

TRENDY TIMES

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NOVEMBER 23, 2010 VOLUME 2 NUMBER 4

Cohase Lions Club of Woodsville 2010 Spirit of New Hampshire Award Winners

Doreen Moody, Coordinator of Volunteers Grafton County Nursing Home



Pictured above are five members of the Cohase Lions Club as they showed off their recent award before assisting residents at the Grafton County Nursing Home with the monthly bingo game.

Shown in the photo are (l-r) Dick McDanolds: Dick has been a member of the club for about half a century and has managed to have perfect attendance for every one of those years.

Ron Fournier is next. He is the Immediate Past President of the club which elects a new president (or King Lion) every year. This year Ron's duties include being a good member, plus setting up the process for the following year's officers.

In the middle is current King Lion Nate Lang. The process to become King Lion is normally a six year commitment as members traditionally move up through the chairs to eventually take the top position and lead the club for a year.

Long time Lion member Don Kimball is next. Don is another former president, and as stated is the chairman of the Nursing Home Bingo and the Christmas Basket programs. He is also an employee at the Grafton County Complex.

To the right in the photo is Mike Simpson. Mike is also an employee at the complex and is one of the newest members of the Cohase Lions Club. That means he has yet to be able to climb the ladder to that top post.

It should also be noted that the Cohase Lions Club is one of the two largest such clubs in the state of New Hampshire with an active membership of about 75 members.

Written by Gary Scruton, Cohase Lions Club Member.

Congratulations to the Cohase Lions Club of Woodsville, winners of the 2010 Spirit of New Hampshire Volunteer Champion Award in the Adult Service Club category.

This award is given out each year by Volunteer New Hampshire in collaboration with Governor John Lynch's Office to honor outstanding volunteers and groups that support and provide structure for volunteer efforts.

The Cohase Lions Club was presented this award at the annual 2010 Spirit of NH Award Celebration at the Executive Court Banquet Facility in Manchester, N.H. on the evening of Nov. 9th. In the absence of Governor Lynch the award was presented to Nate Lang, President of Cohase Lions Club and Program Chair Donnie Kimball, by Senator Elect, Kelly Ayotte, Volunteer NH Board Chair, Lisa Michard, and WMUR News Anchor, Tiffany Eddy.

The Cohase Lions Club was nominated for their endless dedication and service to the residents of Woodsville and it's surrounding communities. Their goal to help the less fortunate has been illustrated by Christmas



From the Lions Club International website:

Lions Clubs International is the world's largest service club organization. We have 1.35 million members in more than 45,000 clubs worldwide.

Lions have a dynamic history. Founded in 1917, we are best known for fighting blindness – it's part of our history as well as our work today. But we also volunteer for many different kinds of community projects – including caring for the environment, feeding the hungry and aiding seniors and the disabled.

Baskets to families in need, donations to the food pantry and youth sports programs, scholarships, the funding of hearing aides and glasses to those in need, and by sponsoring bingo games throughout the fall and winter months for the Grafton County Nursing Home residents.

These programs mean a lot to the people they serve. To the Grafton County Nursing Home it is a time of friendship that bridges the gap between the home and the community. Not only do they spend time with the residents, but they invite them to participate in their Christmas Basket Program. Several residents make mittens, hats, and scarves for some of the children who will receive these wonderful holiday gifts. This gives the residents an opportunity to give back and feel apart of the community.

This group has quietly helped others for years with little thought of recognition. The Grafton County Home residents and staff would like to thank them for all they do to enrich their lives and the lives of others. As a member of this community and a person who has seen the impact the Lions Club has made in our towns, I congratulate and thank them for their service to all the communities in this area.

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Garlic And Sheep?

By Heather Bryant, Extension Educator, Agricultural Resources

I went on a farm visit the other day. It was an organic, diversified livestock farm, which is to say they raise dairy and beef cattle, pigs, chickens and sheep. I was actually there to talk about soils, a subject I am more familiar with than livestock, but as generally happens when you visit a farm, the conversation expanded beyond the original topic and I ended up walking away better informed than when I got there.

The farmer was talking about some of the challenges he faced when he transitioned his sheep flock to organic. Specifically, when his sheep got sick he was no longer able to use some of the tried and true deworming medications he relied on in his days as a conventional farmer. Transitioning to organic is a pretty complex undertaking and

one of the many steps is removing from the tool kit certain medications approved by the vet but not by organic certification regulations. There are excellent points on both sides of this issue and I won't get into them here except to say that going organic is not for everyone. I have heard conventional farmers describe the stress associated with trying an approved but unfamiliar medication when an animal is sick, when they know of a conventional option that will make it feel better.

But the farmer I was speaking with hung in and did his research and found an option that worked on the worms that were making his sheep sick – a common issue particularly in late summer early fall. It was a mixture of garlic and molasses. The idea of plants and foods

as medicines fascinates me, so I did a little research when I got back to the office.

I didn't find an avalanche of information on the topic but I did find a couple interesting sources. An article from the University of Aberdeen in Scotland pointed out that garlic is commonly used as a dewormer in many parts the world and cited research from 1969 that indicates the garlic prevents the eggs of some parasites from hatching. I also found a report written by a sheep farmer in Maine who got a grant in 2003 from SARE (the USDA's Sustainable Agriculture Research and Education Program) to test 3 different types of organic deworming medications for sheep. The one she found to be the most effective and least expensive was made from garlic juice. A 2010 factsheet on MOFGA (Maine Organic Farmers and Gardeners Association) approved products for livestock suggested adding molasses to cover the garlic taste.

I will admit to being a little doubtful that molasses can cover the taste of garlic, but I am convinced that this medicine has become a useful new tool for the farm I visited. To learn more about the study in Maine go to <http://www.mofga.org/Publications/MaineOrganic-FarmerGardener/Winter20042005/GarlicJuice/tabid/1280/Default.aspx>

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Howard's Gift – A Present From The Past ³

By Elinor P. Mawson

The Christmas of 1947 saw our family in a new house, with a new baby and a father still getting accustomed to civilian life and parenthood. There were a lot of things that were different that year. I was in fourth grade, and all I wanted for Christmas was a set of pencil crayons. They are called "colored pencils" now. I wanted them because, in my 3-grade classroom, kids were coloring maps--but not with crayons.

Because I had to use crayons, I felt like a baby. My maps looked messy and the other kids laughed at them. I was miserable. You can't imagine my delight when I found a box of pencil crayons in my stocking. I wouldn't sharpen them at home because I knew my little sister would want to use them. So when vacation was over I proudly took them to school and sharpened each one, gazing at the words "heliatope" and "magenta". I wouldn't share them with my classmates, even though I knew they hated using crayons as much as I had. My maps were beautiful!

When the end of the week came, I had a terrible

time deciding what to do with my beautiful gift. If I took them home, my sister would undoubtedly want to use them. But if I left them at school, I would find them safe and sound on Monday morning.

At last I held them lovingly in my hands, and then put them far in the back of my desk. It only crossed my mind briefly that just MAYBE something would happen to the school--even though it had never happened before. I can still see how the sun looked on my desk that day.

My parents went to the movies that Saturday night and at midnight my mother woke me up to tell me that they had passed the school on their way home, and it was burning down. I still had hope that my pencil crayons would

survive unscathed. My mother took me to the site the next day, and it was only when I saw that black, smoking hole in the ground that I cried.

The students in my small town were farmed out to other schools in the district, and it became moot that I had lost my longed-for gift. As time went on, I almost forgot them. And the following Christmas I received another, larger set of pencil crayons, but they were never the same.

Many years later, I was telling a first-grade class about the pencil crayons, the maps and the fire. At the end of the class, a small boy named Howard came up to me and asked if I still felt sad about losing my favorite Christmas present. I said I guessed I did, because I

could still remember what a loss it was to me.

Several days later, Howard presented me with a small, wrapped gift. When I opened it, there was a box of pencil crayons! Before I could say anything, he asked, "Is the heliatope the

same? Do you like the magenta?"

I marvel at how a little boy could feel another's pain and reach across decades to make it better. Howard, I treasure that gift to this day, and I love every one of the colors.

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Over The River And Through The Woods...

By Marianne L. Kelly

"Over the river and through the woods to grandmother's house we go. The horse knows the way to carry the sleigh..."

This time-honored song captures the nostalgia of an old-fashioned greeting card picturing an American family bundled up against the cold winds of November riding in the family sleigh to the annual Thanksgiving dinner at grandma's house.

Grandma rose before dawn to start a fire in the hearth, and created a Thanksgiving feast that easily rivals those of today's

celebrity chefs. Grandma's feast was completely hands-on, with none of the labor saving devices that today's cooks take for granted. She was the creator, executive chef, producer and director of this wonderful feast. Her meal, a labor of love, took center stage, her family and guests were the stars of her show.

Many still make the trip to grandma's house, but today's sleighs run on horsepower instead of horses and they take the form of cars, trains, airplanes and buses. Many people facing eco-

nomie challenges and hardships this year especially look forward to the comfort and familiar cocoon of those with whom they share their lives.

Modern technology has taken the time and drudgery out of cooking a large holiday meal, yet traditions and camaraderie of loved ones still beckons.

Controversy

The first Thanksgiving, rife with hardship and death is unrecognizable today. Little could those first hardy souls ever imagine that what was pure survival for them would become a major celebrated holiday for future generations.

President George Washington proclaimed the first day of thanksgiving in 1789, causing major controversy among present-day colonists, who rebuked the idea of a national holiday to commemorate the suffering of a few colonists more than one hundred years ago. Thomas Jefferson scoffed at the very thought.

Thanks to magazine editor Joseph Hale's 40-year letter writing campaign to state governors and sitting presidents, Abraham Lincoln in 1863, declared the third Thursday in November a day of thanksgiving.

What were they thinking?

Would the Pilgrims have braved the dangerous journey to America had they known in advance the hardships and dangers they would face in this strange new land? Considering they left their homeland to escape extreme religious intolerance, one could safely assume they would.

Members of the English Separatist Church, a Puritan sect, fled to Holland where they enjoyed religious freedom, however some Puritans thought the Dutch too frivolous, led an ungodly life, and did not appreciate their children speaking Dutch. These folks contracted with a London stock company who financed their trip, and in exchange, agreed to work for the company for seven years.

Danger And Hardship

Those who left their homeland to start a new life in America faced unimaginable dangers and soul shriveling hardships. Unlike today's luxury cruises, the 65-day trip from England to America offered no romantic moonlit walks on deck, or sumptuous feasts at the Captain's table. Passengers ate cold food, as any type of cooking posed the danger of fire aboard ship. The ship, buffeted by

wind, high seas, stormy weather and little dry shelter made the journey at times intolerable. The lack of nourishing food, fresh water and hygienic facilities caused many passengers to become ill and die before ever reaching their new home.

A harsh winter greeted the pilgrims when they finally reached land, and the lack of food, adequate shelter and fear of Indian attacks, took the lives of all but 50 settlers before spring arrived. When life was at its darkest and all seemed lost, the Indian Squanto found them and greeted them in their native tongue! He taught the foreigners to tap maple trees, plant and fertilize crops, and make medicinal compounds from native plants and roots.

The first harvest under Squanto's tutelage was so bountiful that Gov. William Bradford proclaimed a day of Thanksgiving and shared their bounty with Wampanoag Chief, Massasoit and 90 of his closest friends. The Indians contributed five deer that lasted through the three-day feast.

Thanksgiving 2010

Thanks to modern medicine, many diseases that crippled and killed our ancestors have been eliminated, and food, water and shelter, for the most part are plentiful. When we are hungry, we head to the refrigerator, or hop in the car and head to the nearest market, or restaurant.

Sowing, reaping, harvesting and preserving were crucial to the pilgrim's survival, but for us our gardens let us get back to nature, and are a haven against our increasingly chaotic world.

This year, as we give thanks for our many blessings, let's take a moment to remember the originators of this day, those who cannot be at our tables, and share a little something with those less fortunate.

Happy Thanksgiving!

November 23, 2010 Volume 2 Number 4

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The "LOSE IT CHALLENGE" is a way for individuals to document and track their progress on the trail to losing unwanted pounds and creating a healthier life style while striving to be the biggest loser before the deadline of Dec. 20th 2010. Many have joined and are working very hard to meet their goals. The challenge offers a way to monitor progress while methods to accomplish individual goals are offered and can be customized to the individual. Staff and trainers are on hand to help set up personal training programs, offer group activities like aerobics, kettlebell training, free-weight training, nautilus and cardio machines or just be there to assist and give support.

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Comment From Stef Saffo, Owner

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*Back row; Erin Shelton, Trainer Allen Brill, Lori Bogacz, Staff Jaime Lane, Dawn Bureson, Dawn Magill, Lisa Simonds, Melissa Gould, Michelle Pushee, Gregory & Joan Klebes
Front row; Staff Barbie Chandler, Trainer Gary Goodwin, Owner Stef Saffo, Trainer Robert Huyler
Staff not in photo: Jamie McKean
Photo: compliments of Claire Goodwin*

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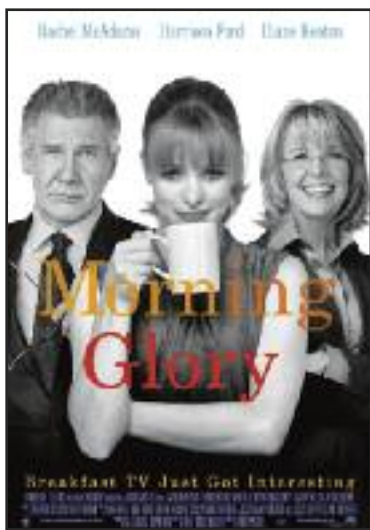
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Morning Glory PG-13

By Ashley Scruton

news show has to lay her off. After going through her nerotic, and quite hilarious, breakdown she comes across Goldblum who takes a chance with her as the executive producer for his failing morning news show. McAdams learns quickly how hard her job really can be through some knee slapping lines and near postal co-anchors. At her wits end McAdams reins in her last resort in Ford's character. Ford plays a rather... unlikable character who is bitter about the change in the world of news casting, as he was a reporter during Vietnam and other such hard times in the world. Feeling that morning news shows are a complete joke, but not wanting to go without the money, Ford agrees to be Keaton's co-anchor. McAdams, as well as the rest of the crew, quickly regrets her decision to bring him on as Ford's character

makes life harder for the failing show then it was already. By refusing to do stories that aren't 'real' news stories and being generally mean and vindictive Ford quickly becomes the man you love to hate. Amidst all the laughs and the one liners you get a slight glimps into how the news world really has been changed and very nearly 'fluffed' since the days of the "greats" like Cronkite and Rather through him. In the end however it always has to come back to the reason why everything has happened. And Morning Glory is, without exception, a heartwarming end that keeps you rolling on the floor. With a cast like this it's hard not to love, and hate, all of the characters. Morning Glory definitely hit the morning news shows on the head with a hilarious twist. I give this movie a comedic two thumbs up!

Recently I had the pleasure to see Harrison Ford's newest movie Morning Glory in which he shared the spotlight with other greats such as Jeff Goldblum and Diane Keaton. As well as Rachel McAdams who starred in "The Time Traveler's Wife" and "Sherlock Holmes". McAdams starts the movie as a producer for a morning show and nothing else. She lives for her job and has no room for social interactions. Soon though she finds that life isn't as certain as she thought when her morning

OBITUARY

JOEL ALFRED DUPUIS



ber 4, 1968 a son of Alfred "Cuddy" and Marie (Emmons) Dupuis. He was a 1986 graduate of Woodsville and went on to Keene State College where he majored in Business Administration graduating in 1990. He began a longtime employment with the Grafton County Deeds Office starting part time in July 1986 and then full time 1991. He served as the Register of Deeds from January 2003 until January 2007. He was elected to the Town of Haverhill Selectboard in March of 2007.

Port Charlotte, FL – Joel Alfred Dupuis, 42, most recently of Port Charlotte, and a native and longtime resident of Woodsville and North Haverhill, NH, died unexpectedly on November 15, 2010 in Port Charlotte.

Joel was born in Woodsville, NH on Novem-

ber 4, 1968 a son of Alfred "Cuddy" and Marie (Emmons) Dupuis. He was a 1986 graduate of Woodsville and went on to Keene State College where he majored in Business Administration graduating in 1990. He began a longtime employment with the Grafton County Deeds Office starting part time in July 1986 and then full time 1991. He served as the Register of Deeds from January 2003 until January 2007. He was elected to the Town of Haverhill Selectboard in March of 2007.

He was predeceased by his mother, Marie in 1998 and his father "Cuddy" in 2008. Joel is survived by his brother Shawn Dupuis and sister-in-law Claudine of Gainesville, VA; a maternal aunt, Jeanette Albanese of Wilder, VT, along with numerous cousins.

There will be no calling hours. A memorial service is being planned and will be held in the spring of 2011 at St. Joseph's Catholic Church, Woodsville, NH. Service information will be printed at a later date.

For more information, or to sign an online condolence, please visit www.rickerfh.com Ricker Funeral Home, Woodsville, NH is charge of arrangements.

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The Cottage Hospital Auxiliary is again sponsoring a Memory Tree in front of the Hospital on Swiftwater Road in Woodsville. A white bulb in memory of a loved one may be purchased for \$5.00. Bulbs will be available until Christmas. Proceeds are used to purchase items for the Hospital. Bulbs can be purchased at the front lobby desk of the Hospital or by calling Reita Jones at 747-3495 or Barb Fitzpatrick 272-9124. Lighting and dedication of the tree will be on **TUESDAY, DECEMBER 7TH AT 4:30 P.M.** Please join us for the ceremony.

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

A Place Of Honor

By Marianne L. Kelly



BRADFORD, VT — “It all began with an idea,” said Lisa Paganelli, science teacher at Oxbow High School, and Master of Ceremony at their Veterans Day event. Paganelli felt Veterans Day was losing its meaning and becoming just another sales shopping day. She and significant other, Rich Jones discussed the problem and decided to do something about it.

Wall of Honor

The brainstorming between Paganelli and Jones resulted in a “Wall of Honor” containing names etched in brass plates of Oxbow High School and River Bend Career and Technical Center students, faculty and staff who have served in America’s armed forces. She contracted with Russ Priestley to design and build the wall. “We gave him the idea, and he ran with it,” said a proud Paganelli. “This wall is a work in progress and we plan to add more names,” she added. Eventually the wall will be placed under the flag in front of the school. Paganelli noted that they are seeking donations to cover the cost of more brass name plaques and for landscaping around the Wall of Honor.

Service Stressed

Several hundred students, faculty, veterans and visitors attended a Veterans Day event at Oxbow High School on Monday, November 15. The event began with a color guard representing each branch of the Armed Forces, and along with members of Boy Scout Troop #78

marched to their places in the gymnasium as the school band admirably performed the anthem of each branch of service. After taking their places, Danielle Clancy performed the National Anthem.

Veterans ranging in age from their 20’s to their 80’s were present. Some stepped up to the podium and described their military experiences to the audience. Among those present was World War II veteran Norman Gadwah, of West Topsham who served in the Air Force Medical Core from 1941-1948.

Each veteran spoke not of heroism or fame, but of service. Principal Chuck Brown left college in 1983 to join the army, and was stationed in Germany during the last part of the cold war. “It was a time of relative peace,” he said.

Science teacher, Carl Hildebrandt, spoke of the 9/11 terror attack that brought down New York City’s Twin Towers at the World Trade Center. “I witnessed history I wished never happened,” he said. Hildebrandt joined the army in 2003 and served with “a mix of people,” from every area of the country. While serving a twelve-month tour in Iraq, he witnessed a policeman sacrifice himself to save others.

Hildebrandt returned to Iraq, this time for fifteen months and found a changing country with many improvements including schools. He told the audience, “You made it all worthwhile,” and admonished them, to “Do something to

make the world a better place, enjoy your freedoms, and remember who went before you.”

Perhaps the most poignant story came from Social Studies teacher Andrew Chobanian. He was just sixteen in 2001 and described the horror of watching the second plane hit the World Trade Center. He knew he wanted to join the military and took early graduation at age seventeen. He joined the

Marines attaining the rank of Corporal in the infantry. “I was your age when I joined,” he told the students. Chobanian ended his speech by thanking the community for their support and expressed his gratitude to those who lost their lives.

The last speaker was Scott Johnson who told the audience, “Today at 11:00 a.m. the war to end all wars officially ended, and also the day the American Legion

was established.” He remembered veterans from World War II to the present day, and paid special tribute to 109-year-old Frank Buckles of West Virginia, the only living veteran of World War I. “He is a living legacy who never thought he would be the last of his era,” said Johnson. He ended his speech by noting, “We served at different times in history, but we all did the same thing.”

The event ended with Danielle Clancy’s rendition of “My Country ‘Tis of Thee,” and the unveiling of the Wall of Honor.

Anyone wishing to make a donation toward the purchase of additional brass name plaques or landscaping around the Wall of Honor should contact Lisa Paganelli at (802) 222-5214 or email her at lpaganelli@oxbowhs.org.



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November 23, 2010 Volume 2 Number 4

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David's House Concert

Friday, December 3rd, 2010 - 7:00 pm

Join KIXX 100.5 as we take a night to celebrate David's House with the 6th Annual David's House Concert.

It's all happening on Friday, December 3rd. and this year the stage belongs to Billy Arnold and Friends! Billy has been with the David's House Concert since the beginning and this is the most up close up and

personal that everyone has ever been to the artists on the stage!

Billy will be bringing with him two of music's up and coming stars...Hali Hicks and Justin Heskett! You can check them out, performing live at the KIXX Fanpage on Facebook.

VIP Tickets include a pre-concert reception with Billy Arnold & Friends and

Jesse's Restaurant at 3pm, with a sound check following at the Lebanon Opera House.

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NORTH HAVERHILL, NH: One, 1 1/2 bedrooms, \$625/month heat included in rent. Two 2 bedrooms, \$750/month, heat included in rent. One 1 bedroom \$500/month heat included in rent. For more info contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

WOODSVILLE, NH: First floor apartment 1 bedroom, \$675 everything included. Second floor apartments 1 bedroom, \$650/month everything included. For more info contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

CENTRAL STREET, WOODSVILLE: 2 bedroom 2nd floor heated apartment in quiet building. Water, sewer, trash removal, snow plowing also included. Non-smoking building, small pets negotiable. \$700 per month. Security deposit, good references, application required. Call 603-747-3870 or 603-747-3942 for appointment. 12.21

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Arts Alliance Of Northern New Hampshire Presents Songs And Singing Games Workshop

Early Childhood Care Providers, Educators, Librarians, Parents Invited



Deborah Stuart

PLYMOUTH - "Songs and Singing Games: Learning Language through Music and Movement" is the subject of a lively, participatory -- and fun -- Arts in Early Learning workshop Saturday, December 4, from 9 am to noon at Centre Lodge, Plymouth State University. The workshop is presented by the Arts Alliance of Northern New Hampshire.

The workshop is designed for early-childhood educators (pre-K to grade 2), librarians, teaching artists, pre-school and child-care administrators and care providers, as well as parents and grandparents.

Workshop presenter Deborah Stuart will lead an exploration of the rich repertoire of early-childhood music, rhymes, counting-out chants, and traditional circle and playground games. The links between music and language, self-expression and literacy skills will be discussed, but participants will

primarily learn by doing, and will take back to their children lots of new ways to introduce rhythm and music into daily activities.

Registration is \$20 for the first registrant from a school, library, or center, and \$10 for each additional registrant from the same site. There is no charge for Plymouth State University students. \$10 for other college students and for high-school students. Scholarships are available on request. Professional development credits are offered.

"The songs participants will learn will include such useful items as 'There are toys on the floor, pick 'em up, pick 'em up!' -- and lots of finger and hands plays, action songs, books you can sing, a variety of singing games -- as well as a look at the best children's recordings, and a chance to share your own

favorite early childhood music," Stuart says. "I'll even do some big person/little person lap songs and games for babies and toddlers if requested!"

Singing games are also an effective tool for social learning and offer children ways to use these traditional rhymes and games on their own, at school and at home, with their friends and families. Information about recordings, song sheets and resource lists will be made available so that all the material can be used immediately. Particular attention will be given to meeting the needs of children with developmental and learning differences.

The workshop is part of the Arts in Early Learning collaboration between VSA New Hampshire and the Arts Alliance of Northern New Hampshire, which is supported in part by an operating grant from the New Hampshire State Council on the Arts, and is presented in partnership with the Early Childhood Studies Program of Plymouth State University.

"Many of the participants in our Arts in Early Learning conferences this fall were especially intrigued by the example of an old singing game Deborah had researched while earning her Master's degree," notes Arts Alliance director Frumie Selchen. "We wanted a chance to delve more deeply

into the songs and games that were once part of every American childhood, and to encourage educators and care providers to revive some of these wonderful traditions."

Deborah Stuart, who was the editor and contributing writer for Start with the Arts, is a folk musician who has worked with children for forty years and is active around the country as a speaker, trainer and children's musician. She will be joined by Will Cabell, a professional puppeteer, actor, musician and educator. Stuart and Cabell have teamed up over the years to provide a wide variety of traditional music for all ages. They have toured locally, in other areas of the U.S., and overseas, including a cultural exchange to Russia.

Participants are invited to bring a lunch if they would like to stay and talk with the presenters after the workshop.

Preregistration for the

workshop is required; you can register online at www.aannh.org. For additional information, contact the Arts Alliance at 323-7302, or email info@aannh.org.

Deborah Stuart earned a Graduate degree from Lesley University in Children's Traditional Music and Dance - an individually designed degree which focused on songs, singing games, playground rhymes and chants, finger and hand plays.

The Arts Alliance of Northern New Hampshire (AANNH) is a nonprofit organization that promotes, supports and sustains culture, heritage and the arts throughout northern New Hampshire. AANNH serves as a network for arts information and arts programming, with a particular interest in providing arts opportunities to North Country audiences by coordinating projects and presentations in schools and community sites across the region.

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All set up for the upcoming Thanksgiving meal at Ross-Wood Post #20. Tables, chairs, plates and so much more are all ready to welcome the seniors who came to this annual meal.



Rita Ames is in her 18th year of being the point person for this annual event. Not only are many served upstairs at Ross-Wood Post #20 (75 this year) but there are also about 175 takeouts put together. And these must be sorted for the many delivery folks so that each can run a good route.



Some of the 75 folks who came to eat at Ross-Wood Post #20 on Sunday, November 21st. The annual Thanksgiving dinner is put on by the post with help from many, many members and others. Somewhere over 40 individuals were involved one way or another with the preparation, serving and cleanup of this great feasts.



No Thanksgiving Dinner is complete without a good selection of pies for desert. Just some of the almost three dozen pies cooked for this annual meal. Deidra Simano and Patty Sevareno spent a good portion of Saturday preparing many of the pies. A good number of others came from other volunteers who used their skills to compliment the meal.

Employee Of The Quarter At Cottage Hospital



Amanda Chamberlin has been chosen as Cottage Hospital's Employee of the Quarter. Amanda joined the Cottage Hospital Team in August of 2005 as a Housekeeping Aide. A co-worker nominated Amanda for this honor stating,

"...Amanda is a quiet girl with a lot of heart. She is here every night cleaning, in fact, you would never know she was here until you went to put something in the full laundry bag and notice it's been changed. She is methodical, diligent, and meticulous. Amanda always has a positive attitude."

Amanda expressed that, "It felt really good to be nominated for Employee of the Quarter, to be noticed by my co-workers as doing an excellent job feels amazing. The best thing I like about being an Environmental Services Aide at Cottage Hospital is the good feeling I get from knowing that I am helping the community by helping to provide them with a germ-free environment in which they can come to heal and get well when they are sick."

Amanda grew up here in the Woodsville area and likes it here too much to move anywhere else. She lives in Benton with her fiancé and two children and her pug dog. Amanda expressed that she enjoys outdoor activities such as hiking.

A party was held in Amanda's honor in the hospital dining room. In addition to a cake, Amanda received a check from the hospital and a special parking space reserved for the Employee of the Quarter.



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Oxbow High To Present The Musical *Godspell*



BRADFORD - Oxbow High School will present the musical *Godspell* Thursday and Saturday evenings, Dec. 9 and 11, at 7:30 p.m., with a Sunday matinee Dec. 12, at 3 p.m. An ensemble of nineteen actor/singers will stage this joyful depiction of the teachings of Jesus set to memorable music by Stephen Schwartz. In Act 1, Jesus, who is portrayed by Chris LaCombe, begins his teaching by coming to John the Baptist, played by Dylan Parkin, for baptism. Dylan later in the play doubles as Judas.

"Godspell" is an archaic word for "Gospel", and Act 1 is based mostly on the Gospel

according to Matthew and Luke, focusing on the teachings of Jesus through parables. Members of a somewhat rag-tag company enthusiastically help their leader act out the parables, creating a cohesive community as they listen and learn from his teachings. Interspersed with the parables and the beatitudes, are tunes like Day by Day, Bless the Lord, All Good Gifts and By My Side.

Act II becomes darker and more serious as it deals with Christ's persecution and His last moments, with Dylan Parkin now acting and singing the part of Judas.

Oxbow's production of

Godspell is directed by Linda Neubelt, with music direction by Hal Sheeler and choreography by Betsey Kamel. According to Neubelt, it will be played on a multilevel stage against a simple black backdrop.

The show was conceived by John-Michael Tebelak, with music and new lyrics by Stephen Schwartz. Versions of it have had long runs both on and off Broadway with successful revivals, and the show has become a favorite of community theaters, colleges and high schools.

Joining Chris LaCombe and Dylan Parkin in playing named characters are Abby Speck, Brittany Emerson, Danielle Clancy, Jillian MacKay, Sabrina French, Mikaela Keith, Tianna Butler, and Libby Wilson. Members of the chorus are Elizabeth Keith, Katie Kearney, Savannah Fay, Sarah Burridge, Sarah Chamberlin, Rachel Roberts, Abigail Schramm, Giovanna Carlson and Tiffany Waters. Tickets are available at the door.

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to grow." Jody Perkins, ARC Mechanical Service Manager said.

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Contact: Kim Sager, 802-222-9255, ksager@arcmech.com

Bradford, VT – ARC Mechanical Contractors, Inc. recently opened a satellite office in Littleton, New Hampshire. The office, located at 30 Cottage Street, is in the same building as the Littleton Bike & Fitness.

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people with diabetes and can give you the tools you need and help you to find practical solutions to problems and concerns related to your condition.

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A Fabulous Evening – Gone Wrong

By Elinor P. Mawson

When one of my students described going to the Nutcracker in Boston via limousine, I thought "We can do that", so the following year, I bought tickets, called the limo company, and made reservations at a steak house on the way. My family, which included spouses and kids, numbered 14, and everyone was excited. I had been left a small inheritance and couldn't imagine a better way to spend it.

When the "limo" arrived, it was in the form of a 15-passenger van. The driver was an affable fellow, and was happy to be transporting an excited and happy family to something fun. "You can't believe the 21 year olds I have to drive around", he said, "all they do is drink and throw up and we have to send them a huge bill for the cleanup".

We arrived at the restaurant, and once everyone was seated, I announced, "Order anything you want!" My family didn't disappoint me; I never saw so many salads and glasses of chocolate milk that were served to the 3 little boys in our group. After dessert, we all trooped out to the waiting van, and

started for Boston.

Just as we were going over the Tobin Bridge and I was about to say "Look everyone--see the city lights!" I heard an unmistakable sound from the back of the van. "Oh my gosh" said my son, "Michael just got sick." We passed the rest of the trip in silence, and when we got to the Wang Theater, we all ran for the rest rooms. Michael was sick, but his illness had impacted all the people beside and in front of him.

We cleaned up as best we could, and went to look for our seats. But just as we were getting comfortable, Michael let loose again. He and his parents disappeared and the rest of us settled in for the first act.

When the lights came up for intermission, my son appeared and announced that Michael was still sick and had gone through everyone's outerwear and a "freebie" Nutcracker t-shirt donated by the theater.

"Let's go!" I said. When all was said and done, there was nothing else left to do. One of the spouses called the limo driver on her cell phone, and we all descended to the lobby.

It seems that Michael was sort of a celebrity in the Wang Theater. He had been invited backstage after the performance. Not only had he been given the t-shirt, but several plastic bags in which to put the soiled clothes. And his parents had been given rain-checks to come back in 2 days for a repeat performance.

When the van arrived at the door, the driver mentioned that he had tried to clean up the van, but we still had to keep the windows open on the way home. Not only was it odiferous, several people didn't have jackets that were fit to wear.

We were very relieved to get home.

The rain-check tickets were never used. Michael's two brothers came down with a variety of the same illness the following day.

Several days later, we received a big bill from the limo company for cleaning the van. Oddly enough, nobody in our group was 21.

And whenever anyone mentions the Nutcracker--to this day--we remember the fabulous evening that turned out in a way that Tchaikovsky never imagined.

North Country Home Health & Hospice Agency Makes The National Top 25% List

North Country Home Health & Hospice Agency has been named one of the top 500 home health agencies in the country, according to the 2010 HomeCare Elite. Now in its fifth year, the HomeCare Elite identifies the top 25 percent of home health agencies in the United States and further highlights the top 100 and 500 agencies overall. Winners are ranked

by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

"The 2010 HomeCare Elite winners continue to demonstrate a commitment to providing their patients with the best possible care while performing at the highest level," said Amanda Twiss, CEO of OCS HomeCare. "We congratulate

North Country Home Health & Hospice Agency on being one of the top home care agencies in the country".

"On the fifth anniversary of HomeCare Elite, DecisionHealth would like to congratulate all of the winners who have achieved excellent clinical and financial outcomes, especially during times of such drastic regulatory changes," added Marci Heydt, executive director of DecisionHealth's Home Health Line.

The 2010 HomeCare Elite is the only performance recognition of its kind in the home health industry.

North Country Home Health & Hospice Agency is very fortunate to have the combination of a highly dedicated staff, a committed board of directors and generous community support. This contributes significantly to the success of our mission and our ability to attain achievements such as this.

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The History Of America's Natural Resources (Part 3)

By David Falkenham, UNH Cooperative Extension Grafton County Forester



Photo by Jokie Falkenham of the Pondicherry National Wildlife Refuge. (The mountains in the background are the Killkennys.)

"Conservation of natural resources is the fundamental problem. Unless we solve that problem, it will avail little to solve all others."

- President Theodore Roosevelt, 1901

From my former house in Dalton, NH I could take a walk (or a ski) in the woods due east for several miles to the Pondicherry National Wildlife Refuge. I made the trip countless times and unless I was hunting, the dogs always came along. We would see deer, moose, bear, otter, beaver, hawks, plenty of small game and countless songbirds and waterfowl. The refuge itself offers a beautiful view of Cherry Mountain and Owls Head Mountain.

The view to the southeast of North Haverhill, my new hunting grounds, encompasses Black Mountain, Sugarloaf, The Hogsback, Jeffers and Blueberry Mountains. Behind that ridgeline is Long Pond and on up to Mt.

ability to understand equally the consumptive use of natural resources for human benefit and the protection of these resources for future generations. Roosevelt managed both sides of this political issue so well that he was able to pass legislation that benefited hunters, non-hunters, hikers, naturalists, science and the growing needs of the nation all at once.

Roosevelt was great friends with Gifford Pinchot, a traditional forester by training. Pinchot believed in the use and management of our public forests for the benefit of all people. Roosevelt was also a good friend of John Muir, a hard-nosed land preservationist who believed that our forests should be protected and never used for any consumptive purposes.

Roosevelt used this diversity of public opinions to form his political agenda; an agenda that would place land and wildlife conservation as priority number one on Capitol Hill from 1901 until 1909.

Among his accomplishments were: the creation of sixty six national forests, five new national parks, fifty-one national wildlife refuges, four national game preserves and he set the stage for the expansion of Yosemite National

Moosilauke. All of this is part of the White Mountain National Forest.

I, or should I say We, owe these natural treasures to one man: hunter, conservationist, President, Theodore Roosevelt. President Roosevelt created the National Wildlife Refuge system, set the stage for the creation of the White Mountain National Forest and spent the eight years of his presidency ramming legislation through Congress that protected wildlife from commercial exploitation at a time when nobody in our nation's capitol seemed to care.

Management of our public natural resources requires the

Park. In 1906 Congress passed the "American Antiquities Act", allowing the creation of national monuments to protect lands of historic, pre-historic and scientific interest.

That same year Roosevelt dispatched a naval vessel to the Bearing Sea to protect seals from poaching and in 1909 he ordered Marines to Laysan Island to protect nesting shorebirds from poachers. Whether it was Rocky Mountain elk in Montana or high elevation song birds in New Hampshire, President Roosevelt protected game and non-game animals with equal enthusiasm.

Throughout President Roosevelt's two productive terms in office, he never forgot his roots as a sportsman and he was a champion of fair chase hunting; "I am fond of politics, but fonder still of big game hunting" he confided to a friend in 1882. Trophy game

heads graced the walls of the State Dining Room and presidential hunting trips were as closely watched as the golf games of later administrations.

Early in his presidency, Roosevelt was on a guided bear hunt in Mississippi. His guides tied a bear to a tree for the president to "hunt down and shoot". The President was outraged at the un-sporting gesture and ordered the bear's immediate release thus Roosevelt returned home empty handed. This event earned him the nickname "Teddy Bear" and solidified his popularity with the American people.

Everyone who enjoys hunting, fishing, hiking, outdoor photography or the simple beauty of New Hampshire's wilderness owes a debt of gratitude to President "Teddy" Roosevelt.

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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, NOVEMBER 24
THANKSGIVING FOOD SALE
12:00 Noon - 5:00 PM
Woodsville United Methodist Church

ECUMENICAL THANKSGIVING SERVICE
7:00 PM
Woodsville United Methodist Church

SUNDAY, NOVEMBER 28
20TH MEMORY TREE LIGHTING
North Haverhill United Methodist Church
See ad on page 9

WEDNESDAY, DECEMBER 1
**ANNUAL 3 RIVERS BUSINESS
ASSOCIATION MEETING**
6:00 PM Meal - 7:00 PM Meeting
Happy Hour Restaurant, Wells River

FRIDAY, DECEMBER 3
HARLEM ROCKETS BASKETBALL
6:30 PM
Haverhill Cooperative Middle School
See ad on page 15

SAN DIEGO'S AIANA STRING QUARTET
7:00 PM
Alumni Hall, Haverhill

DAVID'S HOUSE CONCERT
7:00 PM
Lebanon Opera House
See article on page 8

SATURDAY, DECEMBER 4
PANCAKE BREAKFAST
8:00 AM - 10:00 AM
Monroe Town Hall

ARTS IN EARLY LEARNING WORKSHOP
9:00 AM - 12 Noon
Centre Lodge, Plymouth State University
See article on page 9

CHRISTMAS BAZAAR
9:00 AM - 2:00 PM
Haverhill Congregational Church Parish Hall

SUNDAY, DECEMBER 5
LIGHTING OF THE "MEMORY TREE"
4:00 PM
Monroe Village Church

MONDAY, DECEMBER 6
**GOOD OLE BOYS WITH WILL DELKER,
ASSISTANT NH ATTORNEY GENERAL**
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

HAVERHILL SELECTBOARD MEETING
6:30 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 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, DECEMBER 8
**MONTHLY MEETING - ROSS-WOOD
POST #20 AMERICAN LEGION**
6:00 PM
American Legion Home, Woodsville

THURSDAY, DECEMBER 9
HAMLET
7:00 PM
Catamount Arts, St. Johnsbury

GODSPELL (H.S. MUSICAL)
7:30 PM
Theater at Oxbow HS, Route 5, Bradford
See article on page 11

FRIDAY, DECEMBER, 10
PINE HILL SINGERS
7:00 PM
Alumni Hall, Haverhill

GODSPELL (H.S. MUSICAL)
7:30 PM
Theater at Oxbow HS, Route 5, Bradford
See article on page 11

SATURDAY, DECEMBER 11
VICTORIAN HOLIDAY
9:00 AM - 7:00 PM
St. Johnsbury

SUNDAY, DECEMBER 12
GODSPELL (H.S. MUSICAL)
3:00 PM
Theater at Oxbow HS, Route 5, Bradford
See article on page 11

MONDAY, DECEMBER 13
**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**
6:00 PM
Ross-Wood Post Home, Ammonoosuc St.,
Woodsville

SUNDAY, DECEMBER 19
WRENSONG
3:00 PM
Alumni Hall, Haverhill

MONDAY, DECEMBER 20
HAVERHILL SELECTBOARD MEETING
6:30 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 21
**NH STATE VETERANS COUNCIL
REPRESENTATIVE**
8:00 AM - 12:00 Noon
Woodsville American Legion Post #20

MONDAY, DECEMBER 27
**WOODSVILLE/WELLS RIVER 4TH OF
JULY COMMITTEE MEETING**
7:00 PM
Woodsville Emergency Services Building

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The Travels of Sister Jo - Spirited Work in Faraway Places ¹⁵

By Robert Roudebush

HAVERHILL, NH – COTTAGE HOSPITAL – At first glance, Josephine Lucker would seem to have an enviable life – a long healthy one so far, involving extensive travel to and extended stays in far-away places and interesting cultures in the African continent and Central and South America.

On closer look, Josephine, also known as Sister Jo of the Maryknoll Sisters, has engaged in flat-out hard work for decades teaching - requiring discipline, dedication, courage, and a certain amount of good luck even to survive. Maybe even the grace of God.

Which is the true definition of her life? Both, it turns out. One major lesson Sister Jo has taken away from her remarkable life is that "Differences between us are enriching, not dividing", a lesson much of America could benefit from. She spoke before a recent gathering of the Cottage Hospital Auxiliary, a group recently profiled in Trendy Times as a fund-raising and service group. The Maryknoll missionary (the order prefers that word to "missionary") shared with Auxiliary members something of her experiences in Africa, El Salvador, Bolivia and most recently, El Paso in westernmost Texas, abutting the Mexican border with Ciudad Juarez, Mexico. That drug-riddled border town is currently the murder capitol of the world.

Maryknoll, the Catholic Foreign Mission Society of America was established in 1911 by the U.S. Bishops to recruit, train, send and support American missionaries in areas overseas.

Much of her work in Africa involved preparing secondary school religious education material for work-

shops in 20 different countries. She also conducted seminars and with other sisters, published catechetical material in a book entitled, "Sharing God's Living Word in Community".

She engaged Auxiliary listeners with several phrases in English translated from the various languages and dialects in which she became functional, if not fluent. "I was never perfect but you'd be surprised how appreciative most people are when you even make the attempt to learn their language – it's a sign of respect". Her thirty-some years of teaching took place in Tanzania (Tanganyika now), Uganda, Kenya, Zimbabwe and Namibia. "I have eaten your kindness" from the Swahili, describes the vital relationships and sharing with many peoples and cultures, which enriched her and taught her that "we are one".

"Sitting down to a meal means so much, it's saying I will eat what you eat with you in peace, and what type of food almost doesn't matter". An East African proverb translates as "I am because we are – we are because I am". While it may sound confusing to some, Sister Jo points out with clarity the meaning – "We need one another to become who we are. We are enriched, changed, each of us, in our interaction with the people in the com-

munity around us." It is that enrichment, that joy in difference and diversity which is instrumental in the vocation of the Maryknoll Sister's Mission throughout the world – work dictating that "in sharing, each of us is changed. And we don't just share of course, we receive as well, often much more than we give."

Sister Jo is a well-featured woman, of medium size, with honest and open good looks, trim grey hair and a regular smile. No head gear. Her visage reflects time passed as well as the stresses and the blessings of her calling. Her low key vocal delivery is not "preachy", rather a reflection of her love of life and her participation in the daily uplift and joining of it. In no way looking like the stereotypical "nuns" of past years, she is comfortable in slacks, a black cardigan sweater over a long-sleeved white neck-hugging collarless shirt, with a modest crucifix on a small chain.

She is convinced that the foundation upon which her house of hope and hard work is built began immediately in her life. She was early exposed to different languages, customs and cultures. She was born of American parents in Tienjin, northern China, not far from Beijing, (Formerly Peking), lived there for about three years and then was relocated to El

Paso. "The city of Juarez across the border in those days was just like a nearby friendly neighborhood, easily traveled to and from for visiting families, for birthdays and other occasions." The seeds of curiosity and interest were sown. As a girl in Catholic school, she learned of overseas missions, including the Maryknoll Order in Ossining, New York, (Priests and Brothers, Sisters and Laity) and after earning a college degree in sociology and education, chose that order, part of St. Dominick's.

She was working in Uganda for years during the bloody reign of Dictator Idi Amin, later determined to be one of history's most despicable mass murderers. The tyrant's rule was characterized by human rights abuses, political repression, ethnic prosecution, extrajudicial killings and corruption. The number of people killed as a result is estimated by international observers to range as high as half-a-million. Such victims were "disappeared", never to be found again. Responding to a question from her Auxiliary listeners about how she handled moments of loss of hope, Sister Jo told the story of a woman she

knew whose husband had been "disappeared" by Amin. The woman told Sister Jo that the meaning of Good Friday to her was that she "must forgive even those who have killed my husband".

Her return to El Paso recently, after many years, and this time as a member of Maryknoll Missioners Border Team, exposed her to the now much more dangerous version of that once-beloved city. Currently trained also as a paralegal, at the Las Americas Immigrant Advocacy Center, the Sister helps coordinate a program authorized by the Violence Against Women Act – VAWA. Her efforts support undocumented women, married to U.S. citizens or legal permanent residents, when those husbands have become violent or threatening to the women. The sisters help the women self-petition for their U.S. legal status.

Well-traveled, multi-lingual, hard-working and inspired as she is, such descriptions hardly touch the surface of the contributions Sister Jo has made to improve a world too infected with grinding poverty, widespread ignorance and mass murderers.

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

November 23, 2010 Volume 2 Number 4



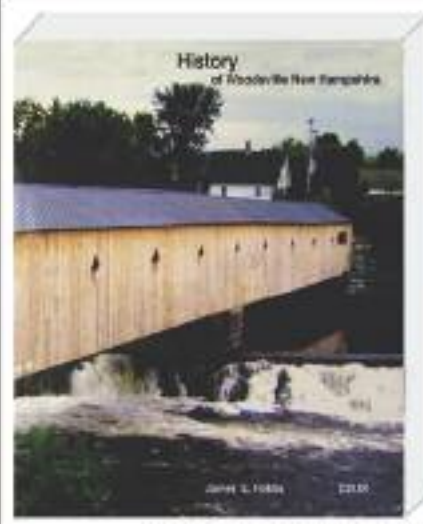
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Outdated Libraries In Haverhill?

By Robert G. Fillion

Rather than one municipal library, as in virtually every other town in New Hampshire, Haverhill tax money supports libraries in four villages: Woodsville, North Haverhill, Haverhill Comer, and Pike. The replication of facilities and services has led to such skimpy funding for each of them that no one of them can afford to provide services in towns of Haverhill's size normally provide. Neither can they afford to pay a qualified librarian.

The lack of good skills over a long period of time has brought deterioration of these libraries to the point that they rank among the worst in New Hampshire. This we know from statistics that the state library gathers. New Hampshire itself ranks low in library service nationally. The poor funding has produced libraries that are so inadequate that very few citizens of the town use them. Most dismiss them as irrelevant to their lives and take no interest in supporting them. Support for the libraries seems to be done

because the select board includes them each year in the budget that it presents at town meeting, which it does as a matter of habit and tradition rather than as the result of deliberation or evaluative process. The funding level of each Haverhill library is about 1/10 the average of libraries in towns of Haverhill's size in the state.

The unsatisfactory condition of the libraries and the prevailing negative library culture in Haverhill have prompted me to bring this situation more pointedly to public attention. Citizens need to know that libraries are capable of providing far better service than Haverhill libraries offer. Because I am not an expert on library science and have not collected data that show what citizens want in a library, I cannot tell you exactly how to go about implementing changes, however, I can bring library issues to public attention, a matter which no library experts at the state or town level have done. Haverhill can much improve library service

even if it continues funding at the same level but it cannot if it continues to divide library money among focus libraries and does not hire a qualified librarian or obtain expert advice.

No Haverhill libraries have qualified librarians and one selects trustees knowledgeable of library administration beyond what these libraries have been doing for as far back as any of us can remember, and which they are determined to continue. Despite the great changes in library service even in the last 30 years the Haverhill Corner and Pike libraries have not changed in any significant way since I first used them 70 years ago. They, and the other two libraries, were nothing but book lending operations then and they are now.

Each Haverhill library has a separate autonomous board of unelected trustees. The boards select their own members and in effect make them trustees for life. The boards make no attempt to select

knowledgeable trustees or those who represent the public or who know the public need for information. They pick their friends who are most likely to agree with them, since they do not want controversy to arise at their meetings. They are unable to handle library concepts which might come to the fore if anyone presents them with any idea that is not consistent with what they have been doing for generations.

Denying the election of trustees or the selection of trustees by elected officials violates the principal of "no taxation without representation," which was one of the demands of American colonists that led to the American Revolution. The trustees have become cliques. They have locked their doors when they meet and deny public the right to information about their actions.

Citizens may inform themselves about services that a

rival library can provide by reading library science literature which is abundantly available though the Haverhill libraries do not have any of it. The state library reference librarian recommends the following books by Bernard Vavrek, which are at the state library.

Assessing the Role of the Rural Public Library
Rural and Small Libraries on Internet

The Haverhill Heritage Books Library (t. 747-2052) can lend books on library science. Other books are available thru purchase. One especially important and more recent book is Introduction to Public Librarianship by Kathleen McCook/ Try also: Planning the Small Library Facility, Anders C. Dahlgren.

A common library practice among up-to-date libraries is to do a needs assessment to verify the kinds of information and educational services that would best serve the citizenry.

The above is an "op-ed". For clarification purposes we print below the definition of "op-ed" as it appears on Wikipedia.

An op-ed, abbreviated from opposite the editorial page[1] (though often mistaken for opinion-editorial), is a newspaper article that expresses the opinions of a named writer who is usually unaffiliated with the newspaper's editorial board. These are different from editorials, which are usually unsigned and written by editorial board members.

Although standard editorial pages have been printed by newspapers for many centuries, the first modern op-ed page was created in 1921 by Herbert Bayard Swope of The New York Evening World. When he took over as editor in 1920, he realized that the page opposite the editorials was "a catchall for book reviews, society boilerplate, and obituaries".[2] He is quoted as writing:

"It occurred to me that nothing is more interesting than opinion when opinion is interesting, so I devised a method of cleaning off the page opposite the editorial, which became the most important in America ... and thereon I decided to print opinions, ignoring facts."[3]

Beginning in the 1930s, radio began to threaten print journalism, a process that was later sped up by the rise of television. To combat this, major newspapers such as The New York Times and The Washington Post began including more openly subjective and opinionated journalism, adding more columns and growing their op-ed pages.[4]

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SCARED SHEETLESS

By James Paradie

An Investigation

100 Years In The Making

It was the size of three football fields, 48,000 tons of steel, and one night on April 14th of 1912 it would carry 2,240 people from Southampton, England to New York City. Needless did those poor souls know that well over 1,517 people would not make it to their destination; some found their final destination in the freezing, stabbing cold of the Atlantic Ocean. This is, of course, about the RMS Titanic and how it's about to make history again.

In two more years, the Titanic tragedy of 1912 will be embarking on its 100th year anniversary. It's not strange though of how many people still talk about it; still study it; examine the photos of the last moments of (at the time) the world's largest ship as if it all happened yesterday. Again, the "world's most famous ship" is making new headlines, but this time in the world of the paranormal.

William Brower, of Florida, will be making history as the first person to ever conduct a paranormal investigation on the very spot where the famous White Star Line vessel hit an iceberg causing buckling of the hull and popping out rivets. The ocean liner was deemed "unsinkable" with its sixteen watertight compartments, but not even that stopped the raging amounts of salt water coming in like an angry serpent. With the massive amounts of damage and water coming in it took the massive ship only two hours and forty minutes to sink. The final moments saw the ship break in half between the third and fourth funnel; the bow completely out of vision the stern rose up and sank vertically and then there was nothing, but the screams of those in the freezing water and the fear of those in the lifeboats that help will never come.

The Titanic laid isolated from everything except the fishes of the deep for more than seventy years until Robert Ballard, a marine biologist, discovered the wreckage in 1985. Up until that time no one even knew that the ship was split apart on the ocean floor. The bow and the stern section lay 1,970 feet from each other and are facing opposite directions. The bow of the ship is in a recognizable condition while the

stern, on the other hand, is completely destroyed and opened up like a tin can. Between the two wrecks is a field of debris; such items as plates, furniture, and even a pair of someone's shoes as if someone landed there, have been found in the debris. Even though it's been discovered, nobody has ever made the effort to see if there's still some lost souls still lingering around the site...until now.

Almost twenty paranormal investigators will be joining William Brower using special microphones to see if they can still hear the voices or possibly even the ghost of the ship itself still casting its eerie fog horn or hear the tapping of the stress calls that were sent to nearby ships such as the RMS Carpathia who picked up the 706 survivors. But are the ones who died in the freezing cold of the ocean still crying for help? Mr. Brower says, yes.

Matthew Kelley, of the Titanic Endeavor Tour and also a paranormal investigator, will be chartering a boat to the shipwreck, bringing psychics who are said to be sensitive and can sense the deceased, as well as bringing other paranormal equipment to see if some spirits are still there. The biggest accomplishment they want to gain is to get EVP's, Electronic Voice Phenomena, of the ones who have stayed behind at the site of where the ship was last seen still afloat before plunging to the ocean floor some 2,000 feet below.

The investigation has also caused some controversy among the world of the paranormal; some have cited that it's disrespectful to go out and disturb the souls who are resting, but Brower, who has written books about the Titanic and does a one man show talking about the disaster, has said that they will go out there with respect; "The Titanic is now a part of our history," Kelley told the Florida based newspaper the Sun Sentinel, and that the expedition "is going to be a form of closure."

Kelley, who is the lead investigator of D.E.A.D. (Direct Evidence After Death) plans on dropping 1,500 white roses in the sea and a plaque near, but not on, the Titanic site in remembrance of the people who died. The crew wants to leave in April and be there in

time for the anniversary, however that may not happen as the Atlantic is treacherous in that time, so if not then, they hope to be out there for the summer time.

The crew will not only try to collect EVPs, but will also try to get evidence by other methods as well, including: dropping a dummy dressed in that period of clothing with specially made microphones in its hands and a specially made camcorder in its head; they will also be bringing along a descendant who had relatives who perished on the ship who is now a Catholic bishop; a psychic to possibly sense the spirits who may still reside; they will also be doing a side sonar scan of the wreck to check on the condition of the vessel which is said to get worse by the day and it's estimated that in a few decades the hull of the ship will collapse.

The expedition is estimated to cost a maximum of \$83,000 dollars and they will be filming a documentary of the investigation with the hopes of it being featured on the History Channel. Kelley stated that they are not looking to make any money out of this, but to conduct it for science purposes.

Some "Ghostly" facts about the Titanic:

-Some believe that the demise of the ship was due to that it was not Christened. This is true, the part about it not being Christened that is;


-Some also blame the disaster on the fact that supposedly (although proven false) that the ship carried the Egyptian mummy of Amen-Ra, who carried a curse of death and destruction.

-There were no rooms with the number 13 on them. This is true, as well among grand hotels as there are no 13th floors in any of them.

-At the time the Titanic struck the iceberg, the silent film version of the Poseidon Adventure was being played; this film, as well as its 1972 and 2006 counterparts, is about another ship disaster.

Sources:

"Coral Springs man to join Titanic ghost-hunting trip" by Robert Nolin(Sun Sentinel, October 30th, 2010)
 "Paranormal Group Seeks R.M.S.Titanic EVPs"(Phantoms and Monsters, April 8th, 2010)



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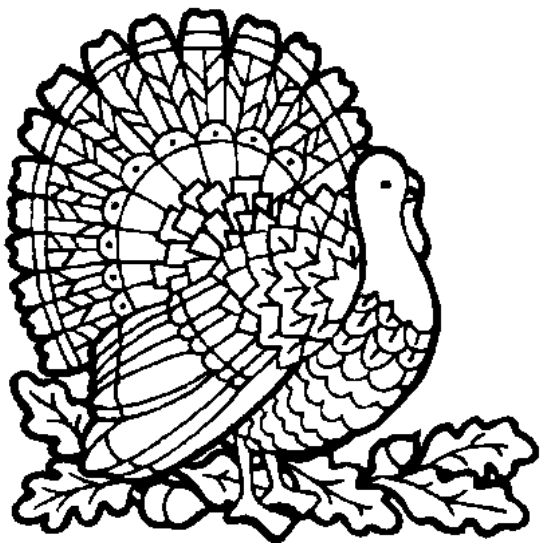
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Letter To The Editor

No cost of living increase?

Just a few days ago the announcement came out that there would be no increase in Social Security benefits for the second year making 3 years that the checks have remained the same, because there is no increase in the cost of living.

My first question is how many employed people on December 31, 2011 will be making the same as they did on January 1, 2009. Some will but I think most will be making more.

Good examples of the cost of living not going up. Gasoline in this area on Oct 1 was 2.699 today 11-16 it is 3.039. In the Woodsville - Wells River area there are 4 places to buy gas and 3 are owned by the same company which explains some.

I just received a notice that my part D was going up and my Supplemental insurance is also going up to over \$540 a year. Plus we pretty well know that prescriptions are going to be going up.

We have also received notice that our power company is going for a rate increase in 2011.

It is the time of year that we can look forward to the cost of heating our homes going up.

This is not even counting what food and other necessities are going to be doing during the next year.

There is a bill in congress that I just read will probably not get acted on during this lame duck session that would allow a \$250 rebate for Social Security recipients.

I have no idea what is considered a cost of living increase but I call these few items I mentioned as increases in my cost of living and I am pretty sure I am not alone in these increases or feelings.

I don't know who determines when there is a cost of living increase or how they do it. I am pretty sure they are not very observant and probably do not pay their own bills.

My next question is directed to our Representatives and Senators. When the time comes and it does every year, are you going to give yourselves a cost of living raise at night during a time that no one knows about it until it is too late?

Another question I have for our congress is How can you find money to finance a war yet can't find a way to fix Social Security. A months cost of the war would make a big dent in Social Security's woos and now that we are suppose to be coming out of Iraq maybe some of the money that had been used there could be directed to Social Security. Better yet why don't you give up your very lucrative retirement plans and go on Social Security and see what the real world has to put up with.

The last thing I want to say is "Thank GOD there is no cost of living increase" because I am not sure we could afford it if there was.

Jim Dudley
Groton, VT

Jim,

First let me recommend that you send a copy of your letter to your Senators and Congressman. I have read and observed some of the same things as you and agree. The cost of being alive is certainly increasing on a regular basis.

As far as explaining how the "cost of living" figure is arrived at, not an answer I have. I do know there is some sort of formula that certain people in Washington, DC have devised. In theory it will keep those on a fixed income up with inflation. I am not sure it always works the way it should.

Finally, your idea of putting all civil service people, elected or not, into the Social Security System sounds like a good one. Certainly with a vested interest by that group of individuals there would be more work done to keep it fully funded.

Keep up the good thoughts, and make sure you forward that letter.

Gary Scruton, Editor

Letter To The Editor

To the editor:

Your newspaper seems to support our military members, past and present, and so I thought that this would be a great place to tell my story.

As most people know, last Thursday was Veteran's Day. Across the nation, Applebee's restaurants support Veterans by offering free meals to Veterans on that day.

I am a 14 year Air Force Veteran. I have 12 years on the active duty side, and now I am a proud member of the Vermont Air National Guard. Last Thursday, I wanted to participate in the free meal at Applebees.

My son and I decided to go to the Applebees in Littleton, NH. As we walked up to the door, I was met by a young lady holding a clipboard. She asked if it would be just the two of us for dinner, and I answered yes. She told me there would be an approximate 5-10 minute wait. There was a gentleman at the door, who may have been the manager, and he asked if we wanted to wait inside as it was warmer in there. We went inside for a short time, but then my son decided he wanted to wait outside. As we were sitting on the bench outside, I was able to witness the interactions. Every older gentleman walking up to the young lady with the clipboard was asked, "Veteran?" and then they were asked, "how many in the party." The gentleman at the door also offered every person walking up to the young lady a "Happy Veteran's Days".

Why had I not been asked if I were a Veteran? Why had I not been offered a Happy Veteran's Day greeting?

When our time finally came, and we

were seated at our table, I had been given a regular menu. From looking at Applebees website earlier in the day, I knew that there were only certain items on the menu that were actually free. I asked my waiter about this when he got to the table, and he sighed, rolled his eyes and said "they were supposed to ask you at the door."

The remainder of my meal was fine, and uneventful, and I did get my free meal.

Some may ask why I chose not to mention anything that night, and my answer is because what good would that have done? I would have received an apology, and possibly another free meal, and that is not what I am looking for.

I am a female; I have a young son; and I am a Veteran!! I put on a uniform one weekend a month, and still have the possibility of a deployment in my future. There are many women in this country that defend our country every day. I do not think they deserve to be treated differently.

I want to just get the word out that Veteran's come in all different shapes and sizes. One should never assume that someone is/is not a Veteran based on appearances. We are male and female; we are old and young; we are the parents of young children, and of adults; we are Active Duty and Guard/Reserve.

Applebees needs to do a better job of supporting our Veteran's!

I wish to remain anonymous, as I am not looking for attention, I just want my story to be told...

Anonymous Female Veteran

Dear Female Veteran.

First let me thank you for your service.

Second, I think we need to thank Applebee's corporate for the offer of free meals to all veterans on Veterans Day. Obviously some of the employees at Applebee's may need a bit of training.

Third, let me mention that there are approximately 1.5 million female veterans in the United States right now. This number comes from the speaker at the Veterans Day Ceremony in Woodsville who herself is a veteran. Dr. Linda Lauer told a story about women in the military from Revolutionary War days until today. Those who have served included many who got no recognition what so ever for what they did. Some because they were never identified, and some simply because they were women. To somewhat quote an old ad, "You've come a long way baby."

Bottom line is that in today's society there are many veterans who may not look the part. So, to quote another old saying "Don't judge a book by it's cover", and be sure if you want to honor veterans, don't overlook anyone just because of gender, age, or any other reason. All veterans have earned our appreciation and respect.

Gary Scruton, Editor

Letter To The Editor

To the Editor:

The Board of Bradford's Old Church Community Theater thanks the many patrons, businesses, groups and volunteers who made the 2010 season of plays the success that it was, that gave so many people so much enjoyment watching "A Little Murder Never Hurt Anybody", "Arsenic and Old Lace", "The Devil's Disciple", "The Gin Game" and "An Evening of One Act Plays".

The Board wishes to especially thank Trendy Times for its reviews and assistance publicizing the season's plays, the many businesses who displayed our posters, the Bradford Congregational Church who rent "The Old Church" building to the Old Church Theater, and WYKR radio for hosting interviews. An additional thank you goes to all the talented volunteers who produced so many authentic and unique costumes required in many of this season's plays.

At this time, the building has been put to bed for the winter, and the board is choosing next year's plays, which will soon be posted on the website www.oldchurchtheater.org. Anyone and everyone can be a part of the 2011 season of plays: Visit the website for information, contacts, details and photos of past shows.

The Old Church Community Theater is pleased to continue to be a part of what makes our area special, and looks forward to an exciting 2011 season of plays.

For the Board,
Jim Heidenreich, East Corinth, VT

Jim and other Board Members,

It was certainly a pleasure of mine to be able to write reviews of the fine plays at OCCT. Though I don't mean to just paint a rosy picture, the level of production was, in my humble opinion, more than worth the cost of admission. Though not perfect, all aspects of the production showed the quality that your board and volunteers strive to reach.

I would also like to thank you for the invitation to your annual meeting. Though my first visit to any of your meetings, I felt welcomed and all were willing to listen to my questions and comments.

I look forward to the 2011 season and will tell our readers that we will attempt to keep them informed of the proposed schedule of performances for next summer.

Gary Scruton, Editor

Let's Go Christmas Shopping!



The Haverhill Recreation Department is interested in hosting a bus trip to the Tanger Outlets in Tilton, NH on Sunday, December 5, 2010. We will leave at 9:00 AM sharp and return by 6:00 PM. The fee for this trip is \$15.00 per person and \$10.00 for a child 10 and under. Children 16 and under must be accompanied by an adult. Lunch will be on your own.

How nice to be able to visit with your friends, family and neighbours without having to worry about driving! This trip is contingent on the number of interested people so reserve your space soon by calling Sherri Sargent at 603-787-6096.



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Arts Alliance Of Northern New Hampshire Announces New Assistant Director

LITTLETON - The Board of Directors of the Arts Alliance of Northern New Hampshire (AANNH) is pleased to announce Laura Thibault as the organization's new Assistant Director. A native of New Hampshire and graduate of the University of New Hampshire, Thibault joins AANNH with a strong background in nonprofit management. She

most recently worked as an independent nonprofit consultant and previously served as Executive Director of NARAL Pro-Choice New Hampshire from 2002-2007.

A resident of Thornton, Thibault is dedicated to improving the quality of life for those in northern New Hampshire. "The North Country is a unique and spe-

cial place. I am thrilled to join the skilled staff of the Arts Alliance as they continue to strengthen our communities through the promotion of arts, culture and heritage," said Thibault.

"Laura's background and experience in nonprofit settings, coupled with her passion for expanding cultural opportunities, make her a

perfect addition to our team of committed staff and volunteers," said AANNH Executive Director Frumie Selchen. Some of Thibault's early priorities will be strengthening internal operations, member services, strategic planning and fundraising.

The Arts Alliance of Northern New Hampshire (AANNH) is a nonprofit organization that promotes, supports and sustains culture, heritage and the arts throughout northern New Hampshire. AANNH serves as a network for arts information and arts programming, with a particular interest in providing arts opportunities to North Country audiences



by coordinating projects and presentations in schools and community sites across the region.



By Ronda Marsh

Cottage Pie

When I was growing up, about once a month my mother would make "Chinese Pie" for dinner. It consisted of browned ground beef in a casserole dish, topped by a can of creamed corn, then covered with a generous layer of mashed potatoes, and baked in the oven. Imagine the culture shock when I reached high school age and discovered that in the cafeteria they made the same thing and called it "Shepherd's Pie!" As an adult, I've learned that in order to be technically correct, Shepherd's Pie requires the use of ground lamb, and originated amongst the shepherds in Ireland; hence the name. Considering that I have a deep and visceral dislike of anything lamb, you'll never find me attempting that one! Conversely, Cottage Pie is the same sort of thing, but using ground beef, so where the "Chinese Pie" moniker came from, I have no idea. Confused? Good!



Because even though it's called Cottage Pie, the dish featured here is none of the recipes described above. This one uses turkey as the meat, and considering that in very few days, many of you will be searching for a way to utilize all that leftover bird residing in your fridge, I figured it was a good time to offer this as an alternative. Everyday Food Magazine is the source for this recipe, and

they state that you can use whatever meat you like in lieu of turkey...just brown it with the veggies and proceed. So give this a try; I think you'll agree that something about the beer and tomato paste in the sauce, coupled with the sliced and browned potatoes on top, makes for a wonderful and different kind of casserole, whatever you may choose to call it!

3 tablespoons butter, melted
1 onion, diced
2 large carrots, cut into 3/4" pieces
Salt & pepper
2 tablespoons tomato paste
2 cups leftover turkey meat, diced, OR
1 pound ground beef, turkey or lamb

1 teaspoon poultry seasoning
1 cup beer (they suggest a dark porter; I used a light pilsner)
2 tablespoons flour
3/4 cup frozen peas (I threw in some frozen corn, too)
1 or 2 potatoes, thinly sliced

Preheat oven to 400°F. In a large skillet, heat 1 tablespoon butter over medium-high. Add onions & carrots and cook, stirring often, until onion is softened. Season with salt & pepper and stir in tomato paste, allowing it to toast a bit. If using a raw meat, add it now and cook, breaking it up with a spoon until almost cooked through, about 3 minutes. If using leftover cooked turkey, add it to the pan and toss around to incorporate. Add the poultry seasoning and beer and bring to a boil. Cook, stirring often, until slightly reduced, about 2 minutes. Sprinkle flour over mixture and stir to combine. Add 1 cup of water and cook until mixture thickens, about 2 minutes. Stir in the peas and season with salt & pepper. Transfer mixture to a 2-quart baking dish. Top with potatoes, overlapping slices. Season potatoes with salt & pepper and drizzle with 2 tablespoons melted butter (I found that a bit much; used less.) Bake until potatoes are browned around edges and tender when pierced with a knife, 40-45 minutes. Cool for 10 minutes before serving.

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