

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
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NOVEMBER 22, 2011 VOLUME 3 NUMBER 4



A SPECIAL REMEMBRANCE IN BRADFORD

By Marianne L. Kelly



BRADFORD, VT—Each year on November 11, communities around the nation gather to remember and thank veterans, living and deceased for their service to and sacrifice for our country.

This year's event, held at the Bradford Academy Auditorium at precisely 11am on November 11, struck a different chord, for this is the year Bradford honored veterans from World War II, Korea and Vietnam respectively with their own honor rolls.

A BUMPY ROAD

It all began in 1945 when

the United Opinion editor printed what he believed was an accurate list of Bradford men and women who served in World War II. Unfortunately, that list proved inaccurate, as many names were not included.

The project languished until Bradford's bicentennial celebration in 1965 when local historian Harold Haskins took up the task of compiling names of World War II veterans. Still incomplete, the project once again languished until one fateful summer's eve in 2007, Robert Fish, a Bradford WWII veteran, showed up on Bradford historian Larry Coffin's doorstep with his concern about the lack of an honor roll for Bradford's WWII veterans. Fish, along with his two brothers served in the military during WWII, and his concern that the only remembrance was a monument on Bradford's Memorial field,

was palpable enough for Coffin to take action.

Coffin, along with Scott Johnson, Commander of Bradford's American Legion Post #20 took up the challenge and beginning with Haskins' list added veterans lists from the Korean and Vietnam wars of those who lived in Bradford at the time of induction whether draftee or volunteer.

They knew there were inaccuracies as the WWII list was based on the veteran's postal address at discharge, and the draft records listed

Rutland as the city where the inductions took place, with Orange, the county of residence. Problems arose discerning those who had Bradford addresses but lived in neighboring towns, with those who did not return after the war.

Coffin's and Johnson's determination to give Fish and other WWII veterans an honor roll resulted in the lists being published in two local newspapers in 2008, and the Bradford Town Report with copies enclosed with the annual Bradford Academy Alumni letter across the nation. Wayne Kenyon of Bradford spent several days in Montpelier cross checking names for the issuing of a corrected list that although made available, still left the researchers a bit unsure.

Once again, the project languished, this time due to a warning from the Office of Veterans Affairs not to place the list on a bronze plaque or granite monument. Enter Tim Copeland whose company Copeland Furniture, donated three wooden plaques, de-

signed by Copeland staffer Armin Driver and crafted by Carol Brown and Herman Durkee. The names of the veterans were laser engraved on individual pieces of wood, placed in the appropriate plaque, and by agreement with the Bradford Select Board are on display in the Academy auditorium.

Realizing that names may need to be added or placed on other town's honor rolls, prompted Coffin to create a corrections reporting form available in the Bradford Town Clerk's Office. He also has a copy of the names for anyone who would like to have one.

Coffin closed his remarks acknowledging and thanking Robert Fish, sitting in the audience, for his persistence in getting the honor rolls established.

We owe a debt of thanks to those who persevered through the years to give these veterans their own honor rolls, and a place for us to honor them.



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Thoughts On Thanksgiving

By Marianne L. Kelly

"The things that matter most in our lives are not fantastic or grand. They are the moments when we touch one another, when we are there in the most attentive and caring way. This simple and profound intimacy is the love that we all long for." Jack Kornfield.

I awoke early that chilly morning before Halloween, and looking across the common noticed a Vermont State Trooper parked in front of my neighbor's house. Knowing my dear friend suffered from serious health issues, I called to ask if everything was all right, only to be told by his wife that Bob passed away in his sleep. I watched the quality of his life diminish during the summer, yet his death that morning shocked and saddened me.

No longer would I stroll across the common and see his big, burly figure nestled in his recliner, beside his wife, knitting in hand, always ready with a teasing remark

and a hearty laugh at the comeback.

Bob Wilcox was a man whose life touched and affected every life that touched his, by his kindness, great sense of humor and gentleness. Proof came at his memorial service when so many people packed the Fairlee Community Church that the pastor had to open another room to accommodate everyone. Later at the Lake Morey Country Club, where Bob, an avid golfer was a member, there were more people than tables.

As I look back on other Thanksgivings, I remember family, friends and acquaintances, who without knowing left their mark on my life and in my heart. I am thankful for all of them, especially those who I admittedly did not like very much, as they taught me my most important life lessons.

The hustle and bustle of shopping for the feast will always be an integral part of

this holiday. Turkeys, stuffing, pies, breads, fruits, vegetables, nuts and whatever else makes it special each year will be available for us to purchase, prepare, fuss over and share with friends and family, however it is the people who make the feast special.

We humans touch and are touched by many lives during our earthly tenure, many times without being aware of our influence on them. Some touch our lives in ways we take for granted, and others more lightly, but still profound, until their presence is gone.

This year as we gather for the traditional holiday feast, whether we are two, twenty or are on our own, let us remember to give thanks to those who left and continue to leave their footprints on our lives and in our hearts.

Happy Thanksgiving! May you be abundantly blessed.

North Haverhill Girls' Club Sponsors "Turkey Walk"

How would you like a good excuse to get out of the house on Thanksgiving morning? The North Haverhill Girls Club is sponsoring a Turkey Walk beginning at the North Haverhill Methodist Church, proceeding alongside Rt. 10 on the snowmobile trail dirt road to the county farm stand and back for a distance of 5k (three and one eighth miles.) To participate bring a nonperishable food item to the church to be donated to the food pantry in Woodsville.

This is a great chance to meet your friends and neighbors, use up a few calories in advance of the big meal, and stay out of the cook's hair. He/she is getting very tired of you asking "Is the turkey done yet?" One more time and

he/she is ready to baste you! No you do not have to walk the entire 5k unless you want to. Get out in the crisp air and walk as much as you feel comfortable doing. Bring your water bottle and any snacks you want to enjoy along the way. Young and old, physically fit and couch potatoes, all are welcome.

So let's get together at the Methodist Church Thursday Thanksgiving morning at 9:00 for some exercise, time with friends and family, and contribute to a great cause. Who knows? We may start a Thanksgiving tradition and the dinner will taste twice as good. See you there.

For more information call Edith Solinsky at 603-787-9922.

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There is a one-time fee of \$10. Registration paperwork can be picked up any Sunday from 1-3 at the Morrill Building and must be filled out and returned with the fee prior to participation. If you have questions you can contact Sherri Sargent at 603-787-6096 or Dana Huntington at 603-787-6981

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One Great Idea! Christmas 2011 Birth Of A New Traditions

As the holidays approach, the giant Asian factories are kicking into high gear to provide Americans with monstrous piles of cheaply produced goods -- merchandise that has been produced at the expense of American labor. This year will be different. This year Americans will give the gift of genuine concern for other Americans. There is no longer an excuse that, at gift giving time, nothing can be found that is produced by American hands. Yes there is!

It's time to think outside the box, people. Who says a gift needs to fit in a shirt box, wrapped in Chinese produced wrapping paper? Everyone -- yes EVERYONE gets their hair cut. How about gift certificates from your local American hair salon or barber?

Gym membership? It's appropriate for all ages who are thinking about some health improvement.

Who wouldn't appreciate getting their car detailed? Small, American owned detail shops and car washes would love to sell you a gift certificate or a book of gift certificates.

Are you one of those extravagant givers who think nothing of plonking down the Benjamins on a Chinese made flat-screen? Perhaps that grateful gift receiver would like his driveway sealed, or lawn mowed for the summer, or driveway plowed all winter, or games at the local golf course.

There are a bazillion owner-run restaurants -- all offering gift certificates. And, if your intended isn't the fancy eatery sort, what about a half dozen breakfasts at the local breakfast joint. Remember, folks this isn't about big National chains -- this is about supporting your home town Americans with their financial lives on the line to keep their doors open.

How many people couldn't use an oil change for their car, truck or motorcycle, done at a shop run by the American working guy?

Thinking about a heartfelt gift for mom? Mom would LOVE the services of a local cleaning lady for a day.

My computer could use a tune-up, and I KNOW I can find some young guy who is struggling to get his repair business up and running.

OK, you were looking for

something more personal. Local crafts people spin their own wool and knit them into scarves. They make jewelry, and pottery and beautiful wooden boxes.

Plan your holiday outings at local, owner operated restaurants and leave your server a nice tip. And, how about going out to see a play or ballet at your hometown theatre.

Musicians need love too, so find a venue showcasing local bands.

Honestly, people, do you REALLY need to buy another ten thousand Chinese lights for the house? When you buy a five dollar string of light, about fifty cents stays in the community. If you have those kinds of bucks to burn, leave the mailman, trash guy or babysitter a nice BIG tip.

You see, Christmas is no longer about draining American pockets so that China can build another glittering city. Christmas is now about caring about US, encouraging American small businesses to keep plugging away to follow their dreams. And, when we care about other Americans, we care about our communities, and the benefits come back to us in ways we couldn't imagine.

THIS is the new American Christmas tradition. This is a revolution of caring about each other, and isn't that what Christmas is about?

Editor's Note: This article came to Trendy Times as an email forwarded from one of our many readers. (Thanks Kathy). It is reprinted here as an indication of how at least this forwarder feels.

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Small Business Saturday November 26

The Better Business Bureau, as reported in a press release, is teaming up with American Express OPEN to spread the word on why small businesses "are so awesome." For the second year in a row, American Express OPEN has declared Nov. 26th, the Saturday after Thanksgiving, to be Small Business Saturday. A day to come together in support of

the small businesses we love. The shops and restaurants that employ our neighbors and reinvest our money close to home. The businesses that are the heartbeat of our communities and local economies.

While Black Friday and Cyber Monday both drive sales to national chains and larger retailers, Small Business Saturday, a national campaign sponsored by American Express OPEN, recognizes the importance of small, independently owned businesses to our national economy and local communities. If you're a small business, we don't have to tell you about the impact you have on the economy. But here are just two examples:

Research conducted by the 3/50 project suggests that

for every \$100 spent in locally owned independent stores, \$68 returns to the community through taxes, payroll, and other expenditures - far greater than the amount from national chains.

According to the U.S. Small Business Administration, an estimated 27.5 million small businesses operated in the United States in 2009, and they created 65 percent of net new jobs.

When you bypass the shopping malls and choose to buy from your local retailers, or eat at an independently owned restaurant instead of a chain, you do more good than you may realize. That's why we believe it's so important to support small businesses, Saturday November 26th, and always.



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* = Supporting Businesses

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!

SUNDAYS

CRIBBAGE TOURNAMENT

1:00 PM
American Legion Post #83, Lincoln

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill
See ad on page 3

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

THURSDAY, NOVEMBER 24

9TH ANNUAL SEVERANCE WILDERNESS TRAIL RUN

8:30 AM
Whitefield
See article on page 17

TURKEY WALK/RUN

9:00 AM
North Haverhill Methodist Church
See article on page 3

SATURDAY, NOVEMBER 26

SMALL BUSINESS SATURDAY

All Day
Your Local Small Business
Buy Local, Eat Local, Be Local
See article on page 5

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

ANNUAL COUNTRY CRAFT FAIR

10:00 AM – 3:00 PM
Field House, St. Johnsbury Academy

MONDAY, NOVEMBER 28 –

THURSDAY, DECEMBER 8

INTER-CHURCH COUNCIL COAT DRIVE
See article on page 21

WEDNESDAY, NOVEMBER 30

CHILDREN'S AUTHOR BROOKE CULLEN
READING MATILDA A VERMONT COW
3:30 PM
Patten Library, North Haverhill

THURSDAY, DECEMBER 1

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center, North Haverhill

SATURDAY, DECEMBER 3

PIERMONT PTO ANNUAL CRAFT FAIR
10:00 AM – 3:00 PM
Piermont Village School
Rte 10/Dartmouth College Hwy. Piermont, NH

CHRISTMAS BAZAAR

9:00 AM – 2:00 PM
First Congregational Church Of Haverhill

MONDAY, DECEMBER 5

GOOD OLE BOYS MEETING
DR. ANNA ADACHI-MEJIA
12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 6

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

THURSDAY, DECEMBER 8

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center, North Haverhill

SATURDAY, DECEMBER 10

CHRISTMAS BAZAAR & RAFFLE
9:00 AM – 3:00 PM
Ross-Wood Post #20, American Legion,
Woodsville
See ad on page 19

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

ROSS-WOOD POST #20 CHRISTMAS PARTY

5:00 PM Social Hour
6:00 PM Dinner
American Legion Home, Woodsville

SUNDAY, DECEMBER 11

CHRISTMAS DINNER
5:00 PM
Wells River Congregational Church, UCC

MONDAY, DECEMBER 12

ROSS-WOOD AUXILIARY UNIT 20
MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

WEDNESDAY, DECEMBER 14

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

SATURDAY, DECEMBER 17

GROTON GROWERS COMMUNITY MARKET
10:00 AM – 2:00 PM
Groton Town Hall Gym

FOOD PANTRY

10:00 AM – 12:00 Noon
Church of the Nazarene, North Haverhill
See article on page 22

MONDAY, DECEMBER 19

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

TUESDAY, DECEMBER 20

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

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

MONDAY, JANUARY 5

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River

SATURDAY, JANUARY 14

WINTER FARMERS MARKET
10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

TUESDAY, JANUARY 17

EMERGENCY FOOD SHELF
1:00 PM – 2:30 PM
Wells River Congregational Church

SATURDAY, JANUARY 21

GROTON GROWERS COMMUNITY MARKET
10:00 AM – 2:00 PM
Groton Town Hall Gym

SATURDAY, JANUARY 28

WINTER FARMERS MARKET
10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria

MONDAY, FEBRUARY 6

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

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, December 1st for our December 6th issue.

FOR LEASE

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in North Haverhill

**Contact Alvin Fadden
603-787-2347**

The Turkey-Day Turkey Trot – Columbian Style

By Robert Roudebush

This is how Dad used to tell it.

So this big turkey was trotting up and down the grassy patio, flapping fluttering and gobbling – he was having just a wonderful time right before we picked up the axe and beheaded him.

And that, the good time, was exactly the idea. The tom gobbler wasn't running alone – keeping breathless pace just beside it, and leading the great bird on a kind of leash, was a very pretty young woman named Rosa and she was flushed and running and laughing and having just as much fun as the big fowl, maybe more.

The turkey was not just big, it was huge, dark-feathered and red wattled and later I heard my Dad say by the time we slipped it into the huge old coal-burning stove in the massive kitchen with the red-tiled floor, it was 32 pounds in the roaster. I

was about 4 years old at the time as I watched the trotting of the turkey, just about my size, or looked even bigger, especially when it was all puffed up and flapping.

This all happened more than 60 years ago, in the country of Columbia, in northernmost South America. My Dad and Mom and sister Sue and brother Pete all lived in a big house with several enclosed patios in the Capitol of Columbia, Bogotá, and we were lucky enough to have people who worked in that big house for us, to make our lives easier. We had a couple or three house maids and a couple of cooks, one the pretty Senorita named Rosa. We were never rich, not rich then and not rich now. My Dad was an executive with a large American Corporation, and in those days, the early 1950's, one of the ways that big

companies took care of mid-level and senior people serving in foreign lands was to set them and their families up in nice digs. Sam Roudebush, my father, was a mechanical engineer, a man who designed and built tires, and he also built the tire plants that produced those tires.

Of course, Thanksgiving was not a Columbian tradition, but an American one, transplanted to our large house for us by us when we arrived. My recent research has informed me that wild turkeys of one type or another are in wide distribution throughout much of the temperate zone of the Americas, but that type of thanksgiving roaster was not enough for my Dad. Our tom was shipped to us out of Arkansas. It left America through the port of New Orleans, took a ship ride across the Gulf Of Mexico, then the Caribbean to Cartagena, Northern coast of Columbia, and arrived at our home in inland Bo-

gotá by truck, crated, live, loud and kicking and pecking. For the next few months, our cooking ladies spoiled and pampered and hand fed that big boy, and so did we kids, a tom nearing the end of his ten-year life span. I recall his dark feathers, brown and bronze, the tips so green and shiny they appeared iridescent.

So back to the turkey trot. Somehow, somewhere, somebody had come across the notion that a happy bird was a better tasting bird when killing time and cooking time came. One of the ways to achieve a happy turkey was to create a drunk bird. The idea was to pry open its beak, pour a shot of hooch down its throat, and then to run it up and down a few times to circulate the alcohol into its bloodstream. Then repeat the process again and again. It worked. As I recall the story, after the first shot or two, nobody had to pry the bird's beak

open anymore for the booze. It would gobble, tip its head up and stretch open its mouth until it got it. Who ran the drunken bird up and down the patio was a matter up for grabs each year, and it was a post eagerly sought after. Who knows what kind of back-of-the-kitchen shenanigans and backstabbing took place among our staff to win the turkey-running job, but the fact was not only was the turkey-trot job one of honor in our prosperous household, it was just down right fun.

And by now, you may have guessed why. Every time the turkey got a shot, so did the runner. Good Catholic ladies engaged in a legitimate drunk, one required by their employer, "El Patron". What the bird bartender was pouring down throats in those days was called Aguardiente cristale, 80 proof, the Columbian version of a clear white, thick, sweet fortified liqueur that tasted like Anisette, or Greek Ouzo, in other words like liquorice. By the time the turkey was falling down drunk and senseless to stress or pain, beautiful young Rosa had just flown by "buzzed" herself and she loved to dance and she was good at it. I recall long shapely legs under a colorful flying skirt - she was bountifully built, long dark swirling hair, flashing dark eyes and a red-lipped smile. She was young, vital and life-affirming. She set the mood for a genuine fiesta. At that point, everybody in the house was in line at the drink station. The holiday shortly and mercifully ended for one among us – for the rest of us, it had just begun.

By the way, the turkey was delicious, lots of dark meat, moist, tender and juicy, with a slight enticing hint of liquorice. It made the pan gibley gravy something special

That's how my Dad used to tell it.



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From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

This past week I had the opportunity to help out at the Horse Meadow Senior Center in Haverhill for the annual Thanksgiving Day Dinner. Serving turkey alongside Commissioners Cryans and Ahern, Councilor Burton, students from the local high school, and volunteers from the community was a great way to spend a Thursday afternoon.

During the time I was there, several constituents asked about the status of Northern Pass, so I thought this month's article would be a great time to bring folks up-to-date.

The Northern Pass Transmission project is a proposed 180-mile high-voltage direct-current transmission line with 1,100 towers 90 to 135 feet high running through New Hampshire to connect government-owned hydroelectric power in Quebec to markets across New England.

FACT: This is a private commercial development project between Hydro-Quebec in Canada and Northeast Utilities in Connecticut. (Northeast Utilities is the parent company of PSNH.)

FACT: The power Hydro-Quebec seeks to transmit is not destined for New Hampshire consumers. New Hampshire does not need this power because it

already generates more power than it uses.

FACT: In order to develop a corridor from which PSNH will maximize its lease incomes, Northern Pass must acquire approximately 40 miles of private property.

FACT: PSNH officials have threatened to use eminent domain authority to take land and rights from unwilling landowners along this profitable corridor.

FACT: Because of PSNH's stated intention to take land by the eminent domain process, HB648 was introduced by Representative Larry Rappaport and co-sponsored by me and others to strengthen the current law that deals with eminent domain.

FACT: While the House of Representatives has confirmed the right of private property by voting 317-51 to pass HB648, the Senate has yet to make a decision.

FACT: Real people are being hurt NOW. Private property owners in the pathway of Northern Pass today live in fear that their property will be taken through the eminent domain process.

As Northern Pass agents try to purchase land for the project, they are pitting neighbor against neighbor in their quest to secure the land they want for the project.

HB648 Status: In August I introduced an amendment

to HB648 to the Judiciary Committee for consideration. The amendment says that "No public utility may petition for permission to take private land or property rights for the construction or operation of an electric generating plant or a participant-funded transmission facility." The Judiciary Committee will be acting HB648 some time in December in an Executive Session. (Public testimony will not be taken.)

I am hopeful that the Judiciary Committee, which has stated it will not have another public hearing, will vote Ought to Pass on the amendment so that it can go to the Senate floor for a full vote.

New Legislation: I introduced two new pieces of legislation that addresses what I see as deficiencies in our current environment.

The first bill makes changes to the duties of the New Hampshire's site evaluation committee (SEC) in issuing and denying energy facility certificates. (NH law established a SEC made up of designated state agency leaders to review all energy project siting proposals and to decide whether to issue a certificate of approval.) Highlights of the new language include a provision that the project will provide demonstrable public benefits in New Hampshire; that all reasonable alternatives are considered; promotion of orderly development of the region (including land use, economic development, energy, and resource plans); and that the SEC does not rely solely on studies of federal agencies but will make their own independent determinations. Since the state of New

Hampshire has the final say on all siting issues relative to energy facility certificates, it is critical that a thorough, independent review be done so that New Hampshire interests take priority.

The second bill establishes an interagency task force on energy infrastructure corridors. The purpose of this legislation states that NH would be well served by determining whether it is feasible to use existing transportation rights of way to serve as locations for underground utility infrastructure. The act establishes an interagency task force to conduct a feasibility study, and if warranted, to recommend a process by which appropriate energy infrastructure corridors should be identified for specific utility facilities and a process by which bidding or these corridor and tariffs for the annual use of the corridors would be established.

I am heartened that other

9
elected officials like Councilor Ray Burton and Commissioner Omer Ahern continue to be engaged in the process to protect private property rights of New Hampshire landowners. I am also heartened by other citizens, who even though not impacted by this project, understand that tomorrow it may be their land that will be threatened by a private developer wanting to take their land for their project.

If you would like to see the amendment to HB648 or the new pieces of legislation that I've filed, please email me at jeanie.forrester@leg.state.nh.us.

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

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November 22, 2011 Volume 3 Number 4

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10 Honoring Family Caregivers

President Obama has recognized November, 2011 as National Family Caregivers Month. This is an opportunity for us all to honor the millions of family members, neighbors and friends who provide care for their loved ones during times of need. It is also an important opportunity for caregivers to recognize themselves.

Each day, caregivers take on the ultimate responsibility of providing care to a family member or friend with a long-

term, chronic or disabling condition. Ironically, many family members do not see themselves as caregivers, nor do they identify themselves as needing assistance in their role. Instead, they consider themselves as loving daughters and sons, spouses and partners, or parents, siblings and friends doing what anyone would do in their shoes.

The Agency on Aging for Northeastern Vermont recognizes the sacrifices that these individuals are making. We

offer services designed to support family members and friends caring for older adults, as well as grandparents or other relatives fifty-five years of age and older raising kin. These services include respite grants, one-on-one support, caregiver classes and more.

Our newest program, Reach Out, for family caregivers of an individual with dementia, offers one-on-one in-home support and training that has helped thousands of caregivers across the country provide the best possible care for their loved one while looking after their own health and wellbeing, too. This program is supported in part by a grant from the U.S. Administration on Aging.

For more information, please call us at the Senior HelpLine at 1-800-642-5119 or 802-748-5182.

250th Birthday

Coming Soon

By Gary Scruton

The planning for any event can be very involved. Putting on a Thanksgiving dinner for the family is something that most adults have had a hand in at one time or another. Whether it be the cooking, the cleaning, the clean up, or just making sure there are enough chairs, or the right relatives, it all adds up to a task that takes plenty of time and energy. The same can also be said for a birthday party.

Now imagine throwing a 250th birthday party for an entire town (or two). It will undoubtedly take many hours, many hands, and many, many ideas and

plans. That is the current task in front of two groups. Both Newbury and Haverhill will celebrate 250 years since the charter of their respective towns in 2013. That may sound like a long time away, but it will appear in just over 13 months.

To date plenty of ground work has been laid and the plans are starting to come together. One early decision was that the two towns would work together to be sure there was no overlap of effort or in planned events. Another early decision was to let the celebration last for the entire year. This will be accomplished by having a presence at most, if not all, of the currently existing events from January thru December, 2013 that take place each year.

This is not to say that there will be no "stand alone" events. In fact there are two such events already on the calendar. The first event of the year will be a New Year's Eve celebration on December 31, 2012 that will welcome in 2013. Location, music and other pieces of the puzzle are still to be ironed out.

The second stand alone event will occur over Memorial Day Weekend. Wednesday, May 22, 2013 will see the arrival of the American Veterans Traveling Tribute. It will remain until Monday, May 27, Memorial Day, 2013. This Tribute travels the country and features an 80% replica of Washington DC's Vietnam Wall. It also will have tributes to veterans from all other USA conflicts. A full schedule is not yet complete, but will certainly include presentations and non-political speeches. The location has also not yet been determined but will be open 24 hours a day once it is set up.

There are several other events currently under consideration by these two groups. And because of the enormity of the project new members are always welcomed. Members can volunteer to help out as little or as much as they feel comfortable doing. There will be jobs for people of most every talent and ability during The planning stages as well as during this year long celebration. To volunteer or to simply see what progress has been made, go to www.wttn.biz/250



Think about this, as we race through our lives... I know I am ready to enjoy the Thanksgiving holiday. I am thankful for all my friends and family. I give thanks to everyone who has touched my life and the lives of my family in one way or another... I am thankful for all the soldiers who can celebrate Thanksgiving with their families this year and hopeful that next Thanksgiving all of our troops will be home with their families. You bet I will be saying Thank You to all service members I see or meet on Veterans Day! We seem to lose sight of these two holidays in November, we quickly go from Halloween to Christmas with all the commercialization, and all the gimmie, gimmie, gimmie, whereas we have just passed two holidays where we could have or should have taught our children to be thankful for things in their lives. And bless the American soldier for our freedoms. I know my family and I will "Remember" November, will you?

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Artists And Inns Of Franconia Notch Celebrate The Holidays

FRANCONIA, NH - When five charming inns invite eight local artists to exhibit their work in the snow-globe world of Franconia Notch and the White Mountains during the holiday season, the result is a magical and festive weekend getaway.

The second annual Inns and Arts Tour is hosted by the Adair Country Inn and Restaurant in Bethlehem; Bishop Farm Bed and Breakfast in Lisbon; Lovetts Inn in Franconia and the Sugar Hill Inn and Sunset Hill House, both in Sugar Hill.

By Dec. 2, when the tour opens, these historic inns will be richly decorated for the Christmas holidays, creating a warm, festive and intimate setting to view the works and talk with of some of the region's best known artists.

Each inn's gallery will be open for viewing from Dec. 2 to Dec. 10 and each Saturday, from 4 to 6 p.m., all the inns will host a gallery reception with the artists.

The Adair will host Craig Pursley, whose work can be seen in the National Baseball

Hall of Fame and the Nolan Ryan Museum, among others. His evocative winter landscapes are a complement to the inn, built in 1927 as a wedding gift, and which has hosted actors and actresses, presidential hopefuls and sports stars.

Jeweler Annie Salter, who creates exquisitely crafted pieces in gold and silver, won't have to go far to display her work. She is also the innkeeper at Bishop Farm Bed and Breakfast and Cottages in Lisbon and spent three years working with her family to restore and transform one of the town's earliest farms into a comfortable place for rest, relaxation and inspiration.

Two artists will exhibit their work at Lovetts Inn, once a country estate called Lafayette Brook Farm. Jeanette Fournier combines two artistic elements - wildlife and watercolors - to create truly original paintings. Woodturner Michael Boylan uses "found wood" collected after storms or from the forest floor to inspire the intricate shapes and designs of his art.

The Sugar Hill Inn displays the works of local artists year-round and for the Inns and Arts Tour, two painters, Debbie Aldrich and Larry Golden, will be highlighted. Aldrich paints in watercolor the beautiful landscapes and flowers of the White Mountains, while Golden's medium is oil and his specialty is working directly from nature, concentrating on perspective and light for his land and streetscapes.

The Sunset Hill House will feature two artists with two diverse styles. American folk artist Jean Colquhoun is inspired by her love of history and paints scenes that depict what life was like in another time. Amy Delventhal is adept with several media for painting landscapes in oil; portraits using pastels and watercolors for her still-life paintings.

Tickets for the gallery receptions on Dec. 3 and 10 are \$10 per couple, available online or at the welcome center on Main Street, Franconia.

For more information, visit www.FranconiaNotch.org or call 603-823-5661.



The inspiration for Deborah Aldrich's artwork begins with a look out her window each day, for she lives in the heart of the White Mountains. Working with watercolors, she explains, "What I strive for is an expression of a subject and life at the moment in all its complexities." Deborah's work will be displayed at the Sugar Hill Inn during the Inns and Arts of Franconia Notch tour, Dec. 2 - 10.



This very unusual albino porcupine was captured on film in the Barnet area earlier this fall. Our thanks to the photographers and to his friend for bringing in the picture to share with our readers.



Woodsville High School Students assisted the North Country YMCA Director Diane Rappa in the annual clothing collection for Planet Aid. Also on hand was Scott Nichols, Social Student Teacher at WHS. "As a 1958 Graduate of WHS, I am always proud when WHS students and staff assist in community projects throughout the region." stated Ray Burton.

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Andrew Strout placing his flag. See story on page 14.



A pair of fawns with dad (or is that mom) seen recently in Lyman. Photo courtesy Valerie Pickens

Happy Thanksgiving

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UNHCE Master Gardeners Honored for Volunteer Efforts

By Becky Colpitts, Volunteer Management Program Assistant

On Wednesday, November 9, the Grafton County Master Gardeners were pleasantly surprised to find County Commissioners Michael Cryans, Omer Ahern, Jr., and Raymond Burton at their fall meeting. All three commissioners felt it was important to honor this group of volunteers by presenting Letters of Appreciation for their dedication of time and gardening expertise to the Grafton County Beautification Project. This commendation read:

"We, the Grafton County Commissioners, would like to formally recognize you for your contribution to the beautiful gardens you helped establish, design and maintain at the Grafton County Complex in North Haverhill, New Hampshire. The selection and layout of the flowers, shrubs and trees truly enhance the landscape, offering a pleasant focal point for residents, staff and visitors to the complex.

We offer our humble and sincere thanks and appreciation for all the volunteer time and effort you have given freely to this project."

Those receiving recognition for their volunteer efforts include: Joan Pushee, Debbie Blackey, Deborah Brown, Dick Flanders, Leslie Hoyt, Melanie Kerr, Frances Krauss, Erika Cadreact, Roger Merrill, Jane O'Donnell, Bonnie Ribberdy, Scott Rice, Mary Savage, Shirley Yorks, Tabitha Coykendall, Helen Downing, Pam Abernathy, Karen Hamilton, Debra Jorgenson, Marilyn Fuller, Peter Overbagh, Sharon Horne.

A request from the Commissioners to the Master Gardeners (MG) jump started the project in 2005. This group of volunteers worked with Jim Oakes, Grafton County Maintenance Supervisor, and Eileen Bolander, Grafton County Nursing Home Administrator, to create an attractive out-

door environment for educational and relaxation purposes on an open lawn just south of the nursing home at the Grafton County Complex.

The goal for the project was to create low maintenance, attractive garden beds that could be inexpensively cared for by the County Maintenance Department and the MGs. The volunteers worked with Jim Oakes to plan and implement the request. Now only two annual work days, one in the spring and one in the fall, are needed for additions and upkeep by the MGs, with the support of the County Maintenance Department. The MGs design, plan, plant, mulch and clean-up. The County Maintenance Department provides mulch, heavy equipment work, and the occasional watering needed for newly established trees and in times of drought. The volunteers also check the gardens while visiting loved ones at the nursing home, or if they are in the area.

The first step of this project was the construction of three raised beds and a sensory garden around the gazebo built by the maintenance department. The three garden beds were placed near the road to form a barrier between the road and lawn space for a more peaceful outdoor experience. The sensory garden around the gazebo was de-



Back L to R: Commissioner Omer Ahern Jr., Commissioner Michael Cryans, Roger Merrill, Tabitha Coykendall, Leslie Hoyt, Dick Flanders, Jane O'Donnell, Karen Hamilton, Commissioner Raymond Burton
Front L to R: Bonnie Ribberdy, Joan Pushee, Erika Cadreact

signed to stimulate all five senses – touch, smell, taste, hearing, and sight – and to be wheel chair accessible. As the years progressed a birch garden, featuring native plants, was added to exemplify the use of sustainable, low maintenance landscape design techniques. This past year the memorial garden was established with funding from a New Hampshire Master Gardeners' Association grant and donated plants from the MGs. Future plans include a wheel chair accessible path through the gardens and educational maps available in the gazebo.

At the meeting Jim Oakes spoke, with deep appreciation, of the strong working relationship his department and the volunteers have developed over the years. Attending MGs agreed and spoke of the essential support provided by the Maintenance Department. The Commissioners expressed how well their ini-

tial request has so beautifully expanded. They were also appreciative of the MG outreach program and its worth to the citizens of Grafton County. The gardens are a wonderful example of a cooperative partnership of volunteer and paid staff benefitting nursing home residents, their families and all citizens who enter into this bit of paradise.

Continuing this same cooperative effort, one MG is planning educational opportunities for the nursing home residents in the smaller walled garden in back of the nursing home in the upcoming year.

In addition to the Beautification Project, this year Grafton County MGs have volunteered over 1,160 hours of their time and have contacted over 10,500 citizens. They can be found sharing researched-based information at Farmer's Markets, or giving presentations in community gardens and schools throughout the county.

For more information about the Master Gardener Program feel free to contact the UNH Cooperative Extension office here in Grafton County, 603-787-6944.

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Northeast Kingdom Seniors Of The Year Honored

Reg Alexander of Newport, was recognized as the 2011 recipient of the Northeast Kingdom Senior of the Year Award by the Area Agency on Aging for Northeastern Vermont at the organization's annual meeting on October 26, 2011 at the American Legion in Island Pond. The guest speaker at the event was Governor Peter Shumlin.

The 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.

Mr. Alexander began his career of public service as a young enlistee in the United States Navy where he served with distinction on the USS Miami. Upon his return to civilian life, he attended college, became an educator, and served for several decades as a teacher and

guidance counselor at North County Union High School where he helped thousands of area students to prepare for further education and adult life.

Since his retirement from teaching over two decades ago, Mr. Alexander has continued his commitment to community service. He served as a member of the board of directors of the Area Agency on Aging for Northeastern Vermont for over 12 years. Currently, he serves as a volunteer at North Country Hospital, at the information booth operated by the North Country Chamber of Commerce and as a member of the Alternative Sentencing Program of the local Community Justice Center.

Also receiving an award for "Lifetime Achievement" was June Elliott of Lyndonville. Ms. Elliott was recognized for her extraordinary

work to improve the health and well-being of Northeast Kingdom residents.

Ms. Elliott has been a leader in the movement to ensure the rights and dignity of older Vermonters for decades. While she has always avoided the limelight, she has never been quiet when it comes to advocacy for seniors.

Following a teaching career that spanned one room schoolhouses to the classrooms of Lyndon State College, Ms. Elliott embarked on a second career as an advocate for older adults. She has served as President of the Community of Vermont Elders (COVE), the Vermont State Retired Teachers Association and the Board of Directors of the Area Agency on Aging for Northeastern Vermont. Older Vermonters enjoy a better quality of life today because of June Elliott and her work.



For more information about the services that are available to support older adults and their families in the Northeast Kingdom,

please contact the Area Agency on Aging at 748-5182, 334-2190 or 1-800-642-5119.



By Ronda Marsh

Apple Dumplings

Have you ever in your life heard of a dessert where you can serve 4 people with just one apple? Believe it or not, it can be done, and with a relatively small (albeit strange) cast of characters to round out the rest of the dish! When I first saw a version of this recipe a few years ago, I immediately decided it was just too weird to be true; after all, whoever heard of using Mountain Dew as a recipe ingredient? As someone who detests carbonated beverages, and would rather have a hot poker stuck in my eye than to even take a sip of the stuff, I just couldn't imagine how soda pop could possibly work in this, but somehow, it does. The lemon/lime flavor melds with the apple and cinnamon to make a lovely, sweet sauce, and renders the ordinary crescent roll into a beautiful, tender casing, totally unrecognizable as it's former self. When I finally relented and tried this dish, I was so glad I did! It is very easy to put together, and boy-oh-boy, let me tell you,

served warm out of the oven with a scoop of ice cream, these are pretty hard to beat. This recipe makes enough dumplings for 4 people, allowing 2 per person, but by simply switching a 13X9 pan, using the whole can of Mountain Dew, and doubling the other ingredients, you can make dumplings for eight people. Or, at least that's what you can tell folks, until they catch you stealing bite after bite!



- 1 Granny Smith, or other tart apple
- 1 can Pillsbury Crescent rolls
- 1 stick (8 Tablespoons) butter
- 3/4 cup sugar

- 1 teaspoon vanilla
- cinnamon
- 1-12 oz. can Mountain Dew

Peel and core apple. Cut apple into 8 slices. Roll each apple slice in a crescent roll. Place in an 8X8 buttered pan. Melt butter, then add sugar and barely stir. Add vanilla, stir again, and pour over the wrapped apples. Pour about half of the can of Mountain Dew around the edges of the pan. Sprinkle with cinnamon and bake at 350°F for 40 minutes, or until browned and bubbling. Serve with ice cream, and spoon some of the sweet sauces from the pan over the top.

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Bath School Honors Vets

By Sheila Asselin

Shortly before 11 am, on Thursday, November 10 the entire student body of Bath Village School, grades K-6 came marching down the hill from the school. Led by their teachers and principal they assembled at the memorial on the green in front of the Brick Store before a crowd of veterans, proud parents and grandparents, and spectators.

Principal Mary Snowman explained the significance of 11-11-11 the end of WWI and why we celebrate this day to honor veterans of all conflicts. The students recited the Pledge of Allegiance and sang "America the Beautiful" joined by the onlookers.

Then in what has become a Bath tradition the children

solemnly filed past the monument, each one placing a small flag. The veterans attending formed a line and each child shook hands and thanked the veteran for his or her service to our country. All stood in silence as Taps was played.

Back at the school veterans visited the classrooms where many had grandchildren and great grandchildren. Stories of military experiences were told. The children had many questions and were gladly answered as the narrations progressed.

The halls and classrooms were decorated with signs and posters made by the students depicting all branches of military service holding flags.

Veterans were guests of

honor for lunch, sitting around the room at the tables with the children, to share a delicious lunch of spaghetti (everyone's favorite) homemade rolls and cupcakes decorated with small flags.

A highlight of the day was a visit by Jeanie Forrester, N.H. State Senator. Senator Forrester pitched right in passing out the jumbo sized rolls. She congratulated Bath Village school for being named a Blue Ribbon school in 2010, one of only two in the entire state. She presented principal Snowman with a US flag which had been flown over our nations capital and was acquired through the efforts of Senator Kelly Ayotte. Students Billy Greene and Kyleigh



Pictured here are just some of the Bath Village School students and staff individually saying thanks to each of their veteran's for their service to America one handshake at a time. Most of the vets in Bath are either members of the American Legion or Veteran's of Foreign Wars locally.

Lamarre then demonstrated how to properly fold a flag.

After lunch the six grade presented the ABCs for Vets, each letter representing a veteran's attribute. All joined in song, the spectators singing along to rousing renditions of "It's a Grand old Flag" and "Three Cheers for the Red, White and Blue".

Gifts had been made for

each vet. Everyone got a "goody bag" of handmade gifts to take home.

It was an inspiring morning, bringing home the meaning of our history across generations and celebrating the best sentiments of patriotism. It is clearly apparent why this annual event has become a cherished tradition.



Albert Read III Memorial Working Steer Teamster Award

By Kathy Jablonski, Extension Educator, 4-H Youth Development

Taylor Morris beamed as her name was announced for the 2011 Albert Read III Award at July's North Haverhill Fair. Morris, a senior at Woodsville High School and a member of the Jolly Farmers' 4-H Club, has been showing a working steer team for the last five years.

The award is given in memory of Albert Read III by his children: Linda Stoddard, Faith Dellarova, Albert Read IV, and Joyce Read. The trophy is presented to the teamster who shows respect to others, integrity in showing their team and the overall showmanship spirit of 4-H. The fair is an important part of the public's education about agriculture and the recipient of this award participated in demonstrations throughout the fair and thoughtfully answered the public's questions about her 4-H project.

Taylor is the daughter of Mr. and Mrs. Richard Morris of Gamblin Farm, Haverhill, New Hampshire. She comes from a line of 4-H dairy showman, but is the first in her family to branch out and work with steers. Morris is the second recipient of the award. Kyle Boutin of Piermont received it last year.

This is an award that means something special to a showman, not only to be selected and presented the award, but also because of

the significance behind it. When I asked why the Read family gives the award, daughter Faith Dellarova told me, "It's becoming a lost art. If it wasn't for 4-H, there wouldn't be any of it (working steer training)".

I asked again, "Why do you give this award in honor of your father?"

A small smile crossed her face as Dellarova reminisced, "We did all kinds of herdsman-ship. It was real important to him, the way you displayed your animals and what information you gave. If we did well in herdsman-ship, he was proud, no matter how we placed in the rest of the events." (Herdsman-ship is the ability of the exhibitor to properly groom, feed and care for their livestock. It includes, in the 4-H circles, the ability of the exhibitor to walk the animal around the ring and present it to a judge in the most flattering way. Herdsman-ship categories include the judge asking each exhibitor general animal and veterinary science questions about their animals.)

David Carey's children exhibited working steers for the first time at North Haverhill Fair. As one of the grandchildren of Read III, he chimed in with Dellarova's comments, "He always had us working a team- coaching us as we went, telling us the tricks of

the trade. He had a spring out back of his barn with all kinds of signs we needed to follow. He always had a team for us."

"He made sure all the grandkids knew about teamsters," Dellarova continued, "He had up to ten pairs at a time. He'd hitch'em all together and make them work."

According to the family members present, it is one of the family's fondest memories: seeing him work a team.

Grandson Jared LaBelle, home on military leave to watch his siblings show, grinned when I asked him what he had learned from his grandfather and showing working steers. As his eyes twinkled, he replied, "It taught responsibility. We had a lot of fun - fun working with the animals, fun meeting lots of friends. One thing it really taught me was to care for animals and respect them and what they do."

I had to ask him why he spent his last days of leave at the fair. "I'm here to help my brother. It's his first year showing and that's what we do. Support each other." His parents smiled in the background and agreed.

"It's a family affair," said Brenda Carey.

This award honors Mr. Read and his values. Congratulations to this year's recipient, Taylor Morris.



Taylor Morris with her Dutch Belt steers Pat and Cub.



Taylor Morris, member of the Jolly Farmers 4-H Club, was awarded the Read Award at the 2011 North Haverhill Fair. The trophy, given in honor of Arthur Read III, is presented to the teamster who shows respect to others, integrity in showing their team and overall showmanship spirit of 4-H. Pictured with Taylor are Mr. Read's children, Arthur Read, Joyce Read, Faith Dellarova, and Linda Stoddard.

Trendy Transportation – Tires

By Mike Lavoie

(Editor's Note – This second submission in a new series for TRENDY TIMES is from ASE Certified Master Technician Mike Lavoie, owner/operator since 1980 of Lavoie's AutoCare Center in Haverhill. Mike is an L-1 level Master Technician, Advanced Engine Performance, from the National Institute of Automotive Service Excellence. In 2006, Mike was awarded the nationwide honor of NAPA ASE Technician Of The Year, country-wide recognition from industry professionals. He says he has no problem with the word, 'mechanic', "because they have always been the person who can fix things." The AutoCare Center he runs now was begun by Mike's father, Joseph, in October of 1949

Asking questions for Mike's columns is the average gal or guy who doesn't work on cars, but is smart enough to want their vehicle to run dependably and safely.

QUESTION – “For the last several years, I have been driving my midsize all-wheel drive SUV with all-season radial tires. What do you think about having a set of snow tires for that vehicle just for the winter months?”

ANSWER – That's a question I get asked a lot and the answer I give is a question too. Do you need to drive in bad weather (snow for example)? And if the answer is, Yes I do, I need to get to work and shop for food and pick-up and drop-off people and get home safely, well then, you just answered your own question. You need the winter tires. Now, if you may be retired, or if for any other reason, you are able to pick the days that you have to go out to get groceries or meet doctor's appointments, then I would say you probably can get by with good all-season tires.

QUESTION - “Four snow tires, or just two?”

ANSWER – This is another clear answer to me, and the answer is four. Certainly snow tires can provide better traction to the drive wheels, no matter which those wheels are, front, rear or all-wheel drive. But don't forget you need to control your vehicle during braking and turning and all other maneuvering, we're talking lati-

tude stability here, and in all those cases, all four tires come into play.

I remember when vehicles came with what was called “summer tires” and they would not go well in snow, so we used to put snows on just the rear as the vehicles then were all rear-wheel drive. All-season tires are just that by the design of the tread pattern. And those tires will generally have markings on the side that will say M & S for Mud and Snow, but they will never work as well in snow as designated snow tires.

QUESTION - “What about studded snow tires, or chains?”

ANSWER – Studded snows are usually recommended for plow vehicles or for vehicles that have to make really steep hills or a lot of back roads where the conditions would tend to be more packed hard snow or ice. The paved roads tend to get salt treatment, and the only real time that studs help is on ice. An ongoing problem with studded snow tires is that the studs wear down rapidly on clear pavement although we can now offer a new breed of studded tires where the studs wear with the rubber and that makes them more appealing to someone who prefers studs.

Chains, by the way, are most useful for moving on ice, but when they come loose, they can do a lot of damage.

QUESTION - “What else should I know about snow tires?”

ANSWER – They should be removed as soon as possible after snow season in the spring. The softer rubber compound in a snow tire that makes them effective in cold temps is the same softer rubber compound that is more subject to the heat of warmer temperatures and so wears at an accelerated rate.

QUESTION - “How about rotating tires? And how about tire pressure?”

ANSWER – Rotating is a must to get the longest tread life out of the tires – most all-wheel and four-wheel drive vehicles recommend rotation approximately every 7500 miles. Proper tire rotation serves another good purpose – it shows the technician that the vehicle may need wheel alignment because of the tread wear pattern. Your owner's manual is also the best guide for the recommended style of tire rotation.

Tire pressure is critical and should be checked on a regular basis, including the spare you carry. Do it at least once a month and before any long journey. Tire tread

wear patterns can also indicate over-inflation or under-inflation. Check the tire pressure when the tires are cold. Driving even a short distance warms up the tires and increases tire pressure, as does the warm outdoor temperature. For every 10 degrees of ambient temperature change, up or down, there is a one pound per square inch change in the pressure of your tires. The specific air pressure should be set by what the car manufacturer lists on the door placard on the door pillar, just inside the driver's side door. Don't be misled by a tire pressure indicated on the side of any tire, as that pressure indicates an amount of MAXIMUM pressure for the load range of that tire. Be careful not to mistakenly

release air from a warm tire to reduce its pressure.

QUESTION - “One more question – what's this amber TPM warning light on the dashboard all about?”

ANSWER – The Tire Pressure Monitor is an electronic system designed to warn you of low pressure in your tires, a condition that can lead to tire failures, even blowouts. It's been installed on most American vehicles since about 2007. Sometimes it's called the Tire Pressure Indication System or TPIS. Colder weather often triggers this warning system because the lower outside temp lowers the tire pressure, but never ignore the light – it may signal a significant loss of pressure not due to colder weather.

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

November 22, 2011 Volume 3 Number 4

Letter To The Editor

Dear Editor,
I have been meaning to write a commendation to Mr. Hatch of Wicked Good Ice Cream. Nice job. It looks great right down to your seating area with flowers and windmill.

Diane Kirkwood,
North Haverhill

Diane,

As further explanation of the location you are referring to, it is the store on Route 10 in North Haverhill operated by Howard Hatch and employees at Hatchland Dairy. It is on the west side of the road in the area of the former North Haverhill Insurance Agency. Along with the ice cream, they have milk, cheese and other products.

I am sure that Howard and crew will be grateful to read the complimentary words. We will echo your words and wish them the best of luck in the years to come.

Gary Scruton, Editor



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**OBITUARY
BEVERLY MARGARET ESTES**



Bath, NH – Beverly Margaret Estes, 78, a longtime Bath resident, died November 14, 2011 at the Grafton County Nursing Home, North Haverhill, NH.

Beverly was born in Littleton, NH, July 6, 1933, a daughter of Frank and Marion Pearl (Bedell) Lewis. She graduated from Woodsville High School Class of 1951.

Beverly married Wendell Ernest Estes on November 29, 1951. In her younger years she worked at the Happy Hour Restaurant as a waitress. She also worked for 13 years at Plymwood Furniture in Lisbon, NH. For many years she worked for New England Wire in Lisbon,

until retiring in 1990. She was a member of the Pine Grove Grange in Bath. Beverly loved crossword puzzles, watching birds, caring for all the stray cats and dogs in neighborhood, and having yard sales. Her greatest passion was her husband, children, and grandchildren. She was very hard working. Beverly was a very caring and devoted wife and mother to her family. She was predeceased by a son, Keith Wendell Estes on December 4, 2009; a sister, Delores "Poppy" Clough; and a brother, Rodney Lewis.

Survivors include her husband of 59 years Wendell E. Estes of North Haverhill, a daughter, Jody Youngman and husband Gary of Bath, NH; a son, Dana Estes and wife Vicky of Bath, NH; four grandchildren, Ryan Youngman and wife Kris, Tara Hamlett and husband Kevin, Donnie Estes and Krysti Taylor, and Melissa Lyndes and

husband Jason; nine great grandchildren; a special nephew, Gary Guyer of Littleton, NH; and several nieces, nephews, and cousins.

Calling hours were held on Saturday, November 19, from 10 to 11 AM with a memorial service that followed at 11AM, at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Father William Watts, Jr. officiating.

Burial was held in the Bath Village Cemetery, Bath, NH.

Memorial contributions may be made to the Alzheimer's Association, New Hampshire Office, One Bedford Farms Drive, Suite 105, Bedford, NH 03110.

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

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

**OBITUARY
SHERMAN RONALD CARLE**



North Haverhill, NH – Sherman Ronald Carle, 52, of Terrace Drive, died unexpectedly on Monday, November 14, 2011 at his residence.

He was born in Haverhill, NH, December 25, 1958, a son of Ronald and Beverly Jane (Smith) Carle. Sherman married Lorna Prishwalko on June 24, 2000. Sherman loved fishing, woodworking, football, golf, the Red Sox, and was a big Elvis fan. He also had

served with N.H. National Guard.

He was predeceased by his father, Ronald Carle on January 18, 1992, and a sister, Cathy Carle on June 11, 1988.

Survivors include his wife of 11 years, Lorna Prishwalko of North Haverhill; his mother, Jane Carle of Newbury, VT; a daughter, Stacie Carle and fiancé Phil Blanchard of North Haverhill; a son, Justin Carle and wife Amber of Groton, VT; four step children, Marla Pasquerillo of Laconia, NH, Charlie Pasquerillo and wife Michelle of Westbrook, ME, Alicia Pasquerillo of Conway, NH, and Joel Pasquerillo of North Haverhill; four grandchildren, Hayden, Mackenzie, Connor, and Ian; four sisters, Bernadeen Boutin and husband Randy of Bethlehem, NH, Shirley Pappa-

george of Woodsville, NH, Patricia Smith and husband Ken of North Haverhill, and Paula Torrey and husband Scott of Newbury, VT; several aunts, uncles, nieces, nephews and cousins.

There will be no calling hours.

A graveside service was held on Monday, November 21, at 1 PM at the Horse Meadow Annex Cemetery in North Haverhill, NH with Rev. George Hemway officiating.

Memorial contributions may be made to the Norris Cotton Cancer Center, Dartmouth Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756.

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

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

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9th Annual Severance Wilderness Trail Run Is November 24

WHITEFIELD — What annual Thanksgiving event promises capricious weather, uneven terrain, hunter orange clothing, and home-baked goodies as prizes? If you guessed the Severance Wilderness 3-Mile Trail Run, then lace up your sneakers, hiking boots or snowshoes and join the fun that begins at 8:30 a.m. on Thursday, November 24 for the 9th annual running of the turkey-day race that raises food and dollars for a local food pantry.

Last year, 84 runners participated, raising more than \$300 in cash, along with more than 40 bags of food. The brainchild of brothers Kurt and Chris Severance, the race is run on property owned by their parents, Roxie and John Severance at 544 Jefferson Road, Whitefield.

Runners can expect a wet and hilly course, which is slightly altered this year to keep everyone on their toes, but still promises lots of chal-

lenges: mostly wide and open trails that range from hard packed gravel to logging roads to rocky ankle-twisting ground. Be prepared for wet areas (some very wet!), and, if the weather cooperates, snow. Because the course traverses a sparsely populated wooded area and Thanksgiving is a big hunting day in the North Country, runners must wear hunter red or orange or other bright "Don't shoot me!" colors that will immediately identify them to hunters as non-deer! A bonfire will add cheer and warmth pre- and post-race. From its beginnings in 2003 with 21 entrants to last year's event with 84, the race draws runners and their cheerleaders from all around the North Country, including Thanksgiving visitors to the area. "Part of the fun for us," says Kurt Severance, "is hooking up with lots of old friends who Chris and I have run with before, and welcoming new runners looking for a fun

event that also benefits those who need a helping hand." The entry fee is a donation of non-perishable food or cash for the food pantry.

Severance also promises a new timing system this year, after last year's huge turnout overwhelmed the person at the finish line who tried to keep up with the runners with just a clipboard. "This year we've gone hi-tech," he says, "and every runner will carry a popsicle stick. It's going to make a huge difference."

Any good race has prizes and the Severance brothers like theirs sweet. Prizes will be awarded (male and female) for 1st place, 2nd place and 4th place, with the special Carter Prize awarded to the runner who complains the most. The assortment of home baked goodies includes the famous Albermanle County Fair apple dumplings, pumpkin pie, fudge and chocolate cheesecake, and all are suitable for



Kurt Severance flies over last year's course. (Courtesy photo)

bringing home to enjoy with Thanksgiving dinner, or, if the prize winner can't wait, in the car on the ride home.

To register or for more information contact Kurt Severance at 781-985-2256 or

racing@shnief.com or visit the website at <http://www.shnief.com/SevInvite/index.php> to download a race flyer. Questions can also be answered by calling John or Roxie at 837-2367.

Changes In Real Estate: Part 3 With Gerald Winn

By Lauren M. LoSchiavo

The data for this article was obtained from actual course material. It is in no way meant to be a guide, legal or otherwise. If you are planning to enter the real estate market, you should consult a licensed agent before doing so.

It is often presumed that if you conduct a real estate transaction without the aid of an agent, you will save thousands of dollars in commissions. While this may be true in some cases, it is an exception to the rule.

It is important that you match your perceived profit with a Real Estate Agent's basic guidelines of service and understand these benefits. In an earlier piece in this series we discussed the 3 pillars of a Real Estate Agent's performance goals when acting as a buyer or seller's agent; to save you the most amount of money, complete the transaction in the least amount of time, and make the transaction as stress free as possible.

We all know time is money. There is a pervasive misperception of the value of a Real Estate Agent. If you were

to ask yourself, "What does a Real Estate Agent do?" the conclusive answer would likely be, "they sell property (or assist in the purchase)." This is true, but it is by no means, a complete picture. To be succinct, I will limit the responsibilities to those of an "agent representing a buyer" since these duties, as they would apply to an "agent representing a seller", are similar or have a parallel. The Agent is qualified to:

1. Review financial guidelines
2. Help determine lifestyle needs
3. Look at location options – community
4. Help determine what property type best suits the client
5. Gather data on available properties
6. Schedule visits to properties
7. Assist in making final decision based on overall specifications
8. Negotiate purchase agreement
9. Ensure that a proper home inspection is completed, along with all disclosure requirements
10. Identify contingencies based on inspection

11. Assist in re-negotiation of contract, (Example: Asking price is 100K, but the septic tank is not big enough. If the problem is resolved, you will pay 100k, if not you will counter with a lower offer).

12. Assist in arranging the move to new business or home.

13. Make sure that ALL paperwork is in order at the time of closing. Failure to do this could result in a voidable contract.

The amount of time that goes into each of these steps is significant. Real Estate Agents have had to significantly increase their level of performance to fit the market, laws and regulations. A thorough Real Estate Agent cannot guarantee that a property can be bought or sold within a given timeframe, but 90 days is not unreasonable.

If you want to see if you can sell or buy a home 3 months from now, your best course of action is to contact a licensed Real Estate Agent. The call is free, the advice is free, the benefits – PRICE-LESS.

For more information about the Real Estate Course, or to speak to a licensed agent, contact Century 21

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Steven

By Elinor Mawson

One of the brightest stars in my fourth grade class that year was Steven. Intelligent, friendly, interesting, I really enjoyed listening to his southern accent (thanks to his mother) and his interest in beekeeping. Yes! A nine year old beekeeper. He was very knowledgeable about bees and had all the right words for his hive and its contents. He also had all the accoutrements for a beekeeper--gloves, hat and veil, etc. He entertained us all year long about his bees and their activities, and it was a great segue into our science lessons. Everyone knew about bees by the end of the year.

Although I didn't see Steven again for quite a few years, I kept up with his activities through his younger brother Henri. He sailed

through school, graduating a year early and began to study art on his own. His father was an auctioneer and knew some big dealers in the art world, and Steven was an apt student. Before long, he opened a gallery and began selling paintings and sculptures. He had developed a gift of gab by this time, and as someone put it, he could "Sell milk to a cow."

In the meantime, Steven met and married a lovely girl and they soon had two beautiful daughters. Along with a palatial home, he also bought a Mercedes convertible and a Lear jet. He flew all over the world buying and selling his art, and business boomed.

It wasn't long before the huge bubble he had built began to show signs of breaking. His customers

would complain that Steven took too long between their deposit and the delivery of their paintings. It became evident that Steven was "selling" art that didn't belong to him. He didn't lose his gift of gab, though, and convinced many of his clients that all in good time they would have what they had bought. Sometimes it happened, but more often it didn't.

When the bubble finally burst, he was written up in the papers and even Time magazine. He was arrested and went to court. This time his "gab" didn't impress the judge and he was put into jail for a lot of years. He was barely into his thirties at the time.

Needless to say, he lost his home, his car, his Lear Jet and his family. The girls and his wife went to live with Henri and his mother and life

was a real struggle for them. Steven, however, was having a wonderful time in jail. He complained about everything--the food, the "accommodations", the time he spent outside, the water temperature. The powers that be listened to his complaints--and transferred him to another jail. This went on for a number of years--everytime Henri and I talked, he would announce where Steven had just been sent.

Eventually he was paroled and, although he could have gone home, he gadded about the countryside until he got into trouble again and went back to jail. His family was fit to be tied but there was nothing they could do. At one point the judge asked, "Why did you keep the money you got for that poor old lady's coin col-

lection? and Steven replied, "Well judge, I had to have money for my family while I was incarcerated". And back to jail he went.

This lifestyle continued until Steven was sent to a halfway house in a mill town on the Merrimack River. Then one Spring morning, he walked downtown to an area where a tributary of the Merrimack was high and rushing. Steven neatly folded his clothes and jumped into the torrent and was swept away. His body was found in the Merrimack later that day. Henri identified his body.

I have often thought in the years since about the events and issues that made Steven the way he was. It was no resemblance to the little boy I knew in the fourth grade who was fun and bright and a keeper of bees.

November 22, 2011 Volume 3 Number 4

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



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Support Program Offered To Families Of People With Dementia

The Area Agency on Aging for Northeastern Vermont is pleased to offer a new program for those caring for people with dementia. As part of a federal demonstration project, family members caring for loved ones with dementia will have the opportunity to participate in an in-home educational support program, known as "Reach Out."

The program has been conducted in several other states, and has been shown

to have had a positive impact on the health and well-being of adults caring for persons with dementia.

The project is funded by a grant from the US Administration on Aging and will be offered by Agency on Aging staff. The program involves a series of six meetings conducted by home visits, or, for those who are interested (and have a high speed internet connection), via video conferencing using computer tablets that are lent to the family.

The "Reach Out" program includes information about Alzheimer's education, safety, caregiver health, social and emotional support, relaxation techniques, and more. The program supports those with dementia by focusing on the needs of the family members who are caring for them.

For more information about the program please contact Jessica Brill, Caregiver Support Specialist, at 802-748-5182 or jbrill@nevaaa.org.



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NCHHA Appoints Hospice Medical Director

Littleton, NH - November 11, 2011— As we celebrate National Home Care and Hospice Month, North Country Home Health & Hospice Agency is pleased to announce the appointment this spring of Dr. Philip Lawson as Hospice Medical Director. Dr. Lawson has been involved in hospice and palliative care in our community over the past fifteen years. He is highly skilled in the assessment, management and treatment of life threatening illness using a holistic approach to care.

Dr. Lawson received his Doctor of Medicine degree at the University of Calgary, Calgary, Alberta, Canada in 1993. He became board certified in Hospice and Palliative Medicine in 2002; received the New Hampshire Outstanding Clinician Award: Bi-State Primary Care Association and the Community Faculty Teaching Award: Alpha Omega Alpha, Dartmouth Medical School, in 2007. Dr. Lawson is asked to speak frequently both locally and regionally about hospice and palliative care. In 2008, Dr. Lawson and colleague Dr. Patrick Clary published "Pharmacologic Pearls for End of



Life Care" in American Family Physician. Dr. Lawson founded and leads the Littleton Regional Hospital Palliative Care Team and Community Coalition for End of Life Care. He is an adjunct associate professor for Dartmouth Medical School and a current Board Director for the New Hampshire Hospice & Palliative Care Association.

NCHHA is a Medicare Certified Home Health and Hospice provider serving 20 communities in the North Country. Hospice care focuses on the management of physical, emotional and spiritual distress in advanced stages of illness, supporting individuals and their family members. Hospice services are provided to patients in their homes, nursing homes, assisted livings and in-patient

hospital settings. Members of the hospice team include our Hospice Medical Director and Alternate Medical Director, Clinical Director, Program Manager, Registered Nurses, Licensed Nurses Aids, Medical Social Workers, Chaplains, our Volunteer and Bereavement Coordinator, Homemakers, Therapists and Hospice Volunteers. We are deeply grateful for the support we receive from the communities and individuals we serve and the many health-care providers that work with our program.

Contact Information: Inga Johnson, Hospice Program Manager North Country Home Health & Hospice Agency 536 Cottage Street, Littleton, NH 03561; 603-444-5317 ijohnson@nchha.com

We all want pleasing looks – to have sparkling eyes, radiant complexions, luxurious hair and healthy nails. There is no magic pill for beauty, but there is truth in the saying that good health means good looks, and many people who have embraced lifestyle changes, herbal therapy, and diet improvement have experienced remarkable success in enhancing both their health and their physical looks. Hormone imbalances, allergies to cosmetics and environmental pollutants, emotional stress, a low nutrient and EFA (essential fatty acids) diet, and heredity (DNA &/or taught behaviors) are all factors that influence our cosmetic elements. A good diet is essential for good skin, healthy hair and strong nails. A diet with too much salt, lots of sweets, fatty, fried foods, and pasteurized dairy foods and red meats, shows up internally as a factor in chronic degenerative diseases like arthritis and circulatory problems, and externally in the health and beauty of our skin, hair and nails.

Diet improvement is the key. Reducing your intake of salt, sugar and caffeine and avoiding fatty, refined and preserved foods is a good start. Eliminating animal fats from the diet is a must. Focus on adding foods rich in silica and sulphur, like garlic, onions, sprouts, horseradish, green leafy vegetables, carrots, bell peppers, eggs, apricots, cucumbers, rice and seeds to strengthen hair and nails and help form collagen for skin beauty. Add soy foods for phyto-hormones, vegetable protein and vitamin E to help correct hormone imbalances that are at the root

of some complexion and hair problems. Foods rich in iodine and potassium, such as sea vegetables and sea foods promote growth and thickness of the hair and strengthen nails. Vitamin C, and bioflavonoid-rich foods like yellow and orange fruits and vegetables, and beta carotene foods like broccoli and sea vegetables help keep the body alkaline and skin, hair and nails nourished. A good looks diet should include six to eight glasses of water or healthy liquids (herbal teas and vegetable broths) to help the kidneys flush out wastes, and filter out impurities that accumulate in the organs and bloodstream, and which ultimately show up on the skin, in the form of blemishes, rashes, etc... Remember that smoking is as bad for your looks as it is for your health.

Herbs are uniquely suited to the care and nourishment of skin, hair and nails. Herbs are primary sources of organic minerals and trace minerals, the essential blocks of our looks. They are rich in food source vitamins and concentrated food nutrients building and are quickly absorbed into the body to stimulate cleansing, encourage healthy cell growth and build tissue strength. As living remedies, herbs are uniquely effective for nourishing your hair, skin and nails both from the inside out, and from the outside in, where drugs and commercial cosmetics are not. Remember that your skin is the largest organ, what you massage onto your skin is quickly absorbed into the bloodstream, check you cosmetic ingredients, "if you would not eat it, do not use it." The best creams and lotions

are made in the kitchen.

Here are some keys for enhancing the appearance of your hair, skin and nails:

☐ Beautiful skin, hair and nails need vitamin A, vitamin C, mineral-rich and high vegetable protein foods for collagen and interstitial tissue health. Herbs are high in collagen-producing elements such as organic silica and calcium.

☐ Glowing skin tone depends on a clear, hydrated system, flushed of toxic wastes and pH balanced. Herbs are cleansing, alkalizing agents that help purify the bloodstream, so that wastes are not dumped out through the skin. Many are high in soluble fiber to keep the system unclogged, and free of constipation.

☐ Vibrant hair needs vegetable protein for maximum growth and high carotenes for health. Herbs are concentrated foods with easily absorbed protein nutrients.

☐ Stress is the primary cause of premature graying. Herbs help to relieve body stress; many are rich in B vitamins and amino acids that replenish hair deficiencies.

☐ Strong, hard nails need minerals for health. Herbs are concentrated forms of readily absorbable minerals and trace minerals.

☐ All the cosmetic elements need an oxygen-rich blood supply. Many herbs are high in anti-oxidant properties.

What herbs are essential here?

Skin, Hair and Nail Strengthening herbs include: Alfalfa, Oatstraw, Dandelion Leaf & Root, Yellowdock Root, Nettle, Burdock Root, Rosemary, Barley Grass, Watercress, Horsetail,

Lemongrass, Fenugreek Seeds, Parsley Leaf & Root, Peppermint. These herbs are excellent teas.

Essential Fatty Acids include: Bee Pollen, Royal Jelly, Evening Primrose oil, Flax seed, Parsley Leaf & Root, Ginger Root, Borage Seed, Pumpkin Seed.

Mineral-Rich Herbs include: Alfalfa, Barley Grass, Oatstraw, Yellowdock Root, Watercress, Nettle, Dandelion Leaf & Root, Pau D'Arco Bark, Kelp, Sea Vegetables, Horsetail.

B Vitamin-Rich and anti oxidant herbs include: Royal Jelly, Kelp, Sea Vegetables, Red Raspberry Leaf, Fenugreek Seeds, Thyme, Dandelion Root, Dong Quai Root, Brewer's Yeast, Spirulina, Chlorella, Barley Grass, Nettles, Alfalfa, Bee Pollen.

Vitamin A, D & E Nutritive Herbs: Kelp, Sea Vegetables, Dandelion Leaf & Root, Black Cohosh Root, Nettles, Burdock Root, Yellowdock Root, Saw Palmetto Berry, Aloe Vera, Watercress.

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

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Odell Insurance at 21 Barton Street, Bradford, VT has very kindly agreed to collect the coats. Stop by and donate a New or Gently Used Coat and enter in the

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New Food Pantry To Open In December

NORTH HAVERHILL—Trinity Church of the Nazarene in North Haverhill announces the opening of a new food pantry for the Haverhill area. The pantry will be open to residents of Benton, Woodsville, North Haverhill, Haverhill, Pike, East Haverhill, Center Haverhill and Mountain Lakes. The opening date is set for Dec. 17 from 10 a.m. to noon and will continue every third Saturday of the month.

The pantry is meant to

help supplement food budgets for people who may be having a tough time making ends meet. It will be stocked with non-perishable food items as well as paper products, toiletries and some baby items.

The food pantry is located downstairs in the church building in North Haverhill, next to the Grafton County Courthouse. Donations for the food pantry may be left at the church on Sunday mornings or during open hours.



Mystery Of The Mary Celeste

This is not a person, this is not even a ghost, this is a sailing vessel that left with ten people and came back with none back in 1872. Over one hundred years later the vanishings is still a mystery, but the story is still one to be revisited again and again as if it's a dark fairy tale.

I love a good story about shipwrecks, I have no idea how many documentaries I've seen on the Titanic. Perhaps I've read hundreds of articles and seen hundreds of documentaries, but I don't get bored of it. There's just something about a shipwreck that grabs my attention and I have no idea since I'm not fond of swimming or even being in the ocean, but it interests me like a good ghost story. Only thing is the Mary Celeste didn't strike an iceberg or was hit by a torpedo. The mystery within this vessel lies within the story.

The story goes that the Mary Celeste was a New York registered ship built by a Canadian. The vessel was relatively small, only 100 feet from bow to stern and 282 tons. James Winchester, one

of the registered owners of the ship, appointed Benjamin Spooner Briggs as the captain. Spooner was well known to be tough and would not leave the ship unless to save his own life. But on December 5th 1872, in the early morning, a Captain Morehouse saw the vessel from a distance between Azores and the Portuguese coast. He knew something was wrong and after two hours of watching the vessel going out of control, he boarded the small ship and went to see what was wrong. There was nothing wrong. The ship was in perfect condition, but everyone was gone. The seven man crew, the honorable Captain Briggs, his loving wife, their two year old daughter...perished and never seen again.

To this day, well over one hundred years later, the demise of the Mary Celeste crew still remains a haunting mystery. What happen all those years ago?

Until next time this has been another Scared Sheetless. If I don't see you before then, have a Happy and fill-

ing Thanksgiving.

Resources:
maryceleste.net - a great website full of info.

Get more stories at scaredsheetlessncn.blogspot.com.

Also, if you think you've got spirits in your house and would like the professionals to come in and investigate, look no further than NEPI. We have the state of the art equipment, the crew with the knowledge, and we've been seen in such newspapers as Trendy Times, the Littleton Record, and the Caledonian Record. Give us a call and see why when people have ghosts, they put their trust in NEPI.

James Paradie is a paranormal investigator with the Northeastern Paranormal Investigations who has been seen in such newspapers as the Littleton Record, the White Mountain Shopper, and the Trendy Times. His stories have also been featured on websites such as Yahoo! and paranormal-news.com.

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\$10.00 OFF
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\$10.00
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November 22, 2011 Volume 3 Number 4

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



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