

TRENDY TIMES

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JULY 6, 2010 VOLUME 1 NUMBER 28

Ammonoosuc River Summer Program Series



This series is being hosted by the Ammonoosuc River Local Advisory Committee and North Country Council. The series will spotlight several of the important issues that face the Ammonoosuc River watershed.

The Ammonoosuc River Local Advisory Committee invites you to come spend an evening learning with

them about some of the important issues of the Ammonoosuc River.

**WEDNESDAY,
 JULY 7, 2010
 RARE, ENDANGERED
 AND THREATENED
 SPECIES AND
 IMPORTANT NATURAL
 COMMUNITIES**

Presented by Melissa



Coppola, Environmental Information Specialist from NH Division of Forest and Lands – Natural Heritage Bureau

**WEDNESDAY,
 AUGUST 4, 2010
 INVASIVE AQUATIC PLANTS**
 Presented by Amy Smagula, Limnologist/Exotic Species Program Coordinator for New Hampshire Department of Environmental Services

**WEDNESDAY,
 SEPTEMBER 1, 2010
 ICE JAMS**
 Presented by Andrew Tuthill, from the U.S Army Cold Regions Research and Engineering Laboratory.

Programs will start at 7:00 PM at the Red Barn located on the Rocks Estate, 4 Christmas Tree Lane, Bethlehem, New Hampshire.

For more information contact North Country Council Planning Director Tara Bamford at 603-444-6303 extension 20 or email tbamford@nccouncil.org.

Visit www.nccouncil.org for changes to the summer program series schedule and listings of other North Country Council Events.

Bradford Conservation Commission Announces Grant Funding



Exciting News!

On June 18th the VT Housing and Conservation Board voted to fund Bradford's application for matching funds to acquire and conserve two parcels abutting the Wright's MT/Devil's Den lands! A closing on this project is expected to take place in early August. The \$45,000 matching monies will be drawn from the Bradford Conservation Fund, which was established in 2002 to put Bradford in a position of being ready when opportunities like this one become available.

and the recent Estate Sale. And it doesn't stop there – many thanks to Junkyard Jackie, the Social Club Orchestra and several top Oxbow musicians for donating their time and talents for our Benefit Concert at the Bradford Academy on Friday, 6/25.

On August 8th, our famous maple/apple fritters will be served up at the Conservation Fund booth at the Whole Hog Festival. If you would like to donate to the Bradford Conservation Fund, please mail your tax-deductible contribution to PO Box 339, Bradford, VT 05033.

More Good News!

Volunteers have been working really hard this year to raise money to bolster that Fund through various activities. In the beginning of 2010, BCC set as a goal to fund-raise \$12,000 for the Conservation Fund. As of this writing, that goal has been exceeded, via the annual Calendar Supper and Auction, private contributions, Annual Yard Sale, Race to the Top of Bradford,


"The Beauty that is Bradford's"

Bradford Conservation Commission is still accepting photos for our 2011 Calendar, "The Beauty that is Bradford's". High resolution digital photos should be in landscape format and can be emailed to npj@valley.net. All images must be taken in Bradford and can be of natural landscapes, historic/cultural places or people.

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Thank You

The Friends of WHS would like to thank those who donated to our sign project.

A special thank you to:

Modern Woodmen Camp 8514 of Groton, VT for the Matching Fund program
Cohase Lions Club • The Bridge Weekly ShoCase
RG & JU Holdings LLC • The TV Guy • Woodsville Guaranty Savings Bank
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Woodsville Fire District • Woodsville Water & Light • WHS Class of 1988
Larry G. Norcross • Harry Norcross • James Roy • Mike Olsen • David Robinson Sr.
Stacey Lucas for the WHS design

Stacey Lucas is a graduate of Woodsville High School and owns her own freelance company, Veggie Art Girl LLC. She specializes in a spectrum of art, from digital designs to mural painting to handpainted signs. Her original work can be found at her consignment art shop in Holderness, NH and at www.VeggieArtGirl.com.
Joe Buzzi, The Sign Depot, www.signdepotofvt.com

Please keep watch as we put finishing touches on our project. Thanks again!



Letter To The Editor

To the Editor:

I would like to say a big thank you to Dana Huntington & Glenn Hatch for their time and effort in coaching the Lady Engineers, showing them good sportsmanship, teamwork, etc. for an excellent team. I have enjoyed most all of your ball games at home. You gave me a great season of ball

games. Best thrill was to be at the State Championship game when you all made history for Woodsville High School. Best game I have ever seen. Thanks again girls and coaches. God bless you all.

Barb Robinson,
Woodsville, NH

I would like to add my voice to all the others who are congratulating the players and coaches from Woodsville High School for the Softball Championship run. Not only the first Championship, but also the first Championship game. And the best news is that most of the team is returning next year. As a WHS Graduate it is great to see and hear about such a great success.

Big congratulations must also go out to both the boys and girls of Blue Mt. Union who won the Division IV crown in baseball and softball. That is an accomplishment that not many schools can even come close to claiming. To the coaches and athletes of those teams, job well done!

It is my feeling that a strong athletic department can, and should, be a compliment to a strong educational facility. Athletics and academics can co-exist and should compliment each other.

Gary Scruton, Editor

Talent Contest July 29th

The North Haverhill Fair has some great news for those who have thought about testing out their vocal chords at the 66th annual event. For the first time ever there will be a talent competition at the fair. On Thursday, July 29th beginning at 8 PM pre-registered participants will face a panel of three judges and compete for their votes and the approval of the crowd. The news is that the prizes to be awarded at this competition have taken a big step up the "Wow" scale. Thanks to some generous local business owners prizes for contestants will include gift certificates to the Little Grille in North Haverhill, Shiloh's in Woodsville, plus the Nootka Lodge in Woodsville. Topping the list is a three hour recording session at the Sugar Shack, a wonderful recording and mixing studio that just might make someone famous!

The rules to enter this competition are pretty straight forward. Send a tape, CD, DVD or YouTube clip to the committee. They will check out all the entries and provide those accepted with a pass to the North Haverhill Fair. Participants, solo or duets only, will then perform on Thayer Stage in front of the gathered throng and be judged as well as critiqued by the three person panel. A winner



will be announced before the night is over. It's all that simple.

So if you have a voice worth sharing, you don't suffer from stage fright, you are up for the competition, and you are ready to hear what the panel has to say, then send your sample via email to: garyscruton@yahoo.com or mail it to PO Box 67, Woodsville, NH 03785. All entries will be notified whether or not they have been accepted.

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Families Gain Hope For Their Financial Future

NASHVILLE, TN. – Financial Peace University (FPU), the 13-week program taught by Dave Ramsey, has helped more than 650,000 families across the country positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for community groups, churches, companies, military bases, financial literacy programs, and Spanish speaking organizations. FPU classes will be held in West Danville, VT at: West Danville United Methodist Church, 84 VT Route 15. The classes will begin July 8, 2010 at 7:00 pm. Contact Curtis Larrabee at 802-748-9486 for more information or to register.

As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months. "We've actually relieved ourselves of over \$50,000 worth of debt in two years just from using these principles," said Russ Lee, former FPU participant.

Dave Ramsey began teaching FPU classes in 1994 every night around Nashville, Tennessee. In 1997, FPU was made available on video across the country with thousands of classes around the nation today.

The program is made up of 13 life-changing lessons taught by Dave in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach

them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topics covered include:

- Saving for emergencies
- Budgeting
- Relationship and money issues
- Buying big bargains
- Getting out of debt
- Understanding investments
- Understanding insurance
- Retirement and college planning
- Buyer beware
- Real estate mortgages
- Careers and extra jobs

Each class participant needs a kit. Special rates are available through your class coordinator. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU

workbook, an FPU envelope system, 13 audio lessons, bonus CD, budgeting forms, debit card holders, and Ramsey's best-selling book – Financial Peace: Revisited.

"FPU classes are changing lives across the country every day," says Louis Falzetti, executive vice president of Financial Peace University. "There is something for everyone in this program whether you are barely making ends meet, just trying to plan for retirement, or seeking to build wealth. No matter what your financial situation, you will find FPU to be the best motivational tool available across the nation to help you attain financial peace."

About Dave Ramsey

Dave Ramsey is a personal money management expert, an extremely popular national TV and radio personality and best-selling author of The Total Money Makeover. In his latest book, a follow-up of his enormously successful

New York Times best-sellers Financial Peace and More Than Enough, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Ramsey knows first-hand what financial peace means in his own life – living a true

riches to rags to riches story. By age twenty-six he had established a four-million-dollar real estate portfolio, only to lose it by age thirty. He has since rebuilt his financial life and now devotes himself full-time to helping ordinary people understand the forces behind their financial distress and how to set things right – financially, emotionally, and spiritually.

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3900 D.H.	35 3/4x 46	137.23
3900 D.H.	31 3/4x 52	137.49
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Late Blight Update

By Heather Bryant,
 Extension Educator, Agricultural Resources

I'm sure all of us who tried to grow tomatoes or potatoes last year remember late blight. It is a fungal plant disease, the same one in fact that caused the Irish Potato Famine. Its spores are carried in the air, particularly during storms, and of course last summer was very wet. Many growers and gardeners lost their potatoes and their outdoor tomatoes and the question they are asking is, "is it going to come back?"

The answer is, it might. In late May, the disease was confirmed in isolated fields in Louisiana, Maryland and Pennsylvania, and last week a case was confirmed in southern Connecticut. What plant pathologists believe is happening is that infected pota-

atoes that were not harvested last summer have "volunteered" or survived the winter in the soil and grown into a new potato plant this spring. These young plants can be infected if the tuber was infected. The infected plant can then produce spores that will be picked up by air and rain storms and spread to other plants and other fields.

One of the advantages of living in the north is that when it comes to certain agricultural problems, like late blight, we can get some advanced warning by paying attention to what is happening to our south. So what do we do with this information?

• Keep checking last year's potatoes and pull up any "volunteers" you find. I

started getting reports of volunteer potatoes in late May and I am still getting occasional reports, primarily north of the notch.

- Monitor this year's potatoes and tomatoes for symptoms of disease, particularly after rain events (for photos and updates go to <http://extension.unh.edu/Agriculture/LateBlight.htm>)
- Trellis or stake your tomatoes to improve air flow around the plant. This will help keep the leaves drier which will help protect your plants from a variety of fungal diseases.
- Call your County Extension Office if you think you may have late blight. In Grafton County the number is 787-6944.

The good news is that with vigilance, and a little cooperation from the weather, the disease will be very unlikely to spread as fast or impact as many farms and gardens as it did last year.

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



Church At The Crossroads

Once again it's time for our annual missions bike-athon fundraiser in which we ride for 30 miles (some walk a shorter distance) and take pledges of financial support for our GCMF missionaries to West Africa, Revds. Fred and Debbie Davis. On July 31, 2010 our church will host this bike ride from Rumney, NH to North Haverhill, NH. Fred and Debbie continue to do an amazing work throughout Africa and the Philippines. They host and fund conferences and training for pastors, leaders and other Christian workers! Many times they travel into jungle areas where the people have little or no bible training.

Church at the Crossroads has a long-time, close relationship with the Davis' and desires to see this great work continue. Whether we are riding or walking the event this year we are seeking your partnership to help us fund this missionary

endeavor. Will you please consider a donation of support for this 10th Annual Bike-A-Thon. We can partner together to "Go into all the world and preach the Good News to everyone, everywhere," as Jesus instructed his disciples in Mark 16: 15.

All donations are tax-deductible as Church at the Crossroads is a 501 c (3) not-for-profit Church organization. Please make checks payable to Church at the Crossroads and write Africa in the memo. Please send them to the address below at your earliest convenience:

Church at the Crossroads
 PO Box 363
 North Haverhill, NH 03774

If you would like to know more about the ministries of Church at the Crossroads please visit our website www.churchatthecrossroads.org.

Thank you and God Bless you!



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ART & PHOTOGRAPHY SHOW

Entry Information: Items must be brought to the fairgrounds on Sunday, July 25 from 12:30pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Luanne & Dennis Fournier 603-787-6389.

- | | | | |
|--------------------|-----------------|-------------|-------------------|
| ARCHITECTURE | FAIR FUN | PETS | SCENERY |
| BIRDS | FAIR THEME 2010 | PHOTO ESSAY | STILL LIFE |
| CREATIVE | HUMAN FIGURES | PLANTS | SUNRISE OR SUNSET |
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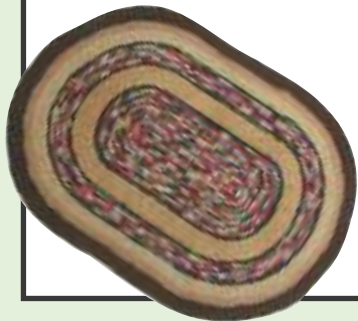
Entry Information: Items must be brought to the fairgrounds on Wed., July 28 3-6pm, Thur., July 29 3-6pm or Fri., July 30 8:30-11:30am. Go to www.nohaverhillfair.com for complete rules. Hannah Fadden 603-728-8117.

- | | | |
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| ARRANGEMENT IN A BASKET | EXHIBIT OF ONE PERENNIAL IN A VASE | BEST USE OF GLADIOLAS IN AN ARRANGEMENT |
| ARRANGEMENT OF WILDFLOWERS | EXHIBIT OF ONE ROSE IN A VASE | GAY MORSE MEMORIAL CLASS |
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ARTS, CRAFTS AND COLLECTIONS



Entry Information: Items must be brought to the fairgrounds on Sunday, July 25 from 1:00pm to 7:00pm. Go to www.nohaverhillfair.com for complete rules & regulations. Jane Oakes 603-272-4928.



- | | | |
|------------------------------|------------------------------------|--------------------------------------|
| ARTS, CRAFTS & COLLECTIONS | CLASS VII CROCHETING | CLASS XIV PICTURES NEEDLEWORK |
| CLASS I QUILTS AND SPREADS | CLASS VIII KNITTING | CLASS XV CERAMICS |
| CLASS II QUILTS AND SPREADS | CLASS IX RUGS | CLASS XVI LEADED STAINED GLASS |
| CLASS III SMALL QUILTS | CLASS X DECORATIVE PAINTING | CLASS XVII MISCELLANEOUS DECORATIONS |
| CLASS IV WALL HANGINGS | CLASS XI PILLOWS | CLASS XVIII HOLIDAY DECORATIONS |
| CLASS V EMBROIDERED ARTICLES | CLASS XII HANDMADE WOODEN ARTICLES | CLASS XIX AFGHANS |
| CLASS VI HOUSEHOLD ITEMS | CLASS XIII STUFFED DOLLS & ANIMALS | CLASS XX MISCELLANEOUS |

Guitar Hero Qualifying

Wednesday,
July 28 • 5-7pm
and Thursday,
July 29 • 5-8pm

Finals
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Arts Alliance And The Morrison Partner On Arts And Health Program

WHITEFIELD — Irish harper Regina Delaney has begun an arts residency at The Morrison this month thanks to a grant that the Arts Alliance of Northern New Hampshire has received from the NH State Council on the Arts. The grant makes it possible for the Arts Alliance to partner with The Morrison to develop an Arts and Health program that will bring four artists to the nursing home and assisted living facility this summer and early fall. The artists will offer multiple hands-on workshops for elders and their care providers, including staff, family members and volunteers.

The goal of the project is to develop sustainable arts programming that will continue once the residency has been concluded, and to help The Morrison become a training site and model for other nursing home facilities, encouraging them to incorporate the arts in residents' daily lives. Staff from other facilities will be invited to participate in some of the

training workshops, and community members are also welcome to take part in the program.

For the past three years, the Arts Alliance has been developing a regional Arts and Health for Seniors program, with both planning meetings and regional residencies in which artists have presented single on-site programs at nursing homes and senior centers throughout the region. The Arts and Health for Seniors program grew out of a conviction that art in its many forms is essential to the health and well-being of individuals and can offer a positive experience even to those who live in challenging situations.

The Morrison was one of the participants in last fall's Arts and Health for Seniors series, and staff quickly noticed that the music, dance, and storytelling presented by the artists engaged the residents and produced beneficial and lasting results.

"It was evident that the arts made a positive difference not only among the

residents, but also among the staff," said The Morrison's Executive Director Roxie Severance, and a partnership between the Arts Alliance and The Morrison was the next logical step. "Once the project is completed," she added, "the staff will be able to continue what the artists have started. Incorporating the easy-to-use techniques they are learning in their daily schedules will improve our residents' quality of life."

During her residency Regina is focusing in training on ways in which music can be used throughout the day in both individual care plans and in public spaces at The Morrison. She is an Irish harper, singer and dancer, as well as a registered nurse, and she combines these fields to bring music to the elderly and infirm in a purposeful way.

The other artists chosen for the Arts and Health program residencies are dancer, choreographer and movement educator Jeanne Limmer of North Conway; Saori weaver Bobbie Herron of Penacook; and writer Leah Carey of Littleton.

Leah uses guided writing exercises and other expressive activities to lead individuals and groups to explore and give voice to their own experiences as part of a healing journey. She will include sessions for residents and staff, volunteers and family so that a full picture of life at The Morrison is painted in a final performance piece that will be presented for residents, staff, family and friends.

Bobbie's hands-on weaving workshops allow people with even severe disabilities and deficits to feel a sense of community and accomplishment. A woven banner will be created as a permanent installation.

Jeanne had an extremely successful single visit to The Morrison during the initial Arts and Health for Senior series last fall; in her residency she plans to use simple movement exercises with residents and to include daily movement and relaxation sessions for staff as well as reflection times when they can discuss integrating movement exercises into daily care routines.

"We have hoped from the very beginning of this project that we'd find a partner site that recognized how important arts experiences are for



Morrison resident Esther Webb, a drummer in her younger days, accompanies Irish harper Regina Delaney on the bodhran, an Irish drum. She also participated in a public performance later in the day at The Morrison, drumming while Regina played the harp. During Regina's residency at The Morrison, she will meet individually and with groups of residents, and hold workshops for staff, family members and volunteers. (Courtesy photo)

older residents," said Frumie Selchen, director of the Arts Alliance. "The Morrison has made exactly the kind of commitment to staff training, family involvement and evaluation that we hoped for. We can't wait to see the results of this work, and to find ways to continue developing the program."

During the artist residencies, the Morrison will invite staff from other nursing homes, from senior centers, assisted living facilities, and adult day-care programs to participate in staff development and training workshops to learn easy-to-incorporate tools and techniques for developing and sustaining arts-based programs that will have a positive impact on their elders' intellectual, emotional, social and creative development. Family members with elderly loved ones will also be invited to take part in the workshops. For additional information and a specific schedule of workshops, contact Eileen Alexander, Assistant Director of the Arts Alliance at 837-2275 or Eileen@aannah.org or Lisa Sweeny, Activities Director at The Morrison at 837-2541 or lretherapy@morrisonnh.org

Artists and other members of the community are invited to participate in some of the workshops, as observers and volunteers. There will be opportunities for artists interested in working with the elderly to receive some mentoring from the

visiting artists. Both The Morrison and Arts Alliance would like to expand their volunteer programs and the artist series is an exciting opportunity for current and new volunteers to receive specific training in incorporating the arts in their work with the elderly. Anyone interested in participating can contact Eileen or Lisa.

The Arts Alliance is a nonprofit network whose mission is to promote, support and sustain culture, heritage and the arts in northern New Hampshire and to link the arts with education, health and community and economic development. For additional information, contact the Arts Alliance at info@aannah.org or click on www.aannah.org.

The Morrison is a nonprofit organization that provides nursing services for elderly and disabled people who are unable to remain in the community because of mental and/or physical disabilities. As a caring, compassionate, resident-centered community, it is committed to empowering its residents, their loved ones and staff in achieving optimal well-being for residents in a quality home-like setting, characterized by mutual respect and trust. For more information go to www.morrisonnh.org.

The Arts and Health for Seniors project is made possible by a grant from the New Hampshire State Council on the Arts.

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Cottage Hospital Names 2010 Recipients Of The Dr. Elisabeth M. Berry Scholarships



Woodsville, NH – The Elisabeth M. Berry, M.D., Health Careers Scholarship was created by the Cottage Hospital Board of Trustees in memory of Dr. Berry and her many years of service to Cottage Hospital. Providing our community with skilled, qualified hospital employees is a primary concern for us all and another step in assuring the continued good health of the people in our

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community.

Cottage Hospital would like to congratulate the following recipients of the Elisabeth M. Berry, M.D. Health Careers Scholarship. A total of \$19,000 was awarded for the school year 2010-2011.

- Gretchen Wentworth, pursuing an Associate Degree in Nursing.
- Danielle Achilles, pursuing certification as a Medical Assistant.
- Samantha Boardman, pursuing an Associate Degree in Radiography.
- Amanda Boyd, pursuing an Associate Degree Radiography.
- Mariann Mangiapane, completed Associate Degree program in Radiography, pursuing a Bachelor's

Degree in Radiography.

- Kimberly Troy, pursuing an Associate Degree in Nursing.

Each year the EMB scholarship committee reviews applications for students from our service area that are pursuing a degree in the health field. For more information, please contact Cottage Hospital Community Relations at 603-747-9189.

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 its services please call 603-747-9000 or stop by and visit us at 90 Swiftwater Road, Woodsville, NH.

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July 6, 2010 Volume 1 Number 28



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WELFARE IN HAVERHILL TOWN

Just How Well Is It, And How Fair?

PART TWO OF TWO PARTS

By Robert Roudebush

(Editor's note - In this second half of a two-part series, Trendy Times, with the cooperation of town officials, looks at town welfare as it works today. No past or present welfare applicants or recipients will be identified, either by name or by situation. In Part One, reasons were outlined why Haverhill is a welfare magnet, and what occasioned the hiring of a town point person in this ongoing effort, Welfare Administrator, Leslie Ramsay.)

As a welfare magnet, people come to Haverhill looking for help, seeking assistance with food, shelter, utilities, heat and medical necessities. Sometimes they need it, sometimes they really don't. Application is made in person with Mrs. Ramsay, although in cases of elderly or disabled persons, certain accommodation may be made to ease the procedure. A good place for answers to questions prior to interviews with Administrator Ramsay, is the nine-page "Policy & Guidelines For General Assistance" information sheet - applicants are directed to become familiar with this. Also, the "Application For Assistance Under RSA:165" - both available at the Municipal Building. Those sources are clear that available aid from the town "is usually temporary", or "short-term,...to sustain a person or household until they can apply for, be found qualified and eligible for and begin receiving aid from state and/or federal assistance programs".

Administrator Ramsay is a pleasant-faced, attractive lady, an iron fist in a velvet glove - she gracefully manages the difficult task of being accommodating and no-nonsense at the same time. She does not like lies, and she encounters them regularly. She will listen to an applicant's story with genuine interest and care, offer assistance in completing the 8 page application, and professionally answer questions truthfully. She also helps in locating many other sources of non town-tax payer supported assistance from area charitable or county agencies that might be better able to meet an applicant's needs. She offers job-placement guidance as area employment becomes available. She has been known to offer

practical food-preparation guidance to young mothers feeding a family, and even suggest certain nutritious economical menus when it comes time to discuss the rights and responsibilities of receiving food assistance through vouchers, one type of town welfare.

She does all that, then goes to work diligently to make sure the stories she has been told in the applications are true. In every detail. They often aren't. It is called verification of information, and it is required by law, state and town. It is also required by her personal sense of right. When things don't check out, applications can be delayed until they do, or denied outright, for misrepresentation. It is not an easy job. Such fact-finding takes up the majority of her time and energy. She has the right and responsibility to make random home visits, on-site visual inspections, when it "may be necessary for the Administrator to understand all the services needed to help the applicant,(who may be elderly or disabled) or whenever there is a reasonable basis for such a visit".

So, how much can recipients expect? Town guidelines, which are neither maximums nor minimums, read this way - Housing (rent) \$650 monthly per household. Food \$150 monthly per person. Utilities \$100 monthly, which may vary due to circumstances. Fuel assistance, is seasonal, and varies. Medical, determined by circumstance and type of prescription. Prescriptions only. Any assistance provided will be in the form of vouchers or other methods, allowing disbursements directly to the vendor. Doctors and hospital stays are not covered, with possible pro-bono practitioners (free) helping out, or state Medicaid, and hospitalization dealt with individually with the hospitals involved. Telephone and transportation cost assistance may be considered allowable, if the circumstance requires. Again, all aid is based on the demonstrated requirements to maintain the "health and safety" of applicants. How long? While there is no state prescribed maximum time period,(average time on town welfare here may be two to three months) and while the

town welfare is "short-term", recipients can and do re-apply for further assistance. Seeking aid from other sources can be a condition of continuing local aid. Those who receive town help are only those people who prove genuine need, and provide accurate information regarding expenses and income.

Early in the application process, Ms. Ramsay encourages applicants to apply for assistance at the Littleton District Office, State Division of Human Services, and at the Tri-County CAP (Community Action Program) Office to determine whether the applicant can qualify for State or Federal assistance before expending any local tax dollars. Such information must be proffered to the Administrator in writing.

Town welfare food vouchers (not to be confused with "food stamps, a state program, or EBT cards, for food and cash) are letters of credit transmitted to certain grocers in town, allowing specific people to receive a dollar amount of food over a set period of time at town expense. Mrs. Ramsay goes to some trouble to acquaint new voucher recipients with specific information as what can be bought and what shouldn't - no junk food or pre-prepared costly meals, but nutritious wholesome food products which can feed a growing family in a healthy and economical way. When food voucher recipients abuse the system, by accident or design, and they do, Mrs. Ramsay's task is to bring that misuse to their attention and instruct that it not happen again. She does that. Those who ignore her find their voucher dollar amounts at risk of being decreased or possibly eliminated.

At one point recently, the town was providing assistance to between 6 and 8 households, between 15 and 18 people - but that number represents only a small fraction of the welfare applicant pool,(about 70 or 80) the real measure of Ms. Ramsay's active caseload, and the source of most of her work. Verifying the truth or lack of it, misstatements, mistakes, lack of information, lack of full disclosure of finance sources or family support, are all issues she deals with daily.

Applicants denied help

have at least two routes of appeal, one local through a non-public hearing in front of the Appeal Board, and the other at the State Superior Court level, possibly with Legal Aid Society support.

The hard reality of town welfare is that it exists today for the truly needy, that many others not so needy seek it,

and that town officials are unrelenting in applying the rules fairly but firmly, uniformly to all who apply. Is welfare in Haverhill well and is it fair? To the best efforts of knowledgeable and hardworking people in the town system, it tries to be. For further information contact the administrator, at 603-787-6514.



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"On the evening of June 28, I was sitting at my window and was surprised by this little guy. Especially since he seems to be a mix of a red and gray fox. He was really beautiful."

Photo by Valerie Pickens

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Variety Store "Status Report"

By David Turner

As we promised, this is our ongoing report. Business has been growing steadily, but slowly. All of our customers enjoy shopping at the store and they are realizing that we carry so many different things that it is wise to check with us first knowing that if we do have what they want, it will be clean, reconditioned, if necessary, cheaper, and guaranteed. Our store is the kind people like to browse in, which is welcomed, and it is actually fun to shop there.

But the problem we face is that not enough people know that we are here, or know about us but haven't stopped in yet. The fund we first built up was quickly used up this past winter and we have not been able to build it back up to where we are able to help as many people as we have requests. Lately, we have had to turn people down and only help those in dire emergencies. And since it is hard for us to say no, at the end of each month we have been adding our personal money to the account to pay the rent, and to tell the truth, we have run out of that extra money. We had hoped that the business would have picked up to the point of paying its own way after

almost a year in business, but it has not. This month will be the deciding factor. Unless we can get more people to stop in and find some things they need or just want, we will have to call it a day.

We have been constantly lowering our prices and have been known to accept reasonable offers for larger items and have given special prices on groups of things, and we are constantly changing our inventory around, adding new things daily. The store is clean and well organized and our staff is friendly and always willing to help.

I would like to take a moment to thank our volunteers. Danyel Locke, who is the smiling face in front. She shows up every single day, expecting nothing in return. Believing we will succeed. And David Wright, who owns "Red Barn Tire and Auto" has been invaluable, showing up regularly, helping out in back, doing whatever needed. Thank you guys! Without you, it wouldn't have been near as good as it has!

But if more people do not at least stop in and check us out, we will be forced to close the doors. I started this with the idea of being around a long time and

would hate to have to do that. We have been in contact with a few non-profit agencies that have better funding behind them that could advertise better and have a more recognized name behind them, to see if they might like to take the store over and continue what we started. We are also looking for any group or individual that might also be interested in that idea, to contact us at the store.

We are "so close" to being there and I know that with time, it will happen. Everyone that has come into our store has positive comments about us so we know we have it right. We have so many different and unusual things you can no longer find anywhere else. All we need is a chance from you. If you believe in what we have already accomplished, and want to see us stay around, please stop in. We are right next to "Cumberland Farms" on Central Street. "You" can make the difference! And to our regulars, that have been supporting us, you are the ones that have made the difference! You have made this all such a joy, even fun, and I only feel like I am just one part of what we have all accomplished!

Hope to see you there!



By pete03785@gmail.com

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Now I must admit that I have seen some people ACT really stupid in some situations and you begin to wonder if some 'breeding' problem is to blame.

No matter what the problem, there is NO dog smarter than a human being.

Dogs function on instinct, repetitive training and reward/fear motives. That is all. While they can count, I've been told, from 1-6 and have some spatial-problem solving skills, they just aren't that smart.

Sorry, humans have it over all the animal world; at least in potential.

Now how about this for a challenge:

May you be HALF as nice a person as your dog THINKS you are !?!

July 6, 2010 Volume 1 Number 28

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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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Insects And Disease

By David Falkenham, UNH Cooperative Extension, Grafton County Forester

June and July are crazy months; after a normally dry beautiful May, June and July are usually hot, humid and sticky. Not good weather for a forester and his old black dog, but it is great weather for the insects, disease and other factors that affect the trees in Grafton County.

Early summer is a time of growth for plants and trees. Lush green forests, fields and farm land are the photographic trademark of summer. This fast rate of growth attracts a lot attention from insects and disease that want to feed on our trees. Remember they too have a short growing season to complete their life cycles, so they do it in a fast and furious manner and there is often not much we can do about it.

Many of the problems we see are native pests that occur on an annual basis. Every once in a while we get a "bumper crop" of native pests and that gets people's attention. This year and last

the classic examples are the oaks and pines. The pine trees in NH and VT are suffering from a fungus known as White Pine Needle Cast which is causing the pine needles to turn brown and fall off. This is a fungus that is in our forests every year, and can be seen in a spotty fashion. This year we had a bumper crop of White Pine Needle Cast and all the pines turned brown and started dropping needles in a few short weeks in early June. The word from the forest pathologists in NH and VT is that this epidemic should be short lived and the trees will green up again, with a few of the weakest pine dying out. I have noticed recently that a lot of the pines look much better after the recent rains.

Another problem we are having is an insect know as the Oak Leaf Roller, given its name by the way it rolls up the leaves to lay its eggs. This pest, which also strikes in early June, gives the oaks a

very scraggly look due to the feeding on the leaves. I noticed an infestation of this pest on the County Lands in North Haverhill and had a small panic attack myself. There was nothing I could do about it so I simply monitored the situation. At present those oaks have almost fully recovered and look fine. Trees are amazing plants; they always have a reserve of energy to combat what may appear to be even the worst physical and biological problems.

It is always important to consider the environmental conditions that affect our trees. Weather and site conditions play a huge role in how our trees appear physically and how the trees respond to insects and disease outbreaks. Trees at high elevation or on dry sites are always at risk because they have to work so hard just to survive. Early this spring everything was blooming nearly two weeks ahead of normal. However, in May we

experienced a succession of hard late frosts. On May 11, Windy Ridge Orchard in North Haverhill recorded a morning temperature of 18 degrees, and on May 13 the temperatures went well below freezing again. This one-two punch had a detrimental effect on local fruit producers and was hard on our forest trees as well. Many of the oaks lost their early leaves and even the high elevation sugar maples suffered early defoliation. This frost was accompanied by a short drought further weakening the trees. Some of us in the forestry community believe that the severe late frosts and the drought exacerbated the later outbreaks of Oak Leaf Roller and White Pine Needle Cast.

I assure you our trees are fine, they are having a tough year but they will be fine. Please continue to contact me with your questions. Although many problems are common native pests

exacerbated by environmental factors, other problems such as Gypsy Moth, Dutch Elm Disease, Chestnut Blight, Asian Longhorned Beetle and Emerald Ash Borer are not native and can cause serious problems for our trees. Citizen reports are our first line of defense against these threats.

If you have any forest or tree related questions I will be on hand during the Grafton County Open Dairy Barn Day on July 24th from 10:00 a.m. to 2:00 p.m. We will be having raffles, hay rides, tours and a cook out. At 1:30pm I will be giving a tour of the County Woodlands highlighting the management of the property. Hope to see you there!

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

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

First Day Of Political Season



In this area there are traditionally four seasons. Some argue that there is a fifth season, mud season. Well here's another season that comes along only every other year. That is election season. Some will undoubtedly say that this season is way too long. It seems that as soon as one election is over the candidates are back on the trail looks to keep their seat, regain the seat they lost, or move into a new seat. Whatever the case this year's election season got a real kick start on the east side of the Connecticut River on Wednesday, June 23rd at the Horse Meadow Senior Center. The night was courtesy of the Haverhill, New Hampshire Republican Committee and began with a delicious spaghetti dinner cooked and served by a group of local volunteers. Those attending sat at the six person round tables that so well allow for conversation. And with all the politicians in the room, there was plenty of talking and I'm pretty sure even some listening.

When it was time for committee chairman Peter Heilleman to take to the microphone to start things off it did not take long to get those wanting to speak up and going. Due to the large number of candidates and the desire to keep the program at a reasonable length, each candidate was given just three minutes to speak. The candidates were briefly introduced, name and office they were seeking, by moderator/MC Bernie Marvin. The stop watch was then started.

Most of the assembled speakers were able to keep to the three minute limit, though there were one or two that needed some persuasion to give up the microphone. Some were obviously very comfortable with a microphone in front of them, while others had a bit more of a struggle. Some excuse can be made when considering that on one occasion a

candidate had not anticipated being given the time to speak, and another candidate who was unable to attend sent her daughter-in-law instead.

On a whole it was good to see so many, twenty-one was the count, candidates with interest in how the voters of Haverhill were thinking. And these were not just local candidates. The roll call included two candidates for US Senate, three candidates for the US House seat and three gubernatorial candidates. Of course because this was a Republican sponsored event all the candidates were also Republicans. But the first test comes on September 14th when the primary will be held in New Hampshire. That election day will narrow down the field by a considerable amount. So it was a good chance for those planning to vote in that primary to see, hear, and perhaps talk with

these candidates.

After the formal presentations there was plenty of opportunity to speak to various candidates before they headed out to the next stop

on the trail.

I know the picture is dark. All I really want is the man with the mike (maybe include the flags). Can you get him and lighten up

The Antique Rose Florist

Thank you to our wonderful customers for your support and patience over the last month.

Since Heather was diagnosed with leukemia we have done our best to keep the shop running business as usual but it has been difficult. We will be closed Saturdays in July & August, but we are still doing weddings and funerals. We don't know how we would have gotten through and kept the shop open if it hadn't been for Jody and Val. We also want to thank the following for help with the boys, meals and support: Clara, Bev, Arlene, Pudge, Ed, Carson, Jackie & Peter, Janice, Liz, the Smiths, and Melissa, Brian, & Tom at Ricker's.

Sincerely, Karen & Ruth

P.S. Heather cannot have many visitors but if you'd like to send a card she is in room 115 at Dartmouth Hitchcock.

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Calendar of Events

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

JOHN LUND WOODS, NATIVE SON
 6:30 PM
 Bradford Public Library

RARE, ENDANGERED AND THREATENED SPECIES AND IMPORTANT NATURAL COMMUNITIES
 7:00 PM
 Red Barn located on the Rocks Estate Bethlehem

RYEGATE HISTORICAL SOCIETY MEETING
 7:30 PM
 Whitelaw Hall, East Ryegate

THURSDAY, JULY 8
 TAKE DINNER HOME!
 5:00 PM – 7:00 PM
 United Congregational Church of Orford

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

VESPERS SERVICES
 5:00 PM
 East Haverhill United Methodist Church

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

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
 6:00 PM
 Ross-Wood Post Home, Ammonoosuc St., Woodsville

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

FRIDAY, JULY 16
 THE DEVIL'S DISCIPLE
 7:30 PM
 Old Church Community Theater, Bradford

SATURDAY, JULY 17
 THE DEVIL'S DISCIPLE
 7:30 PM
 Old Church Community Theater, Bradford

SUNDAY, JULY 18
 24TH ANNUAL KIRKIN O' THE TARTAN
 11:00 AM
 Walter Harvey Meeting House, Barnet
See article on page 18

VESPERS SERVICES
 5:00 PM
 East Haverhill United Methodist Church

THE DEVIL'S DISCIPLE
 4:00 PM
 Old Church Community Theater, Bradford

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

FRIDAY, JULY 23
 CONCERT IN THE PARK
 SWEET JAMM
 7:00 PM
 Main Street, Bradford Park

THE DEVIL'S DISCIPLE
 7:30 PM
 Old Church Community Theater, Bradford

SATURDAY, JULY 24
 THE DEVIL'S DISCIPLE
 7:30 PM
 Old Church Community Theater, Bradford

SUNDAY, JULY 25
 PHOTOGRAPHY & CRAFT ENTRIES
 1:00 PM – 7:00 PM
 North Haverhill Fairgrounds, No. Haverhill

VESPERS SERVICES
 5:00 PM
 East Haverhill United Methodist Church

THE DEVIL'S DISCIPLE
 4:00 PM
 Old Church Community Theater, Bradford

MONDAY, AUGUST 2
 GOOD OLE BOYS MEETING
 12:00 Noon
 Happy Hour Restaurant, Wells River
Public in invited.

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

WHENEVER DATE

Place your event for your town, school or organization at no charge.

Submit your entries by:

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Deadline for submissions is Thursday, July 15, 2010 for our July 20th issue.

Revolutionary War Drama On Stage In Bradford

Bradford, VT - The Old Church Community Theater presents G.B. Shaw's "The Devil's Disciple" on its stage at 137 North Main Street beginning July 16th for two weekends: Friday and Saturdays at 7.30pm and Sundays at 4pm.

"The Devil's Disciple" is set in New Hampshire in 1777 during the Revolutionary War. Critics have hailed this play as one of Shaw's most enjoyable: He has knitted romance, humor, action, drama and heroism with his famous love of paradox into a fast-paced theatrical treat

that ends in a climax not soon forgotten. We meet Richard Dugeon, the self-proclaimed "Devil's Disciple", and the pretty minister's wife, Judith Anderson, who despite her hatred for Richard finds herself drawn to him, for he has chosen to take her husband's place on the British army's gallows in the town square. As noon approaches the townspeople wait to see the despised "Devil's Disciple" hanged: With just Judith pleading for his life, it seems only a miracle can save him....

Directed by Jim Heidenreich, the cast includes Aaron Richer, Jennette DiFazio, Chuck Fray, Caroline Swaney, Justin Woods, Mia Eaton, Ben Daly, Paul Hunt, John Hunt, Bob Brown, Paul Landry, Brian Hook, Peter Richards, Diane Fray, Olesia Pazdro and Andy Nicholson.

"The Devil's Disciple" is the third play of the season for this non-profit community theater. In mid- August "The Gin Game" will be presented, followed in Late September by "An Evening of One Act Plays."

The Old Church Community Theater welcomes all interested people to volunteer both on and off stage. In addition to acting, there are openings in box office, ushering, set construction, lighting, costumes, props and publicity. Details are found at www.oldchurchtheater.org



Bradford, VT Some of the cast of "The Devil's Disciple" in rehearsal. From Left to right, Ben Daly, Paul Hunt, Brian Hook and John Hunt. The play is set in 1777 New Hampshire, and the so-called Devil's Disciple becomes an American hero for his bravery against the British. The play opens July 16th and runs two weekends in Bradford Vermont. Friday and Saturday shows at 7:30pm, Sunday shows at 4pm. Tickets are \$10.00 and \$5.00 for students. Reservations 802-222-3322 or reservations@oldchurchtheater.org.

Ryegate Historical Society

The first 2010 Ryegate Historical program meeting will be held on Wednesday, July 7th at 7:30 PM in Whitelaw Hall, East Ryegate. Dr. Mark Hudson, who has served as the Executive Director of the Vermont Historical Society will be the guest speaker. He has served as Director of the Historical Society of Frederick County, Maryland and

curator of the Boone County Historical Society in Missouri. He will speak about the efforts of the VHS to collect and preserve Vermont's historical memorabilia with special emphasis on items which have to do with the Town of Ryegate. The RHS welcomes all members and friends to meet and hear Dr. Hudson.

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Arthritis: Changing Your Body Chemistry

Much has been written about natural healing methods for arthritic conditions. Their origins range from metabolic disorders brought on by stress and poor environment, to adrenal exhaustion, faulty elimination, an over-acid system, long emotional resentments and pessimism about life, and overuse of prescription drugs. The common thread running through all successful therapy for these disorders is that diet and good nutrition are key factors in creating an environment where the body can support its own healing functions. Even in advanced cases of pain, inflammation and joint degeneration, major digestive problems, and accompanying toxic syndromes including depression and fatigue, a diet change can effect improvement.

Arthritis, and other acid-caused systemic diseases, are some of the most debilitating and widespread today, impairing not only bones and joints, but also blood vessels, kidneys, skin eyes and brain. Diet and herbs can help detoxify the body, dissolve and flush out inorganic mineral deposits, and help replace them with non-mucous-forming nutrients. The diet is particularly useful for glandular nourishment where extreme inflammation is evidence that the body is not producing enough natural cortisone from the

adrenal glands.

The main asset of this diet is that it will change your body chemistry and the way it uses the nutrients you give it. It is alkalizing, anti-inflammatory, and effective for many acidic conditions. It is best to be free of nightshade plants, such as potatoes, tomatoes, chili peppers, green peppers, eggplant... these can impair calcium absorption. An excellent diet is high in vitamin C for connective tissue formation, adrenal health and detoxification. It is fiber rich for digestive/elimination regulation, and free of alcohol, caffeine, sugar and refined foods that aggravate acidity. It is low in fat and meats to reduce pain, and high in whole grains and vegetables for better-formed bone and cartilage. It is also effective for many other similar acid-caused disorders including Rheumatism, Bursitis, Heel and Bone Spurs, Constipation, Gout, Corns, Osteoporosis, Post Menopausal Bone Loss, Shingles and Prostate Infection.

Cortico-steroid drugs, often medically prescribed for arthritis conditions, can depress the immune system so dramatically that even minor infections can become life-threatening. They cause calcium depletion, weakening of the bones, and depression of adrenal gland activity, a primary cause of arthritis in the first place. Arthritic conditions are degenerative processes that

have taken years to develop. Small or subtle dietary changes will not be successful in reversing them, but diet improvement is the single most beneficial thing you can do to control the causes and symptoms. Vigorous diet therapy is necessary.

Alkalizing your diet is the key. A basic rule of thumb to follow to achieve and maintain a pH balance is to eat 80 percent alkaline-forming foods and drink and 20 percent acid forming foods and drink each day. If a pH test indicates that your body is too acidic, you should eat more alkaline-forming foods, omit acid-forming foods from your diet until another pH test shows you have returned to normal. In other "words", if your body is too alkaline, eat more acid-forming foods and omit alkaline-forming foods. Use this list as a guide to which foods are acid-forming and which are alkaline forming. Low-level acid-forming and low-level alkaline forming foods are most neutral. pH Testing tape is used for testing both urine and saliva & sold in health food stores.

Acid-Forming Foods include: Alcohol, Asparagus, Beans, Brussels Sprouts, Buckwheat, Catsup, Chickpeas, Cornstarch, cranberries, Eggs, Fish, Flour (Flour-based Products), Legumes, Lentils, Meat, Milk, Mustard, Oatmeal, Olives, Organ Meats, Pepper, Plums, Poultry, Prunes, Sauerkraut, Shellfish, Soft Drinks, Sugar (all foods with Sugar added.) Black Teas, White Vinegar, Aspirin, Tobacco and most Drugs are acid-forming.

Low-level acid-forming foods include: Butter, Canned or Glazed Fruits, Cheeses, Dried un-sweetened Coconut, Dried or Sulfured Fruits, Grains, Lamb's Quarters, Nuts, Seeds, Parsley.

Alkaline-Forming Foods: Avocados, Dates, Fresh Coconut, **Fresh Fruits & Fresh Vegetables, Raw Honey, Horseradish, Kudzu, Molasses, Mushrooms, Onions, Raisins, Soy Products, Sprouts, Umeboshi Plums, Watercress, Yams.

**All vegetables, especially raw vegetables, balance the acidity and alkaline levels in

the blood. Although it would seem that citrus fruits would have an acidifying effect on the body, the citric-acid they contain actually has an alkalizing effect in the system.

Low-level Alkaline-forming Foods: Almonds, Blackstrap Molasses, Brazil Nuts, Chestnuts, Lima Beans, Millet, "Soured" Dairy products such as Yogurt, Sour-cream, Buttermilk, Cottage Cheese.

Specific Herbs to aid Arthritis include Devil's Claw Root, Pau De Arco Bark, Yucca Root, Cat's Claw Bark, Alfalfa, Black Cohosh Root, Burdock Root, Meadowsweet, White Willow Bark, Prickly Ash Bark & Nettles. These herbs contain anti-inflammatory, anti-oxidant and immune enhancing compounds which act to relieve the inflammatory activities associated with arthritic rheumatism. Specific actions also include diuretic properties to alkalize an over-acid body chemistry which is generally associated with arthritis. The herbs in this formula dislodge acids and crystals in tissues and promote their excretion through the urinary system.

ORGANIC ALKALIZING HEALING BROTH

The full recipe calls for 4 quarts of purified water. If you want to make a smaller batch, use half of the water and vegetables. This recipe is flexible, and can change depending on what you happen to have on hand. As long as the first 8 ingredients are included, feel free to substitute. Whenever possible, use Organic vegetables, and especially the Root vegetables. Collect spare veggie pieces such as broccoli stems, or the outer leaves from a cauliflower during the week leading up to making broth. If you are using organic vegetables you can use unpeeled well-scrubbed vegetables. Garlic and Onions need not be peeled when making broth. Yields 7-8 Quarts.

2 Red Potatoes, Cut in Half	3 Carrots, Cut in Half
3 Stalks Celery, Cut in Half	1 Large Onion, Cut in Half
2 Large Beets, Cut in Half	4-12 Cloves of Garlic
2-4 inches Fresh Ginger Root, Sliced	1 Bunch Parsley or Cilantro, Whole
4 Cups Vegetables – Choose from Broccoli stems, Cauliflower ends, Kale, and Collard stems and leaves, leftover ends of still fresh vegetables that you would otherwise juice.	

Optional:

2 tsp. fennel and cumin
1 tsp. cayenne
1-2 bay leaves or chili peppers

Combine all ingredients in a large pot filled with 8 quarts of purified water. Bring to a boil, turn to low, and allow to simmer 30-45 minutes until the firmest vegetables are soft. Strain broth into a large pot or bowl, discard the cooked vegetables and enjoy the broth. It will keep in the refrigerator for about 5 days.

Broth is a "cure-all", perfect to enjoy as an appetizer while preparing dinner, or to keep your belly satisfied while cleansing. Though broths are traditionally used in fasting and cleansing, they are great anytime. They are as close as you can get to freshly-made green vegetable juice when it comes to "power" in a cup. Enjoy broth instead of tea. Carry a thermos full to work, or when out and about doing errands. Healing broths are an important addition for those who might not be getting enough vegetables in your diet. With almost zero calories, homemade vegetable broth is the perfect warming snack, and if you make large batches, they can be used to supplement water when cooking whole grains and as a base of any pot of soup. Cook grains, lentils or beans in broth rather than water, and enjoy enhanced flavor and nutrition.

Melanie Osborne is the owner of Thyme to Heal Herbals 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



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In Times Past:

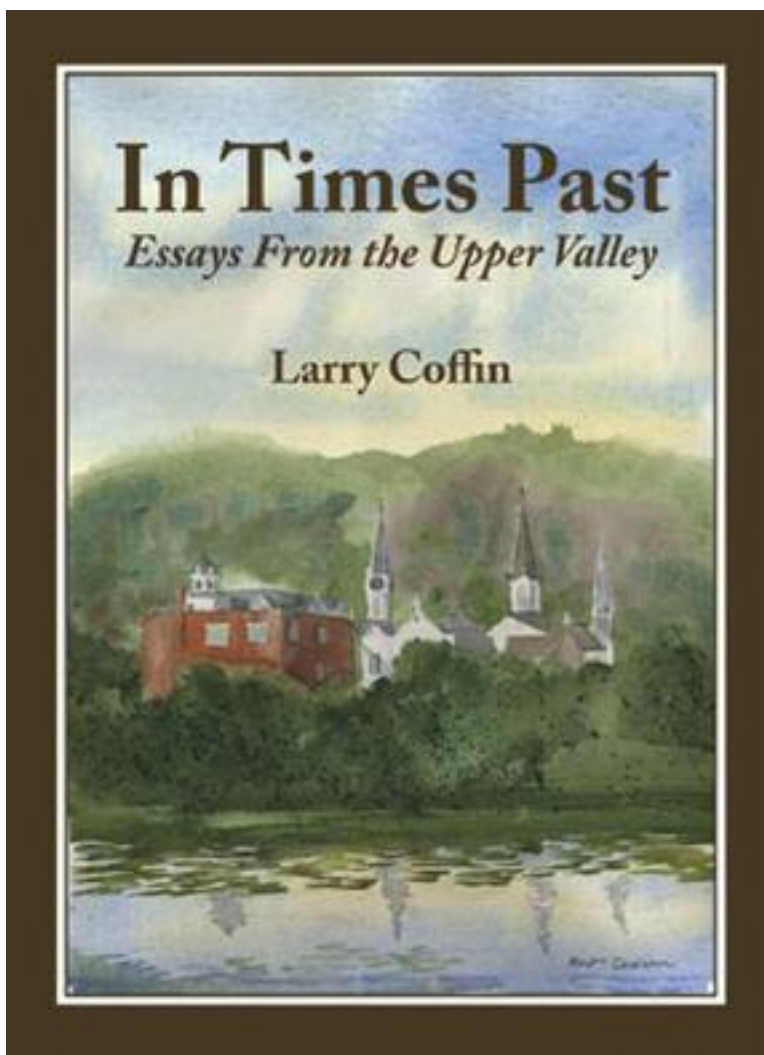
Essays From The Upper Valley

"In Times Past: Essays from the Upper Valley" is the title of a new publication by local historian Larry Coffin of Bradford. The 120-page collection of 20 essays covers topics ranging from town meetings of the past and disastrous village fires to Rogers' Rangers and

abandoned golf courses. Material is taken from the popular Journal-Opinion series "In Times Past." Material from the history of towns from Lyme and Thetford to Haverhill and Ryegate to Haverhill is included. The cover was designed by local artist Bert Dodson.

The book is being sold for \$19.95 as a fund raiser for the Bradford Public Library. It is currently available at the Bradford Public Library, the Bradford Town Office, the Fairlee, Bradford and Wells River offices of the Wells River Savings Bank and the Piermont branch of the Woodsville Guaranty Savings Bank. Copies may be ordered by mail by calling the Library at 802-222-4536 or Coffin at 802-222-4423.

Advanced comments on the publication have been very positive. Michael Sherman, Editor of Vermont History, wrote: "Coffin deftly and engagingly reminds us that all history is local and that local history at its best – as he presents it here – reflects and illuminates the extraordinary, great, and important issues and events that command our attention as well as the ordinary patterns of life that continue to shape the world we occupy today." In his foreword UVM Professor Frank Bryan, a Newbury native, wrote "Good history does more than suggest a proper future. It gives order to a complex world and meaning to a troubled mind. This series of essays should be in the homes of all residents of the Upper Valley."



Hi, Everyone...

Can you help spread the news, about a grant for a hay bank. My ideal was excepted by Pepsi www.refresheverything.com. Wells River Equine Rescue, Inc.- Vermont Hay Bank for \$50,000.00 grant. We need people to vote starting today and the whole month of July. It's to help people feed their animals.

Thank You So Much,
Dawn Pinette



Annual Photo Competition At Alumni Hall Seeks "As You've Never Seen It Before"

Alumni Hall in partnership with the Lower Cohase Regional Chamber of Commerce will sponsor the 2010 Al Stevens Photography Competition themed "As You've Never Seen It Before". The competition is open to all non-professional photographers with photographs depicting the town of Haverhill and Piermont, NH or Bradford and Newbury, VT and the abutting townships.

Entries will be judged by an impartial panel for their uniqueness and craft and cash prizes of \$75, \$30 and \$20 will be awarded in the adult category and youth prizes of \$50, \$25 and \$10 will be given out.

Photographs for inclusion in the competition should be delivered to Alumni Hall by August 20th by 4:00pm. All entries should be a minimum of 5" x 7" and a maximum of 16" x 20" and be exhibit ready with the artist's name, age, title,

subject and price if for sale. The entry fee is \$15 per six photographs. An awards ceremony and exhibit opening will be held on Saturday, September 11th from 3:00-5:00pm at Alumni Hall, 75 Court Street in Haverhill, NH.

For complete contest rules please contact Alumni Hall at info@alumnihall.org or via phone at 603-989-5500.

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

July 6, 2010 Volume 1 Number 28

18 LETTERS

(and even some real words)

From The Editor

Looking For Sports Fans With Opinions

Here's a question for each and every sports fan, participant, and maybe most importantly, those who officiate such events.

Simply this: Which officials are the best athletes?

It is a question I have asked at different times of different people with no real conclusive answer. For the purpose of discussion this needs to be open to any and all sporting events at any and all levels. In other words Little League umpires, World Cup soccer referees, NHL or NBA referees, college lacrosse or football officials. They all can be put in the mix. Now this is not a question about the accuracy of

calls even though that has come into question in many sports recently. Just think about the baseball perfect game that wasn't, or the USA soccer goals that were disallowed. But these have nothing to do with the athletic ability of the officials.

This question, put a different way, is this: take off the stripes and, as a whole, which group of officials would do the best in competition? We look forward to your opinion. Whether just a simple answer or if you want to expand on your reasoning. Trendy Times will be happy to get your answer and will publish as many answers as possible.

KIRKIN' O' the TARTAN

The 24th Annual Kirkin' O' the Tartan will be held on Sunday, July 18 at 11:00 AM at the Walter Harvey Meeting House in Barnet. This historic meeting house was built in 1831. It served as the home for the Reformed Presbyterian Church of Barnet, often referred to as the Covenanter Church. Upon the dissolution of the congregation in 1975 the building was given to the Walter Harvey Meeting Association Board which is responsible for its preservation and occasional worship in the Scottish tradition which includes the singing of the Psalms without instrumental accompaniment.

The Annual Kirkin' is sponsored by the Walter Harvey Association Board, and the St Andrew's Society of Vermont in cooperation with the Barnet and Ryegate congregations who share the same Scottish heritage.

The Rev. Dr. Howard Gaston, newly installed pastor of the Barnet Presbyterian Church, will be the preacher. Others participating will be David Campbell, president of the Saint Andrew's Society, Theodore Faris, chaplain of the St. Andrew's Society, Rev. Dr. Catherine Cook, pastor of the Ryegate Church and the Rev. Dr. Dwight White, president of the Walter Harvey

Church Board of Directors and chaplain emeritus of the St. Andrew's Society.

A potluck picnic will follow the service on the Meeting House lawn. All are invited to attend the service and remain for the picnic. Families are asked to bring their own lawn chairs, eating utensils and a hot dish, salad for dessert to be shared.

Historically the Kirkin' was a public religious ceremony at which time the Church gave its blessing on the Scottish Clans, who were often at enmity with each other. It established the role of both Church and State as both worked side by side for the welfare of all citizens.

2010 Chamber Golf Tournament A Success

The 5th annual Littleton Area Chamber of Commerce Golf Tournament saw beautiful weather and a great time at the Maplewood Golf Club & Resort on Friday June 25th.

Twenty-four teams, businesses, chamber supporters, and area golfers

came out in support of this years chamber cause "The Littleton Opera House Welcome Center". Proceeds of the annual event are designated for a specific cause, and this year funds will be used to purchase amenities to fill the new

Chamber Welcome Center.

"This years event saw overwhelming support from the area" said Chad Stearns, Executive Director of the Littleton Area Chamber of Commerce. "From sponsorships to teams to donations, we saw the community once again rally behind the Chamber and make this year's tournament a success".

Held annually, this year's event included 3 hole-in one grad prizes sponsored by Passumpsic Savings Bank, Crosstown Motors, and Littleton Chevrolet, as well as a new grand prize putting contest worth \$10,000 sponsored by Northway Bank. The event sponsor was Transcanada Hydro Northeast. Corporate sponsors this year were Laconia Savings Bank, Foto Factory, JA Corey - U.S Cellular, Peabody & Smith Realty, and FairPoint Communications.

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561, www.littletonareachamber.com

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



The ref didn't know who had switched out his whistle for a veuzeaela, but he was determined to find out.

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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Sweet Success For Local Veterans Charity

By Michele Gaskell



The Michael A. Corcoran Cancer Research and Scholarship Fund, "Candy for a Cause" recently spent the Fathers Day weekend at the 31st Quechee Balloon Festival. This was the second year that the organization has had a booth to spread the word about the charity and raise money. This year the organization held a raffle with six prizes available. The grand prize was a 2004 World Series signed David Ortiz jersey, which was won by Bob Kimball of Las Vegas, Nevada.

Adam J. Corcoran and his sister Michele Corcoran Gaskell spent Friday, Saturday and Sunday at their booth in Quechee sharing stories of their father. Their father, Michael A. Corcoran, a Vietnam Veteran who upon returning from his 3rd tour of duty gravely wounded joined the Disabled American Veterans organization and became a National Service Officer at the Veterans Administration hospital in White River Junction, Vermont. One moving story they heard was from a wife of a man that had served in Vietnam. He was "lost" and had no where to go. Upon hearing that Adam and Michele's dad had started the Vet Center in White River Junction she thanked them for what their father, Michael, had done. Her husband had found the Vet Center in 1986 and has spent nearly every day there. Talking to others about his experiences in country and at home. The woman was very grateful for Michael saving him and giving him a place to

go. This is just one story that was shared with Adam and Michele over the weekend which moved them to tears. Hearing from people about how their father affected the lives of others in such a powerful and meaningful way was extremely special.

The weekend was special in another way. Michael A. Corcoran had written a book in the 1980's, "Rick Drew Freedom Fighter". The fictional novel was based on his real life experiences during his three tours of duty in Vietnam. Michael attempted to have the book published but at the time no one wanted to publish books about Vietnam. Michael passed away in 1994 and the book lay on his wife's shelf until this past spring. Adam his son and the CEO and Founder of the charity wanted to make his father's dream of having the book published come true. He took the book to the editor and publisher of the Green Living Journal, Stephen Morris.

Adam told him about his organization and his father's dream and Stephen agreed to have the book edited and published. The book didn't have a cover yet, but Adam had a sketch. He brought the sketch to his friend Blair Shedd. Blair Shedd is a freelance illustrator and the founder of oneGemini Studios and asked him if he could work up the cover. Blair agreed. Blair Shedd is currently the illustrator for the Dr. Who comic book. "Rick Drew Freedom Fighter" was finished and available for sale at the Quechee Balloon Festival. The organization was allowed to hang banners advertising the book release at both entrances of the balloon festival. The banner worked and did bring people to the booth to purchase the book. Several copies of the book were sold over the weekend. If you are interested in a copy of "Rick Drew Freedom Fighter" you can contact Adam at adamjcorcoran@gmail.com or call 802-280-5378.

This year the organization was sponsored by Cool Beans Gourmet Coffee of White River Junction, Vermont. Supporters of the organization could have a cup of coffee or sample packet of various varieties of coffee with a donation. Through the donations, sale of the raffle tickets and sale of the book the organization raised over five hundred dollars which will go to the scholarship fund and cancer research donation. The organization thanks everyone that came out to our booth and supported us through their donations. For more information on the Michael A. Corcoran Cancer Research and Scholarship Fund please visit our website at www.michaelacorcoranscholarshipfund.com or contact Adam at adamjcorcoran@gmail.com.

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There is always a war
To kill some more
And the end is never.

Our sons die young
The daughters too
Some make it home
But very few.
The tears keep coming.

Day and night
Our prayers are given
To the God of might
And all we ask is for
To wars to end
To let us all find
A time to mend.

But the new day comes
And the time stands till
And we trust God's will
We hope and we dream
We remember the past
From world war two
Hoping it was the last,

And so the tears still flow.
And our hearts are sad
Remembering all who
Have life or limb.
A darling she and a dear him
The tears still fall
Like there is no hope
One can recall
And we try to cope.

So on the Fourth of July
We remember the past and now
While our tears flow
And we say goodbye
In our hearts we pray
And we freely cry

The old red, white and blue
Is why they die
For God and country is why
But our tears still flow
As we all recall the past,
The present and the future, too
As we say goodbye.

Our tears still fall
For one and all
Tears of heart ache,
Tears of pain, tears of lost
But tears of a pride in all
Who gave, who died who we all loved
Some we knew, some we don't,
But all were Americans and family.

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By Ronda Marsh

Mocha-Toffee Cake Mix Cookies

I am a compulsive and copious note taker. Maybe it comes from all those years I spent as a dispatcher, or perhaps it's just indicative of my inherent fear of becoming forgetful. Whatever the reason, it results in lots of little notebooks and odd pieces of paper with titles of songs, movies, and books I want to remember, as well as quite a few recipes that have caught my attention. The other day, I was going through a bunch of these random notes and found this cookie recipe. I have no idea where I got it, but it looked interesting, and I had all the necessary ingredients, so I gave it a try. Wow! What an easy way to whip up a couple dozen cookies in a flash. I think I will try this again and vary



the components to come up with some variations on a theme...maybe white cake mix with chopped nuts and

mini chocolate chips, or lemon cake mix with cranberries. Maybe even use them to sandwich some softened ice cream and freeze for a frosty treat. This little cooking adventure has made me realize that I'd better make time to go through the rest of my accumulated scribble notes; who knows what other culinary gems might be hiding in their midst!

- 1 box chocolate cake mix (NOT the kind with pudding in it)
- 1/2 cup vegetable oil
- 3 eggs
- 1/3 cup Toffee bits
- 3 tablespoons instant Cappuccino mix

Pre-heat oven to 400°F. In a large mixing bowl, combine all ingredients and stir with a large spoon until smooth and well mixed. Line a baking sheet with parchment, or lightly grease it. Drop the dough by rounded spoonfuls on the parchment (I use a small scoop, which is actually 2 even tablespoons.) Bake for 10 minutes, until tops have cracks and are just slightly soft when touched. Allow cookies to sit on the sheet for a few minutes before removing to a rack to cool. Makes 24 cookies, 3 to 4 inches in diameter.

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