

TRENDY TIMES

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DECEMBER 20, 2011 VOLUME 3 NUMBER 6



Community Christmas Dinner Turns “Sweet Sixteen”

By Marianne L. Kelly

Bradford, VT—“Has it really been sixteen years?” asked Linda Moore, who along with husband Garry and a cast of many local businesses and individuals each year host a free Christmas Day dinner for residents, travelers, or those finding themselves alone.

WHERE IT BEGAN

The present day Christmas Day dinner actually began in St. Johnsbury in the 1990’s, when a local optometrist asked Rotary President Gary Moore if his chapter would sponsor a local community Christmas dinner. Moore agreed and decided to make the event one of his projects, with wife Linda working with him.

As they drove home from the 1994 dinner, the two realized that St. Johnsbury needed no more help, and

talked about offering the same type of dinner in Bradford. By Gary’s own admission, it was Linda’s determination to “take the ball and run with it,” that resulted in the first Community Christmas Day Dinner in the Bradford Congregational Church hall in 1995.

The first dinners were sponsored by The Inter Church Council, however, according to Linda, “They are there for us, but are no longer our sponsors, as over the years many community volunteers have come forward to help. The churches still supply us with eight pies each that are baked by the women of their congregations.”

THE “DANCE”

This annual event is truly a complex dance choreographed by Linda and starring the many businesses and individuals who come together and offer a spectacular Christmas feast that is free to everyone.

The volunteers begin their work Christmas week. Early in the week, a group meets to prepare the dinner rolls, and a couple of days before Christmas, Retired Chef Mike Shover, and his wife Irene roast approximately 20 turkeys, donated

by individuals and businesses with help from volunteers from both sides of the Connecticut River. Donated ham is also on the menu.

“We have a lot of people who faithfully volunteer every year, and they all want the same job as in previous years,” said Linda. Volunteers prepare and cook vegetables, bake and deliver pies, arrange, decorate and set the tables using donated china and linens, and on Christmas Day, serve diners and clean up after dinner. “One person brings her team each year to design and decorate the tables,” said Linda.

This year a friend donated 75 “Santa” napkins that will accompany delivered meals. “We also send little sweet treats with the take-outs as well,” said Linda.

The Christmas feast is not limited to those who can physically attend, but complete meals are delivered to shut-ins, so they too can enjoy a Christmas meal. “We serve about 200 people in the dining room and working with the senior center, deliver 50-60 meals to those who can’t come here,” said Linda. If a diner has a friend or neighbor who might like a meal, the staff will pack one and send it home with the friend.

People come from near



and far to enjoy this dinner and no one is ever turned away. “We’ve had people passing through over the years who couldn’t find a place to eat. They saw our sign in front of the church, and joined us,” said Linda. She recalled serving someone who offered to pay for the meal and was incredulous that such a sumptuous feast was free. Many who attend the dinner have family and friends who live far away or had dinner with friends or relatives the week before the holiday, and if not for the community Christmas dinner, would find themselves alone.

Volunteer drivers are

available to transport those needing a ride to and from the dinner.

This year’s menu includes roasted turkey, stuffing, gravy, mashed potatoes, homemade rolls, ham, raisin sauce, turnips, squash and homemade pies.

Linda especially loves the community involvement in bringing this dinner to the public. “It starts with the game dinner. Anything they have not used is donated to the Christmas dinner, and goes from there,” said Linda, adding, “We donate leftovers from the Christmas dinner to the senior center. Every year as I start this process I am amazed at the number of reminder calls I get from people who want to volunteer. I never have to look for anyone because we are established and do a nice job.”

FUTURE VISION

Linda’s vision for the future of this dinner is that it continues, as it is a community event. “Whether it’s through the churches together or separately, I hope the dinner continues.”

The community Christmas Dinner takes place on Christmas Day, at the Bradford Congregational Church from 12-2pm. Reservations are not required, there is no cost and everyone is welcome.

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Local Girl Scouts Shopping For Others



Girl Scout Troop 30892 (Juniors), 30065 (Brownies) and 30912 (Daisies) again this year raised money to shop for the local Operations Santa and Toys for Tots. The troop raised almost \$900 plus donations of toys and did their annual shopping on December 7th. Thanks to Ocean State Job Lots who gave the girls 20% off on all toys, the girls were able to provide multiple gifts for over 100 local children.

The donations came from local business including Modern Woodmen, Wells River Savings Bank, Wells River Chevrolet and Robco. There were personal donations made by Carrie Bogie, Pam Ballengee, David and Nancy Spencer and many families of the Girl Scouts. The girls then met on De-

cember 11th at the Groton Community Building to wrap all the gifts for the Groton and Ryegate Operation Santa. Two bags of toys were brought to Wells River and given to Toys for Tots.

"This is an event the girls love to participate in" according to one of the troop leaders, "it makes them feel good to help others."

The troops would also like to extend a big thank you to those that assisted in the shopping and wrapping, plus the staff at the Job Lot in Woodsville, for their kindness and smiles as the girls shopped and checked out. "It really reminds you of what a community can do and how much people are willing to give of themselves to help others" said Darlene Schaefer, Troop leader.

The next edition of Trendy Times will be published Tuesday, January 10th. Deadline Thursday, January 5th to allow our staff to better enjoy the holidays.

Merging Worlds

By Rebecca Ladd

Have you ever fallen in love with a place? Not just the physical beauty of the location, but the soul; the profound feeling you get inside, the overwhelming need to stay. The aching need to make that place part of you, and you part of it. October 2008 in Haiti I experienced just that feeling. Haiti continues to have a deeply profound effect on me. A third world country that on the surface appears to have very little in common with my life style here, grabbed my heart and soul. On My first trip to Haiti, I experienced culture shock: no running water, no electricity, and extreme poverty. Slowly I began to see Haiti in a different light. My two worlds began to merge, and surprisingly have much in common.

I bought your ticket, sit be-

side me and join me on my trips to Haiti. Trips full of merging worlds, survival, and joy marked with sadness.

It wasn't until my third trip into Haiti that I figured out why the 2 hour, 20 mile trip from Port Au Prince to Bercy is so enjoyable, why I feel stronger and more sure of myself the further we go. Route 1 National, is crowded. I ride in a tap tap, a pickup truck with benches lengthways along the bed of the truck, topped by a high arch made of steel and metal sheeting. The tap taps are very noisy, everything rattles as you drive. You spend your ride holding on, trying not to hit your head on the ceiling or land in your neighbor's lap! There are large school buses with names of schools from Maine to Florida running the roads at a break neck pace. A majority



of the vehicles in Haiti run on diesel fuel. The exhaust at times takes over the air, mixing with a choking dust. There it is, the key to my joy and strength, the smell of diesel exhaust. Linger in that smell, (surrounded by treeless mountains, livestock eating along the roads, and the brown faces of strangers), are memories of my childhood. Memories centered around my Dad's dump trucks and heavy equipment. My Dad who wouldn't dream of coming to Haiti, comes with me every trip. My skills to figure out how to make something from nothing, or see another way things can be done, come from him, his ability to listen, ask questions, and to think through things before moving on what he has heard, his perseverance in doing what needs to be done and working at it until the job is done. Here on Route 1 National he comes to me through a smell, a smell that merges my two worlds together.

I can hear you asking me "why Haiti?" It started with a trip to visit friends, and led to helping people through 'a hand up not a hand out.' I help people start micro businesses, businesses that allow a family to become self-sufficient. Think of the saying "give a man a fish he'll eat for a day, teach him to fish he'll eat for a life time". I am giving families the chance to support themselves, send their children to school, and afford medical care. I also try to give them hope, through their own hard work. I return to Haiti January 12 for my 7th trip, returning February 5th. For stories, pictures, and more information on what I do, to schedule a presentation or how you can help, visit www.bercyhaitiandbeyond.wordpress.com



ALL GOOD FOODS

Interview With Garrett & Lisa Blake

By Lauren M. LoSchiavo

You would never know when entering the quaint town of Lisbon, New Hampshire that such a gem existed there.

This ambitious young couple began their journey eight years ago. They traveled throughout New England running concession stands at fairs and offering their catering services. As their family grew to include 2 children, they began to think

of settling down. The building they now occupy came up for sale and they saw an opportunity, not only as an investment, but as a chance to do the thing they are most passionate about. They have been in business now for almost 2 years, and enjoy a steady group of customers.

All Good Foods serves an eclectic variety of foods including vegan, vegetarian and gluten free, and uses lo-

cally grown vegetables/foods whenever possible. Their meat comes from PT Farms, a locally owned farm. They recently renovated the inside of the restaurant, removed a wall and opened up the seating and entertainment areas.

ENTERTAINMENT: Saturday is "Jam Night" (open Mic.). On the last weekend of the month, (Friday and Saturday), they have live bands. This is one of the few live entertainment venues in our area and they are always looking for new talent!

SPECIALS: Margarita Monday's 2 for 1, - Taco Tuesday's - \$1.00, Wings Wednesday - \$.50, Fish Fry Thursday - Haddock or Shrimp, Friday - always different, Saturday - A cornucopia of flavors.

OTHER SERVICES: They will cater your party and

can plan your menu. If you need a place to hold your meeting, or event, call the number provided. They can also provide bartending services if needed. Artists - they will showcase your work and host your opening party! Artisans of all kind are welcome to inquire about this service.

All Good Foods has a full bar, a selection of Vermont beer, a TV, and in the summer, outdoor dining.

They are located at 16 N. Main Street, in Lisbon, New Hampshire. Phone number (603) 838-6800. Hours of operation are Monday-Tuesday-Wednesday 3:00p.m. - 10:00p.m., Thursday-Friday-Saturday 11:00a.m. - 11:00p.m., and closed on Sunday. You can visit them on Facebook or email to allgoodfoods@gmail.com. It is worth the trip!

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Christmas Trees Purchased With Good Will Toward Men... Almost Always

By Robert Roudebush

The fluorescent green sign at the Christmas tree lot across from Aldrich's store was hand-lettered in black and could not have been more clear or polite –

IF NO ONE IS HERE TO HELP YOU AND YOU WOULD LIKE TO PURCHASE A TREE, PLEASE DO THE FOLLOWING THINGS –

- 1 SELECT A TREE
- 2 TEAR OFF GREEN PART ON TAG
- 3 PLACE TAG AND MONEY IN MAILBOX BELOW

THANK YOU ON BEHALF OF NORTH HAVERHILL FIRE DEPARTMENT AND MERRY CHRISTMAS

But I was curious how many folks actually followed the rules and kept this honor system.

"Most of them do, it's not one-hundred percent, but we don't have too many problems", Preston Hatch told me. He was on duty at the tree lot one recent Sunday, along with his 12-year old son and some other people who were laughing and joking in the cold weather, having an infectiously good time. NHFD has been in its current location for the second holiday season in a row now – they used to sell at the Lackie Farm just south down Dartmouth College Highway. The NHFD thinks this new location is a better one for many reasons, including visibility and store shopping traffic and they are appreciative of the space, a courtesy from the current landowners.

The trees I looked at that day were fresh and well-proportioned and ranged in price from \$15 to \$35, with most in the \$20 to \$25 range.

Mr. Hatch and his fellow firefighters staff the lot Friday nights and Saturdays and Sundays and the rest of the time the locally bought and freshly cut evergreens are on open display, guarded only by the green sign and man's good will toward man.

"Our trees are cut on the Friday directly after Thanksgiving, and are on the lot the following morning for sale" he said of the trees they buy from Kevin Horne and the

Paul Bedell farm in Monroe. In some previous years, the tree supply has come from Canada, but no more – "Locally grown, cut and sold, the money staying in the local economy".

"We might sell three-hundred trees this year, about the same last year. In the past it has been as high as maybe four hundred. We only find maybe two or three people a year who don't pay, sometimes as many as 10 – 12 on a bad year. Sorry to tell you there are some folks who will take a twenty-five dollar tree and just leave five dollars.", Preston told me. "But on the other hand, there are folks who might take a twenty-dollar tree and leave fifty, so mostly it all works out in the end. We find people who have moved out of the area still come back just long enough to get a tree from us, and I know some people get their trees here who are just grateful to the fire department".

The mailbox is checked and cleared out frequently, often several times a day, so there is never any cash build up.

The folks at the tree lot have fun – sometimes one of them dressing up as Santa and taking pictures with kids, young and old. WYKR Radio sometimes provides some much-appreciated coverage.

Just south back down the highway, on the Lackie Farm, in the fire department's previous location, there were still Christmas trees being sold, this time for a group called Haverhill Area Youth. The group is raising money for 7th and 8th grade youngsters to take a trip to Washington, DC soon. There is a similar "honor" sign posted at this lot too, and one of the adults tending the site told me they have pretty good luck with good will toward men there too. There is a car on the lot, its doors open in the cold weather, the radio playing nice and loud and danceable music, and a couple of cute girls are dancing near the street, and laughing out loud, holding up signs advertising the trees for sale.

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Woodsville – Wells River Rotary Club Announces 45th Annual Junior High School Basketball Tournament

The Woodsville – Wells River Rotary Club will be hosting our 45th Annual Junior High School Basketball Tournament in January 2012. Proceeds from the tournament support our fund for local scholarships. The tournament will be Saturday & Sunday January 14 & 15 and Saturday & Sunday January 21 & 22 at Blue Moun-

tain Union School. The first game will start at 1 p.m. each day.

The first weekend will have boys and girls teams from Haverhill, Lyndon, St Johnsbury and Oxbow. January 21 & 22 will feature boys and girls teams from Barnet, BMU, Monroe and Waterford. Each Saturday both boys and girls teams

from each school will play in the first round, and compete again on Sunday for the consolation prize and championship.

Proceeds from the tournament are used by the Woodsville -- Wells River Rotary Club for its scholarship fund. This year, the Club will award four \$1,000 scholarships, one to a student in each of Blue Mountain Union High School, River Bend Career & Technical Center and Woodsville High School. Since the spring of 2000, the Club has awarded over \$88,000 to students from these schools.

The Club supports several additional service projects, both locally and worldwide. Rotary International is best known for its campaign to eliminate polio worldwide. The PolioPlus program has eliminated polio in 99% of the world. The Bill and Melinda Gates Foundation recently awarded a \$355 million matching grant to Rotary for the final push to immunize children and eliminate polio forever.

Rotary supports education around the world, Rotary's Ambassadorial Scholarship program is the world's largest privately

funded scholarship program. Each year, about 1,000 university students and 8,000 high school students receive Rotary awards to study abroad. Rotary has established eight International Centers for Peace Studies and Conflict Resolution to provide masters level education to future world leaders.

Rotary International is the world's largest service organization with 1.2 million Rotarians in 32,000 clubs worldwide. Membership is open to businessmen and businesswomen of all faiths, opinions and nationalities who are willing to encourage and foster the ideal of service in their personal, business and community life. The Woodsville – Wells River Rotary Club meets every Tuesday evening at the Happy Hour Restaurant in Wells River.

December 20, 2011 Volume 3 Number 6

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

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our editors to respond.

From The Desk Of NH State Senator



Dear Constituents,

Last week I attended two days of presentations by economists. Topics included a global and national economic update and forecast, interest rates, real estate, labor, economic trends, and the NH economy. Very briefly, economists say a recovery has begun, but is likely to remain weak. Some economists predict that we will experience another recession in the next 3-6 months—how bad the recession will be seems to depend on the depth of the recession in Europe. While it was sobering and a somewhat depressing experience, the information we received validated that the conservative budgetary approach the legislature took was appropriate and necessary.

You may recall that we began the fiscal year with approximately an \$800 million budget deficit. The deficit was caused primarily by:

A \$44 million budget deficit left over by the previous legislature;

Borrowing money to pay for operating expenses (it would be like you or me taking out a loan to pay for our electric bill);

The loss of over \$400 million in federal stimulus funds used to pay for state government costs over the last two years.

This legislature chose to balance the budget by living with our means—which meant projecting realistic revenue estimates and cutting spending.

As a member of the Senate Finance Committee, I can tell you that cutting spending on programs you'd like to fund was not easy. But behind every tough decision is the realization that the alternatives are worse. Worse for taxpayers, worse for businesses, and worse for the New Hampshire economy.

Over the last two budget cycles, NH saw increased spending of 23%. To continue along that path would have required – at a minimum – \$800 million in new taxes and fees on New Hampshire citizens and businesses.

Instead, we produced a truly balanced, two-year budget that spends \$10.2 billion in total funds -- an 11% reduction from the last biennium. The budget refocused state government on its priorities. It provided for those in need while, at the same

time accounted for nearly \$400 million in federal funds spent over the last two years but not available this biennium.

I'm proud to say that the Senate led the fight to balance the budget. We did so by example, cutting the chief of staff's salary by 30 percent, restructuring committee staff to require fewer employees, replacing outgoing staff at lower salaries, and instituting a one-year pay freeze for all legislative employees.

We also enacted legislation that keeps budget increases down in the future and further protects taxpayer dollars by adopting:

SB146, a bill requiring state agencies to submit reduced spending alternatives when they build their budgets every two years.

SB151, requiring the consolidation of government contracts that will allow the state to use economies of scale to bring costs down.

HB635, a bill requiring consolidation of agency functions to create a savings of \$35 million over the biennium.

Shortly after we completed the budget, I began going back out to my com-

munities (31 towns in the counties of Belknap and Grafton). I wanted to hear from my Selectmen, the business community, non-profit organizations, and residents. While I haven't completed visits to all my communities, those that I have visited have talked with me about the challenges they are facing. Most agree that the state needed to start living within its means—just like households, businesses, and towns have to do.

The legislature is back in session in January. The Senate has filed about 115 Legislative Service Requests (new legislation). Fifteen of those are mine and range from something as simple as naming a bridge after a family in Woodstock to as complicated as creating an interagency task force on energy infrastructure corridors.

The purpose of the interagency task force on energy infrastructure corridors is to determine if it is feasible to use existing transportation rights of way to serve as locations for underground utility infrastructure. And, if it is feasible, to recommend a process by which appropriate energy infrastructure corridors should be identified for

specific utility facilities and a process by which bidding for these corridors and tariffs for the annual use of the corridors would be established. The bottom line—let's have a plan for how energy is going to run through New Hampshire and let's be sure New Hampshire reaps a permanent benefit (i.e., revenue stream) if a permanent infrastructure is going to be built.

I will be sending out an e-newsletter shortly listing all the legislation I've filed. If you are not a subscriber to my e-newsletter and would like to learn more about the legislation I've filed or get more information about the presentations I attended on the economy, please visit my website at www.jeanieforrester.com and complete the subscription form on the home page (lower right hand corner).

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.

Wishing you a Merry Christmas and a Happy New Year, I am Your Senator from District 2, Jeanie Forrester

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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!

SUNDAYS

CRIBBAGE TOURNAMENT

1:00 PM
American Legion Post #83, Lincoln

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill

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

JANUARY 19 - FEBRUARY 23

HEALTHY PEOPLE, HEALTHY PLANET:
CONNECTIONS BETWEEN OUR HEALTH
& THE ENVIRONMENT
6:30 PM – 8:00 PM
Bradford Public Library

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

FRIDAY, DECEMBER 23

HAVERHILL RECREATION
CHRISTMAS CAROLING
5:30 PM – 7:30 PM
Morrill Municipal Building, North Haverhill
See ad on page 4

SATURDAY, DECEMBER 24

CHILDREN'S SERVICE
4:00 PM
St. Luke's Episcopal Church, Woodsville

FESTIVAL EUCHARIST

7:00 PM
St. Luke's Episcopal Church, Woodsville

CHRISTMAS EVE CANDLELIGHT SERVICE

7:00 PM
Piermont Congregational Church

9 LESSONS & CAROLS

7:00 PM
First Congregational Church of Haverhill

CANDLELIGHT CHRISTMAS EVE SERVICE

8:00 PM
South Ryegate Presbyterian Church

SUNDAY, DECEMBER 25

CHRISTMAS DAY WORSHIP SERVICE

9:15 AM
South Ryegate Presbyterian Church

HOLY EUCHARIST

10:00 AM
St. Luke's Episcopal Church, Woodsville

CHRISTMAS MORNING WORSHIP SERVICE

10:00 AM
Piermont Congregational Church

CHRISTMAS DAY WORSHIP SERVICE

9:15 AM
Ryegate Corner Presbyterian Church

COMMUNITY CHRISTMAS DINNER

12:00 Noon – 2:00 PM
Bradford Congregational Church
See article on page 1

WEDNESDAY, DECEMBER 28

HAVERHILL RECREATION
YOUTH BASKETBALL SIGN UP
5:00 PM – 7:00 PM
Morrill Municipal Building, North Haverhill
See ad on page 2

FRIDAY, DECEMBER 30

HAVERHILL POLICE DEPT. BLOOD DRIVE
12:00 Noon – 6:00 PM
Morrill Municipal Building, North Haverhill
See article on page 13

WEDNESDAY, JANUARY 4

3 RIVERS BUSINESS ASSOCIATION
MONTHLY MEETING
8:00 AM
Woodsville Guaranty Savings Bank, Woodsville

SATURDAY, JANUARY 7

RETIREMENT RECEPTION FOR BATH
POLICE CHIEF DENNIS MACKAY
2:00 PM – 4:00 PM
Horse Meadow Senior Center, North Haverhill

MONDAY, JANUARY 9

GOOD OLE BOYS MEETING – KEVIN SMITH
CANDIDATE FOR NH GOVERNOR
12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SCHOOLBOARD MEETING

7:00 PM
Haverhill Cooperative Middle School

TUESDAY, JANUARY 10

NH PRESIDENTIAL PRIMARY
Check Your Town For Times
At A Ballot Box Near You
See article on page 7

SATURDAY, JANUARY 14

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

SATURDAY & SUNDAY

JANUARY 14 & 15

JUNIOR HIGH BASKETBALL TOURNAMENT
1:00 PM
Blue Mountain Union School, Wells River
See article on page 4

MONDAY, JANUARY 16

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

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 & SUNDAY

JANUARY 21 & 22

JUNIOR HIGH BASKETBALL TOURNAMENT
1:00 PM
Blue Mountain Union School, Wells River
See article on page 4

SATURDAY, JANUARY 28

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

WEDNESDAY, FEBRUARY 1

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

MONDAY, FEBRUARY 6

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

SATURDAY, FEBRUARY 18

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

TUESDAY, FEBRUARY 21

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

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Deadline for submissions is Thursday, January 5th for our January 10th issue.

NH Presidential Primary, Tuesday, January 10, 2012

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VOTE FOR NOT MORE THAN ONE.

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James A. Vestlermark _____

Vern Wuensche _____

Michele Bachmann _____

Bear Betzler _____

Timothy Brewer _____

Herman Cain _____

Mark Callahan _____

Hugh Cort _____

Randy Crow _____

L. John Davis, Jr. _____

Keith Drummond _____

Newt Gingrich _____

Stewart J. Greenleaf _____

Christopher V. Hill _____

Jon Huntsman _____

Gary Johnson _____

Fred Karger _____

Jeff Lawman _____

Benjamin Linn _____

Andy Martin _____

Michael J. Meehan _____

Ron Paul _____

Rick Perry _____

Joe Robinson _____

Buddy Roemer _____

Mitt Romney _____

Kevin Rubash _____

Rick Santorum _____

Ballot to the left is the Republican Presidential Ballot. Ballot below is for Democrats. Registered Independents may choose either ballot.

CANDIDATE OF THE DEMOCRATIC PARTY FOR PRESIDENT OF THE UNITED STATES

I HEREBY DECLARE MY PREFERENCE FOR CANDIDATE FOR THE OFFICE OF PRESIDENT OF THE UNITED STATES TO BE AS FOLLOWS:

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Randall Terry _____

Aldous C. Tyler _____

John Wolfe, Jr. _____

Ed Cowan _____

Bob Ely _____

Craig "Tax Freeze" Freis _____

Bob Greene _____

John D. Haywood _____

Robert B. Jordan _____

Barack Obama _____

Cornelius Edward O'Connor _____

Edward T. O'Donnell, Jr. _____

Darcy G. Richardson _____

Vermin Supreme _____

Following are just a few of the web sites available to check out the candidates in the upcoming Presidential Primary. Remember that the New Hampshire Primary is set for Tuesday, January 10. By NH state law New Hampshire's primary must be the first primary in the nation. It does follow the Iowa caucuses which are not a statewide general vote.

It should also be noted that voters in Vermont will get their opportunity for a primary on "Super Tuesday". This is Tuesday, March 6, which is also Town Meeting Day in Vermont. That date is known as Super Tuesday because eleven states hold either a

statewide primary or a caucus on that first Tuesday of March.

Elsewhere on this page are sample ballots for the NH Primary. There are many names on each ballot that are not "main stream" candidates. Some of these listed are there every four years, others are simply a one time shot in the dark, and even others have a single point they are attempting to make.

The candidates have done their job to get on the ballot. Most have also gotten the word out about who they are and what they stand for. Now it is the job of every voter to make an informed decision.

<http://2012.candidate-comparison.org/>

http://www.religionfacts.com/religion-and-candidates-2012/presidential-candidates-comparison-chart_2012.htm

<http://elections.nytimes.com/2012/primaries/candidates>

<http://2012.presidential-candidates.org/>

offers a chance to put two candidates head-to-head

A simpler chart, but with a limited number of candidates.

A New York Times site that offers comments about the leading candidates.

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Christmas Day

Monday, Dec. 26 - Closed

Saturday, Dec. 31
New Year's Eve Day
All offices are open regular hours

Sunday, Jan. 1 - Closed
New Year's Day

Monday, Jan. 2 - Closed

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December 20, 2011 Volume 3 Number 6

Monroe Consolidated School Honor Roll



Here is the list of our honor roll students for the 1st trimester period Aug. 30–December 2nd, 2011.

GRADE 8

- Rachel Cohen- Honors in Reading, Writing, Science and Social Studies
- Matthew Fearon- Honors in Math and Science
- Josiah Lundin- Honors in Math, Reading and Science
- Danielle Martin- High Honors in Reading and Science, Honors in Math and Social Studies
- Alice Morrison- Honors in Math, Writing & Social Studies

GRADE 7

- Samantha Cohen- High Honors in Reading, Honors in Math, Writing, Science & Social Studies
- Riley Cowell- Honors in Reading, Writing & Social Studies
- Jacob Geil- High Honors in Reading and Social Studies, Honors in Math, Writing and Science
- Baylee Wagner- Honors in Science and Social Studies

Thoughts On Christmas

By Marianne L. Kelly

“Christmas is way too commercial!” Exclaimed the shopper as she waited in line, cart filled to the brim with holiday gifts and supplies. “I wish we could go back to a simpler time,” she complained, not realizing that she and those who indulge in the annual mad-

ness to buy the latest gift or gadget and are willing to get up at an ungodly hour and stand on long lines to “get a deal,” are part of the problem. Her distress brought me back to a simpler time when Christmas was more about giving what you could afford,

and less about impressing others with the latest trends in toys, or as in today, electronics. I cannot remember anyone waiting on line for hours for something that would lose its brilliance in a few hours, fighting over some silly toy or gadget, stealing from another’s cart, or trampling someone to get what they wanted.

A CHRISTMAS PAST

My parents were hard working, first generation Americans whose parents came through Ellis Island. My three siblings and I grew up in a two-bedroom apartment in a tough New York project, not very far from an upper middle class neighborhood.

One day my sister came home from a friend’s house and was envious that they had a fireplace while we barely had enough room for all of us to live.

We didn’t have a fireplace, but we did have a huge bookcase in the living room. I asked my parents if I could have the crepe paper with the brick design, some white unlined paper and crayons. They were so used to their oldest child asking for things without explanation, and curious enough to see what I was up to, that they handed them over without question.

I lined the top and side of the bookcase with the “brick” paper, and taped enough white papers together to fit inside. I then drew logs and a fire, commandeered my siblings, gave them the crayons and helped them “build a fire.”

My dad taped the drawing to the inside of the brick paper, and placed a Christmas bulb behind the drawing. We named it “Christmas Hearth,” and hung our stockings there.

The next morning, when we visited our “hearth,” we found our stockings filled with candy, small toys and one “treasure.” Santa brought gifts to put under the tree, but our “Christmas Hearth” was the highlight of the year.

When I was old enough to leave home, the sister who wanted the fireplace, continued the tradition with our younger siblings, and the next younger sister continued it with our brother.

We’ve celebrated many Christmases since that time, yet those simple holidays with our Christmas Hearth stand out in the memories of my heart.

Why look or wish for a simpler time, when you have it in your power to create one? Merry Christmas!

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We apologize for any inconvenience this may cause

December 20, 2011 Volume 3 Number 6

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By Ronda Marsh

Oven Roasted Pork Tenderloin

What is your favorite meal? I readily admit that one of mine (because, in actuality, I have several "favorites") includes roast pork. If I had my way, roast pork is what would be on the menu for every holiday meal, as well as every week in between. Here's the problem with my roast pork addiction: A traditional roast of pork just can't be rushed; it takes a long time in a slow oven to create a tender, juicy outcome. If you succumb to the temptation to amp up the heat, you'll end up trying to eat something with a texture and taste akin to sawdust. I know many modern chefs advocate a shorter cooking time for pork, and seem to have no problem with a little pink in the middle, but I just am not comfortable with that. I guess I am old fashioned, in that I like my pork to be well done and very tender. So until recently, I had to wait until I had the time and the money (a decent pork roast can be sort of pricey) to fulfill my longing. Then I discovered the pork tenderloin! These choice strips of meat that run along the backbone of the pig are small (usually about 1-1/2 lbs. each), and as the name implies, they are very tender, indeed, even though they lack a "fat cap" like traditional roasts. They usually come in a vacuum package, so they will keep in your refrigerator very well. Because of their small size, they are quite economical, and are best cooked quickly, at a high heat. Perfect for any weeknight! For some reason, the tenderloin is packaged with the silver skin still on the meat. It's easy to recognize, as it looks like a big, square, piece of (dare I say) silvery skin. I have no idea why it is not removed in the meat cutting process, but it is not difficult to do yourself, and you must trim it all off with a sharp knife prior cooking, as it doesn't break down and will act like a big old rubber band on the exterior of your meat; not

a good thing! Being such a bland cut of meat, pork tenderloins accept a spicy marinade or rub very well, so I've developed one I really think does the trick nicely. Many people prefer to sear the pork on the stovetop first before finishing in the oven, but I wanted to avoid that whole step, since I'm basically a lazy cook! I found that I could achieve a nice brown exterior with a little crunch by including a just a small amount of brown sugar in the rub, and what it does to the overall flavor of this dish is phenomenal...not sweet, but it creates an unctuousness that is very appealing. Because there is no fat, the rub has to include oil, and you need to have a little moisture in the pan as it roasts to avoid drying the meat out. Here's where you have choices, as beer, white wine, and just plain water all work equally well, creating some very tasty pan juices to drape over the sliced meat.

This is one of the easiest and fastest "fancy" meals you can imagine, one that will leave your family asking for more, so don't wait for a holiday to try this recipe...it's a keeper!



- 1 Pork Tenderloin
- 2 Tablespoons light brown sugar
- 2 teaspoons salt
- 2 teaspoons pepper
- 1 teaspoon chili powder

- 1 teaspoon garlic salt
- 2 Tablespoons olive oil, or vegetable oil
- 1 medium onion, sliced in rounds
- 1 to 1-1/2 cups liquid, such as beer, white wine, or water.

Remove tenderloin from vacuum package, rinse with cold water, and pat dry. Using a paring knife, trim off as much of the silver skin as possible, then place the tenderloin in a foil-lined baking dish with sides. In a small bowl, combine brown sugar, salt, pepper, chili powder, garlic salt and oil. The mixture should resemble very loose beach sand. Slather the mixture on all surfaces of the meat, massaging it well into the surface. Tuck rounds of the onion under the pork, acting as a sort of "rack". Scatter remaining onions over the top of the meat. At this point, meat can be covered and placed in the refrigerator for up to 24-hours to rest and marinate. Remove meat from refrigerator about 45 minutes before cooking, to allow it to come to room temperature. Preheat oven to 425°F. Uncover meat and add about half of your chosen liquid to the pan around the meat. Insert meat into oven and roast for one hour, checking pan after 35-40 minutes, and adding some more liquid, if necessary to avoid the pan going dry. At the end of the hour cooking time, remove the meat from oven, tent lightly with foil and allow it to rest for 10 minutes. Remove meat to a cutting board and slice diagonally into thick medallions. Place meat on a platter and drape with the pan jus and roasted onions before serving. 1 pork tenderloin will serve 3 or 4 adults.



Christine and Charlie Green presented Presidential candidate Jon Huntsman with a bottle of pure Bath Maple Syrup during his recent visit to the Brick Store in Bath.



Presidential candidate Jon Huntsman with wife, Mary Kaye spoke with Northern Pass opponent Thomas Mullen of Campton & NH Executive Councilor Ray Burton of Bath. Photos courtesy of Chris Green.



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Haverhill Police Department Blood Drive

Haverhill Police Department's annual blood drive for the American Red Cross is scheduled on Friday, December 30, 2011 from noon to 6:00 p.m. at the Morrill Building Gymnasium, 2975 Dartmouth College Highway, North Haverhill.

Everyone is welcome to participate as we try to reach a goal of 100 pints this year.

Won't you help us save a life?

Blood donors are needed to make sure patients in area hospitals have the blood they will need to survive. Donors of all types are needed for surgical procedures, bone marrow transplants, trauma and chemotherapy. For some patients the need for blood is sudden; for others, ongoing transfusions are needed to

sustain lifesaving medical treatment.

Potential donors must be at least 17 years old, weigh at least 110 lbs. and be in good health.

For more information, call the Red Cross Blood Services at 1-800-RED Cross or go online to www.redcrossblood.org. Thank you.

Kinda The Night Before Christmas

By Robert Roudebush



(Editor's Note – The original "Twas The Night Before Christmas", or "A Visit From St. Nicholas", is a seasonal classic generally, but not always, attributed to Clement Clarke Moore, (1779-1863). The verse has moved into the Public Domain and writer Roudebush points out only a resilient piece of writing like this could withstand the clumsy re-dos by less talented writers like himself)

It was really the night before Christmas,
And all through the house
Not one of us was sleeping
Especially my spouse;

Ain't no stockings been hung
By no chimney with cheer,
Ain't no chance old St. Nicholas
Would ever show here;

The eight kids were all squawling
No way time for bed,
Sugar-plum jelly
Smeared sticky toe to head;

My wife with her cell-phone
And me working the remote
Were in no mood for sack time;
Just run out of hope.

Broke time and down time,
No jobs, no income at all;
We were all so unhappy,
Seem like a long haul.

When out on the lawn
There arose such a clatter,
We both stood up mad now
To see what was the matter.

I ran to the front window,
And threw up the sash;
Wondered who wanted what now,
Got no credit, no cash.

The snow was all lit up
Moon shine brightness of day.
My wife was struck-dumb too,
For once, nothing to say.

When what to my wondering eyes
Should appear,
But a little guy walking toward us
With a smile, or a leer.

He was a feisty small fella,
So red-dressed and quick
It struck me like fuel bill;
This must be St. Nick.

He saw us, then turned round,
Called names out to the night;
Names I'd not heard of -
The kind that start fights.

"Now, Dasher! Now Dancer!
Now, Prancer and Vixen!;
On Comet! On Cupid!
On Donder! And Blitzen!

To the top of the porch!
To the top of the wall!
Now dash away! Dash away!
Dash away, all!"

So, believe this or not,
It was eight reindeer he called;
With a sleigh they came flying;
My wife fixed to bawl.

And up to the house top
Those critters they flew;
Pulled a sleigh-full of something
And Old Nicholas too.

And then like a drumbeat
I heard up on the roof
The pounding and clawing
Of thirty-two pokey hoofs.

As I reached for my shotgun
And was taking a grip,
Down the stove-pipe he slid
Then out the stove – what a trip.

Somehow he wasn't sooty,
And quick grew to my size;
He stood there big-grinning,
Like we two were some prize.

A backpack of toys
He had strapped to his back;
Not plump and not chubby –
The old boy was flat fat.

His eyes how they twinkled,
I felt immediate qualms;
I sniffed him for drunk breath
And then I grew calm.

A wink of his eye
And a twist of his head
Soon gave me to know
I had nothing to dread.

He saw there were no stockings
But pulled stuff from his pack;
Each kid got four somethings,
And for we two a big sack.

And laying a finger
Aside of his nose,
And giving a grin
Up the stovepipe he rose.

He sprang to his sleigh
To his team gave a cheer;
We searched through the big sack
And knew good times were here.

And we heard him exclaim
As he flew out of sight
"Happy Good Job to all,
And to all a good night!"

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OBITUARY

MARJORIE "JIMMIE" WALTMAN ROBITZER

Marjorie "Jimmie" Waltman Robitzer, 93, of Benton NH died December 16, 2011 after a brief illness. She was born in Williamsport, PA on July 12, 1918, the daughter of Cloyd And Margaret Emery Waltman. She was nicknamed "Jimmie" because, as the story goes, that was her first word- and those in her family called her that. She grew up in Reading Pennsylvania and attended

Reading High School where she was gifted in art and writing.

After graduation Jimmie worked for several years in Reading and then in 1937 met and married her husband, Arlie Robitzer, who owned a beer distributing business. After marriage Jimmie worked alongside Arlie in the business, and single handedly ran it while Arlie was overseas during WWII.

In 1955 Jimmie & Arlie tired of their business life in Reading & decided to radically change course. They sold Northeastern Distributing Co & bought Seyon Ranch in Groton, VT - a 3600 acre parcel of land with a large house, many out-buildings and a lake. They turned Seyon into a hunting and fishing lodge and also ran a selective logging operation on the property in the winter.

In 1968, because of Arlie's heart problems they decided to sell Seyon. The State of VT bought it and named the property Seyon State Park. They moved back to Pennsylvania but

missed the beauty of New England and after a few years returned to Vermont. They jointly renovated a house in Wells River, then bought an old house in Benton NH and spent two years repairing and rebuilding the home, where they lived their final years.

Arlie Died in 1988, after which Jimmie purchased a flock of sheep. She delivered lambs and raised sheep until the fall of 2011.

Jimmie ("Marge" as she was know to her Benton Friends) was Benton Town Clerk for a couple of years, then became a Selectman- a position she loved and held until 2009.

Marjorie was predeceased by her husband Arlie in 1988, her brother Everett in 2010 and her granddaughter Jennifer in 1992. She is survived by her three children, Bonnie Blau of Santa Barbara, CA, Lyn Bandy of Benton, and Max Robitzer of Newbury, VT. Also surviving Marjorie are her grand children Rebecca Summers, Jessica Blau, Joshua Blau, Matthew Bandy and Fred Robitzer, as well as 4 great-grandchildren.

She was a force, and will be deeply missed by her children and her many Benton Friends. At her request cremation has taken place and there will be no memorial services. If one chooses, donations may be made in Marjorie's memory to the Twin State Humane Society, PO 263, Pike, NH 03780

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OBITUARY

FRANCIS EVERETT "BUD" DARBY



North Haverhill, NH - Francis Everett "Bud" Darby, 84, of Cota Lane, died at his home on Thursday, December 8, 2011.

Bud was born in Woodsville, NH on December 1, 1927, a son of Edward Everett and Mary Ann Florence (Hart) Darby. He was a graduate of Woodsville High School and then served in the US Army from January 16, 1946 to January 15, 1949. Following his Honorable Discharge, he attended and graduated from the University of New Hampshire. In his early years, Bud worked at the former Adams Paper Company in Wells River, VT. From 1970-1981, he was the bartender at the American Legion Home.

Later, he worked as a clerk at the former Scruggs Hardware Store in Woodsville. He married Everdene Irwin on November 28, 1982.

Bud joined the Woodsville United Methodist Church in 1934. He was a 52 year member of the Ross-Wood American Legion Post #20 in Woodsville. In his free time, he enjoyed fishing, watching all New England sports teams (especially the Red Sox), bowling at the lanes in Woodsville, Littleton, NH and St. Johnsbury, VT. Bud was known to play a "game of cribbage or two." He also appreciated music and attended summer band concerts in the area.

He was predeceased by his siblings Priscilla Leonard, Marilyn Bailey, Virginia Bowley, Beverly Johnson, Ronald Darby and Roger "Buster" Darby.

He is survived by his wife of 29 years, Everdene Darby of North Haverhill; seven step-children, Christine Bowler and husband Pete of

Gilford, NH, Charles Irwin and wife Debbie of Woodsville, Roy Irwin and wife Robin of North Haverhill, Jon Irwin and wife Betty of North Haverhill, Clarence Irwin and wife Wendy of Lebanon, NH, Tammy Irwin and husband Paul of Plymouth, NH, and Lori McInerney and husband Kevin of Palmetto, FL; 16 step-grandchildren and 10 step-great grandchildren; two sisters, Eileen Wiggett of Orleans, VT and Judy Morin of Woodsville, NH; and nieces, nephews, and cousins.

Calling hours were Monday, December 12, 2011 from 4-6 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

Memorial contributions should be offered to the charity of one's choice.

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

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

OBITUARY

JOANNA A. BEMIS

Woodsville, NH - Joanna A. Bemis, 80, died on Friday, December 9, 2011 at the Grafton County Nursing Home, North Haverhill, NH.

She was born in Wells River, VT, November 16, 1931, the daughter of Alfred and Gladys (Baker) Vielleux.

Joanna married Eugene F. Bemis in September of 1949 and he predeceased her on June 18, 2002. She was also predeceased by

her parents and two brothers, Joseph Vielleux on January 29, 2011 and Philip Vielleux on November 22, 2011.

Survivors include two daughters, Toni Dimick of Woodsville and Terri Ottatti and husband Joseph of Epping, NH; and a son, Timothy Bemis and Cindy of Monroe, NH, six grandchildren and eleven great grandchildren, along with a brother, Freder-

ick Vielleux of Wells River, VT. There will be no calling hours.

A graveside service will be held in the spring at the Pine Grove Cemetery in Woodsville, NH.

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

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

OBITUARY

PATRICIA ANN (CRAPO) DARLING

Lisbon, NH - Patricia Ann (Crapo) Darling, 71, of Dickerson Street, died December 2, 2011, at Morrison Nursing Home, Whitefield, NH following a brief illness.

She was born in Whitefield on August 20, 1940, to Russell and Margaret Crapo. She graduated from Whitefield High School, Class of 1958.

Pat enjoyed handwork such as crocheting, playing Pogo, and staying in touch with family via her computer. Pat was married to Wilson Darling and he predeceased her on July 28, 1983. She was also predeceased by her father Russell Crapo and a

brother Dick Crapo.

Survivors include her mother, Margaret Crapo of Whitefield; two daughters, Pamela Boughton of Westbrook, CT, and Allison Darling of Woodsville, NH; a son, Rusty W. Hichcock of Wells River, VT; two step daughters, Susan Leonard of Glencliff, NH, and Vicki Darling of Reno, NV; six grandchildren, Christopher Martel of Kansas, Stephen Martel of Barnet, VT, Melaina Martel of Westbrook, CT, Chad Hitchcock of Wells River, VT, Sean Hitchcock and Emma Hitchcock; two great grandsons, Trent Martel and Ian Hitchcock; two sisters, Bonnie Pineo of Lis-

bon, NH, and Dixie Poulin of Dalton, NH; three brothers, Joseph Crapo of Whitefield, Bobby Crapo, and Harold Crapo of Provincetown, MA; and several nieces, nephews, and cousins.

At Pat's request, there will be no public services.

Memorial contributions may be made to Norris Cotton Cancer Center North, 1080 Hospital Drive, PO Box 905, St. Johnsbury, VT 05819.

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

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

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Overcoming Infections

Most infections are signs of a depressed immune system or a chronic system imbalance. Infective organisms enter the body through the gastro-intestinal tract, the respiratory tract, or through a wound, sore, or insect bite. If identified early, many infection types respond to a mild, short term blood and body cleanse. However, early and/or correct identification is not always clear cut.

It is difficult to correctly identify an infection. In truth, there is no comprehensive "rule of thumb" for diagnosis. Many illnesses with the same symptoms, such as a cold, the flu, and bronchitis can actually stem from different infectious causes, and need different treatments. Some illnesses may also begin as one form of infection and extend to another. This is true of diseases that begin as a bacterial infection, and become overwhelmed by a viral infection because of today's strong, mutating strains. Upper respiratory infections, pneumonia and immune deficiency diseases are good examples of this type. Still other diseases have a root cause, like an over-acid condition, or yeast over-growth, but the symptoms show up as infections, like mouth sores or throat infections. Infections related to immune suppression may revolve around cortico-steroid or antibiotic drug therapy. Healthy immune response is often compromised by prolonged courses of these drugs, because normal system checks and balances become upset, allowing relatively harmless microbes to multiply out of control and cause infections.

However, there are well-known symptoms that can indicate treatment action. Inflammation and swelling of the infected area are usually the first signs of every infection type. In most cases, the severity and duration of the infection may be gauged by the severity and duration of the inflammation and swelling. Other signs include area pain and/or pressure, body heat and fever, redness and body malfunction. Chronic, recurring infections indicate low thyroid function.

Herbs can come to the rescue against many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, and externally as poultices or compresses, to draw out infection through the skin.

Herbal antibiotic combinations are also beneficial when used in conjunction with other therapeutic herbal formulas to increase their effectiveness, especially at the beginning or acute stages of an illness. Antibiotic combinations are especially effective in cases of oncoming of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post-nasal drip, low grade throat and sinus infections, and "hanging on" conditions where the body can't seem to "get over" a problem on its own. All infections regularly cause painful inflammation as the body reacts to isolate and overcome the infection.

Herbs are at their best as products for problems. As an herbalist, I look carefully at a wide range of symptoms, side effects and stages of a health condition before constructing a formula to address it. Even though many herbs have antibiotic properties, they do not work with a shotgun approach like antibiotic drugs. Instead, the herbs in a well-crafted compound work together as a whole, synergistically, to concentrate on the different aspects of a problem. Assistant and catalyst herbs have great effect in the way the primary act against a specific infection.

Bacterial infections are usually caused by a pathogenic organism, but may also be an opportunistic infection, in which a normally harmless microbe grows out of control because of body imbalances. Examples of a bacterial infection include upper respiratory infections, bacterial cystitis, abscesses, acne, rheumatic fever, sore throat and most chronic low-grade infections. Staphylococcus, streptococcus organisms and gardnerella fall under this category. A staph infection involves a staphylococcus organism, usually dangerous, often food-borne. Medical anti-biotics are effective in a short term. Herbs with anti-biotic properties are very effective for both short term and chronic needs. Herbal anti-biotic compounds are also effective in conjunction with other herbal medicines to increase their effectiveness, especially at the beginning or acute stages of an illness.

Viral infections are caused by simple, but powerful, persistent living organisms that

have a rapid duplication method, with the ability to move and mutate their structure in order to escape being overcome. Severe viral infections are becoming increasingly widespread and dangerous in America, as environmental pollutants, chemically-laced foods, over-use of drugs and generally poor nutrition lower our immune defenses. A viral infection can infiltrate the deepest regions of the body, living off the cell enzymes of the host. Examples of a viral infection include human papilloma virus (HPV), causing sexually transmitted genital warts, Epstein Barr virus (EBV), causing chronic fatigue syndrome and mononucleosis, Human Immunodeficiency Virus (HIV), causing AIDS, Herpes Simplex Type 2, causing genital herpes, hepatitis virus, causing acute liver disease, viral flu and pneumonia. Medical anti-biotics are not effective. Herbs with anti-viral properties are very effective.

Fungal infections are caused by a fungus microbe, sometimes appearing as a growth that resembles fungi. They are very difficult for drugs to overcome because fungus cell structure is so similar to normal human cells. Fungal infections are charac-

terized by moist, weepy, red patches on the body with bacterial odor. They don't dry out, and may look like non-healing cuts. Examples of localized fungal infections include athlete's foot, nail and skin fungus, vaginitis and ringworm. Examples of systemic fungal infections where the organisms are found throughout the body include thrush and candidiasis. Many are caused by broad spectrum anti-biotics or prescription drugs use that kill friendly digestive flora and lower immune defenses.

Anti-bacterial herbs include: Echinacea Roots, Pau D'Arco Bark, Goldenseal Root, Myrrh Gum, Turmeric, Garlic, Cat's Claw Bark, Capsicum, Black Walnut Hulls, Elecampane Root, Kelp.

Anti-viral herbs include: St. John's Wort, Lomatium Root, Myrrh Gum, Echinacea Roots, Astragalus Root, Garlic, Osha Root, Usnea Lichen, Ligustrum Berry, Schizandra Berry, Reishi & Shiitaki Mushrooms.

Anti-fungal herbs include: Black Walnut Hulls, Barberry Bark, Maitake Mushroom, Tea Tree Oil, Garlic, Myrrh Gum, Thyme, Cat's Claw Bark, Wormwood, Pau D'Arco Bark, Lomatium Root, Gentian Root.

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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, Bath & Body, Aromatherapy pillows & Oils ...all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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Welcome To Hell's Gate Bobby Mackey's Music World Wilder, Kentucky

If you want to hear some good ole country music if you're out west, then you can place your bets on Bobby Mackey's Music World in Wilder, Kentucky. Bobby Mackey may not be a name everyone's heard of, but he's got quite the following in the mid west and has had success on the national charts with songs such as "Johanna," "Hero Daddy," and "Pepsi Man." Growing up in the grocery store business and working on the railroad, Mackey was infatuated with such country star legends as Hank Williams and Merle Haggard. He's famous for something else too: In September 1978, Bobby fell in love with this old, abandoned building. Little did he know, it would soon become one of America's most famous haunted nightclubs. Where some know the location as Bobby Mackey's Music World, us, in the paranormal community, know it as another name: Hell's Gate.

The place used to be a slaughterhouse, had connections to organized crime, and satanic worshipping. Sacrificial rituals took place inside this well, which is where they would drain the blood from the slaughtered animals. In ran down this channel of tubes and finally into the river. The old well is the last remaining remnants of the old slaughterhouse.

On top of the club having

a bloody history, it is also known to be the pin point of where a bloody murder took place, when back in 1896, two men beheaded a girl, and the men fled. When the bloodhounds were trying to look for these suspects, it led back to the future club. The head was never found, but some say it was given to the devil during a sacrifice ritual. Once the men were caught, they were convicted to hanging, and one of the suspects said that he would come back and haunt the place forever. His words were correct as numerous eyewitnesses have claimed they have seen the spirits and the descriptions match the murderers of the woman.

Experiences:

Bobby Mackey's wife, who doesn't believe in ghosts and rarely ever talks to interviewers, has had a few experiences herself. A story that Bobby Mackey recited was that one day, she was up in a room and she heard a "Get out!" The spirit then got aggressive and forced her down the stairs. Even though she remains a skeptic, she refuses to step foot back in the club her husband owns, and that was several years ago. The ghost is believed to be one of the suspects who murdered the woman in the slaughterhouse.

A former caretaker says there's more than just one

demonic spirit and maybe that's the reason why he slept in his upstairs apartment with a shotgun. At one point, he got possessed by a demonic spirit and it took a Reverend six hours of a exorcism to get the demonic spirit out of him. After the exorcism was over, the whole wall in the kitchen caught fire and the fire department could not determine what caused this fire. To this day, he still feels the demonic souls are right there with him.

Other experiences include a trashcan being slammed to a wall, a man with a handlebar mustache making appearances, a jukebox plays by itself even when it's unplugged that plays a song that's not even in the jukebox itself! Investigators who have tried this place, their equipment malfunctions.

If you want to read more about the world's most haunted nightclub, make sure to grab your copy of "The Most Haunted Night Club in America" by Wanda Kay, who's a tour guide there. She has well over 450 photos and tons of stories of her time there. You can get more details of her books by going to her website, www.wandakay.com

Source: bobbymackey.com - Want more info on this famous country nightclub? Start with this source.

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What's In Your Stocking?

By Sheila Asselin

These days you hear a lot about stocking stuffers. Little gifts you place in little imitation stockings. Stockings that no self respecting ancestor of yours would be caught dead with.

In my childhood, stockings were the real deal...the kind that people actually wore on their feet. We children always managed to hang industrial strength stockings sensing that the larger the better. My uncle Nelson's stockings that he wore in his size 12 boots were always in great demand. Hang those babies on the mantel and I can guarantee you would get some serious booty come Christmas morning.

So what went into this stocking of long ago? First of all there would be an orange in the toe. I can hear this generation saying now "Big

deal". Yet once before year round fresh produce an orange was a great treat. Something not usually seen in the dead of winter.

Other items went in. Things to delight a child such as yoyos, kaleidoscopes, paper dolls and coloring books. The coloring books came with a box of Crayola crayons. Maybe eight basic colors. Maybe sixteen or thirty two. If you should be so lucky as to get the deluxe box of 64 you knew you had hit the coloring jackpot. Colors with exotic names such as magenta, burnt umber, or chartreuse. Made you feel like a budding Van Gogh.

But what is a stocking without candy? Jawbreakers and peppermint sticks. Licorice bears and cinnamon hots. Best of all was the ribbon candy. Hard candy spun into silken ribbons. Beautiful

to see. Delicious to crunch. In keeping with tradition I always put ribbon candy in my children's stockings.

Since these stockings had actually been worn and laundered many times they contained a goodly amount of lint. The lint tended to stick to the candy but what is wrong with a little texture in your food?

My son and daughter are grown now and moved to far away places such as St. Louis and Kodiak. One Christmas in a fit of nostalgia my daughter decided to mail her brother some ribbon candy. He wrote back he truly enjoyed it. It was almost perfect but he missed the lint. Not quite up to Mother's standards!

So if you would like to treat me this Christmas just send ribbon candy. And don't forget the lint!!!

Gerald Winn Awarded Littleton's "Business Man Of The Year"

By Lauren M. LoSchiavo

Gerald and his wife Mona have been married for 51 years. They have 3 children and 5 grandchildren. These personal relationships have not stopped him from donating time to his community. He has been the Littleton Town and School Moderator since 1966 and 1996, respectively, he is a member of the Littleton area Chamber of Commerce, and he sits on the Board of Directors. Gerald has over 5,000 classroom hours teaching the Dale Carnegie Course and has his Master's Degree

in Organizational & Financial Management. This is the short version of his accomplishments and the expertise he brings to Littleton, New Hampshire.

The Littleton Chamber of Commerce and the Littleton Economic Development community presented Gerald Winn with this prestigious award, at the beautifully restored Littleton Opera House, on November 17, 2011. Gerald's outstanding work and the tireless efforts he puts forth, help make Lit-

tleton, New Hampshire a great place to live, work and play. So many people were gathered at this event with a common goal, to recognize the opportunities for growth within the community, to build a stable economic environment in the community, to thank new and existing businesses in Littleton, and to honor a man whose role was key in making it all happen! Congratulations, Gerald, for all you have done, and all that you do!

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Changes In Real Estate Part 4

The Final Chapter 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.

To those of you who have been following along on this informative path, you may have noticed a skip in issues. Thank you for your patience. After 40 hours of class time and much studying, I believe I am now prepared to offer some parting words for those winding, (or are thinking of going) down, the slippery, but fun (if you are well informed), road to buying or selling real estate. My first comment, don't do it without a licensed agent or it may not be very fun.

The prevalent theme, that repeatedly comes up on tests,

and has been the point of many discussions throughout this course, is the importance of proper and full disclosure. There is absolutely no difference in the responsibility of an agent to practice due diligence, in any case, no matter what the property/real estate is, the size, or where it is located. Meaning, if you are selling a trailer, apartment building, condominium, storage unit, or a tiny plot of land (also known as a footprint), you can face serious consequences if you don't know what you need to know. This includes agents who are representing buyers, as well as people who "just want to sell their house or land." If something of importance or concern is discovered after the closing, you could be held responsible, and the agreement could be

revoked. If the agent doesn't ask you the right questions, he/she could be held accountable. Unless, of course, you lie, then it is most definitely, a huge problem-for you.

The knowledge you are receiving here in these articles, will, at best, make you think twice about any real estate transactions in which you are thinking about involving yourself. Without proper guidance, it just isn't a good idea – period. Would you go to court without a lawyer? You have heard the expression, "he who represents himself...". What if the fine was several thousand dollars? Probably not. I was thinking about selling my home and listing it as a "FSBO" (for sale by owner), and saving myself several

thousand dollars, until I took Gerald Winn's course and realized that I could actually save money, and sell my home quicker with proper representation.

Too many times in the past, buyers and sellers of real estate have fallen victim to improper or incomplete practices. "We didn't know there was lead paint in our home!" or "I didn't realize that wasn't my property, the person who sold me the property told me where my boundaries were", (after the barn was built). These things happen, but not so much today because of educated agents who will ask ALL the right questions, and have your best interest at heart. It's not only the right thing to do, it's the law.

I would like to extend my deepest thanks to Gerald and Mona Winn for allowing me to cover this class. Gerald, you are a true Master of Intelligence and Grace. I would also like to thank Kevin Haynes for his patience and ability to organize ANY project, and to my fellow Pre-Licensing classmates: Ralph Collins, Alan Corliss, Lise Kinerson, Chelsie Lasko, John Orlandi, Leila Tarantelli, Courtney Tocci and Ryan Wood. Wishing you all the best!

For more information about the Real Estate Course, or to speak to a licensed agent, contact Century 21 Winn Associates, located on 69 Meadow Street, Littleton, NH 603-444-7781, or visit their site: www.century21winn.com

Littleton MotorSports

By Gretchen Hesler

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AYLAKAI AND THE BROOM CLOSET

Interview With Gretchen Harvey

By Lauren M. LoSchiavo

Pronounced - Ai-la-kye, her daughter's first and middle name, Gretchen started this business 15 years ago. Aylakai slowly evolved from being a clothing and jewelry store to one that carries some of the most unique items imaginable. From the fanciful to the musical, this store is pure enchantment.

Gretchen's husband, Doug Hillman, her daughter Ayla, and her employees: Connie Cormier (6 years), Michelle Landry and Cassie Houde (approximately 2 years), all work to make your experience pleasurable. The staff members are personable, knowledgeable and are considered to be part of the family. Wizard and Grizzly Bear, Gretchen's canine companions, deserve honorable mention here as well. Aylakai products are made from local artisans whenever

possible and they have a strong focus on Fair Trade and Green and environmentally friendly products. They are very globally conscious about where their products come from and follow responsible business practices by recycling everything they can.

They have a huge selection of silver and gold jewelry, as well as a wide variety of t-shirts. Here you will find rain sticks, wizards, fairies, dragons and drums, Ecuadorian sweaters, body piercing jewelry, tie dyed and batik clothing and more. The range of mediums used to create these works of art includes clay,

wood, pewter, gold and silver. New items arrive regularly from all over the world.

For Christmas they offer a beautiful alternative to commercial shopping. If you want help with your Christmas list, tell them about the person you wish to buy for and they will assist you in picking out the perfect gift. Yes, they are that good. There is something for everyone in this store for both the practical and the fun-loving.

The Broom Closet is an adult oriented, distinctly separate part of the store. It began when Gretchen had just a few items in her utility closet.

Eventually, more and more people would come in and say, "Can I go into your broom closet?" In the beginning there was some opposition within the town, however, because of Gretchen's gentle and open nature, The Broom Closet has gained acceptance within the community. The selection of products they carry is steadily growing.

Aylakai appreciates, and

is so very thankful, to all their customers who have taken the time during this busy holiday seasons to stop in. Whether to browse, pick out that special gift or just say "Happy Holiday" they feel blessed to have you.

Experience Aylakai and The Broom Closet at 36 Main Street in Littleton, New Hampshire. Questions? Call (603) 444-9800.

December 20, 2011 Volume 3 Number 6

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




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And the Grinch, with his Grinch-feet
ice cold in the snow, stood puzzling
and puzzling, how could it be so?
It came without ribbons,
It came without tags,
It came without packages,
boxes or bags.
And he puzzled and puzzled
'till his puzzler was sore.
Then the Grinch thought of
something he hadn't before.
What if Christmas, he thought,
doesn't come from a store.
What if Christmas, perhaps,
means a little bit more.

~ Dr. Seuss ~

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