

# TRENDY TIMES

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AUGUST 31, 2010 VOLUME 1 NUMBER 32

## Video Camera Comes To Haverhill Police Department

*By Gary Scruton*

A picture is worth a thousand words. So goes the old adage. If that is true, then what is video worth? In this particular case it could be worth the life of a Haverhill Police officer.

Video cameras in police cruisers have been around for some time. That is where all those shows get the majority of their footage. But video in cruisers belonging to small towns like Haverhill have most often been just a dream, until now that is. Thanks to a grant that paid for about half of the cost of this new equipment the Haverhill Police Department now has top of the line video equipment. Along with taking a 70 degree view out in front of the cruiser, the equipment also keeps track of any activity in the back seat of the

cruiser. This helps eliminate any kind of prisoner complaints about treatment once arrested.

Another aspect of this video surveillance is that it is active from the time the key turns on the cruiser until the time it is shut off. This means there is taping going on even before an emergency call comes in to the cruiser. During the display and discussion event at the Haverhill Police Department several occasions were pointed out where this was a very useful tool. In fact the equipment can go back in time up to about 40 hours to get video that was not important yesterday, but is very important today. The equipment also automatically marks any event when the lights and siren are used, therefore

making it easier to find the needed piece of video.

Another plus pointed out by Watch Gear Regional Sales Manager Kevin Coughlin, is that sound can be recorded from as far away as 1600 feet. This is a great asset when an officer goes into a home on a domestic call, or some other occasion not in direct sight of the cruiser.

The grant that helped pay for this equipment was only one of four received by HPD this year from the State of New Hampshire Highway Safety Agency. Other grants helped pay for a third lap top computer so that all police vehicles are now so equipped. The other two grants will pay for actual officer time on patrol for speed and DWI purposes. The grant monies pay for officer time (at overtime rate) plus all associated costs (ie retirement, FICA, etc.). The only real cost to the town is the gas and oil for the cruiser being deployed during those times. The other aspect worth noting is that these patrols are dedicated patrols.



Meaning the officer does not need to respond to other minor calls in town and can concentrate on the assignment.

All four of these grants come from federal funds that are then passed thru the agency which is currently headed by Orford native Peter Thomson. Commissioner Thomson along with Field Representative Steve Sargeant were on hand to show off the new video equipment. Sargeant also pointed out that about 98% of the work on these grants was done by his office as a means of assisting local police departments.

Chief Cecil Smith is quite pleased that his department has been able to upgrade old equipment and add some new items to help insure the safety of his officers as well as to help prevent crime in Haverhill. He points to the speed wagon which gets positioned at different locations every day. Though it is impossible to prove the connection, Chief Smith points out that Haverhill has not had a traffic fatality since that speed wagon was first deployed.

So if you see the blues come on while you are traveling in Haverhill, be ready to smile, you may be on camera.

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## Science, Engineering & Technology

# Here's To Another Round

By Arianne Fosdick, UNH Cooperative Extension

Every August for the past three summers I've set out to judge the gardens of our 4-H Garden Program participants. The 4-H Garden Program is a lovely little program that begins every year in March when the paperwork is sent out. This "Garden Packet" is comprised of ten, double-sided pages that contain all manner of guidelines, deadlines, score sheets, and information our potential gardeners need to know. Every year when we meet to reflect on the program we vow to pare down the packet, and every year we realize

that each item present is important and can't really be taken out. And so the beast goes out, bulk-rate, and we wait to see who will complete the necessary forms and take on the challenge of diligence, commitment, and focus that comes with growing a 4-H garden.

To give some idea of the grit of 4-Hers, even with all this paperwork we have 41 gardeners this year. Kids can choose to plant flower, vegetable, or container gardens, and many plant all three. Seeds are given out at a workshop in April. Every-

body uses the same seeds, making the playing field at least somewhat level at the start. From here though, it is a widely diverse playing field. Some kids come from gardening families and will have their plot nestled next to their parent's well-tended beds, while others are starting from scratch. One apartment dwelling gardener plants her container garden in a wheelbarrow. This way she can follow the sun across her small yard and avoid too much rain. Another family of 4-H gardeners boasts at least 8 gardens to be judged



Gabriel George, of Helping Hands 4-H Club in Woodsville, with his 4-H garden.

between the whole lot of siblings. In years past these gardens have been well-intended tangles of weeds. But this year, determined to actually get some produce from their labor, the family invested lots of time into early season mulching. They put down shredded newspaper in their raised beds, and cardboard and carpet in their rows, and effectively cut their weeding needs by at least half. Limited by a small backyard already busy with a chicken coup and the random accumulation of family life, they decided to save space by trellising everything they could. Instead of climbing over plants to find other plants, their cucumbers, melons, tomatoes, and beans are all neatly climbing their sapling-framed trellises.

There are many joys involved in this yearly task of garden judging. One is seeing the gardens, like the one I just mentioned, change from year to year. The biggest is being shown a child's very own garden by the child him or herself. Though most kids don't love weeding or the other legwork of gardening, they are truly taken with the magic of seed, soil, and the eventual product. I guess this could be said for some gardening adults too, both about the legwork and about the awe and pride in what we've planted. This stays with us no matter how many years pass.

Because of this simple,

easily attainable joy, I urge you all, in the quest that we're all on to be better humans, to plant something any chance you get. Plant spinach now, plant garlic in October, save this article until January 1st and add to your list of resolutions the words "plant something." Don't get bogged down with doing it perfectly in the beginning. Take as your model one beaming 4-H gardener who had three barren flower boxes and one glorious nasturtium plant blooming in the fourth. Or the boy whose cucumber and melon seeds had been washed away, but whose sunflowers were so big that his weighty cat Christmas could be seen climbing up them (but unfortunately not on command).

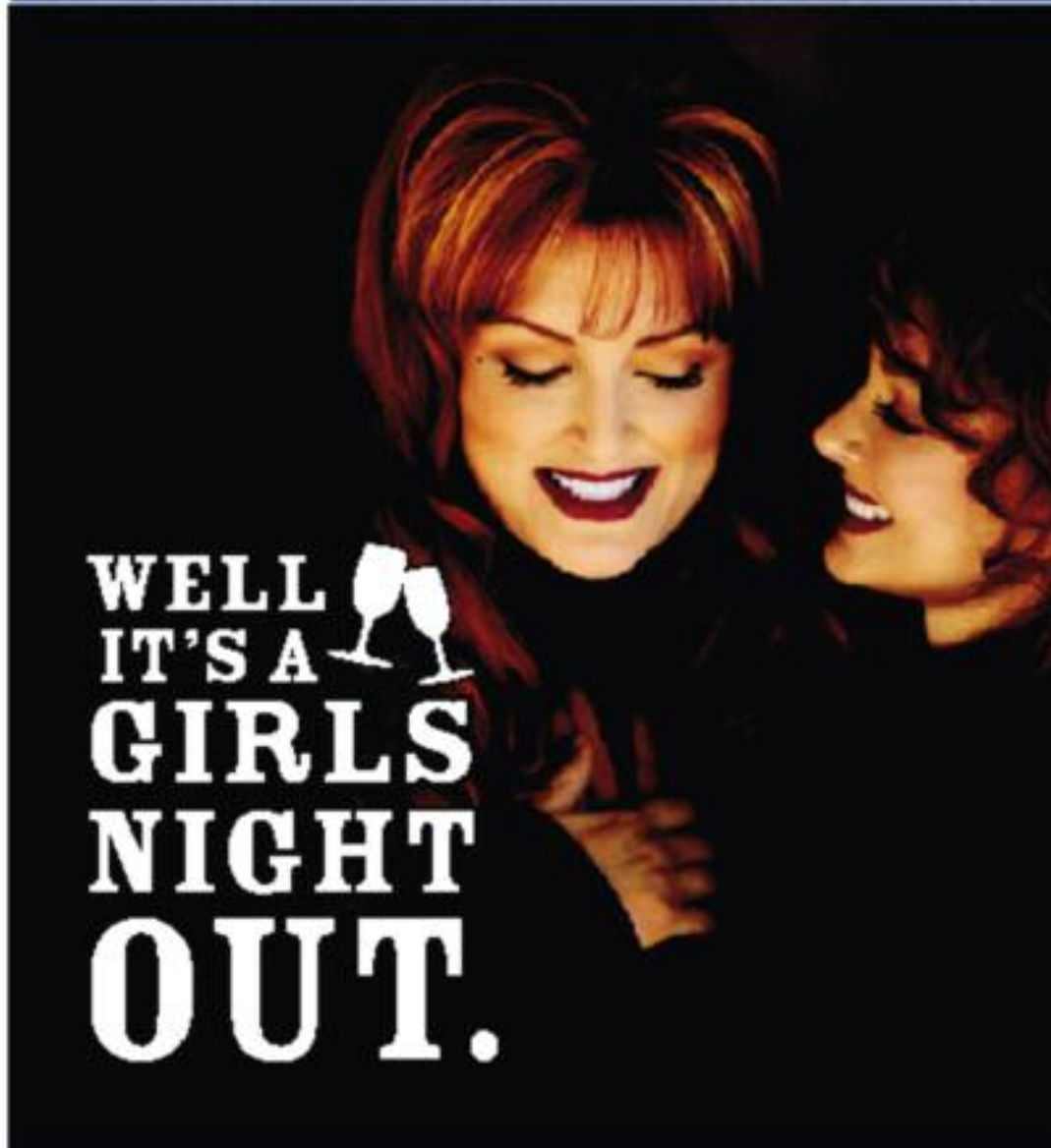
Use these 4-H gardeners as your inspiration, and use the rest of us at UNH Cooperative Extension for your information. Call the office at (603) 787-6944 with your gardening questions, or attend our next gardening workshop "Frost Protection and Winter Crops" on Wednesday, August 25th, from 5:30 to 7:00 pm at the Grafton County Complex in North Haverhill, NH.

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# SAVE THE DATE

## Saturday, September 18 • 9 am - 6 pm

### Local Energy Alternatives Festival (L.E.A.F.)

#### Main Street, Bradford, VT

The 3rd Annual Local Energy Alternatives Festival, September 18th on Main Street in Bradford, VT will include free presentations and workshops throughout the day on energy efficiency, renewable energy, sustainable living and re-skilling. Tours of the hydro-electric dam and visits to solar-powered homes will be available at various times during the day-long event. Over 20 renewable energy vendors will be set up under the big tents to demonstrate and share information about the latest technologies in their fields of expertise.

Live musical groups will add a festive atmosphere to the huge farmer's and artisan's market, featuring local foods and other local products. Activities for children and youth will be staged at various locations. A production called "Fashion on a Shoestring", a fashion show featuring Oxbow High School students modeling

recycled clothing from area thrift stores, will show that you don't have to spend a lot of money to look great.

The day's events will culminate with a candidate's forum that will focus on their respective positions on Vermont's Energy Future.

All events of the day are free, but it is requested that attendees bring a non-perishable food item for the

Bradford Area Food Shelves.

Sponsored by the Energy Committee of the Bradford Conservation Commission, with support from the Byrne Foundation, New England Grassroots Environment Fund and Two Rivers-Ottawaquechee Regional Commission.

In the meantime, don't forget to purchase raffle tickets for this year's LEAF Raffle!

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

August 31, 2010 Volume 1 Number 32

## 20TH ANNUAL COTTAGE HOSPITAL WALK-A-THON & ROAD RACE

# Lend a Helping Foot!

**5K Walk** | **8K Race**  
Start 9:00am | Start 9:30am

**September 12, 2010**  
**Woodsville Community Building**

Race day registration starts at 8am



Proceeds benefit the Hospital revitalization project



## Registration Form

<input type="checkbox"/> 5K Walk	<input type="checkbox"/> 8K Run	<input type="checkbox"/> 5K Speed-Walk
Registration Fee: FREE!	Registration Fee: \$25.00 (max 7:00pm)	Registration Fee: \$25.00 (max 7:00pm)

Age on Race Day: \_\_\_ Sex:  M  F

TEALB:  Yes  No

Team Name: \_\_\_\_\_

Business Team?  Yes  No No. of Employees: \_\_\_\_\_

Family Team?  Yes  No No. of Members: \_\_\_\_\_

Team Captain & Phone: \_\_\_\_\_

Your Name: \_\_\_\_\_

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In case of Emergency please contact (name & phone): \_\_\_\_\_

WALKERS: It is the responsibility of the walker to complete the registration form, pay the fee, and arrive at the race on time. Runners: It is the responsibility of the runner to complete the registration form, pay the fee, and arrive at the race on time. All participants are responsible for their own safety and well-being during the race. The organizers are not responsible for any injuries or accidents that may occur during the race.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian: (if under 18) \_\_\_\_\_

### How to Enter

- 1 Pre-Register by filling out this form and returning to the address below or log on our website at [www.CottageHospital.org](http://www.CottageHospital.org)
- 2 Bring registration form and fee with you on the day of the race.

All sponsorship money will be collected the day of the event

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By [pete03785@gmail.com](mailto:pete03785@gmail.com)

### "My Church Is In The Woods"

Gee, that's nice.

Sadly this bumper sticker speaks, to me at least, that people want to give all sorts of excuses for not doing what they know they should.

I wish to post 3 problems, in my opinion [remember?!?], with that bumper sticker.

1. I have often heard people say, "I don't have to go to church. I can worship God on top of a mountain." Invariably, when questioned, they admit that they have NEVER worshipped God on a mountain much less anywhere else. After all, if driving a car to church is too hard, what does climbing a mountain take?

2. There is a contribution of culture, community and accountability when someone goes to church regularly. People look forward to seeing you and miss you when you are not there. There are blessings to be had and work to be done in church. It is the 'lone sheep' who is most vulnerable in our society.

3. We are not supposed to worship creation but the Creator. It's not 'mother nature' but Father God who must get the credit for all we see. Nature is hard, unforgiving and daunting. Just spend one winter up here and you'll agree with me. How those flowers push through the frozen soil each Spring just amazes me!

Sorry, the woods are not enough for me. It is lonely there. Between the mosquitoes, black flies and black bears, it is dangerous.

Give me a group of people sharing in communal of the One who made the woods any day. In fact, each Sunday would be fine.

## Letter To The Editor

Dear Editor,

I like your regular feature of "Trendy Bumpers". I thought Pete's article on "Treating animals as just animals and not as humans" was well written and I wholeheartedly agree. People usually enjoy reading about an opinion with which they agree but get emotional when reading about an opinion from which they differ. I appreciate the fact that the editor of this paper does not ridicule people for expressing their thoughts in writing. Giving respect to someone with an opposing view means that you don't belittle or demean the person and their ideas. Giving respect also involves taking the time to listen and think about what that person is saying, so you can then form your reasons why you agree or disagree with those ideas.

In reading Charlotte's letter to the editor about Pete's article, I found many points on which I disagree. First, the letter from Charlotte did not show any respect for the writer and opinions of the Trendy Bumpers column. The tone of the letter was demeaning, disrespectful, and presumptuous. I was not convinced that Charlotte tried to give Pete any respect as claimed in her opening sentence.

Secondly, I'd like to answer the question, "What does a woman's Constitutional right to choose sovereignty over her own body have to do with the theses, "animals are animals"? My answer to that is, "Women's rights have nothing to do with this issue." Pete's point is that many people love animals more than they love people and that is evident by the millions of unprotected babies who are killed by abortion procedures, while many animals are protected by man-made laws.

We're talking about a life growing in a mother's womb, a living individual with unique

characteristics, distinct, separate, viable, dependent on others. That's why the medical profession offers prenatal care for pregnant women, surgeries for babies in the womb, childbirth classes for expecting parents. When a pregnant woman is killed in a car accident or murdered, the newspaper reports it as two deaths. Some states require a funeral for a baby who is stillborn. Yes, I would say the facts do show a glaring contradiction in our American laws and way of life (or death).

I will always wonder if Dr. Seuss was defending the unborn when he wrote, "Please don't harm all my little folks, who have just as much right to live as us bigger folks do!"

And then there's the line, also from his famous children's book, "Horton Hears a Who", that gets repeated over and over by Horton the elephant, "After all, A person's a person, no matter how small."

Life is precious, all human lives are precious. I think that the Catholic scholars do agree with Pete that human life is highly valuable and should be cherished by all people. The Roman Catholic Church has been and continues to be a strong advocate for protecting unborn babies. Their divine calling is based on the Scriptures which say, "For you (God) created my inmost being; You knit me together in my mother's womb. I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well."

How wonderful to consider the amazing design of all life around us. Life and all we see is truly a gift. How wonderful it would be if everyone considered each human life a gift to be cherished, as precious and irreplaceable as your own little child.

B. Ellen Nelson, East Ryegate, VT

Ellen,

*Well written. Well thought out, Obviously from the heart. It is always a joy to receive a letter like this from a reader who has passion about a subject. It also makes it difficult to answer.*

*As you said in the early portion of your letter I try my best to give the respect due to every letter writer. For most people it is not easy to write from the heart. For some people it is virtually impossible. For those who have the ability to write it is easier, but not always done well.*

*Trendy Times will continue to dedicate space to all of these letter writers. Not only are these letters encouraged, but they are also very much appreciated. Every time someone voices an opinion it makes someone else think about their position on that particular subject, thereby either making their opinion stronger, or moving them to a different opinion. As stated before, it is one of the great aspects of this great country.*

Gary Scruton, Editor

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- Danville Congregational United Church of Christ at 87 Hill Street. The classes will begin September 11, 2010 at 9:00 am. Contact Jen Larrabee at 802-748-9486 for more information or to register.

As they work on a Total Money Makeover, the aver-

age 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:

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- Budgeting
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- 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."

Visit [www.daveramsey.com](http://www.daveramsey.com) to locate the nearest class.

### 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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**TOBACCO FREE**

To Our Patients and Visitors:

Beginning on September 1, 2010, Cottage Hospital will adopt a change with tobacco-free policy. The policy means that patients, visitors, employees and physicians are prohibited from using tobacco products anywhere inside or outside Cottage Hospital.

Cottage Hospital has joined other hospitals in the state to create a smoke-free environment. This change is intended to help Cottage Hospital create a safe and healthy environment for patients, visitors, employees and physicians.

If you are a patient or visitor at Cottage Hospital, please notify the admission staff if you use tobacco. This information will be provided to the appropriate staff to help you quit, provide resources and support, and help you avoid second-hand smoke.

Thank you for your cooperation with this important initiative and the help you provide in creating a tobacco-free environment.

If you are a staff member, please contact your supervisor for more information. If you are a physician, please contact your supervisor for more information.

*Wanda Ryan*  
 Director, HR, MSW, APRN  
 Chief Inpatient Officer

**COTTAGE HOSPITAL** Your Heart. Your Hospital. Your Community.  
 100 Hospital Road, North Haverhill, NH 03774

Smoking cessation classes are free and open to the community.

Each session is a four part series:  
 September 21, 23, 25, 30 5:30-6:30pm • October 5, 7, 12, 14 5:30-6:30pm

To register:  
 call 603.747.9189 • email [myhospital@cottagehospital.org](mailto:myhospital@cottagehospital.org)

# “The Gin Game” In Review

By Gary Scruton

Here's a question for those who like the theater. Which is a bigger challenge...a cast of dozens, or a cast of two? They each have their own inherent issues. And an argument could probably be made in either direction.

Old Church Community Theater and especially Director Peter Richards decided to take on the challenge of the two person performance as they brought “The Gin Game” back to the small but always hospitable theater in Bradford.

Peter had starred in this play in the past. This time he had no lines to learn or repeat, and in his words he just needed to give his hand picked actors a few minor suggestions. Getting away from the norm at OCCT this play was indeed precast. Meaning that the actor and actress to fill the only two roles in the entire production were hand picked. And it seems that the picking went very well.

Robyn Greenstone played a part far beyond her

years. And she played the part of Forsia Dorsey with a demeanor that fit the part quite well. Soft spoken (until provoked) and kind hearted appear to be general descriptions of actresses and character. Though this review will unfortunately not make the newsstands before the end of the play, if you were able to see the performance, you undoubtedly saw that facial expressions can do as much as spoken words.

The other half of the cast was taken up by Scott Johnson, a long time participant with OCCT. Scott also added some years in order to fill his role as the card shark who seems to be missing his teeth. That's not all that Weller Martin seems to be missing in this play that won a Pulitzer Prize back in 1978.

In this performance both actors held true to character throughout most of the production. The production also held to the original script, unlike the last time it was performed at OCCT. On that

occasion some of the more colorful language was edited to make it more palatable for some audiences. But this performance used the words that were written and both actors did so in a professional manner bringing out the desired surprise and occasion snicker from the audience.

It's not always easy to keep up the persona that is your character, but both of these seasoned actors seem to have taken to these parts and made the performance feel much shorter than the actual two hours of entertainment.

In the end it was another fine presentation by the folks at Old Church Community Theater. It is sad to think that there is only one more round of plays left on the season. And this one will go in the opposite direction of this two person play. The next set of five one act plays had almost two dozen auditioners with all getting a part. It should stretch the backstage area along with the abilities of the co-directors.

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# The First Day Of School

By Elinor P. Mawson

Her name was Kim.

They called her "Sweet Pea".

The only time I saw her, she was dirty, disheveled, uncombed, but smiling. And excited! She and her mother had just been to Globe and put her school clothes on lay-away. She was going to first grade in a few weeks.

Her uncle Arnie was her best friend. He operated a garage and body shop next door to Kim, and they visited every day. She told him about her new school clothes and what she was going to wear the first day, and even told him about her new socks and sneakers. It was going to be the next thing to heaven! She talked about how wonderful school was going to be for her, and how she would learn to read and write in "cursed". She would learn to do math like her mother, and go to music and art like her sister. School would be a place where she could make friends, and they would do things together and maybe even sleep over at each other's homes. School was going to be "everything".

Arnie told me the story of Kim's first day at school. She was up bright and early, washed and brushed and in

her new outfit. She was waiting for the bus long before it came into view, and her brother and sister let her be the first in line. She fairly skipped onto the bus with her shiny new lunch box and her bright red notebook. Arnie's heart was heavy as he sat in the window and watched the bus pull away. His "Sweet Pea" was growing up, and he didn't feel happy about it.

The day was a long one for Arnie. He imagined Kim opening her lunch box and finding the special treat he had bought for her and given quietly to her mother to surprise her. He thought of the other little girls in the class, and how, maybe - just maybe - one of them would become Kim's special friend. He pictured the teacher handing out her first reading book, and Kim's excitement seeing the pictures and looking at the

letters that would eventually become words to her.

He was again at the window when the bus pulled up in front of the house that afternoon. Kim's brother and sister got off first, and it was several minutes before Kim appeared at the door.

Gone were the notebook and the hair ribbons. Her shoes were untied and her blouse untucked. Her lunch box looked like it had been used for ten years.

Kim walked slowly into the house. School seemed to be nothing like she had hoped. Maybe it was because the other kids all knew that her father was in jail. Or because her sister had a bad reputation. Or maybe it was because she had bought her clothes at the outlet instead of Old Navy.

Arnie would never know. His Sweet Pea never mentioned school to Arnie again.



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*A note from your Auxiliary,*

As usual ladies we have been very busy in the last couple of months. Beginning in May. We had our installation of newly appointed officers. There was a lovely dinner served by our Auxiliary.

Memorial Day we were involved in the parade and Ceremonies at the monuments on Central St. The Legion home, and on the Ray Burton Bridge. After the parade the Auxiliary hosted a BBQ at the legion home for all. We served 85 people. At our May meeting we donated to 4 Paws for ability. It was for Andrew Riley a child who was in need of a service dog. The family reached their goal to obtain the service dog.

May 30, 2010 three of our members attended the dedication in Lisbon of the Salmon Hole Bridge to be renamed the SPC Alan J. Burgess Bridge in memory of one of our fallen local hero's.

This year we were pleased to have raised over a thousand dollars for our Veterans through the poppy fund. One hundred percent of the monies collected each year go directly to our Veterans as needed, local and state.

June is always a busy month in our organization. We are proud each year to give the citizenship award and a scholarship at the Woodsville High School graduation. This years recipient of the Scholarship was Shyanne M. Millette, and the citizenship award went to Karen Cowles. Congratulations girls and good luck in the future.

June 25-27 was the American Legion State Convention held in Lincoln. Our unit was honored to receive a trophy for our History report. Thank you ladies for all the collections of unit events throughout the year.

June 27-July 3 was the week of Girl State. Girl state teaches Junior girls about government. Our unit sponsored a young lady from Milan NH Jodrie Lane. One of the ladies from our unit was a counselor for the week and had some wonderful stories to tell. Thank you Gammy for representing our unit.

July 4th our unit along with our new Dept. President marched in the parade. The Auxiliary put on a ham dinner for the marchers. We fed 65 people

July 17th was our District 8 picnic hosted by the White field Legion. This is an opportunity for all the Units in our district to get together for a time of fellowship.

July 13th through the 20th we collected over \$900 for the "Support our troops" campaign for items needed over seas.

The Auxiliary cooked for our family picnic on August 8th, and organized many of the games for the children. It was a great time of fellowship and we hope to see more of you at the picnic next year.

Ladies don't forget dues are due. Let's reach our 100% goal this year.

Remember ladies, our monthly meeting is the 2nd Monday of each month at 6:00 pm at the Legion Home.

Sincerely, Kathy Fitzgerald  
Ross-Wood Unit #20 President  
Woodsville, NH



# OBITUARY CLARA MAE (WHEELER) GRABOWSKI

Clara Mae (Wheeler) Grabowski, 78, of St. Johnsbury, passed away Monday evening, Aug. 23, 2010, at The Pines Rehabilitation and Health Center in Lyndon.

She was born June 6, 1932, in St. Johnsbury, the daughter of Merl and Gwendolyn (Sibley) Wheeler. Clara attended St. Johnsbury Academy and graduated in 1951. Inspired to be a teacher, she also attended Lyndon Teacher's College (now known as Lyndon State College), earning an education degree in 1955. In the summer of 1957, Clara met John Grabowski, and they were married December 1957.

For over 30 years, Clara taught at all educational levels, from graded school to the college level. Eventually, she found that helping students to improve their reading, and learning skills, were her true instructional calling. During the latter part of her educational career, Clara taught in the Barnet graded school system, Lake Region Union High School in Orleans, Oxbow High School in Bradford, and Community College of Vermont in St. Johnsbury. After retiring from teaching, Clara kept busy by tutoring students from her home. She had great joy in working on daily lesson plans, and one-to-one learning with the children she tutored.

Outside of teaching, Clara loved her home, her sons and growing fresh vegetables in her garden. She was also a very faithful and devoted member of Union Baptist Church in Waterford.

Clara was predeceased by her beloved husband John in 1969. She was also predeceased in May 2010 by her brother Merl "Gene" Wheeler



Jr., stepbrothers Gerald R. Boardman in 2006, Wendall H. Boardman in 2004, and stepsister Elizabeth Riche of Carthage, N.Y.

Survivors include her two sons, John Grabowski and his wife Debra of Raymond, N.H., and Merl Grabowski of Wells River; three grandchildren, Matthew, Nicole and James Grabowski of Raymond, N.H.; two brothers, Floyd Wheeler and wife Doris of California, and Carroll Wheeler and wife Lois of St. Johnsbury; three sisters, Eleanor Skinner of St. Johnsbury, Myrle Leithead and husband Bob of St. Johnsbury, and Karlene Smith of Glover.

Funeral services will be held Friday, Aug. 27 at 11 a.m. at Union Baptist Church. Burial will follow at Danville Green Cemetery. Visiting hours will be held at the funeral home Thursday evening from 6 to 8 p.m.

Memorial contributions may be made to Union Baptist Church, 932 U.S. Route 5, Waterford, VT 05819.

Condolences may be shared privately at [www.saylesfh.com](http://www.saylesfh.com). Sayles Funeral Home is located at 525 Summer St. in St. Johnsbury.

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# Sunshine And Crescent Moon In Groton <sup>9</sup>

By Gary Scruton

The sunshine piece is certainly right as the town of Groton has scheduled a very important informational meeting for the residents of the town on Wednesday, September 1 to discuss the deployment of about two dozen solar panels on town property. That property is located just out of the village near the stump dump. There should be some balloons flying to mark the exact location.

This project, according to the furnished information

could save the town a great deal of money with a very low initial investment. The project also would affect and assist Blue Mt. Union in discounting future utility bills. This is an informational meeting with a final decision to be made at a later time.

In regards to the crescent moon, there might not actually be one on the door, but in the past they adorned many an outhouse. In fact this informational hearing is in regards to building a new, handicapped accessible

bathroom at the Groton Town Hall. Along with the new facilities would be some modifications to other portions of the hall and the handicap ramp leading into the facility.

The proposal includes applying for a grant from the State of Vermont for these improvements.

Both of these meetings are scheduled for Wednesday, September 1 at 7 PM at the town hall in Groton. It is yet another opportunity for the residents and voters of

one of our small towns to let your voice be heard by your elected officials. So take the

time to attend, be informed, let others know what you think, and be involved.

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

August 31, 2010 Volume 1 Number 32



# Caledonia County Fair

The Annual Caledonia County Fair wrapped up on Sunday, August 29th with another wonderful day of weather.



One of the many buildings on the fairgrounds had ladies hard at work with some hand sewing projects.



These displayed projects took more than one day at the fair to complete.



The map boards at various locations were used by those on foot as well as those just arriving to see what they would see first.



This signage in the Maple building says a lot about the work of sugar making.



Many old pieces of farm machinery also helped connect the present to the past for fairgoers.

Volume 1 Number 32 August 31, 2010

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

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The course is a one day event with no registration fee. It will take place at the Morrill Municipal Building in North Haverhill on Sunday, September 12th beginning at 8:00 AM. If you would like to register please call the local instructor Thomas Johnson at 603-747-2526 to insure your space.

This course is certified by the New Hampshire Fish and Game Department and is open for riders who are twelve or older.

In the OHRV Safety Education Classes the children are taught that there are risks associated with riding an OHRV.

The best way to avoid getting hurt or encountering problems is to manage the risks. Some examples of risk management are: Wear Protective Clothing. The most important piece of protective clothing you can wear is an approved helmet. Make sure the helmet has been approved by either Snell or DOT. If you have any questions about the condition of a used helmet, contact a competent dealer and ask their opinion.

Know your abilities to ride and do not exceed those levels.

Identify the capabilities of the machine you are riding and do not exceed those levels.

Always ride at a speed that is reasonable and prudent for the existing conditions. If you cannot control your machine you are riding too fast, no matter what the posted speed limit is.

Know the area you are riding in. Be aware of potential hazards such as washouts and other changing trail characteristics. Get a map of the

trails and talk to local riders.

Always keep an open mind to learning. One is never too old to learn. Take a class, join a club and ride with a friend.

Use common sense when riding. Be prepared; carry a first aid and survival kit. Take along some spare plugs and tools that may not be in the machine's tool kit.

Let someone know where you will be riding and when you plan on returning. If you run into problems these extra precautions can be time and lifesavers when needed most.





## Scenes From Bath Street Dance



*Dancers of all ages (including these very young dancers) had a great time on the Bath Common listening to the Rocking Chairs*



*Members of the Bath Fire Association fought thru the smoke as they grilled up burgers and hotdogs for the hundreds of people who attended the annual Street Dance on Saturday, August 28.*



*Bath, NH*

*Enjoying the Annual Bath Fireman's Street Dance and music by the Rocking Chairs is l-r Duane Baxter, Ray Burton, Bath Fire Chief & Police Chief Denis McKay and his Grandson Jacob McKay and Tom Salmon.*



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*By Ronda Marsh*

## Dani's Chicken Enchiladas

If you're a fan of Mexican food, you're gonna love this one. If you aren't, well, I think the odds are in my favor that you'll STILL like it, because these enchiladas are very flavorful, and the amount of heat they contain is totally up to you. I have to admit that I have very little experience with Mexican cuisine, due in part to the history of unavailability of many of the traditional ingredients. Until recently, I had never even heard of Mexican Crema (a sort of sour cream/creme fraiche crossover) or Queso Fresco (a common Mexican cheese.) Here's where my friend, Danielle, comes in. Dani lives in southern California, and in addition to being a busy wife, mom and career woman, she also maintains a food blog, "Cooking for My Piece of Mind" in which she chronicles her cooking adventures, along with wonderful pictures of the step-by-step process. I swear, I don't know when that woman has time to sleep! When it comes to cooking, Dani's absolutely fearless, pressing her own tortillas and forming her own raviolis, to name just a couple of her culinary un-



dertakings. She has created many wonderful, complex dishes, and she also has an endearing, acerbic sense of humor, which she manages to weave throughout her writing. I really appreciate the fact that even though she can practically step out of her door and obtain any grocery item she desires, she always provides common substitutions, in consideration for those of us who live a more rural existence. As for this particular recipe, the chicken in it could easily be changed up for pork, or even steak, and it will still taste great. Danielle cooked her chicken in advance, by sautéing small, seasoned chunks in a little oil; I poached mine, and then shredded it. The important thing is to start with pre-

cooked chicken, so however you choose to do that is up to you. When making the sauce, you might question the kind of odd, muddy color. Don't despair! As it bakes, it transforms into a nice, deep reddish-brown that will look absolutely appetizing. I did find I had ample sauce, and ended up not using about a half cup of it. Don't be afraid to pour it on, though, as the enchiladas soak it up, and are meant to be saucy, rather than dry. Served with plain white rice and some sliced tomatoes, this made a wonderful meal. I allowed for two enchiladas per person, but they were so filling and satisfying, one was enough. That's okay, though; I reheated leftovers for lunch the next day, and they were even better!

Cooking spray  
2 Tablespoons olive oil  
1 cup sliced or diced onion  
1/2 red bell pepper, chopped  
3 cups chopped cooked chicken  
1 teaspoon cumin  
4 oz Mexican Crema (or 4 oz. cream cheese, cubed)  
Salt and Pepper to taste  
2 - 4 oz. cans of chopped green chilies

2 cloves of garlic  
1/2 cup of cilantro, packed (or Italian flat leaf parsley)  
2 teaspoons dried oregano  
1 cup chicken broth  
1 cup red enchilada sauce (or salsa)  
6" flour tortillas (about 8 or 10)  
2-1/2 cups of Mexican style cheese. (I used a package of Mexican Shredded Cheese)

Preheat oven to 375°F. Lightly spray a 13x9 glass casserole dish with cooking spray (metal is not recommended due to the acid in the tomatoes.) In a large skillet, heat olive oil over medium-low heat. Sauté the onion and red bell pepper, stirring frequently until the onion is soft. Remove the skillet from heat. Stir in the chicken and cumin. Add the Mexican Crema (or cream cheese) and return to heat. Cook, stirring constantly until heated through. If using cream cheese, stir until the cream cheese has melted. Season with salt and pepper to taste and set aside. Place the chilies, garlic, cilantro and oregano in a food processor (or blender) and process until smooth (about 30 seconds or so). Add the chicken broth and enchilada sauce (or salsa) and continue processing about few seconds. Season with salt and pepper to taste. Spoon 1/3 of the sauce into the casserole dish, and set aside while assembling the enchiladas. Lay out the tortillas, and dividing the chicken filling evenly amongst them all, spoon the filling down the center of each tortilla. Sprinkle some cheese over the chicken filling. Roll up the tortillas and place them seam side down, into the casserole dish (it's okay if they're tightly nestled in there.) Pour the remaining sauce over the enchiladas and top with more cheese (how much is up to you!) Bake for about 25-30 minutes, until the cheese is melted and the sauce is bubbly. Let stand for about 10 minutes before serving, so they can set up a bit. Sit back and enjoy your Mexican feast!



# VA Research Finds Possible Link Between Head Trauma And Chronic Traumatic Encephalomyopathy

## Research May Lead to Better Treatment for ALS-Like Disease

WASHINGTON -- Researchers with the Department of Veterans Affairs (VA) and the Center for the Study of Traumatic Encephalopathy (CSTE) at Boston University School of Medicine have provided the first pathological evidence of a link between repeated head injuries-such as those experienced by athletes in contact sports such as boxing, football, and hockey-and a disease (chronic traumatic Encephalomyopathy) that resembles amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease. The results will appear in the September issue of the Journal of Neuropathology

and Experimental Neurology. "This initial research shows great promise for further understanding what people go through after a traumatic brain injury, whether sustained on the battlefield, during a contact sport, or from other injury," said Secretary of Veterans Affairs Eric Shinseki. "Advancing our knowledge in this area is the key to better treatment outcomes."

The brain has long kept scientists baffled, as its elaborate structure makes it uniquely difficult to study. Brain biopsies are too risky as general practice, and diagnostic images often fall short of providing the desired

details for full understanding of brain function. So, neurology researchers rely heavily on brain banks, including some housed at the Bedford (Mass.) VA Medical Center, for collecting clues about the biological nature of brain-related medical conditions.

For the new study, Dr. Ann McKee and colleagues at the CSTE examined the brains and spinal cords of 12 athletes donated by family members to the CSTE Brain Bank at the Bedford VA Medical Center.

The researchers found that all 12 athletes showed evidence of chronic traumatic encephalopathy (CTE), a

progressive neurodegenerative disease caused by repetitive trauma to the brain. The condition can result in large accumulations of tau proteins, killing cells in regions of the brain responsible for mood and emotions.

In addition to CTE, three of the athletes had been afflicted by motor neuron disease, with severe and progressive muscle weakness and deterioration for several years before their death. The brains from patients with CTE and motor neuron disease showed a unique pattern of tau and deposits of another protein, TDP-43, in the spinal cord

and brain. The pattern was different from that found in the most common form of ALS.

Previous epidemiological studies have suggested a possible link between repetitive head trauma experienced by athletes and combat veterans and the development of motor neuron diseases such as ALS.

"This is the first pathological evidence that repetitive head trauma might be associated with the development of an ALS-like disease," said McKee. "Although much more work is necessary to completely understand this association, if repetitive head trauma can trigger this kind of neurodegeneration, then by studying the effects of repetitive mild brain trauma, we can learn about the early triggers of ALS and how to slow, reduce and reverse them."

"Future work based on these observations offers a significant opportunity to develop treatments to benefit Veterans and all Americans well into the future," McKee said.

McKee and her colleagues are also studying whether military troops with traumatic brain injury from blasts or other exposures on the battlefield experience the same types of effects.

"We can't treat what we don't understand," says McKee. "The idea with these brain banks is to learn as much as possible about brain diseases, including their origins and any environmental or genetic triggers."

McKee is director of neuropathology at the Bedford (Mass.) VA Medical Center, where this research was conducted. She is also director of the Bedford-based VA brain banks, and CSTE co-director, as well as an associate professor of neuropathology and neurology at Boston University School of Medicine.

ALS affects about 30,000 people in the United States. It is relentlessly progressive and is nearly always fatal. The disease causes degeneration of nerve cells in the brain and spinal cord that leads to muscle weakness, muscle atrophy, and spontaneous muscle activity. The cause of ALS is unknown and there is no effective treatment.

In 2008, VA established ALS as a presumptive compensable illness for all Veterans with 90 days or more of continuously active service in the military.


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# Consignment

By Robert Roudebush

HAVERHILL, NH - Woodsville - The nice lady across the counter from me was pleasant - intelligent, a good conversationalist. But none of that kept her from being sharp-eyed and businesslike and right now in a no-nonsense way, she was telling me things I did not want to hear.

Picking up a powder blue, long-sleeved woman's blouse, she held it at arm's length and moved it quickly in inspection. "Elbow's about worn through here" she said quietly and gently put it to one side. I picked up the refused garment and looked at it. She was right - there it was, on one sleeve about half way down, a patch so threadbare you could see through it. I had handled the blouse several times before bringing it here, and had never seen it.

The nice lady was examining another woman's blouse I had brought in, lighter, grey, nearly sheer fabric, delicate and very summery. It was from a well-known quality fashion house and I knew it had all the small intricate buttons, no holes or worn spots, no tears. My Mamita didn't buy cheap clothes. I was helping that dear lady find other uses for clothes she could no longer wear for one reason or another.

"No," she let me know again, "there's a bit of a stain

here, just here." I looked at this second reject more closely. Sure enough, there it was, a tiny discoloration, about one sixteenth the size of my small fingernail, right near the edge of one small pleat. She pointed out another flaw on a third garment and suggested, "Here look at this - tiny stain, but that'll probably wash right out. Try it and bring it back". I looked. Right again.

"Sorry", I kind of mumbled, embarrassed, "I did not even notice any of those things".

She put me at ease at once. "That's all right," she smiled warmly. "You don't do the job I do. It's my work to notice that stuff - I can't pass it on. The lights are pretty revealing here", she added, indicating the un-forgiving florescent fixtures illuminating the work counter between us. The lighting was revealing, and so was this lady's work ethic. This was a consignment shop, Trendy Threads, (171 Central Street, 603-747-3870 - TrendyThreads@Yahoo.com) and the nice sharp-eyed lady was Janice Scruton, the owner/operator. She was showing me why the shop sold only the best offerings brought in. As her Consignor Guidelines make clear, "all items must be clean, in excellent condition and brought in during the correct season."

That was my experience

during my first visit to the shop. During subsequent visits, Janice took many more of my proffered items than she refused, as I got better at examining my Mamita's clothes at home. (She is called "Mamita", the diminutive of "Mother" in Spanish - she was born in Colombia, South America). All of the rejected items were in good condition, but not excellent. I did not like being turned down, but I did very much like being assured how picky the shop owner was if I ever became a buyer, or sent in friends. Customers in here were benefitting from clear thinking and good experience.

That experience came from 10 years success in running a consignment shop in Barre, Vermont, (Cheap Kids II/ Trendy Threads) where her strict bookkeeping lays out the stark fact that in that period of time, consignors were paid more than \$365,000 - talk about recycling clothes for fun and profit. She also managed in Barre to earn a "micro-enterprise champion award" for 2007 from the VT Small Business Administration. It's the kind of award that got her personal notes from Congressmen Peter Welch, Bernie Sanders and Patrick Leahy - and a mention in the Congressional Record.

"I like people" she tells me, speaking of her love of

the business, "and I like paperwork". The right combination for a clothing business that helps people." People Who Care, Neighbors Who Share", she quotes one of her guiding lights in the reuse and continuing use of garments no longer brand new but still worth time and effort.

Janice accepts certain items in certain months - January through June, spring and summer items, swimsuits, lighter pants. July through December, fall and winter items, sweaters, winter outerwear. Accepted year-round are books for children, as well as child rearing books - juvenile furniture and all maternity and nursing wear. All clothes must be freshly laundered, right side out, zipped, buttoned, snapped and folded neatly, complete and in working condition.

Trendy Threads is not looking for household items, stuffed animals, car seats, bath rings and tubs, potty chairs, breast pumps, baby bottles and with very few exceptions, no toys.

Consignors may apply any credit they have toward purchases in the store. Other rules are explained in the Guidelines booklet. It is possible and encouraged for people to bring in items for donation - no fee expected. That kind of donating enables Janice to help others

who may be in need.

Why the closing of the Barre Vermont shop and the opening of a new one here? "I missed the community involvement that occurs when you reside in a good town, not just do business there", Janice tells me. "I would go shopping and hardly know anyone in the stores." Other reasons - the rent there kept getting higher, and it was a long commute to Barre from Bradford, VT, or Woodsville, her homes at various times during her ownership of the shop in Barre.

The shop is easy to find in Woodsville, occupying the lower level of a big grey house just to one side of Village Pizza. It's a busy place, people in and out, and a clean place. It even smells good and clean. It's airy and well-lit - fully stocked to overflowing with hanging garments and clothes bins, and shelves. Sections for Infants, Kids, Juniors, Mens and Womens and maternity. A safe inviting play area for the little ones awaits and Janice has a baby changing table in the bathroom. Merchandise is well ordered, the prices clearly marked and easily read. Always low prices, always.

I took that third blouse back home by the way, washed that tiny spot right out, and brought it back clean. It worked.

## The Ghosts Of Old Bradford Academy

Saturday, September 11: "The Ghosts of Old Bradford Academy." Meet costumed students and teachers from the 19th and 20th century.

Building-wide walking tours: 1, 1:30 and 2:00 p.m. Location: Bradford Academy, 172 North Main, Bradford, VT. Sponsored by the Bradford

Historical Society. Admission \$5 for age 13 and above. Information: 802-222-4423.

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# Letter To The Editor

Vote Carol Elliott, Grafton County Treasurer

Last election, the winner was voted into office not by qualifications or experience, but by a strong Party effort. That election proved to be a disaster for Grafton County as the individual winning that election did not attend meetings and did not invest the tax dollars in a wise or timely fashion.

Now is the time to do the right thing and put back into office a long time dedicated public servant with 22 years of experience. She served the Grafton County Register of Deeds for 16 years. Upon retiring from that position, she was soon elected to the position of Grafton County Treasurer and served for six years, doing an outstanding job. My concern as a taxpayer is that I want to see our tax dollars handled in a timely and efficient manner. I ask you, regardless of your party, return responsibility and reliability to our County Treasurer's office. These attributes are only two of many that Carol Elliott has always strived to maintain.

With the construction of the new County Jail, the Treasurer's job will become more demanding. More investments will need to be made, more bills needing prompt payment. The Treasurer must be a good manager and experience in handling finances. This should be of the utmost importance to taxpayers as we are footing these bills.

If the voters consider experience and a proven track record, then vote on September 14, 2010, for Carol Elliott.

Dwight Z. Marchetti  
Enfield, NH

*Dwight,  
A nice letter of support for Carol Elliott. The job of County Treasurer is certainly not one of the glamour jobs in politics. There generally are not a lot of candidates for this or several other positions. That does not necessarily mean that the voters should not be informed before they vote. So again I ask that all voters take at least a few minutes to be sure who you are voting for before you show up at the polls. Each vote counts, make sure it counts in the manner you truly believe in, whatever that may be.*

Gary Scruton, Editor

# Friday, September 17 Is National POW-MIA Recognition Day

Along with my fellow veterans, we'll be teaching lessons in the Upper Freehold, Jackson and Millstone Township elementary and middle schools about the meaning behind the National League of Families Prisoners of War Missing In Action (POW-MIA) flag — the only flag other than "old glory" to be recognized by U.S. Congress and be placed on display in the U.S. capital rotunda.

No doubt, many readers of this newspaper have had their own fourth-graders "teach" them about the POW-MIA flag. If not, it's not too late to learn. How many readers have taken just two to three minutes time-out to stand and closely look over the black POW-MIA flag flying beneath the U.S. flag at a nearby post office, police station, fire house, school or town veterans memorial?

New Jersey is a pretty patriotic state. Many of our schools display the POW-MIA flag every day outside just beneath the U.S. flag. Millstone Township introduced a proclamation to fly the POW-MIA flag 24/7 at its municipal building. In addition to the many thousands of MIAs from WWII, Korea, Vietnam, we remember there are two U.S. soldiers who are listed as captured/ MIA from the Iraq and Afghanistan wars.

It's a federal law to display the POW-MIA flag on government buildings, veterans administration offices, veterans administration hospitals, veterans cemeteries

and post offices on certain specified days — POW-MIA Recognition Day (the third Friday in September each year), Armed Forces Day, Memorial Day, Flag Day, Independence Day and Veteran's Day.

There's finality in seeing a loved one buried that can't be achieved merely by reading a U.S. Department of Defense casualty report of a plane shot down and the pilot (family member) missing and presumed dead, or of a soldier or marine captured and held as a prisoner of war but never returned. We've been taught that every story has a beginning and an end. For many Americans though the story of their loved one who served in the military in a war somewhere overseas has no ending. This year's POW-MIA Recognition Day poster ([www.dtic.mil/dpmo/pow\\_day/images/pow\\_mia\\_poster\\_2010.png](http://www.dtic.mil/dpmo/pow_day/images/pow_mia_poster_2010.png)) is a graphic reminder of why all Americans should respect the words written on the POW-MIA flag: "You are Not Forgotten." As a veteran, I support the efforts of the mothers, fathers, sisters, brothers wives, sons and daughters of America's MIAs who didn't come home to learn of their fate and to have our government strive for the fullest possible accounting of America's MIAs from all wars. Our U.S. Joint POW-MIA Accounting Command (JPAC) teams continue the search. But, we need to keep pressure on the governments of Vietnam, Laos, Cambodia, Russia and

Korea to cooperate. A grass-roots effort and show of concern across America is key to gaining and keeping those foreign governments support in allowing our JPAC teams to search, and in assisting them to locate and recover America's MIAs.

Everyone is affected by or loses something in a war. For most of us, war does have a beginning and an end. For military veterans with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury(TBI), severe illness, trauma or loss of limbs, we can never fully put these wounds or the memory of war behind us. But, we can and do receive treatment and long term care. But then, how can we treat the immediate and extended family members of a U.S. soldier, sailor, airman or marine who's listed as MIA and who wasn't brought home? I think this is a case where "love thy neighbor" is the only therapy we can offer until the cure is found.

Please pause a moment on Sept. 17 to recognize America's POW-MIAs. Fly the POW-MIA flag. Our MIA soldiers, sailors, airman and marines are not forgotten. Nor are their families. If you'd like to show your support for the families of America's MIAs, contact your local military veterans organization or the National League of Families at [POW-MIAfamilies.org](http://POW-MIAfamilies.org).

Richard D. Brody  
State Commander  
VVnW and the Veterans  
Coalition Chairman  
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North Haverhill will become a "bargain hunters" dream! The town will be filled with yard sales, bake sales & more!

Vendors in North Haverhill!  
You have an opportunity to make some cash hosting your own yard sale at your home. WHS Class of 2012 is offering to organize the event by mapping out yard sale locations and do all advertising. Your house will be included on the map and advertising will be done for a fee of \$5 or \$8.

Maps of yard sale locations will be sold the day of event.  
All proceeds go to the Class of 2012.

Contact Kirsten Spooner if you want to be a vendor in North Haverhill with your location on the map.  
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# Extension Enters The Virtual World Have You Joined Us?

By Deb Maes, Extension Educator, Family & Consumer Resources

Grafton County's Office of UNH Cooperative Extension is entering the virtual world. Last spring Agricultural Resources Educator Heather Bryant started a Community Agriculture page complete with links, a weekly blog and resources to promote local Farmer's Markets. Once gardens started producing crops, Family & Consumer Resources Educator Deb Maes added a recipe section to help families use the food that they grew in their gardens or found in local markets. The recipes are easy to follow and feature local ingredients. We hope you have had a chance to try some of them.

Just a few weeks ago, we launched our own Facebook page and Administrative Assistant Kristina Vaughan has been busy posting notices of events, activities and information. We've even posted a picture of the tomato horn-

worm found in Deb's garden. Our staff has encouraged their Facebook friends and family to visit the page and join us for regular updates. We hope to use the page to market, report and inform our audience. If you are one of the 500 million people already signed up for Facebook you can find us under UNH Cooperative Extension - Grafton County.

Last spring the first resource notebooks were distributed to three public libraries. These notebook binders include information and fact sheets covering some of our most frequently asked questions, and an Upcoming Events page coordinated by Administrative Assistant Teresa Locke that will be continually updated via electronic mail. This list is designed to highlight program information on upcoming educational events. If you wish to be included in

our distribution list, email us at [graffton@ceunh.unh.edu](mailto:graffton@ceunh.unh.edu) and we'll add you. The rest of the resource notebooks are being dropped off to public libraries in your area.

Our 4-H Youth Development Administrative Assistant, Donna Lee, has been posting handouts, registration information and other resources for 4-H families around the county on the 4-H section of our web page: [http://extension.unh.edu/Countries/Grafton/Grafton\\_4H.html](http://extension.unh.edu/Countries/Grafton/Grafton_4H.html). We can tell our 4-H volunteers to check the web for quick replacements of the documents.

During the past year all of our educators have been involved in writing informative and educational columns that have been sent to all county papers and some regional publications. The topics are varied and may depend on current issues such as the concern about the Asian

Longhorn Beetle or the safest way to preserve foods. If you missed one of the columns, Kris has posted all the past year's efforts under News and Publications on the Grafton section of Extension's web page.

Dave Falkenham, our Forestry and Wildlife Resources Educator, has received a lot of positive comments about his quarterly "A Walk in the Woods" articles that are posted on our page and also sent to local papers. Volunteer Coordinator Arianne Fosdick wrote about her month long trip to Nepal this past spring. Kathy Jablonski, our 4-H Youth Development Educator, helped readers see how much preparation work goes into the youth portion of the North Haverhill Fair each year. Deb wrote about family vacations and Heather kept farmers and backyard gardeners up to date on the lat-

est development with tomato blight that devastated crops last year.

Dairy Specialist Mike Lunak uses Skype to contact work colleagues around the country as he plans conferences for New Hampshire farmers.

Our goal in using the internet is to expand our marketing through a medium that more and more families are using. You can find our internet page at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>. Once you find us, bookmark the page on your browser so you can return again and again to keep up to date on our activities.

Use our email address ([graffton@ceunh.unh.edu](mailto:graffton@ceunh.unh.edu)) to let us know how you like our virtual world efforts. We encourage you to make suggestions for future articles or features. As always, we look forward to hearing from the citizens of Grafton County.

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

August 31, 2010

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**AMERICAN LEGION AUXILIARY**

**ANNOUNCEMENT**  
 The Constitution and By-laws of the American Legion Auxiliary Unit 20, Woodsville, are available. They will be given out at the September regular meeting on Monday, the 13th. The meeting is at 6 pm and is held at the post home. They must be signed for when received.  
*Constitution and By-laws Committee*

**THANK YOU**  
 The American Legion Auxiliary would like to thank all those who donated articles, food, baked goods and time for the Yard Sale. Your generosity was very much appreciated. Thank you one and all.

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# Calendar of Events

## WEDNESDAY, SEPTEMBER 1

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

**ICE JAMS - PRESENTED BY ANDREW TUTHILL**  
 7:00 PM  
 Red Barn Located On The Rocks Estate Bethlehem

## SATURDAY, SEPTEMBER 4

**ALL YOU CAN EAT PANCAKE BREAKFAST**  
 8:00 AM – 11:00 AM  
 McIndoe Falls Congregational Church

## NORTH HAVERHILL'S TOWN WIDE YARD SALE

9:00 AM – 4:00 PM  
 North Haverhill  
 See ad on page 14

## TUESDAY, SEPTEMBER 7

**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, SEPTEMBER 8

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

## THURSDAY, SEPTEMBER 9

**TEXAS HOLD 'EM POKER**  
 1:00 PM – 1:00 AM  
 American Legion Home, Woodsville  
 See ad on page 19

## SATURDAY, SEPTEMBER 11

**FINANCIAL PEACE UNIVERSITY**  
 9:00 AM  
 Danville Congregational UCC  
 See article on page 5

## HAVERHILL AUTUMN FESTIVAL

10:00 AM – 4:00 PM  
 Haverhill Corner  
 See article on page 17

## 2ND ANNUAL CHILI COOK-OFF TO BENEFIT WORLD VISION

11:00 AM  
 The Pastures Campground, Orford  
 See ad on page 12

## THE GHOSTS OF OLD BRADFORD ACADEMY

1:30 PM and 2:00 PM  
 Bradford Academy  
 See article on page 13

## SATURDAY, SEPTEMBER 11

**CHICKEN PIE SUPPER**  
 5:00 PM  
 Woodsville United Methodist Church

**PORK BUFFET**  
 5:30 PM – 7:00 PM  
 Orford United Congregational Church

## SUNDAY, SEPTEMBER 12

**O.H.R.V. SAFETY COURSE**  
 8:00 AM  
 Morrill Municipal Building, North Haverhill  
 See article on page 10

## 20TH ANNUAL COTTAGE HOSPITAL WALK-A-THON AND ROAD RACE

9:00 AM  
 Woodsville Community Building  
 See ad on page 3

## MONDAY, SEPTEMBER 13

**GOOD OL' BOYS: CANDIDATE FORUM**  
 12:00 Noon  
 Happy Hour Restaurant, Wells River

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
 Ross-Wood Post Home, Ammonoosuc St., Woodsville  
 See ad on page 7

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
 Morrill Municipal Building, North Haverhill

## THURSDAY, SEPTEMBER 16

**ANNUAL OLD-FASHIONED CHICKEN PIE SUPPER**  
 5:00 PM – 6:00 PM – 7:00 PM  
 South Ryegate Presbyterian Church

## SATURDAY, SEPTEMBER 18

**LOCAL ENERGY ALTERNATIVES FESTIVAL (L.E.A.F.)**  
 9:00 AM – 6:00 PM  
 Main Street, Bradford  
 See article on page 3

## TUESDAY, SEPTEMBER 21

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

## WEDNESDAY, SEPTEMBER 22

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

## MONDAY, SEPTEMBER 27

**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:**

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, September 9, 2010 for our September 14th issue.





Griffin Torres-Zuk, of Monroe, attended the youth Fiber 1 workshop. Griffin had the opportunity to meet several Angora rabbits, and then work with some of their fiber during a felting project.



Eleven adults attended the recent UNH Cooperative Extension Canning workshop at the Horse Meadow Senior Center on August 11, 2010. This workshop was presented by Deb Maes, Family and Consumer Resources Extension Educator, as part of the 2010 Summer Gardening Workshop Series. Through hands on application, participants learned the basics of food preservation.

## “As Yer Men And The Lads In Ireland Are Sayin'”

By Brion Moore O'Blarney and Shuran Behan Malarkey

(Editor's note - The Irish mix wit and wisdom they way they do whiskey and water, and to the same intoxicating effect. Irish wit is an art form that can be sage, silly, insulting, or profound, but it's always entertaining)

Young people, nowa-

days, imagine that money is everything, and when they grow older, they know it is.

Ordinary riches can be stolen from a man. Real riches cannot. In the treasure-house of your soul, there are infinitely precious things that may not be taken from

you.

(Editor's closing note - both authors remind me to remind you that much of their inspiration comes directly from the "WEE BOOK OF IRISH WIT AND MALARKEY" written by Sean McCann and Paul Ryan.

## Haverhill Autumn Festival To Feature New Events

The historic Haverhill Commons will come alive with a wide range of events at the annual Autumn Festival on Saturday, September 11th, 2010 from 10 am until 4 pm. Presented by and for the benefit of RSVP and the Volunteer Center that serves Grafton and Sullivan Counties, this year's festival will include a special ceremony honoring the first responders who help people in need 24/7, 365 days a year.

Artisans, food vendors, antique dealers, and flea market tables will offer a variety of goods for browsing and buying. Events at Alumni Hall and the Haverhill Corner Library, including poetry readings, photography exhibit, a book sale, and a children's parade are scheduled throughout the day. Added attractions this year are a colonial encampment on the south common, a ten-

nis clinic for youth ages 10 through 18 on the courts behind Alumni Hall., and an old-fashioned pig roast. The Haverhill Garden Club will have items for sale. The State Police K-9 unit and Woodsville Fire Department will demonstrate their expertise. Llamas will navigate an obstacle course.

At a recent planning meeting, Teresa Volta, RSVP Program Director, described the festival as a FUNdraiser. "The purpose is twofold," she said. "We present the festival as a wonderful opportunity for community groups, local vendors, cultural organizations, visitors and residents of the beautiful communities we serve to have fun. As important, we hope the festival will the raise funds to support programs such as Chore Corps, Meals on Wheels, Medical Appointment Transportation,

and Bone Builders. With the participation of many, RSVP personifies the north country tradition of neighbors helping neighbors."

Admission to the festival is free. Interested vendors can obtain more information from Carol Coon at 603-989-5543. The festival raises funds to support RSVP's community service programs in two ways: contributions of sponsors and modest fees for vendor spaces. RSVP is appealing for sponsors at several levels of support, ranging from "Corporal" up to "Chief." Sponsors will be recognized at the festival where there will be designated space for their marketing materials.

Details about the Festival, RSVP programs and sponsorship opportunities are available on the web at <http://www.rsvptoday.org/youworld>.

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# What Care Is Right For You?

Healthcare can be a confusing system to navigate, and each year more decisions are being placed on the consumer to better understand their options. For us in the Upper River Connecticut Valley we are privileged to have options to choose from. So the question is – what is right for you? Let's look at what kinds of preventative care measures are available in our area.

We have providers that practice in pediatric, family and internal medicine in our area, some of which are part of a Federally Qualified Health Center status (FQHC), also known as Community Health Centers. They are designed to facilitate access to health care for all regardless of social or economic status. Fees are adjusted based on ability to pay for those who qualify, and they also accept most major commercial insurances as well as Medicare and Medicaid.

Little Rivers Health Care serving Bradford, Wells River and Corinth, Vermont, describes its over-arching mis-

sion to increase access to comprehensive primary and preventative health care. FQHCs are expected to provide comprehensive primary health care services including behavioral health and dental health care as well as supportive services (education, translation and transportation, etc.) that promote access to health care and are available to all with fees adjusted based on ability to pay.

The question is how are they able to do this? At Little Rivers Health Care "patient care coordinators" help individuals work out co-pays, sign up for Medicaid or Medicare, and address lack of insurance by determining eligibility and helping with applications for sliding fee scale. Little Rivers Health Care mission is truly simple. They want to help you stay healthy over your lifespan.

Another FQHC serving our area is Ammonoosuc Community Health Services, Inc. They have five locations in upper Grafton County and lower Coos County in New Hampshire (Littleton, Fran-

coisville, Warren, Whitefield and Woodsville). Their "patient navigators" are similar to Little Rivers Health Care patient care coordinators. They are a vital link between the patient and provider. They help to coordinate medical care with behavioral health, and provide links to available social services in the area. They also have extended hours on Thursday evenings and on Saturdays at their Littleton facility to help avoid costly trips to the Emergency Department.

You will also find many offices that practice individually and are available to discuss what kind of preventative care is right for you.

Cottage Hospital is an acute care/critical access hospital in Woodsville, NH. An acute care hospital provides inpatient intensive care, medical surgical, pediatric, surgical and obstetric care; Cottage Hospital also provides outpatient services such as lab, radiology, cardiac, physical and occupational therapy. Your physician will refer you to Cottage Hos-

pital for many of these outpatient services so they have the information to treat you.

The emergency department at Cottage Hospital is available 24/7, 365 days a year. The emergency department is staffed with physicians and nurses who have additional certifications to treat life threatening emergencies across the life span. An emergency department (ED) is designed to treat an acute illness. They are not designed for follow up care. The best place for this is with your primary care provider.

As you can imagine, it is expensive to have an emergency department available 24/7. It costs a lot of money to have such highly trained staff available at all times. Your insurance company may require you to pay a higher co-pay at an emergency department than if you go to your primary care physician. The hospital by law cannot accept anything different than what your contract with your insurance company requires. However if you pay your bill within ten

days of receipt you can take advantage of a 10% prompt pay discount.

This is not to say that emergency care is never the right option. Utilizing the ED for your healthcare needs is always a good decision, when you are in an urgent situation. Sometimes primary care offices are closed or appointments are full. Never try and wait out a situation because you feel you need to see your provider or you are concerned over costs. Cottage Hospital ED physicians will share information with your healthcare providers to make sure that they are aware of your current ailment. When you follow up with your primary care office, they will be able to access reports and tests and determine what follow up care is needed. Cottage Hospital also has a patient financial counselor to help you determine payment options for your visit.

Cottage Hospital is affiliated with specialists from Dartmouth Medical Center, Fletcher Allen and the Mayo Clinic and has on staff two cardiologists, a neurologist, a urologist, an orthopedist, a gastroenterologist and podiatrist to meet your specialty needs.

Whatever your choice is for primary care, please look at your options and see what fits for you. You can learn more about Little River's Healthcare by calling 802.222.4637 or visiting [www.littlerivers.org](http://www.littlerivers.org) or Ammonoosuc Community Health Services by calling 603.444.2464 or visiting [www.ammonoosuc.org](http://www.ammonoosuc.org) and Cottage Hospital by calling 603.747.9000 or visiting [www.cottagehospital.org](http://www.cottagehospital.org).

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

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# Sugar Imbalances, Diabetes And Hypoglycemia

I appreciate all of you reading my column, taking the time to call, email or stop by the shoppe. My interest in writing is for the obvious reasons: I care about people, health and nutrition and will be forever fascinated by the fact that through nature "we can cure anything that ails you." I choose my topics through all of you, based on your questions and health concerns and through limited space in papers giving you a sample of how to begin a healing process or keep you on track with more ideas to add to your already healthy lifestyle.

Today's topic seems to target half of Americans. The inability to properly process glucose, the number one energy source in the body, affects millions of people daily. Diabetes (high blood sugar) or Hypoglycemia (low blood sugar) while seemingly to be opposite problems, actually stem from the same cause – an imbalance between glucose and oxygen in the system, putting the body into a stress state, and leading to glandular exhaustion. Poor nutrition is a common cause of both disorders, and both can be improved with a high mineral, high fiber diet, adequate usable protein, small frequent meals, and regular mild exercise.

HYPOGLYCEMIA is one of the most widespread disorders in "civilized" nations today. It is a direct effect of our excess intake of refined sweets, low fiber foods, and other processed carbohydrates. The pancreas reacts to this overload by producing too much insulin to reduce the blood sugar, and hypoglycemia results. Typical hypoglycemic symptoms include extreme irritability, fatigue, manic/depressive states, hunger and great cravings, over-eating, restlessness and insomnia, and mental confusion. (No, it's not just that it is summer vacation and you are witnessing teenagers in action). Jokes aside, this happens to all ages, but for many children today, poor nutrition is all that is being offered for food in the home as well as schools and restaurants, and unfortunately their menus include the worst choices, yet the prices are certainly targeted toward the parents. After many years of this type of diet and pancreatic reaction, the whole endocrine system, (especially the adrenals) react to hyper-insulinism, sometimes causing hypoglycemia to become a precursor of diabetes. Many

people, in fact, exhibit symptoms of both diseases during blood sugar curve tests.

DIABETES is also a disease of "civilization," in which people regularly eat too much sugar, refined carbohydrates and caffeine. These excess carbohydrates are not used correctly, and blood sugar stays too high because too little balancing insulin is produced. The pancreas becomes damaged and exhausted, and glucose cannot enter the cells to provide body energy. Instead it accumulates in the blood, resulting in various symptoms from mental confusion to coma. Typical diabetic symptoms include excessive thirst and urination, failing vision, dry itchy skin, poor circulation, lack of energy and kidney malfunction. Type 1, or juvenile onset diabetes is the more severe. Little or no insulin is produced, and insulin injections must be taken to sustain life. Type 2, or adult diabetes accounts for 90% of all cases. Enzyme activity for digestion and food assimilation that is controlled by pancreatic secretions is inhibited, so obesity almost always results from diabetes. Enzymes relating to immune health also stem from the pancreas, so diabetics easily "fall prey" to other degenerative conditions as well.

For people with these sugar imbalances there must be diet and lifestyle changes for there to be a real or permanent cure. Alcohol, caffeine, refined sugars and tobacco must be avoided.

Recent clinical testing with crystalline fructose, and the herbs stevia rebaudana and

gymnema sylvestre have produced some valid good news for sugar reaction disorders.

Crystalline Fructose, (a commercially produced sugar with the same molecular structure as that found in fruit) is low on the glycemic index, meaning that it releases glucose into the bloodstream slowly. It is metabolized by the liver and kidneys in a process that is not regulated by insulin supply; and thus produces liver glycogen rapidly making it a more efficient energy supply than other sweeteners. It is also twice as sweet as sugar, so that less is needed for the same sweetening power, especially in cold foods like desserts. In dental health studies, less dental plaque was reported with fructose than with sugar. It is reactive to heat, and lower cooking temperatures should be used.

Stevia Rebaudana, also known as "sweet herb" is a South American sweetening leaf. It is totally non-caloric, and is approximately 25 times sweeter than sugar when made as a concentrated infusion of 1 tsp. leaves to 1 cupful of water. Two drops equals 1 teaspoon of sugar in sweetness. In baking, 1 teaspoon of finely ground stevia powder is equal to 1 cup of sugar. Clinical studies indicate that stevia is safe to use even in cases of severe sugar imbalance.

Gymnema Sylvestre is an herb that blocks sugar assimilation into the bloodstream. Recent Japanese research indicates that gymnema can sharply reduce blood sugar levels following sugar consumption. Both gymnema and

sugar are digested in the small intestine, and both have similar molecular structure, but that of gymnema is much larger, and cannot be fully absorbed. If taken before eating sugar, gymnema blocks the pathways through which sugar is normally absorbed, and fewer calories are assimilated. The remaining sugar is eliminated as waste.

Other amazing herbal formulas include: Neem reduces the need for insulin by 30-50%; Devil's Club Bark is used primarily as a blood sugar stabilizing agent, and as a natural alternative to insulin; Barley Grass provides vitamin/mineral rich daily maintenance and sugar balancing; Suma

helps to regulate blood sugar and provides energy, as well as it reduces high cholesterol; Licorice Root is a specific in balancing both Diabetes and Hypoglycemia. High fiber-rich, vitamin/mineral, liver balancing, adrenal, thyroid, pituitary... herbs include Spirulina, Chlorella, Kelp, Dandelion, Chickweed, Guar Gum, Uva Ursi and Turmeric.

These substances may be seen as blood sugar "hero's," especially in the effort to control sugar intake and sugar cravings, but they do not eliminate hypoglycemia or diabetes reactions. Only diet improvement along with regular exercise can make a permanent difference.

*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*

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# 10th Anniversary At Horse Meadow Senior Center

North Haverhill, NH The Horse Meadow Senior Center celebrated 10 years of serving this region with a gala party and presentation from the Grafton County Commissioners. Shown l-r is County Commissioner Ray Burton, Deb Foster, Local director and Roberta Bernier Executive Director of the Grafton County Senior Citizens council. Photo courtesy of Ray Burton.



Just some of the people that attended the 10th anniversary luncheon for Horse Meadow Senior Center in North Haverhill.

Thanks to Joel Godston for these fine photos.



The people who served the people attending the event.

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**\$250.00**  
Call Janice at  
603-747-3870 (days)

# Bethlehem Little Leaguers Get New Dugouts

Compliments of Coventry Log Homes, Inc.



The Bethel, NH Recreational Department received a donation of a complete kit and plans from Coventry Log Homes, Inc. of Woodsville, NH to build two dugouts for the Little League field at the end of Elm Street. The field is also accessed through a wooded path beyond the Elementary School's playground making the location convenient to the school and for summer day camp activities.

**BATH, NH**  
**\$60,000**



"Rescue Me" that's right this house is screaming to be rescued! This 1900's home appears to be structurally sound and is in need of someone with a vision of what used to be! Home features large living room with custom brick hearth & fireplace, 1st floor bedroom, kitchen, laundry room on 1st floor and 2 bedrooms on the 2nd floor. Property includes 2.14 acres. Bath offers high school choice.

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\$18.95 Fish Dinner  
\$8.95 Fish Sandwich w/ Fries  
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Contact Gary at 603-747-2887 or gary@trendytimes.com

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