

# TRENDY TIMES

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SEPTEMBER 27, 2011 VOLUME 2 NUMBER 25

## The Scarecrows Of BMU And WHS Brought To You By The 3RBA

*By Gary Scruton*

The first day of Autumn was Friday, September 23 and the landscape in the 3 Rivers Business Association area was in the midst of being transformed. Mother Nature was hard at work with changing leaves from solid green to a multitude of shades of orange and red. Farmers were getting the last crop of hay plus cutting the year's supply of corn. Gardeners were taking in the last of the season's vegetables, plus a few fruits. Apple growers were seeing their harvest at its peak.

And this year there was a new crop that appeared to have grown almost overnight. Students from Woodsville High School and Blue Mt. Union were in the midst of creating thirty scarecrows of various heritages. Those scarecrows were then distributed to business members of the 3 Rivers Business Association to be on display for all to see and enjoy.

Twenty of the newly created masterpieces came from the students on King's



Plain, while the other ten came from students of Wells River, Ryegate and Groton. All had found their homes by midday on Saturday.

The idea for the onslaught of straw men came from the business group that boasts members from both sides of the river. The rules that were generated for this program included the fact that it was to be a "green" project. No one was allowed to go out and purchase anything. The heads were mandated to be made of non-perishable material. In other words, no pumpkin heads allowed. The scare-

crows were also mandated to be made strong enough to stay in place until Halloween. The business group provided the initial scarecrow base. That being a 1x3 about 6 feet tall with a pointed end (for driving in the ground if need be) and a cross piece about 3 feet long. They were attached to form a sturdy beginning point.

The judges were scheduled to visit all 30 entries at their new homes over the weekend to determine a winner from each school. That winning team is to receive a pizza party courtesy of the business group.

Of course a lot more than just the scarecrow competition was part of this past weekend at the two schools. There was also a soccer game, a homecoming dance, and even a chicken barbecue. All this as part of the new Homecoming tradition that is being built at the two institutions.

It should also be noted



that the students first met in their groups about a week in advance in order to brainstorm. At that time they were given the character that their individual scarecrow was to depict. This allowed the teams to gather the needed

materials and be prepared for the ninety minutes or so that they were given to put together their creations.

With all 30 scarecrows being completed and placed, and with the excitement of a pizza party to the winning entries, it appears that this project is well on its way to becoming an annual event that will "dress up" the business community for many years in the future.



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# Dr. Paul Chu, M.D. Joins Cottage Hospital Internal Medicine Department

Woodsville, NH - Cottage Hospital is pleased to announce that Dr. Paul Chu, M.D. has joined the Cottage Hospital Internal Medicine Department staff.

Dr. Chu earned his medical degree in 2007, completing a six year course of study at Peking Union Medical College (PUMC) with a major in Clinical Medicine. PUMC, located within Tsinghua University in Beijing, is ranked as the top medical school in China and enrolls only 60 medical students per year.

In June of this year Dr. Chu completed a three year internship and residency in Internal Medicine at Pennsylvania Hospital, which is affiliated with the University of Pennsylvania School of Medicine, in Philadelphia. The strengths of this community-driven residency program include excellent training and education, the opportunity for autonomy and independence, and various clinical research opportunities; qualities that Dr. Chu says will serve as a foundation for offering excellent care to his patients.

During his time as a resident

Dr. Chu gained experience working in a variety of hospital settings including the intensive care unit, inpatient floors, the emergency department, the ambulatory clinic, geriatrics and rehabilitation. The schedule was rigorous, and Dr. Chu said the first year was especially tough with long hour work weeks. During the second and third years Dr. Chu said that his role as a resident changed and he enjoyed more responsibility and independence. "The residency is a transition from medical student to attending."

Internal medicine appealed to Dr. Chu because of the ability to study a patient in depth. "Primary care is rewarding because you see the patients and how they grow," he said. A team player who is willing to share his knowledge with others, Dr. Chu states that one goal he has as a physician is to provide services to rural areas. "That's why I am here," he explained.

Born in Taiwan, Dr. Chu knew early on as an elementary student that he wanted to become a physician like

his father. "I've always liked to help people," he explained, adding that he liked to learn as much as possible.

At the age of 15, his family emigrated from Taiwan to Calgary in Canada where he attended high school and college. In 2001 Dr. Chu completed his undergraduate degree at the University of Calgary earning a B.Sc in Biochemistry with a minor in Economics.

Dr. Chu said that he enjoys reading, music and cooking. He is also looking forward to hiking in the White Mountains with his family. On the weekends, Dr. Chu spends time in Boston with his wife, Jie Cui, and their five month old daughter, Peiwen. Jie Cui, also a physician, is currently completing her education in Boston at Brigham and Women's Hospital where she is involved in

specialty training in the nephrology department.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services visit us on the web at [www.cottagehospital.org](http://www.cottagehospital.org) or call (603)747-9000.

## Next TSHS Spay/Neuter Clinic Announced

The Twin State Humane Society held another spay/neuter clinic on Sept 14 with 32 animals treated. The next clinic will be Nov 16. Please bring your pet in a CLEAN carrier with a blanket. Pets should be 6 mos and if they have already had a rabies shot you must bring the certificate. If not, by NH State law they will be given a

rabies shot. If your pet gets a distemper shot, it needs to have a booster in 3-4 weeks.

A reminder, we are still having some warm days, so do not leave pets in cars-it still gets hot.

TSHS needs help in the shelter; cleaning the cages, cat boxes and petting the kittens. Please inquire by our website [info@twinstatehs.com](http://info@twinstatehs.com)

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# Planning A New Garden Space

*By Heather Bryant, Extension Educator, Agricultural Resources*

I got a visit a couple weeks ago from a representative of a summer program for school age children. His organization intends to plant a garden with their students next spring and they wanted information on how to get started. (I love it when people plan so far ahead!) Now is actually the perfect time to plan where to install a new garden next year, whether your idea is an ambitious one involving community support and youth education

or a simple backyard garden for your own pleasure.

The first thing you need to do is decide where you want to put the garden. Obviously, you want a spot that has good sunlight, adequate drainage, a nearby source of water, and a minimum of weeds and stones. You don't want it to be somewhere where it will be hard to get to, or in the way of cars, lawn mowers or foot traffic. (Realistically, you may not find such a place on your property and so you may have to make some compromises.)

When I went through this process for my home garden last year, I actually chose two potential sites based on the traits above and then in the fall, I soil tested them both to see which was better in terms of pH and fertility. Fall is a great time to test your soil for several reasons. First the lab is less busy in the fall, so you will get your results quicker. Second, if

your test comes back saying that your pH is low and you need to add lime, you still have time to do it before winter. Lime works fairly slowly so if you apply it in the fall, it has additional time to work before you plant in the spring. And most importantly, it will tell you now what fertilizer you will need to add in the spring, giving you ample time to plan.

While the plan for my home garden was to use the soil tests to rule out a site, they actually showed the two sites were basically the same in terms of pH and fertility. They also showed that neither site contained significant lead levels, which was important to me as my plan involved edible plants. Since neither site got ruled out, I decided to use both, one for perennials and one for annuals, so that I could separate the two management regimes. Another common reason people might choose to have two

garden sites is if the pH requirements are different for their intended crops. Maintaining one contiguous garden site with two different pH regions is difficult, the most common example of this I see is a garden with both raspberries and blueberries. Blueberries do best with a pH of 4.5 – 5.0 whereas raspberries do best between 5.6 and 6.2. Your soil test results will help you determine if your intended crops require different pHs.

Once your site is chosen you can move on to the details of needed tools and supplies, garden maps and activities calendars. UNH Cooperative Extension has a number of fact sheets that will help you plan your new garden space, to find them go to [http://extension.unh.edu/resources/category/Home\\_and\\_Garden](http://extension.unh.edu/resources/category/Home_and_Garden) or ask your local librarian to see our resource notebook.

September 27, 2011 Volume 2 Number 25

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



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# Tardiff Realty Celebrates 18th Year Interview With Lynne Tardiff

By Lauren M. LoSchiavo

Lynne Tardiff is celebrating her 18th anniversary as a Realtor. She is a native of Nashua, New Hampshire, has lived and practiced in St. Albans Bay Vermont and relocated to New Hampshire 2 years ago. She is the broker/owner of Tardiff Realty, located at 79 Union Street, in Littleton, New Hampshire.

Lynne provides a number of services within her agency and has a great deal of experience in many areas of Real Estate. She has completed the Residential Real Estate Appraisers course, Mold, Lead Paint & Asbestos Remediation training, and has over 240 continuing education credits in financial, tax and insurance laws as they relate to real estate. Lynne is certified for Loss Mitigation or Short Sale/Foreclosures. This certification allows her to assist people in deciding how or if they should sell their home when their property is worth less than what they owe. Lynne is a linkedin.com member which is similar to Facebook. The members consist mostly of dedicated professionals who use the site to network, stay informed of changes, and gain a better understanding of these changes in their respective professions through discussion and forums.

Lynne's resume is both impressive and extensive. She lived in Europe for 12 years and is fluent in French. She occasionally writes her own advertising for Canadian web sites to promote property listed in NH & VT. She is also a freelance interpreter. She holds a degree in Floral Design and Business Management and an Associate's Degree. Lynne is also a property manager and has held positions in retail management, and has managed a construction company. She attended college in Vermont and in Europe.

In her spare time? Lynne enjoys hiking, boating, biking, and taking her two beautiful poodles for walks on nature trails. As a community volunteer she has brought her poodles to senior centers and nursing homes as part of the therapeutic pet program. She participates in the Alzheimer's Walkathon, and helps with fund raising in Vermont and New Hampshire. She recently became a member of the Chamber of Commerce. Lynne is a volunteer Legal Guardian Visitor Program for the Grafton County Probate Court. Her task is to ensure that persons under legal guardianship are cared for as needed.

Lynne works tirelessly for the things she is passionate about. Her professional marketing experience is geared to selling property for the highest possible value in the least amount of time using a tailored strategy for each property and client. She currently has properties to view on several websites. If you are interested in buying or selling a home, land, or condo, visit [www.TardiffRealty.com](http://www.TardiffRealty.com). Lynne can help. She can be reached at (603) 259-3130.

Lynne is open to establishing networking relationships with people who are involved in any capacity related to real estate. This includes, Attorneys, Inspectors, Lenders, General Contractors, builders, electricians and others.

Real estate is a big investment and it can be very stressful. Lynne's thoughtful and considerate manner, and knowing that she has an extensive history and knowledge of real estate, should help put you at ease. You can trust that Lynne will do everything she can to make this experience a good one.

HAPPY 18TH ANNIVERSARY LYNNE!!

# St.J ALFA

St. Johnsbury Area Local Food Alliance

I am pleased to report that our first week of the on-line farmers' market went off without a hitch. Vendor drop-off and customer delivery went smoothly, with no surprises. Ten out of the 14 vendors sold products, including meat, cheese, veggies, raspberries, baked goods, condiments, and syrup. And six new vendors have signed up this week, bringing us up to a total of 20 vendors! We are very happy with our inventory; we have a wide variety of products, all grown or produced here in the Northeast Kingdom. Take a look at our inventory: <http://stj-alfa.org/market>

We hope you will continue to support the market. The ordering period runs from Thursday to Monday of each week, with delivery Wednesday afternoon. The deadline for ordering is Monday at 11:00 PM.

In order for the market to be a success and continue to serve the community, we need to spread the word. If you would like to help, please forward this email to anyone you think might be interested. If you have questions or suggestions, please email us at [market@stj-alfa.org](mailto:market@stj-alfa.org). Thank you!



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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 AEROBIC FITNESS CLASS

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

## OCTOBER 3 - 31

### LANDSCAPES: AN ART EXHIBITION BY KRISTINE LINGLE

Alumni Hall, Haverhill

## SATURDAYS (9/17 – 10/21)

### FARMER'S MARKET

9:00 AM – 1:00 PM  
Behind The Star Theatre, St. Johnsbury

## TUESDAYS (9/13 - 10/4)

### WATERCOLOR CLASSES

1:00 PM – 3:00 PM Beginners  
5:30 PM – 7:30 PM Advanced  
Alumni Hall, Haverhill

## TUESDAY, SEPTEMBER 27

### CABOT FALL FOLIAGE DAY

8:30 AM  
Various Locations In Cabot

## THURSDAY, SEPTEMBER 29

### PEACHAM FALL FOLIAGE DAY

9:00 AM  
Various Locations In Peacham

### JEANIE FORRESTER FREE THANK YOU SPAGHETTI DINNER

5:00 PM – 7:00 PM  
Horse Meadow Senior Center, Haverhill  
*See ad on page 10*

## FRIDAY, SEPTEMBER 30

### HISTORIC GOODWILLIE HOUSE OPEN HOUSE

8:00 AM – 4:00 PM  
Barnet Center  
*See article on page 9*

### FALL FOLIAGE SOUP & SANDWICH LUNCH

11:00 AM Until Gone  
McIndoe Falls Congregational Church

### AN EVENING OF ONE ACT PLAYS

7:30 PM  
Old Church Community Theater, Bradford  
*See article on page 7 and ad on page 8*

## SATURDAY, OCTOBER 1

### ALL YOU CAN EAT PANCAKE BREAKFAST

8:00 AM – 11:00 AM  
McIndoe Falls Congregational Church

### HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM  
Christ Covenant Anglican Catholic Church  
Creamery Street, Marshfield

### AN EVENING OF ONE ACT PLAYS

7:30 PM  
Old Church Community Theater, Bradford  
*See article on page 7 and ad on page 8*

## SUNDAY, OCTOBER 2

### NORTH COUNTRY YMCA

**GOLF TOURNAMENT**  
9:00 AM Shotgun Start  
Maplewood Golf Club, Bethlehem

### PADDLE THE BORDER - SPRING

10:30 AM – 11:30 AM Suggested Launch Time  
Newbury Boat Launch  
*See ad on page 15*

### AN EVENING OF ONE ACT PLAYS

4:00 PM  
Old Church Community Theater, Bradford  
*See article on page 7 and ad on page 8*

## MONDAY, OCTOBER 3

### GOOD OLE BOYS & GIRLS MEETING

**LARRY WALSH, OXBOW HS PRINCIPAL**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

## TUESDAY, OCTOBER 4

### 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, OCTOBER 5

### 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM  
Woodsville Guaranty Savings Bank, Woodsville

## THURSDAY, OCTOBER 6

### EGG QUALITY SCHOOL

8:00 AM – 4:00 PM  
UNH Extension Office, North Haverhill

### BATH FIRE ASSOCIATION TURKEY SUPPER

5:00 PM – 7:00 PM  
Bath Congregational Church  
*See ad on page 9*

### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## SATURDAY, OCTOBER 8

### HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM  
Christ Covenant Anglican Catholic Church  
Creamery Street, Marshfield

### 53RD ANNUAL TURKEY DINNER

5:00 PM - 6:15 PM - 7:15 PM Settings  
West Newbury Community Hall

### CELEBRATED PIANIST GEORGE LOPEZ

7:00 PM  
Alumni Hall, Haverhill  
*See ad on page 10 and article on page 19*

## MONDAY, OCTOBER 10

### ROSS-WOOD AUXILIARY UNIT 20

### MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

### FALL BOOK DISCUSSION SERIES

7:00 PM  
Haverhill Corner Library  
*See article on page 9*

## TUESDAY, OCTOBER 11

### ESSAY WRITING WORKSHOP

7:00 PM  
Haverhill Corner Library  
*See article on page 9*

## WEDNESDAY, OCTOBER 12

### MONTHLY MEETING -

### ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

## SATURDAY, OCTOBER 15

### HOME BAKED GOODS, CRAFTS & PLANTS

9:00 AM – 1:00 PM  
Christ Covenant Anglican Catholic Church  
Creamery Street, Marshfield

### SWEET JAMM

7:00 PM  
Alumni Hall, Haverhill

## TUESDAY, OCTOBER 18

### NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon  
Woodsville American Legion Post #20

## WEDNESDAY, OCTOBER 19

### THE MAN FROM VERMONT: THE OLD COUNTRY FIDDLER

6:00 PM Potluck Supper  
7:00 PM Program  
Vestry, United Church of Christ  
245 North Main Street, Bradford

## SATURDAY, OCTOBER 22

### FRIENDS OF BATH ARTS & CRAFTS FAIR

10:00 AM – 3:00 PM  
Bath Village School

## MONDAY, OCTOBER 24

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

**PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.**

*Submit your entries by:*

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

**Deadline for submissions is Thursday, October 6th for our October 11th issue.**

# Five One Act Plays, Plus A Multitude Of Talents, Equals An Enjoyable Evening

By Gary Scruton

The final performances of the season are now underway at the Old Church Community Theater in Bradford. As has become their tradition, the final round of performances are one act plays. This year featuring five different plays. And though each was different in its own way, there were also several threads tying them together.

One of those threads is that three of the plays were being performed for the first time ever. One "After Words" was written by Deborah

Savage, a fairly well known playwright with at least two other plays currently in production at other theaters. Two other plays "Black Fear" and "The Last Double Play" were both written and directed by Charles Fray, who has been in several performances himself during the year at OCCT. He also graces the stage at other theaters in the twin state region.

Another thread that was common among plays was that there were several actors who appeared for the first time ever at OCCT. And as has been the rule throughout the season those actors came thru with performances they can be proud of. Along with those newbies, were some much more experienced, and some might say talented, actors.

"After Words" featured two such experienced actors who made this comedy come alive. With no need for extensive props and having the proper curtained backdrop to help set the mood, they took us behind the scenes of an award show. A surprise or two and even an on stage costume change kept the audience interested and jovial with the actions and antics.

The other comedy of the evening "Infant Morality" also brought the crowd to life as the on stage performers worked around a new life. Problem solving in a comedy can certainly be unpredictable, and at least two twists justified this

performance being the last of the evening, and therefore the last of the season.

Both of the new plays written by Charles Fray were dramas and both had a certain darkness to them. The first "Black Fear" can really be well described as "Powerful". The actors did this first time performance proud. The play itself had a strong message, and the audience certainly was left with some questions to ask themselves.

The other drama "The Last Double Play" had a larger cast, and even more characters as part of the plot, if not actually on stage. It included a number of scenes, though all in one location. It was the one play of the evening that appeared to need a bit more sharpening. The play was entertaining and featured a tragic twist on the theme of revenge.

The fifth play, the shortest, was also the oldest, written in the 1920's. It could also be described as the cutest play of

the evening. "The Incompatibles" also featured a cast of just three, but they certainly made the most of it.

One of the drawbacks of producing a night of one act plays at OCCT is that there is not time for major scenery changes. But, with good acting, directing and production there is little need for props or extensive scenery. That is why

this evening of one act plays continues to be an evening well worth the time and reasonable fee to attend. It will be a long winter until OCCT hits the boards again in April of 2012. So if you have any interest in good local theater, be sure to find a seat during the final weekend of performances for 2011 at Old Church Community Theater in Bradford.



"After Words"



"The Last Double Play"



"Black Fear"



Paul Chu, MD



Marlene Sarkis, MD



Keith Fortier, MD



Cynthia Holloran, APRN



Lili Cargill, APRN

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# Getting To The Root Of Common Food Safety Myths

By Deb Maes, Extension Educator, Family & Consumer Resources

When you go grocery shopping, you carefully check the condition of the produce, packaged foods and the contents of the meat and dairy coolers to find foods you think are freshest and safest to eat. But all foods -- regardless of the way they were produced -- need to be handled and stored properly to prevent the growth of harmful bacteria that can cause foodborne illness, according to the non-profit Partnership for Food Safety Education.

September is National Food Safety Education Month and UNH Cooperative Extension is joining with the non-profit Partnership for Food Safety Education (PFSE) to introduce "Food Safety Mythbusters" to consumers.

The four myths are presented with the facts consumers need to know to help reduce their risk of foodborne illness:

· Myth: Freezing foods kills harmful bacteria that can cause food poisoning.

Fact: Bacteria can survive freezing temperatures. Freezing is not a method for making foods safe to eat. When food is thawed, bacteria can still be present and may begin to multiply. Cooking food to the proper internal temperature is the best way to kill harmful bacteria. Use a thermometer to measure the temperature of cooked foods and check this handout to view the current recommended cooking temperatures for meats. [http://fightbac.org/storage/documents/flyers/cook\\_fightbac\\_fact\\_sheet\\_2010\\_color.pdf](http://fightbac.org/storage/documents/flyers/cook_fightbac_fact_sheet_2010_color.pdf)

· Myth: I eat a vegetarian diet, so I don't have to worry about food poisoning.

Fact: Fruits and vegetables are an important part of a healthy diet, but like other foods they may carry a risk of foodborne illness. Always rinse produce under running

tap water, including fruits and vegetables with skins and rinds that are not eaten. Never use detergent or bleach to wash fresh fruits or vegetables as these products are not intended for consumption. Packaged fruits and vegetables labeled "ready-to-eat" or "washed" do not need to be re-washed.

· Myth: Plastic or glass cutting boards don't hold harmful bacteria on their surfaces like wooden cutting boards do.

Fact: Any type of cutting board can hold harmful bacteria on its surface. Regardless of the type of cutting board you use, it should be washed and sanitized after each use. You can make your own sanitizer solution by mixing one teaspoon of household bleach and one quart of water in a spray bottle. Once you have washed your cutting boards with hot soapy water, rinse, then spray your bleach solution. Let air dry. If you have one, put your cutting boards into the dishwasher and run a regular cycle. Solid plastic, tempered glass, sealed granite, and hardwood cutting boards are dishwasher safe. However, wood laminates don't hold up well in the dishwasher. Once cutting boards of any type become excessively worn or

develop hard-to-clean grooves, they should be discarded.

· Myth: Locally-grown, organic foods will never give me food poisoning.

Fact: Any food, whether organic or conventional grown, could become unsafe with illness-causing foodborne bacteria at any point during the chain from the farm to the table. Consumers in their homes can take action to keep their families safe. That is why it is important to reduce your risk of foodborne illness by practicing the four steps: Clean, Separate, Cook, and Chill. Also, if you buy your produce from a local farmer's market, ask a few questions about how they keep their food safe from planting, to harvest to sales.

The Partnership introduced the Home Food Safety Mythbusters series in September, 2009, as part of its outreach to consumers, food safety educators and the media on the importance of safe food handling to good health. "The Partnership wants all consumers-- regardless of their dietary choices -- to feel confident that they're informed on the risks of foodborne illness, and prepared to protect themselves by handling and preparing food safely," said Shelley Feist, the Partner-

ship's Executive Director.

UNH Cooperative Extension is a contributing member of the Partnership for Food Safety Education which created the Fight BAC!® consumer food safety education campaign. "Food safety is a high priority for us" said Extension Educator Deb Maes. "By participating with the Partnership on Mythbusters, we help remind people during Food Safety Education Month how to make food safety a priority at home."

Across the state, Extension Educators train food service workers about keeping food safe. Also, through educational classes and social media these educators continually remind consumers that we all have a responsibility to make sure our food safe for ourselves and our family.

If you have a question about food safety, contact Extension's Info Line (1-877-398-4769) staffed by trained volunteers who can help you make informed decisions about the safety of your food.

Deb Maes teaches food safety classes throughout the year. At home she uses a tip-sensitive thermometer to check the temperature of her cooked meat and a separate thermometer to monitor her fridge (41°F) and freezer (0°F).

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**AFTER WORDS**  
by Deborah Savadge directed by Peter Richards

**THE LAST DOUBLE PLAY**  
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# Haverhill Corner Library Will Offer Essay Writing Workshop

Haverhill, NH—The Haverhill Corner Library will sponsor a four-week workshop in “Writing the Personal Essay,” the library has announced. The workshop will begin Tuesday, October 11 and will meet weekly at the library at 7:00 PM. A \$100 registration fee will benefit the library. Enrollment is limited to ten.

The workshop will be led by trustee John Landrigan, who also teaches a fiction writing workshop sponsored by the library.

The four sessions will cover: discovering your material (October 11); observation and description (October 18); organizing your thoughts (October 25); and polishing your presentation (November 1). Activities will include in-class and take-

home exercises, reading and commenting on one another’s work, and analyzing outstanding examples of personal essays.

“The personal essay is one of the most flexible and rewarding of forms,” notes Landrigan, “and in the information age, when anyone can have their own blog, it’s a form that’s accessible to writers of all levels of experience.”

A former trustee of the New Hampshire Writers’ Project, Landrigan is a seventeen-year veteran of the publishing industry.

For more information, visit the library’s web site at <http://hliba.blogspot.com>. To register, call 603-989-5831.

# Haverhill Corner Library Announces Fall Book Discussion Series

Haverhill, NH—The Haverhill Corner Library will sponsor a book discussion series this fall featuring Jane Austen, Charlotte Brontë, and Virginia Woolf, the library has announced. Discussions will be held on the second Monday in October, November, and December, and they will be free and open to the public.

The series will feature discussions of *Pride and Prejudice* by Jane Austen on October 10; *Jane Eyre* by Charlotte Brontë on November 14; and *Mrs. Dalloway* by Virginia Woolf on December 12. The programs will begin at 7:00 PM and will be held at the library.

Jane Austen published her first novel, *Sense and Sensibility*, two hundred years ago this year. She followed it two years later, in 1813, with *Pride and Prejudice*, the unforgettable story of lively, intelligent Elizabeth Bennet and the handsome but aloof Mr. Fitzwilliam Darcy. Since then, *Pride and Prejudice* has become one of the most popular novels in English literature, an enduring classic that regularly tops contemporary lists of favorite books and that has sold some 20 million copies worldwide.

Charlotte Brontë’s *Jane Eyre*, published in 1847, draws on the tropes of Gothic fiction to present a psychologically astute portrait of its heroine’s development from girlhood to adult

and to comment on the social conventions of the era. Charlotte was the eldest of the three Brontë sisters, all writers, and she the first to publish her fiction with *Jane Eyre*. The book was an immediate success and continues to resonate for contemporary readers, especially in its presentation of a strong, complex female protagonist.

Published in 1925, *Mrs. Dalloway* is the work of one of the greatest writers of the Modernist era, Virginia Woolf. The novel is set on a single June day in London, as Clarissa Dalloway prepares to host a party that evening, but Woolf’s brilliant evocation of the interior lives of her protagonist and nu-

merous secondary characters brings British life and society in the inter-war years to vivid life.

“Austen, Brontë, and Woolf all share an interest in the experiences and social forces that shape character,” notes library trustee John Landrigan, who will lead the discussions. “Each of these books features a strong female protagonist whose nature has been shaped, but not determined by, her environment.”

Copies of the books will be available to borrow from the library in advance of the discussions.

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

# Barnet’s Fall Foliage

The Barnet Historical Society, custodians of the historic Goodwillie House in Barnet Center, will host an open house on Friday, September 30th, from 8 a.m. to 4 p.m. during Barnet’s Fall Foliage Festival. Two of the rooms in this 1791 house have been rearranged, so the formal parlor is now the room with the wainscoting - this would have been the room where the Goodwillie family entertained guests. The fireplace would have served as a source of

warmth, provides a cozy feeling to the bedroom. Exhibits on the second floor include buttermaking, maple sugaring, and photographs of early Barnet Villages.

Come to Barnet and help celebrate our beautiful Fall Foliage Festival. Take part in the breakfast and ham supper at the Vestry at Barnet Center Church, Lunch in MacIndoes, the European coffee hour at the West Barnet Church and tour the historic Goodwillie House.



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

September 27, 2011 Volume 2 Number 25

# Interiors Green

## Interview With Jessica Barber

By Lauren M. LoSchiavo

### ONE ROOM AT A TIME

When you enter Interiors Green and speak with Jessica you will have gained an invaluable insight into what you could and should be doing in your home to make you and your loved ones safer and healthier. Jessica is knowledgeable on all levels of the products she carries and can guide you through the process of making your home more environmentally friendly one room at a time.

Look around your home everything you see, your countertops, mattresses, carpets, linoleum, even the paint on your walls, has an impact on you and the environment. Have you ever wondered what happens to these household commonalities most of us share when we want to make a change? The fact is, while they are in your home, most of them are continuously releasing small amounts of toxins into the air you breathe. Once removed, they are dumped into landfills (for a fee), continue to leach harmful chemicals and toxins into the ground, and can take hundreds of years to breakdown.

One day Jessica Barber decided to make a change. She realized that the environmental damage we are doing was so great that she had to do something. At the very least, she could make her immediate surroundings as free of toxins and chemicals as possible and she could reduce her burden on the earth's landfills. She felt that the North Country lacked any niche market of this kind and wanted to have a store where people who wished to make a difference could get environmentally friendly products to help make their homes green. The passion and enthusiasm she has for her vision of "the environmentally safe and environmentally friendly home" is contagious. The positive impact her products could have and the benefits they offer is something we all should consider when we are planning any interior design changes.

Jessica believes that because houses are becoming so energy efficient and airtight we are creating "sick houses". Respiratory illnesses, especially in children, are on the

rise. There are numerous factors that contribute to the level of toxicity in the air within our homes. While we can't eliminate them all, we can reduce those levels by choosing environmentally friendly alternatives. The following contains information about the options available through Interiors Green.

In Interiors Green you will find 3 types of mattress, all made in the U.S.A., which are comparable in price to Tempur-Pedics. Jessica has a more budget friendly "inner spring" type that could be used for children or adults who prefer a more firm mattress. The core of these mattresses is made from natural latex taken from the sap of the rubber tree. They are enclosed in cotton and pure untreated wool and are chemical free. Natural rubber foam has been used to make mattresses for well over 100 years. They are comfortable and long-lasting. It was only in the 60's when plastic and petroleum came into fashion that people stopped using natural latex.

To complete your bed, there is a wide variety of comforters and toppers to choose from. Beautiful wooden beds can also be purchased. In her showroom is a gorgeous 4 poster, canopy so you can see the careful workmanship and quality of the product.

Jessica also has a line of organic wool carpets which could be wall to wall or cut to your specifications. They are not treated with stain resistant chemicals but wool is a very tight fiber, is naturally stain re-

sistant, and can easily be cleaned.

When you brush up against a painted wall, bits of paint dust are released into the air and commonly used paints also release chemicals. The alternative – Milk Paints. Made using milk protein, lime, clay and earth pigments, these paints are durable, and are completely environmentally safe.

If you want to put a non-toxic finish on your wall you can use American Clay Plaster. A wall in the Interior Green store has an application of this to better show you what it looks like on a large area. It has a textural, elegant finish and it looks magnificent. This product comes in a 50lb bag that will cover 100 square feet. There are a variety of colors to choose from and they come in small, natural fiber, burlap bags. There is a thermal factor to this product that will help keep the room you use it in cool in the summer and warm in the winter.

There are a variety of flooring products that have environmental as well as socio-economic benefits:


Cork: A growing industry that is saving and creating jobs and forests. Natural Linoleum: Made of linseed oil and sawdust, this floor covering has been used for hundreds of years and is incredibly durable. Comes in a variety of bright colors – and could conceivably be chopped and composted. Imagine having bits of vivid color in your garden! Local Hardwood and Softwood: Benefits our local economy and can be finished

on site with durable non-toxic finishes.

You can even purchase countertops at Interiors Green. A product called Richlite is made from 100% recycled paper. It is solid, stylish and looks like stone. Another option is Recycled Glass & Metal Tiles which comes in hundreds of colors, styles and finishes.

All of the products at Interiors Green are at least comparable in price to any mid-range product and in some cases may be closer to lower end priced products. What you are doing for the environment is invaluable. Almost all the products are made in the U.S.A.

One of the most impressive, conscience altering concepts I learned about Interiors Green's products is this: Think of a house being totally remodeled, kitchens, baths, living rooms, and bedrooms, then think about what will be torn out, ripped up and thrown away. Consider where these things will go after they are discarded. It's pretty scary. Now multiply that by 100 or 1,000. Now think of the alternatives Interiors Green has to offer and what our landfills would look like if we all try to follow Jessica's example. I challenge you all in the next week, month, year, when you are considering making a design change in your home, to think about your alternatives. Visit Interiors Green located at 2021 Main Street, Bethlehem and commit to improving your home and making it environmentally friendly – ONE – ROOM – AT – A – TIME.



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# Abbott Rental & Party Store The One Stop-Party-Shop Interview With Ann Hucksohl

By Lauren M. LoSchiavo

A family owned and operated business; this journey began in 1972 in Dalton, New Hampshire, with Bill and Jean Abbott. The business grew in popularity so much that in 1985 they moved to Littleton and became Abbott Rental Service, Inc. After attending a rental conference, the couple decided to add costumes for sale or to rent. They've since expanded even more over the years and now focus entirely on party rentals and sales, encompassing two floors of retail and three warehouses of rentals.

They are one of the very few tent and party rental companies that are truly a "one stop shop." All sizes of tents are available during the Summer, as well as chairs, tables, dance floors, linens, china and much more. They usually add an additional 10-15 employees during the summer and fall months to accommodate this side of the business and the activity it brings. The rest of the year they have 5 full time employees.

This store is really fun. Just being in there makes you want to have a party or plan some type of event. Having been around for more than 30 years, these people know what they are doing. There is no other party store of its kind within a reasonable distance that has such a complete variety of party related items. Quite literally, if you were to plan a large outdoor event, the only thing you would need is the guests and the food.

People come to Abbott Rental & Party Store from all over to buy or rent, because of the huge selection they offer. Another very wonderful thing about Abbott's that sets them apart is that you can try the costumes on before you opt to buy or rent it! Whenever possible, they will special order your requests. If you see an item online somewhere that you like, chances are they have it. If they don't, and you give them enough time, (and the company has it in stock), they will order it.

For children's theme parties Abbott's Rental & Party Store has the true "licensed character" such as Disney, Warner Bros., and John Deere to name a few, and all

the inventory you would need. There are character cake molds, cupcake papers, napkins, table cloths, cups, pinatas, balloons and decorations – they have it all. They have the supplies for numerous other theme parties also, such as Hawaiian, Mardi gras, Mexican, Pirate, Princess, and camouflage to name a few.

You will find a complete Wilton section with candy and cake molds, cake decorating supplies such as pillars for tier cakes, fondant, dozens of types of sprinkles, candles, cake tops and fountains, and stands for cakes and cupcakes. They have fog and bubble machines, doilies, party games, complete paper decorating supplies (streamers, confetti), punch bowls, catering supplies, banners and so much more. They even have over 30 colors of paper products to choose from.

In Abbott Rental & Party Store's upstairs costume shop, you'll find period 100's of costumes (the civil war era are the most popular), Santa, Easter bunny suits and parade costumes such as bear and moose. Everything is meticulously maintained. If you are planning any type of theater or production, they can provide you with everything you need including hats, accessories, wigs, masks and make up. One local group recently performed "The Wizard of Oz".

The upcoming Halloween season will, hope-

fully, give you a reason to come in to this store. Ann attributes the continuous increase in costume sales to the fact that this holiday has grown, and may even surpass Christmas, in popularity. "It has gone from primarily being a children's holiday to now being an adult holiday when every person can let their alter ego free and dress and look like whomever they wish." Customers who have won a costume contest have been known to come back and try to outdo the previous year and possibly win another money prize for their efforts. This new cultural change has been great for this business and this is their peak costume purchase season.

If you haven't picked out your Halloween Costume, do yourself a favor and look here first. You will be impressed. If you are planning an event or party, this is the place to come. The prices are extremely competitive for both rental and purchase, the selection is incredible and the ideas are endless.

Normal hours of operation are Monday – Friday 8:30a.m. – 5:00p.m. Saturday 9:00 – 5:00 Starting October 20th, the new Halloween extended hours will include: Thursday-Friday 8:30a.m. – 7:00p.m.

Visit Abbott Rental & Party store online at: [www.abbottrental.com](http://www.abbottrental.com) Or call (603) 444-6557 or toll free at (800) 287-6557




# North Country Home Health & Hospice Agency Welcomes New Executive Director

The North Country Home Health & Hospice Agency Board of Directors is pleased to announce that Elaine Bussey will join the Agency as Executive Director on October 17, 2011. Elaine brings both experience and vision for the future to the Agency team. She comes to us from Connecticut Valley Home Care & Hospice where she has been the Director for the past seven years. Formerly she served as Director of home health services at The Women's Educational and Industrial Union. Other past experience includes Clinical Manager at Home Health Care of Greater Newburyport for more than ten years.

Elaine holds a Master's of Science Degree in Health Care Administration, a Bachelor's of Science Degree in Management and is a Registered Nurse, graduating from Mt. Auburn Hospital School of Nursing. She is currently a member of the Home Care Association of New Hampshire, serving as Vice President of the Board of Directors.

Please join the Board in welcoming Elaine to the Agency.

Elaine succeeds retiring Executive Director, Gail Tomlinson. For the past twelve years, Gail has successfully led the Agency through the numerous changes and challenges that are a part of every day life in the home health care industry. The Board of Directors sincerely appreciates Gail's accomplishments and the direction she has taken the Agency.

Please join the Board in congratulating Gail on her well deserved retirement.



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Picture taken on Nelson Rd. in Monroe, NH.  
Photo courtesy of Jennie Jewell.



Logan Gaskell, age 8 of Groton, Vermont came to the Upper Valley Grill for lunch on Tuesday September 20th. Logan made a poster for Bill to hang in the Grill. The poster says, "Irene came and went but the Upper Valley Grill is here to Stay". Logan is very happy that the Upper Valley Grill has reopened.



By Ronda Marsh

## Crispy Honey Chicken

Here is a quick and different way to prepare chicken with a decidedly Asian flavor. I sort of stumbled across this recipe when I was scouring the internet for a homemade version of General Gau's Chicken. I was having a craving, and was hopeful I could find something to satisfy my yearning without having to go buy a bunch of special oriental condiments...you know what I mean...the kind you only use once, then they sit in the hidden recesses of your fridge until they become petrified and are almost considered fossils worthy of an archaeological dig. After a lot of net surfing, I came up empty handed, but I did find this recipe. It looked pretty versatile, which was good, since I had NONE of the vegetables they used. My version had green pepper, mushrooms, onion and thinly sliced carrots. As you can see, it came out just fine, so go ahead and use what you have and don't sweat it! I used cornstarch for breading, and it was very crunchy; next time, I'll use a 50/50 mix with flour. I also caution you to be careful with salt, especially

if you are not using the reduced sodium soy, as it would be very easy to overdo, and as I've learned the hard way, there just isn't any way to get salt out once it's been put in. When I tasted the final product, I added more honey and soy until it tasted pleasing to me. Everyone's palate is different, so go with the amounts stated here then adjust accordingly. In the end, I did not get my General Gau's, but with this dish, I somehow didn't miss it at all!



- 2 whole egg whites, lightly beaten
- 1/2 cup cornstarch or flour (or a combination)
- 3 tablespoons olive oil (or vegetable oil)
- 1 cup broccoli florets
- 1/2 whole red pepper, thinly sliced
- 3/4 cups sugar snap peas

- 1 tablespoon soy sauce (preferably, reduced-sodium)
- 1 clove garlic, minced
- 1 pound boneless/skinless chicken breasts, thinly sliced
- 1/4 cups honey
- salt and pepper

Prepare and slice all veggies. Feel free to add whatever you would like. In separate bowls, place the egg whites and the cornstarch or flour. (The cornstarch will yield a "crispier" chicken.) Heat a large skillet over medium-high heat and add 1 tablespoon oil. Add veggies with a sprinkle of salt and pepper and sauté for about 5 minutes, until softened. Add in soy sauce and garlic and stir so veggies are coated; about 60 seconds. Remove from skillet and set aside in a bowl. Cut chicken into 1-inch pieces and season with salt and pepper. Heat the same skillet over medium-high heat and add remaining oil. Dip chicken pieces in egg whites and then lightly dredge in cornstarch. Add to the skillet and let brown for 2-3 minutes, then flip. Continue with remaining chicken pieces, cooking in batches if needed. Once chicken is cooked, add veggies back in the skillet. Add honey and thoroughly mix to combine. Adjust seasoning to taste with salt, pepper, additional honey or soy sauce. Serve with rice.

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# NCIC Hires Mollie White As Business Resource Manager

St. Johnsbury, VT – Northern Community Investment Corporation (NCIC), an economic development organization serving Northern Vermont and New Hampshire, has hired Mollie White as a Business Resource Manager.

Mollie, an experienced economic development and non-profit professional, joins a staff of 16 that is engaged in a diverse range of projects, support and strategic thinking designed to strengthen the region's competitive position. NCIC provides capital and professional assistance for a full variety of businesses and leads community economic development projects in Caledonia, Essex and Orleans Counties of Vermont (Northeast Kingdom) and Carroll, Coos and Grafton Counties of New Hampshire (North Country).

"Mollie's relationship-building and financial management skills will be a tremendous asset to our team as she assists business owners with creative solutions to help their businesses grow," said Jon Freeman, president of NCIC. "Mollie joins our impressive team of professionals who are dedicated to making a positive and measurable difference in northern New Hampshire and Vermont



communities."

"I look forward to working with NCIC which is actively creating entrepreneurial and employment opportunities that encourage young people to stay in the region, provide a good living for families, and offer stable retirement for our seniors," said Mollie White.

Mollie most recently served as Community Executive for Health Initiatives at the American Cancer Society. She co-founded the Women's Rural Entrepreneurial Network (WREN), was director of Maine Service Corps and executive director of the Lancaster Main Street Program. White also held positions with Micro-Credit NH and the Small Business Development Center in Littleton, NH.

#### ABOUT NCIC

Established in 1975,

NCIC is a non-profit, certified Community Development Financial Institution working to address regional economic challenges. Today, NCIC continues to build partnerships while developing creative and effective solutions for individual businesses, communities and the region. NCIC responds in a rapid and unique way to the needs of individual businesses and communities: expanding high-speed Internet access, finding affordable energy solutions, and offering financial and technical assistance for businesses of any size.

NCIC serves New Hampshire's Carroll, Coos and Grafton Counties and Vermont's Caledonia, Essex and Orleans Counties. NCIC offices are located in Plymouth and Lancaster, NH and Saint Johnsbury, VT. For more information visit: [www.ncic.org](http://www.ncic.org).



*Incoming Lyndon State College Freshmen show off the harvest at the St. Johnsbury Community Farm. The students volunteered as part of their community volunteer day. All harvested produce is donated to local community meal sites and food shelves. For more information about this project contact Melissa Bridges at the St. J. Food Co-op, 802-748-9498*



*School Nurse and Farm to School Committee Member Stephanie Rowe talks with students about the Farm to School project.*



Assigned Line: Do the dance. You gotta do the dance.  
Assigned Prop: A Havahart Trap.

Assigned Location: Bandstand at Haverhill (NH) Common.

#### 2011 AWARDS:

Best Film - Fondue Pneumonia Party - Steel Rendezvous (\$500 prize)  
Runner-up - The Professional Amateurs - Shadow Waltz (\$250 prize) (Mystery/Whodunit)  
Second Runner-up - Team Malone - Where the Red Blood Flows (\$100 prize)  
Best Cinematography - Now Shooting - Us & Them  
Best Actor - Evan Marsh - Us & Them  
Best Use of Prop - Fondue Pneumonia Party - Steel Rendezvous  
Best Use of Line - Now Shooting - Us & Them  
Best Use of a Glove Puppet in a Supporting Role - Team

Dragon -Hopper Eruption  
People's Choice - Fondue Pneumonia Party - Steel Rendezvous

#### 2011 TEAMS AND FILMS:

The Professional Amateurs (Captain Jake Haehnel from White River Junction, VT) - Shadow Waltz (Mystery/Whodunit)  
Cine Qua Non (Captain John Douglas from Vershire, VT) - Luck of the Draw (Drama)  
Team Dragon (Samuel Vinton and Zachary Crear from Lebanon, NH) -Hopper Eruption (Comedy)  
Team Malone (Captain Drew Peberdy from Corinth, VT) - Where the Red Blood Flows (Comedy)  
Phaschnorckle Productions (Captain Liam Genereux from South Ryegate, VT) - Catnapped (Mystery/Whodunit)  
Now Shooting (Captain Whitaker Ingbreton from Woodsville, NH) -Us & Them (Horror/Suspense)  
Fondue Pneumonia Party (Captain Tim Joy from Middlebury, VT) -Steel Rendezvous (Mystery/Whodunit)  
E & E Productions (Ian Burnette & Eben Brown from Canaan, NH) - (Incomplete) (Silent Film)

## TRENDY TIMES

Trendy Times will be celebrating our 2nd year anniversary officially on October 6, the date of our first publication.

Many things have changed during that time and more changes are coming.

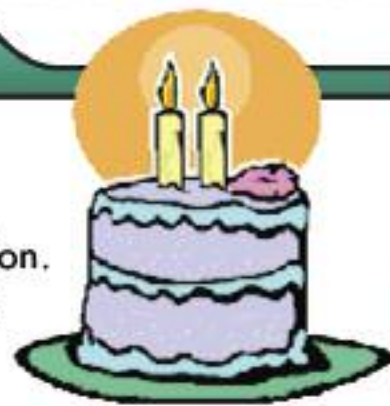
For example, personal classified ads are now FREE. See the ad on page 14 for all the details.

And in the next edition of Trendy Times we will be making another major announcement.

Fear not, our format is not changing (5 columns, tabloid size). Our type size is not changing (11 point to make us more readable). Our writers are not changing (though we always welcome new writers looking for an avenue to express themselves). Even our price is not changing (FREE).

But to get the full story, you will simply need to wait until the October 11 edition. (Kind of like those TV shows that end with "To Be Continued".

In the meantime, enjoy this final edition of Volume 2 and be looking for Volume 3 Number 1.





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## September Is World Alzheimer's Month

Every day, individual and families in Vermont and around the world experience the challenges of living with Alzheimer's disease. The disease can be devastating to those afflicted with it, and the physical and emotional demands of caring for a loved one with Alzheimer's can be overwhelming.

In recognition of these challenges, and the growing number of people affected by the disease, September has been designated as World Alzheimer's Month by the Alzheimer's Association. During this month please take a moment to consider how you can support an individual or family facing this challenge.

In the United States, an estimated 5.4 million people are living with Alzheimer's disease. Alzheimer's is the 6th leading cause of death in the United States. The disease is a progressive brain disorder that damages and eventually destroys brain cells. Alzheimer's disease is a type of dementia that causes problems with memory, thinking and behavior. Symptoms usually develop slowly and get worse over time, becoming severe enough to interfere with daily tasks.

There are many ways you can support an individual or family confronting this disease. Offering practical help is one. Each situation is different, but making a meal, running an errand, helping with chores or offering to spend time with the afflicted person so that their caregiver can have a short break from their responsibilities are all examples of how you can be helpful.

Providing emotional support is another important way you can help those fac-

ing this challenge. Reach out to these individuals and let them know they are not alone. Offer to share a cup of tea or coffee and truly listen to what they have to say. There are no easy answers with this disease, but it helps when people know they have the support of others.

Fortunately, many organizations offer support for those coping with Alzheimer's disease. An Alzheimer's Support Group meets the last Monday of the each month at 6 pm at the offices of Caledonia Home Health and Hospice on Sherman Drive in St. Johnsbury. More information about the group can be obtained by calling Marcia Eliot at 748-8116.

In addition, the Alzheimer's Association maintains a 24 hour phone hotline that can be reached at 1-800-272-3900. The organization also supports a website that contains a great deal of helpful information - [www.alz.org](http://www.alz.org).

Lastly, the Area Agency on Aging for Northeastern Vermont offers several programs and services for family caregivers including respite grants, classes for family caregivers, and a new program, known as "Reach Out", that provides individualized caregiver support and training for those caring for individuals diagnosed with dementia. For more information on any of these programs, please contact the Area Agency on Aging at 802-748-5182 via or the Senior Helpline at 1-800-642-5119.

Caregivers are a vital part of our community. Please remember to acknowledge and support those individuals whenever you can.



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# Business Launch Pad Program Off To A Great Start

By Jane Holmes

The first orientation class for the Business Launch Pad Program got off to a great start on Wednesday, September 20, at the White Mountains Community College in Berlin, with three local business women attending. Entrepreneurial Resource Consultant, Joyce Presby presided over the class and a great deal was accomplished during this first meeting.

The Business Launch Pad Program is a granted program through the White Mountains Community College to help already established businesses, new businesses, or those who want to begin a business learn the fundamentals of starting and operating a business. These fundamentals include an assessment of the business, the legal aspects of running a business, the financial picture of running your own business and marketing your business. Also, various other planning methods will be covered

such as how to construct a business plan, a strategic business plan, and how to do a business analysis.

Another important avenue that will be looked at, are the various resources you can turn to as a business person for help with your business; whether your need is financial, educational, or business advice. There are many resources out there at your disposal if you know where to look for them.

From creating a name for your business, to registering it with the state and what form of business entity it will be (sole proprietorship, LLC or corporation), will all be covered. You can learn record keeping, financial forms and systems and determine the financial needs of your business. Cash flow, income statements, balance sheets and assumption sheets will all be covered as you learn to monitor the pulse of your business. You will learn about

the various ways of marketing your business.

If you are an existing business, you will have the opportunity to work on areas where you feel you need help. The class is very individually oriented and will be scaled to whatever you need as a business person.

After an overview of the class and what it offers, each of us did a SWOT Analysis of our business. The SWOT Analysis showed the strengths of our business, the opportunities we may see ahead, the weaknesses in our business and the threats that we perceive to

our businesses. Once these were identified, we worked collectively to come up with solutions for our weakest areas and how to overcome them and other threats to our business. We found ourselves expanding on our opportunities; at times turning our weaknesses into a strength. The input of other members of the class was priceless and helpful.

Once the SWOT Analysis was completed, we each identified one aspect from the outcome to work on first. Most of us chose to try and turn around one of our weaknesses, by identifying what

we needed to do about it and come up with a plan of action to get it done. We each set a goal that was specific, measurable, attainable, realistic, and timely. As we each set up our SMART goal, we also set a time to report back and be accountable to Joyce with our results.

This class promises to offer a great deal of help to any new business entrepreneur or those established businesses who feel they need help in a particular area.

To become involved in this program, contact Joyce Presby at (603) 717-5457 or at jpresby@ccsnh.edu.

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Paddle The Border - Spring is scheduled for Sunday, May 20, 2012

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**CRAFTERS WANTED** St. Johnsbury Area Lions Club Annual Country Craft Fair, Saturday, November 26th, 2011 from 10:00am to 3:00pm at the Field House at St. Johnsbury Academy, Main Street, St. Johnsbury. Contact Patricia at 802-274-3543 and leave message. 11.08

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**AREA BUSINESS ALERT:**

This could happen to you. The Haverhill Police Department is investigating a case of attempted wire fraud involving an area business. A local bank contacted Woodsville Emergency Services regarding a request for a large electronic transfer from their account to a Russian company. The suspect presented an invoice for service performed in addition to forged documents including a Woodsville Ambulance fax cover sheet and a transfer request form with the scanned signature of a local individual authorized to make transfers from the account. The Haverhill Police Department encourages all local businesses to review their respective loss prevention policies and procedures with their security teams and financial institutions.

**Food Speaker At Baldwin Library**

Ben Hewitt, author of *The Town That Food Saved and Making Supper Safe: One Man's Quest to Learn the Truth About Food Safety*, will speak at the Baldwin Memorial Library in Wells River on Wednesday, October 5 at 7:00 pm. Hewitt's first book chronicles the changes in his home town of Hardwick, VT when a group of ambitious young agricultural entrepreneurs launched several regional food enterprises. Hewitt "explores the contradictions inherent to producing high-end "artisanal" food products in a working class community." In his second book, just out this summer, Hewitt examines the weak links in this country's food production, processing, and distribution systems, taking the reader on a "quest to trust our food again". The program is free, and the library is ADA accessible. More information is available at 802-757-2693 or wells\_river@vals.state.vt.us.

September 27, 2011 Volume 2 Number 25

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

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# Tenney Memorial Library Events

*Editors Note: The following was received via the new Tenney Memorial Library email. We are happy to pass this along to our non-email listed readers.*

Hello everyone - welcome to our new e-mail list of happenings at the Tenney Memorial Library.

September 27 - Democratic Party Caucus - 7:00 pm  
 September 30 - Pins and Needles - 9:30 - 11:30  
 October 6 - Book Discussion

- 7 pm - Kurt Vonnegut's Slaughterhouse Five. Contact the library if you need a copy of the book.

Calendars in support of the Newbury Conservation Commission with art done by students at Newbury Elementary School are now available for purchase (\$12).

Pre-School storytime on Tuesday mornings at 10:15.

Library hours are Tuesday 10-5, Thursday 2-8, and Saturday 9-4.

We are looking for books to add to our book sale.

Good, recent, gently used books would be wonderful. We cannot accept encyclopedias, textbooks, or Reader's Digest Condensed books. Any books can be left at the library anytime we are open.

Finally - We will not share this e-mail list with anyone else. But if for any reason you do not want to be on our mailing list, please reply to this message and we will remove your address.

Thank you, Marjorie Shane, Librarian

## Teeth

By Elinor P. Mawson

For as long as I can remember, my mother had a thing about teeth. Since our infancy she preached and taught about the benefits of taking good care of our bicuspid and molars. Not only did we have to brush twice a day, we had regular checkups at the dentist back in the days when most families (including our own) couldn't afford it.

She herself took almost religious care of her own teeth. She remembered back when she was a teenager and very tired at night she would still carefully "clean" (her word) her teeth, defying sleep to do it.

As a result, all of us sported a mouthful of fillings; in later years we also received crowns, bridges, partial plates and other labor-intensive and expensive items to keep our jaws and smiles intact.

At one point, my mother told me that my great grandmother had said that having a denture was like trying to fit a teacup into your mouth. Since that time, I have thought there would be no way that I would lose any of

my teeth in order to accommodate even a rare Sevres porcelain piece.

My mother lived a few weeks past her 93rd birthday. For the last 15 years of her life she was in a wheelchair; going up a long flight of stairs to her dentist's office was impossible. She had to rely on her good hygiene, special toothpaste and lots of flossing.

Unfortunately her advancing years contributed to bone loss, and with it, the deterioration of gum tissue. Her teeth started falling out, one by one. She even lost a couple from the front, making her look somewhat like a Halloween pumpkin. For some reason, she didn't think it was a representation of living into her 10th decade--I don't know.

She told a neighbor that she didn't mind her teeth falling out, she just minded not being able to say her F-words properly. The neigh-

bor was horrified. "I never say that word" she exclaimed.

"I meant words like flower and fruit," announced my mother, to her neighbor's great relief.

At one point she was discussing the highs and lows in her long life. There weren't a lot of things she wouldn't do all over again, she admitted.

"But knowing what I know now, I would have had all my teeth out when I was 50."

### GOT AN OPINION?

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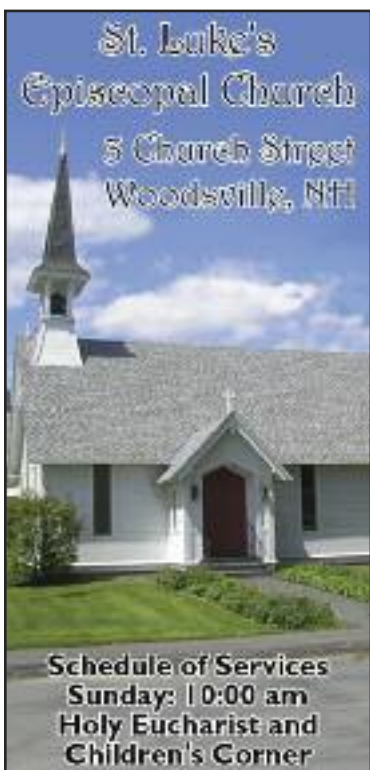
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### FOR SALE BY SEALED BIDS

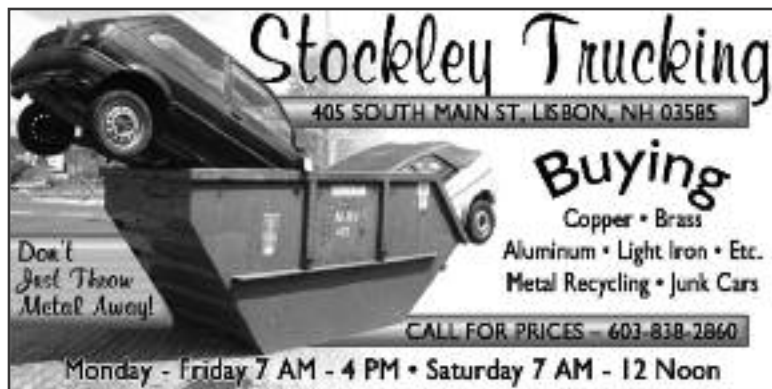
The Woodsville Water & Light Department has a 1998 Ford Ranger Pickup with 66,468 miles for sale by sealed bids. The vehicle can be seen at the Woodsville Water & Light Department Office at 4900 Dartmouth College Highway, Woodsville, NH. A complete set of maintenance records is available for review. This vehicle will be sold as is. Bids can be mailed to the address above or dropped off at the office until 2:00PM on October 11, 2011. The Woodsville Water & Light Department Commissioners reserve the right to reject any and all bids.

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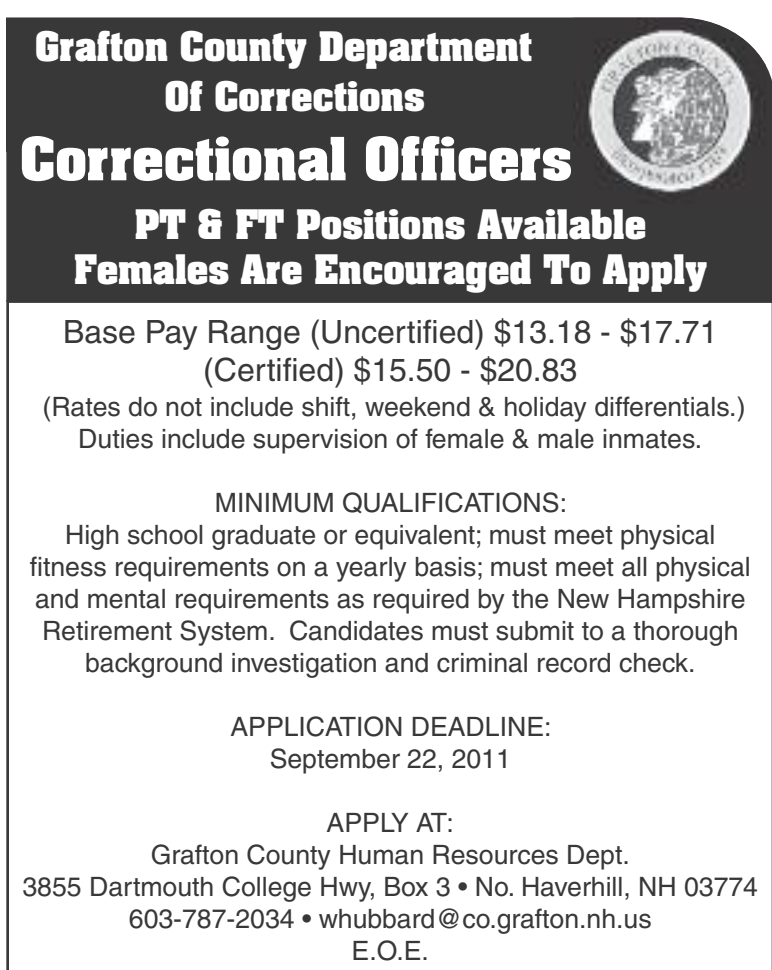
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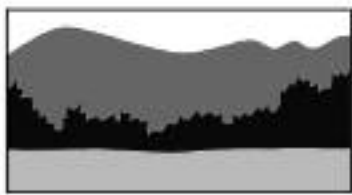
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 September 22, 2011

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## OBITUARY – LINDA JEAN MITTON



Woodsville, NH - Linda Jean Mitton, 65, died on Monday, September 12, 2011 at Cottage Hospital in Woodsville, NH.

She was born in Montague City, Massachusetts, November 23, 1945, the daughter of Gordon Slayton and Alice Louise (Felix) Towle. She worked at the Barge Inn Restaurant in Woodsville for many years. Linda loved country music, soap operas, birds, cats, and dogs. Linda looked forward to spring and fall weather. She loved spending time with her family and grand-

children around the holidays. Linda married Roger C. Mitton on December 3, 1983.

She was predeceased by her parents, Gordon Slayton Towle and Alice Louise Boyea; two brothers, David G. Towle and Dennis R. Towle; and her first husband and best friend, Richard H. Macomber.

Survivors include her husband of 27 years, Roger C. Mitton of Woodsville; five children, Virginia A. Macomber and companion Michael Mann of Fairlee, VT, Jeffrey H. Macomber and wife Kris of Lisbon, NH, Richard D. Macomber and companion Mickey Oakes of Shirley, MA, Victoria L. Blanchard and husband William of Claremont, NH, and Elizabeth L. Mitton and companion Craig Cushing of Woodsville, NH; two step

children, Deborah J. Watkins and husband Jody of Meredith, NH and Daniel C. Mitton of Fort Myers, FL; 11 grandchildren; 2 step grandchildren; 4 step great grandchildren; a special cousin, Ann Broadbent of W. Fairlee, VT; and several cousins, aunts and uncles.

A graveside service was held on Thursday, September 15, at 1 PM at the Vershire Village Cemetery, with Pastor Scott Kearns officiating.

Memorial contributions may be made to the American Heart Association, Founders Affiliate, P.O. Box 417005, Boston, MA 02241-7005.

Ricker Funeral Home, Woodsville, NH was in charge of arrangements.

For more information or to offer an online condolence please visit [www.rickerfh.com](http://www.rickerfh.com).

September 27, 2011 Volume 2 Number 25

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[charrington@uvpress.com](mailto:charrington@uvpress.com)

## OBITUARY JUNE ROSE (MANNING) CHAMBERLIN



Benton, NH – June Rose (Manning) Chamberlin, affectionately known as “GG,” 78, of Ingerson Road, died unexpectedly September 14, 2011 at her home.

She was born in North Randolph, VT, June 5, 1933, a daughter of Alford and Alice (Murray) Manning. For many years June worked with the hot lunch program at the Woodsville Elementary School. She later worked at Landy Veal in Woodsville, and Burndy Industries in North Haverhill, NH, and at

the Franconia Notch Motel in North Woodstock, NH.

Along with her husband, Richard G. Chamberlin, to whom she was married on November 22, 1951, June loved taking picnic lunches and traveling the New England countryside. She enjoyed flower gardening and animals. She was a woman with a great sense of humor and an independent spirit! Her children, grandchildren, and great grandchildren were most important to her.

June was predeceased by her husband, Richard Chamberlin on February 7, 2004 and by a brother Arvin Manning in 2009.

Survivors include a daughter Betty Ann Boutin and husband Paul of Littleton; two sons Raymond R. Chamberlin of North Woodstock, and Ed-

ward L. Chamberlin and wife Cheryl of Landaff, NH; eight grandchildren; eleven great grandchildren; three sisters, Helen Stone and Ada Race both of Strafford, VT, and Ida Lawrence of Lyndonville, VT; a brother Walter Manning of Bradford, VT; along with several nieces, nephews, cousins, and countless friends.

There will be no calling hours.

A graveside service will be in Swiftwater Cemetery at the convenience of the family.

In lieu of flowers, memorial contributions may be made to the humane society of one's choice.

For more information or to sign an online condolence please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home, Woodsville, NH was in charge of arrangements.

### TRENDY TIMES STAFF

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 Tuesday – Friday 9:00am - 5:00pm

*Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.*



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# Celebrated Pianist George Lopez Is Back By Popular Demand

Internationally acclaimed pianist George Sebastian Lopez will be performing at Alumni Hall Cultural Center in Haverhill on Saturday, October 8 at 7:00pm.

Lopez, known for lively performances and ability to make classical works accessible, has been featured across the globe as a recitalist, soloist with orchestra, and collaborator. He received critical acclaim for his interpretation of Bach's Goldberg Variations at the Concertgebouw in Amsterdam and performed the complete cycle of Beethoven Piano Concertos in his last two concert seasons. This lead to an invitation by The International Holland Music Sessions, now one of the top performing arenas for up-and-coming musicians in Europe, to go on a world tour where he performed in Paris, London, Cologne, New



York's Weill Recital Hall at Carnegie Hall, and in Los Angeles where he was hailed by the Los Angeles Times for his "... musical perspective, continuity, and kaleidoscopic colors."

He has strong ties to New Hampshire where he has taught and performed with the New Hampshire Symphony, the Granite State Symphony Orchestra, and

with the NH Music Festival Orchestra.

Born in Brooklyn, New York, and raised in Belize to Mayan parents, George Lopez started playing the piano at the fairly late age of 11. Upon returning to the U.S., he won his first orchestral competition at 14 in Texas and two years later was awarded a full scholarship to The Hartt School of Music. After graduating with honors, he went to Paris on a Franco-American study grant and was given a unanimous First Prize for the Diplôme supérieur. He completed his Masters Degree cum laude in Amsterdam.

Tickets for the concert are \$15 and can be purchased at the door, or reserved by calling Alumni Hall at (603) 989-5500, e-mailing info@alumnihall.org. Individuals under 18 are free.

## OBITUARY – FRANK O'MALLEY



Woodsville, NH – Frank C. O'Malley, 80, of Harmony Drive, died on Tuesday, September 13, 2011 at the Dartmouth Hitchcock Medical Center in Lebanon, NH.

Frank was born in Woodsville on February 3, 1931, to Frank C. and Anna F. (Perkins) O'Malley. He was a graduate of the Woodsville High School, Class of 1949. On October 13, 1951, Frank married Dorothy Strobidge and she predeceased him on January 22, 2001.

Frank joined the US Navy and served from 1950-1954. He then worked for the US Postal Service in the Woodsville office as a rural mail carrier for 33 years, as well as, operating a television repair business for many

years in Woodsville.

Frank will be remembered as an active member of the Woodsville community and was a faithful member of the St. Luke's Episcopal Church where he was a Past Warden and Past Jr. Warden. He served the community as a long-time board member of the Home for the Aged of Grafton County, Woodsville, and is a former president of the Haverhill Historical Society, and was a board member of the Haverhill Heritage Commission. Frank was a Past Noble of the Grand Lodge of Moosilauke Odd Fellows and a member of the Mary A. Glidden Rebecca Lodge #45 of Woodsville, and was also a member of Ross-Wood Post # 20 American Legion of Woodsville.

Over the past 10 years along with his wife Kay they enjoyed much travel and will be also be remembered as a loving husband, father, and grandfather.

Frank is survived by his wife Kathryn "Kay" O'Malley, to whom he was married on November 26, 2005. He is also survived by his daughter

Pamela O'Malley Anderson and husband Dennis of Mountain Lakes, NH; three step children, Lori Papcun of Manchester, NH, Cathy Flint of Braintree, MA, and Scott Papcun of West Haven, CT; three grandchildren; seven great grandchildren; one great great grandchild; and one step granddaughter.

There will be no calling hours.

A memorial service was held on Monday, September 19th at 2 PM, at St. Luke's Episcopal Church, 3 Church Street, Woodsville, with Father William Watts, Jr. officiating.

Burial followed in the Pine Grove Cemetery, Swiftwater Road, Woodsville.

Memorial contributions should be made to either the St. Luke's Episcopal Church, PO Box 167, Woodsville, NH 03785 or to the Haverhill Historical Society, PO Box 25, Haverhill, NH 03765.

Ricker Funeral Home, Woodsville, NH was in charge of arrangements.

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# Strengthening Immune Response

We hear so much about immune system breakdown today. Yet, most of us don't know very much about it, or how it works. It's really an amazing part of our bodies. The immune system is the body's most complex and delicately balanced infrastructure. While the workings of other body systems have been well known for some time, the complex nature and dynamics of the immune system have been largely a mystery. One of the problems in comprehending immune response is its highly individual nature. It's a personal defense system that comes charging to the rescue at the first sign of an alien force, such as a harmful virus or pathogenic bacteria. Personal immune response shows us that there is so much more to our healing than the latest wonder drug. It shows us that we are the ultimate healer of ourselves.

The immune system is not responsive to drugs for healing. Even doctors admit that most drugs really just stabilize the body, or arrest a harmful organism, to allow the immune system to gather its forces and take over the character of immune response varies widely between people, making it almost impossible to form a drug that will stimulate immunity for everyone. But, natural nutritive forces, like healing foods and herbal medicines can and do support the immune system. They enhance its activity, strengthen it, and provide an environment through cleansing and detoxification for it to work at its best.

Immune defense is autonomous and subconscious. It's a system that works on its own to fend off or neutralize disease toxins, and set up a healing environment for the body. It is this quality of being a part of us, yet not under our conscious control,

that is the great power of immune response. It is also the dilemma of medical scientists as they struggle to get control of a system that is all pervasive and yet, in the end, impossible to completely understand. It is as if life-force energy shows us a visual of this incredibly complex part of us, where we are allowed to glimpse the ultimate mind-body connection.

Maintaining strong immune defenses in today's world is not easy. Daily exposure to environmental pollutants, the emotional and excessive stress of modern lifestyles, chemicalized foods, and new virus mutations are all a challenge to our immune systems. Devastating, immune-deficient diseases are rising all over the world. Reduced immunity is the main factor in opportunistic diseases, like candida albicans, chronic fatigue syndrome, lupus, HIV, hepatitis, mononucleosis, herpes 2, sexually transmitted diseases and cancer. These diseases have become the epidemic of our time, and most don't have very much to fight with. An overload of antibiotics, antacids, immunizations, cortico-steroid drugs, and environmental pollutants eventually affect immune system balance to the point where it cannot distinguish harmful cells from healthy cells.

I see traditional, drug-based medicine as "heroic" medicine. Largely developed in war time, its greatest strengths are emergency measures – the ability to arrest a crisis, destroy or inactivate pathogenic organisms, reset and re-attach broken body parts and stabilize the body so it can gather its healing forces. Because drugs work in an attempt to directly kill harmful organisms, it is easy to see that their value would be for emergency measures, and

for short term use.

But, three unwanted things often happen with prolonged drug use: 1) Our bodies can build up a tolerance to the drug so that it requires more of it to get the same effect. 2) The drug slowly overwhelms immune response so the body becomes dependent on it, using it as a crutch instead of doing its own work. 3) The drug misleads the body's defense system to the point that it doesn't know what to assault, and attacks everything in confusion. This type of over-reaction often happens during an allergy attack, where the immune system may respond to substances that are not really harmful. Most of the time, if we use drugs wisely to stimulate rather than over kill, if we "get out of the way" by keeping our bodies clean and well nourished, the immune system will spend its energies rebuilding instead of fighting and strengthen us instead of constantly gathering resources to conduct a "rear guard" defense.

The very nature of immune strength means that it must be built from the inside out. The immune system is the body system most sensitive to nutritional deficiencies. Giving your body generous, high quality, natural remedies at the first sign of infection improves your chances of overcoming disease before it takes serious hold. Powerful, immune-enhancing superfoods and herbs can be directed at "early-warning" problems to build strength for immune response. Building good immune defenses takes time and commitment, but it is worth it. The inherited immunity and health of you, your children and your grandchildren is laid down by you.

The challenges to our bodies defense system are great. Can plants really boost human immunity? Herbs are excellent choices

for immune enhancement. The highly complex nature of therapeutic herbs is a good match for that of the immune system. Their value in renewing immune response is unequalled because they are able to support and nourish the body while it rebuilds and normalizes, something drugs are unable to do. We know that the body is basically a self-healing organism. Modern herbal therapy uses herbs to normalize body systems, to give the body a clean slate to better heal itself. Herbal "power plants" are really "nutriceuticals". They offer concentrated nutrients with superior absorbability for the human body. They may be used over a long period of time without side effects. As inexpensive, nutrient-rich food supplements, they are becoming more and more relevant on a world that is becoming almost hostile to our health.

The health and vitality of the body depends to a large extent on the health and vitality of the liver. A liver and organ cleanse can get to the bottom of a lot of health problems. A healthy liver produces natural anti histamines to keep immunity high. A healthy liver, organs and lymph system can deal with a wide range of toxic chemicals and pollutants that continually assault us in our food, water and air. The liver has amazing rejuvenative powers, and continues to function when as many as 80% of its cells are damaged. Even more remarkable, the liver regenerates its own damaged tissue. Do you need a liver and organ cleanse? Body signals that your liver and organs need TLC include great fatigue, unexplained weight gain, depression or melancholy, mental confusion, sluggish elimination system, food and chemical sensitivity, PMS, jaundiced skin or liver spots on the skin, repeated nausea, dizziness and dry mouth.

Herbal remedies can do a great deal toward minimizing the damage and rebuilding

the body after surgery, chemotherapy and radiation. Herbal support is a good choice for faster and better healing, cleansing the body of drug residues, overcoming drug side effects and rebuilding immune strength. Your body has wonderful self-healing powers, but after injury or illness, it often needs extra help to do it. Herbs pave the way for the body to do its own work, by breaking down toxins, cleansing, lubricating, toning and nourishing. Healing/mending herbs supply minerals for building blocks and nutrient assimilation, carotenes as anti-infectives, B & C vitamins for tissue re-growth, and amino acids as protein precursors for body strength. Many healing herbs have anti-microbial (anti-biotic) properties to help overcome harmful bacteria and infections. Many are effective anti-oxidants to discourage illness relapse, and to create a high tissue oxygen environment where disease cannot flourish.

The very nature of immune strength means that it must be built from the inside out. Nowhere is enzyme activity more important. No substances in our bodies are more important than enzymes. They make life possible. Without them we cannot breathe, digest food, or move a muscle. No vitamin, mineral, or hormone can do its job without enzymes. They are involved in every biochemical process. One of the most important functions of enzymes is to neutralize toxins in the body through their anti-oxidant activity. Giving your body generous, high quality plant nutrients at the first sign of infection or ill health improves your chances of destroying pathogenic bacteria. Immune-enhancing plants can be directed at "early warning" problems to build strength for immune response. Herbs and superfoods are excellent choices for enzyme therapy because they carry their own plant enzymes along with their medicinal properties.



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# Sweet Sixteen And Never Been Caught

## – Until Now

By Robert Roudebush

(True story - some names have been changed to protect the guilty)

I was sixteen the first time I got a speeding ticket for going about 30 miles per hour in a fifteen zone. Heck, I was driving a '56 Chevy V8.

It was in a tiny village squeezed into many towns clustered around Kansas City, Missouri in 1963.

The evening of my court date I showed up half-an-hour early and looked around the empty courtroom. It was a small front parlor on the first floor of somebody's large old house - avocado shag carpeting with coffee stains, a few folding chairs now unfolded, and a fat old cat asleep and snoring in the corner next to the gas heater. I had never heard a cat snore before. No one had vacuumed for a while.

The second person to arrive was the officer who had ticketed me. He weighed about 285 or 300 on an overloaded frame about five foot 6 or 7. He drove a dented rusty old '57 Ford black and white with a single cherry on top. The elderly cruiser groaned and sagged badly to one side whenever the cop climbed into it, and stayed listing at that angle as he patrolled around his jurisdiction, the sorry vehicle struggling up and down the hills as he drove at ten miles per hour. His name really was Jonas Bigge, pronounced BIG-EEE. Bigge's body rolled over and sometimes fell out of a bursting tan uniform with a star pinned onto it like a sheriff. The two selectmen of the town let him wear the gold butter bar of a lieutenant on his collar and call himself "Chief". Chief of the one man, part-time police force. He made five dollars for every traffic ticket. Chief Bigge made most of his money as a private security guard at a Kentucky Fried Chicken drive-up in downtown Kansas City. Part of his pay was he could eat all the chicken he wanted to on the job and take a full bucket home at the end of each shift. He was well-paid.

The judge arrived. He sat behind his bench which was really just a taller than usual desk. I noticed a stack of papers there that were the water bills waiting to be sent out. He was a fifth-year law student in the graduate school at the University of

Missouri. When he was first offered the post of Municipal Judge for the Village, three years ago, he was two years into law school and everybody was sure he was just about to graduate and take the bar and be a real attorney. At the age of 38, His Honor was still a part-time student at the college, very part-time. He got \$27.63 for each traffic court twice a month, no matter how short or long the sessions lasted. He wore a short-sleeved shirt with no coat or tie. I had my best suit on and had gotten a haircut.

The judge said, "So Mr. Roudebush, how are you this evening?"

"Doing well Your Honor, I am represented by no counsel for this appearance".

"I see. You're ticketed for doing 25 in a 15 mile per hour zone"

"That's correct Sir, but I was really doing almost 30."

"Really." At that he looked up from his papers and gave the Chief a look. Lieutenant Bigge was now seated over a small tortured chair, taking notes. He was the court clerk and bailiff too. He also swept out the place, but not often.

"No Judge, I clocked him at twenty-five."

"OK. Well, whatever, young man, you were speeding in a 15 MPH zone, how do you plead, guilty or not guilty?"

"Not guilty, sir, but I was doing 28 miles per hour. I thought the speed limit was 30"

"Chief, that speed limit is posted is it not?"

"It sure is Judge, big black letters on a white sign, three white signs on the road I caught him on."

The Judge spread his hands and looked at me. "So, do you wish to change your plea?"

"I submit your honor that I cannot be held responsible or found guilty for violating a speed law when I did not know what that law was."

"You submit do you? We've just heard from the Chief it is posted"

"It may be posted sir, but the signs are unreadable and therefore vehicle operators may not be held liable for exceeding limits they are not made aware of. Sir."

The Chief was looking at me now too. The Judge asked, "Unreadable how?"

"If it please the court, you can see by these pictures here I took. May I approach? Thank you. The signs, all of them, are obscured by overgrowth from tall weeds and overhanging tree limbs. They can't be read. Your Honor Sir."

His honor Sir looked at the pictures, looked at me, and looked over at the Chief. The cat snored. "Jonas I told you to prune those trees back and cut the weeds".

"I've picked up extra shifts at the Chicken place this month".

The judge nodded. "I can tell. Young Mr. Roudebush. You try to talk like a lawyer. What's up with that?"

"I watch the legal shows on TV, like "The Defenders" with E. G. Marshall and "Wanted Dead or Alive".

"Wanted Dead or Alive?" "That's right. Bounty hunter. Bail jumpers."

"With Steve McQueen. Straps a sawed-off 12 gauge to his leg?"

"Yes Sir"

"I like that show too. Mr. Roudebush, I will waive the monetary fine because of your intelligence and powers of observation. Have you ever thought about going into sales? Never mind. Your fine is to accompany the Chief tomorrow and the two of you will clear away all obstructions from all speed limit postings. Is that clear? Will 12 noon suit your schedule?"

"Yes Your Honor. I can skip algebra. There's a test anyway. We thank the court for it's indulgence".

"Court's Adjourned. Chief, I need to speak with you a minute."

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# Nationally Renowned Health Care Journalist And Author T.R. Reid To Keynote Health Care Forum

Manchester, NH – Hundreds of business leaders from around the region are expected to gather for the third annual NHBR Health Care Forum on October 13, 2011 from 7:30-11:30 a.m. at the Grappone Conference Center in Concord, NH. Long-time Washington Post reporter, NPR commentator and PBS correspondent, T.R. Reid will be the keynote speaker at the event. The forum, presented by MVP Health Care, brings together business leaders from around the state to participate in an engaging and interactive discussion on the changing face of health care and its impact on both the employer and employee.

The forum kicks off with a networking breakfast followed by Reid's keynote address, which will focus on his current project, "U.S. Health Care: The Good News," a film that reveals how some U.S. communities have found ways to orchestrate their health care system by acting locally, rather than

waiting for Washington to tell them what to do. Reid's 2009 book, "The Healing of America" became a national best-seller, and launched Reid into a national role describing ways to provide health coverage for every American.

Following the keynote, a panel of the region's top health care experts will discuss current benefit trends and incentives, worksite wellness tips and strategies for value-based benefit designs. Heather Staples Lavoie, chief operating officer for Geneia will moderate the discussion. Panelists include Dr. Allen Hinkle, executive vice president and chief medical officer, MVP Health Care; Steven Ryder, president/ CEO, True North Networks and The True Nut Company; Dr. Larry Catlett, founder/CEO, Occupational Medical Consulting and medical director, Cianbro; and Maryanne Keating, program coordinator, Cheshire County HEAL (Healthy Eating & Active Living).

Business leaders, health care providers, clinicians, human resources professionals and benefit providers are encouraged to attend to be a part of this important discussion. The event is expected to sell out for a third consecutive year. An early bird ticket rate of \$37 per person and \$32 for groups of ten or more is available now through October 1. Visit [www.nhbr.com/healthcareforum](http://www.nhbr.com/healthcareforum) for more information.

The NHBR Health Care Forum is presented by MVP Healthcare. Ethicon, a Johnson & Johnson Company is the platinum sponsor. Additional sponsors include: gold sponsors – Anthem Blue Cross and Blue Shield and Harvard Pilgrim Health Care; silver sponsors – Gallagher, Callahan & Gartrell and Granite Group Benefits, LLC; bronze sponsors – Delta Dental and Workforce Wellness; general sponsor – CGI Employee Benefits Group.

# One Unique Talent

By Sheila Asselin

It was the beginning of time. It was the beginning of creation. The dawn on the world. All the animals were together and got along pretty well. Of course each had it's little quirks and peculiarities. The felines could be catty. The large feline with the mane insisted on getting the lion's share of everything. The zebra, not a slave to fashion, refused to change his stripes no matter what the latest fashion dictated. After the spring shearing the ewes and rams always felt a little sheepish. The lobo wolfed her dinner. The beagle dogged the chimp's footsteps until the chimp finally said "Quit aping me!" Not being afraid of anything the giraffe always stuck his neck out. The porcupine could be a bit prickly. The skunk went around putting on airs. Not to be cowed the Holsteins and Guernsey's and Brown Swiss and Jerseys were all drama queens. They milked every situation for all it was worth.

But everyone's favorite was the spider. In the evenings they would gather around her as she offered a bedtime story for all. The spider spun her tale, a tragic web of melancholy, betrayal, unrequited love, lost opportunities and heartbreak all wrapped in a cocoon of magic realism. Tonight's story was so sad the whale began to blubber. The alligator cried but they were only crocodile tears. The sloth was unmoved. The hyenas all laughed but then again they laughed at everything no matter how miserable the situation was. This greatly annoyed the other animals.

There was one strange creature in this universe. It's hide was not thick like the elephants and it would burn after only a few hours in the sun. In the winter it shivered and froze because it did not have a warm coat like the bear. This creature insisted on walking on it's hind legs which cause no end of lower back aches and bum knees. It's offspring took an entire year to learn to walk and had to be carried everywhere in the arms of a parent, thus

making hunting and food gathering very ungangly. The mares and does all agreed that they would not tolerate such behavior in one of their children.

One morning the sun rose as usual greeted by the raucous crow of the rooster. The flowers waved their heads and a gentle breeze wafted through the air. It seemed like an ordinary day with no hint of the miracle that had taken place during the night. There in the middle of creation was a giant jar of pickles. No one could imagine from whence it came. It had dropped down during the night like manna from heaven.

Now all the animals be they carnivore, herbivore, or omnivore dearly loved pickles. Could not get enough. Eager to indulge their gluttonous appetites they tried to open the jar. The rhino tried stomping on it but it just scooted away. The donkey felt that a hard kick would do the job but the jar remained as tightly sealed as ever. Finally the Burmese python put the squeeze on it. Struggling with all his might he still could not budge the pickle lid. When all had given up hope and howled in their frustration the strange creature, the weak one who all the other animals took pity on, hobbled up on it's hind legs. Reaching out with it's four strong fingers and opposable thumb it tightened it's grip on the pickle jar lid. With a triumphant shout it screwed off the lid and held it aloft for all to see.

What followed was a veritable pickle orgy. The scent of dill and garlic wafted through the air. The animals rolled around on the ground in intoxicated ecstasy. They expressed their gratitude to this strange creature by mooing, baaing, whinnying, barking, purring, hooting, roaring, hissing, chirping, cooing, and making all manner of sounds that animals make when they are overjoyed. Guess this creature was not so useless. It would be allowed to live among them. After all, you never know when you might have a hankering for a pickle!



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