

# TRENDY TIMES

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

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

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## New Gallery Art Show Opening At The Lisbon Arts Gallery

The Lisbon Arts Gallery is proud to be hosting a new exhibit titled "Wool and Wonder" featuring the fiber art of Dori Hamilton and the photo-montages and hand-made jewelry of Judy Brubaker.

Dori Hamilton is a Lisbon resident, sheep farmer and fiber artist. A Bucks County Pennsylvania native, Dori was taught to knit and crochet by her grandmother and mother. As a Navy nurse traveling throughout the world for twenty years and living in Panama, she had many opportunities to observe a wide variety of needlework. While caring for her cousin's farm, she took a sheep-raising course at the county extension facility. She fell in love with these woolly creatures. In 1995 Dori arrived in the North Country to follow her dream. She lives on Tranquil Vewe Croft with a flock of Romney Oxford sheep, a Maremma guard dog named Serchio and house and barn cats. She learned to spin from Ann Grucsyk and joined the White Mountain Spinners for an ongoing fiber experience. Dori can be seen spinning sheep wool, alpaca, and dog



hair at local venues. Her fiber products including roving for spinning and felting, handspun yarn, knitted apparel, and toys are sold at the ARTS Gallery, Lisbon, local craft shows and in the summer at the Lisbon and Littleton Farmers markets.

Long-time resident of Franconia Judy Brubaker, a self-described fanatical artist, is currently involved in the

making of photo-montages and creating unusual one of a kind jewelry. Before marriage, she was a museum curator and painter. Then came four daughters and full-time motherhood. At home all day in a small cabin in the woods with young children she prayed to be directed to an art form that would fit with no electricity, no phone, and no running water. Her prayers were answered when friends gave her some beautiful amethyst and quartz crystals. From that point a jewelry business was born.

"I'm interested in sacred geometry, which I understand to be the beauty of balance and proportion found in so much of the natural world. I try to create that beauty in my work and I get a big thrill when I succeed."

The exhibit opens on January 9th and runs through February 10th, 2013. An opening reception for the artists will be held on Friday, January 11th from 6:00-8:00 pm and 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 or visit: <http://theartsgallery.yola-site.com>. Normal Gallery hours of operation are Wednesday through Sunday 10:00 am till 4:00 pm.

## Healthy Living - Adding Activity To Your Life

*By Kathleen Jablonski,  
Field Specialist, 4-H Healthy Living,  
Youth and Family Team*

The holidays are over; back to the office and the "schedule". I really couldn't come up with a good idea for this month's column until I drove home and started puttering about my house with all of my evening activities. Then the idea came to me: "Ways to add activity to your day the New Hampshire winter way."

We've all read articles by all the experts. They keep telling us that children need one hour of physical activity a day, and adults require thirty minutes a day. However, when you spend your day in school or in a work setting, sometimes, that can be difficult. So, here goes with my quick, easy, and free ways to add some activity to your day the New Hampshire way.

Take the dog for a brisk morning walk. Clean the snow off your car, and your spouses'. Sweep the porch and the walk. Shovel the driveway. Shovel the path to the out building. Walk to the mailbox instead of driving the car. Take out the garbage. Make several extra trips to load the car in the morning. Every time you have three items, walk up or down stairs to put them away. Play with the dog. Take the kids (or grandkids) outside and make snow angels. Build a snowman. Dance to music on the radio (3 songs = 10 minutes of activity). Do a repetitive exercise while a commercial is on television. Do deep squats while talking on the phone. When making dinner use small free weights while waiting for water to boil. If you have a cordless phone or a headset, walk about the house or office while you're on a phone call. Put the laundry basket on the floor

and bend down to pick up the next item to fold. Stand for a short meeting. Walk to your office mate's desk to deliver a message instead of



sending an instant message. Invite a friend to take a short walk at lunch time. Push a grocery cart around the inside perimeter of the store before you begin your shopping. Do leg lifts while "resting" on the couch. Chase your grandchildren (or children) around the dining room table and catch them for a kiss. Help a neighbor with some chores. Wash the floor. Stack wood. Make a snowshoe date with a friend. Add a stretch band to your office equipment; use it when you're talking on the speaker phone. Once a day walk around your entire building at work. Use canned foods as free weights. Scatter seed for the birds. Build a snow fort. Walk around a parking lot before going into a store.

Exercise needs to be incorporated into your lifestyle, not just dedicated to one time in your day or week. Add activity. Eat well. Surround yourself with wonderful people. Be good. Have fun!

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# The Beginning Of The Loss Of Innocence – Or – Becky Swings And I Drop The Ball

By Robert Roudebush

Becky ordered her usual Cherry Coke with a hot dog on the side and told me I looked pretty good in my Levis. A statement like that might begin to change your world if you've never heard something like it before. I had not so it did. This is a family publication and we'll take it slow and careful but this story is true and has been rattling around in my head for more than fifty years - time it rattled out.

**Becky was pretty and it was hard to ignore her. Too hard for me. I didn't even try. I was skinny, tall for my age and trying to make some summer money by running the concession stand at the little league baseball field. I wore glasses, T-shirts and jeans, and got a little frisky around girls like most 13 year-old boys. I sneaked looks at Becky each time she cruised right past first base and then swayed my way for some refreshment.** She didn't really walk, she jiggled. I know you know what I mean. Blond hair, pretty teeth white smile, big blue eyes that kept looking at you (me) even when her face was kind of turned away. I've only seen girls give that kind of look.

And the clothes she wore – this was 1960 and her skirt was short (long tan legs) and her blouse was snug (no more little skinny girl from three years ago – curves in all the right places) and she was paying attention to me even after she handed over her money for the coke and dog – thirty-five cents.

**I pumped extra cherry for Becky. You betcha. This was the age when any soft drink could be made on the spot at a soda counter by squirting a flavored syrup into a glass over ice, then topping the drink off with carbonated water, then stirring it up.** You could pump more or less, depending. And Becky got extra relish on her dogs too, the dogs she loved to eat while I stared at her. She knew a whole lot more about life than I did - she was much older than me, nearly 14. She was the popular girl who went steady with the good-looking athletic boys who hit all the homeruns or caught all the high flies and fast grounders. In other words, not me. And now she was flirting again with the "four-eyes" guy who was selling chips and peanuts because he couldn't make the team again this

summer. I didn't know she was flirting. I just knew she ate more hot dogs and drank more cherry cokes than anyone else so far. And her voice was so low when she talked to me she had to lean forward toward me so I could hear her. Oh my. I was doing a lot more than listening.

**Gee Robbie, I sure like your cherry cokes.** She looked up at me as she leaned over. I was "Robbie" or "Robin" back in that long hot summer.

"Thanks Becky, but they're really your cherry cokes after you pay me."

"You know what I mean." She actually batted her eyelashes.

I really didn't know what she meant but my mind was racing to figure it out while I smiled like a fool.

"And I tell all my girlfriends about what a good hot dog you come up with too."

At that, for a couple seconds, my mind was just as blank as my eyes were wide behind my glasses, then I damn near fell over. I'm telling you, it was the age of innocence, call it stupidity, at least for a kid like me then. She was grinning up at me now, sucking on her cherry coke. Bad

Becky. Good Becky.

**That's when she said it.** "You look pretty good in your Levis, Robbie. I like the way you wear them." Ooooh boy. I'd never heard a girl talk this way, never heard a WOMAN talk this way. Wasn't this the way boys were supposed to talk to girls? I actually blushed, felt the blood rushing up my neck and into my cheeks. The blood was rushing everywhere, not just into my face. Thank the god of hunger just then a few other customers came up and I had to sell some Mounds and Almond Joys. Becky wandered off toward the game with her coke, glancing back at me and grinning. She knew things I was hoping she didn't know.

Looked good in my Levis. In those days, wearing Levis meant wearing the only kind they offered then, button-fly 501s, the kind you bought a size too big because you washed them and then they would shrink-to-fit. All the guys wore them and some girls too. JC Penny made something called Foremost, and some of the guys wore Blue-Bell Wranglers, but Levis were the best. I hadn't even heard of Carhart in those days.

**That conversation never happened again. And of course nothing else happened either. It was a short love affair. Becky was still hanging around the field but didn't seem thirsty or hungry anymore. She'd had her fun and then dumped me.** About a week after she last spoke to me I spotted her

talking to the pitcher of the winning team and they were close enough for me to hear her say to him, "Gee Jeff, I like the way you wear your Levis." So there, I thought. Running around behind my back. Actually, running around right in front of me. My world ended. For about a minute. Teenagers recover fast. Great opportunity wasted? Probably, I think so now. But a life-lesson learned, yes I think now, unforgettable. As Jeff and Becky walked off the field hand-in-hand toward her house, I was even able to smile a little. I'd grown up some and without getting into trouble to do it.

**I saw Becky less and less as the new school year began** – when I did see her she was always in a hurry, head down, no more ribald jokes. She left town within a couple months, for what reason you may guess at, as I did then. Becky could have gone on to become a Catholic Nun, or a prostitute, or any one of many other legitimate occupations in-between. I never knew. Whether she meant to or not, Becky had opened my eyes and my spirit along with my blood vessels to some of the world's more interesting possibilities - I've often thought of her honesty and what I recognize now as her sense of humor. She made me feel better about myself and thus feel better about life in general. Maybe she became a teacher or a nurse. I hope so.

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Seth Conrad, our beloved son, Tom Conrad, Phil's brother

## Old Country Fiddler: Charles Taggart

Charles Taggart grew up in Topsham, VT and performed in various stage shows across the country for over 40 years. Adam Boyce portrays Charles Taggart through stories, live fiddling and humorous sketches.

- Sunday, Jan. 13
- 2:00 PM
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This event is the first in a series of lectures honoring the 250<sup>th</sup> anniversary of the chartering of Newbury, VT and Haverhill, NH.

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# Old Church Theater 2013 Season



BRADFORD, VT: The board of Old Church Theater announces its five play 2013 season, May through September, to be presented on their home stage at 137 North Main St in Bradford Vermont. The non-profit community theater is also presenting a comedy, "Death By Golf", at Alumni Hall in Haverhill, NH in its first ever winter production, opening February 22nd.

The 2013 season is as follows, with auditions to be announced soon:

"Catch Me If You Can!" will be presented May 3, 4, 5 & 10, 11, 12 and is a mystery-comedy by Jack Weinstock and Willie Gilbert (who also wrote "How to Succeed in Business Without Really Trying"). Directed by Diane Chamberlain, this Broadway whodunit is exciting from beginning to end. (This play had the title before the Leonardo DiCaprio movie was even conceived.)

"Let's Murder Marsha" is a comedy by Monk Ferris and will be presented June 7, 8, 9 & 14, 15, 16. Directed by Sheila Kaplow, this is another play by the writer of 2012's

hit comedy "Don't Tell Mother!" The story is about Marsha who is hopelessly addicted to reading murder mysteries who overhears her husband discussing her upcoming birthday but to her it sounds like they are planning to murder her! This is a laugh-a-minute comedy for all ages.

"Heidi", from the famous story by Johanna Spyri, will be directed by Gloria Heidenreich and presented July 12, 13, 14 & 19, 20, 21. This stage adaptation is especially written for Old Church Theater by local playwright Charles Fray and contains all the favorite characters so well-known in the classic 1880 tale. "Heidi" is the delightful story of an orphaned Swiss girl whose innocence and charm touches the lives of all whom she meets, helping them find new joy and purpose in life. This show will have roles for children and adults.

Peter Richards will direct the famous drama "Mr. Roberts", by Thomas Heggen and Joshua Logan, opening August 16, 17, 18 & 23, 24, 25. Set in the final

days of World War II, this is the Tony award-winning play about the crew of a cargo ship in the Pacific Ocean. The play is full of poignant humor as the tension and drama build until the final triumphant and bittersweet ending. This play is a piece of American history and probably the best example of war drama the theater has ever known.

The 2013 season will close with "Caught in the Act(s)", a collection of original short plays, to be presented September 20, 21, 22 & 27, 28, 29. Produced by John Hunt, various directors will direct plays by Vermont and New Hampshire authors, expected to be funny, dramatic and even a little bit "off-key"!

Old Church Theater is a non-profit group that has offered community theater for 28 years from its base in Bradford Vermont. Except for a very few paid positions it is an all-volunteer group that offers opportunities in every aspect of the theatrical experience for the enjoyment of everyone. More information is available at [www.old-churchtheater.org](http://www.old-churchtheater.org).

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# GRANITE STATE OF MIND

By Rob Azevedo

## Sick Of It...

Not easy to wrap your head around the massacre in Connecticut. So, instead of trying I've turned my eyes away from nearly every news segment that starts to relive "the thing" all over again. I steer conversations away from "the thing." I can barely look my own kids in the eye. Hurts too much.

I'm not just numb with grief, I'm sick of it.

Sick of everything related to the influence of evil these days. Sick of the word "evil." Sick of how the word lays itself out, like a cold steel sheathe jonesing for a kill. Sick of evil in suits, boots, heels, head dresses, fatigues, baggy jeans, football pads, cassocks and goatees.

Sick of it.

Two years ago, I was pretty much sick of trying to figure out what kind of thrill two teenagers got out of butchering a mother to death in Mont Vernon, NH. Even sicker wondering what went through that dying mothers mind as she watched her daughter being hacked apart herself.

Sick to death.

Twelve years ago, I was introduced to sickness when I learned that my friend, Bob,

survived a massacre at a technology office in Wakefield, Mass. Sick with fear that he didn't know his co-worker he sat next too was capable of returning from lunch brandishing an AK, a shotgun and a pistol.

Seven sick senseless deaths followed.

But I'm mostly sick of pretending that we don't know what makes these "monsters" tick. Have we not witnessed the makings of these monsters since our first days in the school yard? Have we not seen with our own our eyes what years of degradation, intimidation, manipulation and isolation does to the baby mind of a baby monster?

Of course we have.

Not only have we witnessed it, we've participated in it. Unwillingly most times and without complete malice others, we've all helped, at one point, to feed the baby monster.

I know I have. And that makes me sick.

Whether it was in the school yard, at work or on the streets, the ease at which we dismiss the social outcast comes with a high price. We fail to engage the socially challenged because we fear them.

And by doing so, the seeds of their madness flourish as their eyes deaden and hearts harden.

The most powerful line our President said when addressing Newtown was, "If we don't get that right, we don't get anything right. That's how, as a society, we will be judged."

It wasn't just a call to arms to all the hack parents in the coutry to step up their game. It was a direct shot at all of us, parents or not. We shouldn't have to think too hard to figure out that years of rejection "leaves a nasty after taste," as the great Richard Thompson sings.

Forget policy. Doesn't take but one bullet to devastate a family, a community, a country. Doesn't matter how fast or with how many other bullets it kills with. It destroys. Any gun can do it.

Sickening, I know.

My friend, Bob, that survived the office massacre in Wakefield never went very deep into detail about his horrific experience. I know he watched his co-worker walk past him loaded to the teeth, ready to ruin as many lives as he had suffered through.

After that, it was all just a blur of gunfire and resentment.

But I do remember Bob saying when I asked, "Why do you think he didn't kill you?"

"I don't know," he said. "Maybe because I use to talk to him."

Godspeed, children.

Rob Azevedo can be reached at onemanmanch@gmail.com

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On December 5, I had the honor of being sworn into the New Hampshire House of Representatives to represent Grafton District 15 (Bath, Benton, Easton, Haverhill, Landaff, Orford, Piermont, and Warren). The ceremony followed a two-day orientation session for new legislators (Do you remember the first day at a new school? Imagine over 100 new legislators trying to find their way around the State House. I suspect that the veterans were laughing the whole way home! As for me.....it's a good thing that I had a map when I got lost walking from the parking garage to the State House on the first day of orientation.)

Walking into the State House for the first time as an elected official brings a mixture of emotions- awe, pride, and a deep sense of responsibility for the future of our state. One walks past a statue of Daniel Webster and up a flight of steps, and enters the State House Hall of Flags. On display in the hall are over 100 flags from New Hampshire regiments and batteries from the Civil War, Spanish American War, World Wars I and II, and Vietnam. Small New Hampshire flags that were carried to the moon during the Apollo Eleven and Fourteen missions share space in a small case with samples of Moon rock. A Roll of Honor on the center wall of the hall lists the names of the 697 men and women of New Hampshire who died during the First World War, and New Hampshire's 59 Congressional Medal of Honor recipients are honored with a plaque in front of the Roll of Honor. I find myself stopping in the Hall of Flags for a few minutes each day to pay silent honor

to those who have gone before us, and to remind myself of my responsibility to the current and future citizens of our state.

The first working session of the House was on January 2, when we met to adopt House rules for the upcoming session. After some contentious debate, a majority of the House voted to return to the practice that was abandoned two years ago and to ban guns in the House Chamber and gallery. (Secure gun lockers are available for those members who wish to carry weapons to and from the State House). In addition, two committees that were formed during the last session (Redress of Grievances Committee and the Constitutional Review & Statutory Recodification Committee) were eliminated. The House also passed special bipartisan legislation to resolve a one-time problem with the tax cap calculation of the Newfound School District.

During the next few weeks, committee work will start on bills that have been submitted for this session. I have been assigned to the Environment & Agriculture Committee, and look forward to the challenges that will come in the next few months. I also want to remind my constituents that I am a public servant-and you are the public that I have sworn to serve. If I can help you in any way, please feel free to contact me at 603-747-4001 or by e-mail at Linda.Lauer@leg.state.nh.us

By Senator Jeff Woodburn

A few weeks ago, I officially began my term in the Senate by raising my right hand and promising to "faithfully and impartially perform all duties incumbent upon me as a Senator."

As a writer, I'm struck by these two words. My 7-year-old son surprised me by knowing the precise meaning of both --- "loyal" and "fair." Can you ever really be both?

The busyness that has engulfed my life hardly provides time to contemplate such things, but the grandeur and history of the Senate chamber invites such thoughts. It's a beautiful sight -- heavy with history and purpose. The subtle scales of justice are evidence that the state's Supreme Court once met here.

The Senator from District 1 has the most prominent seat in the chamber and votes first in all roll calls -- since 1876, I learned. Members enter from one of two doors both from the south. I have a perfect view to the east and the north has my back.

The chair itself is handsome, but not as old or as comfortable as I had imagined. I had dreamed that every North Country Senator had sat here. History often disturbs as much as it delights. Just three generations ago there were three Senators from what comprises the present district, which now encompasses 58 communities and nearly one-third of the state's landmass.

Recently, a prominent business leader described

himself to Governor-elect Maggie Hassan during her tour of the region as being first a citizen of the North Country, then the state and finally the country. This logic -- and loyalty -- makes sense to me. I am, after all, probably more attuned to rural Vermont and Maine, than the more metropolitan areas of my home state. But would I ever promote something that was good for the North Country, but bad for the rest of the state? I hope not, but I can't think of any policies that would do that. My colleagues may disagree -- and since they have the votes my overt loyalty would cause little practical harm. Maybe this is the true nature of faithfulness -- and impartiality?

## Free 250th Celebration Informational Lunch!

On Saturday, January 26th, from noon until 2PM learn how you can be part of the 250th Celebration team! Are you interested in being a Re-Enactor, Event Assistant, Parking Attendant, or contributing your own special skills? Help a little or help a lot! Be a part of Newbury's grand 250th celebration! Lunch is "on the house" at Newbury Congregational Church, Newbury VT.

On May 18, 1763, a charter was obtained through New Hampshire land grants for the town of Newbury, later to become part of Vermont. General Jacob Bailey was the primary grantee and is honored as the founder of Newbury. <http://www.celebrate250.org>



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Bible Study Following Coffee Hour

# 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!

## SATURDAYS

**FREE BLOOD PRESSURE CLINIC**  
10:00 AM – 12:00 Noon  
Littleton Fire Station

## SUNDAYS

**SOFTBALL CLINIC**  
1:00 PM – 3:00 PM Elementary aged girls  
3:00 PM – 5:00 PM High School girls  
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 INTERVAL AEROBICS CLASS**  
Winter Session Through April 6th  
6:30 PM  
Woodsville Elementary School

## 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

**PLYMOUTH AREA CHESS CLUB**  
6:00 PM – 8:00 PM  
Pease Public Library, Plymouth, NH

## WEDNESDAYS

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

## THURSDAYS

**ONE-ON-ONE CRIBBAGE ROUND ROBIN**  
12:45 PM  
Horse Meadow Senior Center, North Haverhill

**PLYMOUTH AREA CHESS CLUB**  
7:00 PM – 9:00 PM  
Starr King Fellowship,  
101 Fairgrounds Road, Plymouth

## WEDNESDAY, JANUARY 9

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

**MONTHLY MEETING -  
ROSS-WOOD POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville

## WEDNESDAY, JANUARY 9 THRU SUNDAY, FEBRUARY 10

**LISBON ARTS GALLERY SHOW**  
28 Main Street, Lisbon  
*See article on page 1*

## FRIDAY, JANUARY 11

**OPENING RECEPTION**  
6:00 PM – 8:00 PM  
Lisbon Arts Gallery, 28 Main Street, Lisbon  
*See article on page 1*

## SATURDAY, JANUARY 12

**STORIES AND MORE (S.A.M.)**  
10:30 AM – 11:30 AM  
Groton Free Public Library  
*See article on page 7*

## MILES AND MILES OF MUSIC

1:00 PM – 5:00 PM  
Richard E Clifford Memorial Building  
65 South Court Street, Woodsville  
*See ad on page 3*

## HOMEMADE BEEF STEW SUPPER

5:00 PM – 7:00 PM 603-745-2579  
Unit 83 American Legion, Main St., Lincoln

## SUNDAY, JANUARY 13

**THE OLD COUNTRY FIDDLER:  
CHARLES TAGGART**  
2:00 PM  
Tenney Memorial Library, Newbury  
*See article on page 7 and ad on page 2*

**FAMILY PROGRAM:  
WOOD TURNING & FOLK TOYS**  
2:00 PM – 4:00 PM  
Groton Free Public Library  
*See article on page 7*

## VERMONT POET SYDNEY LEA READING AND DISCUSSION

3:00 PM  
Wells River Library  
*See article on page 7 and ad on page 9*

## MONDAY, JANUARY 14

**ROSS-WOOD AUXILIARY UNIT 20  
MONTHLY MEETING**  
6:00 PM  
American Legion Home, Woodsville

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

**BRADFORD 250TH ANNIVERSARY  
PLANNING GROUP**  
7:00 PM 802-222-4423  
Bradford Academy

## TUESDAY, JANUARY 15

**NH STATE VETERANS COUNCIL  
REPRESENTATIVE**  
8:30 AM – 12:00 Noon  
Woodsville American Legion Post #20

## WEDNESDAY, JANUARY 16

**HAVERHILL/NEWBURY 250TH MEETING**  
7:00 PM  
Morrill Municipal Building, North Haverhill

## THURSDAY, JANUARY 17

**MEDICARE BOOTCAMP**  
9:00 AM – 11:00 AM  
Northeastern Vermont Regional Hospital  
St. Johnsbury  
*See article on page 8*

## SATURDAY, JANUARY 19

**DINNER & A SHOW BY PVS DC TRIP**  
5:00 PM  
Piermont Village School

## MONDAY, JANUARY 21

**NEW BOOK CLUB FOR TEENS & ADULTS**  
6:30 PM  
Groton Free Public Library  
*See article on page 7*

## SATURDAY, JANUARY 26

**FREE 250TH CELEBRATION LUNCH**  
12:00 Noon – 2:00 PM  
Newbury Congregational Church, Newbury  
*See article on page 5*

## CASINO NIGHT

6:00 PM – 10:00 PM  
Boys & Girls Club of the North Country, Lisbon

## SUNDAY, JANUARY 27

**MILES AND MILES OF MUSIC**  
1:00 PM – 5:00 PM  
Richard E Clifford Memorial Building  
65 South Court Street, Woodsville  
*See ad on page 3*

## MONDAY, JANUARY 28

**NORTHEAST KINGDOM CHAMBER  
LEGISLATIVE BREAKFAST**  
8:00 AM – 9:00 AM  
St. Johnsbury House, 1207 Main Street  
*See article on page 11*

## HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

## BOOK DISCUSSION

7:00 PM  
Groton Free Public Library  
*See article on page 7*

## BOOK DISCUSSION

7:00 PM  
Haverhill Corner Library  
*See article on page 7*

## MONDAY, FEBRUARY 4

**GOOD OLE BOYS MEETING**  
12:00 Noon  
Happy Hour Restaurant, Wells River  
*Public is invited.*

**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 Thursday, January 17th for our January 22nd issue.*

# Haverhill Corner Library Announces Winter Book Discussion Series

HAVERHILL, NH —The Haverhill Corner Library has announced “The Roaring Twenties” as the theme for its Winter 2013 book discussion series. The series will focus on books published in the 1920s that are today regarded as classics of American literature. All discussions will begin at 7:00 PM and will be free and open to the public.

The books scheduled for discussion are: Winesburg, Ohio by Sherwood Anderson (Monday, January 28); Babbitt by Sinclair Lewis (Monday, February 25); The Great Gatsby by F. Scott Fitzgerald (Monday, March 25); and The Sun Also Rises by Ernest Hemingway (Monday,

April 22). Copies will be available to borrow from the library in advance of the discussions.

The 1920s was a rich period in American literature. In addition to the writers featured in this series, that decade also saw the publication of major works by such authors as Willa Cather, John Dos Passos, Theodore Dreiser, T. S. Eliot, William Faulkner, Katherine Mansfield, Gertrude Stein, Edith Wharton, and Thornton Wilder.

The books chosen for the discussion series convey the range of the American experience during this vibrant period, from the small-town life of Winesburg, Ohio

to the Midwestern, mid-sized city of Babbitt, and from the glamor of Jazz Age Manhattan and Long Island in The Great Gatsby to the post-World War I experiences of American expatriates in The Sun Also Rises. These books constitute a record of an extraordinary and influential period in American life and culture.

Immersion in the literature of the 1920s will also prepare readers for the new film version of The Great Gatsby scheduled for release in May.

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

# Upcoming Programs At The Groton Free Public Library

Saturday, Jan. 12, 10:30-11:30am -- S.A.M: Arctic Adventure! SAM (Stories And More) takes place on the second Saturday of every month at 10:30am. Preschool-ers and elementary school-ers are invited to enjoy read-aloud stories along with a craft and a snack.

Sunday, Jan. 13, 2:00-4:00pm -- Family Program: Wood Turning and Folk Toys. Folks of all ages are invited to come and watch local artist Richard Montague turn a top. The first 20 children can assemble, decorate, and take home a folk toy. Any questions about wood turning with the lathe are welcome!

Monday, Jan. 21, 6:30pm -- YA: Between the Covers. NEW Book Club for teen and adult readers! This group meets the 3rd Monday of every month. This month: “Room” by Emma Donoghue. “Room is home to Jack, but to Ma it’s the prison where she has been held for seven years. Through her fierce love for

her son, she has created a life for him...But Jack’s curiosity is building alongside Ma’s own desperation – and she knows that Room cannot contain either much longer... (book jacket)”

Monday, Jan. 28, 7:00pm -- Book Discussion of “A Tree Grows in Brooklyn” by Betty Smith. “The story of young, sensitive, and idealistic Francie Nolan and her bittersweet formative years in the slums of Williamsburg has enchanted and inspired millions of readers for more than sixty years (book jacket).” This group meets the 4th Monday of every month, and all are welcome!

Every Wednesday, 1:00-3:00pm – Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us!

All of our programs are free and open to the public. For more information about any of our services, find us on Facebook (Groton Free Public Library) or contact Anne: [grotonlibrary@fairpoint.net](mailto:grotonlibrary@fairpoint.net), 802.584.3358.

# Vermont Poet Sydney Lea Coming To Wells River Library

Sydney Lea, Vermont’s Poet Laureate, will come to the Wells River Library for a reading and discussion of some of his work on Sunday, January 13 at 3:00 pm. Sydney Lea lives in Newbury Village and has been a Vermont resident since the early 1990’s. He is a prolific author of a number of collections of poetry, as well as a novel and two books of essays. Syd Lea has been described as “a man in the woods with his head full of books, and man

in books with his head full of woods.” His stories, poems, essays, and literary criticism have appeared in many periodicals and anthologies. Lea co-founded the literary quarterly New England Review in 1977, and his poetry collections have earned special critical acclaim. The Poet Laureate Advisory Committee notes that “Lea has paid particular attention to the stories of generations living alongside one another in north-country villages, includ-

ing the interactions of ‘old-timers’ and relative newcomers. He continues the tradition of Vermont poets who are both singular (one of a kind) and broadly accessible.” In honor of Newbury/Haverhill’s 250th founding anniversary, Syd Lea has also written a commissioned celebratory poem which is published in the commemorative guide Two Towns: One Community – Haverhill, NH & Newbury, VT 1763-2013.

# The Old Country Fiddler: Charles Taggart

Join speaker Adam Boyce at the Tenney Memorial Library (Newbury) on Sunday, January 13 at 2PM as he portrays “The Old Country Fiddler: Charles Taggart”. Charles Taggart grew up in Topsham, VT and performed in various stage shows across the country for over 40 years. He made at least 25 recordings with Victor, Edison and Columbia as a fiddler, piano player, singer and ventriloquist, as well as appearing in several talking movies. Adam Boyce portrays Charles Taggart

through stories, live fiddling and humorous sketches.

This event is the first in a series of lectures honoring the 250th anniversary of Newbury, VT and Haverhill, NH. Haverhill was chartered on May 18, 1763 by Colonial Governor Benning Wentworth, awarding Capt. John Hazen, a distinguished veteran of the French and Indian War, a generous land grant. Named after Haverhill, Massachusetts, Hazen brought many settlers from Massachusetts. Simultaneously on May 18, 1763, a

charter was obtained through New Hampshire land grants for the town of Newbury, now part of Vermont. General Jacob Bailey was the primary grantee and is honored as the founder of Newbury.

The precise day that the charters were signed was May 18, 1763, but Haverhill and Newbury will celebrate 250 years of history, and offer special events throughout the anniversary year. <http://www.celebrate250.org>

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Not all Times are Trendy but there will always be Trendy Times January 8, 2013 Volume 4 Number 7



On December 28, 2012 members from different 4-H clubs gathered together at the Grafton County Nursing Home for the annual Kids-To-Kids Project workday. From 9-2, busy 4-Hers worked with the residents at the nursing home in making quilts and tote bags for children that have been displaced from their homes. At the end of the day, 11 tote bags and 9 quilts were completed! It is an amazing feeling knowing that all of the hard work and effort that you put into making these things, will bring joy to other kids just like you. Today was a blast, and it was an excellent way to work with members of our community for a good cause. As Jeff Warner once stated, "We are not put on this earth for ourselves, but are placed here for each other. If you are there always for others, then in time of need, someone will be there for you." So until next time, help out as many people as you can.

Bob-O-Link 4-H Reporter,  
Hope Cataldo

# “Medicare Boot Camp” At NVRH



Do you have questions about Medicare – the federal health insurance program for seniors and people with disabilities? Here’s your chance to learn more from an expert without anything to sell.

On Thursday, January 17, 2013 from 9:00 - 11:00 a.m., Pat Paine, Health Insurance Information Specialist with the Area Agency on Aging, will offer a workshop for those with questions about Medicare. The workshop will be held in Conference Room 127 at the

Business Center at North-eastern Vermont Regional Hospital.

It’s easy to become overwhelmed by the complexity of Medicare. Pat will offer an informal presentation that addresses the basics of how the Medicare program works. Topics include supplemental insurance, prescription drug coverage and state and federal health insurance programs that work alongside Medicare. There will be plenty of time for questions, too.

Pre-registration for this workshop is required. Reservations can be made by calling Pat at the Area Agency on Agency at 802-748-5182 or via the Senior HelpLine at 800-642-5119.

For more information about the services available to older adults and family caregivers in this region, contact the Agency on Aging via the Senior HelpLine at 1-800-642-5119 or [www.nevaa.org](http://www.nevaa.org)

## BMU Adds To Win Total

Last Wednesday night, 01-02-13, the boys from Blue Mt. traveled to Sharon to play the Sharon Academy Phoenix.

The Bucks held a 5 point lead at the half

before gradually pulling away with the 67-54 win.

Photo credit: CVSPORTSINFO.com/Ed Merrill



Nicholas Russo gets the easy layup in last Wednesday's victory over the Sharon Phoenix.



Kyle Farquharson attempts to recover the ball before it goes out of bounds.

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# Too Early To Order Seeds?

By Heather Bryant,  
Regional Field Specialist, Food and Agriculture

The seed catalogs have started arriving in the mail, and it may seem early, but it is not. In fact two of my favorite catalogs are late and I finally became one of those people who call up to find out why. Commercial growers have already started ordering next year's seeds. If they haven't ordered them all by mid-January, they may not find the varieties they want in the quantities they want. Home gardeners have more breathing room, but I would still recommend ordering by the end of February.

Does getting the variety you want matter, you ask? Yes. Absolutely. Plant breeders spend years, sometimes decades working on getting a variety just right. Some are bred to be disease resistant, some to grow well in a short growing season like ours, and others are bred for yield, taste, appearance, size, color and a multitude of other characteristics, large and small. Sweet corn varieties are bred among other things for ease of picking so that farm crews can work quickly without damaging the plants. All you have to do is figure out which variety best meets your preferences and growing conditions.

That brings us back to the catalogs. In them you can find detailed descriptions of varieties, including comparison charts in some cases. Some companies highlight varieties that are easiest to grow, or provide descriptions that compare newer varieties to ones that have been on the market longer. Most provide planting instructions and information to help you decide whether or not the variety is adapted to your climate. Whether you buy anything or not, the catalogs are useful to have around just for the information.

Most companies allow you to browse products or even read the entire catalog online. I like mine on paper. It's more portable that way, and I can spread them all out on the table to comparison shop, fold down corners and write in the margins. Also by ordering the paper copy you will often get included on email newsletters filled with growing and storage tips, pest alerts and recipes. Normally, I call that cyber junk mail, but for this I make an exception.

Can't I just buy seeds off the shelf in my favorite garden store, you ask? Yes, but just like when you buy milk, check the date and look at how they are displayed. Most seeds are only good for a year or two and they shouldn't be stored in direct sunlight. Look

for the variety name, do you know it? Will it reach maturity in our growing season? Does the salesperson have personal experience with the brands and varieties they sell? That experience in growing conditions similar to yours can be invaluable.

Personally, I still prefer the catalogs because I can map out my space and rotations, calculate how much seed I need, make notes about when to plant things, and choose varieties all at the same time.

So no, it's not too early to order seeds. In fact, in three short months it will be time to dig out the seed starting paraphernalia; less if you plan to grow onions from seed. In the meantime, happy planning.



Bath, NH - Music is an integral part of the Bath Congregational Church United Church of Christ. Shown here on Christmas Eve (l-r) Ray Burton and Janet Winn, organists, Rev. Thomas Peters and June Soule, pianist. Weekly Services are held each Sunday at 9 AM. All are welcome. For information contact Rev. Peters at 823-9561

## Congratulations go out to Katie Crandall

For winning our December 2012 drawing for a \$50.00 Gift Certificate at

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(our next \$50.00 gift certificate drawing will be Feb. 1, 2013, come in and sign up, no purchase necessary.)  
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## Littleton Fire Rescue

230 West Main Street  
Littleton NH 03561

Starting January 5, 2013, Littleton Fire Rescue will be holding Free Blood Pressure



Clinics every Saturday from 10 AM to 12 noon, at the Fire Station. These are walk-in clinics; no appointments are necessary.

## FRIENDS OF LINCOLN LIBRARY INVITE YOU TO THEIR 10TH ANNIVERSARY ANNUAL MEETING WITH PRESSURE'S ON



Tuesday, February 5 at 7 pm

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Annual Meeting of Friends of Lincoln Library precedes the program  
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(behind the movie theatre at the Village Shops)  
Information: 745-8159



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and a man in books with his  
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Sunday, January 13, 3pm  
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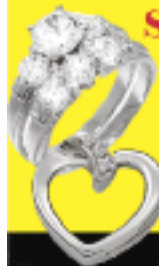
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# Investing Is A Marathon - Not A Sprint

Investors sometimes may get frustrated with their investments because those investments don't seem to produce quick results. Perhaps that's understandable in our fast-paced society, in which we've grown accustomed to instant gratification. But investing is, by nature, a long-term activity. If you look at it in terms of an athletic event, it's not a sprint, in which you must pull out all the stops to quickly get where you're going. Instead, it's more like the 26.2-mile race known as a marathon.

And as an investor, you can learn a few things from marathoners, such as:

- **Preparation** — No one gets up one day and is ready to run a marathon. Marathon runners train for months, and even years. As an investor, you, too, need to prepare yourself for the "long run." How? By learning as much as you can about different asset classes, types of risk and all the other factors associated with investing.

- **Patience** — Marathoners know they have a long haul in front of them, so they typically create a "game plan" — one that takes into account such factors as their physical condition, the weather on race day and the characteristics of the course, such as whether it's hilly or flat. Investors should also create a strategy — one that encompasses their goals and ways of working toward them — and stick to this strategy.

- **Perseverance** — Marathoners may deal with injuries, dehydration and other setbacks, either while training or during the actual race. But as long as they're able to keep going, they do so. As an investor, you too will face obstacles, such as market downturns. But as long as you continue investing and don't head to the "sidelines," you have a good chance of making progress toward your goals.

- **Vision** — Marathoners study the course they're on, so they know what's ahead — and where they're going. As an in-

vestor, you also need a vision of what lies in front of you — the number of years until your retirement, the type of retirement lifestyle you anticipate, what sort of legacy you plan to leave, and so on. Your vision will help drive your investment decisions.

- **Proper coaching** — Not all marathoners have individual coaches, but many have at least gone to clinics or joined running clubs so they could learn more about the various aspects of this grueling event. As an investor, you can certainly benefit from guidance or "coaching" in the form of a financial professional — someone who knows your individual needs, goals and risk tolerance, and who has the experience to make recommendations that are appropriate for your situation.

Every marathoner is familiar with the difficulties of the challenge and the satisfaction of finishing the race. As an investor, you also will be tested many times. Furthermore, you'll never really cross the "finish line" because you'll always have goals toward which you'll be working. Yet, by emulating the traits of successful marathoners, you can continue working toward your objectives — and perhaps you'll avoid the blisters, too.

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

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## VT Chamber President Guest Speaker At January Chamber Legislative Breakfast

Betsy Bishop, president of the Vermont Chamber, will serve as the guest speaker at the Northeast Kingdom Chamber legislative breakfast to be held Monday, Jan. 28, at the St. Johnsbury House, 1207 Main St, St. Johnsbury. Bishop, who has served at the helm of the 1,500-member chamber since July 2009, will address the business issues before the legislature this session, including health care, taxation, state tourism funding and workmen's compensation.

Bishop, prior to joining the chamber, served as commissioner for the Economic Development Department of the Agency of Commerce and Community Development and

in the office of former Governor Jim Douglas. She worked with the Vermont Chamber and as a private economic development consultant before working for Governor Douglas' administration.

The monthly programs provide area business people and residents an overview of the legislative session and concerns affecting the region. The public is invited to attend and encouraged to ask questions. The Northeast Kingdom Chamber organizes the monthly forums and will provide a brief legislative report.

The breakfasts are held the last Monday of each month, from 8 to 9 a.m. Please mark your calendars for the

2013 dates of Feb. 25, March 25, April 29 and May 20 (tentative).

The legislative breakfast series is sponsored by the Northeast Kingdom Chamber, with sponsorship assistance from Community National Bank, Fairbanks Scales, Lyndon State College, Maple Grove Farms of Vermont, Northeastern Vermont Regional Hospital, Passumpsic Savings Bank and Union Bank. There is a small fee to attend the breakfast.

For more details, contact the NEK Chamber at 2000 Memorial Drive-Ste. 11, St. Johnsbury, VT 05819; call 802-748-3678; or e-mail at [director@nekchamber.com](mailto:director@nekchamber.com).

## Free Online Registry Helps To Connect Vermont Residents And Care Providers

Vermont elders, people with disabilities and their families who need to hire a direct care worker — and people who want to find a caregiving job — should start by looking at the Vermont Direct Care Registry. The online registry, at [www.RewardingWork.org/Vermont](http://www.RewardingWork.org/Vermont), is a free resource that provides the only comprehensive and current list of people throughout the state ready to provide direct care in the home.

This is a free service for anyone in Vermont who needs support to help them live independently, and is

made possible through a partnership between the Vermont Department of Disabilities, Aging and Independent Living (DAAIL), and non-profit Rewarding Work Resources, Inc.

The registry allows individuals to search for qualified workers by zip code, and screen for criteria such as access to a car, hours of availability, experience, and a range of other relevant factors. Registry users can pre-screen workers by reading their online applications, and contact candidates directly to discuss care requirements.

The registry also is a free

resource for Vermont residents interested in finding jobs as Direct Care Workers. Direct care workers support people of all ages who need assistance to do what everybody else does every day — work, play and take part in community life. Responsibilities often include dressing and grooming, housekeeping, shopping, cooking and errands.

For information about the registry, visit [www.RewardingWork.org/Vermont](http://www.RewardingWork.org/Vermont), contact your local provider agency or call toll-free at 1-866-212-WORK (9675).



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# A Walk In The Woods - December 2012

By David Falkenham, UNH Cooperative Extension Grafton County Forester

There is no other stand of timber in the forest that captures my spirit more than a stand of spruce and balsam fir. Hunting in the thick firs is my favorite place to be, listening intently for Walker's bell, telling me his location and where a grouse might flush from. The snow is hanging from every bough, glistening and waiting for the slightest nudge from my hat at which point it drifts down my shirt, sending a chill rapidly down my spine. Were it not for the tempo of the dogs, and my

focus on the grouse (or lack thereof) keeping warm might be difficult.

During winter's darkest months, dense stands of balsam fir and spruce provide critical cover for most of our local wildlife. During calm winter weather critters will be feeding on the edges of forest and field, stocking up for long winter months. During heavy snow, local wildlife can be found in conifer stands seeking shelter and thermal protection from the elements.

Spruce and fir also play a

critical role in our lives. In the world of forestry and timber cutting I've always thought of spruce and fir as the bill-paying blue collar timber species. The use of oak, maple and other hardwoods is subject to taste; for these species it is all about what we like looking at in our homes. Do you like oak cabinets or cherry cabinets? Do you like maple flooring or ash? While these home building questions are largely cosmetic, the role of spruce and fir is to hold your house up. The 2x4's and 2x6's that frame the walls and roof of your house are primarily made of spruce and fir.

During good timber markets, cutting these two species is a logger's dream. Modern sawmills can mill a 2x4 out of a tree that is five inches in diameter, therefore the majority of spruce and balsam fir that gets cut can often be used for valu-

able saw timber. Some sections of the tree such as small lengths and rotten sections get used for paper/pulp. The paper made with spruce and fir is strong and very high quality due to the long woody fibers in these two species. Spruce and fir grow straight and tall with very little taper to the tree, this makes for good tree utilization and a very efficient timber harvesting operation.

As you might imagine, managing a timber species that is both a critical tree for wildlife and an important resource for home building material can be a challenge. Foresters throughout the state, both public and private spend a lot of hours balancing the use of the resource and the needs of the wildlife. Biologists from the NH Fish and Game Dept.

also spend a lot of time working with foresters and landowners to protect and manage this valuable resource.

Snow continues to pelt my face as I work my way down the mountain this winter evening. I unload the shotgun and walk quickly, keeping pace with the dogs and enjoying the cold air. Balsam firs rise into the stormy sky like green spires against the gun-metal grey sky, the outline of the green trees are a sharp contrast in the fading light. I have enjoyed these forests both as an innocent bystander absorbed in the trees and as an active manager, shaping the look and feel of the forest through logging operations. There is no doubt that the smell of spruce and fir captures me like nothing else.

## Minor Annoyances

By Sheila Asselin

New Years and it is time for me to take stock and toss out all those petty annoyances which have been bothering me for a while. In the Mikado there is a song called "I Have a Little List." Seems the Lord High Executioner has made up a list of "society offenders who might well be missed" just in case he ever has to actually execute someone. Well, I have my little list too and it goes like this.

#1: People who use their children to make TV commercials. Usually car or furniture dealers. If you watch much local TV you know the ones I mean. Not only are the kids rank amateurs they are definitely not cute. Some are downright ugly. If you are going to spend the time and money making a TV commercial with which you hope to sell your product, spend the money to have a professional job. I know the kids probably work cheap but it looks like child abuse to me, not to mention viewer abuse. Besides my grandkids are a whole lot cuter!

#2: What is it with window treatments! I did not know my windows were sick and needed help. If I change the red velvet faux bordello drapes for lace curtains will my windows lose weight? Does a chintz valance improve their attitude? I used to just slap up some curtains, now I am informed my win-

dows need therapy. I have an inferior decorator on speed dial.

#3: So you are all dressed up for a party and feel you look stunning, someone (usually a woman) attacks you from behind and tucks in an offending label from you outfit that is sticking out at the nape of your neck. Surely this person means well but I immediately start wondering what else is wrong with my appearance. Do I have spinach on my teeth? Chili spilled on my blouse? Am I drooling? Did I track in doggy doo on my shoes? My self esteem and confidence just went down the toilet.

#4: Then there are the people who use the word 'enthused'. I know it is proper English but it still makes me cringe. Enthuse sounds like eagerness on steroids, a regular Vesuvius of glee. "Was enthusiastic" takes up a little more space on the page but it does not make me cringe.

Now since I've gotten rid of all my snarkiness it is cathartic. Cathartic is defined by me, as emotional vomit. You upchuck all this bothersome stuff along with last year's fruit cake. I have cleared my system and cleaned up the resulting mess. I can move on to a happy less annoying new year. Hope you do the same. May 2013 be good to you and may all your annoyances be minor ones!

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# Letter To The Editor

## Gun Laws

Written by Mike Burton

Tragedy brings the best out of all of us. When 9/11 happened it seemed like the whole country got together. Now because of the events of 9/11, we have a better security system and we haven't had any troubles with terrorism since. But if 9/11 never did happen, would the whole country be calling for better this or that? Take the recent tragedies at Sandy Hook Elementary. Twenty-six murdered by a cold hearted mad man. Now, everyone is crying for strict gun control laws. Some are even saying we should have them taken away.

What is that going to do? And can I put this bluntly...are you stupid? Taking away guns or having stricter gun laws is not going to make the convicts go..."Gee, gun laws sure are stricter. Well, guess this messed up my plans!" No, they are going to steal the guns like they always have. See, convicts and rule breakers don't follow rules, that's why they are in the predicament they are in. Make sense? So, having a stricter gun law in place is not going to do a damn thing. It's only going to screw

those of us who are law abiding citizens...aka the good guys. Good guys with guns are not going to shoot up a school. They will shoot deer, turkeys, or maybe a bad guy with a gun.

Strange part is I despise guns. Absolutely hate them. So please spare me the political jargon that I'm an evil this or that, because I hate politics more than I hate guns. I'm my own man, with my own beliefs, and I'm not a follower. But what I don't believe in is having someone else's mistakes screw up everyone else's rights in this country, because of some nut case who couldn't just seek help. And having all these bandwagon jumpers plead and cry, and then rape (yes, I said rape) everyone of their given right to bear arms and use them with intellectual force. Making guns disappear isn't going to do a thing. The bad guys will still get the guns, whether by force or by illegal transaction.

Does this make sense now or do I have to be some guy from Hollywood to make you see my point, which sadly seems to be the norm in this country. In other words, you have a brain... use it.

Mike,

*Gun control ... a subject that seems to get many people shooting off at the mouth. Some before they think and some with more thought provoking comments like yours. As long as you brought up the subject, please let me toss in my two cents worth.*

*Growing up, my extended family were real hunting enthusiasts. Many still are. I have done some hunting but never "got the fever". Hunting and self protection are the two main reasons for anyone to own a firearm. A close third would be for entertainment, as in target shooting. I see all of these as reasonable endeavors. And I believe we all have a right to pursue reasonable endeavors.*

*As you touched on, the issue is when the wrong people get their hands on firearms. But that is also true with such things as: matches: (in the hands of an arsonist) computer: (at the fingertips of a pedophile) automobile: (being driven by an impaired person). We can not, nor should we, eliminate all of these.*

*Reasonable gun control is understandable, and probably desirable. Total banning of firearms is not the answer and I believe will never happen in America.*

*Let's keep up the conversation and find an answer that works.*

Gary Scruton, Editor

# Letter To The Editor

## MANY TO THANK FOR "THE FIRST GIFT OF CHRISTMAS"

The 9th annual Polar Express Party was hosted this year by the Masons Lodge #58. These gentlemen have been co-sponsoring the event for the last few years, serving up hot chocolate and cookies, and this year they provided the space as well. Several businesses also helped to make this popular children's program possible, including Copies & More, the Wells River Savings Bank, Wells River Chevrolet, Shaw's, and Wal-mart. The VT Department of Libraries, Dorothy Stevens, and Jennifer Wilcox helped supply the children's books to fill Santa's sack. Vanessa Cookson and Dylan Wilcox were Santa's helpful elves, Belinda Francois was our reader, and Janis Moore was the conductor. Larry Clark and Richard Roderick assisted with set-up. Thank you everyone for helping continue the tradition of combining a family storytime with the magic of the season.

Peggy Hewes, Librarian  
Baldwin Memorial Library  
Wells River, VT

Peggy,

*Isn't it just great when an event like this comes together? It brings a warm feeling to all, whether participating or just hearing about it. The communities in which we live seem to have not lost that spirit of volunteerism and indeed can be held up as an example for many others. Congratulations to all who made this happen. From all that I have heard a big "Job Well Done" is certainly in order.*

Gary Scruton, Editor

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# 14 Bone-Flesh-Cartilage-Supplementation

Staying strong with herbs is very easy to do, all you need is the right information. It's much like a do-it-yourself kit. Herbs can supply many important nutrients, as well as active principles, that heal, soothe and remedy skin, bones and connective tissue, both internally and externally. The herbs mentioned in this article contain large quantities of mucilage that cleans and sanitizes wounds, absorbing toxins from sores and wounds, both inside and outside the body.

**HORSETAIL (SHAVEGRASS) STEMS:** (Equisetum Hyemale), A high silica herb that helps rebuild and provide elasticity to skin, hair and nails. Useful as a diuretic and tonic for body "spring cleaning" and detoxification. A specific in any skin or bone and cartilage strengthening formula; as a toning astringent to treat incontinence in the elderly, and bed-wetting in children; as part of a compound to dissolve kidney stones, and relieve kidney congestion; the extract is a specific in prostate gland treatment (BPH). Used as part of an herbal calcium supplement; as part of a formula to expel internal para-

sites; helps the healing and clotting process with sores and wounds; externally as a compress for hemorrhoids and anal fissures; as an eye-wash to relieve inflammation and conjunctivitis; as a bath for rheumatism and arthritic stiffness. Nutrients: Calcium, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C & D.

**CHAPARRAL LEAF:** (Larrea Tridentata), A strong anti-oxidant and blood purifier, used for major disease healing and rebuilding. A specific in a lymph cleansing formula for treating cancer, leukemia, melanoma and malignant tumors; as an anti-infective and anti-biotic; in the treatment of arthritis and other over-acid conditions, such as acne and skin dermatitis. Used as a mouthwash to prevent tooth decay. Nutrients: Amino Acids, calcium, magnesium, selenium, sulfur, zinc. Vitamins B1, B2, B3 & C.

**PARSLEY ROOT & LEAF:** (Petroselinum Sativum), A concentrated chlorophyll, B vitamin and potassium source, with broad spectrum healing activity; a strengthening diuretic and specific for

liver, kidney and bladder problems; an effective stone dissolving agent, digestive aid, blood tonic, and or immune enhancer. Parsley is a specific chlorophyll source for toxic blood and degenerative disease formulas, diuretic herb with balancing potassium for water retention; as a specific for as part of an herbal mineral combination; as a blood and circulatory tonic; as a "breath refresher" to reduce mouth odor. Nutrients: calcium, folate, iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins A B1, B2, B3, B5, C, D & E.

**BURDOCK ROOT:** (Arctium Lappa), A strong liver purifying and hormone balancing herb, with particular value for skin, arthritic, and glandular problems. A specific in all blood cleansing and detoxification combinations; as an important anti-inflammatory and anti-infective for serious female conditions such as endometriosis inflammation and excess fluid retention; as a specific for anti-histamine activity in cases of itching, or eruptive skin problems such as acne & eczema. Used as an alkalizing herb for over-acid conditions such as

arthritis, herpes, kidney and bowel inflammation; as a compress to reduce bruising, boils, & canker sores; as part of a purifying formula for viral warts & venereal disease. Nutrients: Amino Acids, calcium, chromium, copper, iron, magnesium, manganese, phosphorus, potassium, selenium, silicon, zinc. Vitamins B1, B2, B3 & C.

**MARSHMALLOW ROOT:** (Althaea Officinalis), A mucilaginous calcium rich herb to soothe and heal mucous membranes, for skin, lungs, digestive tract and bile. soothing in formulas for bronchitis, congestion and scratchy coughs; as a specific in treating allergy symptoms; to soothe bladder and urethra inflammation; for the relief and dissolving of kidney stones; externally for strengthening and soothing varicose veins and skin abscesses or dermatitis; as a natural fiber to regulate bowel activity and increase colonic flora; as a tea to soothe the throat; as part of an herbal calcium formula. Nutrients: amino acids, calcium, iron magnesium, manganese, phosphorus, potassium, selenium, zinc. Vitamins B1, B2, B3 C.

**SLIPPERY ELM BARK:** (Ulmus Fulva), A strengthening, soothing demulcent herb, ideal for sore, inflamed,

ulcerated mucous membranes and wasting disease. A key part of combinations for stomach, bowel and colon sores, ulcers and inflammation; as a specific for stomach and lung cancer lesions; as a throat coat and demulcent expectorant for dry sore throats and coughs; as a soothing part of a formula for indigestion and gastritis; a soothing astringent for diarrhea. Used as part of an arthritis or gout formula; as a tea to settle the stomach from nausea. Calcium iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

**PLANTAIN HERB:** (Plantago Lanceolata), Plantain mucilage in the diet dramatically reduces serum cholesterol levels. Plantain before meals causes a definite decrease in triglycerides and beta cholesterol (the bad guys) with a proportional increase of serum levels of alpha cholesterol (the good guy) since deficiency in the latter substance has been implicated in Obesity, type II diabetes and atherosclerosis, it is likely that plantain mucilage provides some protection against those diseases. Plantain is a soothing astringent herb, ideal for relieving inflammation of lung and bronchial membranes. Nutrients: Potassium & Vitamin A.

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

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# A Close Death Makes One Think Evaluating Everything I Know

For those who do not know, the reason why I was absent from not only my website, but from Trendy Times for about two months was due to a death in the family. I always say that my biggest fan of Scared Sheetless is my grandfather, Richard Paradie. He'd be up at three in the morning, I'd wake up, and he'd let me know what he thought. Most of the time, in life, he was very optimistic about what I wrote and told me to keep on perusing my goals as a writer. He would always say, "You need to get a book out." We were close, we still are close, and I'd like to say that it will be out very soon. But ever since his death on October 22nd, 2012 I've been re-thinking everything I've learned about the paranormal and spirits.

Because I've always thought if there was one person who was going to 'haunt me' it would be him. Whether it was him whispering, "Go out and walk. We need to keep the team going." Or saying something relatively as annoying (he had a habit of trying to get under people's skin - in a good way) as that. But he's been passed for almost three months and still, nothing. Maybe it's my need to have him around, because where there was him, there was always me, and vice versa; or maybe I'm being selfish and need to let him, wherever he may be, do his own thing. I don't know the rules they have, if any; I don't know if he's with his family on the other side and just making up for lost time. I don't know.

Then, there's the back of my mind, the back of the mind that screams, "Maybe this is all a lie! Spirits don't exist." And it scares me. There's some who would agree with that screaming voice in the back of my mind, but then again, you probably don't have a close family like I do. If you did, you'd want to have an afterlife, and you wouldn't just want to disap-

pear in a black void of nothingness. To me, that doesn't sound like a grand old time. But that voice still screams and it makes me think of why, out of all people, he hasn't tried to get in contact with me.

However, this may not be true, because it was a few weeks later when we did an investigation at the Sugar Hill Inn. You may remember the article a few weeks back by the title, "Shock, Awe, and Possession." I had to cut out several parts from it due to it being too long for publication in Trendy Times. Here's what happened and you be the judge if it was just coincidence or it really was him:

We went into another room, just two doors down from the Davis room. It was calm, at first. We got no response from the Pendulum, but I felt cold. Like an air conditioner was blowing right on me. I told Michelle about it and she took my temperature using a digital thermo device. I registered at a 61. Michelle and Nancy were coming in as a 75. The room itself was 68. Why would I, a human being, be colder than a room? Nancy asked if there is a spirit attached to me and it started to go to yes. We then asked if the spirit is a female, it said no; a male, it said yes. It made me wonder. On October 22nd of 2012, I lost my grandfather, Richard Paradie, after a long battle with sickness. A man who was stronger than death and gave Death itself one hell of a fight, I figured his spirit would be strong enough to do what it wants. I wanted to know who it was and asked Nancy to ask if it was him, it

said yes. I asked him questions I was pretty sure of what the answers would be: I asked him if he was mad that I haven't walked lately and if he was mad I was smoking again, both times it swung fast enough the chain was hitting Nancy's fingertips. It also looked at times as if it was vibrating; something that has never happened on any investigation. I asked if he was watching over me, Tyler, and Tazia (his grandchildren), it said yes. Lewkis came in and we stopped the Pendulum and after that, I got warm again. I felt like he was gone, for the time being. He, if it was him, wouldn't make another appearance the rest of the night.

You notice I say if it WAS him. I don't want to think my mind fabricated this, because I really wanted it to happen. But you just got to think logically, maybe my mind really was fabricating that it was him. I need more concrete evidence that he really is around. I need to see him, I need to hear him; I can't just have these "feelings" that he's around. However, if it was him, I thank him for being there.

My grandfather was a really interesting guy. We were almost two complete opposites, but I felt like we both knew each other like the back of our hands. From his stories I got interested in writing myself. From his stories I've started calling my grandfather "The Last New Hampshire Outlaw." Maybe I'll have to convince Gary to let me tell you a few of his stories, because nobody truly is dead if you keep their memory alive.

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By Ronda Marsh

## Skillet Italian Chicken With Orzo

Even if you think you're not familiar with "orzo," I bet you are. Remember Rice-A-Roni? Well, orzo is the "Roni" part. It's actually rice-shaped pasta that adapts well to almost any application where rice would normally be used. Orzo is commonly seen in many Greek and Italian recipes, especially in soups and pasta salads, but in this instance, it provides a delicious tomato-infused bed for seasoned and browned chicken. What caught my eye about this dish was its ease of preparation, and the fact that it can be made with things commonly found in the pantry. This recipe was taken from an issue of Cook's Country, and then I changed up a few things (as I am prone to do!). If, like me, you do not possess a non-stick skillet in the proper size, you can use stainless steel, as I did. Just be sure to use a little oil to coat the pan when toasting the orzo, and to stir the simmering dish a few times throughout to avoid it sticking on. Be careful not to go overboard with the red pepper flakes...1/4 teaspoon was just right, but any more would have obscured the other fla-



vors. I initially made this with the chicken breasts cut in halves, but thereafter have cut them into tenders. They cook faster, remain moist, and are easier to handle than the full-size breast pieces. Since I am not a fan of basil, I eliminated that from the recipe altogether, and just threw in a couple teaspoons of dried parsley near the end. Finally, be sure to pass the parmesan with this dish; it adds a delicious nuttiness to the mix. As they say in Italy, "Mangia!!"

- 1-1/2 pounds boneless, skinless chicken breasts (that's 3 or 4 of them)
- 1/2 teaspoon dried oregano (or dried Italian seasoning)
- 1/4 teaspoon red pepper flakes
- Salt and pepper
- 1 cup orzo
- 2 tablespoons extra-virgin olive oil (I use the lite olive oil or Canola)

Pat chicken dry with paper towels and rub all over with oregano, pepper flakes, salt and pepper. If desired, cut each breast piece into 3 or 4 tenders, or you can leave them whole. Toast orzo in a large nonstick skillet over medium-high heat until golden brown, 3 to 5 minutes; transfer to bowl. Heat 1 tablespoon oil in the same empty skillet until simmering. Cook chicken until lightly browned, about 3 minutes per side; transfer to a plate. Add garlic and remaining oil to empty skillet and cook until fragrant, about 30 seconds. Add tomatoes, broth, and toasted orzo and bring to a boil. Return chicken, along with any accumulated juices to skillet and cook, covered, over medium-low heat until chicken is cooked through and orzo is tender, 10-12 minutes. Sprinkle with basil (or parsley) and serve with plenty of parmesan cheese.

- 3 garlic cloves, minced
- 1 (14.5-ounce) can petite diced tomatoes (mine weren't petite, and were fine)
- 1-1/2 cups chicken broth
- 3 tablespoons finely chopped fresh basil (if you like it...I don't)

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Concord, NH State Senator Jeanie Forrester was guest speaker at the 2013 NH Student Intern Program Reception honoring interns who have earned academic credit at Burton's Council and County offices. -l-r is Ben Belanger, Senior at Plymouth State University who is the 142nd intern in this program, Senator Forrester, Councilor Burton., and State Senator Jeff Woodburn who interned at Burton's office in 1986 from Franklin Peirce University. the program was started in 1977 Burton's first term on the Executive Council

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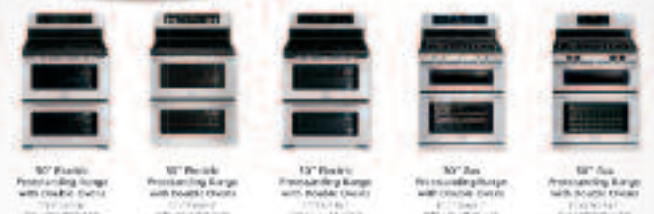
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