

TRENDY TIMES

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APRIL 30, 2013 VOLUME 4 NUMBER 15

An Invitation To Area Educators And Students

We will soon have the unique opportunity to visit an exact ¾ size replica of the Vietnam War Memorial. It will be at the North Haverhill Fair Grounds from Thursday 5/23/2013 thru Monday 5/27/2013. A very moving memorial, it has a reputation for bringing some of the very toughest men and women to tears.

This wall commemorates the bravery, courage, valor, and sacrifice displayed by these soldiers who have answered the call to duty just as others in wars before and after them. The sacrifices of these brave men and women, along with so many others throughout the years, are what allows us to enjoy the freedoms that we so often take for granted.

This is an opportunity not to be missed. I urge every school to bring their students to visit this memorial, to see the true cost of freedom. I further urge every teacher to turn this opportunity into a local history research lesson and put local faces to this memorial; have your class research our local heroes whose names are on this wall.

Let me share the heroes I will seek, the names I will reach out and run my finger tips over, and thank for their supreme sacrifice:

David Hildreth-my work quite often takes me past the David Wayne Hildreth Dam on Rt 25 in Warren. Unless you stop there, you probably won't notice the memorial to one of Warren's sons who gave his life for his country at the age of 19. He left behind a wife and daughter.

Quinten Mulleavey age 19 of North Woodstock. When you take the train ride at

Clarks Trading Post you will pass, just prior to the covered bridge, a small memorial to another of New Hampshire's sons who gave his life for his country. He was an employee of Clarks prior to giving his life for his country. He is still listed as missing in action.

Charles Muzzey of Enfield, age 20, who was only in country four days when he lost his life defending our freedom.

John Lafayette, age 26, of Waterbury, Vt, who, while circling above and monitoring the crew of a downed plane in preparation of their rescue mission, was himself shot down. He, along with his crewmate, was taken prisoner, never to be heard from again, and whose remains were never repatriated.

Garfield Langhorn who, at age 20, made the supreme sacrifice for his country and fellow soldiers. While his unit was pinned down, surrounded by the enemy, he was protecting a group of seriously wounded soldiers when an enemy grenade landed amongst them. Knowing the wounded were unable to take cover, Langhorn sacrificed himself to protect the wounded by throwing himself on the grenade, absorbing the blast. Yes, you read it right, men actually did such things, threw themselves on grenades to protect their fellow soldiers. Langhorn received the Medal of Honor, posthumously, and the Riverhead, NY Post Office is now

named in his honor.

Harold Fetner, age 19, one of 12 brave young men from East Meadow, NY to give their lives for their country in this war. Tragically, it was reported that he was a casualty of friendly fire.

Joseph Matejov, an MIA, also from East Meadow, NY, and whose father and I, unknowingly, worked on the same job. Matejov, age 21, was a sergeant on a C-130 airship that went down over Laos. His remains were never located. His father went to his grave never knowing for sure what happened to his son, if he was killed or taken prisoner. Decades later, his mother said " I will never know what happened, I feel he must be in God's hands now. I pray that he did not suffer."

Richard Kaler, age 22, of Patchogue, NY despite being wounded, and disregarding his own safety, charged and silenced an enemy machine gun crew that had pinned down his unit. For his heroic actions, which cost him his life, Kaler was awarded the Navy Cross, the Navy's highest award.

There are over 300 names from NH and VT on that wall. I urge every student to choose a name and research a local hero who gave his life at such an early age to protect our freedom. After only a few days the wall will depart for its next destination. Through your research, let the memories and sacrifices of



these brave Americans never be forgotten.

The names may be found, listed by state, at www.virtual-wall.org or Google Vietnam

Wall and you will find numerous other sites.

Respectfully submitted,
Robert Martin
Resident of Grafton County

Editor's Note: The following is a note sent to Trendy Times by Rob Martin, a Deputy Sheriff with the Grafton County Sheriff's Department. The story behind bringing this impressive display to the area this year has been going on for about a year and a half. It was the first real project that the Haverhill/Newbury 250th committee took on. But the funding for this event has been taken care of by local veterans groups. By name the Haverhill Memorial VFW Post #5245 of North Haverhill and Ross-Wood Post #20 American Legion of Woodsville have either raised the funds or been instrumental in raising those funds. Not a single tax dollar is being spent.

Thanks will also go to all the individuals and businesses that are contributing time, product, services, or money for this event.

I urge all to take the time to visit. Whether by yourself during the wee hours of the night, or at one of the many scheduled events during the visit. A full schedule of those planned events should be available by the first of May. Check the 250th committee website for all the details. www.celebrate250.org

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TRENDY Dining Guide

Bradford Pizza

By Gary Scruton

There is more than one place to buy a pizza in Bradford Village. But the ownership at Bradford Pizza seems to have found a combination that works for many pizza lovers. They have also hit the spot for burger lovers, wing lovers and families.

Owner Christian Cameron, known as Clue to his friends, staff and most customers, has held the reins for only about a year and a half. He purchased the often renamed and moved pizzeria in August of 2011. This was after working for the former owner who had brought Clue in to help get things going well. This was not Clue's first job in a restaurant kitchen, however. He has spent time at some chain establishments and about 10 years as a cook and eventually a manager at one of his now competitors. In fact his first job, at age 16, was working in a pizza joint.

Having been around, Clue understands the business and

knows that he must find his own "piece of the pie" without stepping on the toes of his competition. To accomplish that task Clue has set his menu with four different sizes of pizzas, 6", 10", 14" and 18". Of course there are plenty of varieties, like the Godfather Pizza, with all kinds of toppings. Clue also has some great wings. He is proud to tell you that they are not the frozen type, but instead he makes the topping in house and uses nothing but fresh chicken. The same goes for his chicken fingers, made from scratch.

Bradford Pizza has a daily special of 2 slices of pizza and a fountain drink for just \$5.00. This special works well for many of the workers and business owners on the main street of Bradford.

Close to 80% of the orders at Bradford Pizza are either to go, or delivery orders. Delivery is available from 5 pm to closing

every day. Of course if you want to eat in, there are several booths to sit at. While there you can use the free wi-fi, or play on one of the video games. There is no alcohol served at Bradford Pizza and this makes the pizzeria a much more family friendly establishment. With that in mind there are even a couple of Kids Specials including those chicken tenders.

Bradford Pizza also has worked out an arrangement with the owners of the Dusty Bottle, located downstairs in the same building, and provide food for their patrons.

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With purchase of 3 issues or more restaurant will be featured in a review in the Trendy Dining Guide.

Price includes design of a black & white ad. Copy may be changed during run.



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"The Accidental Entrepreneur" Arrives At Safe Harbour Press

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"The Accidental Entrepreneur-30+ Ideas to Boost Your Income-Better Your Life," by Marianne L. Kelly is currently available on Amazon Kindle at just \$4.99. In the next few

weeks it will be available in manual form, the price to be determined.

Here is a review posted on Amazon's Kindle page:

Just finished Marianne Kelly's new E-book! "The Accidental Entrepreneur" Wow! I love it. I teach Career Skills to graduating young adults and there are so many great ideas in this book for developing your craft to make \$\$\$\$. Marianne, I commend you! I would love a hard copy for a classroom resource. You are a very talented lady! You have done so many great things. Please keep writing!

Pat Rouse

For more information email Marianne@safeharbourpress.net or call (802) 222-9258.

In Vino Veritas – Bottle Eleven

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Now and then I get wine questions, like wanting definitions of wine-related words or phrases.

QUESTION: What's FERMENTATION – that one rings a bell.

ANSWER: It should. We've covered it here a couple times. That's the process that makes wine, that turns grape juice, or lots of other fruit juice, into wine. Chemically, it is the naturally occurring sugars and yeasts from the fruit interacting to produce two elements – alcohol and carbon dioxide. The alcohol content builds naturally to about a high of 15%, and the carbon dioxide bubbles escape into the atmosphere.

Q: I remember. The alcohol content can become higher if the fermenting juice is artificially fortified, adding more sugar and more yeast, AND if you go to the trouble to keep the carbon dioxide bubbles from escaping, to keep them under pressure, the bubbles become impregnated into the wine, and then you are making...

A: Sparkling wine or Champagne, right. And real Champagne is made only in...

Q: The distinct geographic area of France, in the far north, about 90 miles from Paris, called Champagne, right?

A: I'd call you a good student. You can create or encounter fermentation lots of places. In any agricultural area in Haverhill. Anywhere vegetable or fruit matter that is left to the open air after some crushing or cutting, you will find fermentation. When you are next up at WINDY RIDGE ORCHARDS, for example – (and they make some good wine up there at their SEVEN BIRCHES WINERY too) - and you are wandering around their apple crushing and pressing area, take note of that fine bracing sharp aroma. That kicky bouquet is the beginning of what would become fermentation if the good folks up there made “hard” or alcoholic cider. Of course, it never gets that far. The fine cider they do make up there is soft cider, or sweet cider. Apple cider is the New Hampshire state drink and WINDY RIDGE is some of the best.

My first encounter with

fermentation happened when I was about 6 years old and I observed robins and sparrows falling out of my grandmother's huge old cherry tree in the back yard. I measured that tree later in life and found a trunk about 12 or 14 feet in circumference. Those birds weren't dying or dead, they were drunk. They acted drunk. They had been nibbling on older, split open cherries still hanging from the branches, cherries where the juice had started to ferment, to produce alcohol. I can still recall that sharp aroma surrounding the base of that tree, more than 60 years ago. Grandmom told me why the birds were falling, and I did not believe her. When was the last time you saw a drunk robin trying to fly?

Q: Let's talk about names of body parts in relation to wine description.

A: Go for it .

Q: Nose.

A: Refers to how a wine smells. The working pros really stick their noses deep into a glass of wine, almost into the wine itself to get a good honking whiff. A bad “nose” doesn't always mean bad wine, but usually it does. I've smelled German Rieslings that reminded me of nasty old tennis shoes, but that tasted just great once I was brave enough to put the wine into my mouth.

Q: Legs.

A: “Legs” are sometimes also called “tears”, as if from your eyes. It is a phenomenon that is visible after swirling wine in a glass. It is most readily observed in wine which has a high alcohol content, which means a high glycerin content. Glycerin is one of the many alcohols produced during fermentation. It is a colorless, tasteless and slippery liquid which imparts smoothness and oiliness to the wine. With a lower surface tension than the other majority ingredient in wine, water, the alcohol and the rest of the liquids separate. After the swirling, those tears or legs slowly descend leaving transparent streaks visible, especially if you hold the glass to the light. The spacing, thickness, and rate of appearance are indications of the difference in the viscosity of the wine, and its glycerin content. It is interesting to know, also, that legs or tears are affected by the temperature of the wine, and also often by the soap or detergent used to clean the glasses.

Sometimes that visual delight is referred to as “curtains” or “church windows.”

Q: How do you define this word, which I see is spelled two different ways – ENOLOGY, or OENOLOGY?

A: Either spelling means the same thing – it's the whole science of wine – its production, its care and handling,. The name comes from



Oeneus, the legendary Greek king and originally a wine god.

Q: Hell, I should have known that. I also get the terms VINICULTURE and VITICULTURE confused. What's the difference?

A: You're not the only one who confuses them. Just remember if the word has a “T”, as in VITI, it refers to that branch of agriculture which involves the science and art of grape-growing. When the word is with an “N” as in VINI, then you are talking about the whole science and business of the growing of the grapes, the making of the wine, and the wine's ageing and preparation for market.

Q: Tell me again what MUST is?

A: That's grape juice or crushed grapes in the process of becoming wine.

Q: So if someone calls a wine MUSTY, what does that mean?

A: It means the wine has a disagreeable odor and flavor which wines sometimes possess, generally due to the fact that the casks and the cellar itself have not been kept immaculately clean. It is related to moldy, but comes from a different cause and a real expert can usually tell the two apart by tasting. MMM, sounds appealing.

Editor's Note – Roudebush functioned as a wine specialist for years in the restaurant business and submits occasional pieces about the wonderful world of wine.

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

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Bethlehem's Colonial Theatre: Open For Its 98th Season

On May 3 The Colonial Theatre in Bethlehem, NH will open for its 98th consecutive season, and the 12th under the management of The Friends of The Colonial, with a full roster of independent and international films, world class music, and quality children's, school and community events.

Quartet, starring Maggie Smith will inaugurate this year's feature film series. In Quartet Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald Paget (Tom Courtenay), Wilfred Bond (Billy Connolly) and Cecily Robson (Pauline Collins) this sort of talk is par for the course at the gossipy home. But they're in for a

special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton (Maggie Smith). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert? All these question and more will be answered May 3.

Kicking off this year's LIVE! at The Colonial concert series is BeauSoleil avec Michael Doucet, June 21. Acclaimed as "The best Cajun band in the world!" by Prairie Home Companion's

Garrison Keillor, Grammy winners and 11-time nominees over the past 35 years, BeauSoleil has spearheaded a movement that rescued Cajun culture from an almost mythical obscurity and instead catapulted the music to national recognition led by their bandleader and National Heritage Fellow Michael Doucet.

Following BeauSoleil on stage at The Colonial you will be able to enjoy a diverse roster of established and exciting new emerging touring artists including: the hot new indie band blending Mexican and American roots music, the David Wax Museum, the quintessential Irish-American band Solas, country roots and Grammy winners, the Carolina Chocolate Drops, classic soul and R & B with Lake Street Dive, Brazilian world music with a tango edge, The Elegante Collective, a laugh out loud evening with comedian and NPR personality Paula



Photo legend: Painters give The Colonial Theatre a face lift for its 98th Season.

Poundstone, classical Chinese music played on traditional instruments with award winning Orchid Ensemble and more surprises ahead.

Popular favorites will be returning, like the Colonial Children's Series, the Manhattan Short Film Festival, the BHC Summer Cultural Series, free Artist Documentaries and back for a second

year the highly-acclaimed week-long theatre 'playshop' for kids age 8 -13, Shakespeare's Playground. New this season The Colonial will host a monthly open mic and talent night.

The mission of the Friends of the Colonial is to preserve and improve this historic landmark theatre, provide previously unavailable high quality film and performing arts programming, and offer vision of small town revitalization based on the arts. To learn more about upcoming movies and events, buy tickets, become a member, register to receive The Colonial's weekly e-Announcements, or just find out how you can help, please visit www.BethlehemColonial.org or find The Colonial on [Facebook.com/BethlehemColonial](https://www.facebook.com/BethlehemColonial).

Green Up Day May 4

The snow has melted and it is time for our community to take part in the annual Green Up of Groton. The green bags will be available in the vestibule of Town Hall and also at Groton Library during open hours. Take advantage of the spring weather and take a walk in your neighborhood and beyond and fill a bag or two with litter. Don't forget our beautiful trails and any of your favorite spots. Litter knows no boundaries. Please put full bags along the fence in the Town Hall parking lot by May 5. Contact Nancy Spencer, 584-3717, with any questions or suggestions. Thanks in advance to all our volunteers!

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Lincoln-Woodstock's Playhouse Players Are At It Again!

The bawdy musical, *A Funny Thing Happened on the Way to the Forum*, will be opening at Jean's Playhouse in Lincoln on Saturday, May 11th at 7:30 pm. On Sunday, May 12th, a special Mother's Day brunch-and-show package will allow theater-goers to purchase a \$15.00 brunch at the Woodstock Station before the show at 2:00 pm (please bring tickets to the Station for discount)! The show will also run the following weekend, on Saturday, May 18th at 7:30 pm and Sunday, May 19th at 2:00 pm.

Forum, set in Roman times, tells the story of Pseudolus, a slave who must obey his domineering mistress, his master ("That Dirty Old Man", one of the show's musical numbers, will tell you all you need to know about him), and their idealistic son named (appropriately) Hero. Pseudolus yearns to be free- until, one day, his young master agrees to grant him his freedom in exchange for the girl of his dreams (who just happens to be the young virgin in a house of courtesans living next door!). Come and enjoy an evening of musical farce full of togas, dancing girls, mishaps, chases, disguises... and hilarity!

Next up at Jean's Playhouse will be *Seussical Jr*, performing June 1st and 2nd. This is the debut performance of Jean's Teens, a community group featuring performers between the ages of 12 and 19, and a show to be enjoyed by children of all ages! For a complete schedule of spring shows at Jean's Playhouse, as well as the professional theater season starting May 31st, visit www.papermilltheatre.org. Tickets to Forum are \$20 for Adults and \$15 for Seniors and Students and may be purchased online by clicking here or by calling 603-745-2141.

Please be advised that due to lowering our ticket prices, there will NOT be a BOGO discount day for this show.

A Funny Thing Happened on the Way to the Forum

Saturday May 11, 2013 to Sunday May 19, 2013 Set in Roman times, Forum tells the story of Pseudolus, a slave who must obey his domineering mistress, his master ("That Dirty Old Man", one of the show's musical numbers, will tell you all you need to know about



From left to right: *Pseudolus* (Fran Page), *Marcus Lycus* (Chris Peck), and a *Courtesan* (Christa Hollingsworth)

him), and their idealistic son named (appropriately) Hero. Pseudolus yearns to be free- until, one day, his young master agrees to grant him his freedom in exchange for the girl of his dreams (who just happens to be the young virgin in a house of courtesans living next door!). Come and enjoy an evening of musical farce full of togas, dancing girls, mishaps, chases, disguises... and hilarity!

Seussical Jr.

Saturday June 1, 2013 to Sunday June 2, 2013 Dr. Seuss, everyone's favorite story teller from their childhood, has most of his stories combined in this show for the whole family. Meet the Cat in the Hat, JoJo, Horton the Elephant, Mazie, and all your other favorite Seussian characters in this fabulous show. You will like it better than *Green Eggs and Ham*, but you can't watch it there you can only watch it here at Jean's Playhouse.

North Country Center for the Arts uses Vendini for ticketing, marketing, and box office management.

North Country Center for the Arts - PO BO 1060, Lin-

coln, NH, 03251, (603) 745-2141

Vendini, Inc. - 660 Market Street, San Francisco, CA, 94104, 1 (800) 901-7173

Children And Adults Sought For Original Adaptation Of "Heidi" Auditions

BRADFORD, VT: Old Church Theater is holding open auditions May 4 and 5 at 2pm for its mid-July production of "Heidi". Gloria Heidenreich directs this play, written especially for Old Church Theater by local playwright and actor Charles Fray from the famous story by Johanna Spyri. 11 men and women are needed, in addition to 2 girls and 1 boy; also, 4-6 younger children are needed to be goats. Fray's "Heidi" contains all the favorite characters so well-known in the classic 1880 tale.

"Heidi" is the delightful story of an orphaned Swiss girl whose innocence and charm touches the lives of all whom she meets. As the play opens Heidi is dropped off at her gruff grandfather's

secluded hut by her aunt who doesn't seem to care about the child. But Heidi's charm soon melts her grandfather's heart and as he begins to know joy again, she is abruptly taken away again by her aunt to be a companion to a wheelchair-bound rich girl, Clara, in Frankfurt. Homesick, alone, and becoming very ill, she finally returns and recovers in her beloved Alps with her new friend Clara, and everyone, even Grandfather, finds new joy and purpose in life because of Heidi.

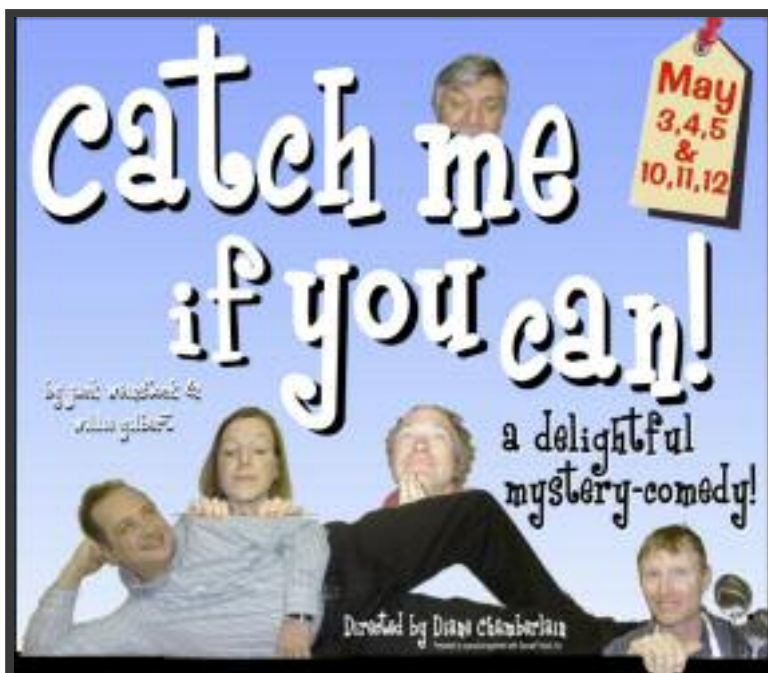
"Open auditions" means that anyone may audition for any part, with a prepared speech or with material from the script. Contact director Heidenreich at 802-439-6199 for more information or to borrow a script.

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

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Needed: 6 men, 6 women
2 girls, 1 boy
Auditions open to all!

AUDITIONS
May 4 & 5, 2pm
137 N. Main Street, Bradford
"HEIDI"
An original stage adaptation by Charles Fray
from the classic novel by Johanna Spyri
(Performances July 12-13-14 and 19-20-21)
Directed by Gloria Heidenreich
www.oldchurchtheater.org
For more info or to request alternate audition time call 802-439-6199





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Sundays, May 5 & 12
at 4 p.m.
Reservations: 802-222-3322 or
oldchurchtheater.org
137 North Main Street, Bradford, VT

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

CIRCLE DANCING

3:30 PM to 5:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

LINE DANCING

4:00 PM – 5:00 PM
Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY WALKING CLUB

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

WEDNESDAYS (THRU JUNE)

**DEEP MEDITATION FOR HEALING
AND CREATIVITY**
6:30 PM – 8:30 PM
Neskaya Movement Arts Center
1643 Profile Road (Route 18), Franconia

FRIDAYS

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

TUESDAY, APRIL 30

**EXTREME COUPONING & GROCERY
WORKSHOP**
4:00 PM – 7:00 PM
Woodsville Elementary School

WEDNESDAY, MAY 1

BLOOD DRIVE
1:00 PM – 6:00 PM
Woodsville High School Gym

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

THURSDAY, MAY 2 -

SUNDAY, MAY 5
THE MUSICAL COMPANY
LSC's Alexander Twilight Theater
See article on page 17

FRIDAY, MAY 3

PEACHAM CORNER GUILD OPENS
10-5 daily / Sunday 11-5 / Closed Tuesday
Peacham Corner

COLONIAL THEATER 98TH SEASON

See article on page 4

FRIDAY & SATURDAY

MAY 3 & 4

CATCH ME IF YOU CAN
7:30 PM
Old Church Theater, Bradford
See ad on page 5 and article on page 10

SATURDAY, MAY 4

GREEN UP DAY
A Road Near You
See article on page 4

BAKE SALE

10:00 AM – 3:00 PM
Pythian Hall, Warren
See ad on page 7

GRAFTON COUNTY 4-H FASHION SHOW

5:00 PM On
Haverhill Cooperative Middle School

SUNDAY, MAY 5

CIRCLE DANCE
3:30 PM – 5:30 PM
Neskaya Movement Arts Center
1643 Profile Rd, Franconia

CATCH ME IF YOU CAN

4:00 PM
Old Church Theater, Bradford
See ad on page 5 and article on page 10

LOOK TO THE HILLS

7:00 PM
West Newbury Congregational Church
See article on page 8 and ad on page 9

MONDAY, MAY 6

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

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MAY 7

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

DINNER OUT - BOYS & GIRLS CLUB OF THE NORTH COUNTRY

5:00 PM – 9:00 PM
Applebees, Littleton

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, MAY 8

INSTALLATION OF OFFICERS / DINNER
ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

THE IRISH WAVE IN THE GREEN MOUNTAINS

6:45 PM
Bradford Academy, 172 North Main St.

THURSDAY, MAY 9

THE LANGUAGE OF FLOWERS
7:00 PM
Bath Library
See article on page 7

FRIDAY & SATURDAY, MAY 10 & 11, 17 & 18

JESUS CHRIST SUPERSTAR
7:30 PM
St. Johnsbury School

FRIDAY & SATURDAY

MAY 10 & 11
CATCH ME IF YOU CAN
7:30 PM
Old Church Theater, Bradford
See ad on page 5 and article on page 10

FRIDAY, MAY 10

DRUM CIRCLE
7:00 PM – 9:00 PM
Neskaya Movement Arts Center,
1643 Profile Rd, Franconia

SATURDAY, MAY 11

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

VEGAN COOKING CLASS

2:00 PM – 5:00 PM
Center For Collaborative Energies, Littleton
See article on page 16

CHICKEN PARMESAN SUPPER

5:00 PM – 7:00 PM
Post 83, Main Street, Lincoln

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

7:30 PM
Jean's Playhouse, Lincoln
See article on page 5

SUNDAY, MAY 12

MOTHER'S DAY PANCAKE BREAKFAST
7:00 AM – 10:30 AM
Bradford Masonic Hall, 1958 Waits River Rd.

BREAKFAST

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

A FUNNY THING HAPPENED ON THE WAY TO THE FORUM

2:00 PM
Jean's Playhouse, Lincoln
See article on page 5

CATCH ME IF YOU CAN

4:00 PM
Old Church Theater, Bradford
See ad on page 5 and article on page 10

MONDAY, MAY 13

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

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

Submit your entries by:

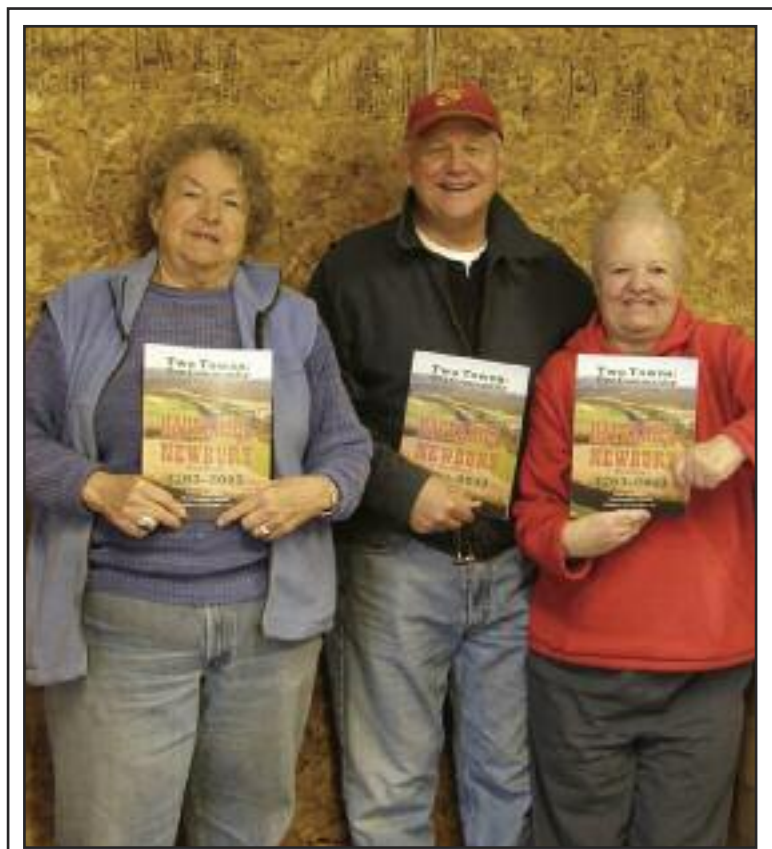
Phone: 603-747-2887 • Fax: 603-747-2889 • Email: gary@trendytimes.com

Deadline for submissions is Thursday, May 9th for our May 14th issue.

Bath Public Library

The Bath Library Book Club will be discussing "The Language of Flowers" by Vanessa Diffenbaugh on Thursday, May 9th at 7 pm at the Bath Library. After a childhood spent in the foster-care system, Victoria Jones is unable to get close to anybody, and her only connection to the world is through flowers and their meanings. A local florist discovers Victoria's talents with flowers and offers her a job. A mysterious stranger at the flower market has Victoria questioning what's been missing

in her life, and when she's forced to confront a painful secret from her past, she must decide whether it's worth risking everything for a chance at happiness. Books may be picked up at the Bath Library; hours are Tuesdays and Thursdays 9:00am to noon and 1:00pm to 6:00pm and Saturdays 9:00am to noon. Anyone with an interest in reading and conversing about books is welcome to attend. For information please contact the library at 603 747-3372 or email bathlibrary@together.net.



Susan Brown, Wayne Fortier, and Deborah Page hold up copies of the newly arrived and long-awaited Haverhill/Newbury 250th Anniversary Souvenir Book. Designed by Joy Michelson, the 160 page book is filled with local history and pictures. The price is a mere \$10 and will be available at local events celebrating the 250th, Woodsville Book Store, many of our local libraries, from Gary Scruton at his Trendy Times office in Woodsville, or buy it online at <www.celebrate250.org>, the web site for the year-long celebration.

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BAKE SALE
Saturday, May 4, 2013
10:00 am - 3:00 pm
Pythian Hall
25 Water Street, Warren

 Proceeds To Benefit Cancer Victims Thru The Dempsey Challenge

Upcoming Programs At The Groton Free Public Library

Tues, May 7, 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.

Wed. May 8, 1-3pm: Crafts and Conversation. Join us with your ideas and projects-in-process – or – just join us! Meets every Wednesday.

Tues, May 14, 7-9pm: 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.

Sun, May 19, 2-3pm: Puppet Power! Join us in welcoming our new Puppet Theater by taking part in a puppet-making workshop! Children ages 3 and up will have a chance to create a variety of puppets using different materials to take home.

Mon, May 27, 7pm: Book Discussion. 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. This month's selection: "Brooklyn" by Colm Toibin.

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 used 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

4th Of July Theme Announced

The Woodsville Wells-River 4th of July Committee announces the 2013 theme for this years parade "4th of July-Small Town Pride." The winning theme was submitted by Faith Nelson and Patricia Farley both of East Ryegate. Each winner will be receiving a \$25.00 check from the 4th of July Commit-

tee. The 4th of July Committee also invites you to join us for our 33rd community celebration for the entire day. Each year on the 4th of July at 11:00AM the parade starts at the Woodsville Elementary School and follows Route 302 on the main street of Wells River, Vermont. The family fun continues on the

Woodsville Community Field: food, flea marketers, carnival rides, bingo games, face painting, petting zoo and much much more. There is music throughout the day and evening and a huge firework display at 10:30PM. There is no admission fee for any of the events sponsored by the 4th of July Committee.

A Special Invitation...

To all former Selectboard members of the Town of Haverhill, New Hampshire.

Ladies and Gentlemen,
 You are cordially invited to be our special guests at the celebration of Founder's Day on Saturday, May 18, 2013 at the Robert E. Clifford Memorial Building (former Woodsville Armory) 65 South Court Street in Woodsville. The ceremonies will begin at 9:30 am.

We hope to see you there and thank you for your service to our Town.



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

April 30, 2013 Volume 4 Number 15

WRSB = Best Place To Work

WELLS RIVER, VERMONT- For the fifth consecutive year, Wells River Savings Bank has earned the title "Best Places to Work" in Vermont. This year's ranking was second place in the small-medium size (15-149 employees) business category. The awards program is a project of Vermont Business Magazine, the Vermont Chamber of Commerce, The Vermont Department of Labor, the Vermont Department of Economic Development, the Society for Human Resource Management (SHRM), Vermont State Council and Best Companies Group.



Left to right: Marvin Harrison, Judy Lavelly, Katie Thayer, Chelsea Tillotson, Gail Jackson, Tonya Bean, Patty Clark, Jody Miner, Jasmine Lefebvre, Monica Harris, Karen Whalen & Amy Vance - All from Wells River Savings Bank; Lawrence Miller, VT Agency of Commerce & Community Development; Chris Carrigan, Vermont Chamber of Commerce, and John Boutin, Publisher of Vermont Business Magazine.

Wells River Savings Bank is a locally owned mutual savings bank founded in 1892. Headquartered in Wells River, Vermont, with branch locations in Wells River, Newbury, Bradford, Fairlee, and East Thetford, Vermont. Various programs

allow their employees to integrate personal, family, and community commitments with their work. The bank provides training, recognizes abilities, and rewards employees by promoting from within. Additional time off is

frequently awarded as an incentive or for special occasions. Operating locally as "Your Good Neighbor Bank", employees are encouraged to perform a "Day of Service" for his/her favorite non-profit in the local community.

"Look To The Hills: History And Tales Of West Newbury"

The fifth lecture in the Newbury-Haverhill 250th Celebration Lecture Series weaves the fabric of the West Newbury community from its early days in the 1770s to the tight knit community it is today.

stories of the early years and what Newbury is today and the intervening years between the two. In the early 1800s Tom's ancestors homesteaded in West Fairlee while his wife's Cathy ancestors were settling in Cabot and Waterbury.

Seven years after the Newbury town charter was granted and six years before the Revolutionary War, the first settler in West Newbury, Vermont began clearing land in 1770. The village in the hills quickly grew into a welcoming community with neighbor helping neighbor just as it does today.

The History of West Newbury is a gathering of the stories of early farmers to a sixth generation farm family today, of Tyler Store and Tyler Farms and a cow named Margaret, of the old schools, the church and its bell, of the Ladies Aid and their hall, to the turkey supper, the Summer Festival, square dancing and the Back Room today.

Tom Kidder, a 32 year resident of West Newbury with deep roots in Vermont brings a personal touch of the

Kidder is a former English and Theater teacher at Oxbow High School and is now Director of Video Production at Dartmouth-Hitchcock Medical Center. A self taught West Newbury historian Kidder explored its woods and streams, its back roads, cellar holes, and stone walls to bring the stories of the people, places and things that make up West Newbury history and the community it is today alive.



One of the smaller villages in the town of Newbury, West Newbury Village is a good example of a well-preserved early 19th to early 20th century villagescape. Modest in scale, the buildings still convey the historic self-sufficient role played by such small settlements in Vermont through the early 20th century.

Kidder's presentation "Look to the Hills: History and Tales of West Newbury" takes place at the West Newbury Congregational Church at 7:00 pm on May 5, 2013. Refreshments will be served by the Women's Fellowship at the conclusion of the presentation.

An historical booklet with articles and interviews about the history of village and church has been created by George Willard, a Newbury resident and Newbury Historical Society member and will be available at the presentation.

This event is free to the public thanks to the Newbury/Haverhill 250th Anniversary Committee, the West Newbury Congregational Church and the people of West Newbury.

May 5-11, 2013 Is Teacher Appreciation Week At Blue Mountain Union School

Since 1984, the National PTA has designated time each May for communities nationwide to honor teachers for their work with children. Parents, students, and schools across America celebrate Teacher Appreciation Week to show appreciation for the work and dedication of teachers and reaffirm the commitment to parent-teacher partnerships.

While we acknowledge that it does take a lot of people to make a school succeed, Tuesday, May 7 National Teacher Day, and

the entire Teacher Appreciation Week focus on the teachers who work to make public schools great places for students to succeed in life.

When the opportunity arises, please take a moment this coming week to thank a teacher.

"A teacher affects eternity; he can never tell where his influence stops."

Henry Adams

Richard Pike,
Superintendent
Blue Mountain Union
School

BMU School Nationally Recognized For Excellence

WELLS RIVER -- US News and World Report has ranked Blue Mountain Union School as one of the best high schools in Vermont and the nation. The magazine's researchers reviewed 21,035 U.S. public high schools. Of those, only 14 Vermont schools were considered good enough to achieve the survey's gold, silver, or bronze ranking.

Schools were evaluated on their student-to-teacher ratio, students' readiness for college, math proficiency and reading proficiency in the U.S. News Best High Schools 2013 survey. Nine Vermont schools received "silver" medals and five received "bronze" medals. BMU received a bronze.

The article noted that BMU earned its ranking in part because about 17% of its students participate in Advanced Placement® course work and exams, which are available to any interested student. Ver-

mont has one of the highest graduation rates in the country, at 90%; BMU students, like all Vermont students, must complete at least 20 academic units in various subjects, and they're tested via the New England Common Assessment Program.

The other Vermont schools to receive recognition were Montpelier High School, Oxbow Union High School in Bradford, Lake Region High School in Orleans, Arlington Memorial School, Colchester High School, Green Mountain Union High School in Chester, Randolph UHS, Northfield Middle/High School, Vergennes UHS, Canaan Schools, Lamoille UHS, Mt. Anthony Senior UHS in Bennington, Bellows Falls UHS, Bellows Free Academy in Fairfax, Bellows Free Academy UHS in St. Albans, Black River UHS in Ludlow, Brattleboro UHS, Burlington High School, and Cabot School.



An Inspirational Note From My Father In Heaven

Hello, Junior:

I see you and your family are safe and sound in New Hampshire. I am sorry you had to witness from afar the carnage and hate at the finish line in Boston.

Trust me, it was overcast up here, too, for just a second or so, until the boy arrived.

I saw the whole day play out perched alongside my new friend Martin Richard. Handsome boy, ain't he? You make sure to let his parents know that little Martin is doing just fine, running wild with all the other angels.

Martin arrived with a big smile on his face, gleaming, sparkling even, going on-and-on about the expressions on all the runners faces that he got to see standing near the finish line at the Boston Marathon.

Whatever happened after that, well, Martin never said one word about it.

"Boston!" I shouted when the boy mentioned her name. "Martin, my friend, that's my city! And when I say My City! I mean My City!"

"What makes it your city, sir?" Martin asked with a funny look on his face.

Well, I was born and raised in it, I told him. I was schooled in it, was loved and hated in it, worked in it, failed and succeeded in it. That's why it's my city, I guess.

The boy took a long look at me. You know that look, Junior? Same kind of look

you'd give me when I told you I taught Carl Yastrzemski everything he knew about playing the Green Monster.

Then I told him how when I was a kid my mother use to make me walk to school in Cambridge with my jacket collar sticking up, holding my lunch bag in my right hand, tucked under my right arm, just like my brother Albert did before he tragically died.

"Will my brother have to dress like me?" the boy asked. "That would be so cool!"

Then I told Martin about how the City of Boston shaped me as a man. Told him how the streets nearly broke me in two as a kid. How I joined the Marines out of desperation. How I cursed my decision halfway to Quantico.

"But you still loved the city?" he asked. "Even if it broke you?"

Of course, I said. Do anything for her. Because it wasn't until I got out of the Marines and drove a Jordan Marsh truck around Boston all day, hauling couches and hassocks from Ashmont to Arlington, that I got to know and respect her.

"That does sound pretty fun." Martin concurred.

Fun is right, I said. More time a person spends in the city of Boston, the more she gets up in your bones, straightens your back, makes you iron tough. You can't help from being influenced by her. You simply adapt to her mood

swings, learn her language, shimmer in her brilliance and stand in awe of her beauty and historic resilience.

That willingness that Boston always has to fight bleeds into a person, I told the boy, as it bled into me. All the desks and furniture I moved into those fancy office buildings in Post Office Square, only inspired me to carry a briefcase proudly someday.

Which I eventually did. "My Dad had a briefcase," said Martin. "A really nice one too."

Then, before I could continue, Martin broke in with a growing smile across his face.

He said, "You know what? I went to school in Boston. I worked at my schoolwork there, played sports there, had friends there. Was loved by my Mom and Dad there. Don't think anyone ever hated me. Wasn't there long enough to fail."

Well, guess what that makes you, Martin? I asked the boy. A success there too.

"Then I guess I can call Boston My City too!" shouted Martin.

She always has been, Martin. And always will be.

Stay well, son.
Dad

Rob Azevedo, from Manchester, is a writer, filmmaker and radio host. He can be reached at onemanmanc h@gmail.com.

BUDGET LUMBER						
PRESSURE TREATED LUMBER						
PRICES GOOD MAY 15 2013						
LENGTH		8	10	12	14	16
	Price	Good	Till	May	15	
2X4 #1	4.59	5.55	6.79	8.09	9.45	
2X6 #1	6.05	7.84	9.40	11.20	12.84	
2X8 #1	8.41	10.61	9.15	15.34	17.51	
2X10 #1	10.61	14.34	17.60	20.70	23.13	
2X12 #1	16.05	20.20	25.35	28.84	34.40	
5/4X6 #1	6.31	8.09	9.53	11.21	13.54	
4X4 #1	11.26	13.20	15.85	n/a	22.10	
8x8 #2	n/a	n/a	76.99	n/a	103.56	
6x6 #2	22.08	26.81	34.01	36.43	43.50	
2X2X36 #1	1.17	3 STEP	9.40	5 STEP	14.19	
2X2X42 #1	1.39	4 STEP	11.69	1/2X24" LATT	4.98	
PT 3/4 PLY	soon	PT 3/4 ply	soon	1/2X48"	9.98	
PT 5/8 PLY	soon	5/8 LATT	13.72	4x6	28.80	

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WK DAYS SAT 8-2 / SUN 8-12 N.H.

A YEAR OF CELEBRATIONS

A YEAR OF MEMORIES

"Look To The Hills: History And Tales Of West Newbury"

Sunday, May 5 at 7:00 PM

West Newbury Congregational Church - West Newbury, VT

The History of West Newbury is a gathering of the stories of early farmers to a sixth generation farmer today, of Tyler Store and Tyler Farms and a cow named Margaret, of the old schools, the church and it's bell, of the Ladies Aid and their hall, to the turkey supper, the Summer Festival, square dancing and the Back Room today.

SPEAKER: Tom Kidder is a 32 year resident of West Newbury. Tom and his wife Cathy both have ancestors who homesteaded in Vermont in the early 1800's: Cathy's in Waterbury and Cabot, Tom's in West Fairlee. Tom's keen interest in West Newbury's history brings a personal touch to the stories of the people, places and things that make up West Newbury history and the community it is today.

WWW.CELEBRATE250.ORG

WWW.FACEBOOK.COM/HAVERHILLNEWBURY250TH

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

April 30, 2013

Volume 4 Number 15



Ray Burton and Nancy Chandler with the Town of Warren Quilt. Celebrating the Town of Warren's 250 Anniversary.

Who-dun-it "Catch Me If You Can!" Opens Bradford's Theater Season



The cast of Old Church Theater's "Catch Me If You Can!" poses during a break in rehearsal. The comedy-mystery opens this weekend at the group's theater on North Main Street. From clockwise, standing are director Diane Chamberlain, Miles Conklin, Paul Edondson, Nick Zanstra, Anne Foldeak and Scott Johnson. Shows are at 7:30pm on Friday and Saturday and 4pm on Sunday. Reservations 802-222-3322

Bradford, VT: Old Church Theater's first show of the 2013 season opens this weekend: "Catch Me If You Can!" is a real Broadway whodunit, full of laughs and twists and turns. But don't be confused: this is not the story from the Tom Hanks/Leonardo DiCaprio movie: This delightful mystery-comedy was written years earlier. In the cast are Miles Conklin, Anne Foldeak, Anthony Helm, Scott Johnson, Liane Allen, Nick Zanstra and Paul Edmondson, directed by Diane Chamberlain. Willie Gilbert and Jack Weinstock, who also wrote the play "How to Succeed in Business Without Really Trying" wrote this play in the 1960's.

The story begins with a man on his honeymoon in upstate New York, who calls in the police to investigate the disappearance of his bride. But the bumbling policeman seems hardly up to the task, and when a woman shows up proclaiming herself as the missing woman, he thinks the case is solved. The only trouble is, she isn't his wife at all. There are lots of laughs as the plot twists and turns to a very unexpected ending.

The show runs two weekends, Fridays and Saturdays at 7:30pm and Sundays at 4pm. Tickets are available at the door, \$10.00 adult and \$5.00 students. Reservations may be made by calling 802-222-3322 or sending an email to reservations@oldchurchtheater.org. There is also a dinner-theater option on Friday and Saturday nights: For just \$45.99 you get dinner and tickets for two at Bradford's famous Colatina Restaurant. Just say "Dinner-theater please" and they'll do the rest.

The next production is a laugh-out loud comedy "Let's Murder Marsha!", already in rehearsal, scheduled to open June 7th. July's production of "Heidi" will hold open auditions for children and adults on May 4 and 5 at 2pm at the theater; contact director Gloria Heidenreich at 802-439-6199 for information.

Old Church Theater began 28 years ago when two women, Mary Alice Klammer and Dominique Bulfair, realized their dream of a vibrant community theater in Bradford. Sadly, both have passed away, but to honor their vision the Board of the theater has dedicated the entire 2013 season to their memory.



Rev. Lyn Winter, of Lisbon, provided the opening prayer at last week's meeting of the State Senate at the State House. She is with North Country Senator Jeff Woodburn, center, and Senate President Peter Bragdon.

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 www.beginrealty.com

Grace Flynn Recognized For Volunteer Service

North Haverhill, NH – Grace Flynn, 14, of North Haverhill has been honored for her exemplary volunteer service with a President's Volunteer Service Award.

The award, which recognizes Americans of all ages who have volunteered significant amounts of their time to serve their communities and their country, was presented by The Prudential Spirit of Community Awards program on behalf of President Barack Obama. Grace participated in the Spirit of Community Awards program this year as a representative of Grafton County 4-H Youth Development.

Grace earned her award by working on a variety of community service initiatives during her years as a 4-H member. Over the last few years, Grace has worked with seniors at the Grafton County Nursing Home and Horse Meadow Senior Center doing crafts, presenting 4-H project work and building friendships.

She is the daughter of Mr. and Mrs. John Flynn of North Haverhill, is home schooled, and is a member of two Grafton County 4-H clubs: Bob-O-Links and Teen Club.

Grace stated in her resume: "Over the years I have been fortunate that 4-H has provided me many different opportunities that have helped me grow and learn so much. All of these experiences have helped me to learn and grow by meeting new people and improving my communication and leadership skills."

In addition, Grace reflected about her experiences by sharing the following: "Looking back on my many years of 4-H I cannot help but think, "Where would I be without 4-H?" Without a doubt, 4-H has helped me learn, grow, and be a better person. It has helped me overcome shyness and has helped me develop life skills I thought I could never acquire, such as patience. Due to my 4-H participation I have taken the opportunity to involve myself in many different projects. By doing the various projects, not only have I learned how to make them, I have also learned many different life skills. I have been able to take a class on child care and therefore I am now able to babysit for my younger siblings and for others. There are many more examples of how 4-H has benefited me.

I try to share my knowledge and experience with other youth both in and out of 4-H."

Sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), The Prudential Spirit of Community Awards program recognizes young people across America for outstanding community service activities. More than 370,000 young people across America have been considered for these awards since the program began in 1995.

"The recipients of these awards vividly demonstrate that young people across America are making remarkable contributions to the health and vitality of their communities," said John R. Stangefeld, chairman and CEO of Prudential Financial. "In recognizing these students and placing a spotlight on their volunteer service activities, we hope to motivate others to consider how they can also contribute to their community."

"Demonstrating civic responsibility through community volunteerism is an important part of life," said NASSP Executive Director JoAnn Bartoletti. "These Honorees practice a lesson we hope all young people, as well as adults, will emulate."


Program applications were distributed last September through all public and private middle level and high schools, and youth organizations including 4-H. State level judges selected State Honorees, Distinguishes Finalists and Certificate of Ex-



cellence recipients. Volunteer activities were judged on criteria such as personal initiative, creativity, effort, impact, and personal growth.

NASSP, based in Reston, VA, is the preeminent organization of and national voice for middle level and high school principals, assistant principals and aspiring school leaders from across the United States and more than 45 countries around the world. Prudential Financial, based in Newark, NJ, provides more than 50 million individual customers worldwide with life insurance, annuities, retirement-related services, mutual funds, investment management, and real estate services.

For further information about the Prudential Spirit of the Community Award contact Harold Banks, Prudential Financial, 973-802-8974. For information about 4-H in Grafton County, contact Donna Lee, 4-H Program Coordinator at 603-787-6944 or e-mail her at Donna.Lee@unh.edu.



LISBON, NH - Great Opportunity. Spacious 4 Bedroom Colonial with a front porch. Features include a Eat in Kitchen w/plenty of cabinets, first floor master bedroom, living room, 1st floor laundry, 2nd floor 3 Bedrooms, some hardwood floors, walk up attic for storage, workshop, 2 car detached garage and more. Five upper. Why Rent. \$45,000.

NORTH HAVERHILL, NH - New Listing- Enjoy this 2737 sq. ft. Ranch with an 8 ft. in ground pool and cabana. 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. Three of the bedrooms are in the basement along with a den. \$217,500.

RYEGATE, VT - Classic New Englander with 1645 sq. ft. of living area - features include - Country Kitchen, Living Room, Formal Dining Room, 4 Bedrooms, 2 Baths, hardwood floor in Living Room, Mud Room, covered patio with BBQ, 2 Car detached garage, sits nicely above the road. Price to Sell. \$38,500.

RYEGATE, VT - Opportunity Knocks - 2 large units with 3 bedrooms, 1 1/2 baths, appliances units, sewer heating systems, separate electric services and community water. \$80,000

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Not all Times are Trendy but there will always be Trendy Times April 30, 2013 Volume 4 Number 15

TOWN OF HAVERHILL POLICE DEPARTMENT REQUEST FOR BIDS FOR CRUISER MAINTENANCE

General requirements: To be eligible to bid the business must be located within the Town of Haverhill. Diagnostic machines and mechanics must be able to diagnose and make repairs to Ford vehicles. Mechanics must be ASE certified to perform general maintenance on police cruisers. Our police cruisers must be given priority over other work to get them back in operation as soon as possible. A current business Certificate of Insurance and a Certificate of Good Standing must be provided. The time period of the contract will be for one year, with a Town option to renew for up to two more years. Please provide prices for the following routine maintenance:

- Lube, Oil and filter changes (synthetic oil to be used)
- Tire rotation
- Mounting and balancing of tires (include any tire disposal fee)
- Alignments (checking and needed adjustment)
- State Inspections
- Labor cost per hour
- Parts mark-up percentage (only factory parts will be acceptable)
- List any and all other fees which may apply

Bid envelopes must be marked CRUISER MAINTENANCE BID (No faxes or e-mails, please) and be delivered to the Haverhill Police Chief at:

Haverhill Police Department
 2975 Dartmouth College Highway
 North Haverhill, NH 03774
 www.town.haverhill.nh.us

Quotations must be received no later than 4:30 pm on Friday, May 17, 2013. The Haverhill Police Department reserves the right to reject any and all bids.

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OBITUARY

EMIL JOSEPH PRUCHA, JR.



Lyman, NH – Emil Joseph Prucha Jr, 64, passed suddenly on April 20, 2013 at his home in Lyman, NH. He was born in 1949 in Rockville, CT, to Emil and Cecile (Phaneuf) Prucha. He attended George Sykes Junior High School with certificate of promotion in 1964 to then graduate from Howell Cheney Technical school in 1969.

Emil started his work career at Prat and Whitney, then moved to VT to acquire a job at Tap and Die Industries for several years, before becoming semi-retired, after 19 years, from DCI. He had a passion for riding his Harley Davidson motorcycle and taking his '34 Ford Coupe for a spin. He was a very active outdoorsman, loved traveling, seeing new things and was endlessly curious about what was around the next corner. His biggest enjoyment in life was spending time with his wife of 11 years, Shirley.

He is survived by his wife Shirley, his daughters Jodi Prucha, Amy Davis and her husband Lucas, Loren Prucha and her fiancé Jason

Welch and their siblings Melissa Amadon and her husband Matt, Nate Diebolt and fiancé Ariane, a sister, Judy Martin, a brother Bobby Kelly, and many close friends. He is predeceased by his parents and a sister Alice West.

Friends and family gathered to share memories on Sunday, April 28, 2013 from 2-4PM at Ross Funeral Home, Lisbon Chapel, 151 South Main St, Lisbon, NH.

The family invited riders to feel free to arrive on motorcycles and Emil would have liked us to dress in jeans and motorcycle shirts.

For more information or to send a private note of condolence to the family go to www.RossFuneral.com

OBITUARY

ELOISE PARKER (BAYLEY) MILLER



Peacham, VT- Eloise Parker (Bayley) Miller, 95, formerly of Worcester Road, died at The Pines Health and Rehabilitation Center, Lyndonville, VT on Saturday, April 20, 2013.

Eloise was born on September 3, 1917, in St. Johnsbury, VT to Safford Ward and Anna Barton (Rust) Bayley. She graduated from Peacham Academy in 1935. She then attended the University of Vermont where she received a BS degree in Home Economics and was a member of the Alpha Chi Omega Sorority.

Eloise then taught at Groton High School for one year and later taught Home Economics and Biology for 10 years at Peacham Academy.

On June 13, 1942, she

married Richard C. Miller. Together they raised a family and operated a dairy farm in Peacham.

Eloise was a life member of the Peacham Congregational Church, an active member of the church fellowship and sang with the choir for over fifty years. She supported many community activities including Christmas Club, Peacham Community Housing, and the Order of the Eastern Star. In her spare time she enjoyed gardening, needlework, painting and bird watching.

She was predeceased by her husband, Richard C. Miller on September 24, 1976 and by two sisters, Eleanor Bayley and Alma "Frank" Randall.

She is survived by four daughters, Anne Miller Hier of Cornish, NH, Mary Miller Daly of Fairlee, VT, Jean Miller Dedam of Peacham, Lois Margaret Miller of White River Junction, VT; a son, Frank Safford Miller and partner Patrice McDonough of Peacham; four grandchildren, Adam Sbardellati and Jana, Ian Sbardellati and Andrea, Alfred Dedam and Rose, and Jacob Dedam and

Gina; six great grandchildren, Bayley and Maya Sbardellati, Aurora and Jacob Dedam, Hazel Sbardellati, and Amos Dedam; a sister, Katherine "Kappy" White of Bradford, VT; a brother, Luther "Bill" Bayley of Freeville, NY; Judy Ingham of Montague, MA, whom Eloise regarded as her fifth daughter; and many nieces, nephews, and cousins.

There will be no calling hours.

A funeral service was held at the Peacham Congregational Church, Peacham, VT on Thursday, April 25, at 2 PM with Paul Chandler officiating. Burial followed in the Peacham Village Cemetery.

Memorial contributions may be made to the Peacham Library, PO Box 253, Peacham, VT 05862 or the Peacham Congregational Church Choir Fund, PO Box 205, Peacham, VT 05862.

Ricker Funeral Home & Cremation Care of Woodsville, NH is in charge of arrangements.

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

OBITUARY

RUSSELL GEORGE "RUSTY" BULLARD

East Ryegate, VT – Russell George "Rusty" Bullard, 64, died unexpectedly on Monday, April 22, 2013 in Keene, NH.

He was born in Haverhill, NH, October 28, 1948, a son of Russell C. and Mildred I. "Midge" (Davis) Bullard.

Rusty graduated from McIndoe Falls Academy and the Vermont Police Academy. He worked for the Hartford Police Department as a police officer for several years. He also worked in many different retail and sales jobs over the years. He loved hunting, fishing, story-telling, and riding his motorcycle. Rusty was a member of the Ross-Wood Post # 20 Sons of the American Legion, Ammonoosuc Fish and Game Club, and Pulaski Lodge #58 F&AM.

He was predeceased by his parents, Russell C. Bullard on November 11, 1983 and Mildred I. "Midge" (Davis) Bullard on September 30,

2001; and a son, Aaron Russell Bullard on May 12, 1996. He is survived by his two brothers, Kenneth Bullard and wife Donna of Benton, NH and Gary Bullard and wife Christine of Rockingham, VT; and several nieces, nephews, and cousins.

A graveside service will be on Saturday, May 4, at 10 AM at the Wells River Cemetery, Wells River, VT, with Rev. Dr. M. Catherine Cook officiating.

In lieu of flowers, memorial contributions may be made to the Pulaski Lodge #58 F&AM, c/o VA Vet Rides, PO Box 483, Wells River, VT 05081.

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

Ricker Funeral Home & Cremation Care Woodsville, NH is in charge of arrangements.

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14 **Sen. Forrester Supports March For Meals 5K Walk**

Annual Fundraiser Benefits Meals On Wheels, Home-Delivered Meals For Seniors

CONCORD – Saying it is vitally important that no senior goes hungry, Sen. Jeanie Forrester, R-Meredith, is getting ready to participate in the “March for Meals” 5K Walk on Saturday, May 18th and is encouraging others to support the event. The annual fundraiser kicks off at Horse Meadow Senior Center in North Haverhill with registration at 9:15 a.m. and the walk beginning at 10:00 a.m. The first 200 registrants will receive a free T-shirt. There will also be prizes, food and music.

“I’m delighted to participate in the walk because it benefits Meals on Wheels whose goal is to help keep individuals in their homes where they want to remain for as long as possible,” said Forrester.” She noted the cost

for nursing home care runs between \$7,500 and \$9,000 per month while the cost of preparing and delivering nutritious meals five-days-a-week to an at-home senior or person with a disability is about \$1,500 a year. “There’s no question, Meals on Wheels is a real bargain and a great way to help our older neighbor’s age in their community,” Forrester said.

Many people walk in honor of a grandparent, older friend, or relative who is unable to walk, or in memory of a parent or friend. Others walk simply to support a great cause, to get a nice work out, or to just have fun. Whatever your reason, Sen. Forrester welcomes your support. Her goal is to get 100 people to donate \$8.50 each, the price of one delivered meal.

Littleton Doctor Shares Insights On Healthcare Legislation To North American Association

Halifax, Nova Scotia - Dr Deborah Warner of Littleton was asked to speak at the meeting of the Association of State and Provincial Psychology Boards in Canada recently to review her work on healthcare legislation in New Hampshire. As a concerned citizen, Dr Warner had developed and promoted legislation to protect patient medical records from unwarranted state intrusion. With three years of work, the bipartisan bill was passed unanimously by NH’s House and Senate. The Halifax meeting included board members from psychology boards across the United States and Canada. Dr Warner shared the process of identifying intrusions on privacy and the steps involved in resolving the issue



which included government rule making, legislative review, interaction with the Attorney General’s office and Mental Health Practice Board, and then legislation that spanned two House committees over two years and the same process re-

peated in the Senate. Dr Warner was pleased to share the results with the audience of 150 regulators that with her urging, the New Hampshire legislature had acted unanimously to protect its citizens’ Constitutional rights to privacy.

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Letter To The Editor

Royston Gravel Pit Hearing

To the Editor:

The District #2 Environmental Commission will hold a site visit and hearing on the application of James and Alma Royston for the operation of a gravel pit on Royston Ridge Road just outside Wells River. The hearing will begin with a site visit at 9:00 am and the hearing immediately after that at the Newbury Town Offices on Wednesday, May 8, 2013. The application may also be viewed on the Natural Resources Board’s web site (www.nrb.state.vt.us/lup) by clicking "Act 250 Database" and entering the case number 3R1045.

In a quick nutshell: We need to be community, a community of many leaders. Small business leaders are leaders.

It seems unless the community shows up in force that this will be a short hearing and will probably pass as most of these do.

Sandy,

I understand that this hearing was noticed in a local newspaper and I would join you in urging your neighbors to participate in the process. It is only with full knowledge and participation that a process like this works to the best interest of all.

Rules and regulations should be in place to protect the good of the majority. But with the absences of the public’s input there can not be a true and full accounting of all the views possible.

Sandy Soseos
Wells River

Gary Scruton, Editor

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Increase Rural Speed Limit

By Jeff Woodburn

The idea of increasing the speed limit on a northern portion of Interstate 93 from 65-mph to 70 breezed through the Democratic House and Republican Senate and now awaits Governor Maggie Hassan's action. Hopefully, she signs it into law and the state adopts a common sense approach to this rural stretch of road.

As the North Country's Senator, I represent 27-percent of the state's landmass and much of the road that would see a change. I spend many hours on I-93 driving the 100-lonely miles from my home in Dalton to the State Capitol. My old truck shakes and begs for mercy when I get much higher than 75-mph, so I try to stick to 70. At this speed, I'm more apt to be passed than pass another vehicle – and only rarely is it crowded. Occasionally, my fel-

low travelers and I pass a police cruiser unnoticed.

It makes perfect sense that this quiet, country highway would operate differently than other areas. If we know anything in rural areas, it is that a one-size fits all approach doesn't work. But it's more than that. I support raising the speed limits because I believe laws need to be credible, legitimate and live in the hearts and minds of our people, not on a sign on the road. When the vast majority of the people disobey a law in plain view of the police -- something is wrong. Eventually, it weakens the authority and credibility of the state. We can make driving 70-mph illegal, but not unpopular.

I was moved by the democratic logic behind the 85-percentile rule, which is used to set many speed limits. It is based

upon the idea of establishing a maximum speed by judging where the vast majority of the drivers drive. So, most speed limits reflect established behaviors, rather than change existing behaviors. It's a rule that could easily apply to the increasing popularity of gay marriage, gambling and opposition to broad base taxes.

I believe that if the speed limit signs were removed, most people would behave as they presently do – operating their vehicle in a manner that is safe for themselves and other motorists -- which also happens to be 5-miles over the current speed limit.

(Jeff Woodburn, of Dalton, is a Democratic State Senator, teacher, writer and child advocate)

LETTERS (and even some real words) From The Editor

The power of one voter. Have you ever heard that every vote counts? That it is important to vote because your decision could affect the outcome? And, have you ever thought, my one vote will never make a real difference? Well, you just might need to rethink that last statement.

Of course we all probably remember Florida and the "hanging chad" back in 2004. But closer in time, and much closer to home there have been a few very close elections. At the Haverhill Cooperative School District annual meeting a bond vote failed by 2 votes, another article failed by a very similar number. Both Oxbow and Blue Mt. Union have had school budget votes go down to defeat, perhaps not by as close a vote, but close enough that if a few more people had gone to vote, the outcome could well have been different. (The BMU budget finally did pass by just 16 votes.)

Another example would be the Mt. Lakes District of Haverhill which recently saw a vote for commissioner decided by just 2 votes. And that election has been called into question as to whether or not all the rules were followed properly. In fact there seems to be a question as to just what those rules are. That district will meet again on Saturday, May 11 to revote for that 3 year Commissioner seat.

One more recent election that was questioned was in a local veterans group. Again procedures were questioned and the body may need to proceed with a second vote in order to get all the t's crossed and i's dotted.

So, not only is each vote important, but how that vote is cast, or how the ballot is presented, or other such procedures are equally important. It

brings us all back to that fact that "every vote counts". And in this great country it is not only a right that we have, and a privilege, but it is also, in my mind, a duty to vote. And before you vote, be sure to know just what you are voting on. Ask the questions, get the answers, seek the information and make a reasonable, educated decision.

Gary Scruton, Editor

Letter To The Editor

Dear Editor:

I heard our Sen. Kelly Ayotte on NHPR (lecturing voice) expressing her belief (out of touch) that an out-of-state entity (Rep. Gabrielle Giffords' gun-control effort) "can't tell New Hampshire voters how to think." This is Sen. Ayotte's reaction to a TV ad, sponsored by Rep. Giffords, victim of a high-powered gun assault. Sen. Ayotte - wake up. Or Sen. Ayotte - get honest. 90% of Americans want gun controls, especially that reduce the number of bullets in a magazine. No one needs to tell New Hampshire voters how to think on this. We get the picture: mowing down people with machine-gun like rapidity is an insane capacity. Let us never forget the Newtown child victims. Only someone in the pocket of the NRA would cast her vote otherwise. You should be ashamed, Ms. Ayotte, very, very ashamed.

Sincerely,
Lynn Rudmin Chong


Lynn,

I do agree with your opinion that limiting the number of shells to a magazine is a reasonable means of at least slowing down a person with a gun who is set on destruction. It is true that it takes little time to take out one magazine and put in a new one. But any time is better than none.

I would also go further and again strongly support the need for firearms owners to be licensed, much as we do with motor vehicles, or with a hunting license. In order to use it, you must be trained, and pass a test. It simply seems like the right thing to do.

Gary Scruton, Editor

May 11
"Time For A Change"



Ken King
For
Mountain Lakes Commissioner

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Vegan Cooking Class

Vegan cooking class on Saturday May 11, from 2-5 at the Center for Collaborative Energies located at 301 Cottage St., Littleton. Learn how juicing, smoothies and super foods can give you more energy and have an over all better feeling of health.

You will learn how to start your journey to health and incorporate more of a plant based diet which has been proven to reverse many health conditions and get people off their medications. We will be watching Forks over Knives which explains

why everyone would benefit from a plant based diet.

We will have samples of smoothies, freshly made juice, dehydrated cheesy kale chips, snack bars, raw chocolate. We will also make a cheesy alfredo sauce and serve it over pasta and steamed veggies. The cost of the cooking class is 15.00 and the movie is free. Pr registration is required, you can call 603-745-5659 or email us at bridgetowellness02@gmail.com. Hope to see you there.

The Food Safety Modernization Act And How It May Impact NH's Farms And Conservation Efforts In NH

The US Food and Drug Administration (FDA) has recently released a set of proposed rules for implementing the Food Safety Modernization Act (FSMA) of 2011. The Act and the rules are intended to improve the safety of our food supply, but there are concerns that implementing them may adversely affect NH's farms and impact conservation efforts around the state. Grafton County Conservation District, Plymouth State University Center for Rural Partnerships, UNH Cooperative Extension (UNH CE) Grafton County, New England Farmers Union and Natural Resources Conservation Service will be partnering to present two informational sessions on the Food Safety Modernization Act on April 26th to learn more about these topics.

The first FSMA informational meeting will be held at 10:00AM at the UNH CE Conference Room at the Grafton County Complex, 3855 Dartmouth College Highway, North Haverhill. The second meeting will be held at 2:00PM in Room 144, Boyd Hall, Plymouth State University, High Street, Plymouth. Heather Bryant from UNH Cooperative Extension will provide a brief summary of the proposed rules and where to go to learn more. Roger Noonan from New England Farmers Union will discuss how these rules may impact land use and water and wildlife resources around the state. The meetings are free and open to the public.

The Food Safety Modernization Act was signed into law on January 4, 2011 in response to an increase in

food borne illnesses starting in 2007. Five proposed Rules establish the food safety network. The FDA's proposed Rule, Standards for the Growing, Harvesting, Packing and Holding of Produce for Human Consumption, would establish science-based minimum standards for the safe growing, harvesting, packing, and holding of produce on farms. The broad-based subparts of the rule would affect most aspects of local food production in NH: Equipment, Tools, Buildings and Sanitation; Biological Soil Amendments; Domesticated and Wild Animals; Personnel Qualifications, Training, and Health and Hygiene; Agricultural Water; and Sprouts. For more information, visit: <http://www.fda.gov/Food/GuidanceRegulation/FSMA>



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Old Wives' Tales

By Sheila Asselin

I don't know why they are called "Old Wives' Tales" in a derogatory sense. Some of those old wives were pretty smart. The longer I live the more I appreciate that my grandmother was a pretty smart old gal after all.

For instance did you know if you drink tea with milk in it you will turn your stomach to leather? Ha! Bet you did not know that. You may scoff but it turns out tannic acid (in the tea) mixed with lactic acid (in the milk) does indeed produce a tanning solution. So stick to sugar and lemon.

If a baby is born crossed eyed piercing their ears will cause their eyes to straighten. Works for both genders babies come in.

Don't make those horrible faces. Do you want your face to freeze that way? And for heavens sake don't cross your eyes. You will at the least need glasses for the rest of your life.

If you shake out the tablecloth after supper before the sun goes down you are des-

tinued to be an old maid. Don't say you weren't warned.

We all must eat a peck of dirt before we die. That does not mean you have to eat it all at once so stop chomping on that mud pie and get over here.

All that dirt probably means if you swallow a seed it will grow. Peach pits and avocado seeds are hard to swallow, but pumpkin or watermelon goes down so easily. Oh no! I think I swallowed several.

If your palm itched you would get money. If your foot itched you would travel to a place you had never been before. If your head itched you probably picked up lice from those nasty kids at school.

Avoid cracks in the sidewalk. It will definitely break your mother's back if you step on one. Actually motherhood can be backbreaking no matter what your kids do!

Coffee will stunt your growth. Sloans liniment is good for man or beast. So pick some up at the vets, the same stuff that works for a

lame horse does wonders for human lumbago and costs a lot less than a prescription.

In her day a lady never left the house without wearing at least two petticoats, not unless she was a tramp! And don't forget the hat. When is the last time you wore two petticoats and a hat? Gentlemen may answer this question too---if they dare. Can't you see yourself, sir, in the checkout at Wal*Marts? I bet you would get instant service if only to get rid of you. Only floozies dyed their hair or painted their fingernails. Can you imagine what my mother in law thought when she first met me? Thousands of good women out there, where did he find her?

Whiskey and cigarettes strictly off limits. And playing cards were the devil's too. Now dipping snuff, that was a whole other story. Many a time I had to run to the corner store to purchase a can of Bruton's or Scotch brand (her brands of choice). In her time all women of a certain age dipped snuff and it was lady-like and socially acceptable. My brother and I admired this vice so we went around with cocoa in our mouths just to imitate her since everything she did was cool. Just a pinch between the cheek and gum don't you know.

So next time an old person starts reminiscing listen up. Who knows? You might even learn something.

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Be Aware Of The Need For Disability Insurance

It probably doesn't show up on your calendar, but May is Disability Insurance Awareness Month. And you might agree that such a month is useful, when you consider the following:

- Three in 10 workers entering the workforce today will become disabled before retiring, according to the Social Security Administration.
- At age 42, you are four times more likely to become seriously disabled than to die during your working years, according to National Underwriter Life & Health.
- Disability causes nearly 50% of all mortgage foreclosures, according to Health Affairs, a health policy research journal.

Given these statistics, it's not surprising that the Life and Health Insurance Foundation for Education (LIFE) sponsors Disability Insurance Awareness Month to encourage Americans to address their disability income needs. Here's the bottom line: You can be really good at budgeting your money and you can be a disciplined long-term investor — but unless you've protected at least a reasonable percentage of your income, your whole financial strategy is incomplete. And all

your goals, such as a comfortable retirement, could be jeopardized.

Of course, you may not be totally unfamiliar with disability income insurance; if you work for a large employer, a group disability policy may be part of your employee benefits package. If so, you should certainly accept the coverage, which may be offered to you free, or at minimal cost. However, this coverage might be inadequate to replace the income needed to allow your family to maintain its lifestyle without dipping into your investments.

Consequently, you might need to think about purchasing an individual disability insurance policy. Here are some tips:

Look for a policy that is "non-cancellable" until you reach age 65. When you purchase a non-cancellable policy, your policy premiums can't be changed, provided you pay them on time.

Pick the right waiting period. Typically, disability insurance policies don't start paying benefits immediately; there's usually a waiting (or "elimination") period ranging from 30 days to two years. Obviously, a shorter waiting period is more desirable, but

it's probably also going to be more expensive. You may be able to give yourself the flexibility of choosing the longer waiting period if you have created an emergency fund containing six to 12 months' worth of living expenses, kept in a liquid account that offers significant preservation of principal.

Avoid overly restrictive policies. You may want to avoid an "accident-only" policy or one with a limited benefit term (five and 10 years are common). These policies may be cheaper, but they don't cover either a disabling illness or the entirety of your working life.

Consider adding appropriate "riders." It will likely add to the cost of your policy, but a cost-of-living rider will help protect your future benefits from the effects of inflation. You also might want to add a future income options (FIO) rider, which provides you with the ability to purchase additional coverage in the future with no further medical underwriting.

These suggestions are general in nature. Your financial advisor can help you determine if you need a private disability insurance policy — and, if so, what type of policy is best suited for your needs. But don't wait too long to take action in this area. You can't predict the future, but you should still prepare for the unexpected.

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

Lyndon State College Twilight Players Present "Company"

May 2-5th, Lyndon State College's Twilight Players present their spring production of Stephen Sondheim's Company. A landmark musical of the late twentieth century Company features legendary Sondheim standard such as 'Side by Side by Side', 'Ladies Who Lunch', 'Another Hundred People' and 'Being Alive'.

Company revolves its story around Bobby (Jake Machell), the five married couples who are his best friends (Dan Rowe, Kelsey Cochran, Brian Lacharite, Carole Clark, Jesse Crofton, Hannah Frigon, Alexander Williams, Haley Marckres, Daniel Haycook and Jennifer Morin), and his three girlfriends (Jacqueline Laviolette, Allison Moore and Shera Howe). As Bobby's 35th birthday approaches we see his interactions and experiences with his married friends and how this colors his perception of marriage. The musical takes a hard and honest look at relationships, marriage and what it means to truly commit yourself to another person. Company

was originally conceived as collection of one-act plays written by librettist George Furth. Eventually it was shaped into a musical with the collaboration of director/producer Harold Prince and composer Stephen Sondheim, using a groundbreaking non-linear plot device to tell its story. Company premiered on Broadway in 1970 and was nominated for 14 Tonys winning six; two of which were Sondheim's first Tony awards for music and lyrics. Company was nominated for and won five Drama Desks awards for music and lyrics, book, director and set design.

The show is directed by Gianna Fregosi, with technical

direction and set design by Britt Moore. Music direction is by Mark Violette and Lyndon State College junior Nikki Slabinski served as choreographer. The show will be performed at LSC's Alexander Twilight Theater May 2nd and 3rd at 7:30pm; May 4th at 2pm and 7:30pm; and May 5th at 2pm. Admission is by donation to the public. Company does contain some language and material that may be inappropriate for young children and parents are encouraged to use discretion. For more information contact (802) 626-3663 or find Twilight Players on Facebook.

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HELP! I've Let Myself Go!

What are you afraid of? For many women, fear is the root of their resistance to change. The source of this fear can come from varied sources. For some women, their fat is their security blanket. This is often true of women who have experienced abuse or harassment

at some point in their lives. They don't want the attention of men and being overweight is their assurance this is less likely to happen.

Other women are afraid of what others might think if they lost weight and looked and felt good about themselves. Let's face it. We

women can be catty, petty, jealous jerks to each other sometimes. I mean really, if your co-worker starts taking care of herself, just who does she think she is? We also have the knack for sabotaging each other. Oh, you're trying to lose weight? But I made your favorite cupcakes! Mhmm... Of course, the saboteur is also working off her own fear at this point. If you decide to get healthy, it just highlights the fact that the saboteur is still stuck in her old, unhealthy ways.

Then, of course, there's the fear of failure, especially if you've announced to everyone that you're starting the gym and this incredible new diet on Monday. Talk about setting yourself up for failure!

Yes, fear can be paralyzing. It can prevent you from living the life you deserve. It can prevent you from making the necessary changes you need to make to live your life to its fullest.

But how do you overcome it?

One thing that perpetu-

ates fear is having no vision. You must be able to envision yourself in a healthy, fit body, living a healthier lifestyle. You must also be able to envision performing the necessary steps toward achieving this goal.

Using vision is a way of overwriting old messages you believe about yourself—that you'll fail, you'll just make a fool out of yourself, you don't have the willpower, etc. Another way to overwrite these old messages is the use of positive affirmations, or what I like to call, your self-declaration. Somewhere along the way in your childhood and teen years, you picked up messages about yourself from other people. These messages may have come from nicknames, being called stupid or fat, abuse, statements made by people you respected and trusted, or not receiving the emotional support you needed. We then carry these self-beliefs into adulthood, which in turn affect our health and other relationships.

There are various ways to create your self-declaration, but there are a few things I feel increase your chances for actually breaking the synapses in the brain and forming new ones, thereby overwriting those old, inaccurate messages you believe about yourself (yes, there is actually a change in your brain when you practice self-affirmations!). First, write them out, and begin them with "I am". For example, "I am a strong, confident, beautiful, intelli-

gent, independent woman. I am in control of my life. I do not need a man to complete me, but rather, I would like a man to complement me. My intentions are good. My body can burn fat the way it was designed to do. I am a good mother, a good friend, a good partner..." These are just examples. Tailor them to you and your life and the areas you struggle with.

Now here's the kicker: You will greatly increase your chances of being successful at overwriting those old self-beliefs if you speak your affirmations out loud at least twice a day. Yes, you will feel silly at first, but speaking them out loud sort of intertwines the speech and hearing parts of the brain, breaking those old connections in the brain, and forming new ones.

I'll be honest. When I was first given this assignment, it took me a couple months to complete it. I would start my self-declaration, but would always add "the but". "Sure, I'm all these things, but I'm also these not-so-good things." There are no butts in your self-declaration. You don't even have to believe them yet, and that's the point. If you already believed them, you wouldn't have to do this exercise! So, write them down, repeat them out loud at least twice a day, and in several weeks, you will most likely begin to feel stronger, more confident, and more in charge of your own life!

Until next time...take good care of you!

Carrie Myers has a degree in exercise science and health education, is a magazine writer and author of Squeezing Your Size 14 Self into a Size 6 World, owner of CarrieMichele Fitness, and mom to four amazing sons. You can reach her at carriemyers.smith@gmail.com.

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The Old Pillsbury Funeral Home Lisbon, NH

With NEPI – Anthony, Lewkis, Nancy, Michelle, Faith,
Dustin (part time investigator) and introducing our newest trainee, Amy
Special Guests – Dave and Kathie

(Again, as is normal with NEPI articles, I had to cut this down to be published. You can find the full version on my website – scaredsheetlessncn.blogspot.com)

Credit to Dave for the history: The house was built in 1875 by Herbert Moulton who owned what is now DCI, which was then called Parker and Young Manufacturing. The interesting fact of this home was that a lot of the house was built from the wood of what is now DCI. The home was a wedding gift to Herbert's first wife, Carolyn, whom would die in the home. If you've seen this home you wouldn't think it is a mansion, but in that time period, this home was considered a mansion for the area of Lisbon. In the early 1900's, Herbert would sell the home to the Atwood family, who turned the home into a boarding house. In the 1920's there was a fire where there were some deaths. The Atwood family decided to not restore it and it laid vacate for a number of years before Tom Pillsbury turned it into a funeral home in 1950. Dave would buy the home from Tom and when he tried to renovate it. The only problem was that this home was cleaning out all of his cash, so he tried to sell it, but it wouldn't sell. He decided that maybe he'll just keep it and eventually finish it.

It was time for the investigation, with teams comprised of all boys and all ladies. Here's what we got: We spent twenty minutes in a room and got nothing that was until something sparked Dustin's interest to go into the other room. Upon returning back to the room, Dustin said he thought he heard a musical instrument like a violin playing in the other room. No cars were going by and all electricity was off in the house.

We were joined by the ladies who said that they were seeing shadows on the upstairs floors and felt that this spirit is actually intelligent rather than residual. After a short break the boys and girls would switch, with the boys having the upstairs quarters and the ladies having the downstairs.

Around this time we started to do the Ghost Box (the P-SB7). In previous investigations we were not getting accurate or no responses, but this time it was talking and giving us intelligent responses to our questions. Dave would join us and this is where the investigation started to get uncomfortable for Dave.

What we found out from the ghost box, through Dave's questions, was that the spirit who we believe we got in contact with is not resentful about what Dave did to the house, but of his lifestyle. This was most probably a punch in the gut for Dave as he was noticeably uncomfortable after he got the response of yes, the spirit is resentful towards Dave's lifestyle and his preferences.

After that we were not getting any responses from the box and I tried getting answers, but for some odd reason I was focused on Dave's closet. Just when I was going to put my head back to the box, I saw this shadow walk past the door frame, stop for a brief moment, and then disappear. Anthony was roaming around at this point, but he was not in this room. This shadow was black like it had a presence of its own. What's funny is that Kathie said that one of her experiences was seeing the shadow of a male, but with a bowl like cap. I will kid you not that this shadow looked like it had a bowl like head as if it was wearing a hat described like Kathie's.

After this we decided to

call the girls up and have a Pendulum session where we would get interesting results. One of the first questions asked was if the spirit we got in contact with is name Chris or Christian and it spun yes.

The main question was if Chris would harm Kathie and it said no. But when Nancy asked if Chris would harm Dave, it said yes. Dave obviously didn't like it, but he said he was going to stand his ground and that this is his house and there's nothing the spirit can do about it. He apologized to the spirit that he may not like Dave's lifestyle, but that's how Dave is and there's nothing that can change that.

That's all for this edition

of Scared Sheetless. Sorry 19 for being absent last edition, it's been a pretty hectic week with being sick with the flu and losing two family members in a matter of a week doesn't help either. As always, thanks for reading and happy hauntings!

Do you think you have ghosts? Give NEPI a call and get in contact with Anthony by calling him at 603-444-7142. It's free of charge and instead of reading about it, you'll get to see us in action.

Thank you

I would like to thank the off duty EMT's that responded so quickly when I had my motorcycle accident on March 30th on Central Street in Woodsville, right in front of Dunkin' Donuts. Thanks also to the ambulance crew who had me to the hospital within 15 minutes of the accident. I ended up with a broken wrist and torn rotator cuff.

Ray Fotion, Newbury, VT



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TRENDY KITCHEN

By Ronda Marsh

Ham & Corn Cakes

My sister, Karen, lives in Atlanta, Georgia, and loves everything about the South. The weather, the lifestyle, and the food all seem to agree with her. In an effort to share a bit of what it's like to reside below the Mason-Dixon Line, she always keeps my subscription to Southern Living Magazine up to date. Although I can never picture myself as a Southerner (to me, "South" means anyone who lives below Plymouth!), I have to admit that in the midst of the frigid January cold, I really look forward to

receiving that magazine, and escaping to a warmer climate, if only for an hour or so. I emerge from my imagined vacation feeling refreshed, and a little closer to Spring.

This recipe comes from Southern Living, and I find these to be a savory sort of pancake; perfect with soup to round out a meal. Many people enjoy these dipped in ketchup, but I have to admit I like them best with just a slight drizzle of Maple Syrup; something about the crunchy corn, the salty ham and the touch of sweetness from the



syrup makes my mouth do a happy dance. And, if you're from the South, you will completely forget all about the existence of the Mason-Dixon Line!!

- 1 (6.5-oz.) package buttermilk cornbread mix
- 2/3 cup water (or so)
- 3/4 cup fresh corn kernels (canned or frozen work fine)
- 1/3 cup finely chopped ham or Prosciutto

Stir together cornbread mix and water in a small bowl until smooth batter the consistency of pancakes is achieved. Stir in corn kernels and ham. Pour about 1/4 cup batter for each corn cake onto a hot, lightly greased griddle or large nonstick skillet. Cook cakes over medium heat 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked; turn and cook other side. Serve hot with ketchup or Maple Syrup on the side. Makes about 6 cakes.



Congratulations to the 28 Students who graduated from the NH Fish and Game Hunter Safety Education Course put on by the certified instructors from the Ammonoosuc Valley Fish and Game Club.

The course material is taught in a classroom setting, with the field portions, live fire and practical exam occurring at a fish and game club. To successfully complete the course, you must attend all classes, score at least 80% on the written exam, and pass the practical skills test (pass/fail).

Photo courtesy of Ollie Brooks, AVF&G Club Director



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