

TRENDY TIMES

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JANUARY 4, 2011 VOLUME 2 NUMBER 7

Woodsville Fire Department To The Rescue



Normally when sirens are heard on a cold winter's night it is not good news. The sirens could be from the police. That could mean an accident, or a more severe crime. Possibly the siren is from the ambulance. When running a siren it generally means they are in a big hurry to get to an ill or injured patient. Either way, not a good day for someone. The others using sirens are the fire departments. And fire on a cold night is never a good combination.

On this particular night, though, the sirens meant something all together different. On December 23 (Christmas Eve Eve) the sirens from the Woodsville Fire Department heralded the arrival of Santa and al-

most the entire Woodsville Fire Department. Of nineteen members on the active roster, seventeen were present and accounted for. All helping to carry goodies to five different families in need in the Woodsville Fire District. And they needed all those hands. In fact all the apparatus of the department was needed to carry the manpower and the gifts. So a parade of ladder truck, pumper, tanker and rescue vehicles carried members who carried groceries, gift certificates, toys, clothing and even five bicycles out into the night and into the homes of some needy families.

It all made quite an impact of many of the young faces that came to the doors

to see what the sirens were all about. It also brought smiles and many thanks to the faces of parents who were thrilled to be able to see their children excited about Christmas.

But the members of Woodsville Fire Department did not stop there. On Christmas Eve they brought in already prepared food from their own kitchens to put together into a full turkey dinner, including pie, to be served to all the residents at the Opera Block. Once organized they made the trip down Central Street and delivered the meal, family style, to the assembled residents in the day room. This is the second year that the Fire Department has provided this meal for those at the Opera Block.

All of this is part of Oper-



ation Santa Claus, a project begun in 2007. During that time frame some fourteen families have been served. Names of those families needing assistance come from Woodsville Elementary School, Head Start, Haverhill Middle School, Tri-County

CAP and local residents. And as Assistant Chief Jeff Robbins said "It has been a huge success for us and hopefully for the families involved" It appears there is no doubt that the firefighters enjoy the opportunity, and the families appreciate the assistance.

What Would Happen If...?

That question was asked by one of the children of one of the firefighters as they were preparing to deliver presents as part of Operation Santa Claus. Well, there is a plan. In fact when asked, Assistant Chief Jeff Robbins said that they have been caught before out on some other duty when a fire alarm comes in.

So, what if? Well, first they assess the nature of the call. Simple fender bender that requires a truck and a few personnel? Get on the radio and send that truck with the right personnel back to the station to get the right apparel and then off to the scene. Something more ominous like a

structure fire? Again, send the right equipment and the right personnel off to handle the situation. And if need be, call in neighboring companies from North Haverhill or Wells River.

Speaking of the right personnel, the department has room on the roster for twenty-five volunteer members. They currently have 19. So if you have interest, let them know. They offer training up to the point that you feel comfortable. Even if you don't feel comfortable running into a burning home, without the man on the pump, no-one could go inside. Remember, every person at a fire scene is important.

And finally, the following list are those who supported the 4th Operation Santa Claus:

- | | | |
|------------------------------|-------------------------|----------------------------|
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| All Access | McAllister Jewelry | Sunny Garden |
| American Legion | McDonalds | The Bridge Weekly Sho-case |
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The publication date for Trendy Times will be every other Tuesday.

Ad deadline will be the previous Thursday at 5pm.



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America's First Forester

By David Falkenham, UNH Cooperative Extension Grafton County Forester

"Without natural resources, life itself is impossible. From birth to death, natural resources, transformed for human use, feed, clothe, shelter and transport us. Without abundant resources prosperity is out of reach"

- Gifford Pinchot

It is hard to imagine that by 1850 an estimated 75% of New Hampshire land was cleared for agriculture. By the early 1900's, much of the northern forest was being cut at an unprecedented rate to provide timber for the growing nation. These large cuts were unsustainable and often resulted in huge fires started by old logging railroads. Much of the White Mountain National Forest was clear-cut and burned around the turn of the century.

Today a walk in the woods will tell you a different story. Over 85% of New Hampshire is forested, making it the second most forested state in the union. The timber industry is the third largest industry in New Hampshire and many million cords of wood are commercially harvested each year on public and private lands. Thousands of people travel to New Hampshire every year to enjoy our natural resources.

Forestry is the science of managing land for a sustained yield of timber products. It was created in Europe and brought to America over 100 years ago by a man named Gifford Pinchot. Pinchot studied forestry in Nancy, France, since no Universities in the U.S. offered a forestry program in 1885. During his studies he became a convert to the practice of selective harvesting of timber resources. Pinchot graduated in 1891 and returned to the United States to apply his new found passion.

Pinchot was appointed as the chief of the U.S. Division of Forestry in 1898, and by 1901 he was a trusted friend of President Roosevelt. After his inauguration in 1901, Roosevelt held a meeting with Pinchot to begin planning a national conservation policy. The two men worked closely together and in 1905 Pinchot became the first chief of the new United States Forest Service.

Pinchot restructured and professionalized the management of the National Forests and greatly increased their number and area. Together with Presi-

dent Roosevelt, 150 national forests covering 172 million acres had been created by 1910. Under Pinchot's leadership, the US Forest Service developed a strong utilitarian philosophy that forests could produce timber products and be maintained for the use and enjoyment of future generations. Pinchot phrased this philosophy as "The greatest good for the greatest number, in the long run" emphasizing that forest management consists of long term decisions that affect all people.

There is some debate over who was the "Father of American Conservation": George Bird Grinnell or Gifford Pinchot. I would have to say that Grinnell was the first

person to popularize the importance of conservation and Pinchot was the first person to utilize science to put conservation to work. Pinchot believed that conservation and forest management went hand in hand. Pinchot practiced an unrelenting concern for the protection of the American forests. His scientific principles of systematic forest management helped guide the conservation of our forests in a very utilitarian way which benefited all people and helped build the quickly growing nation.

After his term as Forest Service Chief, Pinchot lived an activist lifestyle and continued to provide leadership in the management and pro-

tection of our forests. Over the last 100 years many men and women have been trained in the science of forest management at universities across the country. Foresters have learned how to cut trees for our present needs while simultaneously growing trees for future gen-

erations. For most foresters the greatest challenge is how to use, protect and enhance all of the forest's attributes that we "the greatest number" enjoy every day. Without the actions of Gifford Pinchot, this science, philosophy and lifestyle would be very different today.

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The New Year Resolution Season

Well, it's that time of year again. Resolutions are often quickly made and often even more quickly abandoned. What is your resolution this year?

Do you want to make

some changes to improve your health, feel better and look more fit? Do you want help finding the motivation you need to begin the change process? Diabetes educators can help you make these changes.

Have you considered ex-

ercise as your resolution? Did you know that walking one mile a day can decrease your weight by 9 pounds in a year? Exercise is well known to help mood, improve blood glucose (sugar), decrease blood pressure, lower bad cholesterol, raise good cholesterol and as if this is not enough, it helps your body to function better in other ways!

Even though 1/1/11 is an interesting looking date, any date is an appropriate starting point to begin making lifestyle changes. All lifestyle changes take time and require effort and determination to be sustained. The change needs to be looked at as an on going process.

STEPS FOR SUCCESS

1. Make a Plan-write down your goal and a detailed plan on how you are going to get started and maintain the changes.
2. Start-you must take baby steps before you can run, so make sure you are being realistic.



Woodsville High School Band at Cottage Hospital Mr. David Heintz and members of the Woodsville High School Band spread some holiday cheer to patients at Cottage Hospital. Photo courtesy of Cottage Hospital.

3. Focus-complete one change at a time. After you have made one change a habit, then add a new goal to focus on.
4. Ensure success-find someone to share the change with. For example, walk with a coworker, quit smoking with your spouse, or attend weight loss meetings with a friend.
5. Be determined-you will have days where things don't work as planned, start again the very next day.

6. Celebrate success-ward your hard work.

For more information about diabetes education or to schedule an appointment, please contact 603.747.9156.

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



The Cottage Hospital Auxiliary has white bulbs on a real tree in front of the hospital and also puts the name of each honoree for their Memory Tree on a red ball and pins it to a green felt tree on a bulletin board in the main hallway at the hospital. Once the balls are in place, a printed list of all the honorees and donors is added to the display.

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'11 office party budget cuts.

Cartoon By Owen Davie

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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.



A FREE PUBLICATION

TRENDY TIMES

www.trendytimes.com

OBITUARY EARL SHEPARD HASKELL



NEWBURY, VT – Earl Shepard Haskell, 80, died December 29, 2010 at his home on Old School House Road following a period of failing health.

He was born in Groton, VT, February 1, 1930, a son of George and Vesta (Carpenter) Haskell.

Earl was a gear shaper and a foreman in the cutter shop in Springfield, VT. Following his retirement he worked at the former Butson's Supermarket in Woodsville, NH and was a self-employed woodworker.

Earl lived in Springfield for many years before returning to Newbury in the mid 1980s. He enjoyed wood-working, painting, singing and dancing, hunting, fishing at Ticklenaked Pond in Ryegate, VT, cooking and making pastries and gardening. He looked forward to his family's annual gathering for the pig roast and bean hole beans.

Earl married the former Katherine M. Welch on June 25, 1949 and she predeceased him on June 7, 1996. He was also predeceased by a son Ronald E. Haskell on November 24, 1996, a great grandson Kody Smith, and his siblings Joyce Frost, Faye

Jordan, Shirley Darling, and Glenn and Guy Haskell.

Survivors include his wife Jean E. (Foster) Chase Haskell of Newbury, VT, to whom he was married on July 7, 2001; a daughter Lori Losee and husband Peter of North Springfield, VT; seven grandchildren and four great grandchildren; two step sons, Brian Chase and Jon Chase, both of Newbury, VT; two brothers, Kent Haskell of Groton, VT and Vern Haskell of Olivebridge, NY; and several nieces, nephews, and cousins.

A memorial service will be held on Saturday, January 8, 2011, at 2 PM at the South Ryegate Presbyterian Church with Pastor Candace Ricker officiating.

In lieu of flowers, donations may be made to Cottage Hospital, PO Box 2001, Woodsville, NH 03785.

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

For more information, or to offer an online condolence, please visit www.rickerfh.com

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NOT SO FAST!

In the last edition of Trendy Times there appeared an article about passing the torch at Ross Business Center. Steve Ross has indeed sold the business to Glenda Hofmann who has changed the name of the business to Copies and More. Glenda will continue all the printing that has been going on for some time. K-cups coffee and office supplies will also be sold as before. Part of the article described how Glenda may even add a few other items in the future.

The section that may need some clarification is that Steve Ross is NOT leaving any time soon. That means he will be around to service all the office machines he has sold in the past couple of decades. Plus you can still talk to Steve about ordering a new copier, fax machine, or other larger office equipment.

If you have any questions for the folks at Copies and More you can contact Glenda at ghofmann59@yahoo.com

We regret any confusion caused by our story on the sale.

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Monroe Consolidated School Honor Roll



Here is a list of our honor roll students for the first trimester period – September thru December 2010.

GRADE 8

Bethany Dubey - Honors in Social Studies, Art, Physical Education and Library

Esther Konkel - Honors in Reading, Writing, Social Studies, Music and Physical Education

Natalia Lundin - Honors in Reading, Writing, Social Studies, Art, Physical Education and Library

Sadie Shelton - Honors in Reading, Writing, Social Studies, Art, Physical Education and Library

GRADE 7

Rachel Cohen - Honors in Reading, Writing, Social Studies, Music, Art, Physical Education and Library

Emma Foley - Honors in Math, Reading, Writing, Science, Social Studies, Art, Physical Education and Library

Josiah Lundin - Honors in Reading, Writing, Social Studies, Physical Education and Library

Danielle Martin - Honors in Math, Reading, Writing, Science, Social Studies, Music, Art, Physical Education and Library

Alice Morrison - Honors in Reading, Writing, Science, Social Studies, Art, Physical Education and Library

GRADE 6

Samantha Cohen - Honors in Reading, Writing, Science, Social Studies, Music and Physical Education

Riley Cowell - Honors in Reading, Writing, Social Studies, Art, Physical Education and Library

Baylee Wagner - Honors in Social Studies, Art, Physical Education and Library

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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
Horse Meadow Senior Center
North Haverhill

TUESDAYS

**A NEW COFFEE SHOP
STARTING JANUARY 4TH**

8:30 AM – 10:00 AM
Horse Meadow Senior Center
North Haverhill

WEDNESDAYS

BINGO

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

WEDNESDAYS/FRIDAYS

WEST BARNET SENIOR MEAL

12:00 Noon
West Barnet Senior Meal Site

TUESDAY, JANUARY 4

**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, JANUARY 5

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**

8:00 AM
Wells River Savings Bank, Wells River

**WOODSVILLE/WELLS RIVER 4TH OF
JULY COMMITTEE MEETING**

7:00 PM
Woodsville Emergency Services Building

MONDAY, JANUARY 10

**ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING**

6:00 PM
American Legion Home, Woodsville

**HAVERHILL COOPERATIVE SCHOOL
BOARD MEETING**

6:00 PM
Haverhill Cooperative Middle School

WEDNESDAY, JANUARY 12

**MONTHLY MEETING - ROSS-WOOD
POST #20 AMERICAN LEGION**

6:00 PM
American Legion Home, Woodsville

UPPER VALLEY BEE CLUB

7:00 PM – 9:00 PM
Westshire School, Rte 113, West Fairlee

MONDAY, JANUARY 17

HAVERHILL SELECTBOARD MEETING

6:30 PM
Morrill Municipal Building, North Haverhill

THURSDAY, JANUARY 13

VERMONT LEGISLATIVE DISCUSSION

6:30 PM
Fairlee Town Hall, Route 5, Fairlee

FRIDAY, JANUARY 14

**NORTH COUNTRY CHORUS
30TH ANNUAL MADRIGAL DINNER**

6:30 PM
Monroe Town Hall
See ad on page 5

SATURDAY, JANUARY 15

**NORTH COUNTRY CHORUS
30TH ANNUAL MADRIGAL DINNER**

6:30 PM
Monroe Town Hall
See ad on page 5

SUNDAY, JANUARY 16

**NORTH COUNTRY CHORUS
30TH ANNUAL MADRIGAL DINNER**

4:30 PM
Monroe Town Hall
See ad on page 5

TUESDAY, JANUARY 18

**NH STATE VETERANS COUNCIL
REPRESENTATIVE**

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, JANUARY 20

BATH SCHOOL BOARD MEETING

6:30 PM
Bath Village School

SATURDAY, JANUARY 22

**AMERICAN LEGION DISTRICT 8
EIGHT-BALL POOL TOURNAMENT**

12:30 PM
Fredonwarell Post #17, Groveton, NH

MONDAY, JANUARY 31

HAVERHILL SELECTBOARD MEETING

6:30 PM
Morrill Municipal Building, North Haverhill

The Date Of Your Event

What Your Event Is

The Time Of Your Event

The Location Of Your Event

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Deadline for submissions is Thursday, January 13, 2011 for our January 18th issue.

A Windy Winter Blast Into The Past

By Robert Roudebush

First were the flashlights, then the lanterns, then stoke up the fire. After that it was a routine we had followed many times over the last thirty-five years in New Hampshire.

The other day, with a flash and a flicker, then a pause and another flash and then dark, my Mom and I were jerked backwards in time 150 years, maybe even longer ago into primordial history. This happened in our living room watching "Jeopardy". A mere click on the clock, it was also a gut-gripping journey. Suddenly, we were the small animals in the deep woods, hiding, listening for a predator. We remained absolutely still for a few seconds. It's called a power outage. I've heard it called a power outage.

Lots of us in the Haverhill area made the flip-flop trip some weeks ago, and some were on the journey much longer than we were. Wind, snow, more wind and then trees falling on wires is an old story in these parts, with the unfortunate magic that follows.

The difference between power on and power off is striking. No light, no TV, no cable or phone. No cell phones here, and I've heard of Wi-Fi, but we don't have that either. No heat. The only clock working is the Grandfather in the corner who keeps on swinging and ticking and chiming. No radio. No computer. No refrigerator background hum. - the silence was thundering.

Any house, especially a log home in the woods, talks to you all the time. It naturally shifts and creaks. Everyday gadgetry buzz dulls our senses to the natural language of wind and temperature. But not now. In a house without power, you listen to the strain of heavy log walls withstanding wind, and wooden floors wincing from the push on the logs. Then there's the dark, so black, your eyes don't work so you feel your ears reaching out. The snow/sleet pelting your roof, your trees bending and moaning in the wind. There's more light outside the house than in because the low

clouds are moon back-lit and the tree silhouettes are visible against them. You can't believe dark upper branches can move so much in great swinging arcs without breaking. Sometimes they do break and there's your outage. You wonder about those rock-and-rolling trees, how they'd sound landing on the roof.

We quickly remembered things we had to. That's not a bad feeling, kind of empowering. The flip-side of the bad gut trip. All of this rushes through your senses in the span of seconds.

My Mom doesn't complain about anything, and doesn't express worry in sudden total dark. We call her Mamita. She was born nearly ninety years ago and lived for the first 30 years of her life in Columbia, South America, the land of the Andes Mountains and of massive rain forests. Her family there had just a trickle of electricity in those days, enough for one small light bulb mostly - no hot water, no refrigeration, none of today's electric toys or conveniences. She can handle anything up here with calm ease and good humor, and has done so often over the years since she and Dad came up here in the 1970's. There's a flashlight in every room of our home, within arm's reach- and some hang off hooks too in dark hallways, electric lanterns really. Batteries fresh and plentiful. A habit started by my engineer father. Candles too, and matches, and oil-burning glass fluted lanterns with extra wicks and back up containers of lamp oil. After a little flashlight work, we lit the lanterns and those comforting glows gave us the working light we needed.

Heat first. We have a free-standing wood-burning stove, glass-fronted, in our biggest room, and we know from experience that small unit can warm the house even in sub-zero temperature. We can keep the big room at 60 plus and the other rooms, even upstairs, above 50 from radiated heat. Cords of wood outside under cover, cut, split and stacked in rotation order,

something I work on during all the warm months of the year every year.

Flickering orange flames through the front glass of the stove are nearly as warming as the heat itself. And we can cook on the flat iron top surface. Anything you can do on the top surfaces of a regular stove. Heat coffee. Even make coffee because we've kept the old style aluminum perk coffee maker. Heat soup, stew, fry sausage or bacon, scramble eggs, make toast, toasted cheese sandwiches. If you can heat water, you can wash dishes. The propane powered grille on the back deck, just waits for a light up. Might have to brush some snow off.

So, you got light and heat. Canned food stored in the house. Water? In Mountain Lakes, with its own water sup-

ply system, just the right kind of power outage stops the electric pump in the district pump house from lifting water into the high mountain reservoir. The system is equipped with an alarm when the electricity to the pump stops. After pumping stops, there remains a set amount of gravity fed water for district residents before the reservoir runs low and the flow stops. It happens rarely but has occurred at least once in my time up here, that's about 7 years. We were short of electric power for nearly 5 days straight. The Roudebushes keep about 30 plastic gallon jugs of fresh water stored on the premises. We also know how to melt fresh snow, though that's a laborious process and you end up with melted water at about one third the quantity of the snow you haul in. Longtime

area residents know that within relatively short drives there exists free drinking quality water, gushing right out pipes from the sides of mountains along at least two roads nearby. Water for flushing is obtained if need be by a short trek to our pond, breaking the ice if necessary, and hauling the water into the house.

We have radios, as well as some flashlights, that you can crank or shake power into. Money and time providing someday maybe we'll have what I have always wanted at our place - a whole-house back-up generator, with its own propane fuel supply - I suppose we could even dig our own well if we chose for that other necessary back-up resource. But those arrangements would really take a lot of fun out of it, wouldn't it?

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

January 4, 2011 Volume 2 Number 7



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Intern Program By Ray Burton

Concord, NH Since his first term in 1977 Executive Councilor Ray Burton has operated an Intern Program at his State House Office in Concord NH. Since 1977 and to date there have been 135 student Interns who have earned academic credit through this program. Their work consists of working on various projects for the large Northern NH Council District of 98 Towns and the four Cities of Berlin, Lebanon, Claremont and Laconia spread across the five North-

ern Counties of Carroll, Coos, Grafton, Belknap and Sullivan. The Interns often represent Councilor Burton's office at legislative hearings and capitol city/government events. Several Interns have also had projects relating to Burton's duties as a Grafton County Commissioner and other Counties in NH.

All of them have gone into public service such as UNH Intern (1989) Christopher Boothby of Meredith, NH who just completed 12 years as a Belknap County

Commissioner.

Mark Munickello, Keene State (1994) is now a Trade Association Representative for a communications company in Oregon. New England College (1981) Intern Bruce Berke Represents NH Ski Areas, Laurie Laidlaw (1978) Dartmouth College Intern is now practicing law in New York City, Craig Patte, Middlebury College (1985) is a Trade Association Representative in Washington DC. Whitey Mitchell, West Virginia College (2002) Intern is now in banking in British Columbia, Canada; Sergiue Sironenko, (2002) from the Russian Tax Institute is now in business in Moscow, Russia, Luke Kraus American University (2009) Intern is working for a Political Action committee, Stefanie Webb, (2009) Plymouth State University Intern now is an administrator at a Mid Western College. Plymouth State University Seniors Nick Casali and Susan Connolly will be starting their internship in January 2011. The first intern was Scott Pollock from Plymouth State University (1977) who is now in business in Manchester, NH.

"These are but a few of the interns have who evolved into community, government, business and political lives



Plymouth, NH – The NH Dept. of Education Celebrated the 9th Annual Leadership in Education Awards. Among those honored was the Bath Village School. The Award states "The community takes it to heart that it really does take the village to raise and educate its children and views the school and the children as its most valuable ble asset." Attending the Award ceremony is l-r Ray Burton, (a 1954 Bath Village School Graduate) NH Commissioner Education Virginia Barry, Mike Admesden, Principal and Bruce Labs, Supt., of Schools.

as a part of sharing experiences in NH State Government for a semester. "It is indeed an honor to come to know them and support their aspirations for their futures," Burton stated.

The Interns and the Program will be honored on Wednesday, January 5, 2011 5-7 PM at a Reception at the Eagle Deli, Concord, NH

(across from the NH State House) Everyone is invited. Granite State College President Todd Leach will be a guest Speaker and share his 25 years of experience in higher education and his future projects for the 3,500 learners in the statewide college. For information contact Councilor Burton's Home Office at 603-747-3662.

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Friends Of Rachel At WHS

Every school has clubs or groups that offer a certain benefit to the students of that school. These would include the sports teams, the band, the chorus and all the other clubs for specific purposes that reach a certain segment of the school population.

But Woodsville High School also has a group of students who are determined to reach every student, every teacher and administrator, plus the general public with their mission. That group is the "Friends of Rachel" with group leader and advisor Jennifer O'Dell. The group was founded four years ago with the "dull" name of Student Leadership Team. One of the team's first projects was to bring in a speaker from Rachel's Challenge.

If you are not familiar with Rachel's Challenge, their roots are from Rachel Scott, the first person killed in the Columbine School shootings of 1999. Their mission statement reads as follows: We exist to inspire, equip and empower every person to create a permanent positive culture change

in their school, business and community by starting a chain reaction of kindness and compassion.

After hearing the presentation the Leadership Team changed their name to "Friends of Rachel" and have continued their project with a more focused challenge and goal. Simply put they are striving for a "better social climate" for Woodsville High School. To that end they continue to bring in speakers on anti-bullying programs, and to run their now annual Freshman Backpack Orientation. This program gives all incoming freshman a bag with pens, pencils, note book, binder, etc. Plus a tour of the school, and a barbecue are planned for the day before the new school year begins. It is all designed to insure that all students get off to a good start with their Woodsville High School education.

A more recent project was "Do Good Denims". The group recently travelled to Dover, NH to pick up several pairs of jeans to be distributed to students who were in need of such apparel.

Other members of this group also recently assisted with the local Toys for Tots drive and distribution.

According to O'Dell the group began with only about ten members. But today she boasts a membership of almost three dozen with a very diverse makeup. She has athletes, book worms and special education students. The common ground of belonging to "Friends of Rachel" gets all of these students pulling in the same direction.

Some members of this group will be heading to a Leadership conference in mid January. This is another way for them to bolster their knowledge of leadership as a means to helping others fulfill the challenges that all high school students face.



Woodsville High School's friends of Rachel club was recently awarded \$500 by local Walmart Super center in Woodsville, New Hampshire. Friends of Rachel is a program dedicated to improving the social environment of their high school.

Left/right Anna (employee), Ashely Hopp, Michelle (employee), Matt Abrams, Colleen (employee), Jennifer O'Dell (advisor), Chad (manager), Elle Reingold, Connie Lankiewicz, Beth Mitchel, Jenny Hill

Photo courtesy of Josh Peart

Rachel's Challenge Objectives For Schools:

Create a safe learning environment for all students by re-establishing civility and delivering proactive antidotes to school violence and bullying.

Improve academic achievement by engaging students' hearts, heads and hands in the learning process.

Provide students with social/emotional education that is both colorblind and culturally relevant.

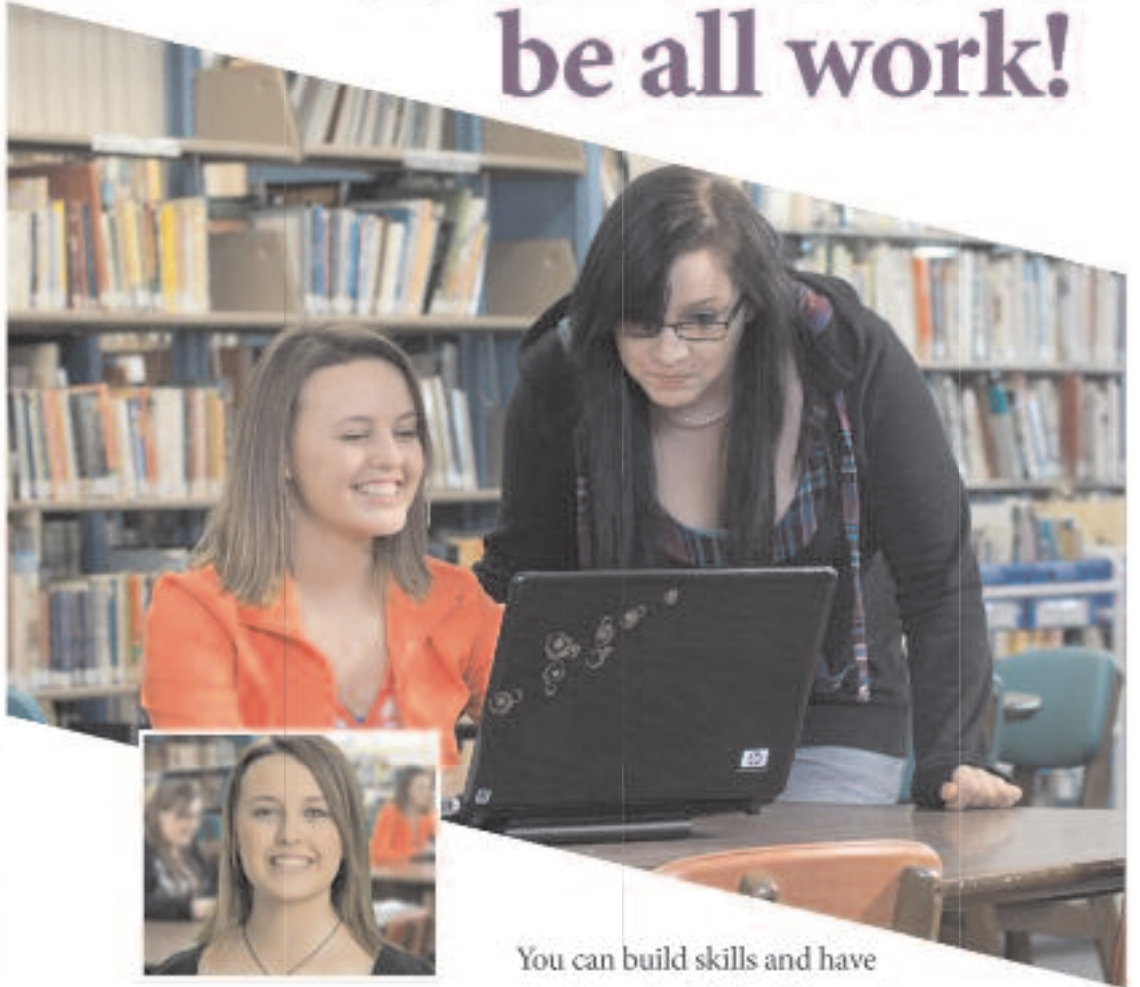
Train adults to inspire, equip and empower students to affect permanent positive change.



A bald eagle resting in a tree on the shores of Post Pond in Lyme. Photo taken by Jeremy Lamarre while ice fishing.

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SCARED SHEETLESS

By James Paradie

Haunted Lisbon? Lisbon Town Hall Lisbon, NH

(This is a column from February 2009 and in October 2009 I became a part of the North Eastern Paranormal Investigations team. It's an oldie but a goodie, new articles coming during 2011!)

you could say WAS a haunted history. But when I went to the Town Hall to further investigate this myth, nobody, not even the Town Clerk, Charlotte, even knew about it and she's been working their for 42 years, so like I said, the story is untrue. However, she did tell me that when she first started working there, she had the night shift, and would hear someone walking down or up the steps when she was the only person in the building.

mind, NOBODY was downstairs! If that doesn't cause goose bumps (or ghost bumps) then I don't know what will. Also, they brought motion detectors with them and that also went off when there was nobody there. NEPI had a raffle and a meet and greet before the investigation went on where two lucky winners, one male and one female, got to go on the investigation with them. According to Tony they both saw a grey figure or a shadow. Now, when one person sees it, and nobody else does, then of course anyone's going to be skeptical, but when two people see it... the chances of it being false just about goes out the window. NEPI hopes to do a second investigation at the Town Hall at some point.

Every town has a myth, a legend, but who created it is the biggest mystery of all. This myth is in the town that I've been a citizen of for the past seventeen years, Lisbon. Lisbon is a small town of just 1,587, according to a census conducted in 2000, but is their one more citizen to add to the list?

The ghost does like to keep everyone on their toes though, especially the police, who are located on the ground level of the town hall. They said that they could hear footsteps on the stairs above, and upon further investigation they were the only ones there. There's also been other occurrences as well, such as during a 3rd grade play, a girl saw a man sitting on the stairs, and when she asked her parents who that was, they saw nobody there, but the girl still could! Did the girl really see a spirit or was it just those great over reactive imaginations that kids tend to have?

Before I end this column, I would like to thank Nancy and Tony for their time to explain how the investigation went. I have a feeling you will be seeing a lot more of the NEPI crew in my future columns*. For more information on NEPI, check out their website @ www.northeasternparanormal.com and if you're wondering if you have a ghost in your house, then they'll check it out free of charge - donations are welcomed though. I would also like to thank those two wonderful ladies at the Town Clerk's office at the Town Hall and Andrea Fitzgerald for giving me historical facts about the Town Hall. Thank you! And, to those Graveyard Disciples out there, Happy Haunting!

Finally, an investigation was called in, and the North Eastern Paranormal Investigators were the ones called and on October 25th, 2008 (how coincidental, six days before Halloween!) The questions were finally going to be answered. I had the privilege of listening in on the phone conversation with both NEPI Co Founders, Nancy Fortin and Tony Ardolino about the case. They said that they thought the case was a success even though that the weather and the age of the building definitely played some factors in the investigation. The building is well over 100 years old, so of course it's going to creek and settle, but as Nancy said, anyone can tell the difference between a house settling and human footsteps. Also, during one point of the investigation, they were upstairs -Nancy and another NEPI team member - and suddenly they heard someone walking up the stairs... at them (keep in

I've heard for about ten years that the Lisbon Town Hall is one of the biggest, haunted, hot spots in the local area. I forget who told me the story first. I swear at the age of 20, I already have dementia. The original story of the cause of the haunting has now been deemed as false, but for those who didn't know the original story, here it is: One night, a worker, in the 1950's, hung himself off the staircase, and the rest



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Science, Engineering & Technology

Wanted: 4-H Science Ambassadors

By *Kathleen Jablonski*,
Extension Educator for 4-H Youth Development

Do you like science? Are you between the ages of 10 and 18? Do you have 2 or 3 friends that like science? Can you find an adult who would like to work with you to become a 4-H Science Ambassador? Grafton County UNH Cooperative Extension 4-H Youth Development is looking for teams of youth and adults to be 4-H Science Ambassadors for the 4-H Science Everywhere program. The program is designed to inspire youth and adults working in partnership to experience, through inquiry, the science in their 4-H projects.

Science weaves through everything in our lives and we want to develop teams to help youth in Grafton County be 4-H SET for life. (That is ready to use science, engineering and technology learned with the life skills taught in the 4-H program to improve their lives. National 4-H Council has a goal for 2012: One Million New Scientists. We are confident the 4-H Science Ambassador program will help meet that national goal.

The 4-H Science Everywhere Discovery Institute is a new daylong event held at UNH on Saturday, February 12, 2011. At the Institute, youth and adult partners will explore activities and curriculum in one of four science strands: plant and animal science; food and health; engineering and physical science; environmental science and natural resources. Teams will receive training in teaching and sharing. After returning

to their county, teams will serve as ambassadors to bring the fun of science back to share with their clubs, Afterschool programs and other community groups. While at the Institute participants will meet faculty and graduate students working in scientific research, do engaging inquiry-based curriculum and tour UNH research facilities.

Inquiry Science or Inquiry-based Learning is a form of the Experiential Learning Model in which the activity is set up for the learner to engage in open ended, learner centered hands on activities. It is the freedom of exploration within the content area that allows for inquiry. There are three basic types of inquiry learning: structured inquiry, where a set problem, procedure & material are presented without knowledge of expected outcomes; guided inquiry, where a problem and material are provided to investigate; open inquiry, where learners are presented with materials and can formulate their own problems to investigate.

We are looking for teams of 2 youth (age 10 – 18) and one adult to explore each of the four science strands. If an interested youth is not already involved with 4-H, the youth can complete a simple enrollment form prior to registering for the event. Adult partners would need to complete the 4-H Leader Screening process. Participants will be responsible for their own transportation to and from the University. A minimal

registration fee will be charged to cover cost of materials for the day. Teams will be expected to volunteer time after the institute to work with at least one six hour inquiry science program with a youth based group in Grafton County.

At the Institute, training will include teaching participants to work as youth/adult partners and teaching them how to be Ambassadors, as well as introducing them to faculty and graduate student mentors. Participants will also be taught specific curriculum to teach to community groups upon their return home. Training will be provided in a web based 4-H Science Everywhere Blog. 4-H Educators in charge of the institute are Rick Alleva, Claes Thelmark, Julia Steed-Mawson and Mike Kioski. All were trained at the National 4-H SET Leadership Institute sponsored by the National 4-H Council.

Registration information will be posted on the 4-H website shortly. If you are interested in being on a team to represent Grafton County please contact Kathy Jablonski at 787-6944, Kathleen.Jablonski@unh.edu or write to her at: 3855 Dartmouth College Highway, Box 5, North Haverhill, NH 03774.

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LETTERS

(and even some real words)
From The Editor

Please Respond To The HRC Survey

This is not my normal letter from the editor. In fact, this letter is much more to help out an advertiser from our last issue. In the December 21 issue of Trendy Times we published a survey for the Haverhill Recreation Commission. The survey is seeking input from anyone in the area, whether or not you have participated in any of the programs that the HRC has presented.

The Town of Haverhill Select Board, Town Manager, Interim Director, Sherri Sargent, along with the volunteer commission members, all continue to look at the programs offered to see if they are fulfilling the needs of the community. They also are always looking for new ideas or directions for the recreation program to progress.

The survey is a great way for those in the area to help, and to get your voices heard. As of late last week less than a dozen surveys had been returned. So this is a plea to all readers to get out the last issue of Trendy Times, cut out the survey and mail it back or drop it off. You can also go to www.trendytimes.com and find the survey, print it out and mail it in. Or, you can visit the town web site at www.haverhill-nh.com. The survey is now posted there so that you can download it.

Whatever method you take, please put aside a few minutes to take the survey and get it back to the HRC. It can help shape the future of the recreation program in Haverhill for years to come.



Cartoon By Owen Davie

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WOODSVILLE NH: First floor apartment 1 bedroom, \$675/month all utilities included. Second floor apartment 1 bedroom, \$650/month all utilities included. 1st month and security required, no dogs. For more information contact Vickie Wyman at All Access Real Estate. 603-747-3605 02.01

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. 02.15

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Bear Ridge Speedway The Best Bang For Your Buck Family Entertainment

Bear Ridge Speedway continues to be the best source of good inexpensive high quality entertainment for families, and 2011 will see it even better for the fans. The price of a general admission (front gate) ticket will remain the same as it has over the past decade for adults (ages 17 to 61) at \$10.00 a person and children 11 and under \$2.00. Teens 12 to 16 and seniors 62 and older will be able to enjoy the racing in 2011 at \$8.00.

The price of the back gate (pit entrance) will also remain the same for Bear Ridge Speedway 2011 license holders and non license holders, but starting in 2011 we will be offering an additional incentive for competitors at other tracks and racing series to come check out what it is like to compete on the fastest 1/4 mile clay oval in Vermont. To get thru the back gate (pit gate) Bear Ridge Speedway 2011 license holders will get in for \$10.00 and non license holders will get in for \$20.00 (both of these prices are in addition to the front gate ticket and the same as they have been for over a decade now.) What will be added to the options at the back gate will be a rate of \$15.00 for those competitors holding 2011 licenses from other tracks or racing series groups. We at the Ridge encourage everyone to get out and race, even if you don't call us your home track, but we also encourage you to come check out the Ridge, to see just how much fun it is. This will make it more affordable for that driver and crew to check out our facilities without having to pay the full Bear Ridge Speedway non member rate. (In order to be eligible for the Bear Ridge Speedway points fund, and recognized at the annual awards banquet, drivers will have to hold a 2011 Bear Ridge Speedway license and run on track designated tires as indicated in the rule book.)

You do the math, in today's economy you will be hard pressed to find entertainment that is perfect for the whole family at less than these rates. Racing is the number one spectator sport in the country with well over 750 dirt facilities running nationwide, so if you haven't

been up to the Ridge in awhile or at all why not check it out in 2011.

The kid's club will return in 2010 with added activities and prizes available exclusively to the elite members of the club. The price for membership will remain the same at only \$2.00 per child. Once registered, kids will benefit in weekly free give aways, rides with their favorite drivers, pit tours, special autograph sessions and more, just by signing in each week after becoming a member.

As we continue to make your experience just what you are looking for, we are also working on ways to ensure that the show continues to end in a timely manner on a weekly basis.

Remember in today's society we could all use a little more family entertainment, and the Ridge is your best place to be for just that. The admission price is more than reasonable; the show top notch, the food superior, and the family friendly atmosphere is just what you are looking for.

2011 driver and crew membership applications will be in the mail shortly and are now available on the website. Be sure to get yours sent in by March 1st for early return savings.

Bear Ridge Speedway is an alcohol free family friendly entertainment spot, with our goal to make each experience to the Ridge better than the last.

Bear Ridge Speedway is located off exit 16 of I91 on to Route 25 west 1 mile to South Road up the hill to Kidder Rd. The first green on the 44th season will wave on May 7th, and will continue to wave every Saturday at 6:30 pm. web site www.bearridgespeedway.com please check it out often for updates. Questions can be sent to tobrsdirt@charter.net

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TimeBank Established In St. Johnsbury

The "Equal Exchange" TimeBank in St. Johnsbury is open for business. The TimeBank is a newly established community-based non-profit organization, housed in St. Johnsbury, which encourages neighbors to help neighbors. The organization is one of more than 90 programs affiliated with TimeBanks USA that have been formed around the country in order to strengthen communities and allow members to exchange their skills with one another.

The Equal Exchange TimeBank is a collaborative project involving several existing community organizations including the Community Justice Center, Gilman Housing Trust, the Area Agency on Aging for Northeastern Vermont and the Vermont Agency of Human Services. The project is housed at the St. Johnsbury Community Justice Center. Simply put, the Equal Exchange TimeBank is a network of people who are able to share and exchange their skills with one another. Members offer skills and services that they are able to do, and may publicly request assistance with other tasks. For every hour of service given to another - whether that service is cooking, childcare, car repair or something else - a member earns one Time Dollar.

Mary can use childcare hours to earn Time Dollars for her daughter's piano lessons; Rachel can use the Time Dollars she earns giving piano lessons to have her neighbor shovel her walkway. By using the TimeBank, Mary can offer her daughter an opportunity they couldn't otherwise afford, and Rachel enjoys the independence of getting winter work done without having to rely on her children's help. Meanwhile,

the man shoveling Rachel's walkway earns Time Dollars he'll use to get help with home repairs.

The cycle of giving and receiving is the key to TimeBanks. With TimeBanks, people of all ages have something to offer. Members earn hours where their skills lie, and receive help or services without guilt and without fear of the cost involved. The potential of exchanges is virtually limitless, and as members exchange services they

also form new connections with others in their communities.

If you are interested in learning more about TimeBanking and the Equal Exchange TimeBank, please contact us! We can be reached by phone at (802) 535-3387, or email at info@equalexchangevt.org. We're happy to answer any questions you may have. You can also learn more by visiting our website at www.equalexchangevt.org.

Employment Mentor

Upper Valley Services is seeking an employment mentor. The candidate we're looking for will be one who is patient, positive and encouraging. He will help a man in his forties at his job in the Bradford area to be the best employee he can be, and to get to regular appointments in the community. Good communications skills with the individual, his supervisor, and the rest of the team are essential. Clean driving record, and a safe, inspected, insured vehicle are needed.

Competitive pay, 18 hours a week. Call 802-222-9235 or 800-639-1758. Ask for Lynn Irwin or e-mail us at lrwin@uvs-vt.org

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 E.O.E.

The Most Essential Vitamins

Editor's Note: This is the second of three parts of Melanie's information about Vitamins.

• **VITAMIN A** - fat soluble, requiring fats and zinc as well as other minerals and enzymes for absorption. Counteracts night blindness, weak eyesight, and strengthens the optical system. Supplementation lowers risk of many types of cancer. Retinoids inhibit malignant transformation, and reverse pre-malignant changes in changes in tissue. Particularly effective, even in large amounts, against lung cancer. An anti-infective that also builds immune resistance. Helps develop strong bone cells; a major factor in the health of skin, hair, teeth and gums. Deficiency results in eye dryness and the inability to tear, night blindness, rough, itchy skin, poor bone growth, weak tooth enamel, chronic diarrhea, frequent respiratory infection.

Effective food sources: vegetables

• **BETA CAROTENE** – a vitamin A precursor, converting to A in the liver as the body needs it. A powerful anti-infective and anti-oxidant for immune health, protection against environmental pollu-

tants, slowing the aging process, and allergy control. Supplementation protects against respiratory diseases and infections. A key in preventing some kinds of cancer, and in developing anti-tumor immunity.

Effective food sources: green leafy vegetables, green pepper, carrots and other range vegetables, sea vegetables.

• **THE B COMPLEX VITAMINS** – the B Complex vitamins are essential to almost every aspect of body function, including metabolism of carbohydrates, fats, amino acids and energy production. B Complex vitamins work together. While they can and do work as partitioned substances for specific problems or deficiencies, they should be taken as a whole for broad-spectrum activity.

• **VITAMIN B1** – Thiamine known as the "morale vitamin" because of its beneficial effects on the nervous system and mental attitude. Promotes proper growth in children, aids carbohydrate utilization for energy, and supports the nervous system. Enhances immune response. Helps control motion sickness. Wards off mosquitoes and stinging insects.

Pregnancy, lactation, diuretics and oral contraceptives require extra thiamine. Smoking, heavy metal pollutants, excess sugar, junk foods, stress and alcohol all deplete thiamine. Deficiency results in insomnia, fatigue, confusion and poor memory, and muscle coordination.

Effective food sources: asparagus, brewer's yeast, broccoli, green leafy vegetables, eggs, wild rice, mushrooms, yogurt.

• **VITAMIN B2** – Riboflavin – commonly deficient in the American diet. Necessary for energy production, and for fat and carbohydrate metabolism. Helps prevent cataracts and corn ulcers, and benefits vision generally. Promotes healthy skin, especially in cases of psoriasis. Helps protect against drug toxicity and environmental chemicals. Pregnancy and lactation, red meat, excess dairy consumption, prolonged stress, sulfa drugs, diuretics and oral contraceptives require extra riboflavin. Deficiency is associated with alcohol abuse, anemia, hypothyroidism, diabetes, ulcers, cataracts, and congenital heart disease.

Effective food sources: almonds, brewer's yeast, broccoli, green leafy vegetables, eggs, wild rice, mushrooms, yogurt

• **VITAMIN B3** – Niacin – broad spectrum of functions, including energy production, cholesterol metabolism, sex hormone synthesis and proper digestion. Promotes healthy skin and nerves. Deficiency results in dermatitis, headaches, gum diseases, sometimes high blood pressure, and negative personality behavior with mental depression. However, because niacin can rapidly open up and stimulate circulation, (a niacin flush is evidence of this), it can act quickly to reverse deficiencies and disorders. Relieves acne, diarrhea and other gastrointestinal disorders, migraine headaches and vertigo attacks. Supplementation is synergistic with

chromium, via GTF to improve blood sugar regulation for diabetes and hypoglycemia. Helps reduce serum blood fats, triglycerides and cholesterol, while raising HDLs.

Effective food sources: almonds, avocados, brewer's yeast, fish, organ meats, legumes, bananas, whole grains.

• **VITAMIN B5** – Pantothenic Acid – an anti-oxidant vital to proper adrenal activity. A precursor to cortisone production and an aid to natural steroid synthesis, therefore important in control and prevention of arthritis and high cholesterol. Fights infection by building antibodies, and defends against stress, fatigue and nerve disorders. A key to overcoming postoperative shock and drug side effects after surgery. Inhibits hair color loss. Deficiency results in anemia, fatigue, muscle cramping and lack of coordination.

Effective food sources: Brewer's Yeast, Brown rice, poultry, yams, whole grains, organ meats, broccoli, legumes.

• **VITAMIN B6** – Pyridoxine – a key factor in red blood cell regeneration, amino acid/protein metabolism, and carbohydrate use. A primary immune stimulant, shown in recent studies to have particular effect against liver cancer. Supplementation inhibits histamine release in the treatment of allergies and asthma. Supports all aspects of nerve health including neuropsychiatric disorders, epilepsy and carpal tunnel syndrome. Works as a natural diuretic, especially in premenstrual edema. Controls acne, promotes beautiful skin, alleviates morning sickness, and is a key to anti-aging factors in the body. Protects against environmental pollutants, smoking and stress. Oral contraceptives, thiazide diuretics, penicillin and alcohol deplete B6. Deficiency results in anemia, depression, lethargy, nervousness, water retention, and skin lesions. Effective

food sources: bananas, brewer's yeast, buckwheat, organ meats, fish, avocados, legumes, poultry, nuts.

• **VITAMIN B12** – (Cyanocobalamin) – an anti-inflammatory and analgesic that works with calcium for absorption. A primary part of DNA synthesis and red blood cell formation. Involved in all immune responses. A specific in blocking sulfite-induced asthma. New research shows success in cancer management, especially in tumor development. Energizes, relieves, fatigue, depression, hangover, and poor concentration. Supplied largely in animal food sources, B12 is often deficient for vegetarians, and deficiency can take five or more years to appear after body stores have been depleted. Deficiency results in anemia, nervous system degeneration, dizziness, heart palpitations, and unhealthy weight loss. Long term use of cholesterol-lowering drugs, oral contraceptives, anti-inflammatory and anti-convulsant drugs deplete B12. effective food sources: cheeses, poultry, sea vegetables, yogurt, eggs, organ meats, brewer's yeast, fish.

• **BIOTIN** – a member of the B Complex family, necessary for metabolism of amino acids and essential fatty acids, and in the formation of anti-bodies. Needed for the body to therapeutically use folacin, B12 and pantothenic acid. Oral supplementation has shown good results with controlling hair loss, dermatitis, eczema, dandruff and seborrheic scalp problems. Improves glucose tolerance in diabetes. New research indicates enhanced immune response in Candida Albicans and Chronic Fatigue Syndromes. Those taking long term anti-biotics require extra biotin. Deficiencies result in skin disorders and muscle pains. Effective food sources: poultry, raspberries, grapefruit, tomatoes, tuna, brewer's yeast, salmon, eggs, organ meats.

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Melanie Osborne is the owner of Thyme to Heal Herbals and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. Apprenticeship 2011 starts January 8th & 9th. Will continue to be the second weekend of every month for nine consecutive. There is placent for two more students.

Letter To The Editor

Letter to the Editor

Ann Martel, Woodsville, wrote a letter to Trendy Times, Dec.7, 2010, in response to my article on outdated libraries in Haverhill that had appeared in a previous edition. She confirmed my contention that the Woodsville library is outdated and expressed great praise for its having "many older books that would have been replaced years ago by other libraries."

The congested Woodsville library keeps the older books, some of which have not been read in 20 years, at the expense of more recent books that are in much greater demand. This library and the other libraries in Haverhill do a poor job of providing updated services. Outmoded collections and services may account for the very low rate of library usage in Haverhill, which has one of the lowest rates of library usage of any town in the state.

The rare person looking for scarcely read books may obtain them through the state's interlibrary loan service. This can help libraries to avoid keeping the old books that readers scarcely ask for any more. The Woodsville library probably did not obtain the books that she wanted from the interlibrary service. You will not find any mention of that program at the Woodsville library in any policy manual or report that the library has issued. It is not in the town report, for example, but this may be because it does not like to inform the public about what it does.

The Woodsville library has made its shunning the public known. The trustee chair, with endorsement of the other trustees, announced at one of its meetings, "We don't want to hear from anybody who does not use the library." This is of course the overwhelming majority of the people of Woodsville that the trustees do not want to deal with, although it wants and receives tax money every year. The librarian reinforced the trustee policy when she proclaimed at one of the meetings, "If you are not satisfied with the library stay away."

Martel praises the welcome she got from a library. She was no doubt welcome because she accepted antiquated service. The libraries in Haverhill do little welcoming. In my first time in the North Haverhill library the librarian loudly said as soon as I stepped in the door, "I don't want any of your books in my library." My library! It was then that I began to understand that the North Haverhill library did not consider it-

self to be a public library although it depended on tax money. This library now has a new librarian who seems to be more open and amenable but time will tell whether the unelected trustees will encourage this.

It was also then that I began to discover that the Haverhill libraries were practicing censorship of books and censoring authors. They do not want books in the library that criticize icons of the trustees and librarians or criticize the libraries. They have no problem with Snip, Snapp, Snurr or Ricka, Flicka, Dicka that Martel was so happy to find, or with other books that entertain or lack intellectual content.

Martel noted that her son looked at the date on the Woodsville library building and remarked that it was a history building. She wrote, "Yes, indeed it is and one to be treasured." The library is, of course, an historical relic. It has scarcely changed since it first occupied the building over a century ago, despite the rapid changes that are taking place in the world and in libraries throughout the nation. What she did not know was that the "history" library does not want local history in its collection. Consistent with its policy of censorship, it refused a grant of \$50,000 that would have provided a collection of local history materials. A history library? History collections do not interest this so-called "history" library.

Martel did not say that she ever tried to do research in the library or to find a quiet place to sit and read or a table where she could write that was not covered with books. Neither did she say anything about how well the library provides any of the 13 modern services that the Public Library Association advocates. No libraries in Haverhill provide them. None of the 13 services include lending books to entertain, which Martel evidently uses the library for.

I have not encountered in my personal contacts with the library or in any library policy manual or report that the library has updated its services or wants to. If anyone knows of such a manual or report let me know where I can see it. I have seen no budget requests from the library for money to update or change anything.

I appreciate that Martel has confirmed my contention that the libraries in Haverhill are outdated. They are still offering books "replaced years ago by other libraries."

Robert G. Fillion

Robert,

I feel I should start by saying I have not visited any of the four Haverhill libraries in many years. As a youngster I frequented the Haverhill Corner library and later have had the chance to visit libraries in both North Haverhill and Woodsville. I, personally, have no bad memories from any of these visits.

I must agree with you that apparently the libraries in Haverhill do not offer all you wish they did. But that is true with many public, and even private, facilities in a rural area such as this. Though it can be frustrating to not get everything you want, it is part of the trade off most residents accept in order to live in this community.

Keeping new books on the shelves can become costly. And, as you point out, there is a way for the librarians to get some of those requested books when asked.

Yes, our libraries are not perfect. What they offer is what they can afford to do. To make major changes will take a well thought out, well funded and well managed plan. For that to happen, just like any long range plan, a thoughtful group will need to be very full of thought.

Gary Scruton, Editor



Inception

PG-13 Action/Mystery

Inception, directed by Christopher Nolan who also has The Dark Knight and The Prestige under his belt, is anything but disappointing. Though this movie is already on DVD and in the Red Box it's one that just has to be seen. If you thought that your dreams were safe this movie will make you think again. Leonardo DiCaprio's character is a skilled thief who has the technology to enter into a person's mind during an induced sleep. There he can steal any information he needs from you by breaking into your deepest secrets via your dreams. He has a bit of help though from a team of specialist whom he hand picks for his latest job. In order to return to his family DiCaprio must do the impossible. He must plant an idea into someone's mind without them knowing that it's not

their own idea. This is Inception. The rest of the team, and it's newest architect Ellen Page's character, find this to be insane but an undeniably tempting challenge all the same. There are enough twists and turns in this story to keep everyone guessing, even after the credits come up. Between personal turmoil and mind dazzling special effects you'll never be without wide eyes and the wheels in your own head turning just trying to keep up. Nolan knocks it out of the park yet again with this brain teasing, action packed mystery. So if you're looking for a new favourite movie stop by the Red Box or the nearest rental place and pick up Inception. Just remember, when the movie ends, to put your eyes back in your head and consider this movie Scrutonized.

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By Ronda Marsh

Un-Fried Chicken Tenders

When my now-grown nephew was a little boy of about four, he (like many other kids his age) went through what I like to call the “chicken nugget” phase, where, for about a year, those little grease-soaked pseudo-chicken pieces were the only meat he wanted to eat. Period. And because he was a picky eater, and because we loved him, and because he enjoyed them so much, we, the adults in his life, despite our better judgment, often found ourselves in the line at the

drive-thru window. Unfortunately, the things that make this fast-food version of chicken so attractive to the pre-school set are precisely the same things that make them so nutritionally bad. Abhorrently high in salt and fat and of comparatively low food value, in my opinion those nuggets are about as good for the consumer as, well, nothing at all. In an effort to wean my nephew away from the allure of chain restaurant food, I tried several different recipes for baked in the oven faux-nuggets,

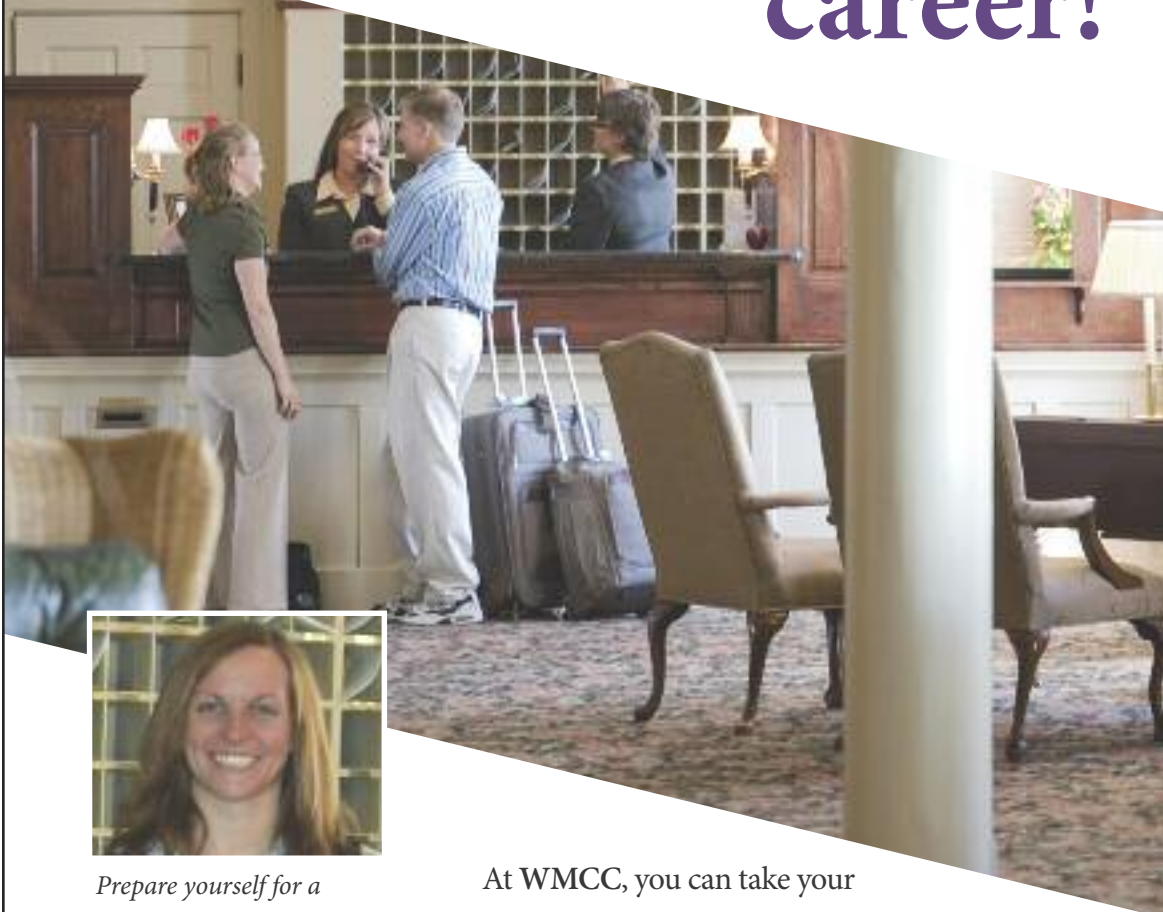


but alas, it just isn't that easy to get deep-fried flavor, sans the deep fat, and with his discriminating child's palate, he rejected them all. Until. Until I came upon this recipe I'm sharing with you today. Don't ask me where I got it; it's all too long ago for me to remember, but I took the basic ingredients and doctored them up a bit and wonder-of-all-wonders, he not only ate them with relish, but actually asked for them again and again and again. Now in his final year at law school, that same nephew is no longer a fussy eater. As he grew older, he learned to appreciate good food, and usually enjoys almost anything set before him at the dinner table. A few weeks ago, we were chatting on the phone, making plans for when he came home for Christmas. I asked for a list of meals he would like while he was here, expecting requests for things like Roast Prime Rib and Scallops Wrapped In Bacon. Yes, he did ask for those, but he also asked for those same Un-fried Chicken Tenders. I told him I'd be glad to oblige, then I had to smile to myself, as I suddenly realized, after twenty years, I'd actually won the battle of the fried nuggets VS the Baked Chicken Tenders!

- 3 or 4 boneless/skinless chicken breasts
- Bottled Ranch Salad Dressing (I use one with buttermilk in it)
- Bisquick baking mix
- Pepper
- Garlic powder
- Paprika
- 2 Tablespoons butter, melted

Rinse chicken and pat dry with a paper towel. On a cutting board, trim the chicken of any excess fat or skin, and then slice each breast lengthwise into 3 “fingers.” Put the chicken into a zipper-top plastic bag, along with a few grinds of pepper, some garlic powder (a teaspoon or so) and enough Ranch salad dressing to thoroughly coat the chicken (about 1/2 cup.) Zip the bag and if you have time, place in the refrigerator to marinate (letting the chicken sit for an hour or so will enable the buttermilk in the dressing to be absorbed and will result in a tenderer end product.) When ready to cook the chicken, preheat the oven to 425°F. Dump 1/2 to 3/4 cup Bisquick on a plate and add the paprika (how much is up to you; I generally use 2 teaspoons or so.) Dredge the chicken strips, one at a time, and place on a baking sheet that has been covered with foil and sprayed with cooking spray. Drizzle a little melted butter over each chicken strip, before placing in the oven. Bake for 35 to 45 minutes, until golden brown.

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