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APRIL 12, 2011 VOLUME 2 NUMBER 13

## Booked Solid – Continuing The Tradition

By Marianne L. Kelly



BRADFORD, VT - "Used book stores and coffee shops have always been a must for me anywhere I've travelled," said Jasmine Bussing, the new owner of Booked Solid on Main Street (next to Subway), in Bradford. Booked Solid was a serendipitous answer to Jasmy's dream of one day owning her own used bookstore. "I've always had a sense of peace in used bookstores and coffee shops, and just love their ambience." Jasmy is no stranger to the bookstore business as she once was an assistant buyer at the

Northshire Bookstore in Manchester, VT.

Jasmy purchased Booked Solid in January and officially opened on February 3. "I was supposed to open on the second, but a major snow storm delayed opening until the next day," she said. "I am especially grateful to all the volunteers who worked so hard helping me move," she added.

### CONTINUING TRADITIONS

Jasmy intends to continue the same exchange policy as the previous owners, special order new books and perform online searches

upon request. She's added a cozy corner for customers to enjoy a cup of tea or hot chocolate and an occasional snack.

"People bring me enough books to keep the shelves stocked, however, I would like to offer more of the classics and new age titles for customers seeking these genres," she said.

Although she is always interested in acquiring used books, Jasmy carefully evaluates every book brought to her. "I have to really look them over so I don't have multiple copies or things that might not sell." She recommends that people bring books that are not acceptable for the store to the Bradford Library to add to their book sales.

Booked Solid is not a store to rush through, but savor and enjoy shelves stocked floor to ceiling with popular romance novels, fiction, mysteries, espionage, adventure, classics and more. It is easy to lose yourself as you browse among the stacks seeking the right book to suit your taste or

mood, and almost impossible to leave with just one book, as the titles and authors are many and diverse.

Jasmy offers something for everyone, including children. "The children's book section is very popular," she said, "And I plan to add more titles," she added. Her books are in good condition, incredibly affordable, and considering that you have the option of exchanging them when you're finished, patronizing this store is a must for avid readers.

Her personal tastes run from mysteries and the clas-

offers an attractive selection of greeting cards and bookmarks. "I am especially proud of my cards as they are made from recycled paper," said Jasmy, an avid recycler herself. She plans to replace her current rack cards with those made from recycled paper.

### THE FUTURE

Jasmy doesn't plan to change much about the store. "I want to keep it a small, cozy, homey, bookstore, and being a great fan of recycling, hope to eventually offer my customers a se-



sics to nature books, environmental issues and books written by local authors on the country lifestyle. "I have also collected many children's books over the years," she said.

Jasmy is especially interested in the writings of local authors and plans to offer book signings when they release new titles. Vermont native, Bethany Dunbar, whose book entitled, "Kingdom's Bounty," highlights Vermont's Northeast Kingdom farmers, artisans, merchants and resorts, and emphasizes sustainable, organic practices will be at Booked Solid on July 30.

In addition to an abundance of books, Jasmy also

lection of journals, notepads, playing cards and other paper products made from recycled materials.

Booked Solid fits the criteria that allows Jasmy to live and work in the environment she loves most.

"So many books, so little time," she laughed.

Visit Booked Solid at their new location, 157 Main Street, Bradford (next to Subway). Phone (802) 222-5826.

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# AARP Driver Safety Program

The Horse Meadow Senior Center is hosting the AARP Driver Safety Program Tuesday, April 26, 2011 and Wednesday, April 27, 2011 from 1:00 PM to 5:00 PM at the Horse Meadow Senior Center located at 91 Horse Meadow Rd., North Haverhill, NH. Attendance is required both days.

AARP developed this classroom refresher to ensure that drivers 50 years and older stay safe behind the wheel. The course's curriculum has been updated to reflect the most current driving information and safety tips available. The driver safety course is designed to educate participants about how best to reduce traffic violations, crashes, chances for injuries, update drivers'

knowledge about relevant laws and provide safe driving strategies to compensate for age-related changes that affect ones' driving ability. Upon successful completion of the course, participants may be eligible for a discount on their automobile insurance (depends upon Insurance Carriers' policy).

AARP volunteer instructor Brian Williams will be presenting this course through a combination of group discussions and video.

For more information or to register for the course, please call Jo Anne Jaworski at (603) 787-2539. The course fee is \$12.00 for AARP members who show their membership card. All others will have a \$14.00 fee.

# Dedication And Determination Makes Winners

"Lose it 2", was the talk at the Railyard Racquetball & Health Club and the challenge was met with determination by 14 members and victory being led by Matt Daly, winning the challenge. Close in pursuit was Lori Bogacz taking 2nd, Bill Bragdon 3rd, was on the heels of the front runners. Melissa Gould took 4th, in the challenge, Janet Bryer took 5th, and Wendy Kidder with her bubbly personality held a tight 6th.

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 is ever on hand to aid with exercise training and suggestions to help all participants reach their goals.

On April 1st, a weigh in established the winners of the 'Lose It 2' challenge, offered by the Railyard Racquetball & Health Club, in Woodsville. The challenge offered members a way to set health goals while developing a healthy nutritional lifestyle.

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



From left to right standing, Barbie Chandler, Jamie Mckean, Matt Daly, Lori Bogacz, Stef Saffo, Bill Bragdon, Wendy Kidder. In front, Jaime Lane and Gary Goodwin. Missing from photo, Melissa Gould and Janet Bryer.

pride that establishes each one as a winner.


Matt's comments: "I would just like to say Thank You to the staff at the Railyard and all my family and friends for all their support and encouragement over the last 12 weeks. They were always there with a good word and new ideas. If I knew I would feel this good, I would have done it a long time ago. Remember, it's never too late!"

Through the participation of the members a purse was generated for the winner along with the support of local business, The Woodsville Guaranty Savings Bank, Shear Animal, The Happy Hour, Subway, Hubert's, H. G. Graham, An Affair To Remember, The Perfect Pear Café and Baggs Wear, who produced the nice T's for the contestants. A very special

"Thank You" goes out to these businesses that gave their support, time and generous gifting. The Railyard was able to present 6 top placement participants with gifts and Railyard "Lose It" logo T's.

We are very proud of all the participants in the program and look forward to having a new 'Lose It' challenge in the near future.

Stef Saffo and the staff of the Railyard give a thumbs up and congratulations for the commitment and dedication that Matt Daly and all the participants of the "Lose It 2" challenge showed in the past 12 weeks! "We are proud of every one of you" We feel that this the third contest of its type at the Railyard was a great success and the spirit of competition and fun were enjoyed by all.



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# A Walk In The Woods – April 2011

*By David Falkenham, UNH Cooperative Extension Grafton County Forester*

*"One swallow does not make a summer, but one skein of geese, cleaving the murk of a March thaw, is the spring."*

Aldo Leopold

Spring is most certainly here. Of course this depends on your definition of spring as the recent snow storms have shown us. After a pretty rough winter the months of March and April do indeed test the New Englander's resolve. Despite the murky skies filled with wet heavy snowflakes spring is undeniable at this point. Geese and ducks can be seen around every bend in the river, the woodcock are singing in wet fields on some evenings, songbirds are singing every morning, bald eagles and hawks have been spotted migrating along the river, turkeys are strutting in the fields and of course the steam is rolling out of the sugar houses at an unprecedented rate.

The recent snow conditions make walking in the woods very easy. With no ground debris to trip you up and no bugs (yet) there is no better time to be out there. With the remaining snow on the ground it is easy to track the progress of much of our wildlife that is on the move this time of year.

Recently my walks in Benton and around Lakes Tarleton and Constance have revealed plenty of movement from one of my favorite fuzzy critters, the North American River Otter.

Did I say "land loving"? Well the river otter is more of an amphibious assault vehicle that actually travels great distances between watersheds as they patrol their territories. Otters are found on every continent except Australia and Antarctica and their home territories can measure between five and ten miles.

This propensity for travel

is closely tied to the otter's ravenous appetite. Otters do not have a heavy layer of fat under their skin for insulation so to keep warm they must consume up to twenty percent of their body weight in food each day. Depending on the age and sex of the animal, otters must consume one to seven pounds of food daily! The metabolism of an otter is so high that they must consume up to 50% more food than any other North American land mammal.

Unlike beavers which are strict vegetarians and can shack up in a place until the food is gone, otters are carnivores and must hunt for their dinner. Thus otters are constantly on the move hunting for food. Despite their habit for land travel, the otter's food supply is closely tied to aquatic habitats and the bulk of their diets consist largely of frogs, fish, crayfish, crabs, and other aquatic inverte-

brates. Occasionally they will prey on birds, rabbits, and rodents. Otters don't require large rivers for survival. I have found evidence of otters in the wilderness along headwater streams that were no wider than a few feet.


So how do you spot an otter? Otters can be spotted along any of our local rivers especially this time of year when they can be seen on the edge of the ice eating their lunch. Of course if you live near aquatic habitats such as streams rivers and beaver ponds your chances of casual observations increase dramatically.

Finding where an otter

has been is easy. Otters are notorious sliders and their slides offer quick access to water and are a simple form of low energy travel. Slides can be sloping riverbanks or winter snow banks. No other animal that I know of leaves such a definitive sign. Slides are commonly 6-10 inch wide depressions in the snow and they are indeed a slide that can be many yards long.

It is currently twenty two degrees out and the dog is sleeping at my feet, woofing in his dreams. Somewhere out there an otter is happily sliding down a river bank for a swim in the icy water.

Enjoy your spring!

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# Woodsville Head Start Looking For Class of 2012

The Woodsville Head Start Programs are currently recruiting for the 2011-2012 program year. Head Start is a comprehensive family based program that not only focuses on preschool education but also on health, nutrition, and students with special needs. the program is free to eligibile families who have children 3 to 5 years of age.

In addition to classroom activities, the children attend field trips to local areas as well as having visiting teachers, artist, and others come to do special programs. Breakfast and lunch is included in

the pre-school. Head Start has been active in communities across the nation since 1958. Children are better prepared for public school after their expeiirnce in the program, which offers educaiton, nutrition, health programs and social interaction.

The Woodsville program serves Bath, Benton, Monroe, North Havehrill, Orford, Piermont, Pike, Warren and Woodsville. To see if your family qualifieis you may call Woodsville Head Start at 603.-747-4186 or the Main Office toll free at 1-877-888-3643.

# Cottage Hospital Accepting Scholarship Applications



many years of service to Cottage Hospital. The scholarship is focused on supporting individuals from the Cottage Hospital service area that are willing to dedicate themselves to a career in healthcare.

Cottage Hospital is committed to providing our community with qualified, highly skilled hospital employees because we know it is an important step in assuring the continued good health of the people in our community.

The scholarship committee has developed scholarship eligibility guidelines and will make decisions on Fund awards. Scholarships will be awarded based on financial need, academic merit, personal character and other criteria. Students who live within Cottage Hospital's pri-

mary service area or have graduated from a high school within the service area are eligible to apply.

For more information about the Elisabeth M. Berry, MD Scholarship Fund and the eligibility requirements please contact Cottage Hospital's Human Resources Department at 603-747-9208 or by email at myhospital@cottagehospital.org. All applications must be received or postmarked by May 1, 2011.

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.

Cottage Hospital is now accepting applications for the Elisabeth M. Berry, MD Scholarship Fund, which supports nursing and allied health students

The scholarship was created by the Cottage Hospital Board of Trustees in 1988 in memory of Dr. Berry and her

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# From The Desk Of NH State Senator



Dear Constituents,

I recently attended the 2011 Annual Meeting of the Grafton County Conservation District (GCCD) at the Common Man Inn in Plymouth. Each year, the GCCD presents the Cooperator of the Year and Forest Steward of the Year awards to deserving landowners and/or forest professionals who have demonstrated stewardship of their land through use of best management practices, and outreach to the community.

I was pleased to be able to present Senate Resolutions to Walker Farm Dairy Products, LLC (Cooperator of the Year) and the Timberland Owners Association (Forest Steward of the Year) to recognize the contributions they have made to our state.

After the presentations, Linda Brownson, the GCCD Supervisor presented the "Wonders of Nature: A Photo Gallery of New Hampshire Natural Communities" which was breathtaking and im-

pressive.

As I sat there appreciating all the beauty and majesty of the lands and forests of New Hampshire, I couldn't help but think about the proposed Northern Pass Transmission project and the destruction and disruption it is sure to cause. In fact, just the discussions about this project are already creating a great deal of angst as landowners fear their land will be taken from them by a private developer.

It confirmed to me that being a co-sponsor on House Bill 648, which seeks to strengthen Article 12-a of the New Hampshire Constitution, was the right thing to do.

Article 12-a states that "No part of a person's property shall be taken by eminent domain and transferred directly or indirectly, to another person if the taking is for the purpose of private development or other private use of the property."

Since Northern Pass

Transmission LLC is a private company, you would think that the language in the NH Constitution would be enough to assure private property rights. (Northern Pass Transmission LLC was created by Northeast Utilities [the parent company of PSNH] and NSTAR).

But when Gary Long, the CEO of PSNH said in an interview that eminent domain would be used as a last resort in developing the Northern Pass project, that was enough to set everyone on high alert. By claiming eminent domain, albeit as a last resort, PSNH appears to believe they have a right to take private property.

As a result of PSNH's position, Representative Larry Rappaport filed HB648 to strengthen the rights of private property owners. Thus this legislation is imperative to send Northern Pass Transmission LLC the message loud and clear that eminent domain by a private developer is not an option.

My position is straightforward and simple when it comes to Northern Pass: a private company should not be allowed to take private property through eminent do-

main. HB648 seeks to ensure this does not happen.

I am not arguing against clean energy, I am arguing for property rights. And quite rightly, there are others who believe in this basic concept, since it is written into the NH Constitution.

Forty miles of the 180 mile project are privately owned. The families who own this land need to be assured that their land will not be taken away from them to serve the profit motives of a private company.

Over the past couple months I've received hundreds of letters, emails, and calls from citizens who oppose Northern Pass, from Colebrook to Deerfield. I've received letters of opposition from Selectboards and other well-respected organizations. I've noted Councilor Burton's letter of opposition and received a copy of a letter from Senator Kelly Ayotte and Congressman Charlie Bass addressed to the DOE stating their opposition to the project as proposed.

In a letter I received from the NH Association of Conservation Districts, they advised that "Hundreds of farms in our conservation districts

would be adversely impacted, degraded, and devalued. A great number of these have been family farms for generations and form part of the cultural history of the state and the identity of its people. The Northern Pass project, as proposed, will pass through thousands of acres of the highest ranked wildlife habitat in New Hampshire."

If you believe as I believe that private property rights must be protected, then I urge you to contact your elected officials today and tell them you support HB648. We cannot allow a private developer to wield the power of eminent domain.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be able to help with--please call or email. If you would like to subscribe to my e-newsletter, which provides great information and links to what's happening in Concord, go to [www.jeanieforrester.com](http://www.jeanieforrester.com) and sign up.

Your Senator from District 2  
Jeanie Forrester  
April 8, 2011

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The following is a list of programs that the Republicans and Tea Party types wanted to do away with:

1. Operation Head Start which is for small little toddlers.
2. Planned Parenthood, which is geared to women who have no insurance so they can get screened for breast and cervical cancer. Planned Parenthood is not just for abortions.

These people call themselves honorable congressmen. We find it to be unconscionable. If you like what these Republicans want to do then vote for them. If you don't, vote for Democrats in the next election.

The next thing Republicans are going after is Medicare for seniors, and they call themselves 'honorable' congressmen and congresswomen. Maybe its time we did away with their health insurance which is paid for by us, the tax payers. But these congressmen never mention all the benefits that they get.

This message is brought to you by K-9-1. It's time we took a bite out of their buttocks and see how they like it!! More bites to come later.

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# Calendar of Events

**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

**THURSDAY, APRIL 14**  
**BENEFIT SUPPER**  
4:45 PM  
North Haverhill United Methodist Church  
*See ad on page 18*

**PERSONAL MEMORY  
WRITING WORKSHOP**  
6:30 PM – 8:30 PM  
White Mountains Community College,  
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**FRIDAY, APRIL 15**  
**HAM RAFFLE**  
6:00 PM  
Woodsville American Legion Post #20  
*See ad on page 17*

**SATURDAY, APRIL 16**  
**BAKE SALE / TAG SALE AND  
RUMMAGE SALE**  
9:00 AM – 12:30 PM  
Wells River Congregational Church

**INDOOR FLEA MARKET**  
9:00 AM – 1:00 PM  
Peacham Congregational Church

**FINANCIAL PEACE  
UNIVERSITY PREVIEW**  
9:00 AM  
West Danville Methodist Church

**GROTON GROWERS MARKET**  
10:00 AM – 2:00 PM  
Groton Community Bldg, Route 302

**EASTER EGG HUNT**  
10:00 AM – 12:00 PM  
James R. Morrill Building, Haverhill  
*See ad on page 6*

**TAKE OUT DINNER**  
**HAM AND BAKED BEAN DINNER**  
5:00 PM – 6:30 PM  
United Congregational Church, Orford

**SWEET JAMM**  
7:00 PM – 10:00 PM  
Alumni Hall, Haverhill

**SUNDAY, APRIL 17**  
**PALM SUNDAY SERVICE**  
9:00 AM  
Bethany Church, United Church of Christ  
Pike, NH

**PALM SUNDAY SERVICE**  
10:30 AM  
United Congregational Church, Orford

**CLASSICOPIA**  
**DEBUSSY, FAURA, RAVEL, POULENC,  
GERSHWIN**  
2:00 PM  
Alumni Hall, Haverhill

**MONDAY, APRIL 18**  
**BOOK DISCUSSION -  
ADVENTURES OF HUCKLEBERRY  
FINN BY MARK TWAIN**  
7:00 PM  
Haverhill Corner Library

**TUESDAY, APRIL 19**  
**NH STATE VETERANS COUNCIL  
REPRESENTATIVE**  
8:00 AM – 12:00 Noon  
Woodsville American Legion Post #20

**NORTHERN PASS DISCUSSION**  
7:00 PM  
Bath Village School

**WEDNESDAY, APRIL 20**  
**22ND ANNUAL CULINARY EVENT**  
6:00 PM – 9:00 PM  
Radisson Hotel Center, Manchester, NH  
*See article on page 14*

**FREE MOVIE - "THE PASSION"**  
7:00 PM  
North Haverhill United Methodist Church

**THURSDAY, APRIL 21**  
**PERSONAL MEMORY  
WRITING WORKSHOP**  
6:30 PM – 8:30 PM  
White Mountains Community College,  
Littleton

**MAUNDY THURSDAY SERVICE**  
7:00 PM  
Woodsville United Methodist Church

**MAUNDY THURSDAY SERVICE**  
7:00 PM  
United Congregational Church, Orford

**FRIDAY, APRIL 22**  
**GOOD FRIDAY SERVICE**  
7:00 PM  
North Haverhill United Methodist Church

**SUNDAY, APRIL 24**  
**EASTER SUNDAY SERVICE**  
6:30 AM  
Woodsville United Methodist Church

**EASTER SUNRISE SERVICE  
FOLLOWED BY BREAKFAST - PIKE HALL**  
6:30 AM  
Ball Field, Pike (weather permitting)

**EASTER WORSHIP**  
9:00 AM  
Bethany Church, United Church of Christ  
Pike, NH

**TRADITIONAL EASTER SERVICE**  
9:30 AM  
North Haverhill United Methodist Church

**EASTER RESURRECTION SERVICE**  
10:00 AM  
Horse Meadow Senior Center  
North Haverhill

**EASTER WORSHIP**  
10:30 AM  
United Congregational Church, Orford

**TUESDAY, APRIL 26**  
**AARP DRIVER SAFETY PROGRAM**  
1:00 PM – 5:00 PM  
Horse Meadow Senior Center  
North Haverhill  
*See article on page 2*


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# NewBiomassNH.org Launches

## Organization Will Educate and Engage Citizens on Important Issues to New Hampshire's Biomass Energy Industry

Manchester, NH – Those who care about the latest developments in New Hampshire's biomass energy industry, and want to support the industry's growth, have a new place to turn, NewBiomassNH.org. The new organization, launched today with the unveiling of its website, Facebook page, and Twitter site, seeks to educate and engage citizens on the importance of New Hampshire's biomass

energy industry and our forest-based economy.

The group's director, Scott Tranchemontagne, said, "New Biomass NH believes biomass power is an important renewable energy solution for New Hampshire's current and future power needs. We support the advancement of new energy production technologies that will make biomass power cleaner, more effi-

cient, and more affordable."

Tranchemontagne said New Hampshire's biomass industry faces important challenges, but also has a great opportunity to emerge as a national leader in biomass energy production. He noted that New Hampshire is tied for 3rd among states with the most existing and proposed biomass power plants, according to Biomass Power and Thermal's current

U.S. Biomass Power Map.

"Fourteen percent of New Hampshire's energy comes from renewable sources and nearly forty percent of renewable power is produced by biomass," added Tranchemontagne, "With nuclear power under the microscope and an expected spike in natural gas prices as a result, the demand for clean, renewable biomass power in New

Hampshire and around the world is sure to increase."

A former journalist in New Hampshire, Boston, and for national networks, Tranchemontagne has been a communications consultant since the mid 1990s. He has advised numerous energy production and distribution companies, renewable power projects, and wood pellet companies.

### Letter To The Editor

Editor's Note:

The following letter from Mark Driscoll, was originally printed in the Coos County Democrat. It is reprinted here with his permission.

It should also be noted that when contacted for a response, a spokesman from PSNH referred to another editorial that had been published in the Manchester Union Leader. Upon contacting that paper they first requested a copy of Mr. Driscoll's letter before agreeing to have their editorial reprinted. Since forwarding this letter to that paper, no further response has been received.

Below is my response to Mr. Long's assertions made in the March 2, 2011 article entitled, "PSNH cannot legally subsidize independent biomass plants". In the future, I am always available to provide you with information on this issue and would be glad to answer any questions you may have so you can get our side of the story. I hope that the newspaper will give my response front page coverage as it did to Mr. Long, particularly since his comments were full of incorrect statements that are damaging to our company and the industry as a whole.

Thanks,  
Mark

#### PSNH MISSTATES THE FACTS: BIOMASS IS AFFORDABLE

PSNH can negotiate contracts for NHPUC approval. Here are a few points to consider:

1. Pinetree Power is not seeking a subsidy; we have offered to sell our power and RECs to PSNH over a three year term at a price that is reasonable and is similar to PSNH's price charged to customers.

2. PSNH can negotiate and enter into such a contract and it does not require any change in legislative policy. Present law is that all contracts in excess of one year for energy and capacity must be submitted to the NHPUC. Approval is not given by PSNH but by the NHPUC, so it is not a

question of what PSNH can unilaterally accomplish.

3. The NH RPS law also requires that the contract be submitted to the NHPUC for approval of that contract in the "public interest". The public interest determination considers among other factors, the realization of the RPS goals which include the continued operation of the wood plants. A new contract will provide for continued operation. The public interest also includes economic development. In that regard the continued operation of just a single existing biomass plant means the retention of 20-direct jobs and about 100-120 support jobs in the woods, plus all those who support these operations -- over \$10-million per plant. You multiply this by four plants and you are talking millions of lost dollars and lost jobs in NH.

4. PSNH claims that it lacks the ability to contract for subsidy payments (which is not what we have proposed). This is interesting given that it has submitted the Laidlaw contract to the NHPUC for approval. The NHPUC staff testimony in that docket is that the PSNH payments to Laidlaw will exceed the market price of power by more than \$500 million dollars.

5. PSNH can contract with us and the other three wood plants. Doing so will preserve jobs and the economic benefits these plants provide to N.H. All PSNH has to do is submit the contracts that we negotiate to the NHPUC for approval.

6. PSNH continues to assert that these plants are owned by companies outside NH. My company, Pinetree Power, Inc. is a New Hampshire company, and the 150 jobs and \$10 million dollars each plant provides into the local economies are right here in NH not elsewhere. PSNH is owned by Northeast Utilities which is in Connecticut, so where does their money go?

Mark Driscoll,  
Plant Manager,  
IPR-GDF SUEZ  
North America, Generation  
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# SCARED SHEETLESS

By James Paradie

## Lost City Of Franconia... Franconia, NH

One of the most interesting ghost stories I've ever heard comes from a place we all know well and that is Franconia right in the Coppermine Trail. Back around 1850 is when settlers came to Franconia Notch and discovered copper. Soon copper mines came about and the new town became a great settlement to come to, but the Natives didn't agree with the new additions. This was because the new settlers were on the Natives sacred land.

As time progressed and the copper mine town began to lay the foundation down to make a potential great place to live, the town was plagued from the start with problems that could only be explained as abnormal. Buildings would be erected, but the roof would be missing the next day, excavated grounds were filled in the next day like it wasn't even touched, and even the equipment ceased to work like some force was making it stop.

Finally, a local pastor noticed an Indian and asked him what was going on. The Indian told them that they were building their new town on sacred land and that the spirits were warning them to not proceed. The Indian that the pastor was talking to was sent to try and make peace

and have a petition signed to move the town a few hundred yards away or tragedy would happen to the town.

They didn't listen.

Soon, it became a thriving town of 200 people, but the visitors of the night disturbed the town minus the two churches, strangely. Through much warnings and signs, the Indians could not convince the new community to move and show respect for their ancestors, but the town rejected the myth of terror coming to the small town as a fairy tale. Soon, the Indians left and the townspeople thought they won. They were wrong.

In August of 1859, a great red sky came over the town, thunder shock the Earth beneath their feet and the wrath of the Great Spirits took over the small town. Witnesses from a ways watched as a cloud formed into a great big hand and smashed down onto the small town and then---all was quiet again and the sky turned blue, but other townspeople from other communities were not prepared for what was to be seen.

The copper mine was collapsed, killing every man working inside. Even stranger, no one was around or found in the town. Smoke was still coming out of chim-

neys, half eaten food was still on the table, but the only building that was left unharmed was the church where the pastor tried to get the townspeople to get the community to move.

The mining company wanted to reopen the copper mine, but no individual dared to mock the same fate that happened, so the town never resurrected, and thus the buildings crumbled to the ground and all that is left is cellar holes and foundations of the once thriving town in Franconia.

References for this story came from Thomas D'Agostino's brilliantly done, "Haunted New Hampshire." Great read and highly recommended.

Until next time Graveyard Disciples this has been another Scared Sheetless. Happy Haunting!

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. He has done radio shows such as The Full Spectrum. His stories can also be seen on [paranormalnews.com](http://paranormalnews.com) and [mostlyghosts.com](http://mostlyghosts.com) where he is a regular contributor.

## Report To The People Of Council District One

By Ray Burton

NH State Law prescribes that the various state agencies submit reports annually or bi-annually to the Governor and Council. The reports outline the status, any projects underway, completed projects of each agency, as well as financial statements. These reports are available to the public if citizens are interested.

Below is a list of recent Annual or Bi-annual reports that have been accepted by the Governor and Council:

NH Department of Safety, Annual Report  
 NH Veterans Home, Comprehensive Annual Report Financial Report  
 NH Board of Veterinary Medicine, Annual Report  
 NH Board of Medicine, Annual Report  
 NH Lottery Commission, Annual Report  
 NH Department of Transportation, Annual Report

If you would like a copy of any of the reports listed above let me know and I'll forward them to your mailing address.

It is an honor to serve this Council District.

Ray Burton  
 338 River Road, Bath, NH 03740  
 (603) 747-3662, [ray.burton@myfairpoint.net](mailto:ray.burton@myfairpoint.net)



### GOT AN OPINION?

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 our editors to respond.



# Down And Back Up Again Quick

By Robert Roudebush

"You know, if the river sucks you down, it'll spit you back up again pretty quick. Gotta keep that in mind." I shot a look at the guy saying this as he slid with years-long ease onto the bar stool to my left. Nothing much remarkable about the man making the remark – about my size, red plaid flannel shirt, Levis, both worn-out and frayed, lanky dark hair. Barefoot. That was strange.

I hadn't had much trouble sliding onto my barstool either. The stools were old chrome-columned round swivel seats with no backs and covered with plastic ancient enough to be as soft as Formica. But they felt better the more I sucked on my PBR.

Well, the thought of some conversation wasn't so bad in this deserted tavern - nearly deserted - two guys perched side-by-side at a fifty-foot long wooden bar, to one side of a large empty dance hall of a room. The bandstand was empty, the bartender silent, leaning and bored. Even with us there, he didn't care.

A late afternoon on a lazy summer day in Camp Rulo on the banks of the Missouri River. The river that might suck me down before it spit me back up again pretty quick.

Camp Rulo, Nebraska is a kind of a fishing camp/tavern/dance hall combination, all one wooden frame building, sitting on concrete posts right on the edge of the Missouri River, the "muddy mo", maybe ten feet above the water, and fifteen feet back from the bank. Check your Midwest maps; the river up there at the northwestern most corner of Missouri connects Kansas and Nebraska right close together, not too far from the Iowa Tribe Indian Nation Reservation and Casino.

The man sitting next to me was staring straight ahead, one hand wrapped around a sweaty cold glass of tap beer. The bartender hadn't even asked what he wanted, just brought him the Bud and bowl of Cheez-its. Another quick look at him - dark skin, not many wrinkles, a big nose - he could have been 35 or 65, and sitting there next to him, somehow, I felt like a kid, though I'd passed 40 a couple or three years ago.

Moving so I did not knock over his beer or mine, I swiveled on my stool and reached my right hand over

the bar to him. "Haven't had the pleasure. Name's Robert."

"Call me chief. I'm not one, but you can call me that. Everybody does." Deep voice, quiet. Firm handshake, but neither one of us was trying to prove what a man he was.

Silence between us again. I knew nothing about Indians or Indian tribes. The heavy breeze pushed in through the rusty screens weighted with river smell – dead fish, rotting wood, humidity and heat. It kind of settled over us, coated us. There was nothing on the bandstand but two big black speakers and a tired set of drums. A clumsy fat fly struggled through the air above the scarred wood of the bar in front of us, back and forth, so old and slow it was about to fall out of the air. No reason to swat it.

"So what's this about the river sucking me down Chief?"

"It'll suck you down, bounce you off the bottom and spit you right back up again. Gotta keep that in your thoughts; keep it in your spirit."

"Why would the river do that?"

"Nothing personal. Just the nature. Whirlpools suck you down. Current catches on a rock or tree down there, near the bottom or near the bank, makes a whirlpool, maybe ten, maybe eighteen, twenty feet across, pulls you under. River's wide, but only fifteen, twenty feet deep, you go down, and get thrown right back up again. Take a little while, not long. You'll be fine if you keep your spirit"

I shook my head in irritation, sucked some beer. "You don't know me. Why tell me?"

"Because you love the water and you hate it too."

This was bull. How could he know about the nightmares? The ones where I drown. Not until these words, on this page, have I said or written anything about my dread to anyone ever.

I felt the blood rushing up my neck, up the sides of my face. "How do you know? You don't know me. What do you know about me?"

"My father didn't know about me either, for sure, but he told me anyway, about the river. He really was a chief. I was one too, once, but they voted me out. Now I'm just a man."

"Are you a medicine man or something?"

"No, just a man."

I shot yet another glance at him, longer this time, but not too long. Most men in America don't like to be stared at by another man. The wrinkles in his leathery face came from the weather, some of them, from the sun and the wind, but not all of them. Some were laugh lines. But Chief was not laughing or smiling now. He'd kept his voice low. He wasn't lecturing or preaching or even warning. He was sharing.

I waited, then I had to ask. "You been pulled down?"

"Twice. Once in a small canoe, made it myself in the old way, from a burned-out tree trunk, the way the elders showed me how. Whirlpool took me down, and the canoe, spit us both back up."

"You didn't see the whirlpool in the river?"

"Yes, I did see it," he nodded, " Pretty big one, big pool, thought I was strong enough to get by it. Couldn't do it. I was not yet a man, just a boy, twelve years old."

Sometimes you know you're hearing the truth. I waited for a minute.

"You said it took you twice."

"Second time with my wife in the boat, just been married a week before. Twelve-foot deck boat, with a 45-horse Honda. I was a

man then. Not paying enough attention to the river. Saw it coming to us, pulled away too late, hit a log, bounced us right into it. My wife couldn't hold the spirit to come back up. The river spit me back. The river kept her"

I was looking at him then. No tears. No drama. Just the truth of it. The silence between us then was total, the kind of quiet that happens when people tell each other their insides. Nothing to gain, nothing to lose. It ached. The tired old fly dropped then, between us, right to the beat-up bar, not a flick. No more fly. Chief got up then and left, refused another beer with

courtesy, just walked out into the wet heat, as quiet going as he had been approaching. Never saw him again.

The rivers in the Northeast, New Hampshire and Vermont where I stay now are different than the sluggish brown water in the Midwest – fresher here, clearer, colder, faster and beautiful, even the big Connecticut. Still, that conversation took place way more than 20 years ago and I never get near to the running water of any color without remembering Chief. I keep it in my spirit. I don't know for sure and neither do you but maybe the Chief did.

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

April 12, 2011 Volume 2 Number 13



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PV2 Jeffrey A. Fournier has graduated Infantryman from OSUT on March 11, 2011 from The United States Army Maneuver Center of Excellence, 198th Infantry Brigade at Fort Benning, Georgia. This soldier left on November 2, 2010 and lived for the next 4 1/2 months on base and completed an intensive 14 weeks of basic combat and advanced individual training.

During his training PV2 Fournier studied Army Mission: history; tradition and core values, and endured daily physical fitness training. He received instruction and practice in basic combat skills and military weapons from machine-guns, to hand grenades, marching, rifle marksmanship, armed & unarmed combat fighting, clinch drilling, land navigation,

field tactics, military courtesy and justice, basic first aid, timed foot marches, runs & physical fitness tests, over 25 hours of instruction in ground fighting techniques (hand to hand combat), ending with a week long field training exercise (FTX) where he used all the skills he had learned and a 12 mile fully geared ruck march back over Honor Hill to be awarded the Crossed Rifle Infantry Pin at ceremony.

PV2 Fournier graduated from Woodsville High School in 2002 and joined the National Guard in August 2010. He is currently a PV2 soldier with the VT Army National Guard 1/172 C Troop in Lyndonville, VT. PV2 Fournier is the son of Russ and Debra Fournier of Bath, NH and the grandson of Charlotte Baker of Wells River, VT.



The photo above and below are thanks to Rick Walling, and no, he is not a deer farmer. These shots were taken from his home on Route 135 in Bath. The top photo on a snowy April 1st and the bottom photo about a week later as more grass became visible and edible. Rick tells us that he and his wife have counted upwards of 80 deer at one time. There are reports that the number has exceeded 100. Other local sites have also seen large deer herds this spring. The question, begging to be answered, is why so many this year? If you have an answer or even a theory write and let us know. The next edition of Trendy Times will try to answer the question.

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# Woodsville Man Brings Home Trophies <sup>11</sup>

## One Show Is Never Enough



Courtesy photo: Gary is standing in the middle.

Gary Goodwin brings home bodybuilding trophies. March 20th, Gary competed in the season's first body-

building competition in Vermont "Green Mountain Thaw" held in Brattleboro, Vt. Goodwin entered 5 divi-

sions garnering trophies in each. 1st place Great Grand Masters 60+, 4th place Grand Masters 50+, 5th place Masters 40+, 4th place Novice Tall and 5th place Open Tall division. It was a well produced show with 53 competitors male and female. Gary's comment was "I entered the competition only expecting to have a good time and was pleasantly surprised to place as well as I did."

But that was not all; Goodwin entered a second competition on April 2, "The Uprising" held in Plattsburgh, NY. Placing 4th in the Masters 40+ division and placing

5th, in the Open light heavy weight division.

Gary works out at the Railyard Racquetball and Health club in Woodsville, NH.

A special 'Thank You' goes to my daughter Valerie for all her work helping me prepare for these competitions.

You will find him at the club most every day working out or helping members with their training and always ready to answer questions about training and basic nutrition.

Gary feels very fortunate to be able to work and help others at the Railyard. "I receive a lot of support from a

dedicated and knowledgeable staff, with a large variety of equipment to use." Goodwin would like to develop a Railyard team of competitors to represent the Railyard at local and regional bodybuilding and figure shows. He said, "I think it would be great to have representation for both the Woodville area and the Railyard. It's a lot of hard work, but worth it to be recognized for your accomplishments. I am glad that I have the opportunity to show that we don't get older, we only get better! If I can do it at my age others have the same potential. See you at the Railyard!"

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

April 12, 2011

Volume 2 Number 13

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**Hoppy Easter**

From  
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# Gardening In A Small Space

By Heather Bryant, Extension Educator Agricultural Resources

In the last two years four community gardens have been established around Grafton County. Most offer small spaces to aspiring gardeners who either don't have appropriate gardening spaces at home or who want the companionship and learning opportunities that a community garden model provides. But what do you do when your gardening as-

pirations start to outgrow the small space you have to work with? This was a question that was posed to me by Canillas, a community garden in Lebanon.

In a nutshell, here's what I told them. When the dimensions of your garden are defined and unchangeable, there are options. You can make use of time and vertical space, and if you have

room you can move some of your plants out of the garden and into a container.

First, make a list of the plants you really want to grow. What vegetables and flowers represent summer to you? What can you live without or buy from your local farmer?

Some plants take up a lot of space and don't give you a lot back. Pumpkins,

winter squash and corn are good examples. Even bush or semi bush varieties that grow up instead of sending out vines, need a lot of space. A 12' x 4' garden will hold 2 pumpkin or 5 winter squash plants. Depending on the variety you can expect 1-3 fruit per pumpkin plant, and 2-7 fruit per winter squash. Corn takes up a lot of space; additionally, it will shade out other plants unless it is planted on the north side of the garden and needs to be planted in blocks with at least 4 rows or you may not get proper pollination. If small quantities of one of these vegetables is all you need to make your summer complete, they will work in a small space. If you also want salad ingredients, broccoli, or herbs, the pumpkins and winter squash could be grown in a large tub or a container made of large diameter tires. Corn is not easy to grow in a container, but your local farmer will happily grow it for you and sell it for less than tomatoes or peppers.

The next thing to do is expand in time rather than space. Cold season crops like peas and brassicas are great options for this. Peas can be planted at the end of April and harvested at the end of June. A fall crop of broccoli, cabbage or brussel sprouts can then be planted in mid July. Baby greens (spinach, mustard greens, baby lettuce) are another versatile option. They can grow in small or awkwardly sized spaces and can be planted anytime from early May till the heat of summer. They can be harvested 21 days after planting, and then left to re-grow or be removed to make room for something else. Small, shorter season plants like the baby greens or a 30 day to harvest fine leaf basil called 'Pistou' can be planted between plants like tomatoes and peppers and then harvested when

the tomatoes and peppers get large enough to shade it. Plastic mulch and remay or row cover can help warm the soil and the plants to allow you to plant warm season crops like tomatoes and peppers earlier as well as provide you some protection from weeds and insects.

Seed catalogs provide planting information and charts that will help you figure out which vegetables can be planted one after the next in our season. They will also tell you how much you can expect to harvest from an average plant and how far apart to space them in the garden. Graph paper is a great tool to help you draw out your garden, just assign each square to represent a certain number of inches or feet.

The final thing you can do to maximize your use of space, is to trellis anything that can be trellised. Cucumbers grow well on trellis, small fruited winter squashes like 'Delicata' or melons like 'Serenade' could be trellised as well, if you build it strong. Pole beans that are trellised will take up less space than bush beans. Just remember to put the tallest things to the north side of the garden so you don't shade the shorter plants.

Figuring out how to best maximize space in your garden is a fun, intellectual exercise on a snowy day when you are wishing spring would just get here already - but don't forget that more isn't always better. Plants need a certain amount of space to grow properly and fight disease; if you crowd them they will not thank you. The more plants you put in your garden the more watering and care they will require. If time is as limiting as space, you need to plan for that, too. The perfect garden is the one that contains the plants you want, at a scale you can manage.

April 12, 2011 Volume 2 Number 13

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# The Man Who Isn't

By Sheila Asselin

Harvey Upshaw does not exist. Oh, sure you can see him walking around but there are no papers to prove that he is. Harvey was born at home. Mother, Irma, did not feel the need of professional help to do something that seemed so natural, so Harvey was delivered with the able help of his father George. Both parents were very proud of themselves. Harvey is an only child so there are no siblings to testify to his existence. He is remarkably healthy and has never visited a doctor or a dentist.

Now Irma and George do exist. They have birth certificates, marriage certificates, and Social Security numbers. It is just Harvey who isn't. Irma, a woman of many talents, home schooled Harvey. He never joined the Boy Scouts or Little League, but as a child was great at playing pick up games in the neighborhood park. He had many childhood friends who could testify to his existence but they cannot prove it. There are photos but is the child in the photos with his friends Harvey? How can you tell? He was well educated by Irma but does not have a high school diploma.

Harvey works hard and makes an adequate living. The kind of jobs he does always pay him in cash. Jobs such as landscaping, dish-washing, or waiter in a small restaurant. He has never worked for the large restaurant chains which require extensive documentation of their employees.

Harvey is tall, sandy blond hair, with blue eyes and a slim build. Since he does not fit the stereotype of an illegal it never occurs to anyone that he might be. The only language he speaks is English and he expresses himself quite well due to the diligence of Irma. He has never owned a passport. He does like to travel paying cash for plane or train tickets. He thinks the good old US of A is good enough for him. He did go to Canada once before there were stricter restrictions for travel across the border. He paid cash for his ticket and found the Canadians readily accepted his US currency.

He has had several girl friends attracted by his air of mystery and intrigue. He worries about marriage. If he does not exist how could his marriage exist? Most potential wives find this hard to

deal with. He would like to have a cell phone as shoving coins into the rapidly shrinking number of pay phones is so inconvenient. When he wants to make a call a phone booth is not available. When he finds a phone booth he has forgotten why he wanted to call in the first place. He can be reached at his parents' phone. He is the only Harvey there so they know immediately who you want to speak to.

If you met Harvey I think you would like him. He is warm and friendly with a great if quirky sense of humor. His sense of humor has served him well in his unique position in life. He does not have a driver's license but he does drive. He is very careful to do nothing that would attract a traffic cop's attention. With no birth certificate, no Social Security number, no phone, no credit cards, no bank account, no police record (heaven forbid, Harvey has always been an upstanding citizen), no high school or college diploma, that's our Harvey. In other words Harvey has nothing to prove that he is. So if you meet him I am sure you will like him. Just do not tell me you met him. PROVE IT!

## Haverhill Corner Library Schedules New Book Club For Writers

**Haverhill, NH** — The Haverhill Corner Library will hold its third Book Club for Writers discussion on Thursday, April 21, the library has announced. The discussion will focus on short stories by two twentieth-century masters: "Signs and Symbols" by Vladimir Nabokov and "The Library of Babel" by Jorge Luis Borges.

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

Book Club for Writers examines classic and contemporary works of fiction with a focus on questions of craft and technique that will particularly interest writers and aspiring writers. The program was created by the New Hampshire Writers' Project and is sponsored locally by a fiction writing group that meets weekly at the Haverhill Corner Library.

"When writers study the works of other writers, they

naturally turn to undisputed masters of the craft," notes John Landrigan, a trustee of the library. "Nabokov and Borges were two of the great writers of the twentieth century, writers who have influenced and inspired all who came after them. We anticipate an illuminating discussion of their stories."

Though they are of par-

ticular interest to writers, the discussions are open to all interested readers.

The next Book Club for Writers discussion in Haverhill will be held Thursday, July 28, and will feature "The Lottery" by Shirley Jackson and "The Ones Who Walk Away from Omelas" by Ursula K. Le Guin.

# 14 New Hampshire's Hottest Chefs Cook To Fight Childhood Hunger

Share Our Strength's Taste of the Nation® Manchester Hosts 22nd Annual Culinary Event on April 20th.

Manchester, NH — New Hampshire's hottest chefs, restaurants, and mixologists will gather for Share Our Strength's Taste of the Nation, the premier culinary benefit of the year. Taste of the Nation Manchester raises critical funds needed to support Share Our Strength's efforts to end childhood hunger in New Hampshire and across the nation. This year's event will be held on April 20th at The Radisson Hotel Center of New Hampshire, 700 Elm Street, Manchester, NH from 6:00 to 9:00 p.m. with a VIP reception beginning at 5:00 p.m.

More than 50 of New Hampshire's hottest chefs and restaurants will participate in the event. Guests will enjoy the state's finest foods paired with wines from 35 vineyards throughout the country provided by Martignetti Companies of New Hampshire.

In addition to fabulous food and drinks, Billy Costa, host of TV Diner and Kiss 108 will serve as special guest judge at the event and mingle with guests in the VIP section.

"We're honored to be part of this nationwide movement to end childhood hunger in America," said Paula Borbotsina, Co-Chair of Taste of the Nation Manchester. "Taste of the Nation brings together the finest of New Hampshire's culinary world, and helps the children in our community who suffer from hunger every day."

Since 1988, Taste of the Nation has raised more than \$75 million, and the Manchester event has raised more than \$700,000 to fund programs to combat childhood hunger in New Hampshire. Area charities that benefit from the event include The New Hampshire Food Bank, Children's Alliance of New Hampshire and New Hampshire Farm to School Program.

With nearly 17 million children facing hunger in America (that's almost one in four), and more than 14% of children in Manchester with inadequate access to nutri-

tious foods, Share Our Strength's Taste of the Nation is more vital than ever. The event raises funds to help end childhood hunger in America by ensuring that at-risk children and their families have reliable access to enough nutritious food to thrive. Funds raised through Taste of the Nation events support No Kid Hungry™, Share Our Strength's campaign to end childhood hunger in America.

"An end to childhood hunger in the United States is within reach," said Bill Shore, Founder and Executive Director of Share Our Strength. "With all the participants in Taste of the Nation Manchester sharing their strength, we are creating more resources to help the children of New Hampshire and our great nation get the nutritious food they need to live healthy, active lives."

Taste of the Nation Manchester is nationally sponsored by American Express, Sysco, Food Network, and is presented locally by Martignetti Companies of New Hampshire.

Additional local sponsors include Platinum Sponsors: Cinemagic and Jonathan's Jewelers. Gold Sponsors: Associated Grocers of New England; Bedford Ambulatory Surgical Care; Granite Investment Advisors; Harvest Market; Morgan Stanley Smith Barney; New Hampshire Magazine; WZID 95.7. Silver Sponsors: Anagnost Companies; Bellwether Community Credit Union; Coca Cola Bottling Company of Northern New England; Hippo Press; Regency Mortgage Company. Bronze Sponsors: Casey Family Services; Centrix Bank; Courville Company; Devine Millimet & Branch; Dr. Thomas Borbotsina Dental Practice; Granite State Fruit Company; Howe, Riley & Howe, PLLC; Ride-Away Handicap Equipment Corporation; Sheehan, Phinney, Bass + Green PA; Stebbins Commercial Properties; Truncellito Insurance; Wiczorek Insurance Company; Wiggin & Nourie, P.A.

Tickets for Taste of the Nation Manchester are \$65 for General Admission and \$100 for VIP and can be purchased by visiting [www.TasteOfTheNation.org/Manchest](http://www.TasteOfTheNation.org/Manchest)

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### ABOUT TASTE OF THE NATION

Share Our Strength's Taste of the Nation® is the nation's premier culinary benefit dedicated to making sure no kid grows up hungry. Each spring and summer, the nation's hottest chefs and mixologists donate their time, talent and passion at nearly 40 events across the United States and Canada, with one goal in mind: to raise the critical funds needed to end childhood hunger. Taste of the Nation is nationally sponsored by American Express,

Sysco, Food Network, Brown-Forman Corporation, S.Pellegrino and Sparkling Natural Mineral Water. Since 1988, Taste of the Nation has raised more than \$75 million. Funds raised in 2010 supported 134 organizations in the United States, Canada and abroad. To purchase tickets or to get involved, visit [TasteOfTheNation.org](http://TasteOfTheNation.org)

### ABOUT SHARE OUR STRENGTH

Share Our Strength®, a national nonprofit, is ending childhood hunger in America by connecting children with the nutritious food they need to lead healthy, active lives. Through its No Kid Hungry® Campaign—a national effort to end childhood hunger in

America by 2015—Share Our Strength ensures children in need are enrolled in effective federal nutrition programs; invests in community organizations fighting hunger; teaches families how to cook healthy, affordable meals; and builds public-private partnerships to end childhood hunger, at the state and city level. Working closely with the culinary industry and relying on the strength of its volunteers, Share Our Strength hosts innovative culinary fundraising events and develops pioneering cause marketing campaigns that support No Kid Hungry. Visit [Strength.org](http://Strength.org) to get involved.

# CLASSICOPIA Presents

## “Four-Hand French”

### At Alumni Hall On April 17



Classicopia, the Upper Valley's only year-round professional chamber music group now in its 10th season, opens its spring programming with a musical trip to France through the four hands of pianists Philip Liston-Kraft and Daniel Weiser, the Artistic Director of Classicopia. Featured in the concert will be works by Claude Debussy, Maurice Ravel, Gabriel Faure, and Francis Poulenc in a lyrical and beautiful ballet of twenty fingers on the same piano.

They will perform at Alumni Hall on Sunday, April 17 at 2:00PM. Tickets are \$15 for adults and free for children and can be reserved by calling (603) 989-5500 or purchased at the door.

Both pianists have performed around the world in some of the greatest concert halls, including Weill Recital Hall at Carnegie Hall, the Cairo Opera House, and the National Gallery in D.C. The Boston Musical Intelligencer has described them as "a ter-

rific two-piano team" and the Classical Voice of North Carolina wrote that they were "simply a force of pianistic energy that...devoured the 88 keys."

Classicopia, co-founded by Marcia Colligan and Daniel Weiser, has been presenting high-quality chamber music programs in the Upper Valley region and beyond since 2001. They are a non-profit organization dedicated to breaking down barriers between performers and audience through intimate chamber music programs in non-traditional venues that always include short talks about each piece that is to be performed. The April concert will be the first of a three-part series at Alumni Hall. Other dates include May 15 at 2pm with "Brahms and the Blues" and on June 19th at 2pm pianist Dan Weiser will join mezzo-soprano Erma Mellinger in "A Mid-Summer's Night Dream: Songs about spring, summer, night, and dreams with music by Gershwin, Rodgers, Berlin, and other great American songwriters. For more information on Classicopia, please visit [www.classicopia.org](http://www.classicopia.org).

## Camerata New England Ensemble

### Returning To Colebrook On April 16, 2011



For the second year in a row, the Great North Woods will be treated to a stunning evening of chamber music on Saturday, April 16, when Camerata New England performs in Colebrook.

The concert, set to begin at 7:30 p.m. at Trinity United Methodist Church, will see the 14-piece ensemble perform a concert titled "London Legacies," which will feature the music of William Lawes, Henry Purcell, Francesco Geminiani, Frank Bridge and Benjamin Britten.

The Colebrook appearance is presented by the Great North Woods Committee for the Arts and the Arts Alliance of Northern New Hampshire. "We are happy to partner with the Arts Alliance

again this year to bring this extraordinary ensemble to Colebrook," said Charlie Jordan, president of the GNWCA. "Throughout the past year we've developed a very good relationship with Carlos Galvan, director of Camerata New England, who has shown his dedication to work with us and the Arts Alliance to maintain an ongoing presence in the North Country. And anyone who saw them perform here last year knows that Camerata New England is a breathtaking musical experience."

Frumie Selchen of the Arts Alliance of Northern NH added, "It's wonderful to be able to bring an ensemble of this caliber to Colebrook and to have a strong and enthusiastic organization like the

GNWCA to work with."

Two Camerata musicians will also present educational outreach programs for students at Pittsburg School and Stewartstown Community School on April 4.


Tickets for the evening concert are \$15 and are available in advance at Fiddleheads at 110 Main St. in Colebrook. or online at [www.aannh.org](http://www.aannh.org). They are available on a first-come, first-served basis and will also be sold on the night of the concert at the door.

Camerata New England will also be performing the night before at the Lebanon Opera House.

For more information on the program and Camerata New England, you may visit [www.cameratanewengland.org](http://www.cameratanewengland.org) or [www.aannh.org](http://www.aannh.org).

The Great North Woods Committee for the Arts works throughout the year to bring performing arts opportunities to the region; the Arts Alliance of Northern New Hampshire works to collaborate, promote and connect the North Country to statewide opportunities.

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## Tangled – PG

In this quirky new edition from Disney/Pixar you are in for a treat. Unlike most of the new "cartoon" movies today this one is actually made for, and geared towards kids. However, parents don't start groaning yet, there are plenty of subtle jokes in there for you as well.

In this off-kilter retelling of the classic fairy tale about a girl with loooong hair, you get that extra to the story that you always wondered about. In this rendition Rapunzel meets an unlikely friend in the bandit Flynn Rider, when he stumbles upon her tower while being chased by the loveable Maximus, the palace horse that's more like a blood hound.

After a little bribery Ra-

punzel convinces Flynn to take her to see the floating lights that appear every year on her birthday. Of course this is after her "mother" told her she was never leaving the tower. Soon the companions find themselves in many different situations that make them realize life is full of more surprises than either of them thought.

So parents, don't despair. Tangled is a wonderful movie for your children of all ages and you won't be pulling all your hair out from boredom! By far one of the best animated films since Nemo splashed into our hearts. Until next time, consider this another "Scrutonized" movie.

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Strawberry Shortcake • Apple Crisp with Ice Cream  
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Senior Portion & Price Available Upon Request: \$13

## Letter To The Editor

Poor Attitude!

It all began with a call to the Warner's Gallery Restaurant inquiring as to whether or not they still had Thursday specials - particularly, chicken fingers and clam strips? To which I was informed they would make available.

Second question was "all you can eat?" A pause, then a hesitant, yes! Last remark and question combined. We have a gift certificate - will you honor it? Pause! Okay, yes I will. This conversation took place between myself and the new head chef.

With all this confirmed my wife and I drove to Warner's Gallery with anticipation of having an evening out for dinner. We were greeted and seated, read the menu and gave our order to the waitress, mentioning we had called and we had a gift certificate. The head chef, who I had spoken to on the phone came out, and we introduced ourselves. All seemed well until the new owner made the scene, then the atmosphere changed. He inquired about the gift certificate to which I handed it to him. He left and headed up front to the reception area, got on the phone for a bit, and came back to the table with some type of notebook, and pointed to something on it, and said that the number (501) had already been used, that he was having trouble with

phoney gift cards, etc.

He stated we were only getting two dinners at \$10.95 each and we expect him to give back the remainder in cash!? We said we were not! That in the past the difference was noted on the gift card and initialed for use at a later time. He started mumbling and carrying on, very unprofessional like! I asked him if he was going to honor the card? "No. This is Fraud. I not honor it!"

Well, he got my nose open, believe you me, and I got up, told my wife we're leaving, and stated to him, "I'll not recommend this place to anybody. I'll bad mouth it!" In other words, he accused us of fraud - counterfeiting, and forgery!

There were legitimate names and initials on the gift card - not forgeries!

For my mind, he is a very poor business man, and he owes my wife and I an apology! Even with that, as long as he owns and operates Warner's Gallery I'll never darken it's door steps again! And this is very disappointing to us for we had enjoyed Warner's Gallery, Jan and her family for over 20 years. A wonderful place to eat, and a great family - Jan and the kids.

So be it!

J.J. O'Shaughnessey  
North Haverhill, NH

Mr. O'Shaughnessey,

*I must first state that the gift certificate in question was a prize that the O'Shaughnesseys won from Trendy Times in the contest for naming TrenTim, our paper boy on the new sign. The gift certificate was awarded to them in late 2010 before the sale of the property and business.*

*It should also be stated that the new owner of Warner's Gallery Restaurant called Trendy Times a few days after this incident. The conversation confirmed that the gift certificate was denied due to his concern about duplicate numbers in the gift certificate book.*

*Other than passing along these pieces of information, there is not a lot that I can add to this situation. I only regret that the O'Shaughnesseys were unable to enjoy an evening out as they had planned. I also regret that such a misunderstanding took place and that the parties were not able to resolve it to the benefit of both parties.*

Gary Scruton, Editor

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# Our Interesting Neighbors – II

By Elinor P. Mawson

*Note: There have been a lot of incredulous remarks about my first piece on our former neighbors. For those of you who have some doubts, here is another chapter.*

After Kathleen and Floyd moved from our neighborhood, they bought a large house in a town about an hour away. By this time their family had grown from three to seven--2 adopted kids, 2 teenage foster sons, and Floyd's brother Bob. The house accommodated all seven of them, but--of course--it needed a lot of work.

One autumn weekend, we got a call from Kathleen inviting us to dinner. As always, I asked what we could bring, and she replied it might be nice to have a salad, and while we were at it, why not a dessert and a bottle of wine. Before we hung up, she announced that we would be having beans and hotdogs, and would I mind picking up the hotdogs on our way there.

I should have known. When we arrived, kids and food in tow, we found the place cold and dark. The kids

took off to play, Brother Bob was in his chair wearing a coat, and Kathleen announced that Floyd was down cellar working on the furnace, which accounted for the cold and the darkness in the house. She wondered aloud if my husband would go help out Floyd who knew little about what he was doing and could use some expertise. My poor husband knew little about furnaces, but as it turned out, he knew a lot more than Floyd did.

While we were waiting, I noticed a mountain of dirty dishes in the sink, but instead talked to Brother Bob about music. Brother Bob was getting on in years, was very intelligent, but "didn't do much". We must have talked for a good hour; meanwhile the kids were saying they were hungry and everyone was cold.

I should have known. When the lights and heat finally came on, Kathleen announced that the dishes needed to be done before anyone could eat.

While she was getting the meal together, you guessed it--I did the huge pile of dishes.

I don't remember much about the meal itself. I do recall Floyd going on and on about his furnace and all the rest of the problems with the house. I could just feel my husband recoiling as each item was discussed. When dinner was over there wasn't a morsel left (including the wine), the kids ran away to play, and because there was nothing else to do, I did the dishes one more time.

It is unnecessary to tell you about the ride home. We were unmerciful in our opinions of the "dinner date". We resolved then and there that we would never accept another one from our former neighbors. Fortunately, they subsequently moved to New Jersey and then to Canada, so there were no more.

In this world there are givers and there are takers. Floyd and Kathleen have made friends wherever they have gone, and they are highly thought of. But they have moved around a lot, and I can't help but think that each move is because they have used up all their friendships and have gone on to make others so they can start "taking" some more.

# Haverhill Corner Library Announces Discussion Of Adventures Of Huckleberry Finn

**Haverhill, NH** — The Haverhill Corner Library will sponsor a discussion of Adventures of Huckleberry Finn by Mark Twain on Monday, April 18, at 7:00 PM. The discussion will be free and open to the public.

This is the fourth and final in a series of discussions of classic American novels that the library has sponsored this winter.

Published in 1885, Adventures of Huckleberry Finn has been one of the most popular, and one of the most controversial, novels ever published in America. Ernest Hemingway declared, "All modern American literature comes from one book by Mark Twain called 'Huckleberry Finn' . . . It's the best book we've had."

Yet when it was published, the public library in Concord, Massachusetts (home of the Transcendentalist Movement) banned the book, declaring it "the veriest

trash," while during the 1990s, the American Library Association ranked it the fifth most frequently challenged book in the country. (In the first decade of the twenty-first century, it has slipped to number fourteen on the ALA's list.)

Earlier this year, it sparked discussion and controversy once again when a small publisher announced plans to release a bowdlerized version of the novel.

"Twain's masterpiece turned 125 last year," notes library trustee John Landrigan, "and in a century and a quarter, it has not lost its ability to charm, challenge, and infuriate readers. Any book that has maintained that kind of hold on the imaginations of readers is worth reading and discussing."

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

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 Wednesday, April 13 at 6:00 PM  
 All Legion Members are encouraged to attend

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April 12, 2011 Volume 2 Number 13

# Chronic Fatigue Syndromes

Fatigue syndromes, such as CFS, Candida albicans, fibromyalgia, mononucleosis, and lupus are the result of disordered immune dysfunction which allows chronic yeast and viral infections, allergies, and a degenerative imbalance in the endocrine/metabolic systems of the entire body. The outward symptoms for most fatigue syndromes are similar, so they are quite difficult to diagnose and treat. Many act like recurring viral infections that mimic colds and flu. A high stress lifestyle is often involved. A strong immune system is critical for dealing with fatigue syndromes, especially those that have that have severe allergic reactions as part of their symptoms.

While protocols vary, current thinking states that chronic fatigue syndrome is most often due to an infection from the Epstein Barr virus – a common, latent virus in humans that replicates and becomes active when normal immune response is compromised. Support and enhancement of immune system function is the key to reducing susceptibility and achieving resistance. A recent survey indicates that vitamins, minerals and other natural therapies are more helpful than prescription drugs in rebuilding immune response. Concentration should be on system

detoxification, enhancing liver and adrenal functions and immune support.

Chronic fatigue syndrome is sometimes referred to as a condition without a cause. In reality, the opposite is true. There are a wealth of causative factors. CFS is a depressed immune response to the ever-increasing mental, emotional and physical stresses in our environment. Susceptibility to chronic viral infections has become more and more prevalent in the last decades. As our immunity drops lower and lower, almost anything can be the final trigger for CFS. Onset is abrupt in almost 90% of cases. Over 85% of CFS victims are women, usually between 30 and 50, who are outgoing, productive, independent, active, overachievers, it affects close to 2 million people in America today. People who suffer from chronic fatigue need super nutrition. A good diet and lifestyle habits are paramount in keeping the body clear of toxic wastes and balancing the lymphatic system.

Mononucleosis, also thought to be due to the EBV virus, attacks the respiratory and lymphatic systems with severe flu-like infection. Glands, lymph nodes, bronchial tubes, liver, spleen are all affected. The virus is virulent and highly infectious.

Immune response is very weak. The whole body feels the symptoms of fever, spleen systems are the main organs involved in healing. Three to six months of rebuilding are needed for restoration of strength.

Candidiasis is a state of imbalanced body ecology, not a germ, bug or disease. Candida albicans is a strain of yeasts commonly found in the gastro-intestinal and genitor-urinary areas of the body. It is generally harmless, but when resistance and immunity are low, candida is able to multiply rapidly, feeding on sugars and carbohydrates in these tracts. It releases toxins into the bloodstream, and causes far-reaching problems. It is a stress-related condition, brought about because the body is severely out of balance and the immune system is seriously compromised. Repeated rounds of antibiotics, birth control pills or cortico-steroids, a nutritionally poor diet high in refined carbohydrates and alcohol, and a life-style short on rest encourage candida.

Candida albicans is an opportunistic yeast strain that takes advantage of reduced immune system to overrun the body. Healthy liver function and a strong immune system are the keys to lasting prevention and control of candida overgrowth. The healing/rebuilding process usually takes 3 to 6 months or more. The changes in diet and lifestyle

habits are often radical. Some people feel better right away; others go through a rough "healing crisis". But most people with candida are feeling so bad anyway, that the treatment and the knowledge that they are getting better, pulls them through the hard times. A comprehensive protocol for overcoming candida includes: Stage 1: Kill the yeasts through diet change and supplement therapy. Stage 2: Cleanse the dead yeasts and waste cells from the body with an herbal cleanser. Stage 3: Strengthen the digestive system by enhancing its ability to assimilate nutrients. Stage 4: Rebuild the immune system


Fibromyalgia is a debilitating, often painful muscle disease, involving neuro-hormonal imbalances and impaired deep sleep. Generally considered an auto-immune condition, caused by nutrient deficiencies and environmental toxins, many symptoms mimic those of Chronic Fatigue Syndrome(CFS) and arthritis. Researchers now estimate that up to ten million Americans (mostly mid-life women) suffer from fibromyalgia. Although labeled untreatable and incurable, it may be vastly helped by natural therapies.

The profile for fibromyalgia is similar to other conditions; painful, tender, recurrent points aching all over the body, persistent, diffuse musculo-skeletal pain; fatigue, weakness, headaches, confu-



















sion, migraine headaches, chronic diarrhea and irritable bowel, poor sleep patterns and nervous symptoms like depression, and hypoglycemia – symptoms of mild cortisol deficiency. There are always stomach and digestive problems, with high uric acid. People who fall victim to fibromyalgia are generally not physically fit, and usually have allergies, arthritis-type stiffness, panic attacks, and an accompanying cardiovascular problem, such as mitral valve prolapse, palpitations or shortness of breath. No conventional medical treatment or drug on the market today has been able to help fibromyalgia; most hinder immune response and recovery.

Lupus is a multi-system, auto-immune, inflammatory, viral disease affecting over half a million Americans, more than 80% black and Hispanic women. The immune system becomes disoriented and develops antibodies that attack its own connective tissue. Joints and blood vessels are affected producing arthritis-like symptoms. The kidneys and lymph nodes become inflamed, and in severe cases there is heart, brain and central nervous system degeneration. Orthodox treatment has not been very successful for lupus. Natural therapies help rebuild a stable immune system. Our experience shows that you feel worse for 1 or 2 months until toxins are neutralized. Then, suddenly, as a rule, you feel much better. Natural and herbal healing programs work, but require many months of healing. If you are experiencing symptoms, seeking herbal treatment and dietary consultation call for an appointment.

Not all Times are Trendy but there will always be Trendy Times April 12, 2011 Volume 2 Number 13

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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 thymeto heal01@yahoo.com

# More Information About The Northern Pass Project

By Gary Scruton

On the front page of the last Trendy Times we featured a story about the Northern Pass project. The meeting in question was held by the US Department of Energy or DOE. It was the last in a series of meetings designed to get feedback from the public.

After publishing that article it was pointed out by a reader that the article did not give some of the details of what the project actually is. Therefore, in order to further the knowledge of our readers we have copied some excerpts from the web site set up by the proponents of The Northern Pass. [www.northernpass.us](http://www.northernpass.us)

The home page has the following headline and information: **A \$1.1 Billion Investment in New Hampshire's Future**

*The Northern Pass is a proposed transmission project that would bring reliable, competitively priced, clean energy (predominantly hydropower) from Quebec into New Hampshire for use by residents and businesses in New Hampshire and New*

*England.*

*Proposed by Public Service of New Hampshire's parent company, Northeast Utilities, along with NSTAR and Hydro-Quebec, the project is currently in the planning and permitting stages.*

Following a link to another page we find this information:

#### **DC Transmission Line**

*+/-300 kV line, approximately 140 miles long, extending from the Quebec/New Hampshire border to the Franklin, NH converter terminal*

#### **AC Transmission Line**

*345 kV line, approximately 40 miles long, extending from the Franklin converter terminal to the Deerfield Substation in Deerfield, NH*

*Certain existing AC lines will be relocated to support the construction of the new lines*

*Transmission line structures will be located approximately 800 feet apart, although the span length will vary depending on topography and line layout*

#### **DC line structures:**

*Typically ranging from ap-*

*proximately 90 to 135 feet tall*

#### **AC line structures:**

*Typically ranging from approximately 80 to 135 feet tall*

There are several other links from the home page that give more information about the project from those companies proposing it.

Another item that came to Trendy Times from a reading during the past week was a link to a web site that featured an article discussing New Hampshire Governor John Lynch's recent trip to Quebec and some comments he made after meeting with officials there. "New Hampshire doesn't need that power now, though the project would provide 400 jobs, but low-cost power is like gold to most of New England, and later our own economy will need it," Lynch said. The article appeared in the Monreal Gazette.

The deadline for submitting comments to DOE is Tuesday, April 12. However, at the Haverhill meeting they stated that late comments may be considered.

# "Remembering The Heroes While Celebrating Our Freedom"

The Woodsville/Wells River Fourth of July Committee is happy to announce the theme for the 2011 annual celebration. Ann Drown of Bath, NH submitted the winning entry that was decided on at the monthly meeting of this small but enthusiastic volunteer group. "Remembering the Heroes while Celebrating our Freedom" was her suggestion.

This means that those who choose to enter floats, or walking entries in the parade, and keep this theme in mind can earn extra points toward the cash prizes that are awarded.

As in years past there will be two categories of judging for floats. Commercial or business floats and those from organizations, non-profit groups or families. Plus awards are handed out for non-motorized entries such as bicycles or walkers.

All these awards are handed out the night of the 4th of July during the entertainment on the Community Field in Woodsville. Also on the Community Field will be a wide variety of music that starts in the early afternoon, shortly after the parade ends, and continues up to and beyond the gigantic fireworks display. The field activities this year will also include the fun and games of D&L Amusements, plus a flea market and plenty of vendors with all your favorite fair foods. There is even a

chance at enjoying a couple of new vendors this year.

Fundraising for this event comes from several sources. The main one being contributions from area businesses to be listed in the souvenir booklet. Individuals can also be part of the booklet with a listing honoring departed loved ones. These listings are just \$5.00 each and can be placed thru the website, [wwr4thofjuly.com](http://wwr4thofjuly.com), or contact any member of the 4th of July committee.

Another large fundraiser is the cash raffle that has been part of this event since day one. Tickets will be available soon at just \$10 each with a top prize of \$1000.00 cash. Tickets can be purchased from any member of the committee or from several local businesses. The 4th of July Committee will also sponsor the regular bingo games under the tent on the Community Field, plus the Critter Chip Bingo. There are also plans to have the Travelin' Barnyard back for 2011.

Plan to take part in, or watch, the largest 4th of July parade in Northern New Hampshire on Monday, July 4. And when the parade is done, be sure to spend some time with friends and family at the field to wrap up a day full of entertainment as we continue "Remembering the Heroes while Celebrating our Freedom".

## Seacoast Veterans Conference

On behalf of the Seacoast Veterans Planning Committee, we would like to invite you to the Seacoast Veterans Conference on Saturday, April 30th, 8:00am - 4:00pm at Pease Air National Guard Base in Portsmouth. The event is free with registration beginning at 8:00am and the event concluding at 4:00pm.

We are reaching out to our older era veterans and their families. The morning includes keynote presentations from General William Reddel (The Adjutant General, NH National Guard), Dr. Dan Potenza (Nationally Recognized Expert on PTSD Among Older Veterans) and Dr. Marc Levenson (Director, Manchester VA Medical Center). Dr. Levenson will be joined by a panel of VA Experts who will be available for questions and additional information.

The afternoon will include 3 Round Table Presentations (optional) on: Independence, Health and Money. The afternoon will also include Interactive Stations on: VA Enrollment, Benefits & Claims Process, Vet Center, NH State Veterans Cemetery, NH Veterans Home, Suicide Prevention, ServiceLink and AARP. The Mobile Vet Center will be on site for both a tour and outreach.

We invite you to join us in reaching out to our older era veterans and their families - especially those who may have fallen through the cracks. We also extend a special welcome to all agencies and provider groups that provide services and care for NH's older era veterans.

Please preregister using the information in the ad

below. Please include your contact information and veteran status (if applicable). Thank you and see you on April 30th!

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*Registration and lunch are free. Please pre-register.*

*Please provide us with your contact information and veteran status.*

*If you have any questions, please call Sue at*  
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By Ronda Marsh



## Bobby's Fake-Fried Haddock

A few weeks ago my cousin, Bob, stopped by for a little visit. When I say a "little" visit, I mean that literally, as he, like most everyone on my Mother's side of the family, feels any visit over 10 minutes is an imposition, and Lord knows, you certainly wouldn't want to overstay your welcome! Bob and his wife, Peg, have lived just down the road for the majority of my life, and they are the definition of perfect neighbors...always there if needed; never intrusive or demanding. Bob retired a few years back, and since then has become more and

more interested in culinary endeavors. Peg says that the kitchen isn't big enough for two cooks, so she just stands back...until time to do the dishes, that is! In the course of our recent conversation, Bob mentioned that he was headed to town to buy some haddock for their dinner, so I inquired how he was going to prepare it. His face lit up, and he eagerly shared this recipe with me. He told me this was the closest thing to fried haddock he'd ever tasted, even though it's cooked in the oven. I was a bit skeptical, but since I love haddock but

hate the ordeal (and lingering odor) of frying it, I gave it a try. He was absolutely right! This recipe yields fish that is golden brown, crunchy, and very flavorful. And here's something else you would never suspect: This fish is actually a much healthier and less caloric alternative to fried, even though it's coated in potato

chips and drizzled with butter. Let me explain. If you take a look at the ingredients and number of servings, break it all down and do some calorie crunching, you will see that you can have a 6 to 8 ounce portion and still be at less than 200 calories. After all, the high-calorie and fat part of it (the potato chips) don't all get eaten; just what

adheres to the fish, and the butter is only about a teaspoon per serving. Paired with a vegetable medley (ok folks...pretend you don't see the French fries on the plate here) you can have a filling and healthful meal of about 550 calories. That's pretty remarkable for something that doesn't even vaguely resemble diet food...enjoy!

- 1 to 1-1/2 pounds skinless haddock (or similar white fish) fillets
- Milk
- 1 cup potato chips, finely crushed
- 1/4 cup grated Parmesan cheese

- 1/4 teaspoon dried thyme
- 1 tablespoon breadcrumbs
- Optional: Grated zest of one lemon
- 2 tablespoons butter, melted

Preheat oven to 425°F.

Combine crushed chips, parmesan cheese and thyme in a plate.

Rinse and dry fish fillets. Dip fillets in milk, and then dredge in the chip mixture.

Spray a baking dish with cooking spray, and sprinkle with the breadcrumbs.

Lay the dredged fillets in the baking dish and drizzle with the melted butter.

Bake fish 15 minutes, or until it is browned and flakes easily.

Serves 4.

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