

# TRENDY TIMES

171 Central Street • Woodsville, NH 03785  
 Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com  
 Website: www.trendytimes.com

JUNE 21, 2011 VOLUME 2 NUMBER 18

## Remembering The Heroes, While Celebrating Our Freedom

*By Gary Scruton*

The 2011 Woodsville Wells River Fourth of July Celebration is now just around the corner. And the annual souvenir booklet is now printed and being distributed to businesses that helped fund this annual



**Book Dedication: Glen Godfrey.** Glen could not be a Marshall for the parade. One of the duties of a Marshall is to be in the parade. Glen, however, will be busy in Wells River doing traffic control.



**Grand Marshall: Ray Burton.** Currently holding the elected positions of NH Executive Councilor and Grafton County Commissioner. Ray has been a dedicated servant of the voters for many years.

event. Part of that souvenir booklet is the naming of Grand Marshall, Parade Marshall and the book dedication. In each case a more detailed account of each person's life is included. Those named to those positions of honor are listed elsewhere on this page of Trendy Times.

This Fourth of July Celebration itself features one of the largest parades of the year in Northern Vermont and New Hampshire. The parade stretches from the Woodsville Elementary School at the junction of Routes 10 & 302, all the way to the Wells River Fire Station at the junction of Routes 5 & 302. The whole procession normally lasts well over an hour and entertains thousands of people. It offers a chance for local businesses to show off their creativity with floats, or just their equipment. Many families and non-profit groups also participate with the hope of earning one of the three cash awards. There will also be marching units, bands, fire trucks, Shriner units, and

who knows what else, or who else may show up to participate.

But this full day celebration does not stop after the parade. For those that travel to the Woodsville Community Field there will be plenty to do. Flea market vendors show up with a vast array of goods. Plus the amusement rides and games from D&S Amusements will be back this year. The Travelin' Barnyard will once again show off several species of pettable animals. And probably one of them will volunteer to help with the Critter Chip Bingo game. For those who want to put their own chips on the bingo card there will be plenty of prizes to be won under the Bingo tent. This year also promises to have more food than in some past years as at least three new food vendors are signed up with some different taste treats.

If your taste is for music, once again this year free live music will be heard from 1:00 PM until 11:00 PM. The variety of music is sure to hit vir-



**Parade Marshalls: Charles "Chub" George and Earnest "Ernie" George.** These brothers both served during World War II. After which they came back home to Woodsville, married, raised their families and have been consistent members of the community.

tually every musical taste. From bluegrass to country, to the 39th Army Band, to classic rock and wrapping up with an eclectic mix, plenty of sounds will fill the air.

Of course the highlight of most any 4th of July celebration is the fireworks display. This year a new company has been hired and they promise to make the sky light

up with an exceptional show that is planned for 10 PM. Of course the best place to see the show is on the Community Field, but many people have their own favorite spot around the twin villages of Wells River and Woodsville. Either way, get in early to be sure you have a spot and enjoy this special day for America.

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# Memorial Garden Established

By Heather Bryant, Extension Educator, Agricultural Resources

The Grafton County Beautification Garden Project took another major step forward at the beginning of this month with the construction of a memorial garden. The project began in 2005 with a request from the Commissioners to the Grafton County Master Gardeners, a dedicated group of UNH Cooperative Extension volunteers, working with Jim Oakes, Grafton County Maintenance Supervisor, and Eileen Bolander, Grafton County Nursing Home Administrator, to create an attractive outdoor environment for relaxation and education

on what had been a large open lawn space between the courthouse and the nursing home.

The initial vision was a series of low maintenance garden beds that could be inexpensively cared for by the Master Gardeners and the County Maintenance Department. The project also aimed to provide educational opportunities and a welcoming fresh air space for nursing home residents to entertain visitors surrounded by beautiful plants and buffered from the noise of the traffic on Route 10.

Over the years the Mas-

ter Gardeners solicited funding and plant donations from a Mooseplate Grant, the NH Master Gardener Association, JM Landscaping, Bud's and Blooms, the County Farm, the UNH Agricultural Research Program, and garden enthusiasts from all over the County.

Even with the improvements that have been added every year, the low maintenance goal has been attained. Amazingly, this beautiful space requires only two annual work days for the Master Gardeners and mulch purchases as well as needed watering and mowing from the Maintenance Department. As for the other goals, I commonly see nursing home residents enjoying the sensory garden with their families and guests, and the gazebo has proven to be the perfect location for summer gardening workshops.

The first step, back in 2006, was to create three raised garden beds with multistoried plants near the road and a sensory garden around the gazebo. The roadside beds include primarily perennial plants and shrubs and spring flowering bulbs, while the sensory garden is wheelchair accessible and includes plants that appeal to all 5 senses. For example there are chives to taste, lilacs to smell, a wind chime to hear, soft lambs ears to touch, and bright bubble gum colored petunias to see. Over the years the line-up of plants has changed slightly as the ongoing process of finding out which plants do best in the microclimate of the site plays itself out.

In 2007, stage two came into being with the establishment of the birch garden. The plan with this part of the space is to serve as an example of a sustainable and low maintenance landscape of primarily native plants that



Grafton County Master Gardeners complete installation of the new memorial garden bed at the County Complex. Photo by Dave Pushee.

will be inexpensive, beautiful and show off what is possible in our climate. As the name hints, the crowning plants in this garden are the clumps of yellow and 'Heritage' river birch trees, but a splash of added interest comes from annual flowers that are donated each year from area nurseries. As Master Gardener Joan Pushee says "The job of a plant is to produce seeds and for most native NH plants this means they flower for only about 3 weeks so they have time for the seed to ripen". To get diversity in plant height, texture, and flower size and color the simplest approach is to populate the garden with low maintenance perennials, and then add different splashes of color and variety ever year with a new batch of flowering annuals.

After 2007 the focus switched to maintenance, education and tweaking. Wind has proven to be a challenge in the sensory garden, damaging quite a few plants, and several viburnum plants had to be replaced with different species after the original plants were attacked by viburnum leaf beetles. As construction plans for the new prison facility were completed project participants decided that plans for the final garden, a memo-

rial garden, should be delayed and re-designed to better fit with the changing appearance of the site. Several trees that were deemed too close to an access road were removed during construction and that opened up room for a large boomerang shaped garden bed to be constructed just south of the gazebo.

Thus, step three, the memorial garden, was constructed by the GC Maintenance staff and planted at the beginning of this month by the Master Gardeners. Master Gardener Shirley Yorks donated many plants in memory of her husband. Other plant donors include Dick Flanders and Bonnie Ribberdy. The Master Gardeners invite people who would like to make a donation in memory of their loved one to contribute to the upkeep of this bed and to the eventual completion of the final step in the vision for the overall space. Currently, a paved path allows wheelchair access across a footbridge and into the gazebo and the sensory garden that surrounds it. Eventually, the plan is to expand this paved path into a loop that will allow access to more of the gardens as well as add some benches for sitting and enjoying.

This project started with a challenge from the Commissioners to the Master Gardeners to design a community garden space, and it has since grown into an impressive example of a sustainable landscape that showcases NH native plants and the work of volunteers. We hope you will come visit this space and experience it!

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# Promote Your Business During Weeks Centennial

The Weeks Act Centennial Committee and the Arts Alliance of Northern New Hampshire are offering a promotional program for businesses of all kinds as part of the Weeks Centennial Celebration festival events (the July 29 Weeks Act Centennial Festival at the Mt. Washington Auto Road and "Eight Days of Weeks," the White Mountains Cultural Festival on the eight weekend days of August, in locations from Plymouth to Berlin). During the festivals thousands of wooden tokens will be distributed for use at participating businesses throughout the region — and the state.

The Weeks Centennial marks the 100th anniversary of the signing of the Weeks Act, important federal legislation — named after Lancaster native John Wingate Weeks — that allowed the U. S. Forest Service to purchase private land and turn it into public forest, including the White Mountain National Forest.

Businesses will determine the value of the token for their business. It could be, "Buy one, get one at half price," or a package or percentage discount, or some other option. Businesses and the specific discount they'll be offering will be listed on the Weeks Act Centennial web site, [www.weekslegacy.org](http://www.weekslegacy.org). When token holders receive the tokens at the festivals, they will be encouraged to access the web site for a full listing of businesses and discounts. (A listing will also be posted and distrib-

uted at festival sites.) Discounts will be valid from July 29 through August 31.

"A lot of nonprofits and community groups are involved in the Weeks celebration, and we wanted to invite businesses all around the White Mountains to join us, too," says Frumie Selchen, Executive Director of the Arts Alliance of Northern New Hampshire. "We all want the same things — healthy, vibrant communities where people gather and stay because they're beautiful and there's a lot to do and enjoy."

"The forest is important for all of us, and we can all celebrate it together," notes Marcy Weeks, Weeks Festival Coordinator. "We'd love to see people who come to the forest, and to the Weeks festivities, patronizing local restaurants, hotels, shops, galleries and any other businesses or organizations who want to participate in this promotion."

Businesses or organizations that would like to participate can download a form at [aannh.org/weekslegacy](http://aannh.org/weekslegacy). To

learn more, contact "Eight Days of Weeks" coordinator Deb Cottrell at the Arts Alliance, [weeks@aannh.org](mailto:weeks@aannh.org), or call 603-323-7302 or 323-5030.

Discounts not in the budget? All businesses are encouraged to help celebrate the Weeks Act Centennial by getting creative — with drink designs, food and menu offerings, stay packages, etc. How about the JW Weeks Wrap or the Weeks Act Weekend package? Need more help with ideas? Call the Arts Alliance at 323-7302 or visit [www.weekslegacy.org](http://www.weekslegacy.org) to learn more about John Wingate Weeks and the Weeks Act.

Learn more about the White Mountain National Forest at [www.fs.fed.us/r9/forests/white\\_mountain/](http://www.fs.fed.us/r9/forests/white_mountain/)

The nonprofit Arts Alliance of Northern New Hampshire works to promote, support and sustain the culture, heritage and arts of northern New Hampshire. Learn more at [www.aannh.org](http://www.aannh.org).

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# Cottage Hospital May Stork Report

Cottage Hospital is pleased to announce the following births for May 2011.

Johnnie & Jennifer Boynton and Big Brothers, Johnnie Jr. & Jacob and Big Sister Janessa, of Landaff, NH proudly introduce, Joshua Levi Boynton born May 18, 2011. Delivering Physicians were Dr. Sarah Young-Xu & Dr. Aaron Solnit.

Elizabeth Mitton & Craig Cushing and Big Brother Caleb, of Woodsville, NH proudly introduce, Connor Matthew Cushing, born May 18, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Elise & Dave Cushman II, of West Fairlee, VT proudly introduce, Ruby Isabelle Cushman born May 20, 2011. Delivering Physician was Dr. Jessie Reynolds.

Ashley & Eddie Wallace and Big Brother Owen, of Chelsea, VT proudly introduce, Adyn Joseph Wallace, born May 22, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Aaron & Ashley Rivers, of Bradford, VT proudly introduce, Bentley Aaron Rivers, born May 24, 2011. Delivering Physician was Dr. Jessie Reynolds.

Clarissa Elliott & Nicholas Kendall and Big Sister Ainsley of South Ryegate, VT proudly introduce, Casey Barbara Kendall born May 29, 2011. Delivering Physician was Dr. Aaron Solnit.

Jonah & Marianne Hahr, of Wells River, VT proudly introduce, Ezra James Hahr, born May 29, 2011. Delivering Physicians were Dr. Stephen Genereaux & Dr. Melanie Lawrence.

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## 2011 Woodsville/Wells River

# 4th of July Celebration

www.wvr4thofjly.com

2011 Theme

## “Remembering The Heroes While Celebrating Our Freedom”

Schedule of Events  
(All times subject to change)

9:00am	Flea Market Opens
11:00am	<b>Gigantic Parade</b>
1:00pm	Midway Opens
1:00pm	Travelin' Barnyard Opens
1:00 - 3:00pm	Back Shed String Band (Bluegrass)
1:30pm	“Critter” Chip Bingo (throughout the day)
2:00 - 5:00pm	Buddy The Clown
2:00 - 7:00pm	Free Face Painting
2:00pm	Tae Kwon Do Demonstration
2:30 - 9:00pm	BINGO - under the tent
3:00 - 5:00pm	White Rose Band (Country - old to new)
5:00pm	Parade Winners Announced
5:30 - 6:30pm	39th Army Band
7:00 - 9:00pm	Mad Hatters (Classic Rock)
8:00pm	Raffle Winners Announced
9:00 - 10:00pm	The Gully Boys (Eclectic Mix)
10:00pm	<b>IMMENSE FIREWORKS DISPLAY!</b> (weather permitting)
10:30 - 11:00pm	The Gully Boys

This ad brought to you in part by the  
**3 River Business Association**  
*who welcome you to the 4th of July Celebration*

Aldrich General Store, An Affair to Remember  
Antique Rose Florist, Blackmount Equipment  
Burnham Shoe Store, Dad's 4x4 Tool & Supply  
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Cohase Regional Chamber of Commerce  
North Haverhill Agway, Pattens Gas  
PT Farm, Puffer Broadcasting  
Ricker Funeral Home, Rising Spirit Yoga  
Rustic Gatherings, S.F. McAllister Jewelers  
Scooters Golf & Grill, Seams Sew Easy  
Swiftwater Way Station, The Bridge Weekly Sho-Case  
3 Paper Dolls, Walker Motor Sales  
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Shaw's, Trendy Threads  
Woodsville Guaranty Savings Bank, At The Hop  
Fraser Photography, The Brick Store  
Donna's Custom Cakes, Windy Ridge Orchard

## The Haverhill Heritage Commission

The Haverhill Heritage Commission has openings for three regular commission members and four alternate members. Applicants having an interest in regional history and in historical structures would be preferred but other interests and talents could be helpful as well---must reside in Haverhill, have an interest in history and the preservation of Haverhill's historical sites and be willing to attend a meeting on the last Thursday evening of

each month. Interested parties must also be willing to devote a minimum of 5 hours a month on project activities. Present projects are: The Railroad Park Kiosk, Granite “Memory Blocks”, a caboose restoration, preservation, access and memory boards for historical sites of the old engine house where Railroad Park is now located. Our largest project is the establishment and operation of Hazen Park; a 2.67 acre combined historical - recre-

ational and horticultural park in North Haverhill; the location of the foundation of the first framed house in Haverhill.

Project volunteers are always needed! Email me for more information at info@wmtb.biz, leave a note in the selectboard office at town hall, or drop into White Mountain Trader 21a Central Woodsville WED-SAT Noon till 5 pm. Jim Hobbs HHC Chairman

## Bradford Library News

This summer the Bradford Public Library celebrates cultures & traditions from around the world in the Children's Room!

There will be a full calendar of events beginning on Thursday, June 30th at 6:00 PM, when the Vermont Storytellers will do a puppet presentation of “The Town Mouse and the Country Mouse”

Chloe and Charlie travel to the city and they experi-

ence foods from other countries.

Next on the list will be Thursday, July 7 & 14, again at 6:00 PM. This time the library will feature

Masks Around the World. Learn tradition about the country that sparks your interest! You will even be able to make and paint a paper maché mask!

The following Thursday, July 21 at 6:00 PM will see Burlap Weaving Bookmarks.

As soon as people around the world discovered how to create fabric, they figured out ways to cross the different threads to make beautiful patterns.

Wrapping up July on Thursday the 28th at 6:00 PM will be Chinese Dragon Stick Puppets.

Chinese dragons traditionally symbolize potent and auspicious powers, particularly control over water, rainfall, hurricane, and floods. The dragon is a symbol of power, strength, and good luck.

When the calendar moves to Thursday, August 4th at 6:00PM it will be time for Adinkra Symbols of West Africa. Learn about the symbols that convey traditional wisdom, aspects of life or the environment. Make a stamp for paper printing. Face paint the symbol that represents you!

Along with all of those workshops the Bradford Library will also offer a Toddler Story hour including story, song and craft. These programs are held each Friday at 10:00am

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# Why Haverhill Needs An Economic Development Committee

*Wayne Fortier, Chairman Haverhill Selectboard / Wendy Warcholik, Haverhill Selectboard*

On June 13, 2011, about thirty people gathered at Alumni Hall for the purpose of forming a local economic development committee. They gathered there at the request of the Haverhill Selectboard. Those attending were local business owners, town administrators, local bank officials, precinct commissioners from Haverhill, North Haverhill, Woodsville Fire District, Woodsville Water and Light Department, members of the Haverhill School Board, other Selectboard members and members of the public.

The core purpose of the meeting was to establish a dialogue that would begin to address the various economic issues Haverhill is currently experiencing. It was the first step taken toward building a stronger internal collaboration and sense of trust among Haverhill's various governmental entities and business owners.

Wendy provided a statistical analysis of the county demographics pertaining to population by age group, the unemployment rate of Haverhill compared to that of its immediate neighbors, and Haverhill's

physical presence as being at the crossroads of the Upper Valley region.

Among the most concerning facts was "Demographic Winter" where there are too few families and children to support existing population levels.

According to data from the U.S. Census Bureau, between 2000 and 2009, Grafton County lost 1,932 people (-9 percent) between the ages of 24 and 44 and lost 1,935 people under the age of 17 (-11 percent). To put this decline into perspective, it would be as if 4 out of every 5 residents in Haverhill suddenly disappeared.

On the other hand, the fastest growing age segment was those over the age of 65 which grew by 2,721 people (25 percent). This was followed by those between the ages of 45 and 64 which grew by 4,792 people (24 percent).

This inversion of the age pyramid will have economic consequences. For example, Haverhill will be competing with other towns in our region for a dwindling number of families to fuel our labor force, consume our products, buy our homes

and enroll in our schools.

On the unemployment front, in April Haverhill's unemployment was 5.7 percent. While great compared to the national average of 9.1 percent, Haverhill's unemployment rate is a full percentage point higher than the state average (4.7 percent) and significantly higher than other job centers such as Littleton (4.7 percent), Plymouth (4.4 percent) and Hanover (2.6 percent).

To combat these problems, there were discussions identifying Haverhill's economic strengths and weaknesses. Among the strengths discussed was Haverhill's location as a cross-roads with Barre/Montpelier, St. Johnsbury, Littleton, Plymouth and

Hanover being within an hour's drive away and how Hanover's economic prosperity is creeping up I-91.

However, among the weaknesses discussed was the depressed nature of downtown Woodsville, the lack of communication among the precincts, the lack of virtual infrastructure such as 3G cell service and a languishing business park.

Overall, the meeting was a success providing for a solid first step in organizing the economic development committee. Yet, make no mistake; this effort will require a lot of work by all involved. The national economy appears closer to recession than to recovery so we don't have any wind at our back. Some issues we can

deal with immediately, such as a new town website, while others are going to take some time, such as dealing with the business park.

Attendees scheduled their next meeting for Monday, July 25th at the Morrill Town Office Building, North Haverhill at 6:30 P.M. At the next meeting, leadership for the group will be elected with the appointment of a Chairman. Members will also discuss and come to agreement on the initial agenda for the group. Anyone interested in becoming a committee member, please notify Selectboard member Wendy Warcholik by calling the town office at 787-6800.

Please get involved, your town needs you.

## End-Of-Life Care And Planning – Free Community Event To Lift The Silence

Wells River, VT — A free community event that you do not want to miss, will be hosted by The Wells River Congregational Church, UCC on Saturday, June 25, 2011, from 9:00 am-11:00 am in the vestry of the church to explore end-of-life care and planning.

What kind of medical care would you want if you became too ill to share your thoughts or care for yourself? Where would you want your money and property to go? What kind of funeral arrangements would you want? What spiritual care would be most helpful to you and your family? These are difficult topics that are hard to talk about, but come, listen, learn, and ask questions in a welcoming space. Our guest speakers will include:

Ⓞ Financial: Mr. Rufus P. Cushman, III, CLU (Proctor, VT)

Ⓞ Legal: Ms. Mary McLeod, Esq. (Groton, VT)

Ⓞ Funerals: Mr. Bryan Gould of Ricker Funeral Home

(Woodsville, NH)

Ⓞ Funerals: Mr. Greg Hodge of Hale Funeral Home (Bradford, VT)

Ⓞ Spiritual Care: Pastor Elizabeth J. A. Siwo-Okundi, MDiv, ThM (Wells River, VT)

There will be time for questions and answers and refreshments will be served. For more information, please call Deacon Marion Zambon at 802.584.3857. We look forward to seeing you at 76 Main Street South in Wells River, VT.

About Us: The Wells River Congregational Church, UCC is a church for all of God's people. We reach out to others with love and compassion through our emergency food shelf, youth/young adult programs, 10:00 am Sunday worship services, and numerous other ministries. Our church building is handicapped accessible with designated parking, elevator, and bathroom. All are welcome! For more information, please contact us at 802.757.2261.

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# Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.  
Put **YOUR FREE** listing here!

## MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA  
ADULT WATER AEROBICS**  
5:00 PM – 6:00 PM  
P. Hill Community Pool, Woodsville

## MONDAYS/THURSDAYS

**NORTH COUNTRY YMCA  
WALKING CLUB**  
6:30 PM  
Woodsville Elementary School

## WEDNESDAYS

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

## THURSDAYS

**PEACHAM FARMERS' MARKET**  
3:00 PM – 6:00 PM Rain or Shine  
Academy Green, Peacham

## TUESDAY, JUNE 21

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

## THURSDAY, JUNE 23

**ALZHEIMER'S LEGAL & FINANCIAL FORUM**  
6:00 PM – 7:30 PM  
Cottage Hospital, Woodsville

## BATH NATURAL RESOURCES INVENTORY PROJECT PRESENTATION

6:30 PM – 8:30 PM  
Bath Village School

## FRIDAY, JUNE 24

**RED CROSS BLOOD DRIVE**  
1:00 PM – 6:00 PM  
Horse Meadow Senior Center  
North Haverhill

## SATURDAY, JUNE 25

**COTTAGE HOSPITAL AUXILIARY GOLF  
TOURNAMENT**  
Blackmount Country Club  
North Haverhill

## RUBBER BALL RIVER RACE

3:00 PM  
Connecticut River  
*See ad on page 13*

## END OF LIFE CARE & PLANNING

9:00 AM – 11:00 AM  
Wells River Congregational Church, UCC  
*See article on page 5*

## STEVEN RICHARD LINDHOLM PERFORMANCE

3:00 PM  
Railroad Park, Woodsville  
*See ad on page 10*

## BENEFIT DINNER & DANCE FOR BABY HARMONY

5:00 PM – 11:00 PM  
The Old Armory, Woodsville

## SUNDAY, JUNE 26

**A.P. HILL POOL OPEN HOUSE**  
12:00 Noon – 6:00 PM  
Woodsville Community Field

## COMMON SENSE 'ACTIVISM DAY'

12:00 Noon  
North Hartland Dam  
*See article on page 7*

## PULLED PORK, SMOKED BRISKET, BBQ CHICKEN DINNER

5:00 PM – 6:30 PM  
United Congregational Church of Orford

## WEDNESDAY, JUNE 29

**SHAKESPEARE BOOK DISCUSSION**  
7:00 PM  
Haverhill Corner Library

## THURSDAY, JUNE 30

**VERMONT STORYTELLERS  
PUPPET PRESENTATION**  
6:00 PM  
Bradford Public Library  
*See article on page 4*

## FRIDAY, JULY 1

**STRAWBERRY FESTIVAL**  
12:00 Noon  
Next To The Bradford Academy Lawn

## ODELL-WALKER BAND HOLIDAY CONCERT

7:00 PM  
Bradford Academy Lawn

## MONDAY, JULY 4

**2ND ANNUAL BARNET  
ART AT THE LIBRARY**  
9:30 AM – 12:30 PM  
Barnet Village

## WOODSVILLE/WELLS RIVER

**4TH OF JULY CELEBRATION**  
11:00 AM Parade • 10:00 PM Fireworks  
Woodsville Community Field  
*See ad on page 4*

## TUESDAY, JULY 5

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

## CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, JULY 6

**DOG REGISTRATIONS**  
7:30 AM  
Twin State Humane Society  
*See article on page 12*

## 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM  
Wells River Savings Bank, Wells River

## VEGETABLE GARDENING SERIES

5:30 PM – 7:00 PM  
Gazebo, Grafton County Complex,  
North Haverhill

## THEATRE UNDER THE STARS

**SHAKESPEARE SERIES  
(JULY 6-AUGUST 10)**  
6:30 PM  
Alumni Hall, Haverhill

## RYEGATE HISTORICAL SOCIETY PRESENTATION

7:30 PM  
Whitelaw Hall, East Ryegate  
*See article on page 15*

## THURSDAY, JULY 7

**PANCREATIC CANCER AWARENESS BENE-  
FIT DINNER, RAFFLE & AUCTION**  
5:30 PM – 8:30 PM  
Horse Meadow Senior Center  
North Haverhill

## MASKS AROUND THE WORLD

6:00 PM  
Bradford Public Library  
*See article on page 4*

## SATURDAY, JULY 9

**WHITE MOUNTAIN GARDEN CLUB  
SYMPOSIUM & FAIR**  
10:00 AM – 4:00 PM  
Sugar Hill Meeting House and Carolina Crapo  
Building, Rte 117, Sugar Hill

## UPPER VALLEY BEE CLUB SUMMER WORKSHOP

12:00 Noon – 2:00 PM  
Bob Eastman's Bee Yard, West Fairlee

## MONDAY, JULY 11

**GOOD OLE BOYS & GIRLS  
GLEN LIBBY - GRAFTON COUNTRY JAIL**  
12:00 Noon  
Happy Hour Restaurant, Wells River

## ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## WEDNESDAY, JULY 13

**MONTHLY MEETING - ROSS-WOOD  
POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

## THURSDAY, JULY 14

**MASKS AROUND THE WORLD**  
6:00 PM  
Bradford Public Library  
*See article on page 4*

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**Deadline for submissions is Thursday, June 30th for our July 5th issue.**

# COMMON SENSE 'ACTIVISM DAY' Sunday, June 26th North Hartland Dam

Hot Dogs & Hamburgers, etc. starting @ Noon.  
The Dam was built by the Army COE and created N. Hartland Lake (just off Rt. 5). It's one of Central Vermont's best kept secrets. They allow boating and swimming. There are numerous nature

trails, horseshoe pits, volley ball and more. 112 Clay Hill Rd. Entry Fee \$1.00 Open 8 a.m. to 8 p.m. Pets allowed (on Leash) Charge for this fun family event is just a donation. Door Prizes and Raffle - your chance to WIN \$500 cash.

# 2011 North Haverhill Fair King Arthur Baking Contest Announced

Calling all bakers. Last year's baking contest was so successful that UNH Cooperative Extension and King Arthur Flour are once again teaming up to sponsor another contest at this year's North Haverhill Fair.

This year the entries will feature cupcakes in both the youth and adult categories. Adults (age 18 and up) will follow a Devil's Food Cake recipe but may choose the frosting and decoration on their own. Youth (ages 8-17) entries will use a Classic Yellow Cake recipe and they may also frost and decorate their cupcakes. Each entry will consist of 8 cupcakes.

The entries will be judged on Saturday, July 30th at 10:00am. Winners will be announced at the conclusion of the judging. Prizes have been donated by King Arthur Flour and include gift certificates to the Baker's Catalogue, a brownie pan, and a tote bag. The remaining cup-

cakes, not judged, will be sold and proceeds will benefit the Grafton County 4-H program.

For more information about the contest, contact Deb Maes or Kathy Jablonski at the Grafton County Extension Office in North Haverhill at 787-6944. All contest information, including the entry form (due by July 22nd), can be found on the Grafton County web site at [http://extension.unh.edu/Counties/Grafton/Grafton\\_4H.html](http://extension.unh.edu/Counties/Grafton/Grafton_4H.html).

# Agency On Aging Seeks Senior Companion Volunteers

Do you have 20 hours a week or more to give in service to frail elders in your area of the Northeast Kingdom? Senior Companion Program volunteers do "what one good friend would do for another" when assisting with simple activities of daily living.

Volunteers help with activities like visiting someone or taking them shopping, accompanying them to medical appointments or helping them get "out and about" in the community to combat isolation and loneliness.

If you are of modest income, age 55 or older and looking for a way to give back to the community, consider joining the Senior Companion Program volunteer team sponsored by the Area Agency on Aging for Northeastern Vermont.

Program benefits include a non-taxable stipend, mileage reimbursement, and supplemental accident and liability insurance. Training is provided. Volunteers must pass a physical exam and a background check to enroll in the program.

Senior companions share their positive comments about the program: "I like being part of a team that loves our clients,

gives them hope and encouragement, and makes their days nicer and memorable. Their 'thank you,' which comes in different ways, makes my day. Their happiness is mine," said one senior companion.

"I like being a Senior Companion because it keeps me busy. I like people and it gives me a chance to meet interesting people," said another volunteer. "Most of all, I can help

someone in need. When I am the only one they see from day to day, it is rewarding to see the look on their face when they see me. I have a chance to speak a kind word to let them know that someone cares."

For more information about the Senior Companion Program or other volunteer opportunities call Carol at 802-748-5182 or email us at [info@nevaaa.org](mailto:info@nevaaa.org).

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Let everyone know what you think & why.  
*Just be ready for one of our editors to respond.*

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

June 21, 2011 Volume 2 Number 18

# Bradford-Piermont Farmers Markets Merge

Bradford, VT — Overcast skies and thunderclouds never followed through on their threat of rain on opening day of the Bradford Farmers Market on Saturday May 28. It apparently didn't keep shoppers away either, as the first day of the season was a busy one for market vendors.

The big news this season is that declining attendance forced representatives of the Bradford and Piermont Farmers markets to consider merging the two into one market. The corner of Route 25 and River Road in Piermont has been this market's

home for several years, while the Bradford Market took place on the park near the bandstand downtown. Declining attendance forced the close of the Bradford market two years ago, and the same problem kept the Piermont market struggling.

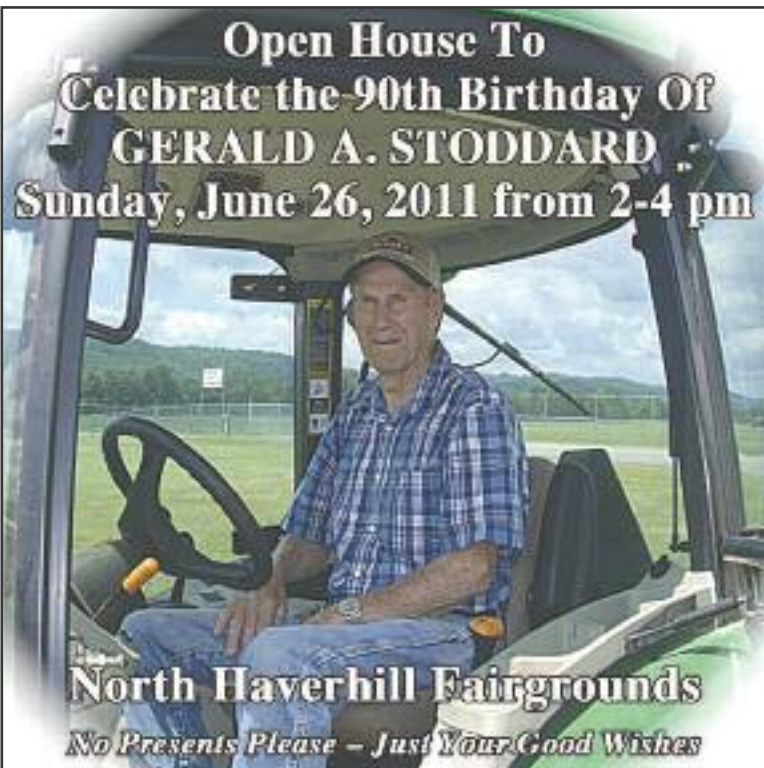
Co-manager Iris Johnson, wanting to re-start the market in Bradford met with former market manager Amy Cook and Piermont manager Emily Shipman to discuss the possibility of combining the two markets. As a result seven vendors from both markets showed up to offer

their products to customers. "Holly Senecal of Bradford is designing our sign, which we hope we'll have shortly," said co-manager Johnson.

Market customers will find a wide array of products including, plant seedlings, spring and early summer crops, several varieties of homemade breads including sweet, rye and sourdough with a Latvian influence from Andra House, as well as pastries. Food vendors stressed the ingredients they use are fresh, local and organic. As the season progresses, more vegetables and other products will become available. Mimi's of Mimi's morsels will tempt you with her special lemon ginger scones and other pastries, while Laughing Willow Farm has a selection of homemade seasonal pies, breads and pastries as well as eggs and vegetables.

Stop by Brenda's Green Gardens for seedlings and salad greens. If you're looking for fresh, organic meat, eggs and other goodies stop and say hello to Iris Johnson. Spice of Life has been selling popular gourmet breads for years and will tempt you with their Tomato Basil, Creamy Dill Parmesan, Cheese Garlic and Herb, Multigrain and more.

Anyone looking for a special, high quality gift need go



no further than the market. Pam and Bob Wilcox offer beautiful hand knit socks and unique, artistically designed wooden bowls, lamps, boxes and more. You can also purchase lovely wood burned and hand colored lazy Susans and cutting boards, along with hand knitted market bags.

Are you still working with dull knives and scissors? Bring them to professional cutler, Sean Kelly and he'll sharpen them while you shop, and bring larger items to his shop.

#### VENDORS WELCOME

More vendors are welcome to join the market and add to the already wide array of products. Market fees are \$15 each week, or \$100 for the season. Stop by and ask Iris for an application, email Emily at [hellobradfordfarmers@gmail.com](mailto:hellobradfordfarmers@gmail.com), or go to the Bradford Farmers Market Facebook Page.

There is something for everyone at the Bradford Farmers Market located on Lower Plain across from A Notch Above, every Saturday 10am – 2pm. See you there!

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# Readers Are Asking

**QUESTION:** Recently I attended a community presentation about the issue of elder abuse. Since then, I have been wondering about the safety of my neighbor, and if I should tell someone about my concerns. Would this make it worse for her? When should I call someone? Who do I call?

**ANSWER:** If you think

someone you know is being abused or hurt, it can be difficult to know what to do. If you think someone you know is being abused, there are a variety of things you should consider. Every situation is different, and you should keep in mind that the safety of the potential victim is most important. Any conversation you have with someone at risk of harm should be care-

fully considered. It is important to keep your own safety and the safety of others in mind, as well.

If you see someone being physically hurt or threatened with a weapon, call 911 or the police. In non emergency situations, you can call your local police department or Adult Protective Services at 800-564-1612. If you suspect abuse, you may

want to ask the potential victim in a private setting if he or she is okay. You can let them know that sometimes people are hurt or exploited by family members, friends, or caregivers and that help is available.

For everyone's safety, don't talk about the abuse in front of the possible abuser or other people. Telling victims to try harder or do things differently so they won't be abused is not appropriate. Unless the abuse is the result of a medical and/or mental health condition, abusers are responsible for their own behavior. A victim doesn't cause the abuser to be hurtful or violent. No one deserves to be abused.

To end abuse in later life, each of us can follow the four R's: Respect, Recognize, Respond and Refer.

- Respect elders.
- Recognize: Know the signs of abuse and behavior exhibited by victims and perpetrators.
- Respond: Understand the importance of believing the victim, listening, and offer-

ing support and hope. Keep in mind that judging the victim's decisions or blaming the victim are not helpful strategies.

- Refer: You do not have to fix the problem. Learn which agencies in your community provide help, services, and support for older victims. If you encounter a victim of abuse, you can share this information with her or him when they are alone.

If you suspect your elderly family member is at risk, call Vermont Adult Protective Services at 1-800-564-1612 or your local law enforcement agency. For resources and confidential support in the community for late life domestic violence, contact Umbrella at 334-0148 or 748-8645 or AWARE in Hardwick at 472-6463.

For more information about programs and services for older adults and family caregivers, contact the Agency on Aging for Northeastern Vermont via the Senior HelpLine at 1-800-642-5119 or on the web at [www.nevaa.org](http://www.nevaa.org).

## Lisbon Farmers Market Opened Saturday, June 18



Lisbon sheep farmer Dori Hamilton fascinates children at the Lisbon Farmers Market as she spins her own wool.

LISBON – Opening day for the Lisbon Farmers Market was Saturday, June 18. The market is entering its third year on North Main Street (Route 302) in the center of town.

“We’ve had an interesting variety of vendors since we opened our first market in

2009. This year we are looking forward to having a new baker join our lineup. Seasonal berries and vegetables have been part of the product mix as well,” said Ruth Taylor, Lisbon Main Street executive director.

“We also encourage local non-profits to join the

market. There is no charge for non-profits. It’s a wonderful way for volunteer groups to find new members and to spread the word about their work. We ask that they contact the Lisbon Main Street office in advance of the market day they wish to attend. We also don’t limit the number of times they may be part of the market,” Taylor added.

The purpose of the market is to encourage local production of food and local business development. Any grower or crafter interested in becoming a vendor may obtain a registration form and the market standards online at [www.lisbonmainstreet.org](http://www.lisbonmainstreet.org), or by calling the Lisbon Main Street office, 838-2200 or requesting one by email at [lisbonmainstreet@roadrunner.com](mailto:lisbonmainstreet@roadrunner.com). Information on homestead licensing for anyone wishing to sell home-cooked food items can be obtained by phone or email.

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Brian Page of South Ryegate, VT, is the 2011 recipient of the Haverhill Garden Club Scholarship. President Betty Gray presented the award and a \$500 check to Mr. Page at Blue Mountain Union School's Senior Night June 8th. The yearly scholarship is open to one high school senior from Barnet, Ryegate, Newbury, VT, and Haverhill, Pike, Piermont, Woodsville, NH, who will further his/her study of horticulture, agriculture, forestry or environmental resources. Mr. Page, who has demonstrated a commitment to the environment, will attend Lyndon State College this fall to study environmental science, with a future goal of becoming a game warden. Photo courtesy of the Haverhill Garden Club.

## Seniors Complete "Healthy Eating" Program

Four Newport area seniors recently completed an important new program designed to promote healthier eating habits. 1st year graduates of the program include Betty Hutchins, Joyce McAllister, Albienna Flanders and Yves Letourneau. A luncheon was held at Brenda's Restaurant in Derby to celebrate their successful completion of the course.



The program is sponsored by the Agency on Aging for Northeastern Vermont, in collaboration with the Gilman Housing Trust and North Country Hospital. Participants learn about eating well in later life, and how lifestyle changes can promote better health. The course consists of six classes that meet on a weekly basis, and is offered free of charge.

The classes are participatory and fun. They include a "field trip" to a local grocery store, cooking demonstrations and lively discussion. Participants receive a magnifying "glass" (to help read small print labels) along with a free workbook that accompanies the course. The program is a hands-on, evidence-based program that includes goal-setting, brainstorming and problem-solving in a supportive group environment.

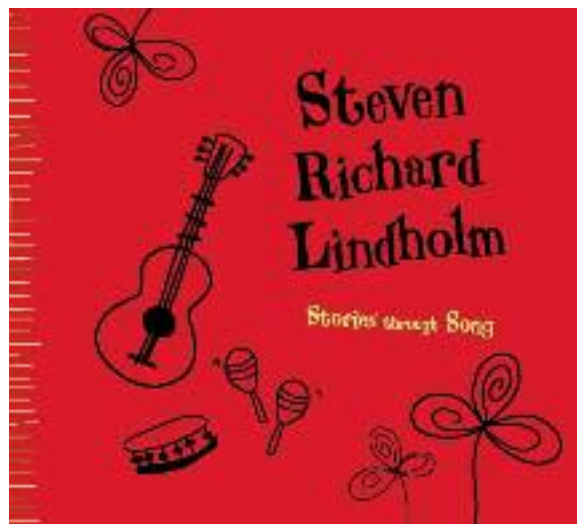
Look for a new and exciting Healthy Eating program that promises to be even more fun! Call Joanne Fedele at North Country Hospital at 334-7331 or Jenny Patoine at the Agency on Aging at 748-5182 if you are interested in learning more about when the next class will meet.

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Lisbon High School. June 13, 2011 was declared Wallie Berry Day in recognition of the nearly 40 years of bus service to for schools and various groups throughout Northern NH what Wallie Barry's Companies have done over the years. Speakers included Greg Fillion of Littleton High School,, Craig Simpson of Lyman, and New England Wire, Joan Dexter, K. J. Lavoie of the National Goys and Girls Club. Shown photo-l-r Willie Berry being greeted by Erline and Wendell Jesseman ( who signed the first Berry Transportation contract 40 years ago) and Councilor Ray Burton who presented citations from Gov. Lynch and the State of New Hampshire.

**The Haverhill Recreation Commission is proud to present the second in their summer concert series at Railroad Park in Woodsville, NH**



**on Saturday, June 25, 2011 at 3:00 PM**

**Get ready to sing, dance, clap, dream, laugh, giggle, wiggle, jump, skip and sing about with children's entertainer Steven Richard Lindholm!**

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# Bradford Conservation Commission Awards "Green Challenge" Winners



Challenge, Isabelle Yelle and Maria Reger, were presented with the \$250 award last week at BES to fund their project aimed at reducing the use of plastic bags. They will design and order reusable bags to be given to each BES family at the first school-wide gathering in the Fall.

Ms. Dubuque's second grade class's "Straw Project", aimed at reducing the use of plastic straws in area restaurants, and the "Support Green-Up Day" project completed by Emma Parkin, also received Honorable Mention.

Bill McKibben, world renowned author and climate change activist, will be the Keynote Speaker for the September 17, 2011 LEAF (changed to Local Energy & Agriculture Festival). McKibben has also stipulated that his usual fee be used to challenge youth in Bradford to create a positive environmental change in the community.

BCC's Energy Committee Chair, Ed Wendell said, "We're really excited to have Bill McKibben's participation in our 2011 LEAF, and especially pleased that he's offering this challenge gift to our young people."

Last September, when VT Law School professor Patrick Parenteau agreed to be the Keynote Speaker at the Local Energy Alternatives Festival (LEAF) in Bradford, he specified one condition - that his normal speaking engagement fee be donated to a student-designed project that would make a positive change.

The Energy Committee of the Bradford Conservation Commission (BCC), which

sponsored LEAF, then partnered with the Kids' Connect Program of Bradford Elementary School (BES) to offer a "Green Challenge":

Design or demonstrate a way for your home, the school or the Bradford Community to be more green.

Guidelines for this student-driven project included writing a proposal, researching the specific issue and providing visual models. Fourth grade winners of the

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What we will remember most is your smile.  
Although we were not as close in the end,  
We still considered you always a son, brother and friend.  
You effected us, each in a different way – even to this very day.  
We took for granted there would be time to let you know,  
We appreciated everything from your humorous ways to your every lasting glow!  
We love you Danny! You will always be there in our hearts!  
Thank you for being part of our lives!

Jeanne, Joey and Ashley Emmons

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**What A Surprise**

*By Sheila Asselin*

The other day I came home late from a volunteer meeting. As I drove up the driveway I noticed the lawn was freshly mowed and the garden weeded. My sons must have worked overtime while I was gone. Entering the kitchen the tile floor had been mopped and shone. There was no evidence of meals past (some long past) on the counters. They were neat and clean. No bowls of half eaten cereal, barbeque sauce smears (or was it spaghetti I never give it the

sniff test so I do not know). No mashed potatoes hardened to cement in the saucepan, the sink was clean and all dishes had been put up. I went into the bathroom. There were no soggy towels on the bathroom floor, no mildew in the tub. The toilet had been flushed. The laundry hamper was empty. Only the scent of fabric softener remained. In the bedroom the bed was neatly made hospital corners and all. No dust bunnies under the bed or dresser. All the waste bas-

kets had been emptied. A disembodied voice called "Is that you darling? I bought you flowers they are on the dining room table." As I enter the dining room I saw a dozen red roses in a Waterford cut vase. Best of all there was a cocktail shaker full of freshly made martinis and a chilled glass on a silver tray. A man I had never seen before in my life walked in wearing a burgundy velvet smoking jacket. It was then I realized I WAS IN THE WRONG HOUSE!!!!

**Twin State Humane Society Notice**

The next spay/neuter clinic at the Twin State Humane Society will be July 6 Wed. Registrations will start at 7:30 AM. Animals must be 6 mos old. There are a few openings left, so please apply online at [www.twinstateshs.com](http://www.twinstateshs.com). The remaining dates for clinics this

year are Sept 14 and Nov 9. TSHS Fund Raiser will be July 23 Sat 9 AM at the Scenic View Campground in Warren NH. The Fire Marshall will be demonstrating his special K-9 dog. There will be nail trimming, a dog parade at 1 PM with prizes awarded, a 50/50

raffle, an ice cream social, a silent auction 10-2. Donations for the silent auction are needed. All proceeds go towards helping the shelter animals find good homes and pet food on wheels for the elderly. We have several adorable kittens available now.

# Doing A Production In The Dark

## OCCT Really Does Have Their Eyes Open

By Gary Scruton

The Old Church Community Theater certainly is just that. Their productions are held in an old church, owned by the Congregational Church located just in front of their building. The old part also seems appropriate as the exterior of the building is certainly in need of some TLC. At this point the front doors appear to be one of the first steps in that rehabilitation. They are currently off the building, have been stripped, refinished, and will shortly be reinstalled. The group has also placed a nice large banner above the stairs and has a list of this year's productions off to one side. Both pieces add to the atmosphere of the theater experience, and take a little away from the needed paint job.

Once inside the building the community piece comes

into effect. You are always met by a volunteer in the ticket booth who is more than ready to answer questions, sell you a walk in ticket, or check you off the list of reserved seats. An usher will then lead you to a spot in one of the old, but comfortable theater seats. And those ushers can certainly be one of the actors from a future or a past production, again showing that community is a huge part of OCCT.

Of course every theater needs the right members of the community on stage. The just completed performance by OCCT was "Wait Until Dark" and it featured several performers who seemed just right. Susy Hendrix, the blind heroine, is portrayed by Barbara Swantak. Even before performances began Barbara was getting rave reviews from

other cast and crew members. She may not be Audrey Hepburn, who received nominations for both the Academy Award and Golden Globe for Best Actress in the film version of 1967, but Susy was real on stage and had the audience very involved with the action.

Another fine actress on stage was eleven year old Danielle Gordon playing the part of the upstairs neighbor, Gloria. Even at this age Danielle is a seasoned pro and showed it in her very believable role.

Congrats also go to OCCT Publicity Coordinator Jim Heidenreich who died on stage. Sometimes that could be considered a bad thing, but in this case it was all part of the plot and twist to this thriller.

One other interesting aspect of this production was

telepath like Charles and has a nifty diamond coating when she chooses. With the help of these mutants Shaw plans to begin a world wide nuclear fight (a.k.a. the Cuban Missile Crisis). With her new discovery and no one else to turn to, Moira seeks out Charles to ask for his help in figuring out the best way to handle this "new breed" of humans.

With the CIA wanting to keep their hands as clean as possible of the whole mutant issue, a more private member of the organization takes Charles, and Raven, to his facility where they can begin a plan to find Shaw. There they use the early stages of Cerebral to find other mutants that they can recruit to help in the cause. After a bit of training the new recruits, Charles, Raven and Moira find Shaw and go after him. However, they are slightly too late and direly untrained. Little known to them though is Erik's own disastrous plot to destroy Shaw. Charles saves him just in the nick of time though and the most epic love/hate relationship of all comic books begins. Returning to Charles' and Raven's childhood home Charles and Erik soon begin to whip the new recruits into shape, as well as themselves, and are back on the mission to find Shaw.

And because of the risk of giving away the rest of this incredible tale, here I will say that the rest is comic book, and a little U.S. history, fully Scrutonized.



## X-Men: First Class

PG-13

Here's hoping that everyone is holding tight to their hats when they go see this one. Unlike any of the previous X-Men movies First Class brings the true heart of what it means to be a mutant in this world that Stan Lee brought to life. Now, do not get me wrong. All of the previous films made have followed the story quite well and have been by far some of the more iconic and epic films that Marvel productions has put out. However, in this tale of how Charles Xavier and Erik Lensherr met there comes to light a whole other side to the tales of mutant-kind. It begins with Charles and Raven, later to become Mystique, meeting in Charles' home when they are both just children and how they grew up together without being able to show their abilities. Meanwhile you see Erik back in Nazi occupied Poland (just like in the first X-Men movie) moving metal. This

time though you get the rest of the story. Enter Dr. Schmidt. In this role the infamous Kevin Bacon (yes this does mean that he can be traced back to EVERY movie now) shows interest in what Erik can do with metal. After getting a little more then he bargained for when Erik destroys the exam room and kills two guards Dr. Schmidt is absolutely delighted to have discovered a mutant.

Here is where the story takes a turn for the future and gives us Moira, a CIA agent that has bitten off more then she can chew. She finds that Shaw (Dr. Schmidt) is blackmailing Colonel Hendry into putting nuclear war heads in Turkey. In discovering the plot she inadvertently discovers that mutants also exist. Employed by Shaw are Azazel, a mutant who can teleport, Rip-tide, who can create tornadoes, and Emma Frost, the White Queen who is a

the need for the stage crew to make the stage "light tight". Due to the nature of the play and the requirements for complete darkness, many extra steps needed to be taken to get the theater to the desired level of darkness. Once again members of the community stepped up and made it happen.

The bottom line for this latest production is that if you did not attend, you missed another fine show from the members of the community who make up OCCT. Though by no means perfect, the cast, the production crew, the director, and all the others should be complimented for a job well done.

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**SCARED SHEETLESS**  
 By James Parodie

**A House Built For Spirits  
 Winchester Mystery House  
 San Jose, CA**

Sarah Lockwood Pardee was born in New Haven, Connecticut around 1840 and soon became known as the "Belle of New Haven." She was well liked, spoke four languages, was considered beautiful, and played piano graciously. In 1862, she married William Wirt Winchester, the heir and son of the creator of the famous Winchester rifle.

Everything was perfect and it would soon become even better with the birth of their first child, a girl named Annie. But tragedy struck almost immediately when the child caught the then mysterious disease known as marasmus (a disease defined as a "progressive wasting of the body" according to thefreedictionary.com). The baby wasted away and so did Mrs. Winchester's heart, little by little as the tragedies fell upon her. Fifteen years after the death of Annie, William died of Tuberculosis (see my story "Haunted Legends: Waverly Hills Sanitarium" for more info on the "TB" epidemic.)

Why were such tragedies plaguing her? She was a good person, was nice to everyone, and was kind and giving. Why were these tragedies happening? Some sources say she sought help by a Boston medium who told her that the reason all of these tragic events were happening was because of one thing---ghosts. The souls of Native Americans, and soldiers, who succumbed to death during the Civil War because of the Winchester Rifle. They put a curse on the family and were going to stop at nothing until they weeded out the Winchester family

and Sarah was next. Sarah had to act, but how?

According to the medium, she would have to move far out west, which landed her in San Jose, California. She would then have to build a grand house for the spirits, perhaps as a gift of guilt for the blood and death of many that the rifle had caused in its path. She discovered the ideal location to her new residence when she was visiting her niece. In 1884, she bought an unfinished farm house and it's land in the Santa Clara Valley which was just 3 miles away from San Jose. The unfinished farm house soon turned into a sprawling, massive structure of awe and strange.

She immediately hired carpenters and was determined to make a house to please the spirits that were looking for some supposed revenge on her. The project would take quite awhile, thirty-eight years to be exact. Of course, either she wasn't pleased or the spirits weren't pleased, because the sound of hammers didn't stop until Mrs. Winchester passed away in her sleep on September 5th, 1922. Sure, most of the activity stopped, but only on the living side.

When Sarah Winchester passed away, the little unfinished farmhouse was now a mansion of 160 rooms, 47 stairways, 47 fireplaces, 10,000 windows, 13 bathrooms, and 6 kitchens. All those rooms...and no swimming pool. The items in the house were given to her niece, who in turn auctioned most of the items off. It took six weeks to empty the whole house, but the rem-

nants of human life still remain.

Alleged Hauntings at the Mystery House:

- Even though it's been since 1922 that Sarah gave her last order, they say the carpenters are still trying to finish the work---even in the afterlife. An employee's friend, who was taking pictures of the house, caught a mysterious figure who looked like a worker of that era in the photograph itself when nobody was even in the picture frame at the time.
- National Lampoons... Ghosts of Winchester House? Not likely, but these ghosts do like to play pranks on their living friends. On some occasions, workers will shut off all the lights, lock the doors, and leave. They have turned around and noticed that the lights of the third floor have been on when they were absolutely sure that they turned them off. When they go back in, they discover that the doors have been unlocked again.
- Sarah Winchester-Rest in Peace? Over the many years since Mrs. Winchester passed away, séances have been held by famous psychics over the years, including Harry Houdini, who was known as a psychic debunker. To the knowledge of those within the house, no reports have been made about Mrs. Winchester still residing in the house, but they are glad she is not there. With a generous and kind lady, who went through so much in life, she may just be finally resting in peace with her Annie and William.

All information for this article is from the incredible website: [www.winchester-mysteryhouse.com](http://www.winchester-mysteryhouse.com) where you can find pages upon pages of information of the famous house. Also, check out my extended version of this story on my website [scaredsheetlessncn.blogspot.com](http://scaredsheetlessncn.blogspot.com). Thanks for reading and happy hauntings!

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# Ironies In The Family

By Elinor P. Mawson

There are so many ironies when it comes to raising kids. Those ironies start when you are expecting a girl and get a boy. Of course you love him just the same.

Then there is the music. I played classical music all the time I was carrying my boys. They heard it a lot while they were growing up, too. What is their preference?? One likes heavy metal and the other likes Country Western. They ask me what is wrong with my stereo when I continue to listen to Vivaldi and Mozart. The closest one of them came to appreciating my kind of music was when he sang a song about his new coat to the tune of Handel's Water Music.

We purposely had our boys far enough apart so we wouldn't have to pay for college for both at once. After all we were teachers with Master's degrees and a love of learning. Guess what?? They both hated school. They learned all the basics and can put a good sentence to-

gether and are fairly good in Math and spelling. But it was like pulling teeth to get them to go to school, let alone finish. For a long time, we felt frustration, disappointment, and incredulous. We wondered what they would do with their lives, how they would make a living, even if they would ever be hired. Surprise! They both found jobs when they were about 14 years old and haven't stopped working since. Of course the jobs were menial at first, and they made a lot of mistakes along the way, but they both have an uncanny work ethic which we are flabbergasted about, even to this day. They love to work! Nothing seems too difficult to them. They have accomplished huge jobs that would daunt most anyone. I still don't know how they learned so much--especially because they seem to have done it on their own.

Along the way, they have done work for us. They restored our camp many years

ago, and built our house in 2004. Their father worked with them both times, and was privy to a lot of arguments and name-calling. When he stopped accompanying them with their tasks, they stopped fighting and now work together for the public as well as their own projects with nary a bad word. My husband is very proud of himself for stepping out of the way and solving a big problem.

Neither of our sons has turned out the way we thought they would. Despite their choice of music, their lack of a college education, their different lifestyles, the way they earn their money, they are wonderful people. They both have a fabulous sense of humor, they are compassionate, they have given us some wonderful grandchildren.

Yes, there are ironies when it comes to raising children. They are the way they are, and we love them just the same.

# 248 Years And Counting

If your math is good then you have figured out that this is about something that happened in 1763. That was before there was a United States of America. In fact, at that time this area was still a colony of England. It was during the 1760's that many New Hampshire and Vermont areas became actual towns. Therefore, many towns in this area will soon be hitting the ripe old age of 250. In recognition, many of those towns are planning on special events to celebrate. Newbury, Vermont and Haverhill, New Hampshire are two such towns. The Charter papers that formed the two towns were signed by many people including General Jacob Bayley of Newbury and John Hazen of Haverhill, two of the more prominent names of the time. Since that time many other connections have been created between the two towns.

But this story centers on 1763 and the upcoming celebration of that date. To that end both Haverhill and Newbury have set up committees to begin the process of putting together a year that will be remembered for the next 250 years. And those two groups have decided to continue the tradition of working together. Therefore there is

now just one committee (with some sub-committees) putting together a celebration that will include both towns, both states, and hopefully all the residents within those areas and far beyond.

Some plans have already been made. Others are still to be smoothed out. And undoubtedly more are yet to be developed or even thought of. For that reason the current members are looking for more help. It doesn't matter what your skills are. It matters not if you are a history buff or not. It matters not where you live.

All that matters is that you are willing to help. Active members are asked to attend one meeting a month (the third Wednesday at 7:00 PM at the Haverhill Municipal Building). The only other requirement is to think ahead about celebrating the upcoming 250th anniversary of the charter of Haverhill, New Hampshire and Newbury, Vermont.

If you would like more information contact Chairperson Nancy Millette or leave a message at the Haverhill Town Offices at 603-787-6800.

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good knowing that you're helping a homebound senior remain independent. Individuals and groups are invited to contact us to learn more.

Make a difference in the lives of others. For more information, contact Carol Entriken, Volunteer Coordinator, at the Area Agency on Aging at 748-5182 or 1-800-642-5119.


# Ryegate Historical Society Howard Coffin July 6th Speaker

The first of three 2011 Ryegate Historical Society programs will be held on Wednesday, July 6th at 7:30 PM in Whitelaw Hall, East Ryegate. The guest speaker will be Dr. Howard Coffin, well known Vermont author and authority on the Civil War. His topic will be "Vermont and the 150th Anniversary of the Start of the Civil War" which will include reference to Ryegate sites connected to the War. This program is co-sponsored by a generous contribution from the Vermont Council on the Humanities.

Dr. Coffin grew up in Woodstock, a seventh-generation Vermonter. He has worked as a reporter, a news director at both Dartmouth and UVM, and as press secretary for former Senator Jim Jeffords. He has long been active in battlefield preservation, and served on the national Civil War Sites Advisory Commission and the Association for the

Preservation of Civil War Sites. He is currently researching a book on Civil War Sites in all 251 towns and cities in Vermont including homes of Civil War soldiers, hospitals, drill fields, cemeteries, halls where abolitionists spoke and war meetings were held, monuments, homes where women met to sew for soldiers, factories that made war materials, war resistor's homes, Underground Railroad sites and more. He has been in Ryegate collecting information. Dr. Coffin has authored three books on the Civil War - "Full Duty: Vermonters in the Civil War"; "Nine Months to Gettysburg"; and "Battered Stars", as well as "Guns Over the Champlain Valley", a book on military sites along the Champlain corridor

The RHS welcomes Dr. Coffin and invites members, friends and other area residents to attend. All are welcome. There is no admission charge.

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# A Walk In The Woods – June 2011

By David Falkenham, UNH Cooperative Extension Grafton County Forester

While camping in northern Maine a few years back, my wife witnessed one of nature's wonders when she was quite literally confronted by a raging ruffed grouse. According to her the bird was hissing, spitting and had fangs and leg muscles; it attacked with no mercy. Luckily Jewel, our former black lab, (in her prime at the time) finally arrived on the scene in full flight mode and chased the marauding grouse off.

Sounds like something out of a sci-fi movie? Actually it's not and my wife's story was very true, albeit just a touch embellished. This grouse was putting on a performance to defend her chicks and the month of June is the perfect time to be in the woods to witness such an event (if you can tolerate this year's mosquitoes).

Wildlife of all size and stature employ a vast array of defense mechanisms to either ward off or draw away intruders from their young

and most of the displays are quite impressive. The most common trick of all is the broken wing trick which is performed by grouse and turkeys. In this case the mother bird does everything she can to get the attention of the intruder by faking a broken wing. As the intruder approaches, the mother bird will drag her wing and carry on, but always staying a safe distance away. When the mother has drawn the intruder sufficiently far from her brood she will blast off and eventually return to her chicks.

Some of us have witnessed this trick and might wonder if it actually works. Humans of course have no interest chasing the mother bird, but dogs are a different matter. I have never seen a dog not sucker for this trick and it is quite a show to watch. The mother grouse wins every time and the dog usually ends up doing a fruitless 200 yard dash through

the woods. Walker, our black lab, suckered for that trick the other day for the first time so I'm glad he's faithfully following in the footsteps of his predecessors (maybe it's a black lab thing).

If the broken wing trick does not work, the mother grouse will puff up her feathers and start hissing, approaching the intruder, prepared to fight. This is the act my wife witnessed and it is quite an intimidating act for a one pound bird.

With larger animals, a full frontal assault is the defense of choice. I have been confronted by a mother deer that was highly agitated by my presence and I have heard of dogs being attacked by mother deer. Goshawks re-

ally put on the war paint to defend their nests and I have been attacked on numerous occasions. One of the goshawks that attacked me swooped and made full contact with my mountain bike helmet. You really haven't seen fury until you upset mom! I learned this a long time ago but thought I had gotten away from such concerns.

It is a wonderful time of year to be in the woods, the birds are singing and life is in full swing, but some caution should be exercised. If you encounter any animal defending its young the best thing to do is give mom some space and leave the area. She has enough to worry about without you around. Of

course some moms such as goshawks, bears and moose will make darn sure you leave the area.

Wild babies are cute, but give them space and when it comes to bears and moose give them lots of space. I have never had an unpleasant bear encounter but I have seen the cubs up close and made a hasty departure. Moose on the other hand, that is a different matter. Bull moose are big and unpredictable, but mother moose will defend their young with unimaginable aggression. Suffice it to say if you encounter a mother moose or bear, enjoy the moment, give them space and leave them to their business.

## OBITUARY – DANIEL M. WARD

**COLUMBIA, NH - DANIEL "DANNY", "D-WADE" M. WARD**, 18, of Columbia died from injuries received from a motor vehicle accident on Wednesday, June 8, 2011 in North Stratford.

Born February 6, 1993 in Lancaster, NH a son of David A. Ward and Deanna L. Marier, he resided most of his life in the Groveton/Northumberland area.

He attended Groveton High School; played in the GHS Band; was the GHS Eagle Mascot for a couple of years; played all the sports that GHS offered; and use to be a lifeguard at the Groveton Town Pool. Danny also played Wolf Pack football and pee-wee hockey for the Colebrook Police Athletics' League. He played in the Tuba Christmas in Colebrook and in the Lancaster Com-



his brother Anthony Ward and his girlfriend Hillary Oliver of Lancaster, NH; maternal grandparents Marcel and Ruth Marier of North Stratford, NH and Nancy Connary of Island Pond, VT; paternal grandparents Raymond and Carol Ward of Port Charlotte, FL and Patricia Ward of Bucksport, Maine; maternal great-grandparents Maurice and Connie Connary of Island Pond, VT; his girlfriend Becca Peterson of Columbia, NH and numerous aunts, uncles and cousins.

community Band.

Danny was an avid New England Patriots; Boston Red Sox; Boston Celtic and Boston Bruins fan.

Danny is survived by his parents Deanna Marier of Quechee, VT; and David Ward of Port Charlotte, FL;

Calling hours were held on Sunday, June 12, 2011 from 2-4 & 7-9 pm at the Armstrong-Charron Funeral Home in Groveton. Funeral services were held on Monday, June 13, 2011 at 4:00 pm in the Groveton High School Gymnasium, with Fr. Daniel Deveau, pastor of the St. Marguerite d'Youville Parish officiating.

In lieu of flowers, memorial donations may be made to either the Groveton High School Band Department; 65 State Street; Groveton, NH 03582 or the Above the Notch Football Association (ANFA); c/o Kim Matthews; 5 Williams Street; Lancaster, NH 03584.

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# Garden Symposium And Fair Is Saturday, July 9

Report # 8

17

June 10, 2011

## Executive Council Report

By Ray Burton



The garden at Peonies of the Coös Riviera in Dalton are in bloom in June. (Courtesy photo)



Roses against a picket fence are a quintessential summer garden delight. (Courtesy photo)

camp and conservation organizations.

The lineup for this year's Symposium & Fair includes four informative presentations by local experts: peony specialist Marion Schafer (10 a.m.), owner of Peonies of the Coös Riviera in Dalton; Sugar Hill Botanical's Holly Haywood (11 a.m.); naturalist Bob Durant on wildflowers, wildlife and butterflies (1:30 p.m.); and landscape designer Erika Krauss (2:30 p.m.).

Exhibitors include Susan Stith, who will open her nursery across the street for visitors; the 4-H students of Grafton and Coös counties; Sugar Hill Botanicals (culinary herbs); Peonies of the Coös Riviera; landscape designer Erika Krauss; landscape designer Carl Bretton; floral photographer Mark Winter; Weeks State Park; and the White Mountain Garden Club, with photos of their civic plantings and members' gardens.

Floral crafts, new and old gardening books, and plants and flower arrangements from members' gardens will be for sale. Lunch will be available from noon-1:15 p.m. in the Sugar Hill Meeting House, including a vegetarian option. A raffle is also planned to round out the day's activities.

Tickets for the Symposium are \$15, or \$25 for the Symposium and lunch, and can be purchased on the day of the event or in advance by contacting Karen Jostrom at 823-9989 or madamefunfield@aol.com. Anyone who has questions about the Symposium & Fair can contact Winnie Ward at 586-4372.

SUGAR HILL — Gardeners, save the date! On July 9, the White Mountain Garden Club will host a Symposium & Fair in Sugar Hill, featuring presentations by local gardening experts and a variety of garden-related exhibits and sales. The 10 a.m. to 4 p.m. event will be held at both the Sugar Hill Meeting House and the Carolina Crapo Building, diagonally across the road from one another on Route 117.

"We can't imagine a better way to spend a Saturday in summer than conversing with other like-minded gardeners, learning new gardening techniques, and enjoying browsing the interesting exhibits we have planned," says Mary Sloat, Garden Club president. "We invite you to join us this year at the Symposium & Fair."

The White Mountain Garden Club has a long history of community involvement. Since 1924, the Club has sponsored flower shows, garden tours, auctions and other events to educate, enlighten and delight gardeners and other community members. The proceeds from these events enable the club to contribute money each year for area-wide civic plantings, and to children's

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Over the past few years there has been significant public money used to build 10 Waypoint and Welcome Stations along the Connecticut River Valley. In 1996 the states of Massachusetts, New Hampshire and Vermont received funding through the Federal Highway Administration Scenic Byway Program to study the feasibility of byways along the Connecticut River for the purpose of encouraging tourists to travel off the Interstate Highways and onto the more rural roads along the Connecticut River.

The Connecticut River Byway Council headed by Nat Tripp of St. Johnsbury, Vermont working with Connecticut River Valley Regional Planning Commissions, has arranged a two day tour on October 6 & 7, 2011 with official stops approximately every 25 to 35 miles along the river at each of the ten Waypoint Information Centers from Brattleboro,

Vermont to Colebrook, NH. Each stop will include a brief presentation and discussion about the Byway Project at each location and how it partners with other local points of interest. The Commonwealth of Massachusetts and Connecticut Valley Counties have also expressed an interest as well.

The Connecticut River is truly a resource that continues to work for us all with historical facilities, hydro power, production farmlands, waterways, boating and other water interests including a wide variety of wild life and aquatic life.

My office has a map of the entire Connecticut River Byway Way Point centers. Please contact me if you would like one.

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June 21, 2011 Volume 2 Number 18

# Your Herbal Medicine Choices

## Whole-Herb Healing Or Standardized Plant Constituents?

Clearly, American health care consumers are increasing their use of herbs as natural alternatives to drugs. Standardizing separate herbal constituents for potency is becoming popular today as herbal manufacturers enter drug-orientated health care markets.

But, what is sacrificed when herbal constituents are "standardized?"

It's a case of government regulations and orthodox medicine trying to make herbal healing fit into a laboratory drug mold. Without question, Americans need safe, effective, alternative medicines. But, this time the demand includes incredibly intricate, living medicines... medicines whose value lies in their complexity, and their ability to combine easily with the human body, not in their concentration or the potency of any one constituent. Standardization uses synthetic chemicals to peel away one or two so-called "active ingredients" out of dozens of constituents that make up a single herb. The result is an overly refined product that misses the full range of benefits offered by the natural herb.

As a traditional herbalist, I believe that standardization short-changes the full spectrum of whole-herb healing. Throughout the ages, from all cultures and traditions,

herbalists have effectively used whole herbs for whole bodies with immense success that rivals modern day allopathic medicine. There is tremendous value in the knowledge gained through observation and understanding of real people with real problems and natural solutions. Yet, in the "health care" world, laboratory yardsticks are the only measurements science understands or governments approve. Herbal healing fell out of favor not because it was ineffective, or even because something better was discovered, but because scientific technology had little understanding of nature, and medical market economics had no incentive to investigate it, because no one can "patent a plant."

Standardizing a so-called "active ingredient" in a drug-like approach neglects one of the main benefits of whole herbs. As naturally concentrated foods, herbs have the unique ability to address multiple problems simultaneously. In most cases, the full medicinal value of herbs is in their internal complexity. Single herbs contain dozens of natural chemical constituents working together, this is why an herb is rarely known for just a single function. The evolutionary development of each herb has created a whole essence: the natural herb in correct and balanced

ratios with all its constituents. Many of the constituents within a whole herb are unknown – even to modern science – and internal chemical reactions within and among herbs are even less understood.

How can we integrate herbal healing into scientific methodology to make it available to everybody?

It's a question that's splitting herbal product providers apart. Standardization is seen by some companies, especially those whose main focus has been vitamins or other supplements, as a way for herb products to challenge the mainstream drug company monopoly, by measuring and assuring an "active constituent" of a plant for medicinal use. Standardization is also considered a way to deal with FDA regulations to be stated on product labels. As herb companies begin to educate the public about health benefits of herbs, a way must be found to work with regulations that were never intended to deal with the complexities or broad-based effects of herbal healing.

Standardizing potency for only one or two extracted "active ingredients" for certain "vested interests", attempts to use limited laboratory procedures to convince the AMA, the FDA and medical scientists of the value of herbal therapy. The activity of herbs is due not only to their bio-chemical properties, but also to their unique, wholistic effects, and most importantly, to their interaction with the human body.

Herbs have rejuvenative qualities entirely missed by standardization. Yet, quality and consistency are a major

concern in ascertaining herbal effectiveness. Somehow, herbalists and herbal product suppliers must integrate herbal traditions, ethical commitment, FDA regulations and consumer concerns.

Here's what we lose when we try to standardize a complex medicinal plant.

Standardization attempts to isolate "active constituents" for a limited function. For example, ginseng has become a popular ingredient in many herbal products. One laboratory test identified two of its 22 known constituents (called Rb1 & Rh2), in an attempt to isolate ginseng's functions as an anti-oxidant and for lowering cholesterol. Yet thousands of years world-wide, well-documented functions as an anti-oxidant and for dozens of other actions that control disease and promote wellness, functions entirely missed by the test. Should we deny people the ultimate value and effectiveness of ginseng's activity simply because a laboratory hasn't tested for every one of its functions yet?

Standardization fails to take advantage of the synergistic power of herbs in combination.

Standardizing one constituent never works within an herbal combination because the whole balance of the compound is lost or changed. As a professional herbalist since 1991, I use combination because, in most instances, they work more efficiently with multiple body functions. To make use of the full spectrum of healing possibilities, we combine ginseng for example with suma. The resulting extract has synergistic benefits – exceptional body cleansing and nutrient assimilation support, and a significant role in bal-

ancing of body sugar levels – significantly more than either of these herbs used alone.

Only a combination of herbal nutrients encourages overall body balance. Since all body parts, and most disease symptoms, are interrelated, it is wise to use a compound of herbs which can affect each part of the problem. For example, a prostate healing formula contains herbs that help dissolve sediment, herbs with anti-inflammatory and anti-biotic properties, and herbs to tone and strengthen tissue. A "standardized" supply of one or two constituents in a drug-like dose is not intended for this wholistic purpose.

Indeed, a good herbal combination will contain much more than even the primary whole herbs. It will include secondary herbs to soothe and help the body repair itself; catalyst and transporter herbs to carry active constituents into the body for optimal absorption and utilization, and complimentary herbs to address side effects related to the main problem and balance acid/alkaline levels.

The interaction of constituents within a single whole, non-standardized herb is much like the supportive roles that secondary herbs, or catalysts and transporters perform in effective herbal constituents.

Herbs give the body a wealth of subtle healing essences from which to choose. Science can only quantify, isolate and assay to understand. When we say that the standardized constituents are all there is to healing, we lose. An herbal compound is much more than the sum of its parts. Herbs are a natural healing art that can teach your body what to do for its own wellness.

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*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive 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*

# “Good Moorning Vietnaam!!!”

## Lessons Learned In A War Zone

By Robert Roudebush

The day they flew me into sweltering Saigon, the thunder was all around – we even heard it inside the plane - except that it wasn't the rainy season and there was no thunder. Lesson number one.

Lesson number two – as I humped it out of the aircraft, a Braniff Boeing 707 Commercial Airliner, across blistering tarmac - “Get to the terminal now, move it, keep low, keep moving, faster move your butts now NOW!” Why? Because for the first time in my young life, I could hear the whizzing of bullets around my head as well as the thunder. They were going to kill me if they could. I was dressed in a thick wool Navy dress blue uniform, in 95 degree heat and humidity, just about soaked through, carrying my sea bag on my shoulder. I'm sure I looked a fool, sure felt one, but I was alive and I made it.

Lesson three, connected to lesson two - shut up if you want to live, and do what was

shouted at you to do. In this case now it meant climbing on board an army green transport bus, with heavy wire grating over the windows for the hand grenades to bounce off of before they came in the windows and blew your face away. The bus driver was dressed in sweat and strain and a bulky flack jacket and a helmet, carrying an M-16 and a .45 on a web belt and he had two buddies more heavily armed than he was. Both stood in the middle aisle of the bus as it charged through the crowded parking area, one facing forward, scanning the streets ahead, and the other watching behind. Each carried an over-and-under shotgun and a lot of attitude. Sweaty, smelly and scary looking they were, just like I would be in less than a week. But for now they were on our side, protecting us newbies just arrived in-country.

And all this took place at a civilian airline terminal, which had become a kind of

military air base, Tan Son Nyuht, just on the outskirts of Saigon, in the early months of 1968, just before the Tet Offensive that nearly overran the country. Tensions were high and so was the action.

Most of us military personnel arrived in-country that way, in those days, on commercial air carriers, in our case Branniff, not military transports. It was a long flight out of Travis Air Force Base, near San Francisco, “The Gateway to the Pacific” to Vietnam, with one refueling stop at Hawaii. I was one of several hundred sailors, soldiers, Marines, and Coastguardsmen on that flight, and one way to pass the time was sleep for 13 or 14 hours. But none of us really did. Another way to pass the time was to appreciate the only ladies on the flight, the stewardesses. We were all young men, going to war, and the stewardesses on the flight – that's what they were called in those days, not flight attendants – were all dressed in

skimpy, colorful, tight-fitting little late-'60's outfits that kept many of us distracted. It has occurred to me since then that that procedure was no accident. They smiled, flirted and consoled us and more than one of us young military men fell in love and cried when the trip was over.

Lesson four – don't do that.

Lesson five I'll never forget. On the bus, powering out of the airport parking lot into the steaming streets of Saigon, I looked out through the protective wire mesh at the scene around us, huge amounts of traffic, Esso oil trucks and human-powered and motorized cyclos, but mainly hundreds of people, entire families sometimes, on tiny little motorcycles, 50 CC Hondas, buzzing along, all creating a poisonous blue haze in the air, rushing dangerously through the

crowded streets. One boy was especially close to the bus, he looked about 14, smiling and waving, by himself, on his cycle, black pants, white shirt and blowing black hair, a Saigon Cowboy, his school book bag over his shoulder as he yelled, in Saigon street English, “Hey GI, hello American, you numbah one, like to see you, OK! Good time for you.” That's when the smiling school boy reached with one hand into his book bag, took out a grenade and threw it sidewise at me, right at my window, and that explosive device hit the grating, and bounced back into the street, landing near the curb at a sidewalk café crowded with people and blew up.

Lesson six. Be glad to be alive and not splattered all over the place in small red pieces.

Good morning Vietnam.

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EDITOR'S ASSISTANT .....DEVIL'S ADVOCATE  
SALES .....CAROLYN DARLING,  
LAUREN M. LOSCHIAVO, GARY SCRUTON  
GRAPHIC DESIGN .....JEANNE EMMONS  
BOOKKEEPING .....JANICE SCRUTON  
CARTOONIST .....OWEN DAVIE

CONTRIBUTING WRITERS .....SHEILA ASSELIN,  
MARIANNE L. KELLY, ELINOR P. MAWSON,  
MELANIE OSBORNE, ROBERT ROUDEBUSH  
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Phone 603-747-2887 • Fax 603-747-2889  
gary@trendytimes.com  
ads@trendytimes.com  
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By Ronda Marsh



## Pound Cake Tiramisu

June 21, 2011 Volume 2 Number 18

If you have ever been to an Italian restaurant, perused their dessert menu, and wondered exactly what "Tiramisu" is, I'm here to tell you it's a little slice of heaven which literally translates to "pick me up." I've read varying accounts as to its origin; one resource claims that ancient Venetian courtesans used to dine on Tiramisu while awaiting their gentleman callers, while yet another insists it is a rather recent creation, dating to 1981 from a restaurant in Treviso. Whatever the source, it sure is delicious, and although I had tried making it

several times, it just never was as tasty as I envisioned. I also have an aversion to making anything that requires the use of uncooked eggs in the finished product (which authentic Tiramisu requires), so I kind of crossed that off my list of make-at-home desserts. Then, a year or so ago, I came across this recipe. It arrived in one of my cooking magazines; I just don't remember which one, since I clipped it sort of as an afterthought, but didn't really consider making it in the near future. As luck would have it, I had some company coming

on short notice, and I had a pound cake in the freezer, so I decided to give it a try. Now, here is where I need to apologize for the rather unflattering photo. A real food photographer would have

taken their time setting up the perfect, lovely picture. Not me! We kind of a dived in, then I remembered to snap the shot. Maybe it's a testament to how much this dessert surpassed my origi-

nal expectations. Just remember, that since Tiramisu really needs to refrigerate for a few hours, it is perfect to make the day before you intend to eat it...if you can hold off that long!

- 1 cup heavy cream
- 4 ounces bar cream cheese, room temperature
- 3 Tablespoons confectioner's sugar
- 1/2 cup strong coffee or espresso, room temperature

- 2 Tablespoons dark rum or brandy (or Kahlua...my personal preference!)
- 1 loaf pound cake cut in 1/2" slices
- 1/4 cup shaved semi-sweet chocolate
- Unsweetened cocoa powder, for dusting

In a large bowl, using an electric mixer, beat cream cheese, sugar and heavy cream. In a small bowl, combine coffee and rum.

In a 2-quart baking dish, lay half the cake slices, trimming to fit. Brush with half the coffee mixture. Top with half the cream mixture, and half the chocolate. Repeat. Dust top with cocoa powder. Cover and refrigerate at least 4 hours until serving time. Serves 8.

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