

TRENDY TIMES

171 Central Street
Woodsville, NH 03785

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NOVEMBER 17, 2009 VOLUME 1 NUMBER 7

Veterans Day In Review



Troops assembled for the Central Street ceremony.

Photo courtesy of Michelle Avery.

Veterans Day 2009 was a bright and sunny day weather-wise. There was a brisk breeze keeping the flags flying and noticed. The temperature was working its way up to 50°, making it a November day to enjoy.

The crowd that assembled for the ceremony at the monument and flag pole on Central Street in Woodsville was probably larger than if the weather had been colder, darker or wetter. But almost assuredly those in uniform would still have been there - no matter what the weather. Many of those on hand have endured much worse weather on occasions such as this.

They have also seen much better days.

As Commander at Ross-Wood Post #20 American Legion it was my honor to be a part of this ceremony. One of the charges of the Commander is to organize events such as this. In many cases it is the membership that does all the work. It is the members who show up in uniform, take flags, rifles, or whatever is needed to make the event what it should be. Many thanks to all our participating members.

I also need to thank members of the Earl Brock Post #78 American Legion, Newbury, VT who showed up

prepared to march. Also marching were many members of the Haverhill Memorial VFW Post #5245. We also were joined by members of the Ross-Wood Post #20 American Legion Auxiliary even after spending time putting together the lunch that was served to marchers after the final ceremony at the Post.

For any parade to happen there also needs to be traffic control, a place to set up, music, a podium and sound system at the main location. Plus let us not forget the wreaths at each stop, the cleanup of the site beforehand, the tear down afterwards,

the others who served the lunch, and cleaned up after the lunch. All of these folks not only deserve a big thank you, but also a big pat on the back for stepping up to be part of Veterans Day in our small town.

It is an honor to served as commander. And I must say the job is made easier because of all the help received from members and non-members on this particular day as well as throughout the year.

Gary Scruton, Commander
Ross-Wood Post #20
American Legion



Left: Ross-Wood Post #20 American Legion Color Guard, joined by members of the Earl Brock Post #78 American Legion, Newbury, VT as they prepare for the final ceremony at the post home. Photo by George Rogers, Post Historian.

Right: Haverhill Memorial VFW Post #5245 Color Guard, lead by Commander Wayne Fortier. Photo courtesy of Michelle Avery.





THE AMERICAN LANGUAGE: SCRUTONIZED

In this edition we will look at what should be the most straight forward and simple of things. These could, of course, take many shapes. Let's start with "A".

Now most of you read this like the letter "A". And most often the word "a" is pronounced that way. But then there is that pesky "ah", usually written {a}. If you are speaking clearly and trying to sound proper, most will use "A" not {a}. But, the point is that it is still there.

Next in the alphabet is "B". By itself the letter is not a word. However, add an "e" and you have "be", pronounced like it is just the letter. Even as far back as Shakespeare there were questions about "2 B or not 2 B". And to confuse it even more you can add "ee" to the letter and get a creature that is said to not be able to fly, but does some great work by flying around pollinating plants and making honey. As stated in an earlier edition, to the reader these are easy to tell the difference between "be" and "bee". But simply saying the words does not work.

Next in line is "C". You can probably already "see" where I might go with this, though some would like to send this whole thing out to "sea". And in both cases "C" is not even a piece of "sea" or "see". (Or is that "C" to shining "C"?) Anyway, it is one of the early examples of the American Language making no sense (or cents).

Let's move on to "D". The best I can think of with "D" is that it is a passing grade. It's better than an "F" but it is still below average.

"E" is the last of four in a row rhyming letters. It also does not stand alone as a word. Unless you consider "EEEEEEEEEE" the sound made in so many of those Halloween movies, or on Scooby Doo.

I think we have mentioned "F" before. It is simply an "E" that was not finished. Like "E" it does not form a word. This seems to be one of the biggest wastes in the American Language. Why have all of these great letters with no word that goes with them? Some letters get it, but most do not. What gives?

"G" is next. Like "B" we can add "ee" and get a word. It is really more of a comment than a word. "Gee, do you really mean that?" It is also the command used

for work horses to turn.

"H" is simply "H" Those who speak "English" quite often don't even bother to pronounce it. The biggest claim to fame for "H" is that it looks like the old time goalposts of football. In today's football leagues that has even changed.

"I" is the next letter. Again a one letter word, I, is one of the biggest words in today's world. Many say that the world today is all about "I". I want this, I need that, I look out for number 1 (which looks remarkably like "I"). Of course "I" is also spelled "eye", which is entirely different. With "eye" most think of not one but two. In fact one eye usually means evil, as in "the evil eye" or "one-eyed monster". Then there is also "aye" that we most often hear at Town Meeting, or other group meetings, again not being one, but being several. We also have the Pirates' version of "aye" which is much different from "r". but we'll get to that in a while.

"J" is next in line. And what first comes to mind is that "J" is just the first part of a joke. Not much more than that.

"K" has some good uses. It used to be connected with "O" all the time, but has gone out on it's own now and is fully understood by most people. It also is one of the letters that is used by some as their first name? Right Kay?

"L" is another letter that does have a word unto itself, though it does not even start the word. And el on a house can give you more room, but also causes issues with the valley between roofs.

"M" is the last letter in the first half of our 26 letter alphabet. But how many of you reading this already knew that? In the alphabet song, it is part of that string of letters "LMNO" that children learning the American Language can really get hung up on. It sounds like one letter, not four. "M" is also it's own word if repeated enough. "MMMMMMM" is, in fact, part of the Campbell's soup slogan.

It's obvious that the American Language Alphabet takes a lot of explaining. Therefore, we have decided to make this a two part article. That means the second part will show up next week (unless there is something better, of course).

The Invincible Youth

I hear the Tarzan yell coming from within your deepening chest. it starts out slow and weak, I can keep up with it as this is only youth growing and gaining independence. Then it begins in earnest, building to a crashing crescendo as it releases itself proclaiming to all of mankind "I am invincible!"

This screaming voice shouting from the depth of you, "You can not stop me", "Nothing will hurt me", "I am in charge", "I am invincible"

This is the primal yell that forces itself into my mind and soul, gnawing away at the arms that wish to hold this man child of mine safe.

This is the tribal drumming, the beat of life which rushes through my maternal womb like the pulse of fear.

"You are not invincible," I cry sometimes loudly, screaming, begging to be listened to, wanting to be heard above the roar and clamor and glamour of your life.

More often the screeching releases itself from within as soundless words, or tears that do not stain, or leave salt passages on my cheeks. Silent prayers to you whispered "I love you, please be careful."

We hear about, we witness the death of another male child, we mourn together. For a brief time the invincible force field is removed and you view mortality as the careful road you travel between life and death.

I can not picture life without you. I can not conjure up enough sorrow in my imagination to fill the emptiness that your loss would leave behind.

I can only sympathize with those mothers who have suffered such a loss. I can't share it. I can only imagine the all encompassing pain felt as death would break through my chest cavity and into my heart gouging out the beating piece of it belonging to you, without the knowledge of medicine or the use of anesthetics.

I can only imagine how that wound would fester and infect me with its poison as it burned and permanently scarred me in its turmoil to start the long slow healing process.

I can not imagine how long it would take my now disfigured heart to learn to beat a normal life for me again.

And so this man child of mine, when you shout your war cries of, "I am invincible", "I won't get hurt", "Let me go"

Understand that I am afraid. Fear of the unknown forces me to hold tight to you at all times, to questions your growth, to keep you safe. "I love you."

by Janice Parkington Scruton

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Woodsville Armory: Soon to be Town Owned?

Answer the Call to Support the Armory



It appears that the Woodsville National Guard Armory will become property owned by the town of Haverhill.

As required by statute the second of two hearings was held during the Select Board meeting on Monday, November 9th. At the hearing several in attendance spoke to the good things that could happen at the building on South Court Street (Route 135) in Woodsville. There was talk of basketball, classroom opportunities, emergency shelter, even shows of campers, guns or whatever. A proposal was also put forth for an information center. This proposal even had the promise of grant money to help with the set up and eventual running of such a center.

On the concern side was the question of cost. What would the actual cost be to keep this building up and running? It was reported by the Board that the cost is about \$20,000 per year based on the expenses incurred by the National Guard over the past several years.

As required, the Select Board did not make a decision on whether or not to accept the offer to purchase the building from the State of New Hampshire for the cost of one dollar. (Which has already been donated by another interested citizen). They must make the decision to accept or not accept, at the next Select Board meeting on Monday, November 23.

In conjunction with this decision there was ample talk of how best to make decisions on the uses of this building, when and if it is accepted. In fact a proposed Woodsville Armory Advisory Steering Committee was suggested. Duties of this group would be to research and recommend uses & costs with a report due before Town Meeting 2010. The

are willing to devote time to this project over the next sixty days or so, please contact the Haverhill Town Offices at 787-6800. It should also be noted that the Select Board appeared to be open to participants from other than Haverhill. The feeling being that the Armory could have a very important impact on the entire area, and therefore participation from more than just Haverhill residents could be invaluable.

The Woodsville Armory building has many positive aspects, it could be a real asset to the Town of Haverhill and the community at large. This is not a project that should be dealt with without much research, discussion and input. Full consideration needs to be given to each and every suggested use. This includes the proposed information center and the offered funding of up to a half million dollars. So please, if you can help, step forward, volunteer, do your duty. At the same time, if you can not devote sufficient time to meet this short deadline, get your voice heard with a letter or phone call, or find someone else to serve who can help get the job done.



proposal suggests that at least eleven members be appointed by the Select Board from various backgrounds including members of the general public.

If the Select Board does indeed accept this building and decide to appoint this committee there will be little time to waste if a sound proposal is to be researched and formed before March 2010. In fact the report needs to be ready so that it can appear in the annual Town Report. This means it must be ready by the end of January.

Therefore, if you have interest in this project and



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People who have qualified have saved hundreds of

dollars for at least one month, by obtaining free prescriptions, and Vets deserve all the help they can get.

Let me be clear on the word Vet: The official recognition of the term Veterans applies to any person who served in the Military at any time for a period of at least 90 days and was honorably released or discharged. Veterans organizations may have different criteria for membership but that does not change the official meaning of the term.

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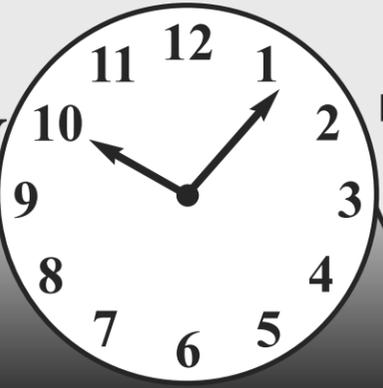
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Trendy Times will be mailed, bulk rate, to every address in the areas listed below.

Most of these areas have a specific zip code.

That's how we are able to target that particular area. Some of the areas listed do not have a specific zip code, but we have added them anyway. If you live in an area not listed here and receive Trendy Times, let us know. We will be glad to include your piece of the North Country to our coverage list.

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McIndoe Falls • Newbury • Passumpsic • Peacham • Ryegate Corner
South Ryegate • St. Johnsbury Center • Wells River • West Newbury

The publication date for Trendy Times will be each Tuesday.

Ad deadline will be the previous Thursday at 5 PM

This allows our staff to put all the pieces together, pull them apart and put them back together again. We will strive to do our best to get all the information we can into each issue, however, we can not guarantee anything submitted after 5 PM on Thursday.

We would like to thank the following businesses for graciously displaying Trendy Times in their businesses!

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

November 17, 2009 Volume 1 Number 7

A Simple Way to Boost Your Immune System

The immune system is our personal defense against viruses and bacteria. In order for our bodies to remain balanced, it is important to maintain a strong immune system. Processed foods, prescription drugs, environmental pollutants and every day stress contribute to a weakened immunity. Why is it that many people remain healthy after being exposed to diseases? Unfortunately, most research goes to "fighting" the disease and not answering the question of why some people do not get ill. One thing these people have

in common is a healthy immune system that successfully keeps an infection from taking over their body. The immune system is an assortment of cells, glands and vessels that help to defend our body against bacteria, viruses, toxins, parasites and other invaders. It is a complex and personal relationship between an individual's body and the environment. Maintaining a strong defense against disease in today's world is complicated by emotional and excessive stress in our lifestyles. Through the use of alternative methods,

we are able to support this system and strengthen immune defenses. Practicing relaxation techniques such as yoga, meditation or Reiki has potential to boost the immune defenses of an individual. Relaxation of the mind and body lowers our stress levels and allows related hormones to normalize. Stress hormones that stay elevated have a dampening effect on the immune system. Relax and invest in your health.

Susan Lucas BS, RMT,
Herbal Consultant
wisewomantradition@yahoo.com

Trendy Times would like to thank Donna and Susan from Shear Animal Styling Salon in Woodsville for sharing their November newsletter. It is the policy of Trendy Times to use these types of articles when possible. We encourage other professionals to submit articles of similar nature (that is to say, not promoting themselves, but giving good general knowledge) for publication in future editions of Trendy Times.

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Calendar of Events

TUESDAY, NOVEMBER 17

AARP DRIVE SAFE PROGRAM
10:00 AM - 2:30 PM
Bradford Fire Station
AARP Members \$12, Non Members \$14.

FRIDAY, NOVEMBER 20

2ND ANNUAL TURKEY RAFFLE
6:00 PM
American Legion, Woodsville
See page 2 for details.

SATURDAY, NOVEMBER 21

4-H ARTS AND CRAFTS JAMBOREE
9:00 AM
Monroe Town Hall

CUB SCOUT PACK 755 BOTTLE & CAN DRIVE

8:00 AM - 12:00 PM
Trash Drop in Bradford (on Fairground Road),
Newbury (by Newbury Elementary) and
Wells River (across from Warner's Gallery)

31ST ANNUAL COOPERATIVE NURSERY SCHOOL OF HAVERHILL'S HOLIDAY CRAFT FAIR

10:00 AM - 3:00 PM
Woodsville Community Building
See page 9 for details.

SUNDAY, NOVEMBER 22

NATIONAL GAMES & PUZZLE WEEK (First Session)
1:00 PM - 3:00 PM • ALL WEEK
Baldwin Memorial Library, Wells River
For more information, call the library at 802-757-2693.

MONDAY, NOVEMBER 23

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

TUESDAY, NOVEMBER 24

WORKSHOP WITH STORYTELLER BECKY RULE
11:30 AM - 1:30 PM
Horse Meadow Senior Center, North Haverhill

SATURDAY, NOVEMBER 28

TEEN DANCE
7:00 PM - 10:00 PM
American Legion, Woodsville
See page 11 for details.

WEDNESDAY, DECEMBER 2

3 RIVERS BUSINESS ASSOCIATION ANNUAL PLANNING MEETING
6:00 PM
Happy Hour Restaurant, Wells River

SATURDAY, DECEMBER 5

HAVERHILL AREA YOUTH ORGANIZATION PENNY SALE
9:00 AM - 3:00 PM
Horse Meadow Senior Center, North Haverhill

WHENEVER DATE

Place your event for your town, school or organization at no charge. To be included in the Calendar of Events, your event must have no admission charge, unless you are paying for an advertisement with Trendy Times.

Submit your entries by:
Phone: 603-747-2887 • Fax: 603-747-2889
Email: gary@trendytimes.com

Old Center Haverhill Armory Has Gone to the Dogs

Man's best friend has a new home in Haverhill. Saturday, November 14 was the Grand Opening of the Haverhill Dog Kennel at the old Armory Building on Route 116 in Center Haverhill. The kennel has actually been in operation for a while now, but this was an occasion to make it better known to the public. And the public took notice. There were plenty of people thru the new door most of the afternoon. Linda Smith, Haverhill's Animal Control Officer, was on hand and happy to show off what had been accomplished to date with the small budget she had to work with.

Most anywhere you looked there were items that were either donated, installed for free, or procured at a very reduced price tag. The several chainlink kennels were new, neat and ready for occupancy. There was a new front door with a secure window. Heating system installed and ready to keep the place at 50°. Electrical upgrades had to be made so that more than a power saw could be run at one time. Plus there was plumbing to be added to give the human occupants a bit of comfort. The roof on the old building also needed some help to keep the rain outside. Evidence of the leaks over

the years is still evident in some spots not yet finished. But all is going well and the future looks great.

In fact, Linda has now been given the authority to not only operate a kennel for strays for Haverhill, but she has also gotten an agreement to provide shelter for dogs picked up in Benton. She is hoping to work out similar agreements with other local towns.

Plus the Haverhill Dog Kennel is now available for boarding of dogs. If a dog owner is going away for whatever reason, Linda can give the dog a warm comfortable place to stay.

Still another service from the new kennel is the opportunity to bring in your dog or cat to be spayed or neutered. This service is limited and only available on certain dates. The next clinic is this Thursday, November 19. The cost for cats is less than \$50 and for dogs under \$100. For full details and to make an appointment you must call 603-728-9161.

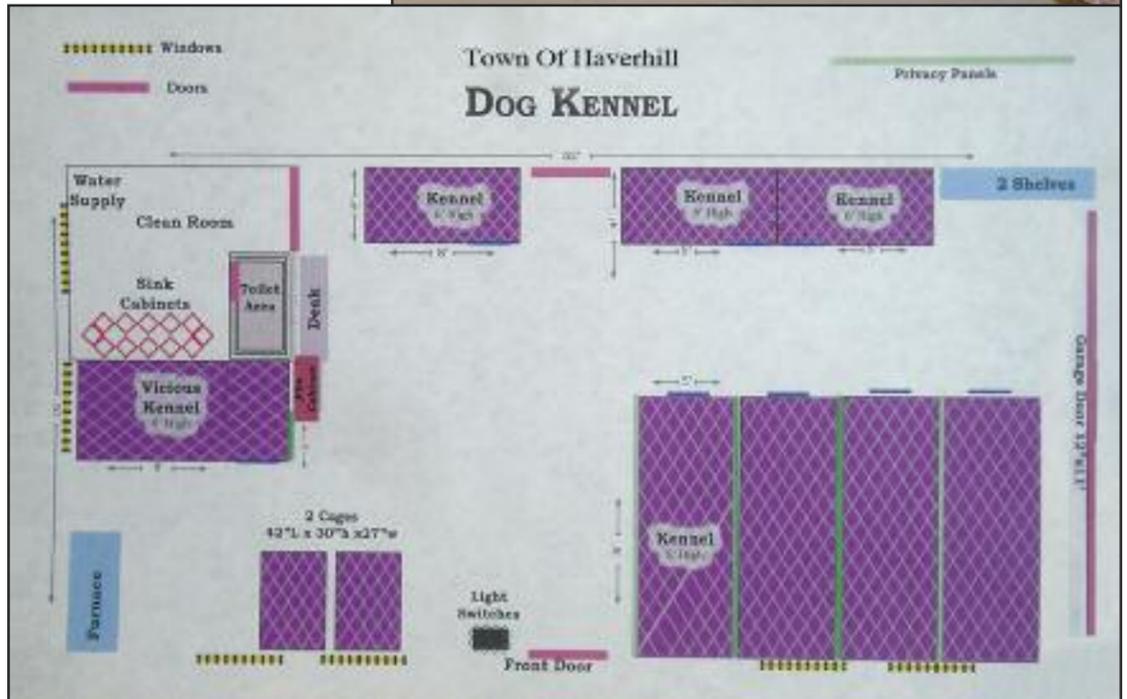
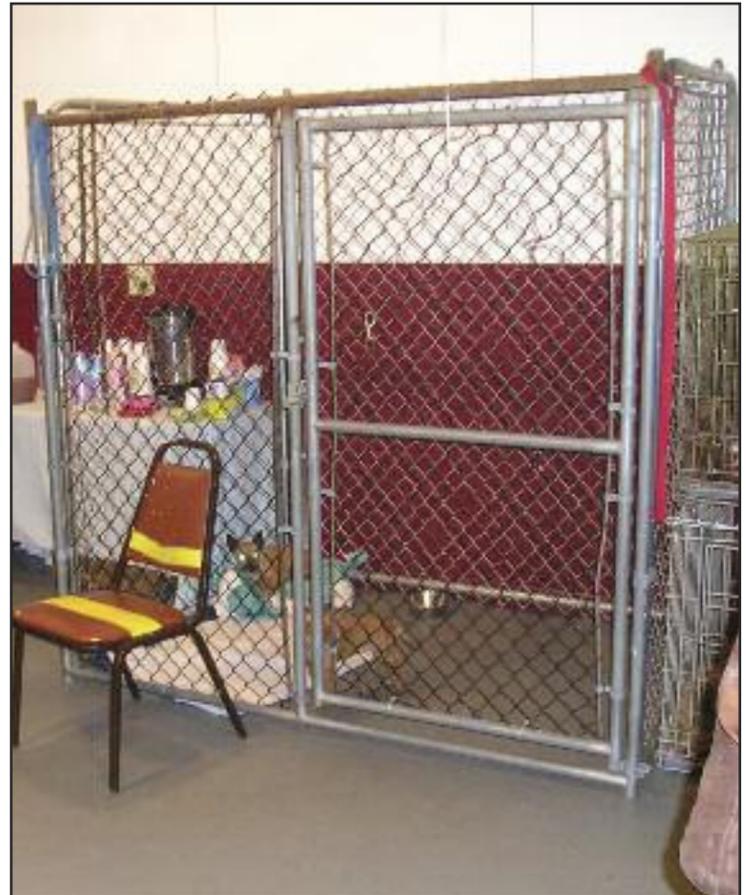
There is also hope to set up vaccination clinics, licensing opportunities and much more in the future.

According to Linda the Haverhill Dog Kennel should be able to be self sustaining in a very short amount of time. Now that the initial start

up costs have been taken care of, the receipts from boarding and fines for strays should keep the bottom line in check.

To anyone who would like to help with the Kennel Linda says that volunteers are welcomed but can be limited to what they can do with the animals. She is more that happy to accept donations of blankets, quilts or other bedding for the dogs, or just a cash donation (as one person did during the open house with a very generous check for \$100.)

The kennel is using only a very small portion of the old Armory, which does mean there may be room for expansion if the need were to arise. But for now the quarters are comfy and ready for action.



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TRENDY TIMES

A WEEKLY PUBLICATION

Not all Times are Trendy but there will always be Trendy Times November 17, 2009 Volume 1 Number 7

Captured Images From Veterans Day



Mother Nature was part of the Veterans Day ceremony as she fully unfurled the flags.



The marker at the flag pole on Central Street proclaims that it is the flag pole not the stone that should be the center of attention.



Principal Bob Jones of Woodsville High School gave the Veterans Day speech. Though he is not a veteran, he understands what veterans have fought to preserve.



Bill Simpson: A World War II-veteran may not have marched, but you could not keep him away.



One of three wreaths that were part of the solemn ceremonies of Veterans Day.



The assembled troops made their way on to the Ray Burton Bridge on Route 135 for another stop to salute Veterans of all services.

Thanks to Michelle Avery and George Rogers for the photos on this page.



The monument and cannon at the home of Ross-Wood Post #20. The simple inscription reads "In Memory of our War Dead".

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Deer Season Is Here

Rifle season for deer hunting in both Vermont and New Hampshire is now in full swing. It is a right of passage for some families. For others it is a huge mystery. In both states the Fish & Game authorities see it as a necessary tool to keep the deer herd healthy.

Whatever your involvement is with the deer season it is one of the very recognized seasons in this area. We at Trendy Times would like to help make deer season more understood. If you have a deer camp story, or a photo of "the big one", or maybe just a comment about the whole deer season, we

would love to publish it.

You can send us whatever you may have by email at gary@trendytimes.com or drop off what you have at our office in Woodsville (right behind Trendy Threads) or even mail it to us at 171 Central Street, Woodsville, NH 03785.

We will publish as much as possible over the next few weeks and at the end of the season we will offer a gift certificate to Warner's Gallery Restaurant for the best of the best.

So don't forget your camera, sharpen your pencil, or bring your laptop and share your good times with the rest of the area.

A Lunchtime Conversation With Storyteller Becky Rule

HAVERHILL — The Horse Meadow Senior Center will host a workshop with New Hampshire storyteller and humorist Becky Rule on Tuesday, November 24 from 11:30-1:30. Becky will meet with the Horse Meadow writers' group in a lunchtime conversation to talk about storytelling and the craft of writing. The public is also invited to participate in this free-flowing conversation that will touch upon story ideas and suggestions for preserving them. The workshop is presented as part of the Arts Alliance of Northern New Hampshire's Arts & Health for Seniors series, developed with community partners like the Grafton County Senior Citizens Council.

There is no charge for the workshop, but anyone interested in taking part should call Joanne at 787-2539 to register. (Lunch for seniors is \$3).

Two other public workshops are on Becky's Arts & Health for Seniors schedule thus far, both at the Plymouth Senior Center on Thursday, December 17. Becky will begin the day, from 10-11 a.m., with a "Storytelling Workshop for Writers," where participants will share stories and memories. Becky will use humor and imagination in offering tips on how writers can be more effective in teasing out their own stories and writing them down.

From 1-2:30 p.m., Becky will present a staff

development "Story Gathering Workshop" for senior center staff and volunteers from around the region. Individuals from other organizations who work with seniors and the elderly are also welcome to attend. The focus will be on sharing stories, with some writing sprinkled in. Becky will offer tips on how participants can gather stories from others, along with simple but effective ways to help preserve the storytellers' stories through audio, video and text.

There is no cost for either workshop, but registration is appreciated; call the Senior Center at 536-1204. Seniors who would like to eat lunch at the Center are invited to do so. The meal begins at noon and the cost is \$3 for seniors.

Becky has conducted hundreds of workshops around New Hampshire, all of which include her trademark humor. Her newest book is *Live Free and Eat Pie: A Storyteller's Guide to New Hampshire*. She has also produced two collections of stories, *Could Have Been Worse: True Stories, Embellishments and Outright Lies*, and *The Best Revenge*, which was named Outstanding Work of Fiction by the NH Writers' Project and was listed as one of five "Essential NH Books" by New Hampshire Magazine. Becky's very funny CDs are "Perley Gets a Dump Sticker" and "Better than a Poke in the Eye." Check out some of her stories at her blog at

www.livefreeandeatpie.com.

Becky is the third in a series of artists in the Arts Alliance's Arts & Health for Seniors series. Her residency during several days in December and January at nursing homes, senior centers, and health-care facilities will include storytelling for large groups; small storytelling sessions where participants will share stories and memories; story gathering workshops for nursing home, senior center, and hospital staff and volunteers; and workshops for Hospice volunteers and families interested in gathering legacy stories.

One of the primary goals of the Arts & Health series is to provide high-quality, hands-on arts experiences for seniors and those who work with them in the expectation that the arts encounters might continue once the series concludes. Local artists interested in being mentored by participating artists are also invited to attend sessions. In January, the Arts & Health for Seniors series will bring Irish harper, singer and dancer Regina Delaney to the region. Anyone who is interested in presenting these artists can call 837-2275 or email eileen@aannh.org.

The project is funded in part by a grant from the NH State Council on the Arts' Arts in Health Care program and presented in partnership with local organizations and institutions serving seniors.

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Disorderly Kunduct – Part 4

The following is part four of the ongoing story of "Disorderly Kunduct". If we lived in Hollywood this sort of thing would not even make it past being a rumor. Here in the North Country, it has become a saga that may or may not eventually reach Los Angeles.

The writer of this letter is not a band member, but has been very close to the group and felt obligated to put her feelings into print. She has repeatedly said that she wishes the band well, but simply has a different point of view on some matters, and to one particular point totally disagrees with what

has precious appeared in print in Trendy Times.

As editor and owner of Trendy Times, I am providing space for the points of view and points of disagreement to be put forth. Trendy Times will not, however, allow this saga to go beyond that point.

Now for my perspective on how a band should be run. Like any other group of people getting together to form an organization for the betterment of all concerned, the ground rules should be set before money is earned or spent. It is always best to go in with your eyes wide open. It allows all parties to know what may

or may not happen. Then, when or if rules get changed, there is a written set of rules to fall back on.

In the matter of Disorderly Kunduct, it appears there was nothing set up before they began and now there are problems. Hind sight is 20-20. And now is not the time for someone else to jump in and tell all parties what they should or should not have done.

Therefore, let me just say this, good luck to all the members, past, present and future. If a trip to Los Angeles becomes a reality, be sure to let us know at Trendy Times so that we can pass the details on to our readership. Again, good luck to all involved.

Disorderly Kunduct: Band or Dictatorship?

Last week an advertisement went out about auditions for the Band Disorderly Kunduct. The band members that were portrayed as "hired musicians" were exactly the opposite. One member, who was unexpectedly fired (without real cause – was present for the creation of the whole band. Without notice or reason, he was fired. He found out that he was fired by the audition ad. Two band members were fired this way.

In the short time that these two "hired musicians" were part of this band, equipment was broken and not reimbursed. Earned money from shows were withheld to go into a "band account" while the two members were forced to survive on \$20-\$75 per show. Also, donations were made by sponsors from our local community. The money didn't go to what it was intended for. We don't know where it went, but incidentally the two "band leaders" are fine. Bills are paid and they are comfortable. Yet the two "hired musicians" are struggling to make ends meet.

"This is a band, and all the decisions need to go through everyone in the band." Maybe we are crazy, but that sounds right. If one

or two people make ALL of the decisions, how is that "law & order"? How is that fair to everyone? Decisions like having the "band leaders" immediate family being the manager? How would you know where your earned money is going or even if it's fair? If this is your dream, shouldn't you have a say in how it is played out?

Integrity is also being compromised by the "band leaders" for playing "originals" that are not truly theirs. The songs that they supposedly wrote and are making a profit on are not theirs. They are copyrighted songs written by people who were in a band with the "band leaders" before Disorderly Kunduct. They are notorious for stealing "originals".

When members join this "band, they are told that it is family oriented", and if wives and girlfriends want to join in or watch, it's okay. Now that they are "famous" they are told that even if they get famous and go on tour, the women would just get in the way and be a distraction. Wow? So you're not allowed to take your #1 supporter with you??

This article is not meant to be slander towards the

"band leaders" or the band itself. Greg and Billy are very talented people. If you have the talent and want to go all the way with it, we encourage you to try out and "show your stuff". Although we urge you to be cautious, and ask yourself if your unique talent should be twisted to a band that will control it. The term "my way or the highway" is

very prominent in Disorderly Kunduct. Be sure you know what you are getting yourself into. Your dream could be shattered without knowing that it is happening.

A forewarning: If you are hired by this band, you will not be going to "America's got Talent". Only the original four are allowed to go. If you want to go to the show with

them, you need a whole new audition. You can not replace the members in the first audition.

Heather Cheney

* We have witnesses that were in previous bands with Greg and Billy to back up every word written here today.

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Furniture: Tall Clock - case attrib. by owner to Matthew Egerton with English works by Osborn and Wilson back plate and Painted moon phase dial signed George Home 95 in.; large Pennsylvania bench with plank seat in walnut; mahogany Pembroke drop leaf table with reeded legs; English Federal mahogany mid 19th c. corner cabinet with glass doors; Sawbuck table; Set of 5 Hickory ladder back chairs from Virginia; lift top blanket box; mahogany corner hanging cabinet; modern Cherry trestle table 6 ft x 30 in. tall; Mahogany sleigh bed; bamboo shelf; lift top blanket box in red paint; Chippendale paw foot chair - mahogany; pine step back cabinet with red stain; good marble top Victorian table; diminutive child's drop leaf Pembroke table with one drawer and kidney shaped top; child's ladder back side chair; taper leg country table in grungy paint; child's 19th c. push sleigh; other early beds; open cupboards; wall cabinets; and more.

Artwork, Paintings, & Prints: 2 boat watercolors signed Metzler; H Story Granger oil on board - View of Mt. Wash. from Jeff. Highland; sm. oil on board folksy painting of duck hunter; maritime prints; nice prim. watercolor landscape with house; large modern oil on canvas of racing yachts signed Tayler; good frames - some Vict. walnut;

Glass, Porcelain, and Pottery: 3 blown glass apothecary jars w/ tin lids; spongeware pitchers; pr. Bird of Paradise plates; Staffordshire dog; Imari plate; milk glass rolling pin; nest of 5 yellow ware bowls; selection of other mixing bowls; redware pitcher; settling dishes; Longchamp porcelain floral dec. garniture set; misc. stoneware and brownware crocks and jugs; small group of make-do repaired pitchers; collection of 6 miniature pedestal oil lamps; some Limoge; B&G bowl with lacey edge; selection of old bottles; misc. 60s art glass vases; **Rugs:** Numerous antique and some modern oriental rugs must be seen: Killim; Nice modern Bokora in salmon color; Aubisson floral room size rug; other good scatter rugs;

Silver and Jewelry: 8 Gorham Sterling forks; International sterling silver bowl Wedgewood pattern; selection of sterling bowls, English silver muffineer; lot of 4 small sterling porringers; sterling napkin rings; large group of European late 19th c. silver souvenir spoons; Sterling frame; misc. small sterling lots; sm. lot of sterling jewelry; Gold charm bracelet; Indian head 5 \$ gold piece; other jewelry;

Books, Paper, & Posters: 1860 wall map of Grafton County; 8 large albums of scenic post cards of NH, VT, Maine, and Mass. 1000 + cards; Collection of 19th - early 20th c. cabinet cards and mounted photos of hunting camps; logging drives; early automobiles; some western scenes including miners; some White Mt. photos; some RR related; misc. loose prints; Sun Valley This Winter - ski poster (girl skiing); 1960s AMC posters; NH Winter poster; Maxfield Parrish NH poster; other posters; selection of antique reference books;

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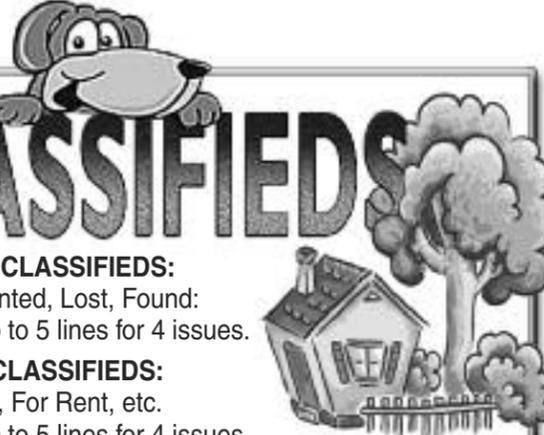
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Attention Gulf War Vets - This Study is Going on Now and Will Pay You For Your Expenses

The objective of this study is to understand what goes wrong in Gulf War Illness (GWI). We have previously performed lumbar punctures (spinal taps) in GWI subjects and identified a dozen proteins that were present in GWI but not "healthy control" subjects. This suggested that these proteins may be useful as biomarkers of GWI, and that they may be used to develop new tests for the condition. The pattern of the proteins also provided some ideas about how the brain may be injured in GWI. Long lasting, low-grade injury could lead to the symptoms of GWI and related illnesses such as chronic fatigue syndrome and fibromyalgia.

In order to gain more valuable information about what is going wrong in GWI, we propose to enlist groups of 20 GWI and 20 healthy veterans (HVets) from the period of the Gulf War. All of the subjects will be treated in the same fashion. First, brain scans (functional magnetic resonance imaging, [fMRI]) will be performed to compare the brains of GWI and HVets. Then they will have two days of exercise testing. The exercise will be a standard bicycle exercise stress test to determine fitness. Subjects will also squeeze a handheld strain gauge until they cannot hold the contraction any longer. This type of muscle contraction is known to stimulate the nervous system and cause and increase

in blood pressure and heart rate. However, we have determined that people with chronic fatigue syndrome have blunted responses compared to control subjects. We anticipate this to be true in GWI as well. We anticipate that this exercise will have little effect on the HVets, but will cause some tiredness and fatigue in the GWI subjects. Therefore, on the second day, we anticipate that GWI subjects will be fatigued and will not be able to perform as efficiently at either the bicycle exercise or isometric hand grip tests. In fact, we propose that the Day 1 exercise will induce some level of fatigue, or "exertional exhaustion" in the GWI group. If so, then we anticipate that the GWI subjects will not be able to perform as effectively on the bicycle stress test or the hand grip as the HVets.

After the Day 2 exercises, the fMRI brain scans will be repeated. Just like the exercise tests, we expect that the GWI subjects will show evidence of poor brain functions in thinking, making decisions, and planning compared to the HVet group. The fMRI scans will tell us which parts of the brain are not functioning as efficiently.

In addition, we will be collecting fluid from around the brain by doing a spinal tap. We anticipate that the fluid will again contain proteins found only in GWI and not in

HVets. If so, these proteins can be developed as diagnostic tests for GWI. This would have a tremendous impact on GWI since it may be possible to perform a test and determine if a veteran has this condition or not. That determination would change the way the person was treated.

By studying these proteins in the fluid from around the brain as well as blood and other fluids, it may be possible to identify a pattern of proteins and other mediators that begin to suggest a cause, or causes, for the fatigue and related symptoms in GWI. From these studies, we may be able to piece together the mechanism(s) that go awry in GWI subjects. If so, we could test new drugs and other therapies against the proposed mechanisms to see if they blocked the fatigue or other symptoms. We will be gathering a large amount of information in this study, and have great confidence that the mechanism(s) of GWI will begin to reveal themselves. The time limit for this grant is 3 years, so I would anticipate that we would begin to report our progress in about 2011. While this may seem a long time to wait for a "cure," it is important at this time to be sure we understand what has gone wrong to lead to GWI symptoms, and then to determine the best way to correct those changes. Our work should provide a solid foundation for all GWI investigators, and based on our shared information, we will be able to greatly improve understanding of this illness, and set the stage for the development of new treatments for GWI.

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By Arianne Fosdick
UNH Cooperative Extension Program Assistant

Long time Grafton County resident and recent graduate of the UNH Cooperative Extension's Master Gardener program, Betsy Drinkwater, volunteered her time and green thumb this past season at the Shaker Museum in Enfield, NH.

The general idea of the Master Gardener program is to offer dedicated gardeners a comprehensive course taught by UNH specialists and professors, County educators, and other NH experts, so that they in turn can help disperse this information into their communities. After attending 15 weeks of classes covering a wide assortment of gardening topics, Master Gardener interns are required to donate 45 hours of their time towards a gardening project of their choice.

Under the guidance of herbalist and Shaker Village volunteer Happy Griffiths, Betsy focused on the production bed, a section of the garden that had lain fallow for the past several years. Though only a small plot in the 3,000 acres that the villagers once farmed (the bed is 30 by 50 ft), the production garden played an

important role in both the Shaker communal kitchens and the village coffers. Vegetables and herbs were used for cooking and medicine, as well as traded and sold to contribute to the collective village income. Honoring this dual purpose, the current garden produces herbs and vegetables to sell at the Enfield Farmers' Market, and to use in food preparation for special events.

Betsy implemented a wide row, no till approach to the garden. Current research suggests that frequent tilling can compact the soil, bring dormant weed seeds to the sunny, warm surface, and disturb the micro-organisms and earthworms that are vital to soil health. Perhaps more representative of what growing food may have looked like before mechanized rototilling was possible, Betsy's garden had wide production rows with seeds spread out over 16-18 inch rows rather than the more common, single-file planting scheme. The thinking behind wide row gardening is that thicker plantings help shade out competing weeds, help retain soil moisture, and are

easier to harvest and maintain. Betsy found this method to be very effective, and though she may revise what types of vegetables and herbs she plants next year, she will stick with this technique.

All the gardens at the Shaker Village Museum are labeled with plant types and varieties and are open to the public. The museum is open year round, with guided garden tours throughout the growing season, and festive events held throughout the year. Visit <http://www.shakermuseum.org/> for more information and a calendar of events.

For more information about the Master Gardener program and other UNH Cooperative Extension Programs, call the office at (603) 787-6944 or visit us on the web at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>

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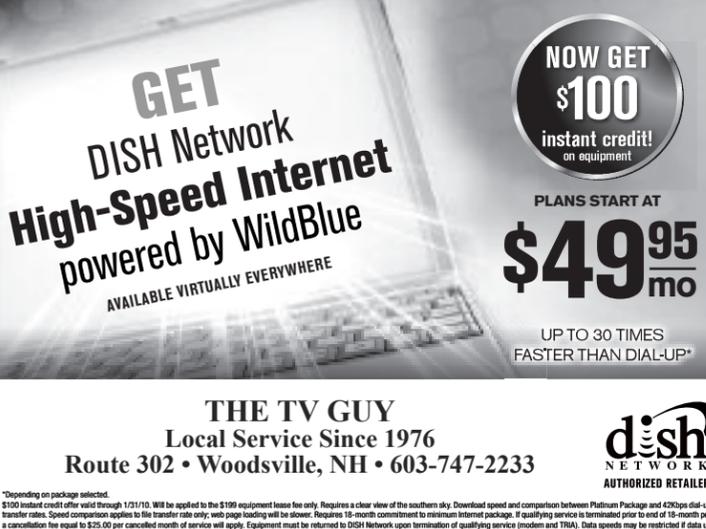
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Kathleen Jablonski Recognized With Distinguished Service Award At National 4-H Agents Conference



Kathleen Jablonski (far right) doing one of her many jobs at the 2009 North Haverhill Fair.

Kathleen E. Jablonski, Extension Educator, 4-H Youth Development with UNH Cooperative Extension, was honored with the Distinguished Service Award presented by the National Association of Extension 4-H Agents (NAE4-HA). Jablonski was among over 1,100 4-H youth development professionals from across the nation to participate in the association's 63rd annual conference October 25-29, 2009 in Rochester, New York.

Each year, the National Association of Extension 4-H Agents (NAE4-HA)

recognizes members for their 4-H/Extension work by presenting awards for outstanding accomplishments in achievement, leadership, service and communication. Jablonski received the Distinguished Service Award during the annual awards and donor recognition banquet on Thursday, October 29th.

This award is presented to an NAE4-HA member with at least seven years of service to 4-H/Extension youth programming. The Distinguished Service Award is based on work with professional associations and Extension committees, professional improvement, personal accomplishments, personal interests, and community contributions.

NAE4-HA is a globally recognized, culturally diverse network for 4-H youth development professionals. Membership is open to local, regional, state or national Cooperative Extension staff members who work with 4-H youth programs. Affiliate membership is available to other youth development professionals, former NAE4-HA members, and NAE4-HA donors and supporters. Membership in this organization provides News & Views,

the official publication of NAE4-HA; opportunities for professional recognition and awards at state, regional and national level; travel and educational scholarships and grants; opportunity to attend the annual NAE4-HA conference, featuring professional improvement seminars, poster sessions, research papers and exhibits; and leadership development opportunities through association leadership positions and leadership development conferences.

The conference theme was "4-H: Imagine the Possibilities". The conference allowed 4-H/Extension Youth Development Professionals the opportunity to learn innovative, up-to-date educational information, methods and techniques, exchange ideas, and to promote cooperation among all Extension personnel.

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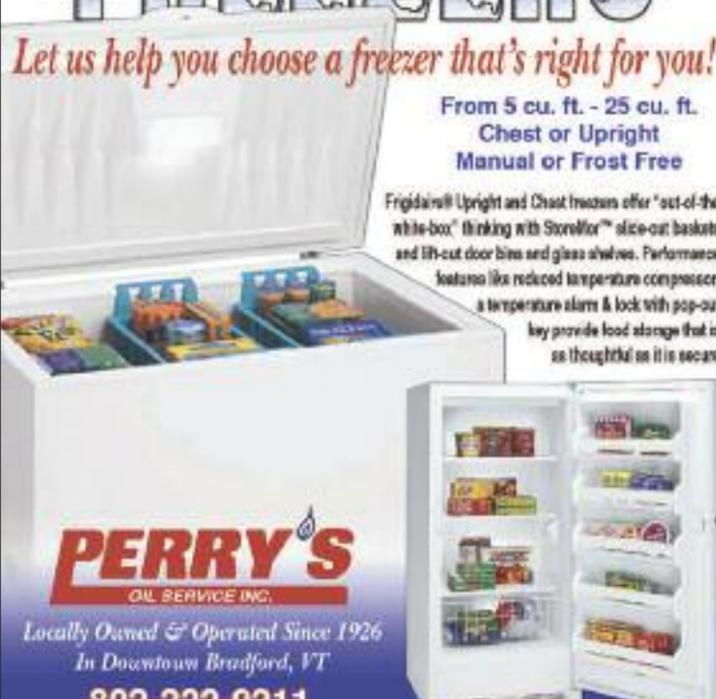
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