

TRENDY TIMES

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MAY 10, 2011 VOLUME 2 NUMBER 15

Second Chance To See “Second Chance” For The First Time

By Gary Scruton



The Old Church Community Theater of Bradford opened their 2011 season with the first ever production of “Second Chance”. The play was written by Tony Sportiello a playwright and theater owner from New York City. The fact that this was a world premier did not seem to weigh down the performances of those willing to take

on the challenge. In fact all eight members of the cast appeared to enjoy the parts they were playing. That should come as little surprise as each member has a history of being on stage. Some have done many parts with OCCT, while others were new to this stage, but have experience elsewhere. The bottom line was a cast that

the writer should be proud of. Speaking of that writer, Tony Sportiello plans to be on hand come Friday, May 13th, the first of three productions during the second weekend of “Second Chance”. The cast, as well as the Board of Directors for this non-profit theater group, hope that his presence will bring many more to this wonderful old theater. Opening night saw a fairly small crowd of theater goers, but did not curb the enthusiasm of those assembled.

Regarding the play itself, “Contemporary” was used as

those who know that a touchdown will not be thrown when the bases are loaded, the humor is cute. For those who could care less about the Super Bowl, then you will only need to get thru a short time of specifics and then enjoy the whole concept of the conversation.

A third piece that makes this play quite unique is that there is actually a scene that is repeated. It certainly offers a different challenge to the actors to copy precisely what they did earlier. They also have the occasion to hit the pause button and freeze in

brought the comment “I can’t imagine one of them being a guy” from one member of the audience.

The bottom line for “Second Chance” is that almost everyone will leave with a question or two on their mind. “Could I make that decision?” Or maybe simply “What if?”

Once again the talent of many locals has come forward to put on a production that is worth while for any theater goer. It is certainly a feather in the cap of OCCT to be allowed to produce this world premier, and the author is sure to be impressed.



a description. That certainly applies to some of the language. The play begins with a line that most would consider inappropriate for young audiences (it certainly would not be found in a G rated movie). There are also other occasions when expletives are used to get the point across.

Next item for theater goers to be aware of is that sports are discussed during the course of the play. For

place, while others come on stage to further the plot and put in motion the finishing twist.

Seasoned director Diane Chamberlain pulled all of these parts together. Plus she had to overcome the changeing of three actors during a three week period of rehearsals. Because of the change in personnel one of the “Angels” was changed from Jake to Jade. The successful gender change

**Old Church Theater
 Open Auditions For
 “On Golden Pond”**
 Bradford, VT: Old Church Community Theater will be holding open auditions for “On Golden Pond” by Ernest Thompson will be on May 14th, at 2pm. A description of the play, roles and other information may be found on www.oldchurchtheater.org
 Peter Richards will be directing “On Golden Pond”. This well-know drama, made famous by the movie with Henry Fonda, tells the love story of an older couple as they summer at their cabin on the lake, and how in their advancing years they treasure each other and the time they have left. There are roles for 3 men, 1 boy and 2 women. The play will be presented 2 weekends in mid-July. Interested persons may contact the director at 802-222-5801 or putteringpeterpiper@myfairpoint.net for a script or with questions.

**Trendy Threads
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 Saturday, May 21st**
 We apologize for any inconvenience this may cause

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UNHCE - Grafton County Summer Vegetable Gardening Series

The UNH Cooperative Extension office in Grafton County is proud to once again present a Summer Vegetable Gardening Series. This set of ten workshops is aimed to give you, the backyard gardener, practical information and a chance to connect with the gardeners and resources in your community. This year's series has a wide array of topics to delight and inform you. A parallel children's series, called "Growing Places", will also be offered. Designed and facilitated by Master Gardener volunteers, these sessions will get your kids interested in the bugs, birds and plants around them. All workshops are open to the

public and are free of charge. You may attend one or all of the sessions.

This year's series includes the following workshops:

(All sessions meet at the Gazebo at the Grafton County Complex in North Haverhill, NH unless otherwise noted.)

Join us on Saturday, May 7, 2011 in the UNH Cooperative Extension conference room at the Grafton County Complex from 10:00 to 2:00pm for our workshop titled Cold Frames and Variety Selection presented by John Bishop and Agricultural Extension Educator Heather Bryant. This hands-on workshop will teach you how to

construct a cold frame and choose the right vegetable varieties for our climate. Participants can enter for a chance to win the door prize, the demonstration cold frame. Please call the office at 603-787-6944 to pre-register.

Wednesday, May 25th from 5:30 - 7:00 pm - Raised Beds with Master Gardener Margo Connors - learn how to build, fill, and plant a raised garden bed.

Wednesday, June 8 from 5:30 - 7:00 pm - Edible Landscaping with Master Gardener Erika Krauss and Becky Colpitts - Turn your yard into a fresh air market.

Wednesday, June 22 from 5:30 - 7:00 pm - Weed Management with Master Gardener Mary Savage - learn techniques to keep weeds out of your garden instead of always pulling them.

Also on June 22 from 5:30 - 7:00 pm our "Growing Places" Children's Program begins. This program is taught by 4-H leaders and Master Gardeners Fran and Erika Krauss. The first session is Creating a Habitat with Compost.

This series is running through September 14th. Please check this paper for information on the July, August and September sessions. For more information please check our website at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>, the UNH CE Grafton County Facebook page or call the office at 603-787-6944.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agricul-

ture and New Hampshire counties cooperating.

UNH Cooperative Extension - Summer Vegetable Gardening Series

"Growing Places" Children's Program is presented by 4-H leaders and Master Gardeners Erika and Fran Krauss.

All sessions meet at the Gazebo at the Grafton County Complex unless otherwise noted.

July 6 - 5:30 - 7:00 pm - Responsible Pest Management with Agricultural Extension Educator Heather Bryant - Find out the best solution for pest control in your garden, and leave the workshop with a better understanding of how to manage the pests eating your produce.

"Growing Places" Children's program - August 31 - Fiber (this is the last session for the Children's Program for the summer)

September 14 - 5:30 - 8:00 pm (note: Longer session) - session will be held at the Horse Meadow Senior Center - Cooking with Fresh Veggies with Ana Peterson and author Holly Finlay - Unearth new and different ways to prepare and present some of the old vegetable standbys.

"Growing Places" Children's program - July 20 - Birding: Learn to Listen and Look

August 3 - 5:30 - 7:00 pm - Seed Saving with Agricultural Extension Educator Heather Bryant and Volunteer Management Program Assistant Becky Colpitts - Learn seed saving techniques to improve your seed saving success.

"Growing Places" Children's program - August 3 - Pressing Flowers

August 17 - 5:30 - 8:00 pm (note: Longer session) -

will be held at the Horse Meadow Senior Center - Preserve the Harvest with Family and Consumer Resources Extension Educator Deb Maes - Learn the correct way to "Preserve the Harvest"

"Growing Places" Children's program - August 17 - will be held at the Horse Meadow Senior Center - Fun with Brownies - Discover Scat

August 31 - 5:30 - 7:00 pm - Storage with Agricultural Extension Educator Heather Bryant - Learn which vegetables need to be cured, how best to store each species, and which ones can and cannot be stored together.

"Growing Places" Children's program - August 31 - Fiber (this is the last session for the Children's Program for the summer)

September 14 - 5:30 - 8:00 pm (note: Longer session) - session will be held at the Horse Meadow Senior Center - Cooking with Fresh Veggies with Ana Peterson and author Holly Finlay - Unearth new and different ways to prepare and present some of the old vegetable standbys.

For more information please check our website at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>, UNH CE Grafton County Facebook page or call us at 603-787-6944.

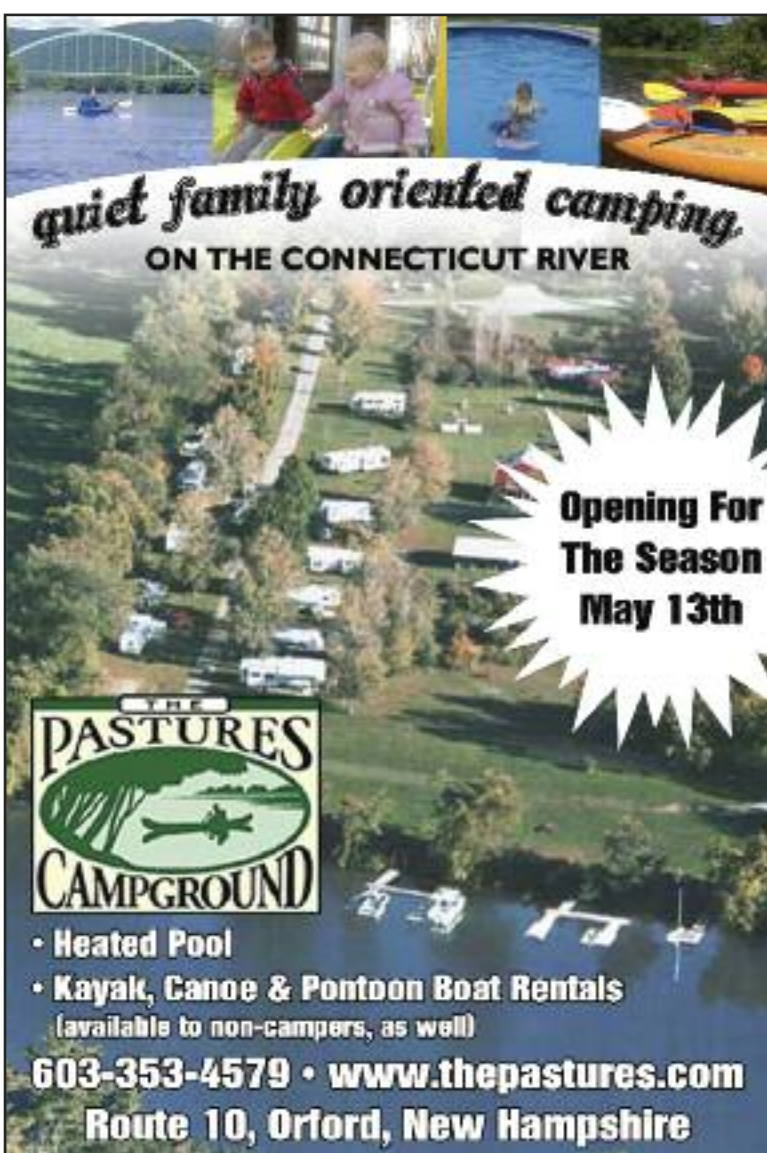
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Heat It Or Plumb It, Dan's Your New Man

By Robert Roudebush

Licensed Master Plumber Dan Boutin's new business is already thriving and his background and top-tier professional qualifications ensure that he knows what he is doing and what he can do for you.

For a thirty-five year-old man, Dan has an impressive span of time and experience as he launches "BOUTIN PLUMBING & HEATING" - for the time being, it's a one man operation out of his own home in Pike. He shares with this writer, that "the phones have been ringing, the work is coming in. If it keeps coming in, I'll be arranging to hire more help to cover it." Boutin is not unaware of what a good sign that is for a venture that officially began April 1st of this year. He will concentrate mainly on residential and light commercial work - installing and repairing plumbing and heating systems, new construction, central vacuum cleaning systems, solar-sourced water heaters, water testing and water conditioning systems.

It is true that Dan, a Master Plumber since about 1997, is the third generation of plumbing specialists in his family. Father Ted, who still runs Ted's Excavating (and who advertises in this paper) is a plumber, and so was Dan's grandfather, on his mother's side. That grandfather was Jim Hood, original owner of Hood's Plumbing, a company that would be a part of Dan's working life and training as an adult in years to come. Yes, it is a small town. Dan is an only child whose wife of eight years is Melinda and they have a daughter, Aliza, 6 years old.

Dan is a Master Plumber in two states, New Hampshire and Vermont, and the process of achieving that rank is a long, specific and demanding one, involving thousands of hours per year of work in the discipline, continuing advanced training and passing regular and rigorous tests which are state mandated.

During the new business owner's trip to his current professional level, he worked first for Hood's Plumbing, "right out of high school" - Woodsville High School in 1993. Hood's is primarily involved in residential and light commercial work. In 2000, Boutin joined ARC Mechanical, Plumbing, Heating and Air Conditioning, a firm specializing in commercial, industrial, and "high end" residential. That move represented a new level of experience and supervisory responsibility. He began as a foreman of plumbing and heating and over his time with ARC he saw more of the business approach of the work, spending time as a project manager/operations manager.

But long before any companies hired Boutin, his family got him first. Taught him what they knew as only a family can teach other family. Boutin says of the plumbing business, "I was born and raised in it. I was knee-high to a grasshopper when I started. I

went on calls with my Dad and Grand Father I was always around them when they worked, I worked during time-off and summer vacation from school."

The first step for a beginning plumber is to apply to the state for "apprenticeship" recognition, receiving a card. That involves demonstrating ongoing work in the trade. Before a beginning plumber can apply for a Journeyman's status, that plumber must work for at least four years, compiling at least two-thousand hours each year on the job, under supervision from more advanced professionals, and must have at least 144 hours of classroom training. "Apprenticeship" is a term applying to various construction crafts in our country today, and the word dates back to medieval English history. Upon completion of such extensive training, a plumber desiring to advance may take (and must pass) the Journeyman's exam, a necessary state test

created from national and state requirements. At that point, after a further period of time, a Journeyman may choose to advance to Master's certification. Another mandated test must be passed. At either of the upper two levels, there is always more classroom work for continuing certification. There is also a certain yearly fee associated with achieving and maintaining the Journeyman and Master's status.

At Dan Boutin's level of expertise, he is certified in the state of New Hampshire to install propane boilers and water heaters. In Vermont, similar certified skill means he is C.T.E.P. qualified - prepared and able to install and replace natural and propane gas equipment. If you want to heat it or plumb it, Dan can do it.

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To Bedell Bridge State Park Boat Launch

(Off Route 10 in Haverhill Corner, NH)

FREE Shuttle Service (for persons and personal equipment only) from Bedell Bridge to Woodsville available from 10-11 AM.

Volunteers will be at the boat launch to help unload and protect boats before launching.

Suggested Launch Time: 11:00 AM
Approximate Paddle Time: 3 1/2 Hours

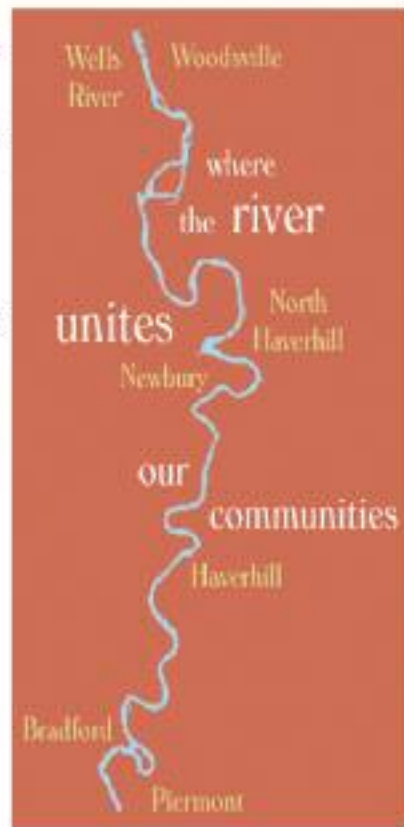
All participants MUST abide by safe boating rules and regulations.

ALL EVENTS ARE WEATHER PERMITTING

At the end of the trip at Bedell Bridge, the Rotary Club will be selling hamburgs, hot dogs & beverages 1-3 PM

The "Strawberry farm Band" will be performing with Bluegrass Music.

Plus there will be displays set up by various local organizations offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley.



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Whatever the reason, join the crowd for "Paddle the Border Spring"

"Paddle the Border Fall" is scheduled for Sunday, October 2, 2011

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Letter To The Editor

Once again the Selectboard, Water & Sewer Commission and School Boards of Bradford, Vermont, seem to think that all of its residents have their own money printers in their basements. We have a \$1.9 million Town and Highway Budget, \$1.7 million Sewer Bond that have been voted on and passed so far. The proposed Oxbow School budget is nearly \$7 million, \$2.7 million sewer bond, a new bond coming from the Water & Sewer for a water project of \$3.024 million and best guess for the Grade school budget \$4.5 million.

Isn't this like trying to get blood from a stone? It's no wonder why Vermont is the third highest taxed State in the Country.

Why, so far this year there are 50 properties for sale in Bradford and 12,100 properties for sale in Vermont as of April 27, 2011?

Maybe the powers to be, believe that there is unlimited money for all it's residents or that there is no recession here! STOP THE RIDICULOUS SPENDING!!!!

Joe Coutermarsh
Bradford, VT

Mr. Coutermarsh,

It's good of you to put all these numbers in one spot for the voters of Bradford to see. Sometimes that is what is needed for people to realize the bigger picture.

To all the voters of Bradford I will say that this should be a call to get informed, be knowledgeable about all of the upcoming votes, and most importantly, to participate in those votes. There is no doubt that the fate of any of these budgets is entirely up to the voters. Without an affirmative vote, budgets do not go on.

So, whether you support or oppose these budgets, make it a point to be heard.

Gary Scruton, Editor

CDL-A Slots Still Open For Tractor Trailer Driver Program

It's not too late to enroll in this Summer's Class A Commercial Driver's License (CDL-A) training program at White Mountains Community College in Littleton. The competency-based training is 12 weeks long and focuses on both classroom and in-vehicle training time. A simulator will also be available for training. Classes begin June 6 and will run through August 26, Monday through Thurs-

day, 8:00 a.m. to 3:15 p.m.

The CDL-A Driver Training Program, offered at the Littleton Academic Center is becoming a magnet for national and regional recruiters and draws students from all over New Hampshire and Vermont. Students who complete the training earn a certificate of course completion. Over-the-road drivers are still needed and various large companies seek out

our drivers. Applicants should be at least 18 years old, possess a valid driver's license and have a clean driving record.

For more information about the CDL-A Tractor Trailer Driver Training, or to register, contact the White Mountains Community College - Littleton Academic Center at 444-1326, or WMCC in Berlin at 1-800-445-4525.

NH Youths Invited To Participate In 2011 International Youth Rally

Partners For Peace Young Rescuers Now Accepting Applications

Manchester, NH, May 4, 2011 — The Partners for Peace Young Rescuers program is currently accepting applications for participation in the International Rally of Young Rescuers program hosted annually by the Republic of Belarus. This program is available for 7 youths from NH between the ages of 14 to 17 years old. The International Youth Rally will be held September 15th - 23rd of 2011. Full and partial scholarships to this program are available on a limited and competitive basis. The 10 person delegation consists of 3 adult chaperones, including Lt. Leo Roy of the Manchester Fire Department.

"The Partners for Peace Young Rescuers program is proud to participate in this international youth rally hosted annually by the Republic of Belarus. Representing the United States team, our Young Rescuers learn and

compete in basic life safety competitions, enjoy excursions to cultural, scenic, and historic sites throughout Belarus and make lasting international friendships," stated former Ambassador George Bruno.

Partners for Peace Young Rescuers is proud to have participated, and sponsored the first US youth team, in 2008. The International Youth Rally is hosted by the Ministry of Emergency Situations in Belarus, comparable to the US Federal Emergency Management Agency (FEMA), and officially recognized by the United Nations. More than 15 nations have participated in this internationally recognized program including Germany, Switzerland, Latvia, Lithuania, Moldova, Serbia, Poland, Russia, Ukraine, Korea, and Azerbaijan.


"The Partners for Peace Young Rescuers program is

an experience of a life time. I made so many new friends. It was a culturally and educationally enriching experience," stated Youth Delegation Leader 2010 Maria Cervantes of Manchester.

Applications should be sent to the attention of: Lt. Leo Roy, Partners for Peace Young Rescuers at: Fax (603) 627-7959, or: e-mailed to: Tilleco@aol.com or GBruno1@aol.com.

For further information about this program and in becoming a sponsor, contact: Ambassador (Ret) George Bruno, Co-Director, UNH Partners for Peace at: (603) 296-2222 or (603) 369-0272.

Partners for Peace Young Rescuers in an international youth program under USA Group International. Partners for Peace Young Rescuers Office is located on 15 Stark Street in Manchester, NH, 03101.



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Old Church Community Theater World Premiere Performance

SECOND CHANCE
Comedy-Drama
May 6-7-8 & 13-14-15

WAIT UNTIL DARK
Thriller
June 10-11-12 & 17-18-19

ON GOLDEN POND
Drama
July 15-16-17 & 22-23-24

ENCHANTED APRIL
Romantic Comedy
August 19-20-21 & 26-27-28

ANOTHER!
Evening of One Act Plays
Sept 23-24-25-30 & Oct 1-2

Second Chance
A Comedy Drama by Tony Sportiello
Directed by Diane Chamberlain

May 6, 7, 8, 13, 14, 15
(Fri and Sat at 7:30, Sunday at 4)

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Photo by Alison Imagining / Poster design by neermegaw.com

From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

One of the committees I was assigned to back in January was Senate Finance. As the only freshman Senator on the Committee of seven very experienced Senators, I feel fortunate to have been given the opportunity to serve.

The Senate Finance Committee's goal is to create a responsible budget that lives within our means and raises no new taxes or fees. This goal is significant given that we face a nearly \$900 million budget deficit, but I believe it is achievable.

For the past several weeks, the Committee has been meeting with the departments and agencies in state government. We've been meeting on Mondays and Fridays, usually starting at 9 a.m. and ending in the late afternoon.

Depending on which department is presenting, Room 103 in the State House can be fairly empty (as with the Bureau of Tax & Land Appeals) or packed with standing room only (as with the Department of Health and Human Services). Attending these hearings are lobbyists, department personnel, legislators, concerned citizens, and staff from the Legislative Budget Assistant Office. Most times there are reporters in the room and sometimes video cameras.

Agency presentations can be as short as 15 minutes or as long as an hour. Information presented is fairly straightforward and it gives the Finance Committee the opportunity to ask questions, suggest cuts, and consider requests for budget changes from the department.

On Friday we heard presentations from the Department of Justice (aka Attorney General), the Department of Environmental Services, the Department of Resources and Economic Development, and the Department of Health and Human Services (DHHS). Space restrictions don't allow me to discuss all the cuts that were made in each of these departments, so I will briefly discuss a few that received support and concern from my constituents.

DHHS is New Hampshire's largest agency with close to a \$700 million budget. This department saw significant budget cuts, both in the Governor and House budgets. One program that was cut in the House budget was ServiceLink, which is a statewide network of locally administered community-based resources for seniors, adults with disabilities and their families. (To learn more about ServiceLink visit www.ServiceLink.org.)

The Department of Justice also experienced cuts including the proposed

elimination of 18 employees in the Governor's budget and 34 employees in the House budget. Eight of the 34 employees included attorneys, which are appointed positions. By law, appointed positions must be allowed to complete their term of office (in this case, 5-year terms). If the positions are eliminated, the state could face law suits.

During the review of the Department of Resources and Economic Development (DRED), we discussed the 16 welcome centers that are on our turnpikes, interstates, and state highways. The centers are currently managed by the Department of Transportation, but are proposed to be transferred to DRED for improvements and management. Also proposed is the elimination of eight welcome centers.

In discussing how to make improvements at these locations and how we might save the eight centers scheduled for elimination, we learned that different laws apply, depending on where the welcome centers are located (e.g., turnpike, state highway, or interstate). For instance, you can't have a McDonald's Restaurant on a state highway (e.g. the Rumney Welcome Center is on a state highway). I have confidence in DRED Commissioner Bald's expertise and expect we will see great improvements.

Senate Finance also heard testimony from the Department of Environmental Services. Cuts to this budget included the elimination of the Lakes & Rivers Management, the Volunteer Rivers Assessment Program and the Volunteer Lakes Assessment Program which spend nearly \$800,000 over the biennium. The Commissioner

came back to the Committee with a plan that proposed a nearly 50% reduction in the cost of these programs in an effort to save them.

The week of May 9 Senate Finance begins voting on each department's budget. This will continue through the week of May 16 and I am told to expect many long nights!

We are faced with some hard choices—just like in our own households, we must prioritize, choose the needs versus the wants, create reforms where possible, and make responsible cuts.

It won't be easy, especially since we learned that the Governor is projecting a \$47 million deficit at the end of this biennium (June 30, 2011), which will surely impact the 2012-2013 budget, as the Governor works to balance the end of this year. Combine this with a major shortfall in revenue in April,


and there isn't a lot of optimism for dramatically increased revenue in the next two years even as we expect, and hope, the economy to recover.

With all that said, Senate Finance is committed to balancing the 2012-2013 budget in a way that is responsible and gets our state's fiscal house in order.

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 and sign up.

Your Senator from District 2
Jeanie Forrester
May 7, 2011

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Older Americans: Connecting The Community

Every May since 1963, people in towns and cities across the country have come together to celebrate the enormous contributions of older Americans—borne of wisdom, experience, and the will to realize their dreams and speak their minds. Older Americans Month is our chance to show our appreciation and support our seniors as they continue to enrich and strengthen our communities.

The theme of this year's celebration—Older Americans: Connecting the Community—pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. Their shared histories, diverse experiences, and wealth of knowledge have made our culture, economy, and local character what they are today. The theme also highlights the many ways technology is helping older Americans live longer, healthier and more engaged lives.

In fact, older Americans are more active in community life than ever before, thanks in part to advances in health care, education, technology, and financial stability over the last several decades that have greatly increased their vitality and standard of living. Older adults are out and about giving back and making a difference in their community.

Our seniors are mentoring the leaders of tomorrow,

taking to heart the need for intergenerational learning to guide and inspire young minds. They offer a take on times gone by not discussed in any history class—a unique perspective that sheds new light on contemporary issues.

Older Americans step up to help one another as well. Across the country, seniors connect with other seniors by delivering meals, helping with home repair, assisting with shopping, and offering companionship, counseling, and care. Their efforts remind us that when older adults are active and engaged in their communities, everyone benefits.

Help us celebrate Older Americans Month! Join your neighbors not only to recognize what older citizens bring to our communities, but also to help them continue playing a vital role in weaving a unique and lasting community fabric.

Contact your local Area Agency on Aging to find out about volunteer opportunities with programs that provide services for seniors to improve health literacy, increase access to quality health services, deliver food and nutrition services, provide financial and housing counseling, sponsor social and civic activities, and more. We think you will discover that when you help seniors thrive in your community, you gain far more than you give.



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*(our next \$50.00 gift certificate drawing will be on
June 1st, come in and sign up, no purchase necessary.)*

Calendar of Events

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245
North Haverhill

TUESDAY, MAY 10

APPLE GRAFTING WORKSHOP #2

5:00 PM – 7:00 PM

Windy Ridge Orchard, North Haverhill

FINANCIAL PEACE UNIVERSITY CLASSES

9:00 AM

West Danville Methodist Church

WEDNESDAY, MAY 11

MONTHLY MEETING - ROSS-WOOD

POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

FRIDAY, MAY 13

ANNUAL TENT SALE

9:00 AM – 6:00 PM

Christ Covenant Anglican Catholic Church,
Creamery Street, Marshfield

CHURCH SUPPER - STEAMSHIP BUFFET

5:00 PM – 7:00 PM

South Ryegate Presbyterian Church

See ad on page 4

SECOND CHANCE

7:30 PM

Old Church Community Theater, Bradford

See ad on page 4

SATURDAY, MAY 14

ANNUAL TENT SALE

9:00 AM – 5:00 PM

Christ Covenant Anglican Catholic Church,
Creamery Street, Marshfield

ITALIAN SUPPER

5:00 PM – 7:00 PM

Woodsville United Methodist Church

SECOND CHANCE

7:30 PM

Old Church Community Theater, Bradford

See ad on page 4

SUNDAY, MAY 15

CLASSICOPIA

2:00 PM

Alumni Hall, Haverhill

See ad on page 18

SECOND CHANCE

4:00 PM

Old Church Community Theater, Bradford

See ad on page 4

TUESDAY, MAY 17

NH STATE VETERANS COUNCIL

REPRESENTATIVE

8:00 AM – 12:00 Noon

Woodsville American Legion Post #20

THURSDAY, FRIDAY &

SATURDAY, MAY 19, 20 & 21

DINNER THEATER

“THE EMPEROR’S NEW CLOTHES”

6:30 PM

North Haverhill United Methodist Church

FRIDAY, MAY 20

PEACHAM CORNER GUILD

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10:00 AM – 5:00 PM Daily

11:00 AM – 5:00 PM Sunday

Closed Tuesday

Peacham

RAILROAD PARK CONCERT 5TH ANNUAL CHILI CONTEST

6:00 PM

Woodsville

See ad on page 9

SATURDAY, MAY 21

LAWN SALE

9:00 AM – 1:00 PM

First Congregational Church of Haverhill

BRING A KID FISHING

10:00 AM – 3:00 PM

Palazzi Pond, Thetford

See ad on page 15

PARKER HILL ROAD BAND

7:00 PM

Alumni Hall, Haverhill

See ad on page 18

SUNDAY, MAY 22

ANTIQUÉ & ARTISAN SALE

9:00 AM – 3:00 PM

Blue Mountain Union School

PADDLE THE BORDER

10:00 AM

Woodsville Community Field

See ad on page 3

MONDAY, MAY 23

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, MAY 25

YOUR MOST INTERESTING

ANCESTOR - HERE OR AFAR: RESIDENTS SHARE STORIES

7:00 PM

Bradford Public Library

FRIDAY, MAY 27

HUGE YARD SALE

10:00 AM – 6:00 PM

Boch Park, Bradford

SATURDAY, MAY 28

HUGE YARD SALE

8:00 AM – 4:00 PM

Boch Park, Bradford

WHENEVER DATE

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

Submit your entries by:

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Deadline for submissions is Thursday, May 19th for our May 24th issue.

Harry And Celeste

By Sheila Asselin

For the past eight years Harry had been an unwilling resident of the Sweet By and By Nursing Home. He had fully expected that his plump, soft spoken wife would care for him as she had for the previous 57 years. So when she died in a freak accident as she went to retrieve a jar of her canned tomatoes from the cellar for dinner being suddenly dependant on the kindness of strangers was not a part of his plan. There had been no children to soften the blow or assuage the loneliness. Harry had never been known to smile since he arrived and both the help and the other residents thought of him a sort of a curmudgeon. He ate his meals in silence, played the weekly Bingo games but never rejoiced when he won nor grumble when his number was skipped.

One day a new resident arrived. She came with dozens of boxes and children who were just a bit too anxious to get her settled so they could leave. Celeste was the widow of a wealthy business man. She had well coiffed white curls, carefully applied makeup and manicured hands all giving witness to the beautiful woman she had once been. Her arrival created quite a stir in the home but none more then in the heart of Harry. For the first time since his wife died he found himself looking forward to dinner.

As fate would have it he found himself seated across from the mysterious Celeste. Suddenly the American chop suey and fruit cup were anything but ordinary. The decaf coffee tasted like the finest vintage wine. Celeste noticed him too. He wore an immaculately clean though worn white shirt and his thinning hair was slicked back with just a touch of Bryllcreme. After all "a little dab will do ya". Dour though he seemed Celeste thought he reminded her of a tango dancer she had once known.

As dinner progressed she noticed he had an odd tic to his left eye. There it goes again. And yet again. That was no tic. Harry was actually winking at her. Well she knew a few tics of her own. Demurely she lowered her eyes and smiled her Mona Lisa smile. The next evening at dinner--Saturday, it was beans and franks night--she had taken extra care with her make up and applied just a hint of Tosca her favorite perfume. Harry had retrieved a bolo tie with a turquoise studded slide from the bottom of his bureau drawer and sported it with his fresh white shirt. The gift of a client who had once traveled to New Mexico the bolo had languished there for eight long years.

From then on they were inseparable. Celeste told him stories of her travels. The many soirees, receptions, galas, operas and concerts

she had attended with her husband. London, Vienna, Paris, Sydney, Amsterdam, etc. were familiar places to her. She would describe the designer gowns she had worn, the exotic menus, the well know people she had met.

Harry had traveled too. For forty years he had delivered mail in his battered jeep with US Mail lettered on the side to places called Lick Skillet, Hog Wallow, Frying Pan Gap, Bug Tussle and Paradise. He had delivered many a bright post card from some far away place and he always stopped to dream for a moment before he placed it in the rural mail box. Celeste would listen intently to his tales and make appreciative comments.

An accomplished hostess Celeste was adept at making small talk and chit-chat. Indeed she had been very influential, if invisible, behind the scenes in advancing her husband's career. He, on the other hand, did not spend as much time as he would have liked with her and the children. Suddenly the children were grown and gone. A workaholic his drive for success made possible the life of luxury she and the children enjoyed. Sadly he died too young to fully enjoy it. Celeste knew that he had done it all for her and too late no longer resented his frequent absences.

But with Harry she felt no

need for idle chit chat. Harry did not expect her to be witty and charming 24/7. With him she could sit and talk for hours. Or just sit. Harry learned the joys and sorrows of parenthood listening to the stories she told of her children. When they were small and young they had needed her so much.

Harry appreciated his long dead wife even more as he realized how much children meant in most women's lives. Harry was her hero. She was a gentle sweet woman, cooking, cleaning, and making their modest home a palace. She clipped coupons, sewed home made curtains, and kept a large garden, both vegetables and flowers. Most of all she never complained. Only the absence of children saddened her. She was so different from the glamorous Celeste but Harry soon realized that under the superficial differences they were much the same. As he

grew to love Celeste he grew to love his wife more then ever.

One morning the attendants could find neither Harry nor Celeste in their beds. After much searching they found them in their wheel chairs in the sun room. Their hands were clasped tightly together. Have you any idea how hard it is to separate clasped hands once rigor mortis has set in? Believe me it is not easy. Celeste's regretful and slightly ashamed children took her away to be buried next to her husband. Harry had no immediate family so was buried in the small cemetery next to the nursing home. Corny as it is to say so, there was not a dry eye among the mourners, either resident or staff.

I like to think that Harry and Celeste are dancing the tango in heaven. All the saints and angels are there and St. Peter himself is leading the applause.

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

May 10, 2011

Volume 2 Number 15



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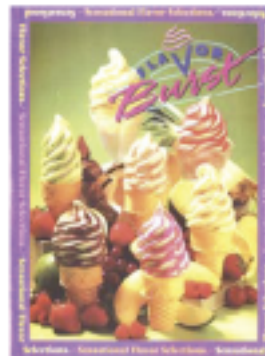
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Volunteers Make The World Go Round

By Becky Colpitts, Volunteer Management Program Assistant, UNH Cooperative Extension, Grafton County

April is Volunteer Month! Here at the UNH Cooperative Extension Office, volunteers are the backbone of our land grant university, spreading the latest word and research on youth development, agriculture, forestry, family resources and more! These are topics that greatly affect the quality of life in our communities. Extension agents and staff provide solid training, research, and support so volunteers can easily perform the volunteer tasks of their choosing. Here in Grafton County, the two largest volunteer groups are the Master Gardeners and 4-H. I would like to share examples of experiences I have had with these groups – one

is an ongoing Master Gardener project right here at the County Complex, and the other, a one-time 4-H community service event. Both have given me a deeper awareness of how inspired volunteers affect communities in positive ways.

Driving by the Grafton County Complex on Dartmouth College Highway, one can see the beautiful gardens that the volunteer Master Gardeners (MGs) have created for the public's pleasure. Many years ago, this group decided to give back to the community by planting a sensory garden around the gazebo, located at the southern end of the nursing home. Nursing home residents and

their families come to the garden to enjoy a full sensory experience. The MGs chose plants with interesting leaf textures to touch and flowers of many colors to delight the eyes. Herbs are growing that smell and taste good. Wind chimes are hung so the gentle breeze can be heard as well as felt. The plants are grown in raised beds, making them accessible whether one is standing or in a wheelchair. Nearby, the MGs planted the Birch garden to demonstrate how people in our community can landscape their homes at low cost, using local plants and simple maintenance techniques. Plans are underway this year for a memorial garden. As loved ones pass over, families can place a plaque in the garden, thereby keeping cherished memories of the loved one alive and beautiful. Donations given for this service will be used to upgrade and maintain this lovely space for years to come. MGs donate their time and expertise at Work Day at the complex using donations of plants and materials. This year the organizing committee includes Joan Pushee, Dick Flanders and Deb Blackey (all of Plymouth), Shirley Yorks (Bristol), Erika Krauss and Fran Krauss (Woodsville), Roger Merrill and Jane O'Donnell (Littleton), Bonnie Riberty (Thor-

ton), Debbie Brown (Landaff), Marylena Sevigny (Holderness), Scott Rice (Woodstock), Leslie Hoyt (Waterville Valley), and Melanie Kerr (Sugar Hill). If you are interested in creating your own gardens, the Extension office - along with the MGs - are offering a summer gardening series. Please see our website or call the number given at the end of this article.

On Friday, April 15, the Hunt Mountain 4-H Club of Monroe gave the community a free spaghetti dinner complete with garlic bread, salad, lemonade, coffee or water, and a homemade cookie for dessert. To conclude the evening, they invited the local Back Shed Band to entertain. Many community members and groups got involved to create an extra-special evening.

I walked in the door of the Monroe Town Hall at 5:15 pm to be greeted by Cloverbud (4-Hers age 5 – 7) Delaney Smith who has large beautiful eyes and a shy smile. She quietly asked if she could lead me to my seat. With an affirmative answer from me, she took my hand and gently guided me to my chair, pulling it out, and waiting until I was seated all the while still softly holding my hand. Immediately I knew I was in for a delightful evening. I watched while other community members

were seated by other Cloverbud greeters – Christine Martin, Dayton Wagner, Isabella Cowell and Elizabeth LaFlamme. What a pleasure it was to see these young members handle their duties with poise, dignity, and respect.

I gazed at the tables beautifully set with fresh flower centerpieces created by the Monroe Garden Club. To set the tone of the evening, the 4-H'ers shared their tradition of beginning gatherings with the Pledge of Allegiance and the 4-H Pledge. Our meal was served by Griffin Torres-Zuk, Jacob Geil, Danielle Martin, Alexander LaFlamme, Baylee Wagner, Monica Torres-Zuk, Julian Cowell, and two teenagers who came to the dinner as friends of the members, but then wanted to be part of the fun of serving! All our needs were catered to. Cookies were made by the members of the local church. Each 4-H'er held himself/herself with a subtle confidence that enveloped the atmosphere with grace. Amanda Geil took pictures and helped Monica cook the dinner. All of the food was donated by local community members for this occasion.

The Back Shed Band played into the evening with youth spinning and dancing. Laughter and good times filled the town hall that evening. I spoke with Sonia Zuk, 4-H Organizational Leader, about how this dinner came into being. She told me the club wanted to give a "gift to the town". This dinner was not a fundraiser; they did not want to collect money. They just wanted to give back to a community that had nurtured them so much. This truly is the spirit of community volunteering!

Volunteers seek to be helpful, friendly, and responsive and this creates a space that is both uplifting and inspiring to all. So get out and partake of the many free events offered by these volunteers. Check out the Events section on our website at <http://extension.unh.edu/Counties/Grafton/Grafton.htm> or call 603-787-6944 Monday thru Friday 8:00 am to 4:00 pm.

Here's to our wonderful volunteers. We honor you this month and throughout the year! You do make the world go 'round!

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Way To GO Vermont Commuter Challenge Week

The Two Rivers-Ottawaquechee Regional Commission (TRORC) is promoting the Way to GO Vermont Commuter Challenge week (May 16-21). This Statewide effort is encouraging commuters to use alternative ways to travel (walk, bike, bus, carpool or telecommute) to work other than by driving by themselves. These participants sign up and keep track of the cost, mileage and greenhouse emissions they are saving. The Way to GO effort is providing incentives by giving out prizes (coupons and raffle prizes) and TRORC is looking for businesses interested in donating prizes and coupons from the region. Many of the prizes already collected are in Burlington-Montpelier area and the group is looking to broaden the prize pool for commuters and businesses in the Bradford area.

Prizes could range from small store gift certificates to perhaps larger items. Please check the www.wayto.govt.org website under Awards to see what prizes have been donated. If you are willing to donate a prize or coupons, please send the

prize to Rita at her contact information below or an electronic version to her email. If you have any other questions, please feel free to contact Rita Seto from TRORC at 457.3188 or at rseto@trorc.org.

Clarification on NH-VT commuters, folks are eligible for prizes if they live or work in Vermont. So if they meet either of those, they can sign

up and register.

Rita Seto, AICP
Regional Planner
Two Rivers-Ottawaquechee Regional Commission
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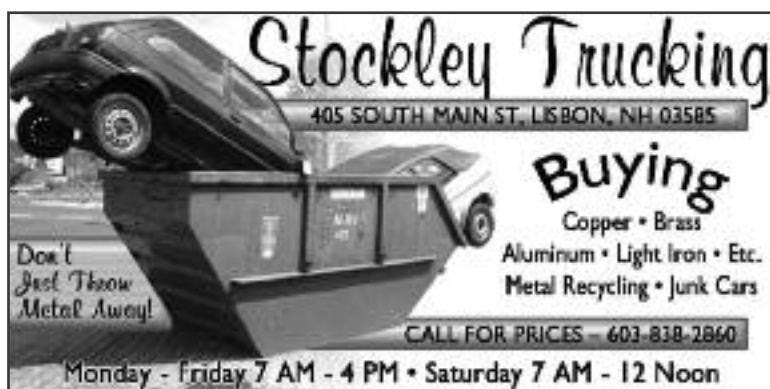
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Roast Tom Turkey, Pot Roast or Baked Haddock
Choice of Potato, Butternut Squash, Coffee & Dessert



Getting Started: What To Do When Your Family Member Has Memory Loss

The Getting Started program focuses on how to get a diagnosis, addressing behavior and communication problems, how to find and what to expect from local resources. Presented by trained staff and volunteers.

Who is this for? This program is for family members who are caring for someone with Alzheimer's disease or a related dementia.

Group size is limited. Program is free of charge.
A light supper is provided.
Please call 603.606.6590 to register.
Pre-registration is necessary.

Location:	Cottage Hospital 90 Swiftwater Road Woodsville, New Hampshire
Date:	Thursday, June 2, 2011
Time:	6:00 P.M. to 8:30 P.M.
Presenter:	Kesstan Blandin Upper Valley Program Coordinator

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the compassion to care, the leadership to conquer

Call 603-606-6590
for more
information
or to register.

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For pre-registration or guidelines visit [An Affair To Remember](http://AnAffairToRemember.org) or [Everything But The Cook](http://EverythingButTheCook.org) or send email request to secretary@3riversbusinessassociation.org

Refreshments on sale by Naverhill Recreation Commission
Hot Dogs - Hamburgers - Chips - Soda - Water
All Proceeds Benefit Youth Summer Program "HARP"
"Paddle The Border-Spring" is Sunday, May 22



L to R: Commissioner Mike Cryans, Nursing Home Administrator Eileen Bolander, (Veterans Michelle Johnson, Ray Garcia, Chris Kendall, Roland Lafond, Mike Derosia (purple heart recipient), and Brandy Clarke. As well as Human Resource Director Mike Simpson and Grafton County Commissioner and Councilor Ray Burton.

On April 13th Governor Lynch held a Governor and Council Breakfast honoring Veterans for County Month which is held yearly through the National Association of Counties. The breakfast was held at the Merrimack Nursing Home in Boscawen and veterans from each county were recognized. 35 veterans from Grafton County were awarded citations.



The annual March of Dimes Walk took place on a beautiful, sunny Sunday, May 1st. The walkers were led out of the parking lot of the Wells River Savings bank by a pair of cartwheeling clowns. Right behind them were the about 150 walkers who brought in contributions that doubled the total from 2010. Congratulations to all those who walked or donated.



The Narrows, just off Route 135 in Bath were full to the brim during the recent flood. At one point there was some water on the roadway, but there did not appear to be any major road damage.



The always picturesque Placey Farm on Route 5 just north of Newbury Village did not offer the idealic reflection during the recent flood. But it did offer some perspective on the height of the water as it more than covered pavement on Cow Meadow.



Kestrel Falcons (also known as Sparrow hawks.) I saw last Tuesday (2/19) out in West Bath. These are really very pretty birds with their colorful markings. Photos by Valerie Pickens

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Ray Burton Names New Fiscal Agent

Woodsville, NH Ray Burton has named a new Fiscal Agent for the Friends of Ray Burton Committee. Lynn Wheeler, long time public official and currently a Haverhill Selectman and local business person is assuming the responsibilities. Barbara Ashley of Franconia has served nearly 25 years as the Fiscal Agent for the Friends of Ray Burton Committee.

"We all appreciate Barbara Ashley's years of service in preparing the reports which are required under NH law for the NH Secretary of State during each campaign." Burton stated.

The Friends Ray Burton is at POB 344 North Haverhill, NH 03774.

Others involved with the Friends of Ray Burton Committee include:

- Chair, Jim Walker, of Woodsville
- Volunteer coordinator, Susan Rowley, Bath
- Material Distribution Director, Ned Stine, Northfield,
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Above the Crowd!

This three bedroom home on 2.5 acres is in move in condition at \$125,000 with in last 5 years was up dated to a new propane furnace and many other improvements. The home has a work shop attached to home, downstairs bath, downstairs bedroom, with large open eat in kitchen open to the living room with a large glassed in porch off the kitchen that is bright with a view of the river. Out buildings consist of storage building that are 10ft. x 27ft. and with a car port that is 27ft.x11ft with bubbling brook behind the home with woods behind that. Home has feeling of being out of town though located only a minute from downtown of Lisbon and only 15 plus minutes from Littleton make's it convenient to your needs. The home has a very pleasant feel to it once you walk through the door. A must see on your short list of homes.

Horse Meadow Senior Center Hosts 3rd Annual Art Show

By Marianne L. Kelly



Barbara Brown (front left with white sweater) and art students.

NO. HAVERHILL, NH — Anyone who doubts the plethora of artistic talent in our area, has never been to the annual art show hosted by Horse Meadow Senior Center in North Haverhill, May 5th and 6th.

Area artists under the direction and helpful eye of their instructor, Barbara Brown, get to express themselves in their favorite media from oil, to acrylic to pastels, then display and sell their work each year at this popular event.

Brown, a self-taught artist in her own right has been teaching students at Horse Meadow for ten years, and covers all media. Mainly

a portrait artist, her painting entitled, "Sugar Shack in Lower Waterford," won a "best in show award," at the North Haverhill Fair.

"I like oils best, as it is the easiest medium to work with," she said. "Oils are very forgiving. If you don't like what you see, you can paint over or "erase them," she added. "We have a great deal of fun with a lot of laughs, and I am very patient with everyone. It's a wonder we get any art work done, but here it is," she laughed. "The most important thing for my students is to have fun and enjoy what they are doing."

The work of Brown's

artists is nothing less than awe inspiring, and is worthy of any professional art show. Their painting talent finds expression by bringing landscapes, still life, portraits, animals and everything in between to life. Each painting in this exhibition had the uncanny ability to draw the observer into its own world.

Brown encourages other artists as well as her students to display their work at the show as well. All media are welcome.

OPEN TO EVERYONE

Brown's art classes are open to everyone regardless of age, pending availability. The classes as of this writing are full, but anyone interested can call and be placed on a waiting list. If necessary, Brown might consider adding another day to the Thursday classes.

"Art supplies can be very expensive," said Brown, "anyone not quite sure if this will work for them can use the supplies we have until they find the medium best suited for them. Anyone considering taking an art class is welcome to observe the group Thursdays from 9-11 am, and stay for lunch.

Brown is seeking contributions of art supplies in all

How To Be An Artist

(Taken from Seven Mile Times)

At the very least, certain to release creativity
In some form.

Stay loose, learn to watch snails. Plant gardens
Invite someone dangerous to tea. Make signs that say "YES!"
And post all over your house.

Make friends with freedom and uncertainty.
Look forward to today.
Cry during movies.

Swing as high as you can on a swing set.
Cultivate moods. Do it for love.
Celebrate every gorgeous moment. Take moon baths.

Have wild imaginings, transformative
dreams and perfect calm.
Draw on your walls.

Read everything. Imagine yourself as pure magic.
Giggle with kids. Listen to old people. Open up
Drive in, Be free.

Bless yourself. Drive away fear. Play everything.
Play every day. Entertain yourself.
Build a fort with blankets.

Hang out. Get wet. Hug trees.
Write love letters.

media. She gladly accepts "gently used" or leftover supplies as well as new.

Anyone wishing information on art classes can call

Barbara Brown Thursday mornings from 9-11am or Activities Director, JoAnne Jaworski, at (603)787-2539.



Above Photos: Small Display Of Art Show Work

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The Voice Of The Turtle

By Elinor P. Mawson

Benny, Mike and Walter were good friends who did a lot of things together--like hang out, drink beer and go fishing-- on this day, all three. They didn't catch any fish, but found a snapping turtle on their way back to the car. "Let's make turtle soup", announced Benny, who had no cooking skills whatsoever.

But the beer made them all braver than usual and they went after the turtle with their bare hands.

Turtles don't like being pursued or handled by anyone, and this one was no different. It scratched and bit and gave the boys a run for their money. It took quite awhile to get it into the trunk of Benny's car, and then even longer to dispatch it and dress it out. Mike was the worse for wear with big scratches on his arms; Benny could have cared less by this time, so it fell to Walter to do the cooking.

Walter was lucky: his wife and kids were gone for the afternoon, so he got out his

pressure cooker and put what was left of the turtle in and set it going. Knowing it would take awhile to get it cooked, Walter sat down in his easy chair to wait. Unfortunately the beer and the day's activities caught up with him and he was soon asleep.

He was awakened by what he calls a "terrible bang". When he realized where he was and what had happened, he got up from his chair rather quickly.

What a sight met his eyes! The cover of the pressure cooker was halfway across the room, having hit the range hood and ricocheted off. The range hood was a total loss. But worst of all, there were pieces of turtle from one end of the kitchen to the other. And there was a terrible smell.

Not wanting his wife to be too upset when she got home, Walter tried to clean up the kitchen as best he could. There wasn't much he could do about the range

hood, and the pressure cooker would never be the same, but finding all the pieces of turtle was another matter. He scrubbed, polished, scoured and cleaned for over an hour, but there was still that smell and he couldn't seem to get it to go away.

Needless to say, his wife WAS upset when she finally got home. Walter tried to smooth things over but between the hood, the pan and the smell it was not easy.

The smell got worse over the next few days. Walter's wife discovered a tiny piece of turtle in the living room behind the couch, but it didn't do any good. They finally moved the refrigerator out from the wall and found some more turtle, and after some more scouring and scrubbing, the smell finally went away.

Benny, Walter and Mike still like to hang out, drink beer and go fishing, but nobody has suggested making turtle soup ever again.



The Green Hornet

PG-13

In true form to the comics The Green Hornet, directed by Michel Gondry, is a bit cheezy and filled with more action than one really knows what to do with. There are plenty of one-liners and villain jokes to keep anyone laughing and shaking their heads the whole time.

In case you're unfamiliar with the action hero from graphic novels of old, Britt Reid (Seth Rogen) is joined by Kato (Jay Chou), his father's mechanic and coffee maker, after the media tycoon dies unexpectedly from a bee sting. Together they become the Green Hornet and his side kick. Not sure what to really do now that

they have become this dynamic duo they receive help from the unknowing new hottie secretary Lenore Case (Cameron Diaz) who happens to have a degree in criminology as well.

Without fail they soon fall into more trouble than they expected when they uncover an evil plot to control the circulation of the news. Working as both criminal and masked vigilantes the two wreak havoc on the city trying to clean up the crime and not get killed by the crime lord Chudnofsky (Christoph Waltz).

Though the movie has it's moments of sheer comic genius and some action scenes worth gawking at it is something to rent when you run out to the Redbox and can't get that other movie you wanted. While Scrutonized a little poorly The Green Hornet is worth the watch if you get a chance.

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Nick Sweet Takes Second Merchants Bank 150 In A Row

Barre, VT – Barre, VT's Nick Sweet claimed his second straight Merchants Bank 150 win at Thunder Road International Speedbowl on Sunday, May 1. The defending track champion came from his 8th starting position to take the lead from Joey Polewarczyk, Jr. on lap 91. Sweet would work his way through lap traffic with ease and never relinquished the lead for the remainder of the event.

Graniteville's John Donahue led from the outside pole for the first four laps before Polewarczyk took over from the fourth place starting spot. Polewarczyk survived the only restart of the event after a lap 9 caution for a spin. He then took control of the event and lapped the majority of the field before Sweet reeled him in and took the lead.

Polewarczyk held on for second, Donahue claimed third, St-Denis, QC's Patrick Laperle and seven-time ACT Tour Champion Brian Hoar completed the top five. London, Ontario's Jonathan Urlin came all the way from the 21st starting position to take sixth, Groveton, NH's Randy Potter rebounded from an early spin to take seventh, Ben Ashline, Quinny Welch, and Mark Lambertson rounded out the top ten.

The event only saw one caution on lap 9 and completed the race on a 141 lap green flag run. It was completed in just 39 minutes and 24 seconds.

Sweet becomes the second qualifier for the 3rd Annual ACT Invitational at New Hampshire Motor Speedway. He finished second in the inaugural event in 2009.

The Bond Auto Tiger Sportsmen saw Bradford's Derrick O'Donnell claim his fourth career Tiger feature win. He held off second year driver Jason Allen of Barre and Pete Ainsworth of Middlesex. Craftsbury's Mike Martin and Joey Roberts of Georgia completed the top five.

Washington's Paul Giacherio took his first career feature win in the Allen Lumber Street Stock division. He beat out former Street Stock Champion Gary Mullen of Tunbridge and Martin Ingram of Essex. Joe Fecteau of Hardwick and Thomas Placey of Bradford completed the top five.

Kevin Wheatley of Williamstown took his second career win in the Junkyard Warriors. Williamstown's Brock Parrott and Waterbury's Jason Woodard completed the top three.

Car show winners were Fayston's Brooks Clark in the Late Models, Bradford's Derrick O'Donnell in the Tiger Sportsmen, Williamstown's Sid Sweet, Jr. in the Allen Lumber Street Stocks and Waterbury's Jason Woodard claimed the Junkyard Warrior.

The ACT Late Model Tour has next weekend off before they Oxford Plains Speedway for a 150 lap event on Sunday, May 15. Thunder Road International Speedbowl's next event is the Mekkelsen RV Memorial Day Classic on Sunday, May 29.

13th Annual Merchants Bank 150 ACT Late Model Tour Sunday, May 1, 2011 Unofficial Results

1. (8) Nick Sweet, Barre, VT, 150 Laps
2. (4) Joey Polewarczyk, Jr., Hudson, NH, 150 Laps
3. (2) John Donahue, Graniteville, VT, 150 Laps
4. (10) Patrick Laperle, St-Denis-sur-Richelieu, QC, 150 Laps
5. (1) Brian Hoar, Williston, VT, 150 Laps
6. (21) Jonathan Urlin, London, ON, 149 Laps
7. (11) Randy Potter, Groveton, NH, 149 Laps
8. (13) #Ben Ashline, Pittston, ME, 149 Laps
9. (19) Quinten Welch, Lancaster, NH, 149 Laps
10. (17) Mark Lambertson, Mooers Forks, NY, 149 Laps
11. (9) Eric Chase, Milton, VT, 149 Laps
12. (3) Glen Luce, Turner, ME, 149 Laps
13. (23) Dave Pembroke, Middlesex, VT, 149 Laps
14. (14) Matt White, Northfield, VT, 149 Laps
15. (6) Brent Dragon, Milton, VT, 149 Laps
16. (5) Phil Scott, Berlin, VT, 149 Laps
17. (16) Wayne Helliwell, Jr., Dover, NH, 148 Laps
18. (7) Scott Payea, Milton, VT, 148 Laps
19. (15) #Pete Yetman, Peru, MA, 148 Laps
20. (26) Chip Grenier, Graniteville, VT, 148 Laps
21. (25) Dave Whitcomb, Essex Jct., VT, 148 Laps
22. (18) Cody Blake, Barre, VT, 148 Laps
23. (12) Scott Luce, Strong, ME, 148 Laps
24. (20) Tom Carey, Jr., New Salem, MA, 148 Laps
25. (22) Jamie Aube, Bow, NH, 147 Laps
26. (27) Joey Becker, Jeffersonville, VT, 146 Laps

27. (29) Jean-Paul Cyr, Milton, VT, 146 Laps
28. (28) Brett Wheeler, Waterbury, VT, 146 Laps
29. (24) Jimmy Hebert, Williamstown, VT, 146 Laps
30. (30) Dave Farrington, Jr., Jay, ME, 146 Laps

Time of Race: 39:24
Margin of Victory: 3.649 sec
Cautions: 1 (laps 9)
Leaders: John Donahue, 1-4; Joey Polewarczyk, Jr., 5-91; Nick Sweet, 92-150
Heat Winners: Pete Yetman, Patrick Laperle, John Donahue, Wayne Helliwell, Jr.

Bond Auto Tiger Sportsmen Unofficial Top Ten Sunday, May 1, 2011

1. Derrick O'Donnell 68 Bradford, VT
2. Jason Allen 29 Barre, VT

3. Pete Ainsworth, Jr. 80 Middlesex, VT
4. Mike Martin 01 Craftsbury Common, VT
5. Joey Roberts 50 Georgia, VT
6. Shawn Fleury 31 Middlesex, VT
7. Jason Corliss 61 Danville, VT
8. Scott Coburn 1 S. Barre, VT
9. Bobby Therrien 4 Hinesburg, VT
10. George May 16 Barre, VT

Allen Lumber Street Stocks Unofficial Top Ten Sunday, May 1, 2011

1. Paul Giacherio, Jr. 70ss Washington, VT
2. Gary Mullen 29ss Tunbridge, VT
3. Martin Ingram 02ss Essex Jct., VT

4. Joe Fecteau 75ss Hardwick, VT
5. Thomas Placey 33ss Bradford, VT
6. Troy Kingsbury 39ss Waitsfield, VT
7. Nick Pilotte 11ss Jefferson, VT
8. Garry Bashaw 92ss Lincoln, VT
9. Greg Adams, Jr. 38ss Hardwick, VT
10. Jennifer Getty 25ss Cambridge, VT

Junkyard Warriors Unofficial Top Three Sunday, May 1, 2011

1. Kevin Wheatley 31jyw Williamstown, VT
2. Brock Parrott 23jyw Williamstown, VT
3. Jason Woodard 68jyw Waterbury, VT



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SUN 5 / 29 / 2011	5:00pm	Lowe's Motor Speedway
SUN 6 / 05 / 2011	12:00pm	Kansas Speedway
SUN 6 / 12 / 2011	12:00pm	Pocono Raceway
SUN 6 / 19 / 2011	12:00pm	Michigan International Speedway
SUN 6 / 26 / 2011	2:00pm	Infineon Raceway
SAT 7 / 02 / 2011	6:30pm	Daytona International Speedway
SAT 7 / 09 / 2011	7:00pm	Kentucky Speedway
SUN 7 / 17 / 2011	12:00pm	New Hampshire Motor Speedway
SUN 8 / 07 / 2011	12:00pm	Pocono Raceway
SUN 8 / 14 / 2011	12:00pm	Watkins Glen International
SUN 8 / 21 / 2011	12:00pm	Michigan International Speedway

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A Warning Not Taken - Castaways Expands

By Marianne L. Kelly



BRADFORD, VT—Just a few short months ago, on December 11, 2010, Castaways Resale Shop, Main Street, Bradford opened its 800 square foot store to dire warnings of December being a "bad month" to start a new business. The warning and prediction of failure was no match for Diane Perry's ambition to realize her heart's desire to open a non-profit thrift store that not only benefits Companion Animals Support Services (CASS), but the community at large.

Perry planned to expand the store in 2012, however her business was so "phenomenal" that on April 1, she

traded her 800 square foot space for the 4,000 square foot double space next door. The word is out and people from Bradford, and surrounding communities regularly beat a path to Castaways where they can browse to their heart's content and take home their own unique treasures.

Walking through Castaways is like taking a nostalgic walk through yesterday's village and department stores. Here you will find things like copper and aluminum baking molds, small furniture, tableware, jewelry, books for children and adults, along with shoes,

tools, multi-sizes of children and adult clothing, and accessories for nearly every taste and budget. They even have a few small appliances that have stood the test of time.

ENTREPRENEUR'S CORNER

New at Castaways is the "Entrepreneur's Corner," where on Tuesdays, from 1-3 pm, a professional cutler will sharpen your knives and scissors while you shop. "I'm looking for more home based business people to bring their products and services to this corner. I'd love to have a local knitting or crochet teacher, crafts teacher and anyone who has a service or craft to share," she said. "They can set up a display for a day or sit at the table for a few hours."

DONATIONS NEEDED

Perry is seeking donations of men's and women's formal wear for weddings, proms and other formal occasions to help kick off her "Magic Wand" program. She has a woman who will do wedding consultations for anyone needing this service. She is also seeking donations of summer clothing, and of course housewares and toys.

HOURS

Visit Castaways, on Main St. Bradford, (next to Aubuchon Hardware) Monday-Saturday 9-5. Anyone wishing information on pet adoption or spaying and neutering services can visit the store or call (802) 222-4131.

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What's For Dinner?

By Deborah Maes, Extension Educator, Family & Consumer Resources

What's for dinner? If we look at the foods that Americans are now eating it would be safe to assume that we're eating saturated fats, added sugars, salt, and refined grains. Translated to food, what you would see on your plate is white bread, fried meat, salt shaker on the table and rich sauces. If that sounds like your diet you are not alone.

The 2010 Dietary Guidelines for Americans were released earlier this year. As a nation we are getting heavier and heavier. The ultimate goal of the current Guidelines is to help steer people to making healthier food choices with more nutritious foods, balancing calories with weight over a lifetime and become more physically active.

Previous versions of the Guidelines, issued every five years, used phrases such as "eat a variety of foods", "avoid too much salt, sugar, saturated fat", and "use alcohol in moderation." People were understandably confused about what to do. Although not perfect, the new Guidelines start to address what we should eat rather than what we shouldn't.

What should we be eating? There is strong scientific evidence that we should be eating more foods made with whole grains, including whole wheat flour, oats, bran and brown rice. The goal is to eat three servings of whole grains a day, which doesn't seem too hard to do, except that the av-

erage American eats less than one serving of whole grain a day. A diet rich in whole grains provides more fiber, and can help reduce the risk of a wide range of health issues currently plaguing everyone from the very young to our senior citizens.

The Food Guide Pyramid, has long supported getting plenty of fruits and vegetables every day. This means more than a glass of juice for breakfast, French fries for lunch, and canned corn with dinner. Instead of snacking on a high fat, high sugar, baked bread product, add fruit and vegetables to your diet by crunching into a fresh apple during breakfast, adding a sliced cucumber and some carrot sticks to your lunch, and reaching for a sliced mango for your mid-afternoon snack. Choose to bake a sweet potato or steam some fresh spinach to compliment your dinner. Add a pear to your dinner salad, sprinkle some dried cranberries into your morning oatmeal or create a veggie plate with carrots, green peppers, celery, and grape tomatoes with some fat free ranch dressing to use as a dip for an appetizer. Simple changes go a long way to reaching the goal of 2 1/2 cups of vegetables and 2 cups of fruit each day.

Other foods to add to your regular diet include fat-free or low fat dairy products including low-fat yogurt products. Be sure to eat at least two servings of seafood each

week. Consider trying some of the fortified soy beverages currently in your grocery store. When choosing protein foods, choose leaner versions to reduce your intake of solid fats. It is not necessary to avoid fats completely, but use oils rather than solid fats whenever possible.

Carefully consider how many calories you get each day from the beverages you drink. Most contain added sugars but don't provide any critical nutrients. It can be very easy to get hundreds of empty calories a day from liquids. Remember, water doesn't have any calories at all and it's good for you.

Tuff's University's Health & Nutrition Letter offers some simple guidelines to help you follow the 2010 Dietary Guidelines. Monitor your food intake. Many people keep a food journal. You may have an "app" on your cell phone that will help you do that, and there are several computer programs that almost do the work for you. When you eat out, and we do that a lot, choose smaller portions or the lower calorie option. Remember you can always take home part of your dinner and eat it the next day. Practice portion control. A serving of vegetables is one-half cup. A glass of juice is 6-8 ounces. A serving of meat is 3 ounces, the size of a deck of cards. Consider leaving the serving dishes in the kitchen, don't put them on the table. It can encourage over-eating. Don't

forget to eat breakfast. Eating a nutrient-dense breakfast has been associated with weight lost and overall improved nutrient intake.

Finally, limit screen time. Do you ever think about how much time you spend in front of a screen? If you use your computer at work, then go home and catch up on things on your home computer, and finish your day in front of the television, your total screen time is hours and hours. It is recommended the children and adolescents spend no more than one to two hours a day in front of a screen. That's probably good advice for the

adults in the household also.

If you want more information about what you should be eating to create a healthier you, go to www.dietaryguidelines.gov or www.mypyramid.gov. Both websites provide resources to help you understand what you should eat, how much you should eat and why you should eat the recommended foods.

Next time you hear the question "What's for dinner?" you can answer "Grilled boneless chicken, whole wheat orzo with broccoli, spinach salad, a whole wheat roll and fresh fruit for dessert." See how easy it is?

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SCARED SHEETLESS

By James Paradie

“Son Of The Devil”

Scary People: Vlad Dracula III

Scary vampire? No. But he's the inspiration for the famous 1897 Bram Stoker novel that even lives up to the standards and imaginations of modern day books. One common thing that the vampire Dracula and the real one have in common is blood. While the novel Dracula bit the neck of lovely ladies, the real Dracula was showcasing a bloodbath of scarier proportions.

Real life Dracula was born as Vlad III or Tepes in 1431 in Transylvania (that sounds familiar) to a military governor and emperor of Wallachia. His father, also named Vlad, was assassinated by his own relative, John Hunyadi, due to that Hunyadi didn't approve of Vlad's pro-Turkish ways. After learning of his father's death, while in captivity he found out the gruesome details of how the boyars of Tirgoviste (or Targoviste as it's referred to today) gouged the eyes of his brother, Mircea, and buried him alive.

You'd probably be wrong to say that Vlad was a perfect candidate for Humanitarian of the Year award. One true story is that he treated his captives like slaves - worse than animals. While working on the rigorous task of building his castle he made the slaves work naked and he tortured them severely. Another true story is that he wanted to get rid of those he considered weak, so he posed a fake gift of acceptance and promised them a better land for them and that he would end all the pain. He did...in a wrong way. He lined up all those in the hall and set it on fire, killing everyone.

But he wasn't just known for impaling his victims or those who even looked at him wrong; he was also known to: decapitation, burning, skinned alive, and just tortured them for the heck of it. Speaking of, you're not eating while you're reading this right? Good, cause it only gets worse. He would even have his poor victims of punishment eviscerated which was more or less taking organs out of somebody. Actually, that's not even the worse of it, there's some aspects even worse than all of this that I will just simply save the gross-bomb by leaving them out. (Of course, you can always just check out my

website for the "uncensored" version.)

Radu, Vlad's brother, eventually claimed the throne of Wallachia while Vlad was incarcerated by King Matthias Corvinus while he was on the run from the Turks during a battle. Radu, however was despised upon by his people. Believe it or not, people actually liked Vlad as there was (hard to believe) peace among the people of Wallachia while Vlad was emperor and the city was virtually free of crime. King Matthias and Dracula would join forces to take Radu down and reclaim the land for which Vlad built and finally defeat the Turks once and for all. After the success of dethroning his own brother (which Vlad never took pride in), Radu would die of a disease a few years later.

Vlad's demise was met by a few speculations: one is that during a battle with Sultan Mehmed II, his own men killed him. Another is that he was decapitated and that he was only recognized by his own medals. One thing is for sure though, he was a ruthless, blood thirsty warrior and that if he was a vampire (which you could say to a degree he was), he was very successful in acquiring a lot of blood for his sick temptations and cravings.

There is something paranormal about Vlad Dracula - locals say that Vlad still roams the ruins of his castle along

with the tortured souls who suffered through his punishments. Renovations for the castle were planned for fifteen years ago, but those plans were nixed when the workers left scared when they found Dracula's medallion which, according to legend, he called upon the Devil himself for his power. Oh and the castle is open for tourism...any takers?

Eat your hearts out, Twilight. The real king of vampires left this Earth a long time ago. Until next time, this has been another Scared Sheetless. Don't forget to look for the extended version of this on my website which is located at scaredsheetlessncn.blogspot.com Have a haunting day!

Sources:
www.vladtheimpaler.com - Cool site. Loads of information on the Impaler himself.
www.theshadowlands.net - My favorite paranormal website; also where I got the bit about Vlad's ghost still roaming his castle. Seriously though, if there's any takers, I want to go!

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

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Brain & Memory Stimulation From Herbs

The brain is an incredibly sensitive organ. Alertness, concentration, memory, and creativity all depend on the quality of nourishment you give your brain. The brain can use nutrients with far more synergistic effects than those same nutrients in any other areas of the body; and it is so metabolically active that it needs almost every known nutrient for optimal function. The brain is extremely sensitive to nutritional deficiency, and it often noticeably responds to the various nutrients that you

take in throughout the day. Some foods cause anger, depression, fear, irritability and irrational emotions. Severe deficiencies can even cause severe mental illness. Clinical tests have shown that two-thirds of mental health are physically based, in poor diet.

The brain is also the primary health maintenance organ. When it is well nourished long enough, even grave mental problems can straighten themselves out. Optimal nutrition can slow and even reverse many

aging signs, such as alertness and coordination. The right nutrients stabilize emotional reactions and temperament. Nutrition also controls neurotransmitter production, and learning, memory, sleep, motor and I.Q. functions. Brain activity is therefore so directly related to the daily nutrients we take in that results of nutritional improvement can be spectacular.

Herbs can add energy to the system in ways which nourish the mind and creativity. They help strengthen overall mental functioning because they can focus our attention on what we are trying to learn or understand quickly, and without side effects. Herbs are rich in brain foods; supplying potassium, amino acid protein precursors, B vitamins for choline, and minerals and trace minerals for glycogen production and stability. Many herbs also increase oxygen uptake by the body. Oxygen is a key nutrient for the brain and mental energy needs, appropriating 20% of the body's oxygen supply. Using herbs as food for the brain on an as-needed basis can sharpen the mind, encourage mood and personality balance, and add specific mental energies to the system.

Cheerfulness, optimism and relaxation increase brain function. The brain can actually be expanded with challenging deep concentration activities such as memory games, chess and crossword puzzles, by promoting new projections from existing nerve cells. Reading, writing and new experiences also stimulate enhanced thought. Stress is one of the most severe deterrents to brain health. Remember that tobacco, alcohol, marijuana and other drugs all inhibit the brain's release of vasopressin, which results in impaired memory, attention, concentration and reaction time.

Effective herbs for brain nourishment and better memory:

Ginkgo Biloba, Gotu Kola,

Korean & American Ginseng, Evening Primrose/Other GLA sources, Kelp/ Sea vegetables, Lecithin, Chlorella/ Other Chlorophyll herbs, Spirulina, Prickly Ash Bark.

NERVOUS SYSTEM & METABOLIC ENHANCERS

Nervous system stimulants act by affecting the cerebral cortex and the medulla of the brain. Most contain either natural xanthines, like kola nut, or stimulants like ephedra, or certain free-form amino acids like those in green superfoods. These substances promote alertness, energy, and a more rapid, clearer flow of thought. Metabolic enhancers improve the performance of biochemical pathways. They do stress or deplete the body. Examples include co-enzymes factors like B vitamins such as those found in sea plants and superfoods, fat mobilizers from thermogenic herbs like green tea, electron transporters such as enzyme CoQ10 and tissue oxygenators like Ginkgo Biloba and Garlic. Adaptogens are body chemistry regulators, like ginsengs, that help the body handle stress and maintain vitality. They are rich sources of important strengthening nutrients like germanium for long term revitalization rather than immediate energy.

Herbs in this category include:

Guarana Seed, Kola Nut, Suma Root, Bee Pollen, Ginger Root, Capsicum, Astragalus Root, Siberian

Ginseng, Gotu Kola, Fo-Ti Root, Panax Ginseng Roots, Prince Ginseng, Alfalfa, Dong Quai.

Mental & Creative Energy:

The brain controls the entire body, using over 20% of the body's energy supply. It takes 50% of our blood sugar and 20% of our inhaled oxygen. The brain is also the primary health maintenance organ and the seat of energy production. When it is functioning well, total body well-being is improved. Brain nutrients have a rapidly noticeable effect on increased brain performance. Consistent, neurotransmitter replenishing brain nourishment can straighten out even grave mental, emotional and coordination problems. The brain has a large appetite for blood sugars, oxygen, minerals, amino acids, vitamins and fatty acids. Antioxidants protect, nourish and fuel the brain. New tests are convincing many scientists that senile dementia and certain other brain nerve damage diseases have origins in free radical damage. Several herbs, like Rosemary and Ginkgo Biloba have antioxidant properties to protect against free radical damage.

Herbs for Mental Clarity:

Kava Kava Root, Panax Ginsengs, Siberian Ginsengs, Dong Quai Root, Suma Root, Fo-Ti Root, Gotu Kola, Ginkgo Biloba, Prince Ginseng Root, Ashwaganandha Root, Kelp, Rosemary, Schizandra Berry, Prickly Ash Bark, Capsicum, Spirulina.

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 workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Abbottabad Very Bad For Monster Bin Laden

By Robert Roudebush

OPINION

(Editor's Note -The following submission is printed as an opinion piece and that is exactly what it is – one person's opinion. It may not necessarily be the point-of-view of the publishers, editors or staff of Trendy Times, nor of any of its numerous advertisers)

Well, he's dead.

He's dead and we killed him.

We killed him in an affirming moment that will enter the history books.

We took him out in a hail of American gunfire in a 40-minute raid. One of four choppers went down, but was not taken because its crew destroyed it so the enemy could not get its hands on it. No loss of any of the 79 American commando's lives. Not this time.

It took a long time but forever would not have been too long to do the job. We found him in a fortified large mansion behind a wall 10-18 feet high, in plain sight and in luxury in that town mentioned up there in the name of this piece, "Abbottabad". He was not hiding in the hills or the caves of remote tribal areas near the border, but out in the sunshine 35 miles away from the capital of the country where you'd think his neighbors in Pakistan might know or at least be curious. Pakistan, our partner in fighting terrorism.

I don't normally comment with pride on the death of anyone or anything but in the case of this creature of evil, I'm happy to make an exception.

We know what he's done but we may never know all he's done. He's responsible for the attack on the Navy Destroyer the USS Cole many years ago. He killed thousands of innocents in New York at the World Trade Center. He killed hundreds more the same day at the Pentagon. He wanted to take out our Capitol Buildings, Congress, or the Supreme Court, or the White House. He failed in that last effort because he failed to figure out how Americans fight back - what a bunch of hijacked American passengers on-board that commercial jet airliner would do to stop him and his henchmen as they tried to fly into yet another

U.S. target. Those passengers, under the gun, and about to die, were scared. They admitted it. So would I be. That did not stop them from acting. No one cared if they were Republicans, Democrats, black, white, young, old, straight or gay, educated or not. No one asked. No one had to. It wasn't important. What counted was acting in concert in teamwork to thwart the plans of a madman. And they did that.

That crash-site is now one of the shrines to all the fallen dead and a testament of courage displayed under the threat of death and that's as it should be.

Prominent and well-informed people have spoken out in the week plus since we did our job when Bin Laden was taken out by special units of the U.S. Navy Seals, arguably the finest special military in the world today. The Admiral in charge of that unit warned us all that the work was not over. Right. A former Secretary of Defense lauded the intelligence and the elite military units on their expertise. Right again. And a proficient Washington D. C. "covert ops" type pointed out that the level of cooperation between agencies that existed to bring this effort off did not exist 10 years ago. And right again. The daily people around me lately have said it better than any of them though. One old vet, even more grizzled than I am, told me he wished he'd been the one to pull the trigger. Yes sir.

How in the name of common sense did the Pakistanis not know Bin Laden was hiding in their midst? Why did the U. S. Military make it a point not to inform that country's rulers of our planned nighttime attack on the hiding place? You figure that out. I've already done so. What I am sure of also is that the years-long effort to take out this mass murderer was the product of efforts by two different Presidencies, two leaders who could not be more different in so many ways. But in at least one way, the both of them are exactly alike, they are both Americans, and no one is asking which one is Democrat and which one is Republican. And one more time, Right again.

Bill To Allow Sex Assault Victims To Transfer

By Bryant Jordan

April 13, 2011
Military.com

Military victims of sexual assault by a fellow service-member will have the right to transfer to another base under legislation inspired in part by the 2007 murder of a female Marine.

Rep. Mike Turner, R-Ohio, said Lance Cpl. Maria Lauterbach of Ohio was not allowed to transfer from Camp Lejeune, N.C., even after reporting to officials that she'd been raped by another Marine there --Cpl. Cesar Laurean. Eight months after reporting the alleged rape, Lauterbach, who was pregnant, went missing until her body was found buried in the burn pit behind Laurean's home.

"The terrible lesson of Maria's story is what has helped us in shaping this legislation," Turner said. The five-term congressman announced the Defense Sexual Trauma Response, Oversight and Good Governance – or "Defense STRONG" – Act during a Capitol Hill press briefing with co-sponsor Rep. Niki Tsongas, D-Mass.

The lawmakers hope to include the bill in the current year's National Defense Authorization Act.

Tsongas said some of the recommendations in the bill are included in the Defense Department's own task force report on military sexual assault.

"We have to give the Pentagon credit for making strides ... but there are obviously additional steps that must be taken, and this bill seeks to address some of

the shortcomings to better protect victims," she said.

The Turner-Tsongas bill would require the services to save records of sexual assault complaints for 100 years and provide service-members with lifetime access to the documents. In cases of restricted reports -- which do not trigger a criminal investigation or require the commander be notified - reports are typically destroyed after a year.

Another key provision of the bill would give victims access to military lawyers even if they are submitting a so-called restricted report, in which their commander is not notified and no criminal investigation is launched. Currently victims get a judge advocate general lawyer only if they file an unrestricted report.

The bill would also prevent defense attorneys from gaining access to conversations between a victim and his or her advocate and any DoD hotline the victim may have called.

Tsongas said she got interested in the issue of military sexual assault after meeting with female veterans returned from deployment. During her talks with them one woman, a nurse, said that while she'd never been sexually assaulted, she lived in fear of it all the time.

"She said she was more afraid of her fellow Soldiers than the enemy," Tsongas said.

Tsongas said there is no way to tell if Pentagon initiatives to stem sexual assault have improved the situation. By DoD estimates, just 13 percent of sexual assaults are reported.

Howie Howe Veterans Service Officer, Patriot Guard Riders of NH RC Coordinator, NH Help On The Homefront Veterans Advocate, Wounded Warrior Project

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May 10, 2011 Volume 2 Number 15

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TRENDY KITCHEN

By Ronda Marsh



Simple & Good Salisbury Steak

If you've ever been to a diner or family-style restaurant, you are sure to be familiar with a version of the dish I'm offering up for your consideration today. Salisbury steak is really not a steak at all; but ground beef formed to resemble the rather oval form of a steak, combined with other ingredients, then cooked and usually served with some type of a pan sauce. It's comfort food at its finest...hot, satisfying and inexpensive to make. Here's a fun little factoid about the origin of Salisbury steak: Contrary to what you might assume, it was not created by a chef, restaurateur, or even a home cook. Salisbury steak gets its title courtesy of Dr. James Henry Salisbury, who was a chemist and physician, and whose experience as a field doctor during the Civil War convinced him that most ailments suffered by Americans could be traced to eating too much fruit and vegetables, which he felt were toxic. He believed that meat should be eaten at every meal, and at a time where meat was pretty much a luxury for the average citizen, he invented this dish as a way to make less desirable ground meat more appealing. He even went as far as to suggest that a diet consisting solely of Salisbury steak and water would cleanse and purify the system! As you might guess, Dr. Salisbury's nutrition theories were relatively short-lived, and he spent his life in obscurity. The good news is that his method of serving ground beef outlived him, and while I certainly would not recommend eating Salisbury steak for breakfast, lunch and dinner, I think a little comfort food once in a while is good for whatever ails you! Try making this dish substituting ground turkey for the beef, for a truly healthy alternative.



1 egg
1/2 cup bread crumbs
1 teaspoon Italian seasoning
1/2 teaspoon pepper
1/2 teaspoon minced garlic
1 pound (more or less) ground beef (I use 90% lean)
2 slices bacon, cut in a very small dice

1 Tablespoon olive oil
1 cup sliced mushrooms (fresh or canned; whatever you have)
2 Tablespoons flour
1 cup chicken broth (I use 'Better than Bouillon' chicken base)
1 Tablespoon ketchup
1 teaspoon Worcestershire sauce

In large bowl combine egg, crumbs, seasonings, diced bacon and beef. Form 4 oval patties. In a large skillet, brown patties in olive oil over medium heat 5-7 minutes on each side, or until almost cooked through. Remove and keep warm. Drain all but 2 Tablespoons of fat from pan and add mushrooms. Sauté until tender. Sprinkle in flour and cook for one minute. Gradually stir in broth, ketchup & Worcestershire. Bring to a boil; cook and stir 2 minutes. Return patties to skillet, reduce heat and simmer 4-5 minutes to heat through. A great meal when served with mashed potatoes and a salad.

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HAVERHILL, NH - Features - 1218 sq ft of living area, 3 BR's, hardwood floors, large front porch, garage, enclosed back yard, walking distance to stores. \$78,500

NEWBURY, VT - Ranch 5 RM's - Nice size family room w/vaulted ceilings, eat in kitchen w/patio door to deck, 2 bay garage insulated w/woodstove. \$149,500

HAVERHILL, NH - To Be Built - Ranch, 3 BR's, Vaulted Ceilings LR & DR, 2 full baths, screened porch, 2 car attached garage. \$264,900.

WEST BATH, NH - Terrific Opportunity - 14 Ac's with 14 x 72 mobile home w/septic and drilled well in rural area. \$113,500.

NEWBURY, VT - Great Views of White Mountains, 80 Ac's featuring pasture, woods, small pond, 26' x 32' barn, 16' x 20' shed, dug well. Great Opportunity! \$141,500.

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