

TRENDY TIMES

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JANUARY 18, 2011 VOLUME 2 NUMBER 8

Castaways - A Haven For Thrift Store Junkies And Animal Lovers

By Marianne L. Kelly

BRADFORD, VT-If you love perusing thrift stores, and who doesn't these days, Castaways on Main Street in Bradford is for you. This non-profit store, owned by Companion Animal Support Services, (CASS) run by Diana Perry, husband Sherman, and a volunteer staff, supports various animal programs while offering customers such a wide array of goods that a sign at the entrance warns, "Thrift store junkies, you have wandered into the wrong support group. We support the obsession, not the cure!"

LIFE-LONG ANIMAL RESCUER

Diana, in addition to running Castaways, is a veterinary technician VT-Can, a low cost spaying neutering clinic in Middlesex, VT. She has been rescuing animals since "I could walk." One-year old Diana first rescued a baby raccoon, when her grandfather, who graded Corinth's roads, "ran over the mama," and brought the baby home. "I became its foster mom," said Diana. "We have a picture of me, the raccoon and my first birthday cake."

Diana brought many

strays to the family's White River Junction apartment, to the dismay of the landlord who allowed her to find homes for her orphans. Later she found homes for animals of people who could no longer care for them. She sometimes boarded them herself and served as Corinth's animal control officer. She and Sherm felt they "needed to do something good with this."

CASTAWAYS

"I've been thinking about this for a long time as I really love and missed retail," said Diana, who owned several in the past. Castaways opened on Main Street, Dec. 11. "This is wonderful. "People love our name and support our purpose."

Enter Castaways and one enters a magical world of "organized clutter," filled with small furniture, housewares, accessories, clothing, books for children and adults, games, and more. You can spend much time meandering through the store, discovering one treasure after another, and perhaps finding something you can't get anywhere else.

They also offer a Pet

Food Pantry for people having difficulty feeding their pet; however, since the pet food is donated it's meant to supplement and not be a regular source of supply.

VT-CAN AND CASS SERVICES

"We have reduced rates for neutering and spaying cats and dogs in Washington and Orange Counties, for those who cannot afford these services," said Diana. A grant allows us to help those who own multiple cats. "They pay little or nothing as long as the grant money lasts." A distemper shot costs \$10, and a rabies vaccine and spay/neutering surgery is available through the grant.

"Unfortunately this grant money covers only cats, but we offer reasonable fees for dogs." Spaying/neutering costs approximately \$100. Low income Vermonters who receive any public assistance can apply for help from the Vermont Spay Neuter Incentive Program (V-Snip). Those who qualify pay a \$25 fee.

Diana is concerned about people not planning for care and services needed for a new puppy or kitten. Many animals are dropped off at the shelter or abandoned because the owners cannot properly care for them.

"We offer 'Pet-2-Vet' transportation services to the Vt-CAN spay/neuter clinic for those who cannot afford to take time away from their jobs, and those without or with limited transportation." Diana will arrange to meet people in Bradford or at the Corinth General Store, transport the animals to the clinic and return them the same evening.

Temporary foster care is available to people who cannot care for their pets. "If someone, especially an elderly person needs to be hospitalized, many times they



will not leave their pets." They also offer "safe homes" for animals whose owners must leave an abusive situation but fear for their pet's safety. This service is anonymous and free of charge, but can only be rendered through referral from an agency or Police Department.

LOOKING AHEAD

Diana is planning a Castaways open house in February. "We will have some animals here as well as refreshments, and raffles. We want to meet and say 'hello' to everyone."

One of Diana's desires is to sponsor a fashion show using the store's consigned clothing. "You can create some nice outfits from our stock!" She also wants to expand her store into the adja-

cent spaces, with areas for furniture, clothing, office and pet food pick up.

Castaways, is currently seeking formal wear donations for prom bound students. "If we can get enough formal wear donations for this upcoming prom and semi-formal event season, we can help those girls who cannot afford the expense get a nice dress, and boys who also want to look good, a nice outfit. We will alter clothes that don't quite fit."

Castaways is open Mon-Sat. from 9am-5pm. Phone 802-449-4580

For more information on VT-CAN services call 802-223-0034 or visit www.vt-can.org

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Cottage Hospital December Stork Report

Name of Child: Blake Jeffrey McKean
Sex of Baby: Male
Birth Date: December 12, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Melanie Lawrence & Dr. Aaron Solnit
Parents' Names: Jessica Fullerton & Joshua McKean
Siblings' Names: Big Brother Bryson

Name of Child: Camden Stanley Reynolds
Sex of Baby: Male
Birth Date: December 15, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Melanie Lawrence
Parents' Names: Amber & Trapper Reynolds
Siblings' Names: Big Brother Dylan

Name of Child: Lucas Michael Prescott
Sex of Baby: Male
Birth Date: December 21, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Stephen Genereaux
Parents' Names: Jennifer Chamberlin & Shawn Prescott
Siblings' Names: Twin Brother Landon

Name of Child: Landon Scott Prescott
Sex of Baby: Male
Birth Date: December 21, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Stephen Genereaux
Parents' Names: Jennifer Chamberlin & Shawn Prescott
Siblings' Names: Twin Brother Lucas

Name of Child: Henna Jean Fournier
Sex of Baby: Female
Birth Date: December 21, 2010
Hometown: Woodsville, NH
Delivering Physician: Dr. Fay Homan
Parents' Names: Joe & Felicia Fournier
Siblings' Names: Big Brothers Tate and Waylon

Name of Child: Nevaeh Rose Gocklin
Sex of Baby: Female
Birth Date: December 21, 2010
Hometown: Newbury, VT
Delivering Physician: Dr. Sarah Young-Xu
Parents' Names: Chelsea Dunham & Skye Gocklin

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DON'T UNDER ESTIMATE US, EVER! Dedication And Determination Makes Winners



Left to right, Melissa Gould, Jamie Mckeen, Gary Goodwin and Stef Saffo, Owner

Photos taken by Claire Goodwin

"Lose it", was the shout heard all through the Railyard Racquetball & Health Club and the challenge was met with determination by thirteen members and victory being led by Melissa Gould, winning the challenge.

The challenge was to lose weight over a 12 week period, through life style changes in eating and exercise while having fun and enjoying the support of friends, family and the staff of the Railyard.

The Railyard staff was diligently on hand to aid with exercise training and suggestions to help all participants reach their goals.

The week of Dec. 20th, a weight in established the winner of the 'Lose It' challenge, offered by the Railyard Racquetball & Health Club, in Woodsville. The challenge offered members a way to set health goals and have fun doing it.

The 12 week challenge was met with enthusiasm by

everyone that participated and the friends and families that supported the challengers. It is never easy to dedicate ourselves to a life style change but doing so has made the participants of this challenge feel a new glow and personal pride that establishes each one as a winner.

Comment from Melissa: "The staff at the Railyard has been great, they are so supportive! The other thing that made it great was the support of the other members! My goal now is to maintain what changes I have made and continue to lose. We're already looking forward to the next challenge! Really everyone who participated won!"

Through the participation of the members a purse was generated for the winner. Melissa Gould said, she will use it to keep her Railyard membership.

We are very proud of you Melissa and proud of all thirteen members who are also winners. You all show True Grit!

Stef Safo and the staff of the Railyard give a thumbs up and congratulations for the commitment and dedication that Melissa Gould and all the participants of the "Lose It" challenge showed in the past 12 weeks! "We are proud of every one of you" A new 'LOSE IT 2' challenge is starting Jan. 10th.

Join the gang and lose it!



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LETTERS

(and even some real words)

From The Editor

Hurray For Our Libraries

Library: a place in which literary, musical, artistic, or reference materials (as books, manuscripts, recordings, or films) are kept for use but not for sale.

That is the definition from the dictionary. But, in a much broader sense a library is a community center that serves all. According to NH State Librarian Michael York there is "no bigger bargain than Public Libraries". By definition the materials there are not for sale. They are there to be used. Whether it be the written word (the standard for most libraries) or in the case of CD's or DVD's, to hear or watch, the materials are there for anyone and everyone to borrow, at no charge.

Not every library has every item that someone may want. Some libraries even specialize in a particular area. Others try to appeal to the entire population. One of the great things is that not only do the libraries share their belongings with the public, but they can also get other materials from other libraries. In NH the state library has a van which distributes wanted items to the asking library. The van has a standard run and most requests are filled within a week. This increases the size and scope of the individual library's offerings by many times.

The vast array of programs that libraries offer are almost limitless. In fact, in this edition of Trendy Times there are four libraries offering various programs. They range from assistance

with family roots, to a talk about bears, to a book discussion, and even a fund raiser with a jazz band. Most local libraries depend on public funding for a large portion of their working budget. That means tax dollars. Some also have generous benefactors (like the Patten Library in North Haverhill) or trust funds (Haverhill Corner Library). But most must work with a finite budget that does not allow for every item on the "wish list".

If you walk into your local library you will probably find plenty going on. Many libraries have story times for the children. Past studies have shown that reading to children, even before they can talk, adds to their vocabulary and eventually the love of reading. Plus it can be a welcomed break for Mom or Dad. As children get a bit older they can explore worlds far beyond their reach. These worlds are both fictional and non-fictional. Then comes the times when students need reference materials. While a good number of today's homes have computers and therefore the world wide web, there is still the need on occasion to pull out that dusty old reference book to check another source. And when adulthood is reached, if all things have gone well, the love of reading continues. It is then that simply reading for the enjoyment of it all offers a

quiet time from a hectic life style.

Libraries are so much more than just a collection of books. If you have not visited one lately, take a bit of time, stop in and see what is available, you just might be pleasantly surprised.

Letter To The Editor

A NOTE ON A TRAGEDY

The recent deadly shooting in Tucson, Arizona said many things about our country as it is right now, most of them not very good. Since the incident, many people far more articulate, and well-informed than I am have been expressing opinions on the unhappy event and what it means.

Most of us try to find something positive in a tragedy - it is human nature and one of the ways we try to cope. The message I take is that words and images do matter, that those who write or speak in public, and those who convey those words and images to a larger audience, all of us have a responsibility to try to keep the ship on an even keel, not poke holes in the side so that it sinks.

People appearing in all forms of media, making political speeches have responsibilities far beyond working up an excited crowd, or furthering their own prominence. Those of us hearing or reading messages that imply or encourage violence have a responsibility too, to make it clear in every way we can that such inflammatory rhetoric is not acceptable in the land of the free, and the home of the brave. The Congresswoman so grievously wounded, who is fighting for her life as I write this, was free and brave, doing the job the people in her state asked her to do. Do we want to discourage people who have that work ethic?

Robert Roudebush
North Haverhill

Editor's Note:

First, let me point out that Robert is a regular contributor to Trendy Times. That being said, he wrote the above letter on his own.

Robert,

When I read your letter a second time I realized that you were addressing those cautions to me as an editor/publisher, to yourself as a writer, and to everyone reading this piece or any other piece written and edited by "professionals".

Can we say that written words or spoken words are what caused this tragedy in Arizona? Probably not. But they apparently did not in any way help to defuse the young man's anger. It certainly can make one pause and realize that whatever one says, or writes, is out there for others to react to. That reaction is not always as we planned, and not also foreseeable.

Does all of this mean we should all stop writing or talking about our opinions, feelings, and recommendations for ourselves or others? Certainly not. Freedom of speech, freedom of the press, and so many other freedoms are what this country is built on. We can not give those rights up. But we must also think before we speak or write. Making a comment just to antagonize others, or designed to create a reaction that can cause harm to others, is not what those freedoms are all about.

It is a fine line we all walk. Some with more skill than others. But don't stop. Keep your opinions flowing. It is a cornerstone to our country that can not be taken away.

Gary Scruton, Editor

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From The Desk Of NH State Senator



Dear Constituents,

The last few weeks have been busy in Concord, with the Governor's inauguration, committee assignments, and hearings on the budget. I've been assigned to the Senate Finance Committee and the Public and Municipal Affairs (PMA) Committee (of which I am the Vice Chair). We have already started preliminary work on the state's budget as well as hearing testimony on bills sent to the PMA committee.

Senate & House members of both the Finance Committee and the Ways & Means Committee received briefings from multiple experts in the last couple weeks. The mission is to take an informed approach to budget writing and we are well on our way.

New Hampshire's non-partisan Office of Legislative Budget Assistant (LBAO) did an excellent job presenting the budget. According to the LBAO, the surplus at the end of the first year of the current two-year budget (which ends June 30, 2011) resulted from an accounting measure. By bringing forward federal stimulus money originally allocated to the second year of the budget, a surplus was created in the first year at the expense of more total debt in the second year.

We have our work cut out

for us as we also learned that the projected deficit for FY 2012-2013 budget is nearly \$846 million. I am heartened that everyone seems to understand the magnitude of the problem and is ready to roll up their sleeves to try to get our fiscal house in order.

Some interesting facts that came from the NH Center for Public Policy Studies presentation:

Manufacturing is NH's most important export industry in terms of employment size, with tourism being second.

NH manufacturers paid over \$100 million in combined state business profits and business enterprise taxes in FY2008.

Relative to tourism, New Hampshire is ranked #2 in retail sales to out-of-staters, with Hawaii being #1. In FY2010, non-resident tourists accounted for 52% of the rooms and meals taxes collected.

Highlights of the Federal Reserve Bank of Boston presentation:

Job losses occurred in all sectors except government and educational & health services (which saw gains) with the largest job losses occurring in construction and manufacturing.

The real rate of unemployment in NH is 11% which reflects unemployed, under-employed, and those who

have stopped looking for work.

Among the New England states, NH had the smallest job losses in the 2007-09 recession and the strongest job gains in the expansion to date.

I am appreciative of all the professionals who took the time to educate House and Senate members on the state of New Hampshire's economy. I am also encouraged that the Senate remains focused on the economy, jobs, and the budget deficit.

The other committee I serve on, Public and Municipal Affairs (PMA) had its first hearing on January 11th. Senator Jack Barnes (R-Raymond), the PMA committee chair, did an outstanding job conducting the hearing. The agenda included four bills (all which give authority and/or clarity back to the local government). One bill in particular drew a large number of people to testify: Senate Bill 1. The room was filled to capacity with selectmen, taxpayers, Union representatives, teachers, school superintendents, town and city managers, and human resource professionals. This bill proposes to eliminate the automatic continuation requirement for public employee collective bargaining agreements (also known as the "evergreen" clause). The committee voted 4-1 "Ought to Pass" which means the bill now heads to the Senate floor for a vote of the 24 State Senators.

Although SB 1 dealt with a hot button issue, the hearing proceeded with the greatest amount of civility thanks to Senator Barnes' professional, inclusive, and reassuring mannerisms. He treated all parties with re-

spect, did not rush speakers, and encouraged others to speak to the bill who had not even signed up to speak. He recognized Senator Sylvia Larsen (D-Concord) standing at the back of the room, giving her the respect due and asking if she wanted to testify.

We, your elected representatives, appreciate that we are all in this together. While we may differ philosophically on issues, we are all volunteers who want to serve our constituents and our state. Thank you, Senator Barnes--I learned that day that contentious subjects

can be discussed freely in an environment where everyone feels comfortable to defend their point of view without re- crimination.

And thank you to all of you in the District who have taken the time to share your concerns and ideas with me. In the spirit of accessibility and constituent communication, I am also authoring an e-newsletter. If you are interested in receiving it, send me an email at jeanie@jeanieforrester.com and we'll start your subscription.

Your Senator from District 2
Jeanie Forrester

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

January 18, 2011 Volume 2 Number 8

Letter To The Editor

Hey!

I have been meaning to write for quite some time now, but Christmas has kept me so busy. I wanted to thank Robert for the wonderful article he wrote. We had so many interviews with papers across America and I have to say this was the most thorough, well written, accurate, interesting, and just plain best article that was written across the whole country. It was very sweet and flattering as well. :) Thank you for the kind words.

I hope you all at Trendy Times are having a great start to the new year and thanks again!!

Linny Kenney
Bath, NH

*What more can I say? Congratulations Robert.
Job well done.*

Gary Scruton, Editor

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6 Friends Of Lincoln Library Present Free Concert February 1 "Maple Leaf Seven" Plays Traditional Jazz



Like the smooth sounds of traditional jazz? Prefer some classic swing? Come ready for both – and to be thoroughly entertained – as the Maple Leaf Seven present an evening of jazz at the Annual Meeting of the Friends of Lincoln Library on Tuesday, February 1, at 7 pm. The program at Father Roger Bilodeau Community

Center, Pollard Road, Lincoln, is free and open to all.

The Maple Leaf Seven hail from Vermont's Northeast Kingdom, and provide traditional "Dixieland" and classic swing for jazz lovers and dancers all around the region. Maple Leaf Seven features traditional and contemporary interpretations of jazz standards on clarinet, saxophone, trumpet, trombone, piano, bass and drums.

The band was founded in 1977 by jazz lovers in St. Johnsbury, VT. In the succeeding 34 years the band has played at concerts and celebrations around northern New England, including town fairs, summer band concerts, First Night, and Mardi Gras festivities. The band has traveled as far as New Jersey and upstate New York for engagements.

Maple Leaf's newest CD,

"Sweet Jesus" was released in July 2010 and features spirituals, hymns and gospel numbers performed in the band's inimitable swinging style. Led by church musician Phil Brown, Maple Leaf Seven is also known for its "Dixieland" worship services offered in churches throughout New England.

The band's earlier CD, "Tappin' Time," includes traditional jazz tunes along with swing numbers. Sample tracks can be heard at www.stjazz.org. Musicians include Peter Storrings, clarinet; Dennis Cote, tenor sax; Sally Fishburn, trumpet; Marty McRae, trombone; John Goodrich, piano and tuba; Phil Brown, bass and vocals; and Gary Aubin, drums.

The evening will begin with a brief business meeting, which will include election of Friends of Lincoln Library 2011 board members

and a review of the programs and events sponsored by FOLL during the past year. Non-members will have the opportunity to join FOLL and a new season of programs will be introduced. Refreshments will be served.

The Maple Leaf Seven's performance is presented in cooperation with the Arts Alliance of Northern New Hampshire's Classroom & Community Concerts program, which brings outstanding musicians to school and community sites throughout the North Country.

For additional information about the annual meeting or Friends of the Library, please call 745-8159. For information about the Arts Alliance of Northern New Hampshire, a regional network for arts, culture, and heritage, call 323-7302, email info@aannh.org, or visit www.aannh.org.

January 18, 2011 Volume 2 Number 8

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

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Introduction To Genealogy Research Online

Bradford Public Library

January 19th, 6:30pm-8pm

Access Ancestry.com and Heritage Quest to begin researching and documenting your family tree.

Local history author and historian, Larry Coffin will explain how online genealogy programs are rich tools for

finding family history documentation and surprising nuggets of interest. The Bradford Public Library's new Research Center provides free links to online research sites. If you have a laptop you might want to bring it to the program

but it is not necessary.

Bradford Public Library
21 S. Main St
Bradford, VT 05033
802-222-4536
bradfordpubliclibrary@gmail.com

"Among The Bears" At Baldwin Memorial Library

"A fed bear is a dead bear" reads the bumper sticker on Butch Spear's truck. A carpenter by trade, Spear is also a hunter who takes pride in filling the family's freezer every year. And as President of the Vermont Bear Hound Association, Spear is passionate about maintaining wildlife habitat and educating people about bears.

On Wednesday, January 19, the VT Bear Hound Association will co-sponsor a presentation by Benjamin Kilham, author of *Among the Bears*, published in 2002. The talk will take place at 7:00 pm at the Baldwin Memorial Library in Wells River.

Kilham, who lives in Lyme, NH and works as a gunsmith, has conducted ground-breaking research

while rehabilitating orphaned black bear cubs back into the wild. His interest in animal behavior stems from childhood, when he often assisted his father Lawrence Kilham who studied birds. He recalls, "Our house was home to many species of wild visitors, from woodpeckers to a leopard." Kilham is committed to sharing his knowledge of bear behavior, conserving habitat, and helping to make science accessible to the lay public.

Members of the VT Bear Hound Association have long realized the importance of building better public awareness about bears. "When people move into what has always been bear territory, they need to know what to do, and what not to do, to

prevent unfortunate incidents. For example, feeding bears encourages them to be dangerous nuisances, and those bears often have to be destroyed," explained Spear.

The VT Fish & Wildlife Department calls upon the VT Bear Hound Association to chase nuisance bears to keep these bears wild. Otherwise, these bears can do damage to property or even maim or kill domestic animals. The VT Bear Hound Association will assist beekeepers who experience bear problems with beehives, and will provide helpful information to property-owners regarding bear issues.

More information about this program is available from the library at 802-757-2693 or wells_river@vals.state.vt.

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Reflections Upon Haverhill Corner Library Encountering My First Book Announces Book Club For Writers

By Sheila Asselin

My exact age I do not know
I only know that I was very young
I found a magic key, a library card
To open a buried treasure trove
And I a happy pirate

Blixen's Kenya, Hemingway's Spain.
Agee's Knoxville, the Western Front
The lonely skies of St. Exupery,
Xanadu and Camelot, Shangri La and Oz,
Neverland, Agincourt, Macambo
I hitchhiked the galaxy

Exuberance and despair, triumph and defeat
I know that I can find them all in the books I meet
Beth and Amy, Jo and Meg
Long John Silver with his wooden peg
Not to mention Ahab
O, to be a gringo in Mexico with Ambrose Bierce
With Lawrence to be an Arab

Exotics,
Erotics,
Banshees and comanches
Fanatics
First wives that you keep in the attic

Through the years they've been my friends
Fascination never ends
Do you believe in love at first sight?
I do!

Haverhill, NH—The Haverhill Corner Library will hold its second Book Club for Writers discussion on Thursday, January 27, the library has announced. The discussion will focus on two short stories by contemporary writers: "Everything Ravaged, Everything Burned" by Wells Tower and "St. Lucy's Home for Girls Raised by Wolves" by Karen Russell.

The discussion will begin at 7:00 PM at the library, and will be free and open to the public. Copies of the stories are available to borrow in advance from the library.

Book Club for Writers is a program created by the New Hampshire Writers

Project that is designed to bring writers and aspiring writers together to discuss works of fiction from the point of view of craft and technique. The Haverhill edition is coordinated by a fiction writing group that meets weekly at the library.

"Writers must also be readers," notes John Landrigan, a trustee of the library. "And they can become better writers by becoming better readers. This program helps writers analyze and learn from the work of their peers, both contemporary and historical. It also provides a rather different sort of discussion than the usual book group."

The discussions are open to all interested participants.

After this event, the next Book Club for Writers discussion in Haverhill will be held on April 21, and will feature discussion of the stories "The Library of Babel" by Jorge Luis Borges and "Signs and Symbols" by Vladimir Nabokov.

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

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

January 18, 2011 Volume 2 Number 8

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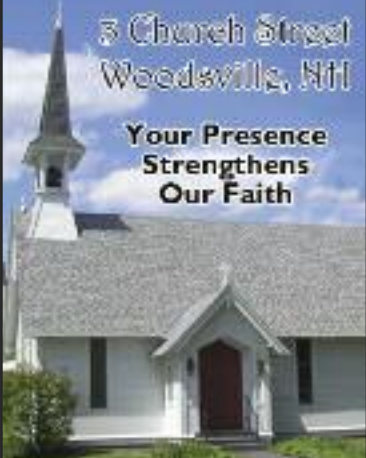
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Swearing In Of Elected Officials

On January 5th the new Grafton County Elected Officials were sworn into their two year office. This event was held at the Grafton County Courthouse at 9:00am and they were sworn in by Judge Timothy Vaughan. Enclosed is a picture. If you would like more information I'll be glad to help you. Hope you can use this.



Left to Right: Register of Deeds Kelley Monahan, Register of Probate Rebecca Wyman, County Attorney Lara Saffo, Sheriff Doug Dutile, Treasurer Carol Elliott, Commissioner Ray Burton, Commissioner Michael Cryans and Commissioner Omer Ahern Jr. Judge Vaughan is pictured in the rear.

Companion Animals Receive Meals, Too



Volunteers for the Meals to Pets program Oliver Smith and Bob Snedeker prepare to deliver pet food to the special companion animals of area homebound seniors under the watchful eye of "Rolly".

All of us know that the companionship offered by pets is an important part of daily life, particularly for many homebound seniors. However, caring for these companions can be a challenge on a fixed budget. Fortunately, a local group, with the assistance of the WALOP Foundation is helping frail older adults to care for their pets.

The local "Meals to Pets Project" was founded in 2009 with a small grant from the WALOP Foundation, a program of the Banfield Charitable Trust. A second small grant was recently awarded to the program through the Area Agency on Aging for Northeastern Vermont.

With the recent support of community partners the program is prepared to make additional deliveries during the winter months, a time when added heating expenses can place an extra burden on seniors with modest incomes.

Community supporters include the Radiant Floor Company; Agway stores of Newport and Lyndonville; Frontier Animal Shelter; Kingdom Animal Shelter; the Elizabeth H. Brown Humane Society, Brewies Dog Treats, St. Paul's Catholic School 1st and 2nd grade classes and more than a dozen generous community members. For more information on this program contact Lisa Viles at the Area Agency on Aging for Northeastern Vermont by Calling 748-5182 or 1-800-642-5119.

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Special Edition:

Where Evil and Innocence Reside South Road, Bethlehem, NH

Written by James Paradie (With Special Guests: NEPI-Anthony Ardolino, Nicole Ardolino, Nancy Fortin, Michelle LaFontaine, Lewkis Gates, Dustin Starr)

"Did the little girl spirit die here?"
"Was there a murder in this house?"
"Do the bones in the basement belong to any spirit in this house?"
"Is there any evil in this house?"
"Is this house a portal to Hell?"

"I don't believe in ghosts", said Doug Smith who called NEPI (North Eastern Paranormal Investigations) in to see if there was indeed spirits in the house he was occupying at the time. Smith may have said in the beginning of the investigation that he did not believe in ghosts, but he really wanted to be scared like what we see on such television paranormal groups such as Ghost Hunters on SyFy or Ghost Adventures on the Travel Channel; but he would soon get more than he bargained for this night of January 8th, 2011.

Along with his brother, Coty Hopkins, who has been a believer since he could remember, joined NEPI for an investigation that him and Smith were soon to never forget in a house that had many secrets. Some innocent, and some even buried in the dark basement that may be the source of the strange happenings.

At the beginning of the investigation, one team went upstairs, the other went downstairs in the cellar where a human jawbone with teeth still in it was found years ago when previous owners were doing renovations. The temperature went from the 50's down into the 20's, dropping nearly thirty degrees while we were down there according to our handheld thermometers; it was freezing cold down when before it was bearable. Even though we were making progress, we heard the other group coming down the stairs and decided to rejoin them. Fortin, however, stopped at the middle of the steps, feeling



dizzy and had to stop. She then regained her composure and went back up the steps. In one of the photos taken by Nicole's camera, you will see a blue figure, almost like a mist, going past Nancy and up the stairs. Was this what made Nancy feel dizzy on the steps?

Later in the investigation, we would all go downstairs and see what would happen with all nine of us down in the cellar. We would not be disappointed. Anthony was about to come face to face with one of the alleged spirits as he was doing an EVP Session; on the audio tape you can hear him talk and then suddenly he stops and Nancy asks, "What?" Anthony then says, "I just saw a face right there in front of me." When we were done and heading back up he said it was heart jumping coming face to face with a spirit who he said had a white face and even facial hair features. Even though it came and gone in a flash, the image will surely stay implanted in Anthony's thoughts for years to come. Another interesting thing to note was that not only did Smith get tugged on, Anthony saw the ghostly face, but also Hopkins got scratched by an unseen force on the neck. One of our photos actually shows two distinctive red marks on his neck. These spirits meant business tonight.

So much happened in this investigation that the original article was four pages long. Unfortunately, but understandingly, the original could not be published. If you'd like to see the original, full version, go to my website scardsheetlessncn.blogspot.com where you will see more photos of the investigation and more details such as: highlights from a Glass Swirling and Pendulum Session; NEPI get's into contact with an alleged evil spirit who threatens harm on us; NEPI get's into contact with the spirit of a little girl who may have been murdered in the house. All this on the extended version, make sure to check it out, it's very exciting.

We hope to do a follow up investigation at this house on South Road very soon, but until then if you have a house that you think is haunted and want North Eastern Paranormal Investigations to come in, call Anthony Ardolino at 444-7142 or email him attony@northeasternparanormal.com and tell him what's going on and maybe you can witness these strange occurrences as well. Until next time, this has been a special edition of Scared Sheetless. Happy Hauntings my fellow Graveyard Disciples.

Contact me:

E-Mail: scardsheetlessncn@hotmail.com

Website: scardsheetlessncn.blogspot.com

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

Elizabeth Patterson Earns Certification In Computed Tomography From American Registry Of Radiologic Technologists



Elizabeth Patterson, RT (R.) at Cottage Hospital has recently been certified in Computed Tomography (C.T.) by The American Registry of Radiologic Technologists, ARRT. In earning this credential, she adds the initials "[CT](ARRT)" after her name.

Liz graduated from the Radiology Imaging program at Lebanon College, and earned her first ARRT credential shortly after joining the Cottage Team.

ARRT's credential assures patients that Registered Technologists who conduct medical imaging and radiation therapy procedures have completed the prescribed educational preparation, passed the appropriate exam, and pledged to abide by stringent ethics requirements — all of which assist them in delivering safe and effective patient care. ARRT ensures their continu-

ing education and ongoing ethical compliance by requiring annual registration of certificates.

ARRT, The American Registry of Radiologic Technologists, promotes high standards of patient care by recognizing individuals qualified in medical imaging, interventional procedures, and radiation therapy. Headquartered in St. Paul, Minnesota, ARRT tests, certifies, and annually registers more than 250,000 radiologic technologists across the United States.

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 Three Rivers Business Association held its monthly meeting on Wednesday, January 5 at the Wells River Savings Bank with the full slate of newly elected officers in attendance and ready to work on several projects for 2011.

Long time Treasurer, Nancy Ranno, owner of Burnham's Shoe Store in Wells River brought those in attendance up to date with the treasurer's report including the status of the groups Scholarship fund.

Secretary, Donna Robinson, owner of Donna's Custom Cakes, noted that her main business location had recently moved from an office in Wells River, back to her home in Groton. Donna also gave an update of the Association's web site, www.3riversbusinessassociation.org, which includes a listing of all member businesses. She is seeking more pictures of the area to be included on the site.

2011 Vice-president and a former president, Liz Shelton, who also co-owns An Affair to Remember and Everything But The Cook, reminded all present that Mardi Gras is Tuesday, March 8 and that her business always has many of the needed accessories to have a great Fat Tuesday.

The incoming president of the association is Nancy Lusby, co-owner of the Brick Store in Bath. Nancy was happy to report a solid increase in her mail order busi-

Three Rivers Business Association Presents 2011 Elected Officers



Left to right: Nancy Ranno, Treasurer; Liz Shelton, Vice President; Nancy Lusby, President; Donna Robinson, Secretary

ness for the Christmas season as well as the entire year of 2010.

The meeting included an update of the first big event of the Association for 2011. That will be the annual Bridal Show. This year's date is Sunday, February 27. The location will be the same as last year, Alumni Hall in Haverhill Corner. For those interested in taking part as a vendor in this event, contact Donna Robinson or any of the officers. If you would like to attend, admission will be free. More details will come along as the date approaches.

Also on the table for discussion was the payment of 2011 dues. The applications will shortly be sent to current members, and an invitation was made to all non-mem-

bers to look at the benefits of being part of the Three Rivers Business Association. Dues will continue to be \$50 for any business or individual who wishes to join.

Members attending the January meeting also discussed other means of funding the Scholarship Fund. Plus additional events for the Association to advertise collectively, for the good of the businesses in the association, was talked about.

Every member of the Association, or any business interested in joining, is invited to attend the monthly meetings. The next will be Wednesday, February 2 at 8:00 AM at the Woodsville Guaranty Savings Bank office on Central Street in Woodsville.

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Communicating With Your Parents About Finances

By Deborah Maes, Extension Educator, Family & Consumer Resources

Baby Boomers face several financial challenges. We worry about the financial situation of our parents, our children, our grandchildren and our own financial future.

Let's look at the issues with dealing with parents and their finances. Many adult children don't know much about their parents' financial situation. As a society we get uncomfortable talking about money, even with family. Here are some suggestions to consider before you start a conversation about money.

Check with your siblings

to see if anyone has had a conversation about the topic. Think about what you already know about your parent's finances? Are they on a fixed income? Do they appear to have enough money to cover medical expenses? Do they want to stay in their own home? Have they completed a living will? Who has been designated to make financial decisions if one or both of them become incapacitated? Have they written a will and do you know where it is? These are just a few of the questions you

should be asking yourself, and then your parents.

You may feel that you are being respectful by not talking about these issues with your parents, but consider the alternative. Many financial decisions are often made during a time of crisis, sometimes leading to family conflicts. Informed decisions are usually better decisions.

Just like any other planning, advanced financial planning can provide peace of mind for you and your parents, save money, provide more options and most importantly reduce family conflicts. Advanced planning allows for both parties to explore available options, and weigh the benefits and risks of each option.

Before you talk to your parents think about why you want to talk to your parents and what you hope to accomplish. If you have siblings, talk to them about their con-

cerns. Before your conversation, consider creating a list of topics you want to cover during your conversation.

Also keep in mind your parents have their own point of view. None of us want to consider the end of life and your parents may have avoided any conversations because of this. Consider how your family generally likes to communicate. How do your parents make decisions? Do they need a lot of information and time or do they just go with their feelings? Your past history with your parents can help you determine some of these answers. Determine what approach you are going to use before you start the conversation, but be prepared to change your strategy based on how your parents react to the topic.

Bring the subject of your parents' finances up at a convenient time for all of you. If a family friend has passed on, this may be a natural op-

portunity to ask "Mom, what would have happened to Dad if that had been you?"

You might even mention to your parents that you have started to think about these issues as they related to your own situation with your own family. Maybe you and your parents can deal with these issues together and compare notes.

As you work through your discussion it may become obvious that your parents still want and need to retain some control of their finances. Together you can figure out who assumes the various financial roles. Your parents may want to continue paying their own bills, but you may assume the role of working with their financial planner or banker. Don't expect everyone to agree on each issue. As long as your parents are mentally capable of making their own decisions, encourage them to do so.

Throughout the whole conversation, remember to treat your parents with respect. They raised you, they love you, and they probably don't want you to worry about them even though you will.

Once you have finished your conversation (don't be surprised if you haven't finished your list of topics to cover) make some notes for your own benefit to keep track of who does what. If necessary, schedule another discussion following the same rules as the first talk. Keep your siblings informed about any major decisions that were made.

The more you can plan ahead and help your parents plan ahead, the better off everyone will be. You will know that your parents are well taken care of, and they can have peace of mind about what the future has in store for them.

The ideas for this article came from a series of newsletters developed by the University of California Cooperative Extension targeting adult children of aging parents. The topics range from finances, helping parents get organized, understanding long term care and avoiding financial fraud and abuse. All the newsletters are free for you to download from their website at <http://ucanr.org/financial-caregiving>.

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Lots Of Foxes And Millions Of Chickens In The Coop

By Robert Roudebush

Just off the top of your head, how much does your congressman make a year? Eighty Thousand? A hundred and forty? Today the number is \$174,000, not counting perks, for any newly elected freshman senator or representative.

The median income for New Hampshire residents over the last three years has been around \$60,000, and that figure in 2009 for the whole United States was around \$50,000. A Washington lawmaker drawing three or four times what you might make is at risk of being out of touch with how you have to feed the kids, buy gas, pay medical or education bills. It would take a hard-working honest person NOT to lose touch under those circumstances. Researching congressional pay and perks is fascinating - here are only a few facts that may hold interest - go online at CRS, the Congressional Research Service - to learn more.

Members are not paid more based on years in service - seniority matters in committee assignments and eventual clout, but not in pay. Those holding leadership posts get more money. The Speaker of the House now earns \$223,500, the Majority and Minority Leaders of both houses and Senate Pro Tempore collect \$193,400. This compares to \$400,000 for the President and \$230,700 for the Vice President. Certain members of the government, including past and present presidents and members of congress also can make a good deal of cash from book royalties, but that's not the government's dime.

Congressional pay does increase almost every year because of a built-in system, called an automatic annual adjustment. The adjustments are typically up, never down. The current system is based on calculations flowing from the 1989 Ethics Reform Act - since that year, under this revised plan, annual adjustments were accepted by members 12 times and denied six times. In order for a yearly raise to be denied, Congress must vote AGAINST it, or vote to revise the plan itself. This unique practice of congress setting its own rate of pay is fixed in law by the Constitution in Ar-

ticle I, Section 6. Which means Congress is in charge of HOW it sets its own pay. Prior to 1969, Congress also raised its own pay by enacting stand-alone legislation. From 1789 through 1968 this happened 22 times. By 1968 it had risen to \$30,000.

When our country first started keeping records of what was paid to men chosen by the states to represent them in U. S. Congress (it was always men in those days), pay started in 1789 with per diem of six dollars. All members of congress in those days made their livings in other ways - they were doctors, lawyers, preachers, architects, merchants, ship owners, landowners, carpenters and silversmiths, all "citizen legislators". They were also farmers, "the noblest employment" as John Adams told his sons, including John Quincy Adams, a future president himself. There was no such thing as a "career politician" early on.

In the last several decades that changed - two new aspects have come to dominate our country's national election system - one is unheard-of sums of campaign contributions, and the other is the explosive increase of lifelong political careers. It is no accident that these two phenomena have occurred at the same time. These changes altered not only the process of running for and keeping office, they changed our system of governing itself. Too often, more time and effort is spent on raising money than doing the nation's business. Each major party has such specialists, multi-decade career office-holders, mainly men at this point, who have spent long and productive years studying and practicing the art and science of raising cash for their own re-elections. They rank among the most effective money manipulators in the world.

For every person who is convinced such funding of campaigns is one type of "freedom of speech", and should not be touched, there is at least one other person who feels just the opposite - that such massive amounts of money breed corruption, are little more than "bribes", which means we now have the best politicians money can buy. Whatever your point

of view, the fact remains that the only people with the power to change the system are the very ones who mostly don't want it changed because they are benefiting from it - it's too lucrative for them. We've got the foxes in charge of the chicken coop - lots of foxes and millions of chickens.

A friend observed to me recently that politicians, too many of them, are just like her little dog - who always comes running, happy, tail wagging, tongue hanging out, eager to please, as long as she has a treat in her hand.

Could we peg congressional pay to the median U.S. household income? Could we cap campaign contributions, maybe publicly finance national elections? Continue to allow public funds for expenses incurred by elected representatives necessary to do their jobs, in the areas of travel, staffing, certain mail-

ing needs, some of the perks they already enjoy. Why not shorten the length of campaign time from years in some cases, to six months or even six weeks?

Any good worker deserves fair pay and a good living no matter his craft, including politics. But the current system awash with money, dependant on it, furthers dishonesty and corruption. The immediate need to raise campaign cash begins the first day of office for every new congressperson and sets the tone for every decision thereafter.

I found some options floating around the World Wide Web and I float some to you. It may be called the "Congressional Reform Act".

- Why not try terms limits in the amount of 12 years, say two six-year terms as a senator, or six two-year terms as representative?.

- How about no pension - a congressman collects a

salary while in office and receives no pay out of office.

- All members of congress participate in Social Security, just like all the rest of us. The dollars already in the Congressional retirement fund move to the Social Security system immediately. And Congress can purchase their own retirement plan, just as we do.

- Congress no longer votes themselves a pay raise - their pay rises by the Consumer Price Index or 3%, whichever is lowest.

- Congress participates in the same health care system as the American people, and they must abide equally by all laws they impose on the rest of us.

Serving in Congress is an honor, not a career. The Founding Fathers envisioned citizen legislators, who serve their terms and go home and go back to work.

Awful lot of foxes in that multi-million chicken coop.

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Calendar of Events

MONDAYS/THURSDAYS

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

MONDAY, JANUARY 24

IDENTIFYING DEPRESSION AND ITS CAUSES
 10:00 AM or 6:00 PM
 1274 Main Street, St. Johnsbury

MONDAYS

DEPRESSION RECOVERY AND OPTIMAL MENTAL HEALTH SEMINAR - AN EIGHT PART SERIES
 STARTING MONDAY, JANUARY 24
 10:00 AM or 6:00 PM
 1274 Main Street, St. Johnsbury

THURSDAY, JANUARY 27

BOOK DISCUSSION - EVERYTHING RAVAGED, EVERYTHING BURNED BY WELLS TOWER AND ST. LUCY'S HOME FOR GIRLS RAISED BY WOLVES BY KAREN RUSSELL
 7:00 PM
 Haverhill Corner Library
See article on page 7

THE AMERICAN DREAM; MYTH OR REALITY

1:00 PM
 Horse Meadow Senior Center
 North Haverhill

SATURDAY, JANUARY 29

VINTAGE/ONE-LUNGER SNOW MACHINE RACE
 ORGANIZED BY THE LISBON STUMP JUMPER SNOWMOBILE CLUB
 10:30 AM
 Route 302, East Of Downtown Lisbon

TUESDAYS

A NEW COFFEE SHOP
 STARTING JANUARY 4TH
 8:30 AM – 10:00 AM
 Horse Meadow Senior Center
 North Haverhill

SUNDAY, JANUARY 30

HAITI BENEFIT CONCERT WITH LINDA WARNAAR AND THE DRUMATICS
 3:00 PM
 Catamount Arts Cabaret, St. Johnsbury

WEDNESDAYS

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

MONDAY, JANUARY 31

COTTAGE HOSPITAL'S BLOOD DRIVE
 10:00 AM – 3:00 PM
 Cottage Hospital, Woodsville

WEDNESDAYS/FRIDAYS

WEST BARNET SENIOR MEAL
 12:00 Noon
 West Barnet Senior Meal Site

HAVERHILL SELECTBOARD MEETING

6:30 PM
 Morrill Municipal Building, North Haverhill

TUESDAY, JANUARY 18

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

TUESDAY, FEBRUARY 1

GOOD SHEPHERD OPEN HOUSE
 8:00 AM - 11:00 AM
 121 Maple Street, St. Johnsbury
See ad on page 2

WEDNESDAY, JANUARY 19

INTRO TO GENEALOGY RESEARCH ONLINE
 6:30 PM – 8:00 PM
 Bradford Public Library
See article on page 6

MAPLE LEAF SEVEN CONCERT

7:00 PM
 Father Roger Bilodeau Community Center
 Pollard Road, Lincoln
See article on page 6

AMONG THE BEARS

7:00 PM
 Baldwin Memorial Library, Wells River
See article on page 6

WEDNESDAY, FEBRUARY 2

CAREGIVER CLASS
 9:30 AM – Noon
 North Congregational Church
 St. Johnsbury
See ad on page 16

THURSDAY, JANUARY 20

BATH SCHOOL BOARD MEETING
 6:30 PM
 Bath Village School

FRIDAY, FEBRUARY 4

2011 TAX INFO EVENT
 7:00 PM
 Fairlee Town Hall

SATURDAY, JANUARY 22

AMERICAN LEGION DISTRICT 8 EIGHT-BALL POOL TOURNAMENT
 12:30 PM
 Fredonwarell Post #17, Groveton, NH

SATURDAY, FEBRUARY 5

MONROE ICE SKATING PARTY
 1:00 PM – 3:00 PM
 Monroe Town Rink

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Deadline for submissions is Thursday, January 27, 2011 for our February 1st issue.

The Black Car

By Elinor P Mawson

It was low-slung, sleek, with 2 seats, a mid-engine and a removable top. Its name was an acronym for "fix it all the time".

It was the only car for which we paid cash. My brother in law fell on hard times (read: BROKE) and we bought it for a fraction of what he paid.

I had wanted a sports car and this was IT.

When a friend found out we had bought the car his first comment was "Have you had any trouble with it?" And when we said no, his reply was "You will".

Our first problem was an act of vandalism, A friend of our son's threw a rock through the back window and also broke the radio.

Then there was a problem with the linkage and the car would stall whenever we took our foot off the gas pedal.

In order to get the car serviced, we had to take it to an expensive foreign car place where I would nearly faint when they presented the bill. We got to know the service people by first names and they would bring me a chair to sit in while I read over the charges and write the check.

But whenever the car was working well, it was a nice day and we had some down time, we would take off the top and ride around back roads and enjoy the fresh air and the fact we had a wonderful little car.

Once when our van was out of commission I took a call from a man who had some antiques for sale. I brought home a piano stool, a wicker chair and a chandelier in the passenger seat, amid amused glances from other drivers on the way.

As time went on, the car began to show signs of wear although it was only a couple

of years old. Rust spots appeared, the upholstery started to come apart and little things began to go wrong, making visits to the foreign car place more regular.

Another time when I was working in Nashua, I stopped to have the gas tank filled, and told the attendant to check the oil. When I was halfway to work, people would pass me and point to my mid-engine; many others blew their horns as they went by. I finally glanced in the rear-view mirror and to my horror, there was black smoke coming out of the engine compartment. I decided to continue to work, not knowing what was going on and the car seemed to be working OK. When I got to work, I parked in the farthest corner of the parking lot and began to clean it out, -- if it was going to blow up, I didn't want to hurt anyone.

A lady ran up to me and shouted "Your car is on fire!" I said "Yes".

"What are you going to do about it?"

"Call the Columbus Ohio Fire Department" I drawled.

When I took the car to the nearest filling station, the attendant looked at the engine, which was covered with oil, and said "The cover was left off the oil filler, and you have exactly 1 teaspoon of oil left in the crank case".

Going home and telling my husband was the worst of it. I got told about engines seizing up and how stupid I had been to keep on driving something that was spewing smoke all over Route 495.

The car continued to deteriorate, when we traded it in, the passenger door wouldn't open and two hubcaps were missing.

We got about half of what we had paid for it.

And then we bought a Chevy.

Create Your Own "Must-Go" Soup

Written By Kayla Shelton

Submitted By Lisa Ford, UNH Cooperative Extension
Food & Nutrition Program Associate

There's nothing more comforting than sitting down to a steamy bowl of soup on a cold winter day. Each person has a story to tell about creating and enjoying homemade soup. My story takes me back to when I was a young girl.

Throughout the winter months my dad would have a large pot of soup simmering on the stove at least once a week. I'd watch him open the refrigerator and begin to unload our leftovers and dump them into the soup pot. This form of soup-making became known as "must-go" soup, because it was comprised of leftover spaghetti sauce, chicken, meat, cooked vegetables, noodles, rice or whatever had been cooked earlier that week. No soup was ever the same!

I didn't realize until now the reason dad made soup on such a regular basis was because after a long, hard day at work it was the easiest meal to make for a family. I have a new-found appreciation for each and every soup dad created in my home kitchen.

Homemade soup is versatile and inexpensive; with a bit of planning, it can become nutritious and delicious. To start, it is easy to take your leftover chicken, turkey, or meat bones and throw them into a pot with water and seasonings to create your own broth. Once you have a broth you can add vegetables, whole grains, cooked dry beans or lentils, and your favorite seasonings.

Adding a variety of vegetables, fresh, frozen or canned (think carrots, onions, celery, peas, parsley, greens) will add vitamins,

minerals and flavor to your soup. Adding whole grains such as rice, barley or millet, and cooked beans will up the fiber content in your soup, leaving you feeling more full and satisfied.

Once you've created your large pot of soup and enjoyed your first meal of it, pour leftover soup right away into serving-sized containers and refrigerate or freeze it for another day. Eat refrigerated soup within two or three days of preparing. The last thing you want is to get sick with a foodborne illness during the winter months.

I encourage you to open your refrigerator, check out your leftovers, and begin creating your own must-go soup!

But first, start with a delicious homemade stock.

Put fresh or leftover chicken, turkey or meat parts into a large pot with enough cold water to cover. Add a tablespoon or two of apple cider vinegar. The vinegar draws nutrients from the bones. If you like, add a bay leaf or other favorite herbs to season your broth.

Some cooks accumulate their vegetable castoffs--

celery leaves, potato peelings, carrot tops, the outer leaves and cores of cabbage, even crispy outer onion skins--and stash them in a container in the fridge for a few days to add to the soup pot. These ingredients will add both nutrients and flavor.

Turn the heat on high and bring the water to a boil. Skim off the scummy stuff that will rise to the top. Turn the heat down and allow the broth to simmer for an hour or more, stirring occasionally. The longer you let the broth simmer the more flavor it will have.

Next, place a large pot in the kitchen sink with a strainer over it and carefully pour the stock through the strainer and into the pot. Pick bits of meat or poultry from the bones and reserve them to add to your soup (or a casserole or other dish). Throw out the bones and vegetable parts. You can then place your stock into the refrigerator, or outside if it is cold enough, for a few hours so you can easily remove the fat from the top of the pot. You have just created your own stock!

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Effective food sources: organ meats, eggs, fish, unrefined vegetable oils, legumes, soy products.

• **FOLIC ACID** - Folacin - an important factor in the synthesis of DNA, enzyme production and blood formation. Essential for division and growth of new cells, it is an excellent supplement during pregnancy (800mcg. Daily) to guard against spinal bifida and neural tube defects. Prevents anemia, helps control leukemia and pernicious anemia, and is effective for alcoholism. Effective against some pre-cancerous lesions. Absolutely necessary to counteract the immuno-depression state following chemotherapy with MTX. Deficiency results in malabsorption problems such as Chron's disease and sprue. Aluminum antacids, oral contraceptives, alcohol, long-term anti-biotics and anti-inflammatory drugs increase the need for folic acid.

Effective food sources: leafy green vegetables, liver, peas, brewer's yeast, broccoli, fruits, soy products.

• **INOSITOL** - a lipotropic and non-vitamin B complex family member. Works with biotin and choline to control male pattern baldness, hypertension, and arteriosclerosis. Metabolizes serum blood fats to lower cholesterol and control fatty deposits on the liver. An "inositol cocktail" may be taken as a spring tonic to revive a sluggish system. Helps reduce breast and

ovarian cancer risk, and controls estrogen-related premenstrual symptoms. Helps control many of the side effects occurring with diabetes. Effective for athlete's by enhancing oxygen delivery to the tissues.

Effective food sources: almonds, beans, onions, oranges, peanut butter, oats, peas, tomatoes, zucchini.

• **PABA** - Para-Aminobenzoic Acid - A B Complex family member and component of folic acid, PABA has sun-screening properties, is effective against sun and other burns, and is used in treating vitiligo (depigmentation of the skin). Successful with molasses, pantothenic and folic acid in restoring lost hair color. New research shows success against skin cancers caused by UV radiation (lack of ozone-layer protection).

Effective food sources: brewer's yeast, eggs, molasses, wheat germ.

• **VITAMIN C** - Ascorbic Acid - A primary factor in immune strength and maintenance. Protects against cancer, viral and bacterial infections, heart disease, arthritis and allergies. A strong anti-oxidant to prevent free radical damage. New research indicates supplementation helps reduce cancer risk. Safeguards against radiation, heavy metal toxicity, environmental pollutants and early aging. Accelerates healing after surgery, increases infection resistance, and is essential to formation of new collagen tissue. Controls alcohol craving, prevents constipation, and lowers cholesterol. A key factor in treatments for diabetes, high blood pressure, male infertility, and in suppressing the AIDS virus. Supports adrenal and iron insufficiency, especially when the body is under stress. Relieves withdrawal symptoms from addictive drugs, tranquilizers and alcohol, Aspirin, oral contraceptives, smoking and tetracycline inhibit Vitamin C absorption and deplete C lev-

els. Supplementation should be considered if these things are part of your lifestyle. Deficiency results in easy bruising and bleeding, receding gums, slow healing, fatigue and rough skin.

Note: The new metabolic form of vitamin C, Ester C is biochemically the same as the naturally metabolized C substance in the body. It is both fat and water soluble, and non-acidic. Uptake of C is absorbed twice as fast into the bloodstream, and excreted twice as slowly as ordinary Vitamin C. This means that Vitamin C in the tissues can be up to four times higher than normally possible.

Effective food sources: Citrus Fruits, Red Peppers, Papaya, Tomatoes, Kiwi, Potatoes, greens, cauliflower, broccoli.

• **BIOFLAVONOIDS** - part of Vitamin C complex, and necessary to its proper function. Bioflavs prevent arteries from hardening, enhance blood vessel, capillary and vein strength. They protect connective tissue integrity, control bruising, internal bleeding and mouth herpes. They help lower cholesterol, and stimulate bile production. Bioflavs are anti-microbial against infections. They reduce cataract formation,

and guard against diabetic retinopathy. The body does not produce its own bioflavonoids, which must be obtained regularly from the diet. Strongest supplementary form is Quercetin.

Effective food sources: white part beneath the skin of citrus fruits, herbal sources, buckwheat, most vegetables.

• **VITAMIN D** - a fat soluble "sunlight vitamin", it works with Vitamin A to utilize calcium and phosphorus in building bone structure and healthy teeth. Helps in all eye problems including spots, conjunctivitis and glaucoma. Helps protect against colon cancer. Air pollution, anti-convulsant drugs and lack of sunlight deplete vitamin D. Deficiency results in nearsightedness, psoriasis, soft teeth, muscle cramps and tics, slow healing, insomnia, nosebleeds, fast heartbeat and arthritic symptoms.

Effective food sources: cod liver oil, herring, halibut, salmon, tuna, eggs, liver.

• **VITAMIN E** - an active fat soluble anti-oxidant and important immune stimulant. An effective anti-coagulant and vasodilator against blood clots and heart disease. Retards cellular and mental aging, alleviates

fatigue and provides tissue oxygen to accelerate healing of wounds and burns. Works with selenium against the effects of aging and cancer by neutralizing free radicals. The most cell protecting form seems to be E succinate (dry E). Improves skin problems and texture. Helps control baldness and dandruff. Deficiency results in muscle and nerve degeneration, anemia, skin pigmentation.

Effective food sources: almonds, green leafy vegetables, salmon, wheat germ/wheat germ oil, organ meats.

• **VITAMIN K** - a fat soluble vitamin necessary for blood clotting. Reduces excessive menstruation. Helps heal broken blood vessels in the eye. Aids in arresting bone loss and post-menopausal brittle bones. Helps in cirrhosis and jaundice of the liver. Acts as an anti-parasitic for intestinal worms.

Effective food sources: seafoods, sea vegetables, green leafy vegetables, liver, molasses, eggs, oats, sprouts.

"Achieving a healthy life style is not just hard work; it is also fun. It feels so worthwhile. It is one the most rewarding things you can do."

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. 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.

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President Signed Improvements To Post-9/11 GI Bill

Many Non-College Programs And State Service Of Reserves & Guard Now Covered

WASHINGTON (Jan. 5, 2011) – To bring the educational benefits of the Post-9/11 GI Bill closer to more Veterans and Service Members, President Obama signed legislation Jan. 4 that streamlines the 18-month-old education program administered by the Department of Veterans Affairs (VA).

“Since the first GI Bill in 1944, this unique educational program has adapted to the needs of America’s Veterans, active-duty personnel, reservists and Guardsmen,” said Secretary of Veterans Affairs Eric K. Shinseki. “Like its forbearers, the Post-9/11 GI Bill is growing to ensure the men and

women who serve this nation in uniform receive valuable education benefits from a grateful nation.

“On behalf of Veterans and the many who serve them at VA, we would like to thank the president for his support, as well as members of Congress and our Veterans service organization partners for helping make this bill a reality,” Shinseki added.

Among the provisions of the legislation are:

Paying for on-the-job training, some flight training; apprenticeship training and correspondence courses;

Allowing reservists and Guardsmen to have their time supporting emergencies

called by their state governors credited to the time needed to qualify for educational benefits;

Providing one half of the national average for the program’s housing allowance to students enrolled in distance learning;

Pro-rating the housing allowance to exclude payments when students are not in class;

Allowing students on active duty receive the stipend for books and supplies;

Allowing people eligible for the Post-9/11 GI Bill, but participating in VA’s Vocational Rehabilitation and Employment (VR&E) benefits to choose between the GI Bill’s housing allowance or

VR&E’s subsistence allowance;

Permitting reimbursement for more than one “license and certification” test;

Reimbursing fees to take national admission tests, such as SAT, ACT, GMAT and LSAT; and

Establishing a national cap of \$17,500 annually for tuition and fees in a private or a foreign school, not including contributions by edu-

cational institutions under the “Yellow Ribbon” program.

Information about the new provisions is available on the Internet at www.gibill.va.gov.

By the end of December 2010, VA issued nearly \$7.2 billion in tuition, housing, and stipends for more than 425,000 Veterans or eligible family members pursuing higher education under the Post-9/11 GI Bill.

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

January 18, 2011 Volume 2 Number 8

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NOTICE TO ALL SELECT BOARDS, SCHOOL BOARDS AND TOWN CLERKS

With annual meetings fast approaching, and budgets tighter than ever, every dollar counts. Trendy Times offers a rate of \$4.50 per column inch for all municipal and school advertisements. That means a notice the size of this ad is \$36.00. Plus we offer a FREE Calendar of Events that will list any meetings or hearings being held. And your ad will be delivered to everyone in our mailing area which includes, Bath, Benton, Haverhill, Monroe, North Haverhill, Pike and Woodsville, New Hampshire. Plus Newbury, Groton, Ryegate, most of Barnet and Peacham, Vermont. Call us for the exact details. Upcoming publication dates before Town Meeting are January 18, February 1 & 15 and March 1.



By Ronda Marsh

Coney Island Burgers

The name of this dish is sort of a misnomer...they really are not burgers, nor can I find any connection whatsoever between them and that famous New York amusement park, Coney Island. All I know is that when I was a kid, I loved to go visit my Aunt Evelyn in Enfield, NH, even though I was very prone to car sickness and most of the time, the ride there was an horrendous experience for me. Once out of the automobile and back on terra firma, my woozy stomach would rally, and in my child's mind, I became convinced the Coney Island Burgers she often made for lunch was the reason why. As I got older, I realized that there was not a single ingredient in those burgers that would be considered appropriate for an ailing tummy, but the placebo effect they had on me was nonetheless miraculous! I hadn't a clue what was actually IN a Coney Island Burger, until I became an adult and purchased a cookbook Aunt Ev's church published as a fundraiser, and saw the recipe inside, with her name as the authoress. I readily admit that at first glance, you might think that the combination of ingredients here seem a bit odd, but let me tell you, once these babies are completed, they are so scrumptious, you'll wish you'd thought of it first. If you have a grinder, that's definitely the preferred way of putting it together, but if you don't, a food processor, or



even a chopper will work (although the chopper is sort of tedious). In the recipe, you'll note that I didn't specify the amount of mayonnaise. That's because every time I've made "Coney's", the amount has varied, depending on exactly how much mixture there is. The general rule of thumb here is to use enough to bind it together, but not so much as to make it sloppy. As far as how long to broil/toast these, I'd advise not to walk away while they're cooking, or you can quickly go from deliciously melty to crispy-critter hockey pucks in a flash. NOT a good thing! So there you have it: A comfort food from my childhood that remains one of my favorite comfort lunches to this day. How I wish Aunt Ev was still here to enjoy one with me!

- 1/2 pound bologna, cut in a single slice
- 4-5 slices American cheese
- Small piece of onion
- 3-4 medium dill pickles
- 1/2 small green pepper

- 2 hard boiled eggs
- Salt & pepper to taste
- Mayonnaise
- 3 burger buns, split to make 6 halves

Grind first 6 ingredients in a food processor or grinder. Mix with enough mayonnaise to make spreading consistency. Top split burger buns with generous amount of mixture, sprinkle with a little paprika, if desired, then broil until brown and bubbly. Makes a great brunch or luncheon item. HINT: If you put the cheese in the freezer for about 15 minutes before using, it will process easier.

Caregiver Class For Family Offered In St. Johnsbury Classes Begin Wednesday, February 2nd



Are you feeling stretched as a caregiver? Would you like to learn how to take better care of yourself without feeling guilty? If you haven't yet experienced our "Powerful Tools for Caregivers" classes, consider doing so. Or come join us again!!

This six week program helps family caregivers reduce stress, improve self-confidence, communicate feelings better, balance their lives, and increase their ability to make tough decisions and locate helpful resources. You will benefit from these classes whether you are helping a husband, wife, parent, friend, someone who lives at home, in a nursing home, or across the country.

Classes consist of six sessions held once a week. Lynn Goulding and Jessica Brill from the Agency on Aging will facilitate the series. Interactive lessons, discussions, and brainstorming will help you to take the "tools" you choose and put them into action in your life.

You will receive a book, The Caregiver Helpbook, developed specifically for the class. A donation of \$30.00 to help defray the cost of the book and a relaxation CD is suggested, but not required, to attend the class.

Classes will be held in the Parlor of the North Congregational Church on Main Street in St Johnsbury on six Wednesday mornings from 9:30 am until noon beginning on Wednesday, February 2nd. Class size is limited and pre-registration is required. For more information or to register, contact Lynn or Nancy at the Area Agency on Aging 748-5182 or 1-800-642-5119.

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