

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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“You Can’t Take It With You” OCT Visits NH

By Gary Scruton

Lincoln-Woodstock’s community theater group, The Playhouse Players, fresh off the success of this holiday season’s A Christmas Carol, will be performing the family-oriented comedy, You Can’t

Grandpa Martin prefers to spend his time at circuses and commencements rather than at work, while Mother Penny types away at six different (never-completed) plays full of scandalous intrigue. Then

or will Mr. and Mrs. Kirby discover that their son is marrying into a family that plays Beethoven on a xylophone, learns ballet from an angry anti-Stalin Russian immigrant, and has never paid a day’s worth of income tax?

You Can’t Take It With You will play at Jean’s Playhouse in Lincoln March 8-10 and 15-17. (Friday and Saturday performances at 7:30pm and Sunday matinees at 2:00pm) Jean’s Playhouse is located at 10 Papermill Drive in Lincoln, right behind the Price Chopper in the middle of town. Tickets are \$25 and may be purchased online at www.papermilltheatre.org or at the Box Office; phone number 603-745-2141.

TICKET SPECIAL - Patrons may purchase Buy-One-Get-One-Free tickets online on Friday, March 1 ONLY. Visit www.papermilltheatre.org, choose your preferred date and seats, and enter coupon code “BOGO” to receive the Buy-One-Get-One-Free discount! Support Lincoln-Woodstock’s community theater group and enjoy a wacky family-friendly night out!

For the first time ever Old Church Theater traveled not only out of town, but out of state to put on their first winter performance. “Death by Golf” was what they chose to tee off this excursion to Alumni Hall in Haverhill Corner.

But regarding the most recent production by the performers and accompanying personnel from OCT. “Death by Golf” is a well written comedy. The actors knew that. They delivered the lines and waited for the anticipated response which came freely on the night of my viewing. Though the crowd was not as large as the sponsors might have liked, it was well entertained.

Charles Fray, who so often is cast in the evil roles at OCT, got to play Grandpa, a retiree who was looking for his lost golf swing. He found that swing and seemed to have hit a high, hard one just in time.

Megan Bullard played the part of Ashley, the newly

married, but still naive granddaughter. As did the whole cast, Megan had a sense of timing that allowed for the crowd response, but still kept the production moving along in a natural, and entertaining manner.

Barbara Swantak, who recently was elected as president of OCT, played the part of Muriel, a lawyer who was actually there to help. She was a major part of the couch scene where simple comments were taken to mean something else all together. The scene just added to the laughter, the confusion, and the fun of Death by Golf.

The fourth actor was also the fifth. Eric Downing was Tony and Prescott. (I can tell you that now that the run has ended.) He was the new husband, and possibly the husband to be. He was the killer and the one falsely convicted of murder. He was locked in the closet, and he locked others in the closet.



From left: Tony (Brett Lucas), Mr. DePinna (Jay Polimeno) and Alice (Christa Hollingsworth).

Take It With You, a favorite among community theater circles. A Christmas Carol, which was staged, costumed, lighted and performed by volunteers, was enjoyed by more than 1,250 people in the community, and this March the Playhouse Players are going to do it again!

You Can’t Take It With You, a comedy written by Moss Hart and George S. Kaufman, is about a family in the 1930s who has thrown societal expectations to the winds and chosen to live as they please- together with an aquarium full of snakes and a cellar full of fireworks.

there is Mr. DePinna, a hanger-on who came to deliver ice to the house eight years ago and never left (locals will enjoy favorite Jay Polimeno of Polimeno Realty in the role!).

One day, the youngest daughter Alice comes home to announce that a gentleman will be calling on her- her boss’ son, as a matter of fact. When Alice and Tony get engaged, nothing can spoil their bliss, expect perhaps the prospect of a meeting between Tony’s wealthy parents and Alice’s slightly insane family! Will the Sycamores pull off their ruse as a completely normal family,

3 Venues: 1 Purpose

By Gary Scruton

Alumni Hall with Court Street Arts, the Old Church Theater building and the Papermill Theater North Country Center for the Arts are three very different venues.

Alumni Hall is a converted court house. It has also served as gymnasium, meeting place, concert hall and many other duties in its lifetime. As a playhouse it lacks the lighting that would make producers and lighting men happy. But the stage is nicely sized, there is a solid working curtain, and seating is plentiful.

The Old Church Theater building in Bradford once was a church. Being the sec-

ond oldest building in Bradford it also has a lot of history. It has been converted to a fine home for the OCT group. They have recently added more lights, have a new light board (after the lighting took out the old one last year), and have theater seating for the comfort of those attending. It’s downfall is that only summer theater can be held there as weather tightness is not high on its list of attributes.

The Papermill Theater in Lincoln is a brand new wonderful building. A large stage, stadium seating, plenty of lights, backstage areas and

a lobby that welcomes all gives it a very inviting feel. The theater group has been around for over a quarter of a century and this year they can finally hold year round performances as noted by their current production of “You Can’t Take It With You”.

As noted all three of these facilities have their own uniqueness. They vary in many aspects. But all three offer one similar, and very worthwhile, attribute. They offer a place for local actors to perform, and for local and visiting people to enjoy a night of entertainment. There are some who say this area lacks culture. But look around. From Bradford to Lincoln to Lisbon to St. Johnsbury there is culture all around us. We simply need to open our eyes and our minds to let it all in.

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Coffee

By Sheila Asselin



COFFEE! The magic elixir. Nectar of the gods. Contentment in a cup. The great awakener. The sip that satisfies. A day without coffee is a day without sunshine.

Do you get the idea that I truly enjoy my java very much? You could not be more right. Coffee has long had exotic, romantic connotations. Think Karen Blixen on her plantation in Kenya. Think 17th century gentlemen in London retiring to their coffee house to hatch political plots, maybe treason or maybe just the founding of Lloyds of London. Think Juan Valdes in Columbia. You mean Juan isn't real?

I few years ago my hus-

band and I toured a coffee plantation in Costa Rica. I learned many interesting facts about this delightful plant. Chewing on a coffee bean picked from the bush I was surprised to find it had no taste at all. It is the roasting that brings out the taste. Roasting is carefully timed to the second as a minute can mean the difference between mild and "Look out day, here I come!" All the beans were roasted locally for export except decaf. For some reason the decaf was sent to Canada to be roasted. Costa Ricans (Ticos) would not work in the fields doing the backbreaking labor of picking from the low bushes. Guest workers from Nicaragua did the dirty work. Does any of this sound familiar?

A couple of months ago I found myself in the Phoenix airport with a two hour lay-over to catch my next flight. Refreshments on airlines these days leave a lot to be desired. Craving some divine brew I spotted a nearby Starbucks. Scanning the menu I

could not find plain black coffee. That is all I wanted. Not whipped cream and jimmies. Not hazelnuts. If I wanted hazelnuts for breakfast I would just spread nutrella on my toast. Not a double processed infusion of who knows what. Just a simple cup of black coffee.

I asked the barista if I could just have a simple cup of coffee. No cream, no sugar, no flavorings not found in nature. I could see by his dazed expression he was unclear with the concept. Apparently I was the first person to ever have such an odd request. He was stunned. I decided to keep it simple. Borrowing from the scene in "Easy Rider" where Jack Nicolas (I think it was him) tries to order toast, I told him to pour the coffee, hold the cream, hold the sugar, hold the jimmies, hold the anise flavoring, hold the lemon peel, hold the cinnamon stick and give me what was left. Success at last. Why monkey with perfection? It took a while but it was worth it!

Agency On Aging To Hold "March For Meals" Campaign

Support Will Help Maintain The Independence Of Homebound Seniors

The Area Agency on Aging for Northeastern Vermont is pleased to announce that it will participate in the national 2013 "March for Meals" campaign.

"March For Meals" is a national campaign held during the month of March, initiated and sponsored by the Meals On Wheels Association of America (MOWAA). The event seeks to raise awareness of senior hunger, and to encourage action on the part of local communities. Senior nutrition programs across the United States promote "March for Meals" through public events, partnerships with local businesses, volunteer recruitment and fundraising initiatives.

"The home-delivered food and check-in service provided to seniors is needed more than ever," said Ken Gordon, Executive Director of the Agency on Aging. "We need community members to support these programs by volunteering their time and by contributing what they can. Our clients and their families are counting on us.

We can't let them down."

Several of the meal programs affiliated with the Agency will invite town officials to help deliver meals on March 20, 2013.

"Our Meals on Wheels programs are on the front lines every day in the battle against senior hunger," said MOWAA Interim CEO Larry J. Tomayko. "March for Meals is a time when communities can come together to stand with their local Meals on Wheels program and support our mission to end senior hunger in America by 2020."

Last year, over 113,000 "meals-on-wheels" were delivered to seniors throughout the Northeast Kingdom by volunteer drivers. These meals help seniors remain independent and add to the quality of their lives.

Thank you to all who help support this effort via town appropriations, private donations and volunteering your time. To learn more about how you can help, please call the Agency on Aging at 802-748-5182 or 800-642-5119.

March 5, 2013 Volume 4 Number 11

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In Vino Veritas – Bottle Ten

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

QUESTION – Got some simple daily usage guides for all these wines I’ve been trying to learn about in the last year and half or so from these columns?

ANSWER –Where do you want to start?

Q – Remind me again how to get in touch with all we’ve covered so far?

A – Right. You know you can see any previous TRENDY TIMES issue, page for page, any piece or column, including this one, by sitting in front of your computer – laptop if you’re ahead of me – and punching in www.trendytimes.com.

Q – I can re-read all of them printed before?

A – All of them, bottles one through nine, including the special one just on Champagne and sparkling wine awhile back. Now about these guidelines – there are reasons for updating them because even the world of wine rules change over time as we drink more and learn more. Globe-trotting grapes, innovative winemakers and sellers, creative chefs – food and wine pairing has become much more exciting than just “white with chicken” and “red with beef”.

Q – What’s wrong with “white wine with chicken” and “red wine with beef”?

A. Nothing. Good basics always, though never think anyone HAS to do it that way. Some of the best roast chicken I’ve ever eaten, well-seasoned and juicy, was accompanied by a light fruity red wine from France called Beaujolais Village. There you got a red with chicken. And there are more pairing suggestions and you’re ready for them. Today, there are as many great pairings to discover as there are foods and wines to enjoy. Get the most of your bottle of wine, no matter what color it is, and the food you eat with it.

Q – All right, let’s hear one.

A – WATCH THE WEIGHT. Food and wine pairing is all about balance. BIG, high-alcohol wines can overwhelm lighter entrees, and vice versa. Consider whether your dish is light, medium or heavy in character, and pair it with an equally light, medium or full-bodied wine.

Q – Translate that for me please.

A – Sure. Don’t drink full-

bodied Cabernet Sauvignon red wine with your light salad, and don’t drink a light Sauvignon Blanc white wine with your hearty prime rib. It starts just that simple. You already know this. Wine pairings are all about balance. In each of those examples above, one of the items in each pairing will be so BIG the other one will be totally lost.

Here’s another guideline – THE SAUCE FACTOR. When a sauce is the dominant feature of a dish, let it guide your wine pairing. Rich, creamy sauces work well with rich-flavored creamy-textured wines. Light sauces pair with light-bodied wines. Red-wine based sauces “marry” with red wines, white-wine based sauces “marry” with white wines and so-on.

Q – Wow. Examples I can follow?

A – Try these. If you have roast chicken or turkey, especially with homemade pan gravy, that is a heavy sauce and would stand up to a full-bodied white, like Chardonnay, but also a light red like Beaujolais or even a soft medium red like Pinot Noir. There’s another case of red wine with chicken. If you are having Prime Rib with Au jus, or horseradish cream sauce on the side, you know you want something big red like a Zinfandel or Cabernet or Syrah. Any white wine would be wiped out. You couldn’t enjoy it. There is even a red-wine butter sauce often served with fish called “BEURRE ROUGE”. While you might usually think “fish with white wine”, if you had a full-bodied fish like tuna with a red-wine butter sauce, go for a light red wine for balance. One will not outweigh the other. There you’re having red wine with fish this time. See how it works? The sauce makes the difference. By the way, there is also a white-wine butter sauce called “BEURRE BLANC” which is easy to make even for a non-chef like me and if you pair that with chicken or scallops say, you definitely want to go

with a light white wine, like Pinot Grigio or Sauvignon Blanc.

Q – OK – some of that makes sense. More tips?

A – Try this. OPPOSITES ATTRACT. The exception to the sauce-matching rule. Again, it’s all about balance. Sweet wines, like Riesling, please the palate by tempering the heat of spicy Indian or Asian dishes – (read THAI here) – like curries. A good rule – pick a wine that’s as sweet as a dish is spicy.

And here’s another guideline to play with – we’ll call it WHEN IN FRANCE. That means when you’re eating certain foods, certain wines are proven good mates. Italian wines like Chianti and Rioja have sat on dinner tables in their respective regions of Italy for hundreds of years and come into their own with local food. Try pairing French wines with authentic French Cuisine and Italian wines with Italian fare and so on.

Q – I got that. Like Italian Valpolicella red wine or Chianti with spaghetti and meatballs, or lasagna, maybe pizza?

A – That’s the idea, though it is hard to beat a good beer with pizza I think. And if you happen to have the famous fettuccini Alfredo from Italy, - (that’s noodles with a full-bodied parmesan cheese and butter sauce, WHITE sauce) - you could go with a full-bodied white like Chardonnay, but you could also go with a light red like Beaujolais. And there you have red wine with a white cream sauce pasta.

Q – Lotta rules. I mean guidelines. And you mention some of those wines could go with more than one dish. And you mention that Beaujolais wine a lot. I remember you said that was “the red wine for people who don’t like red wine”, right?

A – You got it. Beaujolais is one of my favorites, any-



time, anyplace. And you got the idea I’ve told you all along – you can try any wine with any food, pair them anyway you like, and see what you come up with. Those suggestions up there are just that – suggestions. If you go to the trouble to keep notes, mental or written, after a while you’ll have a damn good idea of what you and your family or friends like enjoyed together.

Q – Anything else?

A – Always something else in wine. Never forget,

those great bubbles in sparkling wine or Champagne ALWAYS cut through any cream or sauce with any fish, chicken or meat, or pasta, no matter what the spice or seasoning – drink those special wines anytime anyplace.

(ROUDEBUSH FUNCTIONED AS A WINE SPECIALIST FOR YEARS IN THE RESTAURANT BUSINESS AND SUBMITS OCCASIONAL PIECES ABOUT THE WONDERFUL WORLD OF WINE.)”

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3RBA

An Association is a group of individuals (or businesses) working together for the good of all. That is the main objective of the 3 Rivers Business Association (formerly the Woodsville/Wells River Business Association). It is a group of businesses working together to better serve the public with the goods and services that the public wants.

The 3RBA is so named for the three rivers that travel through their area, the Ammonoosuc, the Connecticut and the Wells rivers. Or you could say Routes 5, 10 and 302. The bottom line is that the 3RBA consists of businesses in Haverhill, Newbury, Bath, Ryegate & Groton, plus all the villages and precincts within those towns.

Like any association there tends to be a large number of members, but only a few active members who hold offices, attend meetings and therefore make the decisions for the group at large. And just like most other groups that small number would love to have more input, both



with ideas and with manpower, from the other members.

In fact right now the 3RBA is actively seeking a new leader, or president to help move this association on to new projects and to help boost some of the current projects. There is also a request for new member businesses. These can be retail or service businesses. Anyone who could benefit from the efforts of a larger group.

The 3 Rivers Business Association currently meets the first Wednesday of each month at 8 AM and always welcomes new as well as existing members to participate or just stop in and listen. For contact information check their website www.3riversbusinessassociation.org

An Awful Trip To London

By Elinor P. Mawson

My traveling experience, up until I was 46, consisted of a lot of camping, a trip to Michigan, and not much else. Most of the time it was because of finances, and the rest of the time it was because of lack of opportunity.

A colleague was talking about her impending trip to London, and when I asked questions, she suddenly said, "Do you want to come with us?" My immediate answer was "YES" although I hadn't stopped to consider the logistics of it all.

The next few weeks passed too quickly. I had to get a passport, which involved a trip to Boston. *The lady in front of me in line said to her husband on the sidelines, "I think we should take a night train to Lyon!" That was so impressive!

Then, I had to book a

flight. Now THAT was impressive too. When I heard the printer at the travel agency printing my itinerary, I thought I would swoon. (This is what happens when you haven't gone anywhere in your life.)

Along the way I learned I would be traveling not only with my colleague and her husband on a delayed honeymoon--but his mother and 13-year old daughter. By this time it was too late to back out and besides, I was psyched!

When we got to Gatwick Airport, we went through customs and headed for Car Rental. I found out that it was going to cost me \$75. for my share, it was too small for 5 people and our luggage, and nobody had ever driven on the other side of the road before. You talk about an experience!

After a lot of starts, stops, near misses, and quite a lot of expletives, we arrived at our hotel in Paddington. We parked the car, where it remained for the next 5 days.

The mother, daughter and I shared a room. We spent a lot of time there, since nobody wanted to go exploring without the honeymooners, who spent much of the time in their room. The whole territory was unfamiliar, I had heard horror stories about pickpockets and muggers, and after all, I had never really been anywhere!

Whenever we did go somewhere, we spent whole days. We combed Portobello Road from one end to the other. We saw every animal and bird in the London Zoo for 8 hours. When we finally went afield, we were in Harrod's for half a day. The rest of the time we walked around and around the Paddington area--and I got to know it very well.

The plan was to drive back to Gatwick on the 6th day, where I would take a flight home, and the rest of the entourage would take the train to Holyhead Wales and go by ship to Ireland. We stayed overnight in a Bed and Breakfast near the airport, and then turned in the car and went our separate ways. I was still paranoid about being on my own, but boarded my flight with a sigh of relief. I certainly wasn't impressed with London!

It was only when we took off and I looked down on some fabulous landscape that I realized that there was more to England than the city of London, and I knew I had to go back.

And go back I did--within 4 months, I was back with husband and son in tow. We had a wonderful time, got to know the transportation system, shopped for antiques, and visited all the sites we'd only heard about.

NO rental car for us! We found some great restaurants, bought fabric at Liberty of London, and spent New Year's Eve in a pub. Out of all the 2 dozen trips I have taken to England, that one was the best, because it got to be familiar, we had our own time frame, and did what WE wanted.

I would be disgruntled with the people I accompanied on that first trip to London, but when I think about it, that was the trip that put wings on my feet.

*I never took the night train to Lyon--but I have taken many a night train to other places which you will probably hear about in future columns.

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NH Rivers Council Film Festival

The Wild & Scenic Film Festival is “where activism gets inspired” and is a benefit for the New Hampshire Rivers Council. This is the fourth year the group has hosted the event at the Red River Theatres in Concord, NH.

“It is a great opportunity to show your support, become a member, and enjoy amazing films from around the world and New Hampshire” said Michele L. Tremblay, President.

The focus is on conserving and appreciating nature, many of the films will be water related. Film festival planners are excited to show two films this year that are close to home including “The Work of 1000,” the story of Marion Stoddart’s unwavering determination and leadership to restore the Nashua River and a short film about the restoration of Black Brook in Manchester.

A reception will be held

from 5:00 to 6:00 PM, allowing time for a meet and greet, the organization’s Annual Meeting, online auction item viewing, and raffles. NH Department of Environmental Services Commissioner, Thomas S. Burack will be present to publicly sign the renewed partnership agreement between the Department and the Rivers Council. It will be a celebration you don’t want to miss, including the 20th anniversary of the incorporation of the New Hampshire Rivers Council.

Showtime begins at 6:30 on Friday, March 29. Tickets are \$12 each or \$9 for existing members. The Film Festival is a “friend-raiser” that the Council hopes will build support with free new Rivers Council memberships for all \$12 tickets purchased.

The New Hampshire Rivers Council is committed to the conservation and ecologically sound management of New Hampshire’s rivers,

watersheds, and related natural resources. The New Hampshire Rivers Council is the only statewide conservation organization dedicated to the protection and conservation of New Hampshire rivers. Over twenty years ago, the organization was established as the New Hampshire Rivers Campaign to create and pass into law the Rivers Management and Protection Act. Since then the Council has worked to educate the public about the value of the state’s rivers, designate rivers in the state’s protection program, and advocate for strong public policies and wise management of New Hampshire river resources. For further information, please visit www.NHRivers.org.

For more information, to become a sponsor, or donate a good or service to the auction, please contact Beth Flagler at BFlagler@NHRivers.org.

Discounted Tickets Available To Steinbeck’s “Of Mice and Men”

Kingdom County Productions is offering special two-for-one theater tickets to see “Of Mice and Men” a powerful stage adaptation of John Steinbeck’s tale of two displaced migrant ranch workers in search of jobs during the Great Depression. The show will be performed through a unique collaboration by two of America’s top Tony-winning theater troupes, The Acting Company from New York City and The Guthrie Theater from Minneapolis. Showtime is 7pm, Tuesday, March 12th at Fuller Hall, St. Johnsbury Academy.

Grant support from The National Endowment for the Arts is making the two-for-one tickets available to the general public. With this discount, people can see the show for as little as nine dollars. Two-for-one tickets can be purchased using a special code: TFO2, through the regular Catamount Regional Box Office or by calling 802-748-2600. Online sales and information are available at KingdomCounty.org.

“We believe that this is a good time to encourage theater-going,” said KCP artistic director Jay Craven. “Music is popular and our dance audience is pretty healthy, thanks to strong programs Lyndon Institute, St. Johnsbury Academy, and other schools. But we need to build our theater audience.

We will have 760 high school students watching the Acting Company/Guthrie Theater production of Shakespeare’s “As You Like It” earlier that same day—using heavily subsidized tickets. So, we decided to reach out to the general public, too, using this special offer.”

Ian Belknap, Artistic Director of The Acting Company directs Steinbeck’s Nobel and Pulitzer Prize-winning tale, which is one of the most widely-read stories in America. Belknap also directed the Acting Company/Guthrie productions of “The Comedy of Errors,” “Henry V,” and “The Heart is Lonely Hunter.” He also directed Meryl Streep and Kevin Kline in the special Acting Company production of “The Lover and The Poet.”

“John Steinbeck stands alone as the 20th Century’s biographer of the worker,” says Belknap. “He knew migrant farm workers that drifted to a dreamy California where fruit was ripe to pick, only to find their dreams scorched in the sun. This production looks, sounds and smells like the 1930s; however, this play could be set yesterday, today or tomorrow. Belknap continues. “Of Mice and Men fascinates audiences as it shows us ourselves and speaks to our shared human condition.”

The superb cast includes actors from some of the

finest acting conservatories in the U.S. The cast follows in the footsteps of Kevin Kline, Rainn Wilson, Patti LuPone, Frances Conroy, Hamish Linklater, David Ogden Stiers, Jeffrey Wright and Keith David who all began their careers on tour with The Acting Company. Founded by John Houseman and Margot Harley in 1972.



OCT Holds Open Auditions For June Comedy

Bradford, VT: Open auditions will be held for “Let’s Murder Marsha!” on March 9th at 11am at the Upper Valley Services Building in Bradford (across from Farmway) at 267 Waits River Road. Directed by Sheila Kaplow, there are good parts for 4 women and 3 men in this comedy. The production dates for this show are June 7-8-9 and 14-15-16 at the group’s theater on North Main Street.

The plot is about a happy housewife named Marsha who is hopelessly addicted to reading murder mysteries, and when she overhears her loving husband discussing her upcoming birthday surprise, it sounds like they plan to murder her. This show is funny and fast-moving, by the same playwright as last year’s hit comedy “Don’t Tell Mother!”.

No-one need fear that

their lack of experience will preclude them from a role. All a director asks is energy, commitment and willingness to try things out on stage. Contact the director at sheilakap@myfairpoint.net to read the script, request an alternate audition time or with any questions you need answered. You may come to the auditions with something prepared, or ask the director to provide you with material to read “cold”. Either way is perfectly acceptable.

Old Church Theater is in its 28th year. It has recently staged its first-ever winter production of “Death By Golf” at Alumni Hall in Haverhill, NH, and will soon begin rehearsals for its May production at their home theater in Bradford, a mystery-comedy “Catch Me If You Can!” directed by Diane Chamberlain.



AUDITIONS
March 9, 11am
267 Waits River Rd, Bradford
(Across from Farm-Way)
"Let's Murder Marsha!"
A terrific comedy by Monk Ferris
(Performances June 7-8-9 and 14-15-16)
Directed by Sheila Kaplow
www.oldchurchtheater.org
For more info or to request alternate audition time call 802-222-4738

Needed: 3 men, 4women
Auditions open to all!

Our 28th season!

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

AA MEETING (OPEN BIG BOOK)

7:00 PM – 8:00 PM
St. Luke's Parish Hall
121 Central Street, Woodsville

WEDNESDAYS

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

THURSDAYS

THRU THURSDAY, APRIL 11, 2013
FREE INCOME TAX PREPARATION - CVCA
4:00 PM – 7:00 PM
Bradford Public Library

FRIDAYS

AA MEETING (OPEN DISCUSSION)
8:00 PM – 9:00 PM
Methodist Church, Maple Street, Woodsville

TUESDAY, MARCH 5

VERMONT TOWN MEETING DAY
Check Your Town For Location

DINNER OUT - BOYS & GIRLS CLUB OF THE NORTH COUNTRY

All Day
Topic Of The Town, Littleton

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:30 AM – 12:00 Noon
Woodsville American Legion Post #20

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MARCH 6

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

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, MARCH 7

CELTIC CELEBRATION
6:00 PM
St Lukes Parish Hall, Woodsville

IT'S NOT ABOUT THE HIKE

7:00 PM
Father Bilodeau Center, Lincoln

FRIDAY, MARCH 8

"DISCOVER ST. JOHNSBURY" FILM PREMIER
3:30 PM – 7:00 PM (Six 30 minute shows)
Catamount Arts, St. Johnsbury

DRUM CIRCLE

7:00 PM – 9:00 PM
Neskaya Movement Arts Center
1643 Profile Rd. (Rte.18), Franconia
Drums available or bring your own.
No experience necessary. Children welcome

"YOU CAN'T TAKE IT WITH YOU"

7:30 PM
Papermill Theater, Lincoln
See article on page 1

SATURDAY, MARCH 9

FREE INCOME TAX PREPARATION - CVCA
10:00 AM – 1:00 PM
Bradford Public Library

BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM
Methodist Church Hall, Bradford
See article on page 9

INTO THE FOREST! SAM

10:30 AM – 11:30 AM
Groton Free Public Library
See article on page 7

OCT AUDTIONS

11:00 AM
267 Waits River Road, Bradford
See article and ad on page 5

MILES & MILES OF MUSIC ACCOUSTIC JAM

1:00 PM – 5:00 PM
65 South Court Street (Armory), Woodsville
See ad on page 12

BOOK SALE & CHICKEN & BISCUIT SUPPER

5:00 PM
Parish Hall, Haverhill Corner
See article on page 7

"YOU CAN'T TAKE IT WITH YOU"

7:30 PM
Papermill Theater, Lincoln
See article on page 1

SUNDAY, MARCH 10

Breakfast
8:00 AM – 10:00 AM
American Legion Post 83, Lincoln, NH

"YOU CAN'T TAKE IT WITH YOU"

2:00 PM
Papermill Theater, Lincoln
See article on page 1

MONDAY, MARCH 11

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

TUESDAY, MARCH 12

EAT HERE
5:00 PM – 6:00 PM Feast & Social Hour
6:00 PM – 9:00 PM Presentations
St. Johnsbury House

"OF MICE AND MEN"

7:00 PM
Fuller Hall, St. Johnsbury Academy
See article on page 5

NIFTY NEEDLES

7:00 PM – 9:00 PM
Groton Public Library
See article on page 7

WEDNESDAY, MARCH 13

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

FRIDAY, MARCH 15

"YOU CAN'T TAKE IT WITH YOU"
7:30 PM
Papermill Theater, Lincoln
See article on page 1

SATURDAY, MARCH 16

ST PATTY'S DAY DINNER & SILENT AUCTION
5:00 PM – 7:30 PM
American Legion Post 83, Lincoln NH

"YOU CAN'T TAKE IT WITH YOU"

7:30 PM
Papermill Theater, Lincoln
See article on page 1

SUNDAY, MARCH 17

"YOU CAN'T TAKE IT WITH YOU"
2:00 PM
Papermill Theater, Lincoln
See article on page 1

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, March 14th for our March 19th issue.

Announces Chicken And Biscuit Supper

HAVERHILL, NH — The Haverhill Corner Library will host a book sale and chicken and biscuit supper, the library has announced.

The book sale and supper will be held Saturday, March 9 at the Parish Hall in Haverhill Corner. The book sale will begin at 5:00 PM and supper will be served at 5:30 PM. Tickets for the supper will be \$10 for adults and \$5 for children, and will be sold in advance at the library or at the door.

The menu for the supper will include chicken and biscuits with gravy, cole slaw, and hot fudge brownie sundaes for dessert.

This is the fourth year that library has held this annual supper, which has grown to be a popular event with patrons and book lovers.

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

Wells River – Those who have enjoyed Doris Kearns Goodwin's book *Team of Rivals* or Steven Spielberg's recent film *Lincoln* may welcome the chance to discuss the life and political genius of our 16th President. To that end, the Baldwin Memorial Library in Wells River will host a discussion facilitated by Rev. David Pruitt on Tuesday, April 23 at 7:00 pm.

Rev. Pruitt, who currently serves as interim pastor at the Congregational Churches of Wells River and Newbury, is a long-time scholar of Abraham Lincoln's life and legacy. He recently visited the Lincoln Presidential Library & Museum in Springfield, ILL, as well as the restored village of New Salem, ILL where Lincoln

lived after leaving home as a young man. In April of 2015, when a re-enactment of Lincoln's funeral train returning to Springfield is planned, Dave Pruitt and his wife Anna-Lisa will be two of the re-enactment participants.

Spielberg's film, which was based in part on Goodwin's book, comes at a time when historic anniversaries are on many people's minds. Newbury, Haverhill, and Ryegate all celebrate their 250-year-old town charters this year. January 1, 2013 marked the 150th anniversary of the Emancipation Proclamation. In two years, we will celebrate the 150th anniversary of the 13th amendment abolishing slavery, as well as the end of the Civil War.

Anyone wishing to read or review the book *Team of Rivals* prior to the discussion will find copies at any local library or through inter-library loan. The book may also be obtained digitally at no charge through listenupvermont.org using your library membership number. For those who prefer to purchase a copy, the Woodsville Bookstore will offer a 20% discount for this event.

Wells River Librarian Peggy Hewes notes that reading the book or viewing the film is recommended but is certainly not a prerequisite for attending the discussion. The library is located at 33 Main Street North in Wells River and is ADA accessible. More information is available at 802-757-2693.

Upcoming Programs At the Groton Free Public Library

Saturday, March 9, 10:30-11:30am – SAM: Into the Forest! SAM (Stories and More) takes place on the second Saturday of every month. Preschool-ers and elementary school-ers are invited to enjoy read-aloud stories along with a craft and a snack.

Tuesday, March 12, 5:30-6:30pm – Beginner Spanish. This free class is perfect for adults or teens who would like an introduction to Spanish or to reinforce their beginning skills. Our teacher, Ana Petersen, is an Argentina native with a flair for effective Spanish teaching using conversational practice. Drop-ins welcome! Meets every Tuesday evening.

Tuesday, March 12, 7:00-9:00pm -- Nifty Needles. Groton's "Nifty Needles" Group meets the 2nd Tuesday of every month from 7-9pm. Evening is geared towards quilting, but knitters, rug hookers, and needle artists are welcome to come and join us for inspiration, techniques, and camaraderie! Facilitated by local master quilter Mary Schilke.

Wednesday March 13, 1:00-3:00pm – Crafts & Conversation. Join us with your ideas and projects-in-process – or – just join us! Meets every Wednesday.

Monday, March 18, 6:30pm - YA: Between the Covers. NEW Book Club for teen and adult readers! This group meets the 3rd Monday of

every month. The book for March, "Wintergirls" by Laurie Halse Anderson, is available at the library for lending.

Monday, March 25, 7:00pm – Book Discussion Group. This group meets the 4th Monday of every month. The book for March, "Death Comes for the Archbishop" by Willa Cather, is available at the library for lending.

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: grotonlibraryvt@gmail.com, 802.584.3358.

Interested in volunteering? Looking for volunteers of all ages to help with shelving books on Friday afternoons, as well as other special projects.

“Dear Marci” – Medicare Advice Column

Dear Marci,

I am not satisfied with my Medicare prescription drug plan's customer service. How can I make a complaint against my Part D plan?

Marina

Dear Marina,

You can make a formal complaint against your Medicare prescription drug plan (Part D), if you are unsatisfied with your plan. This is also known as filing a grievance. For example, you can file a grievance against your plan if your plan demonstrates poor customer service.

You can file a grievance by calling your plan and speaking to the plan's Grievance Department. Alternatively, you can file a grievance by writing the details of your complaint to your plan (i.e. why you are not satisfied with your plan). If you plan on writing to your plan, contact your plan to find out where to mail or fax

your written grievance. It's best to file a written grievance and keep a copy for your own records. Use certified mail when sending your written grievance to confirm that your plan receives your grievance.

File your grievance within 60 days of the event that led to your dissatisfaction with the plan. It may also be helpful to send a copy of your grievance to your regional Medicare office and your Congressional legislators to notify them of your complaint. Your plan must investigate and respond to your grievance within 30 days, or 24 hours if the grievance is urgent. You can check the status of your complaint by calling the plan or by calling 800-MEDICARE.

Keep in mind that a grievance is different from an appeal. Remember, a grievance is a formal complaint that you make against your plan, whereas an appeal is

the course of action you take when your plan denies coverage for a service, medication or item. If you are having trouble getting your plan to cover your drug, you should file an appeal. In some cases, it may make sense for you to send your plan both a grievance (formal complaint) and an appeal (request for coverage from the plan).

-Marci

Health Tip

Your back is important! Here are some tips from HealthDay News and the University of Michigan Health System on how to manage your back pain at work:

- Keep your feet flat on the floor
- Place a small cushion behind your back for lower back support
- Take breaks to stand up or walk around
- Try not to lean, bend, or twist at your waist.

THE AMMONOOSUC REGION ARTS COUNCIL (ARAC)

Is holding its annual meeting at the Lisbon ARTS Gallery, 28 Main Street, Lisbon, NH on Friday, March 22, 2013. The public as well as ARAC members are invited to enjoy light food and refreshment at 6PM and at 7PM the guest speaker Gerry Biron presenting "Made of Thunder, Made of Glass; American Indian Beadwork of the Northeast". A beadworker since childhood, Mr. Biron has been professionally restoring American Indian beadwork for more than 20 years. In this program he will examine 19th century work produce by the Haudenosaunee (Iroquois) from upstate New York and Canada and the Wabanaki in northern New England and the Canadian Maritime Provinces. Additionally, Mr. Biron will survey the close relationship beadworking had with the rise of tourism in the Northeast and the fashion industry. This program is made possible by a grant from the NH Humanities Council.

TO RSVP AND/OR ANY QUESTIONS PLEASE CALL THE ARTS GALLERY AT 603-838-2300 AND ONLINE AT WWW.LISBONARTSGALLERY.COM.

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

March 5, 2013 Volume 4 Number 11

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Be Aware Of Risks Of Not Investing

You've no doubt heard about the risks associated with investing. This investment carries this type of risk, while that investment carries another one. And it is certainly true that all investments do involve some form of risk. But what about not investing? Isn't there some risk associated with that, too?

In fact, by staying on the investment sidelines, or at least by avoiding long-term, growth-oriented investments, you may incur several risks. Here are some to consider:

You might not keep up with inflation. If you put all your money under the proverbial "mattress," or, more realistically, you keep it all in "cash" instruments and very short-term investments, you might think you are "playing it safe." After all, you might reason, your principal is protected, so even if you don't really make any money, you're not losing it, either. But that's not strictly true, because if your

money is in investment vehicles that don't even keep up with inflation, you can lose ground. In fact, even at a relatively mild three percent annual inflation rate, your purchasing power will decline by about half in just 25 years.

You might outlive your money. For a 65-year-old couple, there's a 50 percent chance that one spouse will live past age 90, according to

the Society of Actuaries. This statistic suggests that you may need your investments to help provide enough income to sustain you for two, or even three, decades in retirement.

You might not be able to maintain your financial independence. Even if you don't totally run out of money, you could end up scrimping by — or, even worse, you could become somewhat dependent on your grown children for financial assistance. For most people, this prospect is unacceptable. Consequently, you'll want to make appropriate financial decisions to help maintain your financial independence.

You might not be able to retire on your terms. You would probably like to decide when you retire and how you'll retire — that is, what sort of lifestyle you'll pursue during retirement. But both these choices may be taken out of your hands if you haven't invested enough to retire on your own terms.

You might not be able to

leave the type of legacy you desire. Like most people, you would probably like to be able to leave something behind to your family and to those charitable organizations you support. You can help create this type of legacy through the appropriate legal vehicles — i.e., a will, a living trust and so on — but you'll still need to fund these mechanisms somehow. And that means you'll need to draw on all your financial assets, including your investments.

Work with your financial advisor to determine the mixture of growth and income investments you need during your working years and as you move toward retirement to help you meet your retirement goals. However you do it, get into the habit of investing, and never lose it — because the risks of not investing are just too great. This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

One Of Ireland's Greatest Singers, Karan Casey, In Concert

Court Street Arts at Alumni Hall kicks off a new season on March 8th at 7:30pm with the celebrated music of Karan Casey and John Doyle, who first came to international prominence as founding members of the influential Irish band Solas. Now deep into their solo careers, the two - one of Irish music's most glorious voices and one of its mightiest instrumentalists - have reunited.

Karan Casey has received critical acclaim from Japan to America as one of Ireland's greatest singers, a standing confirmed by having been twice voted Best Female Traditional/Folk artist by Irish Music Magazine readers and her nomination for a prestigious BBC Radio 2 Folk Award. The Associated Press calls Casey's voice "...so beautiful, it's almost impossible to avoid falling under her spell."

In the years since going out on his own, John Doyle has developed a duo with fiddler Liz Carroll; recorded two solo albums, including Wayward Son, which The Irish Edition hailed as "a contender for Album of the Year"; and has become a highly sought-after accompanist and session player for the likes of



Karan Casey and John Doyle, founding members of the acclaimed Irish band Solas, will perform at Court Street Arts at Alumni Hall on March 8th at 7:30pm. Casey has been celebrated as one of Ireland's greatest singers and Doyle as one of its mightiest instrumentalists.

Joan Baez, Eileen Ivers, and Tim O'Brien.

This performance marks the first of a six part series sponsored by Bliss Tavern Music, the studio of the legendary Betty Johnson Gray. The series continues with Bread & Puppet on March 15, Session Americana on March 30, Bayley-Hazen Boys on

April 13, Jim Malcolm on April 27 and Joyce Andersen and Harvey Reid on May 11.

Bailiff's Cafe featuring homemade fare from the Newbury Village Store will open one hour before showtime for dinner and drinks. For further information visit www.alumnihall.org or call 603-989-5500.

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Bradford Farmers Market Finds Permanent Home

By Marianne L. Kelly

BRADFORD—It has been a couple of years coming but the Bradford Farmers Market has finally found its home. Past years have seen the winter market housed in the Bradford Elementary School and the Methodist Church Hall respectively, while the summer market took place in the field adjacent to Mr. Putt's miniature golf on Route 5.

After requesting and receiving permission from the Bradford Select Board, the summer market will be held in front of the Bradford Academy Building that houses the

town hall and other offices. The winter market will remain in the Methodist Church Hall.

"This is truly wonderful," said market manager, Iris Johnson. "Our location is centrally located, people can walk to the market, and buy local products from local vendors." Those who must drive to market will find convenient and ample parking.

This year, people with farm to family coupons can purchase produce and other qualified items from the market.

Johnson also added that although they did well in the

past, there is a need for new vendors, specifically growers. "People who have large gardens can share their bounty at the market and make some money as well," she said. "We hope to welcome 15-20 vendors this season."

Last year visitors to the market purchased seasonal produce as well as beef, pork, fresh flowers, eggs, an assortment of freshly baked pies, pastries, salsa, jams, jellies, pickles, jewelry, goat's milk soap and lotions and woodcrafts. This year with the addition of new vendors, they

Mentoring In Montpelier

During February school vacation, mentors and mentees in The Mentoring Project of the Upper Valley visited the VT Statehouse in Montpelier. They were given a "behind the scenes" tour of the grand historic building, and were treated to some special attention by Rep. Sarah Copeland-Hanzas.

Copeland-Hanzas explained the work of the VT legislators, talked about the current legislation that's being considered and shared information about various committees that bills must pass through before being voted on in the House or Senate. Her take-home message to the group was that there are many different perspectives to any issue that comes before the law-making body and that all those perspectives need to be considered before voting. During lunch in the Capitol Food Court, adults and youngsters in The Mentoring Project noticed a lot of different conversations taking place at tables around them, where advocates and constituents were getting their concerns heard by particular legislators.

A self-guided tour at the VT History Museum followed lunch, and mentees pursued a scavenger hunt to find specific pieces of historical information about Vermont's distant and not-so-distant past. On returning to the Statehouse, the group was seated in the balcony of the House of Representatives and was introduced to that body by Rep. Copeland-Hanzas, who complimented the young people for taking a day from their vacation to visit the Capitol Building.



Members of The Mentoring Project of the Upper Valley clowling around outside the VT Statehouse at the end of a day-long visit.

*l-r: back row: Allan Wheeler, Scott Wheeler, Chris Jacobs, Paul Jewett, Marvin Harrison, Steve Tucker, Nate Smith
l-r front row: Nancy Jones, Linda Tobin, Cindy Clemence, Sania Garrow, Katie Kearney, Madison Pryer, Donna Longnecker, Randy Batten III*

The "icing on the cake" that brought the visit to a close was a meeting with 2004 Oxbow High School graduate, Alyson Richards, who is now a member of Governor Shumlin's staff. Alyson connected with the youngsters and inspired them to make the most of their high school careers by getting involved in as many activities as they can fit in. She explained some of her college experiences that prepared her for this position and with great enthusiasm she shared some of the most challenging aspects of her job.

The Mentoring Project of the Upper Valley, based in Bradford, VT matches adult community volunteers with youngsters who have applied to have a mentor. Together they pursue fun, enriching and sometimes challenging activities with the

ultimate goal of boosting self-confidence and academic achievement. To learn more about The Mentoring Project visit www.mentoringprojectuv.org



Bradford Farmers Market Manager Iris Johnson has the title of manager, but her husband Steele is always ready to help.

hope to add even more products for people to browse, as well as a place for shoppers to enjoy a fresh market lunch.

According to Johnson, they are also working on special events for the summer market, specifically a story time for children, a seed starting workshop, and local entertainment.

The Bradford Farmers Market is currently open from

10-2 every second and fourth Saturday in the Methodist Church Hall. The summer market begins in May, runs through October and will be open every Saturday from, 10-2. Watch listings for specific dates.

For more information, visit the Bradford Farmers Market's Facebook page, or call Iris Johnson at 802-222-4495.

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Haverhill Cooperative Middle School was the scene for the recent American Legion Jr. Oratorical competition. The winner, Roderick Emley, a 12 year old seventh grader at HCMS, won the praise of his family and Principal Walker as they watched Roderick receiving his award from NH American Legion District 8 Commander James Krajniak. Roderick will now compete at the state level for additional cash awards.

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The 2013 Winterfest took place next to the Mt. Lakes Lodge on Saturday, March 2. Attendance this year seemed to be quite good with several entries in the cardboard box race. The event also featured the obstacle course timed runs, sliding on the big hill, snow sculpture contest and other activities. The Mt. Lakes Recreation Committee, Haverhill Recreation Commission and Ross-Wood Post #20 American Legion also helped to sponsor the event.



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Not all Times are Trendy but there will always be Trendy Times March 5, 2013 Volume 4 Number 11

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OBITUARY

NATALIE (HILL) BURTON GRIMES



She served as a volunteer for the Grafton County Retired Senior Volunteer Program (RSVP), Woodsville Area Senior Services, and the Grafton County Senior Citizens Council, receiving commendations for her "many hours and smiles." Natalie loved her family, cats, and her farm life. She was a gentle woman all her life and will be missed by all who knew her.

She married Stephen J. Burton and he predeceased her on January 12, 1964. She married Gerald Grimes and he predeceased her on February 2, 1991. She was also predeceased by her sister, Winona Douglas Gretchen in 1965 and her brother, Rodney R. Hill in 2001.

She is survived by her two daughters, Mary Grimes and husband Ken of Columbia, NH and Joan Day and husband Dan of Concord, NH; her two sons, Raymond S. Burton of Bath, NH and Stephen Burton and wife Martha of Hanover, NH; two grandchildren, Donna Frye of Wichita Falls, TX and Jay Grimes and wife Judy of Columbia, NH; a step-daughter,

Helen Smith of Haverhill, NH, a great granddaughter, Breanna Frye and two great grandsons, Jacob and Jace Grimes; a sister, Evelyn Prescott of Sanbornton, NH; and nieces and nephews.

A funeral service will be held on Friday, March 8, at 11 AM, at the Bath Congregational Church, Bath, with a reception, in the dining hall, to follow. Burial will be in the spring in Pine Grove Cemetery, Woodsville.

In lieu of flowers, memorial contributions may be made to the Bath Congregational Church, c/o Mr. Everett Rust, 102 Pettyboro Road, Bath, NH 03740.

Natalie's family would like to extend our heartfelt thank you to the Grafton County Nursing Home for the wonderful care they provided to our Mother. Words cannot describe our gratitude about the loving and compassionate care your entire staff gave to her.

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

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

North Haverhill, NH- Natalie (Hill) Burton Grimes, 95, died on Thursday, February 28, 2013, at the Grafton County Nursing Home, North Haverhill, following a period of declining health.

Natalie was born in Newbury, VT, on August 19, 1917, to Raymond Louis and Edith (Vance) Hill.

Natalie was a long-time member of the Friends of Bath. A life long member of the Bath Congregational Church, she sang in the choir and hosted church picnics at the family farm. She was a member of the Pine Grove Grange # 298 for over 50 years where she served as Chaplain, treasurer, and as lecturer, planning programs for the meetings, before retiring as an Honorary Chaplain.

"Growing Stronger" Classes Offered In Groton

Are you age 55+. Interested in building strength, improving your flexibility and balance, and simply enhancing your life?

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Classes will be held over a 12 week period on Monday's and Wednesday's from 1 to 2 pm at Clarks Landing on Checchi Street in Groton beginning on Monday, March 4th.

There is no fee to participate. Classes are led by



members of the Neighbor to Neighbor AmeriCorps program sponsored by the Area Agency on Aging for North-eastern Vermont. AmeriCorps members promote the health, well-being and independence of seniors and adults with disabilities.

For more information about this series of classes or to register, please contact Victoria or Karen at the Agency on Aging at 748-5182 or via the Senior HelpLine at 1-800-642-5119.

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14 American Civil Liberties Undermined

By Lee Mahle - Bath, NH

We are a nation built on civil-rights struggles and debates. It comes with a democratic "free" nation. Unfortunately, with this come those few who decide they have the right and obligation to impose their beliefs on others (not unlike bullying). When this happens, democracy submits to autocracy and the rights and beliefs of many are at the imposing domination of the few. Most cancerous in our nation is a growing malignant tumor within the very fabric of America: the ACLU.

Columnist and political commentator Bill O'Reilly is one of many over the years who has warned of this growing infection:

"...[T]he ACLU is free to come to your town and sue the heck out of it. And believe me, that organization will. The ACLU doesn't care about the law or the constitution or what the people want. It's a fascist organization that uses lawyers instead of Panzers. It'll find a way to in-

flict financial damage on any concern that opposes its secular agenda and its growing in power."

Columnist and political commentator Bill O'Reilly, FoxNews.com, January 12, 2004.

"...[W]e are rapidly losing freedom in America. Judges are overruling the will of the people, and fascist organizations like the ACLU are imposing their secular will." Bill O'Reilly, The O'Reilly Factor, June 28, 2004.

Why do we tolerate people or organizations like the ACLU that believe they have the right to control our civil liberties and personal beliefs? Clearly, the ACLU has determined it has this right and obligation to so dictate, and when they don't get their way, they sue. To what extent must our rights and beliefs be raped before we stand united as a nation and say: "Enough is enough!"

A relatively recent example of this quest for domina-

tion surfaced once again when the ACLU filed a suit to end prayer from the military completely. They're making great progress. The Navy Chaplains can no longer mention Jesus' name in prayer thanks to the ACLU. They have also sued to prohibit crosses in our federal cemeteries. Do those who serve or have served this nation honorably really deserve these impositions and such disrespect?

It is said that ACLU is an acronym for: American Civil Liberties Union; however, in my opinion ACLU more accurately stands for: American Civil Liberties Undermined.

I'm not a terribly religious person, but I DO believe in God. How I believe in Him is my business, but I should have the right to do so... openly. I believe that if we had more God in our society, schools, jobs, and in our hearts, without constraint, we would also have more GOOD.

OPINION EDITORIAL

North Country Wins Big On Gaming

By Sen. Jeff Woodburn

Practical, local and independent. These three words summarized my campaign last fall and hopefully now my service in the Senate. During the campaign, I stayed neutral on some controversial issues and promised to use them to deliver for the North Country. I figured why get "hemmed in" on issues that in the end I could use to bend state government to meet the needs of our area. I'm proud to say that's what I've done -- the North Country is a central part of the most important bill in the legislature this session and, if it passes, our priorities will be funded.

The gaming bill, endorsed by Gov. Hassan and most of the Senate, will bring one casino to southern New Hampshire -- and around \$10 million in economic development money to the North Country. That's right -- 10-percent of the net tax revenues will flow north. This is not pork or a perk -- its about

revitalizing our ailing economy. This benefit was hard-earned, but not nearly as difficult as hearing the despair in the voices and seeing the weariness in the eyes of my proud, but struggling neighbors.

Today too many politicians can't look beyond their inward focus. They are guided by rigid ideology and a so-called moral compass. The right wants to starve government and shift power to big business and the left destroy wealth and hand power to big government. The two converge to overworry about the safety, morality and inherent weakness of our people. I look outward and trust the collective wisdom and individual instincts of our people -- the ones I promised in my oath of office "to be faithful to."

The gaming bill will improve life for ordinary North Country residents and there is no local downside -- as the far-away casino will not im-

pact us. The Coos County Democrat called the choice "a no-brainer." But there is a big down-side, if gaming fails, deep cuts will need to be made to much-needed services and certainly higher taxes and fees. This would be devastating to the fragile North Country economy as we rely more than any other region on government services. I fear that it would also make us more vulnerable to the Northern Pass forces, who may be ready to solve our problem for a secured route across public property.

So to me the gaming bill is a simple compromise and one that greatly favors the North Country. Our legislators must stick together and be strong our people are counting on us.

Sen. Jeff Woodburn
North Country - District 1
603.259.6878
524 Faraway Road
Dalton, NH 03598
www.jeffwoodburn.com

Letter To The Editor

Town People:

Town meeting: ask why every time the town has projects, such as fixing roads, new jail. Taxes have to go up. (Including Teacher's salaries) You should have the extra funds to pay. We shouldn't have to pay every time. Like you're discouraging us to live here!

Put a freeze on it.

C. Wellman, a Concern citizen
in N. Haverhill NH

C,

Remember that it is the voters who approve the budgets. The select boards and school boards of our local towns suggest a budget. It is our job to say yes or no. Attend your town meeting and school meeting and let your voice be heard. Even if you think no one will agree. Don't be afraid to speak your mind. It's quite possible someone else does agree with your point of view.

Gary Scruton, Editor

Letter To The Editor

Strange Bed Fellows

To the Editor:

What does a Republican, a Libertarian and a couple of Democrats have in common? They are all sponsoring a bill that would legalize the growing of hemp in this country. Good for them! Mitch McConnell and Rand Paul have teamed up with a couple of senators from Oregon to federally legalize hemp.

This plant is an unbelievable example of nature's gifts to mankind. It can produce clean fuel, a high quality protein for animal and human food and one of the best edible oils that is rich in omega 3 fatty acids. Hemp can also be converted into lubricating and fuel oils, plastics, building material, clothing and paper. It can be grown in just about any environment and requires very little attendance or pesticides.

The US is the world's largest consumer of hemp products which is grown just about everywhere in the world -- except the United States where it is still illegal to grow which begs the question why? The hemp laws were motivated by special interests, namely Dupont, the lumber industry and William Randolph Hearst the newspaper magnate who happened to own lots of forests! You've heard the old song: "Anything you can do I can do better, I can do anything better than you"? That just about sums up the qualities of this wonderful plant.

Kentucky, which used to be the hub of hemp growing in these United States, is once more poised, (with the help of Mitch McConnell who happens to represent that state) to again take the lead in hemp growing. What a boom to our economy not to mention the jobs it will create. While you're waiting for Congress to act go out and buy yourself some hemp powder and sprinkle it on your smoothie. Your body will love you for it.

George Maloof
Plymouth, NH

George,

It needs to also be pointed out that some varieties of Hemp are also turned into marijuana. Hence the outlawing of the product at this time.

I am not going to disagree with your comments referring to the variety of products that can be made from this very versatile plant. A quick look on line gives a large number of legal as well as illegal uses. But that is also true for corn, a product most would say is a food source. But how about "corn squeezings"? Regulated and taxed it is accepted as part of the American culture.

This is an interesting and often a dividing subject. It will be interesting to see where the bill goes.

Gary Scruton, Editor

March 5, 2013 Volume 4 Number 11

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

MARCH 4, 1944

Approximately 600 Flying Fortresses and Liberators of the US Air Force staged the first daylight bombing raid on Berlin.

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Letter To The Editor

Dear Sheriff Dutile,

As the Chief Law Enforcement Officer in Grafton County you were required to take an oath to preserve, protect and defend the Constitution against all enemies both foreign and domestic.

Having taken that oath I would like to know if you will honor your oath by refusing to enforce Federal rules, regulations and directives that violate the Constitution and/or the Bill of Rights.

The Second Amendment clearly proclaims that the people have a right to own guns and in the Bill of Rights, the government is prohibited from infringing on the right of the people to own guns if they choose to do so. Your primary job is to preserve, protect and defend the Constitution

and the rights of the people that live in Grafton County.

The Supreme Court has ruled that the Federal government has no lawful jurisdiction in the counties and that when a Sheriff chooses to enforce an unconstitutional directive, he is violating his Constitutional Oath. The people of Grafton County are the employer and you are the employee and we expect you to represent us and not the Federal government. As your employer, I would like to know if you are given an order that violates the Constitution, will you honor your oath or will you do as directed by the President of the United States.

Sincerely,
Leslie George, A Concerned Citizen

From the Editor:

Leslie, as you addressed this letter to Sherriff Dutile I sent it to him and requested his personal response. Following is his email to me.

Gary,

YES, I would like to comment. I will uphold the Constitution, all my Deputies and I as long as I am Sheriff will NOT take any firearms away from the public. I will uphold and defend the Constitution against any unlawful gun control. Also, the County Sheriff's Department does NOT have the authority to enforce any Federal laws or rules.

Sheriff Douglas R. Dutile
Grafton County Sheriff's Department

Sherriff Dutile also offered the following:

The following statement represents the position of the New Hampshire Sherriff's Association on matters of concern as it relates to recent incidents of violence occurring in our nation as well as the response to these incidents by the public, press and many government officials.

The Ten High Sheriffs of New Hampshire have always and continue to be strong supporters of the Second Amendment and the rights of law abiding citizens to keep and bear arms. It is our belief that we can only control concerns over some of the recent events if we come together with a comprehensive approach that focuses on mental health and other issues that contribute to violence. We believe that such an approach is the most effective way to prevent future tragedies.

We stand united in prayer and support of the victims and their families of those recent tragedies. As law enforcement leaders we continue to review best practices as an effort to curb violence and believe that the following four (4) step process is a partial solution which can be implemented immediately.

- 1) Increase access to mental health services for at risk people.
- 2) redoubling efforts to work with prosecutors to vigorously prosecute those who commit crimes with firearms.
- 3) Make schools safer by enhancing security measures and working with school personnel in planning for critical incidents.
- 4) Closing background check loopholes to keep guns out of the hands of dangerous people.

We strongly believe the above strategies as well as a comprehensive approach, one which will not violate the constitutional rights of honest law abiding citizens will be the most effective means of keeping our citizens and communities safe.

Letter To The Editor

To the Editor:

Plain and Simple

There is no such thing as "gun control"..... Do not co-opt the progressive liberal's language. There is only "people control." Nazi Germany is historical proof that a population can be controlled and eliminated using "gun control."

It is not about guns.....it is about control of the people. Plain and simple, period.

Peg Coutermarsh
Bradford, VT

Peg,

With any regulations there is the chance, and even the opportunity, for government to overdo. That is why "We the People" must never sit idly by waiting for everything to be given to us. We must stay diligent. Be ready to speak our minds. And retain the control that is ours.

There will never be a time when all people agree with everything that government does. Or even with the opinions of other voters. That is what make America, America. The right to disagree.

Please keep the letters coming!

Gary Scruton, Editor



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GOT AN OPINION?

Send it to:
gary@trendytimes.com

Let everyone know what you think & why. Just be ready for one of our editors to respond.

VT Town Meeting Day
March 5

All Those In Favor?

NH Town Meeting Day
March 12

By Deborah Maes, Regional Field Specialist, Community Development

Once the final days of February are over, local towns begin preparing for the annual Town Meeting. Local papers are full of "Vote for Me" ads, annual Town Reports get distributed and voting booths get set up.

I don't remember attending town meetings before I was an adult; the legal voting age was 21 at the time. My dad served as Town Moderator for almost twenty years, so I know he went to the meetings. He was also the American Government teacher in the high school I attended, and I'm sure he must have mentioned to his students how such meetings proceed, but we never attended a meeting as a class project.

As an adult, when I moved to our small town we did start going to town meetings. We met at the Town Hall where I remembered playing basketball as a junior high student. Folding chairs provided seating for the meetings that seemed to go on for hours. Most of the warrant articles evoked few comments, but then there were the others. We quickly learned that some people really liked to talk, and talk, and talk. These were the people who came to the meeting because they were passionate about a certain

issue. And since we are a democratic society, there was always someone who didn't want to spend the money, disagreed with the reasons for the request or didn't like the article because someone else wanted it.

I got a pass on attending meetings for a few years when my kids were young, but wanted my children to experience Town Meeting for themselves. So a few years later, there I was with three teenagers, sitting in the back of the room again watching small-town politics. My children quickly learned what we had found out years earlier: town meeting brings out a variety of people, with differing points of view, and they all want to discuss the issues. Years later, whenever my kids are home during town meeting season, attendance is a given.

Depending on the size of your town, and the form of government, you may still have a town that holds an annual town meeting. In neighboring Vermont, town meeting day is the first Tuesday in March. It's an all-day affair with voting, discussion about financial issues for schools and towns, and a chance to get together.

In New Hampshire, not

many towns go all out like our Vermont neighbors, but the goal is the same. We vote on the second Tuesday of March and many towns, but not all, meet that evening to appropriate money for town and school expenses. The meeting may start at 7 pm, but we never know when it will end. I've been to meetings that were done by 9 pm and others that finally ended around 11 pm. Sometimes all the financial issues are settled quickly, but an article dealing with an environmental or social issue might be discussed for more than a half hour. On rare occasions, the meeting might be recessed and then resumed during the week-end to finish discussion.

This March, I'll exercise my rights as a citizen and head to the polls to vote for town and school officials, and the school budget. Then come Thursday night we'll head back to the local school, sit in those folding chairs and once again participate in local democracy. We've learned to bring snacks, usually warm Irish Soda Bread, in case

the meeting runs long. Our moderator will give us a brief town history lesson, we'll recite the Pledge of Allegiance, and then we'll start on the warrant articles, one by one. People will disagree, we may have to actually vote by secret ballot on a couple of issues, and eventually we will have approved spending for the town for the coming year.

I consider attending our town meeting one of the "must do" events of the year. I learn about my town, see my neighbors, listen to public debate and maybe put to use some of the lessons I learned in that American Government class.

In New Hampshire's small towns, we value our right to participate in local issues. William Hazlitt was an English writer and social commentator who must have attended at least one town meeting in New Hampshire during the 1800's. He certainly sums up the whole idea behind local town meetings: "When a thing ceases to be a subject of controversy, it ceases to be a subject of interest."

If you haven't attended a

town meeting lately, or at all, this would be a good time to start. Read your Town Report, the articles to be voted on and the town department budgets are in the book. If you don't understand something, there should be someone at your town office that can help you—probably the Town Administrator. Make sure you find out where the local polling place is located and where and when people gather for the public portion of town meeting. Finally, if there is an issue you feel strongly about, don't be afraid to speak out. Learn about the issue, why it's being voted on and find out who are the supporters and the naysayers. If you are worried about speaking in public, practice what you want to say, or make some notes.
















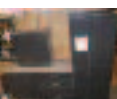








Town meetings are just one way for you to get involved in decision-making in your community. And it's a great place to start. So give it a try and let's hope that every town has at least one controversial issue to discuss at the town meeting.

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

March 5, 2013 Volume 4 Number 11

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Upcoming Workshops For Gardening Success

Why is soil health so important to successful food and forage production? Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop Soil Health: Being a Good Soil Steward. The workshop will be held on Tuesday, March 5th at 1:00PM at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. Heather Bryant, UNH CE Agriculture Resources, and Donna Doel and Mitch Hess, NRCS Soil Conservationists, will provide information about soil characteristics and what you can do to improve your soil health.

Whether you are growing food for yourself or to feed animals your soil quality will affect your success. Soil can become compacted by machinery operated during wet conditions. Compacted soil can restrict air flow, root development, movement of water through the soil. Farming practices that minimize soil disturbance and return plant residues to the soil, such as no-till farming and crop rotations, are slowly rebuilding the organic matter in soil needed to sustain plants and micro-

organisms. Find out about soil testing, and what the test results mean. What are the conservation practices that will improve your soil health, leading to higher yields, less soil erosion, better drought tolerance? Home-gardeners and commercial producers can learn about programs offered through the GCCD, NRCS and UNH CE that can improve soil and water quality, and make your garden more productive. This workshop is free and open to the public. Call Pam at (603) 353-4652, ext. 103 to register.

UNHCE is offering a Small Fruit Pruning Demonstration on Saturday, March 23rd from 10am to 1pm hosted at the Small Fruit Farm, 117 Mt Moosilauke Highway in Wentworth. Bill Lord, Fruit Specialist Emeritus, will demonstrate proper pruning techniques for blueberries, and both summer fruiting and fall fruiting raspberries. There is no fee to attend, but please call UNHCE at 787-6944 to reserve your space, and come dressed to spend 3 hours outside.

Please join us Friday, April 26th from 5:30-7:00pm for our Planting and Pruning Workshop at Windy Ridge Orchard. Our host, Dick Fabrizio, will demonstrate planting and pruning methods for apple trees, and share his knowl-

edge and expertise on apple tree care. Dave Falkenham, UNH Cooperative Extension Forest Resources Educator, will demonstrate planting techniques and discuss site considerations. Dick and Dave are ready to answer your questions. This informal, but informational workshop is outdoors, free and open to the public. Call Pam at 353-4652, ext. 103 to register so that we will have enough handouts for everyone.

Each year GCCD offers a variety of flowers and shrubs attractive to landowners and wildlife for the Conservation Plant Sale. Groundcovers and shrubs can be used for soil stabilization and borders. Many shrubs provide food and cover for wildlife, attractive foliage, flowers and fruits. Some of the plants we are offering include elderberry, ninebark, spicebush, silky dogwood, tag alder and American hazelnut. The District also sells balsam and Fraser fir, American arborvitae, American mountain ash, sugar maple and black walnut trees. A variety of apples, strawberries, blueberries and raspberries are also for sale. The 2013 Conservation Plant Sale information will be available at the Soil Health workshop, or call the office to receive the information by mail.

Electrifying A Diddley

Got myself a diddley bow today. And a small Marshall amplifier. Also a burgundy guitar pick, an empty nip of Gentleman Jack whiskey and a new record by Seasick Steve.

Pretty sweet, huh?

I can't actually play an instrument, but I am laced with all kinds of obsessions, so that played heavily into the purchase. Plus, Man has every right to wanna get all Appalachian from time-to-time. Nothing sinful about rattling around on a one string guitar.

It's the whiskey nip that concerned me.

The full cycle of this particular obsession manifested itself from a clip off Youtube. This goes as far back as, oh Lord, let me see, a week, maybe less. I was checking out clips of Jack White, a rock and roll Messiah, and came across him building in less than 10 minutes a one string guitar called a diddley bow out of a one piece of wire, a 2x4, six nails, a small pickup box and a Coke bottle.

The diddley bow is an instrument that originated in Africa, but became popular as a starter piece to the blues for southerners hoping to "Muddy Water" their way out of poverty. Or to just kill some time on the front porch after din-din.

Now, plugged into a small amplifier, Detroit Jack made that mother go BOOM! Like lightening shooting cross the Tennessee skyline, the frenetic, electric, heavy twang and slide of White's diddley bow ran through me with Palomino speed.

That very sound, that GROWL, I declared, would lead me out of this dreadful winter. A season I will forever hate...then hate some more.

Constructing a diddley bow appeared easy enough. So little customizing to do. Nailing nails. Stringing stuff. Even I could...Hold right on, I said. I'll end up driving a nail through the meat of my hand. I haven't built something

since, since, since forever. My father was awful with his hands, his father was an even worse builder.

So I went on a hunt. I'd been driving round for three days listened to nothing but old mountain blues. It's warming, those notes. Woody, smoky, deep and lazy. The blues keeps you warm, impenetrable from winter's constant hooks and jabs.

Then, as I was cruising through Boscawen, doing my thing, I pulled into "Steve's Stereo and Music Exchange" on Main Street to find out if they're twangified?

"No diddley bow's here," said owner Steve Marin. "But I know a guy that makes and sells them up in Hill. I'll give him a call."

Before I headed to Hill, I purchased a small Marshall amplifier off Steve for \$49 that is sure to drive my old lady crazy. Diddley bow's are cool, but way cooler when plugged in and filled with thunder.

Twenty five minutes later, I arrive in Hill at Mark Dow's Diddley Bows on 3A. I enter the unassuming storefront and find Dow working on a nub of chaw he's got parked in his bottom lip, chilling, spitting, listening to some easy mountain music. The store is stacked with homemade string instruments - tenor guitars, guitars made out of hub caps and cigar boxes. Cooler than cool stuff.

Was I in West Virginia?

Dow showed me various kinds of diddley bows, all handmade by the man. I'm in for the board type of diddley, I tell him, something I can put on my lap, plug into an amp and pick away at in my ice box of a basement.

"You want this," said Dow, reaching for a diddley bow made of white pine, a guitar string, couple eye hooks and an Altoids can used as a bridge. Then Dow offered me a complimentary whisky nip I can use to blend the nasty slide and grind I was looking for.

Sixty dollars later, I walk

out the store with my first diddley bow. Just like that. No digging through a junk yard for spare parts. No nailing my fist to a board. No considering my hazardous musical abilities. It was perfect.

Later that night, when the house was quiet, when the kids were asleep, when the wife was on the couch fading off into her nightly slumber, I went down into the icebox, readied my mind properly, shook the grease out my hair, plugged the diddley bow (which I named "Missy") into the amplifier and started sliding and grinding that whiskey nip up and down the neck of Missy.

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Rob Azevedo can be reached at oneman manch@gmail.com

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Herbs For Healthy Children

Many children get four to five colds per year, most commonly during the fall, mid-winter and early spring. We know the common cold is caused by viruses that get into the upper respiratory tract, and we know one cold often leads to another. Children recovering from one infection are more run-down and more susceptible to other infections. Not all children get sick when they're exposed to germs. The answer lies within the individual's immune response, rather than the strength of the infecting organism. Now is the time to strengthen our children's immune systems with rest, fluids, the proper foods and natural medicine.

Keeping a child's resistance and immune response strong is the key to understanding and dealing appropriately with children's diseases. The current official government position on immunizations against a variety of childhood diseases has been to vaccinate early (and often several times). Yet, herbalists and naturopaths are seeing that preventing children from ever getting ailments like chicken pox, measles or mumps, may be depriving them of a powerful

childhood natural disease resistance process. Information is coming to light that adults who received all their childhood immunizations of the fifties and sixties did not get childhood diseases, but seem to be at far greater risk for disease as adults than their counterparts whose bodies were allowed to fight against a childhood disease and establish natural immunity. A fresh foods diet and herbal remedies as therapeutic complements to the natural body processes are a good choice for alleviating symptoms and making the child more comfortable.

A wholesome diet can easily restore a child's vitality. Even children who have eaten a junk food diet for years quickly respond to a diet of fresh fruits, vegetables, whole grains, low fats and sugars, in as little as a month's time. A child's hair and skin takes on a new luster, they fill out if they are skinny, and lose weight if they are too fat. They sleep more soundly and regularly. Their attention spans increase, and many learning behavior problems diminish or disappear. Start decreasing sugar and refined carbohydrate consumption to build

strong immune systems and increase the amount of garlic, onions, broccoli and other green vegetables, cauliflower, squashes... these vegetables contain natural antibiotics as well as high amounts of vitamins A, B complex & C. Don't forget fluids and soups, which are wonderful medicines and one of the best ways to treat a respiratory illness.

Children's allergies are on the rise, manifesting themselves not only as sneezing, ear infections, headaches and rashes, but also as changes in personality and emotions. The greatest allergy increase in children is in foods, commonly to dairy, wheat, corn, eggs, chocolate, nuts, seafood, and citrus fruits. If your child is allergic, try eliminating one of these foods at a time for a few weeks and watch to see if there is any improvement. Eliminate dairy foods and cooked fats and oils because they thicken and stimulate excess mucous. Give the child lots of water to thin secretions and ease expectoration. Essential fatty acids help regulate the inflammatory response. Use flaxseed oil for children and mix into foods like salad dressings or in place of butter. In addition to the

herbal remedies below, vitamin supplements for childhood allergies (in child amounts) might include beta-carotene to help heal irritated mucous membranes, vitamin C with bio-flavonoids as an anti-inflammatory, and calcium/magnesium for over-reactive nerves.

Hyperactive behavior and Attention Deficit Disorder have been serious problems for children since the 1950's. Hyperactivity seems to be the expression of either hypoglycemia or food allergies or both. Attention Deficit Disorder is slow learning caused by any or all of the learning disorders. Nutritional improvement and calming herbs are the cornerstones of successful treatment in overcoming hyperactivity.

Vitamin B's, C & Bioflavonoid herbs include: Kelp & Sea vegetables, Bilberry Berries, Hawthorn Berry, Leaf & Flowers, Elder Berries, Rose Hips, Cranberry powder, Red Clover blossoms, Parsley leaf & Catnip.

Herbs for Upset Stomachs include: Catnip, Fennel Seeds, Peppermint, Lemon Balm, Ginger root, Chamomile, Spearmint, Fenugreek Seeds, Thyme & Oatstraw.

Calming, Nervine Herbs include: Wild Lettuce, Chamomile, Scullcap, Passionflower, Lemon balm, Thyme, Fennel seeds, Catnip, Fenugreek seeds & St John's Wort.

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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Paranormal Gadgets: RT-EVP

As years have gone by paranormal investigation equipment has advanced over the past few years with some breakthrough equipment. We've talked about using regular audio digital recorders to speak to the dead; we've also discussed how you can tamper with a radio to try and contact spirits as well. But there's another device on the ghost market where you can hear spirit voices in real time. It's called the RT (Real Time) EVP.

How is this different from other audio devices? It uses a playback mode, can be anywhere from 1 second to 60 seconds, and it plays back what has already been said. The theory with this is simple, ask your questions, and see if you get a response back in real time. This device is great as you can hear the responses right then and there and don't really need to worry about listening to countless hours of audio evidence. Though I do not advise this, you should always go over evidence after an investigation as you

could've missed something.

Has NEPI got any evidence from using the RT? We've only really used it at one location and that was at the Sugar Hill Inn. I discussed this in a previous article (see "Shock, Awe, and Possession"), but the short answer is no, we didn't get any evidence using it. I recently used it at my house and heard footsteps in the kitchen, which is located next to my room. There was nobody home at the time and I do have a cat, but these were human footsteps. We have a few investigations coming up in April, so I hope to really use the RT-EVP and hopefully be able to elaborate more on this device in later articles. I think it would be a very sufficient and essential device in the world of paranormal investigation very soon.

The pros of this device are many: real time answers to your questions; you get a spirit box; the newer model (2nd Generation) has a white noise amp in it (which is supposed to help spirits gain more energy); it's easy to

transfer your audio files on your computer via USB port. The only real big con I have is that the instruction manual isn't really user friendly. I follow directions harshly to begin with, but even Anthony, who's a wiz with equipment, had trouble learning the basics of it. We got it down pact now, but that's just by fiddling with it. I do highly recommend it to any aspiring ghost hunters out there. Be warned, it is pricey, unless you're stupid with your money such as I.

For more Scared Sheetless, go to scaredsheetlessncn.blogspot.com. If you think you have a spirit and want an investigation, please call my friend Anthony from NEPI at 603-444-7142. We're free of charge, compassionate, and professionals. If your residence gives us a spine tingle or two, you bet it will be on a future edition of Scared Sheetless. Also, if you want to chat with me, make sure you email me atscaredsheetlessncn@hotmail.com Thanks for reading and happy hauntings!

TRENDY TIMES STAFF

EDITOR / PUBLISHER.....GARY SCRUTON
EDITOR'S ASSISTANTJANICE SCRUTON
SALESRICHARD M. RODERICK
 GARY SCRUTON, DAVID TUCKER
GRAPHIC DESIGNJEANNE EMMONS
TRANSPORTATION
COORDINATOR.....BARBARA SMITH

DISTRIBUTION SPECIALISTAPRIL DYKE
CONTRIBUTING WRITERS.....SHEILA ASSELIN,
 MARIANNE L. KELLY, ELINOR P. MAWSON,
 MELANIE OSBORNE, ROBERT ROUDEBUSH
MOVIE SCRUTONIZERASHLEY 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
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Not all Times are Trendy but there will always be Trendy Times

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By Ronda Marsh

Scandinavian Sailor's Beef

Pretend with me for a bit: Imagine it's 150 years ago. Imagine you live in Norway, or Sweden, or Denmark. Imagine you are a sea-hardened sailor; one who fishes for a living and spends days, sometimes weeks away from home on a boat, even in the throes of winter, being tossed about in the miserable, freezing, sub-Arctic seas. Now imagine that you have returned home, and long for nothing more than your own bed and a hot, home-cooked meal that consists of anything other than the fish you've been handling for so long. Now imagine that in anticipation of your return, your industrious wife has managed to procure a piece of much-sought-after beef. It may not be a tender cut, but it is still a prize, as beef of any sort in those days and countries was scarcer than hen's teeth. As you enter your house, you are greeted by your family along with the welcoming smells of something wonderful simmering in the oven. Lucky sailor-man, you are about to indulge in a dish that will make you forget how bone-achingly tired and cold you are, together with how blessed you are to have a wife who knows how to turn a few simple ingredients into a meal fit for her returning hero!

Okay...back to the present. I first made this recipe over 25 years ago, when my

young nephew found reference to it in a book and insisted we have it for dinner. At the time, he was enthralled by anything to do with soldiers or sailors, so it was a pretty good bet that he would eat a meal if he thought a sailor liked it, too. Fortunately, we all liked it, and I keep returning to it whenever I am faced with a tougher cut of beef. It is a wonderful, all-in-one dish, made of simple things, but the best part is that the tenderizing properties of

the beer, combined with long cooking time in the oven will render any piece of beef fork-tender. I know it is unusual to cook at such a high temperature for so long, but believe me, it works.

Like that long-ago sailor, I can appreciate the simple blessing of a warm, comforting meal at the end of the day. Make this casserole, and believe me, you and your family will, too!

- 1 Tablespoon butter
- 1 Tablespoon olive oil
- 1 to 1-1/2 pounds steak
- 1/4 cup all-purpose flour
- Salt & pepper
- 1 large onion, sliced
- dried thyme
- 4 potatoes peeled & sliced into about 1/8" thick slices
- 1 (12 oz) lager-style beer (avoid using dark ales)



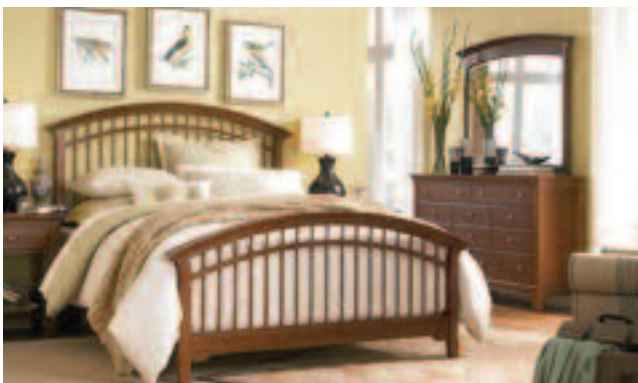
Preheat oven to 425°F. Cut beef into rather large, generous sized chunks, dry with paper towel, season with salt and pepper, then lightly dredge pieces in the flour. Heat the butter and olive oil in a skillet and brown the beef, in two batches, if necessary to avoid overcrowding. Set beef aside, and in same pan, add the onions, cooking until translucent and adding more butter, if necessary. Remove onions to a plate and add the beer the skillet, stirring to deglaze. Set aside. Lightly grease or spray an oven proof casserole dish (9X9 or similar size), and lay in a layer of about 1/3 of the sliced potatoes. Sprinkle with a little salt, pepper, and thyme. Top with 1/2 the beef, and 1/2 of the onions. Repeat layers, then top with final third of the sliced potatoes, salt, pepper, and thyme. Pour the beer mixture over the casserole, making sure the liquid is just visible; not completely covering the layers to the top. Cover casserole tightly with foil and place in oven. Cook for 2 to 3 hours, until beef is tender and some of the liquid has been absorbed. Remove casserole from oven and allow to set for about 10 minutes before serving. Serve with pickled beets or cucumbers for a traditional Scandinavian dinner.

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