

# TRENDY TIMES

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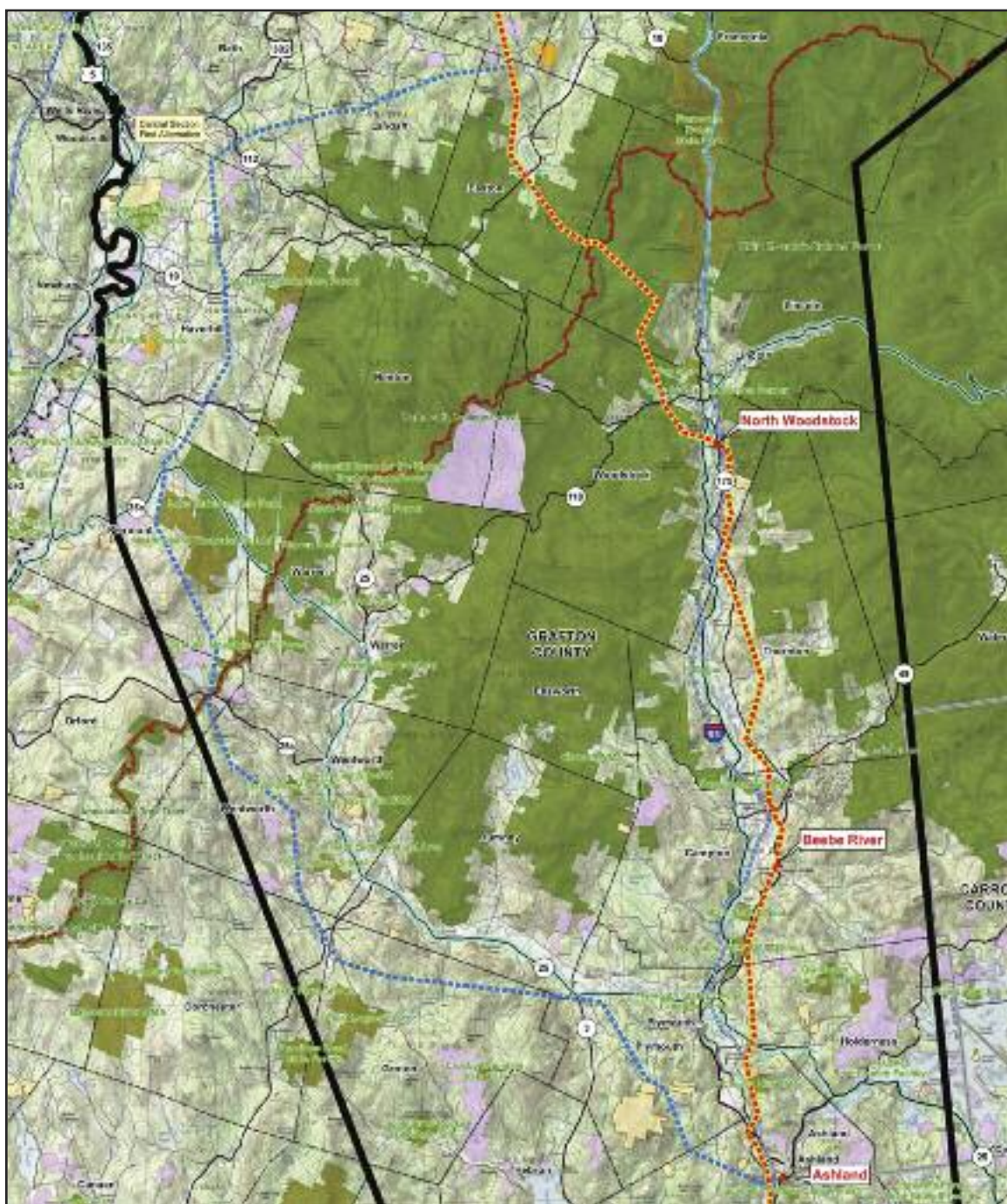
## D.O.E. Comes To North Haverhill For Northern Pass Scoping Meeting

By Gary Scruton

The Department of Energy scoping meetings for the proposed Northern Pass Project had its seventh and final stop on Sunday, March 20 in the cafeteria of the Haverhill Cooperative Middle School. The crowd was told that the gymnasium, setting for both the annual Town Meeting and the more recent Annual Haverhill Cooperative School District Meeting, was being used for practice. Therefore, a crowd that outnumbered those attending both of the aforementioned meetings, crowded into the much smaller quarters. There was such a crowd that at least twice, extra chairs were found and brought in to allow some of those standing on the sidelines to be able to sit and listen.

Those in attendance represented a wide range of hometowns. Haverhill was well represented with all five Selectboard members, the town manager, both State Representatives and many other concerned citizens. But the diversity of the crowd was underscored with the presence of a large number of elected officials. They came from a variety of towns and from various levels of government. They included US Senator Kelley Ayotte, US Congressman Charlie Bass, NH Executive Councilor Ray Burton, NH State Senator Jeanie Forrester, plus many Selectboard members, Tax Collectors, Conservation Commissioners, Planning Board members, River Committee members and a variety of other concerned elected and volunteer personnel.

Probably the one most important person listening to every speaker was the stenographer, who was attempting to capture every word for later review by DOE. It was mentioned at the beginning



*The local portion of the Northern Pass Project proposed main route and alternate route which crosses several local towns.*

of the meeting that every comment (written or spoken) would be addressed in the final draft of the Environmental Impact Statement. The EIS is one of the methods that will be used to decide whether or not the Northern Pass Project can go forward.

In looking at the DOE website dedicated to the Northern Pass Project the following was found. {The "environment" considered in an EIS includes land, water, air, structures, living organisms,

environmental values at the site, and social, cultural, and economic factors.} For this reason many of the speakers made comments regarding their opinion that the proposed 140 foot or so towers (about triple the size of the current power line towers) would detract from the well known views of the North Country in particular and New Hampshire in general.

Though this meeting was the seventh of the series (the other six were in Pembroke,

Franklin, Lincoln, Whitefield, Plymouth & Colebrook) it was the only meeting on the Alternative route (the blue line on the map) but it appeared the sentiments were the same. One speaker reported that of over 300 speakers only 15, or 5%, were in favor of the project. It was also noted those people were all located in Franklin where the proposed project would build a DC to AC conversion unit.

The large crowd was

quite well mannered as somewhere around 40 speakers took their turns up front addressing the DOE employees and consultants. Many used the microphone provided in order to be heard, but many others just let their voices ring out.

Those who spoke hailed from as far away as Pittsburg (the owner of the land proposed to be the crossing point), North Conway (I won't be able to see the towers from my home, but they will still be in my back yard), Orford (Alternate route set to split Upper and Lower Baker Ponds) and many others in between.

It should also be noted that if you were unable to speak at one of the meetings, you can still let your opinion be heard, no matter which side of the project you favor. Written comments can be submitted to the DOE for several more days. To get more information or to get the address to send comments, check out one of these web sites.

[www.northernpass.us](http://www.northernpass.us)  
[www.northernpasseis.us](http://www.northernpasseis.us)



*It almost looked like hunting season with all the blaze orange around. The shirts, hats and arm bands came from a group affiliated with [www.livefreeorfry.com](http://www.livefreeorfry.com) one of the groups opposed to the Northern Pass project.*

## 2 Great Northern District, Boy Scouts Of America



Guaranty Savings Bank. This year, the area volunteers are taking on the task of raising \$2500 to support local Scouting.

"Scouting within the Great Northern District is growing," said District Executive Jason North. "We are reaching more of the available youth than ever before." The local district now serves over 60 local youth and over 650 area youth.

To learn more about the Great Northern District, please visit us at [www.nhscouting.org/greatnorthern](http://www.nhscouting.org/greatnorthern).

For more information, contact Jason North at 603-630-7582 or [Jason.north@scouting.org](mailto:Jason.north@scouting.org).

Woodsville, NH – March 23, 2011 – The Great Northern District, Boy Scouts of America will kick off their annual Friends of Scouting campaign to benefit the youth of Woodsville, Haverhill, Lisbon and the surrounding communities 12:00 p.m. Wednesday, March 30 at Woodsville

## White Mountain Garden Club To Hold Symposium & Fair

Although winter still holds sway over the North Country, spring and summer are fast approaching. With the upcoming gardening season in mind, White Mountain Garden Club members are making plans for a Symposium & Fair to be held from 10 a.m.-4 p.m. on Saturday, July 9, at two locations in Sugar Hill, the Sugar Hill Meeting House and the Carolina Crapo Building. The schedule includes a variety of workshops, floral crafts sales, plants and floral arrangements for sale, displays and exhibits, a book sale featuring new and old gardening books, a raffle and a box lunch.

The White Mountain Garden Club Symposium & Fair is a fundraiser for the club, which was founded in 1924 by Mrs. Theodore Thomas of Bethlehem, a noted gardener of the day. As a service organization, the club sponsors flower shows, garden tours, auctions and other events to educate, enlighten and delight gardeners and other community members. Proceeds from events enable the club to contribute money each year for area-wide civic plantings, and to children's camps and conservation organizations.

"We are very excited to be able to present a Symposium & Fair for North Country



Several White Mountain Garden Club committee members met recently to talk about the Symposium & Fair that will be held in Sugar Hill on July 9. Seated is Amy Bahr. Standing are Marion Dunham, Joyce Freund and Winnie Ward. (Courtesy photo)

residents and visitors this summer," says White Mountain Garden Club President Mary Sloat. "We have some great workshops and knowledgeable presenters lined up on a variety of topics — garden photography, perennials and annuals, on-site landscape design, a program on the flora and fauna along the Israel's River — along with a variety of activities and exhibits. We hope gardeners

will mark their calendars now and save the date for a full day of gardening fun."

Watch this space for more information and a schedule of the day's events as more details become available. In the meantime, anyone with questions or who would like to be an exhibitor can contact Winnie Ward at 586-4372 or [jirish@ne.rr.com](mailto:jirish@ne.rr.com).

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# LISBON LILAC FESTIVAL TEAM ANNOUNCES 2011 THEME “Good Old Summertime”



Lisbon teens carry the banner for 2010's Lilac Festival Parade Grand Marshall Glenn Stillings

LISBON – The theme for the 2011 Lisbon Lilac Festival will be “Good Old Summertime” to celebrate the end of this winter’s heavy-duty weather, according to organizers of the annual event.

“We thought there couldn’t be a better theme after the winter we’ve had this year,” said Rena Woods of Lyman, who is chairing this year’s popular festival. Woods has pulled together a team of volunteers who are working to bring back some old, favorite events and introducing a few new activities.

Lisbon’s annual Lilac Festival began in 1981 as a means of raising funds to complete improvements to Chevron Park in the center of town. The event became so popular that it continued for 25 years until 2006. After a brief rest, Lilac Time was revived in 2009 by volunteers with Lisbon Main Street, Inc. This will be LMSI’s third year as event organizers.

Confirmed activities to date include Miller Amuse-

ments’ Carnival, the popular Saturday parade, and the Sunday evening fire apparatus and EMS parade. This year the parade will be dedicated to the memory of Harry Andross, long-time Lisbon Fire Chief. The parade will be followed by fireworks, provided by Miller Amusements.

“There’s going to be plenty of entertainment, food

and fun, and we hope to see lots of floats this year, too!” said Woods.

The public is invited to enter floats or marching units in Saturday’s parade. Parade applications can be obtained from Rena Woods at the Woodsville Guaranty Savings Bank on Main Street, 603-838-6336, at the Lisbon Main Street office (in the Railroad Station), 603-838-2200, or online at [www.lilac time.com](http://www.lilac time.com) or [www.lisbon mainstreet.org](http://www.lisbon mainstreet.org).

The North Country YMCA will hold it’s annual Lilac 5K Fun Walk/Run during the Festival on Saturday, May 28. Registration will be at 8 a.m. at the Community Field on West Street. Race begins at 9 a.m. at Bishop Farm Corner, Route 302 and Lyman Road. For more information, contact NCYMCA Director Dianne Rappa, 603-747-3508 or [drappa@valley.net](mailto:drappa@valley.net).

Watch for other announcements on Facebook and the websites listed above.

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## New Hampshire Hospitals Are Committed To Keeping Patients Safe

Steve Ahnen, President

New Hampshire Hospital Association



Members of the Cottage Hospital Auxiliary are seen stuffing envelopes with information on their Ninth Annual Golf Tournament to be held at Blackmount Country Club on June 25th. L to R around the table are Carolyn Byrne, Maryjane Krepper, Margaret Cope, Susan Aldrich, (special helper - Kelly Fitzpatrick), and Marcia Welsh.

Monday, March 6 marked the beginning of National Patient Safety Awareness Week. In New Hampshire, every week and every day is dedicated toward continually enhancing the care that the thousands of dedicated doctors, nurses and other caregivers provide to our patients. Providing health care in a safe, compassionate environment is the fundamental foundation on which every hospital's commitment and mission is built.

Caregivers in New Hampshire's hospitals consistently rank as the best in the nation in providing care to those we serve. Since 2004, every hospital has measured how well it provides the care that is scientifically proven to increase the chance for better outcomes in patients who have heart attacks, heart failure and pneumonia and who undergo surgery. The information for all hospitals is available to anyone who logs onto [www.NHQualityCare.org](http://www.NHQualityCare.org). Every New Hampshire hospital's scores have improved dramatically over the past five years, and our state has held a consistent #1 national ranking by a division of the U.S. Department of Health and Human Services since the information has been widely shared.

This achievement is no doubt due in part to a long history of successful collaboration among hospitals, doctors, nurses and other caregivers, as well as a deep sense of trust when it comes to sharing best practices. The dedicated doctors and nurses who take care of you, your loved ones, friends and neighbors understand that working together and learning from each other will make care better and safer for all those who need it in New Hampshire.

Hospitals in New Hampshire continue down that path with even greater ambition under their first-in-the-nation "Eliminate Harm"

initiative. New Hampshire is the only state in the country where the CEO and the chair of the board for all 26 acute care hospitals have signed a resolution committing their hospital to participate in an effort to Eliminate Harm by 2015. The goal of this statewide collaboration, spearheaded by the New Hampshire Hospital Association (NHHA) and the Foundation for Healthy Communities (FHC), is to eliminate instances of patient harm which could have been prevented if the processes known to improve patient safety had been implemented and followed. This is the cornerstone of New Hampshire hospitals' strategy for improving quality of care.

In recent years, the Foundation for Healthy Communities has launched a series of other statewide efforts to make care better and safer. These include standardizing color-coded wristbands, increasing hand hygiene rates among health care workers, adopting a patient safety checklist, preventing blood stream infections, and our newest statewide initiative to eliminate potentially deadly blood clots, known in the medical world as venous thromboembolic (VTE) disease. Information about all of these initiatives is available online at [www.nhha.org](http://www.nhha.org) and [www.healthyNH.com](http://www.healthyNH.com).

With every hospital board chair and CEO resolved to support the Eliminate Harm promise, our state has achieved an extraordinary level of commitment which serves as a model for the rest of the country. The men and women who work in New Hampshire's hospitals dedicate themselves to making sure every patient gets the right care, at the right time, in the right place...every time. The citizens of New Hampshire are counting on that.

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# Newbury Village Store And Deli

## A Store For All Reasons

By Marianne L. Kelly

NEWBURY, VT—Enter the Newbury Village Store and Deli, located in the heart of the town's National Historic District, and get the unmistakable feeling that you've returned to an era when everyone knew everyone and met at the General Store to share local news, happenings and town gossip.

The store, built around 1840, was located between two resorts and a hot springs, making Newbury a Mecca for tourists who came by train. In 1913, fire destroyed the town, and later an earthquake shifted the plate destroying the hot springs and any thoughts of rebuilding. Over the years, the store knew several owners and at one time housed the only printing press in the valley.

### LIVING THE DREAM

Dave and Eileen McKnelly bought the store about a year ago after an extensive three-year search through Vermont, the Carolinas, Georgia, and "all over the United States," for the best community to work together and raise their three children.

They weren't sure what type of business they wanted, but Eileen observed, "Vermont is known for its General Stores, and this might work." The Newbury store, which was for sale, and the community, met their criteria, yet they made several additional visits before making their final decision.

On their second visit, they walked around town, met people in the school, bank, Post Office, and spoke to many townspeople. Both needed to be certain as Dave was leaving 31 years in Internet Technology and they were moving

their children out of school and familiar surroundings of New Hampshire's seacoast to start an entirely new life.

"Every time we visited something happened that convinced us this was the right place for us," said Eileen. The welcome they received from the Newbury citizens along with the available store convinced them that this was their new home. "I love that I can walk across the street to pick up my kids after school," said Dave. "We live upstairs, and are living the dream."

### THE DELI

"The food was a major part of our criteria," said Dave. Although neither comes from a formal food service background, both love to cook, garden and barbecue.

Eileen works closely with deli cooks, Deb Noonan and Kelly O'Donnell. "Kelly is the manager, and she and I work closely together on the menu." Everything is made fresh on the premises using as many local products as possible. Winter specials include fresh hot soups, a warm casserole and other hearty fare, while summer specials, though hearty are a bit lighter. All cooking and baking is done on premises.

Their menu offers sandwiches with names like Flatlander, Bedell Bridge, Athens, and Tucker Mountain. According to Deb and Kelly, Mount Pulaski and Oxbow are the two most popular. Along with their delicious sandwiches served on freshly baked bread from their in house bakery, they offer fresh salads and daily specials like vegetable lasagna, beef burrito,

stuffed peppers, beef stroganoff and more. You can even purchase Middle Eastern food delivered by a local vendor.

Too tired to prepare dinner after working all day? Stop by the deli for a complete "grab & go" meal that can feed a family of four for around \$12.

Pizza lovers can choose from several varieties of standard and gourmet topped pizzas. Having a birthday party or special get together? The staff will create a custom pizza party for the occasion.

Wine lovers can choose from one of the best selections in the valley priced at \$6.99-\$36.00.

### THE STORE

The McKnellys are totally committed to supporting local farms and offering fresh produce at affordable prices. Last year they purchased five shares of stock in Living Earth Farm "just down the road," where they receive greens, tomatoes, and a wide variety of vegetables...all super fresh and in season. All meats are fresh and cut by hand. Can't find something? Just ask and they will special order it.

The McKnelly's commitment to local products extends to their display of fine work by area artisans, making it unnecessary to travel long distances for a special gift or card.

They also have a line of custom made "happy clothing," inspired by a young man participating in a work program. "He'd come in to help, asking everyone, 'Are you happy?'" Dave decided to print the phrase on tee shirts, sweat-shirts and caps, with more coming soon. "We donate the



Eileen and Dave McKnelly



Deli cooks, Kelly O'Donnell and Deb Noonan

proceeds to programs that help people with disabilities."

Eileen and Dave attribute the success of the store to their team of twelve employees. "We empower them as part of the team, and listen to their views and suggestions."

### THE FUTURE

Dave and Eileen plan to build a café just outside the deli this summer, where people can relax, have a meal, read a newspaper and enjoy the scenery. They hope to enclose it so patrons can enjoy its ambience in winter as well. Having three children they're also considering offering Friday night

kid flicks.

The McKnelly's love for the people and community becomes most apparent when you cross their threshold and are treated like a member of a large, close-knit family.

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# Cottage Hospital's Employee Of The Month



Pamela Churchill has been chosen as Cottage Hospital's Employee of the First Quarter for 2011. Pam joined the Cottage Hospital Team in October of 2003 as a Housekeeping Aide. She transferred to the Purchasing Department in 2005 where she has remained as an Inventory Control Clerk.

A co-worker nominated Pam for this honor stating, "...Pam is a tireless worker in the Purchasing Department. It doesn't matter how busy she is or how many times a day she is interrupted, she is always willing to help solve any issue that comes up. Whether you speak to her on the phone or in person, she is pleasant and proficient at all times. Her efficiency helps to keep things running smoothly for all departments in the hospital. She is very deserving of this award."

Pam expressed that, "It felt very nice to be recognized by my peers. I have so

much admiration and respect for them. Everyone works very hard here. We are a small department employee wise, with a lot to get done on a daily basis, which makes the day go by very quickly. I like the day-to-day challenges of my job. There is never a dull moment."

Pam was born here at Cottage Hospital, as were her three children. She enjoys fishing in the summer with her husband, and also enjoys photography and gardening. Pam expressed that she loves to visit her children and six grandchildren. They always make her smile and laugh. Pam expressed that she feels lucky to have such a great family, at home, and at Cottage Hospital.

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

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

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# Short List For Haverhill School Voters

By Gary Scruton



The annual Haverhill Cooperative School District meeting had a very short list of articles on the Warrant for 2011. That did not make the meeting any shorter, or any less contentious.

As has been the case for many years the results of the election were already known, having been announced at the Town Meeting the previous week. That meant that Pauline Corzilius, the outgoing school board member was at the head table for the final time. She was one of several who received applause and thanks later in the meeting.

The first article of the night needed slightly different wording than in the past. Normally the school warrant and budget are printed in the annual Town Report. However, due to issues with funding from the state of New Hampshire, the school board did not have a proposed budget, and therefore no clear number to plug into the warrant article by the time the report went to press. Therefore those in attendance were handed copies of the warrant and the budget as proposed. The first article accepts reports of the school board and administra-

tion, normally stated "as printed in the town report". This year it was amended to also include "and as handed out". Either way, the article passed with little fanfare.

Article two also needed a slight change in verbiage. Actually the amount to be raised was reduced by one dollar (from \$100,000 to \$99,999). This allowed for the ballot box to be open only until those in attendance had voted. For amounts of \$100,000 or over, the ballot box must be open at least one hour. Again the motion which raised the money to do needed fire safety work at Woodsville High School, passed by a large majority of those voting.

The following article was "the big one" for the evening. It represented the budget for the 2011-2012 school year for the Haverhill Cooperative School District. The proposed budget was actually down slightly over \$100,000 from the 2010-2011 budget. This was accomplished in many ways as board member Pat Buchanan pointed out. She noted that the biggest cut was to the staff of the school district. About eleven positions were eliminated district wide. These po-

sitions were determined by the principals at the three district schools, as SAU 23 Superintendent Bruce Labs explained. He also noted that none of the principals were receiving a pay raise in the proposed budget. Even with the large cut in those receiving salaries, the budget showed increases in retirement contributions (due to a drop in contributions from the state of NH) and an increase in health insurance premiums. Other large increases were under the line items of transportation and fuel oil.

The discussion that followed included several speakers from the audience. One was specifically asking for a particular teacher to not be released. Another was a student of WHS asking to be involved with the budget process in the future. A third speaker caused a bit of a stir as her initial comments were very specific to a particular student. Moderator Douglas McDonald made several attempts to get the speaker to only address the matter at hand, the budget, and at one point came close to having the speaker removed from the floor. However the speaker got the message and changed the line of comment to a question about staffing. At this point the moderator allowed the question and an acceptable answer was offered by Superintendent Labs.

One of the major questions for most taxpayers is always "what will it do to my taxes?" Ms. Buchanan stated that as printed the budget would increase the tax rate by about 68 cents per thousand. If, however, the state fully funds the State Adequacy Grant line item, then the increase would only be 18 cents per thousand. In the


end, after another ballot vote, the budget was passed as printed with a count of 152 in favor and 31 opposed.

Articles 4, 5 and 6 were almost exact reprints from previous years as they allowed for remaining funds as of June 30, 2011 to be put into specific accounts set aside for "a rainy day". With some scattering of no votes, all three passed on voice votes.

The final article saw one motion from the floor from Homer May to request that the school board add a column to the annual budget sheet. That column would include the actual revenue and

expenses from the previous school year. Though not binding as it was not on the original warrant, the sense of those assembled seemed very much in favor of the extra information, and the motion passed unanimously.


All in all the meeting was well attended, well run, and all articles proposed by the school board passed, essentially as written. The meeting ended at a reasonable time of night and continued the long standing tradition of a civil discussion of the needs of the students of Haverhill versus the ability of the tax payers to foot the bill.



The family of Gerrie Wood would like to thank all our friends, family, and workers for all the calls, cards, food and other special attention. Special thanks to Dr. Patricia Pratt for many years of outstanding service to our family.

Tom Wood, Nikki and Buffy  
Tom Wood, Jr., Laurie and family  
Bob and Laurel Murphy

Special thanks also to Dr. Angie and Gracie for all the extra work and phone calls, and to everyone who donated to Digs for Dogs in Gerrie's name.



I wish to thank the voters who supported me in my run for Supervisor of the Checklist for the Town of Haverhill. I appreciate the votes.

Sincerely, Carol Norcross



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# “Elliott Slam” To Air On North American Safari TV Show



and its sister company Log Stackers located in Woodsville, NH was a successful mixture of business and pleasure. Pre-travel plans included familiarizing themselves with the company's video equipment in order to digitally record a successful hunt that would air on the North American Safari, the award winning hunting show based in Fairfield, Maine.

The three Elliott brothers and their father booked a five-day guided hunt in the Cape Anguille Mountains on the Southwest Coast of Newfoundland with Mountain Top Outfitters in order to hunt Moose in an entirely different terrain than can be found in New England. They were properly outfitted with appropriate hunting gear and equipment and pulled a trailer that

later transported the fruits of their labor. Early on they met with scheduling delays which resulted in spending the night on bunks as they were ferried to Newfoundland. After several legs of their journey they abandoned their vehicles in favor of a track vehicle capable of traversing the rugged tundra terrain which tested and jostled every fiber of their being. Video footage captured on day one of their guided hunt shows three of the four Elliotts spotting, taking aim and bringing down considerable sized bulls. On day three the hunting trip earned the term the “Elliott Slam” coined by a writer who interviewed them for an article that appeared in The New Hampshire and Vermont Outdoor Gazette. In order to extend the exciting and unforgettable ex-

perience, Jeff, the CEO of the companies who has experience in taxidermy, convinced his brothers and father to mount their own moose head trophies.

Since the crew of North American Safari are known for their lively and entertaining editing style the upcoming episode promises to be thrilling for the hunting enthusiast. Check out the episode featuring the “Elliott Slam” during the week of March 28 to find out who got what and in what order. Air times for this episode are: Tuesday March 29th at 11:00 a.m.; Wednesday, March 30, 6:30 p.m.; Friday, April 1 at 11:30 p.m. and Sunday April 3rd at 8:00 a.m.; on Direct TV channel 605, Dish Network channel 285, and Charter Communications channel 324.

Pictured left is Jim Elliott Jr. and Jeff Elliott, on the right is Jim Elliott Sr. and Mark Elliott with one of the four moose bagged on their successful hunting excursion to

be aired on the Sportsman Channel during the week of March 28.

The annual fall hunting trip for the executives of Coventry Log Homes, Inc.

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## Read Across America

Jeanie Forrester read “The Little Train that Could” to the students in the Kindergarten class at the Lin-Wood School on March 11 as part of the “Read Across America” program.

WASHINGTON DC - The NH Ass'n of Counties had several Officials attending the 2011 National Ass'n of Counties Legislative Conference. While attending the NH Delegation made official visits to the NH Congressional Delegation.



Left to Right: Betsy Miller, Ex. Director of the NH Ass'n of Counties; Eileen Bolander, President of the NH Ass'n of Counties and Grafton County Nursing Home Administrator; Congressman Charles Bass; Ray Burton, Commissioner of Grafton County (seated); Toni Pappas, Hillsborough County Commissioner.

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On Monday March 23, Mason Prata (left) and David Peart (right), members of the Woodsville High School chapter of JAG (Jobs for America's Graduates), served as Senate Pages at the State House in Concord where they had the opportunity to meet Senator Jeanie Forrester.



NH Maple Weekend. Councilor Ray Burton visited 10 Maple Sugar Houses from Groveton to - Cornish in the 10 hour day. Here at the Glenciff home in Glenciff (l-r) Judy Bowser, Roy and Jeanne Foltan of Bath, Burton and Todd Bickford, Supt. of the Glenciff home. The NH Maple Sugar Producers Ass'n sponsored 80 through the Weekend with thousands of visitors through the two day event.

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

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This little guy was on West Bath Road around 4pm, March 18th with about 6 of his buddies. When I saw them I knew that Spring had finally arrived, even if it doesn't quite look like it. Photo Courtesy of Valerie Pickens - Nature's Wonders Photography.

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March 29, 2011 Volume 2 Number 12



## Open Auditions For Famous Thriller In Bradford

BRADFORD, VT: Old Church Community Theater announces open auditions for its June production, the famous thriller by Frederick Knott, "WAIT UNTIL DARK", on April 2nd and 3rd at 2pm at the theater at 137 North Main Street in Bradford. Sheila Kaplow will direct, and needs 6 men (2 roles are smaller) 1 woman and 1 girl (age 9 to 12). The production is slated for the week-ends of June 10th and 17th.

The story starts as a sinister con man and two ex-convicts have traced a mysterious doll containing several grams of heroin to the Greenwich, NY apartment of Sam Hendrix and his blind wife, Suzy. Through a cleverly constructed deception, the con man and his pals convince Suzy that the police have implicated her husband in a murder, and she believes the doll is evidence of his innocence. But

she figures out she is the victim of a bizarre charade and refuses to reveal the doll's location. After the con man kills his associates, a deadly game of cat and mouse begins, and we wonder how Suzy will ever survive.

Please contact the director at 802-222-4738 to borrow a script or for questions. Please also see the group's website [www.oldchurchtheater.org](http://www.oldchurchtheater.org) to see the entire season's lineup, or to check out other opportunities at the community theater.

This is Old Church Theater's 27th continuous season of presenting 5 or more plays a year. The first production of 2011 is "Second Chance" a world premier performance of the comedy/drama by New York playwright Tony Sportiello, and will be presented at the group's home theater in Bradford the first two weekends in May.



## Ocean Born Mary Henniker, NH

Our story takes place on July 17th, 1720, as we set sail out to sea. A ship, by the name of The Wolf, is heading towards its destination, which was Boston, Massachusetts. James and Elizabeth Wilson were setting sail to the "new world"-The United States of America. And, within the U.S. was where their new land was, in Henniker, NH. Elizabeth was pregnant and as the coast of Massachusetts came into view, Elizabeth gave birth.

The newborn didn't have a name though. This was about to change as the Wolf was taken hostage by pirates. Their leader Don Pedro got wind that there was a baby on board as Pedro went over to Elizabeth and James. Pedro asked what's the baby's name as Elizabeth said she was just born. Pedro, smiling, asks if she could name the newborn after his mother, Mary. The Wilson's agreed, but Don had one more request before he would leave the passengers with their belongings still with them and more importantly unharmed. Don came back with gifts for the newborn (supposedly records show Don Pedro was ruthless, dark, and for the ladies, handsome) he then presented Elizabeth with a silk dress and asked when Mary is to wed he wishes she would wear this dress. Elizabeth told him she would make sure of it. Pedro left with nobody harmed and everyone's possessions returned like he promised.

Mary grew up to be a tall (records show her at 6'2") and beautiful woman. In 1742, Mary got married to Thomas (some records show his name to be James) Wallace. Mary honored Pedro's wishes by wearing the silk dress on her wedding day. Mary and

Thomas had four sons and a daughter. After the birth of the youngest, Thomas died.

As of that time, Don Pedro was retired from his pirate days and decided to settle down in Henniker, NH himself. Long forgotten about the child that was named after his mother, he decided to go and see what she made herself into. Feeling troubled about her being widowed, he begged her to be his housekeeper and promised to take care of her and her four children.

Don brought Mary and her children to his grand mansion on 6,000 acres of land. Mary and her children couldn't be happier as they lived in solace...for awhile. Don, however, being a pirate, had a curse, and that curse was about to catch up to him. One night, after Mary and her children went to bed, former mates of the former captain decided to pay a visit. Sadly, Don Pedro was about to come to realize that his mates were not what they seemed. They killed Don by using a pirate's cutlass (other reports suggested that Don Pedro died in the front yard). His former "mates" must've ran, because once Mary got to the room where Don laid with a cutlass hanging out of his chest, the men were gone. Don, with his final breaths, told Mary to bury his treasure under the hearth with him. Mary, a while before this tragedy happened, saw Don with a retired pirate friend of his carrying a large black trunk out to the orchard. Mary honored Don's request and buried the treasure under the hearth along with the man who took her and her family in during rough times.

Mary kept her word to

Don, and buried him with his treasure. Mary lived a long and wonderful life right after that; she died in 1814. Her spirit, however, remains in the house.

In the early 20th century, the house was opened to the general public and Ocean Born Mary made her presence well known after that. A rocking chair would sway softly back and fourth (many said this was Mary's own way of saying the visitors were welcomed). She has also been sensed near the hearth as legend says she was always there, maybe making sure Pedro still had his prized treasure? Also, Hanz Holzer, known for his book "Ghosts of New England", conducted a séance in the Henniker home and was able to get in contact with a certain ghost there. The psychic medium, supposedly in trance as Mary, said that she would show them the treasure, and went out the door and into the front yard, but soon broke the trance and came to; the medium claimed she didn't remember a thing.

There are those who believe that the story is just a publicity stunt for tourists who come and visit the house, but who knows for sure? All we know is that Ocean Born Mary has been brought from New Hampshire folklore to New Hampshire legend. Until next time, this has been another Scared Sheetless, Happy Hauntings Graveyard Disciples.

Sources:  
[hollowhill.com](http://hollowhill.com)  
[americanfolklore.net](http://americanfolklore.net)

Check out more of New Hampshire's scariest destinations at [scaredsheetlessncn.blogspot.com](http://scaredsheetlessncn.blogspot.com) and you can send feedback or questions to James at [scaredsheetlessncn@hotmail.com](mailto:scaredsheetlessncn@hotmail.com). Thanks for reading!

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 the Trendy Times. His stories can also be seen on [paranormalnews.com](http://paranormalnews.com) and [mostlyghosts.com](http://mostlyghosts.com) where he is a regular contributor.

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*Was the winter so snowy it wore the tires off?  
Or did the operator take the tires inside for coffee?  
Photo by Janice Scruton in Wells River earlier this month.*

## Tech Savy – Google Talk And Voice @ Bradford Public Library

April "Tech Savy" will focus on downloading free audios and ebooks with Listen Up Vermont.

Wednesday April 6, 6-8 PM, Bradford Public Library.

Bring your laptops and portable devices at 6:00 PM for help downloading programs needed to access all the audios and ebooks on Listen Up Vermont. Gail

LaVaude will then help us navigate Listen Up Vermont, give tips on downloading audio and ebooks and show us how to avoid frustrating snags. Patrons will then dive in and download to their computers and learn to transfer to their portable devices.

This program is free and open to the public.

## Haverhill Corner Library To Sponsor Third Fiction Writing Workshop

HAVERHILL, NH—The Haverhill Corner Library will sponsor its third annual fiction writing workshop, the library has announced. The six-week workshop will begin Tuesday, April 12 and will meet weekly at the library at 7:00 PM. The \$125 registration fee will benefit the library, and enrollment is limited to ten.

The six weekly sessions will cover: The Big Picture (narrative; synopsis; reading and writing; novels and stories; genres; generating ideas; writing habits); Voice (first person; third person limited; third person omniscient; strengths and limitations of each); Character and Dialog (creating and revealing character; establishing character with dialogue; advancing the story with dialog); Plot (to outline or not to outline?; building dramatic tension; pacing); Editing and Rewriting (sentences and their use; editing yourself; starting over); and Publishing and the Writing Life (what do with your work when it's finished).

The workshop will be led by John Landrigan, a seventeen-year veteran of the publishing industry, coauthor of four novels, and a former trustee of the New Hampshire Writers' Project.

"This workshop's success speaks to the great interest

many people have in writing their own fiction," Landrigan noted. "The creativity that past participants have brought to this workshop is phenomenal."

## Easter Season Worship for Children in Grades K-3

Easter season children's worship for the month of April will be offered at Haverhill Congregational Church on Sundays at 10:30 am. Children in grades K-3 will join their families for the first part of the service and then go to the Parish Hall for story time, activities and snack planned just for them!

April 3 Who is Jesus?  
April 10 Jesus the Teacher  
April 17 An Empty Cave  
April 24 Happy Easter-  
He is Risen!

All families are invited to Sunrise Service on Easter morning at 6:00 am followed by a free pancake breakfast. Children's story time and an Easter egg hunt will take place during the 10:30 am service. For more information call the Haverhill Congregational Church at 603-989-5179 or email chrchldy46@comcast.net.

## Bath Village School Honor Roll



These are the honor roll students for "Bath Village School" 4th – 6th Graders for the second Trimester.

### ALL A's

6th Graders Alyssa Jellison, Eric Thornton, Gabrielle Taylor  
5th Graders Peter Mulcahy, Kyleigh Lamarre, Isaac Barnhart, Emma Sulham, Asher Solnit  
4th Graders:

### A'S & B'S

6th Graders: Dennis Ruprecht Jr., Eva LeClair  
5th Graders: Madison Lewis, Alexis Clark  
4th Graders: Jacob Barnhart, Tayler Brown, Donald LeClair, Ethan Riggie, Hannah Romprey, Tyler Roystan, Leah Rutherford, Taylor Sartwell, Porsche Taylor



As part of the St. Patrick's Day Scholarship fundraiser sponsored by the 3 Rivers Business Association, the Wells River Savings Bank donated funds in conjunction with those using their new Piggy Pal. Pictured above is Wells River Savings Bank Teller Robin Hubbard, as she helped James O'Shaughnessey count up the sliver that had been stored by him and his wife, Gail. Thanks to Gail O'Shaughnessey for sharing her photo.

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# Calendar of Events

**TUESDAY, MARCH 29**  
**APPLE GRAFTING WORKSHOP**  
 5:00 PM – 7:00 PM  
 Grafton County Office, No. Haverhill

**WEDNESDAY, MARCH 30**  
**QUESTIONS OF FAITH: DESSERT & DISCUSSION**  
 6:45 PM  
 First Congregational Church, UCC  
 Haverhill Corner

**APRIL 1 - 16**  
**SWEET DEALS AND GREAT STEALS**  
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 See ad on page 12

**FRIDAY, APRIL 1**  
**APRIL FOOLS DANCE**  
 8:00 PM – Midnight  
 Robert Clifford Memorial Building, Woodsville

**SATURDAY, APRIL 2**  
**ANNUAL BOOK SALE**  
 9:00 AM – 1:00 PM  
 Orford Social Library

**WHS UPPER VALLEY ANTIQUE SHOW & SALE**  
 10:00 AM – 3:30 PM  
 Woodsville High School  
 See ad on page 7

**80'S DANCE**  
 7:30 PM – 11:30 PM  
 Mountain Lakes Lodge  
 See ad on page 15

**SUNDAY, APRIL 3**  
**WHO IS JESUS?**  
 10:30 AM  
 Haverhill Congregational Church  
 See story on page 11

**ORDINATION & CHURCH DEDICATION WITH PASTOR JOSEPH GRABOWSKI**  
 1:00 PM  
 Horse Meadow Senior Center  
 North Haverhill

**MONDAY, APRIL 4**  
**GOOD OLE BOYS MEETING**  
 12:00 Noon  
 Happy Hour Restaurant, Wells River  
 Public is invited.

**HAVERHILL COOPERATIVE SCHOOL BOARD MEETING**  
 6:00 PM  
 Woodsville Elementary School

**PINE GROVE GRANGE #298 COMMUNITY CITIZEN AWARD CEREMONY**  
 7:00 PM  
 Bath Town Hall  
 Public Is Invited

**TUESDAY, APRIL 5**  
**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, APRIL 6**  
**3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**  
 8:00 AM  
 Woodsville Guaranty Savings Bank, Woodsville

**TECH SAVY – GOOGLE TALK & VOICE**  
 6:00 PM – 8:00 PM  
 Bradford Public Library  
 Bring your laptop or use library computers

**QUESTIONS OF FAITH: DESSERT & DISCUSSION**  
 6:45 PM  
 First Congregational Church, UCC  
 Haverhill Corner

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

**THURSDAY, APRIL 7**  
**GRAFTON COUNTY CONSERVATION DISTRICT ANNUAL MEETING**  
 6:00 PM  
 Common Man Inn, Plymouth

**PERSONAL MEMORY WRITING WORKSHOP**  
 6:30 PM – 8:30 PM  
 White Mountains Community College, Littleton

**SATURDAY, APRIL 9**  
**ANIMAL SCIENCE DAY**  
 9:00 AM – 2:45 PM  
 Grafton County Farm, No. Haverhill

**SUNDAY, APRIL 10**  
**JESUS IS THE TEACHER**  
 10:30 AM  
 Haverhill Congregational Church  
 See story on page 11

**MONDAY, APRIL 11**  
**ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING**  
 6:00 PM  
 American Legion Home, Woodsville

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

**TUESDAY, APRIL 12**  
**TOWN HALL!! VT STATE AUDITOR TOM SALMON**  
 7:00 PM – 9:00 PM  
 Bradford Academy Auditorium

**WEDNESDAY, APRIL 13**  
**FREE COMMUNITY MEAL**  
 5:00 PM – 7:00 PM  
 St. Luke's Parish House, Woodsville

**UPPER VALLEY BEE CLUB**  
 7:00 PM  
 Westshire School, Rt 113 W. Fairlee

**WHENEVER DATE**

Place your event for your town, school or organization at no charge.

Submit your entries by:

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

Deadline for submissions is Thursday, April 7th for our April 12th issue.

# Colors Can Keep Us Healthy

Submitted by Lisa Ford, Program Associate UNH Cooperative Extension, Nutrition Connections Program in Grafton County

Color is around us every day. We see color in the clothes we wear, flowers in bloom, and in the produce section of the grocery store.

Sometimes we get into a routine or a rut and we don't vary the color of our clothes or the colors of our fruits and vegetables. We get comfortable with what we know, with the things that are familiar to us.

As part of my job, I introduce fruits and vegetables to the participants in my classes. This has made me realize that, over time, I too have become comfortable with what is familiar to me. I would go shopping and buy similar fruits and vegetables week after week. My choices might change with the season, but I bought what I knew. I also bought what I knew I liked.

I now have a new appreciation when I am in the fruit and vegetable section of the grocery store.

I see:

- red in the peppers, cherries, and pomegranates
- orange in the acorn squash, persimmons and kumquats
- yellow in the spaghetti squash and pineapple
- green in the collards, spinach, and grapes
- blue and purple in the eggplant, plums, and grapes
- white and tan in the mushrooms, cauliflower, and bananas.

The colors not only make my meals look tastier, I know they are more nutritious for me.

- Most fruits and vegetables are naturally low in fat and calories. None contain cholesterol.

- Fruits and vegetables are an important source of many nutrients, including potassium, dietary fiber, folic acid, and vitamin C.

- Vegetables are also an important source of vitamins A and E.

People who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases, stroke and cardiovascular diseases.

Eating fruits and vegetables rich in potassium such as bananas, cantaloupe, sweet potatoes, or kidney beans may reduce the risk of developing kidney stones and may help to decrease bone loss.

Eating fruits and vegetables that are low in calories per cup, instead of some other high-calorie food, may be useful in helping to lower total calorie intake.

Today, many fruits and vegetables are also available in cans, jars, and the freezer section. Adding fresh, canned, or frozen vegetables to a recipe is a simple way to increase the amount and variety of vegetables one eats. Fresh or frozen fruits can be added to yogurt, cereal, or waffles.

I used to buy just the fruits and vegetables that I liked and knew how to pre-

pare. Now I am more adventurous. I know that my taste buds will change over time, and that I may need to try new fruits or vegetables many times before I truly like them. I know that colors can keep me healthy.

March is National Nutrition Month. Challenge yourself or your family to try one fruit or vegetable that you have never eaten before. This will give you the opportunity to explore new tastes. You may find a welcome addition to your usual diet.

The American Dietetic Association sponsors an annual campaign during the month of March to provide information on healthy eating and being more physically active. Initiated in March 1973 as a week-long event, "National Nutrition Week" became a month-long observance in 1980 in response to growing public interest in nutrition. For more information, visit [www.eatright.org/nm](http://www.eatright.org/nm). Additional information can be located at: [www.my.pyramid.org](http://www.my.pyramid.org)

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# Weight Control After Forty (40)

There's no doubt about it. Weight loss gets more difficult after 40. Everyone goes through a change of life. The hormone changes of our middle years affect our body shapes, too... for men and women. One of the problems people face as they reach their late 40's and 50's is a disconcerting body thickening and a slow, upward rise in body weight. This seems to happen with everybody, even for people who have always been slender, who have a good diet, and who exercise moderately. Changes in estrogen levels for women and testosterone levels for men, mean that our body chemistry is in transition. Clearly, metabolic rates slow as we age, so it takes food longer to digest, and more of it goes into storage. People who could always lose weight when they were younger just by going on a crash diet for a weekend or a week whenever they gained a few pounds, find that strat-

egy doesn't work anymore. Most of us also become less physically active as we age which leads to muscle loss, an important factor for a youthful body.

Weight control solutions have to be approached differently when your metabolism slows down. Just eating all the low fat or even no fat foods available today doesn't seem to make a difference. We tend to think we are getting a free ride, and eat too many of them, or we eat too much of something else to fill up the hunger hole left by not eating any fat. Even the free ride isn't free because most of the low fat foods have plenty of calories.

I have been working for several years to develop natural weight control techniques for people trying to maintain healthy body weight and tone after their metabolism changes. The program is showing promise and results. For success after 40, begin with two

basic weight loss starting points:

- 1) improve body chemistry at the gland and hormone level.
- 2) Re-establish better, long-lasting metabolic rates.

What about cellulite? Are there natural methods for overcoming this unsightly scourge?

The vast majority of Americans have cellulite. Many people don't need to lose weight as much as they need to lose cellulite. Eighty-six percent of U.S. women over the age of 20 have cellulite deposits on the hips and thighs. More than 50% of U.S. men over forty have cellulite deposits on their torso "love handles."

Cellulite is a combination of fat, water, and wastes. When the body's circulation and elimination become impaired, connective tissue loses its strength, and un-metabolized fats and wastes become trapped just beneath

the skin instead of being expelled through body elimination. Over a period of time the wastes enlarge, harden and push through spaces in the connective fiber bands that anchor down skin. They cause bulges which appear as dimples, and form the puckering, distorted skin effect we know as cellulite. Definite skin undulations become apparent as cellulite layers build up. Unfortunately, this kind of fatty build up is not attached, so it is extremely difficult for the body to process through its elimination channels. Cellulite forms in areas of sluggish circulation, building up where normal cell exchange slows down. While fat is a generalized condition, cellulite deposits settle mainly on the hips, buttocks, thighs and knees. When regular fat is squeezed the skin appears smooth, but cellulite skin ripples like an orange peel, or has the texture of cottage cheese.

Herbs are good choices for improving cellulitic tissue tone, because they work at the cause of the problem, on body chemistry and metabolism, rather than on the external effect. The skin is a very complex organ. Regeneration of toned, elastic skin tissue works from the inside out. Man-made chemicals are rejected by the body's system functions, but plant-derived substances can pass through the powerful metabolic defenses of the skin's upper layers. Herbal sources of bio-flavonoids and vitamin C help preserve vein and capillary integrity, encourage new collagen formation, and make it more difficult for cellulite to begin. Herbal support can help process fats through the system more normally, instead of being thrown off or stored as fatty "cottage cheese."

Weight loss is not easy in today's lifestyle. Reaching your ideal weight is a victory. Keeping it off requires vigilance, especially in light of today's processed food products and fast lifestyles. Herbs can help your weight loss program be successful on a long-term basis, and without side effects.

No matter what weight

loss techniques or supplements you choose, the importance of cutting back on fat cannot be overstated. You can eat two to three times more volume of low-fat foods than high fat foods, and still lose weight. The average overweight person often has too high blood sugar and too low fat levels. This causes constant hunger – the delicate balance between fat storage and fat utilization is upset, and the body's ability to use fat for energy decreases. Overeating on empty calories on junk food particularly aggravates this imbalance. Fat becomes non-moving energy, and fat cells become fat storage depots. Saturated fats are the hardest for the liver to metabolize. Stay away from them to control fat storage. Water can get you over weight loss plateaus. Drink it, and all liquids before eating to suppress appetite. Calorie burning, thermagenic herbs have a double-whammy for weight control; use enzyme therapy and thermagenic stimulants for calorie-burning.

Herbal Fat Burners: white willow bark, sea vegetables, nettles, parsley leaf & root, sarsaparilla root, kola nut.

Appetite Suppressant Herbs: chickweed, barley grass, Spirulina, fenugreek seed, oatstraw, kelp, sea vegetables, chlorella, fennel seed, alfalfa, flax seed.

Blood Sugar Stabilizing Herbs: licorice root, panax ginseng, barley grass, spirulina, lecithin, gotu kola, burdock root, sarsaparilla root, gymnemia, wild yam root.

Body Cleansing Herbs: rhubarb root, Irish moss, cascara sagrada, psyllium husk, buckthorn bark, apple pectin, barberry, aloe vera, black walnut.

Circulation Stimulating Herbs: Hawthorn berry, leaf & flower, safflowers, gotu kola, ginkgo biloba, turmeric, kelp, ginger root, capsicum, Siberian ginseng.

Herbal Energizers: kola nut, bee pollen, gotu kola, sarsaparilla root, Siberian ginseng root, hawthorn berry, leaf & flower, barley grass, suma root, guarana seed.

March 29, 2011 Volume 2 Number 12

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

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*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. 603-838-5599 or [thymetoheal01@yahoo.com](mailto:thymetoheal01@yahoo.com)*

# My New Baby Sister

By Ayden Leblanc  
(as told to great grandma Sheila Asselin)

A few weeks ago Dad woke me up in the middle of the night and said we were going to grandpa's (Chris Asselin) house. Now I love to go to grandpa's because he is a cool guy and lets me do all sorts of things I can't do at home like watch all the cartoons and eat all the cookies I want. I especially like it when we watch a Celtics, Patriots or Red Sox game together. He gets so excited sometimes he even stands up and yells at the TV using words Mom and Dad will not let me say at home. I do not understand it but he says when I am older I will and he looks forward to taking me to games. But I do not get this middle of the night stuff. Mom and Dad both seem to be in a terrible hurry. I think Mom has been eating a lot lately 'cause she sure is getting fat!

The next day when Dad came to pick me up he said I had a new baby sister. Sis-

ter smister, I distinctly told them I wanted a puppy! When they brought her home all the family and friends came by and oohed and aahed over her. I cannot see why because frankly she looked like a drowned rat. And bald, I have never seen anyone so bald. I was born with thick blonde curls and I am a boy for heavens sake. The put a band with ribbons on around her head so people would know she was a girl but it did not help much.

She cannot do anything but lay there and cry or wet her pants. I am a big boy and I have not wet my pants in ages. Personally I think she is a big intrusion in what was just about a perfect life for me. Mom spends a lot of time cooing at her and saying sickening sweet things in baby talk. PLEASE if English is good enough for me it should be good enough for her. I could set her straight real quick.

But wait, what is that. She smiled at me! Mom said it was just gas but I know a smile when I see one. She likes me! I guess I have to get used to her 'cause it looks like she is going to be around for a long while. Mom and Dad have moved all sort of lace and pink things into what used to be my room. I got a new room with grown up boy things. She is going to need someone who can show her the ropes. Someone who has been around the block a few times on his tricycle. Things like how to manage Mom and Dad, getting ice cream on a hot summer day just by looking up with that certain pleading in your eyes, selling Grandpa on the idea of taking you fishing. These things do not come easy. They all take time and practice. But ,hey, I am the guy who has it all down pat and can teach her. I think I am going to like being a big brother!

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By Ronda Marsh

## Maple Mustard Chicken

I always seem to have an endless supply of boneless/skinless chicken breasts in my freezer. Actually, I'm pretty sure they must replicate themselves in there, since no matter how hard I try, I don't run out! Consequently, I am constantly searching for new ways to cook them, in order to fool family members into believing it's not the same white meat they had just yesterday. It's a tall order, but sometimes I actually come across a recipe that manages to do just that. Here's a slow-cooker method that marries mustard and maple syrup to create a sauce that works equally well over rice or noodles. Since it uses tapioca as the thickening agent, anyone who has allergies to gluten can eat



this, too. If you like your food a little on the spicy side (and I do), you can throw in a few dashes of your favorite hot sauce. Enjoy!

- 4 boneless/skinless chicken breasts
- salt and pepper, Mrs. Dash or other seasonings as desired
- paprika
- 1/3 cup dark mustard, such as Gulden's Spicy Brown, or Grey Poupon Dijon

- 1/2 cup REAL maple syrup
- 2 Tablespoons tapioca
- OPTIONAL: a few dashes of hot sauce OR soy sauce

Spray the interior of slow cooker with cooking spray.

Rinse the chicken in cold water; trim of any fat and pat dry.

Sprinkle desired seasonings on both sides of chicken and place in slow cooker.

In a small bowl, combine the mustard, maple syrup and tapioca.

Pour the mixture over the chicken in the slow cooker.

Cover and cook on high 3 hours, or on low 6 to 7 hours.

Serve with the extra sauce ladled over rice or noodles.

## Watercolor Classes Start In May At Alumni Hall

Artist Kristine Lingle will be teaching, "Painting Spring Flowers in Watercolor", a four-week series, on Tuesdays in May starting on the 3rd and running through the 24th. Two class times will be offered: 1-3pm and 5:30-7:30. Participants will learn to use watercolors effectively while painting beautiful specimens of amaryllis, tulips, daffodils, crocus and other early spring flowers. Each class will begin with a demonstration of a specific technique, such as wash, wet-in-wet, dry-brush, negative painting and other special effects. Students will learn to create and sketch a balanced composition, as well as how to mix colors and values.

Kristine Lingle earned a BFA in Art Education from UMass Amherst, and has been teaching art to students of all ages for over 20 years. She currently teaches art at Littleton Studio School and Granite State College. Her collages and paintings have been exhibited locally and in



Artist Kristine Lingle will be teaching "Painting Spring Flowers in Watercolor", Tuesdays, May 3-24 at Alumni Hall in Haverhill. Classes are being offered from 1-3pm and 5:30-7:30. Contact [info@alumnihall.org](mailto:info@alumnihall.org) or (603) 989-5500 for further information.

Northern Virginia and Washington, DC. Kristine coordinates the Gallery at WREN and organizes the Wings program for children. Her blog is [www.paintinginpa.jamas.blogspot.com](http://www.paintinginpa.jamas.blogspot.com).

All levels of ability are welcome. The cost for the course is \$50. To register or for further information, contact Alumni Hall at [info@alumnihall.org](mailto:info@alumnihall.org) or by phone at (603) 989-5500.

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