) Millette.

Mike served in the US Navy from 1943-1946 and again from 1951-1968. During his time in the Navy he served aboard LST's and destroyers during World War II, Korea and Vietnam. Upon his honorable discharge, he worked as a butcher at Aldrich General Store in North Haverhill and was later employed as a delivery man for State-line Potato Chips. He was also a cook and maintenance and lawn care worker at The Gardens Assisted Living Home in Williamstown, VT. He was a member of the American Legion Ross-Wood Post # 20 of Woodsville and the VFW. Mike has always enjoyed

fishing with his grandson Jason, great grandsons Cameron and Gavin, and dear friend Bud Carle. Mike had a true love of horses and horseback riding.

Mike was predeceased by a grandson Scott Wiggins on November 1, 1993 and by three brothers, John, Frank, and Harry Millette.

He is survived by four daughters, Nancy Doucette of Swiftwater, NH, Michelle Millette of Lisbon, NH, Debbie Menard of Lyman, NH, and Christal "Crickett" Millette of Willow Springs, NC; two sons, Michael Millette of Lisbon and Mark Millette of Landaff, NH; three step-sons, Phil Davidson of Woodsville, NH, Perry Davidson of Manchester, NH, and Tom Davidson of Williamstown; several grandchildren and great grandchildren; his former wife, Brenda Millette Deming of North Haverhill; three sisters, Kathleen Brown of Barre, VT, Priscilla Darby of East Ryegate, VT, and Bernice Malinoski of East Hartford, CT; and several nieces, nephews, and cousins.

A memorial service for Mike will be on July 10th, at 1 PM at Ross-Wood American Legion Post, 4 Ammonoosuc Street, Woodsville, all are invited to attend.

Memorial contributions may be made to Veterans Affairs, White River Junction, VT 05001.

For more information, or to offer an online condolence, please visit [www.rickerfh.com](http://www.rickerfh.com)

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



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**1962 BUICK SKYLARK CONVERTIBLE:** Special 215 c.i.d. V8, power steering, brakes and top. Beige top and paint, new bucket seats vinyl. Skylark trim features, turbine wheelcovers, 59K miles. \$18K. Monroe, NH 603-638-4097 06.22

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# Marine Themes From Around The Globe On Exhibition At Alumni Hall



*Exhibition opening for artist Lawrence Forbes-Wolfe will be held on July 2nd from 5-7pm at Alumni Hall. Forbes-Wolfe's monoprints and painting of marine themes will be on display through the month of August.*

Monoprints and paintings of marine themes of the United States and abroad by artist Lawrence Forbes-Wolfe will be on exhibition at Alumni Hall in Haverhill, NH from July 2nd through the month of August. The public will have an opportunity to meet Forbes-Wolfe at the exhibit's opening on July 2nd from 5pm-7pm.

Forbes-Wolfe, who was raised in rural Iowa near the Mississippi River, was fascinated with arts and crafts at an early age. He graduated from the Art Center School of Design in Los Angeles, Calif., focusing there on advertising design and illustration. In Los Angeles, he worked as an assistant animator in an animation studio, and worked on Cinerama Films, including the space film for the 1961-62 Seattle

World's Fair. As a freelance artist, he did layout and set design for Disney.

He has traveled, worked and exhibited extensively including Mt. Athos, Greece, Europe, Africa and the United States. Over a period of months in Fez, Morocco, he developed his monoprint technique, which he continues to employ today. His works may be found in many private collections throughout the United States and Europe.

In 1986 Lawrence moved to New England and now lives in Piermont, NH, with his wife Diana. He works on the restoration of old sailing ship paintings in addition to the creation of his own work.

For further information please contact Alumni Hall at 603-989-5500, info@alumnihall.org or visit the web at alumnihall.org.

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From the outside the Old Church Community Theater may look simply like an old church in need of some TLC. But walk up the very wide front steps, take a seat in one of the comfortable theater seats, and experience a community theater that is certainly worth the admission price.

Not only are the seats comfortable, but the group has done an outstanding job darkening up the theater so that a blackout on stage to

pabilities of the group.

Those capabilities also include bringing in some talented tradespeople to help with such things as building a set. On more than one occasion during the most recent production, people were heard saying that this was one of the most elaborate sets they had ever seen at OCCT. Even the director, during introductions, mentioned her pleasure at the work that went in to set up the three



change scenes, really is a black out. Then when the lights come up, they are real lights, with the effects that the production staff was shooting for. And with the recent retirement to Bradford of a long time theater lighting expert, there is hope for more improvements to the lighting ca-

doors and one window on the ground floor, plus a staircase that led to two more exits from the stage. They all functioned as they were designed and added to the production.

The production of Arsenic and Old Lace not only had wonderful lighting, a great set and an almost packed house

on Friday, June 18th, but it also had a cast that did this play justice. It was a fairly large cast as well. Over a dozen actors and actresses filled the roles. Some were first timers with OCCT. Others were performing for the first time ever in a community theater. Still other members of the cast have been featured in many previous productions. That is one of the great assets of OCCT, it is a community theater that encourages all to audition and in the end puts on a production that they can all be proud of.

Though the run for Arsenic and Old Lace has now ended, there are three more productions planned before the season is over. It is certainly something to put on the to do list. Whether you would like to participate on stage, help out back stage, do production work such as lights and sound, or simply take a seat and enjoy a night at the theater, put Old Church Community Theater on your list. You will not be disappointed.

## UCC Announces Special Events

The United Congregational Church of Orford and Bethany Congregational Church of Pike are pleased to invite the public to join them at 8:30 a.m. on Sunday, July 4th, at Bethany Congregational Church, Route 25, Pike, NH for Worship. Patriotic Songs will be sung, the Orford Adult Choir will sing. The service will be short enough to allow time to get to various parades and outings planned for this special celebration day.

The United Congregational Church will host again this year the Camp Lanakila campers and counselors in the Orfordville Building (Route 25C) on Sunday, July 11th to conduct the Church Service at 10:30 a.m. There will be choral singing, instrumental music, scripture reading and a brief introduction to the boys annual musical. The public is cordially invited.

## Gun Owners Event

Meredith, NH – “Friends of Jeanie Forrester” for NH State Senate supporter and small business owner Bob Gillespie will be hosting a “Gun Owners for Jeanie Forrester” event on Tuesday, June 22nd at the Belmont Firearms & Range at 140 Laconia Road, Route 106 in Belmont. The event begins at 6 p.m. and ends at 9 p.m.

Join Bob and Jeanie for a fun evening of target shooting with a chance to win a one-year membership to the range. The event is open to

all who are interested in learning more about Jeanie and her campaign for state senate.

Jeanie is a strong advocate for the 2nd amendment. She is also a member of the NRA and practices regularly at the range in Belmont. “I am a true believer in Bob’s motto, ‘safety first and foremost,’” said Jeanie.

To RSVP, call 279.1459 or 524.8678. To learn more about the event, visit [www.jeanieforrester.com](http://www.jeanieforrester.com) or [www.BelmontFirearms.com](http://www.BelmontFirearms.com)

## Grafton County Nursing Home Volunteer Recognition 2010



*Gray Goodwin receiving his award from Doreen Moody Coordinator Of Volunteers.*

On June 4 Volunteers were honored at a Barbecue Lunch at the Grafton County Nursing Home with the theme “Volunteers Build a Better World”. Approx. 40 volunteers and guests were on hand for this annual event. Doreen Moody, Coordinator of Volunteers thanked everyone for over 2,930 hours of volunteer service this year.

Commissioner Ray Burton and Commissioner Martha Richards were in attendance and expressed their appreciation to everyone for all they do for the residents and the nursing home community.

Each year a special award is given out to a volunteer for outstanding volunteer achievement. This year the award went to Gary Goodwin.

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3855 Dartmouth College Hwy., Box 3  
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E.O.E.

# Half-way Around The World

By Arianne Fosdick, UNHCE Volunteer Management Program Assistant

This past spring I took a leave of absence from my job here at the Extension office and traveled to Nepal, that small landlocked country muscled in between India and China. It was a month of marvel, with nothing familiar except that people had two eyes, two hands, and usually two feet. And they ate food. And they grew food. And that somehow, both in Nepal and

here in the States, community sprouted up out of these two simple, basic actions like a weed grows up through cracked concrete.

Nepal has an extremely varied landscape its lowest point is only 328 ft above sea level and highest point, that acclaimed Mt. Everest, has an elevation of 29, 029 ft. As you would expect, this leads to a greatly varied growing

season and a variety of methods of agriculture. I won't pretend that I understood all or even half of what I saw but the basics were this: In the steep hills that rose out of the Kathmandu Valley the land was heavily terraced. Rice was an occasional crop, but because of its greedy water demands, barley was more common. As we rose in elevation, the terracing continued, though the further we got from the markets of Kathmandu, the amount of terracing diminished to fit the needs of single families. We saw acre upon acre of potatoes, lots of greens and radishes, moderate amounts of corn, an occasional tomato plant, and never an eggplant or a

pepper. We saw pesky monkeys furtively digging up potatoes, and fields being plowed with water buffalo. We saw groups of women wielding huge baskets of grain, and squatting to sort through piles of potatoes. It was local food, community agriculture, and sustainability at its best. Or so it appeared to me, safely towered by language barriers, foreigner status, and my small fortune of American dollars turned into rupees.

Though there is no denying the spotty understanding of cross-cultural understanding, there is also no denying the sense of community that flourishes when groups of people be they families, schools, churches, co-work-

ers, or community garden participants grow food together. In Nepal this agricultural community was less a choice and more a necessity of life. If given the choice, many high altitude farmers would trade in their scythes for solar showers and kerosene cook stoves, the appliances of the thriving guest house. Here in the states, with many of our towns and counties having abandoned their agricultural core two or three generations back, this sense of the agricultural community is beginning to re-bloom. Community gardens are sprouting up everywhere, restaurants are toying with the idea of growing gardens for their entrees and their employees, and many weekly local farmers' markets are having issues with parking. People are choosing to spend hours kneeling in the dirt and lugging water alongside others who are choosing to do the same.

Are Nepal and New Hampshire traveling in opposite directions Nepal shunning the agriculture that sustains them and New Hampshire uncovering the buried roots of its own? Is this the inevitable course of things? I'm not exactly sure. I do know, however, through watching the communities around me, and even my own family, that even when the traditions of farming seem a forgotten history, something of them remains. With the persistence of a perennial, preserved in the buried bit of one tiny root, they may be brought to the surface again.

I hope Nepal does not have to make the same painful mistakes that we have made in the US the trading in of prime farmland for generous real estate revenue, the dangerous crop monocultures, the expectation of constant availability. I also hope that we continue on this path towards growing our own food when we can and supporting the farmers in our communities if we can't.

To find out more about farmers' markets or community gardens in your area, call the UNH Cooperative Extension office at (603) 787-6944 or view our Community Agriculture web page at: <http://extension.unh.edu/Countries/Grafton/CommunityAgGC.htm>

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# Forrester Signs Prosperity Pledge

# Wendelboe Signs Prosperity Pledge



Concord, NH - Today Conservative Republican State Senate District 2 candidate Jeanie Forrester signed the Americans for Prosperity Pledge.

"I believe that prosperity will return to New Hampshire in the form of jobs, small business growth and economic opportunity only by cutting state spending and living within our means, reducing the size and scope of state government and remaining steadfastly against a broad based sales or income tax. That is what this pledge is all about and that is why I proudly signed it today," said Forrester.

The Americans for Prosperity Pledge asks candidates like Jeanie Forrester to go on the record as supporters of cutting taxes and fees, opposing a sales and/or income tax, cutting spending, reducing the size of government and upholding both

the N.H. and U.S. Constitutions.

"As I speak with the voters across the 31 towns of Senate District 2, I hear time and again from families and businesses that they are over-burdened by the increasing taxes and fees being foisted upon them by the politicians in Concord. I pledge to be part of the solution. I will work to stop the spending addiction, find ways to do more with less and refuse to support any tax increases," added Forrester.

"I was honored to stand beside Tom Thomson today as he continues his work to make candidates and lawmakers accountable to the taxpayers with the AFP pledge. His father, Governor Meldrim Thomson, not only coined the phrase, 'low taxes are the result of low spending,' he also lived and governed by it. It is my desire to do the same," concluded Forrester.

New Hampton, Fran Wendelboe, Republican candidate for State Senate District 2, signed the Americans for Prosperity NH Anti-Tax Pledge.

In a press release, Corey R. Lewandowski, State Director of AFP in New Hampshire said: "Too many times candidates for office say one thing only to change their tune once they get elected. This pledge will ensure they remain steadfast in their commitment to smaller government, lower taxes and our constitution,"

In comments after signing the pledge, State Senate candidate Fran Wendelboe stated "signing this pledge is a no brainer for me since I have a long and proven record of voting against new taxes such as a sales and income tax or oppressive tax increases." She continued, "While proven actions always speak

louder than words, I am proud to stand here with Tom Thompson, the honorary state chair of Americans for Prosperity, and re-affirm my commitment by signing this important pledge".

For more information about Fran Wendelboe and her campaign for State Senate, visit her website at [www.franforsenate.com](http://www.franforsenate.com).

**My Pledge to You**  
As a candidate for public office in New Hampshire, I pledge to you, that if elected to serve the people, I will work tirelessly to:

1. Cut Taxes and Fees (Oppose a Sales and/or Income Tax)
2. Cut Spending
3. Cut the size of Government
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June 22, 2010

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# Local Family Stepping Up To Support Walk For A Cure

When Sara Solinsky Jordan told her parents that she had joined the Pink Warriors team in the upcoming Susan G. Komen 3-day for the Cure walk in Boston, Dennis & Sandy Solinsky were psyched to do something to help Sara raise and exceed her personal goal of \$2,300 to be part of this event.

On Sara's fundraising page on the Susan G Komen for the Cure website she states "I am doing this walk to help fund the research needed to find a cure for this disease that affects the lives of so many. I want to be

around for my family for a long time, and want to help others be able to be around a long time for their families."

The Solinskys decided to use their local businesses, Twin River Campground and Scooter's Golf & Grill, as fundraising facilities. This is a family with imagination. Not only are they holding a Bake Sale, a raffle and a spectacular Silent Auction with donations from many White Mountain attractions including tickets to Whale's Tale, gift certificates to local restaurants and many more items too numerous to



mention here (check out the campground bulletin board for a complete listing), they are also opening the Campground to the Public for one day on Saturday, June 26th from noon until 9:00pm. For a donation (see ad below for details) you can use all the

campground facilities for the day. Start at the heated swimming pool with the separate kiddie pool area, outside shower and dressing rooms. A short walk brings you to the arcade area where you are greeted by a pool table, air hockey game, and

a variety of other video delights. Wander a bit further and there are volleyball and horseshoe areas. For the younger set a great new playground with climbing wall, swing, tires and more stand ready to be used. Jump next door to Scooter's and play on the 18 hole miniature golf course (donation includes 2 rounds of mini golf). Top the day off with a spaghetti dinner followed by the bluegrass favorites of The Parker Hill Band.

Not interested in hanging out for the day? Stop by to check out the baked goods and join the fun of the Silent Auction. Just want to enjoy the dinner and music? A reduced donation fee will apply for just these events. All donations will benefit The Susan G. Komen Breast Cancer Research Fund.

The Solinskys have coined the phrase "Camping for a Cure" and this coming Friday & Saturday June 25th & 26th, they are donating \$10.00 from each campsite rented. So campers, pick a site next to the pool or one out in the woods and come enjoy the weekend. This is a great way to donate to a very worthy cause as well as providing you with a very fun day.



Come see this ready to move-in home situated on a comfortable landscaped lot in the village of North Haverhill, Location offers many options including home

based business. House features bright eat-in kitchen w-ample cupboards, cozy living room with woodstove, large 1st floor bathroom and several closets for ample storage. The oversized 2-car detached garage includes large unfinished room above for storage or finish and utilize for family room or office.

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# CAMPING FOR A CURE

## Campground Facilities Open to the Public for 1 Day Only! Saturday, June 26th from 12 Noon - 9:00 PM

**Adults 13+ \$15.00 • Children 7-12 \$10.00 • Children 4-6 \$5.00 • 3 And Under Free**  
Your daily admission (donation) includes use of the campground facilities (including the pool), 2 rounds of mini golf and a spaghetti supper.  
**THINGS TO DO:** Mini Golf, Horseshoes, Volleyball, Playground, Arcade, Heated Pool  
We will be having a Bake Sale, Silent Auction and Raffle Items too!  
The Parker Hill Band will be here from 7-9pm!

Come support the Susan G. Komen 3-Day For The Cure at Twin River Campground!

### Come Camping on June 25th & 26th!

\$10 from every site will be donated to the Susan G. Komen 3-Day For The Cure.

*All proceeds will be going to The Susan G. Komen Breast Cancer Research.  
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