

TRENDY TIMES

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JANUARY 5, 2010 VOLUME 1 NUMBER 14

North Haverhill Fire Department Honors The “Flying Fire Chief”



The North Haverhill Fire Department has been in existence since 1938. In fact there is a plaque on the front of the building telling anyone who cares to look just that information. In also tells the reader that the current fire station building was erected in 1953 with an addition put on in 1986. The lettering that was above the big front doors of the station house was believed to have been the original lettering put up in 1953. It was moved when the addition was added. There is now new lettering and a logo above those doors.

During that span there have been only eight fire chiefs at the department that makes up one third of the fire fighting capabilities in the Town of Haverhill. The very first fire chief was F.J. Delaney who served about

eight years. Then came Hap Smith, who some would say ruled with an iron fist. And he ruled for twenty-five years, until 1969. As most know following someone like that is never easy. But when he retired Stanley “Stub” Fadden took over and was chief from 1969 until 1975. Then came Larry Norcross and Norm Demers for fairly short terms before Frank Stiegler took over and served as chief from 1979 until 1993. He was followed by Stuart McDanolds for two years. Then current fire chief Don Hammond assumed the role in 1994 and still serves today.

During a brief ceremony this past Saturday, January 2, 2010 a second plaque on the front of the station was unveiled giving special note to one of those past chiefs. It honors the “Flying Fire Chief”

Stanley “Stub” Fadden. Stub was a member of the fire department from 1959 until 1975. He was Chief for the last six years of that time. There was also a new 33’ flag pole, which was recently erected, that was utilized for the first time, taking a US flag and the State flag of New Hampshire.

The obvious question is “Why all the fuss over Stub? Why indeed. As Chief Hammond said, there is probably only one or two of the very youngest fire fighters that were not helped, one way or another, by Stub. Whether it was a mechanical problem with a vehicle or one of life’s other issues, he was there at the asking. But, as many also said, if you asked his advice you better have some patience. Stub would most often hear your questions and then simply turn and go about his business while he pondered the question. When he had an answer, and it seems he almost always did, he would let you know. You just needed to give him some time and have some patience.

When Stub retired as chief, and from the department, one of his gifts was a special red fire phone, from back in the days before pagers, that was guaranteed not to ring at 2 AM. (It had nothing inside the shell). But that was not to say he was not there when called upon to help. Whenever the department needed something, the first call would be to Stub. He would do all he could to come up with a solution and keep things running smooth.



The other part of the plaque, besides being a fire chief, pertains to Stub’s love of racing. There was at least one occasion when Stub took almost the entire fire department to Barre’s Thunder Road to participate in a tug-of-war competition during one of the breaks. The story goes that during the event Stub got a bit of a shove off the back stretch and the department personnel needed a bit of encouragement to not take out revenge on the other driver right then and there. After all, Stub was the Chief, and his fire fighters were more than ready to stand with him.

And those are just some of the reasons why a five person committee of the North Haverhill Fire Department got together to plan the plaque and the festivities surrounding its unveiling. Those members included Chief Hammond, Preston Hatch, Josh Aldrich,

Walt Dellinger and Bunny Elms. They also got help from Phil Davidson who helped put together the design of the new plaque and Darrel Hamlett and Rich Clifford who worked on the installation of both the flag pole and the plaque.

The festivities of the day not only included the plaque and flag pole ceremonies, but also a lot of picture taking and story telling. And with all the stories about Stub, both on the track and off, or on the fire truck or off, two things stood out. One was “comradery”. The feeling that they were all pulling together, like the tug-of-war contest, there to help each other whatever the circumstances, whatever the issue. The other was that Stub never got angry. Charlotte, Stub’s widow, said she had seen him angry twice, maybe three times in all their years together. And it seems son Alvin was the cause more than once.

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Calendar of Events

TUESDAY, JANUARY 5

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

WOODSVILLE ARMORY USE COMMITTEE

7:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, JANUARY 6

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM

Woodsville Guaranty Savings Bank

THURSDAY, JANUARY 7

ACTIVE OLDER ADULTS STRENGTH CLASS WITH LORI TAYLOR

1:30 PM

Cottage Hospital, Woodsville

SAFE ROADS TO SCHOOLS MEETING

5:00 PM

Bath Village School, Bath

NCYMCA AEROBIC INTERVAL FITNESS CLASS

6:30 PM

Woodsville Elementary School

WEDNESDAY, JANUARY 13

ANNUAL MEETING -

COHASE CHAMBER OF COMMERCE

5:30 PM

Horse Meadow Senior Center, North Haverhill

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

FRIDAY, JANUARY 15

NORTH COUNTRY CHORUS MADRIGAL DINNER ROBIN HOOD REMEMBERED

6:30 PM

Monroe Town Hall

SATURDAY, JANUARY 16

NORTH COUNTRY CHORUS MADRIGAL DINNER ROBIN HOOD REMEMBERED

6:30 PM

Monroe Town Hall

SUNDAY, JANUARY 17

NORTH COUNTRY CHORUS MADRIGAL DINNER ROBIN HOOD REMEMBERED

4:30 PM

Monroe Town Hall

MONDAY, JANUARY 18

"FINANCIAL PEACE UNIVERSITY"

FINANCIAL COURSE

7:00 PM

Danville Congregational Church, Danville

FRIDAY, JANUARY 22

TEEN DANCE SPONSORED BY HAVERHILL RECREATION COMMISSION

7:00 PM

Morrill Municipal Building, North Haverhill

WHENEVER DATE

Place your event for your town, school or organization at no charge.

Submit your entries by:

Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com

Deadline for submissions Thursday by 5pm

Cold Is A Relative Thing...

Author Unknown (one of those great email philosophies)

65 degrees above zero:
Floridians turn on the heat.
People in Vermont plant gardens.

60 degrees above zero:
Italian & English cars won't start.
People in Vermont drive with their windows down.

40 degrees above zero:
Georgians don coats, thermal underwear, gloves and wool hats.
People in Vermont throw on a flannel shirt.

35 degrees above zero:
New York landlords finally turn up the heat
People in Vermont have the last cookout before it gets cold.

20 degrees above zero:
People in Miami all die.
Vermont natives close the windows.

Zero:
Californians fly away to Mexico.
People in Vermont get out their winter coats.

10 degrees below zero:
Hollywood disintegrates,
The Girl Scouts in Vermont are
selling cookies door to door

20 degrees below zero:
Washington, DC runs out of hot air.
People in Vermont let the
dogs sleep indoors.

30 degrees below zero:
Santa Claus abandons the North Pole
Vermont natives get upset because
they can't start their snowmobiles.

40 degrees below zero:
ALL atomic motion stops
People in Vermont start saying...
"cold 'nuff for ya?"

50 degrees below zero:
Hell freezes over.
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will open 2 hours late.



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Families Gain Hope For Their Financial Future

NASHVILLE, TN. – Financial Peace University (FPU), the 13-week program taught by Dave Ramsey, has helped more than 650,000 families across the country positively change their financial future. This life-changing program teaches families and individuals how to handle their money through common-sense principles and small group accountability. FPU is available for community groups, churches, companies, military bases, financial literacy programs, and Spanish speaking organizations. FPU classes will be held in Danville, VT at:

Danville Congregational Church, 87 Hill St. The classes will begin January 18, 2010 at 7:00 pm. A class preview is set for January 4, 2010 at 7:00 pm. Contact Jen Larrabee at 802-748-9486 for more information or to register.

As they work on a Total Money Makeover, the average family pays off \$5,300 in debt and saves \$2,700 in the

first 91 days after beginning FPU and is completely out of debt, except for the mortgage, in 18 to 24 months. "We've actually relieved ourselves of over \$50,000 worth of debt in two years just from using these principles," said Russ Lee, former FPU participant.

Dave Ramsey began teaching FPU classes in 1994 every night around Nashville, Tennessee. In 1997, FPU was made available on video across the country with thousands of classes around the nation today.

The program is made up of 13 life-changing lessons taught by Dave in a fun and entertaining way. "I like to put the cookies on the shelf where everyone can reach them," says Ramsey. After each lesson the group meets to help each other plan budgets, discuss successes and temptations, and support each other in their journey to beat debt and build wealth. Topics covered include:

- Saving for emergencies
- Budgeting
- Relationship and money issues
- Buying big bargains
- Getting out of debt
- Understanding investments
- Understanding insurance
- Retirement and college planning
- Buyer beware
- Real estate mortgages
- Careers and extra jobs

Each class participant needs a kit. Special rates are available through your class coordinator. Included in the cost of the kit is a lifetime family membership to FPU, allowing the participant to return to any class at anytime for a refresher course. The kit also includes an FPU workbook, an FPU envelope system, 13 audio lessons, bonus CD, budgeting forms, debit card holders, and Ramsey's best-selling book – Financial Peace: Revisited.

"FPU classes are changing lives across the country every day," says Louis

Falzetti, executive vice president of Financial Peace University. "There is something for everyone in this program whether you are barely making ends meet, just trying to plan for retirement, or seeking to build wealth. No matter what your financial situation, you will find FPU to be the best motivational tool available across the nation to help you attain financial peace."

Visit www.daveramsey.com to locate the nearest class.

About Dave Ramsey

Dave Ramsey is a personal money management expert, an extremely popular national TV and radio personality and best-selling author of The Total Money Makeover. In his latest book, a follow-up of his enormously successful New York Times best-sellers—Financial Peace and More Than Enough, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so

they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Ramsey knows first-hand what financial peace means in his own life – living a true riches to rags to riches story. By age twenty-six he had established a four-million-dollar real estate portfolio, only to lose it by age thirty. He has since rebuilt his financial life and now devotes himself full-time to helping ordinary people understand the forces behind their financial distress and how to set things right – financially, emotionally, and spiritually.

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For information about FPU:
Jane Storie
Public Relations Assistant
The Dave Ramsey Show /
The Lampo Group, Inc.
Phone: 615-371-8881
ext. 5572
JaneS@DaveRamsey.com
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January 5, 2010 Volume 1 Number 14

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OBITUARY AGNES HELEN HATCH



GROTON, VT – Agnes Helen Hatch, 97, of Coal Kiln Road,

died December 30, 2009, at the St. Johnsbury, VT Health & Rehab Center following a brief illness.

She was born in Haverhill, NH, March 29, 1912, a daughter of Ralph and Mabel (Annis) Hay. Agnes was a longtime Groton resident and member of the First Baptist Church.

She was married to John Hatch, Jr., who predeceased her on October 5, 1978. She was also predeceased by two sons Dale Stanley Hatch on November 5, 1994, Ralph John Hatch on November 9, 1999, two grandsons Steven Hatch and Dan Lamarre,

three sisters Doris McDanolds, Stella McLam, Edna Hatch, and a brother Everett Hay.

Survivors include her daughter Phyllis Frechette of Canton Center, CT, five grandchildren and several great grandchildren, several nieces, nephews, and cousins.

There will be no calling hours. A funeral service will be held on Saturday, January 9, 2010, at 1 PM, at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Dennis Walton of the First Baptist Church, Groton, officiating. Spring burial will be in the Groton Village Cemetery.

Memorial contributions may be made to Caledonia Home Health, 161 Sherman Drive, St. Johnsbury, VT 05819.

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

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

OBITUARY ALICE MAUDE EMERSON



NEWBURY, VT – Alice Maude Emerson, 90, formerly of Swamp Road, died December 31, 2009, at the Grafton County Nursing Home, North Haverhill, NH.

She was born in Newbury, April 30, 1919, a daughter of Lewis M. and Maude E. (McClintock) Meyette. A lifelong Newbury resident, she had been a resident at the Grafton County Home for the past two years.

Alice enjoyed crafts such as quilting and handwork, along with gardening and painting.

Alice was predeceased by her husband Ralph Waldo Emerson, Sr., on December

26, 1989, and her siblings Thelma Meyette, Alex, Lewis, Bill, John, and Kenneth Meyette.

Survivors include her nine children Ralph Waldo Emerson, Jr. and wife Sharon of Newbury, Richard Emerson and wife Donna of Newbury, John Henry Emerson of Bradford, VT, George Emerson and wife Mary of Newbury, Frederick Emerson and wife Linda of Vershire, VT, Dorothy Greenwood of Hamilton, OH, Barbara Miller and husband Douglas of Bradford, Joan Hayward of East Corinth, VT and Ruth Demick and husband Larry of Newbury, 27 grandchildren, 49 great grandchildren, and 3 great great grandchildren, a brother Gilbert Meyette of Newbury, one niece, one nephew and cousins.

There will be no calling hours. A funeral service will be on Monday, January 4, 2010, at 11 AM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor George Hemway of the Trinity Church of the Nazarene, officiating.

Spring burial will be in the Lime Kiln Cemetery, Newbury.

Memorial contributions may be made to the Grafton County Nursing Home Alzheimer's Unit, 3855 Dartmouth College Highway, North Haverhill, NH 03774.

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

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January 5, 2010 Volume 1 Number 14

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The Upcoming Legislative Session

Vermont State Representative – Chip Conquest

The legislature will reconvene on January 5th and the session will last until sometime in May (most likely). As we get ready to start again I want to let you know about a few of the major issues that I expect will come before us.

The overwhelming challenge of this coming session will be the budget gap. State revenues (i.e. money taken in as taxes) are down so dramatically that even after \$167M in cuts over the last two fiscal years (including the elimination of 600 state employee positions), \$26M in new revenues and using the remaining \$100M of ARRA (stimulus) money in this year's budget, the projected gap is around \$150M. Much of that results from the continued decline in revenue combined with the annual average growth rate of 3.5% on existing expenses. However, a significant added pressure is the increased need of Vermonters affected by our struggling economy. A clear illustration of this is that calls to the state's 211 help line increased 98% this November over the previous year. This increased budget pressure amounts to \$20-30M in Medicaid needs and \$10-20M in increased caseloads at the Agency of Human Services. There is also the expected growth in the state's obligation to its pension systems (teachers' and state employees' retirement) of about \$29M and other pressures, including increased insurance costs, of over \$19M. Having already cut the low hanging fruit and then some, I'm afraid meeting this fiscal challenge will mean making some very difficult decisions that involve painful, but necessary, cuts for everyone.

The budget problems do not come as a surprise, of course, and both the legislature and the administration have been working to find strategic ways to address the problem. The legislature has put together a group of lawmakers who are, with the help of a consulting firm, looking for efficiencies in all areas of state government spending. In addition, several commissions were established to look at very specific issues. Two have just released reports – the Commission on Judicial Operation, and the Commission on the Design and Funding of Retirement and Retiree Health Benefit Plans – which include proposals for immediate and ongoing cost savings. Reports from other groups with these same sorts of proposals will be out soon. Meanwhile, the administration has called on government departments to cut spending by 8% as a guideline, and established "tiger teams" to examine individual areas of state spending. Many of the proposals generated will come before the House and Senate for debate.

One budgetary bright spot is the immediate savings to be had from the agreement reached (though not yet ratified) with the state employees union of both a 3% pay cut and no annual increases for two years. The union should be congratulated for making a very difficult decision, but one that recognizes the reality of the economic situation we are in, and the fact that everyone will have to sacrifice to get us through it. I want to mention a few other non-budgetary issues that I expect we will be dealing with this session. First, and still a money related issue, is the

state unemployment insurance fund which will likely become insolvent in 2010. Again, the pressures of our present economy and the resulting unemployment are partially responsible, but there is also the fact that the required contribution amount has not increased in years, while the benefit amount has continued its statutory annual increase (until this year when it was frozen). To restore the fund's solvency and to get it on sound long-term footing, the legislature will be considering some combination of short-term borrowing from the federal unemployment account, a reduction in benefits and an increase in the unemployment tax or the taxable wage base (in 2010 the taxable wage base is the first \$10,000 of wages per calendar year).

The future of the Vermont Yankee nuclear power plant may come before us, though that is less certain now than it seemed last year. If it does,

the legislature's role is to vote on whether the Public Service Board can issue a "certificate of public good" (CPG) which would allow the plant to operate for another twenty years. In debating that question, the legislature will consider such issues as the cost, supply, and reliability of electric power from that plant. The issue of safety, however, is not within our purview, but belongs to the federal Nuclear Regulatory Commission. If the vote is to allow the application for a CPG to continue, then the PSB will grant or deny the application based on their own assessment of those and other criteria.

Changes to the state's health care programs may also come up again this year, though in what form will depend heavily on how pending federal legislation affects existing programs, and what opportunities it might offer. In any case, a public discussion of two bills which propose a

statewide single-payer health insurance program will take place at the statehouse at 6:00 pm on January 12th.

This is obviously not an exhaustive list, nor is there room here to address any of these issues in detail, but I hope this preview might generate thoughts or questions. I can almost guarantee that the upcoming budget will, as the saying goes, have something for everyone to hate. Which makes it a great time to consider priorities. What do you think are the fundamental responsibilities of state government? If you had to cut the budget where would you cut deepest? I appreciate hearing from the voters in my district – as do most legislators – and encourage them to let me know their thoughts and questions on these or any legislative issues.

Phone: 802-757-3803
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Not all Times are Trendy but there will always be Trendy Times

January 5, 2010
Volume 1 Number 14



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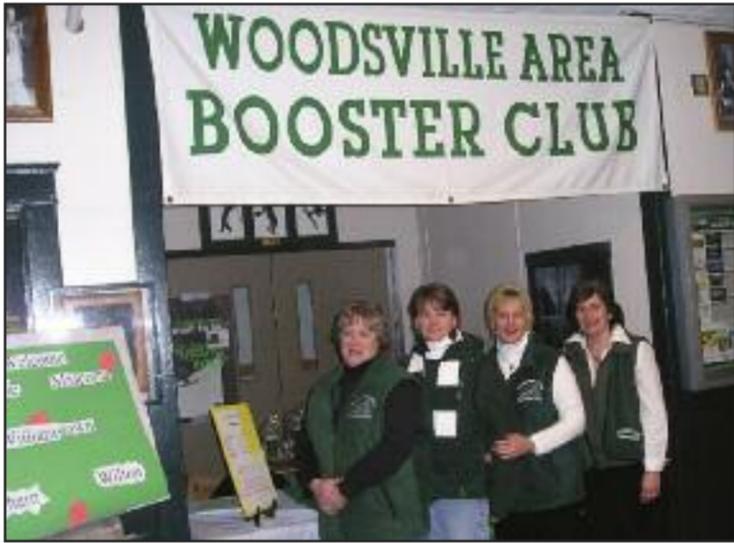
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WABC Officers:

Melissa Gould, Treasurer; Lori-Ann Noyes, Vice-President; Lynn Graham, Secretary; Gail Roy, President

The final local event of the Christmas Season took place this past weekend at the famous Dr. John A. Bagonzi Community Building on the campus of Woodsville High School. The annual Woodsville Area Booster Club Christmas Basketball Tournament was held on Saturday & Sunday, January 2 & 3. Though the weather outside was, at times, frightful, the play inside was delightful. The stands were full of supporters for Woodsville High School Athletes as well as those visiting from Gorham – both boys and girls teams, Williamstown, again both boys and girls, plus a girls team from Mascoma and a boys team from far off Wilton. This is not the first year Wilton has come this far north for a tournament. In fact it has become a bit of a tradition for them. According to members of the Booster Club it is used as a team building experience for the boys. And with the help of the Nootka Lodge the team members and parents make a full weekend of the occasion.

As much as this is a good experience for the teams playing in the event, it is also a big part of what the

Woodsville Booster Club does for the student athletes at Woodsville High School. It is probably the biggest money raising effort of the year for the Club. Not only do they sell admission tickets to the game, but they handle the concession stand with hot dogs, popcorn, candy and drinks. They also solicit many local businesses to be in the tournament program booklet. But not only do locals outwardly support the Booster Club efforts, but officials report that there are several anonymous donors. One generous individual makes sure that all the candy needed for the concession stand is provided at no charge. Others make \$50 or \$100 cash donations toward hot dogs and rolls. When put all together it adds up to a pretty good amount of the annual budget.

But the Booster Club and its members don't stop there. They also man the concession stand at other basketball games throughout the season. Other fund raisers include a Christmas raffle that is run almost entirely by Jim Walker, a long time booster club member. Jim not only gets the tickets printed, but he

sells almost every one and then handles the drawing. As one member said "When you think about the Woodsville Area Booster Club, you think of two people, Jim Walker and Jay Holden". Jay was a member of the club for about twenty five years and president for a good many of those. He has now retired from that job, but is still involved and willing to step forward whenever asked.

One new item at the basketball tournament this year was a table filled with Woodsville High School apparel. Sweatshirts, sweat pants, hat, vests, jackets, all kinds of items were on display ready for the real Woodsville enthusiasts to purchase. The items have been available for several years, but they were always displayed only at the school. But under the leadership of the Booster Clubs new president, Gail Roy, the items have come out and are much more accessible to the general public.

With all this fundraising going on, the questions then arises "Where does all the money go?" The main purpose of the Woodsville Area Booster Club is, according to the program booklet, "to support athletic events at WHS, promote good sportsmanship, and to sponsor the annual spring sports recognition banquet. Most importantly, it provides scholarship money to graduating seniors. In fact, again according to the booklet, the Booster Club has donated over \$32,000.00 since 2004.

Now if you are a senior at WHS and plan to graduate this year, how do you qualify for some of that scholarship money? There are a couple of unique qualifications for those scholarships. One is that you must participate in at least four seasons of sports during your high school years. Secondly you must also earn at least six points by volunteering your services during Booster Club Events. Those services could include, selling tickets, sweeping the floor, or some of many, many other jobs during some of the other activities of the Booster Club. Because there is more to the Booster Club than just this tournament and the raffle from Jim Walker.

Every spring the WABC puts on the Sports Banquet. This semi-formal affair honors student athletes from all three seasons with trophies

and awards earned over the school year. The event is a full evening of entertainment that quite often runs to the three hour mark. In 2009 the spring sports banquet saw an attendance of about 250 students, parents and supporters. This event comes with a price tag of around three thousand dollars. Thus making another reason for the members to work so hard to fundraise and put on a good show for the student athletes.

WABC also has taken on the task, with great happiness; over it's almost forty years of existence, of paying for banners and jackets whenever one of the WHS teams earns a state title. Again it makes the fundraising even more important, but also that much more rewarding.

The current officers of WABC point out that the club

When the final horn sounded on the final game of the WABC Christmas Tournament, not everything was done. Of course there was the awarding of trophies. Each of the finals teams had two players named as all-tournament players, with one from the winning team receiving an MVP award. Trophies were also handed out for the teams themselves. But when that was done, it still was not over. A quick thank was handed out to the referees, the scorekeepers and the fans. The fans were also asked to help out by picking up and throwing away any trash in their particular portion of the bleachers. But the members of the WABC still had a lot more to clean up. The popcorn and hot dogs not sold needed to be taken care of. The candy and soda needed to find a



currently has a very strong group of parents and others who are ready, willing and able to help. But every year many seniors graduate, and with them their parents tend to graduate from the WABC. So just like most other organizations the WABC is always looking for new members. They invite anyone interested to visit their website thru the WHS website or go to WABC.sau23.org. They also invite anyone interested to come to a monthly meeting. They meet the first Wednesday of each month at WHS at 7 PM. So if you are a parent with a student now attending Woodsville High School, or if you have a student getting ready to enter this fall, or if you are simply a resident of the area interested in furthering the education and educational experience of Woodsville High school students, check out the Woodsville Area Booster Club. It has something for everyone and would love to have your help.

new home, plus all those great Woodsville High School apparel items needed to be packed away until the next home game. And when that is all done, there is still bookkeeping to be done to find out just how successful a tournament this was. After all, that is the main objective for the WABC, raising money for their projects. One other thank you from the WABC, the 50/50 raffle held during the boys championship game say the winner turn the money back to the club. That's community spirit at its best. Thank you!

Sunday Results:

Girls' Consolation game
Woodsville 50
Gorham 33
Boys' Consolation game
Williamstown 62
Gorham 58
Girls' Championship game
Williamstown 47
Mascoma 40
Boys Championship game
Woodsville 58
Wilton 45



Just some of the WABC members keeping an eye on the trophies as well as the action on the court.



By Ronda Marsh

Quicker Chicken Pot Pie



It's cold. It's windy. Winter is definitely here, and with it the longing for food that is warm and comforting. Chicken Pot Pie certainly falls into the comfort food category, but it can be a time-consuming endeavor to make from scratch. Here's a version I came up with utilizing boneless chicken tenders or breasts cut up and sautéed. The crust is frozen Puff Pastry; simple to use and very impressive looking, too! Hint: Wrap up the extra sheet of pastry and keep handy in your freezer; the

- 1 lb. (approx.) chicken tenders or boneless/skinless breast cut in bite-size pieces
- 2 medium carrots, diced
- 1 medium onion, diced
- 2 stalks celery, diced
- 8-10 button mushrooms, sliced (or 1/2 cup frozen peas, if you don't like mushrooms)
- 2 Tablespoons vegetable oil

Pre-heat oven to 400F.

In a large skillet, heat the vegetable oil and add chicken pieces, browning lightly on all sides for a few minutes. Add the onion, carrots and celery to the pan and continue to cook until vegetables are softened, about 10 minutes. Add the mushrooms and poultry seasoning and continue to cook for another minute or two, until mushrooms have cooked and browned a bit. Push the mixture off to one side of the skillet and in the vacant area, melt the butter. Mix the flour into the butter to create a roux, and allow to cook for a minute. Add the chicken broth, whisking to eliminate any lumps. Add in the cream and bring mixture to a boil. Allow to cook for a minute or two to thicken.

Choose an oven-proof casserole large enough to accommodate the mixture and spoon in the hot chicken/vegetable mixture. While the filling cools slightly, lay out the sheet of thawed pastry on a lightly floured surface. With a lightly floured rolling pin, roll out the dough to fit the top of the casserole dish, extending slightly over the edges. Brush crust with a little milk or cream and make several cuts to vent.

Bake about 20 minutes, until crust is puffed and golden brown.

next Trendy Kitchen column will show you how to make a neat little treat with it! If you want to speed the process up even more, you can use a store-bought rotisserie chicken; just add it to the sauce and vegetable mixture and heat it through prior to pouring into the casserole to bake. This recipe is one you can make in less than an hour but tastes like you spent all day in the kitchen...now there's a comforting thought!

- 1 teaspoon poultry seasoning
- 2 Tablespoons butter
- 2 Tablespoons flour
- 2 cups chicken broth (I use "Better than Bouillon" chicken base...its great!)
- 1/2 cup half & half or cream
- 1 Tablespoon Dijon mustard
- 1 sheet frozen puff-pastry (like Pepperidge Farm) thawed as per directions on box

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Time Word Scramble

7

Unscramble the words. Answers are below.

- _____ rmtie A timepiece that measures a time interval and signals its end.
- _____ aontenfr The part of the day between noon and evening.
- _____ rteal Subsequently.
- _____ nssaoe A period of the year marked by special events or activities in some field.
- _____ kewe Any period of seven consecutive days.
- _____ mntho One of the twelve divisions of the calendar year.
- _____ aspt The time gone by.
- _____ cdadee A period of 10 years.
- _____ uohr A period of time equal to 1/24th of a day.
- _____ raey A period of time containing 365 (or 366) days.
- _____ arlye At or near the beginning of a period of time.
- _____ dyota The day before tomorrow.
- _____ unnlaa Recurring, done, or performed every year.
- _____ esdcno 1/60 of a minute.
- _____ froreev For a limitless time.
- _____ tufeur Yet to be or coming.
- _____ yntrcue A period of 100 years.
- _____ inetum 60 seconds.
- _____ rtedsaeyy The day before today.

1. timer, 2. afternoon, 3. later, 4. season, 5. week, 6. month, 7. past, 8. decade, 9. hour, 10. year, 11. early, 12. today, 13. annual, 14. second, 15. forever, 16. future, 17. century, 18. minute, 19. yesterday

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January 5, 2010 Volume 1 Number 14

January Is...

January is always the first month of the year. It is also the first full month of winter. There is an old saying "As the days grow longer, the cold grows stronger." That's January. The shortest day of the year was December 21. Therefore the days are getting longer. But January normally is the coldest month of the year. We always seem to get a series of nights well below zero, and quite often the daytime temperatures doesn't even see 32 degrees. Then we get that great January thaw, when snowmobilers and cross-country skiers worry about losing the snow cover, while the rest of us enjoy the break and realize

that spring can't really be that far away.

January also is (according to one online site)

- Bread Machine Baking Month
- Dried Plum Breakfast Month
- Fat-Free Living Month
- International Coffee Gourmet Month
- National Book Month
- National Diet Month
- National Egg Month
- National Eye Health Care
- National Fiber Focus Month
- National Hobby Month
- National Hot Tea Month
- National Mail Order Gardening Month
- National Retail Bakers Month

- National Soup Month
- National Volunteer Blood Donor Month
- Oatmeal Month
- Prune Breakfast Month
- Wheat Bread Month

Please note that these items are listed alphabetically, just as they were on the web site. If we were to list them by some other ranking format we could have a very different list. Six of these items are not even National month items, and therefore would probably end up at the bottom of the list. One is an International Month which might move that to the top of the list. Looking at the rest of the special months it might be hard to decide which was most important. Volunteer Blood Donors are very important, but so is Eye Health Care. But are books more important than soup or eggs or hot tea? Fiber Focus probably out ranks Hobbies or

Mail Order Gardening, but how about Diets?

In the end it appears that keeping them listed alphabetically is the best answer.

Now let's move on to important dates for the month of January. Of course the month always starts with New Year's Day on January 1. But after that there is Martin Luther King, Jr. Day on Monday, January 18 (even though his birthday was actually January 15, 1929).

After those two special dates we move on to other historical birthdays in January which include:

- Paul Revere's Birthday Jan 1, 1735
- Betsy Ross' Birthday Jan 1, 1752
- Sir Isaac Newton's Birthday Jan 4, 1643
- Elvis Presley's Birthday Jan 8, 1935
- Ben Franklin's Birthday Jan 17, 1706

- Mozart's Birthday Jan 27, 1756

A couple of dates of specific interest for January:

- Alaska Admitted as 49th U.S. State Jan 3, 1959
- Wilson "Snowflake" Bentley's First Snowflake Photograph Jan 15, 1885

And then three dates that are somewhat more infamous:

- Operation Desert Storm Begins Jan 17, 1991
- Seven Dead in Challenger Space Shuttle Disaster Jan 28, 1986
- Mahatma Gandhi Assassinated Jan 30, 1948

Getting back to the lighter side, there are a few more interesting days in January

- National Trivia Day Jan 4, 2010
- National Popcorn Day Jan 19, 2010
- Answer Your Cat's Question Day Jan 22, 2010
- National Puzzle Day Jan 29, 2010

And simply to be different there is

- No Name-Calling Week Jan 25-29, 2010

With all these special days, dates, week and months there is reason to celebrate January, not just survive it. So pick out the one, or more than one, that fits you the best, and enjoy.

January 5, 2010 Volume 1 Number 14

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Lighting for Growing Transplants at Home

By Heather Bryant, Extension Educator, Agricultural Resources

Believe it or not here in the Extension office planning for the 2010 gardening season is well underway, and I have already received a number of questions about growing transplants at home. With 2009's unfortunate late blight challenges, I anticipate more such questions over the next couple of months (given that growing your own transplants is one way to reduce your late blight risk). One of the most common questions so far is whether or not you need supplemental lighting.

When I was a kid, my mom always managed to grow healthy tomato and pepper transplants without lights, because being the thrifty New Englander that she is, she likes to look for the least expensive option. Instead, she supplemented her indoor light by putting the plants outdoors on warm days, bringing them in later in the day when the temperatures started to drop.

During a particularly cold spring, for apartment dwellers, or for people who are not home during the day, that may not be an option. Here are some tips and questions to help you decide what is best for you.

First, do you have a south or southwest facing window to put the transplants in? If you do, you may be able to get away with using only

natural light. You can further improve the natural lighting by washing the window right before you start your transplants – even if the glass already looks clean, your plants will notice the difference.

If the plants start to get tall and spindly, they don't have enough light. If that is the case, one solution is to put them outdoors on days when the temperature gets to about 55-60F. Even if it is a little colder than that you still have options. While the seedlings are small you may be able to warm them up to 55F by covering the container with plastic wrap, but do not let the plastic touch the plant or stay on once the temperatures start to warm up.

Some stores sell miniature plastic tents or "greenhouses". These can be put out on your porch, with your plants inside, on days when the temperature is close to 55F. You can get the same effect by using a cold frame which is basically a wooden box with a window for a roof. The following website gives instructions for building a simple cold frame. <http://bit.ly/8pIMnv> If you are a more visual learner you can search YouTube for instructional videos -- I found several that were both entertaining and informative and included a couple different design options. Any inexpen-

sive outdoor thermometer will help you monitor the temperature in the cold frame or tent; just remember to shade the thermometer so you get an accurate reading. You don't want to let the temperature get much over 70-75F.

Naturally apartment dwellers, and people who are not home during the day, cannot put plants outdoors, and in this case investing in lights is a good solution. There are special grow lights on the market or you can use 40 watt cool white or warm white fluorescent white tubes. Grow lights will come with instructions. If you use the fluorescent lights you will want to place your plants on blocks so that they are 6-8 inches from the light and can be lowered as they grow. Most vegetable transplants will thrive with 12 hours of light per day.

My mother has rubbed off on me a bit, so I will end by telling you to remember that lights, plastic tents, and cold frame building supplies can be expensive. If your garden is small or you have never gardened before and only wish to "test the waters" this year, you may find it more cost effective to buy your transplants from a local nursery.

If you have any other questions about growing your own transplants you can call me at 787-6944 or attend the

transplanting workshop we will be hosting in North Haverhill in mid March.

Look for next week's column by County Forester David Falkenham.

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DOD Leaders Look at Long-term Effects of Burn Pits

By Jim Garamone – American Forces Press Service

12/28/2009 - WASHINGTON (AFNS) -- Defense Department leaders have launched a study on the possible long-term effects of the smoke emitted from burn pits used in overseas locations such as Iraq.

Armed services medical officials are conducting studies on the health outcomes of individuals that have been deployed to identify any health conditions associated with smoke exposure.

Burn pit smoke can cause some acute health effects in some people, Pentagon spokesman Bryan Whitman said Dec. 28. These can include eye irritation, upper respiratory ailments and coughing.

"To date, we don't have any information on any

longer-term health risks that may be associated with burn pit smoke inhalation," Mr. Whitman said.

This is the second study of the effects inhaling burn pit smoke may have. The first study used an Environmental Protection Agency risk assessment method to determine what effects the smoke at Joint Base Balad, Iraq, had on personnel exposed to it.

"We determined at that time, that there was no long-term health effects that were expected due to inhalation of burn pit smoke to the personnel assigned there," Mr. Whitman said.

However, there has been persistent concern about the possible effects, prompting the Armed Forces Health

Surveillance Center study. "The department's No. 1 priority is the health of our servicemembers," Mr. Whitman said. "Whenever concerns of this nature are raised we want to make sure they are being addressed properly and when appropriate studied for any long-term effects."

The Defense officials recognize that some individuals may be more susceptible to the effects of burn pits because of genetics or pre-existing health conditions. Other factors may contribute to long-term effects including smoking, inhaling dust particles and working around heavy machinery.

The health centers expect a preliminary report out early next year.

Help Requested For Fire Victims

There is never a good time to have a home destroyed by fire. But when it happens just four days before Christmas, you would think it could not get much worse. But let's add one more piece. Along with those living at this home there was another sibling who had recently moved most of his personal items into storage at the home. The reason? He is being deployed as part of the Air National Guard out of Rhode Island. The deployment date was last Thursday, December 31st.

The extended Cote family lost everything in the blaze that destroyed their log cabin home on Maguire Lane, off Route 112 near Swiftwater, in Haverhill on December 21. Four adults, 3 children and a fourth due in February were left with virtually nothing. Plus Chris Cote, a police officer with the Littleton Police Department, lost his personal items stored at the home before his deployment.

Those who were living at the home owned by Diana Cote have now moved in with other relatives at various locations. Diana does appar-

ently plan to rebuild in the spring, but in the meantime there are many needs to be filled. First and foremost is clothing for those who lived in the home. This includes two boys, aged 11 & 12 and a 5 month old girl, plus the four adults. And we can't forget the soon to be born baby who now has virtually nothing.

Next is housing for the seven. Though there are plans being made to rebuild, it will be some time before that will happen. In the meantime relatives are helping, but the family is looking for more realistic accommodations. Due to schooling issues they would prefer to stay in the Haverhill school district.

At least two organizations are helping to facilitate the collection of items and money for the family. The Littleton Police Department can be contacted at 603-444-7711 or send donations to the Benevolence Fund, 2 Kittredge Lane, Littleton, NH 03561. Or you may call Bettie Ward in Monroe who is a member of the Auxiliary of the Littleton American Legion Post 68. Her number is 603-638-2515. Any donations would be appreciated.

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6 Years After Iraq, Hexavalent Chromium Exposure Weighs on Veterans ¹¹

By Julie Sullivan, *The Oregonian*

ROCKAWAY – The Naylor living room is all playroom, cleared to toddle, cuddle and roll. But when Dad's home, the children often head to the back bedroom to play quietly with Mom.

Six years after Guy Naylor returned from Iraq, he can't stand the clamor of his own family. The soft-spoken dialysis technician shouted at other drivers so often, his family moved to Rockaway to escape Portland traffic. The medic who ran every day has gained 80 pounds. Joint pain wakes him. He coughs so much, his patients constantly ask if he has a cold. He swallows nine different medications a day. Up from none.

"He doesn't seem like a 40-year-old man," says his wife, Toniann. "He seems 60."

Naylor is being treated for post-traumatic stress and exposure to hexavalent chromium, an industrial chemical and well-known carcinogen that soldiers unwittingly faced while guarding war contractors. He's one of 278 Oregon Army National Guard soldiers who were notified of possible exposure while serving at or near the Qarmat Ali water-treatment plant in 2003. Fleeing Iraqi troops loyal to Saddam Hussein had dumped the orange industrial chemical across the property.

Since the Oregon Guard's notified Naylor "out of the blue" last February of his exposure, he has taken all the recommended steps. He's been examined by the Portland Veterans Affairs environmental physician. He's enrolled in the Gulf War Registry. The list includes the 112,515 veterans whose confounding symptoms are linked to tours in the Gulf in 1990-91 and in Iraq since 2003. Naylor's symptoms are a chief reason why the VA wants to track all Qarmat Ali veterans separately, flagging their records and studying them over time.

But naming Naylor's issues doesn't make living with them any easier. The weight of Naylor's war, like many combat veterans, is being shouldered almost entirely by his family.

"Everyone is supposed to be happy now because the spouse is home and everyone is together, putting the pieces back together again," says his wife, Toniann Naylor, 31.

"But the pieces no longer fit."

When Guy Naylor's Forest Grove unit was called up seven years ago, Capt. Jon Van Horn chose Naylor for a senior medic position. Naylor was a Portland native who had served in the Oregon Guard since 1987, combating

fires and floods. He'd been an active duty soldier, in Korea and for two years at Walter Reed Medical Center. He worked as a kidney dialysis technician at Providence St. Vincent Medical Center. He was a married father of four. He was, Van Horn says, experienced, dependable, motivated and upbeat.

Their unit was among the first Oregon troops into Iraq, and they paid for the honor. Hygiene and air quality was so bad at their first Kuwaiti camp, soldiers suffered bloody diarrhea and could not safely exercise for all the burning industrial pollutants. Naylor, who'd also been trained as a machine gunner, was among the small number of Oregon soldiers sent to guard Kellogg Brown & Root employees working on Operation Restore Iraqi Oil. Small teams traveled to the Iraqi border, jumping into KBR vehicles headed to the oil fields.

One stop was the Qarmat Ali water-treatment plant, where the soldiers stayed outside while KBR contractors worked indoors. Months later, the Indiana Guard replacing Oregon troops learned the orange dust coating their clothing and boots at the plant was a corrosion fighter that contained the carcinogen, hexavalent chromium.

Last year, KBR employees and Indiana soldiers accused managers at the Halliburton subsidiary of deliberately withholding that information in order to restore the oil flow and earn millions in completion bonuses.

At the plant, Naylor both suffered and treated fellow soldiers for the coughs, sinus problems and headaches that he blamed on sand and dehydration.

After Naylor's unit left Qarmat Ali in June 2003, their problems persisted at a base outside Baghdad where they confronted other problems. "We saw terrible things. None of us were prepared for the local stuff," says Van Horn, a physician assistant at Legacy Emanuel Medical Center who specializes in trauma.

The medics would treat Iraqi families who came to the gate for care, sometimes with children who'd been dipped into boiling water for punishment. The scald victims were usually girls as young as 9 months. The child abuse haunted the soldiers, especially Naylor and other fathers, says Van Horn. "We were treating the kids at the gate for burns that would have landed them in a burn center here."

Naylor was also miserable in the 150-degree heat with

stinging rashes on his back and chest. The first time he jumped from a troop truck, the weight of his body armor drove him to his knees. But he was also a superb medic, according to his supervisor, Staff Sgt. Rob Stevens, who said Naylor saved a soldier who'd been hurt in a Humvee rollover.

But Naylor never got comfortable in combat. "I was afraid all the time," he admits, and he worried constantly about his family back in Oregon.

He had met his wife at work at Providence St. Vincent Medical Center, where Toniann, a single mom, was attracted by his calm and steady devotion. But at his homecoming in 2004, Naylor snapped at their kids.

"It was an instant change," she says. "I kept waiting for him to come back to his old normal self. It me took three years to realize that wasn't going to happen."

Sixteen soldiers from Naylor's unit have sued KBR for knowingly exposing them to hexavalent chromium. They join Guard soldiers from Indiana, West Virginia and South Carolina who say they suffer breathing and stomach problems, and are at a higher risk of cancer. At least three soldiers who served at Quarmat Ali have died of cancer, including Nicholas Thomas of Happy Valley. KBR has denied harming troops. KBR argues that no injury is linked to chemical exposure at the water treatment plant.

Complaints from KBR employees and Indiana Guard arose during Senate hearings on Iraq contract abuses in 2008. That led to the Oregon connection, virtually unknown until it was reported in *The Oregonian* last January. Shortly after, the Oregon Guard sent letters to soldiers who served at or near Quarmat Ali.

At least five others Oregon soldiers are expected to join the suit this week, bringing the total to 21, says Portland attorney David Sugerman. Attorneys are wrangling over whether KBR is subject to the jurisdiction of Oregon courts.

Meanwhile, Naylor has not had the time or the energy to join the suit, much less learn much about it. He puts 500 miles a week on his pickup commuting to St. Vincent's for his \$35,000-a-year job. He works three 12-hour days, sleeping at his parents' home in Forest Grove, then returns home for long weekends. Older children Brett, 18, and Sierra, 15, live mostly with Naylor's first wife. Toniann stays home with Amyann, 13; Kayla, 7; Dominic, 5; and Joey, 14 months.

The family has felt the brunt of the war. When Naylor first came back from Iraq, he drank. He erupted in explosive rage. He was exhausted. As his mood steadily darkened, he threatened to drive off a cliff. He tried sawing through his arm with a knife and was hospitalized in the VA's psych unit, diagnosed with bipolar disorder that doctors told him emerged after his traumatic experiences in Iraq.

He's being treated by a VA psychologist and therapist, has stopped binge drinking, and medication has stabilized his mood. But like all rural veterans, access to PTSD experts with combat experience is limited.

Physically, his symptoms seem to mirror problems associated with hexavalent chromium: He takes other medicine for high blood pressure and a racing heart and severe acid reflux. He still has short-term memory problems and severe sleep apnea.

And Dominic, now 5, conceived within a week of his homecoming has been diagnosed with autism. Naylor fears a connection to his Iraq service.

"I have a lot of guilt," Naylor says, "thinking maybe I brought something home."

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Toniann refuses to blame her husband. She concentrates on surviving. The couple drained a pension fund and sold his CPR training equipment on eBay to help Santa Claus. They marvel they are still together and agree it's for the kids. They even supported his oldest son, Brett, whose dream has been to join Naylor's former Oregon Guard unit.

Van Horn, Naylor's medical commander in Iraq, says he was shocked when he first saw Naylor back at headquarters in Forest Grove after their return.

"Something got sucked out of him," Van Horn says. Naylor retired from the Guard in March, after 22 years.

Van Horn says for all the talk of the Greatest Generation, Naylor's generation faces the same issues as soldiers in World War II, Korea and Vietnam did. War is hell. And then you take it home.

"But I'm proud of Guy. Whatever his issues are, he's remained functional. He's returned to society, he's gone on with his life. He's carrying his load. And he has not quit."

"He has not quit."

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Another America's Got Talent Hopeful With North Country Ties

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



years. In fact his partner is Kimberley Fournier a graduate of Woodsville High School. Together with their son Lonnie, Jr., now four years old, they moved back to Kentucky to take care of a rental property they owned. But the ties to the northern New Hampshire area is strong.

The ties are almost as strong as Lonnie's desire to play music and write music. But being famous is not the top priority for Lonnie. As he recently said, the winner of American's Got Talent gets a record deal and has obligations to live up to. But when that time is done he will get back to what he really enjoys. Going to nursing homes and churches to play his music and entertain those attending. There is nothing

better, says Lonnie, than seeing the smiles on the faces of those folks at nursing homes when they hear him play and sing.

Lonnie also has a brother who is a pastor, and he has invited the Truck Driving Cowboy in a few times to play the gospel music he so loves to the faithful in the pews.

Now in case you think that the Truck Driving Cowboy is just a nice catchy name that doesn't mean much, think again. Lonnie lists his occupation as truck driver. Currently he is working out of Kentucky driving a big rig. He also spent time in the past as a ranch hand. An incident with a large male bovine put an end to that job, however.

Now, along with driving

truck and making music, his biggest job is being home with his four year old son playing trucks. It's a job that he loves and vows to keep doing no matter what the next few months bring his way in his effort to get to the top of American's Got Talent.

From all of us in the North Country, Good Luck Lonnie! We can only hope that you will meet the boys from Disorderly Konduct in the finals and the voters from this area will all have to vote twice.

And from Lonnie, he would like to add his wishes to everyone who is trying out for the show. Best wishes and God bless. And if you would like to follow Lonnie on this journey, check his MySpace page at www.myspace.com/lonnielear09

Move over Disorderly Konduct, there's someone else with local ties who is working his way up the ladder with America's Got Talent. You would think that a small area like this would have a hard time fielding even one candidate for a national talent show. But now, along with a band playing a Southern Rock style of music, we have a single singer who also has a country flavor.

Lonnie Lear grew up in Mayfield, Kentucky. To fans of America's Got Talent that may sound familiar. Season four's winner, Kevin Skinner calls Mayfield Kentucky home. Lonnie Lear, believe it or not, along with sharing the same home town, also looks, walks and sounds like Kevin Skinner. But Lonnie is not in the hunt for the top prize in season five just because of that. Lonnie Lear, the Truck Driving Cowboy, also knows how to play a guitar, sing a song, and put words and notes together to come up with some thoughts and feelings all his own.

Lonnie already knows what it feels like to be famous. Or at least for the public to think you are famous. He has had problems even walking into a fast food place

without someone thinking he is Kevin Skinner and asking for an autograph. Even with that Lonnie is ready, willing and apparently quite able to compete on the show that made Kevin famous, trying to make it two in a row for that little Kentucky town.

As far as this area is concerned, Lonnie was a resident of Bath for about five

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