

# TRENDY TIMES

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## Wherefore Art Thou?

By Marianne L. Kelly

Tragic lovers, Romeo and Juliet still echo this phantom call of those seeking to find a mate.

Moonlight and love songs never out of date... The world will always welcome lovers, as time goes by... says this popular love song from the 1942 film classic, Casablanca.

Thanks to modern technology, and modern hectic life styles, dating and courting practices have changed quite a bit over the years. Have we exchanged old-fashioned mystery, romance and butterflies in the stomach for computer dating, speed dating and other modern forms of courtship?

You may never experience "an enchanted evening," or see "a stranger across a crowded room," because your crowded room might very well be a computer chat room or initiated by an online dating service? What fun is that?

Remember the dreaded "blind date," when you asked about your date and were told he or she had a "good personality?" You just knew this wasn't your dream person, but you went anyway to satisfy well-meaning friends and family who were so happy in their relationships that they couldn't bear the thought of you remaining single, and wanted you safely married. Sometimes you were pleasantly surprised, other times not so much, but in later years, it was an adventure you could tell your kids and grandkids about, especially if you married your blind date.

### COURTING CUSTOMS

Every era had its own dating customs. In ancient times when young women were scarce, tribal warriors raided villages and kidnapped prospective brides. They had to go into hiding, however, when a warrior of the bride's tribe went looking for her. Legend tells us that as the moon went through its

phases, the couple drank a potion called meth Eglin made from honey, hence the term honeymoon. The more civilized tribes arranged marriages between families to in-



crease their property, money or enhance political alliances. Politics played an intrusive role even in ancient lives.

The next time a man holds a door open for you or sends you flowers or a love note, or gives you a box of chocolates, he is actually mimicking courtship rituals of medieval times, "When knighthood was in flower." The wooer and the wooed took chivalry very seriously.

The Victorians raised romantic love to an art form, but oh, the rules! An interested gentleman had to wait to be introduced to a lady,

and had to wait a decent amount of time before it was considered appropriate to speak to her, or be seen together in public. If they were both present at a function and he wanted to escort her home, he gave her his card. At the end of the evening, the lady coolly considered her options and gave her card to the lucky man she chose to escort her home. Courting took place in the girl's home under the very watchful eyes of her parents or other chaperone. Being allowed to go out on the patio alone was a very serious step toward marriage.

The 20th century saw women attending universities and entering the work force, giving them more dating options away from prying eyes of parents. Dance halls, nickelodeons and amusement parks sprang up in the 1920s and 30's and were fertile ground for those looking for casual relationships, as this era's dating was not necessarily a precursor to marriage.

The loss and unavailability of young men had a profound impact on dating during and after WWII. Instead of the lightheartedness of 1920s and 1930s dating, the men who survived the war were anxious to find the



perfect mate and settle down to a normal life.

The sexual revolution, women's movement of the 1960s, and availability of birth control devices forever changed the way we date. Instead of the charming nervousness of a young man being met at his young lady's door by her parents, young folks today "hook up," have sex and move on to the next partner.

Who would have thought when computers entered people's lives, they would provide another vehicle to meet a prospective mate? Today's Internet is fertile ground, and anyone connected can subscribe to an online dating service, answer a questionnaire, and conduct live conversations with their matches without ever leaving their homes until they are ready to meet

in person. Women, finding this safer than singles bars have become more aggressive in finding their dream mate. Being able to send a virtual card, box of candy or virtual bouquet in place of the real thing saves time and money until one is sure.

Have romance and courtship become nothing more than fond memories and the stuff of legends? Being a lover of flowers, cards and notes, and an unapologetic chocoholic, I surely hope not. I hope "the world will always welcome lovers."

Happy Valentines Day!

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# 3 Rivers Business Association Announces Officers For 2012

The 3 Rivers Business Association is proud to announce its election of officers for 2012. Re-elected for another one year term were Nancy Lusby as President, Liz Shelton as Vice President, and Nancy Ranno as Treasurer. Janice Scruton was elected as Secretary.

The 3RBA was formed to support and encourage businesses and foster community spirit in the 3 Rivers area which covers Barnet, Groton, Newbury, Ryegate, and Wells



(l to r) Secretary Janice Scruton, President Nancy Lusby, Vice President Liz Shelton and Treasurer Nancy Ranno

River in Vermont, plus Bath, Haverhill, Monroe, North

Haverhill, and Woodsville in New Hampshire. The Association is dedicated to the development of a strong collaborative relationship among the business community, residential community, local government, and the people that are served.

The group sponsors many events and activities throughout the year, raising money for scholarships and increasing the public's awareness of the businesses and services available in their community. Annual dues are \$50 and most of those funds are used for advertising to promote the member businesses that sponsor these community events. Over \$3500 was spent on advertising in 2011.

Meetings are held on the first Wednesday of each month at 8:00 am. For more information, visit their web site at [www.3riversbusinessassociation.org](http://www.3riversbusinessassociation.org) or call Nancy Lusby at 603-747-2074.

# PAREI Announces New Field Experience Program

The Plymouth Area Renewable Energy Initiative (PAREI) is offering field experiences to assist local contractors, property managers, students and DIY homeowners with becoming more familiar with building science and making homes more energy efficient. Field experiences are offered to anyone who is interested in increasing their knowledge about such things as energy auditing equipment, energy home assessments and home weatherization measures.

Each month PAREI energy auditors conduct several energy audits and other energy related services and are offering these opportunities to interested individuals to shadow for a small fee. According to Zak Brohinsky, the Efficiency Training Program (ETP) coordinator, "The reason PAREI is offering this opportunity is to increase our community's attention to the important issue of energy conservation and to build the skills needed to make our homes more energy efficient." Each opportunity is available for one person at a time and is scheduled on a first-come first-serve basis. Each opportunity will be announced regularly by e-mail to those interested.

PAREI is also offering on-site training for contractors interested in learning how to use a blower door tester for the purpose of pre and post air sealing testing during new home construc-

tion and renovations. These trainings can be scheduled at a time that works for the contractor for a fee of \$25 and the cost of a daily blower door equipment rental from Rand's Hardware Plymouth, NH. Contractors will receive one-on-one instruction on the use of this equipment at a local site chosen by the contractor.

To schedule a blower door on-site training or to sign up to receive field experience opportunity announcements contact Zak Brohinsky, Efficiency Training Program Coordinator for PAREI: [zak@plymouthenergy.org](mailto:zak@plymouthenergy.org) or call 603-536-5030

The Efficiency Training Program is made possible by a partnership between Lakes Region Community College, the NH Division of Economic Development (DED), the Plymouth Area Renewable Energy Initiative and others. The ETP grant is funded by the Greenhouse Gas Emissions Reduction Fund and administered by the NH Public Utilities Commission. Plymouth Area Renewable Energy Initiative is non-profit membership organization established in 2004 to assist families and small business owners with planning for their energy future.

Plymouth Area Renewable Energy Initiative PO Box 753 Plymouth, NH 03264 603-536-5030 [www.plymouthenergy.org](http://www.plymouthenergy.org)

February 7, 2012 Volume 3 Number 9

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

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# Alumni Hall Latches Onto “The Logger”<sup>3</sup> And Other Delights Of 2012 Season

By Robert Roudebush

They call him “THE LOGGER” and he’s floating into town on waves of laughter in a couple of days. The log and laughter pool forms at Alumni Hall of course, one of our region’s best year-round performing and event spaces. You take one look at that lean grinning country-boy face topped by a baseball cap, you hear that smooth rural country rough voice, and you say, Yeagh, I know that guy, I’ve seen him before, heard him talk. Sure you have. They also call him RUSTY DEWEES and he is a real pro, a long-time successful one-man writing, producing, and performance team all by himself. Even a musician. He does TV ads, and radio spots, (writes them, produces them and voices them) and if you’ve ever seen him do his comedy show going back more than ten years ago now, you know he’s one of a kind. Go to the small effort of calling Alumni Hall and you’ll hear the upbeat voice of Executive Director Keisha Luce telling you what entertainment and learning treats are waiting for you starting soon.

Hi, you’ve reached Alumni Hall – upcoming performances include “The Logger” on February 10 and 11 at 8 pm - our new café opens at 6pm each night for pre-show food and drinks - you can also find a complete list of our classes including dance, watercolors, creating comics, zumba, Pilates and more at our website [www.alumnihall.org](http://www.alumnihall.org), or leave us a message on the phone at 603 989 5500, or contact us by email at [info@alumnihall.org](mailto:info@alumnihall.org). Thank you. Bye!

Director Luce will also enthusiastically speak with you in person when you’re lucky enough to catch the busy lady for a few minutes as she coordinates an eventful upcoming season at the Hall

SO “THE LOGGER” IS ALL ABOUT WHAT? It’s all about Rusty DeWees, who’s also a master of duct tape – surely a pragmatic and distinguishing talent. Rusty says he keeps his fans laughing “until their backs get better”. He’s a Stowe, Vermont boy who was active in theatre throughout high school and college. He also performed with the Vermont Rep Theatre and then he moved to New York City and trained with some heavy hitters in

the business, including the Lee Strasberg Institute. He’s worked for years off-Broadway and in TV, film and national commercials. Back in Vermont, he developed his one-man comedy show, THE LOGGER, best described as “blue-collar comedy meets Prairie Home Companion”. This fellow sells out all size theatres throughout New England since 1998. Rusty’s live act has spawned three Logger DVDs, two CDs, and other neat stuff like duct tape apparel – wallets and thongs. Don’t ask. And he writes too, real syndicated newspaper columns, some of which are gathered together in a collection called SCRAWLINS. And he seems a flat-out good guy – he donates a lot of his time promoting positive lifestyle choices among high school age kids.

A local reviewer for the Journal Opinion said of one of THE LOGGER’s shows about a year ago in Bradford, Vermont, *There wasn’t a dry eye in the Bradford Academy auditorium Friday and Saturday nights when THE LOGGER came to town. THE LOGGER walks on stage, weaves his magic, and the laughter doesn’t stop.*

Admittance for this show is twenty dollars, and you can buy at the door or ahead of time, as usual, online.

AND WHAT’S THIS ABOUT A NEW CAFÉ AT ALUMNI HALL? The night of the first LOGGER show, February 10, a Friday, starting about 6 PM, Ms. Luce tells me, the Hall will offer “light fare and libations”, catered specialty food and drink for the first time, on premises for the enjoyment of guests before and during the show. Special “club” type tables will be available in the Hall performance space. The edible goodies, fine food and desserts, soups, sandwiches and salads, will be prepared by “Morsels By Mimi”, out of Bradford, Vt. Negotiations are underway with the State Of New Hampshire for special licensing permitting the serving of wine and beer as well.

I’D LIKE TO LEARN A LOT MORE ABOUT WHAT’S COMING UP THIS SEASON Good. Use that online connection, [www.alumnihall.org](http://www.alumnihall.org), to access a treasure trove of calendar dates and listings and descriptions of a wide variety of upcoming activities and performances. There’s all kinds of dancing, for all levels of participants, including toddlers and mothers, “Mommy & Me”, modern dance, tap dance, several types of Ballroom dancing. One special offering that

stood out for me on Alumni’s listings – creating comics, or “graphic novels”. This is a discipline called “sequential art”, telling stories in panel to panel sequence. You can also find more tempting information about renting the Hall, donating time, effort or

money, and just plugging into one of Haverhill’s jewels of practical inspiration. Keep a sharp eye here for attention-getting news about last year’s successful Shakespeare Company, and their plans for this coming summer at Alumni Hall.



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Fri. Feb. 10 } 8pm Tickets online at [alumnihall.org](http://alumnihall.org)  
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# Seniors Grow Stronger And Support The Community, Too

Seniors fitness programs are nothing new, but in the town of Lyndonville, a group of elders are growing stronger and helping the community through their efforts.

Members of the Lyn-

donville "Growing Stronger" strength training program gather to exercise two times per week at the Municipal Gymnasium to improve their health and well-being. Classes began over eight

years ago, and some of the members of the original group are still involved in the program.

The classes are sponsored by the Area Agency on Aging, and are led by several dedicated volunteer leaders. Participants donate one dollar for each session they attend. At the end of each twelve week series of classes, the group decides how to distribute the donations that have been collected.

In 2009 and 2010 the group donated over \$3,000 to local organizations and \$1000 to the Town of Lyndon for the use of the Gymnasium. Organizations receiving assistance from the group include the Lyndon Area Food Shelf, H.O.P.E., the Darling Inn Senior Meal Program, the Riverside Life Enrichment Center, Lyndonville Animal Shelter,



Caledonia Home Health and Hospice, the Burke Senior Meal Program, Lyndon Rescue, Upright Steeple Fund of Lyndon Corner, employees of Bagel Depot who lost pay due to Hurricane Irene, and the Emergency Fuel Fund of the Area Agency on Aging for Northeastern Vermont.

Pat Paine, one of the volunteer leaders said, "Our group is very civic minded. We are proud to be able to give back to the community

while having fun and participating in an activity that benefits us, too."

For more information about the Growing Stronger program or the other supports available to older adults and family caregivers in the Northeast Kingdom, please contact the Area Agency on Aging for Northeastern Vermont at 748-5182, 334-2190 or via the Senior HelpLine at 1-800-642-5119.

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# DEAD RIVER COMPANY

## Interview With Ken Smith & Gary Haines

By Lauren M. LoSchiavo

Dead River Company was founded over 100 years ago (1909) by Charles Hutchins and had its roots in the timber and logging industry. It is a family owned and operated business to this day and provides employment to over 1,100 individuals – nearly 50 between North Haverhill, New Hampshire and St. Johnsbury, Vermont. There are over 22 locations across Maine, Vermont, New Hampshire and Massachusetts. These numbers do not reflect recent acquisitions one of which is Webber Energy (www.webberenergy.com). Webber Energy, now Dead River, is comprised of 19 locations primarily in Maine.

Dead River is not your average fuel oil and propane Company; they are an integral part of the community and contribute generously, donating both time and money to the local food pantry, and fuel assistance programs. Their local philanthropy extends to such activities and support as those of the North Haverhill Fair, Bear Ridge Speedway, Energy Expos, The Whole Hog Festival and Open House events. Each year they host a barbecue that is open to the public.

Dead River Company recognizes that the industry is evolving and they are al-

ways changing to meet those requirements by educating their staff, and when necessary, the public. The number one commitment held by all who work at Dead River Company, is customer service and satisfaction. You will find "Guarantees and Pledges" posted in various places around the facilities. Employees must KNOW them and LIVE them when representing Dead River. The level of accountability is extremely high. Survey information is often solicited for feedback on how they are doing as a company and how they can improve their standard of service. They stand behind and guarantee their product/equipment. You can speak to a "live" operator 24/7/365 and they will dispatch a technician if necessary. The website www.deadriv.com has a place for you to post questions (that are not answered on the site) these questions are reviewed and answered within 24 hours. You can

also make a payment or request a delivery online.

Every Customer Service Representative is given a list of referrals they can offer customers who are in need of fuel assistance or who are interested in having an Energy Audit conducted to find ways of making their home more energy efficient. Some of Dead River's employees are also trained Energy Auditors.

In these difficult economic times, Dead River Company is happy to continue expanding its customer base. Dead River Company offers services to fit any customer's needs and continues to expand services to ensure that customers may feel confident in doing business with them.

For more information on how to become a Dead River Company customer, call (800) 788-3002, visit the website at www.deadriv.com, or go to their Facebook page – Dead River Company.

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VALENTINE'S DAY HOURS 7am - 6pm

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The drawing will be on 101.3 FM WYKR on March 2nd

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—Carol in Woodsville

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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

## TUESDAYS

### FEBRUARY 21 - MARCH 27

#### POWERFUL TOOLS FOR CAREGIVERS

5:00 PM – 6:30 PM  
Department Of Health Conference Room 107  
Eastern Avenue, St Johnsbury  
*See article on page 12*

### TUESDAY, FEBRUARY 7

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

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

#### COMMUNITY FOOD FORUM

5:00 PM Social Hour  
6:00 PM Presentations, etc.  
St. Johnsbury House, 1207 Main Street

#### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

#### FRIENDS OF LINCOLN LIBRARY

#### FREE CONCERT

7:00 PM  
Father Roger Bilodeau Community Center,  
Pollard Road, Lincoln

### WEDNESDAY, FEBRUARY 8

#### MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM  
American Legion Home, Woodsville

#### AN EVENING WITH VERMONT POET LAUREATE SYDNEY LEA

7:00 PM  
Fairlee Public Library

### THURSDAY, FEBRUARY 9

#### CRIBBAGE TOURNAMENT

1:00 PM  
Horse Meadow Senior Center

### FRIDAY, FEBRUARY 10

#### RUSTY DEWEES, THE LOGGER

8:00 PM  
Alumni Hall, Haverhill  
*See article and ad on page 3*

### SATURDAY, FEBRUARY 11

#### WINTER FARMERS MARKET

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

#### FOURTH ANNUAL VALENTINE DINNER

5:00 PM Doors Open  
6:00 PM Dinner  
Orange East Senior Center, Bradford

#### RUSTY DEWEES, THE LOGGER

8:00 PM  
Alumni Hall, Haverhill  
*See article and ad on page 3*

### MONDAY, FEBRUARY 13

#### ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

#### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

### TUESDAY, FEBRUARY 14

#### UPPER VALLEY BEE CLUB

7:00 PM  
Westshire Elementary School, West Fairlee

### THURSDAY, FEBRUARY 16

#### CRIBBAGE TOURNAMENT

1:00 PM  
Horse Meadow Senior Center

#### BOOK DISCUSSION:

#### WATER FOR ELEPHANTS

5:30 PM  
Fairlee Public Library

### SATURDAY, FEBRUARY 18

#### CT VALLEY SNOWMOBILE CLUB RADAR RUN

10:00 AM – 2:00 PM  
Across From Aldrich's Store, North Haverhill

#### 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

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

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

### SATURDAY, FEBRUARY 25

#### WINTER FARMERS MARKET

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

### MONDAY, FEBRUARY 27

#### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

#### NEK CHAMBER LEGISLATIVE BREAKFAST

8:00 AM - 9:00 AM  
St. Johnsbury House, 1207 Main Street

### WEDNESDAY, FEBRUARY 29

#### GROWING BLUEBERRIES WORKSHOP

1:00 PM  
UNH Extension Service Conference Room  
North Haverhill  
*See article on page 10*

## SATURDAY & SUNDAY

### MARCH 3 & 4

#### MOLLY SIMONDS BENEFIT FISHING DERBY

5:00 AM Both Days  
French Pond, North Haverhill

### MONDAY, MARCH 5

#### GOOD OLE BOYS MEETING

12:00 Noon  
Happy Hour Restaurant, Wells River

### TUESDAY, MARCH 6

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#### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

### WEDNESDAY, MARCH 7

#### 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM  
Woodsville Guaranty Savings Bank, Woodsville

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

7:00 PM  
Woodsville Emergency Services Building

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**Deadline for submissions is Thursday, February 16th for our February 21st issue.**

# Real Estate

By Elinor P. Mawson

House Hunters is a program on HGTV. People have a "wish list" and look at 3 properties and choose one.

I have to laugh during most of the episodes. The "buyers" want to stick to their budget—many times unrealistic—but don't want to give up the amenities on their wish list.

Take, for instance the couple with a \$75,000 price point. They are upset when the home that they can afford doesn't have granite countertops or stainless steel appliances. They insist on 2 (or more) bathrooms and are upset when they are "dated". They want a big back yard but complain when it is not fenced in. Eventually they have to compromise, but are worried that it will take a long time to update the things they don't like.

We have bought 3 pieces of real estate in our lives. The first house was owned by my parents who were unable to sell it. My mother called one evening and asked if we might be interested for the amount they had invested in it. I politely refused, thinking that we weren't ready for such a responsibility. When I told my husband, he said "Call her back and tell her we'll take it."

Well, we ended up buying it, going through an excruciating process called "getting a mortgage." The bank didn't like the town the house was in, they thought we were too young, even though we both had teaching jobs. It took 15 weeks to get a \$7,000 loan that cost us \$57.00 a month.

Times changed, and when we refinanced (to get a second bathroom and a

garage) the same bank people asked "How much do you want?"

The second piece of real estate we bought was our camp. It was nothing but a shack with no windows or doors, on a small piece of land. When the realtor quoted the price, "It is \$3500." My husband said "We'll take it."

"Don't you want to go home and talk it over?" asked the realtor. "No", my husband replied, "we'll take it". We had to borrow from our life insurance to close the sale.

The last deal was made because our son wanted a house and couldn't come up with the money. It was a duplex on our street, with a wonderful, huge garage just right for all his "things". (I have already written about his flotilla of vehicles). We walked up, looked the place over, and when we reached the last room, we looked at each other and said, "We'll take it". (At last I had something to say.)

We only have one piece of real estate now. The first house sold in 1997 after 36 years. We sold our interest in the duplex to our son, and for the first time in our life, were out of debt.

When our camp burned we decided to rebuild, got carried away, and now have a house where we have lived since 2004. (We're in debt once again.)

It doesn't have granite countertops, stainless steel appliances, 2 bathrooms or a huge back yard.

But we love it just as much as if it did.

# Sizzling Bluegrass Fiddler Michael Cleveland To Play St. J.

No one plays the bluegrass fiddle with the intensity and abandon of Michael Cleveland, 9-time winner (including 2011) of Fiddle Performer of the Year honors from the International Bluegrass Music Association (IBMA). Kingdom County productions will present Cleveland performing his unparalleled brand of sizzling bluegrass—with his hot band, Flamekeeper, at 7:30pm, Friday, February 17th at the St. Johnsbury School.

Blind from birth, Michael Cleveland's love for bluegrass began in 1990, at the age of 10, when he first appeared at Bill Monroe's renowned Bean Blossom Festival. In 1993, he appeared as fellow fiddler Alison Krauss' guest at the Grand Ole Opry, then on A Prairie Home Companion and playing before the U.S. Congress. In 1999, Cleveland joined Dale Ann Bradley, then teamed up with Rhonda Vincent and the Rage in 2000, when he also began winning the prestigious IBMA's top fiddle awards.

Expect Mike and his talented band to present a program of tight vocal trios and duos, blistering instrumentals, and fiddle-and-banjo duets that echo the first-gen-



eration stars of bluegrass. And don't be surprised when Michael Cleveland and Flamekeeper live up to the recent concert review comment in the industry publication PopMatters, when it said, "Michael Cleveland is a thrill-a-minute to hear, a gale-force musical titan."

St. Johnsbury-based bluegrass star, Bob Amos, will open the February 17th concert with his Vermont all-star band, Catamount Crossing. Players include Freeman Corey, Mike Santosuso, Colin McCaffrey, and Adam Buchwald. "SINGOUT!" magazine reviewer John Lupton has called Bob

"one of the most consistently interesting and intelligent songwriters in American music."

Tickets for Michael Cleveland and Flamekeeper are now on sale at the Catamount Arts Regional Box Office or by calling 802-748-2600. 24-hour online sales are available at Catamount Arts.org.

Michael Cleveland is presented by Kingdom County Productions working in association with Catamount Arts and Lyndon State College. For more information, contact series producer Jay Craven or visit Kingdom County.org.

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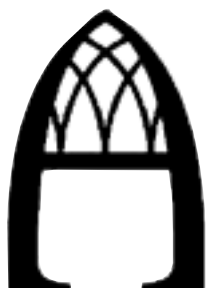
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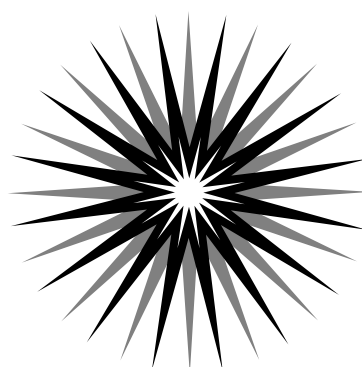
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February 7, 2012 Volume 3 Number 9



# Lisbon Volunteers Celebrate 10 Years Of Downtown Revitalizing



Lisbon, NH – Among Officials attending the 5th Annual Vintage Racing Super Sock Class Lisbon Stump Jumpers Snowmobile Club outing l-r Councilor Ray Burton, State Rep. Mark Twemby, Senator John Gallus, Tanis Tavernier, and Lisbon Chief of Police Joe Tavernier.

LISBON – Nearly 60 current and former board members and volunteers turned out to celebrate Lisbon Main Street’s 10th anniversary on Tuesday, January 31. Held at the Lisbon Bible Church the event featured a display of the various projects the revitalization group has undertaken in the last decade.

Despite having to apply to the N.H. Main Street Center three times before becoming part of the network of N.H. communities, Lisbonvolun-

teers didn’t wait until they received “official” status.

“They moved forward, planning and carrying out downtown improvements that ranged from major projects like installing the gazebo and town information sign at Chevron Park, to creating a façade grant program to assist private property owners to improve the appearance of their homes and businesses in the district. That’s the hallmark of Lisbon, I believe, quietly forging ahead with important improvements in the community,” said Ruth Taylor, Executive Director of LMSI. They finally became part of the N.H. network in 2004, Taylor added.

The focus in recent years has been on completion of a market survey, continuing the popular summer concerts, façade grants, addition of a farmers market, publication of an updated business directory, business promotions,

and maintaining the downtown gardens and flower barrels. New banners will be installed in spring with a lilac logo, as the result of a donation from Littleton Chevrolet.

On hand for the celebration were many past board and committee members as well as current members, donors and public officials. In addition to the display of projects completed by the four committees of the program, a slide presentation was offered featuring highlights of the organization’s other accomplishments, including the award-winning restoration of the Historic Lisbon Railroad Station completed in 2008.

Former board member Bill Callender addressed the gathering. As one of the early supporters of the Main Street effort, Callender now volunteers his time staffing the town’s information booth. Callender keeps statistics on the number and variety of visitors who stop for information.

“They range from people like the couple from Lisbon, Portugal to families looking for moose. I really enjoy the time I spend with visitors,” Callender said. He urged town businesses to take advantage of the booth by providing information about the products and services available in Lisbon.

Two volunteers – board member Bryson Yawger and his wife, Joy, who is a committee member – were honored for their extensive service to Lisbon’s downtown revitalization. They were presented a painting of the Historic Railroad Station, rendered in oils by current LMSI Board President Florence Webb.

More information is available at [lisbonmainstreet.org](http://lisbonmainstreet.org).

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By Ronda Marsh

## My Favorite Sicilian Cannoli

With Valentine's Day close at hand, here is the perfect dessert treat to make for your special someone. Cannoli are beautiful, luscious rolled tubes of pastry which have been deep fried, then stuffed with sweetened ricotta and garnished in a variety of ways to create a lovely treat that tastes just as special as they look. If you've ever been to Italy, or even to an Italian bakery, you know exactly what I'm talking about. Although there are many versions of Cannoli to be enjoyed, they all begin with the Cannoli shell, which is the most labor-intensive part of the process. Originally, the Italian bakers would use pieces of mop or broom handles cut to length as the molds around which they would wrap a piece of thinly rolled dough, before submerging them into boiling deep fat to fry. After removing them from the fryer, the cooked shells would easily slide off the wooden dowels and after cooling, would be ready to fill. If this info has caused you to despair that you might ever want to attempt making Cannoli yourself, don't worry! Cannoli shells are now commonly available at the bakery counter of our local grocery stores. I just call ahead to make sure they have them in stock, and purchase them individually a day or so before I need them.

- 8 Cannoli Shells
- 1 (15 ounce) container full-fat Ricotta Cheese (I like "Sorrento" brand)
- 1 teaspoon vanilla extract (or the caviar scraped from 1 vanilla bean)

Strain cheese overnight in refrigerator in a strainer, lined with cheesecloth (or a disposable coffee filter, if you have one). Place strained ricotta in a large bowl and beat with electric mixer until somewhat smooth. Add remaining ingredients and continue to beat at medium to high speed until fluffy and the consistency of butter-

cream frosting. Taste and adjust flavorings, if necessary. Load the Cannoli cream into a decorating bag fitted with a large open-star tip or with no tip at all, and fill the Cannoli shell by piping into each end. Garnish with a maraschino cherry on each end, and a sifting of powdered sugar on top.

Although most Cannoli aficionado's recommend eating them soon after stuffing to avoid becoming soggy, I have had no problem storing leftovers for up to 2 days in the fridge. If you start with a high-quality, full fat ricotta, (no folks, this isn't diet food) and take the time to properly drain all the excess moisture from it as instructed, your Cannoli will stay nice and crisp. I like to use a decorating bag to fill my Cannoli, but you can use a spoon to get the job done; it'll look fine once you plop a cherry on the end, or sprinkle it with chopped nuts or even colored sprinkles. Use your imagination! Once completed, place your Cannoli on a pretty serving dish and dust them with a shower of powdered sugar. I guarantee you're going to love the looks and taste of what you've created, and your Valentine will, too!



- 1/4 cup confectioner's sugar
- 1 Tablespoon granulated sugar
- 1/2 teaspoon cinnamon
- 1/3 to 1/2 cup heavy cream

### OPTIONS:

\*Prior to filling, dip each end of the shell in melted chocolate and roll in chopped nuts.

\*Fold 1/2 cup of mini chocolate chips and/or the zest of one orange into the Cannoli cream, or any dried fruit, such as raisins, cranberries, etc.

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## New Year's Baby At Cottage Hospital

Woodsville, NH – Aubrey Keene & Forrest Menard of Hardwick, VT welcomed their baby daughter, Kaydence Menard on January 13, 2012 @ 2:31PM weighing 7 pounds and 1 ounce and was 20 inches long.

The family was presented with a first baby of the year gift basket donated by the Cottage Hospital Auxiliary.

# Growing Blueberries Workshop And Conservation Plant Sale

Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop Everything You Need to Know About Growing Blueberries. The workshop will be held on Wednesday, February 29 at 1:00pm at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Whether you are

thinking about buying blueberries, or are an experienced grower, Heather Bryant, UNH CE Agriculture Resources, and Donna Doel, NRCS Soil Conservationist, will provide the information you need to grow GREAT blueberries.

What does it take to grow blueberries? Blueberries like a soil pH of 4.5-4.8, but what does that mean for you? Heather Bryant will discuss soil testing and amendments, ideal sites, recommended varieties for our area, planting, spacing,

pruning, mulching and other techniques to get the most from your blueberry plants. NRCS offers the Environmental Quality Incentive Program (EQIP) to assist eligible landowners with technical and financial assistance on approved conservation practices. Recent practices have included bird netting to protect blueberries, irrigation and season extension high tunnels. Donna Doel will provide information on current conservation practices for blueberry growers. Finally, GCCD is offering two types of blueberries in the 2012 Conservation Plant Sale: Patriot and Bluecrop.

Each year GCCD offers a variety of flowers and shrubs attractive to landowners and wildlife for the Conservation Plant Sale. Groundcovers and shrubs can be used for soil stabilization and borders. Many shrubs provide food and cover for wildlife, attractive foliage, flowers and fruits. Some of the plants we are offering include nannyberry, serviceberry, witch hazel, red osier dogwood, elderberry, cranberry, lilacs and American hazelnut. The District also sells balsam and Fraser fir, American arborvitae, American mountain ash, sugar maple and black walnut trees. A variety of apples, strawberries, blueberries and raspberries are also for sale. The 2012 Conservation Plant Sale information will be available at the Growing Blueberries workshop, or call the office to receive the information by mail.

Please join us Friday, April 27, 2012 from 5:30-7:00pm for our Planting and Pruning Workshop at Windy Ridge Orchard. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowledge and expertise on apple tree care. Dave Falkenham, UNH Cooperative Extension Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Dave are ready to answer your questions. Feel free to join us at this informal, but informational workshop.

The workshops are free and open to all. Call Pam at: (603) 353-4652, ext. 103, or email: pamela.gilbert@nh.nacdn.net. if you plan to attend so that we have handouts for everyone.



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# Special Ways To Show You Care

By Deb Maes, Extension Educator, Family & Consumer Resources

In mid-February, we usually take time to show our loved ones how special they are to us. Tradition dictates that we give candy, flowers, or a special dinner. I'd like to take a different spin on the traditional choices and focus on ways to show others you care about them and about keeping them healthy.

Let's start with candy—or more specifically chocolate. Humans have been eating some form of the cacao plant since the mid 400's AD. Initially it was a beverage that got better tasting with the addition of sugar. We didn't start using chocolate in baking until sometime in the 1800's. In 2011 chocolate was the number one food craved by women in North America. For men it was number two. People readily admit to being a "chocoloholic." In fact, the average American eats about twelve pounds of chocolate a year.

There is a reason for

this. Chocolate tastes good, feels good on our tongue and helps us feel full. Research indicates that chocolate may even have some health benefits. The flavonoids in chocolate act as antioxidants and protect the body from aging, which can cause damage that leads to heart disease. The 2005 issue of American Journal of Clinical Nutrition looked at new evidence that the consumption of dark chocolate can improve glucose metabolism and decrease blood pressure. It is still too early to make a recommendation that everyone should eat dark chocolate every day to be healthy, but wouldn't that be great if it turned out to be true?

As with all recommendations, we need to remember that everything should be in moderation. If you find yourself with a chocolate craving, keep in mind that chocolates are a high calorie food, so

eat them in moderation.

So, if you want to buy some candy for someone special, buy some good dark chocolate and tell your loved one that your gift is full of health benefits—it is your way of showing them how important they are to you.

Let's next look at the traditional gift of flowers. Valentine's Day is one of the year's biggest days for the florist industry. But let's think about it a little differently. Instead of flowers, how about giving someone an herb garden for their windowsill?

Strange idea? Maybe not. Based on the data from the 2010 Dietary Guidelines for Americans, most of us need to consume less sodium in our food. We know this but many of us seem reluctant to give up the salt shaker. Salt is a flavor enhancer that makes our food taste better. So why not give someone tasty herbs (such as basil, parsley and

chives) that they can substitute for salt, actually helping them to use less sodium while still eating good tasting food. No windowsill? Try a hanging basket that can be put near the food preparation area, as well as a pair of shears to help them harvest their flavors quickly. The plants will keep on growing with a little care. So, instead of ordering flowers, see if your local florist can put together an arrangement of herb plants, and look for some new recipes that will put your gift to use.

Finally, here's my last suggestion for a special present. Many of the people I have talked to recently have indicated that they feel overwhelmed by life. They are too stressed to really enjoy their day to day events.

Too much stress can cause headaches, trouble sleeping, and digestive problems. There are many benefits to managing stress.

When you have less stress, you look better, are more productive and are better able to focus on whatever task you are involved in. Therefore managing stress produces a happier and healthier person.

What can you do to help someone de-stress? Consider giving them a gift certificate for a massage. How about a manicure/pedicure? Is there a spa nearby? Make sure you can take over the home chores to see that the recipient gets to properly enjoy his/her gift. Consider buying a stress relaxation video or CD that could be used when there are only a few minutes to relax. Research shows that relaxing even ten minutes a day can provide a way to reduce stress.

You will have to decide what is the best way to show your loved one that you care. Make February 14th, and every other day, special for both of you.



## Vermont Late Model Stock Car Championship Series Announced

Waterbury, VT – Officials from Thunder Road International Speedbowl in Barre, VT and Devil's Bowl Speedway in West Haven, VT have announced a Vermont State Late Model Championship Series for the 2012 race season.

Four (4) long distance stock car events for Late Model race teams will determine the Vermont State Late Model Champion. The American Canadian Tour (ACT) type Late Model division is the most popular form of stock car racing in the northeastern US and eastern Canada, serving the needs of racers and fans at fifteen different race tracks and two regional touring divisions.

Thunder Road will present the historic 50th anniversary Mekkelsen RV Memorial Day Classic and annual Vermont Governors Cup 150 as part of the Vermont State series. The new owners of Devil's Bowl Speedway in West Haven, VT, Mike and Alayne Bruno, have joined over a dozen regional tracks by incorporating the ACT Late Model rules as a part of their NASCAR weekly racing program.

Mike Bruno, a former ACT Late Model competitor himself, said, "I know how competitive these cars can be and when Tom (Curley) and I talked about this idea, it just seemed like a good fit for our first year with Devil's Bowl Speedway, and for the entire Late Model region".

Devil's Bowl Speedway will host a 100-lap event on Friday, June 8, 2012. The Vermont State Late Model Champion will be crowned at the Devil's Bowl season finale on Sunday, September 16, 2012. Both events will be 100 laps in distance. The two tracks will post over \$10,000 in point fund money for participating teams.

"The ACT US Tour Late Models have put on a great show at Devil's Bowl over the past couple years, and the opening event at Devil's Bowl will once again be the traditional Spring Green 112 lap event. This combined effort to give the weekly teams around the region an opportunity to have a four race weekly type series and honor the first Vermont State Late Model Champion is a nice balance between touring and weekly racing. I

think it will be well received by Late Model teams in the region," said Tom Curley, long time promoter of Thunder Road and the American Canadian Tour.

For additional information contact the ACT office at 802.244.6963, [www.acttour.com](http://www.acttour.com); [media@acttour.com](mailto:media@acttour.com) or Devil's Bowl at (802) 265-3112 or email [devilsbowlspeedway@gmail.com](mailto:devilsbowlspeedway@gmail.com).

2012 VERMONT LATE MODEL CHAMPIONSHIP SERIES SCHEDULE
Sunday, May 27 – Thunder Road Mekkelsen Memorial Day Classic – 100L
Friday, June 8 – Devil's Bowl – 100L
Thursday, July 12 – Thunder Road Vermont Governor's Cup – 150L
Sunday, September 16 – Devils Bowl Vermont 200 Weekend – 100L

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Are you feeling stretched as you care for a loved one? Powerful Tools for Caregivers is a class series designed to provide you with the tools you need to take care of yourself as you provide care for a family member. This program helps family caregivers reduce stress, improve self-confidence, communicate feelings better,

balance their lives, increase their ability to make tough decisions and locate helpful resources. You will benefit from this class whether you are helping a parent, spouse, friend, someone who lives at home, in a nursing home or across the country.

Classes consist of six sessions held once a week. Two experienced class leaders from the Agency on Aging will conduct the series. Interactive lessons, discussions, and brainstorming will help you to take the "tools" you choose and put them into action in your life.

You will receive a book, The Caregiver Helpbook, and a relaxation CD, developed specifically for the class. A donation of \$25.00 to help defray the cost of the book is suggested, but not required, to attend the class.

Classes will be held in St. Johnsbury on Tuesday evenings, February 21st through March 27th from 5 until 6:30 p.m. They will be held in the Department of Health conference room at 107 Eastern Avenue in St. Johnsbury. For more information or to register for either class, contact Jessica Brill or Nancy Oakes at 802-748-5182. Class size is limited and pre-registration is required.

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## OBITUARY

### FREDERICK LEON VIELLEUX

Newbury, VT – Frederick Leon Vielleux, 82, of Wallace Hill Road, died on Monday, January 23, 2012 at the St. Johnsbury Health and Rehabilitation Center in St. Johnsbury, VT.

He was born in Newbury, VT, December 27, 1929, the son of Alfred and Gladys (Baker) Vielleux.

Fred served with the U. S. Marine Corps during the Korean Conflict as a Corporal from March 3, 1954 to March 3, 1960. He married Irene Powers on October 22, 1949. In his younger years, Fred worked for Adams Paper Mill in Wells River, VT. He later worked for many years for the Town of Newbury Highway Department. Fred was a grader operator,

then became the highway foreman. He loved the outdoors, hunting, fishing, and mowing his lawn. Fred was a member of the VFW.

He was predeceased by two sons, Randy A. Vielleux on November 6, 1989 and Ty M. Vielleux on November 1, 1995; two brothers, Joseph A. Vielleux on January 28, 2011 and Philip Vielleux on November 2, 2011; and a sister, Joanna A. Bemis on December 9, 2011.

Survivors include his wife of 62 years, Irene (Powers) Vielleux of Newbury; a son, Gary F. Vielleux and Anita Locke of Newbury; a daughter in law, Paula of West Newbury, VT; three grandchildren, Stacy, Jonathan, and JP and wife

Alvine; two great grandchildren, Hannah and Aidan; and several nieces, nephews, and cousins.

There will be no calling hours.

A graveside service will be on Saturday, May 19, 2012, at 2 PM, at the Boltonville Cemetery in Wells River, VT.

In lieu of flowers, memorial contributions may be made to St. Johnsbury Health and Rehabilitation Center, Hospital Drive, St. Johnsbury, VT 05819.

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](http://www.rickerfh.com)

## OBITUARY

### REMO GUISEPPi GANDIN



attending events at Norwich University. Remo married Pauline Emery on March 31, 1945 and she predeceased him on August 25, 1998. He was also predeceased by a sister, Libra Gandin.

Survivors include his two daughters, Pamela Ankuda and husband Bruce of South Woodbury, VT and Melissa Lesogor and husband Allen of Carver, MA; one grandson, Geoffrey Ankuda of South Woodbury, VT; a step granddaughter, Jennifer Coffey and husband Billy and their son Jesse of Andover, NH; several cousins.

A calling hour was held on Friday, February 3, from 12 to 1 PM, with the funeral service at 1 PM, at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH with Rev. Dr. M. Catherine Cook of the South Ryegate Presbyterian Church officiating.

At a future date, there will be a Celebration of Life at the North Falmouth Congregational Church.

Burial will be in the spring in the Hillside Cemetery in South Ryegate, VT.

In lieu of flowers, memorial contributions may be made to the North Falmouth Congregational Church, North Falmouth, MA 02556 or to Norwich University, c/o The Horsemen of '42 Scholarship Fund, Office of Development and Alumni Relations, 158 Harmon Drive, Northfield, VT 05663.

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](http://www.rickerfh.com)

North Falmouth, MA, - Remo Guiseppi Gandin, 91, formerly of South Ryegate, VT, died on Monday, January 30, 2012 at the Jordan Hospital in Plymouth, MA.

Remo was born in South Ryegate, VT, February 2, 1920, the son of Louis and Rose (Leonardi) Gandin. Remo graduated from Norwich University Class of 1942, which was the last cavalry unit at the University. The class was called the "Horsemen of '42". He served with the U.S. Marine Corps during World War II, the Korean War, and the Vietnam War. He retired from the U.S. Marine Corps as a Lieutenant Colonel having served from April 30, 1942 to December 31, 1971. Prior to going to college and after his military career, Remo worked at the family business, Gandin Bros., in South Ryegate. He was a member of the Masonic Lodge and the North Falmouth Congregational Church in North Falmouth, MA and was a member of the Men's Coffee Club at the church. He loved to travel and spend time with his wife and family. He enjoyed gardening, golfing, and

## OBITUARY

### ELIZABETH (DESIMONE) DAVISON



North Haverhill, NH – Elizabeth (DeSimone) Davison, 80 of Sand Road, died on Sunday, January 22, 2012 at her home after a lengthy illness.

She was born in Boston, MA, March 29, 1931, the daughter of Louis and Frances (Tomasello) DeSimone. Elizabeth married Robert K. Davison on October 8, 1949. Elizabeth and Robert had wintered in Winter Haven, Florida for many years. They later moved to

North Haverhill to be closer to family. She loved spending time with her family and had a strong Christian faith. She was predeceased by two sons, Robert A. Davison and Richard K. Davison; two sisters, Sarah Wojceichowski and Helen Lanni Cole; two brothers, Marciano DeSimone and Joseph Wojceichowski.

Survivors include her husband of 62 years, Robert Davison of North Haverhill, NH; a daughter, Mary Cataldo and husband Stephen of North Haverhill; eight grandchildren, Stephanie, Stephen, Hope, Adam, Therese, Monica, Dominic, and Vincent; four sisters, Jennie Maccini, Louise DeMetrio, Therese Fiore and Evelyn DeNicola; a brother,

Antonio DeSimone; and several nieces and nephews.

There will be no calling hours.

A Mass of Christian burial was on Friday, January 27, at 1 PM at the St. Joseph's Catholic Church, 15 Pine Street, Woodsville, NH, with Father Jeffrey Statz, Celebrant.

Burial will be in the Greenwood Cemetery, Everett, MA at a later date.

In lieu of flowers, memorial contributions may be made to St. Joseph's Catholic Church, 15 Pine Street, Woodsville, NH 03785.

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

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# Improving Your Sensory Centers

We all know that air contaminants and impure drinking water aggravate chronic nasal, throat and sinus problems. Environmental and chemical pollutants are prime culprits for these allergy-type reactions. But we seldom realize how much our environment and lifestyle choices affect our senses. Optical, auditory and olfactory (sense of smell) problems are often the end result of toxins elsewhere in our bodies. Many can be addressed by correcting vitamin, mineral and other nutritional deficiencies, and boosting immune response at the body's deepest levels. A poorly functioning liver also opens the door for sensory

center problems because of reduced immune response. Yet, we know the liver is remarkably adaptive, responding well to rich, green herbal nutrients, like those from sea vegetables and green grasses, and herbs with antioxidants and bioflavonoids to build immunity and improve poor circulation and capillary integrity.

Deteriorating vision is often related to liver malfunction and environmental pollutants, as well as a diet with too much sugar and refined foods. No other sense is so susceptible to unhealthy lifestyle conditions. A good eyesight diet should have plenty of natural anti-oxidants and proteins from

herbs, sea or soy foods, high mineral nutrients from leafy greens and green superfoods, and beta-carotene-rich foods like carrots, broccoli or sea vegetables. These nutrients not only build up immune response but also help keep the eyes protected from free radical damage and environmental pollutants. The most stressful eyesight situations are reading, using a computer for most of your workday, and a sedentary lifestyle. Eye exercises are extremely important. Take good care of your eyes!

Tinnitus, or ringing in the ears, may be blamed on exposure to excessively loud sounds from music or machinery. Today, noise pollution affects one out of every 10 people with some type of hearing impairment. Hearing loss is the third most common health problem for people over 65. Eighty-five percent of these individuals suffer from tinnitus. Age-related hearing problems are also the result of arteriosclerosis, allergies, or sinus or chronic bronchial mastoid infections. Hypoglycemia, (low blood sugar) and inner ear imbalance are also implicated in tinnitus or ringing in the ears.

Meniere's syndrome mimics tinnitus. It is a recurrent, usually progressive group of symptoms that include both ringing and pressure in the ears, with some hearing loss and dizziness. Poor circulation and lack of oxygen to the brain is at the root of Meniere's. Supplementation with bioflavonoids or high flavonoid herbs like ginkgo

biloba can increase capillary integrity, and improve hearing. Relaxation techniques and good daily nutrition are also keys to preventing attacks.

Sinusitis is an inflammation of the mucous membranes lining the sinuses, and regularly involving nasal polyps and scar tissue. It is often caused by a viral or bacterial infection triggered by an allergic condition, environmentally based or otherwise. It is important to eliminate trigger foods in one's diet that may be implicated in sinus troubles and to try to stay away from the environmental conditions that aggravate them. Chronic sinusitis can result in taste or smell loss.

Taste and smell loss is often tied into mineral deficiencies, like zinc. A deviated septum, atrophied nerve endings, gland and hormone imbalances, even some over-the-counter and prescription drugs may all be involved. Highly absorbable minerals from herbs, along with herbal superfood greens like those in chlorella or spirulina can do wonders for people with this problem. In many cases, if total atrophy has not developed, at least partial taste and smell can be restored.

Drug therapy has been notably ineffective in improving problems of the sensory centers for two reasons: 1) the areas themselves are very subtle and delicately balanced in nature. They do not respond to the strength of most drugs. 2) neither drug therapy, nor conventional medicine in general, address the cause of a problem, concentrating rather on its symptoms, yet sensory problems almost always stem from deep body imbalances and deficiencies. Herbs can be effective "eye, ear, nose and throat specialists." They support and strengthen these delicate areas, and are also capable of addressing specific problems. Herbs work with the body functions instead of outside them to remedy the cause of a problem at its source.

Improving Poor Eyesight:

ninety percent of what we learn during our lives we learn through sight. The eyes are not only the windows of the soul, but windows to body health as well. Your lifestyle profoundly affects your "eyesight". You can often tell if your daily stress level is affecting your eyes if you see sparks or vivid colors when your eyes are closed. Eyes often reflect imbalances elsewhere in the system. No other sense is so prone to poor health conditions. Remember, as with so many other body systems, poor liver function is the most common cause of eye problems and the key to healthy eyes. Natural treatment has been notably successful in improving poor vision, especially with herbs that support the liver, tone eye muscles and reduce eye fatigue.

Eyesight Support Herbs include: Ginkgo Biloba, Passionflower, Red Raspberry Leaves, Parsley, Eyebright, Capsicum, Goldenseal Root, Rosemary, Fennel Seeds.

Beta-Carotene-Rich Herbs include: Barley Grass, Garlic, Parsley, Alfalfa, Nettles, Black Cohosh Root, Dandelion Root & Leaf, Aloe Vera, Watercress.

Bioflavonoid Sources include: Kelp & Sea Vegetables, Cranberry Powder, Bilberry Berry, White Pine Bark, Red Raspberry, Hawthorn Berry, Lemon Peel, Rose Hips, Hops. Liver Stimulation & Support Herbs include: Dandelion Root, Milk Thistle Seeds, Red Sage, Parsley, Oregon Grape Root, Hyssop, Bilberry, Fenugreek Seeds, Yellow Dock Root.

Hearing Improvement/Antihistamine Herbs include: Mullein, Marshmallow Root, Goldenseal Root, Burdock Root, Parsley Root, Acerola Cherry, Coltsfoot, Bee Pollen, Lobelia, Angelica Root, Ginger Root.

Zinc & Mineral-Rich Herbs include: Kelp & Sea Vegetables, Nettles, Alfalfa, Dandelion Root, Spirulina, Barley Grass, Horsetail, Parsley Root & Leaf, Echinacea Root, Yellow Dock Root.

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Just be ready for one of our editors to respond.

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 250 medicinal bulk herbs, tinctures, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com





## The Gray House – Lisbon, NH With Special Guests: NEPI

*(Please Note: Do NOT email me or NEPI asking where this location is. I can understand looking for a midnight fright, but we need to protect the clients privacy. I mean, honestly, who wants strangers snooping at their house?)*

Typical houses could bore someone, they just look like every other house on the block, but sometimes, you get that typical house that isn't so ordinary inside. Case in point is the Gray House located on one of the many back roads in Lisbon. When Nancy Fortin, one of the co-founders of NEPI, was a caretaker at the house, NEPI was able to use this house as sort of a training area: test out new equipment, try new techniques, kind of like the way my garage is now (will write on that one at a later time). The Gray House was a perfect spot to hone NEPI's skills, because the best part is that the house is very much active with ghostly activity.

Some residents who stayed at the house (which at the time was a house to rent) said they would see ghostly faces looking out the window, the cellar door opening by it-

self, and a lady in white has also been seen. A tragedy of any sorts has never been uncovered or revealed to NEPI prior to their investigations there. But they have had a few unique memories at the house:

- One such experience is a favorite among Anthony Ardolino, co-founder/lead investigator of NEPI, to tell: one investigation, the power got knocked out, so the place was pitch black. They were up in the master bedroom, doing an EVP and Pendulum Session, when something told Anthony to look up. He sensed that something/someone was in the doorway as he looked at that direction, a car went by and its headlights illuminated what looked to be a white figure standing in the doorway. Anthony, upon natural human instinct, did what he likes to call "The Scooby-Doo Reaction" where his feet were moving, but he was NOT.
- Another experience happened to Nancy when the cellar door kept on opening by itself. Every investigator, whether an amateur or a pro, should always try to debunk any evidence like this. Doors

can open by themselves whether because of a slight breeze or maybe even the residence isn't leveled enough. But when they tried debunking this by closing the door, the door was latched tightly to the point where it wouldn't open by itself.

- Some EVPs, or Electronic Voice Phenomena ("Ghost Voices"), have been recorded in the house a few times. One such EVP was when they asked if they minded them being in there and they got a "No" back as a response. They seem to enjoy company, at least.

You can live in a typical, American house, but sometimes it's the typical ones that are the most suspicious. If you have a haunted residence, give NEPI a call at 444-7142 and we will gladly (and for FREE) come in and investigate your place. Don't be shy, we love the business!

Until next time, this has been Scared Sheetless. Happy hauntings graveyard Disciples.

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# Science Night And Inquiry Learning

By Becky Colpitts, Volunteer Management Program Assistant

Science Night. Friday night, January 13th, 2012. The conference room at the Grafton County Extension office is filled with families on a mission to construct a

ment Program Assistant, served as additional facilitators. Our job – provide materials for this science experience, create a safe physical, cognitive, and

learn and explore skills and knowledge. Learners use their own curiosity as a guide to delve into the learning experience. Inquiry is learner centered. As stated in the article, 4-H Science in Urban Communities ([urban4hscience.rutgers.edu/practices/4h-science/inquiry-based.html](http://urban4hscience.rutgers.edu/practices/4h-science/inquiry-based.html)) "Inquiry requires action on the part of the learner: a search for information, a pursuit of knowledge, the exploration of phenomena in order to better understand the world."

In an article on inquiry-based learning called A Collaboration between School Media Centers and Classroom Teachers ([courseweb.lis.illinois.edu/~dafagen2/LIS506LEB/best\\_practices/benefits.shtml](http://courseweb.lis.illinois.edu/~dafagen2/LIS506LEB/best_practices/benefits.shtml)), there are many benefits to this type of education some of which include: highly motivated students, long term retention of information, deeper understanding and development of interpersonal and team skills. Our Science Nights have been happening once a month since October. Knowledge gleaned from previous experiments is used and applied to the new challenges presented. Teams are, most often, family groups. Parents and children work together on the challenge using child-led ideas, adult led ideas, and the merging of all ideas to test and provide solutions to the challenge. The air buzzes with questions within each team. "How?" "What would happen if...?" "What is your idea?" Inquiry learning is messy, loud, lengthy, and oh so much fun judging by the



The Simmons family, Kimberly, Helen, and Sarah, consider how to attach wheels to their car at the Science Night held on January 13, 2012.

smiles and excitement permeating the room. Father and son launch their car down the ramp for a series of test runs. The sister carefully records the distance by counting the tiles in the floor. After each run, adjustments are made to see if the car will travel even further down the hallway.

The next challenge is to attach a rubber band to the car. Groups are given a rubber band, paper clips and another brass fastener. Discussions arise on how the rubber band could be used to make the car move. How is the rubber band attached? After many attempts, frustrations, then laughter, success is evident - car rolling down the hall using only rubber band power! In all this commotion learning is evident as friction, drag and torque are investigated. These are ideas that learners can build on and use in other areas of life.

4-H is using inquiry-

based learning in their Science, Technology, Engineering, and Mathematics curriculum. There are a wide range of topics to spark curiosity from robotics to agricultural science. UNH Cooperative Extension is in the third year of a NPASS (New Practices in After-school Science) grant. The grant is with the Educational Development Center, Inc. of Waltham, Massachusetts, and teaches afterschool professionals and 4-H leaders inquiry-based science programs to use with youth. If you would like to join 4-H or would like more information about our next science night on February 10th please contact the Grafton County Extension Office at 787-6944. To find out more about all of the programs we offer find us on the web at <http://extension.unh.edu/COUNTIES/Grafton/Grafton.htm> or like us on Facebook at UNH Cooperative Extension - Grafton County.

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We will end the day with a Tug-O-War!

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