

# TRENDY TIMES

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## 2013 North Haverhill Fair Entertainment

The planning for the 2013 North Haverhill Fair has been in progress for several months. Actually some of this year's acts were booked in 2011. During that time many hours have been spent making decisions about the entertainment and events for the

69th edition of this annual event.

One of the most anticipated announcements each year would be the naming of the musical artists that will perform on Thayer Stage on Friday and Saturday nights. That time has now arrived.

Friday, July 26, 2013 will feature Kristen Kelly, another in a long line of up and coming Country music artists.

The tune most will recognize from Kelly is "Ex-Old Man". Like most of her music, this was co-written by Kristen and is featured on her first solo EP from Arista Nashville. The latest track to get air play and the release of a video is "He Loves to Make Me Cry" which can be seen by clicking on the link available at the fair's website, www.nohaverhillfair.com.

Kristen Kelly is quoted as saying "Every song is a chapter in the story of my life." Indeed, her philosophy on songwriting is all about being candid – and being real. And her performance style is also heartfelt and should entertain all who attend the North Haverhill Fair Friday night concert with a show time of 8:30 PM

The second half of the Country Music lineup for this year's fair is also now set with the announcement that Greg Bates will be the featured performer on Saturday, July 27 at 8:00 PM.

Like so many of today's up and coming country artists Greg Bates is a true singer/songwriter. His upcoming album is exclusively filled with songs that he wrote or co-wrote. Those songs include his top five, and debut single "I Did It For The Girl". His latest single "Fill in the Blank" was added to more playlists the week of its release, than any other song. With this beginning and his performance at the North Haverhill Fair, he is starting to follow the footsteps of Luke Bryant, Keith Urban and Blake Shelton, all former fair performers

The story of Greg Bates is different from many in country music today. Greg actually was born and raised in Nashville. That meant that it



Greg Bates to perform Saturday, July 27 at 8:00pm

was not the glitz that brought him to country music. Instead, as he put it "The first day that I figured out that you can tell a story with three chords in three minutes and just kill somebody emotionally, I was hooked." You will also be hooked with his free concert at this year's North Haverhill Fair. Where, as always, there is no extra charge for the show once you have paid your general admission. This is due in part to the sponsorship of Woodsville Guaranty Savings Bank, and the support of Country WYKR 101.3 FM and Steenburgh Auctioneers.

Your admission to the North Haverhill Fair also gives you access to all the other great entertainment in all corners of the fairgrounds. This year's lineup includes the return of Horses, Horses, Horses. A wonderful show with many sizes and breeds doing tricks and performing for all ages. Sylvia and her Magic Trunk will also have multiple shows each day of the 69th annual North Haverhill Fair. Sylvia is a very proficient ventriloquist who has her own stock pile of helpers, plus she will usually get a helper or two from the crowd. It is certainly a show not to miss.

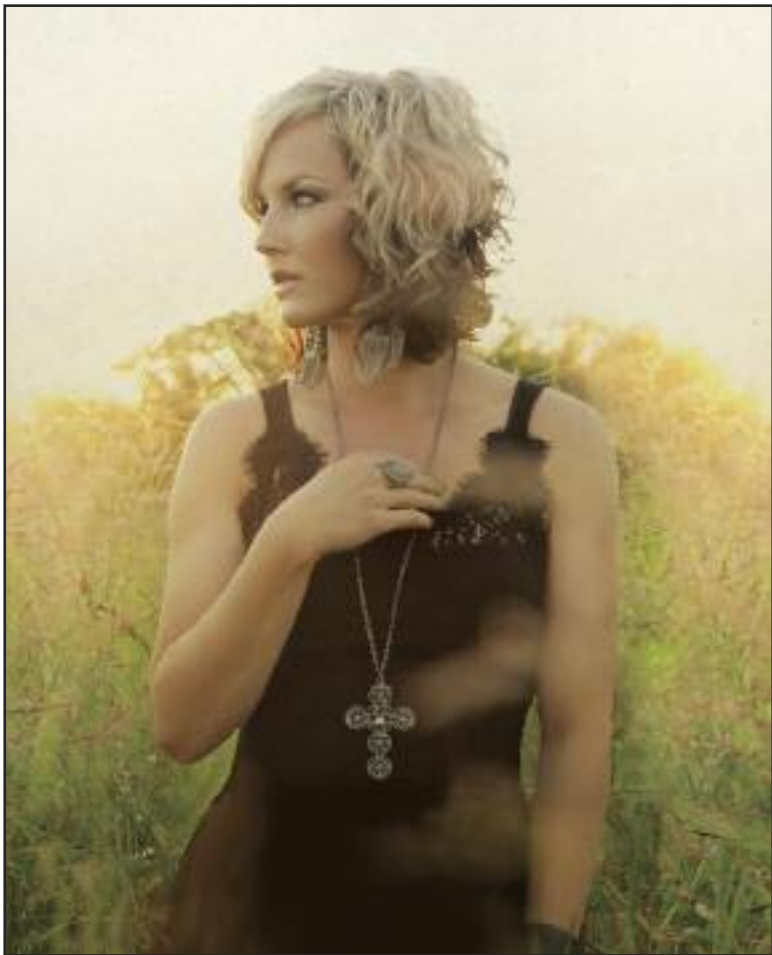
For the second year the

New York Tractor Pullers Association will pull into the pit area. With two divisions of big wheeled, power packed machines flying down the clay track the pullers make their one trip to New Hampshire during 2013 in search of points toward their year long championship. Our thanks to Sabil and Sons for being a supporter of this event.

Other returning events include Demolition Derbies on Wednesday and Friday nights, the 4x4 pull and Horse Show on Sunday, and the Kinder Woodsmen's Contest on Saturday. There will also be a new North Haverhill Idol competition (now accepting applications) on Thursday night. The antique and stock tractor pull will have the track on Saturday. And Fiesta Shows will offer ride specials on Wednesday, Thursday and Sunday. Plus there are all of the art, arts and crafts, photography, 4-H and Grange displays, and all of the regular cattle, sheep, goat and dog shows.

The Bishop Arena will again host ox pulling on Wednesday & Thursday, Ponies on Friday, and horses take over for several pulls Saturday & Sunday. The Haverhill Mini-Pullers also use the Bishop Arena on Wednesday evening to show off their modified mini-tractors.

The 2013 admission prices are the same as last year, \$10 for adults, \$5.00 for seniors on Thursday, and those 12 and under are still free.



Kristen Kelly to perform Friday, July 26 at 8:30pm

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# TRENDY Dining Guide

Welcome to the first Trendy Dining Guide. This guide has several functions. The first is to give eateries an opportunity to buy advertising space to let you, the reader, see what they have to offer. Ad space is available at special prices. Please contact Trendy Times for fur-

ther information.

The second function is to offer tips. Not to the servers who work so hard at these fine establishments, but

rather various tips to those who choose to dine out. Future articles will come from several sources including, but certainly not limited to, questions or ideas from you, the readers! Other stories may come from on line sources.

The third portion of the content of the Trendy Dining Guide will be reviews of those dining establishments that choose to advertise. As part of the advertising pro-

gram for these businesses, Trendy Times will send out one of our staff to try out a meal and let everyone know their thoughts. It should be a tasty effort.

So, again, welcome to the Trendy Dining Guide, and a special thank you to Bradford Pizza & The Happy Hour Restaurant for being the first to join us. (Your reviews will appear later this month.)

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## Acting Classes For All Ages

Acting for Adults - 2:00-4:00pm (Saturdays April 20th-May 11th). For those who love theatre and may have done a few plays, but kind of went with the flow and would like to know more about acting. This class will include monologue and scene work. Meets 2 hours 1 day a week for 4 Weeks - \$50

Acting for Teens - 10:00am-12:00pm (Saturdays April 20th-May 11th). For those between 12 and 18 new to theatre and would like to know more about acting. This class will include monologue and scene work. Meets 2 hours 1 day a week for 4 Weeks - \$50. This may work in conjunction with our Jean's Teens Program.

Acting for Kids - 12:00-1:00pm (Saturdays April 20th-May 11th). For those kids that love to perform and sing and

want to be a star. This class will focus on theatre games and character development. Meets 1 hour 1 day a week for 4 Weeks - \$50

Improvisation for Adults - 4:00-6:00pm (Saturdays April 20-May 11th). Want to be one of the performers on the Jean's Playhouse stage in Adventure Improv? This class will give you the skills to become an Adventure Improv Company Member. Theater games are taught and played as well as basic improvisational technique. Meets 2 hours 1 day a week for 4 Weeks - \$50

FREE Open House on Sunday, May 12th 12:00-1:00 pm to showcase all students' work!

North Country Center for the Arts - PO BO 1060, Lincoln, NH, 03251, 603-745-2141

## The Wedding Day

By Elinor P. Mawson

chapel in the world--it held 12 people and was built on the edge of a pond and waterfall., Needless to say, they didn't invite anyone not in the family, but not everyone fit.

June 14, Gordon's birthday dawned with pouring rain, which would last through the ceremony and wedding breakfast. Lois' mother didn't attend the nuptials, but stayed home cooking for the reception. After all, she had her priorities.

When it was time to go on their honeymoon, the couple had made some very odd plans. Gordon's Model A was being worked on, and the only way they could get to their destination was to bum a ride from Gordon's father. They were going to a family camp in the White Mountains. So Gordon and his father sat in the front of the father's car, and Lois, a week's groceries and their suitcases sat in the back. When they got to the camp, Gordon's father took off for home, Gordon found his fishing pole and dug some worms and went off to the river to fish. He had his priorities too.

Lois took one look at the inside of the camp and changed her clothes. Then she found a pail and filled it

with water from the brook and built a fire in the woodstove. She heated the water and started to clean. What a mess! There were cobwebs, dust, mouse droppings that had to be dealt with, to say nothing about the accumulated dirt from the past winter. She spent most of the afternoon cleaning and sweeping.

When she needed the outhouse, she followed a path through the woods to a small building situated on a rise. Imagine her surprise when she opened the door and found herself outdoors--there was no back wall. She was glad she was in the middle of nowhere.

Gordon finally showed up, and they cleaned the trout he had caught and ate it for supper

In her diary for June 14, she wrote, "Gordon and I got married today."

In due time, the father came back and brought them home. The Model- A had been fixed, and they loaded it full of wedding presents, linens and clothes and started for Connecticut where they would live until just after December 7, 1941.

In case you are wondering how I know this story, Gordon and Lois were my parents.

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# Just Call Me Oldman

By Robert Roudebush

The old guy across the table from me was on his 8th glass of wine and I was still nursing my second. I swirled it, watching the deep rich red dance in the candlelight and asked, "Old man, sure like your wine don't you?"

"Always have. Been drinking it from the first"

With that, he finished his glass of Pinot Noir and held up his empty glass up for another, grinning at the footsore waiter – the poor fellow got the message and murmured to the bartender. I asked, "How can you drink so much and still sit there and talk like you're not drunk?"

"Know how to hold my liquor – been practicing for many years."

"How many years?"

"Lots. More than you."

"Just how old are you?"

"Old enough to tell you the truth or lie to you without you knowing the difference. I'm a better liar than most politicians because I've had more years to practice".

I chuckled at that. "How many more years?" This question from me, a man who would not see 69 again. I'd been wishing for a while that I'd ordered our wine by the bottle, not by the glass, but I'd suggested it a couple hours ago and the old man had just smiled and said he was so old, he didn't know if he'd live long enough to finish the whole bottle. Hah. My bar bill was building fast. "Tell me how old you really are."

"How old do you think?"

"Hell, you could pass for about a hundred and ten or twenty easy."

He grinned and blushed, embarrassed, actually taking it as a compliment. He

sucked his new glass down, waved for another, number 10 I think, but who was counting, and asked me, "Any other questions?"

"Yeagh, I've got another. How old are you?"

"Old enough so I've got to pay in advance for a three-minute egg."

"Heard that one."

"Old enough that my social security number is 7."

"You telling me there are 6 people older than you?"

"No, no one older, I just had to wait in line."

"That one's good. So, how old, truth now."

"So old I whispered in Edison's ear that it would be cool if photographs could move. He was already pretty bright before I met him though. I told Lincoln to stay home that night and not go to the theatre. But he was stubborn - plus Mary was hot for an actor in the play."

"So you advised Edison, and tried to save the President. That goes back. Lying to me now?"

"Too old for you to tell. I convinced a man named Joseph Lister and one named Will Henry to use boiling water to kill the germs on surgical instruments or to spray carbolic acid into the air around operations to achieve antiseptic surgery."

"I never heard of Lister or Henry"

"Sure you have. Remember Listerine? You didn't meet 'em, though, I did. I'm the one convinced Jefferson to quit just discussing Independence and to sit and write the damn thing down on paper. He was good with words. I warned Washington he was going to need a boat for the river crossing. I told Franklin to go fly a kite."

"So you pointed the way to germ-killing sanitary practices, helped create the founding of our country and directed the way to electricity. That is old. Those were all good calls."

"I've made a few bad ones too – I kept telling Napoleon France needed an emperor again - but we're not going to talk about the others. I did suggest to the other Louis we should be heating the milk supply to slow microbial growth. And I persuaded Columbus he'd need three small ships, not one, and to keep sailing West, no matter how flat the world was supposed to be. Before that, I advised surgeon-barbers to dip their cutting tools into hot water between uses. Been working on the medical issues for centuries"

"Getting harder to believe. So besides helping discover the new world you were aware of bacteria and infection -. How'd you get that bright idea?"

"Took me a long time to figure it out. Back in the fourteenth century England, I showed the cathedral/hospital nursing nuns, Benedictines, that they could slow the plague by breathing through linen face cloths and washing their hands in vinegar and water, and that they could clean wounds with warm wine, even watered ale. Nobody would buy the hot water routine in those days. That's the first time I really got into wine, from Gascony then – we call that area Bordeaux, France now. That wine-making area belonged to the English for hundreds of years you know."

"You talk like a wine-

maker or a Doctor. Ever think about becoming one?"

"I am one, Doctor of Medicine, six times now. Graduated medical schools several times. Once in each of the last six centuries. I was almost always the smartest pupil in my graduating class after that first degree at Oxford."

"OK. So you know your history and you appear to be well-traveled. You lived during the plague and didn't catch it?" By this time, I'd ordered and drunk my third glass. When in doubt, drink more wine.

"I did catch it and almost died. Caught it once and beat it. Lived through 4 waves of it.. Became immune. Didn't know that word, didn't know why then, just knew I never caught it a second time. Don't look at me that way - You asked me how old I was. You really have no idea. I don't "know" my history, I lived it. Talk about old. I'm the one who kept chipping away; at a small square block of stone, knocking the corners off till it rolled."

I took another sip of disbelief serum. "Invented the wheel. Um hmm. How'd you get THAT idea?"

"Saw a log rolling down a hill, Coming up with the working axel was a bitch I'll admit. I'm also the guy who dropped a small piece of flint

onto a larger one and saw a spark fly into a pile of dry leaves and got burned trying to lick the flames."

"So you discovered fire?"

"Been around a while. Wanna talk about some age? I'm the guy who picked my front feet off the ground and began walking around on my back legs, standing upright."

"So you learned to walk. Big deal. We all do at some point."

"Yeagh, but. I became the first bi-pedal humanoid. We didn't use that phrase then – didn't use words at all really. Did quite a bit of grunting and screaming. And howling."

That's when I howled out loud with laughter. I decided I'd pay the wine tab and leave a big tip without complaint. We each ordered another glass. True or not, it was all a good story and a good story and some wine is always worth while. The old guy wasn't through yet. He told me, "Since I began walking, been through hundreds of thousands of pairs of shoes, all kinds. Don't even know how many but my wife keeps track."

"Your wife? How old is she?"

"You ask her. She won't tell me. All I can tell you is I've always liked older women."

## THANK YOU!

To the voters of Haverhill for your support in the recent election. I'll try to be worthy of your trust.

Robert Roudebush

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# CSI HAVERHILL: Crime And Punishment In The 19th Century Connecticut Valley

Join us on Sunday, April 14 at 2:00PM on Court Street in Haverhill, NH as Dane Morrison clues us in to what the local folks were up to in the 1800s.

In May 1868, residents of Haverhill rioted after they were deprived of viewing the public execution of the notorious ax murderer Samuel Mills. The old brick jail on Court Street had been the scene of a host of such grisly spectacles, and the townfolk of the Connecticut Valley expected to be entertained by tales of scandalous crime and public punishment. We will look at some of the most notorious crimes in the North Country of the 19th century, including the "Franconia Murderer" Samuel Mills, the

"Shocking Murders" of Bloody Josiah Burnham, and the "horrible affair" of the Rev. Enos Dudley, who strangled his wife during a winter sleigh ride.

Dane A. Morrison is Professor of Early American History at Salem State University and a past President of the New England Regional World History Association. He taught American History at Boston University and Tufts University before moving to Salem State in 1993. His tenure at Salem State has included serving as chair of the History Department and Coordinator of the American Studies Program. He is currently president of the New England Regional World History Association and on the

board of the New England Historical Association. His current research is on American voyages to the East Indies following the War for Independence, in which he examines, particularly, how representations of that experience in the public sphere contributed to the construction of an American national identity.

Court Street Arts at Alumni Hall, 75 Court Street, Haverhill, NH. Admission is free.

Thank you to the Haverhill Historical Society (haverhillhistoricalsociety.blogspot.com) and the Haverhill/Newbury 250th Anniversary Committee for sponsoring this event.

[www.celebrate250.org](http://www.celebrate250.org)

## Sign Up For NIXLE

### Stay In Touch With The Haverhill Police Department

Nixle is a free community information service for which you can sign up to receive important communications from the Haverhill Police Department via cell phone, computer, and other elec-

tronic devices.

There are two types of messages: Alerts which indicate an emergency situation (situations that pose immediate danger) and Advisories which indicate less urgent,

but information that would be important for you.

For more information and to register, please log on to [www.nixle.com](http://www.nixle.com)

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**"Wit and Wisdom in the 19th Century"**  
 Sunday, April 7 at 7:00 PM  
 Wells River Congregational Church, UCC

Whatever did New Englanders do on long winter evenings before cable, satellite and the internet? Find out with storyteller & historian Jo Radner.

Following Ms. Radner's presentation  
 Bruce Stevens will give an organ concert from 8- 8:30PM.  
 At 8:30 Ms. Radner will be available for questions and refreshments will be provided by the WRCC-UCC women's fellowship. Admission is free.

Sponsored by the Wells River Action Program and the Haverhill/Newbury Committee [www.celebrate250.org](http://www.celebrate250.org)

**CSI Haverhill:**  
**Crime and Punishment in the 19th-Century Connecticut Valley**  
 Sunday, April 14 at 2:00PM  
 Court Street Arts at Alumni Hall, 75 Court Street, Haverhill, NH

In May 1868, residents of Haverhill rioted after they were deprived of viewing the public execution of the notorious ax murderer Samuel Mills. Salem State University Professor of Early American History Dane Morrison will share some of the most notorious crimes in the North Country of the 19th century.

Sponsored by the Haverhill Historical Society ([haverhillhistoricalsociety.blogspot.com](http://haverhillhistoricalsociety.blogspot.com)) and the Haverhill/Newbury 250th Anniversary Committee ([www.celebrate250.org](http://www.celebrate250.org))

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# A Farm Legacy Protected In Bradford

BRADFORD, VT— The Cook Farm, located just north of town along Upper Plain Rd, in Bradford, VT, has been a labor of love for David and Amy Cook for the past 15 years. Now quite a diverse agricultural operation, the Cook Farm currently includes goats, pigs, chickens, vegetables. Dave and Amy have acquired this 70+ acre farm in phases, beginning in the summer of 1997 they rented 1.6± acres, which included the house and barns and a bit of the adjacent farmland. At that time, the rest of the surrounding farmland was rented to local farmers. Easing into small scale farming, they began by raising livestock including sheep and heifers. Amy was also beginning her veterinary career at the time. By 1999, they were able to purchase the 1.6± acres and immediately began

making improvements to the existing structures on this small parcel; finally, in 2003 they purchased the surrounding 70± acres.

Through the process of conserving this property, the Cooks learned that their land has been farmed, more or less in its current configuration, at least since the early 1800's back to John H. Sawyer who was likely of the Sawyer Family for whom Sawyer's Ledges and Sawyer's Cemetery is named. Close to a third of the Cook's land is farmland and most of the other two thirds of the property is forested containing signs of many species including deer, grey fox, black bear, bob cats, and turkeys.

On Friday March 22, 2013, Dave and Amy signed the conservation easement documents with the Upper

Valley Land Trust which permanently protect their land and its farming legacy. The Cooks will continue to grow and develop their farm products including plans for ongoing work to improve the fertility and productivity of the fields to support more animals as well as a focus on the long-term, sustainable growth of the forest. Currently, Amy is working on breeding a highly disease resistant and robust meat goat as well as plans for future dairy goats and Dave is interested in doing more with fruits and vegetables. Their long term goal is to produce all of the family's food on their 70-acre farm. Amy has also made goat's milk soap and their surplus veggies have been sold at local farmer's markets. Their meat is available seasonally.

This project was sup-



ported by the Vermont Housing and Conservation Board (VHCB) and the Natural Resource Conservation Service (NRCS) of Vermont. In addition, an Option to Purchase at Agricultural Value (OPAV) is held by the Vermont Land Trust (VLT), the Vermont Housing and Conservation Board (VHCB), and the Vermont Agency of Agriculture, Food, and Markets, (VAAF). The Bradford Conservation Commission paid for half of the Cook's conservation easement appraisal through their Conservation Fund. The goal and intention is that the farmland

always be available and affordable for farming.

The Upper Valley Land Trust works to protect farmland, forest, water resources, wildlife habitat, trails and scenic areas that are vital to the character of the Vermont and New Hampshire communities of the Upper Valley. Founded in 1985, the Upper Valley Land Trust is a non-profit organization supported primarily by local contributors. For more information please visit [www.uvlt.org](http://www.uvlt.org) or contact Upper Valley Land Trust at 603-643-6626 or [contactus@uvlt.org](mailto:contactus@uvlt.org).

## Upper Valley Naturalist Training Registration Now Open

The Upper Valley Land Trust and Hulbert Outdoor Center are sponsoring an Upper Valley Naturalist Training from April 23-May 19, 2013.

The Upper Valley Naturalist Training program is an in-depth introduction to the ecosystems and wildlife found in the Upper Valley region of Vermont and New Hampshire. The training is designed to be accessible for the beginning naturalist, but also of interest to more seasoned naturalists, particularly those looking for a way

to share their knowledge with the larger community.

The training will include 4 evening classroom presentations and 4 weekend field sessions. Topics will be presented by local experts and include geology, plant communities, wetland ecology, birds, interpretive techniques and more. Space is limited, so interested participants should register early.

For more information and the training schedule, visit [www.uvlt.org](http://www.uvlt.org) or call 603-643-6626



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# 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, APRIL 2

**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, APRIL 3

**3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING**  
8:00 AM  
Woodsville Guaranty Savings Bank, Woodsville

## WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building

## SATURDAY, APRIL 6

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

## PENNY SOCIAL

1:00 PM Doors Open  
2:00 PM Drawing  
Haverhill Municipal Building, North Haverhill  
*See ad on page 7*

## VEGAN COOKING CLASS AND DINNER

2:00 PM – 5:00 PM  
Center For Collaborative Energies, Littleton

## SUNDAY, APRIL 7

**FIDO'S FEAST**  
2:00 PM – 5:00 PM  
Chef Joe's, Main Street, Franconia  
*See article on page 15*

## VARIETY SHOW

3:00 PM  
Presbyterian Church, East Topsham

## WIT & WISDOM BY JO RADNER

7:30 PM  
Wells River Congregational Church  
*See ad on page 4*

## MONDAY, APRIL 8

**DINNER OUT - BOYS & GIRLS CLUB OF THE NORTH COUNTRY**  
5:00 PM – 9:00 PM  
The Little Grille, Littleton

## 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

## WEDNESDAY, APRIL 10

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

## FRIDAY, APRIL 12

**NEK CHAMBER ANNUAL MEETING**  
12:00 Noon  
Lyndon State College  
*See article on page 11*

## DRUM CIRCLE

7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia

## SATURDAY, APRIL 13

**BACK ROOM YARD SALE**  
1078 Snake Road, Newbury

## ACCOUSTIC MUSIC JAM

1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## SUNDAY, APRIL 14

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

## CSI HAVERHILL

2:00 PM  
Alumni Hall, Court Street, Haverhill  
*See ad and article on page 4*

## TUESDAY, APRIL 16

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

## THURSDAY, APRIL 18

**VFW POST #5245 MONTHLY MEETING**  
7:00 PM  
VFW Hall, North Haverhill

## SATURDAY, APRIL 20

**ACTING CLASSES FOR ALL AGES**  
Various Times Depending On Age  
North Country Center For The Arts, Lincoln  
*See article on page 2*

## MONDAY, APRIL 22

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

## TUESDAY, APRIL 23

**PRESIDENT LINCOLN DISCUSSION**  
7:00 PM  
Baldwin Memorial Library, Wells River

## FRIDAY, APRIL 26

**DRUM CIRCLE**  
7:00 PM – 9:00 PM  
Neskaya Movement Arts Center  
1643 Profile Road (Route 18), Franconia

## SATURDAY, APRIL 27

**FLEA MARKET**  
9:00 AM – 12:00 Noon  
Peacham Church

## SUNDAY, APRIL 28

**ACCOUSTIC MUSIC JAM**  
1:00 PM – 5:00 PM  
Clifford Memorial Building, Woodsville

## TUESDAY, APRIL 30

**EXTREME COUPONING & GROCERY WORKSHOP**  
4:00 PM – 7:00 PM  
Woodsville Elementary School  
*See ad on page 16*

**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, April 11 for our April 16th issue.**



# Free Programs At Baldwin Memorial Library

Tenney Memorial Library, on Main Street in Wells River, is holding the following programs, free and open to the public.

## "Devil Dogs Chronicle" By GEORGE B. CLARK Sunday, April 7 ~ 2:00PM

George B. Clark, a former Marine and expert on Marine Corps history, here draws upon memoirs, diaries, letters, and post-war interviews, most of which have not been seen since the war ended, to create chorus of voices chronicling the 4th Brigade's experiences.

He joined the Marines fresh out of high school in 1944 and is the author or editor of nearly a dozen books including Devil Dogs: Fighting Marines of World War I; Battle History or the U.S.

Marine Corps, 1775-1945; with the old Corps in Nicaragua; and The Second Infantry Division in World War I.

"Sleepwalking & Other Circumstances"

## Art Show by Darri Colton Opening reception, Sunday, April 28, 2:00-4:00 PM

Darri Colton has a background in theater art. She studied with Uta Hagen at HB studio in New York. She then founded her own theater company in Burlington VT. She has performed internationally and in film but mostly worked in theater. In a former life she was a teacher for many years.

This collection will be on display April 28 through May 18. Please spread the word. We hope to fill the library!

HAPPY SPRING!

# Upcoming Programs At The Groton Free Public Library

Beginner Spanish: EVERY Tuesday, 5:30-6:30pm. 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!

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

(For Kids) SAM: Peep Art! Saturday, April 13, 10:30-11:30am. Every wonder what to do with those leftover "peeps?" Preschoolers and elementary schoolers are invited to enjoy spring-themed read-aloud stories along with a craft and a snack. SAM (Stories and More) takes place on the 2nd Saturday of every month.

Join a Book Club! 3rd or

4th Monday of EVERY month. Looking for something new to do in the NEK? We have two book groups that meet on a monthly basis, both for teens and for adults. Take a break from the everyday, explore some different authors, and enjoy a night on the town! Books are often available in both e-reader and hard copy formats.

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 for special projects such as light carpentry, craft preparation, front desk help, and general organizing.

Interested in donating? We are looking for donations of children's stickers, bookshelves, hand puppets, board games, and a digital camera.

Open Hours: Mon 2:30-7pm, Wed 10am-4pm, Fri 2:30-7pm, Sat 10am-12pm.

Visit us on Facebook: www.facebook.com/Groton-FreePublicLibrary

Anne Hatch  
Director/Librarian  
Groton Free Public Library  
1304 Scott Highway  
Groton, VT 05046  
802.584.3358




## Penny Social

**Saturday, April 6  
Haverhill Municipal Building  
Doors open @ 1:00 PM  
Drawings start at 2:00 PM**

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**WOODSVILLE HEAD START IS NOW ACCEPTING APPLICATIONS FOR THE 2013/2014 SCHOOL YEAR**



Woodsville Headstart is a federally funded, comprehensive family development free program serving income eligible families with children between the ages of three and five. In Woodsville we offer a combo based program, which the children attend three days per week, four hours per day. Children receive individualized instruction, health, dental, vision, hearing, and developmental screenings, as well as the opportunity to socialize in a preschool environment with other children. Children also receive free breakfast and lunch. Families are offered opportunities through out the year such as parent group meetings, parent trainings, and family support through home visits. Anyone with a child age three to five, or who will soon be turning three, and would like more information please call the Woodsville Headstart at 747-4186 to schedule an appointment for an application.

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Orford, Councilor Ray Burton (center) visited the Mt Cube Maple Sugar open House on Maple Sugar Week-end and is shown here with three generations of Maple Sugar Makers.

L-R Peter Thomson, his son Simon Thomson and Grandson Hollis Thomson. "The Mt Cube maple sugar operation is a part of the NH Maple sugar Produces Ass'n which stated this year NH Maple Producers will produce about 96,000 gallons' of Maple Syrup economically benefitting the NH economy some 6 Million dollars throughout the year" Burton stated.

# International 500 Reaches Record \$140,000 Purse

Waterbury, VT – American Canadian Tour officials have announced that the Inaugural ACT International 500 to be held at Airborne Speedway on the weekend of

July 20/21 will exceed a total purse of \$140,000, making it the richest event in ACT's 28-year history.

Airborne Speedway Promoter Mike Perrotte can't wait

to get the weekend started.

"I'm extremely excited to have a race of this magnitude here. It will be without a doubt the biggest event ever held at Airborne Speedway," said Perrotte. "It's a big boost to our community. Fans from all over will get to watch more than 500 laps of exciting short track racing from teams all over New England, New York, Rhode Island, Quebec and Ontario. It's going to be a huge event."

American Canadian Tour teams on both sides of the border are fired up for a chance at the enormous payday. 8-time American Canadian Tour Champion Brian Hoar and his team see it as a shot at history.

"I love the long distance races, they really suit my style," said Hoar. "I don't change my goals week to week whether it's point racing or not. We will definitely be going for it. I've had a lot of success at Airborne over the years; I really love it there. Hopefully we can tune it right, lead a lot of laps, and lead the most important one too," he finished.

Runner-up on the Série ACT Castrol Jean-Francois Dery expects to fly the Canadian flag high at the summer's marquee event.

"I am most excited about the International 500 this season," said Dery. "Without hesitation, the International 500 is the race of the year!"

The Inaugural ACT International 500 will roll off on the weekend of July 20/21.

For additional information head to [www.acttour.com](http://www.acttour.com), call the ACT Office at (802) 244-6963, or email us at [media@acttour.com](mailto:media@acttour.com)



Eight-time ACT Champion Brian Hoar will look to put his #37VT Dodge in the winner's circle in the Inaugural International 500 at Airborne Speedway on July 20/21. (Photo Credit: Leif Tillotson)



Jessica Bowman (l) and Laura Irwin (r), served as Senate Pages in Concord last week. They are both students at Woodsville High School and they did an outstanding job as our Senate Pages.

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# Grafton County Teen Chosen To Represent New Hampshire

By Kathy Jablonski, Field Specialist, Youth and Family

Madeline Flynn, 15, of North Haverhill was chosen from a field of over 30 New Hampshire 4-H applicants to attend the National 4-H Conference in Washington D.C. the week of April 6, 2013.

National 4-H Conference is an opportunity for the youth representing New Hampshire to meet with their Congressional delegation, tour the nation's capital and work together to promote solutions to issues affecting youth.

In her interview, Madeline stated she "... believes it is important to address the issue of healthy living/eating for youth." Flynn feels another important avenue for youth is to get involved in community service with food banks, homeless shelters and senior centers. Madeline shared with the interviewing judges her desire to educate people on the dangers of unsafe driving practices including texting, driving tired, and talking on the phone. When given the chance, she hopes to express these opinions to our delegation and hope they will hear the voice of teens from New Hampshire as they work on legislation that affects youth and youth issues.

Madeline is the daughter of Mr. and Mrs. John Flynn of North Haverhill, is home schooled and a member of the Bob-O-Link 4-H, Grafton County 4-H Teen and Rocking Horse 4-H Clubs. In addition, Madeline plays in the Woodsville band.

Other Grafton County youth participating in the national awards process were Grace Flynn and Catherine Flynn, sisters of Madeline. Catherine was named an alternate for National Conference. They, too, are members of the Bob-O-Link 4-H Club, and the Grafton County 4-H Teen Club, and play in the Woodsville High School band. All three young ladies will receive State Achievement Awards at New Hampshire State 4-H Activities Day, June 1, 2013, held at the University of New Hampshire, Durham campus.

Mrs. Donna Lee, Program Coordinator for 4-H and Master Gardeners in Grafton County, will chaperone the 2013 National 4-H Conference.

For more information about 4-H in Grafton County, contact the UNH Cooperative Extension office at 603-787-6944 or



emailDonna.Lee@unh.edu.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer.

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There was a celebration of North Country agriculture with the kick off of the North Country Farmers Co-op incorporation meeting that was held Sunday in Whitefield. From the left is Brendan Whittaker, Brunswick, Vt; NH Commissioner of Agriculture Lorraine Merrill; Rep. Rebecca Brown, Sugar Hill; Co-op organizer Julie Moran, of Colebrook; Margaret Gale, of Bethlehem; Sen. Jeff Woodburn; David Van Houten, of Bethlehem and Tim Wennrich, of Meadowstone Farm in Bethlehem. Courtesy Photo.

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**NORTH HAVERHILL, NH** - Words can not describe the views of the mountains and farms from this home. Two acre Ranch with a spacious Living Room, open concept kitchen with appliances and Dining Area. Slides to dock, Den could be a 3rd Bedroom, full basement, 2 car detached garage. Over 1000 sq. ft. of Living Area. \$109,500.

**NORTH HAVERHILL, NH** - New Listing - Enjoy this 2737 sq. ft. Ranch with an 8 ft. in ground pool and spa. Features 9 Rooms, 3 Bedrooms and 3 Baths. Living Room, formal Dining Room, Large Master Bedroom, 2 Fireplaces, Italian tile and hardwood floors, finished walk-out basement. Two of the bedrooms are in the basement along with a den. \$217,500.

**LISBON, NH** - New Listing - New Englander with the old fashion front porch. Room for the whole family and have the opportunity to operate a business from this location. Features- 10 Rooms, 4 Bedrooms, 1 1/2 Baths. Wonderful front entry leads to an oversized Living Room with fireplace bright and airy. Formal Dining Room, Kitchen with pantry, den or office off kitchen, sitting room on 2nd floor, lavish maple rock floors, 3 bay garage with overhead storage, paved driveway, public sewer and water. Move in condition. \$159,900.

**NEWBURY, VT** - Possible views of the White Mountains & Southern Exposure make this 1.5 Acre lot so attractive. Lot has a septic plan & driveway permit. Power pole nearby. Good location for a mobile home or have a home built. \$15,500.

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# LSC President Joe Bertolino Will Outline Priorities In Region At NEK Chamber Annual Meeting

NORTHEAST KINGDOM – Lyndon State President Joe Bertolino will be the featured guest speaker at the Northeast Kingdom Chamber of Commerce Annual Meeting on Friday, April 12, at 12 noon, at Lyndon State College. The meeting is open to chamber members and the general public.

Dr. Bertolino recently began his new appointment as the 15th President of Lyndon State College in Lyndon Center. Prior to his arrival at LSC, Bertolino served as vice president for Enrollment Management and Student Affairs and associate professor of Student Personnel at Queens College/City University of New York from 2004-2012. Bertolino also served as the dean for Community Development at Barnard College of Columbia University and has worked in the New Jersey and Pennsylvania state higher education systems and the SUNY system. During 2010-2011, he served as a Fellow with the American Council on Education at the University of Houston System and at the University of Texas at Brownsville.

President Bertolino is expected to talk about the important role his college plays in the economy of the region and the training of area employees. Also scheduled at the April 12 annual meeting is approval of the chamber's board of trustees and the awarding of the Kingdom Recognition and Improvement honors.

Businesses receiving recognition awards are Artistic Gardens, St. Johnsbury; Burke Mountain/Jay Peak, East Burke and Jay; Cata-mont Arts, St. Johnsbury; Caledonian-Record, St. Johnsbury; Celtic Marketing Food Brokers, St. Johnsbury; Fairbanks Scales, St. Johnsbury; Northern Physical Therapy, Lyndonville; Sawyer Ritchie Agency, Danville; and Weidmann, St. Johnsbury.

Those receiving improvement awards are Comfort Inn & Suites, St. Johnsbury; Mayo's Furniture & Floor Covering, St. Johnsbury; Mayo's Paint, St. Johnsbury; Moose River Campground, East St. Johnsbury; NEK Adventures, St. Johnsbury Center; Natural Provisions, St. Johnsbury; Northern Communities Health Care, St. Johnsbury; and United Christian Academy, Newport.

Newport resident David H. French, from Worksite So-

lutions, is set to win the Ken Clow Memorial Trustee Award, honoring a current trustee who best embodies the hard work and commitment to the chamber of the late Ken Clow.

The cost of the luncheon is \$21, and reservations are required. It will be held in Lyndon State's Academic and Student Activity Center, right in front of the Vail Center building. For details or to make reservations, contact the Northeast Kingdom Chamber at 802-748-3678 or nekinfo@nekchamber.com. Spaces to the meeting are limited.



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# Time For Gen-Xers To Put IRAs To Work

If you're a "Gen-Xer," born between 1965 and 1980, you've still got many years to go until you retire. At this stage of your life, what can you do to help build resources for the retirement lifestyle you've envisioned?

Besides having time on your side, you've got another key advantage in saving for retirement — specifically, you probably haven't reached your peak earning years. This helps you in at least two ways. First, of course, it means you should be able to increase your retirement savings in the future. And second, it might mean you're still eligible to contribute to one of the most effective retirement accounts available — the Roth IRA.

When you invest in a Roth IRA, your earnings are distributed tax free, provided you've had your account at least five years

\$112,000. Above this amount, your contribution limit will be gradually reduced, and if your MAGI reaches \$127,000, you won't be able to contribute at all. If you're married filing jointly, the lower limit is \$178,000 and the cutoff amount is \$188,000.

Of course, if you have to consider these income limits, you're making a reasonably good living, and you may well be on a career path that will take you to even greater earnings — which is why you should think about putting in as much as possible to a Roth IRA while you're eligible.

If your earnings are already over the limit for the Roth IRA, you can still contribute to a traditional IRA. Your contributions can grow tax deferred, which means your money can accumulate faster than it would on an account on which you paid taxes every single year. Taxes are due upon withdrawal, and withdrawals prior to age 59½ may be subject to a 10% IRS penalty.

But what if your income level is such that you could contribute to either a Roth

IRA or a traditional IRA? Which one should you choose?

There's no "right" answer for everyone. On the one hand, the Roth's tax-free distributions may be more attractive to you than the tax-deferred growth potential of a traditional IRA if you expect your tax rate to be higher in the future. However, depending on your income level and whether you have access to a 401(k) or other retirement plan at work, your traditional IRA contributions may be fully or partially tax-deductible. But these types of calculations are not easy, so before making the traditional-or-Roth choice, you'll need to consult with your tax advisor.

In any case, now is the time to capitalize on your Gen-X status and use the years ahead to invest consistently in an IRA and other tax-advantaged retirement accounts. As an investor, time is your greatest ally — so take advantage of it.

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

## How You Can Stop The Gas/Diesel Tax In NH

It's simple, sign the Americans for Prosperity New Hampshire (AFP-NH) petition. Just go to our website at [www.stopnhgastax.com](http://www.stopnhgastax.com).

This will take less than two minutes and as the Honorary Chair of AFP-NH, I encourage each and every hard working New Hampshire citizen to sign the Gas/Diesel Tax Petition today and then forward this website to all your family members, neighbors and friends and encourage them to sign and pass it on.

In March of 2009 the NH Democrats who held control of the Legislature tried to pass a Gas/Diesel Tax. Now three years later in a continued recession with the Democrats again in power they are back trying to saddle our citizens once again with the largest Gas/Diesel Tax ever. If HB 617 passes, which Rep. David Campbell (D) of Nashua is the key sponsor of, it will lead to a 15 cent jump per gallon or an in-

crease of 83% in the Gas/Diesel Tax.

If the current New Hampshire Gas/Diesel Tax, which already is 18 cents per gallon, was used 100% for our roads and bridges we would not be discussing this issue today. What has happened over the years is simply a diversion of the Gas/Diesel Tax funds for other programs.

Since Rep. Campbell first introduced the Gas/Diesel Tax in early 2009 (which was defeated), gas and diesel prices have doubled, and now in 2013 he would like to add additional pain at the pump by increasing the tax by a whopping 83%.

For businesses that depend on diesel to operate their large trucks hauling all kinds of products and produce such as forest, farm, home heating oil and groceries just to name a few, they will see additional cost if HB 617 passes. Some truckers could see up to 15

dollars a day increase per truck which will have to be passed on to you the consumer.

Remember everything we consume moves on diesel, sometimes as many as four to five times during processing before we the consumer purchase the item.

In my recent testimony opposing HB 617 I said, "The prospect facing New Hampshire families is not only will it cost them more to fill up their tank to drive to the store, but when they get there, everything they need to purchase will be more expensive as well." This is not the time to be raising any tax on our citizens.

You can help stop the Gas/Diesel Tax by signing the petition on our website, [www.stopnhgastax.com](http://www.stopnhgastax.com). Please do it today and ask others to do the same; you'll be glad you did.

Tom Thomson  
AFP-NH Honorary Chairman  
Orford, NH



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## Letter To The Editor

Recently, I was excited about experiencing a dog sled ride. Since, I've been waiting a couple of years.

I went in Jefferson, NH. It was for 48 min. and my expectation was down the drain. I felt so bad, for all the dogs. They were on a rather short chain, names on the wooden dog houses. All are rescue. There was blood on the snow. Some dogs had sores on their body. They looked like they needed medical attention. Dogs were in stress, the entire time I was there. Just to think - 24/7 is not the way to live.

Those who are considering doing this. I wouldn't encourage spending a lot of \$. Who knows, if the dogs are properly watered and fed. The Dog Sled company made it sound great. It wasn't.

If you think world wide it isn't a problem. Think again - Musher and Dog Sled company should have compassion for animals instead of being cruel.

We need to get educated on this outside entertainment. Get the Humane Authorities involved. Also our Representative and learn to save unwanted dogs. I did my research and wanted to share more information.

Try to imagine living your entire life in a 6-foot patch of dirt amid your own urine and feces. Unthinkable, right? Not for the dogs used in sledding operations, who often spend their days and nights in those very conditions. Sled dogs' lives consist of two extremes: When they are not tethered to plastic doghouses or ramshackle sheds on short chains, they are pulling heavy loads at high speeds, often in extreme weather conditions.

Many dog-sledding operators unashamedly admit that they view the dogs as little more than

disposable "equipment," and the animals are often denied adequate food, shelter, veterinary care, and even humane euthanasia. The following are just a few examples:

In April 2010, 100 dogs had their throats slit or were shot when a sled operator no longer needed them.

In 2009, 100 dogs were found emaciated, chained and near-death in Quebec and three dead sled dogs were found chained to stakes and frozen to the ground in the Northwest Territory.

In May 2008, Krabloonik Kennels in Colorado—the largest dog-sledding operation in the continental U.S.—was cited by state authorities for 10 violations of state law stemming from the conditions in which its 260-plus sled dogs are fed, cared for, and tethered. This failed inspection does not subject Krabloonik to loss or suspension of its license and called for a fine of \$500, which the state does not require to be paid.

In 2005, Krabloonik generated considerable public outcry when its manager admitted that dogs who didn't "work out" were killed by a gunshot to the head and dumped in a waste pit. Krabloonik's manager defended the killings, saying, "[Culling dates] back hundreds of years. This is nothing new. ... This is part of the circle of life for the dog-sled dog."

In April 2008, a Montana dog-sledding operator pleaded guilty to cruelty to animals after abandoning 33 chained dogs to starve.

In May 2006, authorities in British Columbia seized 51 emaciated, dehydrated, and sick dogs from a sled dog kennel.

Eleven chained dogs were left to starve at a sled operation in Kasilof, Alaska, in March 2005.

A month later, an Iditarod racer was found guilty

of failing to provide his dogs with adequate food, water, and veterinary care. Authorities in Anchorage seized 28 dogs; officials stated that the dogs were dehydrated and some were so emaciated that the animals' spines and hip bones protruded through their fur. The owner was fined \$300.

"Overdriving" or "overworking" an animal is not illegal in Alaska, where many of these operations are located.

Dogs are highly social pack animals who want and need to be part of a family. When treated like nothing more than snowmobiles with fur, they become depressed, frustrated, and even aggressive. Chained sled dogs are at the mercy of the elements as well as dangerous wildlife. Recently, a pack of chained sled dogs in Alaska was attacked by a musk ox.

With the winter travel season almost done but another season approaching, I urge you not to recommend commercial dog-sledding operations to your readers. There are many wonderful outdoor activities that travelers can enjoy without contributing to animal suffering.

A voice for dogs,  
Cindy Wellman, North Haverhill

Cindy,

*I hope you did report your experience to the proper authorities. Either one of the many humane societies, or to local animal control, or perhaps both. It is, after all, up to each of us to report any crime that we see. It is then the job of the proper authorities to follow thru.*

Gary Scruton, Editor

## Letter To The Editor

"Proof" of Heaven?

There is another doctor making the rounds of the TV talk shows—this one is a brain surgeon. His book 'Proof of Heaven' has been on the NY Times best seller list for 10 weeks now. His name is Eben Alexander and you can buy his book on Amazon for \$8.79 paperback. I began to wonder why a book such as this would be on a best seller list so I scrounged up a few stats. Without boring one with the percentages let's just say that most Americans do believe not only in heaven but to a lesser extent hell and angels. I too am a believer but my beliefs are earth centered that is that we should all strive for 'heaven on earth'. As long as there is a supernatural element involved where is the incentive to make this world a better place?

Back to the 'proof'. Sam Harris, an American author, philosopher, public intellectual, and neuroscientist as well as the co-founder and CEO of Project Reason has done a good job in eviscerating Alexan-

der's book. "Let me suggest that whether or not heaven exists, Alexander sounds precisely how a scientist should 'not' sound when he doesn't know what he is talking about and his article (Newsweek Oct 12, 2012) is not the sort of thing that the editors of a once important magazine should publish if they hope to reclaim some measure of respect for their battered brand."

Anyone seen a copy of Newsweek in the stores lately? To claim that near death experiences are somehow strong evidence that the soul exists independently of the body and that there is an afterlife which coincidentally reflects the beliefs and wishes of the person who experiences them seems to me a bit premature.

Stay tuned. Universal Pictures has won the bidding war for the movie rights and if you can't wait that long, Amazon has free delivery on the paperback.


George Maloof  
Plymouth, NY

George,

*It seems that any best seller book is destined to become a movie at some point. Probably not all of them will become "good" movies, but hype has a lot to do with the profit and acceptance of any project. And with a title like "Proof of Heaven" one could imagine that there will be a large number of people ready and willing to read or see what that proof is all about.*

*Personally I don't plan to read the book or watch the movie. I have my own beliefs. I don't need a book or someones opinion to "prove" or "disprove" the existence of Heaven. But to those who wish to do so, I support your rights to do just that. As I have said before, America is a great nation because of the rights of the people. Rights that so many have stood up to protect.*

Gary Scruton, Editor



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# Colon Health/Digestive Aid

Environmental toxins, secondary smoke inhalation, alcohol, prescription and pleasure drug abuse, "hidden chemicals and pollutants in many foods that cause allergies and addictions, caffeine overload, and increased daily stress are all becoming more and more a part of our lives. These things greatly deplete the body and immune system. Poor immunity eventually results in debilitating disease. This has become the prime factor in allowing today's "civilization" diseases, such as Candida Albicans, Chronic Fatigue Syndrome (EBV), Lupus, AIDS, and ARC, HPV, etc...to take hold.

Indeed all disease, physical and psychological, is created or allowed by the saturation and accumulation of toxic matter in the tissues, and the lack of oxygen and minerals in the vital fluids, throwing defense mechanisms off and vitality out of balance.

In the past, detoxification was used either clinically, for recovering alcoholics and drug addicts, or individually, as a once-a-year mild "Spring Cleaning" for health maintenance. Today detoxification is becoming necessary not only to health, but for the quality of our lives, since we are surrounded by so much involuntary toxicity. Optimally, one should detoxify two or three times a year to prevent disease and encourage health; in the Spring, Summer or early Fall, when the body can get an extra boost in this effort from sunlight and natural Vitamin D.

Herbs are rich in food-source nutrients and minerals. In the dried state, they provide very concentrated food nutrients, and are capable of becoming part of the body to stimulate cleansing, to fuel growth, and build resistance to disease. Herbs are unique in these abilities, where drugs, medicines, and even chemically extracted vitamins are not.

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**SLIPPERY ELM BARK**: (*Ulmus Fulva*), A strengthening, soothing demulcent herb, ideal for sore, inflamed, ulcerated mucous membranes and wasting disease. Use as a key part of combinations for stomach, bowel and colon sores, ulcers and inflammation; as a specific for stomach and lung cancer lesions; as a throat coat and demulcent expectorant for dry sore throats and coughs; as a soothing part of a formula for indigestion and gastritis; a soothing astringent for diarrhea. Use as a poultice or compress for bed sores, gangrene and abscesses; as part of an arthritis or gout formula; as a tea

to settle the stomach from nausea. Calcium iron, magnesium, manganese, phosphorus, potassium, selenium, zinc. vitamins B1, B2, B3 & C.

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

**BIBHITAKI FRUIT**: (*Terminalia*

*berberis*) An Ayurvedic herb used for all types of Kapha imbalances and is especially helpful in supporting the organs and tissues where Kapha tends to accumulate. Supports proper function of the lungs and healthy, comfortable breathing. Helps maintain balances body fluid levels while toning and cleansing the colon. Promotes healthy vision, voice and hair. Maintains proper function of heart, Liver and Kidneys.

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**PAPAIN**: Pineapple enzyme, also contains amylase, protease, lactase.

*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, capsules, bath & body products & aromatherapy pillow all made on premise. 603-838-5599 thymetoheal01@yahoo.com*

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# Local Choral Group Again Offers Music Award

In an effort to encourage young musicians in the area, the Pine Hill Singers, a local choral group of 25 women, is again offering its annual music award of \$500 to a graduating high school senior from northern New Hampshire or Vermont attending public or private schools as well as to home schooled students.

Members of the Pine Hill Singers Music Award Committee have distributed applications for this award to guidance counselors and music teachers in regional high schools. Applicants must have demonstrated proficiency in music and involvement in school or community performance groups. This award will be used to enhance the musical development of the recipient.

Each candidate will be asked to write a short essay (300 words or less) on the ways in which music plays a part in his or her life and to list their involvement in various theater, choral, band or orchestral groups. Finished applications will also include endorsements from their music teachers and guidance counselors. The applications should be postmarked by May 1. The \$500 award will be announced at the recipient's graduation.

Past award winners have

used these funds in a variety of ways. One student who had been using an instrument that belonged to his high school, purchased a trombone to take with him to college. Another used the award to help with college tuition and another young musician upgraded her clarinet by buying new parts for it. Others have improved their musicianship by taking more lessons. The Singers enjoy keeping in touch with their award winners, and several have since performed the group's spring and winter concerts.

This choral group was established 15 years ago by former Littleton resident Barbara Geissinger, the original director, and her husband Warren Geissinger, who accompanied them. At that time the singers rehearsed in the Geissingers' Pine Hill home naming themselves "The Pine Hill Singers." When the Geissingers retired and moved to Concord, the group retained the name and continued to meet each week in Sugar Hill under the direction of Judy Abbott of Littleton accompanied by pianist Anita Bonnevie of Bethlehem. The Pine Hill Singers offer themed concerts each year at holiday time in December and in the springtime.

It is the hope of the Pine

Hill Singers that when funding for the arts is being cut back due to federal, state and local austerity measures, encouraging the development of young musicians will be fostered by this music award.

For more information or to receive an application, contact Nancy Rapoport, chair of the Music Award Committee at (603) 837-9516 or e-mail her at nancyrapoport@gmail.com.



**GOT AN OPINION?**  
Send it to:  
gary@trendytimes.com

Let everyone know what you think & why.

# 2nd Annual Fido's Feast

The Above the Notch Humane Society proudly presents our 2nd Annual Fido's Feast (A Culinary Tasting event) which will be held on Sunday, April 7th, 2013 at Chef Joe's, Main Street Franconia, NH from 2-5PM. Tickets are \$30.00 and are

available at Woodsville Guaranty Bank (Franconia) and the Littleton Coop as well as 'at the door'. The event will feature foods from area restaurants, Silent auction items, a live auction and musical entertainment provided by Katie Rose.



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The annual induction ceremony for the G. Hampton McGaw Chapter of the National Honor Society at Woodsville High School was held on March 13. Michael Lamarre, Robert Butler, Louisa Noble, Lottie Page, Erva Barnes, Laura Rutherford, Emily French, Christopher Charles, Elizabeth Blouin, Christopher Hunter, Margaret Kinder, and Haley DeRosia were inducted that evening. Photo was taken by Mary Beaudin.

Are you ready to buy? Come take a look at this 3-bedroom, 2-bath home located in North Haverhill offering one level living and 2 car attached direct entry garage situated on 0.62 acre corner lot. Offered at \$166,500.



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By Ronda Marsh

## Creamy Maple Dessert Sauce

True to my promise to keep this column focused on recipes featuring maple for the next few weeks, here is a great and easy way to get a little more maple into your life. I found this one in GOOD OLD DAYS magazine, and immediately knew I had to try it...for a couple of reasons. The first one was the aforementioned promise, the second one was my brother-in-law. You see, he happens to be possibly the best example of what a brother-in-law should be; truly more like a brother. I was only 9 when he and my oldest sister married, and he, as well as his parents immediately became an integral part of my family. Hard for me to believe it now, but that

was over 50 years ago! Since his birthday is in March, and since I always make him some sort of sweet treat as his present (he happens to be a bonafide sweet-a-holic), I knew this would be right up his alley. This is very quick to cook up, and when poured into a decorative jar and labeled, it makes a terrific gift. Stick it in a basket along with a purchased pound cake and a container of good vanilla ice cream, and you have an unbeatable combination. The recipient of your kindness will appreciate you forever! Any time you give a gift of food that you've made yourself, you are truly showing someone that they are important to you...and



everyone needs that! If you like caramel sauce, you will adore this recipe which makes caramel look like a poor relative; it is smooth and unctuous, and flows like gold lava over anything you choose...very impressive! If you make this with the intention of giving it away, I strongly suggest you make another batch for yourself; it's that good, and you deserve some homemade love, too!

- 1 cup maple syrup (a darker grade is preferred)
- 2 tablespoons butter
- 1/4 cup evaporated milk
- 1/4 cup coarsely chopped pecans (or walnuts)

Mix syrup and butter in a medium-sized saucepan. Boil for 3 minutes, remove from heat and allow to cool to room temperature. Stir in milk and nuts to incorporate. Keep refrigerated in a jar or glass container. Makes 1-1/2 cups.

Note: Nuts can be eliminated from this recipe, if desired.

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