

TRENDY TIMES

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MAY 1, 2012 VOLUME 3 NUMBER 15

Annual Mother's Day Spring Herb Walk Led By Local Herbalist Alyssa Doolittle

The St. J. Food Co-op and Alyssa Doolittle, Herbalist, MS, Grower and Mom welcome the popular annual Mother's Day Herb walk to identify and greet the plants of spring. This will be an easy to moderate walk at the St. Johnsbury Town Forest on Saturday, May 12 at 10am.

Participants can meet at the St. J. Food Co-op at 9:45 am to walk together to the Town Forest or meet at the Town Forest at 10am. Herbalist Doolittle will dis-

cuss traditional plant uses, basic botany and everyday ways to include common wild plants in your diet and your medicine chest.

Doolittle has been studying and working with plants as medicine since 1994. She has studied with several diversely talented herbalists across the country, mainly in Oregon and then Colorado where she attended the Rocky Mountain Center for Botanical Studies in Boulder. She possesses a MS in Forest Science and BS in Natural Resources, both from Oregon State University.

Doolittle is owner and founder of Mayflower Herb Farm, Burke VT. Mayflower Herb Farm became Certified Organic in 2005, and contin-

ues to diversify, grow and make medicines from organic herbs throughout the year. Doolittle is also a medicine crafter selling home-grown and handmade herbal products for the childbearing year and beyond under the name of Sisters Herbals. Doolittle teaches Botanicals for Midwives at Birthwise Midwifery School in Bridgton, Maine and leads herb walks and medicine making classes at Mayflower Herb Farm Sunday mornings.

The walk is open to anyone interested for a fee of \$7 per person paid directly to Alyssa Doolittle. Children under 15 yrs. are free. Please call the St. J. Food Co-op to register 802-748-9498. If you are interested in speaking directly to herbalist Doolittle about this or other Mayflower Herb Farm events you may email her at Sisterherbals@gmail.com or call 553-1070.

The St. J. Food Co-op is a cooperatively- owned food store for the community offering fresh, local, organic foods, community events and educational programs. Member or not, anyone can shop. The co-op is located at 490 Portland St., St. Johnsbury, Vermont.

Store hours: Sunday 11-4: Monday – Wednesday and Saturday 9-6; Thursday and Friday 9-7.

For questions regarding this event or general store information call 802-748-9498.



Heather Burt, of the St. Johnsbury Area Local Food Alliance (St J ALFA) examines the recently tilled Community Farm plot on Old Center Rd. in St. Johnsbury. The land was tilled by Ben Gates of Dad's 4x4 and is owned by Jeff Moore who has donated the use of it for the Community Farm project. The project serves the community in growing food for all. This is a volunteer based project which will be successful with individual and community group participation. Volunteers can come by and help at any time and take away produce. The remaining produce is donated to the local food shelves and community meal sites. To participate or find out more contact Heather Burt, 802-274-2515 or fullofcompost@gmail.com.

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or the Community Wellness and Rehab Building,
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CROSTOWN MOTORS Renovations, Partnerships And State-of-The-Art Technology

Interview with Kevin Roy

By Lauren M. LoSchiavo

Few may know that this dealership was in the Cross family for 2 generations. In May 2004 the L&T Group purchased Crosstown Motors, with its addition to L&T owned dealerships in Littleton and Springfield the *Autosaver Group was formed and has continued to grow rapidly. Since 2004 there has been

a steady growth from approximately 30 to 70 sales per month to date. Crosstown Motors received the Dealership of the Year Award in 2005 thru 2007, won the 5 Star Elite in 2008, and were recognized as one of the top 10 dealers of 2005-2008.

In the last 12 months Crosstown Motors has under-

gone a significant metamorphosis. Their 2nd major renovation that began in late 2011 (and is still in-progress) includes a complete redesign of the Sales and Service Department to meet Chrysler Dealer Design specifications.

In addition to cosmetic changes, the last 6 months have

brought a new Parts & Service staff and Management Team. Kevin Roy, with over 15 years in the automotive industry as a Master Certified Technician, and a Certified Service Manager with 10 automobile manufacturers, was appointed as Service Director. Evan Nelson was promoted to Parts Manager. Evan has 7

years of domestic and import automotive experience as a Service Advisor and in Parts & Service management. The newest addition to the Service Drive Team is Brett Trahan who was appointed as Service Advisor. Brett has 5 years' experience as a Master Certified Technician.

Two very exciting developments at Crosstown Motors are their recent partnerships with Valvoline and Magneti-Marelli. The Valvoline partnership resulted in a major investment in new, state-of-the-art equipment that will allow them to offer what is known as the Valvoline Professional Service Series. The very basic description of this is a deep, cleaning and "flushing out" of all the major fluid systems in a vehicle. Performing scheduled service will guarantee that the components involved will last longer.

The second partnership with Magneti-Marelli by Mopar will bring Crosstown Motors to the forefront in dealer sales and service. Pietro Gorlier, President and CEO of Mopar had this to say on the announcement of the agreement between Mopar and Magneti-Marelli, "The agreement with Magneti-Marelli effectively creates one-stop service shops at our Chrysler Group dealerships and our dealership network will now have the ability to fully service customers who drive into our service lanes, with all makes vehicles, with high quality Magneti-Marelli parts". This includes foreign cars and parts such as brake pads and rotors, struts, water pumps, oil, air and cabin air filters, spark plugs, ignition wires and starters for most makes and models--new items are being added weekly.

Crosstown Motors, is a perfect fit for these partnerships, and has the most Master Certified Chrysler Technicians of any Chrysler dealership in the area.

Come in to Crosstown Motors today and see all they have to offer. They are open from 7:00a.m. to 5:00p.m. are located at 650 Meadow Street in Littleton, New Hampshire, online at www.crosstownmotors.net or on Facebook. Phone number: 1.888.748.0734.

**The Autosaver Group is New England's fastest growing dealer group. It is comprised of 9 new and used sales and service locations, 1 auto accessory location and 4 body repair shops. They represent 4 manufacturers, 8 vehicle carlines (Buick, Chevrolet, GMC, Chrysler, Dodge, Ram, Kia and Suzuki) and 100's of available make and models in Vermont and New Hampshire.

May 1, 2012 Volume 3 Number 15
Not all Times are Trendy but there will always be Trendy Times

Thank You, Mom!

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Complete vehicle reconditioning, interior & exterior

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- See your service advisor

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Bailiwicks Fine Restaurant,
\$200 non-cash value

- See service staff for details & entry
- Prize drawn Wed., May 9. Winner contacted immediately so reservations can be made.

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Just For Moms
All moms who visit us for their service needs now through Friday, May 11 receive a special gift!

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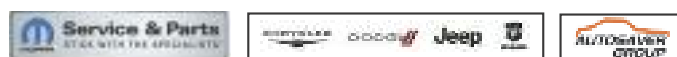


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*Offers good with ad until 5-31-12. May not be combined with any other offers. Must present ad at time of write up.

3 RBA Sponsors A Mother-In-Law Story 3

Chili & Pie Cook Off

The 3 Rivers Business Association once again invites area residents to take part in the Sixth Annual Chili & Pie Contest. The cook off / tasting will take place at Railroad Park in Woodsville on Saturday, May 19th at 6:00 PM. There is no entry fee for the contest. This year there will be cash prizes. There are three categories in the chili contest and three categories in the pie contest. For information on the official guidelines please call or stop in at An Affair To Remember, 603-747-3200, in Woodsville,

The Brick Store, 603-747-2074, in Bath, Burnham's Shoe Store, 802-757-2283 in Wells River, or Everything But The Cook, 603-747-2122 in Woodsville.

Come join in the fun, taste chili, homemade pie, and the food concession provided by the Haverhill Area Recreation Program (HARP), listen to great music and visit with old and new friends. Enjoy a fun evening.

And don't forget Paddle The Border Spring, on Sunday May 20th.

My mother-in law had several names--Catherine, Katie, Kay and Nana. I always called her Nana. She came from humble beginnings in a big family with Lithuanian roots. Her mother died when Katie was 12.

She married Gordon when she was 17; and they had three kids: Joe, Bea and Bobby. They lived in a modest house in Salem, NH and Gordon (we called him Papa) worked in the mills in nearby Lawrence, Mass.

When it was time for Bob to go to college, Nana took a job babysitting and cleaning house for a beautician in town. She literally scrubbed floors for \$25 a week so her son could have the educa-

By Elinor Mawson

tion no one in the family had gotten so far.

Although she never had a driver's license, she was an accomplished back-seat driver. With her along, we always knew what was approaching from both the front and behind.

Nana was a wonderful cook whose Christmas cookies were legendary. We still use some of her recipes, but thankfully, my husband has never compared her cooking to mine.

When Papa developed emphysema after their 55th anniversary, Nana moved a hospital bed into the living room and took care of him for his last months. He had a tracheotomy, which she learned how to manage, and they spent his final days in quiet companionship. After he died, her comment: "That part of my life is over and now I have to move on." She lived another 25 years.

Nana sold her house and moved to a mobile home in a park where she continued the things she liked best. She had a small garden,

went to Bingo, and was always at family get-togethers. I never heard her whine or complain, although she stopped making her cookies at Christmas time.

When she began to have trouble getting around, she announced that she was giving up her trailer and going to an assisted living facility. An appropriate Home was found for her and she quietly moved in. I never heard her bemoan her fate, although she and the lady who shared her bathroom had some words from time to time.

Nana broke her hip and spent some time in the hospital. When she came back to the Home, she was asked if she wanted heroic measures taken if she needed them. Her reply: "I have had a nice long life, and you don't have to do anything."

I saw her the night she died. She wasn't conscious, but I held her hand, told her I loved her, and thanked her for all she had done for me. She was 94.

Nana was the bravest person I ever knew.

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GRANITE STATE OF MIND

By Rob Azevedo

The Awakening

One doesn't expect to have an awakening at Panera Bread. At least that's my experience. But on a recent afternoon, at the Panera in Bedford, I was moved enough by an individual to think maybe, just maybe, I don't have all the answers.

I was using the free WiFi, drinking an okay blend of coffee. Not two feet away sat an open table. Inside, I hoped it would remain that way. Fifteen minutes later a woman in her 50's sat down next to me. She was attractive with fine black hair. She wore a red coat and gloves. If the seat had to be filled, I was okay with her.

We said hello with a glance. I was certain a long conversation would ensue. After all, we were close enough to smell each other's feet. After some small talk, we got around to her having had nine children. Nine! I couldn't hide my interest. I asked about each one. I think the woman had, like, 20 grandchildren. I could be making that up.

But she definitely had one grandchild because she told me that the child was sick and desperately in need of prayer. Children's prayers specifically.

"There is no stronger prayer," the woman said. "than a child praying for a child."

My chest went cold. I have two kids and I'd have my toe-to-the-trigger if anything happened to them. We needed to shift this conversation. But it wasn't going far. It was going right to God.

I explained I was a Catholic, an altar boy once, in love with Christ but not the Catholic Church. She understood, then assured me that not all priests are vile.

She asked if my children were baptized. I said, yes, one of them. "By the time my son was born the allegations of rape were piling up," I said. "I decided not to risk his safety within that environment."

She asked if I went to church. No, I said. I was finding the homilies hard to be-

lieve, as if A-Rod was coaching me on the dangers of steroids.

"How can you deprive yourself the Body of Christ?" she asked.

"How can someone manipulate a child?" I replied.

She reached into her leather purse and handed me a tiny, gold charm of Mother Mary. "You and I were supposed to meet," she said to me. "I'm certain of that."

She asked if I knew where the Blessed Sacrament Church was on S. Elm Street. I do. "Go to the Perpetual Adoration Chapel and pray then," she said with conviction. "You can't receive the Body of Christ, but you can pray to him."

Days later I did just that. I walked into the tiny chapel adjacent to the church. Three others were praying to a gold cross of Christ. Beside Him was a statue of Mary. The room held about 10 seats and kneelers. It was very quiet.

Resistant to pray at first, I sat in silence. Then, I saw inside the kneeler was a brown, plastic set of rosary beads. I tried to remember if the small beads were for Mary or the big beads for Jesus? I went with my gut.

For the next twenty minutes I said 53 Hail Mary's and 8 Our Father's. I felt neither freed nor forgiving after. I simply honored one of life's rare awakenings.

And then ran with it.

Comedy At Bradford Theater



Peter Vinton Jr and Anthony Helm in a scene from Old Church Theater's "Don't Tell Mother"



The cast of the comedy "Don't Tell Mother!" opening this Friday at Old Church Theater in Bradford. Clockwise from left: Tamaran Goldensher, Peter Vinton Jr, Eric Downing, Director Paul Hunt, Anthony Helm, Noel Figart, Brenda Danielson, Barbara Swantak

BRADFORD, VT: "Don't Tell Mother" is the farce opening the 2012 season at Old Church Theater on North Main Street this Friday May 4th. Written by Monk Ferris and directed by Paul Hunt, this is a laugh-a-minute treat for all ages. The play will run two weekends with Friday and Saturday shows at 7:30pm and Sunday matinee at 4:00pm. For reservations call 802-222-3322 or reservations@oldchurchtheater.org. Admission is \$10.00 and \$5.00 for students. Bradford's Colatina Restaurant also offers a special "dinner theater for two" for \$41.99: This all-included price is a bargain, and they'll see you are in time for the show!

Patrons will appreciate the heated theater, and the rest rooms have been totally renovated for 2012.

The story is about poor Cinnamon who witnesses a bank robbery and rushes home to avoid being tracked down by the robber who can identify her. Together with her friend DeeDee they conspire to keep this news from her anxious mother by deliberately mixing up what is going on, when unexpect-

edly a federal agent arrives, followed by the robber, Cinnamon's fiancé, his mother and finally the robber's girlfriend. On top of that, a mischievous home appliance causes even more confusion, finally bringing the robber to justice in one of the funniest scenes ever staged.

Included in the cast are Tamaran Goldensher, Barbara Swantak, Brenda Danielson, Peter Vinton Jr, Noel Figart, Holly Bristol, Eric Downing and Anthony Helm.

Old Church Theater has provided summer entertainment for 28 years in Bradford with five plays a year from May to September, with the next production in early June being a thriller-ghost story, "The Uninvited". Participation in this community theater is open to all, from acting to backstage help to ushering and more. The website has photos, news, schedules and lists of opportunities for people wanting to explore being a part of this exciting local group. Visit www.oldchurchtheater.org for more information or to find out how to donate or volunteer with this non-profit group.

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Students \$5

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Director
Paul Hunt

SOUTH MAIN AUTO

“Let Us Earn Your Trust”

Interview with John Vinton

By Lauren M. LoSchiavo

In 1986 construction started on the building South Main Body Shop would soon occupy. In 1988 the building was completed and they opened their doors as South Main Body Shop. They dealt exclusively with body repair. At one point they had 10 body technicians working full time. In addition, they had a second location in St. Johnsbury Center called South Main Accessories.

In the mid 1990's the 2 locations were consolidated, and the auto mechanical repair, trailer hitch, snow plow and auto accessory business were all moved to the 448 Main Street location. In 2003 they began offering “The Boss” snow plows. This was a name more familiar to the Midwest, and was basically unknown in this area. They were already authorized to sell and service Fischer, Diamond/Meyer, and Snoway snow plows and sand spreaders...The Boss snow plow, complimented their product offerings nicely. Approximately 4 years ago they took on Air Flo and began selling their Sand Spreaders and Dump Bodies. This also fit nicely into the niche markets they were developing. South Main Auto offers numerous well-known brands for which they are authorized

to sell and service. South Main's philosophy is “to provide customers with the best equipment, for the best value.”

In 2005 they stopped doing collision repair work completely and switched over to automobile and truck mechanical repair, (both domestic and foreign). In addition to regular & preventative vehicle maintenance, South Main Auto services ATV's, they sell and repair trailer hitches, from light to heavy duty, including 5th wheel and goose neck trailer hitches for cattle and RV camper hauling. They also service in-board/outboard motor boats and Briggs and Stratton small engines. South Main Auto also does auto detailing and has a host of car and truck accessories from bug shields to step bars to ladder racks.

South Main Auto has been entrusted with servicing the Vermont State Police cruisers. They take pride in the quality of the repair and service they offer. “The safety of friends and family is foremost in our minds,” says John. “We may not be the least expensive, but we are competitive, and we are the best.” The Vermont State inspections laws are evenly and consistently applied and

strictly adhered to, which “not only makes your vehicle safer, but may result in higher fuel efficiency.”

South Main Auto has 8 employees, 3 are ASE Certified Technicians (ASE-Automotive Service Excellence), with over 70 years of combined experience. They are conveniently located at 448 Main Street in St. Johnsbury, Vermont. For more information call: 802.748.3219 or email at southmain1@charter.net, find them on Facebook or check out their website at www.southmainauto.biz.

Bath Library

“Year Of Wonders”

The Bath Library Book Club will be discussing “Year of Wonders” by Alice Hoffman on Thursday, May 10th at 7PM in the Bath Library. Year of Wonders is set in 1666, as a housemaid named Anna Frith, an unlikely heroine, emerges as the “plague” hits an isolated village outside of London and spreads disease and super-

stition. Books maybe picked up at the Bath Library, hours are Tuesdays and Thursdays 9am to noon and 1pm to 6pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603-747-3372 or email bathlibrary@together.net.

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

May 1, 2012 Volume 3 Number 15

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

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM
Horse Meadow Senior Center, North Haverhill

TUESDAY, MAY 1

NH STATE VETERANS COUNCIL REPRESENTATIVE

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

DINNER OUT TO BENEFIT BOYS & GIRLS CLUB OF THE NORTH COUNTRY

5:00 PM – 9:00 PM
The Little Grille, Littleton

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 INFO NIGHT

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

THURSDAY & FRIDAY

MAY 3 & 4

SPRING RUMMAGE SALE

10:00 AM – 4:00 PM
Our Lady of Perpetual Help Church, Bradford

FRIDAY, MAY 4

SPAGHETTI SUPPER (MEAT & VEGETARIAN SAUCES)

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

NEK CITIZEN OF THE YEAR DINNER

6:00 PM
Lyndon State College, Lyndon Center
See article on page 10

NORTH COUNTRY CHORUS SPRING CONCERT

7:30 PM
First Congregational Church, Littleton
See ad on page 13

OCT - DON'T TELL MOTHER

7:30 PM
Old Church Theater, Bradford
See article and ad on page 4

SATURDAY, MAY 5

SPRING RUMMAGE SALE BAG DAY

9:00 AM – 12 Noon
Our Lady of Perpetual Help Church, Bradford

UPPER VALLEY BEE CLUB MEETING

12 Noon – 2:00 PM
Bob Eastman's Bee Yard, Rt. 113, West Fairlee

ITALIAN DINNER

5:30 PM – 7:00 PM
United Congregational Church, Main St., Orford

COOKVILLE CAFE MUSIC & TALENT

7:00 PM
Corinth Town Hall
See article on page 14

NORTH COUNTRY CHORUS SPRING CONCERT

7:30 PM
Wells River Congregational Church
See ad on page 13

OCT - DON'T TELL MOTHER

7:30 PM
Old Church Theater, Bradford
See article and ad on page 4

SUNDAY, MAY 6

22ND ANNUAL MARCH FOR BABIES

9:00 AM
Wells River Savings Bank
See ad on page 11

NORTH COUNTRY CHORUS SPRING CONCERT

3:00 PM
Peacham Congregational Church
See ad on page 13

OCT - DON'T TELL MOTHER

4:00 PM
Old Church Theater, Bradford
See article and ad on page 4

MONDAY, MAY 7

GOOD OLE BOYS & GIRLS NH SENATOR JOHN GALLUS

12:00 Noon
Happy Hour Restaurant, Wells River

DINNER OUT TO BENEFIT BOYS & GIRLS CLUB OF THE NORTH COUNTRY

4:00 PM – 9:00 PM
Chang Thai, Littleton

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

FIRST MONDAY MOVIE SERIES: SPOIL

6:30 PM
Colatina Exit, Bradford

COOKEVILLE CAFE MUSIC & TALENT SERIES FEATURING "GREEN ROOM"

7:00 PM
Corinth Town Hall

TUESDAY, MAY 8

FLAG WAVE

3:00 PM – 5:00 PM
Rt. 5 & I-91, Norwich

WEDNESDAY, MAY 9

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

PARENTS OF TEENS CLASS

6:00 PM – 8:00 PM
Grafton County Extension Office, No. Haverhill
See article on page 16

THURSDAY, MAY 10

BATH LIBRARY BOOK DISCUSSION

7:00 PM
Bath Library
See article on page 5

FRIDAY, MAY 11

OCT - DON'T TELL MOTHER

7:30 PM
Old Church Theater, Bradford
See article and ad on page 4

SATURDAY, MAY 12

HUGE YARD SALE

9:00 AM
Horse Meadow Senior Center, No. Haverhill
See ad on page 17

BAKE SALE & COOKIE WALK

10:00 AM
American Legion Home, Woodsville

SPRING HERB WALK

10:00 AM
St. Johnsbury Town Forest
See article on page 1

OCT - DON'T TELL MOTHER

7:30 PM
Old Church Theater, Bradford
See article and ad on page 4

WALL-STILES BENEFIT CONCERT

8:30 PM – 11:00 PM
Colatina Exit, Bradford
See article on page 12

SUNDAY, MAY 13

OCT - DON'T TELL MOTHER

4:00 PM
Old Church Theater, Bradford
See article and ad on page 4

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

GRAFTON COUNTY GARDENERS CLEAN-UP

9:00 AM – 11:30 AM
Grafton County Complex, North Haverhill
See article on page 10

GROTON GROWERS COMMUNITY MARKET

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

3RBA CHILI & PIE CONTEST

See article on page 3
PARKER HILL ROAD BAND CONCERT
6:00 PM
Railroad Park, Woodsville

SUNDAY, MAY 20

PADDLE THE BORDER SPRING

10:30 AM
Woodsville Community Field
See article on page 8

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

Submit your entries by:

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Deadline for submissions is Thursday, May 10th for our May 15th issue.

MOTHERS – YOU GOTTA LOVE ‘EM

And That Means Respect And Remembrance

By Robert Roudebush

It happened that I had two mothers and it happened that I loved them both. And they loved me.

It doesn't always happen. Some of us have more mothers, and some of us have only one or none at all. I've known mothers and children with no love between them. I'm much luckier than lots of folks because of the quality of mothers I had. I sure know how to pick 'em.

Might be you'll see your mothers in mine.

"The sadness of ill-health is part of their story," both of the ladies, the ill-health which took one mother from me and is presently trying to take the other. I wish I was Genius Doctor oftentimes and could solve the great killing diseases that I've come to know and respect along with the hate. Of course death is a natural part of life, part of what makes us what we are, molds how we feel about ourselves and others, and how we treat ourselves and others. In that understanding, I can find peace and acceptance. Those life-ending situations remain however, deep-gut hurtful tales which we'll not talk about now. Instead, here are partial pictures of the mothers in my life, the memories, some still being made, that bring laughs and lifts.

MOTHER NUMBER ONE – Was my birth mother, Betty, Elizabeth, the first wife of my father, Sam. She had the soul of a poet, the spirit

of a dancer, the mind of a writer, all contained inside the body of a young woman stricken by "infantile paralysis", or "polio" in her younger years. Her love of the written and spoken word she passed on to my brother, Peter, my sister Suzi and me by reading us books for years, "Beautiful Joe" among them. Any well-written animal story was great when we were young. History and adventure and the Brothers Grimm too.

"She could sing sweetly and loved to harmonize" with her mother and sister Marion in the small kitchen fixing Thanksgiving dinner, and especially after when they all washed the dishes together. Even at my age now, I recall that music vividly, just as sharply as the delicious tender dark and white meat, the mashed potatoes and rich giblet pan gravy. She would sing softly along with the Platters on the radio when they crooned "Smoke Gets In Your Eyes", and with Olivia Newton-John when she sang, "I love you, I honestly Love You". Those songs could bring tears to her eyes and to ours when we saw hers. She was good at telling the truth when the chips were down, on important issues - she'd look me right in the eye and tell me simply and clearly the answer to sometimes tricky questions about sex or death. Her message to me was, "It's OK to tell the truth and not beat around the

bush when it counts." She was treating me in those instances like the adult she knew someday I would be, not like a child she wanted me to be forever. That was priceless then, and now. She was a naturally pretty woman, who became beautiful when she turned on the charm, and she did that quite often. There was nobody better at any social occasion. She was in the end, and up to the end, my good friend and laugh buddy.

MOTHER NUMBER TWO – Was the lady I still live with here in Mountain Lakes, my father's second wife, Josefina – pronounced ho-say-FEE-na. She is a Columbian born lady my father met there after his breakup with my Mom back in the fifties – he was a tire engineer working in the capitol, Bogotá. Josefina was always a physically beautiful woman, and today at 90 is still striking, with great bone structure and fine skin. What my father fell in love with, however, was not the outside, but the inside of this strong woman, her determination, her good sense, her very good nature, her sense of humor and lack of any du-



plicity at all. All of those qualities are still in evidence even now when she is under attack from Alzheimer's. We nearly lost Mamita twice in the last several weeks. It could be that some of you reading this may know Mamita Linda (Pretty Little Mother in Spanish) personally and love her for the same reasons that I do, and anybody who spends time with her does – she has a good heart and genuinely loves and respects people. She has a natural elegance about her. Even though I'm not her blood, she treats me like a birth son, and she is my Mamita. The situations of care we find ourselves in frequently test the bounds of tolerance for both of us, and

yet she never spends her energy in carrying a grudge – she is blessed with natural good soul which eclipses the hard times. She spends a good deal of time and energy in the past now - she is more comfortable there - and if she expresses unease, it is always about the welfare of others, some long past gone.

"The abiding love she showed for my father for 54 years" is the most memorable treasure she has given me so far. At my age of 65, she is still teaching me many things – not just the occasional Spanish phrase or word I did not know, but how to live with dignity and how to move along to the end the same way. I'd call that love.

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

May 1, 2012 Volume 3 Number 15

NEW HAMPSHIRE GOVERNOR'S CANDIDATE FORUM

Thursday, May 24, 2012
7:00 PM

Horse Meadow Senior Center, North Haverhill

The public is invited and encouraged to attend.

Moderated by Bath School Moderator Everett Rust



Democrat Jackie Cilley
and
Republican Kevin Smith

Have accepted the invitation to participate.



We now need questions from our readers. What would you like to ask these two candidates?

Please send your questions to
Trendy Times

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Paddle The Border Spring – Sunday, May 20th

By Mike Thomas

I hop into my boat and settle in, a little wiggle to get the feel of the water, it is my first time out this year. I say "Ok" to an eager volunteer, who is there to help launch the paddlers, give a slight push and I am out in the river. With a cheer from the other boaters waiting their turn I head down stream. Energy flows thru my veins like the current of the river. After a few strokes of my paddle I am in the middle of the river, I set my paddle to rest and let the river do what rivers do, take me for a ride. Paddle the Border Spring, where will this adventure take me?

Paddle the Border was started as a way for community organizations from Vermont and New Hampshire to work together to "Show Case" their shared asset, the Connecticut River. The paddle is held twice a year (spring & fall) as a way of introducing people to the river. Showing them places to put in, take out, and campsites. Allowing them to get a feel for the river, its twists and turns in a fun festive atmosphere will encourage them to come back.

The Spring Paddle 2012 date is May 20th. The Spring Paddle goes from the Com-

munity Field in Woodsville, NH, to the Bedell Bridge State Park Boat Launch off Route 10, Haverhill Corner, NH. There is a shuttle service from the take out, to the launch sight. This Shuttle Service has been provided by Butler Bus Service (we thank them). The Shuttle Service is available from 10am to 11am; This gives us a suggested launch time of 10:30 to 11:30am. The approximate paddle time for the spring and fall paddle is 3 hours.

Paddle The Border is a way to promote the natural, cultural, scenic and recreational resources of the Connecticut River, in a way that would also provide an economic boost twice a year to the area. The event is sponsored by The Newbury Conservation Commission-NCC, Haverhill Recreation Commission-HRC, and Lower Cohase Chamber of Commerce, with support from Woodsville/Wells River Rotary Club.

Early on a spring morning, as the mist rises off the water, and I float and bob down the Lower Cohase region of the Connecticut River, it's possible to picture the river as indigenous people experienced it thousands of years ago. With a slight breeze at my back and sunshine on my face, my mind slips off on River Time.

Before the arrival of Europeans, Native Americans farmed the floodplain in these bends of the river that became known as the Cohass Meadows, meaning "place of wide valleys". Human habitation

first occurred here over 12,000 years ago, during the time of the glacial lake "Hitchcock", when Paleo-Indians arrived from the west. After the glacier lake reseeded, local agriculture developed, evolving on the river's fertile bottomlands. Corn has been cultivated in the Connecticut Valley for over 1,000 years.

The Connecticut River Valley is the centerpiece of our region, and the Connecticut River is the largest and longest river in New England, starting at the fourth Connecticut Lake at 2,660 ft above sea level, traveling 407 miles to the Long Island Sound. In the Lower Cohase region, we're about 420 ft above sea level. The Connecticut River's name is a French corruption of the Algonquian word quinetucket, - "long tidal river".

Until the building of the turnpikes in the early 1800s and the railroads in the mid 1800s, the river provided the chief transportation route. Although it was a maritime highway, the Connecticut was also a barrier to east-west travel. Ferries were numerous along the river's length. Early roads opened up the area. The Province Road was built about 1773 from Concord through the White Mountains to what is now Haverhill Corner. In 1776-1779, Colonel Jacob Bayley constructed a road from Newbury 54 miles northwest, intending to create a better route for American Revolutionaries to invade Canada.

Wells River and Woodsville – joined by a

bridge across a dramatic narrows of the Connecticut River – were once a major station both in the Connecticut's long history of log drives and the railroad. On the Vermont side of the river across from the Woodsville Community Field, the launch spot for Paddle the Border Spring, is the mouth of the Wells River. Here there once stood a large trading post, where the river barges supplied the early settlers, the hub of commerce for the area.

Do you ever wonder what it looked like at your house 1000 years ago, in 1776, or in the mid 1800's when the Railroads were just coming to the area to replace the slow river barges?

Today the Lower Cohase Chamber of Commerce encompasses the Vermont towns of Newbury (which includes Newbury Village, Wells River and West Newbury) and Bradford and the New Hampshire towns of Haverhill (which includes Haverhill Corner, North Haverhill, Pike, and Woodsville) and Piermont. These four towns have been linked since colonial times and continue to cooperate and compete today, with Fairs, festivals, and other events, like Paddle The Border.

At the end of the paddle displays are set up by various local organizations, offering information about the Connecticut River, the Connecticut River Valley and events happening in the Upper Connecticut River Valley. For more information about the Cohase region and the Connecticut River Valley check out the Web-Site at the end of this article.

Paddle the Border Spring, Sunday May 20th, where will this adventure take me? To learn more about PTB or to get involved contact: Michael Thomas 802-757-3960, mikethom1@charter.net
Newbury Conservation 'Commission:
www.newburyconservation.org
Lower Cohase Chamber of Commerce:
www.choase.org
Hemlock Pete Canoes:
www.hpcanoes.com
Upper Valley Land Trust:
www.UVLT.org
Upper Valley Trails Alliance:
www.UVTrails.org
Connecticut River Watershed Council:
www.ctriver.org
Connecticut River Joint Commissions:
www.CRJC.org
Silvio O. Conte National Fish & Wildlife Refuge:
www.fws.gov/R5soc/

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Readers Are Asking

Question: I am caring for my husband who has Alzheimer's Disease, a form of dementia, and I am feeling overwhelmed and stressed. What supports are available in the Northeast Kingdom to help me?

Answer: Caring for a family member with dementia can be extremely challenging. Reaching out to ask for help can be one of the most important decisions you make. Here is a partial list of resources available to residents of Northeastern Vermont.

First, there is an in-home support program, Reach Out, now available in the Northeast Kingdom and Central Vermont for people caring for a family member with dementia. Participating will enhance your ability to take care of your own health and well-being and your ability to provide the best possible care for your family member. The project is funded by a grant from the US Administration on Aging. Staff from the Agency on Aging will provide individual coaching through six monthly home visits and two follow-up calls. For interested participants with high speed internet access, video conferencing using an iPad tablet, lent to the caregiver, will be an option. Call Jessica Brill or Nancy Oakes at 802-748-5182 for more information about this program in the Northeast Kingdom

The Agency on Aging for Northeastern Vermont also offers dementia respite grants to help family caregivers of individuals with dementia get some respite or relief from caregiving tasks as well as a class series, Powerful Tools for Caregivers. This class will help you to take better care of yourself and to get more help as you provide care for your loved one. Contact Nancy or Jessica at 802-748-5182 or 802-642-5119 to find out more about these programs.

An Alzheimer's Support Group meets once a month on the last Monday of the Month at 6 p.m. at Caledonia Home Health Care. Another Alzheimer's Support Group meets once a month in Morrisville at Lamoille Home Health on the third Thursday of the month at 2 p.m.

Finally, The Alzheimer's Association is a wonderful resource. Browse their website, www.alz.org, for all kinds of information about dementia and about caring for someone with dementia or call their 24 hour hotline at 1-800-272-3900. To find out their schedule of educational

programs around the state www.alz.org/Vermont or call and on their website go to 1-802-316-3839.



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NEK CHAMBER CITIZEN OF YEAR DINNER DETAILS ANNOUNCED

Robert Swartz, the St. Johnsbury man selected the Northeast Kingdom Chamber 2012 Citizen of the Year, will be honored at a special dinner on Friday, May 4, at 6 p.m., at the Academic & Student Activity Center, Lyndon State College, Lyndon Center.

St. Johnsbury resident Robert "Bob" Swartz received the award for his extensive commitment to Catamount Arts, as well as a host of other organizations, including the Danville School Board, Green Mountain United Way, North Congregational Church, Northeastern Vermont Regional Hospital, Northern Counties Health Care, the Osher Lifelong Learning Lecture Series, Northern Counties Health Care and the Town of St. Johnsbury.

Swartz has also worked as the education resource coordinator for Northeastern Vermont Area Health Education Center since its start in



1997, whose main mission has been to attract and retain health-care professionals in rural areas.

The cost of the dinner is \$34 per person, and tables may be reserved for parties of 8 to 10 guests. Friends and colleagues are encouraged to send congratulatory cards to the chamber so they can be included in a memory book for Swartz. The ad-

dress of the chamber is 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819. People may also drop by cards at the chamber's Green Mountain Mall office.

For more information on this event or to reserve a spot, contact the NEK Chamber at 802-748-3678 or e-mail atnekinfo@nekchamber.com.

May 1, 2012 Volume 3 Number 15

St. Luke's
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Schedule of Services
Sunday: 10:00 am
Holy Eucharist and
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Grafton County Gardeners Cleanup

The Grafton County UNH Cooperative Extension Master Gardeners invite you to their Clean-Up and Work Day at the Grafton County Complex on May 19, 2012 from 9 am – 11:30 am. Come meet the Master Gardeners, learn landscaping techniques, and bring your gardening questions. Make sure to wear your gardening apparel and be ready for some



Master Gardener Dick Flanders runs the wheelbarrow at last year's Master Gardener Garden Clean-Up Day at the Grafton County Complex.

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For any questions or special arrangements for physical access, or other accommodation requests please contact Becky Colpitts, Volunteer Management Program Assistant at 787-6944 or 3855 DCH, Box 5, North Haverhill, NH 03774. Ten working days are needed to facilitate special needs requests.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.

Booked Solid Hosts 1st Annual World Book Day

By Marianne L. Kelly



owner." She also told the judging panel that she wanted to give back to the people of the town who treated her so wonderfully for the 17 years she owned Booked Solid. "Bradford is not an economically wealthy area, and giving out free books in a town that has been hit hard by unemployment rang a bell with me, and the committee chose me to host our event," she said.

After being chosen to host World Book Night in Bradford, Repsher had to choose "five books that you have read and would be willing to donate because you liked them." The five she chose were "A Prayer for Owen Meany," by John Irving, "The Stand," by Stephen King "The Things They Carried," by Tim O'Brien, "The Ender's Game," by Orson Scott Card and "The Lovely Bones," by Alice Sebold.

World Book Night hosts have no idea which one of their choices they will get for several months before receiving their copies of the chosen title. Booked Solid received twenty copies of the unabridged version of Steven King's "The Stand," specially printed for World Book Night 2012.

World Book Night hosting is not limited to bookstores, but can be hosted from local libraries and private homes.

NOT TOO LATE

Booked Solid had a respectable turnout although not as much as they would

have liked. Those who missed World Book Night can still visit Booked Solid and get a free copy of "The Stand," while they last. While you're there take some time to walk through the stacks, as you're sure to find other treasures to add to your library, and remember to ask Jasmyn about her book exchange credit program.

Summer will be here before you know it. Why not spend some of this precious time in your favorite chair or hammock, with a refreshing beverage by your side and a real book from Booked Solid in your hand.

"I hope they choose me again next year," said Repsher. "I would do it again in a heartbeat, as I am a book person who loves talking about books and inspiring everyone to get reading!"

Mark your calendars for April 23, 2013 and plan on

attending Bradford's second annual World Book Night.

Booked Solid is located on Main Street in Bradford. Call (802) 222-5826 for their summer hours.

BRADFORD—There was a time, not too long ago when an apple was a fruit, kindle referred to starting a fire or arousing interest in something exciting, and a nook was a private corner space where one went to read, write, work on a hand-made project or simply contemplate the vicissitudes of life.

Today the Kindle, Nook, Apple and other electronic media have taken on new meaning and are changing the way we read and communicate. Purists believe that nothing will ever take the place of the look, feel, smell and comfort of traveling through time, and experiencing great adventures, drama, comedy, poetry and timeless classics with a book in one's hand and unlimited imagination, and fear that the printed page is being held hostage to a growing number of electronic readers.

23, and giving away approximately one million specially selected and printed titles to participants. The event was also celebrated in several European countries, with the hope of adding more countries next year.

A panel of booksellers and librarians from around the nation selected the books, and distributed copies to qualified hosts, who in turn distributed them free of charge to people in their respective communities.

Jasmyn Bussing, current owner of Booked Solid in Bradford, along with former owner and World Book Night organizer, Donna Bayar Repsher, opened the doors and hosted the area's first World Book Night event.

"I saw an announcement for the first annual World Book Night and noticed that anyone interested in hosting a World Book Night event had to write a 500 word essay on why they would like to be a book giver," said Repsher. "I wrote an essay explaining that I have been a reader since I was four years old, was an English teacher, Bradford Library Trustee for 15 years, proofreader, copywriter editor and book store

WORLD BOOK NIGHT USA

The organizers of World Book Night USA, chaired by author Anna Quindlen, set out to encourage as many non-readers and light readers as possible to read more books by holding a special countrywide event on April

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The Colatina Exit is hosting a fundraiser for the Bradford Public Library. On Saturday May 12th from 8:30-11:00pm the Wall-Stiles will be performing their contemporary folk-rock music. Expect an evening of energetic and original entertainment to benefit Bradford Public Library's technology initiative: "Bridging the Digital Divide". There will be a 50/50 raffle and door prizes. Tickets are available in advance for \$18.00 at the library and the Colatina Exit or \$20.00 at the door.



By Ronda Marsh

PAN FRIED HADDOCK WITH SAUCE MEUNIERE

Remember the child's nursery rhyme which goes "...when she was good, she was very, very good, and when she was bad, she was horrid."? Well, the same could be said about fish in general and haddock in particular. There is nothing more delicate and mouth-watering than a beautiful fillet of fresh-caught haddock, and conversely, there is nothing more repulsive than stale, smelly fish. Therefore, the very first consideration before creating this or any other haddock dish is the availability of the raw product. When you go to the store to purchase the fish, be sure to really look at and smell the raw fish before you buy it. Don't worry that you are inconveniencing the clerk; this is a common accepted practice, and they expect it. The haddock should appear creamy white and have just a slightly briny smell. If it looks dry or slimy, or has a yellow cast, or if it smells fishy at all, just walk away and don't waste your money or time. Assuming you've found your nice, fresh haddock, how much do you buy? Well, most haddock fillets usually weigh a little more than 1/2 pound, so you can safely figure that 2 fillets will amply serve 2 to 3 people. Once you have obtained your beautiful haddock, you need to plan on cooking it expeditiously. It will keep in your refrigerator overnight, but certainly any longer than that is risky.



What I really love about this method of preparation (and it is truly a method...you can use the same process with sole or tilapia), is that it does not cover up the light and delicate flavor of the fish, but rather serves to showcase it and allows the freshness to just come shining through. The "Meuniere" sauce is merely a butter, lemon and parsley sauce, where the butter is allowed to brown lightly and develop a nutty flavor, and the wee bit of flour that fell off the fish in the cooking process serves to thicken things a bit. I know it all sounds rather fancy, but it really is simple and fast to prepare. Go to a really nice restaurant, and you'll pay a premium for this dish. Prepare it at home, and not only is it far less expensive, but you can sit back and lap up all the compliments that will surely follow!

- 1 fresh haddock fillet
- Flour
- Salt & pepper
- 2 to 3 tablespoons butter (you might need a little more)
- 1 tablespoon vegetable or olive oil
- 1 Lemon; 1/2 juiced and slice or wedge the other half
- 1 tablespoon parsley, chopped

Rinse haddock and dry thoroughly with paper toweling. Cut each fillet into two portions, if desired. In a shallow plate, combine flour, salt & pepper. Place a nonstick skillet over medium heat, melt one tablespoon butter with one tablespoon of oil, and bring to cooking temperature. Dredge the haddock lightly in the flour mixture, tapping off any excess. Place the haddock in the pan and fry about 2 to 3 minutes, until underside is golden brown, adding a little more butter, if necessary. Turn carefully to avoid breaking, and then cook an additional 2 to 3 minutes, depending on the thickness of the fish, until it is lightly browned and just shy of wanting to pull apart into large flakes. Remove fish to a warm platter and replace pan on burner. Add the remaining one tablespoon of butter and allow it to heat, becoming slightly brown. Add in the parsley and stir in the lemon juice, bringing the sauce to a quick boil (about a minute) to cause sauce to reduce just slightly. Turn off the heat and whisk in about a tablespoon-sized tab of butter, just to add gloss and bring the sauce together. Pour the sauce over the fish and garnish with the lemon slices or wedges.

Volume 3 Number 15

May 1, 2012

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

3 RIVERS BUSINESS ASSOCIATION Presents the **2nd Annual Rubber Ball River Race**

Saturday, May 19th, 2012

Up to 200 Rubber Balls floating down the Wells River. The first ball to cross the finish line will be the big winner of \$300. Additional prizes of \$200, \$100, \$50 & \$50 will also be won.

Tickets are \$10.00 each and can be purchased at Trendy Threads or Trendy Times in Woodsville and through most other members of the 3 Rivers Business Assn.

Proceeds to benefit the 3RBA Scholarship Fund and Cub Scout Pack #152 of North Haverhill.

Questions? Call Gary at 603-747-2887 for more information.

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OBITUARY

GEORGE ROBERT "BOB" JOHNSON



South Ryegate, VT – George Robert "Bob" Johnson, 88, of Pinehurst Street, died on April 20, 2012 at his home following a period of failing health.

He was born January 24, 1924 in Williamsport, PA, a son of George Robert and Albertina Ruth (Kidder) Johnson.

At the age of 16, Bob enlisted in the US Army and served with the 47th AAA Brigade in Germany, France, Britain, Iceland and Holland attaining the rank of Corporal. He was a recipient of the Purple Heart.

He married the former Irene Normand in Wells River, VT, on September 21, 1947.

Bob worked as a stone cutter for the various granite sheds in South Ryegate and retired

from Gandin Bros.

Bob was a member and Past Master of Pulaski Lodge #58 F&AM and was a member and Past Patron of the Corinthian Chapter #42 OES of Wells River. He was also a member of Haverhill Memorial Post #5245 of the VFW and of the South Ryegate United Presbyterian Church.

Bob was predeceased by two sisters, Ruth Jobin and Gertrude Christopher.

Survivors include his wife of 64 years, Irene Johnson of South Ryegate; three daughters, Linda Libuda and husband Gerald of Burlington, VT, Janis Conger and husband William of Paso Robles, CA, and Kim Morrison and husband Alan of Little River, SC; two grandchildren,

Christopher Cassady and wife Stephanie and Jessica Nash and husband Darren, all of California; three great grandchildren, Colin Cassady, Taylor Cassady, and Cassandra Nash, also of California; a sister-in-law, Judie Bennett of Punta Gorda, FL; and many nieces and nephews.

Following Bob's wishes, there will be no public services. A private family service will be held at a future date at the convenience of the family.

Memorial contributions may be made to the charity of one's choice.

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

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

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www.northcountrychorus.org

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Cookeville Cafe' Music & Talent Series

Greetings!

The "Cookeville Cafe' Music & Talent Series" is proud to announce the next event for your listening pleasure at the Corinth Town Hall coming up soon on Saturday night, May 5th at 7:00PM.

Featuring "Green Room"! Come a little early so as not to miss any of this Special Feature Performance that begins at 7PM sharp!

We are thrilled once again to Feature this Great Band that played for us this summer at the Academy Cafe' on a warm sunny day! "Green Room" was born out of late night jam sessions in Xela, the capital of the Guatemalan highlands. During a chance meeting in summer 2007, two travelers realized that they shared not only a love of music, but also New Hampshire as their state-side residence!

From this point on, Guitarist Fedor Petrenko & vocalist/flautist Chelsea Vario began frequent collaborations and later joined forces with bassist Alex Parker and drummer Andy Koupal.

Building on strong jazz fundamentals, the band has since expanded its repertoire into the funk, blues, and soul genres.

Influenced by the likes of Herbie Hancock, The Meters, Phish, and many others, Green Room is also growing its list of original compositions and released its first full-length album "Highway House" in April 2011.

"Seamlessly woven original compositions & fresh takes on jazz, funk, & soul classics - not to be enjoyed without dancing shoes!" Chelsea Vario - Vocals & Flute Fedor Petrenko - Guitar Alex Parker - Bass Andy Koupal - Drums.

Please visit our friends from "Green Room" at their Website & Face Book page, you won't regret the excursion! www.greenroomgroove.com www.facebook.com/greenroomjazz

Feature performance followed by open mic. Sign in for open mic at 6:45PM. Pass the Word!

It Sounds like it will be another great night of entertainment at the Corinth Town

Hall at 1387 Cookeville Road Corinth Vermont!

Refreshments available & anyone wanting to help or contribute to this important aspect of the night please call Norm Collette or Connie Longo at 1-802-685-3812 or Email at nerestoration@valley.net to ask what you can do to help.

Refreshment hosts & hostesses are needed & all help of any kind is always appreciated be it bringing some food or refreshments, helping to pick up after the show no small task, spreading the word or just plan on coming & having a grand ole' time!

This is a by donation event to benefit the Corinth Historical Society & has been very helpful thanks to all who partake in one way or the other!

Check out the Corinth Historical Society Web Page on the Towns Web Site at <http://www.corinthvt.org/historical.php> for more CHS Information.

Norm, for the CHS Music & Talent Committee & the CHS Board of Directors Thanks for your support!

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Soccer Coach Joe Foley Inducted Into The Rhode Island Track & Field Hall Of Fame

Many Woodsville NH folks will remember Joe Foley as the JV & Assistant Varsity Soccer coach in town. Prior to retiring and moving to Bath in 1995, Joe

coached Indoor and Outdoor Track at Tolman High School in Pawtucket RI for many years during the non-soccer seasons.

His teams were very competitive in the Blackstone Valley, and Tolman won numerous City titles under his direction. Joe coached many All Valley and All State athletes in his career. His knowledge of the sport allowed him to teach all aspects of track and field. He was well versed in the jumps, sprints, throws, and distance events.

A dinner was recently given in his honor along with the other 2012 inductees at

the Crowne Plaza in Warwick RI on Friday evening, April 6th. Joe passed away in January 2008, and his family accepted this honor on his behalf posthumously. Those that knew Joe will remember that he was one to offer a good word and a ready smile. Always so happy-go-lucky. He would have been very proud to receive this induction into the Hall of Fame. He was very passionate about coaching.

Fact Checking: <http://news.providencejournal.com/sports/high-school/2012/03/track-coaches-association-to-induct-nine-into-hof.html>

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May 1, 2012 Volume 3 Number 15 Not all Times are Trendy but there will always be Trendy Times

Even With Low Rates, You Can Invest For Income

Not long ago, the Federal Reserve (Fed) announced that it plans to keep short-term interest rates near zero until late 2014. The Fed initially pushed rates to that level in 2008, in an effort to stimulate economic growth. Clearly, low interest rates have a wide-ranging impact - but what effect will they have on you, as an individual investor?

If you need income from your investments, then the continuation of ultra-low interest rates may be a matter of some concern, particularly if you own certain types of fixed-income investments, such as certificates of deposit. While CDs are insured, offer return of principal at maturity and provide regular interest payments, they are not risk-free. With low interest rates, you risk losing purchasing power. Still, fixed-rate vehicles may well have a place in your portfolio. If you're even somewhat dependent on your investments for income, you may need to broaden your search. Here are a few ideas to consider:

Build a bond ladder. Long-term bonds, by their nature, are more subject to

interest rate risk than shorter-term vehicles. In other words, interest rates are more likely to rise during the life span of a longer-term bond - and when rates go up, the prices of existing bonds will fall. To help lower this risk, you may want to build a "ladder" of bonds of varying maturities. Then, if market interest rates are low, you'll still have your long-term bonds earning higher rates, but if rates rise, you can take advantage of them by reinvesting the proceeds of your maturing short-term bonds. But remember to work with your financial advisor to evaluate whether a bond ladder and the securities held within it are consistent with your investment objectives, risk tolerance and financial circumstances.

Dividend-paying stocks. You can find companies that have paid dividends for many consecutive years - and in some cases, increased their dividend payout each year. In 2012, companies listed in the S&P 500 are on track to pay out more than \$252 billion in dividends, a record amount, according to data compiled from Standard & Poor's.

(Keep in mind that the S&P 500 is an unmanaged index and is not available for direct investment.) Of course, stock prices will fluctuate in value, and you may receive more or less than your original investment when you sell. Historically, dividend-paying stocks have been less volatile than non-dividend-paying stocks. Be aware, though, that companies can lower or discontinue dividend payments at any time without notice. Past performance is not a guarantee of future results.

Refinance your mortgage. Today's low rates are good news for borrowers. With tougher standards in place, it may not be as easy to refinance a mortgage as it once was, but if you qualify, you may be able to save quite a bit of money on your monthly payments - and lower payments can translate into a greater cash flow. Plus, if you don't need all the savings, you can put some of the money into an Individual Retirement Account (IRA) or another retirement savings vehicle.

Ultimately, an extended period of low interest rates is just one more factor to consider in creating and adjusting your investment strategy. Work with your financial advisor to help ensure low rates won't affect your income needs.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

Working Together for Your Financial Future

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MAKING SENSE OF INVESTING

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Franconia Heritage Museum Sponsors Raffle

Franconia, NH. As part of the 19th Annual Lupine Festival, The Franconia Heritage Museum is sponsoring a raffle of goods and services. Local businesses have been very generous in providing a wide variety of items. The drawing will be held 1:00 Sunday afternoon, June 17th in Franconia at the Dow Field Bandstand. You need not be present to win, all winners will be notified. However, only items that fit in an envelope will be mailed, all others will need to be picked up at the Museum.

A great BIG THANK YOU to our donors: Adair Country Inn and Restaurant; Bob's Citgo; Bretton Woods Canopy Tours; C. Randolph Trainor Interior Design; Cannon Mountain Ski Area; Cannon Mountain View Restaurant; Clark's Trading Post; Dutch Treat Restaurant; Franconia Auto Service Team; Franconia Business Connection; Franconia Hardware; Franconia Inn; Franconia Village Store; Franconia Notch Vacation Rentals; Franconia Sports Shop; Franstead Family Campground; Garnet Hill; Horse & Hound Inn; Lovetts Inn; Lucas & Ford; Mittersill Alpine Resort; Mojo Headquarters; Mount Washington Auto Road; Natural Lines Photography; Path of Harmony; Sugar Hill Sampler;

Sunset Hill House; The Hilltop Inn; Wendel's Cafe; Whales Tale; and WREN.

Tickets, priced at \$2.00 each or three for \$5.00, will be on sale beginning the first week of May at the Franconia Chamber of Commerce Booth; Franconia Town Hall; Franconia Business Connection; Franconia Heritage Museum; Littleton Food Co-op on May 19th; and from any of our board members.

There is something for everyone with more than 30 chances to WIN. The diverse array of prizes include gift certificates for dining and lodging; tickets to many local attractions; activities such as skiing; golfing, camping and biking; items for your home; service for your automobile and MORE!

Here's a great idea for Father's Day...why not buy your Dad a few tickets for the raffle, bring him down to Dow Field on Sunday afternoon where you can stroll around checking out the wide variety of vendors, treat him to lunch or ice cream at All Good Foods, stay for the raffle drawing - and Dad may go home with one of the 30 great prizes!

The Lupine Festival Open Air Markets will be held June 9 and 10 at the Sugar Hill Meeting House and June 16 and 17 at Franconia's Dow Field, 10am to 4pm each day.

Educational Award Applications From Woodsville—Wells River Rotary Club

The Woodsville, NH - Wells River, VT Rotary Club is seeking applicants for educational awards. Each year, the club awards four \$1,000 awards to one student from each of the following schools: Blue Mountain Union School, Oxbow High School, River Bend Career & Technical Center and the Woodsville High School. Home schooled students from the enrollment area of any of these schools are also eligible.

To be eligible for the Rotary Educational Awards, students must be in the top one-third of their senior high school class, have a record of being active in community service and show financial need.

Students should see their

guidance counselor for an application, or applications can be downloaded from the Club's web site, www.WellsRiverRotary.org.

The deadline for applications for River Bend is May 18, 2012, for the other schools the deadline is May 25. Students should return their application, with transcript and letters of recommendation to their school's guidance counselor.

The Woodsville - Wells River Rotary Club has presented over \$88,000 in awards for local students to continue their education since 2000. In addition to supporting graduating students, the Club supports education in our local schools by donating personalized dictionaries to third-grade students, advising the HCMS

Haverhill Extended Learning Program, sending students to RYLA, a leadership workshop and donating to a variety of class and individual students' projects and trips.

The Rotary Club is always open to new members. Membership is open to community leaders of all faiths, opinions and nationalities who are willing to encourage and foster the ideal of service in their personal, business and community life. The Woodsville - Wells River Rotary Club meets every Tuesday at 6 p.m. at the Happy Hour Restaurant in Wells River. Anyone who would like to know more about our Club or Rotary International is welcome, or can visit our web site at www.WellsRiverRotary.org.

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Volume 3 Number 15

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Class Announced For Parents Of Teens

Raising children presents a whole series of challenges; sleepless nights, the Terrible Twos, helping kids be successful in school and finally, having them lead a life of their own.

Many parents indicate that surviving the teen years is the most challenging time of all. UNH Cooperative Extension and the Littleton Area Family Resource Center are offering a five-week class for parents of teens. The class is free and will be held at the Grafton County Extension Office at the County Complex in North Haverhill. Classes will start on Wednesday, May 9th and run through June 6th from 6:00 - 8:00 p.m. Refreshments will be available and are sponsored by Passumpsic Savings Bank.

If you have a teenager in your house or someone who will soon be entering the teen years, this class is for you. For more information, or to register, contact Lisa at 444-6003.

Trendy Times Announces NH Gubernatorial Forum

It may feel like we are nowhere near election season in New Hampshire, now that the Presidential Primary has passed. But the season will very soon change. Many candidates are announcing, or have already announced their reelection, or initial election bids. The state primary for both Republicans and Democrats will be Tuesday, September 11, 2012. The general election will be Tuesday, November 6. In 2012 the voters of New Hampshire will elect many candidates, and possibly most importantly a new Governor.

In order to help local voters make a more informed decision, Trendy Times along

with District 2 State Senator Jeanie Forrester, will host a Candidate's Forum for all announced Governor candidates in New Hampshire. This forum will take place on Thursday, May 24 at the Horse Meadow Senior Center. The Forum is scheduled to begin at 7 PM with the doors opening at 6 PM.

At present there are four announced candidates, two from each party. Each candidate has been contacted and invited to attend. The deadline for response is May 1st. At press time two candidates have accepted and two have expressed regrets.

Also accepting is Bath School Moderator Everett

Rust, who will act as the moderator for the evenings question and answer period. Mr. Rust was formerly President and CEO of a computer company specializing in developing and publishing medical management software. He is also a veteran of both Korea and Vietnam as an Army photographer.

Those questions will be gathered from those attending the event, the moderator, and from readers of Trendy Times. In other words, YOU. Do you have a question that you want answered? Please send it to Trendy Times and we will see if we can get you an answer.

(See ad on page 7)

Kimberley Fournier Graduates

On March 22, 2012 Kimberley Fournier completed her two year studies as a full-time student and has passed her National Boards at Daymar College in Paducah, Kentucky. Kimberley has earned an Associate of Science Degree at Clinical Medical Assisting finishing at the top of her class on the Deans List with a 3.83GPA. During her two years of studies at Daymar College Kimberley maintained the Deans List every semester except two semesters in which she still earned honors. At Daymar College on July 20, 2012 Kimberley will march at ceremony proudly wearing an honor banner as well as the Deans Cord representing her excellence. On this date Kimberley will officially receive her Associate of Science College Diploma.

Kimberley is a 1998 graduate of Woodsville High School; 2004 graduate of NH Community College where she obtained a Certificate of Professional Commercial Truck Driving and a 2012 graduate of Daymar College with an Associate of Science Degree at Clinical Medical Assisting.

Kimberley is the daughter of Russ and Debra Fournier; the mother of Zachary; Kyleigh; Garritt; Lonnie, Jr. and Jacqueline; the sister of Joseph; Jeffrey and Elizabeth; granddaughter of Charlotte Baker and companion of Lonnie Lear, Sr. Kimberley's family is very proud of her and wish to congratulate her on her accomplishment.

Kimberley currently resides in Mayfield, Kentucky.

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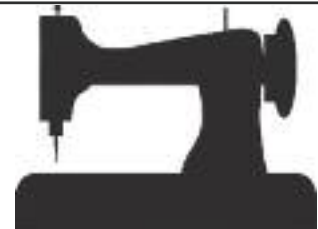
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WINDOW IMPROVEMENT MASTERS, LLC

Part 2 of 2 – Interview with Robert J Bacon

By Lauren M. LoSchiavo

There are many reasons why one should consider window improvements rather than replacing. Window Improvement Masters', Robert Bacon, is an expert in the field of not only windows, but also in building design. If you are thinking about replacing ANY windows in your home, you should contact Window Improvement Masters for a free consultation, before doing so.

For the past 40+ years, Americans have been sold on

the merits of adding exterior storm windows and replacing their existing windows rather than pursuing the often more prudent, cost effective, and environmentally responsible approach of improving them. Unfortunately, the thermoplastics industry effectively created and cornered the replacement window market, and in the process, many original high quality wood windows were replaced (and are still being replaced) with prod-

ucts of inferior quality and much shorter life spans. In fact, replacing these inexpensive, poor performing, plastic replacement windows has become a growing segment of the window market today, and there is currently a growing need to improve the performance of these newer but poor performing replacements.

Improving structurally sound existing windows through supplemental panels, and through repair and restoration, preserves the valuable original old-growth wood, as well as the beautiful antique glass, and in doing so, conserves the products of excellent craftsmanship. These efforts often preserve the historical character and architectural heritage of the building itself and that of its community. Window Improvement Masters' provide a broad spectrum of window improvement products and services focused primarily on "supplemental panels" and "repair and restoration," rather than window replacement. When replacement is determined to be the best option, they act as independent consultants to assist their customers in evaluating the many alternatives currently on the market.

Replacing all of a building's windows with quality products is rarely affordable, especially as a single project. Window improvements are eminently more affordable and cost-effective, and they often yield much better results in terms of the building's heating/cooling performance and the occupant's comfort and overall quality of life with less

debt, lower operating costs, and more savings.

Window Improvement Masters' core product, and the exclusive focus of their launch in northern New England, is the "Advanced Energy Panel." This patented interior window insulation panel is comprised of two layers of polyester film, stretched onto a fully gasketed extruded aluminum frame, creating an insulative, still air space. Window Improvement Masters custom fabricates these panels under license from WindoTherm, Inc. of Hoosick Falls, NY; and has exclusive license to provide product marketing, sales, installation, and seasonal change-over services in northern New England.

Other Window Improvement Masters' services include: custom screens and screen repair, custom exterior storm panels and combination storm window repair, reglazing, weather-stripping, and seasonal caulking. Their very near-term business plan calls for the launch in 2012 of their wood sash repair and restoration operations that will initially serve the Upper Connecticut River Valley area from the shop facilities in centrally located Orford, New Hampshire.

Window Improvement Masters' near-term marketing plan for 2012-2013 calls for progressively expanding their market area north and south along the I-91 corridor, expanding their retail dealer network and advertising coverage through local radio and print media. The Plan for 2013-2014, calls for establish-


ing satellite fabrication, installation and service operations in small towns around northern New England.

The long-term plan targeted for 2015, calls for the creation of a regional wood window reconstruction business that salvages original old-growth window sash. They will then repair, restore and refit them into new frames when necessary. These restored "new" windows will be marketed for sale to developers in historical districts and to the growing niche market of "new old homes."

The second part of this series was to give a more in-depth view of the goals of Window Improvement Masters. The Upper Valley is very lucky to have such an experienced group of professionals to address the needs of New England's old structures, specifically their windows. Robert's passion for maintaining the function, quality – the heritage – of our building landscape, is evident when you speak with him. Please note the "with" in place of "by," in the title of both articles 1 and 2, as these words are, for the most part, Robert's and credit should be noted.

If you have drafty, ill-fitting, old and seemingly useless windows, and you are thinking of replacing them, call Window Improvement Masters for a free consultation. The call is free, and you may just be able to save and improve your valuable "antique" windows! They are located at 10 Archertown Road, in Orford, NH. Phone number: (866) 348-1179 or (603) 353-4512.

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

Adopting My Dog - A Success Story

By Bobbe McIntyre

I had just lost my two dogs within a year and did not feel as though I was ready to get another dog, although the house felt like a big, empty hole.

A friend was working at the Littleton Pet Center and Kennel and said there was a 3 year old spayed female boxer, named Dawn, that had been abandoned and needed a home. She had been there for a couple of months and could no longer be housed. I was convinced to go meet her.

I did go and check her out but was not sure that I was ready for another dog as I was still mourning the loss of my other pets. When I first laid eyes on her, she was gaunt, very skinny and showing all of her ribs. I thought she had a rather mean look on her face and was not quite sure about taking her. It was suggested I take her home for a weekend to see how she would do in our household.

My friend brought her to the house and she was allowed to walk through the rooms, sniffing and getting acclimated to her surroundings. There I sat on the couch in the living room and didn't

even look at her. Dawn seemed very comfortable; she was not confused or cautious. She started walking towards me and focused on the couch. I was not quite sure what was going to happen next and it did make me somewhat nervous.

She walked over to me, started to climb onto my lap, and put her paws over my shoulder. I thought she was going to bite me, but, I sat quietly, just breathing and awaited what was to come.... She laid her head on my shoulder and gave me a hug! Needless to say, she had found her home. She adopted me!

Dawn has been with me four years now and is no longer showing her ribs and looking sickly. She has this beautiful, funny spirit that always knows when I need her to be near for comfort and companionship. Another great aspect of her personality is that she loves children.

She has recently gone through some doggie training (at Canine Clique, Littleton). What a smart girl she is! You can teach 'an old dog new tricks'. She is truly an adoption success story and is now living in her forever home.

Meredith. Councilor Ray Burton stopped at State Senator Jeanie Forrester's 2012 Campaign Kick-Off to wish her success.

"Jeanie Forrester has worked very effectively to serve this large rural State Senate District. Like most of these public service positions there are some tough and close call votes and projects. Jeanie Forrester has faced them head on and cast her votes with respect to all!" Burton stated.



l-r Councilor Ray Burton, Sen. Jeanie Forrester and Ryan Dobens, Burton Lakes Region Field Coordinator

Raymond/Fournier Engagement

Meghan Raymond and PFC Jeffrey A. Fournier of Littleton, NH would like to announce their recent engagement on February 12, 2012.

Meghan is a 2004 graduate of South Hope Christian School in Maine and is currently employed at the Ay-lakai in Littleton, NH.

Jeffrey is a 2002 graduate of Woodsville High School; In 2010 Jeffrey joined the Vermont Army National Guard and in 2011

graduated Infantryman from OSUT at The United States Army Manuever Center of Excellence at Fort Benning, Georgia Jeffrey is currently a PFC Army Nanonal Guard Soldier with the Vermont Army Nanonal Guard in Lyndonville, VT. Jeffrey is currently employed at Burndy Corp in Lincoln, NH.

Meghan is the daughter of James Raymond of Woodstock, NH and Cheryl Raymond of Rockland,



Maine. Jeffrey is the son of Russ and Debra Fournier of Bath, NH.

Meghan and Jeffrey plan to be united in marriage in April, 2013.

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