

TRENDY TIMES



171 Central Street • Woodsville, NH 03785
 Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
 Website: www.trendytimes.com

OCTOBER 12, 2010 VOLUME 2 NUMBER 1

Happy 1st Birthday To Trendy Times

Please pardon us, but... Congratulations to Trendy Times! We are now one year old!

Yes, it has been a whole year since the very first issue of Trendy Times was created, printed, mailed, and read. The official date of that first issue was Tuesday, October 6. That is the reason that our clock face (the masthead on the front of every issue) read 10:06 that first time out. That became our logo for business cards, rate sheets, and all the other standard forms that every business needs in order to do business. But if you have been paying attention, you have noticed that the clock hands move each issue. For instance this issue the clock shows 10:12. That is also the publish date of this issue. But you knew that already, didn't you?

During the first year of Trendy Times many, many things have happened. Just a quick history. We started as a weekly paper mailed to about

6500 addresses each week. The number mailed has gone up slightly as we found a couple of zip codes that were initially missed. (Our apologies to those folks who did not receive the premier issues). The other change was going to an every other week basis. This happened in February when we discovered that for many reasons keeping up with a paper every week was not the best business plan for Trendy Times.

It was also at that time that we made another major announcement. We were looking for investors. Readers who were so inclined sent money in order to get Trendy Times over one of our first big hurdles. It worked quite well and all of those investors are on the good list, hoping (along with us) that Trendy Times makes it through the long haul and gets all of those fine folks paid back on time.

Since those rocky days in late winter and early spring things have smoothed out a

bit. Advertisers have continued to take advantage of the opportunity we offer to get the word out. (The list of advertisers can be seen in the side bar.) As you will note, not all of the advertisers are businesses. We give some great rates to non-profit groups on advertisements, plus we offer a Calendar of Events that has a free listing for many more groups. The initial philosophy of Trendy Times "to do as much as we can for non-profits" still holds true. We are happy that a growing number of groups are taking advantage of these great low rates for display advertising, as well as putting their ongoing meeting dates or events in our Calendar of Events. We invite others to join that growing list.

We also need to say a huge thank you to all of the businesses that have chosen to advertise with Trendy Times. A few have been with us since issue one, others have joined us along the way, and still others have only



Carolyn Darling, Sales; Jeanne Emmons, Graphic Designer; Gary Scruton, Owner; Janice Scruton, Bookkeeping

advertised once or twice. To each and every one - Thank You. After all it is the advertising revenue that allows Trendy Times to exist.

Because we exist we can offer our pages to all the writers who have contributed. Again, some have been around for a while. Others just here and there. And then there are all the Letters to the Editor that have been sent. Those have been a real treat to receive and respond to. Every letter that has come in has seen a response. That will continue to be the rule, because if you receive a letter from someone, you

should respond to it.

So, as we embark on year two of Trendy Times, we invite all our readers, writers, advertisers and everyone else to keep in touch. Send us stories or story ideas, tell the area about an upcoming sale or celebration, get the word out about a fundraising event, whatever it is, we are here to help.

Again, thank you one and all for helping Trendy Times get the first year under our belt. Year two will undoubtedly also prove exciting and full of twists and turns. We all look forward to the challenge and the opportunity.

2 Cylinder Club	Sons of the American Legion	Bethany Congregational Church	Caring Netherhands	Griswold Builders	Mucca's Place	Scooter's Golf
3 Rivers Business Association	Ammonoosuc Auto	Black & Yellow Taxi	Cheap Kids	Groton United Methodist Church	MVR Enterprises	Seams Sew Easy
Woodsville/Wells River	Ammonoosuc Valley ATV Club	Blackmount Country Club	Church at the Crossroads	GRS Tire & Auto	Nancy Partington	Shaw's
4th of July Committee	Ammonoosuc Valley	Blackmount Equipment	Coburn Automotive	H&R Block - Woodsville	NAPA Auto Parts - Bradford	Shear Animal
A New U Salon & Fitness Studio	Fish & Game Club	BMU Little League	Cohase Chamber of Commerce	Happy Hour Restaurant	Nathan Brown	Shur-Lock
A Notch Above Auto	Ammonoosuc Valley	Boucher, Jim	Cohase Lions Club	Harvey's Lake Campground	Nay Pond	Ken Smith
Aaron's Sled Shop	Railway Association	Boudreault Septic	Haverhill 6th grade trip	Haverhill Area Youth Organization	Nellie's Nest	South Ryegate Presbyterian Church
Abbott Rental & Party Store	An Affair to Remember	Bradford Conservation Commission	Haverhill Congregational Church	Haverhill Area Youth Organization	Newbury Conservation Commission	SPUR
Absolute Power Sports	Antique Rose	Bradford Golf Course	Connecticut Valley Fair	Haverhill Congregational Church	Newbury Health Clinic	St Lukes - Woodsville
Shaun Adams Building & Repairs	Antiques From Around the World	Bradford Sports Equipment	M & R DJ Services	Haverhill Heritage	Pink Flamingo Consignment	Steenburgh Auctioneers & Appraisers
Affordable Property Services	Appalachian Supply	Brothers Used Furniture	Cooperative Nursery	Haverhill Middle School-Drama Dept	North Haverhill Fair Assn	Stiles Fuel
Aldrich General Store	AquaRealm Aquarium & Pets	Budget Lumber	School of Haverhill	Town of Haverhill	North Haverhill Fire Dept	Still Knockin'
All Access Real Estate Associates	Atkinson Residence for the Retired	Burnham's Shoe Store	Corey Electric	Haverhill Recreational Commission	North Haverhill	Stockley Trucking
All Good Foods	Aztec Electric	Bushway Agency	Cottage Hospital	Healing Visions	United Methodist Church	Stonecrest Properties
Allagash Automotive	Barnet School PTF Calendar	C Ainsworth Trucking & Excavation	Coventry Log Homes	Heather's Nearly New	Northern Edge Realty - Tammy Upton	SYE Electrical
Alumni Hall	Barre Heritage Festival	C R Smith Trucking & Excavation	Cowie Hill Graphics	Hebert's Auction Service	Northern Edge Realty - Littleton	T & T Hair Designs
American Flag Store	Bath Congregational Church	Camping for a Cause	Cracker Barrel Bazaar	Hello Gorgeous	NVRHospital	Taylor-Palmer Agency
American Legion Auxiliary	Bath Fire Department	Caninie Academy	Critter Cupboard	HG Wood Industries, LLC	Carl Nystrom	TC Styles
American Legion Ross-Wood Post 20	Bear Ridge Speedway	Caplan's Army Store	Dads 4 By Tool & Supply	Hill's 5 and 10	Old Church Community Theater	Ted's Excavating
			Dale Barber	Hood's Plumbing & Heating	Out of the Closet Consignment	Tempting Hair Designs
			Dana Jewelry	Horse Meadow Senior Center	Oxbow High School -NHS	Tetraul Construction
			Dannehy, Mike	Houston's Furniture Barn	P & H Truck Stop	The Roof Guy
			Dean Memorial Airport	Ice Cream Equipment	Paddy Cakes & Candy	Time To Consign, LLC
			Demers Chimney Sweeps	Indian Corn Mill	Pampered Chef - Michelle Currier	Tina's Cleaning Service
			Tom Dennehy	It's All Amish	Passumpsic Community	Tom George Auto Repair
			The Detail Shop	J's Rainbow	Baptist Church	Tool Barn, Inc.
			Details Window & Interior Fashions	Jeannie Forrester	The Pastures Campground	Top of the Hill Ceramics
			Discount Jim's	Jim's Cycle	Patten's Gas	Town Taxi
			Don's Auto Repair	Jim's Discount	Patten's Sporting Goods	Trendy Threads
			Donna's Custom Cakes	JM Landscaping	Paul's Farm Service	The TV Guy
			East Peacham Baptist Church	Jock Oil	Paye's Plumbing & Heating	Under Cover Tents
			Eaton Auction Service	Just Over the Bridge	Perry's Oil Service	Upper Valley Press
			Elliott, Steve	Keira's Collectables & Fabriectown	John Pesaturo	The Variety Store
			Emma & Co. Consignment Boutique	Knights Tax Service	Placey Associates	Vermont Apron Company
			Everything But the Cook	Kristi Griswold	Poullis Insurance	Vermont Country Gatherings
			Faith's Cooking	Peter Lavoice	PT Farm	Village Kids Boutique
			Family Furniture	Ellie Leach	R & M Automotive Center	Walker Motors
			Fiore Builders	Lisbon Main St	Railway Farm & Garden	Rick Walling
			Shane Fiore Snowplowing	Little Critter Pet Center	Red Knights Motorcycle Club	Wendy Warcholik
			Fireside Hearth & Leisure	The Little Grille	Reiki Retreat	Warners Campground
			Wayne Fortier	Little Red Wagon	Rich Clifford Concrete Foundations	Warners Gallery
			Friends of Woodsville High School	Littleton Athletic Department	Ridgeway Building Associates, Inc	The Way We Were
			Gary's Goods	Littleton Food Cooperative	Rising Spirit Yoga	Wells River Chevrolet
			Lia Sophia - Michele Gaskell	Littleton/Lisbon KOA Kampground	River Bend Career & Technical Center	Wells River Equine
			George M Stevens & Son	Lyndonville Pool & Stove Shop	River Meadow Campground	Wells River Softball League
			Good Shepard Catholic School	Meadow Leasing	Rivers Reach Resource Center	Lynn Wheeler
			Bus2Win.com	United Methodist Church	Robbins Property Maintenance, LLC	White Mountain Foster & Rescue
			Grafton County Commissioners Office	Mitch's Mobile Homes	Robert's Thrift Store	White Mountain Trader
			Grafton County Human Resources	Modern Furniture	Everett Rust	White Mountain Community College
			Grafton Motors	Monroe PTF	S F McAllister Jewelry	Windfall Clothing
			Gratefully Carried Away	Moore Dam Fishing Tournament	Rich Saffo Concrete	Woodstock KOA Campground
			Green Thumb	Mountain View Lawn Care	Saranac Street Antiques	WYKR

Canned Pumpkin is Back!
 To Celebrate, Shaw's Will Host A
PUMPKIN PIE BAKING CONTEST
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October 29

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The Funeral

By Elinor P. Mawson

Several years ago at our house in southern New Hampshire, we experienced a funeral that was unlike any other we had seen. It was organized by our neighbor, a flamboyant man who also owned a nearby store which featured nude dancing girls, peep shows, and paraphernalia--you get the picture.

We were out raking our yard one Saturday, putting our gardens away for the winter and just enjoying the day, when we heard a strange sound coming our way on the street.

It looked like a parade, led by none other than our neighbor. He was looking quite somber and quite out of place in a suit and tie. (He usually went around shirtless with an enormous Harley Davidson eagle tattooed on

his back).

He was followed by an antique hearse, drawn by 2 huge draft horses in the fanciest of trappings. The reins were held by a man dressed in a black frock coat and top hat. He looked very serious as he guided his entourage up the street. In the back of the glass sided hearse was a hand-made casket, bearing the name of the deceased, and sporting a framed photograph on the top.

Behind the hearse came a Dixieland band. They looked like they were right out of New Orleans, wearing appropriate costumes and waving their trumpets and trombones back and forth. Their sound was pure Dixieland, and we found ourselves moving along with the music.

And behind the band

were none other than the aforementioned dancing girls, attired in whatever came first to their hands--bathrobes, shorts--you name it--at least they weren't nude!

A few hangers on followed the girls--probably customers who were curious, or maybe some people off the street who wanted to see what was happening.

The procession turned the corner toward our neighbor's back yard. I understand there was a short service at the gravesite there, but we missed that.

I don't have to tell you that we were fascinated at such a spectacle. And especially when we learned who the funeral was for--it was our neighbor's big dog, named Bear, who had died of cancer several days before.

1000* And One Uses For Old Pantyhose

By A Disgruntled Wearer

(In response to Elinor's article in the September 28th issue.)

No! No! No! Don't toss those old pantyhose. There are a 1000 and one uses for them. For instance they make a dandy tourniquet that even Florence Nightingown would approve of. Too bad she did not have them in the Crimea. All Florence had were her old petticoats.

Planning to rob the local convenience store? Don't forget your pantyhose mask ala Nicholas Cage in "Raising Arizona". You might want to cut the legs off on this one but Nicholas did alright with both legs hanging down his back. No I am not encouraging a crime wave so police please back off.

Broken fan belt on a dark deserted night in the middle of Maine? Tie one leg tightly where the fan belt should be and your can drive to the nearest town or until you hit

your first moose.

Planning to make cheese? Little Miss Muffet knows you can separate your curds from your whey by straining them through the foot of a pantyhose. You may choose to wash the hose first depending on what type of cheese you are making. For Limburger do not under any circumstances wash them. In fact the raunchier the better. Didn't you ever wonder how they got that flavor?

But by far the best reason to save old pantyhose is seeing the look of astonishment and disbelief on your granddaughters face when you tell her you once wore these strange garments to work every day. As they say in the Mastercard ads, PRICELESS!

* Okay so I exaggerated a little.



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Change Of Vermont Constitution; Prop 5

The Vermont Town/City Clerks are at the forefront of administering the election process at the local, state and federal levels. Above all, Clerks are charged with providing fair and equal access to all eligible voters while ensuring the proper checks and balances are in place to maintain the integrity of the election.

The Vermont General Assembly has voted in favor of Proposition 5 which will be on the statewide ballot in November for Vermonters to vote on. "Prop 5" states that persons who will attain the full age of eighteen by the date of the general election would be allowed to vote in the primary election. While the Vermont Municipal Clerks' & Treasurers' Association raised many concerns, "Prop 5" was passed. If Vermonters vote in favor of "Prop 5" they will in fact be amending the Vermont Constitution. Such an amendment can be initiated every four years by the Senate and must be approved by both the Senate and House of Representatives.

The question on the ballot will ask you to either support or oppose Prop 5; "every per-

son who will attain the full age of eighteen by the date of the general election... to vote in the primary election". While Vermont Clerks support voter access, there are concerns with the language as drafted and the process that has yet to be determined. The Vermont Constitution should not be amended with ambiguous language.

Prior to registering to vote in Vermont, applicants are required to take the Voter's Oath. No determination has been made as to whether it is legal for someone under the age of 18 to take the Voter's Oath. It is examples like this that need to be answered before asking the Clerks to implement a significant change to the eligibility of voter registration.

Proponents of this amendment, while good intentioned, wish to capitalize on the enthusiasm of young voters to participate in local, state and national elections. Voting enthusiasm exists because of issues, candidates and current circumstances, not by expanding the age of voting.

While we do not want to stand in the way of the voting process, we are the people that are required to administer

the process. We would ask that before Vermonters vote in favor of such a measure you first consider the following:

- Provide clear criteria and guidelines so Clerks can fairly and equitably administer every election.
- Different rules, applied to different voters, at different elections can actually reduce voter participation.
- Further discussion about the potential implications needs to be considered first. Vermonters are being asked to amend the Vermont Constitution, which has only been done 3 times since 1777.

The Constitution of the State of Vermont is the oldest guiding document in Vermont and should not be a high

school political science project, but rather, well thought out and carefully considered.

Proposition 5 is not as clear as proponents may think. Your Town/City Clerks are on the front line of

elections and they need to be provided a clear, well thought out process. To

learn more about the proposed amendment, talk to your Town Clerk or visit our website at www.vmcta.org.

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Grafton County Sheriff Endorses Jeanie Forrester



the top of her list and look out for the taxpayer. I just want to say to law enforcement and voters all across State Senate District 2 - Jeanie Forrester will be a state senator we can trust and that means so much, continued Datile."

Joining Sheriff Datile in his endorsement of Jeanie Forrester is his wife, Barb, a retired Deputy Sheriff, "Jeanie is a thoughtful leader and ardent listener who I know will put the people and taxpayers of District 2 first. It is time for a new advocate for us in Concord and that's Jeanie Forrester."

"I am honored to have the support of the Datile's. Their commitment to public safety is rock solid and I thank them for their years of service. It is with the encouragement and support of folks like them all across this district that will propel us to victory on November 2nd."

Haverhill, NH -- Citing her commitment to the safety and welfare of Senate District 2 and her conservative fiscal principles, Sheriff Doug Datile endorsed Republican Jeanie Forrester as his choice for State Senate. "Jeanie Forrester will fight for us, our safety and our pocket books. She is the only candidate in District 2 who has pledged to repeal the mandatory parole bill that is releasing child predators back onto the streets---just to "balance" the budget. I 100% back her efforts and her can-

didacy," said Sheriff Datile.

This past week, Jeanie Forrester criticized Democrat Senator Deb Reynolds for her sponsorship of this bill, SB 500. The bill which became law with Governor Lynch's signature mandates the early release of violent offenders and child predators to "save money" but has resulted in the downshifting of monitoring and enforcement costs onto the county and local law enforcement agencies and taxpayers.

"Jeanie Forrester will put the welfare of our citizens at



Gary Goodwin (far right) is shown with his 4th place trophy in the Grand Masters (50+) division. The event took place in Scarborough, Maine and this was one of four divisions that Gary competed in. The others included Open, Novice and Masters (40+).

Gary is a resident of Woodsville and trains at the Railroad Racquet and Health Club. He enjoys his own training and looks forward to helping others training and realize their own goals in attaining fitness and a healthy life style. You will find Gary in the weight room or doing cardio almost daily.

"When I was 11 year old, I bought my first exercise equipment. I was always reading about bodybuilding and saw an ad for Charles Atlas. I was hooked. Bought the stuff and started a lifelong dream and here I am."

"I have trained off and on over the years and this last year I made up my mind to take the challenge that was ever in the back of my mind. This is my second competition and I am now enjoying the fruits of this life style!"

"I am pleased to be a member of this elite group of athletes! And hope to be competing for a long time to come."

Eaton Auction Service



Estates Auction

Antique Furniture & Accessories

Vintage Clothing, Clocks, Lamps, Bottles

Saturday, October 16, 2010 10:00 a.m.

Bradford Community Center, Route 25 South, Bradford, VT

Our final auction of the 2010 season includes the partial contents of the Corinth VT homestead of Willard & Eleanor Martin combined with selected furniture and smalls from Fairlee, VT and Lisbon, NH Estates.

Furniture: early 37" slant front desk w/graduated drws, fluted corners, & ogee feet; 39" slant front desk w/4 graduated drw on bracket base; early Grandfather clock (no label) hp face w/eagle & stylized thistles, brass works, & unusual scalloped dr; lg screened 2 dr pie safe; 2 drw blanket chest w/natural finish & shaped skirt; 1 drw blanket chest w/nice side cut outs; deep blanket box w/shaped front in old cream yellow pnt; small early secretary w/panel drs & turned legs (replaced back brds); saw buck tbl w/breadboard top; work table w/tapered legs; swing leg drop leaf tbl; sm 4 drw deck top bureau; pine 3 drw bureau; 40's bird's eye veneer bedroom suite w/ serp front chests; Shaker-style twin bed in red pnt; other beds, bureaus & commodes; secretary w/panel drs (stripped/as is); set 8 plank seat kitchen chrs w/shaped top rail; ladder backs & other side chrs in pairs & sets; small early divided mirror; ogee mirror; variety small tbls & stands; custom multi-drawer units; & more! **Oak Furniture:** (note: much of this oak has been refinished) library tbl w/shaped top, octag legs & paw feet; pedestal dining tbl w/paw feet & 3 leaves; 2/4drw dresser; Mission-style library tbl; set 6 Mission-style side chrs; fancy Victorian stnd w/shaped top & open rope supports; rockers w/arms; counter-top display & more! **Accessories:** Roycroft hand-hammered bowl & pair candlesticks in copper w/silver wash; art nouveau 4 pc pewter tea service & tray mkd Orania (Dutch); blown cranberry/opal hobnail dish w/cover; early stoneware inc ovoid jug mkd Norwich & ovoid storage jar (hairline); other crocks & jugs; 1909 br transfer calendar tile w/"The New Museum of Fine Arts, Boston"; mulberry Pelew sugar bowl; pr brown transfer Phileau platters; Rosenthal Ivory tidbit tray; Staffordshire cake stand; Lladro bride & groom; early frosted/blown gl decanter set; 7 clr optic/grn stem champagnes; other stemware; Depression glass; pressed Amberina; pressed glass crm & sug sets; coin silver spoons; few pcs sterling; continental silver inc 6 Holtbuer serving spoons (750) & 8tsp (800); 6 sets Wolstenholm 2-tine forks & knives w/bones handles; wrt iron peels & roasting fork; NM McCoy 10"d grn bowl; sev brown-ware mixing bowls; variety other tin- & kitchen-ware; Ruggles, Nourse & Mason #1 tbl-top cylinder churn; tobacco knife; Force balance scale; set 4 spring candle holders w/beaded metal shades; 4 & 6 candle molds; 2 Wm Godfrey ash bushel baskets & Maple Syrup sign; 2 ash/sweet grass string holders; oak laundry baskets; Limoge, Nippon, & celluloid dresser sets on trays; MOP dip pen; few dags, ambros & tints; RCA Model 9-INT-1 AM/FM/SW radio; lamps inc brass Bradley & Hubbard banquet lamp w/globe (elec) & brass table lamps, Vict hanging lamp, 3 wrt iron floor lamps, glass kero lamps, & more! Walton's Patent brass spittoon; vintage life-size Santa sign; few vintage X-mas ornaments; & more! **Old Bottles:** 2 Globe Tobacco Co barrel-shaped jars lt & dk amber) w/tin lids & swing handles; barrel shaped Greeley's Bourbon Bitters in smoky brown; dk olive gin bottle/pontil; pine grn Congress Water, Saratoga, NY; lt olive mold blown gin bottle; & more! **Clocks & Watches:** ogee clock w/reverse print/pntd Public Square New Haven; oak Regulator wall clock; brass carriage clocks; Ingraham faux marble; Waterbury & other gingerbread clocks; Ansonia & other hump-back mantle clocks; pocket watches inc Cooper, Liverpool open face, CF Jacotte Newchateil; & more! **Ephemera:** important early Newbury, VT ledgers (1796 - ??) belonging to Col Thomas Johnson (includes receipts for sundries supplied to US) & son David Johnson; Bill Godfrey auction broadside; sm Brownville & Ryegate, VT merchant broadsides; old recipe booklets & newer cookbooks; postcards; lg group of books about VT; & more! **Paintings, Prints, & Frames:** 2 miniature abstract oils on paper sgnd HR MacGinnis; folk O/B Mt Lafayette; O/C windmill sgnd S Tsimerig; harbor scene by same artist; E Corinth VT village pencil sketch sgnd Jas F Murray '54; The Old Oaken Bucket yarn theorem; & more! **Toys & Children's Items:** Strauss tin wind up Ham and Sam The Minstrel Team; dapple grey hobby horse on stand; John Deere combine, bucket tractor, & 2-bottom plow; 2 Crescent mini cookstoves; 1939 Mickey Mouse Schoolmaster easel; Parker Bros activity sets; 2 pop guns; children's books; Clinger (Westfield Mfg) bicycle; & more! **Textiles/Vintage Clothing/Jewelry:** Victorian & vintage clothing inc stunning purple cape w/fringe, calico-lined twill dressing robe, black silk jacket, lace party dress, other dresses, velvet bonnet w/satin ties, quilted winter bonnet (as is) & more!; Chantilly lace shawl; 2 reversible paisley shawls; mink stoles & capes; few aprons & whites; blk silk parasol; mesh & beaded purses; Victorian beaded trimmings & motifs (some w/orig price tags); vintage hankies; crisp, clean linens; white on white 4-poster spread; country quilts & quilt tops; Hudson Bay blanket; Singer Featherweight; Singer adv fan; sewing boxes, baskets, notions, buttons, & thread; 2 Southwestern woven wool rugs; 2 large pieces ingrain carpet; oriental, hooked, & braided rugs; & more! vintage jewelry inc Renoir Matisse enameled copper, Florenza rhinestone trembler brooch/earring set & hatpin/earring set, other rhinestones & more! **Special Interest:** vintage Kay elec guitar & amp; Carl Schmidt Silvertone Autoharp; 4-string banjo (kit?); Vito clarinet; Harmony guitar.

PREVIEW: Friday October 15, 3:00 - 6:30 P.M. & from 8:30 A.M. DAY OF SALE
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DIRECTIONS: From Interstate 91 North & South use Exit 16 for Bradford, VT.

From exit ramps, go 1 mile on Rt. 25 South straight through the traffic light at the junction with Rt. 5 and past Farmway to auction site on the left. Watch for auction signs -- parking and entrance are at rear of building.

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Waiting On The Weather

By Arianne Fosdick, UNHCE Volunteer Management Program Assistant

In every state that I've spent any amount of time in from Minnesota to Maine to good old New Hampshire, I've heard this said about the weather: "If you don't like the weather here in (fill in the blank), just wait five minutes and it'll change."

Usually the speaker conveys an attitude of irritated pride at the fickle, coy weather of their beloved state, and usually the speaker is absolutely right, no matter which state they happen to reside in. Wait five minutes, or half a day, or at most until you wake up the next morning and the weather will have changed. Having spent most of my life in the northeast, you'd be hard-pressed to find a day of the year when I don't have a sweater, a waterproof jacket, and a wool hat thrown in the back of my car. I'm irrationally proud of our New England weather too, for its wit, its unpredictability, and its big, bold sass. Or I was proud of it, up until this last, endlessly hot, tirelessly humid summer.

When I'm not working in the moderate, cool climate of the Cooperative Extension office, I'm working in the fields of a vegetable farm. Because of this, no matter how cool and rainy the summer ends up being, I always feel like I've had my share of sunburned, sweat drenched days by the time fall rolls around even if it has rained every weekend. Just

wait a few minutes and the weather will change, I would cheerfully think to myself when people complained about cold weather in July. This summer I've paid in full for any past smugness.

This summer the weather did not change in a few days, let alone a few minutes. This summer it was one sweltering, saturated day after the next. Every morning I would roll over to the window hoping to at last inhale some cool, snappy air, and every morning I would find the foul, warm breath of another 180% humidity day patiently waiting for me. I started out the day frizzy-haired and sluggish, not caring that the clothes I pulled from the line were still damp. I worked long hours at the office just to stay cool, and watched my farm friends fizzle and turn blank-eyed despite drinking gallons of water in an attempt to stay hydrated. If anyone happened to say, "Well, it's nice to finally have a summer," or some such innocent comment, I envisioned throwing a tomato at them as they walked away. I felt the global warming grief of the drowning polar bear and thought surely I'd have to leave my family and friends and move north if the weather didn't change in another week. I didn't even find consolation in the fact that vegetables which not only nourish my body like everybody else, but also in-

directly and directly pay my bills loved this weather. I didn't care. In my delirious, miserable state I swore off tomatoes and eggplant and peppers, and vowed 100% loyalty to broccoli, kale, and the other cool weather crops. I could live on cabbage, if only the weather would change.

Finally, come sweet September, it has. Here in the third week we've already had two frost warnings, the last one actually touching the small farm where I work. I feel only slightly guilty for being delighted about this turn in the tides of weather. This is, after all, New Hampshire. I pretend to em-

pathize when people mourn the passing of what they call our first summer in years. I smile and nod in feigned agreement. I don't have to throw tomatoes now; I'm wearing my wool hat.

Note: The opinions expressed

in this article are solely those of the individual and do not represent the views of the University of New Hampshire Cooperative Extension, the Grafton County Commissioners office, or the majority of the residents of Grafton County.

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

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AND
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SATURDAY NIGHT
October 23, 2010 - 6pm to 10pm
Robert E. Clifford Memorial Building
South Court Street • Woodsville, NH
(Former Armory Bldg)

Our former Recreation Director Glenn Hatch will be there so make sure you stop and wish him well and eat cake!

There will be a less "spooky" haunted walk for the little ones starting at 6PM with a "super spooky" walk from 7-10PM for older children and teens.

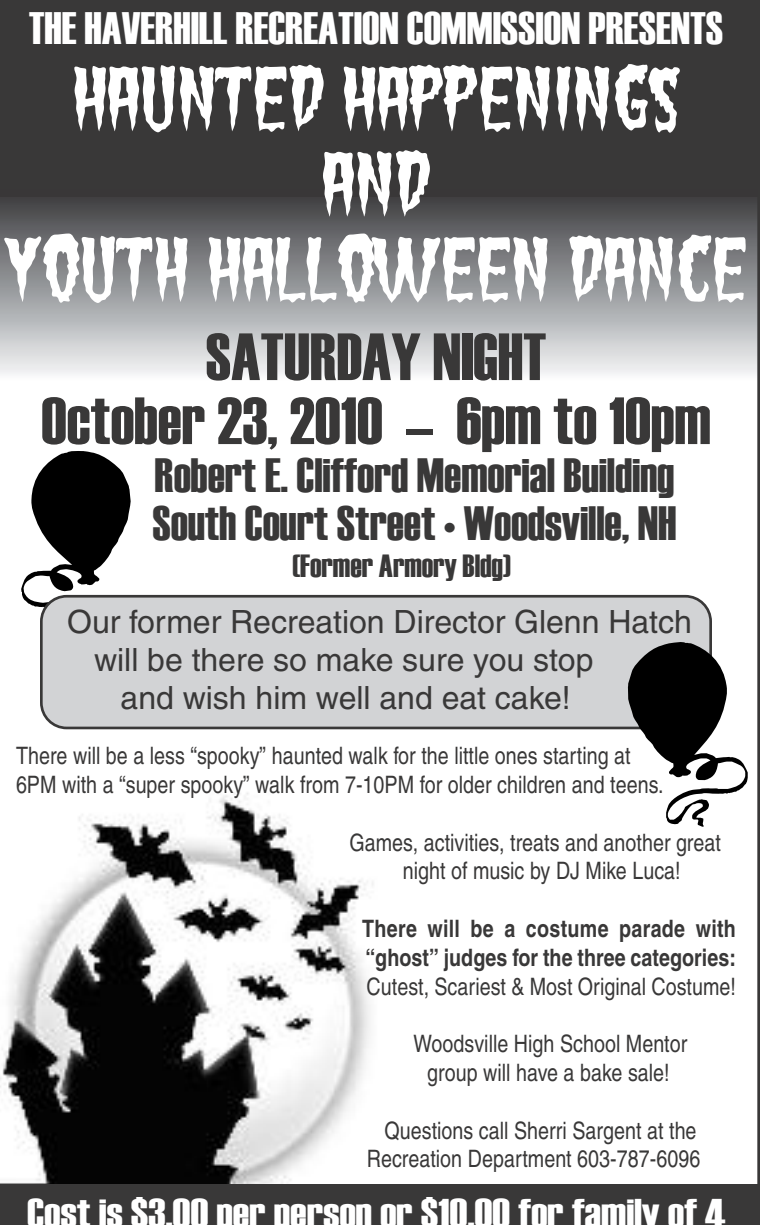
Games, activities, treats and another great night of music by DJ Mike Luca!

There will be a costume parade with "ghost" judges for the three categories: Cutest, Scariest & Most Original Costume!

Woodsville High School Mentor group will have a bake sale!

Questions call Sherri Sargent at the Recreation Department 603-787-6096

Cost is \$3.00 per person or \$10.00 for family of 4



October 12, 2010 Volume 2 Number 1

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Invitation To The Grafton County Farm Bureau Annual Meeting

Have you ever thought about joining the Grafton County Farm Bureau (GCFB) but wondered about the role and effectiveness of this organization? Well, here is your opportunity to get answers to your questions.

The Grafton County Farm Bureau's annual meeting and turkey supper is on Saturday, October 16, 2010 at 6:00 PM at the Horse Meadow Senior Center in North Haverhill, NH. The event is open to members and non-members.

The New Hampshire Chair of the Environmental and Agricultural Legislative Committee, Tara Sad of Walpole, NH will be our guest speaker. She will give insight into the legislative process and the legislature's perspec-

tive on Farm Bureau's impact when lobbying or testifying in Concord and the interaction between the legislators and the State Farm Bureau representatives.

The Grafton County Farm Bureau invites new farmers, young farmers, and anyone connected to agriculture and anyone who has a vested interest in maintaining open land and Grafton County's rural character to the annual meeting. Registration is \$8 per person by October 8th, \$10 thereafter which includes dinner.

If you join the GCFB by the end of the meeting, the GCFB will reimburse your meeting registration fee. Call Lora Goss, the GCFB secretary, at 989-5900 if you have any questions.



Cottage Hospital is proud to have been recognized by the American Cancer Society for our efforts in becoming a tobacco free campus.

The presentation was made in front of the hospital with Abby Kennedy - Cottage Hospital Board Chair, Molly White - American Cancer Society and Maria Ryan - Cottage Hospital CEO.

Visit Cottage Hospital's website at www.cottagehospital.org for resources on quitting tobacco.




Join the Action!

Chad Paronto's Hold'Em for Children's Charities 4th Annual Poker Tournament!

**Sunday, Oct. 24
American Legion
Post 58
St. Johnsbury, VT**

<p>11 AM</p> <p>Noon</p> <p>1 PM</p>	<p>Meet Chad & get autographs Open to All!</p> <p>\$25 Satellites to earn entry into the tournament!</p> <p>Tournament begins! \$75 entry fee, includes 10,000 chips!</p>
---	---

For information on sponsorships, donations, contact Valerie Cam at 603-735-4055 or 603-616-3903 or Dana Paronto 603-737-6639!

Prizes, awarded to the Top 10 players, include Red Sox & other autographed memorabilia, Red Sox tickets And other great prizes! Silent Auction and raffles!

Calendar of Events

MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA
AEROBIC FITNESS CLASS**
6:30 PM
Woodsville Elementary School

MONDAYS

**THE AMERICAN DREAM;
MYTH OR REALITY**
1:00 PM
Horsemeadow Senior Center
North Haverhill

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

WEDNESDAY, OCTOBER 13

BUSINESS & JOB TRAINING SESSION
1:00 PM
Grafton County Complex, North Haverhill
See article on page 15

ITALIAN CHURCH SUPPER

5:00 PM – 7:00 PM
South Ryegate Presbyterian Church

RYEGATE ANTI-SLAVERY PLAYERS

7:30 PM
Ryegate Historical
See article on page 15

THURSDAY, OCTOBER 14

TEXAS HOLD 'EM POKER TOURNAMENT
7:00 PM
American Legion Home, Woodsville
See ad on page 8

FRIDAY, OCTOBER 15

COMBAT PAPER PROJECT
6:30 PM
Alumni Hall, Haverhill
See article on page 20

SATURDAY, OCTOBER 16

GROTON GROWERS MARKET
10:00 AM – 2:00 PM
Groton Town Hall

CHICKEN PIE SUPPER

5:00 PM / 6:15 PM Servings
Grace United Methodist Church
Main Street, Bradford

HARVEST SUPPER

5:00 PM – 7:00 PM
Woodsville United Methodist Church

GRAFTON COUNTY FARM BUREAU

6:00 PM
Horsemeadow Senior Center
North Haverhill
See article on page 6

SUNDAY, OCTOBER 17

COMMUNITY VESPER SERVICE
3:00 PM
Bath Congregational Church
See ad on page 8

TUESDAY, OCTOBER 19

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

PAYING FOR COLLEGE PRESENTATION

6:30 PM
Oxbow High School Library, Bradford
See article on page 17

REPUBLICANS OF HAVERHILL STRATEGY MEETING

6:30 PM
VFW Hall, Route 116, North Haverhill

WEDNESDAY, OCTOBER 20

ARCHITECTURE OF FARMING
7:00 PM
Congregational Church Vestry, Bradford
See article on page 15

THURSDAY, OCTOBER 21

**HIGHER EDUCATION PATHWAYS AND
FINANCIAL AID OPPORTUNITIES**
6:00 PM
WHS Community Building
See ad on page 3

FRIDAY & SATURDAY,

OCTOBER 22 & 23
HARVEST THE HOLIDAY SAVINGS
Woodsville / Wells River
See ads on page 19 and 20

SATURDAY, OCTOBER 23

FRIENDS OF BATH CRAFT FAIR
10:00 AM – 3:00 PM
Bath Village School, Rt 302

HAUNTED HAPPENINGS & YOUTH HALLOWEEN DANCE

6:00 PM – 10:00 PM
Clifford Memorial Building, Woodsville
See ad on page 5

AUTUMN DANCE

7:00 PM
Landaff Town Hall

SUNDAY, OCTOBER 24

**MEET MAJOR LEAGUE BASEBALL
PLAYER CHAD PARONTO**
11:00 AM – 1:00 PM
American Legion Post #58
Maple Street, St. Johnsbury
See ad on page 6

MONDAY, OCTOBER 25

SENIOR SPAGHETTI SUPPER
5:30 PM – 7:00 PM
WHS Community Building
See ad on page 8

HAVERHILL SELECTBOARD MEETING

6:30 PM
Morrill Municipal Building, North Haverhill

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building,
Woodsville

WHENEVER DATE

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Deadline for submissions is Thursday, October 21, 2010 for our October 26th issue.

Auxiliary Muscle

Cottage Hospital's Strong Right Arm

By Robert Roudebush

Haverhill, NH - Woodsville - Cottage Hospital. They raise and spend a lot of money – tens of thousands of dollars in just the last few years alone – almost exclusively for the Hospital.

But too few people know who they are or what they do.

Reita Jones is one of the current leaders, a co-president with Eileen Belyea, of this small, muscular effective group and she is not shy about telling anyone who'll listen she's looking for more new recruits. She's a diminutive lady with a quick smile and a ready laugh who admits to being on one side or the other of 60 or 70 years. She tells a visitor to her home on the Ammonoosuc River why new people are drawn to the activity of her group – "You'll find old friends and make new ones here, enjoy fellowship, be part of activities with tangible results and we do quite a lot of smiling and laughing. Usually at each other. We get the job done."

Who they are is Cottage Hospital Auxiliary, and what they do is get the dollars, fund raise – quietly, consistently, year after year, since at least 1968 according to long-time member June Klitgord who researched her archives. Fund-raising initiatives in the early days, point out June and another decades-long member Teresa Graham, included "Home Tours" in which members would act as tour-guides in some of the Haverhill and Newbury area homes, complete with a luncheon. Today, they get the dollars in other ways, some better known than others, and then they

buy equipment for the hospital - often expensive specialized medical hardware not in the hospital's budget. Cottage Hospital is the only critical-access medical care facility in the Haverhill region. During the past fiscal year (2009) when Cottage Hospital "...did not fare particularly well financially" according to the Annual Report, the hard-working group's efforts were particularly appreciated.

Reita indicates people interested in joining can simply attend a regular meeting, or call her at home – 603-747-3495.

Key people do know about the group of course, and one of them is the hospital's Director of Community Relations, Mary Ann Aldrich - as part of her job she harbors the energetic Auxiliary group under her administrative wing, along with another group, the hospital Volunteers. The two groups are not the same, different goals, different activities, but often some of the same people serve in both capacities.

Director Aldrich about the Auxiliary - "This is a wonderful group, caring, community members who work toward the mission of the hospital." And that mission is, according to Stephan Elliot, Chairman of the Board of Trustees, "quite simple – to be a healthy organization so we can care for you."

Where does the money go? A short list includes—

The recent purchase of a "Difficult Airway Cart", mobile equipment to deal comprehensively with various Emergency Room respiratory problems.

The purchase of several new wheelchairs for the use

of entering and departing hospital visitors. Unfortunately, previous ones have been taken and not returned to the premises. At least one new wheelchair has also been obtained for the Horse Meadow Senior Center.

The renovation of the family room in the birthing center.

There is a Hospice room in the hospital, for the families of those in need of end-of-life care and Auxiliary funds have been spent there in comfort improvements.

Proceeds from the biggest annual fundraiser, the most recent invitational golf tournament at the Lisbon Village Country Club, (sold out the last two years) more than four-thousand dollars, are slated for advancement of up-to-date digital mammography.

A previous tournament, the seventh annual, added more than three-thousand dollars to the hospital's Annual Appeal fund drive.

Christmas decorations around the hospital, new glassed-in bulletin boards, new chairs in the admitting and waiting room, hanging flower baskets outside patient rooms, specialized stretchers for the ER, wooden tubs of summer flowers on hospital grounds, and in the month of December, hand-made Christmas

stockings, each sufficient to embrace one newborn child for the trip home, baby baskets of treats and gifts for the first newborn in January of every year – all are the work of the Auxiliary.

Regular meetings of this group of 18 to 25 members occur the 2nd Tuesday of the month, 11 am at the hospital. Regularly invited guest speakers, sometimes from specific departments in the hospital, serve partly to educate and also to alert the fundraising group of potential areas of attention, according to Lori Thompson. She's the Controller of Cottage Hospital and for many years has also been a volunteer member of the group (and still is) and served as their treasurer.

The members have fun and good food at pot-luck meals held at various members' homes throughout the year – and take care of group business at the same time. It is impossible to speak of the Auxiliary without recognizing Barbara Fitzpatrick, for many years a vibrant president of the group, still serving as a member, currently also a Volunteer in the ER, and who is a qualified EMT to boot. Her guidance, hard work, and good humor are unmatched, according to several members interviewed for this

piece - and although her pragmatic nature might be embarrassed by the term, she is "beloved" for her years of productive effort.

So where does the money come from?

"Books Are Fun" book sales twice a year, Thanksgiving bake sales, Easter dinner basket raffles, autumn coffee breaks on northbound I-91 in Vermont at the Bradford rest stop and tourist information center, Christmas Memory Tree lighting ceremonies, where lost loved ones are recalled with each lit bulb, and of course the annual golf tourney. All these things and more. One of the newest members of the group, Laraine King, newly moved to Mountain Lakes from Massachusetts, sums up her thoughts for joining – "This is not the pressure of a real job – most of us have those already or have had them. A volunteer can't be fired. That kind of lack of pressure means you do it because you want to, not because you have to. All the difference in the world. People who do things because they want to usually do a superior job. We do. Great way to meet people, to learn about a new community, and all the diversity in it."

Care to add your auxiliary muscle to the strong right arm?

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

October 12, 2010 Volume 2 Number 1

Auction: 10-28 at 11am • Target Closing: 11-28

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Ross-Wood Post #20 American Legion Gives Away \$1,350 In Gift Cards

The drawing to conclude the recent Gift Card Raffle at Ross-Wood Post 20 American Legion in Woodsville took place on Friday, October 1st. One of the two \$500 Gift Card winners was former Haverhill School district teacher Regis Roy. Her Gift Card is worth \$500 at any Wal-Mart of her choice. The other \$500 Gift Card, good at Shaw's, went to the organizer of the cribbage league at Ross-Wood Post 20, Don Kimball.

A third prize worth \$250 of purchases at Aldrich General Store was awarded to Lillian Guay. The fourth and final Gift Card, worth \$100 at Shaw's, went to Kathleen Renna, an employee of the Post.

Post Commander Gary Scruton drew the prizes with assistance from Finance Officer Bruce Leach. Both thanked all who purchased tickets in support of the programs and projects of the American Legion.



Regis Roy was thrilled to get a \$500 Gift Card to Wal-Mart. She said her Christmas shopping will be much easier this year. Photo by Janice Scruton.



Kathleen Renna receiving her \$100 Shaws Gift Certificate. Photo by Janice Scruton.

North Haverhill Girls' Club

By Sheila Asselin

One day as I was chatting with a group of friends I mentioned that I belonged to the North Haverhill Girls' Club. I was asked for what seemed like the 100th time what is the club and what did they do. Clearly an explanation was in order.

The club was founded about 70 years ago when a group of housewives decided to get together regularly to socialize and get out of the house. (This was a by-gone era when women mostly stayed at home. Now, of course, you are lucky to find women at home). Over the years the club has grown into a service organization as well which funds many community projects.

The club awards schol-

arships each year to area high school graduates.

- In conjunction with the Grange they provide dictionaries to each third grader in the elementary school.
- Make and donate baby quilts to be given to new parents at the Cottage Hospital Birthing Center.
- They make up baskets of Christmas goodies for approximately 30 families and individuals to be distributed by the North Haverhill Fire Department during the holidays.
- Sent "a taste of home" boxes to local National Guard personnel serving in Iraq and now Afghanistan. One of the members has a son currently stationed in Afghanistan so this project is especially personal and dear to their hearts.
- Do you see the barrels of flowers along Route 10 and Benton Road in the summer or the brightly lit trees at Christmas? This too is the work of the Girls' Club.
- Surely they are most visible selling wholesome homemade food every year at the North Haverhill Fair. From the yummy donuts to the not-too-spicy-just right chili everything is made fresh. This is their major fund raising effort which supports all the other activities.

So the next time you hear the name North Haverhill Girls' Club recall all the worthwhile projects they sponsor. A group with a low profile but a major impact on the community for over 70 years.

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

BATH CONGREGATIONAL CHURCH U.C.C
Presents
A Community Vesper Service
Sunday, October 17, 2010
3:00PM
Featuring
The Wentworth Congregational Choir
With Gary Jesseman Director
And Ray Burton on Piano
Coffee & Cake Served After in The Church Dining Hall
Everyone Welcome!

Woodsville High School Class of 2011
Senior Supper
Spaghetti & All The Fixin's
Monday, October 25, 2010
5:30pm - 7:00pm
Woodsville High School - Dr. John A. Bagonzi Community Building
Spaghetti, Salad, Bread and Assorted Desserts
Adults - \$8.00 • Under 12 & Over 65 - \$6.00
Tickets Available From WHS Seniors Or At The Door

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SCARED SHEETLESS

By James Paradie

First Ghost Story Ever Recorded In The U.S.?

New Castle, New Hampshire

Maine's close, but believe it or not, the first ghost story recorded belongs to the Granite State. All the way back in 1682 is when a New Castle, New Hampshire family experienced some interesting activity that made them move out of their house, and it even followed them there too!

The documented account takes place in 1682 in the small town of New Castle, when, even as it is today, was the smallest town in New Hampshire. A family named the Waltons woke up one morning to the sound of heavy rain. Thinking this was strange they soon realized it sounded like the house was being hit by stones. Rowdy kids? You'd think so, but more like rowdy poltergeists.

The family went outside and realized that the house was being pelted by stones, but by unseen hands as it was practically falling out of the sky. Some were small, others were big enough to cause some serious damage if they were to hit anyone, but they were falling from the sky like rain, but elsewhere it was nothing, just an ordinary spring day. As if the pure astonishment of it raining stones outside was strange it was even more odd that it was raining stones INSIDE the house as well! What was going on?

The Waltons were not mad, they were a highly respected family around New Castle, so the thought of them doing this for attention or to get people talking was simply mind blowing. But, there they were, watching the house being filled with falling rocks, and before they knew it the whole floor was covered with several inches of the raining rocks. Windows were locked, they were not smashed, but yet it was raining rocks inside the house.

It was almost like the Waltons were plagued with these falling rocks, because it lasted for months. No matter which friend's house they used to get away from the rocks, it followed them there as well. Then when they moved back the rocks would cease at their friend's, but then start up again at the

Walton household.

One day, George Walton, the head of the house, gathered some of the rocks that rained upon them, and painted them. He then went and locked them away, but they would soon find a way out - on their own accord - and the painted rocks would rain inside the house all over again. Even the secretary of the colony of New Hampshire, Richard Chamberlain, saw these unexplainable phenomenas happen before his eyes. Soon, talk got to other sections of the country, and scientists were coming from all over to see what exactly was going on to this plagued family. The scientists were frustrated that they couldn't find an explanation for it and to this day it remains a mystery of how or why this happened.

Soon, the falling stones stopped, for good, and an old woman was accused of witchcraft and held accountable for the falling rocks of the Walton home. Lucky for her, she got away free and was ten years shy of when

they used to execute people for using witchcraft.

What could explain these strange phenomenas? One thing that can be said about this, is that ghost stories are as native to the state as the Old Man of the Mountain or the Passaconaway Native Americans. The state motto may have the word "Die" in it, but the spirits and the ghost stories that reside in this state will never die.

Primary Resource: "Manchester Ghosts" by Renee Mallett

Want to contact me?

E-Mail: scaredsheetlessncn@hotmail.com

Facebook search: Scared Sheetless or The NEPI Paranormal Experience
Website: <http://scaredsheetlessncn.blogspot.com/>

James Paradie is a paranormal columnist who has been seen in such newspapers as the North Country News, Littleton Record, and the White Mountain Shopper. His stories can also be seen on paranormalnews.com where he is a regular contributor.

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VOTE REPUBLICAN

PAID FOR BY THE GRAFTON COUNTY REPUBLICAN COMMITTEE

October 12, 2010 Volume 2 Number 1

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



The North Haverhill Fire Department made their annual visit to the Haverhill Cooperative Middle School 4th and 5th graders during Fire Safety Week. Along with giving the students a chance to check out the equipment housed in the new fire engine, they also had a chance to explore the mobile trailer from the New Hampshire Fire Marshall's office. This mobile unit houses a living room, bedroom and kitchen designed to educate about fire prevention and safety. Thanks to the North Haverhill Fire Department for the above photos and their continued service to the community.

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Lisbon Market Study Says Lisbon Is A Great Place To Live

LISBON – Lisbon Main Street, Inc. will release the results of its recently completed market research project to the Lisbonbusiness community on Wednesday, October 13, in two sessions at 8 a.m. and 6 pm, at the Lisbon Railroad Station, 25 Central Street. The project was undertaken as part of the LMSI mission of revitalizing downtown Lisbon.

“In addition to learning about residents’ and visitors’ shopping habits, we are delighted to confirm that Lisbon is viewed as a great place to live. The school system is highly rated, and survey participants told us they love Lisbon for its recreational opportunities,” said Roger

Gingue, President of the Lisbon Main Street, Inc. Board of Directors.

“As a result of the survey and a companion hospitality study of visitors’ preferences with the aid of the hospitality businesses in Lisbon, we see opportunities for existing businesses in Lisbon to expand their services and goods, as well as some ideas for new business in the downtown,” Gingue added.

“We are sending post-card notices to the businesses in Lisbon, but the public is welcome to attend either of the meetings. We continue to need community input, and of course we always invite new volunteers to help with the work of revital-

izing downtown Lisbon. Lisbon Main Street will be celebrating its 10th anniversary in 2011. A great deal has changed in Lisbon and in the region in the past 10 years. In the coming months we’ll be preparing a new road map for continued success here, and we welcome new voices at the table,” said Ruth Taylor, LMS Executive Director.

The consumer survey was conducted by Lisbon Main Street volunteers; the

hospitality business study was done by marketing consultant Linda Mitchell. The project was funded with grants from the N.H. Charitable Foundation and the N.H. Community Development Finance Authority.

Lisbon Main Street, Inc. is part of a national network of communities working to revitalize their downtowns using the four-point approach developed by the National Trust for Historic Preservation Main Street

Center. Lisbon was once again granted accreditation by the National Main Street Center for continuing success in its revitalization efforts. LMSI is a private, non-profit organization that receives funding from the town of Lisbon, local businesses, private donors and grant-making organizations. The work of the program is done with one part-time staff member and volunteers from Lisbon, Lyman and Landaff.

Home Energy Efficiency 101: Practical Improvements For Homeowners Free Button Up NH Workshop Coming To Littleton and Berlin

Do you want to reduce home energy use, but not sure where to start? Tired of cold or drafty spots around your house? Wondering what resources are available to help make efficiency improvements?

You’ll learn about all this and more by attending free Button Up NH workshops. Three workshops will be held locally, the first on Thursday, October 21 at 6:30 p.m. at the White Mountains Community College - Littleton Area Academic Center. Two others are scheduled for Wednesday, November 10 at 6:30 p.m. and Friday, December 3 at 4:30 p.m. at White Mountains Community College in Berlin. These are just three of the 40

being held statewide.

The workshop will focus on the greatest opportunities for saving energy in homes and where to find technical and financial resources to get started. Button Up NH’s specially trained presenter/auditor will lead a myth busting slideshow, display samples of energy saving materials, and provide free educational resources including a video of do-it-yourself projects.

Button Up workshops are designed to help people learn about the best ways to save energy in their homes. These free workshops are considered a first step for NH residents wanting to learn how to be most effective in reducing

heating costs.

Button Up NH is made possible by Clean Air-Cool Planet and the New England Carbon Challenge, in partnership with the Sustainable Energy Resource Group (SERG), the Plymouth Area Renewable Energy Initiative (PAREI), and the NH Community Action Agencies and with funding from the Greenhouse Gas Emissions Reduction Fund of the NH Public Utilities Commission, NH Charitable Foundation, Jane’s Trust, and NH Housing Finance Authority. View a full list of the workshops and presenters donating their time and knowledge at: myenergyplan.net/buttonUp.jsp. To find out more about this workshop, contact Tamara Allen, White Mountains Community College at 752-1113 ext. 3062, or at taallen@ccsnh.edu.

October 12, 2010 Volume 2 Number 1

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

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By Ronda Marsh

Easy-Peasy Maple Walnut Ice Cream

Not to pat myself on the back, but this has got to be one of my best recipe adaptations ever! It all started a few weeks ago, when I got my latest issue of "Everyday Food" magazine, and spotted their version of Honey Ice Cream. What intrigued me, beside the fact that there only a few basic ingredients required, was that there was no mention of an ice cream freezer at all. Imagine that! As you might guess, it wasn't long before there was a batch curing in my freezer. Over the next few days, my family and I enjoyed the frozen treat with apple strudel, pound cake, and all by itself. And while it was tasty enough and very creamy, the honey flavor was just a little too intense for me, and unlike traditional ice cream, it never really fully cured and leaned toward more of a soft-serve consistency. I pondered the whole process, and came up with what I thought might take this idea from just okay to exceptional. Being the dyed-in-the-wool New Englander that I am, I've always got some local maple syrup in my refrigerator, and considering



that it has a viscosity similar to honey, I knew it could be substituted for the requisite boiling liquid. I also figured that if I tucked my bowl for whipping the cream in the freezer before using, and switched to the whisk attachment in lieu of the regular beaters, I might be able to whisk more air into the whole thing and enable it to freeze more fully. Guess what? It all came together seamlessly, and with the addition of some chopped walnuts, I was able to produce a truly remarkable Maple Walnut Ice Cream with very little work and no ice cream freezer.

One word of caution here: This is not a recipe to be tackled with little people around your feet, as boiling maple syrup is not to be turned away from, and requires a constant eye to be sure it doesn't breach over the top of the pan. If it starts to boil up too high, just lift it off the heat until it subsides a bit.

So there you have it; a great ice cream treat, even after the ice cream stands are closed for the year. The bonus here is that it's all natural, with no additives or preservatives, and it's sure to make everyone who eats it smile at you adoringly!

- 1 3/4 cups heavy cream
- 4 egg yolks
- 2/3 cup maple syrup (I use medium amber)
- 1/2 cup chopped walnuts

In a medium bowl that has been chilled, using an electric mixer with the whisk attachment (if you have one, otherwise the beaters will suffice,) beat the cream to stiff peaks. Refrigerate. In another bowl, beat the egg yolks, also with the whisk attachment until they are a pale yellow.

In a small pan, heat the maple syrup to a boil over medium-high heat and cook 2 minutes, watching carefully to make sure it doesn't boil over. With the mixer running, slowly drizzle the boiling maple syrup into the eggs in a steady stream. Beat the mixture on high until it has cooled to room temperature, about 5 minutes or so. Dump about 3/4 of the chopped nuts into the whipped cream, then, using a rubber spatula, fold the whipped cream into the egg mixture, using care to deflate as little as possible. Transfer mixture into a 5-by-10-inch loaf pan. Sprinkle the reserved nuts over the top. Cover with plastic wrap. Freeze at least 4 hours, or until set. Keeps for up to a week. Serves 8 to 10.

Clip and Save Trendy Times Schedule October 2010 thru September 2011

DEADLINE Thursday @ 5 PM

OCTOBER 2010

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Just What Is "The Flu"?

Adapted from www.cdc.gov/flu

First, let's review what "The Flu" isn't. The Flu isn't the bug that causes nausea, vomiting and diarrhea.

The real Influenza (Flu) is a contagious respiratory illness, caused by an influenza virus. Flu can cause mild to severe illness, and at times can lead to death. True Flu is different from a cold, usually comes on suddenly and may include these symptoms: fever (usually high), headache extreme tiredness, dry cough, sore throat, runny or stuffy nose, muscle aches, stomach symptoms, such as nausea, vomiting, and diarrhea, may occur but are more common in children than adults.

Most people who get Flu will recover in a few days to less than 2 weeks, but some people will develop life-threatening complications (such as pneumonia) as a result of the Flu. Millions of people in the United States will get Flu each year.

People age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant

women, and young children are more likely to get complications from Flu. Pneumonia, bronchitis, and sinus and ear infections are three examples of complications from Flu. Your respiratory illness might be Flu if you have: sudden onset of body aches, high fever, respiratory symptoms, your illness occurs during the usual flu season

The CDC Says "Take 3" Steps to Protect Yourself and Your Loved Ones from the Flu

1. Take the time to get a Flu shot
2. Take everyday preventive action.
3. Take Flu antiviral drugs, if your doctor prescribes them

Cottage Hospital, your local community hospital, will be offering the following flu clinics in the area. October 6, 2010 and November 3, 2010 at Horsemeadow Senior Center in North Haverhill, NH and Monday through Friday at Monroe Health Clinic in Monroe, NH. Please call 603.747.9FLU or visit www.CottageHospital.org for additional clinic information.

PERSONAL: For Sale, Wanted, Lost, Found: \$10.00 for up to 5 lines for 4 issues.
BUSINESS: Help Wanted, For Rent, etc. \$15.00 for up to 5 lines for 4 issues.
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KITCHEN ASSISTANTS: National Able Network, Senior Community Service Employment Program. 20 hours per week. Must be 55 years old, a New Hampshire resident and be income eligible. If interested, please contact Deb at the Horsemeadow Senior Center, No. Haverhill, NH 603-787-2539. 11.23

PAYING CASH FOR OLD WATCHES & POCKET WATCHES: working or not. Also old costume jewelry, medals, tokens, hunting knives, pens, pencils, cigarette lighters, Masonic & military items American & foreign coins, old unusual items. We make house calls. 603-747-4000 11.26

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TWO WOOD BURNING COOK STOVES: One: Round Oak Brand, beige \$400. Two: White Enamel Cook Stove \$200. Call to make an appointment to see. 203-271-2172 11.23

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2000 VW BUG, runs and looks good, good gas mileage, sun roof. \$3,250. 603-986-3461 Haverhill. 10.12

21.2 ACRES near Big Eddy and Swiftwater covered bridge. Wooded with creek. Good neighbors. Possibility of subdividing to smaller parcels. 603-747-1047 or 603-747-3006 10.12

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WOODSVILLE, CENTRAL STREET: nice big, 2 bedroom second floor unit with bright bay windows, office space, big LR & kitchen. Rent includes heat, trash removal, water & sewer, off street parking. \$750/month plus security. References will be checked. Call 603-747-3870 or 747-3942. 11.23

FOUND

Tuesday, Sept 7th on Central St Woodsville on the side of the road. Fleece Jacket with bifocal glasses in pocket. Call Janice at 603-747-3870 (Trendy Threads) to identify it. 10.26

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Wednesday, October 20
 "The Architecture of Farming: Vermont's Agricultural History and Farm Buildings. Sponsored by the Bradford Historical Society. Pot-luck supper 6 p.m., Program 7 p.m.

Congregational Vestry, 245 N. Main, Bradford, VT. Free. Handicapped accessible. Information: 802-222-4423.

Nancy Boone, State Architectural Historian and

Deputy State Historic Preservation Officer with the Vermont Division for Historic Preservation, will discuss 200 years of farming activities in Vermont and the buildings that were built to serve

them. Hear how and why barns evolved in Vermont, and how to use architectural clues to identify a barn's age and purpose. And, learn how the recent Barn Census conducted by volunteers from the Bradford Historical Society identified local barns that illustrate the larger patterns of agricultural heritage in Vermont. The Barn Census is a statewide volunteer effort to inventory historic agricultural buildings and record them in an on-line database. It is a project of the Vermont Divi-

sion for Historic Preservation, the UVM Historic Preservation Graduate Program, the Preservation Education Institute, Save Vermont Barns, and the Preservation Trust of Vermont, and is funded with a Preserve America grant through the National Park Service.

Attached picture is an 1874 early bank style barn belonging to Donald and Gaye Morgan and is located on Route 5 South, Bradford, VT. (Photo: Anthony Brainerd)

Ryegate Historical Society

Michelle Shurburne, a "Journal Opinion" staff member, will be the guest speaker at the Fall Meeting of the Ryegate Historical Society on Wednesday, October 13th at 7:30 PM. Her topic will be "Ryegate's Anti-Slavery Players and Vermont's Role in the Underground Railroad." Both the State of Vermont and the Town of Ryegate were strong sup-

porters of the emancipation of the slaves as seen in the number of men who volunteered, the support given to runaway slaves, and the contributions of money and provisions. Michelle has made an in depth study of the subject and has a wealth of information to share. All are welcome to attend. There is no admission charge.

Haverhill Corner Library Announces Book Club for Writers

Haverhill, NH — The Haverhill Corner Library and the New Hampshire Writers' Project will sponsor Book Club for Writers: Haverhill, the two organizations have announced. Participants will gather at the library on Thursday, October 28 at 7:00 PM to discuss two classic short stories, "That Evening Sun" by William Faulkner and "The Dead" by James Joyce.

The discussion will focus on issues of writing craft that will be of interest to those who write fiction or who aspire to do so. Copies of the stories will be available at the library prior to the discussion.

Book Club for Writers is a program created by the

Writers' Project that has also been implemented in Portsmouth, Concord, Lebanon, and other parts of the state. The Haverhill edition will be organized by a fiction writing group that meets weekly at the library, and the discussion will be led by library trustee John Landrigan.

"Most book discussions approach literature from the point of view of the reader," notes George Geers, executive director of the Writers' Project. "They focus on content or themes or the experience of reading the work. This program takes the viewpoint of the writer who wishes to take the work apart and see how it runs."

"Every book is a potential

'how-to' manual for writers," adds Carla Gericke, program director for the Writers' Project. "We read to discover how great authors wield their craft, word by word and sentence by sentence. This kind of close reading is essential to our development as writers."

"The Haverhill Corner Library is delighted to host Book Club for Writers," says Landrigan. "It nicely complements our existing book discussion series as well as our periodic fiction writing workshop." The library expects to host additional Book Club for Writers events on a quarterly basis.

For more information, visit the library's web site at <<http://hliba.blogspot.com/>> or call 603-989-5578.

Business And Job Training Information Session

Woodsville, NH, On Wednesday, October 13, 2010 at the Grafton County Complex, The New Hampshire Office of Workforce Opportunity and White Mountains Community College are offering an informational session about business and job training opportunities and resources. The session, scheduled from 1:00 p.m.-2:30 p.m., will

focus on grant funding opportunities for businesses through the NH Job-Training Fund, available training resources, and other supports for businesses.

To register for this informational session, please contact Tamara Allen, White Mountains Community College at 752-1113 ext. 3062, or at taallen@ccsnh.edu.

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Letter To The Editor

Letter to the Editor,

I need to explain a few things concerning naming the Armory. My intent of the letter to the Select Board was to have the Select Board take another look at the whole picture, of hundreds of men passing thru the doors of this fine building, and honor all the soldiers. The Select Board has chosen a name and we must respect their choice. "Let's move on!"

Also for some reason, a former member has gone public with some of his personal problems. This must stop immediately! We are in a new era, the field artillery as we know it, is on it's way out. New missile systems will be taking over. No one person is responsible for Battery C's closing. But if you must blame someone, blame me. I retired in 1985 with 32 years service. We could blame former president George Bush, he gets blamed for everything else.

We, as members of the NH National Guard have a proud heritage. We are proud of our accomplishments, the friendships we have formed, and the great times we had in the Guards.

The Select Board has set up a committee to get the Armory shaped up to use. They need help and if you have some history items concerning the Woodsville Armory, please let the committee know.

You, as New Hampshire National Guard members should be very proud of your accomplishments. In 1983 I was the proud commander of the 2nd Battalion, consisting of Plymouth, Woodsville, Littleton, Lancaster & Berlin units of about 500-600 soldiers working together to pass an ARTEP (Army training test). We were the only Battery in the State of NH and the regular Army to pass all the phases of the evaluation. A job well done! Thank you.

LTC Charlie Hanson

LTC Hanson,

First, let me thank you for your past service as a member of this National Guard unit as well as your time as a full time soldier. Let me also thank the hundreds or perhaps thousands of other soldiers who have passed thru the doors of the Woodsville Armory, Some of those very same soldiers are at this very moment serving on foreign soil. Thanks can not come close to saying all that should be said to these patriotic and brave members of our community.

In regards to the nameing of the facility, I agree with your statement of moving on. As stated before, the Select Board made a decision to honor a deceased resident of Haverhill who most certainly deserved such an honor. Now is the time to look forward to the future of this facility and to best utilize it for current and future generations of Haverhill residents.

What should well be the first of many such uses will occur later this month when the Haverhill Recreation Commission puts on its annual Haunted Happenings. With a new location, new Recreation Director, and new volunteers, this could be a very exciting time at the Robert E. Clifford Memorial Building.

Gary Scruton, Editor

Statewide Caregivers Conference Is Nov. 3

BARTLETT — Professional and family caregivers are invited to attend the 4th annual statewide Caregivers Conference from 8 a.m. to 4:15 p.m. on Wednesday, November 3, at the Attitash Grand Summit Hotel & Conference Center in Bartlett. Keynote speaker is New Hampshire storyteller and humorist Becky Rule.

Hosted by the Coalition of Caring, the conference provides caregivers with practical skills that can be used in daily caregiving and current information on supportive services and resources. The conference is also a day in which caregivers can be pampered, network with other caregivers, and, most importantly, realize they are not alone, says Ellen Edgerly, of the Brain Injury Association of New Hampshire, and conference co-chair.

The conference is designed for professional caregivers, as well as parents, spouses, relatives, adult children and friends in the community who provide the day-to-day care for another individual.

"The mission of the Coalition is outreach for caregivers," says Edgerly. "They are the invisible people. They give so much of themselves, but take nothing

for themselves."

Edgerly is a longtime caregiver herself. Her now 30-year-old daughter was severely injured at age 11, when the car she was riding in went through the ice and she was submerged for 45 minutes. She is a spastic quadriplegic and has severe brain injury. "I know if I didn't plan respites for myself, I wouldn't be able to care for her," says Edgerly. "At this conference, we won't be talking about the people you care for. We're going to talk about you, the caregiver. It's all about you."

Workshop topics include Estate Planning for Caregivers; Ups and Downs of Caregiving; Taking Care of You: Powerful Tools for Caregivers; Assistive Technology Solutions for Caregivers; The Joy of Making Your Own Music; and The Grit & Grace of Caregiving. Massages, Reiki and blood pressure checks will be provided on site. Flu shots will be offered for a fee.

Breakfast and lunch are included in the registration fee: Family Caregivers, \$25, and Professional Caregivers, \$50. Some scholarships are available.

"The caregivers conference is all about community -- hanging out for a day of useful information, good food, and lots of laughs in the good company of folks who know how challenging, and rewarding, it is to be a caregiver," notes Rule, best known for her live presentations of humorous New Hampshire stories.

This year's conference is presented in collaboration with the Arts Alliance of Northern New Hampshire's Arts & Health program. "The arts have a vital role to play in maintaining and improving health," says Arts Alliance executive director Frumie Selchen, "and also in supporting caregivers in their critical work." The conference program includes a music workshop and a lunchtime performance by New Hampshire fiddler Patrick Ross.

To register or for additional information, contact Ellen Edgerly at (603) 332-9891 or visit the website at www.coalitionofcaring.org. Special accommodations can be arranged for sign language interpreters, assistive listening devices, large print materials, language interpreters, and wheelchair access.

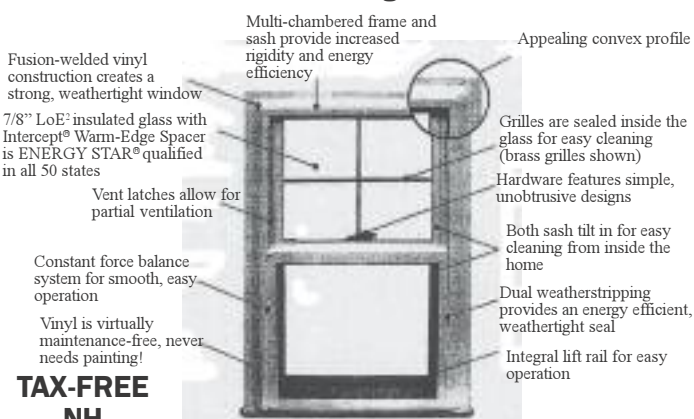
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VSAC Offers Paying For College Presentation

The Vermont Student Assistance Corporation (VSAC), in collaboration with Oxbow High School, has scheduled a Paying for College presentation at the school on Tuesday, October, 19, 2010 at 6:30pm in the library. The session is free and open to the public.

The presentation, which normally runs about one and a half to two hours, provides students and their parents with information on financial aid and other resources

available to pay for college. Time is allotted for questions.

Among the topics covered are types of financial aid, ways to apply, how family contribution is calculated, how financial aid is awarded, student and parent loans, and alternative payment options.

VSAC is a public non-profit created by the state to help Vermonters plan and pay for education beyond high school. VSAC administers the Vermont Higher Education Investment Plan,

Vermont's official 529 college savings plan; state grants for full-time, part-time and non-degree study; public and private scholarships; and private education loans. In addition, VSAC sponsors online career and college planning tools, a free lending library, and many workshops, presentations and events aimed at helping Vermonters prepare for life after high school.

For more information, contact Oxbow's Guidance Office at 802-222-4320.

Commended Student At Oxbow



The principal, Chuck Brown, of Oxbow High School announced today that Cooper A. Brochu has been named a Commended Student in the 2011 National Merit Scholarship Program. A Letter of Commendation from the school and National Merit Scholarship Corporation (NMSC),

which conducts the program, will be presented by the principal to this scholastically talented senior.

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2011 competition for

National Merit Scholarships, Commended Students placed among the top five percent of more than 1.5 million students who entered the 2011 competition by taking the 2009 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®).

"Recognition of high-achieving students is essential to advancing educational excellence in our nation," commented a spokesperson for NMSC. "As demonstrated by their outstanding performance in our highly competitive program, the young men and women named Commended Students represent some of the most academically talented students in our country. We sincerely hope this recognition will enhance their educational opportunities and encourage them in their pursuit of academic success."



On September 5, 2010 Kyle A. Page and Caitlyn E. Avery were joined in marriage at Boulder Beach in Groton State Park. Their guests were blessed to witness the bride and her bridesmaids cross the lake on a beautiful craft driven by Captain Glen, as Matthew Daly sang, "I'm Yours" by Jason Mraz. In true Hawaiian form, a gentle rain touched down until the "I do's" at which time we began to see the sun arrive to compliment the newlyweds.

Kyle is the son of Christine and Mark Allsop and Steve and Tracy Page. Caitlyn is the daughter of Michele A. Avery. The bridesmaids were Alysa Rae Nurse, Arielle Elliott, Megan Allsop, Samantha Howarth, and Makenze Howarth. The groomsmen were Anthony Young, Heath Page, Jake Page, and Michael Harris

Kyle and Caitlyn were joined in marriage by Pastor Joseph Grabowski.

The premier photographer of the day was Brian McDermott.

The couple would like to take this opportunity to thank everyone for being a part of this precious time and for all the wonderful gifts that you shared with them. They are so very thankful to have you all in their lives.

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Phone 603-747-2887 • Fax 603-747-2889

gary@trendytimes.com

ads@trendytimes.com

171 Central St. • Woodsville, NH 03785

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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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Cottage Hospital Observes Breast Cancer Month

By Marianne L. Kelly

WOODSVILLE, NH—Breast Cancer...the very word strikes terror into the hearts of women diagnosed with this disease and fear in the hearts of those with healthy breasts. Lives change forever and worlds turn upside down.

October is National Breast Cancer Awareness Month, and Cottage Hospital in Woodsville is doing everything possible to alert women to the importance of the importance annual mammograms. "Lives are being saved through early detection, yet one in eight women will be diagnosed with breast cancer, said Radiologist Marcy Rushford. "Radiology, in helping with diagnoses is actually a physician's adjunct."

MAMMOGRAMS AND BIOPSIES

A mammogram is an x-ray that can detect breast cancer before a woman is aware of any changes in her breasts. They sometimes include an ultrasound to detect breast cancers that might not be found by mammography. The radiologist may make a recommendation based on what they see," said Rushford. "They may recommend additional imaging or ask the patient to return in three to six months to check for changes, a nuclear medicine test if something looks active, or have the patient see a surgeon for a biopsy. "We don't do stereotopic biopsies which involves a core biopsy. We part-

ner with DHMC, for patients who fit those parameters."

MORE COMFORTABLE MAMMOGRAM

Patients now receive a soft mammogram where a soft pad placed on a mammography machine makes the surface more comfortable, allowing the mammographer to get more tissue onto the field of view. "We get better mammograms; the pad keeps the imaging paddle warmer, and keeps the breast from slipping. A better image can more easily detect cancer. The paddles on the new machines are more flexible, and bend to the body better, making the procedure more comfortable," said Rushford.

MAMMOGRAM APPOINTMENT

A referral from a physician is requested before a mammogram is performed. "We have a list of doctors who are taking new patients," said Rushford, and take patients from anywhere with a doctor's order," she continued. "If a patient walks in requesting a mammogram there probably might be a problem. "We want to be sure that someone will take care of them. We don't want a patient to come in with a finding that needs follow-up, and not get it."

"We're finding cancer at earlier stages in patients who have regular mammograms. We still have patients who don't come in regularly, and

by the time they do come, they might have advanced breast cancer. We encourage women to come every year, and I can't stress enough that we have seen people who have had a normal mammogram one year and cancer is found the next year. Being able to catch it early is the best preventive medicine because we are able to resect most, if not all of it immediately," said Rushford.

"There are two types of mammograms...screening and diagnostic, said Chief Mammographer, Karen Woods. "A screening mammogram like your yearly physical, makes sure everything is normal. A diagnostic screening is used when someone actually has a finding, such as pain, a lump or discharge."

WHAT TO EXPECT

After an initial review of patient documentation, Woods gives the patient a cape that allows much more modesty than the old gowns. The soft pad is placed on the machine Wood digitally takes two views of each breast in a short space of time. She checks the quality of the images via a digital monitor, before submitting them to the radiologist. "We make sure the images contain enough information for the radiologist to do an appropriate reading." The radiologist, using state of the art equipment studies the images comparing them to a previous mammogram, sends a report to the doctor, who notifies the patient of the results.

FREQUENCY

"Some breast cancers have no symptoms, which is very frightening," said Rushford. "Other than a lump, symptoms may include nipple discharge, or a distortion or dimpling in the skin."

Rushford stressed the importance of getting regular mammograms. "We follow The American College of



Karen Woods, Chief Mammographer standing by her state of the art machine that has 30% less radiation due to a tungsten detector.



Radiologist, March Rushford in her office.

Radiology Guidelines that recommends initial mammography between ages 35-40, especially if there is a family history of breast cancer, and annually after age 40."

Woods noted the importance of screening mammography for women who have had implants. "They have had an invasive procedure that disrupts their breast tissue and cancer can hide in the breast tissue surrounding the implants.

Both Rushford and

Woods noted with pride that the tungsten detector on the main machine reduces radiation by 30%, and Cottage Hospital is the only small hospital that has this. Both stress the importance of women over 40 to have a yearly mammogram.

Cottage Hospital has free programs for people who cannot afford a mammogram and a charity care program as well. "We don't turn anyone away."

For more information call: (603) 747-9000

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Guiding Teens Into Adulthood

By Deb Maes, Extension Educator, Family & Consumer Resources

My husband and I have raised three children who have now finished college and are all employed. Each stage of their lives brought new challenges to us as parents. Infancy meant bottles, diapers and not getting enough sleep. As they reached school age it became homework, after-school practices, friends, and making sure they got enough sleep. As they evolved from students to adults our role as parents became more of a 'watch and wait' phase. Watch what they were doing (thank heavens for Facebook) and wait until they need some advice, money or just someone to talk to.

Every parent approaches the role of parenting differently. Much of what we do as parents is a replication of how we were raised. Some parents describe the teen years as full of conflict a time of storm and stress. Their once compliant child rebels against Mom and Dad, wants more freedom, doesn't want to help out around the house, and makes choices that scare parents. "Why do they do that?" is a frequent question that parents ask each other.

Child development experts look at the issue differently. They describe the developmental tasks of the adolescent as children becoming young adults. How your child handles this transition can be affected by their temperament, surroundings, the relationship they have with others, their ability to think and reason and their knowledge and beliefs.

Researchers have determined that teens must accomplish four major tasks to develop successfully; establish an identity, establish independence, develop moral standards and prepare for a job or career.

Establishing an identity involves learning to accept their physical appearance, which changes greatly between the ages of 10 and 20. It can be one of the reasons why they spend so much time in front of the mirror trying out new hairstyles, facial expressions or putting on makeup. Teens tend to be emotional and those that live with them have to deal with mood swings as a result. Teens are learning to separate from their family while still being a part of it. They may try new ideas, attitudes and values during this time, eventually developing a more stable identity, often based on their childhood experiences.

Teens need to establish their independence. Parents can help by giving their children roots and at the same time allowing them to have wings. Roots provide the security, wings the opportunity to explore the world outside the family unit. At this age, teens believe that they are invincible or immune to the laws of mortality so they drive too fast and make poor choices. Teens believe that "bad things only happen to other people, not me". As parents we want to protect our children. This protection can cause conflict. Ultimately to become independent, adolescents must begin to make decisions and accept the responsibility for their own actions. This responsibility helps teens to feel worthwhile, confident and competent.

A teen is developing morals standards. They start to understand the ideas of morality, democracy and honesty. As they learn about the values and attitudes of others, they begin to question to values of their parents. Parents can work with teens to help them develop

individual standards of morality. As teens see the adults around them obey laws and show honesty and fairness they realize the need for the rules that help people live peacefully with one another.

Finally, the last developmental task of adolescence is to prepare for a job or career. Teens may start by baby-sitting or shoveling snow for neighbors. When they do a good job, they get rehired. Each job adds to their skills for getting better jobs and more money. Teens learn that being on time, working hard, and being responsible can be rewarded. They also discover what they like to do and may choose jobs based on these interests. For example an animal lover may work for a local veterinarian and may chose to major in pre-vet studies in college. These decisions are part of learning to make goals for their future life.

All these developmental tasks rely on having support from parents or guardians as teens transition from childhood (where they depend on adults to make all their decisions) to adulthood (where the choices that they make impact themselves and their families).

Young adults have many "firsts" awaiting them: a first new car, getting that first full-time job, and buying that first home. Our role as parents is

to look forward to these events, watch them happen and take pride in a job well done.

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20 The Combat Paper Project Comes to Alumni Hall



fiber, the blood, sweat and tears, the months of hardship and brutal violence are held within those old uniforms. The uniforms often become inhabitants of closets or boxes in the attic. Reshaping that association of subordination, of warfare and service, into something collective and beautiful is our inspiration." Since the project began, workshops across the United States have taken place and Combat Paper was invited to the United Kingdom and Canada to work with veterans there.

The program is being presented in partnership with the Haverhill Memorial VFW Post

5245 and is free and open to the public. For further informa-

tion, contact Alumni Hall at (603) 989-5500.

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October 12, 2010 Volume 2 Number 1

The events of the wars in Iraq and Afghanistan seem distant and the opportunity for many of us to have a meaningful conversation with those serving overseas often does not present itself. Former Iraq combat veteran Drew Cameron and artist Drew Mattott have started to bridge that gap with the Combat Paper Project. Residents of New Hampshire will be able to view an exhibition of work in the collection on October 15 at 6:30pm at Alumni Hall in Haverhill. Co-founder Drew Cameron and artist and former Marine Jon Turner will be giving a talk about the project starting at 7pm.

Combat Paper, based in Burlington, VT started in late 2007, when Cameron and Mattott held their first workshop, leading former soldiers through the process of cutting, beating and turning their combat uniforms into pulp that is used to

create handmade paper. The paper then becomes the basis for extraordinary works of art by veterans about their experiences in wartime. Cameron explains, " The story of the

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