

# TRENDY TIMES

171 Central Street  
Woodsville, NH 03785

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NOVEMBER 24, 2009 VOLUME 1 NUMBER 8

## Local Native Serving in Iraq Requests Help for Kurdish Students



help out the children of northeastern Iraq this holiday season, you may leave donations at Mucca's Place, 148 Eastern Ave in St. Johnsbury (802-748-0020) or at Trendy Threads, 171 Central St., Woodsville, NH.

- ITEMS THAT ARE BEING REQUESTED ARE:**
- School supplies, like stationary, paper, notebooks, pens, pencils, crayons, markers etc.
  - Sport equipment, like soccer balls, hand balls, jump ropes etc.
  - Dental/medical items such as floss, tooth brushes, toothpaste, medical supplies, band aids, gauze, tape, etc.
  - General toys for children 1 year old to 8 years old. These should be small toys due to shipping costs but all toys in excellent shape will be gratefully accepted.

Captain Estan N. Davis of Waterford, Vermont and Fort Hood, Texas is serving in Iraq in the Kurdistan region. He is working with local government officials to assist them in rebuilding the northeastern part of Iraq.

Captain Davis says "that one of the many cool things about this job is getting to interact with the local Kurds who are a kind and pro-American people. They are ethnically diverse and non-Arab Muslims who live in the autonomous region of Northern Iraq, known as Kurdistan."

Captain Davis is looking for donations for the town of Ibrihim Kaleel.

If you feel that you can

The Kurdistan region of Iraq is located in the north-eastern part of Iraq and borders Syria, Turkey and Iran. The establishment of the Kurdistan Region of Iraq dates back to the March 1970 agreement between the Kurdish opposition and the Iraqi government after years of fighting.

Many people in the Western Hemisphere had never heard about the Kurdish people until after the Persian

become refugees in bordering Iran, Syria and Turkey. For the Kurdish people this had happened before during the 1988 Ali-Anfal genocide when the Kurdish people were mass murdered by the widespread use of chemical weapons, and the destruction of thousands of villages.

Iraqi Kurds joined forces with the US Army in Operation Iraqi Freedom and have played a key role in overthrowing the former Iraqi government.



The Kurdish military, Peshmerga, have helped in the security of Kurdistan and other parts of Iraq. The Peshmerga is believed to have been responsible for the capturing of Saddam Hussein in December 2003. The Sunday Herald reported that the Kurdish intelligence service lead to the direct capture of Saddam Hussein with Kurdish Special Forces sealing off the area of the Al-Dwar farmhouse before the arrival of US troops.

During the rule of former Iraqi regimes prior to the 2003 overthrow of Saddam Hussein, education in Kurdistan was very limited. Institutions of education were largely denied and they had very few primary and secondary schools. [http://en.wikipedia.org/wiki/Iraqi\\_Kurdistan](http://en.wikipedia.org/wiki/Iraqi_Kurdistan)

Capt. Estan N. Davis, of Waterford, Vermont, is the senior ground commander in

Habur Gate, Iraq and the headquarters commander of the 15th Special Troops Battalion, 15th Sustainment Brigade. He is a graduate of Waterford Elementary School, St. Johnsbury Academy, class of 2001, and The University of Vermont. He is the son of Elsie Davis and Marcel Gingue both of Waterford and the late Stephen R. Davis. His grandmother is Vivian Davis of Waterford, Vermont.

Thanks to Kathy Goslant for providing this article.



**REWARD**

**JAKE**



**LOST**  
Sunday  
September  
20, 2009

Our Jack Russell Terrier was last seen in Lower Waterford, VT. He was possibly picked up on Route 18 on September 27th. If you see him please call **802-748-9435 or 802-748-6800**

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# Wash Your Hands... Not The Turkey

By Deborah Maes, Extension Educator, Family & Consumer Resources

As the holiday season rapidly approaches, many cooks are getting ready to share meals with family members and loved ones. Lots of myths exist about how to make sure your food is safe. Here are a few of them.

## MYTH #1

*You should rinse your poultry before you cook it.*

## FACT #1

Rinsing poultry will not remove bacteria, and in fact can spread the raw juices around your sink, the countertop, and onto any food nearby, not to mention your hands. This can cause cross contamination. You can only kill bacteria in your food by

cooking it to 165°F, as measured by a food thermometer. So treat yourself this year by buying a thermometer, and then cook your turkey in an oven set to at least 325°F. Only serve turkey or poultry when the internal cooking temperature reaches 165°F.

## MYTH #2

*You should never put hot food in the refrigerator.*

## FACT #2

We no longer depend on blocks of ice to help our food stay cold. Our new, modern appliances are very good at cooling food down quickly. So, following your meal, take the meat off the bones and divide

it into smaller portions. Place your containers in the fridge.

If you leave food out on the counter for more than two hours it is not safe, since bacteria can double every 15 or 20 minutes at room temperature. Think of it this way, if you have one bacterium on food that is left out at room temperature for seven hours you will now have 2,097,152 bacteria by morning. Do you want to eat leftovers or bacteria? As few as 10 bacteria from E coli can cause you to get sick, less than would multiply after one hour. Don't take chances. Remember you can't see, taste, or smell bacteria, so be safe. Cook your food to the right temperature and get it in the fridge right after your meal.

## MYTH #3

*I can tell by looking at food that it is cooked.*

## FACT #3

No way. The safest way to determine if the food you have cooked is safe to eat is to use a food thermometer. Don't think that because turkey juices run clear or your hamburger is brown, that the food is cooked. Use a food thermometer and check the food's temperature. Remember, poultry needs to cook to 165°F and ground beef to 160°F.

## MYTH #4

*I have been cooking for years and no one has ever gotten sick from eating my food.*

## FACT #4

You never know. Over 76 million people in the United States get food borne illnesses every year. That's one out of every four Americans.



People get sick from food prepared at restaurants or at home, picked up at fast food restaurants, or served at catered events. No matter how clean you and your kitchen may be, chances are that at some point someone has gotten sick from food you have prepared and served.

## MYTH #5

*If you get sick from food it was probably from the last thing you ate.*

## FACT #5

Maybe, maybe not. Some food pathogens can begin to show symptoms within an hour after eating, others can take several weeks. For example, it normally takes 8 to 72 hours for salmonella symptoms to appear. So the sickness you blame on your local restaurant at lunch may just be something you prepared a few nights ago.

## MYTH #6

*Lemon juice and salt will clean and sanitize your cutting boards.*

## FACT #6

While lemon juice and salt might clean your cutting board, you can only sanitize with a product designed to kill pathogens. Put a mixture of one teaspoon of household

bleach and one quart of water into a spray bottle. After cleaning, spray your cutting board and let stand for 30 seconds. Then rinse and dry off your cutting board and you are ready to go. After you clean your countertops you can use the bleach spray and let it stand overnight. Your solution will not leave a bleach residue on your cutting board or counters and your kitchen will be safe.

There are many more food safety myths. If you aren't sure whether or not your food is safe, call the UNH Cooperative Extension Information Center at 1-877-398-4769 and trained volunteers will answer your food safety questions. If you have access to the internet try this website: [www.fightbac.org](http://www.fightbac.org). You can get research based information on how to make sure the food you prepare and serve this holiday season will be safe.

The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture and New Hampshire counties cooperating.



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# A Dog's Best Friend Could Be You!



They call themselves a last chance rescue organization. They give a last chance to dogs who have been abandoned, neglected or abused locally as well as from high volume kill shelters in Georgia, South Carolina, North Carolina and West Virginia. All of these dogs have been examined by a licensed veterinarian and have been evaluated for behavior and personality, as well as had proper vetting.

The group is called White Mountain Foster and Rescue. The foster part is what they are in real need of at the moment. This non-profit organization needs foster homes for these rescued dogs because they do not have a kennel to keep them all. They depend on the kind-

ness of dog lovers in the area to provide temporary homes for these dogs until they are able to find a permanent home. Like any foster group, the foster family has the option to say yes or no to any placement.

Of course there is also a need for permanent homes for these dogs. That is the goal of any organization like this, get a good, permanent home so that another dog in need can be rescued and placed.

For those who do not feel they can offer a home to a rescued dog there is still a way to help. White Mountain Foster and Rescue can always use donations of dry dog food, canned food, chew toys, dog biscuits, leashes, collars, enzyme cleaner,

bleach, Spori-Clean, vet or pet store gift certificates, towels, blankets, tennis balls, crates, general office supplies, auto gas gift cards, pet shampoo or ear cleaner. They also have several fundraising events planned, please check their website for more info on upcoming events. [www.whitemountainrescue.org](http://www.whitemountainrescue.org) They also need volunteers for these events.

The Rescue Coordinator for the White Mountain Foster & Rescue Organization is Lynn Vien of Wentworth. If you would like more information contact Lynn at 603-786-9644 or locally you can contact Robin or Roy Irwin at 603-787-6020. They would be happy to hear from you, and so would their best friends.



### AVAILABLE TO ADOPT "SUZY"

Suzy is a 2-3 year old Chihuahua/Jack Russell Terrier mix. She is super sweet wonderful girl. She loves other dogs & cats. Children make her nervous so she would do best in a home without small children. Suzy just had a litter of 3 puppies and they are off to their new homes now and it's time for her to get her forever home. Suzy is spayed, microchipped and UTD on her vaccines, she is also housebroken and crate trained. If you could give Suzy the home she so deserves for the holidays please contact Holly at 603-254-9848.

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## Calendar of Events

**TUESDAY, NOVEMBER 24**  
**WORKSHOP WITH STORYTELLER BECKY RULE**  
11:30 AM - 1:30 PM  
Horse Meadow Senior Center, North Haverhill

**FRIDAY, NOVEMBER 27**  
**LITTLETON CHAMBER OF COMMERCE HOLIDAY PARADE**  
12 NOON  
Littleton

**SATURDAY, NOVEMBER 28**  
**TEEN DANCE**  
7:00 PM - 10:00 PM  
American Legion, Woodsville  
*See page 9 for details.*

**WEDNESDAY, DECEMBER 2**  
**HOLIDAY TREE DECORATING WITH ORIGAMI PEACE CRANES**  
6:00 PM - 8:00 PM  
Bradford Public Library

**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  
*See page 8 for details.*

**CHRISTMAS BAZAAR**  
9:00 AM - 2:00 PM  
Haverhill Congregational Church

**VICTORIAN TEA TASTING**  
11:00 AM - 1:00 PM  
Bradford Public Library

**MONDAY, DECEMBER 7**  
**HAVERHILL SELECTBOARD MEETING**  
6:00 PM  
Morrill Municipal Building, 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](mailto:gary@trendytimes.com)

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# Drivers Needed For VA Van

Like many other organizations in this area there is help needed for one more. The difference with this particular need is that it should cost you only a bit of time to provide what is needed.

The White River Junction VA Hospital has some specially equipped vans ready to carry disabled veterans from Vermont and New Hampshire to the hospital for appointments. The problem is that the VA Hospital does not have enough drivers to fill the front seat on these vans. Jeff Snow at the VA Hospital described the need for drivers in our area as "desperate". What is needed is volunteers to take the wheel and make the trip to the hospital and back. Arrangements can be made for the van to be at a convenient pick up point so that the driver can pick

up the veterans, take him or her to the appointment and return home. Most of the appointments for these veterans are early morning, so the day's work is usually done by early afternoon.

The only requirement is a valid driver's license and a physical test to be sure you can handle the task at hand. Volunteers do not need to be veterans. Anyone can take the wheel.

Patients going to these appointments live in the area from Bradford and Piermont to Lyndonville on both sides of the river.

If you are interested and want to learn more call: Rev. Dave Pruitt (603) 989-5946 (Haverhill) or Rev. Hershel Strickland (802) 626-4326 (Lyndonville).

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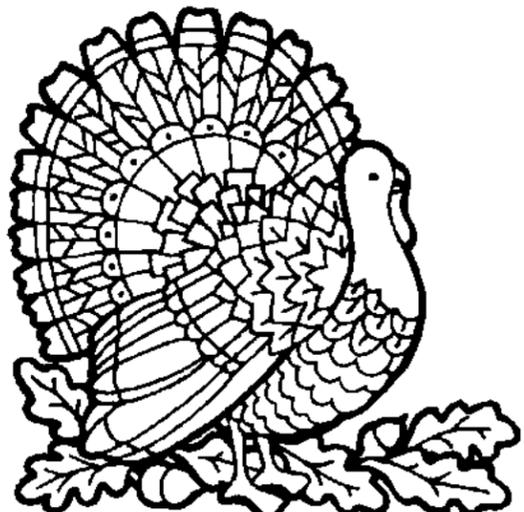
— Jon Stewart, interview, *Wired*, 2005

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THE WORLD'S NEWS LEADER

# Local Veterans Needed for Woodsville High School Project

The Woodsville High School Jobs for America's Graduates (JAG) group is working on several different projects throughout the year. These are labeled Service Learning Projects. One such project is quite patriotic. The students in this particular project are entails interviewing and filming local veterans about their experience in the service. According to Donna Balkwin, Program assistant, this is not just veterans who served under fire or on the front lines. They are also looking to speak with those who served at other locations.

One interview done already was with a Vietnam Era

veteran who did not serve on the front lines. However, the duties he performed were still vital to the national effort. This veteran also brought in some souvenir from World War II that he was willing to share with the students. It was a great start for this project.

The students would like to continue with more interviews and filming of men and women who have served.

They are hoping to cover as many conflicts as possible with interviews of those who served. This would include those who have been deployed to the front, as well as those who never left the states.

If you are willing to participate please contact either Donna Baldwin or Kim Spaulding at Woodsville High School at 603-747-2910.

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# NH-JAG Leadership Awards Conference



On Monday, November 9th, New Hampshire JAG (Jobs for America's Graduates) held its annual Leadership Awards Conference at the Grappone Center in Concord. This is NH-JAG's way of saying "thank you" to those who have made a difference and have supported the program and its students throughout the years. This year's recipients were our former governor Senator Jeanne Shaheen, who is also a former educator as well as a former member of JAG's Board of Directors; the AT&T Foundation, which has given JAG over a million dollars in contributions throughout the years; and former NH-JAG participant Amylynn

Kukler of Lisbon who credits the program with her success since struggling as a young single mother during her high school years in Franklin in the late 1980's to finally realizing her dream of graduating from college with a degree in Social Work this past summer. Woodsville High School senior Jessica Laundry, who is the WHS JAG Career Association Secretary/Reporter was also invited attend the conference. Jess has been named a NH-JAG Student Ambassador and will be representing her chapter at the National JAG Leadership Conference to be held in Washington, D.C. from November 18th to the 21st.

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

November 24, 2009 Volume 1 Number 8

**ALDRICH GENERAL STORE**  
  
**SALE EFFECTIVE DATES:**  
**Friday, November 27 to Thursday, December 3, 2009**

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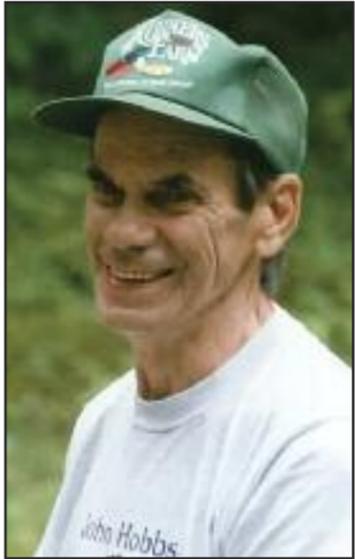
*Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.*



**TRENDY TIMES**  
 A WEEKLY PUBLICATION

## OBITUARY

**HAVERTHILL, NH** – John Lester Hobbs, 82, of Cemetery Road, died on Wednesday, November 18, 2009, at the Cottage Hospital in Woodsville, NH.



He was born in Haverhill, NH, February 3, 1927, the son of Edward G. and Lois (Rogers) Hobbs. John married June St. Marie on July 1, 1949. He served as a military police officer in the U.S. Army during World War II. After discharge, he worked at the former CPM paper mill, later called the Kimberly Clark Mill in East Ryegate, VT. Following retirement from the mill, he worked at the former Westview Farm in North Haverhill for Peter and Shauna Kimball and then at Hatchland Dairy for Howard Hatch. John was very well known in the area as an ar-

borist. After June's death, he married Janis Page. He was also a member of the Ross-Wood Post #20 American Legion of Woodsville, NH.

He was predeceased by his first wife, June (St. Marie) Hobbs on March 19, 1988; a grandson, Matthew Ryan Hutchins on January 30, 2006; two sisters, Bertha White and Emma Hobbs; three brothers, Arthur Hobbs, Dennis Hobbs and Leon Hobbs.

Survivors include his daughter, Jennifer Hutchins and husband Joshua and their three sons of Haverhill, NH; Janis (Page) Hobbs of Haverhill, NH; a brother, Louis E. Hobbs of Woodsville, NH; several nieces, nephews and cousins.

At John's request there will be no calling hours.

A graveside service will be on Saturday, May 8, 2010, at 1 PM, at the Horsemeadow Annex Cemetery, North Haverhill, NH, with Rev. David Pendleton officiating.

In lieu of flowers, memorial contributions may be made to the Parkinson's Disease Foundation, Gift Processing Center, P.O. Box 96268, Washington, DC, 20090-6268.

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

For more information or to sign an online condolence, go to [www.rickerfh.com](http://www.rickerfh.com)

## Extreme Makeover - Home Edition

Sunday, November 29 is the air date for the "Extreme Makeover - Home Edition" episode that took place in Lyme, NH earlier this year. Trendy Times, with the help of photographer Michele Avery, was able to provide some "Behind the scenes" shots which were published in our October 20th edition.

## Washington D.C. Trip Being Funded One Penny At a Time

In this week's edition is an ad for a Penny Sale sponsored by the Haverhill Area Youth Organization (HAY). This is just one of many events that HAY is doing in order to fulfill their purpose for existing. That purpose is to raise funds to send 7th and 8th graders, including home schoolers, from the Haverhill area on a trip to Washington, DC in June of 2010. The plan is for about 100 travelers to make this trip. The total cost for the trip will be about \$45,000. That means a lot of

fundraising. Organizers do not anticipate raising the entire amount, but instead ask participants to pay a portion and work on the fundraisers to help make the trip more affordable for all.

In regards to the upcoming Penny Sale, organizers say that the items available include plenty of new items and gift certificates from generous local business owners. The event takes place on Saturday, December 5 at the Horsemeadow Senior Center from 9 AM to 3 PM. HAY hopes all will

stop by during the busy holiday season and put in your tickets for the available items.

Businesses and individuals can also help by donating to HAY. A donation of \$250 will sponsor a student who might otherwise not be able to make this educational trip.

This will not be the first time that a trip of this nature has taken place for Haverhill area students. This program began as a school funded event, but due to budget cuts, missed school days, and other issues, the event has become a stand alone trip taking place shortly after the school year has ended. HAY would like to thank Plymouth Travel for assisting with the plans for this every other year trip.

The itinerary for the Washington, DC trip will include visits to Capital Hill, the Sunset Military Parade, Arlington Cemetery, the Washington and Lincoln Memorials, the Library of Congress and more. The travelers will also get to visit some New York City sites on the way home. These will include Battery Park, The Statue of Liberty, Ground Zero and Times Square.

The Penny Sale is only one of many fundraising events that HAY is working on. They have already participated in many projects and have many more in the planning stages. It all adds up to a lot of work for a lot of education for our students. Please do what you can to help.



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# Thanksgiving Dinner - A Few Days Early



One of many Thanksgiving dinners was held on Sunday, November 22 at Ross-Wood Post #20 American Legion in Woodsville. This annual event is free to seniors in the area, and over sixty were present to partake of a meal that had many parts. It has been the tradition of this meal that all the turkeys are cooked off premises. Some fourteen turkeys were handed out to volunteers who took them home, cooked them and brought them back to the post. At the post potatoes were peeled, cooked and mashed. Vegetables and all the other side dishes were prepared and made ready for serving. And don't forget the pies. Pumpkin, apple and mincemeat pies came from several sources.

And these folks who showed up to the Legion home made up only about one quarter of the total number of people who were given a free Thanksgiving meal.

Before the noon meal was even taken upstairs to the big dining hall at the post home, more than one hundred and seventy meals were prepared, dished into styrofoam containers, loaded onto racks, taken out to cars and delivered. There were about a half dozen drivers, each with a helper, who took meals and a list out to the far reaches of the post service area. Meals were delivered to Monroe, Bath, Haverhill, Plermont, Newbury, Groton and Ryegate. Many of the delivery drivers have done so

for years. But there was at least one set of driver and co-pilot who were new. They took over for Everdyn Darby who had been delivering meals for over thirty years.

Meanwhile back at the post there was another group of servers getting ready to wait on those seated and ready for a traditional big family dinner. Those in house doing the honors ranged in age from just eight years old (mom



says "eight going on eighteen") up to a fifty plus year member of the legion who has already celebrated his seventy-seventh birthday. Even with that range of age and experience, the meal was well served, well received and it did not appear anyone went home hungry.

Any big undertaking such as this takes a leader who gets things organized, set up, and taken to a successful conclusion. That person is Rita Ames, who would be the first to tell you that she does not do the task by herself. In fact, Rita brings many family members, neighbors and long time helpers to the occasion.

Also on hand and ready to work on this day were many, many members of the American Legion Family. The Auxiliary President, Kathy Fitzgerald, was on hand waiting on tables. The Commander of the Sons of the American Legion, Phil David-

son, was one of the delivery people. And the Commander of the American Legion, Gary Scruton, was on hand to help with food preparation, and then took the lead in welcoming all to the meal and making other announcements. One of those announcements was the traditional awarding of a food gift certificate to the oldest woman and oldest man who were in attendance. This year the honor went to a pair of regulars at the meal who are both in their late eighties. Congratulations to both.

The tradition of this meal also includes music. 2009

was the first year for a new member of the traditional trio. Being only in his early 50's the new guitarist may have lacked experience but had plenty of enthusiasm to match the rest of his group. This group was also joined by NH Executive Councilor Ray Burton on the piano.

Bottom line? Another very successful senior meal feeding many and bringing smiles to even more.

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



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**Ross-Wood Post #20  
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would like to thank all who participated in our two big events this past weekend.

**Many thanks to those who purchased tickets at our 2nd Annual Turkey Raffle on Friday, November 20.**

Also thank you to all who helped put on the Annual Thanksgiving Dinner for Seniors on Sunday, November 22.

The many, many volunteers are who make events like this possible.

*Thanks you to all who helped, participated or had good thoughts for these two big events.*

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November 24, 2009 Volume 1 Number 8

# Do the Holidays Have You Feeling Stressed? Yoga Can Help!

Yoga postures, meditation and breathing techniques provide many benefits that can keep you healthy and relieve stress all year long, but can be especially handy during the holidays. As this holiday season approaches, arm yourself with some tools to keep your stress levels low so that you can really enjoy the magic of the season, rather than just waiting for it all to be over!

## 1. On Your Feet All Day

Legs Up the Wall Pose will help to rejuvenate you, reducing swelling in your feet, relieving backache and increasing your energy. It also gives a boost to the immune system as it assists in the

transportation of lymph fluid. To do Legs Up the Wall Pose, sit on the floor next to a wall with your right hip and shoulder touching the wall. Lean back onto your elbows as you scoot your body around and swing your legs up onto the wall. Your body should be in close to the wall with your back coming straight out from the wall. Keep your legs straight and rest your hands on your belly. Focus on the rise and fall of your breath, staying here for ten minutes or more. If you have tight hamstrings, slide your body further away from the wall. To come out of this pose, bend your knees towards your chest and roll to your right side. Rest there for

a few moments and then use your hands to press back up to a seated position.

## 2. Wanted: A Calm and Peaceful Mind

If just the thought of a family gathering or your company's holiday party stresses you out, let your breath be a tool to help release the tension. The 4-7-8 Breath can calm the mind and release tension. To do this breath, inhale for four counts, hold the breath for seven counts and exhale for eight counts. The emphasis on the exhalation creates a calm and peaceful mind. Keep your mind focusing on your breath, but if it wanders off, just gently guide it back to your breath. If the

4-7-8 Breath is too much for you, start with making your exhale twice as long as the inhale and work up in length from there.

## 3. Feeling Blue

The holidays are not always merry and bright for everyone. Backbends such as Bridge Pose are energizing and combat depression. To do Bridge Pose, lie on your back, bend your knees and bring your feet flat on the floor with your heels in close to the body. Extend your arms by your sides with your palms down. As you inhale, press your lower back towards the floor, and as you exhale, lift your hips off the ground. Stay in Bridge Pose

and breathe for 5-10 breaths. To return to the floor, exhale and lower your back down from the top of the spine to the base of your spine.

## 4. Silent Night

When the mind is racing and it is the middle of the night, time seems to stand still. A simple exercise called cat breathing will take you out of your mind and into your body. To practice cat breathing, begin on your hands and knees. As you inhale, arch your back, look up and let your belly droop down. As you exhale, round the back, increasing the space between your shoulder blades, tucking both your tailbone and your chin. Repeat these movements, inhale and arch your back, exhale and round your back. Continue with this movement for 1-3 minutes or until you feel your mind beginning to slow down. Return to bed and begin with the above described 4-7-8 breath until you fall asleep.

Give yourself the gift of health and relaxation this holiday season. Use these few simple yoga postures and breathing exercises to calm your mind, ease tension in your body and fight fatigue.

If you are suffering from any medical condition, you should discuss with your doctor regarding whether yoga is suitable for your health or not.

Our thanks to:  
Joy Whalen Fichiera  
Owner, Rising Spirit Yoga  
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Proceeds benefit the Haverhill Area 7th & 8th grade student trip to Washington, D.C. in June 2010.  
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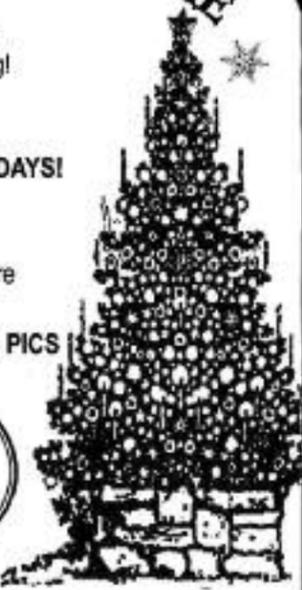
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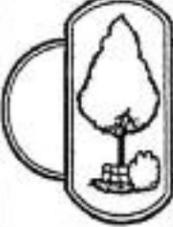
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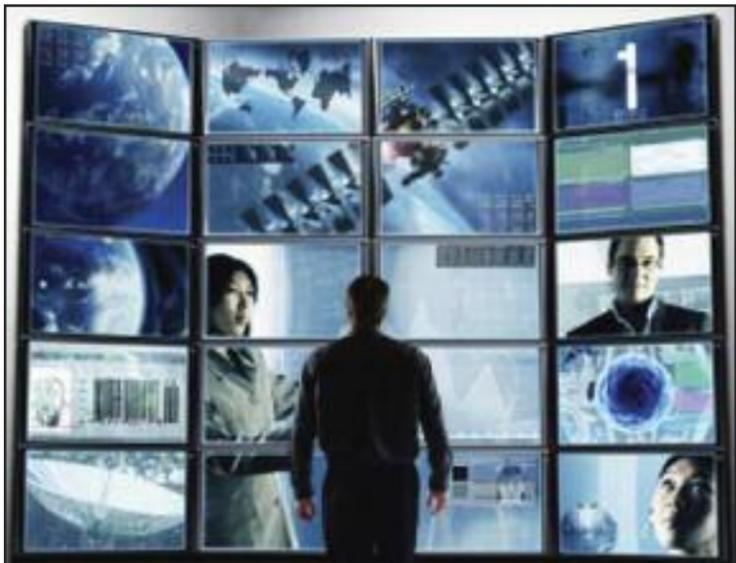
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# LCD, Plasma and LED TV's – What's the Difference?

By Dick Guy



Fairly often, I get this question from customers here in our TV store along with lots of misinformation that they have been given along the way. These are the new flat screen technologies that have followed the "Digital" High Definition upgrade. It seems like a good idea to write a piece here to help sort it all out.

LCD is Liquid Crystal Display. There are three layers that make up this type of display starting with a light panel in the back that produces the light for the picture. It is illuminated by lamps that might be on one or both sides. In front of the light panel is a liquid crystal matrix. These crystals "twist" in response to electronic signals to allow only the desired light to come through to the

plastic screen in front.

Plasma TV's are made with millions of tiny dots coated with red, green or blue phosphors. These dots are sealed just behind the clear screen and they use a plasma gas to create the light when the dots are energized.

LED stands for Light Emitting Diode. This is the newest technology that uses LED's to illuminate the back panel of an otherwise LCD TV. What are the strengths and weakness of each? Let's try to sort it out.

**LCD TV:** The lamps can be a weak spot as they may burn out and can cost quite a lot to replace if you have a brand that provides replacement parts at all. Other weak spots include side view issues when looking at the screen from an angle of more than 30

degrees, slower scene change response times and difficulty reproducing dark scenes because the matrix cannot block all of the light. On smaller screens, these issues are of a lesser concern as the lamps don't work as hard, etc. On the plus side, LCD TV's tend to have more capabilities to be used directly with computers and advanced video gaming consoles.

**Plasma TV:** The phosphors used to create the colors are the same as have been used in TV's since the 60's and have proven quite reliable. The plasma gas is permanent. No, you don't refill the gas and never did. How that story got started no one seems to know. These screens are rated for a 25 year half life based on 8 hours of use daily. There was some concern about "image burn in" if you left a fixed image on the screen for a really long period of time. I've never seen this and the newer sets have circuits to prevent this anyway. These sets have the fastest response times, can reproduce total black scenes, have no view angle issues and should be the longest lasting of the sets made today. Although Plasmas are the brightest sets, these screens may have more reflectivity than an LCD or LED TV and that may need to be considered.

**LED TV:** These TV's use more dependable LED's to illuminate the screen of a TV that's essentially an LCD TV otherwise. Not only are the LED's more dependable than regular LCD TV lamps, different makers are spreading the LED's around the screen and dimming them as needed to cure the dark scene problems found in standard LCD TV's. If used with a faster crystal matrix, LED sets should cure most of the LCD concerns except for viewing angle issues. The relatively high cost of these sets should decline rapidly as they become more common.

Most major manufacturers make the first two or all 3 of these technologies and they are all pretty good. LCD TV's tend to be the smaller sizes and Plasma sets the

larger screens. This has to do with manufacturing differences and varies with manufacturer. One parting thought has to do with the quality of sets today. There are a lot of makers today that you never heard of 3 years ago and a bunch that were very popular that are virtually non-existent now. If anyone thinks that all of them are equal, I would ask if they think all automobiles are created equal. Not all makes have service available so I advise caution in selecting a TV to be sure it can be easily and reasonably maintained.

*Editor's Note: Dick Guy is the owner of The TV Guy in Woodsville. In business since 1977, Dick and staff offer full service on the TV's they sell.*

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

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## THE AMERICAN LANGUAGE: SCRUTINIZED

Last week we had the first half of the American Language Alphabet. The letters A thru M. So it just makes sense (not cents) to continue this week with letters N thru Z.

I do hope you are enjoying this unusual look at our language. If you have comments or an interesting take of your own, please feel free to let us know. (It is indeed free - we will not even (or odd) charge you any cents.)

If "M" is the end of the first half of the alphabet, then "N" is the beginning of the second half. And yet "N" is just an incomplete "M". In printing, an "en" space is half of an "em" space. Besides that "N" just seems to start a lot of negative words.

"O" being the fourth vowel gets us back to another one letter word in sound, but not in writing. "Oh" sounds like one letter, but like we said earlier "H" quite often is there, just with no sound.

When we come to "P" we must be careful of the censors. Now "P" does make a nice enjoyable green vegetable. It also makes for some interesting TV commercials. In one spelling "P" stands alone, with the other spelling there are almost always more than one. Who ever sat down to a meal served with pea and carrot?

"Q" is another in the line of letters that look like other letters. "Q" is just an "O" with an extra little line. "Q" also is almost always with a "U". It's

like Abbott & Costello or Brooks & Dunn, or maybe even peanut butter & jelly. You have the first, the second must be there as well.

"R" is a letter we kind of mentioned before. One of the favorite words for pirates. It is also what most dogs say when warning of danger. With the American Language it is a very useful letter but does not stand well by itself.

"S" is one of the alphabet's most powerful letters. Put an "S" on the end of most any word and you multiply that word's power. "S" also causes many of the worst headaches when writing the American Language. Does the apostrophe {s} go before the "S" or after the "S"?

"T" gives us another

word that sounds like one letter but takes three letters to spell "tea" or "tee". And then there are multiple definitions for "T". It can be a hot drink, it can be a tool for Tiger Woods when he is at a particular location, or it can be a time of decision on a Sunday drive when you come to one on a back road.

"U". (We are on a roll now, aren't we?) Again we have a sound that would lead you to believe it is just one letter, but instead we have to use three letters. Plus there are two different spellings. "You" or "Ewe". The first "You" is really the opposite of "I". The second "Ewe" is simply a female sheep (that is a singular sheep not multiple sheep, to get multiple sheep you need

one ewe and one ram, or maybe two ewes, but not two yous.)

"V" is most famous when shown with two fingers. "V" is for victory by way of Richard Nixon, but from the same era "V" stands for peace. Confusing, coincidental, or big conspiracy. You choose.

"W" is a very badly named letter. It is the only letter without its own name. To hear it you would think it was "UU", but in fact it is "VV". Shouldn't this letter have its own name? Why could it not be called "WE" like "BE", "CE", "DE", "E"?

"X"? Was the idea there had to be 26 letters? This is number 24, Obviously the alphabet guys were getting tired of coming up with new stuff. If we could go back in time "X" probably wasn't supposed to be a letter. It was just crossing off something else.

"Y". Here we go again. "Y" is usually spelled "Why". So what is the reason for using up two others letters to make this word? It's understood that "H" would be there, it normally doesn't make a sound anyway. The "W" is there to help make that list easier to remember. The list of "Who, What, When, Where, Why" that is used to make an announcement of an upcoming event or to describe a past event.

And the final letter in the American Language Alphabet is "Z". A letter that is very much underused. There are so many words in the American Language that sound like other words. We really should just take one of those doubles and make a new word starting with "Z". It would make the end of the dictionary more interesting and certainly simplify our speech.

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# The Battle of Tripoli

By George Clark

For many centuries, in order to sail the Mediterranean with as little harm as possible, most European nations paid tribute to various Barbary nations otherwise their ships would be attacked, captured, and their sailors made slaves, or even if they did pay, that might still have happened. The United States was also forced to pay, and did, until 1816. One bright period was when a handful of American Marines bolstered by a modest aggregate of Greeks and Arabs, managed to settle the hash of the Bashaw of Tripoli [from the shores of Tripoli] and began the expiration of paying tribute to any nation.

After several years of demanding, and receiving tribute, then attacking American ships, on 10 May 1804 the Bashaw of Tripoli declared war upon the US and on the 14th had the flagstaff cut down before the American Consulate. This was the formal beginning of the so-called Barbary Wars. William Eaton, the local American consul and adventurer, promised to rectify that situation and had persuaded President Thomas Jefferson that it would be easy for him to stir up a revolt against the Bashaw of Tripoli. The president was very anxious to believe that and gave Eaton permission to make the attempt.

A Marine officer, Virginian 2d Lt Presley O' Bannon, had been assigned to him along with six enlisted Marines (names below). This part of the war would be the only land combat in the entire period.

In October 1804, O' Bannon, with the US fleet at Malta, was transferred to the Constitution and three days later was transferred to the brig Argus, commanded by Isaac Hull. This ship had received special orders to pick up William Eaton and convey him and his "command" to

Alexandria, Egypt.

At Alexandria, Eaton had brought along a willing O' Bannon, navy officer Joshua Blake, two midshipmen, Eli E. Danielson and George Washington Mann and a few assorted adventurers. He made arrangements to gather together the deposed Tripolitan Bashaw Hamet, while O' Bannon recruited more adventurers in the sea-port town; sixty-seven "Christian" (meaning Greek) mercenaries plus ninety Arabs. Midshipman Pascal Paoli Peck and seven Marines from aboard the Argus constituted the entire "army."

For ten days the army moved westward along the northern coast of Africa toward Derne without encountering serious trouble. On the 18th Eaton had trouble with the camel drivers. Several days later 230 Arab horse and foot joined them. As they moved westward, disputes with the Arabs were continuous but each was eventually settled. At one point only the Americans and few Christians stood between total revolt and continuing to advance. Then, a few days later the Christian's revolted, because their food was gone and water was severely limited. By chance three American ships were off the village of Bomba and provisions were landed and once again, all was well. So far the little expedition had covered over 500 miles across deserts, frequently without water, and with little food.

Eaton requested another hundred Marines but Commodore Samuel Barron refused, but did return the volunteers, Midshipmen Danielson and Mann and on 23 April their trek resumed. Meanwhile, the Bashaw became alarmed at Eaton's threat to the fortress of Derne, and sent reinforcements from Tripoli. That discouraged Hamet and his Arabs who had anticipated a

bloodless victory. Eaton was forced to bribe them to go on. Two days later, on 25 April, Eaton and his disparate force arrived upon the hills overlooking the walled city of Derne.

Eaton at once sent the Bey of Derne a note demanding surrender. The Bey, obviously sure of his eight hundred defenders replied simply "My head or yours." One field piece was landed via the offshore Nautilus and that was followed by gunfire from the three US ships just a hundred or so yards off shore. Eaton placed the Christian forces under O' Bannon's command, and Hamet and his Arab horsemen were held in reserve.

The Marine lieutenant with his command of six Marines and 26 Greeks plus a few Arabs on foot were to be the assaulting force. Enemy artillery fire was soon canceled out by the ships firing, and the small force charged the defenders. The latter believed in the old adage "There is safety in flight." As Eaton was to report "The detail I have given of Mr. O' Bannon's conduct needs no encomium," he added "it is believed the disposition our government has always discovered to encourage merit, will be extended to this intrepid, judicious, and enterprising Officer." O' Bannon and his Marines went over the walls and soon planted the US National colors upon a fortress high above the city. There were, however, several counter-attacks, all of which failed and the remaining Marines forestalled any serious attempt by the defenders to stand their ground. The situation was far from bright. In his original attack, though O' Bannon had suffered a modest 14 casualties, but three of those were his reliable Marines. With only six to begin with, the Marine casualty rate was 50%.

The month of May saw

continued efforts too throw the Americans out of Derne, all of which collapsed. At the end of May, O' Bannon drove off a fifty-man attack with his three remaining Marines supported by 35 Christians. A few days later O' Bannon led a feint which forced the Tripolitans to withdraw from the city entirely. Once more, on 11 June, the Bashaw, sent another large force to retake Derne, which also failed miserably. On that evening the US ship Constitution arrived with orders to Eaton: Peace had been signed and he and his men were to withdraw from Derne.

William Eaton was terribly disappointed, being sure that with one hundred Marines he could have easily taken all of Tripoli. Tobias Lear, American counsel at Alexandria, had negotiated the, as it later turned out, disadvantageous treaty. But at the time he made complimentary remarks about Eaton, O' Bannon and "our brave countrymen" meaning the six other Marines. O' Bannon and his three Marines (names below) returned to the Argus. [I have been unable to determine what happened to the wounded Pvt David Thomas] In the summer of 1806 the ship set sail for the United States.

The previous March the Congress had passed a resolution praising the courage, valor, and zeal of the Americans involved. Kind words throughout but little else. [A very disillusioned and obviously disappointed O' Bannon decided to leave the Corps soon after, in my opinion, a great loss] On 26 December 1805, O' Bannon's home state, Virginia, passed a resolution authorizing a sword be created and presented to him. It was designed after a bejeweled Mameluke sword which Hamet had presented to O' Bannon, but which subsequently had disappeared. That sword design is the origin of today's Marine officer sword. The original Virginia gift now resides in the Marine Museum.

The names of the Marines who accompanied O' Bannon on his hazardous tour were as follows: Acting Sgt. Arthur Campbell; Pvt. Bernard O' Brien; Pvt. David Thomas, wounded in action on 27 April 1805; Pvt. James Owens; Pvt. John Whitten, killed in action on 27 April 1805; and finally, Pvt. Edward Steward, who died of wounds on 30 May 1805.

This article is part of my forthcoming book *A Battle History of the United States Marine Corps*.



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November 24, 2009 Volume 1 Number 8

Dear Friends,

As most of you know my son, James L. Dixon, was killed in a tragic car accident on May 9th of this year at the age of 28 and a father of four young children. James was active duty in the US Navy serving as Funeral Co-Ordinator at the U. S. Navy Command Operations and Support Center in Londonderry, NH. Because he was active duty when he was killed, I became a Gold Star Mother.

I attended the Veteran's Day Ceremony at the NH Veteran's Cemetery in Boscawen on November 11th where my son AE2 James L. Dixon is buried. It was a very emotional ceremony for me. It made me think of how grateful I was to live in such a wonderful country with all the freedoms that we have. But all the freedoms we have are because of the people who have served with honor and pride to protect this great

country. As I walked through the cemetery that day I remembered a picture I had seen of Christmas Wreaths that were placed on individual graves in 2007 at the NH Veteran's Cemetery the picture was so beautiful with fresh fallen snow. It simply took my breath away.

James walked the hallowed grounds of the NH State Veteran's Cemetery many times as Funeral Co-Ordinator for the U.S. Navy serving as part of the honor guard which provides full military honors to those buried there. He loved his job which was not an easy one. He told me how good it made him feel to help families in their time of grief and loss. So I have decided that I should do something in memory of my son James and to honor those who are buried at the NH Veteran's Cemetery.

I am on a mission to place at least 650 Christmas Wreaths but I am praying for

much more on individual graves at the NH Veteran's Cemetery. The cost to purchase a fresh 12 inch wreath with a Red Bow is only \$7.00.

But I need your help in making my mission or as James would say my Dream come true. So if you can please help by sponsoring a wreath or 2 or 3 or more. Whatever your heart tells you to do.

Please make Checks payable to: Blue Star Mother Wreaths (I have asked the Blue Star Mothers to only hold funds for the wreaths in account for me until I make a deposit on the wreaths and final payment of the wreaths)

I will have my family and friends helping me to place these wreaths at the NH Veteran's Cemetery on the first Saturday in December.

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Additional information and an application may be found on our website [www.NFDH.org](http://www.NFDH.org). Look in the tab for the State of New Hampshire. Unfortunately, due to the demand for dental care, our wait list is over one year in most areas. Currently we are able to accept applications for only Carroll, Hillsborough, Grafton, Merrimack and Rockingham counties. All other counties are currently closed due to extensive wait lists and/or limited dentist availability. Those living in closed counties may call our toll free number anytime to see if their county has reopened.

I hope this information is helpful. My office hours are on Tuesdays and Thursdays. Our toll free number is 800-292-1241.

Jan Denson  
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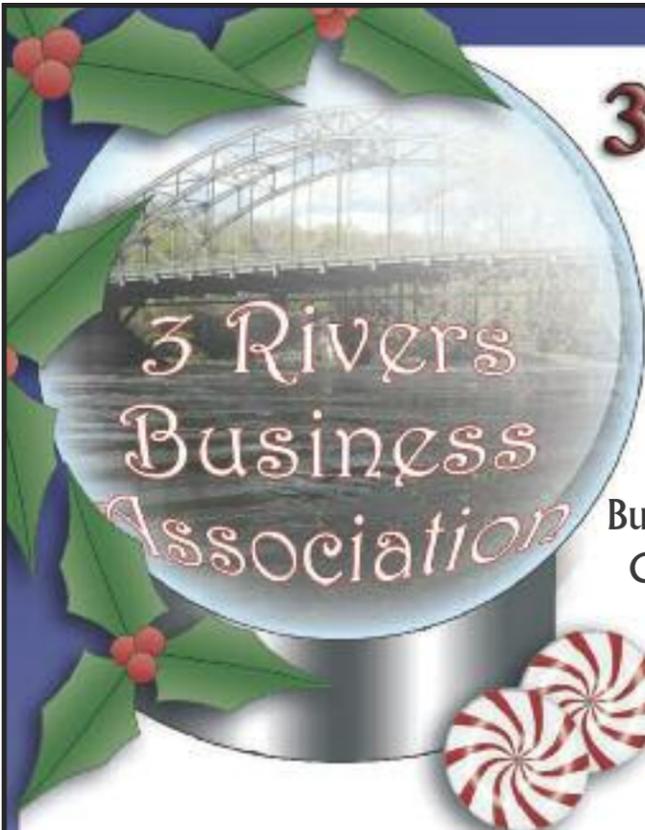
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