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MARCH 2, 2010 VOLUME 1 NUMBER 19

Latest Redesign For Old Village School

The Old Village School is located on the south end of the Village of Wells River right next to the Wells River Congregational Church. It is going thru one more transition. Actually this latest transition consists of many small changes that continue to take place.

Joy and Paul Fichiera of Newbury bought this property in 2008. It was a dream come true according to Joy. She said Paul had wanted to purchase a property that he could "fix up". The property also had to have room for Joy's Yoga studio.

The first piece of the current puzzle was the opening of Rising Spirit Yoga in February of 2009. The Shoppe was added in July of 2009. Both of these businesses are owned

by Joy and Paul. The Shoppe features all the supplies one may need to make Yoga classes all they should be. From clothing to carry bags and even floor mats. Plus Joy teaches classes in the upstairs studio that looks much like it did back in the days of the Wells River Village School. This includes blackboards, raised area on one side, and plenty of open glistening hardwood flooring.

Part two of this most recent change was the welcoming of Reiki Retreat and Healing Visions Reiki. These are actually two different businesses owned by Barbara Smith and Shelly Drew, respectively. Both ladies are Reiki Masters which means they can teach others the

power and benefits of their chosen field. Barbara and Shelly both practice Reiki on a part time basis until such time as they can fully support themselves with their respective practices.

The two businesses co-exist in the same space because they are both part timers. But together they also are providing for some new experiences. In fact this coming Saturday, March 6th at 6 PM they will open their doors to a Reiki Share program. This means that other Reiki practitioners will join Barb & Shelly to learn more and progress in the field. They also have plans to get this group involved in the health care industry. Many hospitals now encourage patients to partake of a session of Reiki to assist in pain control or simply the healing power. As Barb was quick to point out, she does not diagnose ailments or diseases, she simply helps channel the good effects of Reiki that come from within each person.

A third piece of this evolving puzzle at the Old Village School is Rodeo & Co. Not a ranch with bulls and horses, but a photography studio with Meg McGovern Hamilton behind the shutter. Meg has plenty of props and ideas to take memorable photographs of families, children, infants and even Maternity shots in her upstairs studio. She also



will travel to other locations for a sitting in an attempt to catch the originality of her subjects and to show them how pretty they really are.

Though Meg has been in business since 2003 she has never had a studio until now. And then it was only because The Old Village School building made such a wonderful place for her to have a studio. In fact Meg was taking her child to a Baby Yoga class with Joy when she learned about the availability of space with the natural light, great floors and high ceilings. After that it was just a matter of signing up.

The next piece of the puzzle is being put in place over the last weekend of February 2010. During the weekend the final move will happen for Dragonfly's Den. This shop

has been situated on the other end of Wells River Village for about four years now.

Owner Chrystal Aldrich was looking for a new space and found that the Old Village School could offer her just what she wanted. Nice quiet neighbors, an historical address, and landlords willing to renovate to suit her needs. Chrystal brings with her Ashley White, hairdresser, manicurist, pedicurist and all around nice person. Plus sister Cassidy who has been doing massage for the past 10 years. Dragonfly's Den also features tanning beds to round out the entire experience.

There are also two apartments in this venerable old building. One in the basement and a second upstairs. Plus the building still has a bell up in the belfry. In fact Paul makes sure he uses that bell whenever he finds himself that high up.

And to top it all off, there is still another space that is rentable to the right business. Paul and Joy are looking for someone to join the team of service providers they currently have in place.

One more important note is that The Old village School probably will not reach its goal of finishing in the top 10 of the Pepsi Refresh Project for the month of February. However, because they may well finish in the top thirty or so, they will be included in the next round of voting. So check out their website www.oldvillageschool.com and follow the link to vote. All the details are there.



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Good News For Haverhill

A wonderful thing is happening in Haverhill at this year's town meeting. There is competition for two elected positions. There are many more than that which will show up on the ballot come Tuesday, March 9. But at least two of these positions will be decided by the votes of those who choose to show up and vote.

To this end there have been two forums scheduled in Haverhill. The first was last Tuesday at the VFW Post in North Haverhill. The good news is that all four of those competing for office showed up. Plus the other two Select Board candidates, who are running unopposed, were also on hand. Also making an appearance was Town Moderator Douglas McDonald. He is seeking reelection to that position as well as election as

the School Moderator as Mike Kennedy has decided not to seek reelection.

The two candidates for the two year unexpired term of Peter Conrad are Lynn Wheeler, who is a former board member, and was appointed by the board in October of last year to fill the seat until Town Meeting. Lynn is now seeking election. Opposing her is Wendy Warcholik a professional economist and first time candidate.

Also on the ballot are current Select Board Chair Rick Ladd who also serves as one of two State Representatives from the district that includes Haverhill. The other seat has Wayne Fortier as a candidate. Wayne is a former School Board member and chair. He is running for the seat previously occupied by Bob Maccini who

recently moved to Pittsburg.

Also on hand at this election forum were the two candidates for the School Board seat from the pre-existing Woodsville district. Both candidates are running for the first time.

All candidates in attendance were given five minutes, more or less, to present their thoughts on why they should be elected, or what they felt they could bring to the position. Though there were not many questions at the forum there was much conversation after the formal session to allow those who did attend to ask questions and get answers.

A second forum for candidates was also scheduled for Monday, March 1 at the monthly meeting of the Good Old Boys.

For those who have not been able to attend one of these forums there is a short contribution from several of the candidates in this issue of Trendy Times. We hope those who will vote on March 9 will



This is a bumper sticker that was handed out at the Candidates' Forum last Tuesday, February 23.

It is a sentiment that many hold, whether Republican, Democrat or Independent.

take the time to read what is written and make an informed decision at the polls.

Also please remember to attend the meetings in Haverhill on March 9 at 7:30 PM for the Town Meeting and on Thursday, March 18 at 7:00 PM for the school meeting.

We would also encourage all other residents of this area to attend your town and school meetings. It is one way

that your voice can very much be heard. Those who have these elected positions are your neighbors. They are more similar to those of us who do not hold a public office than some may think. Most of these officials would welcome comments, especially throughout the year, but if these annual meetings are when you make it, then be sure to be heard.

Wayne Fortier Selectboard – Three Year Term

On Wednesday, 27 January 2010 I filed for candidacy for a vacant three year term on the Haverhill, N.H. Select Board. Having served on the town advisory budget committee for the past four years, I have acquired an appreciation as to how local government works. My professional career has been strongly connected to public service.

I have watched, with delight, my fellow budget committee members express their thoughts and ideas both with enthusiasm and frustration as to what the better good of Haverhill should be. They bring to the table their individual talents and experience. Some are direct and assertive in expressing their positions while others are

quiet and reserved. In the end, they come together and make decisions.

I am not a stranger to public office having served on the Haverhill School Board for over twelve years. During that time, we were involved in the challenges of leaving Haverhill Academy Junior High School for a new building project that created the Haverhill Middle School. Additionally, we completed major renovations to our remaining building facilities at Woodsville High School and Woodsville Elementary School. It was not an easy task considering the vast diversity of thought and opinion that existed throughout the Town of Haverhill at that time! Our leadership skills were tested.

Today, I am concerned about the lack of real dialogue between town and school officials, low voter turn out, and public participation at town and school board meetings. Where are the voices of the citizens of Haverhill in these trying times?

My specific skills consist of being a good listener and facilitator. I believe my previous experience in public office will confirm that. I would appreciate your support on 9 March 2010.

Thank you.

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(Common good of the community)

CANDIDATE

**THREE YEAR TERM
HAVERHILL SELECTBOARD**

My professional career has always been deeply rooted in public service. I am a good listener and facilitator. I have a strong sense of fairness and look forward to the opportunity and privilege of serving the citizens of the Town of Haverhill.

I would appreciate your support on
9 March 2010. Please vote.

Thank you.

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Rick Ladd – Selectboard Three Year Term

I am seeking your continued support in my re-election to the Haverhill Selectboard. I believe that elected government leaders must be willing to listen and ask questions, come well prepared to meetings, and provide constructive direction based upon fact and community input. My letter on pages 8-9 in the Annual Town Report highlights Selectboard activity for the past year. I encourage

all to review the report and come to the annual meeting on March 9, to discuss and vote on the budget and specific warrant articles.

I have the privilege of serving in the New Hampshire House representing Grafton County District 5. This legislative connection certainly assists the Haverhill Selectboard in better responding to legislation that impacts our community. Examples

include: cuts in local revenue sharing, funding roads in Woodsville, long range planning for Bedell Bridge State Park, and more.

During the upcoming year, services and budget development will continue to be a top priority requiring additional input and time. In support of the Budget Advisory Committee, I propose that the Selectboard initiate a comprehensive program budget review earlier in the fall. As with households, local government must prioritize program needs and keep expenditures in line with revenue. We need to be mindful of financial impacts to businesses.

Other areas of focus for the 2010

Selectboard should include: working cooperatively with other boards including schools, revisiting and establishing a well developed 5-10 year road maintenance program, assessing how we utilize and maintain all facilities and parks including the armories, strengthening our already successful recreation program, and working closely with business groups, district commissioners and private landowners to upgrade the Woodsville downtown area.

Thank you for your support and cooperation.

Rick Ladd
Chair, Haverhill Selectboard

Wendy Warcholik Selectboard – Two Year Term

I'm Wendy Warcholik and I'm running for Haverhill's Selectboard....the seat I'm running for is the only contested Selectboard seat this election. Professionally, I'm a public policy economist. My husband and I run our own economic consulting firm. Prior to running my own firm, I worked for The Bureau of Economic Analysis and The Tax Foundation in DC.

I just finished reading the latest issue of NH magazine and their cover story is about dream towns in NH. NH magazine addresses a question that I think is critical for a town to be focused on: what would make us more desirable as a town? NH magazine states that low taxes are a factor....I agree with them. As a Selectboard member, I will work to keep taxes and fees low as well as initiate a dialogue about the factors we should be focused on developing and promoting to help Haverhill become a dream town.

Businesses have certainly faced hard times this past year. There is, for instance, a large building in Woodsville that was recently boarded up, a vacant grocery store and many commercial buildings for sale. We shouldn't sit idly by and think these problems will resolve on their own....definitely not in this

economic environment. I am interested in serving as an active intermediary between municipal government and the local business community. If there is anything town government can do to help the local business community, I want to find out what it is by talking to business owners and help them.

One of the greatest challenges facing Haverhill and all localities are state mandates and thus loss of local control. I am very interested in this issue and see it as a bigger problem now more than ever given the huge deficit the state government is facing. Haverhill has seen the effect already in the state mandated welfare program which contributed to the \$80,000+ shortfall this past budgeting cycle. As a result of the shortfall, cuts had to be made. Thankfully, taxes weren't raised but what about next time? Preserving local control is another issue that I will work to address if elected.

Haverhill just needs a little nudging, caring and organization to move it from good to great. Please come out and vote for me Tuesday, March 9th so I can help Haverhill businesses and residents with the troubles they may be facing during this tough economy.

Lynn W. Wheeler Selectboard – Two Year Term

Lynn Wheeler lives in Woodsville with her husband Steve. Since moving to Woodsville in 1972 she has been continually active in the Town. Some of the activities have been the Haverhill Cooperative Nursery School, Cub Scouts and Boy Scouts, North Country Way, Haverhill Economic Coordinating Council, Community Profiles, Heritage Commission, Planning Board, Budget Committee, Friends of Alumni Hall, Master Plan Committee, VFW Auxiliary and The President's Forum on Volunteerism.

Lynn has been a past chairman of the Haverhill Selectboard and has been filing the vacant position on the Selectboard vacated by Peter Conrad. She has also chaired the Woodsville Armory Advisory Committee and presented a proposal for the usage of the building to the Selectboard. In addition, she chaired the Community Profiles that included people from Haverhill, Piermont, Bradford and Newbury creating a

dialogue between the four towns.

Wheeler is a paralegal/real estate title abstractor and has run her own business for the past 13 years. She is well respected in the legal community and is often called to court as an expert witness.

"Coming to the Board of Selectmen with a broad background has helped me do my job. I have an understanding of the budget process, understand legal documentation, have management skills and know how to work well with all kinds of people." Lynn has always been the type of Selectboard member who will listen to your questions and try and find the answer.

Ms. Wheeler has always focused on the Town of Haverhill and what she could do to benefit the Town and its citizens. She firmly believes in volunteerism and giving back to your community. She hopes you feel the same and ask her to continue in her role on the Haverhill Selectboard.

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- Supports a vibrant Main Street community
- Will work to keep property taxes and fees low

PLEASE COME OUT TUESDAY, MARCH 9 AND VOTE
WENDY WARCHOLIK FOR HAVERHILL'S SELECTBOARD



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LYNN W. WHEELER

2 Year Term Haverhill Selectboard

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proven management skills.**

**"I will continue to work for the benefit
of the Town of Haverhill and all
of its citizens."**

Paid for by
Lynn W. Wheeler, 631 Swiftwater Road, Woodsville, NH 03785

2010 Census – Important To All

Dear Editor,

One of the most important civic events for our nation is fast approaching. In March 2010, every household across the nation will receive a census form. Required once every 10 years by the U.S. Constitution, the 2010 Census will count every man, woman and child living in the United States. Citizens will either receive a form in the mail that they will send back or a census worker will visit their home to collect the information. The worker will have a federal badge and will identify themselves as a census worker. Citizens can verify the workers identify by contacting the US Census Office in Portsmouth at: 603-570-5120.

Census data directly affects how more than \$400 billion per year in federal funding is distributed to tribal, state and local governments. Census data also guides local planning deci-

sions, including where to provide additional social services, establish child-care and senior centers, and build new roads, hospitals, schools, and job training and community centers. Data also is used to reapportion congressional seats to states and assure proper district representation. Businesses use census data to guide decisions on location and recruitment, helping to create jobs in our communities. This makes getting an accurate count in the 2010 Census very important for the State of New Hampshire.

- 1 "Snow Birds" should fill out the census form where their home residence is, not where they spend the winter.
- 2 College students should be counted where they attend school, not by their parents.
- 3 Members of the military who are serving overseas will be counted by the

Department of Defense where they are serving.

Everyone should also know that census participation is safe. The information you provide on your census form is confidential. By law, the Census Bureau cannot share respondents' answers with anyone, including other federal agencies and law enforcement entities. All Census Bureau employees take an oath of nondisclosure and are sworn for life to protect the confidentiality of the data. The penalty for unlawful disclosure is a fine of up to \$250,000 or imprisonment of up to five years, or both.

I encourage you to support this effort to count every citizen. Together, we can create an accurate picture of our communities and the State of New Hampshire!

Sincerely,
Executive Councilor
Ray Burton

Carol Elliott Announces Election Campaign For County Treasurer

Carol Elliott (R) of Plymouth, NH has announced her candidacy for the office of Grafton County Treasurer in the upcoming 2010 elections. Mrs. Elliott has served the residents of Grafton County for 22 years as both Register of Deeds and County Treasurer. She is also currently the Treasurer of the Plymouth Village Water and Sewer District.

In her announcement she states "I know the job, I've done the job and have the experience necessary to continue the good job I did for my fellow Grafton County taxpayers. My concern is for the taxpayer and the fact that if our tax dollars are not invested properly the portion of our tax bill paid to the county will continue to increase".

Jeanie Forrester Campaign Committee Members



Meredith, NH, February 23, 2010 — The "Friends of Jeanie Forrester" Committee to elect Forrester for State Senate, District 2 is pleased to formally announce the campaign team. Rusty McLearn of Meredith, CEO and President of the Inns and Spa at Mill Falls, will serve as Chair of the "Friends of Jeanie Forrester" Committee. Don Jutton, Principal of Municipal Resources, Inc. in Meredith will serve as Treasurer. Jared Chicoine of Woodsville will serve as Forrester's campaign director. Last week Forrester officially filed her "Friends of Jeanie Forrester" Committee with the Secretary of State's office to be a Republican candidate for the District 2 State Senate seat.

"I am very fortunate to have such a great team of advisors in this campaign. Jared is a highly regarded conservative grassroots organizer, a long-time Grafton County Republican leader, and a native of State Senate District 2," said Forrester. Chicoine brings great experience to the campaign having served as NH Director of Ron Paul's presidential run and on campaigns of former U.S. Senator John E. Sununu and former U.S. Senator Bob Smith.

"Rusty McLearn and Don Jutton are two very successful business owners and well-respected community leaders, heading up my campaign leadership team for the District 2 State Senate seat," said Forrester. "Rusty and Don understand that small

businesses are the life's blood of our region and state's economy. Our campaign theme will focus on the economy and jobs. We need to get New Hampshire back on track so that our businesses and communities can prosper. We will fight to grow our economy by cutting spending and taxes which will help small businesses... they are the economic engine that drives the creation of jobs." concluded Forrester.

Jeanie is a Meredith Republican. She served as the Executive Director of the Greater Meredith Program, an award-winning New Hampshire Main Street program based in Meredith. She also served as a Town Administrator of Tuftonboro and is currently the interim Town Administrator in New Durham. She served as legislative aid to legal counsel for Governor John H. Sununu, then as assistant to Sununu, and as staff for former U.S. Congressman Bill Zeliff. Jeanie is also well-connected in the community through service on various boards and committees including The Winnepesaukee Playhouse, the Franklin Business & Industrial Development Corporation, Community Caregivers, Altrusa, and the Lakes Region Symphony Orchestra, to name just a few.

Jeanie resides in Meredith with her husband, Keith and their three cocker spaniels, Hershey, Max, and Sarah. Keith and Jeanie have been married for 25 years and are small business owners.

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THE WORLD'S NEWS LEADER

The Little Grille That Could – And Does ⁵



One of the newest businesses in the town of Haverhill is The Little Grille in North Haverhill. Scott Rutherford and wife Camila opened the restaurant in December of last year to a crowd that, in all honesty, overwhelmed them.

In fact after having a couple of pre-opening events on Thursday and Friday of that week they opened to the public on Saturday. Come Sunday morning they had run out of so many items that they simply could not open the doors and serve the quality of food they hope to be well known for, for many years to come. Instead, on that Sunday in December, Scott met every person with an apology and an invitation to come back again soon. Those

turned away included family, friends and those anxious to enjoy the tastes of the new establishment.

Since that time they have been able to better plan for the many regulars and first timers. Therefore they have not needed to turn away any other potential customers. That is not to say there have not been some waits. In fact on the all you can eat nights there can be waits of up to thirty minutes before a seat is available in the interestingly lit eatery. According to Camila most patrons have been willing to wait the needed time in order to partake of the wide variety of dishes served.

The Little Grille has three special "all you can eat"

evenings of dining each week. Wednesday is Italian Night. Varying dishes include some with meat, some without. Some have red sauce, some white. There is always a variety, and always plenty to test and taste.

Thursday evenings feature seafood. Again the exact items change from week to week, but if you are a seafood lover, it's a night not to miss.

The Saturday night Brazilian barbeque is another night that features plenty of food, fun and friends.

One comment from the public that has helped the Rutherfords better serve their customers refers to these special nights. Some patrons do not necessarily want the all

you can eat special. The problem is the same situation that makes these nights so special.

The Little Grille does not have a big kitchen with a lot of help. Indeed, the kitchen has just six burners, two ovens, a grill, a griddle and a fryolator. As restaurant kitchens go, this is small. It does allow for a very close control of the food preparation. It also narrows the variety of items that can be cooked at any one time. Thus when the staff is busy making seafood, it is difficult to switch to making a hamburger or chicken fingers. Because of this, there are delays in filling orders on these nights for something other than the all you can eat specials.

Of course there is much more to The Little Grille than just the all you can eat nights. They are open for breakfast and lunch six days a week. Lunch specials always include a five dollar special of the day. The breakfast menu

is also a not to miss delight.

The Rutherfords continue to work on the entire restaurant business trying to make it the best it can be for everyone who comes in to dine. If you are one of those who has had a meal delayed, they apologize. If you were turned away back in December and not yet returned, please do. And if you are one of the regulars, many thanks from the newest restaurateurs in Haverhill. They are very much enjoying their experience and hope you also enjoy the experience of The Little Grille.

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Behind the Scenes - Gearing Up for a 4-H Event

By Kathleen Jablonski, 4-H Youth Development Extension Educator

February, time for skiing, ice fishing, snowshoeing...and making plans for all the 4-H spring events. What happens in a 4-H club in the winter?

Out around the County, 4-H leaders are meeting with their kids to complete a wide variety of projects including Ec-Co-Action, Palette of Fun, donkey care and management, equine science, arts and crafts, and community service to name a few. There might be a group doing rock-etry, shooting sports or sewing Fashion Revue garments. Folks involved in an animal science project, who wish to exhibit at fairs, are busy completing lease agree-

ments as they begin working with their project animals prior to the April 1st paperwork deadline.

What goes into a project? First of all, all 4-H leaders go through a screening process: an application, reference check, face to face interview and an orientation program. Then we have project specific training. There are meetings held in the county, region and state to train leaders in a wide variety of subjects.

Once the screening process has been completed, leaders organize meetings in conjunction with the club's organizational leader. Project meetings total at least 6

hours in length over a period of time. Some meet for longer periods of time, depending on the project area. Leaders share their knowledge with the 4-H'ers, learn right along with them, or, provide mentoring for a 4-H'er who is sharing their knowledge with other club members.

If there is a county event that relates to the project, the project leaders will coach the kids to get ready for an event. For example, on March 6, we are holding our County Activities Day, which is open to all 4-H youth around the County. For the next few weeks, leaders and parents will be working with their 4-H'ers from many project areas to get their demonstrations and action exhibits ready to present to a panel of judges. 4-H'ers will earn ribbons according to the Danish system of judging.

A demonstration, you say? Well, it's not like Rachel Ray or Martha Stewart with their team of

professional stylists and videographers. Each 4-H'er picks a topic. They prepare the posters, the script and the information that will be used in their demonstration. They can choose to work alone, or work as a team. If they work as a team, all partners must do equal amounts of work. A 4-H'er must gather the tools and materials they will need to do the demonstration. Their demonstration should have a strong introduction, a well rehearsed sequence of steps that are demonstrated, and a solid conclusion and summary. The 4-H'er's appearance and manners are part of the judge's scoring to decide their Danish ribbon. On top of that, the 4-H'er has to stay within a time frame based on their age (older youth are expected to present a longer demonstration). At the end of the presentation, 4-H'ers are expected to field questions from the judges and the audience.

An action exhibit is a bit different. Some folks call it a "continuing demonstration", but it really isn't. It is a continuous, interactive exhibit of a project. It can be laid out in steps, or be a quiz format or a continuous conversation about the selected topic, the difference being it's purpose is to engage and instruct the audience as they visit the exhibit. The 4-H'er or 4-H team, like the youth presenting a demonstration, has to create the environment for the action exhibit: the backdrop or table setting, the

posters, the sequential steps, the informational handouts and the content of what will be shared. 4-H'ers rehearse what they will say to the public. They must have enough "verbage" and supplies to do the action exhibit for 45 minutes to one hour. Action exhibits are judged on the Danish System of judging using a score sheet developed for use across the state.

County Activities Day is an event that feeds into state and regional events. Our youth who are ages 12 and over members have an opportunity to qualify to attend State Activities Day, and if they make the grade, they may receive an invitation to represent New Hampshire at the New England Center at Eastern States Exposition in Springfield, Massachusetts. 4-H'ers are strongly encouraged to bring their demonstrations and action exhibits to the North Haverhill Fair to show the public what they have learned and what youth can do for public presentations.

Our 4-H leaders and parents do a lot to prepare 4-H members for a lifetime of public presentations, community service and self sufficiency by teaching life skills. It's just one small part of the 4-H program and the 4-H year.

For more information about the 4-H program in Grafton County, please contact the UNHCE office at 3855 Dartmouth College Hwy, Box 5, N. Haverhill, NH 03774 or e-mail: Kathleen.Jablonski@unh.edu

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The Variety Store Update

Let me first say that "The Variety Store" does not operate by donation. We are not a Thrift Store but a private organization. As such, we receive no Government funding or grants, nor is our inventory made up from donated items. We purchased the items in our store, at our own expense, at estate sales, auctions, unclaimed freight etc, because it either appealed to us personally or we felt it could be useful to someone, enough for them to want to buy it from us. We feel our inventory is different from any other store for that reason. Our first goal was to generate enough funds to be able to provide citizens in our community with a source of emergency aid not available at other places and then, only if business progressed to such a point, to recoup at least a portion of our investment. Thus far, our operating funds are being used to help, as fast as they are coming in, and by all economic indicators, that trend will continue which is okay, as long as we can continue to do some good.

We have accepted a few donations of things we felt would be a nice addition to our inventory, but word must have spread that this is how we obtain the things we carry in our store and people bringing things in, or calling asking if we take donations has become an almost every day thing and regretfully, we now have to stop it all together. We just don't have the room! To those people that have donated, we thank you so very much! The spirit in which you have given, is heart-felt.

But, even with the store completely full of inventory we still have the equivalent of five full size storage units full of all kinds of quality things waiting for space on our shelves! We have all the ingredients needed to operate our store...except the one thing we could not beg, buy, or steal to make our idea a success. That is YOU, the customer!

March is here and it is our

last month to decide whether there will be enough public support for us to be able to continue. January started picking up nice and February began well but slowed down dramatically towards the end, and for the first and second time, we have had to tell someone who truly had a need, we couldn't help them. Although we were able to refer them elsewhere, it wasn't a good feeling!

It takes nearly three hundred dollars a week to open, heat and light our place. If we double that amount, we can provide one family with approx. one hundred gallons of heating oil. If we double it again, three families can sit down to a nice meal for a week. At present, we are receiving four requests for some type of aid each week. Some are not anything we can help with. Others are needs (like a warm coat) we can resolve immediately with items we already have at the store, but most, if we have the resources, are things we can make a difference with.

We started this store not only to be one of the places people could go to for help, but in the future hoped to be able to expand into other areas of community enrichment as well, including the possibility of a teen or community center and

other similar ideas.

But, to repeat myself, we need you, this time in a big way, not to bring things in, but to take things out, (hopefully paid for of course). The comment we hear the most from our customers is that they had no idea the wonderful "Variety" we carry in our store. Many have said shopping there is actually fun, even a trip down memory lane, that our store is clean, organized and nothing like they expected to find. We have either had whatever unusual item someone wanted or have been able to find it for them about six out of ten times. The shopping for inventory we did was well thought out and we have been told it shows. The list is way too large to print, but if it's neat, necessary, or needful, we could very well have at least one.

So, this is it. The kind words of encouragement and support we have received from you all, and the gratitude from those we have already helped, has made it all more than worth it in terms of any time, energy, and financial investment on our part. But, if we are to continue, we need your support, now more than ever! Please stop in and at least see what we have and if there is anything from our

inventory of thousands of clean, quality "fully guaranteed" items that you probably could do without, but would make a space for, if you knew it might make a difference in someone's life. We have done everything we know how, to help those that we can in their times of crises. Anything more, must come from you.

As always we would like to

mention the other fine small businesses in in our area. The "OPEN" flags flying up and down the street are welcome mats, put there especially for you!

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JOHN DEERE

AB0EECU2H43306-00313272

Belly Dance and Mid-Eastern Desserts at Alumni Hall

Alumni Hall invites the public to a new SWEET TASTE OF THE MID-EAST on Saturday March 6th at 7:30 pm. Returning with new performances, the dancers will again present various Mid-Eastern dance styles. The program also includes a wonderful selection of homemade Mid-Eastern desserts such as Baklava, Almond Cake, Fig Cake, Pecan Cake, Cookies, Fruits, Nuts, Sparkling Cider, and Teas. Advanced tickets are available at \$12, (\$10 for seniors

and students); tickets at the door will be \$15 and \$12.

Belly Dance (also known as Middle Eastern Dance, Orientale Dance, or Raqs Sharqi) is one of the oldest forms of dance in the world. Additional information may be found at www.raq-on.net

Alumni Hall is located at 75 Court Street, Haverhill, and can be reached at 603-989-5500 or alumnihall@charterinternet.com and visited online at www.alumnihall.org



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Old Church Community Theater Announces Auditions



Bradford, VT: The Old Church Community Theater will hold open auditions for "A Little Murder Never Hurt Anybody" on March 6th at 2pm in the vestry of the Bradford UCC church (next door to the theater) for its first play of the 2010 season. Written by Ronald Jay, "A

Little Murder Never Hurt Anybody" was played to sell-out crowds when presented on the Bradford stage 11 years ago. For more information please call play director Diane Chamberlain at 802-222-4888, or visit www.oldchurchtheater.org. This play has parts for 4 men and 2 women. The production will be presented May 7-9 and again May 14-16.

The play begins on New Year's Eve at the Perry mansion, and Julia and Matthew Perry seem to have it all. But Matthew wants something more -- to be rid of his wife Julia so he can have some real fun! He resolves to murder Julia by New Year's end, and tells her so. She vows to stay alive, and tells him so. And so the game begins -- a hilarious match of wits and the witless.

The Old Church Community Theater in Bradford Vermont welcomes all interested people to volunteer both on and off stage. In addition to acting, there are openings in box office, ushering, set construction, lighting, costumes, props and publicity.

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By Ronda Marsh

Crazy Vanilla Cake



Perhaps you're old enough to remember some recipes that circulated during the 1970's for "Crazy Cake". As much as I may sometimes hate to admit it, I am of that generation, and to the best of my recollection, this quick cake had no eggs and was usually made with cocoa and yes, believe it or not, vinegar! I have read that it originated during the Depression years, when tough times dictated the need for invention and creativity in all aspects of life, including cooking. Apparently the Crazy Cake craze (pardon the pun) resurfaced in the 70's, when all things different and kitschy became in vogue. I happened across this particular recipe one day while browsing the internet; I simply cut & pasted it to my recipe folder, so I don't know who published it. I wish I did; I would love to give them credit for this version, which is different from any Crazy Cake recipe I've ever seen. This one is vanilla, instead of the usual cocoa. It uses just one egg, and there is no vinegar involved, but the traditional Crazy Cake methodology of mixing and baking all in one pan, without the need for hauling out an electric mixer remains the same. With the exception of measuring cups and spoons, the only other tool required is a fork for mixing it all together. There is a big added feature here: The frosting is included! It's simply semi-sweet chocolate chips scattered across the top of the still-hot cake, then allowed to melt a bit before spreading and swirling with an offset spatula (my offset spatula has disappeared, so I just use the backside of a teaspoon, which works perfectly well). This little cake is equally as moist and delicious as any of its more laborious counterparts, and is just the ticket when you don't need a full-size cake, or don't want to spend a lot of prep and clean-up time. In case you couldn't tell, I'm simply mad for "Crazy Cake!"

Serves 8

- 1-1/4 cups all-purpose flour
- 1 cup granulated sugar
- 1-1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 large egg
- 1 teaspoon vanilla extract
- 1/3 cup vegetable oil
- 3/4 cup milk
- 1/4 cup chopped pecans or walnuts (optional)
- 1/2 cup semisweet real chocolate chips

Preheat oven to 350°F. Combine flour, sugar, baking powder and salt in an 8 or 9-inch square baking pan. Set aside. Stir together egg and vanilla in a small bowl with

fork or whisk. Make two indentations in flour mixture; pour oil in one and the egg mixture in the other. Pour milk over the whole thing, then mix well with a fork, being sure to get into the corners. Stir in nuts, if using. Bake for 30 to 40 minutes or until wooden pick inserted in center comes out clean. Remove from oven and immediately sprinkle chocolate chips over the hot cake. Let stand 2 minutes; using spatula or back of a spoon, spread melted chips to cover surface; swirling for a nice finish.

NOTE: Feel free to experiment with the frosting element! Try other types of baking chips, such as white chocolate, peanut butter, or butterscotch, or perhaps sprinkle the frosted top with toasted coconut. It's all yummy!

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Calendar of Events

TUESDAY, MARCH 2
VERMONT TOWN MEETING DAY
Go out and vote!

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING
7:00 PM
Morrill Municipal Building, North Haverhill

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

THURSDAY, MARCH 4
NOONDAY CONCERT
12:10 PM
All Saints' Church, 35 School St, Littleton
Elena Gott, Piano & Sue Openhowski, Violin

FRIDAY, MARCH 5
REIKI SHARE
6:00 PM
Reiki Retreat, Wells River
See ad on page 6

LITTLE LEAGUE SIGN UPS
6:00 PM – 8:00 PM
Blue Mountain Union School, Newbury
See ad on page 15

SATURDAY, MARCH 6
BREAKFAST, DOG SLED RIDES AND BAKE SALE
7:00 AM – 11:00 AM
United Congregational Church, Orford
Benefitting: Orford UCC, Playground & Food Shelf

GENTLY USED CLOTHING SALE
10:00 AM – 2:00 PM
Classic Designs, Summer St, St. Johnsbury
Benefitting: Caledonia Animal Rescue, Inc. (CARE)

OLD CHURCH COMMUNITY THEATRE AUCTIONS
2:00 PM
United Congregational Church Vestry, Bradford
See ad and story on page 8

WICKED WILD PIG ROAST
5:00 PM – 1:00 AM
Woodsville American Legion Post #20
See ad on page 13

SWEET TASTE OF THE MID-EAST
7:30 PM
Alumni Hall, Haverhill Corner
See ad and story on page 8

SUNDAY, MARCH 7
GENTLY USED CLOTHING SALE
10:00 AM – 2:00 PM
Classic Designs, Summer St, St. Johnsbury
Benefitting: Caledonia Animal Rescue, Inc. (CARE)

SUNDAY, MARCH 7
LENTEN SERVICE
5:00 PM – 6:00 PM
Monroe Methodist Church, Monroe

TUESDAY, MARCH 9
NEW HAMPSHIRE TOWN MEETING DAY
Go out and vote!

WEDNESDAY, MARCH 10
MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
Woodsville American Legion Post #20

HARLEM ROCKETS VS HAVERHILL HAWKS
6:30 PM
Haverhill Cooperative Middle School
See ad and story on page 16

THURSDAY, MARCH 11
NOONDAY CONCERT
12:10 PM
All Saints' Church, 35 School St, Littleton
Pine Hill Singers

SUNDAY, MARCH 14
LENTEN SERVICE
5:00 PM – 6:00 PM
St. Luke's Episcopal Church, Woodsville

MONDAY, MARCH 15
HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 16
NH STATE VETERANS COUNCIL REPRESENTATIVE
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

THURSDAY, MARCH 18
NOONDAY CONCERT
12:10 PM
All Saints' Church, 35 School St, Littleton
Barbara Serafini, Piano & Joyce Roy, Organ

ANNUAL HAVERHILL SCHOOL MEETING
7:30 PM
Haverhill Cooperative Middle School

SUNDAY, MARCH 21
LENTEN SERVICE
5:00 PM – 6:00 PM
Bath Congregational Church

WEDNESDAY, MARCH 24
WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING
7:00 PM
Woodsville Emergency Services Building

THURSDAY, MARCH 25
NOONDAY CONCERT
12:10 PM
All Saints' Church, 35 School St, Littleton
Warren Gaissinger, Organ

MONDAY, MARCH 29
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.

Submit your entries by:

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

Deadline for submissions is Thursday, March 11, 2010 for our March 16th issue.

Bouquet of Health

By Susan Lucas BS Reiki Master/Teacher, Herbal Consultant

Love is in the air-roses by the bouquet, yet roses are not just for giving. Roses have a long history of contributions to the herbal world as an important source of vitamins, anti-inflammatory, and for skin regeneration. The flower petals and seed pods are used in teas, oils, and flower waters. Rose petal tea is easily made by steeping 1/2 cup of fresh rose petals or 1 teaspoon of dried petals in a cup of hot water, steep for 10 minutes and strain. Add lemon, honey, agave syrup or orange rind. Tea made from roses has a tangy flavor. Drinking a couple of cups a day helps to increase the body's immune function while clearing toxins. Rose petal tea creates a cooling effect on the body and is useful when feeling hot or feverish. The seed pods of roses are called rose hips. They are the small, berry-sized seed balls that have formed on the tip of the plant and left behind once the

petals fall off. Rose hips are high in vitamin C, almost 60% more than citrus fruits, and can be made into syrup to help fight colds and flu. You can also use rose hips fresh or dried to make a cup of tea. In addition to vitamin C, rose hips contain vitamins E, K, A, B1, B2, calcium, iron, niacin, phosphorus, and citric acid. As a tea or syrup, rose hips gently act as a natural stimulant for movement of the bowels, a diuretic for the urinary system, and a cleanser for the respiratory tract by clearing mucous. The antioxidant properties fight cell damage due to free radicals and tone organs. Rehydrating skin, rose hips are known for their anti-aging constituents that heal tissue and cells. Damaged skin from sun exposure has successfully been reversed by using rose hip oil. Overtime, surgical and dermal scars will recover elasticity and be less noticeable when oil is used daily. It is a safe topical for stretch marks and dry

skin. Over worked, brittle hair can be treated with hot rose hip oil. Massage into scalp to improve texture or flaking of the scalp. Gather fresh rose petals; the stronger the scent, the better. Infuse a cup of petals in 2 cups of very hot, distilled water for 45 minutes. Strain and pour into a sterilized glass jar, seal and refrigerate. Add rose water to your bath to lightly scent or use in a spritzer bottle to freshen or cool your skin. The spray helps to restore the pH balance of skin and used as a skin toner, rose water will remove excess oil and dead skin cells. Roses are a beautiful asset to any garden and of equal value to any health routine. Always check to make sure the roses have not been treated with pesticides or chemicals. Dried rose petals and rose hips have the same health benefits as fresh. Try using fresh petals on a fruit or vegetable salad and enjoy the unique taste and attractive look.

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



CLASSIFIEDS

PERSONAL: For Sale, Wanted, Lost, Found: \$10.00 for up to 5 lines for 4 issues.
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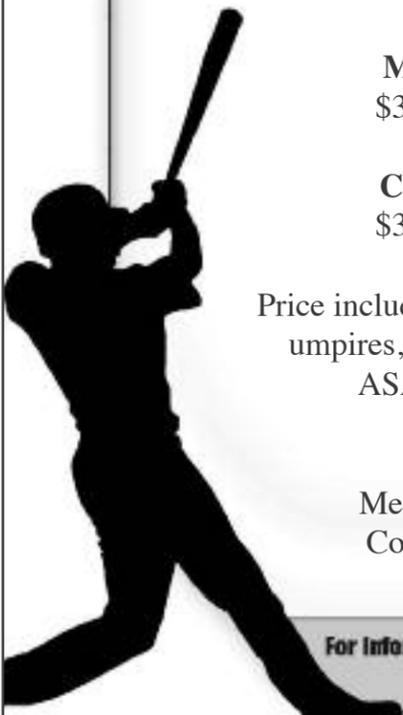
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Creativity Conference Designed To 'Ignite The Spark' In Youth Programming

WHITEFIELD — The North Country Health Consortium and the Arts Alliance of Northern New Hampshire are partnering to present "Igniting the Spark: Integrating Creativity and the Arts into Youth Programming" from 8 a.m. to 4:30 p.m. on Wednesday, March 17, at the Mountain View Grand Resort and Spa in Whitefield. The day-long conference is for youth workers, mentors, educators, parents, health and human service providers, preventionists, and others interested in youth.

Participants will learn about the value of integrating creative activities and the arts into youth programming, ways to use creative approaches to messaging for and with youth, and how to reach more youth through arts-based programming. Most important, according to conference organizers, is for participants to have the chance to experience hands-on workshops that will get their creative juices flowing - and serve as models for new program ideas.

"We wanted to provide hands-on tools for youth workers, parents and others interested in youth and youth programming to explore ways to enhance the lives of children and adolescents through the benefits of creativity," says the North Country Health Consortium's Valerie Herres, the Coordinator of the Juvenile Justice Mentoring Project. "Creativity

is essential for positive youth development. In addition, we are living in a world where the next generation must think outside the box in order to come up with successful solutions to the ever increasing problems in our world. Besides creativity and the arts are fun."

Workshop presenters include artist-educators Marek Bennett of Henniker, and Gretchen Berg and John Holdridge of Maine. North Country favorite Patrick Ross will be on hand to fiddle some tunes and to work with other presenters to lead "arts moments" throughout the day.

"Everyone has a creative side that can give tremendous pleasure and offer a real feeling of accomplishment," says Arts Alliance director Frumie Selchen. "But too often that side of us goes unexplored. We've chosen some wonderful presenters who will encourage participants to experience that feeling, and to help transmit it to the youth they work with. Absolutely no experience or special talent is required."

Marek Bennett creates comics and leads arts residencies throughout New England and internationally. His Xeric award-winning self-syndicated weekly comic strip, Mimi's Doughnuts, appears in New England newspapers, and his Comics Workshops teach valuable comics discovery techniques and graphic literacy skills to

students of all ages through at schools, libraries, museums and other sites.

Gretchen Berg collaborates with educators and students to integrate theater, dance, visual arts and classroom curriculum in schools, community centers, and museums. She received the Maine Alliance for Art Education's 2007 Bill Bonyun Award for her contribution to the arts in schools. She performs with the modern dance company Berg, Jones and Sarvis and has taught at Harvard's Graduate School of Education and Bowdoin and Bates colleges.

John Holdridge is an independent education consultant and the former resident teaching artist of the Arts Literacy Project at Brown University. John teaches "Creative Literacy: Building Literacy Through the Arts" at the University of Southern Maine and leads

professional development workshops for teachers and performance residencies with K-12 students of all abilities.

"We are pleased to partner with the Arts Alliance of Northern New Hampshire on this exciting conference for those who work with youth," said Martha McLeod, Executive Director of North Country Health Consortium, who will give the Welcome Address at the conference.

Cost for the conference is \$35 (lunch included), and the registration deadline is March 11. Registration forms can be downloaded from the Arts Alliance website, www.aannh.org, or at http://www.nchin.org/docs/igniting_the_spark.pdf. For more information, contact Kate McCosham, Program Specialist, North Country Health Consortium, at 837-2643, ext. 231.

The conference is made possible by grants to NCHC from the Neil and Louise

Tillotson Fund and the NH Charitable Foundation in support of recruitment, retention and celebration of volunteer mentoring for youth in the North Country.

The North Country Health Consortium is a network of health and human services providers whose mission is to lead innovative collaboration to improve the health status in the region. Members of the Consortium include North Country community health centers, hospitals, home health care agencies, nursing homes, medical and mental health centers, and community action. The Arts Alliance of Northern New Hampshire is a network that works to promote, support and sustain culture, heritage and the arts throughout the North Country and to connect the arts with education, health, and community and economic development.

Letter To The Editor

Thursday, Feb. 25, 2010

My name is Mary Ann Preckol and I live at the Grafton County Nursing Home and yesterday I had my annual MRI and then Dr.'s appointment. Along with the quick and very competent driver were myself and an aide. There is a reason that I describe the driver with very high marks. We were headed towards Dartmouth on the interstate and were coming up to the Exit 13 exit and we went under the bridge and our windshield was covered and made an incredible loud, crashing sound. We thought

our windshield was shattered. Our driver caught what happened. A plow on the bridge unloaded his plow over the bridge and on the interstate right on the nursing home windshield. How lucky we were to have a quick moving driver along with a strong windshield. I panicked which was unusual for me and the aide accompanying me helped calm my nerves. All this happened on the day of a snow storm.

Maybe this fellow thinks back after reading this and realizes he could have caused much more harm.

Mary Ann Preckol

Editor's note:

Well, Mary you were indeed lucky to have a good driver and strong windshield. Quite often the state will erect fences on the bridges to keep this exact thing from happening. Perhaps this particular fence came down during this unusual winter. Or perhaps with budget cuts it just never got put up. Either way it should be something for the plow operator as well as his supervisors to attend to before someone is injured.

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"The Chrysler Chevrolet Pick-up"

By Robert Roudebush

(Flatlander Roudebush is a freelance writer up from Kansas City, Missouri who drives an Isuzu-Subaru and has never to his knowledge hit a turkey, from Vermont or New Hampshire.)

The beat-up short bed pick-up looked like any other maroon step side Chevy until I got a better look at the front grill and realized it was a Chrysler Chevrolet. That's right, and it got my attention too. In the bright cold February New Hampshire afternoon sun, there it was, on the front of the vehicle, just below the oversize Chevy bow-tie icon - the famous Chrysler icon - bold gold print letters spelling Chrysler at a diagonal across a deep blue background, with surrounding lightening bolts, all enclosed in a brass medallion, the whole thing neatly bracketed on either side by shining long chrome wings, three to a side, in descending order of length. The Chrysler Corporation's own little tri-wing plane flying into my curiosity.

The driver had already stepped down out of his cab and was watching me watch his truck, and he was grinning ear to ear, just waiting.

I had to start somewhere. "Chrysler Chevrolet huh?"

"No sir, she's a Chevy Chrysler."

"OK"
"Whole different breed of vehicle".

"Of course. How'd it come to be?"

"Wife hit a turkey on I-91 in Vermont."

"So, a Vermont turkey, huh?"

"Not necessarily. Could

have been a New Hampshire turkey, flying back across the Connecticut River from Vermont to New Hampshire."

"Oh sure. How can you tell?"

"Can't. Not by tasting. Tastes about the same. New Hampshire a little juicer maybe."

"You ate the bird?"

"Why of course. Weighed about 20 to 23 pounds. Big tom. No sense in dressing it out. Pretty smashed up. Scraped out the chrome and plastic. Wife cleaned it up some. Cooked up pretty good. Smacked the van pretty hard. Chrysler Mini Van."

"Chrysler Mini Van. Right."

"Why sure. Impact took out two radiators. Cracked the manifold. Did \$3100.00 damage. Wife hit a deer the same month, different vehicle. Only did \$2800.00 damage."

"Same wife?"

"Naturally. Same wife, different vehicle. Same place, different animal. Ate pretty good that month."

"Turkey and venison."

"That's right. Can't eat the legs though. Too tough."

"The deer legs?"

"Why no, course not. The turkey legs They run

around on them all the time."

"Tough huh?"

"I'll say. Got 'Louisville Slugger' tattooed right there on each leg."

I just stared at him this time.

Finally, splashed back into the water. "So, in the two accidents, was your wife ever hurt at all?"

"Oh, not so bad. Could still cook both times. Good cook and good driver - she got both those animals. She don't miss much."

"So, one flying, one running, she got them both."

"Oh sure, she got a chipmunk once too, just about the same place."

"Vermont chipmunk?"

"Probably"

"Good eating?"

"Oh, not as good as New Hampshire. Wasn't much left you know. Just a bite or two Tasted OK though."

He was still grinning, had never stopped. Everything he said had really happened or not. I didn't care much.

These days, when I drive I-91 in Vermont, I keep a sharp eye out for a well-fed woman who looks like she can cook driving any kind of vehicle at all.

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Some Interesting Vietnam War Statistics

In case you haven't been paying attention these past few decades after you returned from Vietnam, the clock has been ticking. The following are some statistics that are at once depressing yet, in a larger sense, should give one a sense of pride. "Of the 2,709,918 Americans who served in Vietnam; less than 850,000 are estimated to be alive today, with the youngest American Vietnam veteran's age approximated to be 54 years old."

So, if you're alive and reading this, how does it feel to be among the last 1/3rd of all the U.S. Vets who served in Vietnam? This is the kind of information we are used to reading about WWII and Korean War vets.

So the last 14 years we

are dying too fast, only a few will survive by 2015, if any.

If true, 390 VN vets die a day. So in 2190 days from today you're lucky to be a Vietnam veteran alive - in only 6 years.

These statistics were taken from a variety of sources to include: The VFW Magazine, the Public Information Office, and the HQ CP Forward Observer - 1st Recon April 12, 1997.

STATISTICS FOR INDIVIDUALS IN UNIFORM AND IN COUNTRY VIETNAM VETERANS:

* 9,087,000 military personnel served on active duty during the Vietnam Era (August 5, 1964 - May 7, 1975).

* 8,744,000 GIs were on active duty during the war (Aug 5, 1964-March 28,1973).

* 2,709,918 Americans served in Vietnam, this number represents 9.7% of their generation.

* 3,403,100 (Including 514,300 offshore) personnel served in the broader Southeast Asia Theater (Vietnam, Laos, Cambodia, flight crews based in Thailand, and sailors in adjacent South China Sea waters).

* 2,594,000 personnel served within the borders of South Vietnam (Jan. 1,1965 - March 28, 1973). Another 50,000 men served in Vietnam between 1960 and 1964.

* Of the 2.6 million, between 1-1.6 million (40-60%) either fought in combat, provided close support or were at least fairly regularly exposed to enemy attack.

* 7,484 women (6,250 or 83.5% were nurses) served in Vietnam.

* Peak troop strength in Vietnam: 543,482 (April 30, 1968).

CASUALTIES:

The first man to die in Vietnam was James Davis, in 1958. He was with the 509th Radio Research Station. Davis Station in Saigon was named for him.

Hostile deaths: 47,378

Non-hostile deaths: 10,800

Total: 58,202 (Includes men formerly classified as MIA and Mayaguez casualties). Men who have subsequently died of wounds account for the changing total.

8 nurses died--1 was KIA (the only military women to die

were nurses)

61% of the men killed were 21 or younger.

11,465 of those killed were younger than 20 years old.

Of those killed, 17,539 were married.

Average age of men killed: 23.1 years

Enlisted: 50,274 22.37 years

Officers: 6,598 28.43 years

Warrants: 1,276 24.73 years

E1: 525 20.34 years

11B MOS: 18,465 22.55 years

Five men killed in Vietnam were only 16 years old.

The oldest man killed was 62 years old.

Highest state death rate: West Virginia - 84.1% (national average 58.9% for every 100,000 males in 1970).

Wounded: 303,704 -- 153,329 hospitalized + 150,375 injured requiring no hospital care.

Severely disabled: 75,000, -- 23,214: 100% disabled; 5,283 lost limbs; 1,081 sustained multiple amputations.

Amputation or crippling wounds to the lower extremities were 300% higher than in WWII and 70% higher than Korea.

Multiple amputations occurred at the rate of 18.4% compared to 5.7% in WWII.

Missing in Action: 2,338

POWs: 766 (114 died in captivity)

As of January 15, 2004, there are 1,875 Americans still unaccounted for from the Vietnam War.

DRAFTEES VS. VOLUNTEERS:

25% (648,500) of total forces in country were draftees. (66% of U.S. armed forces members were drafted during WWII).

Draftees accounted for 30.4% (17,725) of combat deaths in Vietnam.

Reservists killed: 5,977

National Guard: 6,140 served: 101 died.

Total draftees (1965 - 73): 1,728,344.

Actually served in Vietnam: 38% Marine Corps Draft: 42,633.

Last man drafted: June 30, 1973.

RACE AND ETHNIC BACKGROUND:

88.4% of the men who actually served in Vietnam were Caucasian; 10.6% (275,000) were black; 1% belonged to other races.

86.3% of the men who died in Vietnam were Caucasian (includes Hispanics);

12.5% (7,241) were black; 1.2% belonged to other races.

170,000 Hispanics served in Vietnam; 3,070 (5.2% of total) died there.

70% of enlisted men killed were of North-west European descent.

86.8% of the men who were killed as a result of hostile action were caucasian; 12.1% (5,711) were black; 1.1% belonged to other races.

14.6% (1,530) of non-combat deaths were among blacks.

34% of blacks who enlisted volunteered for the combat arms.

Overall, blacks suffered 12.5% of the deaths in Vietnam at a time when the percentage of blacks of military age was 13.5% of the total population.

Religion of Dead: Protestant -- 64.4%; Catholic -- 28.9%; other/none - 6.7%

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Volume 1 Number 19
March 2, 2010

SOCIO-ECONOMIC STATUS:

Vietnam veterans have a lower unemployment rate than the same non-vet age groups.

Vietnam veterans' personal income exceeds that of our non-veteran age group by more than 18 percent.

76% of the men sent to Vietnam were from lower middle/working class backgrounds.

Three-fourths had family incomes above the poverty level; 50% were from middle income backgrounds.

Some 23% of Vietnam vets had fathers with professional, managerial or technical occupations.

79% of the men who served in Vietnam had a high school education or better when they entered the military service. 63% of Korean War vets and only 45% of WWII vets had completed high school upon separation.

Deaths by region per 100,000 of population: South - 31%, West 29.9%; Midwest - 28.4%; Northeast -- 23.5%.

DRUG USAGE & CRIME:

There is no difference in drug usage between Vietnam Veterans and non-Vietnam Veterans of the same age group. (Source: Veterans Administration Study)

Vietnam Veterans are less likely to be in prison - only one-half of one percent of Vietnam Veterans have been jailed for crimes.

85% of Vietnam Veterans made successful transitions to civilian life.

WINNING & LOSING:

82% of veterans who saw heavy combat strongly believe the war was lost because of lack of political will.

Nearly 75% of the public agrees it was a failure of political will, not of arms.

HONORABLE SERVICE:

97% of Vietnam-era veterans were honorably discharged.

91% of actual Vietnam War veterans and 90% of those who saw heavy combat are proud to have served their country.

74% say they would serve again, even knowing the outcome.

87% of the public now holds Vietnam veterans in high esteem.

INTERESTING CENSUS STATISTICS & THOSE TO CLAIM TO HAVE "Been There":

1,713,823 of those who served in Vietnam were still alive as of August, 1995 (census figures).

During that same Census count, the number of Americans falsely claiming to have served in-country was: 9,492,958.

As of the current Census taken during August, 2000, the surviving U.S. Vietnam Veteran population estimate

is: 1,002,511. This is hard to believe, losing nearly 711,000 between '95 and '00. That's 390 per day.

During this Census count, the number of Americans falsely claiming to have served in-country is: 13,853,027. By this census, FOUR OUT OF FIVE WHO CLAIM TO BE Vietnam vets are not.

The Department of Defense Vietnam War Service Index officially provided by The War Library originally reported with errors that 2,709,918 U.S. military personnel as having served in-country. Corrections and confirmations to this erred index resulted in the addition of 358 U.S. military personnel confirmed to have served in Vietnam but not originally listed by the Department of Defense. (All names are currently on file and accessible 24/7/365).

Isolated atrocities committed by American Soldiers produced torrents of outrage from anti-war critics and the news media while Communist atrocities were so common they received hardly any media mention at all. The United States sought to minimize and prevent attacks on civilians while North Vietnam made attacks on civilians a centerpiece of its strategy. Americans who deliberately killed civilians received prison sentences while Communists who did so received commendations.

From 1957 to 1973, the National Liberation Front assassinated 36,725 Vietnamese and abducted another 58,499. The death squads focused on leaders at the village level and on anyone who improved the lives of the peasants such as medical personnel, social workers, and school teachers. -Nixon Presidential Papers.

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 Not all Times are Trendy but there will always be Trendy Times
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4-H Gets Scientific

By Arianne Fosdick, Volunteer Management Program Assistant



Mona Sanville, Kathy Locke, and Rose Clark all take part in one of the activities as 4-H Youth Development Extension Educator Kathy Jablonski conducts a train-the-trainer workshop earlier this week.

Imagine this: Studies have shown that adults who work in science and engineering related fields were most likely kids who had an interest in science. Not necessarily an aptitude for science, but simply an interest in the scientific explanation of how things work. Because of this Charlie Hutchinson, from the Center for Science Education at EDC (Education Development Centers) in Newton MA, has made it his mission to get kids interested in science. EDC's recent focus on after-school programming has drawn 4-H closer to the core of this issue.

In January, 4-H educators from four NH counties participated in a three day hands-on science training. Charlie presented us with material that we would in turn present to after-school staff, 4-H leaders, and volunteers, who would in turn do the projects with kids.

Kids are most interested in what they are able to figure out themselves, with what they are able to "play" around

with; it turns out adults aren't all that different. By letting us play around with the materials, we are better prepared to explain, facilitate and engage the kids in the projects. Incorporate a few brief group discussions about the materials you are playing around with what is working and what isn't and you have an hour-long project that is fun, educational, and mimics exactly the age-old 4-H philosophy of "Do, Reflect, Apply."

"Paper Bridges" is just one of the many projects this science curriculum offers. Participants start out with 4 sheets of recycled office paper, 12 inches of masking tape, and 6 text books to use as riverbanks. They are instructed to build a self supporting bridge that can span the 8 1/2 inch river. If you've never built a bridge, or really thought about how a bridge works, you might lay one piece of paper across the make-believe banks and watch it sag dejectedly into the icy waters of your make-

believe river. You might think there is no way that a bridge made from paper will ever support any weight at all. You might, in desperation, look at the group next to you and see them rolling their papers into thin tubes, at which point you might see a realm of possibilities open up. And so begins

the experiments, the spying, and the shared reflections that make this program so lively, fun, and educational.

Currently 4-H is working with four after-school sites and several 4-H clubs to get these projects into the hot hands of today's youth, tomorrow's scientists. This is

the trial stage of a three year program. If you are interested in volunteering or finding out more about this and other 4-H programs, please call the UNH Cooperative Extension office at 603-787-6944 or visit our webpage at <http://extension.unh.edu/COUNTIES/Grafton/Grafton.htm>

The Harlem Rockets Comedy Basketball Team are Coming to North Haverhill

Haverhill Cooperative Middle School 6th grade class will be hosting some very special guests on Wednesday, March 10, 2010 at 6:30 PM at the HCMS gymnasium. The Harlem Rockets, a talented group of basketball entertainers who combine incredible Showtime basketball skills and family friendly comedy will face the Haverhill Hawks in a game benefiting the Haverhill Cooperative 6th grade class.

Having played over 2500 games in 16 years without a single defeat, the Harlem Rockets offer something for everyone to enjoy. Sports enthusiasts will be intrigued by the athleticism and size of the Rockets.

Basketball aficionados will be dazzled by the ball-handling

wizardry of Clarence "Mugsy" Legett, who played at St. Augustines College, and who is a former Harlem Globetrotters. Mugsy's one of the world's extraordinary dribblers. Viewers are excited by the game of Hay Bryant and left awestruck by the high flying dunks by Greg "The Finisher" Wells and Devon "Mr. Biz" Thompson, who was featured on ESPN City Slam Dunk Contest.

And since this is comedy basketball, the Harlem Rockets present to you showman James "Speedy" Williams, "The Prince of Laughs" who performed live with Jay "Z" at the MTV Music Awards and appeared in the movie "Above the Rim" starring Tupac Shakur, Speedy is featured on Play-Station "Street-Hoops" Game. The

"Crowned Price of Laughs".

The Harlem Rockets incorporate the audience, especially children, into the show and are always available to meet the fans and give autographs at halftime and after the show.

In this special event to raise money for the Haverhill Cooperative 6th grade class, the Haverhill Hawks have graciously agreed to face the Harlem Rockets. Haverhill Hawks players include both parents of the 6th grade class and faculty at Haverhill Cooperative Middle School.

Tickets for what promises to be a fun-filled evening for the community are available at North Haverhill Agway, Beauty Buzz in North Haverhill or R&M Automotive also in North Haverhill.

HARLEM ROCKETS COMEDY BASKETBALL

VS. THE HAVERHILL HAWKS

Wednesday, March 10, 2010
6:30 PM

Haverhill Cooperative Middle School Gym
 North Haverhill, NH

TICKETS:
 Adults: Advance \$8.00 - At the Door \$10.00
 Students: Advance \$6.00 - At the Door \$8.00

Sponsored by: MCMS 6th Grade



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