

A FREE PUBLICATION
NEXT ISSUE: TUESDAY, APRIL 13TH

ECRWSS
 PRSRT STD
 U.S. POSTAGE
 PAID
 Permit #1
 N. Haverhill, NH
 POSTAL CUSTOMER

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
 Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
 Website: www.trendytimes.com

MARCH 30, 2010 VOLUME 1 NUMBER 21

Sarah Buxton To Perform At North Haverhill Fair

If you look "Outside Your Window" you will see that spring is here and summer can't be far behind. And when summertime is mentioned in this area many start to think about the North Haverhill Fair and wonder who will be on the Thayer Stage in late July.

That question is now half answered. Saturday, July 31 will see up and coming singer,

songwriter and producer Sarah Buxton singing about her life. Her self titled debut album hit the charts in a big way in February of this year. The lead song "Outside Your Window" became a song that everyone could and does sing along with. Currently Sarah is on tour with Martina McBride and Trace Adkins on the Country Throwdown Tour. But Sarah has been signed

up for the 66th Annual North Haverhill Fair and promises to put on a show that won't soon be forgotten.

The other half of the question, "Who will perform on Friday night?" is still being sorted out. News of a firm contract should come soon.

Elsewhere on the fairgrounds in 2010 there will be the addition of "Horses, Horses, Horses". This show has toured many other venues and will bring it's multiple equine acts to the fairgrounds with multiple shows each of the five days of the fair starting on Wednesday, July 28 and running thru Sunday, August 1.

Another popular event that returns for 2010 will be the T-Bar-T Rodeo. Thursday night will see the cowboys and cowgirls taking over the McDanolds Arena for some real rodeo events. Bull riding, calf roping and barrel racing are just three of the spectacular events scheduled. Over the past two years the crowd has been well entertained by this thrill a minute spectacular.

Other exciting news for 2010 includes higher cash prizes for competitors in



the always popular Demolition Derbies. Again this year there are three divisions scheduled. A four cylinder class, another division for six and eight cylinder cars and a third class for mini-vans. And this year the winner of each class will take home \$600

cash. It should lead to even more excitement for the crowd and an increased number of vehicles signing up to participate. For details or to register check the website at www.nohaverhillfair.com or call Jim Aldrich at 603-787-6640.

Easter Lilies

PLANTS & FLOWERS

Easter Lilies • Azaleas • Hibiscus
 Hydrangeas • Primroses • Gardenia

Tulips • Daffodils • Minidaffodils • Iris
 Hyacinths • House Plants • Cacti • Bonsai

Seeds • Trays • Inserts • Mixes • Pots • Pottery

Hours: Mon thru Fri 8-5 • Sat 8-3
 Website: jmlandscaping.net



JM Landscaping
 NURSERY & GARDEN CENTER
 Rt 5 Lower Plain Bradford 802-222-5354

\$55

FULLY DESIGNED FULL COLOR
BUSINESS CARDS

1,000

MINIMUM ORDER
PREPAY ONLY

603-747-2887

or email gary@trendytimes.com



OUR PRESCRIPTION FOR CLEAR ADVERTISING...

CALL TRENDY TIMES

603-747-2887

4 INCHES WIDE

2X2 AD FOR \$20

ACTUAL SIZE: 4 INCHES WIDE AND 2 INCHES HIGH
WHEN YOU RUN FOR MORE THAN ONE ISSUE

We will even test your eyes by never putting your ad in the same consecutive place in our paper!

Thank You

I'd like to thank everyone for all the calls, cards, visits & the sunshine baskets I received in the past months. It was really what I needed. You really picked up my spirits. To the Church, Friends of Bath, Pine Grove Grange #298 and my co-workers at Glencliff. You are truly friends. I want to thank the staff of Cottage Hospital, Dr. MacAurter, Holly, and the Day Surgery staff for the excellent care I received during my stay. Mom & Dad, thank you, you were always there. And especially Bobby you have been so supportive and caring. I know I wouldn't have made it without you.

Dawn Marie Dean, Bath, NH



The N.H. American Legion Riders Assoc. hosted the monthly state meeting at Ross-Wood Post #20 in Woodsville on Sunday, March 21st. They held a Run Coordinators Safety meeting at noon and the regular American Legion Riders meeting at 1pm. The meetings were well attended with members coming from all over the state of N.H. A very good luncheon was served after the meeting by Kathy Fitzgerald and Jaye Kenney, members of the Woodsville American Legion Riders. I want to thank all those for coming and all those who showed up to help out to make it a success.

Respectfully,
Steve Pickens, Director
N.H. American Legion Riders Assoc., Charter Chapter

Dave's Home Services
802-584-3948
Fully Insured • Licensed

Snowplowing • Log Home Staining • Laminate Flooring
Interior & Exterior Painting • Pressure Washing
Privacy Fences • Minor Landscaping • Handyman Services

RICH SAFFO
Concrete Form Co., Inc.

Since 1978 Continuous Service

Phone: 603-787-6747 Fax: 603-787-6560

CLASSIFIEDS

PERSONAL: For Sale, Wanted, Lost, Found: **\$10.00** for up to 5 lines for 4 issues.
BUSINESS: Help Wanted, For Rent, etc. **\$15.00** for up to 5 lines for 4 issues.
MAIL: Trendy Times, 171 Central Street, Woodsville, NH 03785
EMAIL: gary@trendytimes.com We accept checks, credit/debit cards or even cash!

FOR SALE

FOR RENT

VARIOUS ITEMS FOR SALE: Invacare electric hospital bed, regular mattress or pressure rotation air mattress w/control blower, air pump \$100. Pronto M91 electric wheelchair, lightly used \$500. Invacare manual wheelchair, lightly used \$100. Shower chair \$25. Commode \$10. Rolling walker w/seat \$30. Rolling walker w/o seat \$20. Whirlpool under cabinet dishwasher \$75. 31" Magnavox TV \$50. Club brand full set starter drums \$75. Mantis rototiller w/accessories \$50. 5'x3 1/2' kitchen table w/5 chairs \$50. Total Gym 1000 never used \$100. Free recliner chair needs slipcover. All reasonable offers accepted. Call Donna at 603-638-2114 after 12 noon. 05.11

2 BEDROOM GROUND FLOOR APARTMENT: All utilities included. \$750/month deposit and references required. 802-429-2120 or 802-633-2301 03.30

WANTED

LOOKING TO BUY MOOSE HORNS: Must have nice palm. Sheds acceptable if nice. Call 802-429-2013 after 6pm 05.11

HOUSES OR OFFICES TO CLEAN: Excellent references. Call Tina at 603-747-3284 or 603-443-0488. Many years experience! 03.30

HARDWOOD PELLETS: \$230 per ton. Six cord of dry firewood. \$185/cord available in early May. Call Dave Eastman at 802-584-4420. 04.27

PAYING CASH FOR: Old Masonic pins, badges, medals tokens, swords, books etc. Also buying old U.S. coins and currency. Call 603-991-5552. 04.13

FOUR POLARIS SNOWMOBILES: 2 Polaris 4x4 ATV's, one 700, one 550 Mag, 10 tires mounted on Chrysler & Ford rims. 16'x7' utility trailer. 11 HP Troy-bilt rear tine tiller with electric start, recently serviced. 603-787-2243 3.30

BUYING OLD WATCHES AND POCKET WATCHES: Working or not. Also old costume jewelry, old medals, tokens, old hunting knives, pens, pencils, cigarette lighters, old foreign coins, & old unusual items. We make house calls. Call 603-747-4000. 04.13

VISA, MC DISCOVER OPEN 7 DAYS A WEEK WD 8-4 SAT 8-2 SUN 8-12

Budget Lumber

SIDING SALE

ATTENTION APARTMENT OWNERS!
Some of the vinyl is discounted and may not have trim. We do have trim in colors that may be used. Listed are what is on hand!

T-3 Vinyl Cherry (sage)	26 sq.	\$49.95 SQ
T3 Vinyl Aut Tan	10 sq.	\$49.93 SQ
Dbl 4 Vinyl Sandlewood	16 sq.	\$49.95 SQ
Dbl 4 Vinyl Slate Blue	32 sq.	\$49.95 SQ
Dbl 4 Vinyl Red	2.5 sq.	\$49.94 SQ
Dbl 4 Vintage Sage	10 sq.	\$49.95 SQ
Dbl 4 White Birch	22 sq.	\$49.95 SQ
Dbl 4 Adohe Clay	22 sq.	\$49.95 SQ
Dbl 4 Frost White	22 sq.	\$49.95 SQ
Dbl 4 Beige	26 sq.	\$49.95 SQ
1/2x6 Primed F&J Cedar	6500 lf	.50 LF
1/2x6 Smart Wood 6240lf	.95 lf	.44 LF
1/2x8 Smart Wood 11456lf	1.25 lf	.63 LF
1/2x6 Smart ClapBd Taupe	1712lf	.89 LF

Quantity of Pre-Finished 3/8x6 Clapboards Taupe, Green, Gray, Blue, Yellow, Clay, Beige All 16' Lengths • \$8.00 Each ***

Cellwood Gray Vinyl Cedar Shake 21.75 sq. \$120.00 SQ ***

Foundry Vinyl Shakes, Small Lots \$2.00 Each ***

Large Quantity of Smart Trim Boards 16' Lengths to use with Smart Wood Clapboards

1139 Clark Pond Road, N. Haverhill, NH 03779
1-800-488-8815 • Tax Free NH

Deadline on ads and classifieds for the April 13th edition is Thursday, April 8th

INSTRUCTION

INSTRUMENT LESSONS: Offering private piano, guitar, banjo and clarinet lessons for beginner and intermediate students of all ages. More than 30 years instructing. For more information and to set up a day and time please call 603-989-3255. 05.11

LETTERS

(and even some real words)

From The Editor

Inviting More Opinions From Our Readers

In the March 16 edition of Trendy Times there were two "Letters to the Editor". One was printed with the name and organization included. The other letter did not contain a signature line. Instead it offered the following: "Submitted by a Haverhill Taxpayer who has requested to not have a name published." That statement, and the absence of a name seems to have ruffled some feathers in the community. If you are one of those inquisitive about the decision of the editorial staff at Trendy Times, please allow me to further explain.

The policy of Trendy Times: (Any "Letter to the Editor" or any other submission, must have a verifiable name attached. Names will not be published if there is a good reason not to do so. {As printed in our November 10, 2009 issue}) has been published before. In this case the source was identifiable and able to be confirmed. The author asked, with reasonable arguments, to not have a name published. Though not the standard operating procedure, it was agreed that not publishing the name was the proper thing to do.

This argument may not convince some readers. I can accept that. Not everyone is willing to take the explanation that a reasonable argument was made and a decision rendered. For those readers I can only ask that you agree to disagree. In the future there may be other decisions of this publication that do not make everyone happy, or feel good. On the other hand, not every business decision of every business owner will be accepted by everyone in the public. Many of those decisions may or may not even be observed by the general public. In the case of a publication such as Trendy Times, those business decisions are right there in black and white, and sometimes color, for all to see, read, and express an opinion about. That is the way it should be.

Everyone has an opinion and should be given the voice to express it. When expressing that opinion could cause adverse reactions from others, then a means of protecting the author of that voice must be considered.

One of the missions of

Trendy Times is to make the general public aware of as many events, happenings, or non-happenings as possible. To accomplish this mission we must rely on members of the general public to participate. Whether you have an opinion, or know about an upcoming event, or have a story you would like to share, Trendy Times wants to be your voice.

To get your voice heard contact us by calling 603-747-2887, fax 603-747-2889, email gary@trendytimes.com, stop in at our office at 171 Central Street in Woodsville or visit our website www.trendytimes.com. On the web site you will find our entire publication from front page story to small advertisements. You can also go back and read any previous article as all our issues can be found on the site.

In fact you can go back and see one of the other occasions when we did not publish an author's name. That letter appeared in the November 10 issue. It should be pointed out that the following edition of Trendy Times (November 17) carried a "Letter" in response to the unsigned letter. That, my dear readers, is precisely the intent and desire of

Trendy Times. Let the voices from both sides be heard. Get all the facts out there for everyone to read, and then let each reader make up their own mind about who is right or wrong, or if the truth is somewhere in between. And then maybe one of those readers will give us all their opinion. Perhaps it will agree with one or the other, or perhaps it will give a third point of view. Whatever the comment, good or bad, harsh or praising, we will be happy to publish it (Of course there are always certain legal issues that must be followed.)

So please, don't stop with the comments, don't keep all your opinions to yourself. If it's worth thinking, it might just be worth writing.

Gary Scruton
Publisher/Editor
Trendy Times

PS: It should be noted that as of press time on Sunday, March 28 there had been no letters in response to the letter which appeared in the March 16 edition of Trendy Times. If a letter is received before the April 13 edition it will appear at that time.



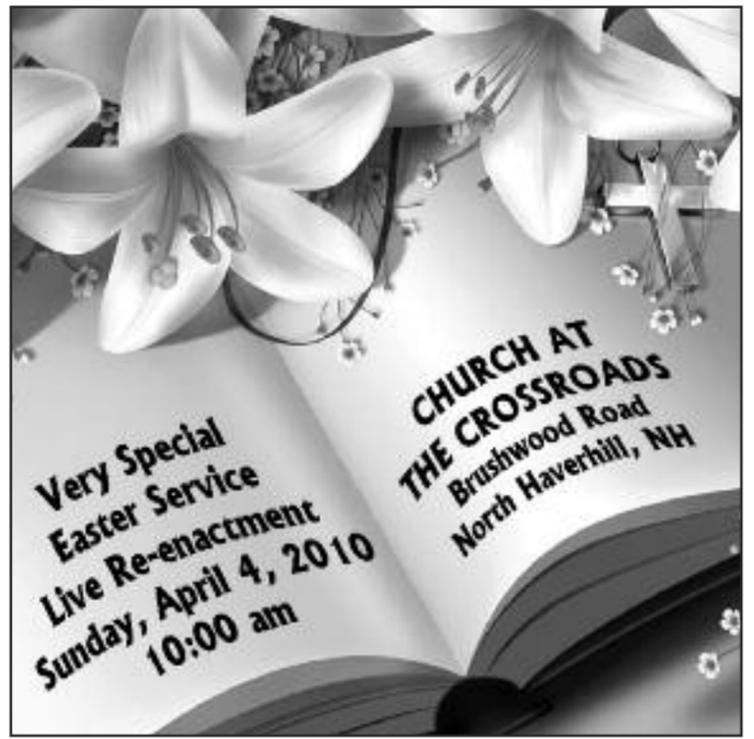
LITTLETON food coop
Satisfy all your food and grocery needs at the Littleton Food Co-op. We feature high quality products with a focus on local products.
Taste the Difference!
www.littletoncoop.org • 603-444-2800
Located off Exit 41 on I-93 • Corner of Cottage St & Rt. 302
No Membership Required!



Top Of The Hill Ceramics
Paints, Ready to Paint Pieces & Painted Pieces For Sale
CLASSES
Wednesdays
10am-12 Noon and 6-8pm
CALL TO HAVE A CERAMIC BIRTHDAY PARTY!
198 Central St. • Woodsville, NH 03785
Shop 747-3686 • Evelyn 787-6273



NAPA AUTOCARE CENTER
RON DEROSIA
Owner/Technician
CARROLL PICKNELL
Technician
R&M AUTOMOTIVE SERVICE CENTER
585 Benton Road • PO Box 385
North Haverhill, NH 03774
603-787-6408 • rmauto@charterinternet.com



Very Special Easter Service
Live Re-enactment
Sunday, April 4, 2010
10:00 am
CHURCH AT THE CROSSROADS
Brushwood Road
North Haverhill, NH



AARON'S LAWN & GARDEN
SERVICE AND REPAIR
Lawn Mowers, Trimmers, Tillers
ATV's Parts and Service
Parts & Service to Include:
Tires & Tubes, Blades, Tune-ups and more!
593 BRADLEY HILL ROAD • BENTON, NH
603-787-2244 • EMAIL: NHDOCO@NETZERO.NET



PT FARM, LLC
~All Natural, Locally Raised and Processed~
Need some lamb for Easter?
We have it!!!

Leg of Lamb	\$5.75/lb
Lamb Loin Chop	\$11.00/lb
Lamb Shanks	\$3.50/lb
BNLS Lamb Shoulder	\$6.00/lb
Lamb Racks	\$10.00/lb
Ground Lamb	\$4.50/lb

Store Location:
15 Petticoat Lane
North Haverhill, NH 03774
(603)787-2248 Hours: T-F: 10-6 Sat: 9-4
We Now Accept Mastercard, Visa & EBT

LETTERS

(and even some real words)

From The Editor

Annual Haverhill School District Meeting

The Annual Haverhill School District meeting was held on Thursday, March 18. A budget of over \$13,000,000.00 (that's thirteen million dollars) was passed with very little fuss or comment. It was passed by not much more than one hundred registered Haverhill voters.

First and foremost a big "Attaboy" for all those who took time out of one evening a year to show up, listen and vote. Also a big "Attaboy" to all of the school board members who spend time almost every day thinking about or working on issues of the Haverhill School District.

Now, for the other side of the coin. Where were all of those other registered voters? Some will say, "My one vote won't make a difference." As true as that may seem, consider what would happen if all those hundreds of voters who did not show up this year, did

show up in 2011. There would be more questions, more answers and more discussion. Then the question becomes, would things be different? It's hard to know unless or until it happens.

Or, how about if some of these voters took the time to visit a regular school board meeting during the year? One night out of the year. It's not a lot to ask of any voter. Just keep an eye on where and how your tax dollars are being spent.

Now for my second point regarding this year's annual school meeting. The School Board has over the last two years formed an advisory budget committee. The theory, I thought, was two fold. One was to lesson the workload on the school board members. The second was to get more input from members of the public.

First, again, I applaud the work these seven people did -

three members of the public and four members from the school board. My question is: how can the town find such a large number of people (about a dozen or more) willing and quite able to assist with the budget, while the school board could only find three? Is that all they could find that would volunteer, or were they the only three that were invited?

Either way, my feeling is that this group should be expanded to a group of at least ten with most if not all being members from the public, not school board members asked to do double duty. There could, and probably should, be at least one member of the school board on the committee or at least attending to answer questions, but the school board members should not outnumber the members of the public. It is not a formula for new ideas.

This is obviously my opinion. If yours differs, please let me know.

MEADOW LEASING

Littleton, N.H.



Ground Level Containers
20' - 40'



Office Trailers



Storage Trailers
28' - 48'

1-800-762-7026 • 603-444-7026

Let Us Help You With All Your Storage Needs.

Oxbow High School National Honor Society

PRESENTS

The Annual Faculty/Senior Class Basketball Game

Wednesday, March 31, 2010
6:30pm
Gymnasium

Admission:
\$3 Adults, \$2 Students & Senior Citizens

Concession Stand Will Be Open

The Annual Evening of Entertainment

Friday, April 2, 2010
6:30pm
Auditorium

Admission: By Donation

Musical entertainment ranging from solo pieces to student rock bands.

Desserts, coffee and punch will be served.

Proceeds To Benefit National Honor Society Activities



NH State House The YMCA

YMCA Youth in Government program created the Raymond S. Burton Executive Councilor Award for consistency in leadership and commitment to civic service. The first recipient was Raymond S. Burton, presented by Deborah Clark Valentine, Director of the Youth in Government program. "One of the consistent programs I started in my first term in 1977 is the NH Strident Intern Program at my State House office in which 137 interns have participated in to date. Many have gone on to outstanding community lives, business lives, and continue to serve in public service to their respective communities. The YMCA Youth in Government Program which I have been an advisor to the Youth Governor and Council is but one of many ways the younger generation can become involved in their own government at all levels." Burton stated.

Ted's Excavating

SEPTIC SYSTEMS • CELLAR HOLES • DRIVEWAYS
WATER SYSTEMS • DUMP TRUCKS
LAND CLEARING • BULLDOZING

603-787-6108

30 Years Experience • Fully Licensed
2599 Lime Kiln Road • North Haverhill, NH 03774

BOUDREAUPT Septic LLC

North Haverhill, NH

603-787-6351

boudreaultseptic@hotmail.com

SEPTIC & GREASE TRAP PUMPING
SEPTIC SYSTEM INSTALLATION



Ross-Wood Post #20
American Legion Home
4 Ammonoosuc Street,
Woodsville, NH

NOTICE TO ALL MEMBERS

The Annual Election of Officers
will take place on
Wednesday, April 28
at 6:00 PM

Nominations will be accepted at the monthly meeting on Wednesday, April 14 at 6:00 PM
All Legion Members are encouraged to attend both meetings

Installation of all Legion, Auxiliary and SAL Officers
will occur on Wednesday, May 12 at 6:00 PM
with a meal to follow.

All Members of the Legion, Auxiliary and SAL
are invited to attend the Installation Ceremony.

Cottage Hospital and the North Country YMCA

Open New Space for Strength Classes



Woodsville, NH – Cottage Hospital, in conjunction with the North Country YMCA, have relocated Strength Training Classes to a newly renovated space adjacent to the Woodsville Post Offices. “The new street level location will improve accessibility for participants,” says Lori Taylor, Cottage Hospital Exercise Physiologist, who directs the program and modifies it to meet individual needs.

The program benefits include:

- Improved overall strength, balance, energy level and endurance
- Improved basal metabolic rate, which helps burn calories more efficiently
- Increased lean body mass and muscle tone, leading to greater satisfaction with your body
- Improved bone density and flexibility along with decreased risk of falls

and bone fractures in the elderly

- A possible positive effect on glucose tolerance and insulin sensitivity
- A greater sense of independence and self-confidence
- An improved sense of well-being

Classes meet twice a week from 1:30-2:30 pm on Mondays and Thursdays. The cost for YMCA Members is \$25 for a 6 week session (12 classes) or \$2.50 per class; Non members pay \$30 for the 6 week session and \$3 per class. For more information, contact Lori Taylor, Cardiac Rehabilitation Manager at Cottage Hospital at 603-747-9325 or Dianne Rappa, Executive Director of NCYMCA at 603-747-3508.

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley.



For additional information regarding Cottage Hospital and any of our services, visit us on the web at www.cottagehospital.org, or call 603-747-9000.

RICH CLIFFORD
CONCRETE FOUNDATIONS
 SLABS, RETAINING WALLS, CURBINGS,
 SIDEWALKS INCLUDING RAILINGS
NO JOB TOO SMALL
 54 Clifford Drive N. Haverhill, NH
Rich Clifford
 603-787-2573

GRS Tire & Auto
Full Service Auto Repair
 Foreign & Domestic
 Alignments • Brakes • Lube, Oil & Filter Changes
 Oil Undercoating • State Inspections • Tires
 Towing & Recovery • Tune-Ups • Used Car Sales
GARY SIEMONS, PROPRIETOR
 603-747-4192
 95 Central Street, Woodsville, NH
 Hours: M-F 8-5

BUSHWAY AGENCY
INSURANCE
 Providing coverage in VT & NH for:
**Auto • Home • Tenants • Farm
 Business • Recreational**
 Kristina Tibbits
 PO Box 117
 East Thetford, VT 05043
 Tel: 802-785-4843
 Fax 802-785-4305
www.bushwayinsurance.com

NAPA AUTO PARTS
 Visit us at www.NAPAonline.com

DRESS UP YOUR RIDE!
 Didn't Your Vehicle Get You Through The Mud, Potholes and Ruts?
 NOW Is The Time To Say Thank You and Dress Up Your Ride!

ALL CAR WASH PRODUCTS, WAXES & VEHICLE DRESS-UPS ON SALE NOW!!!

DECK OUT YOUR VEHICLE THIS SPRING WITH:

BRAND NAMES:

- VENT SHADE
- TRAIL FX
- UVW
- LUND
- EGR

WE HAVE WHAT YOU NEED AT NAPA!

- Running Boards
- Body Kits
- Car Wax
- Cleaning Products
- Bug Deflectors
- Nerf Bars
- AND SO MUCH MORE!

\$AVE \$\$\$!!!

NAPA of Bradford
 732 Waits River Road, Bradford, VT
 802-222-9224 800-247-7487
 OPEN 7 DAYS A WEEK

Get The Good Stuff.

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

March 30, 2010 Volume 1 Number 21

Backyard Poultry

By Heather Bryant, UNHCE Extension Educator, Agricultural Resources

Have you ever considered raising chickens in the backyard? If so, spring is a good time to get started, and I have received a few calls on this subject of late. Here are a few tips to consider while you explore this subject.

Before you get started, check your local ordinances – even some rural towns have rules governing backyard poultry flocks. Next you will want to think about what kind of chickens you want and how many to buy. Some breeds are better for egg production, others are better for meat. If you want eggs, remember that one hen will lay as many as 300 eggs in a year and you do not need a

rooster to get eggs.

Are you planning to build housing for your flock or manage them free range? If you build housing, you need to plan on 3 square feet of space per chicken, and one nest box for every 4 chickens. If you are thinking about free range birds make sure you do not have neighborhood dogs, bears or birds of prey that may feast upon your flock. I have one friend who lost his chickens to a bear, so he now lets his chickens roam around in a large fenced yard during the day and then puts them up in a sturdy coop at night with a bear proof door. You will also need to create a plan for how you will keep the

chickens out of your vegetable garden. Tomatoes, squash, and lettuce are just a few of the human foods that chickens enjoy too.

Chickens are social creatures, but do not always accept newcomers graciously. If you add a new bird to the flock, do so in the evening. Chickens are also attracted to the color red so if your chickens do begin pecking each other, isolate injured birds and try hanging red cabbage or kale in the coop at the height of the birds' heads so that they can peck at it rather than each other.

The simplest way to ensure proper nutrition for your birds is to purchase poultry

feed that is labeled for the type and age of your birds. Also keep in mind that an average chicken needs 1 cup of water per day. Hanging the feeders and waterers will help you maintain cleaner food and water sources for your birds.

One of the biggest reasons people raise chickens is because they like the taste of fresh eggs. But fresh eggs need to be refrigerated to maintain their quality. In the heat of the summer it is best to collect the eggs twice a day.

Raising a chicken flock can be a wonderful hobby for you, educational opportunity for the whole family, or even a small business opportunity. However, chickens do

require a fair amount of care and like any activity the more you research it before you get started the more successful you will be.

For more in-depth information on this topic come to our Backyard Poultry Flock Management Workshop on March 23rd. See <http://extension.unh.edu/Counties/Grafton/Docs/PoultryFlyer3-23-10.pdf> for details.

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

Upcoming Apple Grafting and Pruning Demonstration

UNH Cooperative Extension in Grafton County presents an Apple Grafting and Pruning Demonstration with speaker Bill Lord, a retired professor with UNH Cooperative Extension. This workshop will be held on Thursday, April 1, 2010 from 5:30 to 7:30pm at Cardigan Mountain Orchard, 1540 Mt. Cardigan Road, Alexandria, NH.

During the course of this workshop Bill will discuss and demonstrate proper grafting and pruning techniques for apple trees. The

workshop is free and is open to both beginner and experienced growers. It will be held outdoors, so dress accordingly.

Please call Heather Bryant at 787-6944, or e-mail grafton@ceunh.unh.edu to register for this event.

For any special arrangements including physical access, or other accommodation requests, please contact Heather Bryant at 603-787-6944. Ten working days are needed to facilitate special needs requests.

GOBURN AUTOMOTIVE



Brakes • Exhaust
 Tune-ups
 Lube, Oil & Filter
 Complete Engine Rebuilds
 Welding



603-747-8118

26 Central Street • Woodsville, NH
 Mon-Fri 7-7 • Sat 7-Noon • Sun by Appointment

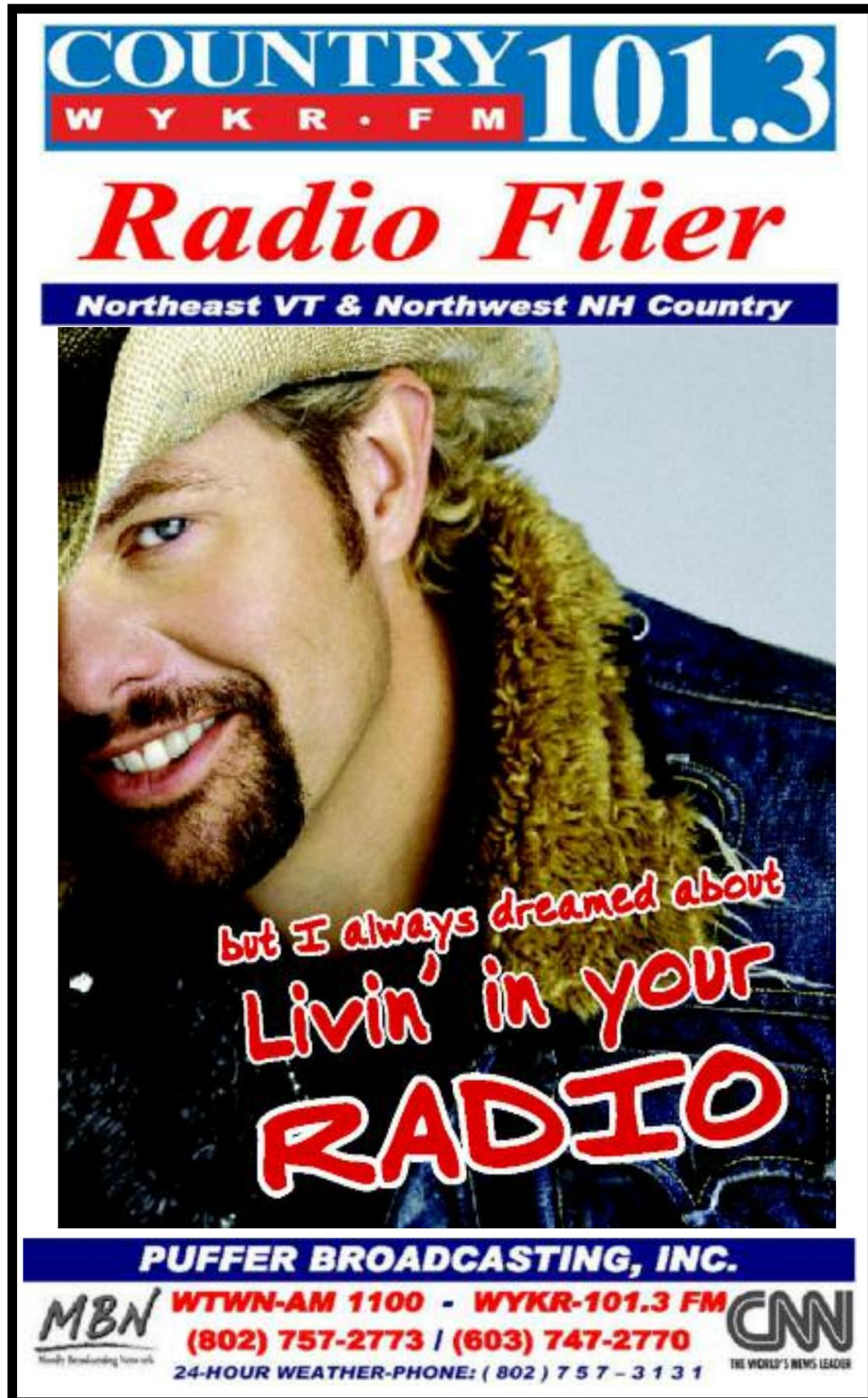
Joe & Shane Fiore Builders

Custom Homes & Excavating, LLC

603-787-6449

Snow Plowing • Land Clearing • Stumping • Foundations • Roads
 Driveways • Septic System Installation & Repair • Conduit Ditching
 Drainage Systems • Sidewalks • Walkways • Raised Garden Beds
 Custom Built Homes • Log Homes • Additions • Garages
 Post & Beam Storage Barns • Decks

Fully Insured
 Free Estimates



COUNTRY 101.3
 W Y K R • F M

Radio Flier

Northeast VT & Northwest NH Country

but I always dreamed about
 Livin' in your
RADIO

PUFFER BROADCASTING, INC.

MBN WTWN-AM 1100 - WYKR-101.3 FM **CNN**
 (802) 757-2773 | (603) 747-2770
 24-HOUR WEATHER-PHONE: (802) 757-3131

Anxiety and Panic

Anxiety, simply put is worrying. And we've all done that! Anxiety disorders, however, are when we worry for no good reason, or the worrying doesn't go away, or takes over our lives. Anxiety-related disorders are the most common psychological diagnoses in this country, outstripping even depression.

There are all sorts of anxiety disorders: generalized anxiety disorder (worrying) and social anxiety disorder (worrying about social situations) can both be termed "basic anxiety." But there are others that cross the line from anxiety into outright panic. With panic, that undercurrent of worry doesn't have to be present (although it often is). Instead you can be going along, content, when all of a sudden some little thing triggers a panic attack. And, then it hits like bricks on your shoulders, and your heart starts racing, or you start shaking, or your mouth gets dry, you stand there paralyzed, stammering or sweating. Sometimes it lasts for minutes, sometimes hours. Sometimes it wakes you up in the middle of the night and you need to pace until it subsides.

In obsessive-compulsive disorder (OCD), panic can be driven by very specific situations or thought patterns, and people go to great lengths to avoid these triggers, washing their hands repeatedly against dirt and germs, or never leaving the house. There's also post-traumatic stress disorder, where people relive a traumatic life event.

Simply put, a lot of people get anxiety because

of indigestion. Indigestion can cause anxiety. When people begin to have a health problem – whatever it is, whether it's something to do with digestion, or they start to have a problem with arthritis – in some people that'll trigger anxiety. The metaphor of the digestive system is "processing center." In our bodies this system is our central computer, this is why most ill-health can be "rebalanced through" dietary changes, herbal compounds, vitamin and mineral supplementation. Exercise is another very important factor. The secret to exercise is that it's every day, ideally in the morning when it can "set the tone for the entire day." Anxiety for me arrived with the first stage of menopause. Therefore, hormonal changes can also cause anxiety.

The first step in "treatment" is to find the underlying causes, the second would be to try and eliminate the issues to eliminate the symptoms. Elimination must happen everyday, this means bowel elimination as well as

emotional elimination. Under stress many people become emotionally constipated and want to "shut themselves away from the world, this energy can cause physical constipation also, so now one is constipated on both levels." Some eat under stress (usually comfort foods), some drink under stress (alcohol, soda, coffee all dehydrating) and others are "knotted" and not able to consume anything. All of these relief patterns cause the digestive system to "shut down."

Obviously, stress can be a major contributor to anxiety. There more to stress than just psychological stress; there are also physical stressors. Exposure to cold is a form of stress. Being in a chronic disease state is a form of stress. And of especial concern to anxiety, low blood sugar, including hypoglycemia, hypothyroidism, pancreatitis all are stress. When our blood sugar gets too low our body mobilizes its energy reserves with hormones from the adrenal glands. The problem is, these are stress hormones, and, as

their name implies they make us feel stressed and jittery. (Coffee also mobilizes these hormones).

Most people get low blood sugar because of high blood sugar. The body, sensing lots of sugar in the blood, often overreacts and lowers sugar too much. The answer to low blood sugar, then, is often to avoid the things that will spike blood sugar: so sweets and refined starches – or at least eat them with plenty of protein, fat and fiber.

Perhaps the best supplements to help healthy people control their blood sugar is Chlorella, Spirulina, Dulse and Bee Pollen. My favorites for low thyroid are Bladderwrack and Kelp. My favorite

way to ingest them is all of them combined in a vegetable capsule. This ensures that I "eat" enough of these daily. If I rely on myself to eat or drink two tablespoons daily, I will fall short as they "taste like dead fish." I do Love this healthy mix in a "salt" shaker to add to my soups, rice, vegetables, sauces... and this way I can assure that my children (who refuse to take capsules) will have plenty in their diets.

Other amazing herbs to aid anxiety: Kava Kava Root, Passionflower, Oatstraw, Marshmallow Root, Valerian Root, Scullcap, St. John's Wort (in combination with other herbs, this herb only works on very mild cases of anxiety).

Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. Much of her work is private health consultations, teaching herbal apprenticeships and intensive workshops, Reiki I, II, & III into mastership. In her shop located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. Email: thymetoheal01@yahoo.com

U-HAUL **IN TOWN AND ONE WAY MOVES**
Plan ahead for your next move...
WE RENT Appliance, Utility & Furniture Dollies. Also Furniture Pads.
Hitches sold & installed.
\$10 Add In Town Move Deal To Your Next Rental - Utility Dolly and 6 Furniture Pads
603-747-4035
Woodsville, NH

INCOME TAX PREPARATION
Peter B. Lavoie
Personal & Professional • E-File • Payroll Services
OPEN 9-9 MONDAY - SATURDAY
1-5 SUNDAY
Drop-ins and Walk-ins Welcome
603-747-3613 Fax 603-747-3287
49 Swiftwater Road, Woodsville, NH 03785

Estate Auctioneers and Appraisers
Steenburgh
Specializing in On-Site Auctions and Estate Appraisals Antique to Modern
779 Jeffers Hill Road • Pike, NH 03780 • 603-989-5361
josh@steenburgh.com • www.steenburgh.com

OUR PRESCRIPTION FOR CLEAR ADVERTISING... CALL TRENDY TIMES 603-747-2887
\$20
THIS SIZE AD PER ISSUE
WHEN RUNNING MORE THAN ONE ISSUE

Please Help TC Styles Spread the word... We are starting a Food Shelf in Lisbon
BRING 4 or more non-perishable food items and we will give you 20% off your service that day!
WIN 6 FREE HAIR CUTS!
Tickets \$1 or 6 for \$5 Profits Benefit Foodshelf
Information contact: **TC STYLES**
603-838-1100 • tc_styles@yahoo.com
Facebook or 6 S. Main St., Lisbon
Mon 8-3 • Tues 8-5 • Thurs and Fri 8-6
Sat 9-3 • Closed Wednesdays & Sundays
Booth Rentals Available

UNDER COVER TENTS Party Rentals
BRADFORD VT 802-222-5601
Now Is The Time To Call About Your 2010 Wedding or Special Event!

MOUNTAIN VIEW Lawn Care & Landscaping
SPRING CLEANUPS ALSO HOME SECURITY CHECKS
Free Estimates ■ Discounts for Seniors & Veterans
603-747-2978 ■ Cell 802-793-5631 ■ nascar1985gd@aol.com



By Ronda Marsh

Split-Second Cookies

These are my mother's favorite cookies. I'm not sure why they're called "Split Seconds" except to infer it is probably because they are pretty quick to throw together, as opposed to the traditional cookie dough. She clipped the recipe from a YANKEE magazine years ago, but as the thin paper page became stained and frayed, she copied it to an index card. Being an old-time cook, who only relies minimally on recipes and more on experience and instinct, she never considered it important to note such trivial information as, say, mixing directions, oven temperature, or cooking time...who needs that stuff? Well, Mom, unfortunately, I do. So, after I made these little shortbread wonders following her simple and easy hands-on instructions, I "Googled" the recipe, and found what I was looking for. Was I ever amazed to discover that all the on-line recipes involved a much more complicated process of beating softened butter with a mixer, adding the sugar then the egg, then the dry ingredients in increments. That'll teach me for questioning the expert advice of an octogenarian cook! In the future, I'll just shut my mouth (and my computer) and stick to the easy-peasy method, thank you very much! Here is the mother-knows-best version for you:

- 3/4 cup butter, softened
- 2/3 cup sugar
- 1 egg
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup raspberry jam (or other jam of your choosing)

Place butter to soften in a large mixing bowl. In a separate bowl, combine the flour, sugar, baking powder and salt. In a small bowl or cup, slightly beat the egg with a fork and add the vanilla to it. Dump the flour mixture over the softened butter and with your hands; work into a fine, crumbly mixture. Add the egg mixture and continue to knead it all

together in the bowl, until it all forms a uniform, cohesive mass. Remove dough to a lightly floured surface and divide into four equal portions; shape each into about a 12-in. x 3-in. x 3/4-in. thick log (after forming in the general shape, I lightly roll with a floured pin to the desired dimensions.) Place 4 inches apart on two greased baking sheets. Make a 1/2-in. depression down center of logs; fill with jam. Bake at 350°F for 15-20 minutes or until lightly browned. Cool for 2 minutes; cut diagonally into 3/4-in. slices. Remove to wire racks to cool completely. Yield: 30 servings.

NOTE: I purchase inexpensive food-grade plastic gloves to use for recipes such as this; unlike bare hands, the dough does not adhere to the gloves at all!



Paddle The Border Spring

Paddle Date Now Confirmed



The planning for the seventh year of Paddle the Border is now well under way. A meeting on Thursday, March 25th brought some of the regular members of the planning group as well as some new people together to flesh out this year's plan.

The date for the spring paddle was discussed and finalized as being Sunday, May 23, the Sunday before Memorial Day weekend. As before First Student will provide transportation from the end site, Bedell Bridge State Park, to the launch site, the Woodsville Community Field. The bus makes its first trip shortly after 10 AM and the final trip at about 11 AM. This allows paddlers to leave their boats in Woodsville and drive to Bedell to leave their vehicle.

The event is designed to offer a great chance for paddlers of any ability to participate. In past years there have been first time paddlers in kayaks. There have been families in canoes. There have been experts or racers

out for the exercise. And there have been plenty of folks in between just soaking in the experience of being on this beautiful stretch of the Connecticut River. The river current will get anyone to the finish line, it's just a matter of how quickly you want to get there.

The planning group also discussed their desire to expand the event and get more involvement from the local community. This they hope to accomplish by inviting local non-profit groups to set up displays of interest to the paddlers, and to those who come to watch the paddlers, at Bedell. Several groups have taken advantage of this opportunity in the past including the three major sponsors of the event, The Cohase Chamber of Commerce, the Newbury Conservation Commission and the Haverhill Recreation Commission. They invite others to join them. For further information contact any member of those groups or call Mike Thomas at 802-757-3960.

Brighten Up Your Spring!

Bauble
LULU

100s
of Beads to
Choose From!

Bracelets
Necklaces
Earrings
Lanyards



An Affair to Remember
A PARTY STORE & GIFTS
28 Central Street, Woodsville, NH
603-747-3200

Pack 152 Pinewood Derby Winners

Pack 152 held its annual Pinewood Derby today, 3/13, at Woodsville Elementary School.

Back row: Charles Chandler, Evan Irwin, Braydan Gonzalez, Joe D'Angelo, Myles Horton

Front row: Taylor Sartwell, Ethan Riggie, Ben Gwilt, Greg Vogel, Patrick Reardon Estes, Shea Ingerson

The results of the Derby were:

Racing:

- 1st - Evan Irwin
- 2nd - Joe D'Angelo
- 3rd - Taylor Sartwell
- 4th - Ethan Riggie
- 5th - Ben Gwilt
- 6th - Greg Vogel
- 7th - Charles Chandler
- 8th - Patrick Reardon Estes



Best Crafted:
1st - Ben Gwilt
2nd - Greg Vogel
3rd - Shea Ingerson
Alternate -
Patrick Reardon Estes

Most Original:
1st - Myles Horton
2nd - Ben Gwilt
3rd - Greg Vogel
Alternate -
Braydan Gonzalez

Northern NH Artists Featured at AVA Gallery

ARE YOU ON

facebook ?

Support these advertisers by becoming a fan!



Woodstock NH KOA



TC Styles



Cowie Hill Graphics



The Little Grill



Trendy Times



Littleton Food Cooperative



RE/MAX Northern Edge Realty



Cheap Kids



Abbott Rental & Party Store



Trendy Threads



Warners Gallery Restaurant



Vickie Wyman, New Hampshire & Vermont Real Estate



Bus2Win.com / bingotrips.com



UndercoverTents

LEBANON — More than two dozen works created by northern New Hampshire artists are featured in Northern Light: Variations on a Theme, an exhibit in the Johnson Sisters Library at

senting our region to another part of the state," says Sue Gradual of the Old Mill Studio. "It's a significant chance to show others the great talent flourishing in northern New Hampshire."

show include Michele Avery of North Haverhill, Kristine Lingle and Dianne Taylor Moore of Littleton, Ron Lippard of Lisbon, and Paula Wolcott of Sugar Hill. Works include paintings in oils, pastels, acrylic, pen and ink, and watercolor, as well as photographs, jewelry, a beaded bag, and a kaleidoscope. Sarah Chaffee of the McGowan Fine Art gallery in Concord was the juror for the show.



Solstice Gate pendant, by Ron Lippard

At the conclusion of the exhibit at the AVA Gallery, the show will continue at the Fiddleheads gallery in Colebrook from May 15-June 5, with an opening reception on Friday, May 14, from 5-8 p.m.

The Arts Alliance of Northern New Hampshire, one of the organizers, is a network working to promote, support and sustain culture, heritage and the arts throughout northern New Hampshire. "We are always looking for opportunities to promote the work of local artists," says Eileen Alexan-

der, Arts Alliance Assistant Director. "This show allows us to do that by bringing together work from across the region, and taking it to new arts audiences."

Anyone needing more information can call Eileen at 837-2275 or Sue at 837-8778.

The AVA Gallery is located at 11 Bank Street, Lebanon. Hours are Tuesday-Saturday, 11 a.m.-5p.m.



Chasing the Frost, by Michele Avery

the AVA Gallery in Lebanon. The show opens with a reception from 5 to 7 p.m. on Friday, April 9, and runs through May 8.

The Northern Light exhibit is a collaboration of the Arts Alliance of Northern New Hampshire, AVA, Camerata New England, and the Gallery at the Old Mill Studio, Whitefield. It was developed in conjunction with two concerts by the Camerata New England chamber ensemble, on Friday, April 23, at 7:30 p.m. at the Lebanon Opera House, and on Saturday, April 24, at 7 p.m. at Trinity United Methodist Church in Colebrook.

"We are delighted by this opportunity to send art repre-

The show includes pieces by 28 artists from Columbia to Campton to the Mount Washington Valley. Some of the artists featured in the juried

SPRING PHOTO OR STORY CONTEST

Submit your photo or story of Spring coming to your home or area to Trendy Times and you could win a \$25 gift certificate to Warner's Gallery Restaurant!

Deadline for submission is Thursday, April 22nd.

Winner announced in our April 27th issue.

EMAIL: gary@trendytimes.com
MAIL: 171 Central St, Woodsville, NH 03785
DROP OFF: At our office in Woodsville (Behind Trendy Threads)



Cheap Kids

499 Route 10
Orford, NH
603-353-9212

Wednesday thru Saturday
9:00 to 3:00

A wonderful selection of Children's sizes 0-14 and Maternity Wear

On Facebook? Become a Facebook fan and get some special deals!
www.cheapkidsclothingnh.com

"definitely worth the trip"

RE/MAX Northern Edge Realty

232 Glen Avenue Berlin, NH 03570 603-752-3001
316 Main Street Lebanon, NH 03501 603-444-8363

www.barnstable.com www.vermonthomes.com www.dch.com

Haverhill: Property will bring you back in time to early 1900's with many owner improvements in the last few years. New steam heating system, new replacement windows, upgraded electrical, insulation addition and with two separate electrical services for possible rental upstairs. Home also has HW floors, tin ceilings, original wood work, large screened-in porch and large barn in back to hold all the extras. Property is also located on quiet street within walking distance to many stores and services. Move in condition.

Listing #2791852 \$129,000!



A Walk In The Woods – March 2009

By Dave Falkenham, UNHCE Grafton County Forester

It's a perfect March day; highs in the forties, partly sunny and of course a storm in the forecast. Actually that storm must be coming soon because the birds in my yard are on a feeding frenzy in the middle of the day, they sense the falling barometer long before the storm arrives. My father says that when the birds make an unexpected assault on the bird feeder, that is a good time to go hunting. Well Dad, since its March I'll do the next best thing; I'll grab the Lab and go for a walk in the woods.

Jewell (the Lab) and I park the truck at the Blueberry Mountain trailhead (she has been sitting up and navigating since we pulled on to Lime Kiln Road). As I get out of the truck, I look back to check the body language on the old girl. All I see is a black and gray streak jumping out right behind me; she stubbornly refuses any assistance from the human. The fire in her cloudy eyes and the stiff yet determined movements of her body tell a tale of thirteen years and countless adventures with me in the forest. She'll never quit!

tures with me in the forest. She'll never quit!

This winter deposited an unimpressive amount of snow on the ground (sad news for some of us). However the lack of snow does make the wood's walking much easier and you can see every detail of the forest now with no green leaves to get in the way.

We start our walk on the lower slopes of the ridgeline that is formed by Blueberry Mountain, Jeffers Mountain, The Hogsback and Sugarloaf Mountain. Down at this low elevation there is an incredible oak forest. These oak are tall and have beautiful crowns; their diameters are anywhere from sixteen to thirty inches. My best guess is that the oldest trees are about 160 years old. But how is it possible to know the age of these trees without actually checking? There is one clue that tells me...stone walls. The lower slopes of this ridgeline are laced with old stone walls and in many places the giant oaks grow right out of the walls.

Jewel and I walk uphill

along the edge of one of the walls, slowly now, this walk is for her. As we ascend, my mind's eye scans the landscape and removes the trees entirely; this imagined treeless landscape depicts the scene from 150 years ago when sheep pastures enveloped the New England countryside. When you see a stone wall in the river valley, farming or pasturing is the likely culprit. In the rocky soils of these mountains however, stonewalls are most likely a sign of an old sheep pasture.

In the early 1800's a large number of textile mills were built in the Connecticut River Valley. The purpose was to process merino wool which came from a special breed of sheep, imported from Portugal to a Vermont farm around 1810. The early to mid 1800's was a period in New England's agricultural history commonly known as "sheep fever".

To support sheep for the woolen industry, huge acreages of land were cleared for pasturage and little land, including steep

slopes and wetlands, was excluded. The soil in the mountains is stony and not good for many types of farming, but sheep are not fussy and by 1840 nearly 75% of this region's landscape was cleared and placed into sheep production.

The wool industry peaked around 1840 and crashed shortly thereafter followed immediately by farm abandonment. By 1900, nearly all of the sheep farms had been abandoned and the forests of New England, much like the one we're walking through, began to grow back. The first farms to be abandoned were likely the ones in the mountains, thus the trees here are older than the trees in the river valley.

Assuming the area along the Blueberry Mountain trail had been abandoned in 1850, that means the oldest trees are close to 160 years old. Some of the trees, if they escaped the pasturing process, might be pushing 200 years or better. These old oaks produced an abundant acorn crop last fall, and the

blue jays and gray squirrels are now feeding on them in preparation for the coming storm. There is also sign of deer, turkeys and bear that are foraging for food after their winter, which was not the worst winter that they have ever seen.

As we reach the peak of our walk, the coming storm front blows a March breeze through the leafless forest. I close my eyes and listen as it sweeps through the tree tops. I wonder; what did that same wind sound like on this treeless landscape during the March of 1840? Judging by her facial expression, my four legged partner is not thinking about trees, acorns, or history; she is thinking about the warm truck we left an hour ago, and the fireplace back at home.

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

Roadside Cowards

Between the Spring and the Green Lies the Truth

By Robert Roudebush

And the truth says McDonalds on it, or Dunkin' Donuts, or it says Bud Light, Pepsi or Aquafina. Cups cans, caps, wrappers, straws, bags and sacks. Styrofoam and tires. Roadside trash in Haverhill. This truth ain't pretty.

You can't tell the folks that trash from them that don't just by looking at us be-

cause the ones that do it are afraid. They do it when the rest of us aren't around to see it. That makes them cowards. I still can't see the logic about folks throwing the trash from their vehicles instead of just hanging onto it for proper disposal. Doing it right's no more work it seems to me.

Also seems like there's more in 2010 than when I came to live up here 6 years ago. The landscape has changed in that time. The cowards have changed it. A flash of white on the side of French Pond Road or 116 used to mean a scrap of white birch bark gleaming in the sun - now it's trash paper of some kind. The metallic gleam I once drove by was most often a spot of moisture or even ice tucked into leaves or some fallen twigs reflecting in the sun - but not now.

Between the beginning of spring, like right about now when the snow melts, and the beginning of green, when the growing starts, there's the refuse. Ugly as a politician's lie and just as hard to track down. The summer growth covers it up some, and the falling leaves of autumn too, then the following snows of winter. But the best time to see the ugly is now.

Some people throw trash out for the same reason some people pick it up - it's the way they were raised.

Some folks I talk to are convinced they know who dose it - "It's the flatlanders up from the south who throw that ----- out - don't know any better" they say. No doubt, that is true to some extent, but it's not the whole story. I'm a flatlander too, and not only that, but also an outlander, from way out Kansas City land, and I'm one of those peculiar people who pick up other people's trash because it pains me to see it accumulate. I'm not the only one - I've seen others do it too around here. But not many. French Pond Road and Swiftwater Road (Goose Lane) are two of my regular runs and there's some body up and down those lanes who likes their Bud Light. Doesn't like it enough though, to keep the blue cardboard case that the beer comes in - throws it out on a regular basis - that's no visiting flatlander. That's us who live here. Throws out the empty cans or bottles too, right there on the side when no one's looking.

Roadside trash tells us a couple of unhappy stories - the type of trash tells us what fast food places are in town now, and what the favorite alcoholic and soft-drink beverage is. You know the names. I never see a Sam Adams or Heineken bottle on the ground. The quantity tells us the worst of the two stories - how far we have moved away from caring about the beauty around us.

Too many of us don't care anymore. Cowards of the roadside.

It is against the law of the state - posted \$250.00 fines - and the law can be and is enforced by the Town of Haverhill and other local county and state police. Plastic bags of thrown trash often contain information leading to the owners of the trash, and when citations are issued, the trashers can end up in court for prosecution and fines.

It's all about how we were raised. Now, it's also all about how we are raising the young ones, isn't it?

Simple Website Design

Low Rates – Great Results!

Contact: merl@bus2win.com or call 802-473-1095



CASINO BUS DAY TRIP

Foxwoods Casino - Mashantucket, CT

Saturday, May 22, 2010

\$49 PER ADULT,
21 YEARS & OVER

Check www.Bus2Win.com
for complete details!

ORDER NOW AT

Bus2Win.com or 802-473-1095 or
PO Box 511, Wells River, VT 05081



Is The LLC Tax Fair? Ask Commissioner Blatsos

By Paul Ingbreton, NH State Representative

As I have pointed out before there appears to be an optimal size of government and when taxes go beyond that point the economy is injured. John Marshall's belief that the "Power to tax involves the power to destroy" supports that notion making it reasonable to ask that we as legislators be careful what we tax. With that in mind taxing the very job creating backbone of our New Hampshire economy, small business LLC's, in a virtual depression seems misguided indeed even if you're not considering that frivolous spending remains the order of the day.

However, I wanted to use this column today to put before you another aspect of the problem with the LLC tax (created by our legislature without a public hearing by the way) written by former, 30 years, Commissioner of the NH Department of Revenue Administration) G. Philip Blatsos, which you may not have access to. It is specifically related to the new LLC tax's "fairness" which is the chief argument from the Governor and House Democrats. According to contrarian Blatsos:

LLCs' and small businesses do not have a tax advantage. In fact, the deck is stacked against them. When a big corporation pays a dividend the maximum federal tax rate is 15%. A distribution from an LLC has a maximum federal tax rate of 35%. Add the New Hampshire LLC tax at 5% and you get a huge 40% federal and state tax verses 20% federal and state tax for the corporate dividend. With the new LLC tax small business pays twice as much in taxes on their earnings as big business. This is not fair!

The LLC tax will only be

paid by New Hampshire residents. If a LLC owner runs a business in New Hampshire but has a Florida residence they don't pay the LLC tax. This gives out of state owners an advantage over in state residents. This is not fair!

Our economic growth has relied on businesses moving to New Hampshire because of our low tax structure. The LLC tax removes this advantage. If you own a business in Massachusetts and are about to expand then relocating to New Hampshire made business sense. By moving to New Hampshire you would free yourself of the burden of the Massachusetts income tax. The LLC "income" tax at 5% removes this advantage. The LLC tax discourages job

and economic growth. That is not good economic policy.

LLC have no tax forms of their own, they file tax returns as Proprietorships, Partnerships, and Corporations. Some politicians have tried to make you to believe that when New Hampshire allowed LLCs to form it created a loophole to avoid the tax. This is not true.

The ratio of proprietorships and partnerships to corporations has not materially changed since the LLCs were introduced. Essentially this means that no one is using the fictional "loophole". The whole concept is based on a false premise. A law based on a false concept is not fair!

Two identical businesses file New Hampshire and Federal proprietorship tax

returns, one is an LLC and the other is not. The LLC filing as a proprietorship will pay the 5% LLC tax while the proprietorship will not. They file the same forms and are the same in every way yet one pays the tax the

other does not. This is not fair!

Don't be fooled by politician's trumped up examples to support the LLC small business income tax. When you look at all the facts the LLC tax just isn't fair."

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

March 30, 2010 Volume 1 Number 21



Stephan A. Elliott, CLU, ChFC
Financial Services Professional*
VT Ins. Lic. # 10178

Life Member

MDRT®

New York Life Insurance Company
Licensed Agent
P.O. Box 141
152 Elliott Road
S. Flygate, VT 05069
Tel: 802 534 3513
saeliot@ft.newyorklife.com

The Company You Keep®

WIN THIS CAR

1990 Ford Mustang GT Saloon Repl.
(Valued at \$75,000)



Trade Horsepower for Horsepower!

1,000 Raffle Tickets Are Being Sold
For A Chance To Win This Beautiful Car!
All proceeds benefit Wells River Equine Rescue, Inc.

\$25 Per Ticket or 6 for \$100

Drawing Saturday, December 18, 2010

Car On Display At Wells River Chevrolet Saturday April 3rd

WELLS RIVER EQUINE RESCUE, INC.
A Safe Haven For Abused, Neglected & Abandoned Horses
Dawn Pinette • Groton, VT 05046 • 802-584-3921

MONROE INDOOR YARD SALE

Saturday, April 10, 2010
8:00am to 2:00pm
at Monroe Town Hall

Is your junk someone else's treasure?
VENDORS WANTED

\$10 per table plus 10% of proceeds
to benefit the Monroe School PTF

CALL 638-2005 TO RESERVE A TABLE



2 Miles West of Wells River on Route 302 • Wells River, Vermont
802-429-2120 • 802-633-2301 • www.restaurant.com/warnersgallery
Tues.-Thurs. 5-8:30pm • Fri. & Sat. 5-9pm • Sun. 11am-8pm • Closed Mondays

**Open
Easter
10-4**

Easter Buffet

All You Can Eat Including Desserts

Sausage • Bacon • Waffles • Pancakes • French Toast
Eggs Benedict • Scrambled Eggs • Assorted Hot Dishes • Ham
Roast Beef • Turkey • Roast Pork • Shrimp & Pasta • Hot Veggies

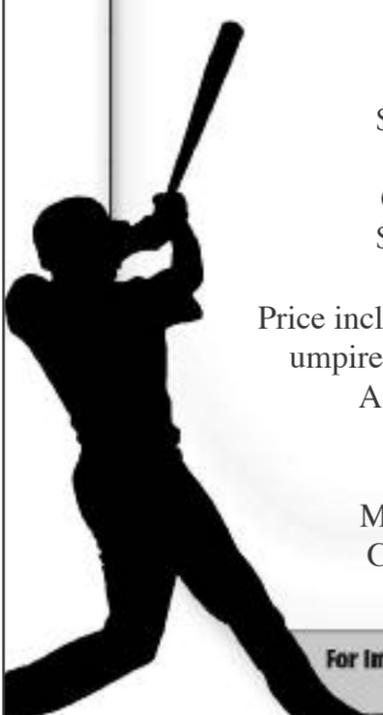
RESERVE EARLY 802-429-2120
Adults \$15.95 • Seniors \$12.95 • Children 3-10 \$8.95

<p>Tuesdays \$10 Choose Steak, Haddock or Chicken</p>	<p>Wednesdays 1/2 Off Pay 1/2 Price On Any 2nd Dinner</p>	<p>Thursdays \$10.95 All You Can Eat Chicken Fingers or Strip Clams with Potato & Salad Bar</p>
---------------------------------------------------------------------------------	-------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------

2/\$22 SUNDAY BRUNCH
With This Coupon Good Thru April 2010
Excluding Holidays

Wells River Valley Softball League

Accepting New Teams



Mens League
\$375 Entry Fee

Co-ed League
\$375 Entry Fee

Price includes 20 game schedule,
umpires, league tournament,
ASA Sanctioning.

Deadline:
Mens - April 30th
Co-ed - June 3rd

For information or to register contact:
Dave Eastman 802-584-4420
etrophy@hotmail.com

Knights Tax Service

131 Harley View Drive • PO Box 147
Monroe, NH 03771

603-638-2120
603-638-2586 Fax

knightstaxservice.com (website)
knightstaxservice@roadrunner.com (email)

*We do, payroll, accounting,
financial statements, taxes...*

*(Corporate, Small Business and
Personal, Federal and all 50 States)*

Authorized IRS E-file provider.

We Specialize In Small Business

Happy Easter
from everyone at
TRENDY TIMES

The LITTLE Grille 2707 Dartmouth College Hwy North Haverhill, NH 603-787-9818

ALL YOU CAN EAT NIGHTS
 Wednesday • Thursday • Saturday

OTHER MENU ITEMS AVAILABLE

Tuesday-Thursday 7:30am-9pm • Friday 7:30am-11:30pm
 Sat. 7:30am-11:30pm • Sun. 7:30am-6:30pm • Closed Mondays

It's not shopping... it's RESALE THERAPY

Emma & Co. Open Mon, Wed, Thurs, Fri, & Sat 10:00am to 5:00pm

101 Main Street Littleton, NH 03361 603-444-0304

Consignment Boutique

Paye's Plumbing AND HEATING

OIL OR LP GAS HEATING SYSTEMS
 Radiant Heat - Water Heaters Installation & Maintenance

Wells River, Vermont 802-757-2124

We Also Solve Freeze Ups

Critter Cupboard Success!
Pets Are Eating It Up!

Please help us to keep the cupboard full!

Donations of pet food may be left at the Stonecliff Animals Clinic or at the food shelf in the Municipal Building in Bradford.

Thank you all so much for your compassion & generosity!

STONECLIFF ANIMAL CLINIC
 Bradford, VT

For Information call 603-272-9230

Calendar of Events

WEDNESDAY, MARCH 31
ANNUAL FACULTY/SENIOR CLASS BASKETBALL GAME
 6:30 PM
 Oxbow High School, Bradford
See ad on page 4

THURSDAY, APRIL 1
NOONDAY CONCERT
 12:10 PM
 All Saints' Church, 35 School St, Littleton
Victoria Cole, Soprano & Joyce Roy, Piano

UPCOMING APPLE GRAFTING AND PRUNING DEMONSTRATION
 5:30 PM – 7:30 PM
 Cardigan Mountain Orchard, Alexandria
See article on page 6

MAUNDY THURSDAY
 7:00 PM
 Wells River Congregational Church
See ad on page 13

MAUNDY THURSDAY – HOLY EUCHARIST AND STRIPPING OF THE ALTER
 7:00 PM
 St. Luke's Episcopal Church, Woodsville

FRIDAY, APRIL 2
MEDITATION
 12:00 Noon – 5:00 PM
 Wells River Congregational Church
See ad on page 13

GOOD FRIDAY – ECUMENICAL SERVICE
 12:00 Noon – 3:00 PM
 St. Luke's Episcopal Church, Woodsville

ANNUAL EVENING OF ENTERTAINMENT
 6:30 PM
 Oxbow High School, Bradford
See ad on page 4

GOOD FRIDAY – LITURGY
 7:00 PM
 St. Luke's Episcopal Church, Woodsville

SATURDAY, APRIL 3
WELLS RIVER EQUINE RESCUE CAR RAFFLE
 9:00 AM – 2:00 PM
 Wells River Chevrolet, Wells River
See ad on page 11

REIKI SHARE
 10:00 AM
 Old Village School, Wells River

8TH GRADE AUCTION
 5:00 PM Preview; 6:00 PM – 9:00 PM
 Barnet School, Barnet

EASTER SUNDAY
SUNDAY, APRIL 4
EASTER SUNRISE SERVICE
 5:45 AM
EASTER SERVICE
 10:00 AM
 Wells River Congregational Church
See ad on page 13

EASTER SERVICE LIVE RE-ENACTMENT
 10:00 AM
 Church At The Crossroads, North Haverhill
See ad on page 3

EASTER SUNDAY – FESTIVAL EUCHARIST
 10:00 AM
 St. Luke's Episcopal Church, Woodsville

EASTER SERVICE
 11:00 AM
 East Peacham Baptist Church, Peacham
See ad on page 14

TUESDAY, APRIL 6
NH STATE VETERANS COUNCIL REPRESENTATIVE
 8:00 AM – 12:00 Noon
 Ross-Wood Post 20 American Legion, Woodsville

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

WEDNESDAY, APRIL 7
3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
 8:00 AM
 Wells River Savings Bank, Wells River

FRIDAY, APRIL 9
NORTHERN NH ARTISTS FEATURED
 5:00 PM – 7:00 PM
 Johnson Sisters Library, AVA Gallery, Lebanon
See article on page 9

SATURDAY, APRIL 10
MONROE INDOOR YARD SALE
 8:00 AM – 2:00 PM
 Monroe Town Hall, Monroe
See ad on page 11

SUNDAY, APRIL 11
BATCHING & MANAGING FOR WOODCOCK
 3:00 PM – 8:00 PM
 Bridgewater Town Hall, Bridgewater

MONDAY, APRIL 12
HVERHILL SELECTBOARD MEETING
 6:00 PM
 Morrill Municipal Building, North Haverhill

TUESDAY, APRIL 13
BACKYARD WILDLIFE MANAGEMENT
 3:30 PM
 Slade Brook Farm, Etna

WEDNESDAY, APRIL 14
MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
 6:00 PM
 American Legion Home, Woodsville
See ad on page 4

SATURDAY, APRIL 17
SPRING FLING DANCE
 8:00 PM – Midnight
 American Legion Hall, Woodsville
See ad on page 13

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, April 8th, 2010 for our April 13th issue.

2010 Fourth of July Theme Announced



It's now less than 100 days until one of the biggest holidays of the year. The Fourth of July celebrates the birth of our nation more than two hundred years ago.

In the Woodsville/Wells River area the Fourth of July means a gathering of thousands of people to partake in a day full of activities. This celebration has now been going on for thirty years.

One of the first public steps to this celebration is the choosing of a theme for the 2010 event. That decision was made at the monthly meeting of this civic minded and registered non-profit committee. This year's theme will be "Celebrating our Community" and was submitted by Lasell Bartlett from North Haverhill, NH. Lasell will receive a \$25.00 prize from the committee for the theme picked out of over thirty submissions.

Now that the theme has been picked, float builders can start planning. There is no fee to enter a float, or any other item in this parade. Floats are judged in two divisions,

commercial and non-profit/family entries. There are also categories and prize money for walking entries and bicycles.

If any business would like to offer a trailer or truck to be used by a float builder, please contact the committee. It could be a win-win as the business can get some free exposure and the group can have a means of transporting their idea.

Though the 4th of July parade marks the kick-off for the day's activities, it does not end there. The Woodsville/Wells River Fourth of July Committee has also scheduled live music on the Community Field beginning at 1 PM with the Back Shed String Band. They

are followed by White Rose. At 5 PM the tent will be filled with music by one of two new groups this year, Sweet Jam. They are followed at 7 PM by the other new group the Mad Hatters. Capping off the evening will be the return of the Gully Boys.

Also on the field will be bingo as players play for their choice of prizes. Or you can try Critter Chip Bingo for a cash prize. Buddy the Clown will entertain with balloon animals, etc. Plus D&L Amusements returns with rides and other games of chance. And don't miss the Travelin' Barnyard for all those pet-able animals. There will also be plenty of food and drink, plus other vendors with plenty to look at and purchase.

Of course no 4th of July Celebration is complete without a fireworks display. This Gigantic Display goes in the air at 10 PM (weather permitting).

The entire day takes plenty of planning and plenty of money. If you would like to make a donation you can buy a raffle ticket (\$10 each) or put your name in the annual souvenir booklet. For more details, check out our website at www.wvr4thofjuly.com or call 603-747-2878.

Shur-Lock
servicing most brands of sewing machines and sergers



Sherwood Brown
Owner

248 Harley View Dr.
Monroe, NH

603-638-4454

Welcome to **Woodstock New Hampshire**
1970-2010
40 Years of Great People
Great Camping
Easy To Get To And
You Will Not Want To Leave



An award winning KOA that will offer a top notch camping experience.

Swimming Pool • Country Kamp Store • Fun Bike Rentals • Kamp K-9
Kennel Space • Fishing Pond • Themed Weekends
Planned Activities • Covered Group Area

Drive Thru RV Sites • Kabins
Large Wilderness Tenting Sites
Specialty Rving & A Lodge Like No Other

MAKE YOUR RESERVATIONS EARLY Online or Call Soon!

Join us May 14-15 and get your FREE NIGHT of KOA Camping!

1-93 Exit 31 then 2 miles South on Route 175
PO Box 6, 1000 East Side Road, Woodstock, New Hampshire 03293
603-745-8008 • 800-562-9736 • www.koa.com

There is no better time to come to church than during the season surrounding Easter.
Where ever you are on life's journey, you are welcome here.
Come and join us as we grow.

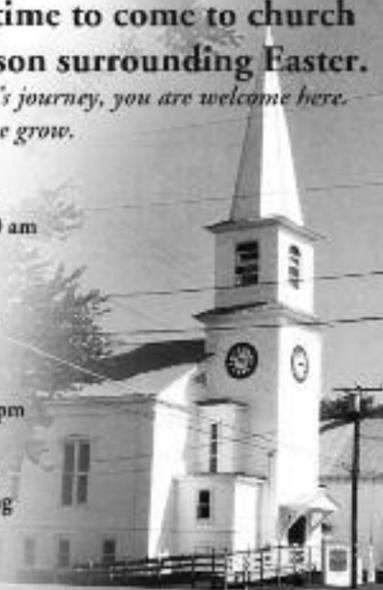
SERVICES: SUNDAY 10 am
SUNDAY SCHOOL: SUNDAY 10 am

MAUNDY THURSDAY:
April 1 at 7 pm in the Vestry

GOOD FRIDAY:
Open for silent meditation 12-5 pm

EASTER SUNRISE SERVICE:
5:45 am with breakfast following

EASTER SERVICE: 10 am



Wells River Congregational Church-United Church of Christ
76 Main Street South, PO Box 368, Wells River, VT 05081
802-757-2261 • Pastor: Rev. BettyAnn Abild • Handicapped Accessible

Grow Your Savings



Trendy Threads
Quality Consignment Clothing
171 Central Street,
Woodsville, NH
603-747-3870

Open 9:30 to 5:00
Tuesday - Friday and
1st & 3rd Saturday

Spring Fling DANCE

Saturday
April 17th
8:00 p.m. - Midnight
at the
American Legion Hall
Woodsville, NH

LIVE MUSIC
featuring the Award Winning
New Hampshire Rock Bottom Band!

\$10.00 Advance Tickets, \$12.00 at the Door

Tickets for advance purchase available at:
"Beauty Buzz Salon" - North Haverhill
"Shear Animal & Serenity Day Spa" - Woodsville



This is a "21 & Older" dance organized by parents of students in the Haverhill Area Youth Organization. Proceeds will support the students and their families' fundraising efforts for an educational trip to Washington, D.C. in June 2010.

www.haverhillareayouth.com

Start a Healthy Habit...



By BREAKING Your Addiction to Tobacco Today!

If you are a Vermont resident, you are eligible for FREE Nicotine Replacement Products (patches, gum, lozenges) when you participate in one of VT Quit Network Smoking Cessation Services!

FREE Workshops, Phone Counseling and On-line Quit Smoking Programs Available

CLASSES SCHEDULED FOR APRIL:
Northeastern VT Regional Hospital, St. Johnsbury
Wednesdays 5:30-6:30
Kingdom Recovery Ctr, Summer St, St. Johnsbury
Thursdays 6:30-7:30
River's Reach, Wells River • Tuesdays 6:30-7:30

For More Information and to Register please call:
Rose M. Sheehan at 802-748-7532 or r.sheehan@nvrh.org
or Vivi Begin, 802-748-7304 or v.begin@nvrh.org

Something To Think About If I Could Take A Moment

By David Turner

If you all would indulge me, I would like to do something that is long overdue. I would like to write an open letter to my Dad. There are so many things I have wanted to tell him, and I think of them all the time, but every time we have gotten together, for some reason or another, it just didn't seem like the right time or place, or I didn't know how to start. And, if I don't do it now, I don't know if I ever will. Maybe there are some of you that are in the same situation, and maybe by reading this you might get up the

courage to just go and do the same thing yourselves.

Dear Dad,

I can't believe how nervous I am, just writing this. You have always been bigger than life to me, and I can't remember one thing you ever did to make me think otherwise.

I want to tell you, no, I need to tell you that I love you. I know that we never told each other things like that. As a matter of fact I don't think I ever heard you say it, even to Mom, but we always seem to know that

you did. When we were young, watching you come home from the foundry and blow the dust and dirt from your nose, take a shower then go to your night job, just to make sure we had food on the table and decent clothes on our backs, we knew. I just wanted you to know that.

As I sit here writing, I can think of so many things you wondered if you would ever get thru "my thick skull", and I want you to know that you did. You taught me the two things you hate, a liar and a thief that day you took me down to the basement after I got caught stealing a can of model spray paint from the store, then lied to you about it. Now, I do too. I wasn't very happy about it then, but I thank you now.

Some things, you didn't have to tell me. You showed me by your actions. I remember the day you got home from the store and realized that the cashier gave you too much change. It was only a couple dollars. I remember thinking it wasn't that big a deal, that it wouldn't make that much difference. But it did to you, and you got right back in the car and drove all the way back to that store, just to give it back. It makes perfect sense to me now.

You probably forgot about

it as soon as you said it, but I still remember the day I spent some time mowing and raking the front lawn, and when you got home I showed you what I did. I was hoping to get a few bucks to buy a model car I think. All you said was "you forgot the side yard." How did you know that I figured I would just do part of it, the front part that showed, and that would be enough? Then, I thought I just couldn't make you happy, no matter what I did. Now I realize what you meant when you said those hundreds of times that "a job worth doing, is worth doing right."

I have tried to model my life after yours, and the more I try, the more I realize how hard it is. You always made it look so easy to earn the respect of all those you came in contact with, but it's not! Dewey Paterprin who owned the garage you worked at nights, once told me when you were out of earshot, that if I grow up to be half the man you are that would be doing pretty good. I remember thinking that shouldn't be so hard, but the more I mature the more I realize just how right he was.

Your word is your bond. If you tell someone you are going to do something, you always do it, or get in touch

with that person and explained why you couldn't, and I only heard you do that one time. If you borrowed something, just as soon as you were done with it, you made sure it got back to the person you borrowed it from, like that time you borrowed the neighbors ladder to paint the windows. And, when you got done you not only cleaned the paint you got on it, but took the time to clean all the paint off it and when you returned it, it looked better than when you got it. They never mentioned what you did when we took it back to them, and I thought at the time that you didn't get the appreciation you wanted for doing it. But, that wasn't what you were looking for was it? You knew you did it, and that was all that mattered.

I could go on and on, citing hundreds of examples, in everything you did, things where you went just little bit farther, trying to be just a little bit better, taking a little more time to make sure it was the best you could do, not prideful either, but done with pride, everything and anything just as important as everything else, each thing deserving the best you had to offer. What a way to be! I am still working on being like that.

I don't ever remember you ever taking a day off from your job, even when you were sick. I watched you get up every morning, come down and put the coffee on, go back upstairs, get dressed, shave, brush your teeth, come back down, drink a cup and go off to work. That day you were sick, you put the coffee on, went upstairs, shaved, threw up, brushed your teeth, came down, passed on the coffee, but still went to work. Maybe that's why, with little education, you were able to work your way up from the foundry, to Senior Special Tester of Pontiac Motors. It was your total dedication to whatever you were doing at the time. I want you to know that I still brag about the fact that on my Fathers word alone, General Motors stopped production of one of their models. "Don't do any less on the things you have to do, than you would do on the things you want to do." I want you to know that I think I am doing pretty good in that area, and I also learned that it is also a new decision with every situation, and that

March 30, 2010 Volume 1 Number 21

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

Abbott Rental & Party Store
WEDDING & PARTY SPECIALISTS FOR OVER 35 YEARS

- Tents, Tables & Chairs
- Printed Invitations
- Dance Floor & Stages
- Linen & China
- Catering Supplies
- Paper Products
- Wedding & Shower Supplies • Extensive Wilton Department

502 Union St • Littleton, NH • 603-444-6557 • 800-237-6557 • www.abbottrental.com

RE/MAX
Northern Edge Realty
Tammy Upton
REALTOR®
Million Dollar Producer

267 Main Street, Suite #1 • Littleton, NH 03561
Office: 603-444-3069 x 12 • Toll Free: 877-877-3343 x 12
Cell: 603-991-9199 • Fax: 603-444-0075
tammyhotproperties@yahoo.com

Each Office Independently Owned and Operated

OUR PRESCRIPTION FOR CLEAR ADVERTISING... CALL TRENDY TIMES 603-747-2887

\$20
THIS SIZE AD PER ISSUE
WHEN RUNNING MORE THAN ONE ISSUE

S.Y.E. ELECTRICAL CONTRACTOR
Newbury, Vermont
SHANNON YOUNG
Master Electrician • Licensed in VT & NH
802-584-4175 Office/Home
802-356-6215 Cell • 802-290-2125 Pager

Fully Insured • Residential & Commercial

Sign up for DISH Network
SAVE \$180 in your first year

\$24.99/mo LOCK IN YOUR PRICE FOR A YEAR

FOR 12 MONTHS (with Agreement) FOR OVER 120 TOP CHANNELS INCLUDING LOCAL CHANNELS (where available)

Plus: **FREE HBO & SHOWTIME** FOR 3 MONTHS (3 CHANNELS)

LIMITED TIME OFFER! Restrictions Apply.

Why would you ever pay more for TV?

THE TV GUY
Local Service Since 1976
Route 302 • Woodsville, NH
603-747-2233

dish NETWORK
AUTHORIZED RETAILER

Offer expires 5/31/10. Restrictions apply. Call for details.

Come and Worship

East Peacham Baptist Church
Where Christ and His Word are Central
Sunday School 9:45AM • Sunday Service 11:00AM
Sunday Bible Study 1:30PM • Wednesday Ladies Bible Study 5:30PM
Pastor Rev. Ed O'Leary 603-643-0793 • Church Office 802-592-3253
1634 East Peacham Road • Peacham, Vermont 05562

each time, you have to make the right decision, even if it hurts. Pretty good huh?

I always have marveled at the way people have always wanted to be around you, to be recognized by you, and how relaxed and comfortable they always seemed to be, when talking to you. It's in the way you can make each and every person feel important, like they are somebody. And I am just starting to understand that it is because of the respect you show them. No matter who or what they are or what they do, you never make anyone feel anything other than important, and that you are genuinely glad to see them. Now, I know, it's because they are, and you taught me that Dad!

Now that I am opening up, something that has always, always bothered me, that I never apologized for, I want to do now. The day Craig Olson and I burned up that pile of hay bales playing with matches. Yea, I was lighting them too. You were at the owners' house with Craig's dad, offering to pay the man half of the value of the hay, even though your son was claiming not to have done it.

You never did believe that I was innocent, as much as I proclaimed it, and I was mad because of it, or acting like it anyway. Craig was trying to talk me into confessing along with him, and asked me if I cared what you thought about me. I boldly told him that I didn't care what you thought. He looked behind me and I turned around to see that you had been standing behind the screen door, listening to us. That look of disappointment on your face as you turned to go back inside the house, and the fact that I couldn't tell you right then and there, that it was all a big lie and I did care everything about what you thought, will still bother me, even if you do forgive me for it.

We never talked about the military, even though we both fought in wars, you in WW2 and myself in Vietnam. I do remember the pride in your eyes when you dropped me off at the bus station the day I left to go in. It was probably the best satisfaction I ever felt in my life! But, I also remember that I didn't see it when I came home. Sure, you were happy I made it and glad to see me again, but, and it didn't take long for me to realize just how this country felt about that war and my participation in it, I never saw that same "eye to eye" look that made me really feel for the first time, that I was doing something right for a change. Mom told me a long time later, one time when they were showing some old news clips on TV and one was of some helicopters flying in that war, you quietly said to no one in particular, "That's what David did." I knew then that you knew and you had to somehow understand. That has always been enough. I don't blame you and I even understand that you did give me the best anyone in this country had to offer. But I would really like to be able to sit down and just talk to you about it all.

I would start by telling you "Thank you for your service! Thank you for making sure I had a free country to grow up in and have the life I have so far! What you and others did for us all, we can never show you enough gratitude!" That's what I would say.

You know, your still teaching me things. Situations happen in my life and if I'm not sure what to do, I find myself wondering what you would do, and it seems to happen a lot. And, if I come up with an answer, it always seems to be the right thing. Without realizing it, I have made you the standard of my life, and as life goes on, I see more and more things that you did as I was growing up, that now make so much sense! I guess if I can sum it up, you taught me the difference between right and wrong! And the thing is, I think you knew you were doing it all along!

I am happy with myself Dad, happy with the way I turned out. I still got a lot of work to do, but I now know that most of what I am, came as a result of all the things you did, or made me do, like take that paint back to the store and tell them I stole it, in front of everyone. Things that I hated so much at the time were things you did because you cared about the way I would turn out. You have a good name, and reputation, and you wanted to make sure it stayed that way. I promise you that not only will I do my best to keep it that way but I have and will keep on teaching my kids to do the very same.

There have been many times where you said something or acted like you wanted to try to talk, I mean really talk, but I wasn't sure you really wanted to, or it just didn't seem like the right

time. But lately, for some reason, I really feel the need to make sure you know, just how much of an impact you make on my life! Had you been anyone, or anything else, I can't imagine where I would be now.

Looking at this letter, and how easy the words all came out and the things I wanted to make sure you knew, were coming to mind faster than I could type them, reasons why I am so proud, thankful, and appreciate every single thing you ever did for me. I don't know why I can't just sit down and feel that you would listen to me, as I tell you all of them in person. Why I have always been so afraid for some stupid reason or another to have this talk, man to man, and maybe even hug, except for the fact that you passed away eight years ago.

I was with you when you went. You were trying to tell

me something but couldn't speak. I whispered in your ear that you didn't need to worry, that I understood, and that I would take care of everything, that there was nothing more you needed to do or say, but say hi to Mom. But, if I could, if I could just have a minute or more with you, I would tell you that there are times that I feel a little lost without you there to tell me what to do, but that the life I saw you live, will continue to be an inspiration to me, and will be my guidepost, until the day that I too, leave nothing behind but my accomplishments. You've given me everything I need to go out into life and stand. Now I just have to remember what it was you said. Thanks Dad!

David Turner is a freelance writer, living in Groton. He helps his wife operate "The Variety Store" in Woodsville.

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

March 30, 2010 Volume 1 Number 21

TRENDY TIMES STAFF

EDITOR	GARY SCRUTON	GRAPHIC DESIGN.....	JEANNE EMMONS
SALES	PHYLLIS EABORN	BOOKKEEPING	JANICE SCRUTON
SALES	GARY SCRUTON	EDITOR'S ASSISTANT	DEVIL'S ADVOCATE

Phone 603-747-2887 • Fax 603-747-2889
 gary@trendytimes.com
 ads@trendytimes.com
 171 Central St. • Woodsville, NH 03785
 Tuesday – Friday 9:00am - 5:00pm

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

A FREE PUBLICATION

TRENDY TIMES
 www.trendytimes.com

Bobcats In My Backyard...

By Dave Falkenham, UNHCE Grafton County Forester

Recently there have been a healthy number of backyard bobcat sightings here in Grafton County and some people have been lucky enough to get pictures. Contrary to popular belief, bobcats are quite common in New Hampshire thus a sighting, although rare and exciting, is not entirely unusual. The recent rash of sightings is seasonal and likely related to food (or lack thereof) and the time of year.

Bobcats are extremely efficient and fierce predators, feeding almost exclusively on rabbits and other small mammals. However, survival in the

wild is no place for picky eaters so Bobcats commonly supplement their diets with grasshoppers, crickets, frogs, ducks, fish, birds, berries, fruit, and grasses. During the spring, summer and fall these food sources are plentiful so a full grown male bobcat typically has a summer range of up to 25 square miles. The female's territory is much smaller because she is busy raising 1-8 kittens who can't travel as far.

During the winter months many foods are not available; therefore bobcats must survive on mostly rabbits, squirrels, carrion and the

occasional deer (yes bobcats commonly prey on deer). With the scarcer food supplies comes a search for food that requires more roaming and the bobcat's range increases dramatically, sometimes up to 60 square miles. The kittens, which were born in April or May are almost independent and can now travel greater distances with their mothers.

With an increased winter range and a more intense search for food, the likelihood of actually seeing a bobcat increases, thus so do photographic opportunities. Anybody who raises small farm animals or free range pets is offering a ranging bobcat an easy meal. On the bright side, these folks have an increased chance of seeing our most elusive large predator.

Another reason for common winter sightings is that the breeding season for bobcats is in February. The breeding season for any polygamous animal increases wandering and the potential for sightings increases as well. Many of the cats that people see this time of year are big males looking for a mate or a pair of cats (if you are lucky enough).

Bobcats, similar to our free range domestic cats, are very territorial and they do not like to share their toys with any other cats. Territories are marked by pungent scent spraying through urination and anybody who happens across a scent marking in the forest will know it; the smell is unmistakably cat-like.

Bobcats typically grow to be about 25-30 pounds and 40 pounds is huge, but not out of the question. Despite their typical antisocial



These photos were submitted by Grafton County landowners who were looking for positive Bobcat identification.



behavior, bobcats are a vocal animal, communicating most commonly during the breeding season. Cat-like piercing screams and a coughing bark are common sounds that can be heard in the forest at night.

Bobcats do swim. To date my most memorable wildlife moment was to watch a full grown bobcat launch itself off a beaver lodge and belly flop into a pond. It then proceeded to swim 70 yards to shore where it shook like a dog and disappeared into the woods. The best part of the experience was that my wife was with me and also fully witnessed this event.

Bobcats are unmistakable; tawny colored, lots of black/brown spots, white underbellies, short tails (3-6 inches long), short tufts on the ends of their ears and very muscular with a tough business-like attitude. They are magnificent animals with a keen predatory presence and they are cat-like in every sense of the word. If you spot one, enjoy the moment.

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

March 30, 2010 Volume 1 Number 21

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

Jumping into Spring
At Trendy Threads

Quality Consignment Clothing
171 Central Street, Woodsville, NH
603-747-3870
Open 9:30 to 5:00
Tuesday - Friday and 1st & 3rd Saturday

MOUNTAIN LAKES:
WOW!! This is a truly an amazing opportunity! A very rare occasion to obtain a lot with everything you need in place and 200' of owned frontage on the lake! Property has an existing 2-car garage with full walk-out basement, 3-bedroom state approved septic system, water hook-up on site, beautiful stone work, amazing views, a private dock, and endless possibilities. Bring the house plans or turn existing garage into living space and enjoy all the community amenities including hiking/biking trails, community pool, playground, basketball and tennis. What are you waiting for?? Offered at \$140,000

ALL ACCESS
REAL ESTATE ASSOCIATES NH/VT

Vickie Wyman, Owner/Broker
www.AllAccessRE.com • www.facebook.com/vickiewymanRE
14 Ralston Road, Suite 1 • Woodsville, NH 03785
Phone 603-747-3605 • Fax 603-747-3606 • Cell 603-616-9590

CLASSIFIEDS
\$2.50 Per Issue AND **Reach Over 7,500 addresses?!**

PERSONAL: For Sale, Wanted, Lost, Found: **\$10**
4 Issues - Up To 5 Lines (About 40 Words)

BUSINESS: Help Wanted, For Rent, etc: **\$15**
4 Issues - Up To 5 Lines (About 40 Words)

WOW! What A Price!

MAIL OR EMAIL US YOUR CLASSIFIED AT:
Trendy Times, 171 Central Street, Woodsville, NH 03785 • gary@trendytimes.com
We accept checks, credit/debit cards or even cash!