

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

NOVEMBER 13, 2012 VOLUME 4 NUMBER 3

HCMS - JAG - I & I - *Letters Meaning Current And Future Excellence For Haverhill Students Now*

By Robert Roudebush

Lots of initials standing for lots of success -building here today in Haverhill.

J A G stands for "JOBS FOR AMERICA'S GRADUATES" - it's a youth-building nation-wide activity that is alive and well in the town of Haverhill, and for some years now, at the Haverhill Cooperative Middle School - that is the HCMS. That Middle School is where numerous students were recently INITIATED into the future-minded organization, and chosen officers were INSTALLED. That's the I & I. The time was Thursday, October 25, 2012, in the early evening, and 7th and 8th grade students planned and led it.

What is JAG? "It's a period of the student's lives when they start to define who they will be as adults - JAG helps channel that search in a positive position. It's pretty amazing to see" - Eric Spears, Middle School Youth Specialist, JAG Coordinator at HCMS.

What does JAG do? There are different answers from different sources, all painting a portrait of planned progress on a positive path.

JAG is "SUPPORTING YOUTH IN SCHOOL, WORK & LIFE" -The national mission and vision statements: Mission -" helping resolve our country's dropout and transition problems by expanding state organizations and local programs that help young people greatest at risk overcome barriers to graduation from high school and become college and career ready.

Vision - "The JAG National Network will make a measurable difference in the outcomes of public education and workforce development systems at the national, state and local level. We will strive to increase opportunity and reduce poverty and unemployment for fostering A NATION WITHOUT DROPOUTS." That's why for

many years in New Hampshire and many other states, JAG has been an active presence in multiple locations at middle and high schools.

Great, but how do they do it? Katherine "Katie" Dichard, Program Manager of seven of the twelve state- based JAG sites across New Hampshire, and one of the event's adult speakers, explains that the phrase "at risk students" is used loosely and is most effectively applied in identifying any student who "falls through the cracks" in middle or high school, who may face any one of several "barriers to success" - that can mean social, familial or financial barriers.

HCMS Principal Brent Walker shared that JAG helps "build student's internal assets, teaches goal setting, keeps the kids focused on the future, teaches them to set priorities, to understand their strengths and weaknesses, all in a structured and supportive atmosphere, providing constructive opportunities".

Great again, but how? By doing actual paid jobs in the neighborhood for the older, High School participants, and for involvement in other activities for the younger middle school students. Eric Spears explains further. He's been at HCMS for five years now. "In the middle school program, students are very involved in community service. Projects have included fund-raisers for disaster victims, making a youth haunted house for the Parks and Recreation Department, attaching greetings to lunches that are delivered to home-bound seniors through the Horse Meadow Senior Center. Through this kind of activity, the students practice organizational skills, and we talk about our responsibilities in our communities. We don't focus as much on career prep as high school JAG. However, we do take students on field trips to learn about jobs, we invite guest speakers in to talk about their jobs, and the

eighth-graders work on subjects like budgets, writing checks, and interviewing skills. We also visit Riverbend Career and Technical Center and I take interested students to Clark's Trading Post at the end of the school year to apply for summer jobs.

"We currently have 27 students - 15 seventh-graders and 12 eighth-graders. We'll probably add a couple of eighth-graders later this year. We will also start our first ever sixth-graders JAG class second semester. Those students haven't been selected yet. Of the 27, 21 of them were there the other night and received their membership certificates."

Mr. Spears goes on about who gets involved in the student elective program -"We track student achievement, both academically and behaviorally. As students progress through JAG, there are clear improvements in Grade Point Average, as well as fewer discipline referrals. But, even more obvious, is how they grow and develop their social skills and their positive leadership skills. I've worked with very quiet students, and even students who tend to get into trouble - and I've seen both types take leadership positions in JAG and gain the respect of their peers. Which of course means they gain respect for themselves and their own increasing abilities"

The newly installed officers taking their oaths at the recent ceremony included -
- Dakota Chamberlain - Treasurer
- Kayla Ingerson - Historian
- EmmaLee Smith - Social Coordinator
- Chelsea Pay - Secretary
- James Burke - Vice President
- Rebecca Kyer - President

Seventh-grade student Myra Hollis was a dedicated participant who helped in preparing for the night's occasion and whose older sister Lynnze was also in JAG. Myra and other pupils worked with



This photo shows HCMS-JAG President Rebecca Kyer, at the podium, pledging in the new members of HCMS-JAG. Pictured from left to right are: James Burke (8th grade), Chelsea Paye (7th grade), EmmaLee Smith (7th grade), Dakota Chamberlin (8th grade, seated), Kayla Ingerson (8th grade, seated), as well as Joshua Vance (8th grade, back to camera).

Mr. Spears in making sure decorations were hung, the stage for speakers was set, and audience seating was prepared. Myra was also one of the evening's prime student speakers and says JAG means to her - "Making friends, going places, doing activities, playing board games and the chance to do my homework in free time, to learn things I never knew before".

In a recent letter of support from Horse Meadow to Eric Spears about JAG, the senior center said in part, "Over the past few years, the students of the JAG

program of HCMS have provided enrichment to the lives of individuals whom our center serves in a variety of ways. Whether the students are decorating brown bags for Home Delivered Meals, visiting with seniors at the Center, designing one of the Center's bulletin boards or performing an education skit, the contributions made by the students to us as well as the social exchanges between the generations have been most valuable.

Sounds a lot like good kids doing better to me.

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Strengthening Our Sense Of Community

By Deborah Maes, Extension Field Specialist Community & Economic Development

Over the last week I've watched news reports about the devastation brought on by Hurricane Sandy. I've been amazed by the heart-warming stories showcasing people helping people. One young girl used her family generator to set up an internet café outside her New York City apartment so that people could charge their phones or use the internet and enjoy a cup of coffee. Members of the Breezy Point community looked over the burned remains of their homes and vowed to build again. Athletes who arrived for the New York Marathon chose to use their free time

to help residents clean up. All of these stories demonstrate what a strong sense of community looks like.

This sense of community is a vital part of what defines a healthy community. Members have an active and strong community spirit. They keep the lines of communication open and make an effort to connect with each other. They are proud of their community.

Members of strong communities talk about the issues that concern everyone. Do we need a new school? Do the local First Responders need updated equipment? Are there families

that need the basics to clothe, feed and shelter their children? Members find ways to make things happen.

Strong communities find ways to celebrate. Parades are an important part of each holiday. In New Hampshire many town have committees that put together an Old Home Day celebration where residents past and present can gather at the town common to catch up with each other and just enjoy being together.

Strong communities find ways to connect residents and develop civic pride. There are always plenty of

opportunities to work together. Citizens invest their time and energy on issues relating to their community. They develop action plans and get things done. Natural leaders have a chance to emerge and develop their skills.

Strong communities also recognize that people have different perspectives and they value these differences. People find ways to connect and learn about each other. They find ways to work together to better the whole community. Diversity is valued for what it brings to every project.

What about your com-

munity? It could be a community of place, such as a city or town. It could be a neighborhood that holds block parties to celebrate birthdays, graduations and holidays. You might also be part of a community of interest. Many communities have a group of people that value the beauty of the natural environment and find ways to protect and preserve the land. Maybe you belong to a church group that puts together boxes for local families so that everyone has a chance to eat turkey in November and have presents under the tree in December. Each of these groups has developed a vision of who they are, what they represent and how they want to be viewed by others.

Strong communities have a common vision for the future, respect and celebrate their heritage and diversity, share information and value the relationships they have in their community.

Think about how you contribute to your own community. Do you help your local eighth grade students raise money at the Election Day bake sale? Do you plant flowers each spring on the town common? Do you run for local office so that you can help orchestrate change? Maybe you read to children on a Saturday morning at the town library. Figure out what you want to do and do it. Don't complain about a problem, get involved and become part of the solution. Strong communities are a result of passionate citizens working together.

November 13, 2012 Volume 4 Number 3

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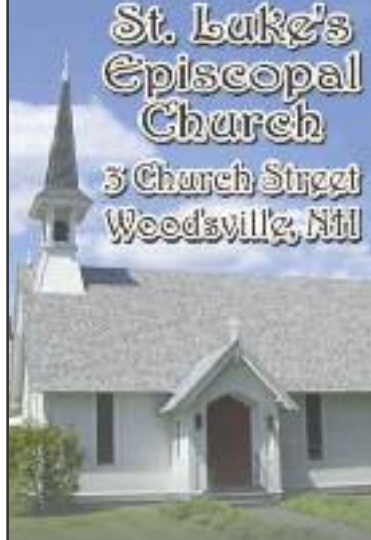
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Cottage Hospital Laboratory Receives Recognition ³ By The College Of American Pathologists For Delivering "The Highest Standard Of Care."

Woodsville, NH -- Cottage Hospital, a critical access hospital located in Woodsville, New Hampshire, today announced that its main clinical laboratory received accreditation from the College of American Pathologists (CAP).

Lori Hughes, Cottage Hospital's chief nursing officer, emphasized the importance of

such a prestigious recognition. "Since most of what happens in pathology takes place 'behind the scenes', it is often easy to overlook its criticality. Providing highly accurate, guideline-compliant pathology services paves the way for lower healthcare costs, more effective treatments, and better patient outcomes. This ac-

creditation helps demonstrate our commitment to providing the highest quality pathology services."

Cottage Hospital received this accreditation based on a recent onsite inspection in which records and quality control procedures for the prior two years were analyzed. The CAP laboratory inspection

program is equal to and, in some cases, more stringent than the U.S. government's own inspection program.

"This accomplishment speaks volumes about the quality of care provided at Cottage Hospital," stated Joan McIntire, laboratory director. "To achieve this recognition it requires not only having a top-notch team of physicians and laboratory professionals on staff, but also having processes and systems in place that will ensure high

standards of care. Quality does not happen by mistake. It is not an accident. Quality systems occur by design, with the right combination of experience, knowledge of regulations, and perseverance to move forward with the clear goal of providing exceptional patient outcomes."

CAP, a medical society with more than 18,000 physician members nationally, is considered to be the gold standard in laboratory accreditation.

Bone Marrow Drive For Wallie Berry

On November 15, 2012 from 1:00pm to 6:00pm there will be a bone marrow drive for Wallie Berry. He is in need of a bone marrow transplant due to a disease that he has been fighting for the past 6 years called MDS or myelodysplastic syndrome. He does not yet have a matching donor. Be The Match® will be coming to New England Wire Technologies in Lisbon, New Hampshire to conduct a drive in hopes of finding a match for Wallie. The test for finding a donor is a simple swab of the cheek. It is pain free and you could save a life.

Wallie has lived in the Lisbon community his entire life and is one of the most generous individuals you will ever meet. He has donated much of his time, services, and money to various community causes, most recently the Lions Club Community Pool project. He owns a school bus transportation business that accommodates thousands of our local children as well as a sand and gravel business. He has been honored for his generosity. He is a very humble man however, and certainly not accustomed to someone doing something special for him.

You may also contribute by purchasing a bracelet in honor of Wallie and to support Be The Match® foundation. These bracelets are available at P&D Quick Stop in Lisbon.

There is no greater gift than giving. You could be the one to give the gift of life to such a wonderful person. Please take four minutes of your time to donate to a worthwhile cause. Whether you are the perfect match for Wallie or not, by donating your swab, you could be the match for someone else in need.

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5:30 PM - 6 PM

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CORRECTION – HISTORIC LANDAFF DOCUMENT ORIGENS MISIDENTIFIED

Editor's note – We recently heard from Landaff, NH resident Judy Boulet regarding a recent story in TRENDY TIMES - LISBON LAUDS THE LONG-AGO AND LIFTS LAUGHTER TOO. Mrs. Boulet rightly brought to our attention inaccuracies in that story regarding the origin of a particular historic document, a charter from 1764 belonging to the Young family. Of course writer Robert Roubush apologizes to Mrs. Boulet for his mistakes in that reporting, and here, in Mrs.

Boulet's own words, are the true facts about how that important document ended up in the new Lisbon Area Historical Society Museum. Our regrets to Mrs. Boulet, and the Young family, and our thanks for setting this record straight.

From Judy Boulet

"The members of the YOUNG family possessed the 1764 original document of the Charter of Landaff, designed in 1764 by David

Young, and it has been passed down from generation to generation within the YOUNG family.

I, Judy Boulet, am not a member of the YOUNG family. The document was given to me by Eloise Young Belisle to give to the Landaff Historical Society. There being none now, nor in the near future, the document was loaned to the Lisbon Area Historical Society. The tag under the document at the new Lisbon Area Historical Society clearly stated that Eloise Young

Belisle and Marion Young Visner, as descendants of David Young, donated the document. Yes, the document was rolled up in a cardboard tube. I, Judy Boulet, did not "find" it. When Eloise handed it to me, and when I realized what it was, of course I put on the white gloves and examined it and determined it was of great worth to the history of Landaff. It had been rolled in the cardboard tube for many, many years. And, yes, my husband made a frame for

the document so it could be viewed by Lisbon Area Historical Society visitors.

Please set the readers straight: I am not a member of the Young family, a family from deep Landaff roots and proud heritage. Eloise and Marion are dear childhood friends of mine and they entrusted the document to me, knowing that I would find a good home for it and where it could be viewed as the treasure it is for the town of Landaff. Sincerely, Judy Boulet."

Lisbon Arts Gallery Annual Holiday Show

Bring Art home for the Holidays is the theme for this year's annual holiday show sponsored by the Lisbon Arts Gallery. The holiday show starts on November 14th and runs through December 24th. Original works of art and unique artisan crafts will be for sale including paintings, photography, jewelry, pottery, stained glass, wood carving, assorted fiber arts, greeting and note cards and a variety of gift items to fit any budget.

The ARTS Gallery is an artisan cooperative under the nonprofit umbrella of the Ammonoosuc Regional Arts Council (ARAC). ARAC's mission is to bring cultural and arts events to the schools and community. The ARTS Gallery provides a venue for artists to exhibit and sell their work. This

venue also provides artists with a place to network with other artists in the area, share experiences, and learn from each other. Our purpose is to aid in marketing and sales for area artists. The success of The ARTS Gallery is largely due to the artist's cooperation, assistance, and participation in the Gallery. All artists are required to volunteer their time in the group cooperative. Gallery meetings are held on the 2nd Monday of each month at 6:00 PM. This monthly meeting at The ARTS Gallery is open to the public.

The Arts Gallery is located at 28 Main Street in Lisbon, NH. For more information call the Gallery at (603) 838-2300. Normal Gallery hours of operation are Wednesday through Sunday 10:00 am till 4:00 pm.

Volume 4 Number 3

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



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From The Desk Of NH State Senator



Dear Constituents,

The campaign season is over and thanks to your support, I will have the honor of serving you again for another two years. I will be officially sworn in on Wednesday, December 5th in Concord and will begin serving the new District 2 which includes 27 towns in the counties of Belknap, Grafton, and Merrimack.

This campaign was different in that as a sitting Senator, there was work to be done at the State House along with campaigning in the District. One of the biggest issues that I worked on this past summer and fall and continue to work on now is chairing the "361 Commission" which deals with studying the feasibility of establishing underground energy corridors using existing NH state rights of way.

The Commission, comprised of several legislators and multiple state agencies, began its work in early August and held meetings throughout the summer and fall. We invited a broad range of testimony from government, industry, engineering and policy perspectives.

The Commission has been able to gather a great deal of information that will assist us in determining whether underground energy corridors are feasible. Some brief highlights* of what we've learned:

- There are a multitude of energy projects planned for New Hampshire, with little or no policy input from the state. Some proposals would use New Hampshire essentially as extension cord to link the electricity generation located outside New Hampshire with those needing electricity also located outside New Hampshire. These projects raise substantial questions as to the relative benefits and burdens for New Hampshire.
- The NH Department of Transportation has initially identified four highway corridors as possible energy infrastructure corridors. These corridors include I-89 (between the intersection of I-93 and the Vermont border); I-93 (between the Massachusetts

border and the Vermont border); I-95 (between the Massachusetts border and the Maine border); and NH Route 101 (between the intersection of I-93 and the intersection of I-95). These state-owned transportation rights of way, and potentially others, could be used to locate underground energy transmission corridors.

- Underground transmission technology is being used extensively throughout the U.S. and internationally.
- Testimony suggests that underground corridors may increase the reliability and security of the electric transmission system.
- At least two pending interstate electric transmission projects in the New England/New York region have been designed with underground transmission lines located on state-owned transportation rights of way, indicating this approach can be technically and financially viable.
- At least one New England state (i.e. Maine) has developed a general framework for making state-owned transportation rights of way available to transmission developers, including provisions for the nature and amount of compensation to be paid to the state.
- New Hampshire's current Site Evaluation Committee (which reviews and approves energy projects) appears to work well for energy projects that are

needed for reliability (i.e., NH needs the power) but is not set up to review projects that are elective (i.e., optional, private transmission projects).

While the information we have been able to gather so far has been helpful, important gaps remain in the Commission's fact-finding efforts. The Commission was unable to secure necessary testimony and information on a variety of items including the identification of the costs of available technologies; whether there would be long-term economic benefits for the state, including, but not limited to, direct financial benefits from leasing rights of ways; employment opportunities; and private sector economic development; and

what the effects of such corridor or corridors are on the retail price of electricity or other utilities, or both, to businesses and residential ratepayers.

Based on our findings to date, we have issued a draft report for the public to consider. The first draft report was greatly modified after some Commission members expressed concerns about the recommendations and as a result, a second draft was prepared. Both drafts are available on my website at www.jeanieforrester.com. I encourage you to take a look at both drafts and see where they differ. The second draft is not the final report. The final report is due on December 1 and we have had one public hearing in

Concord and another scheduled in Plymouth on November 14th.** After we receive input from the public we will issue the final report.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be of assistance with—please call or email. If you'd like to get more frequent updates of what is happening in Concord or in the District, please subscribe to my e-newsletter by completing the subscription form on the home page of my website at www.jeanieforrester.com.

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Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
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SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM

American Legion Post #83, Lincoln

LINE DANCING

4:00 PM – 5:00 PM

Starr King Fellowship

101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

NCYMCA AEROBICS

Starting 9/24 til December

6:30 PM

Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

ONE-ON-ONE CRIBBAGE ROUND ROBIN

9:30 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

PLYMOUTH AREA CHESS CLUB

7:00 PM – 9:00 PM

Starr King Fellowship,

101 Fairgrounds Road, Plymouth

TUESDAY, NOVEMBER 13

T.O.P.S. OPEN HOUSE

5:30 PM – 7:00 PM

Horse Meadow Senior Center, North Haverhill

See ad on page 3

NEWBURY 250 COMMITTEE MEETING

6:00 PM

Tenney Library, Newbury

WEDNESDAY, NOVEMBER 14 -

MONDAY, DECEMBER 24

LISBON ARTS GALLERY HOLIDAY SHOW

10:00 AM – 4:00 PM Wednesday - Sunday

28 Main Street, Lisbon

See article on page 4

WEDNESDAY, NOVEMBER 14

PERSONAL MEDICAL

RECORD EDUCATIONAL EVENT

10:30 AM – 12:30 PM

Horse Meadow Senior Center, North Haverhill

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

HAVERHILL/NEWBURY

250 COMMITTEE MEETING

7:00 PM

Haverhill Municipal Building, North Haverhill

THURSDAY, NOVEMBER 15

BONE MARROW DRIVE

1:00 PM – 6:00 PM

New England Wire Technologies, Lisbon

See article on page 3

FRIDAY, NOVEMBER 16

5TH ANNUAL TURKEY RAFFLE

6:00 PM

Woodsville American Legion Post #20

See ad on page 18

SATURDAY, NOVEMBER 17

GROTON GROWERS

WINTER FARMERS MARKET

9:00 AM – 1:00 PM

Groton Community Building

See ad on page 16

WILLING WORKERS CHRISTMAS SALE

10:00 AM – 1:30 PM

Sugar Hill Meetinghouse, 1448 Route 117

CHILI COOK OFF

5:00 PM – 7:00 PM

American Legion Post #83, Main St., Lincoln

SUNDAY, NOVEMBER 18

ANTIQUES MARKET

9:00 AM – 2:00 PM 802-333-4809

Lake Morey Inn, Fairlee

See article on page 8 & ad on page 9

ANNUAL SENIOR CITIZEN

THANKSGIVING DINNER

12:30 PM

Woodsville American Legion Post #20

See ad on page 18

OLD CHURCH THEATER ANNUAL MEETING

2:00 PM

Congregational Church, Main St., Bradford

MONDAY, NOVEMBER 19

BRADFORD 250TH CELEBRATING

PLANNING MEETING

7:00 PM

Bradford Academy, 172 N. Main St.

TUESDAY, NOVEMBER 20

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

BEGINNER SPANISH CLASS

6:30 PM – 7:30 PM

Groton Free Public Library

See article on page 8

WEDNESDAY, NOVEMBER 21

THANKSGIVING EVE SERVICE

7:00 PM

Topsham United Presbyterian Church,

See article on page 7

SATURDAY, NOVEMBER 24

ST. JOHNSBURY LIONS CLUB CRAFT FAIR

10:00 AM – 3:00 PM

St. Johnsbury Academy

See ad on page 15

SUNDAY, NOVEMBER 25

MILES & MILES OF MUSIC

1:00 PM – 5:00 PM

Robert E. Clifford Building (Woodsville Armory)

South Court St, Woodsville

See ad on page 7

MONDAY, NOVEMBER 26

BOOK DISCUSSION "THE BAY OF NOON"

7:00 PM

Groton Free Public Library

See article on page 8

WEDNESDAY, NOVEMBER 28

CLINT BLACK CONCERT

7:00 PM

Fuller Hall, St. Johnsbury Academy

See ad on page 7

FRIDAY, NOVEMBER 30

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

See article on page 12

SATURDAY, DECEMBER 1

GROTON GROWERS

WINTER FARMERS MARKET

9:00 AM – 1:00 PM

Groton Community Building

2ND ANNUAL CHRISTMAS FAIR

12:00 Noon – 4:00 PM

St. Joseph's Church, Lincoln

SPAGHETTI DINNER

6:00 PM – 7:00 PM

St. Joseph's Church, Lincoln

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

See article on page 12

SUNDAY, DECEMBER 2

CHRISTMAS ARTISAN CRAFT FAIR

10:00 AM – 3:00 PM

Littleton Opera House

See article on page 14

CHRISTMAS CAROL

2:00 PM

Jean's Playhouse, Lincoln, NH

See article on page 12

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

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Wednesday, November 21st for our November 27th issue.

Haverhill/Newbury 250th Committee Announces Kick-Off Event

A NEW YEAR'S EVE BALL on December 31st at the Robert E. Clifford Memorial Building (Woodsville Armory) in Woodsville, NH will kick off the year-long celebration of Haverhill's and Newbury's 250th anniversary. Doors open at 6:00pm and a catered buffet dinner will begin at 7pm. Music will be provided by the 18-piece Swing North Big Band. BYOB; set-ups and ice will be available. Get your picture taken in the antique sleigh by Young's Photography (additional fee required). There are only 200 tickets to this event so get yours soon. \$35 per person/\$70 per couple. Reservations are required by the deadline of December 15th. Mail your check and contact information (including phone number) to Larry Sedgwick, 263 Dartmouth College Hwy., Haverhill, NH 03765. Your tickets will be held at the door. Join us as we begin our year-long celebration of "250 years as chartered neighbors". For more info email: altosax7@yahoo.com

The Haverhill/Newbury 250th Anniversary Souvenir Book is just about ready to go to press! Full of our history, current events, and many, many photos, this 128 page full color book will be a wonderful remembrance souvenir for you, family and friends. The pre-sale has begun. You can order books at the following locations: Woodsville Book Store, Baldwin Memorial Library (Wells River), Tenney Memorial Library (Newbury), Woodsville Library or Haverhill Corner Library for only \$8.00 each until December 31st. A bargain! After December 31st, books will be on sale at several locations on both sides of the river for \$10.

Visit us at www.celebrate250.org or on Facebook at Haverhill/Newbury250th.



Thanksgiving Eve Service

Topsham United Presbyterian Church in East Topsham, VT will hold a Thanksgiving Eve service on Wednesday, November 21, 2012, at 7 p.m. A Thanksgiving message will be presented by Pastor Albert Collins and special music will also be part of the service. Everyone is invited to attend and is encouraged to bring nonperishable food items for the local food shelf.

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\$35 per person, reservations required & prepaid in advance. Deadline Dec. 15.
Make check out to "Town of Haverhill - 250th" and send to Larry Sedgwick, 263 Dartmouth College Hwy, Haverhill, NH 03765.
For confirmation please include phone number. Tickets will be held at the door.
Information email altosax7@yahoo.com or www.celebrate250.org

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Upcoming Programs At The Groton Free Public Library

Tuesday, Nov. 20, 6:30-7:30pm: Beginner Spanish Class – Free! This class is perfect for adults and teens who would like an introduction to Spanish. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcome, or sign up through grotonlibrary@fairpoint.net/802.584.3358.

Monday, Nov. 26, 7:00pm: Book Discussion, "The Bay of Noon" by Shirley Hazzard. Copies available at our front desk.

All of our programs are free and open to the public -- check out our new website: www.grotonlibraryvt.org.

Antiques Market At Lake Morey Inn

Just in time for some unique holiday shopping, or for adding to your own antiques collections, the first annual Antiques Market, sponsored by the Cohase Chamber of Commerce, will be held at the Lake Morey Inn and Resort in Fairlee on Sunday, November 18th from 9 a.m. to 2 p.m. About twenty area antique shops and vendors from Barre, St. Johnsbury, and White River Jct, as well as those from our local Cohase towns of Haverhill, Piermont, Orford, Newbury, Bradford and Fairlee, will be attending the event. A wide variety of collectibles will be available including Early American furniture, advertis-

ing items, primitives, jewelry, glassware/pottery, kitchen items, prints/paintings, quilts, books/ephemera, and lots more interesting and unique objects. Drop in to shop for special, one-of-a kind gifts, browse through the displays, and learn a little about the past!

Admission for the event is \$3 (with discounted coupon available online at www.cohase.org) and there will be refreshments on sale. There are still a few vendor slots available so if you'd like more information, please contact Russ Collins at rctc8@yahoo.com or at 802-333-4809.

Postcard Man

By Elinor P. Mawson

Collecting postcards is a hobby that befalls quite a few people. I suppose they like postcards because there are many categories they can collect, and they don't take up much room.

Sometimes.

I once interviewed a postcard collector who had amassed thousands. I asked him what he does with them "I look at them", he replied. (I wondered what he did for his day job).

I got a call from my friend Mary Lou one December evening. "Elinor," she wailed, "I just bought some postcards and I don't know what I am going to do with them".

When I got to her house, she answered the door with her outdoor jacket and hat on. "I thought you wanted to talk about postcards," I asked, wondering why she was dressed for the outside.

"Oh, I'm not going anywhere," she said, "we keep our thermostat at 58 degrees."

(My friend was a millionaire many times over.)

There were a few cards on the table which didn't look terribly interesting, and I said as much.

"The rest are in my car,"

she said, and we went out to see.

I was flabbergasted. Her Suburban was piled to the ceiling with shoeboxes full of postcards. I had never seen so many all in one place.

"I got these from one person who wanted to get rid of them," Mary Lou said. "I don't know what to do with them and I don't know how to price them to sell to someone else."

We took a couple of boxes into the house and began sorting through. We determined approximately how many were in one box, and Mary Lou got out a hanging scale and we found out how many cards made up a pound. Because there were such a variety of cards, cartoon, holiday, foreign, state, etc. etc. we couldn't price them without going through every box and categorizing each one.

"I can't ride around in my car with all these cards for very long," mused my friend, "do you know ANYBODY who would want them?"

Then I remembered a guy named Bill and his friend Burgess, a couple of antique dealers from Maine who liked postcards.

Mary Lou made the

phone call and plans to deliver her careful of shoeboxes to Maine a few days later. She said she would come up with a price by then.

Bill and his friends lived in a very nice house on the coast of Maine with their African American maid. Their grounds were impeccable (even in December). Their garage was open and we drove right in.

Bill and Burgess were right there. Mary Lou and I got out of the car and opened the 2 back doors of the Suburban. The two men gaped, open mouthed at the sight before them.

"How much?" asked Bill.

"\$400," stated Mary Lou.

(I was aghast at the low price but didn't say anything.)

"Pay the lady, Burgie", said Bill.

"Don't you want to look them over?" we asked.

"Heavens no," gasped Bill. "I just want to unload this vehicle."

It took quite awhile.

All the way home, we talked about our experience. Mary Lou couldn't get over the fact she had sold all those postcards. I couldn't get over the fact that they had been so cheap.

Eventually we heard that Bill and Burgess had sold out in Maine and gone to England to live. Imagine my amazement when he came into our shop a few years later. My first question was "Did you sell all the postcards?"

"Oh yes," he said. "We sold most of them before we moved. The rest of them we took with us and sold over there. It took quite awhile because there were so many."

"You don't have any more postcards, do you?"

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Vermont Peanut Brittle Company... An Ancient Treat Made With Love

By Marianne L. Kelly

Who would have thought that this chewy, sweet stick-to-your-teeth confection known as peanut brittle might have been the first candy ever made?

According to ancient folklore, peanut brittle was originally a Celtic desert, served at holiday time, made by mixing sugar and peanut butter and baking it, and according to legend was the start of a peanut brittle craze in Europe. When the Irish immigrated to America in the 1830s, they brought this confection with them.

Another legend tells us that around 1890 a New England woman accidentally poured baking soda into her taffy mix instead of tartar cream, found the taste delicious and word spread about this new candy after she shared it with friends.

Whatever the origin, peanut brittle became immensely popular across America starting in Colonial times and among soldiers who took it with them when they left for war.

VERMONT PEANUT BRITTLE COMPANY

Adding to the North Country's enjoyment of this popular confection are Lea and Ed Arnold of Lyndon. They haled from Rhode Island with Lea from the Newport area and Ed from the West Greenwich area. "We met at Rhode Island Grange, but knew each other from the Rhode Island County Fair," said Lea.

They originally planned to retire to Vermont, but an ad in a

local RI paper selling land in Vermont caught their attention. "We came up to look at it," said Ed, "and bought it with a friend, eventually bought him out, and I got a job," he continued.

WHY PEANUT BRITTLE?

When a friend who owned an area Bed and breakfast told them she loved peanut brittle but was unable to find any she considered good, the Arnolds' went into action and eventually into business.

"We went to work, came up with a recipe and made it for her," said Ed. "It was so much work," said Lea, "that we decided to make several batches at a time." They gave their first peanut brittle to friends and family at Christmas, and in April 2011 decided to go into business. "When enough people said 'this is so good you should try selling it,' said Lea.

They sold their peanut brittle at the St. Johnsbury Maple Festival, followed by the Danville Farmers Market, Antiques and Uniques Festival in Craftsbury as well as other area festivals and gradually introduced their peanut brittle to the Groton and Bradford farmers markets respectively. Looking back Ed says the very first St. Johnsbury Maple Festival still stands out as their best day. "It was a cold, windy, miserable day, yet people came out to this first event of the year." Although the economy has affected their sales, their

product remains popular.

PEANUT BRITTLE FLAVORS

In addition to the familiar standard peanut brittle, Vermont Peanut Brittle Company also offers a spicy cashew brittle and their newest "no teeth required" brittle is popular with people without teeth.

"There is a story to the no teeth required brittle," said Ed. The father of a friend has neither teeth nor dentures. "Last Christmas, she was talking to Lea about him, and we decided to put it through a food processor to make it finer." Their friend loved it, buys several bags at a time, and requested they make "no teeth required" spicy brittle.

They love to experiment with the flavors and are thinking of adding a bit of black pepper to the spicy brittle. "Most people

don't understand how spicy black pepper is," said Lea. They are working on perfecting their beer pretzel brittle, and plan to develop a bacon-flavored brittle, and other flavor combinations. "I would like to be the Ben & Jerry's of peanut brittle," laughed Ed.

When told by several people that their brittle is the best tasting, they respond that their brittle is made with love. "We feel you can taste the difference when a product is made by people who enjoy what they do," said Lea.

THE FUTURE

Eventually they would like to either build or share a facility and make a full time living at their business. As they progress, they plan to take advantage of selling via the Internet, "because that's where the growth is." They



also intend to continue working at farmers markets and festivals introducing their product to more people, so when they see it on store shelves they will recognize the name.

Vermont Peanut Brittle can be found in National Provisions in St. Johnsbury and Williston, Vermont Maple Outlet in Jeffersonville, The Apple Barn in Bennington, Catamount Art, St. Johnsbury, and Box Car Caboose (10z. bags only) St. Johnsbury.

Those who are not near an outlet can order direct at info@vermontpeanutbrittle.com. Visit their web site at www.vermontpeanutbrittle.com.

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Recently three WHS FBLA and Youth & Government students, Liz Stoddard, Justin Woods and Katherine Emley took part in the North Country Regional Planning Board Meeting. Other attendees included Ray Burton, Linda Lauer & Glenn English.



Cast of Haverhill Recreations 2012 Haunted Happenings!

2012 North Country Fruit And Vegetable Seminar And Trade Show

By Heather Bryant, Field Specialist

The day after the arrival of Hurricane Sandy 140 participants were welcomed to the North Country Fruit and Vegetable Seminar and Tradeshow by a rainbow over the Mountain View Grand in Whitefield, NH.

UNH Cooperative Extension hosted this annual event on October 30th. The goal is to give farmers and aspiring farmers an opportunity to get updates on recent research and emerging issues in fruit and vegetable production in Northern New Hampshire. It also provides an opportunity to meet with companies and service providers that support farming in our region.

Sessions this year included preventing and managing garlic diseases, recognizing and protecting beneficial insects, using cover crops to provide nutrients and manage weeds, and a panel discussion on lessons learned in tunnel production. An equally useful portion of the program is the participants' questions for the presenters. One participant said "We always learn new things from all the



This enormous mum was a door prize donated by Sullivan's Greenhouses in Lancaster.

speakers, and also from the audience's questions".

The Mountain View Grand provides a central location and beautiful facility for this event, but more importantly they work hard to provide a lunch that showcases the products of our local farms. Chef Adam Parker came up with a menu that included apples, squash, corn, ham, cheese, cranberries, lettuce, carrots and even wraps from New

Hampshire, Vermont, Maine and Massachusetts as well as pumpkins and squash from their own on-site farm.

Those who made their way thru the rain and the fallen trees to attend this event were delighted by the chance to gather with friends and neighbors to learn more about topics they are passionate about, which made this event a successful one.

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LETTERS

(and even some real words)

From The Editor

The past week saw two of the most American days possible: Election Day and Veterans' Day. And please remember that without the second, the first would not be possible. It is those who have served, those currently serving, and those who will grow up to serve to whom we owe our freedoms. Without strong armed forces the citizens of America would not be able to enjoy the freedoms, such as the freedom to vote as one sees fit, that many of us take for granted. So here again is a huge thank you to all of those past, present and future veterans.

Now to look further at that other day this past week: Election Day. Focusing first on the re-election of our president. As predicted it was a very close vote nationwide when you consider the popular vote. The electoral college, which is the actual determining factor in how we have elected our president for over two hundred years, was not nearly as close. One way of looking at that popu-

lar vote is that it means about half of the voting public was not pleased with the outcome. That also would have been true if the vote had gone the other way. Therefore, as I have seen many others write, this should probably not be considered a mandate for either side. Politicians, commentators, and those who assist both will, as their jobs dictate, read the numbers in a manner that best suits them. It has also been said that ten politicians can look at the same set of numbers and come up with ten different meanings.

So I will not try to add my interpretation other than to say that no one should be discouraged by this vote. In fact I believe it shows the strength of this great country. That we can disagree so dramatically, and yet we can still work together. I only wish that those we have elected and sent to do our work will also find a way to work together.

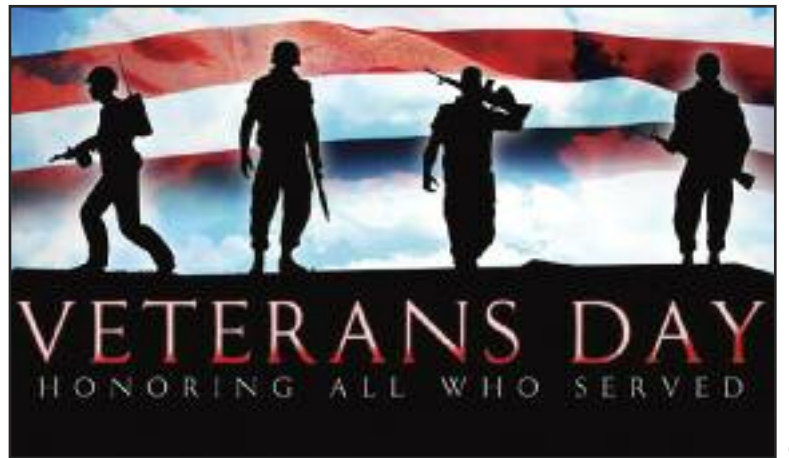
In reference to the electoral college: Some say that

this system is unfair, or outdated. I must agree that it is an unusual system. When we elect governors, or congressmen, or senators, it is done strictly by popular votes in pre determined areas.

My comment is this: everyone knows the rules going into the game. Whether it is politics, football or NASCAR racing the rules are there for everyone. On occasion there are rule changes, but they happen before the game starts, not after the fact. For any rules to change, then the governing body must make that decision and put new rules in place before the next game starts.

So here are my suggested rule changes before the next game.

First, a hard spending cap. There was \$2 billion spent on just the presidential race this time. That's a 2 with nine zeros. Can you imagine what that could do in the hands of the right non-profit group trying to feed, cloth or offer medical attention to the



poor of this country? What exactly should that cap be: I do not have that answer, but I'm sure a reasonable number could be found.

Second: Super PAC's need to go away. Anonymously sponsored ads, mostly negative in nature, robo calls, and mailing pieces became way to much for most voters and therefore were probably not as effective as they could have been.

Third: Term limits for US Senators and Representatives. There is a two term limit for the President, why should there not be one for these other elected positions? Probably more than two terms, but again an exact number can be determined by those who know.

I believe that those three simple changes could improve the game and make it more competitive for all who want a chance to play.

North Country Home Health & Hospice Agency, Inc

November is National Home Care & Hospice month and North Country Home Health & Hospice would like to recognize the dedication of our staff and volunteers. This highly skilled and committed team has been providing high quality Home Health & Hospice care to the most vulnerable members of our community; those who are in need of home care support for health, personal care, and household needs. North Country Home Health & Hospice provides services in 21 communities. In the past year we have provided over 17,000 home care and hospice visits; traveled over 216,102 miles; held 48 health screening clinics; held 96 foot care clinics; and immunized for Flu vaccine over 130 individuals in the North Country. We are so very fortunate to have such a high caliber of Nursing staff, Rehabilitation professionals, Social Workers, Licensed Nursing Assistants, Homemakers, Companions, and Volunteers, who are committed to improving health care to the ill, frail, disabled, and chroni-



cally ill in this community.

Thus, North Country Home Health & Hospice along with its Board of Directors salutes this loyal team that has excelled this past year in reaching our goals for quality care outcomes, organizational efficiency, and patient satisfaction. Our team has been recognized nationally with "High Honors" for being in the top 20% of Home Health Care & Hospice agencies for consistent high rated patient satisfaction as well as past HomeCare Elite status for top 25% for quality performance in the country. As a

community we should all be very proud to have such excellent and high quality Home Health Care providers in this community.

North Country Home Health & Hospice has been in the business of providing home care services in our 21 town service area for over 40 years. We also want to express our great appreciation for the generous support from this community in assisting us to fulfill our mission of providing quality Home Health and Hospice Care. For more information about our services, please call (603) 444-5317.

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A Community Of The Arts Presents A Christmas Carol

What a productive weekend it was for the North Country Center for the Arts (NCCA) and Jean's Playhouse! Thanks to Chief Mellet and the Woodstock Fire Department, Jean's community theatre has plenty of supplies to build their sets for the Christmas Carol this winter.

Chief Mellet opened the doors to the old Woodstock Fire Department Saturday morning where there was an abundance of old sets and materials from the local haunted hayride. Many of Jean's valued community theatre members gathered together Saturday morning with trucks and began to transport many of these materials over to the workshop at the newly constructed Jean's Playhouse. The sets will be re-furbished and used

in the upcoming season of the Christmas Carol!

A special thanks to Palomino Realty and Arnold's Auto center as their trucks along with many others were fundamental in the move of these large sets and materials. The cast of the Christmas Carol will range from all ages and the show will run from November 30th - December 16th each Friday and Saturday starting at 7:30PM with a Matinee on Sundays at 2:00PM. We are so very excited to present



our first community theatre show at Jean's Playhouse and look forward to many more!
www.papermilltheatre.org
(603) 745-2141

Chamber Encourages Buying "Local First" To Build Community

St. Johnsbury, VT - Need a new shovel? A birthday gift? Boots, or a winter jacket? The St. Johnsbury Chamber of Commerce is encouraging community members to think "Local First" when considering purchases, and to patronize the retailers in St. Johnsbury. The theme for the campaign is "Building our local economy one shopping trip at a time."

Beginning November 5, shoppers may pick up a "Local First" punch card at any participating business in St. Johnsbury. Each purchase made at a participating retailer will be marked on the card - after ten purchases, the card may be turned in to any participating retailer to be entered in a periodic drawing for \$250 in Kingdom Cash gift certificates, which are accepted at many local businesses. The first drawing will be held on December 20 (in time for more holiday shopping), with cards due on December 17.

"There are many reasons to shop locally," said Scott Beck, Executive Director, St. Johnsbury Chamber of Commerce. "When you make a local purchase, a greater percentage of your money stays in town and is used to support other local businesses and the local tax base. Our local businesses are unique, all contributing to a distinctive community in

which to live, work, and play." In addition, local businesses tend to invest in their community, hire local people, and offer excellent customer service. Local shoppers also save money on gas and contribute to a greener environment.

"We've got a terrific group of business owners and community volunteers working on the Local First campaign," said Melissa Bridges, Assistant Director of the St. Johnsbury Chamber of Commerce. "We're all really excited about this promotion. I've already heard people say they're going to do all their holiday shopping in St. Johnsbury this year."

A Green Saturday Holiday Shopping Kick-off event will take place in St. Johnsbury on November 17. Some merchants and retailers will be getting into the holiday spirit through special promotions, in-store treats and guest appearances by authors, artists and others. Mark your calendar for a shopping trip to St. Johnsbury where your money makes the most difference.

St. Johnsbury business owners and managers who would like to participate in "Local First", and anyone interested in volunteering or learning more about the campaign, are asked to contact the Chamber at 802-748-7121 or visit www.discoverstjvt.org.

November 13, 2012 Volume 4 Number 3

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



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Nana Margaret Memories: Bowling In Heaven

By Robert Roudebush

One of the privileges of regular writing for a publication is you are encouraged to do a lot of reading and from time to time you run across something written by another person so good you wish you had written it yourself. So good, you're sorry you didn't write it. So good, you're glad it was written at all.

Here are some memories from twin sisters WENDY JO KIDDER and PENNY SUE BROOKS from June of 1997 about their dear Nana Margaret – LEONORA EKROLL SHARKEY SADUSKI

When we were little we sat on Nana's lap on a very busy subway – she held us close and our fears went away. Quickly, she would grab our hands tight so we wouldn't get lost or hurt in the busy city.

Once we got home from shopping, she told us, "You must wash your hands with soap and water to get rid of all those people germs." We still wash our hands first thing.

We remember waking up in cozy comfortable twin beds in warm pastel colors, the noise of the whistling kettle and the smell of toast.

We remember that Nana sometimes burnt the toast and she would let us get our way by globbing lots of homemade strawberry jam on it, saying, "Eat all your crust!" "Yuck, yuck it's burnt!", we would say. Nana's reply, "Burnt crust helps you sing like a beautiful angel." So we would dunk our crust and slurp our cocoa which made silly but cool mustaches.

We remember being frightened when it thundered. Nana would say, "Don't be afraid – it's only the angels bowling. Wow! Did you hear that one? That had to be a strike!"

Nana was a very stylish lady – she always curled her hair and polished her nails. We remember she would flick her long pretty polished nails together and say, "Hear that bug?" Our nails were not long enough to hear the bug. We adored it when she polished our nails.

Before bedtime, Nana would play a very quick card game with us, purposely cheating to hurry up the game. That must be why she never played cards on Sundays.

Nana washed us with bubble bath, combed our hair and rubbed this pleasant smelling lotion on us that smelled like roses. Then she would say, "Nice and clean my pretty girls. Now go on to bed and tomorrow you will be royal princesses with cookies and tea." Our question for Nana, "But can we play with your beads?"

When we were little, of course, we did not know what it meant to be a nana or a mother. Now we are grown with children of our own. Nana has taught us about sharing and caring. We will always treasure memories of her holding our babies with love and the look of kindness sparkling in her eyes.

We have all watched Nana getting old and tired – it has been a very difficult time for us.

Penny and I felt it was our turn to give Nana our time attention and patience just like she gave all of us. We painted her nails bright red, washed and styled her hair. We would be sure to tell her, "Nana, you look so nice and pretty!", which she adored hearing.

As Nana walked blindly to reach the bathroom, we would grab her hand tight and

quickly hold her fragile body close, so her fear of falling would go away.

When washing her hands we would be sure to say, "Let's get rid of all those people germs – there! – they smell nice and clean."

We made her cookies, sometimes burnt, and helped her slurp her hot tea – we washed the not so cool but silly cookie mustache from her smile.

While Nana lay helplessly in her bed, too weak to eat, drink or talk, we told her –

Nana, we love you. It's time for you to rest. Tomorrow you can be the royal princess with lots of hot tea and cookies with Petrine, Karl, Howard, Stanley, Annie, Margaret, Peter, George, Alice, John, Alfred, Sewell and all your friends. Please say HI from all of us – we miss our family too, Nana. It's OK to let go, don't worry, you will always be in our hearts and souls, for we are all a part of you.

Every time it thunders now we will think of you, hoping it was you who got the strike.

Thank you for bringing us all such joy. Hugs and kisses until we meet again, our beautiful angel. We love you.
WENDY JO KIDDER
PENNY SUE BROOKS
JUNE 1997

Wendy Kidder is the strong, sweet soul who helped me care for my Mamita for years – with love and a sense of humor. She was there with me during the difficult final days just before Mamita's ultimate passage to heaven. I heard some thunder just the other day and I wondered just which dear angels up there were throwing all those magnificent strikes.

Letter To The Editor

Dear Editor,

The American Legion Auxiliary is an organization dedicated to serving our Veterans, our Children and our Communities. Our membership consists of women from all across this nation from various walks of life. They share a similar vision: to remember those who have given so much to this country; to take care of those who need us now; and to develop plans to address the needs of tomorrow.

1. Are you looking for a place to volunteer where it really makes a difference?
2. Is your time limited, but you still want to touch the lives of others?
3. Is your schedule hectic and do you need something that is flexible?
4. Do you want to get involved, but need something you can do from home?
5. Has your life situation changed and you are looking for a way to meet new people?
6. Do you have skills, talents, or education that you would love to share with others?
7. Do you have children or Veterans in your family?

Last year alone, Auxiliary members dedicated over 2.1 million hours to community service. We are always looking for ladies who share our vision of Service not Self.

Please take a moment to see what we are all about and think about joining our team of compassionate and caring volunteers. Please contact Nancy Partington at (603) 747-3233 and/or join us at a meeting, at Ross-Wood Post 20, 4 Ammonoosuc Street in Woodsville, NH. Our monthly meeting is held the 2nd Monday of each month at 6PM at the Post Home. The hall is handicapped accessible.

Respectfully submitted,
Christine Green

American Legion Auxiliary - Ross-Wood Unit #20
Public Relations Chairman

Christine,

First let me say that I am a proud member of the American Legion Post #20 of Woodsville. And as a member I would like to thank the ladies of the Auxiliary for all of the things they do to assist the Legion in its programs.

Regarding your letter asking for women to join your group, I could not agree more. Every organization needs new members joining in order to keep it fresh, vibrant, and moving forward. I will point out that in order to join a woman must have some relative that has served in the military. If there is any question than certainly ask to find out if you qualify.

I would also like to point out that the Auxiliary and the Legion have recently launched a new website that features information for veterans as well as news from the Post. The address is www.rosswoodpost20.org

Gary Scruton, Editor

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Second Chance Animal Rescue To Sponsor Christmas Artisan Craft Fair

Second Chance Animal Rescue will be sponsoring a Christmas Artisan Craft fair. It will be held at the Littleton Opera House on December 2, 2012 from 10-3. It would be a great opportunity to find that perfect gift, patron local

artist and crafters, and support a wonderful cause at the same time.

Just some of the items you will find are; goat milk products jelly and preserves, felted items, pottery, photography, carved wood and much much more.

Second Chance Animal Rescue is a wonderful organization that gives unwanted cats a second chance to find a good home. The rescue is a non-kill haven run by volunteers. It is a nonprofit organization that survives on private donations, fees collected for boarding and adoptions. They also sponsor low cost spay/neuter and shot clinics throughout the year.

So remember if you need to board a cat, or looking for a new member of your family, Second Chance Animal Rescue is the place to go.

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GRANITE STATE OF MIND

By Rob Azevedo

Mama Bears Beware

If there's one thing about being a parent that I have a hard time with it's being around other parents. It can turn me bat crazy in very strange, disorganized ways.

Being amongst other parents when you're in a social setting, by which I mean gassing brew in a hardwood pub or at the town dump blathering on about anything unrelated to children, is more than manageable. It's enjoyable.

Toss in a six pack of the "Last Waltz" and you got yourself a real party.

But those beautiful moments are quick hits, you see, a cake walk compared to having to meet up in a school library with a pack of contemptuous mama bears. You feel constrained, right? Hog tied, censored in way because on the street you can tell that overbearing parent to "step off" "get bent" "shut up" without singling yourself out as a distraction to the disingenuous when they start dictating their own parental methodologies.

Most times when this happens, I can be found cowering into a corner, hat-to-brow, teeth-to-tongue, eyes to the carpet, wondering: just when did everyone start talking so much?

My temperament isn't built for that environment. It frightens me. You go into a school event thinking that this is going to be easy, a little small talk, some juice, and then the principle addresses the crowd. We listen, then go home.

But then it ends up being a donkey show where everyone but the coach or the teacher or the instructor is going on about "maybe it would be better if we..."

If we what!? If we let the person running this tryout, this recital, this board meeting to speak without being interrupted by someone's banal renderings of a past life.

Yes, that would be outstanding.

I don't remember ever seeing my father run his mouth at a parent/coach meeting when I was a kid. Figure he just understood that at this particular kind of meeting, the person running the show does the talking. Then maybe you catch the coach outside in the parking lot and ask him a question or two.

Something like: Did you say the games were Thursday nights or practice was Thursday nights?

Not like: So I heard what

you said about cutting the team down to twelve kids. But I really think it would be better if you had an A and B team, like, maybe 30 kids. You know at this age it's all about the spirit of the game not the actually game.

No, I don't.

Sadly, and more than often, discussions like this takes place midway through a speakers introduction. Same as when they were children, a parent who interrupts in class without raising their hand should probably be disciplined. There literally is no difference. And playing the "I have a child" wildcard doesn't get you out of detention, either. It only adds you to the list of two billion other parents in the world.

Same goes for actual school sporting events. I like to ride the fence myself as a spectator, a little bit off to the side with plenty of room to breathe. Hate to be the only guy that smells like a 30 pack at a

Saturday morning soccer game.

But then I realize there is no escaping this brutish white noise. Because prowling the sidelines, teeth clenched, shades kicking, some parent is screaming over the coaches own instructions from across the field. The same instructions the kids can't hear because Dad's pitchy voice is mashed up with the coaches.

Dad: "Tyler, go to the corner, go to the corner!"

Coach: "No, Tyler, bring it up the middle, up the middle!" Ridiculous.

This spectacle of grossness embarrasses me more than anything. That's why the next I find myself in that strange and disorganized situation, I'm going to climb deep inside my own head, channel Levon Helm and ride it out with a six pack of the "Last Waltz."

Rob Azevedo can be reached at onemanmanch@gmail.com



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Don't Overlook Financial Risks In Retirement

When you retire, you may well have accomplished some important financial goals, such as sending your children through college and paying off your mortgage. Still, you can't relax just yet because your retirement could easily last two or three decades. That means you'll need at least two or three decades' worth of income — which, in turn, means you'll need the proper savings and investment strategies in place. And, just as importantly, you'll also need to be aware of the types of risk that could threaten these strategies.

Let's consider some of these risks:

- **Longevity** — None of us can say for sure how long we'll live. But it's still important to have an estimate, based on your health and family history. So if you think you may live for 25 years in retirement, you'll want to withdraw enough from your investments each year to enjoy a comfortable lifestyle — but not so much that you deplete your funds before the 25 years have passed.

- **Inflation** — We've experienced pretty mild inflation over the past few years. But over time, even a low rate of inflation can seriously erode your purchasing power. To illustrate: If your current

monthly costs are \$3,000, with only a 3% annual inflation rate, that would be about \$4,000 in 10 years. And in 25 years at that same rate, your monthly costs will have more than doubled, to about \$6,200. To help protect yourself against inflation risk, it's important to have at least some investments that offer growth potential, rather than owning only fixed-income vehicles, such as certificates of deposit (CDs). You'll also want to consider sources of rising income potential, such as dividend-paying stocks. (Keep in mind, though, that stocks can reduce or discontinue dividends at any time and are subject to market fluctuation and loss of principal.)

- **Market Fluctuations** — When you retire and begin taking withdrawals from your investment portfolio — that is, when you begin selling off investments — you'd obviously

like prices to be high. After all, the classic piece of investment advice is "buy low, sell high." But it's impossible to try to "time" the market this way, as it will always fluctuate. That's why you may want consider sources of income whose value is not dependent on what's happening in the financial markets. Your financial advisor may be able to recommend investments that can provide you with this type of income stream.

- **Low interest rates** — Many retirees depend on fixed-rate investments for a good portion of their retirement income, so it's a real challenge when interest rates are low. Consequently, when you retire, you'll certainly need to be aware of the interest-rate environment and the income you can expect from these investments. Longer-term fixed-rate vehicles may be tempting, as they typically offer higher rates than shorter-term ones — but these longer term investments may have more price fluctuation and inflation risk than shorter-term investments. Consequently, you'll still likely need balance among short-, intermediate- and long-term investments to provide for a portion of your income in retirement.

Retirement can be a rewarding time in your life. And you can help make your retirement years even more enjoyable by understanding the relevant investment risks and taking steps to address them.

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

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GRAPHIC DESIGN.....JEANNE EMMONS
BOOKKEEPING.....KATHY GOSLANT
TRANSPORTATION COORDINATOR.....BARBARA SMITH

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CONTRIBUTING WRITERS.....SHEILA ASSELIN, MARIANNE L. KELLY, ELINOR P. MAWSON, MELANIE OSBORNE, ROBERT ROUDEBUSH
MOVIE SCRUTONIZER.....ASHLEY SCRUTON
SCARED SHEETLESS.....JAMES PARADIE
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Phone 603-747-2887 • Fax 603-747-2889
gary@trendytimes.com
ads@trendytimes.com
171 Central St. • Woodsville, NH 03785
Tuesday – Friday 9:00am - 5:00pm

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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TRENDY TIMES

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Winter's Remedies

It's that thyme of year again, thyme to build your bodies strength & immunity. Herbal therapy can be effective and all-encompassing in overcoming many kinds of infections. As anti-bacterial agents, herbs contain powerful natural substances to flush and cleanse the lymph glands, allowing the body to process out harmful pathogenic wastes. Herbs are effective internally in overcoming both acute and chronic infections, and externally as poultices or compresses, to draw out poisons or infection through the skin.

Herbal anti-biotic compounds are also beneficial when used in conjunction with other formulas to increase their efficacy, especially at the beginning or acute stages of an illness. Success has been particular in cases of oncoming colds and fever, swollen glands, bronchitis, inflamed lung and chest ailments, heavy post nasal drip, low grade throat and sinus infections, and "hanging on" infective conditions, where the body can't seem to "get over" a problem.

Herbal anti-viral compounds have had notable success against the strong, pernicious viruses, that cause many of today's serious illnesses. Severe flu and viral infections such as AIDS, HPV and viral warts are becoming increasingly prevalent and insidious in America, as air and soil pollutants, chemical foods and preservatives, over-use of drugs and generally poor nutrition lower our immune defenses. These progressively virulent viruses do not respond to medical anti-biotics, and many people have been prostrated for weeks at a time, unable to overcome them. Herbal anti-viral combinations have been effective when anti-biotic drugs were not.

Do you have a Cold or the Flu? Here are the differences.

Colds and flu are distinct and separate upper respiratory infections, triggered by different viruses. (outdoor environment, drafts, wetness, temperature changes, etc... do not cause either of these illnesses). The flu is more serious, because it can spread to the lungs, and cause severe bronchitis or pneumonia. Beginning stage symptoms for both can be very similar. Both colds and flu begin when viruses, that (unlike bacteria, cannot reproduce outside host cells) penetrate the body's protec-

tive barriers, nose, eyes and mouth are usually the sites of invasion from cold viruses. The most likely entry target for the flu virus is the respiratory tract. Colds and flu respond to different treatment. The following brief SYMPTOM CHART can help identify your particular condition, and formulate for it better.

A COLD PROFILE LOOKS LIKE THIS:

- Slow onset.
- No prostration.

- Rarely accompanied by fever and headache.
- Localized symptoms such as runny nose & sneezing.
- Mild fatigue & weakness as a result of body cleansing.
- Mild to moderate chest discomfort, usually with a hacking cough.
- Sore throat common.

A FLU PROFILE LOOKS LIKE THIS:

- Swift, severe onset.
- Early and prominent prostration with flushed, hot

moist skin.

- Usually accompanied by high (102-104) fever, headache and sore eyes.
- General symptoms like chills, depression and body aches.
- Extreme fatigue, sometimes lasting 2-3 weeks.
- Acute chest discomfort, with severe hacking cough.
- Sore throat occasionally.

Anti-bacterial herbs include: Elecampane Root, Black Walnut Hulls, Gold-

enseal Root, Chaparral, Myrrh. Anti-viral herbs include: St. John's Wort, Lomatium Root, Astragalus Root, Osha Root, Comfrey Root.

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Whitefield NH Cemetery

Special Guests: NEPI (Anthony, Michelle, Keegan) with Honorary Investigators: Justin, Harrison, Marshall (and if I'm forgetting someone, I apologize) - Also Known as "The Derps."

Sometimes we have a 'freak investigation', where someone from the group will call me up in the late night hours and be like, "Hey, want to go ghost hunting?" If I don't have to work the next morning, I'm down. This was one of

those occasions. We first went to the Cathouse, which I wrote about on an earlier time on Scared Sheetless. Then, after a little break, we went to a cemetery in Whitefield.

It's actually a good sized cemetery, it reminds me of Grove Hill in Lisbon. But a little more smoother and you really don't have to worry about falling down a big hill, if you're clumsy like me that is. Doing a few EVP sessions, we sat down at this particular spot

near the back side and we all started witnessing these strange red lights that were in the woods. We tried to debunk this by walking down and seeing if there was any houses or street lights. However, upon further investigating, we found none. We sat down again and the red light made another appearance, darting down the trail.

We had some honorary investigators with us, they go by the name "The Derps." I know, I don't get it either. Nice group of teenagers, who are friends with fellow NEPI investigator, Keegan MacBean. Right after seeing the red light, the Derps decided to split up from us and go on their own route to see what they could find. On their way back to us, they said they saw this figure walk across their path and disappear from sight just beyond a tombstone. This will get stranger...

Michelle, NEPI's sensitive, pulled out her Pendulum for a session. I've explained what a Pendulum session is in past ar-

ticles, but since it has been awhile, I will explain again: A pendulum is a chain with a this triangular object hanging, the triangle part can be either crystal or bronze, there is many different kinds of pendulums out there. You can buy them online or at paranormal conventions. Both Michelle and Nancy, who is our usual pendulum session host, said that they didn't necessarily pick their own; the pendulum picked them. They said it gives off a certain vibe and that is why they bought theirs. Then, what you do, is you ask yes or no questions. You ask, what is a yes? It will rotate a certain way. Then you ask what is a no? It will do the same.

Then you ask, what is a maybe. Most of the time a maybe is back and forth. Since they are yes or no questions, they can't be questions like, "How'd you die?" They can be questions, such as "How old were you when you died? Were you a child?" If it says, no, then you can ask, "Were you an adult?" And so on. And you may say, "Well, her hand must be moving." I've watched Nancy many of times doing a session and her hand is dead still. Michelle was the same way during this and it was going at a good pace. One the main questions we asked was, "Were you the one that showed yourself to the boys?" And it said, yes. We then asked, "Does it want us to follow it?" It said, yes. We got up and started walking, and it started moving back and forth, so we would go straight. Even I was a bit skeptic that maybe it was Michelle's moving around that was doing this, but she

stopped, and it was still moving. You would think it would calm down when she stood still, but it didn't. We kept on walking and then it moved a different direction. We then got to a tombstone and it stopped, dead in its tracks. Here's the strange thing I was hyping up to...It was the very same tombstone where they said they saw that white figure disappear.

It was getting late, but the strange happenings wouldn't stop there. We started walking down the trail that leads towards the main road. We heard the strangest thing, like a mad dog barking. We thought it might have been someone coming into the graveyard messing with us, but we didn't find anybody. Things get weirder. We started walking again and we heard whistling. A fine tune whistle too. We thought it was the boys just messing with us, because they were a few paces behind us. We asked and they swore up and down it wasn't them.

I then got my P-SB7 out, simply known as a Ghost Box. We got a few answers, but this also brought out a funny moment of the night. I'm not going to give away too much details, because I believe that Trendy Times would like to stay PG, family oriented, but Anthony asked a question, and over the Ghost Box we heard a Class A, crystal clear, "Pervert!" The most terrible part was the bugs, they were awful. Biting us all over and just making a pretty eventful investigation into hell. We asked the question of, "Is there any evil in this cemetery." Over the speakers we heard, "Bugs."

After that, we packed our things and left, pretty happy with our results. I've stated this before, but someone over at paranormalnews.com said that graveyards are dead spots for spirits. I don't think so. We've seemed to have some luck with them, at least. But until next time, this has been Scared Sheetless. It's good to be back and scaring all of you readers once again.

Website: scaredsheetless-ncn.blogspot.com

Contact: scaredsheetless-ncn@hotmail.com

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 in 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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The Boxer

There are so many dog breeds known to man and one of the most popular and beloved is the Boxer.

This breed can find its ancestry from Germany whose names were Barebeiszer (roughly translated: "bear biter") and Bullenbeiszer (known as the German Bulldog roughly translated: "Bull biter"). These breeds were a type of Mastiff that had been crossbred with the Bulldog. They were bred for strength and stamina. This utilitarian animal was mostly used for cattle roundup, hunting and pulling carts. The first animals of the actual Boxer breed were used starting in the early 1900's to continue the breed as it had been developed, which is the dog that we recognize today.

This dog has been bred for many qualities and attributes, but some of the most loved are its gentle nature and loving, watchful care that it gives to its human family. They make wonderful pets. It is important that if you have any children in the family, both living at their residence or visiting, to train this dog early on to not jump up when greeting. They are very eager to learn and love

to engage in training.

This animal has so many natural capabilities that when they are trained and nurtured can become a search and rescue dog, military police dog, used as a guard dog and can be taught to do tricks as well.

The Boxer is very muscular with a size that varies between 20-26 inches in height with a normal weight of between 65 and 75 pounds. Females are slightly smaller in build and weight. They have a typical lifespan of between 10 to 14 years and do have a few different illnesses that are known within this breed. Epilepsy and Cardiomyopathy are the two most prominently known.

The care and maintenance of this dog is somewhat easier than most other breeds. His short hair just needs an occasional brushing 2-3 times per week is average and baths only when necessary. They do not have excessive shedding.

It is recommended for this breed to give it regular walks everyday as it is an energetic dog and will do better when it is allowed to get a good amount of exer-



cise. Since the Boxer has very short hair, they do not do well outside in the cold so they are recommended more for a warmer climate. If in a colder location, it is recommended to get an outside coat or sweater when you take the dog out and do not keep them exposed to the cold for too long a period of time. The same does apply to excessive heat in the summer as well.

If you have the time for a couple of walks a day, time for some training, young children that love to play and some room for a happy go lucky type, good-natured and very playful animal, than this dog is the one for you.

(*Just a thank you to my Boxer, Dawn, who has become the love of my life and has taught me all about herself.*) --Bobbe McIntyre, Sugar Hill, NH--

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The December 25th Issue Will Be Distributed On Friday, December 21st.

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On the evening of July 20, 2012 Kimberly J. Fournier marched at Daymar College Commencement exercises at The Lone Oak Baptist Church in Paducah, Kentucky. Kimberly officially received her Clinical Medical Assisting Associate of Science Degree and Medical Assisting Pin. Kimberly had completed her two years of study in March, 2012. During her two years of study at Daymar College Kimberly maintained outstanding grades and was fortunate to have the distinction of graduating Summa Cum Laude.

Family and friends in attendance from New Hampshire and Kentucky were her mom, Debra; Sister, Elizabeth, and cousins, presley-Rose and Harley-Anne' children, Zachary, Kyleigh, Garritt, Lonnie, Jr. and Jacqueline; companion Lonnie, Sr. ; Jackie and Lake; Steve and Missy. Kimberly has recently joined the staff with Lourdes Medical Office in Paducah, Kentucky as a Medical Assistant. Kimberley's long term future plans are to work and further her education in the medical field.

Kimberly is the daughter of Russ and Debra Fournier of Bath, New Hampshire and the granddaughter of Charlotte Baker of Wells River, VT.



By Ronda Marsh

Crispy Parmesan Grissini (Breadsticks)

Recently, I had a little lunch time get-together with my good buddy, Leslie, and her friend (who is now my friend, too!) Carol. We spent a couple of hours in the kitchen cooking up a delicious soup (that'll be in the next Trendy Kitchen...promise!) and chatting away about nothing and everything. While Les worked on finishing up the soup, Carol and I put these tasty breadsticks together. I had seen Paula Deen make these on TV, and since I had some puff pastry in the fridge, I thought they'd make a quick little side.

I've always loved going to Italian restaurants and snacking on the breadsticks they often provide, but those are usually a lot plumper and softer than this version. Why? Because technically, these longer, thinner ones are correctly called "Grissini", which historically hail from the Turin region of Italy and date back to the 14th Century. You can buy Grissini commercially in the international aisle at the grocery store, but let me tell you, they do not even begin to measure up to these, which you can make with little effort and less cost. If you have some good quality Parmesan to use in this recipe, wonderful. But, if you just have the shaker stuff, that's okay, too. And by all means,



feel free to vary the herbs and seasonings (I admit I added a lot more garlic powder than the recipe shows). Be aware that these are quite delicate when they first come out of the oven, so I recommend letting them cool a few minutes before handling, but if, like us, you cannot wait, I guarantee they taste just as great in pieces. I had no idea that these Grissini would end up being as wonderful as they did, or I most certainly would have made a double batch. Crispy and cheesy, with just that nuance of garlic made them very addictive!

In no time at all, we sat down to a delicious, comforting meal of soup and bread, with a hefty helping of great conversation on the side. Now, let me ask you, is there any better way to spend a late autumn day?

- 1 sheet frozen puff pastry (thawed overnight in the fridge)
- 4 Tablespoons butter, melted
- 1/2 cup grated Parmesan cheese (yup, the shaker stuff will do!)
- 1 teaspoon dried oregano (or Italian herb blend)
- 1/2 teaspoon garlic powder

Preheat oven to 400°F. In a shallow dish or pie plate, combine the cheese, oregano, and garlic powder. Place the sheet of dough on a cutting board and slice lengthwise into 12 strips. Brush both sides of the strips with butter, and then place each strip in the cheese mixture, twisting into classic breadstick shape and pressing the cheese onto the dough. Place the strips on a sheet pan that has been well greased or lined with parchment paper and bake for 10 to 12 minutes, until puffy and browned. Remove from oven and gently transfer to a rack to cool for a few minutes before devouring! Makes 12 breadsticks.

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