

TRENDY TIMES

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SEPTEMBER 18, 2012 VOLUME 3 NUMBER 25

Walter Hacks Comes To Bradford

BRADFORD, VT — It all started with an idea, then an action and now a reaction that is once again leveraging a screening of the award-winning Vermont film, "The Summer of Walter Hacks", to raise funds for the Vermont Farm Disaster Relief Fund. "I saw the film as part of a fundraiser in Wells River",

share in the idea that we can all make a difference whether we donate to a film screening benefit or buy goods from our local producers. It all helps", said Ms. Jones.

Many groups and organizations are supporting the Bradford Conservation Commission in hosting this

439-3562.

The film is appropriate for ages 10 and up or younger with parental guidance.

ABOUT THE FILM (www.pastureproductions.com):

The story is about an eleven-year-old farm boy, who is growing up in a small Vermont town in 1952. He lives a seemingly idyllic life on the farm with his Dad and his brother Cliff. Days are full of chores before and after school of milking cows and, in the summer, haying the fields. His life takes a sudden and tragic turn just before school lets out for the summer and Walter learns to grow up faster than he should have to. The summer of 1952 is a hard one for Walter and his brother but his love of western movies and his cowboy heroes keeps his imagination alive. His talent for working on farm equipment comes in handy for making extra money and takes him on adventures where he meets the many interesting neighbors in his seemingly quiet hometown.

Walter's sidekick, Margaret, is part of some of these adventures and is the one friend that allows Walter to still 'be a kid' even though his life, and a secret he and



said organizer Nancy Jones. "I grew up on a farm in Danville in the 1950s and the film brought back so many wonderful memories. What was equally wonderful was the amazing crowd of people who came to enjoy it and place their donation in the jug for farmers. The event raised nearly \$3,000 for the fund! Now months later our farmers are still hurting and the need is still there so we decided to use the film to raise more funds. It worked once, it should work again!" The film, directed by Waterbury Dairy Farmer George Woodard and produced by Ferrisburgh resident Gerianne Smart, premiered in Vermont in the spring of 2010 and went on to win awards and recognition and the honor of screening at many film festivals round the northeast. Both filmmakers will be at the screening.

The organizers decided to expand the event with festivities starting at 4:30 on the Bradford Academy lawn with live music provided by the Stovepipe Mountain Band offering an eclectic mix of Blue Grass, folk, Old Time Country and a mix of Rock and Roll. Also available will be delicious food for sale by vendors featuring a variety of dishes using locally sourced food. "We really wanted to

screening including the Jack and Dorothy Byrne Foundation, Two Rivers Ottauquechee Regional Commission, Lower Cohase Chamber of Commerce and Modern Woodmen of America among others. Another amazing community effort. The suggested donation is \$5 at the door with all proceeds going to the Vermont Farm Disaster Relief Fund but any and all donations will be gratefully accepted.

For more information on the screening please telephone Nancy Jones 802-

his brother keep in order to stay together, pull him toward adulthood before his time.

The film has an authentic feel to it and was shot almost entirely in Vermont (the train sequence was shot in nearby N. Woodstock, NH). The actors (except for one) are all from Vermont. The original music score was composed by Vermont musician and fiddler Pete Sutherland and was performed by members of the Vermont Symphony Orchestra.

"The Summer of Walter Hacks" won the award at the Vermont International Film Festival in 2010 and was nominated for "best screenplay" and "best stunts" by the Maverick Movie Awards.

Information about the film can be found at www.pastureproductions.com or on their Facebook fan page under the film's title, search "The Summer of Walter Hacks".

Contact the film's producer, Gerianne Smart (gerianne@pastureproductions.com) at 802-877-2262 for more information.

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Cottage Hospital's Employee Of The Second Quarter

Grace Dellinger has been chosen as Cottage Hospital's Employee of the Second Quarter for 2012. Grace joined the Cottage Hospital Team in July of 2008 as a Licensed Nursing Assistant in the Medical Surgical Pediatric Unit.

Co-workers nominated Grace for this honor, stating she is a very hard worker and is always helpful and pleasant to work with. Grace was excited to be chosen as "Employee of the Quarter" by her peers and expressed that "it is an honor to know that my peers think so highly of me. I believe we are all a great team and we all deserve to be recognized. I enjoy working with both the patients and my peers."

Grace explained that she has lived in the North Coun-



Maria Ryan, CEO (left) presenting to Grace Dellinger.

try with her wonderful family for many years and enjoys gardening, her dog Allie, and spending time with her family and friends. Grace and her family enjoy watching her grandchildren's sporting events, camping, racing, and spending time together.

A party was held in Grace's honor in the hospital dining room. In addition to a cake, Grace received a check from the hospital and a special parking space reserved for the Employee of the Quarter.



Congressman Charlie Bass & Executive Councilor Ray Burton made a 15 stop tour in Sullivan, Grafton and Coos County in late August. They were hosted at a coffee hour at Sheila and Tom Thomson's Office in Orford. I-r Tom Thomson, Charlie Bass, Ray Burton and State Senator Jeanie Forrester.

Horseshoe Tournament

The shoes will be flying at the VFW Field in North Haverhill on Sunday, September 30th as a benefit for Children with Chronic Health Conditions. The Woodsville Family Council is happy to

announce that this round robin Horseshoe Tournament is open to any and all who would like to participate. Players will be asked for a \$10 entry fee and will be partnered with another player by a blind draw. The registration period begins at 9:30 AM with the first shoes to start being tossed at 10:30 AM. Trophies will be awarded to the top three teams at the end of the day.

Along with the tournament there will also be a 50/50 drawing. Hamburgers, hot dogs, sodas and snacks will be available on the grounds during the tournament. Plus Raffle tickets are being sold for items donated by local business owners that support the organization.

Partners in Health will be the beneficiary of the proceeds of this event. If you need more information please contact Dale LaValley at 603-787-2121

September 18, 2012 Volume 3 Number 25

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

TIME

As Summer Fades

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Got A Question For A Local Or State Candidate?

Send Your Candidate Questions to
gary@trendytimes.com
or mail to
171 Central Street,
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We will print the questions and the answers we receive in future editions up to Election Day.

Volunteers Needed To Remove Trash And Improve Campsite On Connecticut River's Fiddlehead Island

Sept 29-30 Monroe, NH - Volunteers are needed to help remove trash and construct campsite amenities on Fiddlehead Island in Monroe on Saturday, September 29, 2012 and Sunday, September 30, 2012. Fiddlehead Island hosts one of 34 campsites along the 240-mile Connecticut River Paddlers' Trail, a series of primitive campsites and access points from the river's headwaters to the Massachusetts border. This project is a collaborative effort of the Connecticut River Joint Commissions, the Vermont River Conservancy, the Ammonoosuc Conservation Trust and Connecticut River Watershed Council, and Casella Resource Solutions. Located roughly one mile north of the Ryegate Dam and Dodge Falls, Fiddlehead Island offers a designated primitive campsite that can accommodate up to twelve people. With a canopy of mature silver maples, and a landing beach providing easy access, the island is a popular camping destination. "In addition to removing trash, we also plan to improve the campsite by adding a sign-in register, picnic table, a privy, user etiquette signage, and campsite boundary signage," says Noah Pollock with the Vermont River Con-



servancy.

Campsite boundary signage and fencing will also be installed to protect the island's fragile ecosystem, which includes the characteristic Ostrich Ferns that give the island its name.

This clean-up is part of the Source to Sea River Cleanup organized by the Connecticut River Watershed Council. The Source to Sea Cleanup is an annual one-day coordinated cleanup of the four-state Connecticut River watershed. The cleanup and construction work day will be held on Saturday September 29th from 9 am to 3 pm. Lunch on Saturday will be

provided by the Connecticut River Joint Commissions. Volunteers are invited to camp overnight and help complete the construction of campsite amenities on Sunday morning.

Volunteers will need to bring their own canoes or kayaks. The paddle to the island is a leisurely two-mile round trip from Dodge Falls. To sign up, please contact Rachel Ruppel at the Connecticut River Joint Commissions, by email at rrupel@uvlsrc.org or by phone at 603-727-9484. Volunteers should register in advance, no later than Wednesday September 26, 2012.

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Citizens Bank And WMUR-TV Now Accepting Applications For Champions In Action Program

Two Nonprofits Will Each Receive \$35,000 Grant And Media Exposure In 2013

Manchester, NH – Citizens Bank and WMUR-TV today announced the categories for the 2013 Champions in Action® program, which provides financial, volunteer and public relations support to local nonprofits. Strengthening Communities and Arts and Culture are the two focus areas for 2013.

Nonprofit organizations focused on Strengthening Communities – initiatives that contribute to the economic vitality of communities, including job training and financial education – are invited to apply for the

Champions award to be announced in January 2013. Applications can be completed online at www.citizensbank.com/community/champions and must be submitted by Friday, October 5, 2012, at 5 p.m.

Launched in 2002, the Champions in Action program is designed to recognize and support nonprofit organizations for their contributions to New Hampshire communities. Over the past decade, Citizens Bank and WMUR-TV have honored 46 nonprofits statewide.

The selected Champion

in Action will receive:

- An unrestricted \$35,000 grant
- Coverage from WMUR-TV, including public service announcements and TV profiles
- Volunteer support from Citizens Bank colleagues and from WMUR-TV
- Public relations support
- Promotional support, including advertising in Citizens Bank branches, on Citizens Bank ATMs and on the Citizens Bank and WMUR-TV websites
- The opportunity for the organization's executive director to participate in a president-to-president mentorship with Citizens Bank of New Hampshire President Joe Carelli

To be eligible for consideration, an organization must:

- Be a New Hampshire-based nonprofit organization that serves New Hampshire and addresses the designated social concern
- Provide verification of tax-exempt status under section 501(c)3 of the Internal Revenue Code
- Have a total operating budget of \$5 million or less.

For more information about the Champions in Action program, visit www.citizensbank.com/community

ABOUT CITIZENS BANK

Citizens Bank is a division of RBS Citizens, N.A.,

operating its seven-state branch network in Connecticut, Delaware, Massachusetts, New Hampshire, New York, Rhode Island and Vermont. It has 80 branches and 202 ATMs in New Hampshire.

RBS Citizens, N.A., is a subsidiary of RBS Citizens Financial Group, Inc., a \$129 billion commercial bank holding company. It is headquartered in Providence, R.I., and through its subsidiaries has more than 1,400 branches, approximately 3,700 ATMs and approximately 18,940 colleagues. Its two bank subsidiaries are RBS Citizens, N.A., and Citizens Bank of Pennsylvania. They operate a 12-state branch network under the Citizens Bank brand in Connecticut, Delaware, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island and Vermont; and the Charter One brand in Illinois, Michigan and Ohio. RBSCFG has non-branch retail and commercial offices in more than 30 states. RBSCFG is owned by RBS (the Royal Bank of Scotland Group plc). RBSCFG's website is citizensbank.com.

ABOUT THE CITIZENS BANK FOUNDATION

Citizens Bank Foundation is a subsidiary of the Citizens Charitable Foundation, which is a charitable contributions vehicle of RBS Citizens Financial Group, Inc., RBS Citi-

zens, N.A., and Citizens Bank of Pennsylvania. The foundation's support is focused on human services, affordable housing and economic development. RBSCFG's website is citizensbank.com.

ABOUT WMUR-TV

WMUR-TV (Ch. 9) is an ABC-TV affiliate headquartered in Manchester, N.H., and is owned by Hearst Television, Inc., one of the nation's largest television station groups. Founded in 1954, WMUR-TV is the leading source of television news in New Hampshire, reaching more than one million people, and is the largest commercial station in the state. WMUR.com is the most viewed New Hampshire website for local news.

Hearst's stations are recognized news leaders. The geographically diverse station group has been honored with five consecutive Walter Cronkite Awards, presented by the University of Southern California's Annenberg School for Communication, for excellence in television political journalism, and is the only TV news provider to have received a Cronkite Award every year since its inception. Hearst stations also are the recipients of many of television's other highest awards for excellence in journalism, programming and community service, including the Peabody, the DuPont-Columbia Journalism Award, the Sigma Delta Chi Award, the Gabriel, the Ad Council Silver Bell, the National Headliner Award, the Edward R. Murrow Award and the EMMY.

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ANNUAL TENT SALE

Saturday, September 22, 2012

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27 3/4 x 38	\$140.67	36x41	\$115.97
27 3/4 x 44	\$145.20	36X43	\$118.47
29 3/4 x 36	\$141.20	36X47	\$123.43
29 3/4 x 48	\$144.80	48X35	\$119.74
31 3/4 x 36	\$144.43	48X39	\$125.21
31 3/4 x 46	\$152.36	48X47	\$136.21
31 3/4 x 48	\$152.93	48X59	\$148.04
35 3/4 x 36	\$148.53	60X47	\$157.03
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Newspaper Ad

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Arthur Miller's "The Price," Long A Classic, To Open At Old Church Theatre

Bradford, VT: Arthur Miller's riveting stage drama "The Price", hailed by The New York Times as "superbly theatrical" when it opened on Broadway in 1968 – and nominated that year for two Tony awards, including Best Play – will open September 21st at the Old Church Theatre in Bradford VT, where it will play through six performances over two weekends.

"The Price" is a drama that weighs the cost of moral choice through the prism of family dynamics. It is the story of two brothers, one an eminent surgeon, the other a policeman patrolling New York City's airports, who have been estranged since the death of their father 16 years before. Thrown together to divide up the family furniture—stored all those years in a New York apartment house now about to be demolished – their reunion unfolds as a progressive journey that begins with shared memories, then gradually devolves into a chronicle of rued choices, buried secrets and thwarted dreams. As the brothers slowly and painfully unburden themselves, their disclosures are witnessed -and sometimes mediated – by a ninety year old Russian-Jewish furniture dealer, whose sometimes outrageous small wisdoms add a leavening

humor to the unfolding saga.

"There are great emotional and social themes here, given wonderful structure by Miller's genius," wrote a reviewer for the Jewish Theatre News after a performance in Britain several years ago. "Only a few American dramas... could be said to surpass this excellent play."

The Bradford production of "The Price" is directed by Sheila Kaplow, and will feature Ken Chapman and Geoffrey Douglas as the two estranged brothers; Pat Langille as Esther, the wife of the policeman; and Duncan Nichols as Solomon, the furniture appraiser. The set is by Peter Richards, and the stage manager is Robin Ng.

Showtimes are 7.30 p.m. on two consecutive Fridays and Saturdays, September 21st, 22nd, 28th and 29th, with matinee performances at 4.00 pm each Sunday, September 23rd and 30th. After the matinee on Sunday 23rd, the audience is invited to stay for a "talk-back".

Directions to the theater, more information about the play and production photos from this and the other four plays of Old Church Theater's 2012 season are available at www.oldchurchtheater.org. For reservations, call 802-222-3322 or reservations@oldchurchtheater.org.

"The Price" is the last show of the community theater's 2012 season.



The cast of Arthur Miller's drama "The Price", opening in Bradford on September 21st at Old Church Theater. Clockwise, standing Ken Chapman, Geoffrey Douglas, director Sheila Kaplow, Pat Langille and Duncan Nichols. The play runs two weekends with Friday and Saturday shows at 7:30pm and Sunday shows at 4pm. For more information and reservations visit www.oldchurchtheater.org

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

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FOOD BEER & WINE

FESTIVAL OF EARTHLY DELIGHTS

Your Ticket to Sample Great Food, Craft Brews, Fine Wine & Live Music

- | | | |
|----------------------------|---------------------------|----------------------------------|
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| Ariana's Restaurant | Littleton Co-op | Seven Birches Winery |
| Bliss Village Store & Deli | Long Trail Brewing Co. | Shiloh's Restaurant |
| The Brick Store | Lobstah Wine | Shipyards Brewing Co. |
| Bunten Farmhouse Kitchen | Mapleroot Farm | Smooch Cafe |
| Cold Mountain Ranch | Mrs. Clifford's Cakes | Stray Dog Wine |
| Hatchland Farm | New England BBQ Project | Tuckerman Brewing Co. |
| HWF Desserts | Newbury Village Store | Twisted Tea |
| Dinner on Demand | Peaked Moon Farm | Welly Belly Clever Baked Goods |
| Harpoon Brewing Co. | The Robie Farm | Woodchuck Cider |
| HARP Popcorn | Saffron Indian Restaurant | Woodstock Inn Brewery |
| High Tea for You | Sam Adams Brewing Co. | and counting! |

SATURDAY, Sept. 29 4 - 8pm

Music by **Redhouse**
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TICKETS: \$15 food / \$20 food & drink (\$5 kids)
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Let everyone
know what you
think & why.

*Just be ready for
one of our editors
to respond.*

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

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM

American Legion Post #83, Lincoln

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857

Wells River Congregational Church

WEDNESDAYS

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

PEACHAM FARMERS' MARKET

3:00 PM – 6:00 PM 802-592-3161

Peacham Village

SATURDAYS

BAKED GOODS, CRAFTS, PRODUCE

9:00 AM – 1:00 PM 802-563-3124

Creamery Street, Marshfield

BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM

Rt. 5 near Mr. Putz

GROTON GROWERS FARMERS MARKET

10:00 AM – 1:00 PM

Rte 302, Groton Community Building

TUESDAY, SEPTEMBER 18

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM

Wells River Congregational Church

FRIDAY, SEPTEMBER 21

THE SUMMER OF WALTER HACKS

7:00 PM

Bradford Academy Auditorium

See article on page 1 and ad on page 18

THE PRICE

7:30 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

SATURDAY, SEPTEMBER 22

BOOK SALE

9:00 AM

Haverhill Corner Library

See article on page 8

TWIN STATE HUMANE SOCIETY

OPEN HOUSE

9:30 AM – 11:30 AM

Stonecliff Animal Clinic, Bradford

FALL FESTIVAL OF THE ARTS

10:00 AM – 3:00 PM

Lisbon

See article and ad on page 11

CHICKEN PIE SUPPER

5:00 PM, 6:00 PM & 7:00 PM

South Ryegate Presbyterian Church

BBQ CHICKEN SUPPER

5:00 PM – 7:00 PM

American Legion Post 83, 183 Main St., Lincoln

CRAFT FAIR

10:00 AM – 4:00 PM

American Legion Post 83, 183 Main St., Lincoln

THE PRICE

7:30 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

SUNDAY, SEPTEMBER 23

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 5:00 PM

R.E.C. Building, Woodsville

WRAP COMMUNITY POTLUCK & MEETING

4:00 PM

Wells River Welcome Center

THE PRICE

4:00 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

MONDAY, SEPTEMBER 24

HAVERHILL SELECTBOARD MEETING

6:00 PM

Morrill Municipal Building, North Haverhill

BOOK DISCUSSION:

WHERE ANGELS FEAR TO TREAD

7:00 PM

Groton Free Public Library

See article on page 8

TUESDAY, SEPTEMBER 25

NEWBURY 250TH COMMITTEE MEETING

6:00 PM

Tenney Library, Newbury

THURSDAY, SEPTEMBER 27

ANTIOXIDANTS & FREE RADICALS

Groton Free Public Library

See article on page 8

FRIDAY, SEPTEMBER 28

THE PRICE

7:30 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

SATURDAY & SUNDAY

SEPTEMBER 29 & 30

CAMPSITE IMPROVEMENT PROJECT

9:00 AM – 3:00 PM

Fiddlehead Island, Monroe

See article on page 3

CELEBRATE AUTUMN IN SUGAR HILL

Route 117

See ad on page 13

SATURDAY, SEPTEMBER 29

FOOD, BEER & WINE FESTIVAL OF EARTHLY DELIGHTS

4:00 PM – 8:00 PM

North Haverhill Fairgrounds

See ad on page 5

THE PRICE

7:30 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

SUNDAY, SEPTEMBER 30

ALL YOU CAN EAT BREAKFAST

7:00 AM – 10:30 AM

Bradford Masonic Hall

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THE PRICE

4:00 PM

Old Church Theater, Bradford

See article on page 5 and ad on page 9

MONDAY, OCTOBER 1

GOOD OLE BOYS MEETING

12:00 Noon

Happy Hour Restaurant, Wells River

BRADFORD'S 250TH

ORGANIZATIONAL MEETING

7:00 PM

Bradford Academy

TUESDAY, OCTOBER 2

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, OCTOBER 3

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM

Wells River Savings Bank

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

FRIDAY, OCTOBER 5

ST. J PLAYERS – "TWELVE ANGRY MEN"

7:30 PM

Blackbox Theater, St. Johnsbury

See article on page 10

SATURDAY, OCTOBER 6

RUBBER DUCKY DERBY

10:00 AM – 4:00 PM

Ben's Mill, Barnet, VT

CHICKEN BBQ

11:30 AM – 1:00 PM 603-272-4841

Piermont Village Fire Department

ST. J PLAYERS – "TWELVE ANGRY MEN"

7:30 PM

Blackbox Theater, St. Johnsbury

See article on page 10

SUNDAY, OCTOBER 7

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10:30 AM Launch Time

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Deadline for submissions is Thursday, September 27th for our October 2nd issue.

Should You Prepare For “Fiscal Cliff”?

As an investor, you can sometimes still feel you're at the mercy of forces beyond your control. This may be especially true today, when the Federal Reserve has warned of an approaching “fiscal cliff.” What can you do in the face of such a dire prediction?

First of all, you need to understand what led to the Fed's remarks. Here's the story: Some \$1.2 trillion in spending cuts are scheduled to begin in 2013 while, simultaneously, the Bush-era tax cuts — including the reduction in capital gains and dividend taxes — are set to expire. This combination of spending cuts and higher taxes could take some \$600 billion out of the economy, leading to a possible recession — and maybe something much worse, at least in the eyes of the Fed.

Still, there's no need for panic. Despite its political infighting, Congress is likely to reduce the “cliff” to a smaller bump, though it probably won't happen until after the election. But as an investor, you may need to be prepared

for two significant events: market volatility, at least in the short term, and higher taxes, probably for the foreseeable future.

To combat market volatility, you need to own a broadly diversified portfolio that can handle “bumps,” “cliffs” and other rugged investment terrain. This means you'll need a mix of stocks, bonds and other securities that are suitable for your needs. (Keep in mind, though, that while diversification can reduce the impact of market volatility, it cannot guarantee profits or protect against losses.) You may also need to “rebalance” your portfolio to ensure that it's still aligned with your goals, risk tolerance and time horizon, despite the impact of volatility.

Now, let's turn to taxes. Even if taxes on income, capital gains and dividends do rise, they will still, in all likelihood, be much lower than they've been at various points in the past. Nonetheless, you may want to consider a variety of steps, including the following:

- Take advantage of tax-deferred vehicles. Contribute as much as possible to your traditional IRA, your 401(k) or other employer-sponsored retirement plan, and any education savings accounts you may have, such as a 529 plan.

- Consider converting your traditional IRA to a Roth IRA. A Roth IRA provides tax-free earnings, provided you don't start taking withdrawals until you're 59½ and you've had your account for at least five years. (Be aware, though, that this conversion is taxable and may not be appropriate if you don't have money readily available to pay the taxes.)

- Consider municipal bonds. If you're in one of the upper tax brackets, you may benefit from investing in “munis,” which pay interest that's free of federal taxes, and possibly state and local taxes as well.

Not all these choices will be suitable for your situation, of course. Before taking action on these items, you may want to consult with your tax and financial advisors. But give these options some thought because they may prove helpful in keeping your financial goals from going “over a cliff.”

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

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Kim R Shillieto
Financial Advisor

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Junkyard Blues

By Sheila Asselin

I can never drive past an auto junkyard without feeling a tinge of sadness. I cannot help thinking each pile of metal, glass and plastic was once someone's pride and joy. If only old cars could talk what stories they could tell.

When I first met Ted he did not have a car, so he borrowed one from a female friend and we went to the movies in Atlanta. When she discovered he had used her car to take another woman on a date she was not amused. If this courtship was going to get anywhere he would need a car of his own.

Oh what tales that car could tell!

When we lived in Panama we had a Morris Minor convertible. In a tropical climate plants grow very fast. Every morning small mushrooms appeared on the canvas top of the car. I would knock them off only to have them reappear the next morning. I guess that is

why convertibles are called ragtops!

Later I had a white Studebaker with red leather interior. How I loved that car. My husband took it on a trip to Massachusetts to visit some friends. About ten o'clock that night he called to say he was coming home. His friends urged him to stay the night and I did too. No he would drive home even at that late hour. Later I got a call, he had dozed off and crashed into a guard rail in Hopkinton. Truly concerned I asked how the car was. Totaled! After expressing my grief I finally asked how he was. Okay except for bruises. He accused me of worrying more about the car than him. No, but I figured if he was upright and talking he must be okay. But the poor car was hauled away by a wrecker never to be seen again!

We bought a second hand blue van, fitted it out with sleeping bags and shelves for storage and

named it “The Huggiemobile”. Even got matching blue t-shirts with our Huggiemobile logo. Made many trips around New England. Then one day took a strong box with all our important papers, locked up the cabin and headed south. We were slowly starving in New Hampshire so we never looked back. The Huggie carried us to new careers and new opportunities in Huntsville, Al. Careers that made it possible to retire in our beloved New England without starving. Talk about the love boat. The Huggie was a dream boat carrying our dreams away and then back home at last.

So you can see why junked cars made me wistful and nostalgic. They each have a fascinating tale to tell. The pity is they cannot speed, make illegal u-turns, overheat, open up to new adventures, or grow mushrooms. But the saddest pity is they cannot talk!

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“Ask the Chef” your cooking or baking questions, and don't forget to bring those dull knives and scissors to be sharpened while you enjoy our fun, family friendly market.

SEE YOU AT OUR FRIENDLY, FUN FILLED MARKET!

8 This Month At The Groton Free Public Library

Mon, Sept. 24 at 7:00pm: Book Discussion of "Where Angels Fear to Tread" by E.M. Forster. Contact the library if you would like to borrow a copy of the book, and we'll see you there!

Thurs, Sept 27: What's all this talk about "antioxidants" and "free radicals?" We will have the second and final part of our program to high-

light the roles of these two groups in disease prevention and the aging process. Dr. Rosa Abelson, previously a professor of microbiology, genetics and immunology, will lead the discussion.

For more information, please contact Anne at 802-584-3358 or grotonlibrary@fairpoint.net. Thank you!

Bath Library Book Club

The Bath Library Book Club will be discussing "Balzac and the Little Chinese Seamstress" by Sijie Dai on Thursday, October 11th at 6 pm at the Bath Library. This book tells the story of two hapless city boys exiled to a remote mountain village for re-education during China's infamous Cultural Revolution. They meet the daughter of a local tailor and discover a hidden stash of Western classics. As they flirt with the seamstress and secretly de-

vour these banned works, the two find transit from their grim surroundings to worlds they never imagined. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm 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.

Haverhill Corner Library Announces Fall Events

HAVERTHILL, NH—This fall, the Haverhill Corner Library will sponsor a book sale, a book discussion series, a series of fiction writing workshops, and a Book Club for Writers discussion, the library has announced.

The library's fall activities will kick off with its annual book sale on Saturday, September 22, beginning at 9:00 AM. As usual, the library will have a wide selection of books and videos for sale on the lawn, with prices set "by donation."

This fall's book discussion series will feature "novels of espionage." The series launches on Monday, October 8 with a discussion of Tinker, Tailor, Soldier, Spy by John le Carré. It continues on Monday, November 12 with The Tears of Autumn by Charles McCarry, and concludes on Monday, December 10 with The Tourist by Olen Steinhauer. Copies of the books will be available to borrow from the library in advance.

The library will also offer three half-day fiction writing workshops this fall. The registration fees will be \$50 for each or \$125 for the series,

with all fees going to benefit the library. The workshops will address: Developing Your Plot (Saturday, October 6); Building Your Characters (Saturday, October 20); and Polishing Your Prose (Saturday, November 3).

The library's Book Club for Writers program meets quarterly to discuss pairs of short stories. This fall's ses-

sion will be held on Thursday, October 25 and will discuss "The Monkey's Paw" by W. W. Jacobs and "Lamb to the Slaughter" by Roald Dahl. Copies of the stories will be available in advance.

For more information, visit the library's web site at <<http://hliba.blogspot.com/>> or call 603-989-5578.



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- 2006- Backup Operations Center opens at the Denny House, in Bradford
- 2006- Conversion of Morse-Thomas Loan Office to Wells River Branch
- 2007- Newbury Branch opens
- 2008- E. Thetford Branch opens
- 2008 - 2011 -Wells River Savings Bank Voted "Best Places to Work" in VT, by its 72 Full-Time Employees



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Groton Growers Tomato Festival A Huge Success!

By Marianne L. Kelly

Groton, VT-- Residents and visitors flocked to the Groton Growers Farmers Market "Taste of the Market Tomato Festival" on August 25, in front of the Groton Community Building on Route 302.

The weather on this late summer day was sublime as people tasted and voted on several tomato varieties.

Bone Farm, Galusha Hill Farm and Many Colors of Green Farm stole the show with their cherry tomatoes, while Galusha Hill Farm won an honorable mention for the Rose de Brune tomato, as did Bone Farm with their Brandywine tomato.

Not to be outdone, vendors offered their own tomato specialties, which visitors literally ate up. Brenda's Green Gardens offered their tomato, garlic spread, Nana's Kitchen offered their tasty tomato and sausage stir-fry, and Spice of Life offered their tomato, basil, parmesan Stromboli. In The Road offered unique lunches from their truck, and Vermont Peanut Brittle Company wowed everyone with their Ginger Maple iced tea.

In addition to this tomato feast, visitors could also purchase a wide variety of summer vegetables including freshly picked corn, as well as jams, jellies, salsa, pickles, homemade bread and pastries, and more. Those



looking for special gifts found quality handcrafted quilted bags, aprons, embroidered towels, personal care products, wood-burned lazy susans, stained glass and beautiful wood turned bowls.

Groton Growers is currently working on their float for the big annual Groton Harvest Festival on Oct. 6. The Market will be open from

10-2 on that day.

Shop our fun, family friendly market every Saturday from 10-1 at the park in front of the Groton Community Building on Route 302 from 10-1, enjoy breakfast pastries, a wonderful lunch, take home locally grown food and perhaps a gift or two.

See you at the Market!

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Directed by
Sheila Kaplow

Cohase Chamber Hosts Breakfast Meeting

The Cohase Chamber of Commerce hosted a meeting on Thursday, September 13 that included representatives of several local business groups. The Bradford Merchants, the 3 Rivers Business Association, Wells River Action Program, and the Town of Havehrill Economic & Development Advisory Committee were all represented and gave a report to the two dozen or so people assembled.

Mark Nielsen, the Executive Director of the Chamber, also gave a report on their work, plus an update on the new Take 5, Hang 10 tourism program.

All groups seem to agree that though there are plenty of great volunteers to work on projects and to lead the



various groups, more and younger participants are certainly encouraged to step forward to help do the work needed to make life better for all.

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Congratulations to Green Pastures 4-H Club member Heath Page who was voted "Best Showman" at this year's Lancaster Fair. The recipient of this award is chosen based on votes cast by all fair exhibitors, both in the open and 4-H shows.

St. Johnsbury Players Present Twelve Angry Men

The St Johnsbury Players production of Reginald Rose's *Twelve Angry Men* (stage adaptation by Sherman L. Sergel) will be opening at the Black Box Theater at Morse Center for the Arts at St Johnsbury Academy on Friday October 5 at 7:30 p.m. and continues its run Oct 6, Oct 12 & 13, also at 7:30 PM. There will be a special matinee on Sun Oct 14 at 2 PM.



This critically acclaimed drama which follows the turbulence of jury deliberation was originally present as a teleplay in 1954 for CBS' Studio One. In 1957 Sidney Lumet directed the film adaptation that starred Henry Fonda and Lee J. Cobb. Since its first television broadcast *Twelve Angry Men*, has been staged all over the world; still remaining relevant today.

Colpitts. Rounding out the cast is Barry Hayes as the Guard, Jan Clausing as Judge and Amos Parker as the Clerk. The show is directed by Paul Scavitto, stage Manger is Valerie Webster, lighting is by Joshua Duncan and Amanda Allen, costumes by Jane Vinton, who also produces the show.

The show features Jerry Prevost as the Foreman and as jurors 2-12, respectively are Bryan LeBlance, Jason Scherer, William Vinton, Nathan Colpitts, Neil Benedict, Nathaniel Wayne, Dana Gray, Bill Taxter, Calvin Longe, Ryan Daly and Chris

Patrons can now order tickets through Catamount via phone (802-748-2600) or on line www.catamountarts.org. Patrons can also visit Cata-

mount's main building on Eastern Avenue, St. Johnsbury and purchase tickets in their lobby. Tickets will also be available at door of St. Johnsbury Academy's Black Box theater for each performance. Tickets are \$10 and \$7 for students and seniors. Group rates are available; for more information on group rates call 802 748 4002. Additional information can be found on-line on Facebook or on Catamount Art's website.

The show is made possible with support from Passumpsic Savings, Union and Community National Banks, also by Catamount Arts.

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Fall Festival Of The Arts

The 12th Annual Fall Festival of the Arts sponsored by the Ammonoosuc Region Arts Council will take place on Saturday, September 22 from 10 am - 3 pm in the village of Lisbon. Kasey Nightingale, local celebrity announcer from WLTV - Mix 96.7 FM will be the official emcee for the live entertainment venue held at the Gazebo, which kicks off at 10 am with the song styling of the Caledonia Chordsmen Barbershop Chorus followed at 11:15 with a magic show featuring Sally Sherrard. At 12:30, the Vermont band Spider Roulette, performing country, jazz and blues arrangements, will take center stage. In addition from 10 till noon, Ed O'Brien's Calliope Organ will be playing on the grounds of the White Church.

Numerous art vendors along Main Street will be displaying their creative works ranging from woodturning to photography to sculptures to

doll clothing as well as oil and watercolor paintings just to name a few. The perennial favorite People's Art Show and Quilt Show will be on display at the White Church on Main Street. Come in and vote for your favorite art and quilt pieces. Also come in and visit the Arts Gallery, a cooperative gallery that features works of artists from the North Country of New Hampshire and Vermont's Northeast Kingdom.

The Lisbon Historic Railroad Station & Museum will have a free 'open house and tour'. The station and museum will be open from 10:00 a.m. to 3:00 p.m. Come see the newly restored 1870 Boston & Maine architectural structure. See the train agents bay, the signal system and all the fascinating railroad artifacts. Museum curator and historian Roger Robar will be on hand to answer all your questions. The Lisbon Historical Society will also be

holding a grand opening at 10 am to commemorate their new location.

Along with the events and activities, there will be a food court, an Auction Raffle Table and interactive youth activities such as a scarecrow-making competition. Come bring the family and spend the day.

The Ammonoosuc Region Arts Council is a not for profit corporation. The Council instituted the Fall Festival back in 2000 and opened the Arts Gallery in 2002 with the generous support of the Woodsville Guaranty Bank. The Council sponsors numerous events throughout the year, such as the annual student photography show and exhibition and Kidz Art Kamps held at the Arts Gallery during school vacations.

For more information or questions, contact the ARTS Gallery - 28 Main Street, Lisbon, NH 03585 - Tel: 603.838.2300.



This photo was taken Tuesday morning, September 11 in a back yard in Barnet. Bobcats are not uncommon in this area, but are not an everyday sight either. Thanks to Randy Goss for sharing the photo.

Call For Artwork

As part of the Lisbon Fall Festival of the Arts, the is seeking entries for the 2012 People's Art Show. This popular annual event will be held on Saturday the 22nd of September at the White Church located on South Main St. in Lisbon. Artists are encouraged to submit up to three original works of art. There are no entry fees for this event. All the artwork should be ready to be displayed. There will be four categories for adults and students in paintings, drawings, photography and 3-D art. Drop off/registra-

tion will be at the White Church between 4:00pm and 6:00pm Thursday the 20th of September and pick-up will be between 3:00pm and 4:00pm Saturday the 22nd.

The public is invited and encouraged to view the People's Art Show and cast votes for their favorite entries. Winners will be announced at the gazebo in the center of town at 3:30pm. For further information or questions, contact Clayton Beck at acbeck@yahoo.com. This is a great venue for artists to exhibit their work.



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FALL Festival of the ARTS

Lisbon, NH

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12 **Bradford Conservation Commission Calendar – “The Beauty that is Bradford’s”**



Bradford Conservation Commission’s 2013 edition of its annual Calendar, “The Beauty that is Bradford’s” has just become available at several Bradford merchants and at the Town Office. This year’s cover photo, taken from the stone quarry by Bonnie Prouty, provides a unique view of Bradford that most of us never see. Roberta Kaplow’s view from Mink Hill shot was chosen by the selection committee to grace the back cover of this year’s Calendar.

Other local photographers represented in the Calendar are Chris Mazzarella, Jon Dame, Andrea Moore and Mary Wendell, whose photos depict the culture and natural beauty of our local wildlife, farm life and

weather. The tear-out centerfold is an up-to-date map of the 500 acre Town-owned Wrights MT/Devil’s Den Forest, which is conserved with the Upper Valley Land Trust and managed by the Bradford Conservation Commission. Included on the map is the network of color-coded hiking trails and access points to the forest.

Printing of the Calendar was donated again this year by Dartmouth Printing Company in Hanover, NH. Proceeds from the sale of this 10th annual Calendar will benefit the Bradford Conservation Fund, which works to preserve Bradford’s working landscape by protecting its farms and forests through conservation.

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Backyard Garlic

By Heather Bryant, Regional Field Specialist, Food and Agriculture

Garlic is my new favorite crop. I love that the deer roaming my neighborhood don’t eat it. I like that I can plant it at the end of the regular gardening season and harvest it before most summer vegetables start ripening in earnest.

I started this particular backyard adventure about this time last year by getting seed from a couple friends in Lancaster. “Seed” garlic is really just a head of garlic, and selection matters. If you buy a head of garlic in the grocery store it may not be adapted to our weather conditions. You are much better off either buying seed from a reputable seed dealer or, like I did, from friends who grew it not far away. If you are the first of your friends to try this, you can get your seed at a Farmer’s Market. The advantage is that you can ask the vendor questions before you make your selection. Someone who grows multiple varieties can tell you which ones are spicy and which are mild, which ones are hardneck and which ones are softneck. Hardneck varieties are more cold hardy and produce scapes. Softneck are the kind you braid. October is actually the best time to plant the garlic, but if you wait till October

to start looking for seed you may not have many options.

Garlic likes a pH between 6.0 and 7.0 in well drained soils with organic matter, so your vegetable garden is generally a good site for planting. Since I was just trying to grow garlic for myself, and not for sale I took a short cut and planted it into the plastic mulch I had laid down in June for my tomatoes. The plastic had degraded a little bit, but it was still in good enough shape to keep the weeds under control, which is critical for garlic. If your soil fertility is low, this may not work well for you because plastic mulch that is already in place makes it hard to add fertilizer.

October is the time to plant garlic because it needs two months of cold weather to cause it to form bulbs. You can plant it in the spring, but you will likely get much smaller bulbs. October is also a good time in our area because it’s still early enough for the garlic to start to produce roots before winter sets in and late enough that they shouldn’t produce leaves that would be susceptible to winter injury.

To plant it you gently separate the bulbs into cloves and set them in the soil (pointy end up) either two

inches down if you plan to use mulch, or 4 inches down if you don’t. Plastic mulch does not provide a lot of winter protection, so I added about 4 inches of leaves on top of the plastic and removed it again in the spring when the garlic began to grow. Straw mulch or grass clippings would work as well. You can leave the mulch in place to prevent weeds, but mulch will hold in moisture so in a wet year you could end up with disease issues.



I planted hardneck varieties, so in June they produced scapes. I harvested the scapes while they were still curly and used them to make pesto. Harvesting the scapes leads to larger bulbs, but another option is to let a couple of them grow. Once the scapes straighten out they will begin to form bulbils in a pointed structure at the top. The bulbils look like tiny cloves and can in turn be planted to produce a crop of garlic scallions.

In July when the lower third to half of the leaves had died, I harvested and cured my garlic. Curing just means letting the bulbs dry down. In the case of garlic a dry, cool, shady spot with good airflow like a cellar or garage is best.

I said earlier that the deer in my neighborhood don’t eat garlic. So of course I’m going to grow it again. Next month, I’ll plant a couple of the best looking bulbs. I’m going to put them in a different spot, though because garlic is susceptible to a number of disease issues. Rotation and planting clean healthy seed is the best way to prevent and manage these diseases. For more detailed information on growing garlic including illustrations please visit our website for a factsheet written by Extension Specialist Becky Sideman (http://extension.unh.edu/resources/files/resource001875_rep2720.pdf).

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September 18, 2012 Volume 3 Number 25
Not all Times are Trendy but there will always be Trendy Times

OBITUARY

ANNA LORRAINE (WALLACE) WHITE



Woodsville, NH – Anna Lorraine (Wallace) White, 92, died September 8, 2012 at Cottage Hospital.

She was born in Haverhill, NH, December 1, 1919, a daughter of Edwin and Mary (Bunce) Wallace.

Lorraine was a graduate of Woodsville High School and of the Brightlook Hospital School of Nursing in St. Johnsbury, VT. For many years she worked as a Registered Nurse at the Glenclyff Home for the Elderly.

She married Frederick J. White on June 15, 1953.

Lorraine was a member of the Woodsville United Methodist Church and of the NH State Employees Association. She enjoyed gardening, traveling, and cooking, but most of all, she loved her animals, her home, and her family. She especially treasured the time she spent with her granddaughter, Heather. She was predeceased by her husband, Fred White, Sr., on December 30, 2002,

by her brother William O. Wallace on May 29, 1995 and by her sister, Barbara Pecor in 1979.

Survivors include her children, Harriet Keyes of Woodsville, Pamela Ashford and husband Kim of Newbury, VT, and Frederick J. White, Jr. and wife Darlene of Woodsville; her granddaughter Heather Ashford of Bath; along with nieces, nephews and cousins.

The funeral service was held on Wednesday, September 12th, at 2 PM at the

funeral home with Pastor Susan Ellery of the Woodsville United Methodist Church officiating. Burial followed in Pine Grove Cemetery, Woodsville.

Memorial contributions can be made to Second Chance Animal Rescue, 1517 Meadow Street, Littleton, NH 03561.

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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Hands-On Activity sponsored by the Richardson Memorial Library of Sugar Hill

Open Air Market
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Thanks From The Goshen Church ¹³

The Old Goshen Church thanks the many loyal supporters who attended our services this summer. It was a busy and productive year at the church. In addition to our normal special afternoon events, the church was open every Sunday am for worship services and the steeple

repairs are being completed. This could not have been done without the support of donations from so many generous folks and businesses. We will be concluding our season 9/16/12. A heartfelt thank you to all and we look forward to another eventful season in 2013.

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14 Round Rock Wisdom

By Robert Roudebush

I like rocks and work with them any chance I get. Walls and gardens and such. Work that's really play.

When we all get together, there are no discussions, no calls for consensus, no votes taken.

We still get the job done each time every time in moderate low-key efficiency.

When I'm wrong, they pinch my fingers or hands a little bit, and I re-think and redo what I just did and everything fits in just right, better than before.

When I'm right, what we're building just works so well, it even sounds just right as each one slips into place in perfect clunking harmony with its mates. No concrete, no adhesive, just gravity and good fit. They feel so good about everything, they treat water as a friend, and let it pass right around them, instead of holding it back, and making it an enemy that eventually builds up and ends up pushing them around.

I don't own the rocks, not even for a second anytime –

I'm just in temporary charge of where they go when they are in my hand.

Every time I lift one I'm getting stronger. They are good for me.

No watering necessary, no fertilizer, no pruning, no sweeping or raking.

They change color over time, because of light or lack of it – either bright and shining, or darker, greener, even growing their own moss. Moisture or lack of it contributes too. I've seen rocks change in color in their place just because something inside of them seeps out to their surface over the years. I'm not in charge of any of those changes either but they speak of the passing of time.

They'll be here long after I'm dead and gone and forgotten, doing their job in sure steady silence, no need to boast or to hide – perfect companions, always good-looking and self-sufficient and perfectly designed for their work. Some other lucky person may have momentary charge of them someday, but it won't be me.

Cottage Hospital STORK REPORT



Cottage Hospital May, June, July, And August Stork Report

Cottage Hospital is pleased to announce the following births for Summer 2012.

Reginald & Angela Gochie and siblings Sheldon, Alyzah, & Nicole, of Groton, VT proudly introduce their son and brother, Reginald Jason Gochie Jr., born May 1, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Alison & Dylan Kidder and big brother Cyrus, of Newbury, VT proudly introduce their daughter and sister, Elsie Irene Kidder, born May 16, 2012. Delivering Physicians were Dr. Stephen Genereaux and Dr. Melanie Lawrence.

Angelique & Daniel Trudeau, of Littleton, NH proudly introduce their daughter, Ciara Lynn Trudeau, born May 23, 2012. Delivering Physician was Dr. Sarah Young-Xu.

James & Jennifer Barkley and big brother James, of Lebanon, NH proudly introduce their daughter and sister, Ayla Jaclyn Barkley, born May 26, 2012. Delivering Physician was Dr. Aaron Solnit.

Amanda Hollis & Garrett Thibault and big siblings Lynnze, Myra, Maia and Scarlett, of Woodsville, NH proudly introduce their son and brother, Fisher Skye Thibault, May 31, 2012. Delivering Physician was Dr. Fay Homan.

Amanda & Mac Cashin and big sister Grace, of Bath, NH proudly introduce their son and brother, Martin Samuel Cashin, born May 31, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Lauren Noyes & Derrick Stearns and big sister Lauren, of Piermont, NH proudly introduce their daughter and sister, Lexi Jo-Ann Stearns born June 5, 2012. Delivering Physicians was Dr. Stephen Genereaux.

Henrita & Allen Laflamme and siblings Angela & Andrei, of Vershire, VT proudly introduce their daughter and sister, Anya Abigail Leflamme born June 5, 2012. Delivering Physician was Dr. Stephen Genereaux.

Jason & Carla Horniak and siblings Brooke & Autumn, of Corinth, VT proudly introduce their daughter and sister, Jacey May Horniak, born June 8, 2012. Delivering Physician was Dr. Fay Homan.

Christina & AJ Fleteau and big sister Lilidae, of Woodsville, NH proudly introduce their son and brother, Orion Heron Fleteau, born June 15, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Katelind Beckley & Joshua Hamel and big brother Andy, of Bath, NH proudly intro-

duce their son and brother, Carter John Howard born June 18, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Mary Rose & Anthony Garcia, of Woodsville, NH proudly introduce their daughter, Breeana Louise Garcia, born June 21, 2012. Delivering Physician was Dr. Aaron Solnit.

Lacy & Raymond LaPete and big siblings Kylee, Peyton and Phiona, of Monroe, NH proudly introduce their son and brother, Levi Scott LaPete, born June 26, 2012. Delivering Physician was Dr. Stephen Genereaux.

Sarah & Ron Adams of Bradford, VT proudly introduce their son, Austin Barry Adams, born July 21, 2012. Delivering Physician was Dr. Fay Homan.

Tiffany Rogers & Charles Fisher Sr. and big siblings Charles Jr., Jennie, and Hunter, of Wells River, VT proudly introduce their daughter and sister, Brandi Rose Fisher, born July 25, 2012. Delivering Physician was Dr. Stephen Genereaux.

Kari & Josiah Rives and big siblings Chloe & Thad, of Woodsville, NH proudly introduce their son and brother, Lincoln Arthur Rives, born August 12, 2012. Delivering Physician was Dr. Sarah Young-Xu.

Jessica Perkins & Todd Fiore, of North Haverhill, NH proudly introduce their son, Chase William Fiore born August 24, 2012. Delivering Physician was Dr. Sarah Young-Xu.

September 18, 2012 Volume 3 Number 25

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Readers Are Asking

Question: I am caring for my husband, who has been diagnosed with Parkinson's Disease, and my mother, who is ninety-five years old and needs physical assistance in order to continue living independently. I am finding myself torn; I love them both and I want to provide them with the best care I can possibly provide, but, I am finding myself growing resentful and grouchy because I have no time for myself. What can I do?

Answer: First, as a caregiver you have the right to care for yourself. The stress of caregiving can cause increased health problems, disrupted relationships, depression and it can decrease your ability to give good care...and to give care in a loving way. You, your husband and your mother will all benefit from you taking care of you.

The Agency on Aging for Northeastern Vermont has several supports available to help you take care of yourself, including respite grants to pay for respite care so that you have some time for yourself, one-on-one support and a series of classes known as Powerful Tools for Caregivers.

Powerful Tools for Caregivers is designed to help family caregivers take care of themselves while caring for a relative or friend. You'll learn tools to reduce stress, communicate effectively with others, reduce guilt/anger/depression, set goals, problem-solve and take care of

yourself. Past participants from the Northeast Kingdom have said of this class,

"The group made me feel I was not alone in the struggle of caregiving and that I could take care of myself without feeling guilty."

"I have more confidence in speaking, listening and acting in a challenging situation. Also (I now know) I am not alone facing life challenges: there are many agencies & services available to help me."

Powerful Tools for Caregivers will be offered in St. Johnsbury for six Thursday evenings beginning September 27th from 5 – 6:30 p.m. The classes will be facilitated by Nancy Oakes and Susan Gordon of the Area Agency on Aging for Northeastern Vermont.

Pre-registration is required. To register for this class call Nancy or Susan at 802-748-5182. To inquire about respite grants or about other supports for family caregivers call the Senior HelpLine at 1-800-642-5119.

Letter To The Editor

When Jeanie Forrester was elected to the state Senate in 2010, she rose to the occasion with hard work and dedication. Now she has experience on top of that, along with a reputation for responsiveness to constituents. She stands for smaller, more efficient, more responsible government, and works hard to prevent the erosion of civil liberties and to protect the sanctity of private property. These are the things that we have traditionally valued here in New Hampshire. Her motivations are truly altruistic, and she has managed to remain humble and accessible. I have contacted her on a number of issues, and have never failed to get a plain and honest personal answer, even when she knows it's not the one I want to hear.

Her opponent, Democrat Bob Lamb, is a very successful businessman and a polished talker. But I have heard with my own ears the half-truths and emotional but empty rhetoric with which he panders to the uninformed. I have seen with my own eyes the unsavory political tactics he's not above employing. He is the archetypal trans-

plant from Massachusetts, who comes here for the natural beauty, freedom, low crime and low taxes, and then promptly tries to "move New Hampshire forward".

Do we want a Senator with character and a record of service who emphasizes self-reliance, or do we want another Machiavellian tax-and-spend politician who thinks he knows what's better for us than we do?

Do we want to be the "Live Free or Die" state, or do we want to become "Northern Massachusetts"?

Reelect Jeanie Forrester!
Brad Rohdenburg

Brad,

With the primaries behind us we can all now focus on the general election just seven weeks away

from the publication of this edition of Trendy Times. During that time I encourage all voters to learn all you can about those who have been chosen by their parties to be the candidate for whatever office they are attempting to fill. From State Representatives up to Governor, and US Representative, many choices will be made. Not only is it an honor to be able to vote, and a privilege, but also a task that should be done well.

Trendy Times is seeking questions for these candidates. Send them in and we will get all the answers we can.

Gary Scruton, Editor



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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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The Visit

By Elinor P. Mawson

We had gone to Connecticut to pick up a woodstove, and on the way back, decided to stop and see one of our relatives who lived nearby.

"Oh good," the lady of the house said when she saw us. "You have come just in time to have some hot apple pie just out of the oven!" We felt welcomed, and looked forward to some homemade goodies.

We sat in their living room. The house was old, built in the 1850's, and not much had been done to it since. There was a huge brick fireplace with a mantle covered in dusty knick-knacks, several elderly chairs and tables, and doorways to everywhere else in the house. Through one of the doors we could hear water running into the bathtub, and we could see a pile of coins on the floor through another door.

As we came through the

kitchen, we had noticed several cat dishes and 2 litter boxes under the table. And it seemed that there were cats everywhere.

Drifting in and out of the room were the man of the house and his mother. The man was looking for the telephone book (he hardly noticed us); apparently his mother had not put it back on the stairs where it "belonged". He was shouting at her as though she was a child, and she was making excuses. Neither of them paid attention to the aforementioned bathtub.

They both located the phone book in another room; the man was so exasperated, he tore the book in half before he put it back on the stairs. Then he went into the bathroom where he turned off the water just before it overflowed the tub. Needless to say, his

mother got another dressing down right in front of us. We tried not to look embarrassed, although we certainly felt it.

Conversation was quite stilted through this scenario, and we looked at each other and silently agreed to get out of there.

"What?? You're leaving?" the lady asked. "Oh, it's too bad you couldn't stay for pie and coffee."

We couldn't get out of there fast enough. We had seen enough dysfunction for one day.

Several years later, we returned for a short visit. By this time the mother had died, and there were now 2 little girls in the household. There still were cats everywhere and the coins were still in piles on the floor. This time we brought our own food.

But that's another story.

Chronic Inflammation

Another common conversation in the shoppe, thank you all for the gifts of sharing and trusting my response and herbal knowledge. Inflammation is a natural reaction to injury or infection. The infected tissues swell, redden, become warm and tender, and are often painful. Too much inflammation can do the body harm, however, leading to immobility, weight loss and sometimes gain, and a weakening of muscle tissue and the power to fight disease. Disorders that involve specific types and/or locations of inflammation include bursitis, carpal tunnel syndrome, fibromyalgia, osteoarthritis and tendinitis, just to name a few. Cardio-vascular disease also may be at least partially a result of inflammation in the linings of the arteries. Things that can trigger inflammation include drug overdose (over the counter and prescriptions), exposure to environmental toxins, free radical damage, infections, injury and bacterial, fungal or viral infection.

Any organ or tissue of the body, internal or external, can become inflamed. Internal inflammation is often caused by bacterial infection, but can also be caused by disorders such as allergies, anemia, arthritis, asthma, autoimmune diseases, Chron's disease, osteoarthritis, peptic ulcers disease or ulcerative colitis.

Bacterial arthritis, which causes painful inflammation of the joints, is usually associated with an infection elsewhere in the body, such as the lungs, kidney or gallbladder.

External inflammation is most often the result of injury, but can also result from (or be aggravated by) allergies, infection and other factors. Unfortunately, it is often difficult to identify the source or sources of inflammation. The traditional methods for relieving inflammation are positioning the affected part properly, applying heat and/or ice, taking painkillers with nutritional supplements, and getting plenty of rest. The complex sugar beta -1, 3, D-glucan (found in the cell walls of brewer's yeast and a variety of fungi, such as maitake and reishi mushrooms) has proven to be powerful immune booster. When beta -1,3-D-glucan attaches to the receptor site on macrophage cells, these immune cells are activated to at-

tack and destroy invading organisms and reduce infection and inflammation.

Always an excellent plan to eat at least 75% raw foods, especially fruits and vegetables, and drink plenty of herbal teas and juices. Drink at least half of your body weight in water daily. Eat foods high in flavonoids, which are anti-oxidants and useful for inflammation reduction, such as spinach and blueberries. Quercetin, found in onions, is good for insulin. Consume half of a fresh pineapple or fresh papaya daily. Pineapple contains bromelain and papaya contains papain, both enzymes that reduce swelling and inflammation. It should reduce the pain and swelling in two to six days. Only fresh pineapple or papaya (not canned) is effective. Bromelain is also excellent capsule form. Eat

coldwater fish such as herring, salmon, sardines as they are rich sources of essential fatty acids. Of course, eliminate all soda, sugar white flour and other junk foods.

Herbal choices for inflammation and healing include: Alfalfa, Aloe Vera juice, Bilberry leaf and berries, Boswellia, Turmeric, Cat's Claw Bark, Cayenne Pepper, Devil's Claw Bark, Ginger, Pau De Rco Bark, Red Clover Blossoms, Stinging Nettles, White Willow Bark & Yucca Root.

Externally a poultice that combines fenugreek seeds, flax seeds and slippery elm bark can be applied directly to the affected area to relieve inflammation. Horsetail extract is a good source of silica, which is beneficial for healing and repairing bones and connective tissue. Olive leaf extract eases inflammation and is good for any bacterial infection.

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 250 medicinal bulk herbs, tinctures, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com



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Journey Into The Cathouse Bethlehem, NH

The smell is what hits you first. I don't know whether it was just the musty smell of years of no maintenance, no washing, or that something died within the walls. The place is falling apart inside and out, but the mystery of the Cathouse still remains hidden within the walls.

If you haven't read the

story about the Cathouse, it is the first article I ever did for a newspaper back in 2009. I did a revision of the article about a year ago that added some new details to the story. Both versions are on my website, which you can find the address below this article. The Cathouse hasn't really been an ideal ghost hunting spot until I did the revised article and it just seemed like everyone wants to flock to it now. I'm not tooting my own horn either, it could be coincidence, but the idea of me causing it to be an ideal late night fright flatters me (I can't deny that!) On the inside, it looks like an ordinary abandoned house, but on the inside. Well, that's a different story.

When you step foot inside, you are literally just stepping on heaps of junk: papers, chairs, old appliances, old food still in jars or cans, and old records. It doesn't seem like the ideal spot anyone would like to go to (except teenagers, maybe), but it was just a thrill to finally be in the house where I had my first paranormal sighting. Around every corner, something told a story. How this person, who's nickname around these parts is said to be "Timmy", must have been a hoarder. There's tons of old books, old furniture (some still in decent shape), and the old time records haven't all been crunched to pieces. It's sad though that people have vandalized this spot, because it was once someone's item and if spirits do exist then I wouldn't think they would want their personal items destroyed.

To be quite honest it really wouldn't hurt my feelings if I

went back in there or not. It was great to see the place on the inside, because now I have a better idea of what people meant when they told me this place is literally "trashed." That and well, it's the famous Cathouse, why wouldn't I want to check it out? But nothing went bump in the night, but some felt that their was a presence there, it was just keeping its distance. As of this writing, I still have plenty of evidence to go threw, but I will post pictures on my website.

Website: scaredsheetlesscn.blogspot.com

Contact: scaredsheetlesscn@hotmail.com

Please remember, I do not condone anyone to go into this house. Actually, it would make me feel better if no one went in it. There's too many hazards and too much of a chance for an accident to happen. A little ghost hunter advice: use your head, because every inch is an obstacle while hunting. Thank you for reading and happy hauntings.

James Paradie started Scared Sheetless in 2009 and has been seen in newspapers such as the Trendy Times and the White Mountain Shopper. He has also appeared on the Littleton Record and the Caledonian Record. His articles have also been seen on Yahoo and paranormalnews.com. James started ghost hunting in 2010 with NEPI. For more information on NEPI, go to their website at northeasternparanormalinvestigations.com and if you want to have an investigation in your residence, please contact Anthony at 444-7142.

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A Change Of Pace

Recently, I have been submitting light-hearted stories entailing a few of the recent past 'successful adoptions' through the Above the Notch Humane Society. I would hope that reading these stories left you with a warm fuzzy feeling as it did for me. We are happy that our animals found their forever homes and are happy.

I would like to take a change of pace and have decided to do a series of articles on different breeds of dogs. They will be informative and give the readers knowledge and background of the many different breeds that are out there for adoption. When one adopts a dog, it is important to know some background not only of the dog's previous history, but also his breed's attributes, strengths and weaknesses. It is important, as we have recommended in past articles, before one adopts a dog, you want to make sure that you have selected the right dog for your family and that you are the right family for a particular dog. The breed that I am starting with is:

THE PIT BULL

When one hears the phrase, "Pit Bull", many pictures come to mind. (A fierce, aggressive, strong animal that is not meant for families and children is one of them. They are bred for one thing and one thing only.... fighting!) THIS IS A STEREOTYPE THAT IS ABSOLUTELY NOT TRUE! The Pit Bull, or as I would like to refer to them as Staffordshire Terriers or American Staffordshire terriers was a breed created initially by mixing an Old English Terrier with an English Bulldog which created the strength and athletic ability for which these dogs are now known. Aside from strength, particular to this breed is devotion, loyalty and intelligence. When they start out in this life, this breed is like any other dog. They are puppies; they are raised (or not raised as the case may be) and they will become all that their owners want them to be with the correct training. This dog will learn to behave, accurately react to their masters' commands, and be gentle and loving to their family, if that is what they are taught. There is also an air of stubbornness which can be overcome by a strong but gentle hand.

Intelligence is one of this breeds' best attributes. If one starts training a puppy as soon as it is weaned, this

dog will be become a true loving member of your family. If an older dog is adopted, there is nothing that would keep this animal from learning by a kind and gentle hand. There have been many American Staffordshire Terriers that have been trained to be police dogs and perform search and rescue after disasters. They have also been known to save the lives of their family members. Some are also trained to be assisted living dogs and hospice visitors to bring some joy in the lives of terminal patients and the elderly. Even our President Theodore Roosevelt owned one whom he named Pete.

I would like to relate to you something that I remember from my childhood. As a little girl growing up, I had a favorite pet store that had a mascot dog whose name was Bobo. He was tawny brown and extremely friendly. He would walk around and greet everyone that came into the store. He would lick your hand, let you hug him and pet him and he was around that store for many years. When I found out that he had passed away, I cried. I had known him most of my young life and felt the loss. It wasn't until after he died that I found out that Bobo was a pure bred pit bull! At such an early age I learned and



"Blitz" who is currently available for adoption.

realized that a dog is as good or as bad as he has been trained or not trained to be. Staffordshire Terriers may not be the breed for you, but my feeling in writing this article is to dispel some of the stereotypes of this breed so that they will be given a fair chance in this world to find a loving family and a forever home.

"I want to thank my new 'friend' Blitz who has taught me so much about his breed and about myself, as well. You didn't listen to my voice, you listened to my heart."

We would like to invite you to our Signature Annual event, Mutt's Rocks at The Rocks Estate in Bethlehem, NH on Saturday, October 20, 2012. There will be all kinds of activities for everybody (including the Mutts). We look forward to seeing you there. (Written by Bobbe McIntyre)

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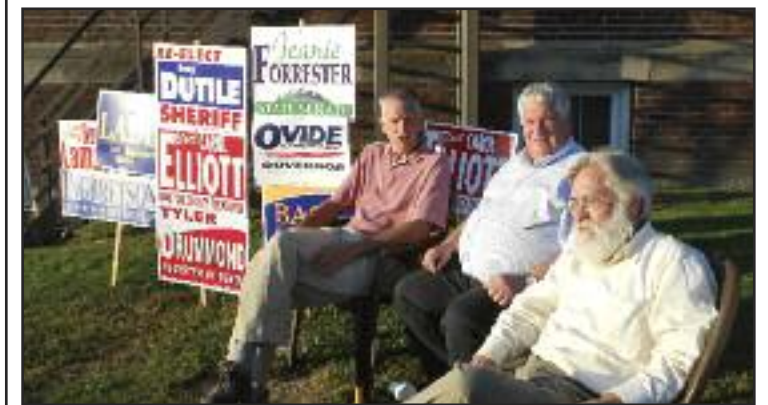
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New Hampshire Primary Day was Tuesday, September 11th. The weather was great, but the voter turnout still was reported as low around the state. In Haverhill there was the normal sign farm that sprung up on the lawn of the Haverhill Municipal Building, the voting location for all Haverhill residents. There was also a contingency of Republicans on hand with signs, chairs, and plenty of time to chat with voters as they headed into the polls, or on their way out. Though not pictured here, there were at least two Democrats also on hand at times during the day, ready to discuss their views and to promote their candidates.

The new voters ID regulations did not seem to have a great deal of impact at the Haverhill polls, though some issues were reported at other local towns.

The general election will be held on Tuesday, November 6 in both New Hampshire and Vermont. Both states will elect a Governor, US Representative, State Senators, State Representatives, and various other county and state officials.

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20 Warner Shares Policies At Lancaster Fair



Republican candidate for NH State Senate District 1 Debi Warner with her Budget Balance weight as she toured Lancaster Fair.

LANCASTER NH Senate Candidate Debi Warner shared her policies with many people at the Lancaster Fair. Emphasizing keeping our spending within our means, she towed a weight with her as she talked with Fair goers, saying she is willing to do the heavy lifting of a careful budget process. "I know it will be difficult. We must do this compassionately, but we cannot continue to create debt for our children at all levels of government. We must live within our means." Warner's main focus is the economy. "We need jobs. Yet we need to look forward, not in the rear view mirror. We do miss the mills, but now instead we need diverse moderate and small business. A single large employer is the most vulnerable economy we can have. We should not put all our eggs in one basket, we know what happens."

Warner sees the need for more businesses that perform for external markets. For these to succeed, she points to the need for better infrastructure – roads, internet, cellphone, and rail. "All of these are means for our work products to ship elsewhere for external money to come back into the North Country," Warner says. "There are manufacturers and businesses that would come, but they expect our utilities and roads to be up to par. I will do all I can at all levels to ensure the North Country is included in state priorities for formulas and funding for these necessary infrastructures."

Warner also stands firmly against Northern Pass. "Those towers would work against our values – the beauty of the mountains and forests. It is uncompensated taking of the valuable views. It would also work against

our mainstay remaining economy, the destination markets that come north to enjoy the pristine landscape and our culture." Warner says the towers are an abomination, with reckless disregard for the people under them. "I cannot imagine what they were thinking as they designed their destructive path through our beautiful countryside; it would affect many aspects of the local quality of life for distant gain. It simply is not right."

Sustainable logging, nature activities, ATV use, and eating wild blueberries are also highlighted by Warner in her support for traditional culture and enjoyment of the North Country. "We have a great way of life here; we should not be marked for extinction, but our ways should be respected at all levels of government. I will advocate for our use of the area that is sustainable and respects nature, to state and federal powers," Warner says.

Warner notes she is a strong and vocal advocate, polite and effective. She has experience as a citizen with bipartisan legislation that protected Constitutional privacy rights of the individual. Warner points to this as her reason for running. "Yes, after that work in Concord, they saw that I have skills for effective legislating and so I was asked to run. I am willing to put my determination and effort forward to benefit the North Country. We need to all work together; we do not have the room to bicker but instead need to bring forward cohesive legislation and advocacy for our survival. We can thrive in the years ahead if we work on these issues effectively now." More information is available at www.Warner4Senate.com



By Ronda Marsh

Simple Jammie Bars

I don't know of very many dessert recipes you can construct without at least one egg; but here's a very easy bar cookie that requires none, and can claim to be at least a little lower on the list of junk food, thanks to a healthy dose of oats. The ingredients are simple and few and you can use whatever jam or preserve you prefer. I made these with some Raspberry jam, but you could just as easily use Strawberry, Apricot, or even Fig. I bet you could even use Lemon Curd (note to self: buy some Lemon Curd!)

Because I don't have a large family, a 9X9 inch pan of these are just the right size, but feel free to double the recipe and use an 11X7 or 9X13 baking dish, if you wish.

Here's a good little baking hint for you: When you remove the requisite stick of butter from the fridge, open the paper and cut off a thin (less than a tablespoon) slice and place it and the butter paper in your baking dish. After cutting up the remainder of the

- 1 stick (1/2 cup) butter
- 3/4 cup all purpose flour
- 3/4 cup oats
- 1/2 cup brown sugar, packed

Preheat oven to 350°F. Cut a stick of butter into little pieces, reserving about a scant tablespoon. Use that reserved piece of butter to generously grease a 9X9 inch baking pan. In a large bowl, combine the flour, oats, brown sugar, baking powder, and salt, then work in the bits of butter with a pastry blender (or with your hands) until it all forms into a large ball. Cut the ball of dough in half, and press it into the bottom of the greased pan, setting the other half aside. Spread the jam on the dough as evenly as possible. Crumble up the reserved dough and sprinkle evenly over the surface of the jam. Lightly press with your hands to adhere it to the jam surface. It's not going to be perfectly and totally covered, but that's okay. Place in the preheated oven and bake for 30 to 40 minutes, or until the top crust is golden brown. Remove and allow to completely cool before cutting into squares. Makes about 16 bars.



butter into pieces to use in the recipe, nestle that little tab of butter you cut off in the butter wrapper, and use that to grease the pan. Using the butter paper makes it easier to get deep into the corners, and besides, it makes me feel like I've been thrifty!

Serve these cookie bars with coffee, tea, or milk for a quick snack that will keep your cookie lovers coming back for more!

- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 5 or 6 ounces (about half of a 12 ounce jar) jam or preserve of choice

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