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DEADLINE: THURSDAY, OCTOBER 20

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TRENDY TIMES



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OCTOBER 11, 2011 VOLUME 3 NUMBER 1

Trendy Times: It Is A Changin' ...Once Again

In the past we have utilized this front page space to make certain announcements about Trendy Times.

The very first issue had a picture of Gary Scruton, the editor and publisher. It also contained a story written about Gary by his wife Janice. It was meant as an introduction to the purpose and thoughts behind the beginnings of Trendy Times, as well as a little biography. That was two years ago, Tuesday, October 6, 2009. And we felt welcomed by the community. Readers started to let us know how they felt about the paper. Advertisers began to come on board utilizing the space in Trendy Times to connect with perspective customers up and down the Connecticut River Valley.

Later during that very first year of Trendy Times space was given to announce

the fact that the publication was going from a weekly paper to being published every other Tuesday. Again there were those who stepped up to let us know their thoughts. And again we continued to gather devoted advertisers who were taking advantage of the advertising rates and who wanted to be part of this new venture.

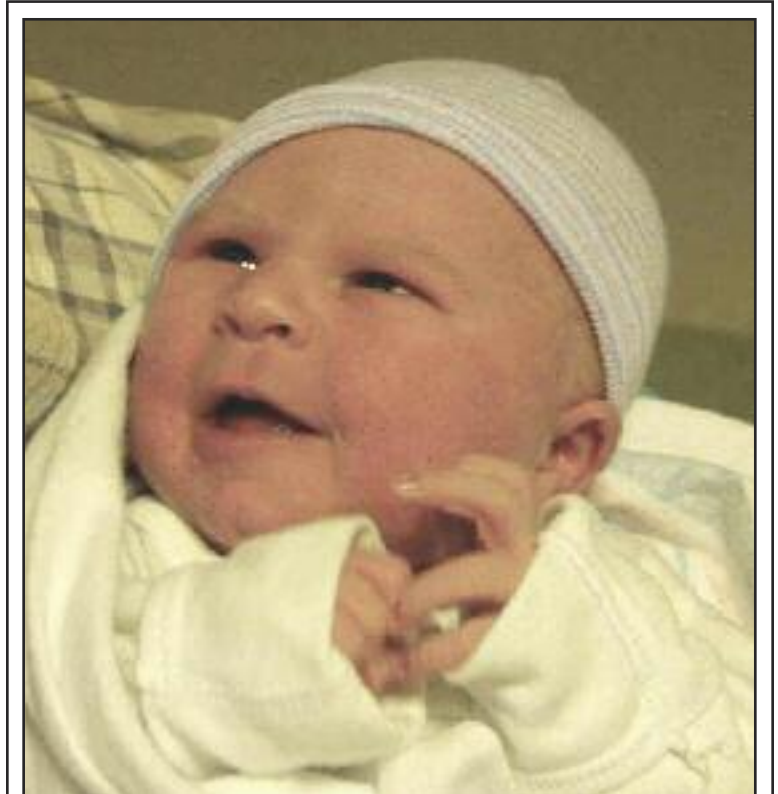
Shortly after that time a request was put out looking for individuals to invest in Trendy Times. Many locals came forward with amounts both big and small to keep this new venture going, and growing. Again we must take the time to thank all of those people and remind them that we have not forgotten. The two year mark will arrive in the spring of 2012 and we plan to keep our promises.

The front page of Trendy Times was used once again to celebrate the first anniversary of the new business. The article that appeared included a picture of the four main persons behind the publishing, creating, billing and selling of Trendy Times.

Since that time there

have been additional changes. The latest being a new salesperson who we must say is doing a wonderful job in helping new advertisers to get their story front and center for readers of Trendy Times.

But now comes a whole wave of new changes. The largest being that this will be the last edition of Trendy Times to be mass mailed. To this point we have covered every postal patron in our distribution area, and the cost has been a major factor in the whole business model. To save money and keep Trendy Times a viable business the method of distribution had to change. Therefore beginning with the October 25 issue, Trendy Times will now be distributed by means of being placed at various locations up and down the Connecticut River Valley. Most of those locations are listed in a clip and save box on page 19 of this edition. The Tuesday, October 25 edition should arrive at these locations on Monday, October 24, or Tuesday, October 25. If your favorite spot is not on this list, please let us know and we'll see if that location can be added. Also if you are a business owner who would like to be a



Introducing the newest member of the Trendy Times family. Olivia Marie Orser joined us on October 5th weighing in at a whopping 9 lbs and 4 oz. Proud parents are Ashley Scruton and Micah Orser along with big sister Myla. If Olivia had waited just one more day, she could have shared her birthday with Trendy Times.

distribution location, give us a call and we will work to make that happen.

Another aspect of this change in distribution is that with the savings Trendy Times is not pulling back, but instead expanding the coverage area. It should be noted that Orford and Fairlee will

now have pick up locations for Trendy Times. We are also exploring other distribution locations and may very possibly have more by the time the October 25 issue hits the street.

Also please note that if you wish to receive Trendy Times in your mailbox that can still happen. The difference will be that it will arrive by first class mail. It will also be by subscription with a rate of \$1.25 per issue, 13 issues for \$15, or an entire year for \$25. These prices reflect a portion of our cost for postage.

The bottom line is that Trendy Times will continue to offer various viewpoints, articles of interest, some very special features, and advertising from your neighbors and friends who own all the great small businesses in this area. We hope that the changes all work well and that you will continue to enjoy Trendy Times. Remember "Not all Times are Trendy, but there will always be Trendy Times."

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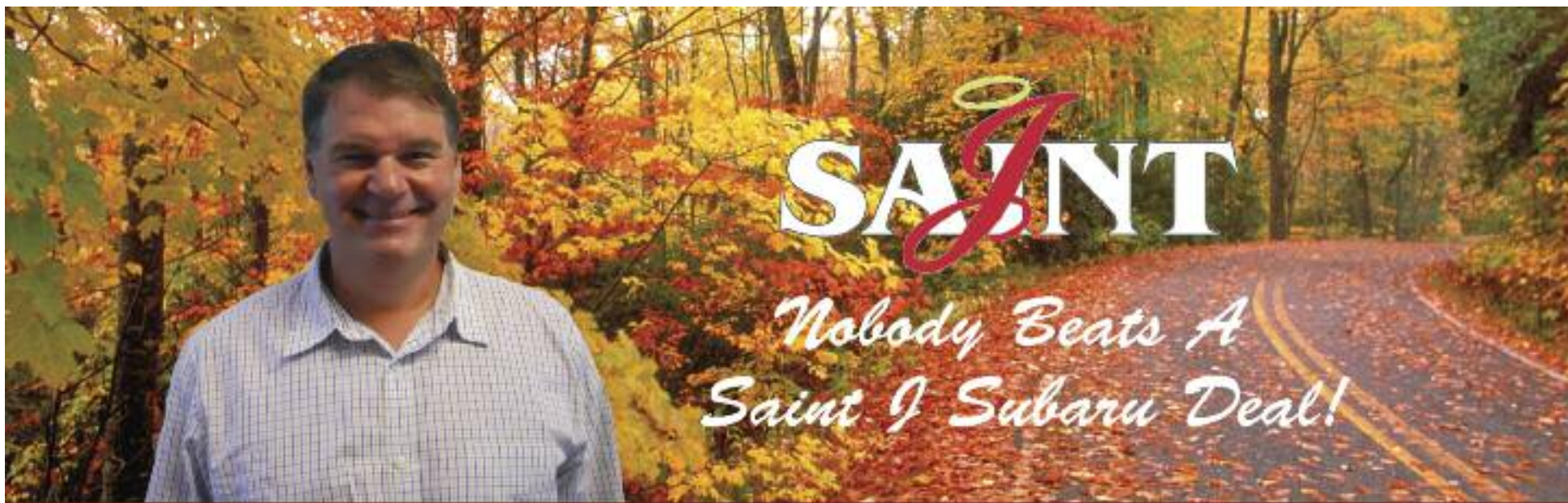
Bring the toys, horses, etc. & enjoy private country living at its best! This custom log home offers open concept kitchen-dining room with ceramic tile floor & stainless appliances, large living room with beautifully done wood floor and a small propane fireplace, there's also a bedroom, den and full bath on the main level, upstairs you'll find the master bedroom and bath a private deck and amazing views of the mountains, the lower level boasts 2-more bedrooms and a walk-out basement, other features include deck overlooking the mountains, 2-car detached garage w-separate wood furnace & electric and a 985 sq. ft. finished studio space above. Property features include 2 ponds, brook, apple & white pines, trails for riding & so much more!!



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Robert Nutting And The Connecticut Valley Fair

By Gary Scruton

For many years when a local has thought about the Connecticut Valley Fair, they have also thought about Robert Nutting. Robert has been involved with the fair in one way or another since the early 1950's. For the past couple of decades he has been either President of the Association or the Fair Manager, and at many times he has held both positions.

Add to that the fact that for the past several years Robert and others have also operated Robert's Thrift Shop, with all proceeds going to the Connecticut Valley Fair, and you can see why the two are practically synonymous.

But all things change as time goes by and there comes the time when every one of us must slow down a bit. Robert Nutting is now 70 years old and he is ready to take some time for himself. He recently was a member of the crowd of Seniors who traveled to Nashville with the Orange East Senior Center. A trip that Robert certainly enjoyed.

Robert also decided to step down as the Fair Manager after the 2011 edition of the valley standard. The move was official at the meeting that followed this year's fair. At that point Paul Thurston of Haverhill was elected by the Board of Directors as the new General Manager. Election for some members of the fair's Board of Directors and all four members of the Executive Committee, President, Vice-President, Secretary & Treasurer, will take place at the annual meeting in January. At present Robert is not sure whether or not he will run to keep his position as President.

Another sign of slowing things down a bit is that Robert and volunteer staff have made the tough decision to discontinue the operation of the furniture portion of Robert's Thrift Shop. This piece of the thrift shop business has been housed in the basement of the Aubuchon building in Bradford. But there have been a number of issues. The biggest being that way too many items are being left at the door during

closed hours. In some cases this means that good saleable items become unsaleable, and in many other cases the items are simply not saleable at all. This translates into a large dumpster bill, plus a lot of man hours to look over the donated pieces and move them to the proper area for sale or disposal.

With the decision to close there is now the need to clean out the space. For that reason every item in the furniture store will be marked at \$10 or less. The hope is to sell everything by the first weekend in November and to be out of the space by that Monday.

The other thrift store will continue business as it has over the past many years, taking in donated items and turning over the proceeds from their sale to the fair association. In fact Robert pointed out that the sales of the thrift store have covered the mortgage and taxes at the new fairgrounds on Carson Lane. Those two bills add up to a sizeable

amount of money each year. With those bills covered the fair can use funds raised from the fair itself, other rentals of the property, and state funding to begin the long process of creating the infrastructure needed on the new grounds.

For Robert Nutting it is by no means the end of his association with the Connecticut Valley Fair. It is, rather, another chapter. One that is still to be written. But rest assured that he and the fair will not be far apart for the foreseeable future.

TRENDY TIMES
It is a changin' ...
Here is number 1 of 13
It Will Now Be
"Trendy" To Pick
Up The Latest
Edition Of
Trendy Times
At Your Favorite
Location
See Location Listing
On Page 19

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Women In Sustainable Agriculture

Register now for the 2011 Women in Sustainable Agriculture Conference: "Tell your Story" happening in State College, PA, on November 6-8, 2011. The conference will bring

together farmers, growers, educators, agricultural professionals, and policy makers to share the knowledge, skills, and stories for building a dynamic sustainable agriculture.

The theme of the conference, Tell Your Story, focuses on the benefit of networking to women in agriculture. Through networking, women share their stories and knowledge and gain inspiration and companionship needed to survive challenging economic times. Women in agriculture have amazing stories to tell, and this conference will capture the struggles, passions, and history of the incredible women that have chosen careers in agriculture. The conference will include authors

and artists who tell stories of women farming through non-fiction, literature, art, and film.

The conference keynote speaker is Karen Washington, an urban farmer, president of the New York City Community Garden Coalition, and founding member of Black Urban Growers (BUGs). With over 20 years of experience working in New York City, Washington has developed abandoned lots into successful community gardens and food initiatives. She is the driving force behind the revitalization of numerous impoverished Bronx neighborhoods through the establishment of community gardens. She is a strong believer in the connection between food and greater

social justice issues.

The conference will offer more than 30 workshops on sustainable and holistic farm management, urban farming, organic vegetable production, livestock management, health and well-being, value-added agriculture, marketing, sustainable communities, creating a local food system, and on writing your story. The first day of the conference will feature four farm tours: 1) a tour of value-added agriculture in Amish country; 2) a tour of wineries and artisan cheesemakers; 3) a collaborative marketing tour; and 4) a community-supported agriculture (CSA) farm tour.

What: 2011 Women in Sustainable Agriculture Conference: "Tell your Story" hosted by the Pennsylvania Women's Agricultural Network at Penn State University.

When: November 6-8, 2011

Where: Penn Stater Conference Center, State College, Pennsylvania

Who: Everyone is welcome to attend

Early registration discount is available until October 10,

2011. Registration deadline is October 28, 2011. The Penn Stater is offering discounted guest suite reservations until October 7, 2011. For a complete list of conference offerings and to register for the conference, please visit: <http://2011wisa.aers.psu.edu>.

To learn how you can support the conference through sponsorships or become an exhibitor, visit <http://2011wisa.aers.psu.edu/Sponsorship.html>.

The Pennsylvania Women's Agricultural Network (PA-WAGN) is an outreach and extension program of the College of Agriculture at the Pennsylvania State University. PA-WAGN supports women in agriculture by providing positive learning environments, networking, and empowerment. To learn more, visit PA-WAGN's web site at <http://agsci.psu.edu/wagn>.

NOTE: UVM Extension is putting together a bus for those interested in attending the conference. If you are interested please contact Mary Peabody at mary.peabody@uvm.edu or 802-223-2389 x202.


TRENDY TIMES
 It is a changin' ...
 Here is number 2 of 13

Trendy Times Will No Longer Show Up In Your Mailbox

See Location Listing On Page 19

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www.trendytimes.com


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Singer Scotty McCreery Likes A Full Shoebox

Samaritan's Purse And Operation Christmas Child Walk Worldwide

By Robert Roudebush

It's surprising how much you can get into a standard size shoebox with a little planning, a little more love and a great deal of faith. And that's the whole simple idea behind this successful world-wide gifting outreach – and Bradford resident Jayne Jones knows all about it. Send kids who can use them shoe boxes or plastic boxes just in time for Christmas - boxes full of school supplies, toys and clothing, hygiene items, maybe some candy, T-shirts, socks, watches, flashlights, maybe a personal note or photo of the sender and their family. Sometimes the recipient kids write back and what follows may become lifelong connections, life-changing friendships.

Jayne Jones and other members of her church, The Bradford Evangelical Free Church, a protestant Christian group on Route 5 of the Lower Plain, are about to stage their yearly "shoe-box stuffing" party at the church. That's when everybody in the volunteer group gathers about 10AM NOV 5, the first Saturday of the month, and puts the goods into the boxes and sends them along the church transportation pipeline for globe-spanning distribution. Mexico, the Orient, Africa, some recipients even right here in areas of need in America. National collection week for the relief effort is NOVEMBER 14-21. The shoe-box packing is called "OPERATION CHRISTMAS CHILD", and it is one part of a larger

helping ministry termed "SAMARITAN'S PURSE".

Because the Bradford Evangelical Free Church is what is called a "relay center" for this geographic area for the first time this year, the church is ready, willing and able to receive pre-packed boxes from other groups or individuals on NOV 5, or any posted acceptance times during national collection week, and will make sure they all get into the transportation and delivery pipeline. Jayne suggests that donors wishing to drop off either completed stocked shoeboxes, or items to put in those boxes may even deliver them to the church during Sunday services. Packing guidelines discourage certain items, war or violence-related for example, and more information may be obtained by simply calling the church – 802-222-9021, or checking online at a site mentioned in this article. Jayne's fellow churchgoers have been at this pragmatic work for nearly 10 years now, and last year alone their small church stocked, wrapped and sent along the international pipeline over 50 boxes, a good number Jayne tells me, for a church of their size, and one they hope to better this year.

Jayne's group makes no mystery about their motivation for straightforward giving in this hands-on way. "These boxes are a source of hope," she tells me – "As God is the original source of real hope. I love this ministry. We put a little bit of love into each box, and a little bit of God's

love too. Come on down and help us pack that day if you like. Let us know you are coming because we serve a lunch that packing session too. Anybody who wants to help is invited, you needn't be a member or our church, or any church for that matter. We have a lot of fun and welcome people who want to attend and touch young people all around the world."

Where does young Scotty McCreery, the famous new teenaged country crooner come into the picture? He's the fresh-faced American Idol season ten winner, only 17, who looks about 14 and has the deep voice of a seasoned country star. He's also the winner who gave God the credit for his victory on the spot at the televised moment of announcement, and as it happens he's also a sincere supporter of this 20-year non-denominational effort of inter-

national relief in over 130 countries. He was packing shoeboxes himself as a kid for OPERATION CHRISTMAS CHILD and shares his belief in the value of the work – simply go to www.samritanspurse.org, then look for "OPERATION CHRISTMAS CHILD" and look for Scotty's video, "BACK HOME". At that same internet connection, you can learn more about "SAMARITAN'S PURSE", the umbrella organization mounting the Christmas shoebox effort.

According to the website, the biblical story of the Good Samaritan (LUKE 10:30-37) is the basis for SAMARITAN'S PURSE, "which for over 40 years has been going to the aid of the world's poor, sick and suffering ...to victims of natural disasters, disease, war and famine."

Part of the box preparation is choosing if each box is

either for a girl or a boy, and choosing one of three age groups – 2 to 4 years, 5 to 9, or 10 to 14 years old. Shoe box packers are also asked to include in each box a monetary gift per box of seven dollars to cover shipping and other project costs. That donation may also be made online through what's called the E-Z Give method. One fascinating aspect of this charitable work is the ability to track individual boxes, to know where your gift box ended up and when, at the same website cited above.

TO REACH THE BRADFORD EVANGELICAL FREE CHURCH 802 222 9021 TO FIND OUT MORE ABOUT OPERATION CHRISTMAS CHILD ORSAMARITAN'S PURSE WWW.SAMARITANSPURSE.ORG



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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 – 10/22)

FARMER'S MARKET
9:00 AM – 1:00 PM
Behind The Star Theatre, St. Johnsbury

TUESDAY, OCTOBER 11

ESSAY WRITING WORKSHOP
7:00 PM
Haverhill Corner Library

WEDNESDAY, OCTOBER 12

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

SATURDAY & SUNDAY

**OCTOBER 15 & 16
18TH ANNUAL H.C.M.S. SOCCER
TOURNAMENT GAMES**
All Day Long
Haverhill Cooperative Middle School

SATURDAY, OCTOBER 15

HOME BAKED GOODS, CRAFTS & PLANTS
9:00 AM – 1:00 PM
Christ Covenant Anglican Catholic Church
Creamery Street, Marshfield

GROTON GROWERS FARMERS MARKET

10:00 AM – 2:00 PM
Groton Town Hall Gym

ANNUAL HARVEST SUPPER

5:00 PM – 7:00 PM
Woodsville United Methodist Church

SWEET JAMM

7:00 PM
Alumni Hall, Haverhill

SUNDAY, OCTOBER 16

BENEFIT CHICKEN PIE DINNER
11:30 AM – 1:30 PM
Grace United Methodist Church, Bradford

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

BOOK DISCUSSION GROUP

WATER WITCHES
7:00 PM
Fairlee Public Library

FRIDAY & SATURDAY

OCTOBER 21 & 22

**"THE ELEPHANT MAN" PRESENTED BY
THE ST. JOHNSBURY PLAYERS**
7:30 PM
St. Johnsbury School Auditorium

SATURDAY, OCTOBER 22

FRIENDS OF BATH ARTS & CRAFTS FAIR
10:00 AM – 3:00 PM
Bath Village School

CHURCH SUPPER

5:00 PM – 7:00 PM
First Congregational Church of Haverhill
See ad on page 8

SUNDAY, OCTOBER 23

AFTERNOON TEA
2:00 PM
St Luke's Parish Hall, Woodsville
See ad on page 8

ANNUAL OLD CHURCH COMMUNITY THEATER MEETING

2:00 PM
Upper Valley Services Building, Bradford
See article on page 17

MONDAY, OCTOBER 24

HAVERTHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, OCTOBER 25

**VERMONT ACTIVIST RON KRUPP
BOOK TALK**
7:00 PM
Fairlee Public Library

FRIDAY, OCTOBER 28

PEACHAM CHURCH RUMMAGE SALE
9:00 AM – 2:00 PM
Peacham Church

FRIDAY & SATURDAY

OCTOBER 28 & 29

**"THE ELEPHANT MAN" PRESENTED BY
THE ST. JOHNSBURY PLAYERS**
7:30 PM
St. Johnsbury School Auditorium

SATURDAY, OCTOBER 29

PEACHAM CHURCH RUMMAGE SALE
9:00 AM – 12:00 Noon
Peacham Church

MARIONETTE AND PUPPET SHOW

2:00 PM
Fairlee Public Library

HAVERTHILL PARISH HALL

HAUNTED HOUSE
6:00 PM – 9:00 PM
Parish Hall, Haverhill Corner

HAVERTHILL RECREATION COMMISSION'S

HAUNTED HAPPENINGS & DANCE
6:00 PM – 10:00 PM
Robert E Clifford Memorial Building,
South Court Street, Woodsville
See ad on page 8

SUNDAY, OCTOBER 30

**"THE ELEPHANT MAN" PRESENTED BY
THE ST. JOHNSBURY PLAYERS**
2:00 PM
St. Johnsbury School Auditorium

TUESDAY, NOVEMBER 1

**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, NOVEMBER 2

**3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING**
8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

MONDAY, NOVEMBER 7

PRESCHOOL PLAY GROUP
9:30 AM – 10:30 AM
Morrill Municipal Building, North Haverhill
See ad on page 10

SENIOR STRETCHING

11:00 AM – 12 Noon
Morrill Municipal Building, North Haverhill
See ad on page 10

GOOD OLE BOYS MEETING

GUEST SPEAKER - OVIDE LAMONTAGNE
12:00 Noon
Happy Hour Restaurant, Wells River

HAVERTHILL 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 20th for our October 25th issue.

Cottage Hospital Stork Report For July, August & September

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

Cheryl Lakin & Scott Hanley Jr., of Newbury, VT proudly introduce their son, Mason Charles Hanley born July 5, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Nicole & Timothy Jerry, of Bradford, VT proudly introduce their daughter, Aubrey Marie Jerry, born July 8, 2011. Delivering Physician was Dr. Jessie Reynolds.

Samantha & Earl French and Big Brother Lucas, of Bath, NH proudly introduce their son and brother, Ryan Michael French born July 8, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Shelby & Ben George and Big Sister Ashlynn, of Woodsville, NH proudly introduce their daughter and sister, Kamryn Skye George, born July 11, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Jennifer Carter & Tyler Stygles, of Piermont, NH proudly introduce, their daughter Gracie Ann Stygles, born July 14, 2011. Delivering Physician was Dr. Melanie Lawrence.

David & Katie Plachetzki and Big Siblings Michael & Colin, of Benton, NH proudly introduce their son and brother, Sawyer Elliott Plachetzki born July 15, 2011. Delivering Physician was Dr. Sarah Young-Xu.

Pete & Tara Roy and Big Siblings Calvin, Madeline, Dorothy and Gabriel, of North Haverhill, NH proudly introduce their daughter and sister, Rose Valerie Roy born July 18, 2011. Delivering Physicians were Dr. Aaron Solnit and Dr. Fay Homan.

Angela Evans & Nicholas Blanchard, of Washington, VT proudly introduce their daughter and sister, Elaine Marie Blanchard, born July 20, 2011. Delivering Physician was Dr. Melanie Lawrence.

Laura & Ethan Sjolander, of North Haverhill, NH proudly introduce their son, Jackson Chase Sjolander, born July 24, 2011. Delivering Physician was Dr. Aaron Solnit.

Lee Flint & Kyle Frigon and Big Brother Keegan, of Groton, VT proudly introduce their

daughter and sister, Madison Lee Frigon, born August 4, 2011. Delivering Physician was Dr. Aaron Solnit.

Jani Larabee & Aaron Anderson and Big Brother Isaiha, of Wells River, VT proudly introduce their daughter and sister, Leigha Ann Larabee, born August 4, 2011. Delivering Physician was Dr. Jessie Reynolds.

Keith & Rachel Martin, of Newbury, VT proudly introduce their daughter, Aralynne Jean Martin, born August 5, 2011. Delivering Physician was Dr. Melanie Lawrence.

Brandi Dennis and Nathan Brown and Big Sister Lauren, of Bath, NH proudly introduce their daughter and sister, Jordan Alexis Brown, born August 30, 2011. Delivering Physician was Dr. Aaron Solnit.

Amanda Hamblin & Brian Teachout and Big Brother Kyler, of Littleton, NH proudly introduce their daughter and sister, Brianna Mae Teachout, born September 2, 2011. Delivering Physician was Dr. Sarah Young - Xu.

Anna Ricker & David Burroughs III and Big Siblings Michael, Olivia and Cody, of Bradford, VT proudly introduce their son and brother, Greysen James Burroughs, born September 8, 2011. Delivering Physician was Dr. Aaron Solnit.

Robin Roud & Eric Shaw and Big Siblings Riley, Tyler, Austin Reid, Drew, Dylan and Kayla of Lisbon, NH proudly introduce their daughter and sister, Trinity Rayne Shaw, born September 26, 2011. Delivering Physician was Dr. Steve Genereaux.

Erica Coutu & Joseph McComick, of Woodsville, NH proudly introduce their daughter, Brooklynn Elizabeth Coutu, born September 28, 2011. Delivering Physician was Dr. Sarah Young - Xu.

Kathryn Roux & Jessey Rogers, of Bradford, VT proudly introduce their daughter, Vanessa Anne Rogers, born September 30, 2011. Delivering Physicians were Dr. Jessie Reynolds & Dr. Fay Homan.

What's In A Name?

By Elinor P. Mawson

In a lot of ways, I am lucky my mother's love of flowers didn't result in the name Marigold when I was born. It almost did, though!! Instead, I was named after my aunt Elinor and I have been spelling my first name ever since.

You would think that when I announce that my name is Elinor with an I that it would be sufficient! But no--They spell it Ilinor, or Ileanor. The people who remember it is spelled differently than the usual Eleanor, most always spell my name Elinore or Elenor. But at least it is better than Marigold.

I hate to admit it, but my maiden name was Perfect. Yes, you read it right--PERFECT. I was teased unmercifully all my childhood by people who would say ARE you? and then laugh. After all, my parents were Mr. and Mrs. Perfect. My sisters were the Misses Perfect. My brother is still perfect at the age of 62. Much as I hated it, I use Perfect as my middle name and oddly enough, so do my sisters. We don't advertise it though (most of the time.)

As for Mawson--it is a good Anglo-Saxon name. You can't imagine how many people get it wrong. Even though I say M (as in Mary)AW-son, I get Morri-

son, Monson, Mossman, and once even Monsoon. I probably over-reacted the time we were called Manson (as in Charles) but that was taking things a bit too far. You would think that the name was pretty much unheard of except it is in almost every telephone book both here and in the United Kingdom. We always looked through the phone books when we were in England and Scotland, and there were plenty of Mawsons there. And after all, my father in law was born in Yorkshire.

A name is an individual thing; I often wonder if

everyone has a problem when they state their name to someone. If my name was Krapopopodopoulos it would be one thing...but I'm glad it's not.

Every so often, someone spells my first name right, doesn't comment on my middle name and pronounces my last name correctly--I nearly faint with surprise. I have decided in the next life I am coming back as Ann Smith. But I bet nobody will believe me.

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Common Sense

By Sheila Asselin

Common sense. We all think we have it yet daily we see the rules of common sense violated by otherwise intelligent people.

For instance why will people (mostly men people) drive ten miles out of their way to save 2 cents on a gallon of gas? Makes no sense.

Why is it when the sign clearly says WET PAINT will everyone passing by have to touch it just to make sure?

Why do people stop on a two lane street, casually open the door on the drivers side and proceed to stop all traffic while they search the contents of their purse, or whatever the heck they are doing. Putting on their mascara maybe? Who knows. Let's just get going.

Noah was a smart man. The Bible tells us that he was. He made the ark using vague measurements sent to him from on high. There was no divine blueprint. What the heck is a cubit? He did not hire a subcontractor, an electrician (had to wait for Ben Franklin to discover electricity) a flooring man for the decks, or an architect. Maybe the ark was up to building codes, maybe it wasn't. But when all the rain started no one cared.

Still you have to wonder how Noah with all his smarts saw fit to let the mosquitoes get on board but forgot the unicorns! Didn't use common sense.

Why do people gamble? Common sense will tell you that all those gorgeous casinos were not built by estab-

lishments that were giving away money. Still millions flock to them in the hopes of beating the odds. The house always wins in the end! Invest in a sure thing like the stock market. The only way you can win in Las Vegas is by chowing down at the cheap buffets, drink all the free booze and not going near the slots or gaming tables.

Why do food manufacturers downsize the contents of the coffee can from sixteen ounces to thirteen, keep it in the same size can and think we do not have enough common sense to read the label and know the difference. Of course they do not make it easy to read the labels. Red print on a black background makes it very hard for us visually challenged seniors to read anything. Then there is the tiny print. These days you need a math degree to go shopping. Don't they think I know that \$1.99 each or two for \$4.00 is not a bargain?

I will not even touch politics. I know danger when I see it. The world needs a lot more common sense so let's all work to make it a lot more common instead of the rare commodity it is now.

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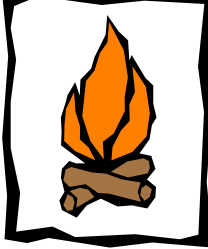
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Jack o'lantern contest this year! Carve it, label it, (include a candle) and drop it off at the Clifford Building no later than Friday, October 28, 2011 for judging! Entries will be on display Saturday night! Categories of winners include scariest, funniest and most original and judges choice!

Ghoulish goodies will be sold by Woodsville High School Mentors!

Door entry fee is \$3.00 per person

NOMINATIONS BEING SOUGHT: Northeast Kingdom Senior Of The Year

Ken Gordon, Executive Director of the Area Agency on Aging for Northeastern Vermont, announced today that his group is seeking nominations for its "Senior of the Year" Award to be presented at the Agency's annual meeting on October 27th, 2011 at the American Legion in Island Pond.

The Northeast Kingdom Senior of the Year Award was established in 2003 to recognize an older adult who has enriched the social, cultural or civic life of the community without thought of personal or financial gain. Last year, Helen Renaud of Hardwick was selected for the award in recognition of their many years of service in helping others in the com-

munity.

Agency on Aging Board President, Kathy Hemmens, of East Hardwick said, "Seniors make a difference in our communities each and every day. This award provides an opportunity for community members to honor an exceptional older adult."

Nomination forms can be obtained from the Area Agency on Aging for Northeastern Vermont by calling the Senior HelpLine at 1-800-642-5119 or by stopping by one of the AAA offices (in Newport in the Waterfront Plaza behind Rite Aid) or in St. Johnsbury in the old Summer Street School. The deadline for nominations is Monday, October 17, 2011.

For more information

about the "Senior of the Year" award or the services and programs available to support the independence of older adults, contact the Agency on Aging for Northeastern Vermont at 748-5182, 334-2190 or 1-800-642-5119.

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Thank you

Woodsville Fire Rescue would like to thank the surrounding fire, EMT and police for their participation in the 9-11 Memorial Parade, and to the citizens for the tremendous turn out to help remember our fallen brothers, sisters and service men and women. We thank you. This is a community we are proud and honored to serve.

Chief Brad Kennedy
Assistant Chief Jeff Robbins
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10 From The Desk Of NH State Senator



Dear Constituents,

It's hard to believe that October is already here. It's been a busy summer and fall and the January session is just around the corner. I suspect that all the other Senators have been just as busy as I have—meeting with constituents, attending various committee meetings, and working on re-referred legislation. (A re-referred bill is one that a committee felt needed more study before it could be acted on.)

In addition to the standing committees that I serve on (Senate Finance and Public & Municipal Affairs), I also serve on 11 statutory commissions, committees, and boards.

Commissions and boards comprise members from the public and members from the Senate and House. Committees comprise only Senate and House members.

I am a member of the following:

- Cannon Mountain Advisory Commission
- Commission to Evaluate the Long-term Uses of the Lakes Region Facility Located in Laconia
- Commission to Study Business Taxes
- Commission to Study Requirements for Safe and Secure Landfills
- Committee to Develop a Plan for Privatizing the Department of Corrections
- Committee to Study Issues Regarding Financial Resources Mortgage Inc.
- Current Use Board
- Health and Human Services Oversight Committee
- Public Higher Education Study Committee
- Public Water Access Advisory Board
- State Retiree Health Plan Commission

Some of these boards, commissions, and committees are fairly active, with regular meetings and lots of homework. The two newest committees, Privatizing the Department of Corrections and Financial Resources Mortgage, have been meeting almost weekly.

In September the two standing committees I serve on, Senate Finance and Public & Municipal Affairs met to handle re-referred bills.

Re-referred bills have already had a public hearing and do not require another one. (Public hearings are designed to allow the public to

testify. They are staffed and recorded.) These re-referred bills are typically handled in an Executive Session.

Executive sessions do not allow for public testimony. While questions of committee members may occasionally be answered by experts or members of the public, testimony on the bill is not solicited. Executive sessions are not recorded.

New this year, the Senate President approved an additional optional tool for handling re-referred bills—a work session.

Work sessions allow the committee to review and work on pending legislation while notifying the public in compliance with the Right to Know law. This also allows for a back and forth between members of the audience and committee members to provide input on pending legislation, which is typically not the case in public hearings or executive sessions. Work sessions are staffed but not recorded.

Also new beginning January 1st, the Senate will begin a trial run with a Consent Calendar that was authorized by our rules. A Consent Calendar enables the Senate to group routine bills under one umbrella. As the name implies, there is general agreement on the procedure. Legislation in the Consent Calendar does not need any discussion before the vote. Unless a Senator feels that a bill should be dis-

cussed and requests the removal of that bill, the entire Consent Calendar is voted on at once without any additional explanation or comment, thus the thinking is that this procedure saves time.

There are a number of criteria that bills have to meet in order to be placed on the Consent Calendar:

1. All committee members must be at the Executive Session.
2. The Executive Session vote on the committee recommendation (Ought To Pass, Inexpedient To Legislate, Interim Study, etc.) must be unanimous.
3. The vote to place the bill on the Consent Calendar must be unanimous.
4. No Ought To Pass or Ought To Pass-Amended bills are allowed on the Consent Calendar if they have a fiscal note. (If they are Inexpedient To Legislate or Interim Study, however, they can go on the Consent Calendar)
5. A short explanation about the committee recommendation, approved by the committee chair, must be submitted (a sentence or two explaining what the bill proposes to do, and another sentence or two explaining why the committee is making the recommendation that it is making).
6. On the floor, any Senator can request that any bill be pulled off the Consent Calendar and debated separately.

Senate rules do allow for a suspension of the Consent Calendar rule with a simple majority vote, so it will be easy to discontinue it if it does not seem to be working. However there is really no way to tell how well it will work without actually trying it.

October 10th through the 21st marks the filing period for Senate legislation and it looks like there are plenty of issues that we will be working on in the next session including redistricting, gambling, a constitutional amendment on education funding, Northern Pass/eminent domain, the return of voter photo ID, possible tort reform, Financial Resource Mortgage bills, and legal issues relative to retirement reform.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be of assistance—please call or email.

Your Senator from District 2,
Jeanie Forrester

October 11, 2011 Volume 3 Number 1

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

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Vermont Farm Disaster Relief Fund Press Release

It is well known how generous the people of the North Country are when it comes to caring for their neighbors. Recently, our neighbors in Vermont have suffered from devastating rains in the spring and the disaster of hurricane Irene. Farmers hit by these events have lost entire crops for the season. The people of St. Luke's

Episcopal Church in Woodsville are determined to help them recover. St. Luke's is holding a benefit dinner on October 28th to raise funds for the Vermont Farm Disaster Relief Fund. All proceeds will go to help the hard hit farmers of our neighbor state. There will be two seatings, 5:00 p.m. and 6:30 p.m. Ticket holders will

have a choice of chicken or meatloaf. Much of the produce for the meal will be purchased from local farms. Reservations must be made in advance by contacting Janice Crawford at (603) 747-3564, Florence Hartmann at (603) 787-2344 or Elanor Longfellow at (802) 866-5979.



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King Arthur Flour and UNH Cooperative Extension once again co-sponsored a baking contest at this year's North Haverhill Fair. Second place winner, North Haverhill's Catherine Flynn (standing on the right), received a \$25 gift certificate. The third place finisher, Haley Davenport of Bradford, VT, received a brownie pan from the King Arthur Store.

The sounds and smells of the 2011 North Haverhill Fair are just a memory, but for many talented local bakers something special happened.

King Arthur Flour and UNH Cooperative Extension once again co-sponsored a baking contest and challenged area

bakers to test their skills. With the exposure to cupcakes on reality television we choose chocolate cupcakes for the adults and yellow cupcakes for the youth entries. Each participant could choose their own frosting recipe and decorating theme. The contest was held on Saturday morning and one participant even brought a few samples for the hard working fair ticket takers.

In the youth division, the entries were judged by Brandon Miller of The Common Man Restaurants. Brandon choose Grace Comeau of Wentworth as the first place winner. She received a \$50 gift certificate to King Arthur's Baker's Catalogue. As second place winner, North Haverhill's Catherine Flynn received a \$25 gift certificate and third place finisher Haley Davenport of Bradford, VT received a brownie pan from the King Arthur Store. Judge Miller presented a special award to Bradley Henrickson for his beautiful presentation of cupcakes garnished with corn leaves and buttered popcorn jellybeans.

For the adult division, Linda Masure of Bradford received a perfect score from judges Bernie and Polly Marvin for her chocolate cupcakes with chocolate frosting. Judge Marvin noted on her score sheet, "they were excellent in every aspect of the contest". Linda received a \$75 gift certificate. Close behind, in second place, was Diane Lagarto of North Haverhill. Kristi Medill of Piermont, took third place. Diane received a \$50 gift certificate and Kristi now has her very own large King Arthur Flour Tote Bag.

The cupcakes were displayed for the remainder of the fair, and the extras were sold to support the work of the Grafton County 4-H Leaders' Association.

To get your own copy of either the chocolate or yellow cake recipes call the Grafton County Extension office at (603) 787-6944. Don't forget to enter next year's contest!

LITTLETON — Tony Poekert has been elected as the new chairman of the Board of Directors of the Center for New Beginnings, the Littleton-based organization that provides counseling and mental health services to families and individuals of all ages. He replaces Bob Patterson, a 10-year member of the board, who recently decided to step down after four years as chairman, although he will remain a member of the board.

Poekert, a resident of Dalton, is a familiar name to North Country residents, having served for the past 27 years as the coordinator of Parish and Community Services for New Hampshire Catholic Charities. Additionally, for 15 years he has been administrator for Catholic Charities' northern regional office. Poekert has also been involved in a volunteer capacity with a number of community organizations, including the North Country Health Consortium; NFI North Advisory Board; chairman of the Grafton County Emergency Food and Shelter program; state Set Aside board (for emergency food and shelter); an incorporator of AHEAD; and a board member for the Caleb Group. In 2008, he received a Lifetime Achievement Award from the New Hampshire Charitable Foundation.

"All of my work during my career has focused on issues of folks in poverty, and developing grassroots volunteer resources to address these issues," says Poekert. "Among the challenges we face at the Center for New Beginnings is how to respond to the needs of people



Bob Patterson, right, congratulates Tony Poekert, the new chairman of the Board of Directors of the Center for New Beginnings in Littleton. Patterson recently stepped down from the chairman's seat. (Courtesy photo)

requiring professional counseling services, while addressing solvency issues. It's a two-edged sword. More people need the services, but they have an inability to pay for them. So how can we beef up services, and at the same time create revenue streams to offset the people who can't pay?"

As board chair, Poekert also intends to develop leadership within the organization's staff, including bringing on a fulltime clinical director. And he'd like to get the public involved. "We'd love to hear from anyone with innovative ideas or suggestions to strengthen our mission," he says.

During his four-year tenure as chairman, Patterson oversaw several changes that strengthened both the board and the organization, including establishing a web presence; creating a personnel commit-

tee; developing systematic rules and procedures; and providing leadership during a period of rapid change and growth within the organization. During his career, Patterson was Superintendent of Schools in Claremont during the school lawsuit. He has been a member of the Profile School Board; chaired the Profile Building Committee; and was a selectman in Easton.

The Center for New Beginnings, a non-profit organization governed by a local Board of Directors, has been providing psychotherapy services to the North Country since 1985. The service area covers the northern third of New Hampshire, from the Kancamagus Highway north to the Canadian border, and northwest to the neighboring Vermont counties. To learn more, call 444-6465 or go to centerfornewbeginnings.org.

October 11, 2011 Volume 3 Number 1



Bradley Henrickson was presented with an honorable mention ribbon from judge Brandon Miller at the North Haverhill Fair in July. Judge Miller was impressed with Bradley's beautiful presentation of cupcakes garnished with corn leaves and buttered popcorn jellybeans.

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Classroom Chefts

St. Johnsbury School 7th and 8th graders participate in the first school wide taste test by cooking and serving a sample portion of Autumn Harvest Hill Salad which was prepared with vegetables from Harvest Hill Farm in Walden VT. The Farm to School project is a nationwide initiative and in Vermont it is funded by a grant from the Department of Agriculture. The project runs through the 2011/2012 school year and includes

monthly taste-tests, a local foods professional development course and curriculum integration. More information is at the schools webpage www.stjds.org/parents/farm_to_school or the nationwide site at www.farmto.school.org. People can visit the facebook page and contact coordinator Melissa Bridges at the St. J. Food Co-op 802-748-9498. The project welcomes and needs many volunteers to be successful.



Students (from L to R) Craig Fillon, Cody Despina and Kyle Lambert grating Harvest Hill Farm organic carrots.



Students (from L to R) Patty McDougall, Brittany Smith, Felicia Chase peeling Harvest Hill Farm organic carrots.

CT. Valley Snowmobile Club



These local businesses are selling our club memberships AND state registrations. Swiftwater Stage Stop, Route 112 Bath, NH
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For more information call 989-3009.
Please attend our meetings and support your club.

We need new ideas and fresh faces. Meetings are the first Tuesday of the month in the Morrill Building, North Haverhill, at 7 PM.
Work days will start on October 30th. We meet at TC's old shop on Dartmouth College Highway in North Haverhill at 8am and we work until noon. We need your help!
We have a website. It is ctvalleysnowmobileclub.com.
Please visit it for membership applications, trail conditions, trail maps, events and more.

Paddle The Border - Fall

By Gary Scruton

The weekend of October 1 and 2 was not a perfect weather weekend. But there are some outdoor activities that can be enjoyed without regard to the weather. The semi-annual Paddle the Border event is one such happening. The get together is co-sponsored by the Cohase Chamber of Commerce, the Newbury Conservation Commission and the Haverhill Recreation Commission. On Sunday the 3rd, all three groups had representatives on hand to help the devoted paddlers get underway.

With the threat of rain and a chilly wind, the number of those who showed up was greatly diminished. The organizers realized this and were able to make a few phone calls to advise the Wells River Rotary Club that they need not show up to cook their normal offerings for the paddlers. Also receiving a phone call were the members of the Strawberry



Farm Band who normally play their great bluegrass sounds at the landing point.

With those two groups taken care of it was just left for the volunteers to help launch boats. And in the case of Mike Thomas of the Newbury Conservation Commission, to take his canoe down river. Mike was one of only seven total individuals who did paddle from Newbury to Bradford. One of those who paddled kept in tact his

record of being on every paddle during the seven year history of this event. Trendy Times publisher Gary Scruton now holds the honor of being the only such person.

By the way, the weather was not all that bad. Only a little drizzle occurred, the wind was almost non-existent, and the conversation among those who paddled was fun. Congratulations to all who made the trip. To the rest, see you in the spring.

Ryegate Historical Society

The fall meeting of the Ryegate Historical Society will be held on Wednesday, October 12th at 7:30 PM at Whitelaw Hall in East Ryegate.

The speaker will be Dr. Dwight White, local historian and author of "The Down of the Thistle - 20th Century Ryegate" published in 2006. The topic will be "Reading, Writing and 'Rithmetic in Ryegate 1773-1970." Ryegate, not unlike surrounding towns, has always been concerned with the education of

its children. Until 1970, when Blue Mountain Union School was opened, the town provided a free accessible public education for elementary school children and paid the tuition for youth to attend a high school of their choice.

A special invitation is extended to all who spent at

least one year in one of Ryegate's ten district schools or in similar one room schools in other towns.

All are invited to attend this last meeting of 2011 program season. There will be opportunity to share educational experiences and insights with others.

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TRENDZ'

Interview With Heidi Bolduc

By Lauren M. LoSchiavo

Born and raised in this area, Heidi has been in business for 14 years. She started out at Top Notch Stylist and moved 3 years ago to her present location (TRENDZ'), at 17 Main Street, Littleton, New Hampshire.

Heidi showed an interest in hair at a very young age and often practiced, brushing, combing and putting her Grandmother's hair up in rollers. She wanted to further her education in this field right after High School but never had the time. She started a family and went into daycare to be home with her children. When her youngest child turned four she finally had some free time. She could now drop her son off at the Kinder Center and pursue her dream of becoming a hair stylist.

Heidi's former mother in law, Pat Whipple, with whom she remains close, offered her the chance to apprentice with one of her employees and later sold her the salon. During Heidi's apprenticeship she was required to do everything normally done in a school environment. After logging 3000 hours and practicing under a mentor for 18 months, she completed the apprenticeship program. She was then required to take the State Board and spent 5 hours in Hudson, New Hampshire at the Continental Hair School Design where she passed the exam and received her license.

Although apprenticing takes longer, Heidi feels fortunate for the experience it gave her. She learned lots of things she couldn't have in a school environment. "They teach the basics at school, but your mentor can teach you techniques which make certain procedures quicker and more efficient". Additionally, apprenticeship allowed for more one on one attention and gave her the opportunity to practice on people who would later become her clients. Because most of these schools are out of this area, you can't begin to establish your clientele until you return home.

Heidi is very meticulous about her haircuts. She believes (as do her employees),

"Word of mouth is the best form of advertising, and if you give someone a bad haircut, this is a small town and everyone will know it and talk about it. Essentially, they are wearing your job and represent you and the salon." Trendz' is a family oriented business. Rates are kept low and affordable and Heidi feels strongly that working moms, high school students (everyone, really) should have a chance to relax and be pampered. Her oldest client will be 100 in November and still comes in for cuts and perms. The youngest is around 2 years of age.

Heidi understands that people do not generally like change. She has a low turnover rate of employees. Theresa Wharem, a close friend, has worked with her for almost 10 years and Jennifer Crowe for 13. COMING SOON!! Theresa's daughter, Ashley Conn, will be joining TRENDZ'. She is a skilled Cosmetologist and Esthetician, which involves hair, skin care, microdermabrasion, facials, eyelash extensions, and makeup.

Heidi goes to conventions and trade shows to stay apprised of the latest products and trends in her business. The latest is real, sanitized, colored, feathers such as peacock and rooster. They will stay in your hair for 4-6 weeks and you can wash, curl or use a flat iron on them. Trendz offers a service whereby either she or her whole team will go to a bride's home and do everything; hair, makeup, pedicure and manicure, to get her and/or her bridesmaids ready for their special day.

EXPERIENCE TRENDZ'

Come in and see Heidi, her stylists, and her very smart, beautiful, faithful companion, Chloe (a Yorkshire Terrier).

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You can post a comment or question on the Trendz Facebook page as well as see uploaded pictures of her work.



By Ronda Marsh

Ronda's Harvest Chicken

If you are a regular reader of this column, you are probably wondering why I'm featuring a chicken recipe for 2 issues in a row. It's kind of an unwritten rule of mine to switch it up each time from main dishes to desserts, to appetizers, etc., in an effort to appeal to the tastes of many different people, and also to avoid becoming tedious. Well, here I am, violating my own edict, but trust me, it's not without good cause: This is the perfect dish for early fall; it is redolent of the flavors we in New England associate with the turning foliage and the accompanying clear, crisp days. Now is the time to try this recipe, when our local apples are prime for the picking and just waiting to be transformed into a delicious meal. If you have always thought of apples as being strictly for use as an element of a dessert, you are in for a treat. Apples can be used in many savory applications, too; a secret the French have known for a long time. Something about the slight sweetness of the fruit has a natural affinity for any white meat, such as pork or chicken, and the pectin which apples contain acts as a natural thickener for the sauce which dresses the dish.

- 3 or 4 Boneless/skinless chicken breasts, rinsed, trimmed and dried
- Salt & pepper
- 1 Tablespoon butter
- 1 Tablespoon olive or vegetable oil
- 1 medium onion, sliced

Add the smoky overtones of a little maple syrup, and you have the picture perfect autumnal dinner.

I got the inspiration for this recipe from a chef's cooking demo on VT Public Television, but as usual, I tweaked and fiddled with her version until I had something which felt easy and more user friendly for all of us non-chef types. I served it with a mound of sautéed spinach and simple buttered noodles, but it sure would be just as tasty with a big 'ole pile of mashed potatoes, too. Please, please, please give this a try soon, while you still have that bag of fresh apples begging to be used!



- 1 apple, peeled, cored, and sliced in thin wedges
- 1/4 cup REAL maple syrup
- 2 Tablespoons cider vinegar
- 1 cup chicken broth (or bouillon)
- 1 teaspoon dried thyme

Preheat oven to 350°F. Liberally season the prepared chicken breasts on both sides with salt and pepper. In a large, oven-safe skillet, heat the butter and oil until almost smoking. Add the seasoned breasts and do not move for a couple of minutes, allowing them to brown and release from the pan before turning to brown on the other side. Remove meat to a plate and set aside. Add the onions, apples, and thyme to the pan and cook for several minutes, until apples are softened and onions are translucent, scraping bottom of pan to incorporate the fond left behind by the chicken. Add the syrup, vinegar, and about half of the bouillon to the pan, bringing it to a boil before nestling the browned chicken back in amongst the vegetables. If necessary, add more of the bouillon, so that the chicken is about half submerged in liquid. Place uncovered skillet in the oven and cook for 30-40 minutes, until liquid is reduced by about half and chicken is thoroughly cooked. Remove from oven and allow to sit for about 5 minutes, before slicing each chicken breast into medallions. Serve chicken slices topped with the apples, onions, and pan gravy.



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NOTE: This recipe serves 4, but can be easily doubled. You can also substitute pork chops for the chicken breasts, for an equally delicious meal!

Interview With Anna Slack

By Lauren M. LoSchiavo

Anna Slack, the Programs Coordinator for Upper Valley Land Trust, is a young, educated woman whose interest in conservation has been present since childhood. She grew up in a town not far from Montpelier, Vermont on 13 acres that bordered a state forest. As Programs Coordinator, she has many responsibilities some of which are planning events, maintaining websites, and promoting the organization through education and outreach.

Until the date of this interview I was unaware of the impact this non-profit organization has on our environment and the multitude of benefits it provides. The very basic description of what Upper Valley Land Trust does is it protects and conserves land in a way that will allow it to remain sustainable, adaptable, and will offer a resiliency that will support the well-being of the community as a whole, well into the future or in perpetuity.

Upper Valley Land Trust is a nonprofit organization that has been in existence since 1985 and recently celebrated their 25th year. The trust consists of a board of trustees. They hold over 420 property conservation easement deeds. This powerful legal document specifies how a property can be used, no matter who owns the land in the future. A total of over 41,000 acres in 44 communities is protected. Each of these properties must be visited at least once per year to ensure that the land remains in its protected state. An impressive number close to 50% of all these visits are from volunteers, an equally

impressive percentage of Upper Valley Land Trust's budget comes from supporters.

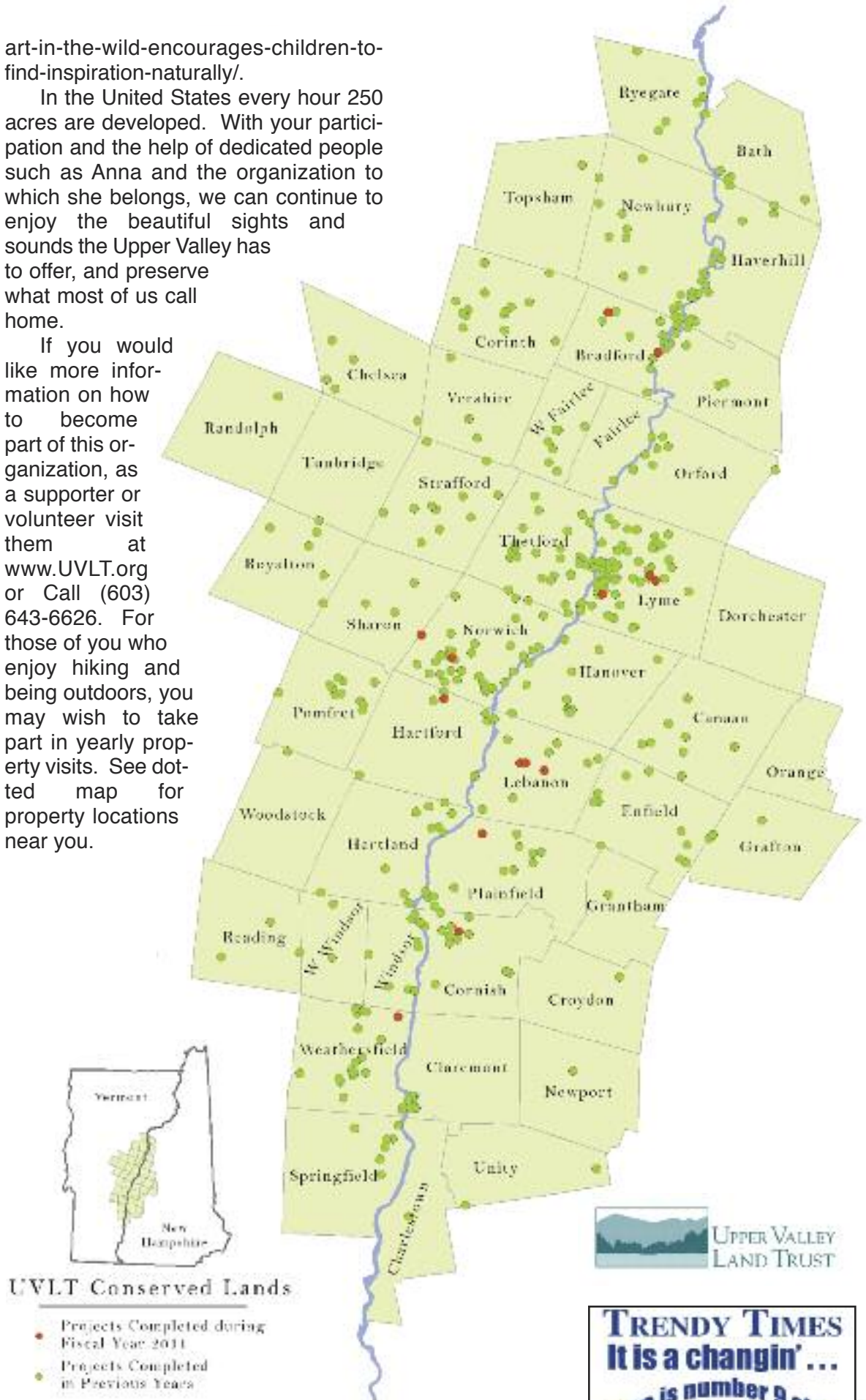
UVLT works closely with towns to see what they want protected and tries to work within those guidelines. Conservation transactions include donated conservation agreements, bequests and acquisition of land purchased with local conservation funds. If they (the community and UVLT) feel that a property has a high environmental value, they will work with a land owner to separate and figure out what development rights are on that land, and then buy those rights to ensure that the land will be conserved as is. They protect working farms, forested ridges, wildlife habitat, water resources, flood plains and 16 wetlands. In short, the stewardship they have created ensures that the Upper Valley's rural landscape remains just that. If you were to see an aerial view of the Upper Valley, the work they do would be evident. Over 27 Miles of Connecticut River frontage is protected by this Trust.

The overall message that Anna would like us to acknowledge is "conservation does not mean we protect land and keep it just because it looks pretty, but also because it adds to the resiliency, the adaptability, and the sustainability of our communities." Anna has also worked closely with the AVA Art Gallery to increase environmental awareness in children. "The land is for people of all ages to use and enjoy." You can go to this website to see more. <http://www.uvlt.org/2011/08/>

art-in-the-wild-encourages-children-to-find-inspiration-naturally/.

In the United States every hour 250 acres are developed. With your participation and the help of dedicated people such as Anna and the organization to which she belongs, we can continue to enjoy the beautiful sights and sounds the Upper Valley has to offer, and preserve what most of us call home.

If you would like more information on how to become part of this organization, as a supporter or volunteer visit them at www.UVLT.org or Call (603) 643-6626. For those of you who enjoy hiking and being outdoors, you may wish to take part in yearly property visits. See dotted map for property locations near you.



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White Mountains Community College Littleton Academic Center

White Mountains Community College, Littleton Academic Center, is offering an Introduction to Hypnosis Workshop on Monday, October 17, 2011 from 5:00 pm to 7:00 pm. This workshop is for those who are curious or those who need a method of relaxation and stress reduction. This workshop will give you an introduction into hypnosis and its uses. The workshop will consist of learning briefly about how the mind works, especially when stress or pain are involved and how hypnosis can be used to deal with these issues. Demonstrations of the uses of hypnosis and a group hypnosis relax-

ation session will be part of the workshop.

Instructor: Linda Murphy-Luck. Linda has been a Nationally Certified Hypnotherapist for the past 10 years. In the past four years, she has specialized in Past Life Regression. She has a Master's Degree in Education and is a Nationally Certified Licensed Massage Therapist and Shamballa Reiki Master Healer teacher.

For More Information regarding this workshop, or to Register, contact The White Mountains Community College - Littleton Academic Center - at 646 Union St, Littleton, New Hampshire, 03561, or call 603-444-1326

Bradford Theater Group To Become Non-Profit

BRADFORD, VT: At its upcoming annual meeting on October 23rd, the Old Church Community Theater plans to dissolve and then re-incorporate as "Old Church Theater", with a new non-profit status under state and federal law.

Paul Hunt, president of the group, says "This new status gives us more options for fund-raising and applying for grants than ever before, which will allow even better quality productions in the future. We are very excited to have taken this step and look forward to being a part of what makes Bradford special for years to come". The group has just concluded its 27th year.

The theater's home stage is in the historic "old church" on North Main Street, leased to the group

by the Bradford Congregational Church. The building is reported to be the second oldest building in Bradford, originally built on the upper plain near Oxbow High School in 1793 and moved to the village in 1836. It has been a church, meeting hall, Odd Fellows hall, basketball court and movie theater through the years. In the 1970's it was home to the Bradford Repertory Theater but fell idle until Mary Alice Klammer and Dominique Bulfair opened the first "Old Church Community Theater" in 1984 with the popular musical "Finnian's Rainbow". Since then, the all-volunteer group has staged 5 or more shows a season, from May to September.

The October 23rd annual meeting is open to all, and will be held at 2pm at the

Upper Valley Services building opposite Bradford's FarmWay store, beginning with potluck, reports of officers, a review of the 2011 season, election of officers and concludes with dissolving the old group and incorporating as the new entity.

Winners From Ross-Wood Post #20 American Legion Gift Card Raffle

1st Prize: \$500 gift card @ Wal-Mart - Kay O'Malley

2nd Prize: \$500 gift card @ Shaw's - Mickey Leafe

3rd Prize: \$250 gift card @ Aldrich General Store - Ann Tyler

4th Prize: \$100 gift card @ Shaw's - Mickey Leafe

5th Prize: \$50 gift card @ Shiloh's - Stuart Goodwin




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OBITUARY KELLEY LEIGH SANVILLE



by her husband, Arnold "Jake" Sanville of Groton; her father, Richard Blodgett, Sr. of Littleton, NH; three sisters, Lorrie Lynn Austin of North Haverhill, NH, Tari Jean Labreque of Ryegate, VT, Kandi Layne Spruill of Orford, NH; and a brother, Richard Blodgett, Jr. of Barre, VT. Kelley Leigh had many nieces and nephews and she loved them like her own children; Derrick, Timothy, Ashley, Richard, and Misty. They were her life and she gave them all she could and she was very proud to be their aunt.

Groton, VT – Kelley Leigh Sanville, 47, died on Saturday, September 24, 2011 at the Dartmouth Hitchcock Medical Center in Lebanon, NH.

She was a beloved wife, sister, aunt, and best friend. She took life as it came, and lived her life to the fullest.

She was born in St. Johnsbury, VT, October 21, 1963, a daughter of Richard Blodgett, Sr. and Leona "Dolly" Alger. She attended school in Bradford, VT and graduated from Oxbow High School. She lived all of her life in Groton. Kelley married Arnold "Jake" Sanville on October 1, 2004.

She was predeceased by her mother, Leona "Dolly" Alger.

She will be sadly missed

A graveside service was held on Monday, October 3 at 1 PM at the Groton Village Cemetery with Rev. Jane Wilson officiating.

In lieu of flowers, memorial contributions may be made to a charity of one's choice.

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

For more information or to offer an online condolence please go to www.rickerfh.com

OBITUARY EARLE E. COLE



Bath, NH – Earle E. Cole, 71, of West Bath Road, died September 24, 2011 at Dartmouth Hitchcock Medical Center, Lebanon, NH, following a sudden illness.

He was born in Haverhill, NH, May 26, 1940, the son of Everett E. and Irene Naomi (Tewksbury) Cole. For many years Earle worked at the former Newman Lumber Company in Woodsville as the assistant maintenance foreman and later he worked the Grafton County Home in North Haverhill for ten years, and is a former Road Agent in the Town of Bath.

He was a graduate of Woodsville High School, was a member of Pine Grove Grange, Bath, and formerly served on the Bath Fire Dept., and volunteered on

the Woodsville Ambulance Service. Earle enjoyed the outdoors, hunting, fishing, shooting, and gardening, and feeding the deer. He also enjoyed painting, photography and writing. Most importantly was the time he spent with his family.

He was predeceased by his father Everett on November 3, 1974, and his mother Irene on August 23, 2006.

He married Peggy Ann Laundre on December 13, 1962.

Survivors include his wife of 48 years Peggy of Bath, three daughters Kathy Mitton and companion Scott Herbert of Meredith, Anita Robbins and fiancé Terry Alexander of Woodsville, and Deborah Cole-Simano and husband Brian of Pike, four grandchildren Savannah Mitton and companion Chad Daniels, Jeffrey Robbins, Jr. and companion Samantha Chase, and Mayghan and Brooke Simano, two great grandchildren Landen Erik Daniels, and Bentley Chase Robbins, along with an expected great

granddaughter due in December.

He is also survived by a sister in law Joyce Roy and husband Norman of Bath, a niece Jo-Ann Roy and companion Damon, a nephew Shawn Roy and wife Kelly, and their children Austin and Jillian, and many cousins

Calling hours were Thursday, September 29th, from 6:30 to 7:30 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

The funeral service was held on Friday, September 30th, at 1 PM at the funeral home with Rev. Lyn Winter officiating. Burial followed in the Bath Village Cemetery.

Memorial contributions can be made to the ALS Association, Northern New England Chapter, The Concord Center, 10 Ferry Street, Suite 309, Concord, NH 03301.

For more information or to sign an online condolence, please visit www.rickerfh.com

Ricker Funeral Home, Woodsville was in charge of arrangements.

OBITUARY

BARBARA STIMSON ROBINSON



Woodsville, NH – Barbara Stimson Robinson, 80, of Highland Street, died on Wednesday, October 5, 2011 at the Grafton County Nursing Home, North Haverhill, NH with her family by her side.

She was born in Haverhill, NH, August 1, 1931, a daughter of Erville and Roberta (Miller) Stimson. Barb graduated from Woodsville High School, Class of 1949 and then attended the Bennington School for Nurses in Bennington, VT. She worked as an LPN at Cottage Hospital for 42 years and among her many duties there she loved rocking the hundreds of babies she helped bring into the world.

Barb was a member of the Woodsville United

Methodist Church for over 50 years and served as the former president of the Girls Club. Barb was involved with every aspect of the church, including organizing church suppers and rummage sales, singing in the choir, making and delivering Christmas baskets, and participating in the Couples Club at the church. Barb loved to go dancing with her husband Gordon and she loved her dog Britney. She will be fondly remembered for her love of children and for attracting children to her side.

Barb married Gordon C. Robinson on March 28, 1953.

She was predeceased by her parents, Erville Stimson on February 4, 1964 and Roberta Miller Stimson on January 14, 2001; her husband Gordon C. Robinson on September 30, 1984; and a nephew, Joshua M. Stimson on October 24, 2010.

Survivors include her daughter, Linda J. Robinson Goss and her husband Tom of Woodsville, NH; a son, James

G. Robinson and his wife Sherry of Leesburg, Virginia; two granddaughters, Alexandra "Alex" Graham and Sarah Robinson; a sister, Betty Stimson of Bath, NH; two brothers, Ronald Stimson and his wife Peggy of Rochester, NY and Jeffrey A. Stimson and his wife Jane of North Haverhill, NH; several nieces, nephews, and cousins.

There were no calling hours.

A memorial service was held on Monday, October 10, at 11 AM, at the Woodsville United Methodist Church, Maple Street, Woodsville, NH with Pastor Susan Ellery officiating.

In lieu of flowers, memorial contributions may be made to Woodsville United Methodist Church, c/o Reita Jones, 8 Ammonoosuc Street, Woodsville, NH 03785.

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

For more information or to offer an online condolence please visit www.rickerfh.com.

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OBITUARY – LEE GEORGE SHEPPARD



East Ryegate, VT – Lee George Sheppard, 79, died on Monday, October 3, 2011 at the Cottage Hospital in Woodsville, NH.

He was born in Warden, Quebec, March 17, 1932, the son of Angus and Claudia "Cora" (Hamel) Sheppard.

He graduated from McIndoe Falls Academy and an automotive tech college. Lee served with the U. S. Air Force during the Korean War. He married Ann Willey Pollard on December 28, 1957.

He was automotive service technician for many years at the Volkswagon dealership in Barre, VT. He also owned and operated Sheppard Auto Repair in East Ryegate. For more than 25 years he was a rural paper

carrier for the Caledonian Record. He delivered newspapers from St. Johnsbury, VT to Woodsville, NH. Lee was a 56 year member of the Ross-Wood Post #20 American Legion in Woodsville and a member of the VFW Post #10038. He loved to fish, and when he was younger he enjoyed hunting with his brothers. He loved to cook and socialize with people. Lee will be sadly missed. He was one of the most liked people, was very caring, and always helped everyone. Lee never gave up in anything he did. Lee's greatest love was his family and spending time with his grandchildren. He will be fondly remembered as a caretaker for his family.

He was predeceased by his brother, Laurent Sheppard.

Survivors include his wife of 53 years, Ann W. Sheppard of Ryegate; two daughters, Lynn Ruggles and her husband Richard of Haverhill, NH and Vicki Sheppard of Humble, TX; four grandchildren, Topaz Sheppard,

Odessa Crowley, Christy McClintock-Such, and Cathy McClintock; nine great grandchildren; one great granddaughter; a sister, Lena Bean of East Ryegate; three brothers, Lester Sheppard of Walpole, NH, Leonard Sheppard of Bradford, VT, and Leo Sheppard and his wife Patricia of Dawsonville, GA; and several nieces, nephews, and cousins, and a brother in law Neil Pollard of Essex Jct., VT.

A graveside service was held on Saturday, October 8, at 2 PM, at the Monroe Village Cemetery, Plains Road, Monroe, NH, with Rev. Dr. M. Catherine Cook officiating.

In lieu of flowers, memorial contributions can be made to the American Heart Association, Founders Affiliate, PO Box 417005, Boston, MA 02241-7005.

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

For more information or to sign an online condolence please visit www.rickerfh.com

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The Secrets Of Anti-Aging

It's happening to everybody, most of the time faster than we'd like. But even though the calendar tells us we're older, the passage of time isn't really what ages us. It's the process that reduces the number of healthy cells in the body. There are so many interesting things to do and see in the world. We all want to extend our life spans with the best health possible. Fortunately, youth is not just a chronological age, it's good health and an optimistic spirit. The concept of anti-aging is gaining strength as more

people realize they can positively affect their own aging process. We can see this in today's elite athlete's who perform at world class levels well into their thirties or even forties, inspiring healthy people living long life spans, proving that the downward spiral associated with aging need not happen.

The human life span is at least 20-30 years longer than most of us live today. It's astonishing to realize that we are living only two-thirds of the years our bodies are capable of. There is a paradox about aging: Life expectancy lengthens as you age. The longer you live, the longer your total expected life span becomes. Age is not the enemy... illness is. Our cells don't age; they're sloughed off as their efficiency diminishes to be replaced by new ones. When the body is given the right nutrients, cell restoration may continue for many years past current life expectancy.

Environmental pollutants, a long standing diet of chemical laced, refined foods, vitamin and mineral deficiencies, overuse of prescription drugs and antibiotics, and high stress all prevent good cell restoration. Eighty percent of the population over 65 years

old in industrial nations is chronically ill, usually with arthritis, heart disease, diabetes or high blood pressure.

Human lifespan can be increased. Youthfulness can be restored from the inside by strengthening lean body mass, metabolism, and immune response with good nutrition, regular exercise, fresh air, and a positive outlook. A balanced life is the key to long life. While cell life is largely genetically controlled, disease is usually the result of diet, lifestyle or environment. We can do something about these things. Slower aging means a better memory with no senility, better skin with fewer wrinkles, a strong heart, bones and immune response, flexible joints and muscles, a good metabolic rate and a healthy sex life (organ and endocrine activity keeps your whole body youthful). Regular aerobic exercise like a brisk daily walk prolongs fitness at any age. Exercise helps maintain stamina, strength, circulation and joint mobility. Stretching out every morning limbers the body, oxygenates the tissues, and helps clear it of the previous night's wastes and metabolic eliminations. Stretches at night before you retire help insure muscle relaxation and a better night's rest.

Don't worry. Be happy. Think positive to stay young. Clearly, the subtle energies of the mind effect the body. Affirm: "Every day I am healthier and happier in every way", say this a hundred times a day until you truly believe it. A pessimistic outlook on life depresses not only your personality (and everyone around you), but also your immune response. Even science is validating the "mind/body connection" in terms of the body's ability to heal. An optimistic, well-rounded, loving life needs friends and family. Regular contact is important for you and for them. Doing for, and giving to others graciously, makes a world of difference to your spirit.

The "Fountain of Youth" may have been available all

along in the youth-extending nutrients of herbs and "super foods". Herbs have wide-ranging properties, and far reaching possibilities as health restoratives. They can help with almost every aspect of human need as we age. The two main causes of aging are:

1) cell and tissue damage caused by free radicals that aren't neutralized when the body lacks antioxidants; 2) reduced immune response that puts the body at risk for disease-causing stress and environmental toxic reactions. Herbal therapy is a premier agent for both of these aging actions. Antioxidant herbs quench and neutralize free radicals, energize and tone. Adaptogen herbs strengthen immunity, and equip the body to handle stress.

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Adaptogen Herbs include: Bee Pollen, Royal Jelly, Panax Ginseng Root, Pau De Arco Bark, Suma Root, Schizandra Berry, Siberian Ginseng Root, Ashwaganda Root, Alfalfa, Fo-Ti-Tieng Root.

Super Food Herbal Sources include: Barley Grass, Alfalfa, Royal Jelly, Bee Pollen, Parsley Root & Leaf, Chlorella, Spirulina. Enzyme Therapy Herbs include: Dandelion Root & Leaf, Milk Thistle Seed, Licorice Root, Nettles, Gotu Kola, Green Tea, Oregon Grape Root, Capsicum, Aloe Vera.












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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

Volume 3 Number 1 October 11, 2011 Not all Times are Trendy but there will always be Trendy Times



The Dog Killing Bridge Overtoun Bridge Milton, Dumbarton, Scotland

In my research, all the countless articles I've read, I've realized one thing: every house has a story and every bridge has a story. What I mean is that where there's a haunted house, there's a haunted bridge just around the corner. You either have the woman who is crying over a lost love (Emily's Bridge-Stowe, Vermont) or a bridge where there's at least one dog committing suicide every month since the 1950's...yes, you read correctly. It's no ordinary bridge, a bridge like Emily's Bridge is ordinary in the terms of spirits, but this canine hating bridge struck me odd.

I first read about it off of theinsidegeek.com (a website dedicated to anime, video game/movie reviews, your kids will love it) where they posted an article about the "10 Paranormal and Unexplained Mysteries That Will Leave You Guessing." Great article with ten interesting subjects, but the one that got me interested the most was this bridge that attracts dogs to take their own lives.

The bridge was built by John Campbell White who was better known as Lord Overtoun in 1895 and is right next to the very large Overtoun Mansion (2,000 acres large). Due to both the west side and east side being separated by a waterfall, they built this Victorian bridge to connect each side. The bridge stands 50 feet tall

which would be great for the bungee jumping junkies, but it's more known for the depressing amount of dog deaths that have occurred at this bridge. As said before, dogs will climb the parapet wall and jump off the bridge. Of course, mistakes happen, but this bridge has claimed the lives of six-hundred dogs and has claimed only two human lives. What's even stranger is that the dogs who have survived the plunge have come back to try again.

What's even stranger is that all the dogs who have committed suicide have jumped off almost exactly the same spot. Why does this happen though? Some believe, such as the Celts, that the Overtoun Bridge is a portal between the world of the living and the afterlife and sometimes they cross over. Another theory, which is more logical, is that there's these animals called minks that hang around the bridge. The dogs could sense them since they give away this musty smell, and when they jump onto the ledge, they don't realize the incredible fall they're going to take.

But the bridge has claimed two human lives on record as well. In 1994, a man threw his newborn child off the bridge claiming it was the anti-Christ. After feeling sorrow for the atrocious act of killing his own child, he killed himself on the same bridge. Some say it was the bridge that made him kill his

child and himself, where there's others, such as myself, that think the man did it because anyone wouldn't be able to live with themselves after doing something like that. Whatever the case maybe, Overtoun Bridge has claimed more lives of dogs than any other bridge in the world. If you go to the bridge, make sure to have a leash.

Remember: NEPI is still looking for members to join us on future investigations. If you're interested make sure to call Anthony at (603) 444-7142 and become apart of the coolest ghost group around!

Until next time this has been another Scared Sheetless. Make sure to enter my website if you dare for more scares at scaredsheetlessncn.blogspot.com and write me a message! Thanks for reading my fellow graveyard disciples and always remember to keep it scary!

Resources:
<http://strangeworldofmystery.blogspot.com/>

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

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Littleton Area Community Project (LACP)

September 29, 2011 Meeting

By Lauren M. LoSchiavo

A meeting was recently held in the Littleton, New Hampshire high school cafeteria. It is evident that the LACP group members, who participated in this project in its infancy, were committed to change and there is no doubt that they will continue to be successful in their plans for the future.

The introduction and explanation of the "Report to the Citizens" plan was extremely comprehensive and well delivered. Gerald Winn conducted the meeting smoothly and competently. Both Alison Chisolm and Steve Kelley delivered their groups goals on "Services and Costs", addressing is-

such as EMS (Emergency Medical Services) staffing, to include road maintenance and engineers. The topic "Enhance the Way We as a Town Do Business" was delivered by Mel Brooks, and Dave Ernsberger talked about the plan for "Economic Prosperity."

Their overall mission statement is this:

Develop and activate a plan that includes a package of sustainable, deliverable, specific, dynamic principles and attitudes that will assure the continuation of the vision of Littleton being "an ideal place in Northern New England to Visit, Live, Learn, Work, Play and Retire."

The LACP was formed primarily to address change, how to prepare to meet these changes, and adapt and grow as a community. After some debate they were unanimous in choosing 3 imperatives. This in itself is quite remarkable. Each individual group (there was a total of three) had a mission statement. They then developed a list of recommendations/suggestions, and broke it down further to include what priority each would take and the time frame in which it would be implemented. They added one more step to this process by evaluating which recommendations could be handed off to an al-

ready established entity (i.e. School Board, Superintendent, and Town Manger).

Take a walk down Meadow Street. At night the sidewalks are well lit, there is greenery, storefront walkways are kept clean, and night or day, there is an abundance of foot traffic. One member came up with the idea of putting pianos in key spots along the sidewalks. This gained Littleton, New Hampshire national attention and significantly increased traffic to main street businesses. There is a sense of pride here. It is aptly nicknamed "The Glad Town." These changes are the most noticeable. To those who

were unaware of the Littleton Area Community Project (myself included), the aforementioned improvements were ones for which they were largely responsible.

The plan LACP has set forth is an aggressive one. The people behind the LACP plan are committed, but, in order to implement these initiatives, they will need the help of volunteers. If any of the aforementioned initiatives are of interest to you, or you would like more information on how you can be a part of these efforts, call 603-444-6561 or go to www.littletonareachamber.com

October 11, 2011 Volume 3 Number 1

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Current Use Board Meeting

Per RSA 79-A:3, the Current Use Board will be holding a series of (3) public forums across the state to hear questions and comments from the general public pertaining to current use practices and rates. At the forums, the Board will present its preliminary proposal for current use tax rates for the coming year which include changes to the forestland assessment ranges.

Taxpayers are encouraged to attend one of the following forums:

Tuesday, November 8, 2011 - Lancaster, North Country Resource Center, 629B Main Street, 4:00 p.m.

Thursday, November 10, 2011 - Newbury, Newbury Town Hall, 937 Route 103, 4:00 p.m.

Monday, November 14, 2011 - Concord, NH Department of Revenue, 109 Pleasant Street, 9:30 a.m.

Regular Current Use Board meeting will immediately follow the public forum on November 14 in Concord.

Written comments can be e-mailed to cub@rev.state.nh.us or mailed to: NH Department of Revenue Attn: Current Use Board PO Box 487 Concord, NH 03301

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