

# TRENDY TIMES

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## My Job Is To Get The Job Done

By Robert Roudebush

"Are you a secretary or are you an administrative assistant?"

The lady I was talking to was good-looking without being a knock-out. She was well-dressed without being a fashion plate. Her gaze was direct, looked me right in the eye without being offensive. She seemed amused without laughing at me. She wasn't young but she wasn't anywhere near old either. She had a pleasing resonant quiet voice. I liked her immediately for all those reasons. I suspected that no matter what people called her, she was good at her job.

She answered, "I've been called both those titles and called other things too. I usually make more money when I'm called 'Administrative Assistant'". She smiled. So did I.

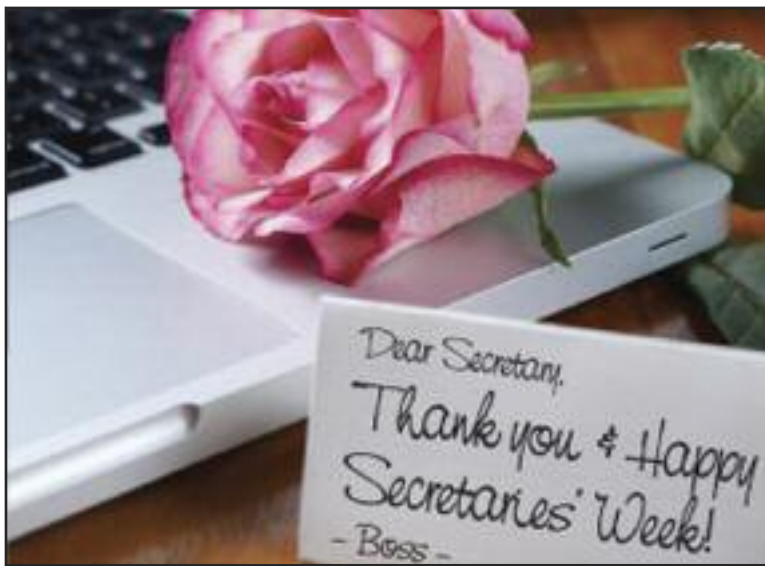
"How's business?"  
"I'm making very good money right now, thank you." Another grin.

I could bet she was. "So, what are you now?"

Look, my job is to get the job done, come in early, stay late, remind my boss what day it is and what he is supposed to do. Get him there on time and back. Make sure he knows what he's supposed to do next and get him there too. Fill in the blanks, file off the rough edges, keep gas in the tank, fresh oil in the engine and see that the tires have sufficient air pressure and good tread. Answer the phone in a businesslike way without being too abrupt, express his point of view accurately to callers or office visitors when he's 'in a meeting' without seeming to substitute my opinions for his. I have to remember names and issues and dates. No one sees him without getting past me. Sometimes I

guide him in what his opinions may be, or should be, and then I also get to play with the files, electronic and otherwise, and from time to time, conduct brief interviews with nosey folks

either good or not good or on their way to being good. That's where I come in. I can make a good boss better, and I can make a better boss the best. I can even make a bad boss move up



like you. I don't care what you call my job. Any more questions?

"A couple. You're pretty good at your job?"

"Better than I used to be. Not as good as I will be. Things keep up they way they are, there'll be a time soon I'll be so good, I'll have an admin assistant or two of my own."

"What will you call them?"

"Any damn thing I want to. I'll be signing their checks."

"When that time comes, what if your boss won't let you go?"

I'll insist he triple my salary and throw in an around-the-world cruise, first class, with my whole family thrown in - all 20 of them.

"What if he agrees, just to keep you?"

"I'll double my demands."

"That should do it."

"Yes it should."

"You referred to your boss as 'he' and 'him'. You prefer to work for a man or a woman?"

I don't see the choice that way. Who I work for is

to fair. I'm an assistant, no matter what you call me.

She WAS good at her job I could observe. She kept an eye on her computer and the blinking lights of the phone set in front of her, while she signaled unseen people behind my back with a flip of her eyes and a slight nod or shake of her well groomed head, all without disrespecting me or dropping out of the conversation.

"How long you been doing this work?"

"Longer than you might think. I began as a real young thing in my teens. I pretended to be a secretary and worked for men who pretended they wanted a secretary."

"That was a lot of pretense. So, what did you do for

them in those early days?"

"Not nearly as much as they wanted me to." Another grin, this time bigger. She leaned in a bit over her desk toward me -she was wearing some nice perfume, but again, not too much. "I could not type, didn't know how to file, had never answered a phone, or dealt with clients to the office, and I had a lousy record of showing up late, and leaving early. Those bosses who hired me in those days didn't care. I looked pretty flashy in my too-tight clothes, showed a lot more skin than I should have and some of men I worked for wanted to have some late night 'work sessions' at their place.

"And how did that go?"

"It didn't go, period. Lost my job the first time I said 'no', and lost a couple more for the same reason before I changed my approach. I used my body less and my mind more. The best thing that ever happened to me in my early career was when I went to work for my first woman boss. She was old enough to be my mother but did not treat me like a daughter. She treated me as someone she expected to do a

professional job with no nonsense."

"How long did you work for her?"

"About a week. The first time. She fired me. I thought she was a witch, only with a 'B'. Then, she looked me up and rehired me before she fired me the second time. That took about a month. The third time she hired me was because I went looking for her and asked her to give me one more chance. She did. I was with her for nine and half years. Finally cancer got the dear lady, strong as she was, and by then I had moved from unpaid intern, to secretary, to administrative assistant to private executive assistant administrator overseeing a pool of 5 secretaries and 8 delivery drivers and now I get to talk to people like you. Good day. Pleasure to meet you. I'm sure you can find your way out. Give us a call before you drop by again. And you can quote me."



The April 3 edition of Trendy Times had a front page headline that the Editor thought was a great idea. Unfortunately he made a "howling" (I mean "howling") big mistake. Thank you to those who saw it and made sure we saw it as well.

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# National Volunteer Week

April 15-21, 2012 is National Volunteer Week. The Haverhill Police Department wishes to recognize our faithful Home Patrol Volunteers.

For some years now, RSVP has provided volunteers for the Haverhill Police Department Home Patrol program.

The purpose of the Home Patrol Program is to

conduct weekly house checks for residents who are away from their homes for a period of time. While not replacing law enforcement functions, this activity provides peace of mind for the homeowner and gives officers more time to address police matters.

Currently six RSVP Home Patrol volunteers monitor approximately 20

homes year around in addition to requests for short-period checks (vacation, hospital stays, etc.). Volunteers provide the Department with incident reports when finding weather-related damage, unlocked or broken doors or windows, and anything suspicious or out of the ordinary. An officer will then investigate and follow up with the property owner.

The Haverhill Police Department greatly appreciates the commitment of each Home Patrol volunteer to see that these residences are checked every week.

If you are interested in joining our dedicated group of volunteers, please contact RSVP Program Director, Theresa Volta, at 1-877-711-7787.

If you are interested in

having your home added to the Home Patrol list, please contact the Haverhill Police Department at 603-787-2222.

April 17, 2012 Volume 3 Number 14

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

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# Bountiful Books And A Family Battling Their Way Uphill

By Robert Roudebush

The lower level of Ernie Chalifoux's Vermont home is either a nightmare or a dream come true, depending on how you feel about books. Tens of thousands of books. For me, it was a cozy little corner of heaven.

**There's a good story about how he got all those books, what he has done with many of them already, and what he'd like to do with even more of them. He'd like to sell some at a very good price. It's a good-enough story that over the past recent years, you may have read or heard about Ernie through other broadcast or print media. As with many human sagas, this story of the books bountiful is interwoven with a family dynamics story, one not so happy, but one with an uplifting ending so far. Ernie and his wife Diane, both native Vermonters, have fought long and hard and expensively to improve the quality of life for younger members of their family, and the treasure of books in their home may soon begin to help in that ongoing effort.**

**FIRST THE BOOKS** They are downstairs, in hundreds of cardboard boxes, full-to-overflowing with books, and more—books on tape, play scripts, galley proofs, magazines, music tapes, rare books, author signed books, bibles, large print versions, military history manuals, biographies, wine books (good for me!) out of print books, fact and fiction.

And I've got more coming, Ernie tells a first-time visitor with obvious enthusiasm." He pronounces his last name, Chalifoux, SHELL-a-foe. I never turn any body down if they want to give me books. I take them all. He has been "taking them all" for years since he first spoke with a librarian at a book fair and discovered that many libraries regularly paid people to haul away large quantities of books when they could not be sold or given away as part of the clearing out process. Such haul-away books often ended in burning or shredding. The word spread quickly among various libraries that "that crazy book guy" on Boltonville Road would take overflow books and save them some money. His first delivery was a couple of truckloads and the incoming flow has never stopped. He also frequents estate sales and garage and yard sales, and has staged a few of those himself at his home just off highway 302 west of the P&H Truck stop.

**Ernie has lately begun to realize that while he has long provided libraries a service that saves them some money,** he may soon need to charge some kind of nominal fee himself to offset his transportation costs for his collection services. Ernie is a former Coordinator of Informational Resources at a private non-profit called the Wells River Resource. He is an intelligent, intense, articulate man, vibrant when surrounded by his collection, despite existing health problems which now keep him from being able to work full-time. His recent history includes a nearly overwhelming go-round with cancer. It is obvious almost immediately that the abundance of books is far from a disorganized mess. Most of the boxed-up accumulation is clearly marked with the contents inside, already sorted and categorized. This is a bookshop waiting to happen. It's an idea Ernie himself nurtures and gauges against his financial limitations. Let's be clear about that basement full of books. We're not talking dark stuffy mildew-smelling closeness—the lower level features floor-to-ceiling glass French doors and the light floods in displaying the wares.

**Short of an actual count, just how many books are we talking about?** Enough that Ernie gives them away to nursing homes, and jails, and senior centers. He has maintained a library for at least one local HeadStart Program. Enough books that he recently was able to set up a West Lebanon lady with her complete inventory when she set up her own bookstore. I told her to bring a 24-ft U-Haul or something like that and bring along some strong help. She did. Got a full truckload. He's become a kind of book depository and clearinghouse in the regional book community.

Mr. Chalifoux (add a Jr. at the end to make it proper) first contacted TRENDY TIMES to set-up the offering for sale of several of his books in the paper's CLASSIFIEDS section - some are currently listed in this issue and may be in subsequent issues. You can call him directly for what he has for sale at 802 535 9137 – best to call evenings.

#### NEXT, THE FAMILY

Mr. Chalifoux is not a complaining kind of man but is straightforward with me about his and wife Diane's long court battles to establish permanent legal custody and guardianship of two of their daughter's minor

children. He explains that this whole fight-for-custody effort began years ago when it had come to their attention that their daughter was, *involved in a lifestyle involving drugs and gangs, not conducive to raising a child, putting it mildly.* The court battles started early and lasted long and costly years. Attorney Charles Calley was one of several sources of legal expertise and support as protection was sought through the Probate Court in Orange County, Vermont, in Barre. Early on, at least two or three different states – including Washington, and Oregon - challenged Vermont's jurisdiction to make such legal custody rulings, partly on the alleged locations of the births and conception of the children in question. Even more frustrating to deal with, was a jurisdictional challenge from the acknowledged biological father who was then living in Texas. He was a violent offender incarcerated there.

During certain periods of time throughout the multiple court battles, when the money was gone, Ernie and Diane were able to receive support from the Legal Aid Society, and in time, they also learned the hard way how to advocate for themselves when they needed to. The two grandparent/parents always acknowledge the invaluable help of Mary Grant, who came through with air

travel tickets during one bad time when Ernie was under court order to return one child to Washington State.

As TRENDY TIMES prints this story, Ernie and Diane have been granted permanent custody, with no recent challenges, of two healthy, lively, and delightful young daughters, ages 13 and 11. *The oldest is a thriving student at Oxbow, the younger is a social butterfly at*

*Newbury Elementary.* They all live in their Vermont home in harmony, with at least one dog, a chiuwawa and pug mix, and a couple of lovely creatures with tails that move them nicely around inside a large fish pond in their home. And they now have access to a "pro-bono" source of legal help should they ever need it again. It's a good story, and Ernie has a lot more for you to read if you reach out.

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# Mother Cooks: A Tale Of Child Abuse

By Sheila Asselin

With seven hungry children and a modest budget I learned early how to create and improvise. My kids said my food was unforgettable, which is not the same as good or delicious but I did my best.

They would turn up their noses at beans and franks, but cut the franks up, mix them with the beans and stir in a little bar-b-que sauce and you have beanie wienies. Yum!

I would pack their lunches, peanut butter sandwiches wrapped in recycled bread bags. We needed to economize. Did they all want to end up in the poor house? They asked "What is the poor house" Oh, what a sheltered life they led. I say a little Oliver Twist never hurt anyone. Then I would throw an apple on top, squashing the sandwich so when lunchtime arrived it looked like an elephant had taken a nap on it.

Liver never was a big treat. The oldest Michael, a tyrant in training would make his brothers and sister eat theirs. His he poured behind the old fashion radiator. After several weeks we all won-

dered where that smell was coming from.

Have you ever notice how bologna will curl up when it is fried? Fill the bologna with scrambled eggs or canned peas for a culinary treat. Spam also had a cherished place on our table. Craft mac and cheese in a shade of orange never found in nature. They liked it better than macaroni and cheese from scratch. Go figure.

If you had been especially good I would make you a poke cake. Never had a poke? Well better late than never. Bake a cake from white or yellow cake mix in a rectangular pan. When cool mix up a package of jello. With they handle of a wooden spoon poke holes in the cake and poor in the jello. Put in refrigerator until jello is set. If you want to be particularly festive, like at Christmas time; pour green jello in one side of the cake and red in the other.

Then there is the great flying saucer caper. Coming

home from work one night tired, I did not feel like making rolled biscuits. Too much work. So I made drop biscuits instead. Mix the batter and drop chunks of it on a cookie sheet. When they came out of the oven it was obvious that I had dropped them too far. Like maybe from the ceiling. My kids thought they looked like Frisbees' and started tossing them around. They looked like Frisbees but Frisbees fly. These suckers dropped like lead. The little ingrates. See if I ever make them biscuits again.

To everyone's surprise the kids all grew healthy. They are all great cooks. They use words like arugula, brie, pesto, poblana, balsamic, terms they never encountered growing up. And me, I cook better too, although I am proud to say I never killed anyone or even made anyone seriously ill.

If you would like to try some of these recipes let me know. I'll be glad to pass them on.

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# From The Desk Of NH State Senator



Dear Constituents.

The other day I was going through my desk at home and I inadvertently found a business card from my campaign two years ago. On the front of the card there were three bullet points that highlighted my core principles—it read:

- Fiscal Conservative
- Focused on Jobs & Prosperity
- Opposed to Sales or Income tax

Thanks to the voters, I was fortunate to become the Senator for District 2 and looking back over the last 16 months, I am proud to say that I have held true to those convictions that were highlighted on the card.

## FISCAL CONSERVATIVE

As a member of the Senate Finance Committee, I worked with other committee members to produce a realistic, thoughtful, and balanced budget. In crafting this budget, we made difficult decisions that were necessary to balance our budget while keeping four core principles in mind:

Live within our means: The legislature produced a truly balanced two year budget spending \$4.42 billion in general funds, including an 11% reduction from the last biennium, all without new taxes/fees or bonding of operating expenses. This is the first time since World War II that a biennial budget spent less than the previous two years.

Help those who need it most: The legislature ensured adequate funding was provided for the developmentally disabled, mental health care for children and adults, education, and public safety.

Reform the way government does business: The

budget reprioritized spending in order to reduce costs and shrink the size of government, while still maintaining core services. Reforms were made to the state's pension system and the Shoreland Protection Act. We also directed the appropriate departments to begin the process of implementing Medicaid Managed Care and the privatization of the Department of Corrections.

Budget cautiously and build a surplus: While this budget is built on conservative revenue estimates, the legislature is committed to ensuring an adequate buffer is established should the economy grow slower than planned. The budget projects modest revenue growth of .8% and an approximately \$11 million rainy day fund balance.

## FOCUS ON JOBS AND PROSPERITY

In December of 2010, when the current Republican legislature was sworn into office, over 42,000 Granite Staters were out of work and our total labor force was at levels not seen since mid-2005. Since December 2010, nearly 9,000 employees have entered the workforce and almost 4,000 fewer of our friends and neighbors are unemployed. The state's unemployment rate currently stands at 5.2% compared to 5.5% a year ago. Nationally, the seasonally adjusted unemployment rate remains at 8.3 percent.

While the primary focus in the first part of the session was getting our fiscal house in order, we did begin laying the groundwork for creating a more business-friendly environment in order to grow jobs in New Hampshire. We recognize there is little the government can do to actually create jobs outside of government. However, we

also understand that policies enacted by government can hurt or help job creation in the private sector.

By holding the line on spending, keeping taxes low, and reducing the red tape from Concord, the legislature is allowing the economy to grow, free from government burdens. Residents will have more of their paychecks to spend. Businesses can feel comfortable hiring and investing because they understand the rules of the road. Combined, these efforts will help us to preserve and strengthen the "New Hampshire Advantage," attract new business, and ensure New Hampshire continues to lead New England and the nation out of the recession.

## OPPOSED TO A SALES OR INCOME TAX

Enacting a Constitutional Amendment (CACR12) allowing the legislature to control education funding is key to avoiding a broad-based sales or income tax. Unlike any other state in the country,

New Hampshire is now required to pay the same basic cost of education for every student in every community, regardless of a community's wealth or need. CACR 12 will allow the state to target aid to communities with the greatest need. I am pleased to say that CACR12 is supported by the Governor.

While there other issues that demanded attention during the session (protecting private property rights relative to the Northern Pass project, working to avoid the closure of the wood-burning power plants and loss of jobs that would occur, etc.) I maintained my focus on the core issues of why I wanted to serve District 2.

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.

Your Senator from District 2  
Jeanie Forrester  
April 13, 2012

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2X10	#1	7.88	10.14	11.70	14.89	15.79																
2X12	#1	10.36	12.30	14.11	17.40	19.95																
6/4X6	#1	4.13	5.44	6.85	8.33	11.19																
4X4	#1	8.23	9.76	11.84	14.01	16.16																
4X8X12	#2	16.16	4X8X16	23.85																		
6x6	#2	19.95	20.21	21.15	29.58	34.85																
2X2X36	#1	1.01	3 STEP STAIR	9.17	5 STEP STAIR	14.10																
2X2X42	#1	1.24	4 STEP STAIR	11.40	1/2X2X8" LATTICE	4.89																
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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

## MONDAY/THURSDAY

### NCYMCA WALKING CLUB

6:30 PM  
Woodsville Elementary School  
Every week until next September.

## TUESDAYS

### BREAKFAST BY DONATION

8:30 AM – 10:00 AM  
Horse Meadow Senior Center, North Haverhill

### BINGO

6:30 PM  
Haverhill Memorial VFW Post #5245  
North Haverhill

## APRIL 15 - 21

### NATIONAL VOLUNTEER WEEK

*See article on page 2*

## 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

### BACK ROOM BENEFIT YARD SALE

9:00 AM - 2:00 PM  
Next to West Newbury Hall, Tyler's Farm Road

### GROTON GROWERS COMMUNITY MARKET

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

### PAMPERED CHEF PARTY

2:00 PM  
St. Luke's Parish Hall, Woodsville

### CHINESE AUCTION & PENNY SALE

4:30 PM  
Rivendell Middle School, Orford

### ITALIAN SUPPER

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

### MATADOR, JAZZ MUSICIANS

5:30 PM  
Tenney Memorial Library, Newbury

## SUNDAY, APRIL 22

### EARTH DAY

All Day Long  
Where You Live

## MONDAY, APRIL 23

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, APRIL 25

### ADMINISTRATIVE PROFESSIONALS DAY

All Day Long  
At A Desk Near You

### TWIN STATE HUMANE SOCIETY

SPAY/NEUTER CLINIC  
At the Shelter, Pike

### ANNUAL MEETING - ELECTION OF OFFICERS ROSS-WOOD POST #20

6:00 PM  
American Legion Home, Woodsville

## THURSDAY, APRIL 26

### FREE COMMUNITY DINNER

5:00 PM - 6:30 PM  
St. Luke's Parish Hall, Woodsville  
*See ad on page 11*

## FRIDAY, APRIL 27

### PLANTING & PRUNING WORKSHOP

5:30 PM – 7:00 PM  
Windy Ridge Orchard, North Haverhill

## SATURDAY, APRIL 28

### FLEA MARKET

9:00 AM – 12:00 Noon  
Peacham Congregational Church

### THUNDER ROAD CAR SHOW

10:00 AM – 12:00 Noon  
Thunder Road, Barre

### LIFTING THE YOLK - BOOK DISCUSSION

3:00 PM  
Tenney Memorial Library, Newbury

### BARNET SCHOOL 8TH GRADE AUCTION

5:00 PM – 8:00 PM  
Kids Row, Barnet  
*See ad on page 11*

## TUESDAY, MAY 1

### NH STATE VETERANS COUNCIL REPRESENTATIVE

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

### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, MAY 2

### 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

## THURSDAY, MAY 3

### FOSTER CARE/ ADOPTION INFORMATION NIGHT

5:30 PM  
Casey Family Service,  
551 Meadow Street, Littleton

## FRIDAY, MAY 4

### SPAGHETTI SUPPER (MEAT & VEGETARIAN SAUCES)

5:00 PM – 7:00 PM  
Grace United Methodist Church,  
North Main Street, Bradford

## MONDAY, MAY 7

### GOOD OLE BOYS MEETING

12:00 Noon  
Happy Hour Restaurant, Wells River

### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## WEDNESDAY, MAY 9

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

6:00 PM  
American Legion Home, Woodsville

## MONDAY, MAY 14

### ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM  
American Legion Home, Woodsville

## TUESDAY, MAY 15

### 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

## SATURDAY, MAY 19

### GROTON GROWERS COMMUNITY MARKET

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

### 3RBA CHILI & PIE CONTEST

6:00 PM  
Railroad Park, Woodsville

### PARKER HILL BAND CONCERT

6:00 PM  
Railroad Park, Woodsville

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**Deadline for submissions is Thursday, April 26th for our May 1st issue.**

# The Above The Notch Humane Society

## "In The Beginning, New Beginnings"

By Richard W. Larcom

On Christmas Eve eleven years ago a heartless person dumped a litter of puppies under the Tunnel Brook Bridge in Easton, NH. That proved to be the catalyst for several concerned citizens to start the ATNHS. With the help and support of several dedicated people a new organization was created focusing on the care and wellbeing of animals in the North Country. There were growing pains and challenges that came with starting a new non-profit program administrated and run by a volunteer board. Over the years at least three other animal shelters evolved in the area each focusing on

slightly different goals or geographic areas.

The original mission of providing a no-kill humane society exists today. ATNHS provides for the unwanted or abused animals in Littleton and the surrounding areas of northern New Hampshire, including Woodsville and Haverhill, and Vermont. This is still the heart and soul of what we are about. In addition to taking in the stray dogs and taking care of their medical needs, we house them until we can find a forever home for them. When the shelter is full, that can cost a thousand dollars a week.

Several times a year we

sponsor low cost spay/neuter clinics and shot clinics. Part of our mission also includes public education in the areas of animal care and welfare. We are often called upon to assist with animal cruelty cases in the region.

Currently we shelter our dogs at Littleton Pet Center and Kennel on St. Johnsbury Road in Littleton, about six miles past the hospital. Anyone interested in seeing the dogs at the shelter should call 603-444-6265 to arrange an appointment. The Center is open seven days a week.

Information is available on the web site: [www.atnhs.org](http://www.atnhs.org)

## Foster And Adoptive Homes Needed In Grafton And Coos County

Currently, there are 700 children in foster care in the state of New Hampshire. Many of these children need permanent homes. The number of children removed from their homes is increasing, while the number of licensed foster/adoptive families needed to care for these children is decreasing. That's why many children end up in crisis shelters or group homes. In all of these living situations, children are denied the benefits of the loving environment that foster or adoptive homes offer. When physically and emotionally abused children are placed in institutional "homes," they miss out on the nurturing they desperately need.

There is an urgent need in Grafton and Coos County for all types of families with all types of interests to come forward and serve children. We need families to open their hearts and open their homes. We need families that can care for children until they are reunified with their birth parents as well as adoptive families that can care for children for a lifetime. We are also looking for families that can care for children short-term

during weekends and holidays.

To learn more about fostering and adoption, please call Beth Bryar at Casey Family Services at 444-9909 or send an email to [bbryar@caseyfamilyservices.org](mailto:bbryar@caseyfamilyservices.org). You can also learn more about our program at [www.caseyfamilyservices.org](http://www.caseyfamilyservices.org). We have Information classes to learn how to become a foster parent each month. The next one will be

during the month of May. Please contact the office for date, time and location. Words can't describe the first time a child in placement really looks at you with love and trust. Many of these children experience healthy nurturing for the first time in their foster/adoptive homes. That's an awesome gift to give a child. Please join us in this endeavor to help our children.



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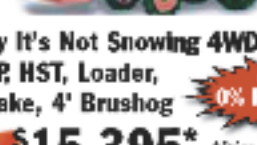


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# Master Gardeners Beautify The Community

By Becky Colpitts, Volunteer Management Program Assistant

Spring has sprung! Thoughts drift towards being outside in the garden – fresh vegetables for the picking, bright colored flowers and relaxing under that tree you planted years ago. There's urgency in the air at this time of year. It's time to get the hands dirty. It's time to plant, tend and observe as the tender shoots grow into vibrant maturity. Here in Grafton County our UNH Master Gardeners have already

begun to respond to that urgent call. Projects are bursting forth around our area! Activities that you can participate in, learn from, visit and get inspired by:

On May 19th at 9 am Master Gardeners (MGs) will be hosting a spring cleaning on the gardens at the Grafton County Complex – 3855 Dartmouth College Highway. On June 16th at 9 am they will again convene at the gardens to mulch. This year they are extending an invitation to all citizens to join them one or both days. This is a prime opportunity to work alongside our MGs to learn by doing, ask questions and get inspired to create your dream garden at home. Our MGs have extensive knowledge on landscape design, lawn care, wood ornamentals, annuals and perennials. This is just a short list of the topics they have studied through the UNG Cooperative Extension Master Gardener training. The MGs are looking forward to meeting you!

Plymouth area Master Gardeners Bob Richer, Dick Flanders, and Joan Pushee

are a part of a group of dedicated local leaders, Plymouth State University professors, parents and youth of the Plymouth area who plan and execute the Eco-Learning gardens in the Plymouth area. This is an ongoing effort to educate the local community in planting and maintaining vegetable gardens with an emphasis on sustainability and donating produce to the Senior Center, Meals for Many, the elementary school, the local food bank and Youth Center families. The Eco-Learning Garden's initiative encompasses five gardens. A half-acre garden on Fairgrounds Road is currently dedicated to an experimental winter wheat crop. Students from Plymouth State University tend a quarter acre vegetable garden. Parents and youth tend a garden at Plymouth Youth Center. The elementary school students start seed in a small greenhouse and in classrooms to meet their own needs and the needs of other gardens. The fifth garden is located behind the Bridge House shelter in the Whole Village complex. Shelter residents, children from the Whole Village pre-school and the community members are taught to plant and tend the gardens as well as eat the bounty through the efforts of Master Gardeners and Lisa Ford, Program Associate UNH Cooperative Extension Nutrition Connections. MGs are available throughout the season to teach garden visitors. This project is sustainable community building at its best!

While you are visiting the gardens in Plymouth, stop by



*Join Master Gardeners in your area as they beautify the community, grow produce to donate to non-profit organizations, and educate members of the public. Contact the UNH Cooperative Extension office in Grafton County for further details. 603-787-6944*

the Regional Senior Center located across Green Street from the Pemigewasset River. There you will see whiskey barrel gardens filled with annuals. You might even run into Master Gardener Debbie Blackey teaching seniors how to plant and care for their unusual container gardens!

At the Bristol Elementary School, Master Gardeners Carol White and Shirley Yorks are helping students set up their six new raised bed gardens. Students want to grow vegetables, native plants, and plants for butterflies and insects. Shirley and Carol are planning after school programs for the youth plus meetings with parents including a "how-to" class for family gardening. Through this effort an entire elementary school, and the families associated with it, will be gardening.

Master Gardener Shirley Donovan will be offering a workshop "Starting Vegeta-

bles from Seeds" at the Bethlehem Public Library on Saturday, April 14th at 10 am. All participants will go home with their own planted peat pots. A fun way to get a head start on your garden!

Master Gardeners are helping to create stronger communities, stronger families, and stronger lives through sharing their love of gardening. If you would like more information about the MG program, please go to <http://extension.unh.edu/Agricult/AGMastGD.htm>. A MG class will be starting in the fall of 2012. The application deadline is July 20th. Information for this class is on the above site or you can call the Grafton County Extension Office at 787-6944. To find out more information on all programs we offer find us on the web at <http://extension.unh.edu/Counties/Grafton/Grafton.htm> or find us on Facebook at "UNH Cooperative Extension - Grafton County".



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# Earth Day Lessons Can Apply To Investors, Too

April 22 is Earth Day. Started in 1970 by Senator Gaylord Nelson, Earth Day is designed to create awareness of the Earth's environment and to encourage conservation efforts. If you and your family participate in Earth Day events, such as helping clean up a local park or taking materials to a recycling center, you know the benefits of doing your part to improve your surroundings. But are you doing everything you can to upgrade your environment for investing?

Actually, as an investor, you can learn a lot from the lessons of Earth Day. Here are just a few ideas:

- **Diversify.** If you're familiar with Earth Day, you know that it involves multiple activities, including educational programs and do-it-now action steps. This variety is necessary because protecting our environment is a complex challenge. Meeting your short- and long-term investment goals can be challenging, too, but you'll have a better chance of success by diversifying your investment dollars across a range of vehicles, such as stocks, bonds, government securities and certificates of deposit (CDs). Diversification can help reduce the impact of volatility on your portfolio - and high volatility can be an obstacle for some people trying to follow an investment strategy. (Keep in mind, though, that diversification, by itself, cannot

guarantee a profit or protect against loss.)

- **Seek growth opportunities.** Some people plant trees on Earth Day, hoping to watch them grow over the years. As an investor, you, too, need to plant "seeds" today in the hopes of growth in the future. That means, among other things, that when you purchase growth-oriented investments for the long term, you need to try to stick with them and not "uproot" them after short-term declines in price.
- **Develop good habits.** If you attend an Earth Day program, you will learn about many eco-friendly habits you can develop, from using energy-efficient light bulbs to recycling old computers and other electronic devices. To invest successfully, it's important to develop good habits, such as staying invested in all types of markets, seeking tax-advantaged investments and reviewing your portfolio regularly to make sure it's still appropriate for your risk tolerance, time horizon and long-term objectives.

- **Avoid "toxins."** At some Earth Day events, you can learn about "green" substitutes for toxic chemicals in common household cleaners. When you invest, you may also want to avoid "toxins" - or at least "toxic" behaviors, such as chasing after "hot" stocks that are inappropriate for your needs or trading so frequently that you run up big fees, commissions and taxes.

- **Think long term.** Above all else, Earth Day is a reminder to us that we all want to leave a healthy planet to future generations - which means we need to make moves that are beneficial for the environment over the long term. When you invest, you also need to focus on the future. That means following a long-term investment strategy and not getting sidetracked by short-term events, such as political crises and economic downturns.

Earth Day comes once a year, but its lessons can have a lasting impact on our environment. When you apply these same lessons to your own investment environment, you may be able to achieve some healthy results.

This article was written by Edward Jones for use by Kim Shillieto your Littleton Edward Jones Financial Advisor.



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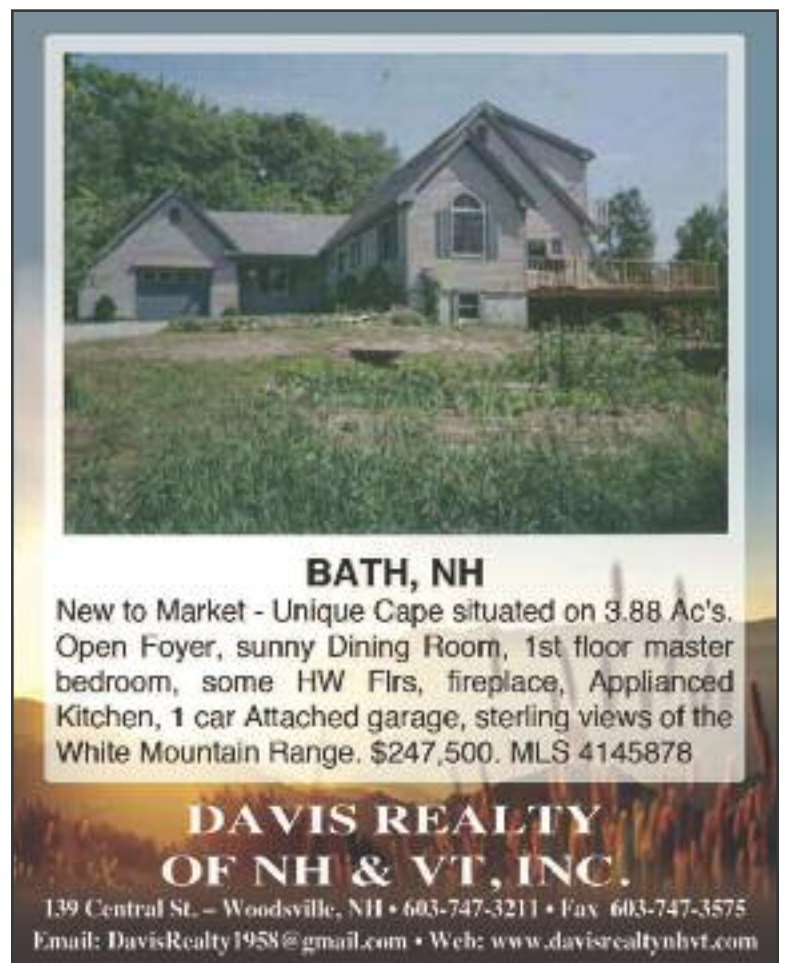
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# 10 Titanic: 100 Years Later

Written By Scared Sheetless' Very Own James Paradie

The Titanic disaster has hit its one hundred year anniversary and the world is giving the most famous ocean liner a celebration that both honors the marvels that it created, to being the world's largest ship at the time at 882 feet long and weighing 40,000 tons. To the 1,500 people who lost their lives freezing in the Atlantic Ocean. No matter what side you look at, from the glorious photos of Titanic at Harland and Wolff in Belfast, to its isolated state two miles down to the Atlantic Ocean sea bed today. It is a majestic, beautiful, and tragic site all wrapped into one.

### CONCEPTION:

Around the early 1900's, ocean liner companies were building bigger and luxurious ships and the White Star

Line wanted to be the ones who set the bar. In 1907, J. Bruce Ismay, president and director of International Mercantile Marine, and Harland and Wolff Chairman, William James Pirrie, conceived the idea of birthing three of the largest and most sufficient ships ever thought of and their names would be: Olympic, Titanic, and later Britannic (originally named Gigantic). In March of 1909, Titanic's keel was laid down in Belfast and the process began. Titanic was such a huge deal that well over 100,000 spectators came to witness her hull being launched before being taken to the basin to be fitted (which means getting everything from chairs or kitchen supplies and etc. for the ship.) March 20th, 1912 was the day of Titanic's original

maiden voyage, but due to Olympic's horrendous, and near fatal, collision with Royal Naval cruiser Hawke in September of 1911, the voyage had to be delayed so the workers could repair Titanic's oldest sister ship. A new date was scheduled for a month later.

### THE VOYAGE AND LIFE ON THE SHIP:

April 10th, 1912 was a day of amazement and wonder as classes of people from millionaires to the dirt poor, who were mostly immigrants looking for a new life in the New World, got to set sail on the world's largest ship. Titanic had a large class of different groups of people and the sad part is that some of them, especially the Third Class, had it better on the ship than they did in



their whole lives. Imagine being poor, living in awful conditions, and suddenly you have a bed, a roof over your head, and bathing. And some of the Third Class weren't used to fine dining and even though they were the lowest class on the ship, they were still fed really good. The First Class and Second Class, however, had it made. They had their own gymnasium, their own Turkish baths, and their own swimming pool. Most of the first class didn't even use some of the fine areas of entertainment as some viewed it as a prop. Most just enjoyed each others company, gambled, and enjoyed the four restaurants (one with

even palm trees outside of it) that Titanic offered. It was like a ship made from the Gods of Heaven brought upon as a gift to the Atlantic, but where there is good, there is always evil, and this evil was in the form of an iceberg.

### "ICEBERG DEAD AHEAD!":

Titanic was supposedly unsinkable due to its sixteen watertight compartments, but on the night of April 14th, 1912, those assumptions would sink along with the ship. At approximately 11:30 pm, Fredrick Fleet and Reginald Lee were up in the crows nest, when suddenly they spot this black mass

April 17, 2012 Volume 3 Number 14

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

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getting dangerously close to the ship. They only have thirty seconds to spare as First Officer Murdoch demands that the ship be put into reverse and for them to steer the ship away from the iceberg. But they were going too fast and the previous iceberg warnings they were receiving all day were ignored. The final moments of the sinking saw the Titanic's stern rise into the air, before a roar was heard (as explained by survivors) and the ship's lights went out and it broke into two just in front of the third funnel. The bow sank with the water filling the stern before the stern rose back into the air; the bow snapped the double hull of the ship off as it made it's "fall" to the ocean floor. The stern then followed moments later. The ship was gone and there was a yield of silence before hundreds of people were heard screaming in the moonless night. Only two boats risked death by going back to take in possible survivors; they only found four.

**THE LOST:**

2,200 souls shared their best memories as some shared their final memories on that very ship. They would go onto the promenade decks and look out into the vast ocean, only in a short amount time to have their lives tragically altered. What was the most perfect day turned into a drastic, horrifying night that in the end only 713 survived, while an estimated 1,500 lost their lives. Among those of the brave who lost their lives was one heart wrenching story of the Straus family, who at the time co-owned the Macy's department store in New York City. At the time of the sinking, Ida made her way into the lifeboat, but when Isidor went to join his wife he was stopped and told by the official that it was women and children first. Ida got off and instead put their maid in her place. She joined her husband and said, wherever he goes she goes. They were both never seen again.

**FINDING TITANIC:**

After the wreck, there was much debate on who to blame for the wreck, most of the blame went to J. Bruce Ismay for his cowardice during the sinking, he eventually went into isolation himself and died in the 1930's due to a stroke. There's always been fascinations from explorers to even oil tycoons alike to find the Titanic. Some even wanted to raise her, one theory was using ping pong balls to bring her to the surface, believe it or not. Nobody could ever find

it and all attempts failed until 1985, that is when Robert Ballard, and a team of oceanographers, used a live video sonar device to "mow the Atlantic Ocean sea bed" to search for the Titanic. It worked. On September 1st, 1985 in the late night they found her and as quickly as cheers from the explorers happened, sorrow and remorse fell upon them. One of the explorers said, "She sinks in twenty minutes." They all went out onto the dock of the ship and had a memorial for all who lost their lives that tragic night.

**LEGACY:**

Ballard has made many journeys to the ship, as has famous cinema filmmaker, James Cameron (Titanic and Avatar). People have even gotten married on the dock of the ship, using submersibles. When you think of the most famous ship of all time you will think of Titanic. Same goes for thinking about the most famous shipwreck of all time. The actual Titanic is fading away now by bacteria eating at her steel and some experts say within several decades she will be nothing

more than a pile of rust. But just as a person who passes on, if you think about it, they are always there, and the memory stays alive. The same will go for the Titanic and many centuries to come.

**SOURCES:**

(Note from author: A lot of this strictly comes from the plain old noggin. I'm seriously a Titanic buff and I will be posting several more Titanic related posts on my website in the coming weeks. Go onto scared sheetlessncn.blogspot.com and don't be afraid to tell me what you thought of this article. Just send me an email atscaredsheetlessncn@hotmail.com.)

Okay, I did get SOME sources, and they are respectively as follows:

www.titanicuniverse.com


Titanic at 100: Preserve the wreck or let it go?  
by Dan Vergano, USA Today.com

Titanic is Falling Apart  
by Brian Handwerk, National Geographic.com

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**Diary Of A Fat Man**  
Journal Entry 2:  
The Introduction To Change

Written By "Mike Burton"

Is Mike Burton my real name? Nope, but let's just go with it, shall we? Last month I made the introduction that Trendy Times will be running my monthly journal entries through my journey of weight loss as well as the bad times in between and before hand. Let's get started with the discussion of how I found out it was time to lose the pounds and it starts off with those evil scales.

Scales. It's the worst nightmare of any overweight person. We see them and we think of something demonic and scary. One thing is certain, if we go on them we're not going to like the results we see. However, I've been lucky, because the scales at the doctors I go to see don't go up to my size. Wait...did I say lucky? I meant down right embarrassing. Did it make me wake up? Not really. I've just always been one of those types that's content with being a big guy and never really thought that it was time to lose weight. Until...

I was convinced to go to Weight Watchers. Actually, I

just randomly said one day that I'd go and when the time came I changed my mind. I'm a very wishy washy person; I feel like doing something one moment and then the next I'm off doing something else. But I went and got on the scale and saw the number "411" on there. "Ouch." Was my reaction.

I'm glad it was only me and the "weight checker lady" (not sure if that's what they are actually called) who got to see that. I was wondering why I went from a 3x to a 5x all of a sudden in my t-shirt collection. But seriously, what first came to my mind was...it's time to change. Being a big guy and being content with it is one thing, but that weight is just way too scary to look at, and I needed something to light a fire under me and show me the way to a healthier lifestyle. I went to the Weight Watchers meeting and was amazed at one of the speakers who at one time was just about as big as me and is now healthy and slim. He did it, why can't I? I was on the Subway Diet for a full

year, lost almost 100 pounds, even got a few girls looking my way...Okay, not really.

I adapt pretty easily, it's the getting my mind set onto it that's the hard part. Once I do, it's a piece of low fat cake. I quit smoking after five years, was smoking almost two packs a day. Quit almost no problem, it's the staying away from it that's the problem. Sure, I've had one or two since I quit, but I've stayed away from it. I have no idea why though, it didn't matter to most. I remember telling someone, "Hey, I quit smoking." What did this person say? "That's great, but now you need to work on your weight." You can't impress anyone these days. I swear people would rather me be a smoking skinny guy than a non smoking fat guy.

Shoot, looks like I'm almost reaching my word limit here. Next month though, we will take a journey that may frighten some people. No spoilers though. Thank you for reading and you have yourself a great day.

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## OBITUARY – MARY J. HANNA

Bath, NH – Mary J. Hanna, 81, of Pettyboro Road, died on Tuesday, March 27, 2012 at her home.

Mary was born in Lowell, MA, April 4, 1930, and graduated from high school in Lowell. She was married to David J. Hanna and he predeceased her in January of 1999. David and Mary lived in Wells, ME and moved to Bath, NH around 25 years ago. She enjoyed watching and feeding the deer and wildlife around her home.

She was also predeceased by two brothers.

Survivors include three step daughters, Laurel Rust and her husband Everett of Bath, NH, Velma Spann and her husband Jim of Alabama, and Cheryl Ravenscroft and her husband John of Arizona; nine step grandchildren; and thirteen step great grandchildren.

There will be no calling hours.

A private family graveside service will held later

this summer in the Pettyboro Cemetery, Bath, NH.

In lieu of flowers, memorial contributions may be made to St. Jude's Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105-1905.

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

### CATHERINE JEAN MAURER



Pike, NH – Catherine Jean Maurer, 68, of Daniels Road, died on Thursday, April 5, 2012 at her home.

Catherine was born in Rutland, VT, September 17, 1943, the daughter of James Walter and Laura Irene (Poole) Comeau.

She owned and operated the Mine Mine Mine Farm in Pike. Catherine was a very strong animal activist. In 2004 Cathy, along with a group of other concerned and caring individuals, helped to form the Twin State Humane Society.

She was predeceased by her friend, John N. Arrigo on April 8, 2008.

Survivors include two sons, Vincent Patrick of Ipswich, MA and Stanton Patrick of Rutland, VT; 4 grandchildren; a brother, Robert Comeau of Malta, NY; and several nieces,

nephews, and cousins.

There will be no calling hours.

A celebration of Cathy's life will be held at the farm at a later date.

The family respectfully asks that flowers be omitted and memorials made to the Twin State Humane Society, PO Box 263, Pike, NH 03780.

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 – GENE R. GADWAH



Woodsville, NH – Gene R. Gadwah, 74, passed away on April 8, 2012, at his residence following a short bout with cancer.

He was born in Woodsville, NH, August 28, 1937, a son of Cyrena (Jolin) Getchell and Claude L. Gadwah, Sr., he attended schools in Woodsville and started work at an early age on local farms and delivered milk for the former Hastings Dairy of Woodsville. For forty seven years he worked at the former Newman Lumber Company and continued work at the company following its sale to the Davidson Company.

In his semi-retired years, he worked for the Woodsville Fire District Highway Dept. He took pride in his work at keeping the parks and playgrounds grass mowed during the summer and sidewalks clean and clear of snow and ice in the winter. Gene retired from this work in December 2011. He was a life member of the Ammonoosuc Valley Fish and Game Club, had served honorably in the National Guard for nine years,

and was also a member of the Knights of Pythias Lodge of Haverhill.

Gene was well known for his love of hunting, fishing, and target shooting, and over the years earned many trophies for his marksmanship.

He was predeceased by his first wife, Diana (Arsenault) Gadwah on July 13, 2003 and his parents, Cyrena and Claude.

Survivors include his wife Gail, (Bedell), a son, Gene H. Gadwah and wife Wendy of North Haverhill, NH, a daughter, Lisa Gadwah and husband Michael of Woodsville, five grandchildren, Diana Self and husband Ryan of Glencliff, NH, Sunshine Gadwah and husband Edward, Tonya and Madeline Gadwah, and Michael Gadwah II, four great grandchildren, Autumn and George Self, Alysha and Trinity Gadwah, three step children Terry Fairbrother and husband Bruce, Peter Knights and wife Angel, and Lynn Knights and friend

Diane, along with several step grandchildren and step great grandchildren; two brothers, Dean Gadwah and wife Bunny of Lebanon, NH and Claude Gadwah and wife Jackie of Woodsville, along with several nieces and nephews.

Calling hours were held on Wednesday, April 11th, from 6 to 8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH.

The funeral service was held on Thursday, April 12th, at 11 AM at the funeral home with Pastor Susan Ellery officiating. Burial followed in Horse Meadow Cemetery, North Haverhill, NH.

Memorial contributions can be made to the Cottage Hospital Oncology Dept., PO Box 2001, Woodsville, NH 03785

For more information or to sign an online condolence please visit [www.rickerfh.com](http://www.rickerfh.com)

Ricker Funeral Home, Woodsville is in charge of arrangements.

## OBITUARY

### DANIEL JOSEPH JOCK



Woodsville, NH – Daniel Joseph Jock, 26, died on Wednesday, April 4, 2012 at the Dartmouth Hitchcock Medical Center after a 15 month courageous battle with leukemia, surrounded by his loving wife, family, friends, and fellow firefighters.

He was born at the Yokota Air Force Base in Japan, on February 21, 1986, the son of Ernest and Melodie (Caswell) Jock, Jr. Dan graduated from the Littleton Charter School in 2004. He had worked for Spencer Richardson of Home ICU in Swiftwater, NH, and more recently, he worked for Walter E. Jock Oil Company, Inc. in Wells River, VT as an oil burner technician.

Dan married Megan Winot on February 15, 2012. He was volunteer firefighter on the Woodsville Fire Department since 2004. Dan was a Level II Certified Firefighter and a RIT Certified Firefighter. He enjoyed training with others and was an excellent pump operator. He was a member of the Red Knights Chapter #5, Wells River. Dan will be remembered for practical jokes. He loved hanging with his friends and his children.

He was predeceased by his mother, Melodie (Caswell)

Jock; and an aunt, Pamela Caswell Dana.

Survivors include his wife Megan (Winot) Jock of Woodsville; three children, Matthew C., Joey A., and Jaylynn M. Jock all of Woodsville; his father, Ernest Jock, Jr. of Norfolk, NY; a sister, Ashley Jock of Moira, NY; maternal grandparents, Bonnie Caswell Poor and husband Robert of Bath, NH; paternal grandparents, Ernest Jock, Sr. and wife Carrie DeBeer Jock of Brushton, NY; two aunts, Angela Borger and husband Neil and Christine Fleury and husband John; two uncles, Chester Caswell and wife Catherine and Dave Jock; several cousins; and his fire family.

Calling hours was held on Friday, April 6, from 6 to 8 PM at the Woodsville Emergency Service Building, 4910 Dartmouth College Highway, Woodsville, NH.

A funeral service was held on Saturday, April 7, at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH with Rev. Lyn Winter officiating.

Burial followed at the Pine Grove Cemetery, Swiftwater Road, Woodsville.

In lieu of flowers, memorial contributions may be made to Dan Jock Fund, c/o North Country Public Safety Officers Foundation, PO Box 239, Franconia, NH 03580.

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)

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# 14 The Truth About Green Superfoods

In my shoppe, common conversations are defining why individuals suffer from adrenal exhaustion, lack of overall energy, no "Drive"... these talks always lead to "superfoods", so what are we really talking about? Green foods are rich sources of essential nutrients. We are all adding more salads and green vegetables to our diets. However, because of the great concern for the nutritional quality of produce grown on mineral depleted soils, green superfoods, such as chlorella, spirulina, barley green, wheat grass and alfalfa have become popular. They are nutritionally more potent than regular foods, and are carefully grown and harvested to maximize vitamin, mineral and amino acid concentrations.

Green, and blue-green algae (phyto-plankton) have

been called perfect superfoods, with abundant amounts of high quality, digestible protein, fiber, chlorophyll, vitamins, minerals and enzymes. They are the most potent source of beta carotene available in the world today. They are the richest food source of vitamin B12 higher than liver, or sea vegetables. Their protein yield is greater than soy beans, corn or beef. They are the only food sources, other than mother's milk, of GLA (Gamma-Linolenic Acid). GLA is an essential fatty acid, a precursor to the body's master hormones. Deficiencies in GLA contribute to obesity, heart disease and PMS. Phyto-plankton are also used therapeutically to stimulate the immune system, improve digestion and assimilation, detoxify the body, enhance growth and tissue repair, accelerate healing, protect

against radiation, help prevent degenerative disease and promote longer life.

Chlorella contains a higher concentration of chlorophyll than any other known plant. It is a complete protein, contains all the B vitamins, vitamin C and E and many minerals actually high enough to be considered supplementary amounts. The cell wall material of chlorella has a particular effect on intestinal and bowel health, detoxifying the colon, stimulating peristaltic activity, and promoting the growth of beneficial bacteria. Chlorella is effective in eliminating heavy metals – such as lead, mercury, copper and cadmium. Anti-tumor research shows it is an important source of beta carotene in healing. It strengthens the liver, the body's major detoxifying organ, so that it can free the system of infective agents that destroy immune defenses. It reduces arthritis stiffness, lowers blood pressure, relieves gastritis and ulcers. Its rich nutritional content has made it effective in weight loss programs, both for cleansing ability, and in maintaining muscle tone during lower food intake. But its most important benefits seem to come from a combination of molecules that biochemists call the "Controlled Growth Factor", a unique composition that provides a noticeable increase in sustained energy and immune health when eaten on a regular basis.

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plex of vitamins, including B12. it is rich in beta carotene, minerals, trace minerals and essential fatty acids. Digestibility is high, stimulating immediate and long range energy.

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Wheat Grass has great curative powers for many degenerative "incurable" diseases when taken as a fresh liquid. Fifteen pounds of fresh wheat grass are equal in nutritional value to 350 pounds of the choice vegetables. In capsule form it provides highly concentrated food for both people and animals needing more dietary greens and roughage.

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# DIMARTINO & SONS UPHOSTERY

## Fine Furniture Re-Upholstery And Restoration

*"The Three Generation Italian Business"*

Interview with Jessica DiMartino

By Lauren M. LoSchiavo

Dorindo DiMartino's father, Ray, originally from the Abruzzo Region of Italy, started this business with a friend back in 1939. Dorindo was quick to follow his father's lead and began working on the restoration of furniture as a small boy. He learned the art of sewing from his mother, Rita. His brother, Ray also fell in love with the process of restoring precious old furniture and getting it back into service, and owns Newtown Upholstery in Newtown, Ct.

Dorindo earned his Bachelors of Science degree in the eighties, but is classically trained in the art of upholstery, re-upholstery and restoration. He has worked for the likes of Michael J. Fox, and other celebrities while in Connecticut. Dorindo has worked for Gilberte Interiors, Inc. in Hanover, NH. His skill has allowed him to pursue numerous commercial contracts, such as restoring the chairs in "The Colonial Hairdresser" in St. Johnsbury, Vermont, and he currently has the contract for St. Johnsbury Academy. He recently restored the Academy's library chairs' cushions and a few years prior, replaced the drapes in Fuller Hall, but his true love lies in antique restoration.

After moving from Connecticut, Dorindo was a sub-contractor for Lyndonville Furniture for 22 years. During that time he attracted the attention of Lyndon State College, and continues to work for them still. Dorindo re-located to Island Pond with Jessica, his wife, and their 4 children, Sofia, 15, Adriano (Ace), 12, Ramone, 10, and Santino (Teeny) 5. It soon became evident that this was going to be a family affair. Sofia now works with Jessica in "Sofia's Interiors" and helps choose the color and design of fabrics. She loves to sketch and design. Both Ace and Ramone enjoy sewing as well as design. They have now been in their second location in St. Johnsbury, Vermont, since August.

Jessica DiMartino's roots are also in Italy, or for those of you out there who differentiate, Sicily. She describes her mother as a "bit of a Gypsy" with a talent for making things beautiful. She had an innate talent for color and design and passed these

traits on to her daughter. Jessica has her Bachelor's in Fine Arts degree and is pursuing her Master's in Interior Design and Architecture. In a future article we will bring you news about the DiMartino's most recent acquisition, The Cozy Inn, in Island Pond.

If you have a piece of furniture that you would like to see restored, call (802) 673-3309, you can email a picture of the item for evaluation

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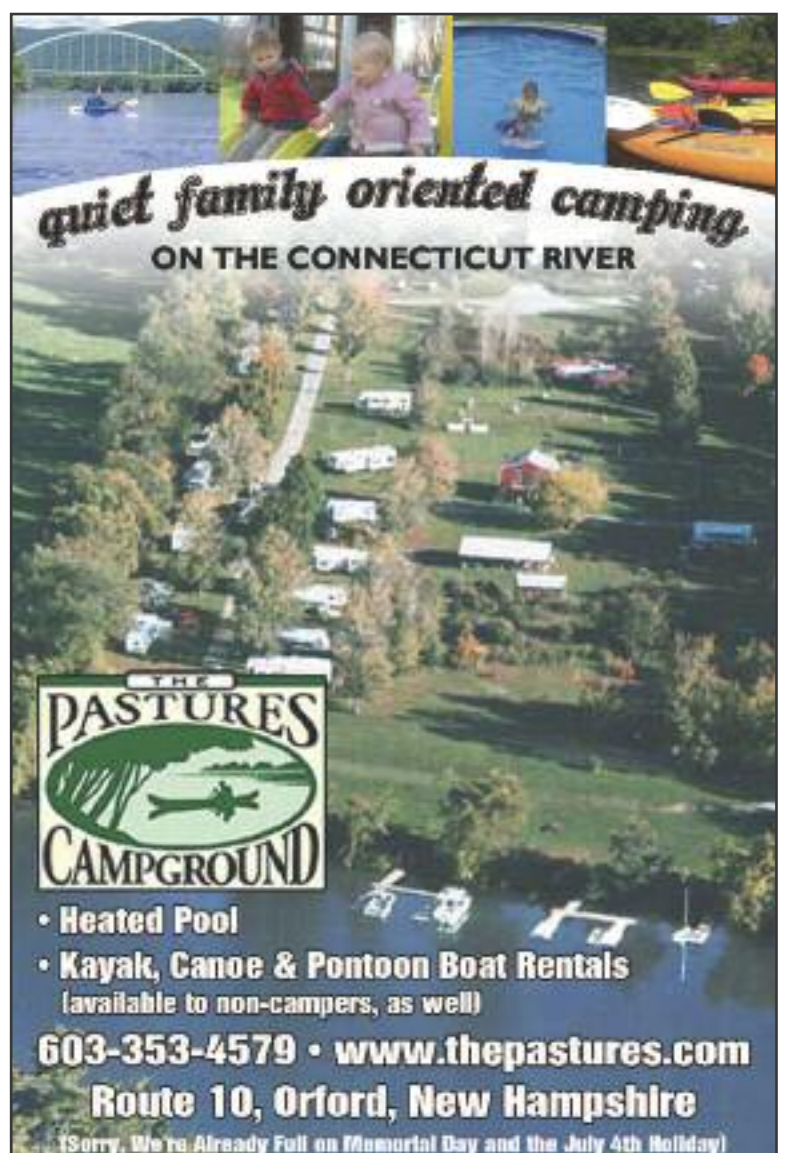
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By Ronda Marsh

## Maple Walnut Upside-Down Cake

There is only one word to describe this cake: WOW!! Or, At least that was my initial utterance after my first bite. You see, I am really more of a savory person than a sweet-eater; I'd rather have seconds on the meat and veggies portion of the meal than the dessert. So, for a cake to rock my boat, it's got to be exceptional, and believe me, this one really is. Like any other New Englander worthy of the moniker, I always have some local maple syrup on hand, and prefer to utilize it in unique and tasty recipes. I know it's expensive, but I would rather go without than to resort to that Lord-only-knows-what's-in-it artificial crap that goes under the general heading "pancake syrup". And besides, that stuff just won't work in this recipe, so don't even try it. As for the recipe itself, it comes from this year's Vermont Public Television maple promotion, called "Maple Madness". I happened to turn on the TV just in time to catch the very last cooking demo, and this was it. Two young gals, one a recent VT Maple Queen, put the cake together in no time flat...exactly my kind of cooking! I will forewarn you of one little detail: When they state to wait 15 minutes after taking the cake out of the oven and then turn it out on a plate, they ain't just a-

whistlin' Dixie...at the 15 minute mark, I discovered my chosen cake plate was not quite big enough and had to find another one, so it was more like 18 to 20 minutes, and my cake didn't want to release, causing it to split. In retrospect, I wish I'd used a metal baking pan instead of tempered glass, as I could have briefly reheated the bottom over a low burner and that probably would have prevented the split. Ah well...hindsight is twenty-

twenty, and the only thing left to do was to cut myself a sizeable piece to sample, in hopes of assuaging my wounded pride and ease the pain of a broken cake. What a surprise! This cake tasted so much better than I had expected, it no longer mattered to me that it looked somewhat less than perfect. With a tender, moist crumb and a crunchy, almost sugared walnut topping, I cared not a whit about the crack in the middle. Neither did anyone else who

sampled it. Within a few hours, the crack was gone, right along with the rest of the cake. I'm making another of these scrumptious confections tomorrow!

- 1 cup maple syrup (only the real thing, please!)
- 1 cup walnuts or pecans, roughly chopped
- 1 stick butter (1/2 cup) softened to room temp.
- 1 cup sugar
- 2 eggs, room temp.
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1-1/2 cups all-purpose flour
- 1/2 cup whole milk, room temp.
- 1 teaspoon vanilla

Preheat oven to 350°F. Generously spray or grease a 9-inch square oven proof pan. Pour syrup in bottom of pan and evenly sprinkle with the nuts. With an electric mixer, cream butter and sugar until fluffy. Add the eggs, one at a



time and mix well after each. Whisk together the flour, baking powder and salt in a bowl. Add the vanilla to the milk. Alternately add the wet and dry ingredients to the egg mixture, beating just until everything is nicely mixed. Carefully dollop the cake batter over the syrup and nuts, then gently smooth the top. Bake for 40 minutes, or until cake tests done. Remove from oven and let rest on a rack 15 minutes (exactly!) before running a sharp knife around the edges then turning out of pan onto a cake plate.

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