

TRENDY TIMES

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Nutrition – March In!

By Lisa Ford, Program Associate, Nutrition Connections

We have days, weeks and months that are labeled for one reason or another. They can bring awareness to an historical event, a person or group of people, or a cause. It can be a period of time marked for celebration or remembrance.

During a recent youth class, I shared with them that March was Nutrition Month. They thought that was pretty cool. I, of course, had to ask them, "Why?" The overwhelming response was that they wanted to be healthy. They wanted to be able to stay active and not be sick. I was impressed by my young friends. They understood the relationship between food, physical activity and general health.

When it comes to National Food Months, March is National Nutrition Month®.

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

The theme for March 2012 is "Get Your Plate in Shape."

In June, 2011, we were introduced to the USDA's new icon MyPlate. Using the MyPlate icon can be one way to put together meals in a fun and creative way.

Take the steps towards better nutrition and health.

It is never too late to make a change for the better. Make smart choices at every meal and be a little more active each day. Food groups that give you the right nutrients on your plate each day:

FRUITS- Think fresh whole fruit and get a variety each day. Start with breakfast and end with fruit for dessert. Take a fruit with you for a snack, too.

VEGETABLES - Eat a rainbow of colors, especially dark green and orange veggies. Try a large salad at lunch plus a few vegetables at dinner and for snacks. You will be stepping in the right direction!

GRAINS - At least half of the servings of grains you eat each day should be whole grains like oatmeal, brown rice, barley, and 100% whole wheat products.

PROTEIN - Choose a variety of protein foods that are low in saturated fat. Start with beans or legumes, grilled or broiled fish and poultry. Most people eat more protein than they need. A deck of cards is about the right size for a portion of meat, fish or poultry.

DAIRY - Most people need to drink 3 glasses of 1% or skim milk each day or get the equivalent with yogurt. Dairy foods that are low in sodium and fat, yet high in calcium are a good choice.

Think beyond the plate: Cook more meals at home—freeze leftovers for later. This allows us to control the amount of fat, salt and sugar that are added to our food. Consume fewer foods and drinks with sugar. Refined sugars add calories, not nutritional value. Looking for a sweet treat? Enjoy a piece

of fruit or a few carrots.

Model good behavior—play and exercise together. Family time can be fun time with a variety of physical activity. Play ball, skip rope, play hopscotch, talk a walk, or visit the park, together.

Flavor foods (replace salt) by using herbs. Want to cut out salt, but afraid your food will lose its flavor? Try using herbs, onion, or garlic for added flavor.

Enjoy family meals. Keep conversation positive. A family meal can be any meal, in any location. Not sure what to talk about? Put some questions in a jar and pull one out. It could be as simple as, "What are some ideas for family activities?" or "If you were to make up a holiday, what would it be and why?" March 26th is Make up your own Holiday Day.

Create a new family favorite. Turn one of your family favorite recipes into a new version by reducing fats, salt, and/or sugar and increasing the amount of fruits, vegetables, whole grains, lean protein, or dairy items.

Still looking for ways to try something new?

March 7th is Cereal day.

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March 17th is St. Patrick's Day. If you're making a boiled dinner- add extra vegetables. Parsnips, rutabaga, turnip add flavor and color for a delicious meal.

March 26th is Spinach Day. Go goofy with green. Compare cooked spinach to raw spinach. Which tastes better? Add spinach to one meal.

"Vegetables, fruits, whole grains, lean proteins and low-fat dairy products contain the nutrients we need to

National Women's History Month

March

See Marianne Kelly's article on page 2.

maintain healthy lifestyles," says registered dietitian and Academy Spokesperson Andrea Giancoli. "Make sure your eating plan includes foods from all the food groups and in appropriate portions. USDA's MyPlate, is a great tool to guide and help us be mindful of the foods that make up our balanced eating plan." www.choosemyplate.gov

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NATIONAL WOMEN'S HISTORY MONTH A Time To Celebrate, Remember And Honor

By Marianne L. Kelly

Women have been making history for centuries and will continue to do so as long as time exists. Women's history has always been intertwined with that of men, yet throughout history, the courageous ones rose to each challenge imposed on them by their male and female counterparts, and lay the groundwork for the freedoms and opportunities we today take for granted.

Each generation produced valiant women who fought and sometimes sacrificed their lives so we can vote, own property, become entrepreneurs, plan our families and generally live the lives we choose. We highlight just a few of these remarkable pioneers, who made history in fields that were mostly the preserve of men. Who could have foreseen one woman sitting on the Supreme Court, much less two?

Taking responsibility for making the world a safer, better place appears to be part of women's DNA, as it is women who carry, nurture and bear children, and sometimes have found themselves in the unenviable position of raising their families alone.

CIVIL RIGHTS

Women have long been at the forefront of civil rights struggles. Who can forget that famous request of Abigail Adams to her husband to "remember the ladies," as he trotted off to take his place in Congress? Thanks to Mrs. Adams, Elisabeth Cady Stanton and others who were mocked and treated dreadfully, sacrificing their freedom, health, families and sometimes their lives, we are free to make our voices heard on Election Day. The movie, "Iron

Jawed Angels," allows one to experience, however vicariously, the struggle that culminated in 1920, giving women the right to vote.

Rosa Parks became part of the civil rights movement when she violated Alabama's segregation laws by refusing to give up her bus seat to a white man. This field hand who took care of her younger brother, cleaned classrooms to pay her tuition, worked as a seamstress and domestic, rose to become the secretary of the Alabama chapter of the NAACP.

Lucretia Mott, a fervently anti-slavery Quaker minister, helped organize women's abolitionist societies, and was a key organizer in the convention for women's rights in 1850 in Rochester, NY.

SCIENCE, MEDICINE & TECHNOLOGY

While we celebrate the accomplishments and heroism of Christa McAuliffe, the "teacher in space" who flew on the ill-fated Challenger in 1986, did you know that in 1987 NASA's astronaut program accepted Mae Jemison, the first African-American woman to orbit the earth in the space shuttle Endeavor? Author and pilot, Amelia Earhart received the Distinguished Flying Cross award for her legendary, pioneering solo flights.

There was a time when nursing was considered one-step above prostitution, yet that didn't stop Clara Barton, founder of the American Red Cross and contemporary of Florence Nightingale, "the lady of the lamp," from nursing the Civil War wounded.

Imagine the hardships Elizabeth Blackwell faced becoming America's first female

doctor. Born in England in 1821, and helplessly watching eight siblings and eight cousins die, she was determined to become a doctor.

When her father's sugar business burned, the family settled in New York, and Elizabeth set out for medical school. She was rejected by 16 schools before finally being accepted into New York Medical College at Geneva, where she braved the insults and taunts of her male counterparts, graduating in 1849. She and her sister Emily opened the first women and children's hospital and medical college for women. She trained Civil War nurses, was a staunch abolitionist and championed women's rights, especially the right to vote.

Former First Lady, Eleanor Roosevelt, considered one of the most important humanitarians of her time, was the "eyes and ears" of her husband, President Franklin D. Roosevelt, and so feared by J. Edgar Hoover that he ordered agents to monitor and keep extensive files on her activities.

WRITING AND BUSINESS

One of the few fields where women's voices were heard was writing. Prime examples are Harriet Beecher Stowe, ("Uncle Tom's Cabin") Jane Austen, ("Pride and Prejudice") and more recently Alice Walker ("The Color Purple") and historian Doris Kearns Goodwin, among others.

Although the infamous "glass ceiling" is still with us, it did not stop the likes of Coco Chanel, Elizabeth Arden, or their successors from realizing their dreams.

SPORTS

Women's sports teams are commonplace today, but not too long ago women were merely spectators. Two examples come from tennis. Althea Gibson, known as "the female Jackie Robinson," broke the color barrier in professional tennis by winning Wimbledon in 1957 and the US Open in 1958. Who can forget Billie Jean King, winner of six Wimbledon titles defeating former men's champion Bobbie Riggs in the match known as "the battle of the sexes?"

These women and countless more left us a legacy of courage, grace, heroism and accomplishment. It is our turn to pass this legacy on to future generations.

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Act Of Valor - R

As fair warning for those of you that have family or close friends in the service, this movie is extremely close to home. In this documentary style film, featuring real U.S. Navy Seals, you are shown a glimpse of what life is really like for some of those men. The story starts off with the men in this particular group on their last day at home before shipping out for a mission. All of the families together on a beach around a fire sharing in their time all together. Even this early in the movie you see the hardship of being a member of this elite group as LT gives a speech about having your head right and things right at home. He makes the point that if the men don't have home life together they will be distracted and out of balance and it will endanger the mission and everyone else. As short as it is this speech has quite a bit of power behind it, and may be a new favorite for it's reality alone. As the men ship out you see the difficulty in having to leave children, wives and entire lives behind. Making it so much more realistic and heart-wrenching is that all of these brave men have had to do just that countless times in their own lives.

Filed in a completely different way from any other documentary it only slightly has the feel of one, With helmet cameras, the viewer gets a first hand (so to speak) look at how things are seen through the eyes of the elite. Of course it doesn't end there. With the mission becoming more dangerous and intricately woven into the survival of thousands of Americans the action intensifies as well. They truly bring in the big guns on this one and spare no expense when showing how the Seals handle things. Everything from fifty calibers to black hawks and their secret ninja ways you can bet that

the firefights are anything but small and yet somehow still off the radar. Besides a look into their family lives this film shows how intense the tactics can be and that to pull off some of the things that they do you must seriously be one tough cookie. Staying true to the feel of the half drama half documentary these insane things that they do are Hollywood staged but based on the things that these brave men have actually accomplished.

One of the most intense movies that will happen this year, if not in the next five years, Act of Valor is a film that will stay with most viewers for the rest of their lives. Giving a new respect for the armed forces that do all of these incredible things. After seeing this statement to the world I believe that anyone, dove or hawk, new age or old school, will never look at a military uniform the same. Though this movie is based on the Navy Seals it helps give perspective to what all of these men and women have gone through and are going through. So the next time that you see one of these people that has sacrificed everything in order to serve this country make sure that you show your respect and remember that some Acts of Valor are accomplished using nothing more then courage.

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“Comedy Of Errors” Merges Shakespeare And Chaplin To Perform In St. Johnsbury 3

For his new production of “The Comedy of Errors,” director Ian Belknap turned to the antics of Charlie Chaplin for inspiration. So don't be surprised if you catch glimpses of The Little Tramp in Shakespeare's take of mistaken identity, where two sets of identical twin brothers, separated at birth, repeatedly cross paths, to hilarious effect. The New York Times says this novel production “Exploits the small moments as well as the big ones. Slight shifts in tone bolster the wit, while smart timing makes the puns far funnier.”

Kingdom County Productions will present “The Comedy of Errors,” at 7pm, Wednesday, March 21st at Fuller Hall, St. Johnsbury Academy – in a special live performance by two of the nation's leading Tony Award-winning troupes, The Guthrie Theater and The Acting Company. These companies also collaborated last year for KCP's popular St. Johnsbury production of “Romeo and Juliet.” Director Belknap directed last year's play and the recent acclaimed New York production of The Lover and the Poet starring Kevin Kline and Meryl Streep.

“The Comedy of Errors” is Shakespeare's shortest play and his most farcical. A major part of the plays humor derives from slapstick, puns and wordplay. The story involves a series of wild mishaps caused by the confused identities – and leading to wrong-



John Skelley and Stephen Pilkington in The Acting Company's production of The Comedy of Errors, produced in association with the Guthrie Theater. Photo by Michal Daniel.

ful attacks, a near seduction, an arrest, and accusations of infidelity, theft, madness and demonic possession. Shakespeare sets all this action in one day and explores a recurring theme across his work: blending tragic situations with comedic resolutions and slapstick.

The March 21st production of “The Comedy of Errors” is presented by Kingdom County Productions working in association with Catamount Arts. Tickets are now on sale

at the Catamount Arts Box Office in St. Johnsbury—by calling 802-748-2600 or online at CatamountArts.com. Special support comes from Lyndon State College and The National Endowment for the Arts. A daytime show of Shakespeare's “Julius Caesar” will also be staged at 10am on March 21st for area high school students. More information is also available by contacting Kingdom County series producer Jay Craven (jcraven@marlboro.edu).

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

March 20, 2012 Volume 3 Number 12



By Ronda Marsh

A Really Good Pizza Recipe

I don't know too many people (none, actually) that don't appreciate a good slice of pizza. It is the quintessential American instant-gratification food: Hot, fast, and very flavorful. This is substantiated by a factoid I read somewhere that the annual per capita pizza consumption in the U.S. is an unbelievable (drum roll, please...) 23 pounds - now that's a whole lot of pizza!



I know that there are any number of good pizzerias out there, and when you need food fast, they are certainly a viable option. BUT, if you want to really make something tasty, toothsome and fun, I suggest you consider whipping up your own pizzas. There is nothing hard about it, and if you have kids, I can guarantee they will love forming and then eating their own little pie loaded with their favorite toppings. I'm not going to bother telling you how to make pizza dough; there are lots of basic recipes around, and they are all good. You can also buy refrigerated pizza dough at the grocery store, and that works fine, too. After all, the dough is just the empty canvas upon which you will create your masterpiece!

What I'm focusing on here today is twofold: The tomato sauce and the layering method, which is a little different than what you're used to. I took these ideas from a recent issue of Cook's Country magazine, which featured an article about "Grandma's Pizza". What I immediately liked about this pizza, was the fact that they did away with that smooth, rather acidic traditional red sauce, and replaced it with diced canned tomatoes, which are drained then mixed with garlic, oregano, and olive oil. Yumm! Then, instead of laying the tomatoes down first, they start with a cheese layer. Wow...what a good idea...now the top of the crust does not have a chance to absorb moisture and get, well...moist. I tried it, and now I am hooked. From now on, I will be using the "Grandma" method for all my pizzas. Give it a try and I think you will, too!

- Pizza dough (enough for one 12" pie, or 2-6" pies)
- Olive Oil
- 1-14 oz. can diced tomatoes
- 1 clove garlic, finely minced
- 1/2 to 1 teaspoon dried oregano (or Italian Seasoning blend)
- Pinch of salt
- 2 cups Shredded mozzarella cheese
- 1/4 cup grated parmesan cheese.
- Various pizza toppings of choice (Pepperoni, sliced peppers, onion, olives, mushrooms, etc., it's up to you!)

Preheat oven to 425°F. Grease pizza pan (or cookie sheet, or whatever flat pan you have) with olive oil and stretch the dough to cover, leaving a bit of a higher ridge at the edge. Combine the mozzarella and parmesan cheeses and spread evenly over the top of the dough. Open the can of tomatoes and drain well in a colander. Place drained tomatoes in a small bowl and mix in the salt, 1 tablespoon of olive oil, the oregano, and the minced garlic clove. Sprinkle the tomato mixture over the cheese, then, either bake it off as is for a delicious Pizza Margherita, or continue by layering on your choice of toppings. Bake for 12 to 15 minutes, or until crust is browned and cheese is bubbling. Allow to sit for at least 5 minutes before slicing to serve.

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Tenth Annual Golf Tournament June 30th



Cottage Hospital Auxiliary members at a recent meeting getting a mailing ready for their Tenth Annual Golf Tournament to take place on June 30th at Blackmount Country Club. Back to camera - Margaret Cope, then left to right around the table Maryjane Krepper, Carolyn Byrne, Susan Aldrich, Donna Bachelder, Heidi Wright, and Marcia Selent.

The Cottage Hospital Auxiliary has begun work on their 10th Annual Golf Tournament scheduled for June 30th at Blackmount Country Club. Letters about the tournament and forms for Tee and/or Green Sponsors (\$100 each) as well as Team sign-up slips (\$60 per player, \$240 per team) were folded, stuffed and mailed this week to many businesses. The Monroe Community Church ladies will again provide their wonderful chicken barbecue dinner and Colatina's rolls will be the base of the bag lunches. There are team and individual prizes every year varying from free rounds of golf at eleven different courses to gift certificates from restaurants and other businesses. The passed two years a Silent Auction has been included in the day's activities and has been the source of a variety of interesting items. Golf weather is coming and the fairways are inviting. Posters with contact numbers will be around soon and forms for donations or to sign up a team will be available at the front desk at the hospital or from auxiliary members.

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From The Desk Of NH State Senator

Jeanie
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Dear Constituents.

Last week, like many others in New Hampshire, I had the opportunity to exercise a very precious right—the right to cast my vote in my community. This participation in civic life lets us have a say on who the leaders in our community, in our state, and in our country will be.

Recently the Senate passed SB289, an act relative to presenting photo identification when voting. This bill would set a clear standard to protect the integrity of our elections and as such is supported by the Secretary of State (our state's chief elections officer), and the NH City and Town Clerk's Association. The bill now goes to the House Election Law Committee for consideration.

As background, the first voter ID laws were enacted in 2003 following passage of the Help America Vote Act (HAVA), and since then 30 states have adopted some form of identification requirement. Recent polling showed over 80% of voters support these measures designed to protect our elections. In response to the overwhelming public support, over the last year voter ID legislation has been considered in 17 of 20 states that currently don't have a requirement.

Though critics argue successful prosecutions of voter fraud are rare, and thus there is no problem to remedy, there are thousands of allegations of suspicious or fraudulent voting every two years. Unfortunately, because states without voter ID laws lack any sort of a reliable paper trail, it is nearly impossible to properly investigate possible election fraud after the fact.

A study by the Pew Center for the States discovered that 1.8 million dead Americans are registered to vote. Perhaps worse, 2.75 million Americans are enrolled in two states each, while 68,725 are signed up in three. According to the study, 24 million—one of every eight—active voter registrations in the U.S. are significantly inaccurate or are no longer valid.

New Hampshire is the only state that allows same day registration, does not require a photo ID, and does

not employ provisional ballots – unfortunately this combination makes our process ripe for fraud and magnifies the importance of voter ID reforms.

Protecting the integrity of our elections is extremely important because New Hampshire holds the proud distinction of being the First-In-The-Nation primary state. With all eyes focused on how New Hampshire votes, it is our duty to ensure that every person's vote is valid and protected – not just every four years, but at every election.

For most, carrying and showing a photo ID has become a routine and necessary part of our daily lives. You can't cash a check, drive a car, buy certain cold medicines or check baggage at the airport without one. Why, then, would it be unreasonable to require an ID in order to protect a fundamental right

of our democracy?

SB289 would require individuals to present a valid photo ID to vote in person starting later this year. Those without an ID would be required to sign a voter affidavit swearing they are who they say they are and that they meet voting requirements. These voters will be mailed (and instructed to return) an identity verification letter. Nothing in this bill would prevent someone from voting in any way.

Under SB 289, valid photo ID's include: A driver's license issued by the state of New Hampshire (regardless of expiration date); an identification card issued by the Division of Motor Vehicles; an Armed Services identification card; a U.S. Passport (regardless of expiration date); any other valid photo ID issued by federal, state, county or municipal government; and a valid student ID card.

While it is estimated that 97% of voting age adults in NH have identification, it is important that those estimated 3% who don't have ID do not have barriers that prevent them from voting. That is why they will still be able to vote after signing the voter affidavit form. Additionally,

these people will be given instructions on how to obtain a free voter identification card that can be used at each election going forward. These IDs would be paid for using Help America Vote Act funds - federal monies that can only be used for election-related purposes.

New Hampshire is special because of our citizens' level of civic engagement, and this recent town meeting day was a perfect example of our long-standing tradition of local self-governance. It also highlighted how important protecting the integrity of our elections is:

A selectman in Derry was elected by just one vote. A

teacher's contract in Allentown failed by two votes. The voters in Freemont chose to spend over \$450,000 to purchase a new fire truck, approving the measure by only 10 votes.

SB 289 gives voters confidence that their vote counts and isn't that what we all want—to know that our vote makes a difference?

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 able to help with--please call or email.

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Calendar of Events

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MONDAYS/THURSDAYS

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Woodsville Elementary School

TUESDAYS

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8:30 AM – 10:00 AM
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WEDNESDAYS

BINGO

6:30 PM
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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

THURSDAYS

MARCH 8 – APRIL 5

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

TUESDAY, MARCH 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

WEDNESDAY, MARCH 21

**BACKYARD POULTRY FLOCK MANAGEMENT
WORKSHOP**
6:00 PM – 8:00 PM
UNH Extension Service, North Haverhill

SATURDAY, MARCH 24

ROAST PORK DINNER
5:00 PM – 7:00 PM
North Haverhill Methodist Church
See ad on page 4

SATURDAY & SUNDAY

MARCH 24 & 25
MAPLE OPEN HOUSE WEEKEND
At A Participating Sugar House Near You

SUNDAY, MARCH 25

COMMUNITY TALENT SHOW
3:00 PM
Topsham United Presbyterian Church,
East Topsham

MONDAY, MARCH 26

**CHAMBER OF COMMERCE
LEGISLATIVE BREAKFAST**
8:00 AM – 9:00 AM
St. Johnsbury House Dining Room

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

DANVILLE HIGHWAY PROJECT INFORMATIONAL MEETING

6:00 PM
Danville Town Offices, 2nd floor

FRIDAY, MARCH 30

4TH ANNUAL HAM RAFFLE
6:00 PM
American Legion Home, Woodsville
See ad on page 13

SATURDAY, MARCH 31

**WILD & SCENIC FILM ENVIRONMENTAL
FILM FESTIVAL**
6:00 PM
Red River Theatres, Concord, NH

FIFTH ANNUAL PARKER HILL ROAD CONCERT

7:00 PM
Landaff Town Hall

DC TRIP FUNDRAISER - VARIETY SHOW

7:00 PM
Piermont Village School

MONDAY, APRIL 2

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

TUESDAY, APRIL 3

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

EAT WELL & BE WELL VEGAN COOKING MADE EASY, PART 2

6:00 PM – 7:15 PM
Seventh-Day Adventist Church, St. Johnsbury

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, APRIL 4

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

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

FRIDAY, APRIL 6

**MUD SEASON MUSINGS
BY VERMONT AUTHORS**
7:00 PM
Newbury Town Hall
See article on page 9

MONDAY, APRIL 9

**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

WEDNESDAY, APRIL 11

**MONTHLY MEETING - NOMINATION OF
OFFICERS ROSS-WOOD POST #20**
6:00 PM
American Legion Home, Woodsville
See ad on page 13

TUESDAY, APRIL 17

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

WEDNESDAY, APRIL 18

“KITCHEN TUNKS AND PARLOR SONGS”
7:00 PM
Bradford Academy

TUESDAY, APRIL 20

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

SATURDAY, APRIL 21

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

MATADOR, JAZZ MUSICIANS

5:30 PM
Tenney Memorial Library, Newbury
See article on page 9

MONDAY, APRIL 23

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

WEDNESDAY, APRIL 25

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Funny Word – Lots Of Laughs

By Robert Roudebush

“Never corner someone who is meaner than you”.

“I’ve had a perfectly wonderful evening, but this wasn’t it”.

“I’m so glad to see you. When are you leaving?”

Those three statements you just read are called PARAPROSDOKIANS. I know, I know, I never heard the word either until recently. It’s a funny word that usually means lots of laughs. The second phrase up there was said by Groucho Marx, one of the best funny men ever.

I’ve always known what paraproisdokians are, I’ve even used them, I just did not know what they were called, even though I have been entertained by them.

I pronounce the word this way – paira-praws-DO-kee-an.

Here’s another one from Sir Winston Churchill, famous English Prime Minister and World Statesman – “He is a modest man who has much to be modest about.”

See the pattern? Here’s another. “Don’t argue with an idiot – he will drag you down to his level and beat you with experience.”

This word game works in two parts. The first part of the statement tells you something and the second part surprises you about what you were just told. The first part is usually a statement, simple and easy to understand. The second part is something you were not looking for. It can be clever or funny or both. And it’s good wordsmithing. Like the first part of this statement - “The last thing I want to do is hurt you.” Then, comes the second unexpected part – But it’s still on my list”. Refreshing mental exercise.

Here’s another. “Light travels faster than sound. This is why some people appear bright until you hear them speak.”

One of my favorites for years has been, “Better to remain silent and be thought a fool, than to speak and remove all doubt.”

I’ve never heard one of these mind-bending statements without applying them to my life and people I know

and laughed out loud about the reality of them. They actually can train you to listen carefully to what you hear and think a bit about what it means - maybe craft ideas about different ways to respond. Thinking leads to action so this smart word game – using paraproisdokians – can shape what you do in life and why and how you do it. I liken it to music – a popular song of some kind maybe. You know the words, you know the tune, you’ve heard it a thousand times, you know how the song is to be sung, and suddenly, the singer sings it in a way you’ve not heard before, a new interpretation. The listener hears the song as if for the first time, and thinks about the lyrics as if for the first time. That effect is the same kind of mental stimulation that happens with this fancy word. It’s a new take on a standard situation, and as a result, it’s refreshing and creative.

“I heard my Dad make a paraproisdokian years ago and didn’t know it was one. I just know his use of the language caught my attention and my memory and I can still repeat it to you, 30, 35 years after I heard it. My father was not a fancy word man, very reserved in his speech, did not really say much unless the situation called for it. But he was a thinker, and a doer, a Mechanical Engineer by education and natural inclination, a problem solver, pragmatic, precise and straightforward in his speech. So one day I was in the room when he took a phone call from the wife of one the men who worked for my Dad in the tire industry. She was very unhappy, unhappy about something my Dad had done or said to her husband. I watched him hold the phone to his ear, listening to her tirade, for long moments, and from time to time, he’d hold the phone away from his face and look at me with a pained but humorous expression, as she ranted on - he’d give me that look –the look which said, “My Lord, lady, you’ve said enough, I don’t need to hear more.” And then he said it to her. Bringing the phone back to speaking position, he told

her, “Lady, I’ve had many wonderful things happen to me in my life, and one of them is I never married you!” And then he hung up. I can’t tell you how long I laughed out loud, and how my Dad grinned at me.

I know now that was a paraproisdokian. I knew then only it was something I’d never forget.

Here’s another. “He was at his best when the going was good.” See how some of these well-said phrases reflect back on us?

And another. “You can always count on Americans to do the right thing – after they have tried everything else.”

How about this. “If I

agreed with you, we’d both be wrong.”

And – “We never really grow up – we only learn how to act in public.”

And – “War does not determine who is right – only who is left.”

And this, “Women will never be equal to men until they can walk down the street with a bald head and a beer gut and still think they are sexy.”

One of the most famous phrase-benders was long-time Yankees manager Yogi Berra who was accused of “malapropism” and loved it – this description means, “a ludicrous or humorous misuse of a word”. He said, “It ain’t

over till it’s over”, and “When you get to a fork in the road, take it”, and “You can observe a lot by watching”, and “A nickel ain’t worth a dime anymore”, and “The future ain’t what it used to be”, and also “Always go to other people’s funerals otherwise they won’t go to yours”.

He also cleared up questions about quotations attributed to him by explaining, “I didn’t really say everything I said”.

Of course you know some paraproisdokians not mentioned here. Wanna send us some? You might hear me say, “I’ve not heard that one yet – I can hardly wait to hear it again.”

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

March 20, 2012 Volume 3 Number 12

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FLATLANDER FOREIGN AUTO

Interview with Robert and Jan Dube

“Big City Experience With a Small Town Price” Fast, Fair...And Fixed Right!

By Lauren M. LoSchiavo

Flatlander Foreign Auto is open for business! This automotive genius has 30 years of real world, hands on experience, in the auto repair industry--specializing in foreign car service. Some of the vehicles he has worked on include the famed DeLorean, Mercedes, Porsche, GTO's, Nova – and other

“muscle cars” as well as “muscle” trucks. This extensive experience not only means he is adept at diagnosing problems, but it is also helpful in anticipating issues and common “quirks” for which some makes and models may be prone.

Robert's wife, Janice, owner of Beauty Buzz Salon

in North Haverhill, jokes that, “Bob has 10w40 running through his veins!” He comes from a long line of mechanics and, basically, grew up at Nashua Foreign Auto, Nashua's largest foreign auto repair facility. Bob's dad, Vezina “Joe” Dube, 2 brothers and a nephew were also employed at Nashua Foreign Auto. Bob's brother, Jeff, was the previous owner of Piermont Garage, and now works for Blackmount Equipment. As a child, Bob “hung around the shop.” He soon became fast friends with the owner's son, Raymond. At 15, Bob started part-time after school, at Nashua Foreign Auto, and then was hired full-time when he graduated. After Raymond (Ray) died in a motorcycle accident at age 17, Bob and Jan vowed to name a son, if they were so blessed, after their

friend. Their son, Ray is now 13. Bob and Jan were later blessed with a second child. Their daughter, Danielle, is now aged 11.

Bob stayed with Nashua Foreign Auto for 22 years. He then continued his career at Peter's Nissan, in Nashua, until he left “the big city” behind and moved to the Haverhill area 7 years ago. After relocating, he worked for a few years at Carroll Concrete as a heavy equipment technician, then at Gerish Honda, in Lebanon, until last year. More recently he has worked for Hood's Plumbing in North Haverhill.

The Dube's decided to name the business Flatlander Foreign Auto, primarily to express their sense of humor, but also to convey that Bob's extensive experience comes from the sheer volume of cars he has re-

paired, while working for the largest foreign repair facility in Nashua. “We feel that embracing the term “flatlander” not only expresses our history, but also our deep sense of appreciation for the “Up North” way of life.”

While specializing in foreign auto repair, Robert does not limit his service to foreign automobiles and looks forward to serving all your car care needs at Flatlander Foreign Auto. He is located at 114 Pine Park, Haverhill, NH. (Directions: Route 10 South, first left after Haverhill Fairgrounds onto County Road, bear right at the Ladd Street School onto Cemetery Road, take your next right onto Pine Park, bear right around the loop. He is the big, white building on the right, with the “Open” flag flying). Phone number (603) 989-3335. Hours: Mon.-Fri. 8:30-5:00.



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Tenney Library Dates

Tenney Memorial Library has three exciting events in April. It promises to be a busy and fun month!

Mud Season Musings

Readings and book signings by Vermont authors Sydney Lea (Vermont Poet Laureate) and Jay Parini (biographer, poet and novelist). Friday, April 6 - 7 pm at the Newbury Town Hall (at the Newbury Elementary School on the Common, Route 5, Newbury) A reception of maple treats will follow. All donations to benefit the Tenney Library.

Matador

Please join us at the library for a very special performance by Matador, a trio of extremely talented jazz musicians. Saturday, April 21 at 5:30 pm, Tenney Memorial Library, Route 5, Newbury. Michael Sachs, Aaron Darrell and Jun

Young Song, all graduates of Berklee College of Music, will perform jazz selections, some classics, some contemporary and some of their own compositions. Admission is free (donations for the band's travel expenses appreciated).

Lifting the Yolk

Ron Krupp, author of *Lifting the Yoke: Local Solutions to America's Farm and Food Crisis* will discuss his work. Saturday, April 28 at 3 pm - Tenney Memorial Library, Route 5, Newbury. Ron Krupp has been involved with local farm and food issues in Vermont for 40 years. He started one of the first local farmers' markets in the early 1970's in Brattleboro. Admission is free, refreshments will be served and copies of the book will be available for purchase.

If you have any questions, 802-866-5366.



Even the umbrella probably is not enough to save this stalwart of winter. This snowman was doing his best to stick around from his yard near Halls Lake in Newbury. But the warm temperatures of the last couple of weeks have now sent him melting away along with the memory of this unusual winter.

Photo courtesy of Therese Brockway

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7. Make sure that ALL paperwork is in order at the time of closing.



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Call Me Sheila

By Sheila Asselin

(I talked to Herman Melville. He said he forgave me!)

Call me Sheila, whenever I find myself growing grim about the mouth. When it is a damp dreary January in my soul. Whenever I find myself involuntarily pausing before coffin shops and bringing up the rear of every funeral I meet, then I know it is high time to get out of town. Away from the frozen northland while I still have my sanity.

Oh, I could go to Polly's Pancakes and drown my sorrows in maple syrup. I could commit murder and mayhem on the next person who asks "Cold enough for you?" No jury in Grafton County would convict me. We have all wanted to do that at one time or the other. I could while away the long dark days gazing wistfully at seed catalogues. I could go down to the cellar and mournfully calcu-

late if there is enough fuel oil to last to Spring. Spring is sure to arrive sometime around May or June. It always does.

But these are only stop-gap measures. What I really need is a generous infusion of southern sun. So off to Carolina I go to spend time with my granddaughter The Earth Goddess, Demetria. She is an herbalist and midwife. Met her husband at a Grateful Dead concert and never looked back. Changed her name to Demetria because this is the goddess of the harvest. Two teenage sons and many years later she is still a kindred spirit and number one antidote for the midwinter blahs. No generation gap here.

I know my IQ will drop twenty points the minute I cross the Mason-Dixon Line. I will probably need a translator for a few days. But after

that first mouthful of grits I will be talking like everyone else and fit right in. Not to mention fried okra, pinto beans, black eyed peas, Cheer-Wine. I will pass on the sweet tea. To sit on the porch on a Sunday morning and listen to the hymn singing from the AME church across the street. If this is bliss then I am blistered.

In a few weeks I will remember why I moved north in the first place and start counting my blessings in reverse. Nothing changes your prospective like three weeks in a strange town. I will again start to appreciate life in paradise. Frozen paradise but wonderful none the less and the best place on earth. Coming back home and even New Jersey looks good. New Jersey? Yes! Its north isn't it? In the meantime I intend to have a whale of a good time.

Chili Leader Needed

Do You like chili? How about pie? Bluegrass music? Or maybe you just enjoy people. All of these will come together again on Saturday, May 19 at Railroad Park in Woodsville. It's the annual 3 Rivers Business Association Chili & Pie Contest, plus the

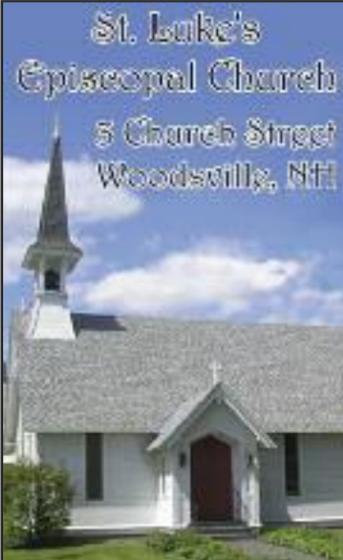
first of the season, concert in the park sponsored by the Haverhill Recreation Commission.

And there is an opportunity for the right person to be a very big help to this endeavor. We are looking for a coordinator for this event. There are a good number of volunteers ready to serve up chili and pie. Judges from past years have even expressed interest in trying again. What we need is a person in charge. Someone to be sure there are plenty of entries, all the supplies are on site, and that there are enough hands to do all the jobs. Like most volunteer positions, the pay is the great

thanks you receive.

The money raised from this event goes toward scholarships for the HRC summer HARP program. So we are looking for plenty of entries, and plenty of people to show up and enjoy the evening. And if you are the right person, willing to be the coordinator, or if you know that right person, please contact one of the 3 Rivers Business Association officers: President Nancy Lusby at The Brick Store, Vice-President Liz Shelton at An Affair To Remember, Secretary Janice Scruton at Trendy Threads or Treasurer Nancy Ranno at Burnham's Shoe Store.

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Letter To The Editor

We were absolutely stunned by the reaction at Bradford Town Meeting to Article 9 requesting a \$5,000 allocation to the Bradford Conservation Fund and it was heartbreaking to lose that allocation by a mere 4 votes. The amount that was requested in Article 9 is less than 1/2 of the money that is raised every year for the Conservation Fund by hard-working volunteers. As a matter of fact, the purchase price paid for the most recent 9.3 acres that were added to the Wrights MT/Devil's Den Town Forest was NOT from tax dollars, but was exclusively from fund-raising activities over the past 2 years.

We agree that the assets of all Town entities should be made transparent to our citizens via the Town Report, but attendees at Town Meeting evidently did not understand the Special Fund Asset Accounts published on page 20 of the Town Report. The Friends of Wrights MT Account is totally unrelated to the Conservation Fund and holds proceeds from the recent logging operations on Wrights MT and was established by a vote at a past Town Meeting to cover the costs associated with managing and stewarding the property, so it would never be a burden to the Town. The BCC Passbook Account was depleted with the recent purchase of the 9.3 acres. The Misc. Grant Funds Account, also unrelated to the Conservation Fund, holds the balances of various grants that BCC has received to provide services and activities that benefit the townspeople.

In fact, the balance in the Conservation Fund accounts total about \$30,000 and NOT the \$74,000 that was assumed by a vocal, but uninformed participant at Town Meeting.

Question 14 on the Doyle Survey that was distributed at Town Meetings across the State asked "Should the State of VT continue to support our working farms and forests?" Is there any doubt that VT resi-

dents value our working landscape and our rural character? In Bradford there is a mechanism in place to protect what we value: to keep our landscape rural and productive. The Bradford Conservation Fund does just that and it's very sad that 69 of the 134 voters at Town Meeting did not value our natural landscape enough to support a means of protecting it for future generations.

In this year, when according to our Town Report, there is a potential \$242,000 surplus, there were voters who expressed concerns about not being able to afford the \$5,000 for the Conservation Fund and the lost tax revenues due to publicly owned conserved lands. The 500+ acres of the forested Wrights MT/Devil's Den Town Forest are the lungs of our region – they clean and cool our air. What is the value of that? The undisturbed contiguous forest filters our water as it drains down the watershed to the valley below. What is the value of that? It also soaks up and slows down the flow of water, resulting in flood control. Ask the Towns that were devastated by Irene what that is worth. And what are the health values to our residents who have the availability of free, wholesome recreation practically in their own back yard? And what is the economic value to our merchants who benefit from the visitors to Bradford who come to enjoy the well-known mountain with its spectacular views and miles of groomed and well-marked trails?

The Bradford Conservation Commission and the Conservation Fund Committee will continue to conduct activities to raise money to protect our precious natural resources and working farms and forests. Anyone who cares about our rural scenic heritage is welcome to join us in our efforts.

Nancy Jones, Chair
for the

Bradford Conservation Commission

*Nancy & the rest of the Commission,
As is true with many groups like yours, there is a lot of work that goes unnoticed. In most cases members are spending their own time, and quite often their own money, to get a project from beginning to end. It can then be even more disheartening to go to an annual meeting and have a project voted down, especially if some information was not factual. I can only say, keep your chins up and keep your good attitude toward your stewardship of the land. Do not allow one vote at one meeting take away from the good work you have done. Or to take away from the good work you are still to do.*

Gary Scruton, Editor

Letter To The Editor

OXBOW COMMUNITY SCHOLARSHIP UPDATE

The Oxbow Community Scholarship for Excellence (OCSE) committee would like to extend its thanks to antique appraisers Chuck Eaton, Delsie Hoyt, Wendy Hynes, John Hooker and Uriah Wallace for donating their services to this year's successful fund-raising event. Additionally, thanks to the dozens of community members who brought some very interesting pieces of jewelry, glass, documents, collectibles and more and to the Oxbow High School PTO for the delicious baked goods.

This year's fund has now surpassed \$13,000 – towards the goal of \$15,000, so if you'd like to help us reach our goal, please consider making a tax-deductible donation to: OCSE, 36 Oxbow Dr., Bradford, Vt 05033. This is the fifteenth year of the program with over \$184,000 raised and distributed to-date.

If you are an Oxbow alum who has received support via an OCSE scholarship in the past or know someone who has, please consider joining the one-hundred plus donors in supporting Oxbow HS grads.

For more information, please feel free to contact one of the following committee members: Lomond Tougas, Ramona Gallant, Dan Lemay, Donna Clements, Vicky Carson, Patti Clark, Denise Daigle

Sincerely,

Marvin Harrison for the OCSE Committee

Marvin & Committee,

The work that you do for graduating Oxbow seniors is work that is repeated throughout this great country and in many schools in this area. Many groups have fundraisers to add to their scholarship dollars to be given away to deserving graduates. It is through such efforts that many of our local students have gone off to do great things.

With each graduating class there is potential. The saddest thing is to see that potential unable to blossom simply due to lack of funding. So, to concerned citizens, find an organization and make a donation, or volunteer to help raise monies to go toward scholarship funds.

And to graduating students, make sure you apply for every scholarship you qualify for. The scholarships that you do not apply for will never come your way.

And to students and parents of students who are just getting started with high school careers, be looking forward. Be involved with your community, not only does it look good on the application, it also will give you a feeling of good that will last a lifetime.

Gary Scruton, Editor



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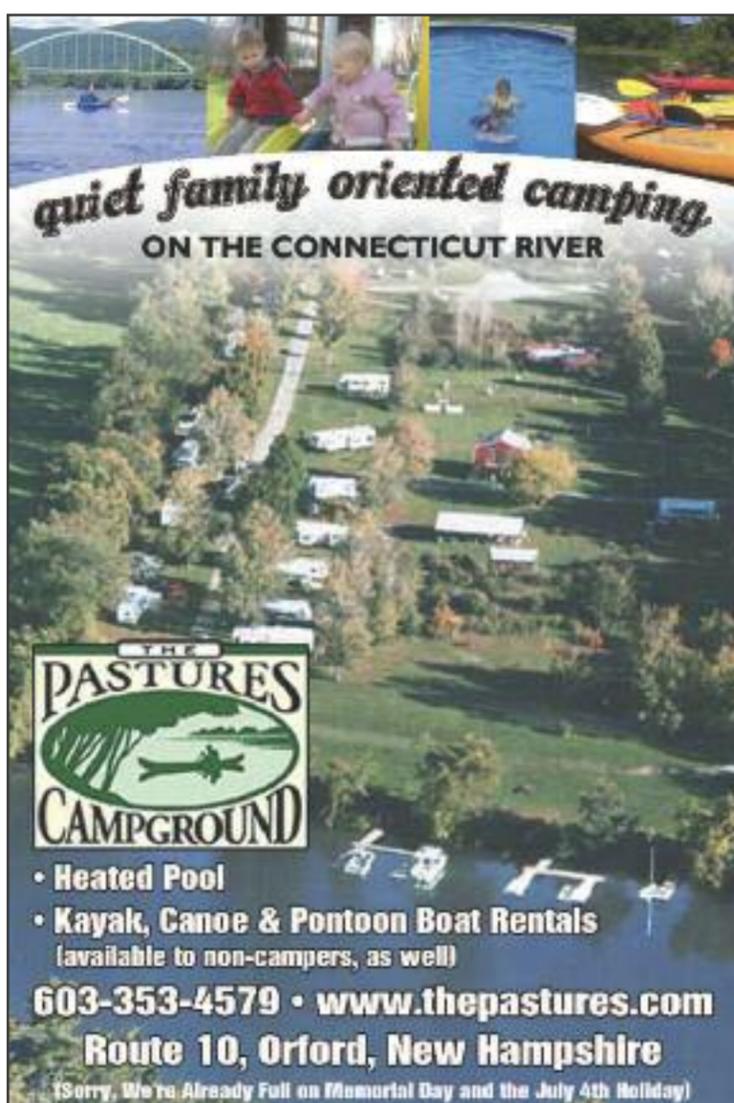
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Diary Of A Fat Man

Written By...



My name is not important. I really don't want to go down the street with the three people that probably read this article saying, "Hey! That's that fat guy!" I prefer the term big guy or just...guy. I mean just because I'm a big boy doesn't give people the right to comment about it or put me into a category that is severely frowned upon in the American culture. I mean, you don't see people going down the street saying, "Hey, a black man. Hey, lesbians." Because they have feelings. Point is, America treats my people like we have no freaking souls. My idea for this column is to bring you into my world. In today's world, the average American only see's the fitness craze side of things, they don't get to see what it's really like to be this way. Media of all sorts, from newspapers to television

make obese people look like evil aliens from Mars with three tentacles coming out of their heads and yellow puss coming out of every pore. Or at least that's how I feel every time I see this "obese epidemic" on the media that have an expose of peoples guts on the tube.

"Do something about it then!" I'm way ahead of you. For the past month I've been on Weight Watchers and have lost about twenty pounds. I started out being 411 pounds though. So, yes, I am a very big guy. I've been eating healthier (though I'm still working on cutting down on soda, that's a pain) and been gaining a little more confidence. More than I did have previous to when I started the program. And, just so you know, I am no way trying to endorse Weight Watchers or anything like that.

I've just had this idea for years now to start a column like this, because I am sick of "my people" lying in the shadows and not defending themselves.

You may not like my opinions, but who likes all opinions? All you have to do is go onto any internet forum, say something, and you'll get one person who commends you for what you say and then you'll get about twenty other people calling you a "[Explicit] idiot." I want to make people think with this column, but I also want them to feel how it feels to be one of the most hated cultures in this country and how it feels to feel like a...Monster.

I will be back next time with my first diary entry. Have a good day and love yourself for who you are and for what you're not---a hater.

By Elinor P. Mawson

For many years, the Cracker Barrel Antique Show in Newbury was an enigma. We had always heard great things about it but it always had a waiting list. So it was a thrill when we met the people who were running the Antique part of the show and they said they had room for us.

Since we were having major work done on our house at the time, and the bathroom was going to be dismantled, my younger son and I decided to do the show by ourselves. We could camp at Oliverian, our favorite campground, do the show, and never miss the mess at home.

When we arrived at the Newbury Town Hall, we were told that our antiques would be set up on the stage (it has since been removed). My son and I took at least an hour trudging up the stairs from the van to our spot. And it took another hour to arrange our wares into a semblance of

order. We had several quilts that we wanted to prominently display as well as our other antiques.

One of the perks of the Cracker Barrel was a dinner, cooked by a local former chef, downstairs in the hall. As I recall, we had tarragon chicken and all the fixin's. Just as we were about to eat our dessert, there was the sound of a fire alarm. We all rose from our chairs, but someone said, "Don't pay any attention, that thing goes off all the time."

But the fire alarm kept sounding, and finally someone ran down the stairs and shouted, "The place is on fire, get out as quick as you can!"

My son and I ran for the stage, The building ws full of smoke, but our stuff was still intact, so we gathered up armfuls and ran up and down the stairs as fast as we could. The firemen put out the fire and finally got the smoke to dissipate and we looked around.

One booth was completely charred. The dealer had shone an electric light at a quilt on the wall and it had caught fire. Fortunately her booth was the only one involved.

A dealer named Polly had had 2 strong men bring in a huge country cupboard, but she found herself outside near the steps with the cupboard--she had hauled it out herself. There were other interesting stories of what adrenaline can do in an emergency.

When things quieted down, we went to the van and brought everything inside again. It took another 2 hours. My quilts smelled like smoke, and I am sure they still do, wherever they are.

And we finally got to eat our dessert--I don't remember what it was, but it was GOOD. That guy was a great cook!

As I recall, the 3-day show was one of the worst shows we ever did. Being on the stage was one reason, and

maybe we didn't bring the right merchandise. But we met a lot of very interesting people, and had a good time camping. When we got home, the house was still a mess and we

had to shower at a relative's for several days.

When anyone asked what the show was like, our answer was always, "It was the hottest show in town!"

OBITUARY – CHESTER D. TOWLE



Landaff, NH – Chester David Towle, 73, of Mill Brook Road, died on Saturday, March 3, 2012 at his home following an extended illness.

He was born in Landaff, NH, August 7, 1938, the son of Chester A. and Margaret (Rollins) Towle. David graduated from Lisbon High School and married Patricia Little on June 24, 1961.

David served with the United States Army National Guard and the United States Army during the mid 60's. He worked for 29 years at New England Wire Technology in Lisbon as a shift leader. He also worked for nearly 20 years at the former Plymwood Furniture Factory, and later at DCI in Lisbon, until December 2009. He loved spending time outdoors, hunting, fishing, gardening, picking blueberries, and maple sugaring. In his earlier years he liked to bowl. He also enjoyed woodworking and, especially, spending quality time with his family. He loved helping his grandchildren with Pine Wood Derbies, bonfires, and having snowball fights.

David was predeceased by his daughter, Wendy Ellen Towle on August 22, 2009 and a sister, Christina Towle.

Survivors include his wife

of 51 years, Patricia, of Landaff; two daughters, Beth Miller Clark and husband William of Landaff and Dawn Nelson and husband Ted of North Haverhill, NH; along with four grandchildren, Justin Miller, Billy D. Clark, Lilly Nelson, and Emily Nelson; four sisters, Mary Sweat of Bethel, ME, Sandra French of Landaff, Gloria Locke of Bath, NH, and Ida Reese of Penn Valley, CA; two brothers, John Towle of Lisbon and George Towle of Conway, NH; and several nieces, nephews, and cousins.

Calling hours was on Wednesday, March 7 from 6 to 8 PM at Ricker Funeral Home,

1 Birch St., Woodsville, NH.

A memorial service was held on Thursday, March 8 at 11 AM, at Ricker Funeral Home, with Pastor Susan Ellery of the North Haverhill United Methodist Church officiating.

Spring burial will be in Landaff Center Cemetery.

Memorial contributions can be made to the Littleton Regional Hospital, Oncology Department, 600 St. Johnsbury Road, Littleton, NH 03561.

For more information or to offer an online condolence please go to www.rickerfh.com Ricker Funeral Home, Woodsville, NH is in charge of arrangements.



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The Aging Digestive System

For those of us with young minds, healthy aging bodies and the innate awareness that calendar age plays a role in age-related changes in our digestive juices, strength of the abdominal muscles, and general control and integration of functions. Thus:

(1) Smaller amounts of digestive juices are produced.

- The salivary glands produce less saliva with a lower concentration of digestive enzymes.
- In the stomach, production of gastric juices declines from age twenty on. In the middle years, there is an increased incidence of chronic inflammation of the stomach with associated degeneration of the mucous

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lining. Such changes can prevent an older body from absorbing as much iron and vitamin B12 as a younger one can absorb.

- One intestinal age related change that does bother some people is an increased intolerance of milk products, as over time the enzyme that breaks down milk sugar (lactose) disappears from the intestinal tract.

(2) The muscles of the whole system grow weaker, the lining of the intestines grows thinner, and the intestines themselves grow less resilient, and elastic. Because of this, small pouches called diverticula may balloon out the colon wall. In some peo-

ple, the pouches become inflamed and infected.

- Food takes longer to make its way down the esophagus because of the decrease in the "wave-like" motion that pushes the food toward the stomach.
- Food may take longer to travel through the smaller intestines.
- There is more opportunity for water to be absorbed from the feces, increasing the chance of constipation.

To nurture the digestive system's inherent wellness, follow these basic guidelines:

- Eat a high-fiber diet
- Eliminate foods that cause distress. This (of course) varies from person to person. For many, broccoli, cauliflower, & cabbage; for others dairy, meats, wheat, beans, sugars, turkey, chicken, and of course poor food combinations. If cramps, gas, diarrhea or constipation occur, the key may be what was eaten in the previous 48 hours.
- Overeating can cause stomach bloat, heartburn, and bowel distress. High-

calorie diets have been linked to gallstones.

- Make mealtimes relaxing, never rushed. Such simple advice can be the key to avoiding indigestion, heartburn and even ulcers.
- Reduce or eliminate alcohol, caffeine & nicotine.
- Most medications are not kind to the digestive tract. Ideally avoid, yet, "think twice" about using Laxatives and/or antacids.
- Develop ways to cope with stress. Burying stress, tension and internalizing anger are two good ways to wreak havoc on the digestive system.
- Exercise regularly. It helps control weight, reduce stress and promotes normal bowel functioning.

An excellent delicious digestive stimulating, stomach carminative and relaxing addition to any meal could include herbs such as: Fennel seeds, Fenugreek seeds, Peppermint, Flax seeds, Licorice root, Chamomile flowers, Cinnamon, Anise seeds, Cardamom seeds, Roasted Dandelion root, Ginger root, Spearmint, Nettles... herbs are rich in vitamins, minerals & essential amino acids. Enjoy!

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

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Not all Times are Trendy but there will always be Trendy Times March 20, 2012 Volume 3 Number 12



BLOOD CEMETERY

Pike Hill Cemetery - Hollis, NH

Behold my friends as you pass by
As you are now, as once was I
As I am now, you will be
Prepare for death and follow me

This is just one of the eerie descriptions you will see chiseled on tombstones if you are passing through Pike Hill Cemetery. This cemetery is possibly New Hampshire's most haunted with good reason and the legend is because of Abe Blood himself. His tombstone has a finger on it, when it's day time, the finger is pointing up towards the heavens. At night, however, the finger is pointing down possibly to depths of Hell.

Local legend suggest that Abel Blood was an occultists, big on the supernatural, and demons, but no books or other references on his story suggest this, so this could be just legend. According to town's history, it says that Abe Blood was a good, law abiding citizen, a Christian man who would never even hurt a fly. But, maybe this is just a Dr. Jekyll and Mr. Hyde theory, and at night, Abe turned into something a little more sinister. In 1867, Abe passed away and was buried with his wife Betsy, but his gravesite is mostly visited by not just family, or kids looking at the finger, or even paranormal investigators, but other condemned spirits of the cemetery.

The reason why it's called Blood Cemetery is not because of the locals (the locals actually despise the name), and not because of some huge blood bath that happened there one night. No. It's called Blood Cemetery, because of how huge of a family Abe Blood had. The Blood family has many roots leading from New Hampshire to Massachusetts, so it will not be very hard to find a Blood descendant in a lot of the cemetery's around both

states. Sadly though, if you wanted to see the finger, you're out of luck. According to a local the headstone was switched with another person's tombstone in 2002. It has since been replaced with a new one.

According to some locals, there is a tree next to a blocked headstone, believed to belong to a female. At night, this local and a few friends of this person were at the cemetery when a weird mist started to come from behind the headstone. Some locals even say that when you step inside the cemetery there is a severe temperature drop to about 10 degrees. Your chest will get tight and you will get an instant headache (this has also happened to me when the NEPI team and I were going past a church). Other instances include, while passing the cemetery: car horns have gone off on their own, cars have started to drift off the road despite the drivers trying to correct it, and interior lights will go on at their own will. This all happens until you pass the cemetery and everything goes back to normal.

Strangely enough, Abe Blood's spirit has never made his presence known, even after the tombstone swap. Who is haunting the cemetery then?

Some paranormal investigators who have gone in there have caught orbs in their photos and EVPs as well.

One warning that most paranormal investigators will give everyone is that don't go in without any permission as Blood Cemetery is heavily patrolled from dusk to dawn and especially on Halloween. Is there something much worse in there then we think?

Most people have said that Pike Hill Cemetery does not have that haunted appeal to it and it is said to be quite pretty actually, but as they say, looks are deceiving and Pike Hill Cemetery

fits that category.

Resources: Fiona Broome of Hollow Hill and www.bloodcemetery.com

For more scares enter my website if you dare! scaredsheetlessncn.blogspot.com.

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16 Bradford's Wrights Mt.

A 9.3 acre forested parcel of prime wildlife habitat was added to the Wrights Mountain/Devil's Den Town Forest on March 1st, made possible by the Bradford Conservation Fund, using money raised exclusively by volunteers. This brings the total of the Town-owned acreage to just over 516, and the total contiguous acres of privately and publicly owned conserved land on

Wright's Mountain to 813.

According to the VT Fish and Wildlife Agency, "Contiguous forest habitat supports native plants and animals, including those species like bobcats and black bears that require large areas to survive. Such habitat, together with other important habitats such as wetlands, also supports natural ecological processes such

as predator/prey interactions and natural disturbance. It also serves to buffer species against the negative consequences of fragmentation. For instance, many of Vermont's native migratory songbirds, including the hermit thrush (Vermont's state bird), generally require larger patches of relatively unfragmented forest habitat to ensure successful reproduction.

In the absence of such habitat, these birds are greatly affected by increased rates of nest predation from raccoons, skunks, squirrels, and chipmunks as well as nest parasitism from brown-headed cowbirds. Many of the native migratory songbird populations are now in decline due, in part, to the loss of contiguous forest habitat."

This most recent acquisition is unique because it hosts a wetland and a small cascading stream of cool, clean water. This is not only important to the wildlife it supports, but also in terms of flood control by soaking up and slowly releasing water down the watershed after spring snowmelt and torrential rains.



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