

# TRENDY TIMES

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APRIL 13, 2010 VOLUME 1 NUMBER 22

## Grafton County Conversation



Sheila Fabrizio of Windy Ridge Orchard & Cider House Cafe speaks while UNH President Mark Huddleston listens.

There are not a lot of events that can bring out as diverse a group of people as showed up at the Horse Meadow Senior Center in North Haverhill on Thursday, April 8th. Those in attendance included all three Grafton County Commissioners, many members of the Grafton County Delegation (State Representatives from various districts), staff members of the Grafton County Cooperative Extension Service as well as Grafton County Advisory Council Members. There were also several members of local 4-H clubs, proud parents, volunteers from several area organizations, other guests of note and even members of the local press,

The reason for all of these folks meeting in one place at one time was to hear about many of the good deeds being done by the Grafton County Extension Service. The keynote speaker toward this end was University of New Hampshire

President Mark Huddleston. His speech and Power Point presentation included some interesting numbers. One is that about half of the graduates from UNH remain New Hampshire residents. Another was that about 40% of the UNH students who call Grafton County home are on the Dean's List. President Huddleston also made note of a \$66 million grant that has been applied for through DRED to get all of New Hampshire wired for high speed internet.

There were several other speakers who praised the work of the Extension Service. And the staff did a wonderful job picking a diverse group.

Rebecca Page is a high school student, 4-H member, and quite possibly a future leader. She has already held leadership positions at the local, county and state levels of 4-H.

At the other end of the age spectrum was Alden Minot of Bath. Alden repre-

sents the sixth generation of his family to farm the 325 acres in West Bath. He and wife Betty used the Extension Service to help make the transition of ownership and operation of the farm from themselves to their son and grandson.

Also on the speakers list for the day was Sheila Fabrizio. One of the points from Sheila was that she and her family have not had a successful project at their business, Windy Ridge Orchard, without the assistance of the Extension Service. Those services have included everything from plant selection to soil testing. These represent some of the knowledge that not everyone will have, but with the resources of the Extension Service, the knowledge can be found and utilized.

One other major industry in Grafton County was represented by Tom Hahn, a forestry consultant. He asked to audience for a show of hands from landowners with forest lands, then those who have used the services of the Extension Service. The number of hands shown seemed very similar. That fact should not be surprising as about 81 percent of the land in Grafton County is forested. And of that area about 66 percent is privately owned.

The final speaker of the program was Luther Kinney who, along with his wife, operate a vegetable growing enterprise at Turtle Ridge Farm. His story included the evolution of beginning with a

farm stand and moving to growing foods exclusively for the Littleton Coop. Again, the transition was ably assisted by the Extension Service.

The programs and assistance offered by the Grafton County Extension Office is many faceted. Whether you

have forest land, agricultural land, want to raise some vegetables, have a child interested in 4-H, or many other matters, they have the knowledge to help you out. Call or stop by the office and take advantage of your tax dollars.

## Blue Star Banners Presented in Woodsville



The Railyard Racquet Ball and Health Club was the scene of a different type of exercise on Saturday, April 10th. The front area of the club had a couple dozen people crowding around to either take part in or take pictures of an exercise in Americanism.

The exercise was the presentation of several "Blue Star" banners. Began in 1918 the Blue Star banners are given to those who have loved ones serving in the military. It is not just mothers or daughters or wives, but even fathers and husbands who can receive and display these emblems of pride. At this particular ceremony a total of nine such banners were handed out with a total of 15 stars. Each star represents a loved one who is on active duty.

(The following was taken from the Armed Forces News Service website) Here is the US Army definition of "Members of the immediate family" that are eligible to display the Service Flag and wear the Service Lapel Button:

"Members of the immediate family" include wife, husband, mother, father, stepmother, stepfather, parent through adoption, foster

parents who stand or stood in loco parentis, children, stepchildren, children through adoption, brothers, sisters, half brothers, and half sisters of a member of the Armed Forces of the United States."

Stephanie Saffo, co-owner of the Railyard, along with Richard Gray of the 3rd District of the American Legion in Vermont led the group through the ceremony. Richard and Steff had met when Steff's son was deployed late last year with the Vermont National Guard.

Several other American Legion members were in attendance representing posts from both sides of the river. There were also family members along with a large contingency of photographers snapping shots for local publications as well as for those family members who were unable to attend.

It was noted by several in attendance that anyone who has loved ones on active duty is entitled to display a Blue Star banner. To get more information about the program contact your local American Legion Post or stop in at the Railyard and see Steff.

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### We have customers looking for them

# Camping Under The Pines

By Kevin N. Lawrence

The soaring pines showered fine yellow pollen all through the night while I slept, cold-faced, curled up in my canvas tent on the shores of Vermont's Silver Lake in Leicester. The early sun of May peeked through a tear in my old Army tent, displaying a glimmering ray of dancing first light. My joy of breathing out cloudy breaths while tucked securely into my heavy down sleeping bag gave me comfort and confidence in the wilderness surrounding me. Once again, I had left the conveniences of civilization behind to seek out a primitive experience. What drives people to reenact the rustic experiences our ancestors tried so hard to overcome?

Getting out of that warm sleeping bag was the only unpleasant chore of that cool spring day. Nature's call became too strong, so I slipped on cold jeans, a slightly stained sweatshirt, and damp hiking boots. Untying the canvas flap, I slipped out into a world turned fluorescent yellow with the pollen from dozens of gently swaying white pines. Pollen covered every exposed surface: my tent, the fire pit, my pack frame. The trees all conspired to reproduce on this day.

Walking away from my campsite, I noticed that every vernal pool wiggled with life.

Wood frogs and spotted salamanders bobbed about, green pollen clinging to their eager, clutching bodies. Long chains of eggs clung to submerged branches. The reptiles had surfaced from a winter's sleep, ready to dive into those vibrant, temporary pools.

A pilleated woodpecker was working over a barren, dying pine. He let out his characteristic 8-note shriek as he flew away, his whole body undulating with purpose.

Returning to the campsite, I pulled out a white birch bundle from under my tent vestibule, quickly assembling a fire to heat my blackened percolator and warm my small griddle. I only cook whole foods while camping. An instant breakfast or dehydrated MRE always seems artificial. I carry a small yet heavy griddle because of tradition, not for convenience or ease of use. Many campers today try to recreate the comforts of home while "roughing it." (Of course, we all have friends with expensive 36' long campers with propane furnaces, air conditioners, showers, etc, sort of like motels on wheels). Rustic camping for me is a chance to recreate a lifestyle, not a race for modern convenience.

Pouring warmed maple

syrup atop steaming corn pancakes, I felt like a vacationing prince in the old country. Drinking hot black coffee from a tin mug, I looked across the lake in an attempt to spy the loons that kept signaling each other with their eerie calls. Blue smoke drifted up from another hidden campsite across the lake a half mile away. In our isolated campsites, we two campers shared a nearly timeless parallel world. We both could live under a relished illusion of surviving the life of 18th Century pioneers.

A jumping fish broke the surface of Silver Lake, a depression carved by glaciers long ago. My thoughts of fish and fishing took over, and I threw a palm full of sand into the rocky shallows. A dozen dace swam in to strike the shining quartz, making me smile in anticipation of bait fish ready for the taking. I threaded a thin 2-pound-test leader and a #20 fly hook onto my casting rod and baited it with a piece of worm. Dace are not geniuses, and a school is more competitive than a single fish to take the bait, so in five minutes I had five dace swimming around in my cooking pot.

Changing over to a #1 size hook, I threaded on a dace and casted the line gently out into forty feet of water. Keeping the reel's bail open, I wrapped a small stone around the line and went about my morning chores. I scrubbed the griddle with sand and put it near the dying fire to dry. I opened my tent flaps to dry out a night's respirations and hung my sleeping bag on a tree limb. I washed out a pair of socks—rinsed them, really. Life was that simple.

Hours spent gathering firewood, reading Louis L'Amour in the sunlight, and

checking my baits travel at a pace that can't be found in the modern world. Of course, those lists and roles of civilized life still exist when I'm on vacation, but I cherish the illusion of total freedom and the timeless pursuit of simple food, clean water, and modest shelter. Responsibility narrows, only occasionally facing intrusion from adventurous game wardens or glistening hikers looking for their own piece of solitude. The only object I miss would be my flintlock long rifle, a firearm no ranger would forget in the 18th Century forests. I dream of putting a fresh turkey over a rotisserie fire. Of making venison jerky. Then, the fish bites...

My line goes tight, sending my small stone flying off its wrap. The trout seized the struggling dace and dragged it twenty yards into the deep. The line stopped and went slack. As I held the rod, I imagine the trout turning the bait, swallowing it head-first, and slowly swimming off. Instead, I feel nothing. I close the reel's bale. I wait, ready to set the hook as soon as the fish moves away.

Twenty seconds pass, and I get that sinking feeling that I've missed this fish. At 30 seconds, I lower the rod tip and reel in slowly. Suddenly, the fish and I realize that something is on the other end! I lift the rod to set the hook and the trout explodes away, hooked firmly, taking line in spurts from the complaining reel. I gain line more than I lose, and in two minutes I see the beautiful iridescent sides of a sixteen-inch rainbow trout glistening in the shallows. He's hooked deep. Blood ebbs from his gill plate. I land him on shore and slide my fingers into both gill plates—I am determined to eat this fish, and he's not getting away.

Like me, this trout wasn't

born here in this isolated lake. Rainbows, like my own family, came to this country from Europe. It was probably brought here as a fry, one of hundreds grown in a pampered facility. My own easy existence was much like the fish's: for years food was brought to me; I didn't have to worry about my safety; my years in a school were designed to make all of my peers ready to be released on the same date. I realized that my culinary wilderness experience and my pursuit of wild fish is mostly an illusion supported by Vermont's Fish and Wildlife Department's stocking program. The locked gate I stepped over on my hike into the National Forest allows employees to pick up trash and deliver fish.

A skewered trout, broiling on a maple stick over a beach-branch fire still brings me pleasure to dream that my wilderness world is real, not just a contrived illusion. I'm happy to live in the weekend dream world of endless forests, abundant wild fisheries, and clean mountain spring water. Every choice in modern life is a battle of compromises. Eating a rainbow trout that has lived a year or two in a beautiful mountain lake is as close as many people get to living in the past. Our license and tax money makes wild places available to us all, and I for one think it a small price to pay. Even if it's just an illusion of wilderness, I'll savor every minute of it until the day I die.

*Kevin Lawrence teaches Cooperative Education at River Bend Career and Technical Center in Bradford, Vermont. He and his wife, Doctor Melanie Lawrence, will open the new Newbury Health Clinic in June 2010.*

*Kevin Lawrence is one of several local readers who have been willing to share their thoughts and words with the readers of Trendy Times.*

*Though Kevin submitted this article in response to our Spring Story Contest, he has asked not to be awarded any prize as he has previously worked as a professional writer.*

*This means the field is still wide open for others to submit an entry and win a \$25 gift certificate to Warner's Gallery Restaurant. The deadline is Thursday, April 22.*

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# Community Agriculture

By Heather Bryant, Extension Educator, Agricultural Resources

I have heard people say that Grafton County had more agriculture when they were young than it does now. Whether or not that is true probably depends somewhat on your age and perspective. Let's look at the numbers.

According to the 2007 census of agriculture, we have lost nearly two thirds of our dairy farms in the last 20 years. This is certainly a large and stark factor in our changing perceptions, but consider that the number of poultry farms has increased by nearly a third, and vegetable operations have nearly doubled.

In 1987, Grafton County had 356 farms and 80,871 acres of land in farms. In 2007, we had 552 farms and nearly 100,000 acres of land in farms. So over the last twenty years we have actually seen the number of farms and the number of acres in farms increase.

Average farm size is getting smaller, decreasing from 227 acres per farm in 1987 to 181 acres per farm in 2007. Along with the changes in the dairy industry, this may contribute to

the impression that agriculture is shrinking in our county, but I still say it isn't entirely true. Rather, the face of agriculture is changing and along with it our perceptions. On the whole, we still live in a community with strong ties to agriculture.

Beyond what is happening on commercial farms, we are also seeing an increased interest in backyard food production. I spoke with a dairy farmer today who sells manure to "backyarders" and he said he has been getting a lot more orders in the last few years. Recent poultry and raspberry production workshops hosted here at the county administration building drew much larger audiences than we anticipated. And I regularly field calls from people who want to start gardening or raising livestock for the first time and need information on how to get started.

The other place we are seeing change is in our interest in local food. How many of us even knew the meaning of the word "locavore" twenty years ago? How many of us shopped at farmer's markets, or knew of

a farmer's market within 50 miles of our houses? How many farm stands did we frequent twenty years ago and where did they get their products? How many of us even knew where to find fresh eggs?

It is because of all these things that we at UNH Cooperative Extension in Grafton County launched our new Community Agriculture website (<http://extension.unh.edu/Counties/Grafton/CommunityAgGC.htm>) this week. We hope this will be the place you go for information on agriculture in your community. You can find links that will tell you where to find local agricultural

products and upcoming Extension workshops as well as the factsheets and other handouts from any recent workshops you might have missed. There is also a weekly blog and a kids page with links to educational games and information. Please take a look at the site and join us while we explore the current state of agriculture in Grafton County together.

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April 13, 2010 Volume 1 Number 22

## OBITUARY

### Charles Abbott Millette, Jr.



**HAVERTHILL, NH** – Charles Abbott Millette, Jr. 83, of Dartmouth College Highway, died on Wednesday, March 31, 2010 at his residence. He was born in Haverhill, NH, November 16, 1926, the only child of Charles Abbott and Ethel A. (Hill) Millette, Sr. Charles served with the U. S. Marine Corps, Platoon 43, of 6th Marine Division and was later transferred to the 5th Marine Division, where he served with the infantry on the assault of Iwo Jima during World War II. He subsequently achieved the rank of Gunnery Sergeant. Charles married Laurette Greenwood on October 25, 1946. After he returned from the war he worked the Woodsville Fire District. He later worked at Holbrook Grocers in Woodsville, while working nights and weekends for the Haverhill Police

Department for 14 years. He also worked with the U. S. Forest Service as a Federal Forest Officer and was the last tower operator on Black Mountain. While at the forest service he marked timber and cared for Wildwood Campground. When the tower was closed in the early 60's, he went to Barber School in Manchester, NH and barbered in Bradford, VT for several years until a fire destroyed the shop on Main Street. Following the fire he went to work as a boiler fireman at the Lebanon, NH Armory and retired in 1986. He was a member of the Ross-Wood American Legion Post #20 of Woodsville, NH. He is survived by his wife of 63 years, Laurette (Greenwood) Millette of Haverhill; two sons, Bruce C. Millette and Becky of Fairlee, VT and Brian W. Millette and wife Patty of Haverhill; one daughter, Diane M. Freeman and her husband Warren of Haverhill; 4 grandchildren and 10 great grandchildren; and numerous cousins. There will be no calling hours. A graveside service will be on Thursday, May 20, 2010, at 2 PM at the Ladd Street Cemetery, with Rev. David Pendleton officiating. In lieu of flowers memorial contributions may be made to North Country Home Health and Hospice Agency, 536 Cottage Street, Littleton, NH 03561. Ricker Funeral Home, Woodsville, NH is in charge of arrangements.

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

## OBITUARY

### William Harwood Horne, Sr.



**NORTH HAVERHILL, NH** – William Harwood Horne, Sr. 84, of Benton Road, died on Sunday, March 28, 2010 at Cottage Hospital in Woodsville, NH.

He was born in Haverhill, NH, June 17, 1925, the son of John S. and Florence E. (Nelson) Horne. Bill married Jeannie E. Granger on Nov. 17, 1956. He worked for First National, Northeast Hardwood, the Maurice Church Farm, and Grafton County Farm all in North Haverhill. He later worked for the Town of Haverhill Highway Department and Newman Lumber in Woodsville. Bill was a special police officer for the Town of Haverhill, Village of Wells River, and Orange County Deputy Sheriff's Office. He also worked for the Haverhill Cemetery Association and, prior to his retirement, Pete's Rubbish Removal in Haverhill. He sold tickets at Bear Ridge Speedway in Bradford, VT for several years. Bill was a member and former trustee of North Haverhill United Methodist

Church and former member of the National Guard. He belonged to the Pink Granite, North Haverhill, Mt. Moose-lauke, and currently the Baker River, Pemi Valley Pomona and State Granges. He enjoyed hunting, dancing, card playing and TV wrestling.

He was predeceased by a granddaughter, Tara Ann Downing; a sister, Edith Horne; four brothers, Ernest "Red" Horne, Leslie G. Horne, Sr, Fred Horne and Maurice "Pete" Horne.

Survivors include his wife of 53 years, Jeannie E. Horne of North Haverhill, NH; his children, Belinda Lees and husband Wayne of North Haverhill, William H. Horne Jr. of Belmont, NH, Richard Horne and wife Kathy of Swiftwater, NH, and Mary Brown and husband Phil of East Corinth, VT; 9 grandchildren and 4 great grandchildren; a sister, Velma Mayhew of Wells River, VT; a brother, Forest "Sam" Horne of Wells River, VT; and several nieces and nephews.

Calling hours were held on Wednesday, March 31, from 7 to 9 PM, at the Ricker Funeral Home, 1 Birch St, Woodsville, NH.

A funeral service was held on Thursday, April 1, at 1 PM, at the Ricker Funeral Home, with Pastor Susan Ellery from the North Haverhill United Methodist Church officiating.

Memorial contributions may be made to Twin State Human Society, P.O. Box 263, Pike, NH 03780.

Ricker Funeral Home, Woodsville, NH is in charge of arrangements. For more information or to sign an online condolence please go to [www.rickerfh.com](http://www.rickerfh.com)

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# SALE

## THE VARIETY STORE

### IS HAVING A STOREWIDE SALE

I know that many of our faithful customers wanted us to keep them informed as to how things were going and what we have been able to accomplish. To date we have passed the thousand dollar amount in food vouchers given out, and close to another thousand in cash for various areas of need, and given over twelve hundred dollars worth of goods from our store, mostly winter clothing, to well deserving folk living in our community.

But, to do this has completely drained our Helping Hands fund. When we paid the rent for the month of April, it emptied that fund. We had honestly hoped by this point business would have picked up to a point where we would be a solid help to those in need. But, sadly it has not happened.

This morning a lady came into our store in tears. Her husband had left her and took all the money they both had. Her electric is being shut off and her and her children also face eviction. She basically has nothing! What discourages, actually hurts, is that we had to tell her we could only give her two food vouchers, our last ones,

as that was all we had left to give.

We had such high hopes of being able to serve this and surrounding communities for a long time. Those of you who have been following us from the beginning know the reason why we wanted to do this. To those that do not, briefly I have seen children close to death from lack of food, and having food, but not enough for them all, I had to stand by and do nothing. What we have been able to do so far has been a wonderful form of therapy for me, and I wanted to not only continue, but to expand the business to include a community center in the same building that would not only be a safe place for area kids to enjoy themselves but to also be a place where a nurse could come in and do health screening monthly, older men could have a place to meet and solve the worlds problems over a cup of coffee and many more ideas, ready to become a reality as soon as the business could afford to expand.

We have not, until this morning had to tell anyone, truly in need, that we were unable to

assist them and to tell you the truth, I cannot do that many more times.

Therefore we are having a storewide sale in a last ditch effort to bring more people in to our store. Everything in the store (over ten dollars) is now "HALF OFF"! We will also accept any reasonable offer on items over ten dollars.

If business picks up to the point where we can pay our bills AND be of help to deserving people in need in our area, we will continue to operate at those prices and stay.

If it does not, sadly we will be closing! I will never consider what we have been able to accomplish so far a failure! The look on one ladies face when I just gave her what was probably the nicest winter coat she ever had, will remain with me for a long long time!

I hope this does not come across as begging. We did what we have for eight months asking no one for any help. We have had a few donations of some real nice things for which we were and are grateful, and have also had a few cash donations from people that believed in what we are doing, but the store, the

items and our time invested, was something we personally wanted to do, and still do!

But, if you want to see us be able to continue to operate in this community, we are now asking for your help. We have so many high-quality, clean, guaranteed items in our store already at reasonable prices and at half price will be great deals! I cannot think of all that much we do not carry or have still waiting to be displayed.

Also, we are now open to ideas! If anyone out there knows of a way we could continue please stop by our store and talk to us. Like I said we would like to expand to include the community center, but at the rate we are going it would take years to become a reality.

So, the rest of this month will tell us if there is truly enough support to continue. We sincerely hope there will be, and next month we will have good news.

We thank those that have supported us all along and those that have started and want them to know that support DID do good!

Sincerely David & Deborah Turner

# Diabetic Education At Cottage Hospital

Woodsville, NH -- Diabetic Self Management Education is now available at Cottage Hospital. Diabetes is a disease that requires a great deal of involvement from the person with the disease. Once people have the skills to take care of themselves, they can lead longer, healthier lives.

Education often includes how to use a blood sugar monitor. High and low blood sugar results, the causes and treatments are reviewed. Foot care is taught. Life style changes are discussed. Diet and exercise changes are usually needed. We can help you make these changes. The process of giving insulin is taught if needed. There are lab tests and vaccines you should obtain, these will be explained. We will help you discover what you need to do to take good care of yourself or a loved one with diabetes.

This is the time for questions and answers. Teaching handouts are provided. It is always a good idea to include a friend or family member in the meeting. Ask your health care provider if you would benefit from both diabetic education and diabetic nutrition education. A Diabetes Support group is available at Cottage Hospital. It meets on the 2nd Monday of every month from March to December at 7pm.

There are three different educational sessions which are approximately 90 minutes long and cost \$20.00 per session.

## How to Check Your Blood Sugar

Learn how to use a blood glucose monitor, signs of high and low blood sugars and how to treat them. A blood sugar will be checked at this visit.

## General Overview of Diabetes Self Management

Learn the ABC's of diabetes, foot care and lifestyle changes needed to live a longer healthier life.

## Insulin Self Injection Training (only need by people needing insulin)

Learn how to draw up insulin and choose an appropriate injection site. This is a hands on session with an injection of sterile saline completed by the diabetic at the end of the meeting.

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](http://www.cottagehospital.org), or call (603) 747-9000.

# Afternoon Tea

Manners do matter. Success today is dependent on the social graces, but instruction in social graces has been severely neglected over the past forty years. Social teas are realizing resurgence in our culture. There are several types of tea offerings in western culture: cream teas, light tea, full tea, low tea, high tea, royal tea and afternoon tea. Each offering has its own peculiarities. Afternoon tea is the most often used as the social tea. Afternoon tea consists of a small four course meal served with tea and a non-alcoholic punch.

Anyone uninitiated in the art of tea will find the experience unnerving if they have not been prepared. There is a lot more to a social tea than just stirring your tea without touching the sides of your cup, and lifting your pinky is a definite faux-pas. Do you know what is expected of you as a guest? Do you know

what should be eaten first? If you are hosting a tea, do you know how to properly serve the tea? Do you know how to add the lemon, sugar or milk (never cream)? These and other questions can be answered on April 25th.

Afternoon Tea will be served at St. Luke's Parish Hall on April 25th at 2 o'clock in the afternoon. A certified etiquette consultant will be there to lead everyone through the sometimes daunting, but ever so relaxing art of an afternoon tea. Space is limited, so advance ticket purchases are required. To purchase tickets at \$5.00 each, you may contact Jan Crawford at (603) 747-3564, Kay O'Malley at (603) 747-3475 or Elanor Longfellow at (802) 866-5979. Don't miss this opportunity to expand your knowledge. The tea is open to all ages. Bring the entire family to bond over a small meal and a cup of tea.

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

April 13, 2010 Volume 1 Number 22

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**Sunday, April 25th**  
2 o'clock  
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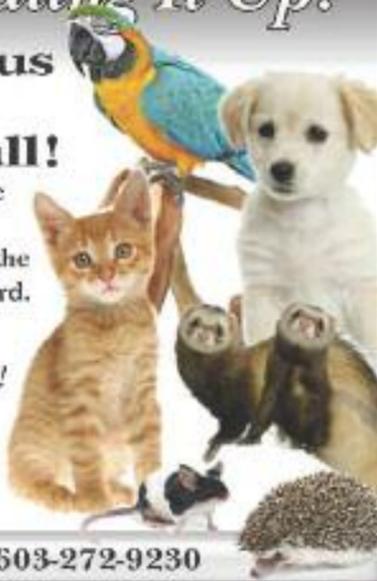
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## Calendar of Events

**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

**SATURDAY, APRIL 17**  
BIG BAND DANCE - SWEET JAMM  
7:00 PM  
Alumni Hall, Haverhill Corner  
See ad on page 12

**SPRING FLING DANCE**  
8:00 PM - Midnight  
American Legion Hall, Woodsville

**TUESDAY, APRIL 20**  
NH STATE VETERANS COUNCIL  
REPRESENTATIVE  
8:00 AM - 12:00 Noon  
Woodsville American Legion Post #20

**THURSDAY, APRIL 22**  
FOLLOW THE SILVER THREADS  
BRAIDING MUSIC AND LANDSCAPE  
DESIGN THROUGH HISTORY  
6:30 PM  
Bradford Public Library, Bradford

**SATURDAY, APRIL 24**  
HUGE YARD SALE  
9:00 AM - 3:00 PM  
Horse Meadow Senior Center, Haverhill  
See ad on page 14

**CAMERATA NEW ENGLAND**  
7:00 PM  
Trinity United Methodist Church, Colebrook

**GEORGE LOPEZ - INTERNATIONALLY  
RENOWNED PIANIST**  
7:00 PM  
Alumni, Hall, Haverhill Corner

**AMERICAN LEGION TEEN DANCE**  
7:00 PM  
American Legion, Woodsville  
See ad on page 7

**SUNDAY, APRIL 25**  
NH THEN & NOW -  
PHOTO EXHIBIT OPENING  
2:00 PM - 4:00 PM  
Alumni, Hall, Haverhill Corner

**SUNDAY, APRIL 25**  
AFTERNOON TEA  
2:00 PM  
St. Luke's Episcopal Church, Woodsville

**MONDAY, APRIL 26**  
HAVERHILL SELECTBOARD MEETING  
6:00 PM  
Morrill Municipal Building, North Haverhill

**WEDNESDAY, APRIL 28**  
COMMUNITY MEAL - OPEN TO ALL  
5:00 PM - 7:00 PM  
St. Luke's Parish Hall, Central Street,  
Woodsville

**MONTHLY MEETING - ROSS-WOOD  
POST #20 AMERICAN LEGION**  
6:00 PM  
American Legion Home, Woodsville  
*Election of Officers*

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

**MONDAY, MAY 3**  
GOULD OLE BOYS MEETING -  
CHAMBER OF COMMERCE  
12:00 Noon  
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**TUESDAY, MAY 4**  
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MONTHLY MEETING  
7:00 PM  
Morrill Municipal Building, North Haverhill

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

**WEDNESDAY, MAY 5**  
3 RIVERS BUSINESS ASSOCIATION  
MONTHLY MEETING  
8:00 AM  
Woodsville Guaranty Savings Bank,  
Woodsville

**MONDAY, MAY 10**  
HAVERHILL SELECTBOARD MEETING  
6:00 PM  
Morrill Municipal Building, North Haverhill

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**Deadline for submissions is Thursday, April 22nd, 2010 for our April 27th issue.**

## SPRING PHOTO OR STORY CONTEST

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DROP OFF: At our office in Woodsville  
(Behind Trendy Threads)



# Anxiety And Panic

## Part II

Last week's newsletter talked a bit about anxiety and panic, touching briefly on the differences between the two. It also included a fair amount of talk about "lifestyle" factors – those indirect but very real contributors to anxiety and panic. Much of the article was drawn from past and present interviews with my clients. This week's article will talk about ways to deal directly with anxiety and panic.

One up-and-coming supplement is the amino acid l-theanine, which is found in green tea. Many people who say that coffee gives them the jitters don't have a problem with green tea, even though it contains caffeine. In fact, when rats were given theanine along with caffeine, it completely negated the negative effects of the caffeine!

Theanine can be calming independent of caffeine. In one study, women aged 18-22 were given 50-200 mg of theanine or a placebo. Within 30 minutes, a brain scan showed increased alpha waves (associated with an "awake, alert, and relaxed" state of mind). The women also reported feeling "more relaxed. I think of theanine for people who can't contain their energy. a client who owns a health food store, and who tends to get a little hyper with the stress of his life-job, says a combination of 200mg theanine and 500mg GABA works for him. Anxiety aside theanine is good for you anyways. Research shows it protects rats and gerbils from damaging effects of strokes, protects them against liver cancer, and helps fat mice lose weight.

GABA (or gamma-amino butyric acid) is another anti-stress, anti-anxiety amino acid. GABA is a naturally-occurring neurotransmitter in the brain, where it dampens the excitability of brain cells. I've always considered it as a "quiet-the-mind" supplement, to slow down incessant

mental chatter. In fact, I have also suggested this to some people "with chronic muscle tension... people who are tight."

The herb Lemon Balm (*Melissa Officinalis*) is another option. Lemon Balm is excellent for hyper-active children, hyper-active adults, a calming herb to help induce calmness into sleep, simple anxiety and is safe (except it can make some anxiety drugs stronger and might be a problem in early pregnancy because it is in the mint family). Lemon Balm can be taken in a capsule, glycerine liquid extract or as a pleasant tea.

Passionflower (*Passiflora Incarnata*) is especially for anxiety related to blood pressure that gets high due to stress, then stays high into the evening hours, not allowing proper nutrition or rest. This is another herb that is beneficial in a capsule form, liquid glycerine extract or as a tea. I love it mixed with Catnip, Chamomile, Spearmint, peppermint, oat-straw, Lemon Balm in a delicious calming/relaxing/rebalancing tea blend. One of the most popular in my shoppe.

Motherwort (*Leonurus Cardiaca*) is specific for anxiety associated with increased heart rate. Motherwort helps balance blood pressure. Holy Basil (*Ocimum Sanctum*), is a delicious tea, with its pleasant, green flavoring, is calming. Three to four cups of tea a day, hot or cold, may be enjoyed.

True Brahmi (*Bacopa Monnieri*) is long used in India as a calminative, most of the modern research has focused rather on "attention disorders" when is given for a month or longer it has lasting effects. I

would seek out Bacopa, where one is constantly distracted by anxiety, or for any anxiety that takes its toll through the digestive system, leaving your gut crampy or spastic (IBS).

Crossing the line between anxiety and panic, the nutrient inositol can be amazing. It is absolutely safe, relatively inexpensive and tastes like sugar. It's found in every cell of our bodies. But does it work? How does it work?

Inositol is part of a number of second messenger systems. Let me explain. Neurotransmitters are chemicals that regulate mood, and affect the behavior of the brain. They do this by sending messages to brain cells. However, they only deliver their messages to the outsides of cells; a "second messenger" is needed to carry that message inside. Inositol is crucial part to second-messenger systems for practically every neurotransmitter known. In a sense, we can say that inositol helps the brain manage better. There's also good research on obsessive-compulsive disorder, with a significant improvement at 18 grams a day in 6 weeks. Another study found it effective in anxiety-driven bulimia and binge eating. There's good research on depression, too.

If you want to try inositol, you're going to want to try it in powder form. While a standard dose is less than 2 tbsp. of this sweet powder, that's equal to more than 20 pills. While it's not heard of for people to get slightly stomach-achey or gassy while taking it, those appear to be the only side effects.

*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*

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**\$5.00 DONATION INCLUDES TICKET FOR ONE FREE SODA**  
**MUSIC PROVIDED BY: M&R MUSIC**

# Bet Your Luck On A Day Adventure

*Spring is in the air, and you feel like getting away. Have you ever thought about spending a day at a casino?*

The adventure typically starts around 4:45am at the Saint Johnsbury Park & Ride. Well seasoned travelers bring their snack bags, pillows, and a good book to pass the travel time away. For those getting on at the first departure location, it is about a 5-hour trip down to the Foxwoods Resort. After picking up people in Wells River, Bradford, West Lebanon, and Springfield, the bus is now full of gamblers and bingo players eager to strike it rich at the casino.

About 30 minutes after leaving Springfield, Vermont, we start the fun and games on the bus. For the past couple of years, a Yankee swap variation of "Deal or No Deal" has been a bus patron favorite. There are 26 prize envelopes. A player is randomly selected to either pick an envelope for a prize, or swap their pick for a prize already awarded. It's really fun as prizes, both good and bad, are passed around the bus. Afterwards, we play bingo for instant lottery tickets. This usually keeps everyone entertained until we are near the casino.

Before we arrive at the Foxwoods, I remind everyone to bring their medication as there is no access to the bus during their casino stay, and that they also must also return back to the bus gate before the time announced by the Foxwoods bus greeter.

When we finally arrive at the casino near 10:00am, a Foxwoods bus greeter takes a head count and makes special announcements, including special promotions only offered to those arriving by bus. The greeter also distributes the

coupons for a free buffet, or \$10.00 food credit, plus \$10.00-\$15.00 worth of free keno play. It is good to redeem your keno play coupons as it takes about 2 hours to play all the free games, and is essentially the chance to win free money. Last year, I had one customer win \$500.00 by using his free keno play coupon.

Everyone soon departs from the bus for their 8 hour Foxwoods casino adventure. Many head straight to the table games, or the slot machines, plus some head to the high stakes bingo that starts at 10:30am. I usually go play bingo, as I can lose my money slower there (Foxwoods was not built and expanded by the winners). Usually the bingo players, will hit the buffet, and slots, or tables afterwards.

In addition to gaming (the casino's term for gambling), Foxwoods also has plenty of specialty shops, and restaurants, for every taste, including an "All you can eat" buffet.

Eventually, the 8-hour casino stay comes to an end and we must return back to the bus. We climb on board, and start our return journey. Once everyone is settled down, we start showing the movie. Some recline in their bus seat and rest, while other are still wound up from the excitement of the day.

Win or lose, many who take the bus enjoyed the experience, and often become repeat customers for a future casino fun bus day trip getaway.

If you are thinking about taking a bus to the casino, here is some information to help you decide...

Locally, there are at least 3 businesses that organize casino bus trips to the Foxwoods Resort, Mohegan Sun, and Montreal Casino. From the

Barre-Montpelier Area, Twin City Tours operates several day and overnight trips to Foxwoods throughout the year. In the Rutland-White River Junction area, Mountain Sun tours operates trips on a regular basis, mostly to Mohegan Sun. From the St. Johnsbury-Wells River-Bradford area, bus2win.com of Wells River operates Foxwoods casino fun bus day trips on select weekends during the Spring and Fall.

## **Here' are a few tips to make it a fun experience...**

Don't wait to order your bus seats. Many casino bus trips offered are based on only one motor coach, which is limited to usually 54-56 total passenger bus seats. Especially with weekend day trips, sell outs frequently occur well before the departure date.

Arrive at your departure location at least 15 minutes early. To arrive at the casino as scheduled, the bus must depart promptly from each pick-up location.

Bring photo identification, and your Social Security card. If you hit the Jackpot, and it is over \$1,199.00, you must provide the casino with proper identification for IRS reporting purposes.

Bring snacks, drinks, and a book. It helps pass the travel time.

Make sure you bring any needed medication into the casino. After you are dropped off, the bus must usually park off-site with absolutely no passenger access during your stay.

Return to the casino bus gate before the scheduled departure time. Bus trip organizers hate leaving people behind, but they will have no choice if the casino orders them to leave after the scheduled departure time.

Treat the whole casino fun bus day trip like an adventure, much like attending a concert, or a sporting event. Spend only what you can afford to lose.

## Forrester Officially Announces Candidacy For State Senate District 2 More Than 100 Enthusiastic Supporters Gather In Meredith

MEREDITH - Jeanie Forrester of Meredith, kicked off her campaign to become the Republican candidate for District 2 seat in the New Hampshire Senate before an enthusiastic crowd of more than 100 supporters and activists at Church Landing in Meredith.

"I'm running because I believe government has become the obstacle to prosperity and our freedoms", stated Forrester, a former Executive Director of Main Street projects in both Meredith and Plymouth. "I will fight to cut your taxes and reduce the barriers that stifle job growth and creation. Repealing the job killing LLC income tax would be a good start," continued Forrester.

As head of small business economic development programs in Meredith and Plymouth, Forrester worked daily with helping businesses and communities grow and from this experience saw first-hand the negative impact of higher taxes and over regulation on business and jobs growth. "Concord needs to make the same difficult decisions that business

owners have had to make. I'm passionate about helping small businesses and getting our citizens back to work," concluded Forrester.

The size of the crowd clearly indicated the campaign had strong local community backing and a serious campaign team. "As a supporter of small business and fiscal responsibility, I feel she will represent the interests of all citizens. I am excited to be a part of the change that is coming to New Hampshire," said Carol Gerken, a registered Independent and supporter from Meredith. "Jeanie will be a fresh face willing to go against the present culture in Concord," said Selectman Nate Torr of Meredith. "She will bring new energy to creating more jobs," concluded Torr.

Jeanie Forrester is a Republican candidate for State Senate District 2. She resides in Meredith with her husband Keith of 25 years. They own a small environmental technology company. Jeanie is a former Executive Director of the Meredith and Plymouth Main Street Programs.

## Cottage Hospital Auxiliary's Easter Dinner Basket Raffle Winners Announced

The Cottage Hospital Auxiliary recently held an Easter Dinner Basket Raffle to benefit the Annual Appeal in the purchase of a new EMG (Electromyography) Machine for the hospital's Neurology Department.

An EMG machine is a computerized system that is designed to test for nerve and muscle diseases, like Carpel Tunnel Syndrome, or a pinched nerve in the neck or lower back. If an individual is experiencing tingling or numbness in their arms or legs, an EMG will help diagnose the problem. This important piece of equipment will enable our staff to care for you more precisely and effectively.

The First prize of a complete ham dinner for six was won by Ed & Karen Rajsteter of Woodsville, New Hampshire. Drawn for a second prize of a Shaw's gift card was Ann Duffy of Monroe, New Hampshire.

The Cottage Hospital Auxiliary wishes to thank Walmart, Shaw's, and Dunkin Donuts, for their generous donations.

Membership in the Cottage Hospital Auxiliary is open to anyone in the community and usually meets on the first Tuesday of the month. Their mission is to support and enhance the hospital and its facilities for the benefit of its patients and the community. The Auxiliary runs several fund raisers throughout the year and some members also volunteer in different departments at the hospital. For more information please call (603) 747-9189.



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# Grafton County Nursing Home Celebrates Longevity



Grafton County Nursing Home is more than a nursing home. In addition to the care that we provide, we are a part of our community and able to witness its long and colorful history. GCNH strives to offer complete care in the sense that we care for the whole person, not just the body. Thirty percent of GCNH residents are aged 90 or over which gives us a unique and special bond with local history. Staff here not only can read about the past, but converse daily with any of the over forty residents that have lived through it. In a way, we are more of a living museum than a nursing home. At this time we have a group of elders aged 100 and over larger than ever before, and we thought it pertinent to share their stories. In an era where we find times are getting tough, a lesson about hard work and persistence can be learned from those who have lived without electricity, running water, and supermarkets.

**ANNE (BLOOD) WEBSTER:** Anne was born in Bradford Vermont July 18, 1906. Anne had two sisters and one brother. Anne's father passed at an early age after a horse and buggy accident. To support her family, Anne's mother worked at Dartmouth and instilled in Anne a tough work ethic. After graduating from Hanover high school Anne moved to Boston to learn nursing at Boston Children's Hospital. Boston is where she met and married John Webster a Marine Biologist. Anne moved all over the eastern seaboard with John spending time in Maine, Maryland, and Massachusetts. Finally Anne and John retired in 1960 to Plymouth New Hampshire. Anne has always been a baseball fan, and can still tell you about the time the Redsox first won the world series. Anne came here to GCNH in February of 2006 and will celebrate her 104th birthday with us this July. Anne currently holds the Boston Cane for this area.

**BERTHA (BRUCKER) WATTS:** Bertha was born November

22, 1908 in Boston MA and grew up in Jamaica Plains with her parents Louis and Emma Brucker, the first of their 8 children born in the United States. Bertha's father was the chef at the Parker House hotel and Boston, while her mother raised the family. Bertha graduated from the Mass School of Art where she had studied in Costume Design. Bertha married on July 11, 1936 to William J. Watts an Episcopal Priest, and had her children William Jr. and Diane. Bertha lived her life as a rector's wife moving to Pennsylvania, Connecticut, and back to Massachusetts. Bertha always enjoyed being with people and no matter where she went helped by volunteering for hospitals whenever possible. Bertha was always very social and put together fantastic dinner parties for her family and friends. Bertha loved to cook and sew and used her costumer skills to design several of her nieces' wedding gowns. When Bertha's husband passed away in 1972, Bertha learned to drive (at the young age of 68!). Bertha also continued with her love of travel, touring Europe in her eighties. Bertha lived on her own until the age of 94 when she went to live with her son William, and his wife Noreen. Bertha came to Grafton County Nursing Home in November of 2009 and celebrated her 101st birthday with us.

**ESTHER GALMICHE:**  
Submitted by  
**Kathleen A. Moore**  
Esther Galmiche was born in Mapleville, Rhode Island on April 4, 1909.

She was the daughter of Alexander and Victoria (Landry) Latondress and was the 5th of 7 children [Mary, David, Joseph, Violet, Esther, Edna, and Walter].

Esther attended PVS Elementary School in Carolina, Rhode Island and Westerly High School, in Westerly, Rhode Island. She was married to Raymond Frazer in 1925, and later married Louis Galmiche in 1945 in Elkton, Maryland. Esther had two daughters, Norma Louise

Young of West Fairlee, deceased in 1995; Doris M. Johnson of Lake Mary, Florida; and one son, Lewis G. Brierley of South Carolina, deceased in 2008. She also has 9 grandchildren and 12 great grandchildren.

Esther trained at the School of Licensed Practical Nursing [later known as Shepard-Gill School of Practical Nursing] in Boston, Massachusetts. She was one of the organizers of the movement to have practical nurses licensed as Practical Nurses in Massachusetts, the first state to do this. After her schooling, she returned to her hometown of Shannock, Rhode Island and worked as a nurse at the Westerly Hospital, South County Hospital in Wakefield, Rhode Island; Whittingsville, Massachusetts Hospital and in several area nursing homes, her nursing career spanning over fifty years. She was a member of the St. Mary's Ladies Auxiliary in Carolina, Rhode Island and the Rhode Island Nurses Association.

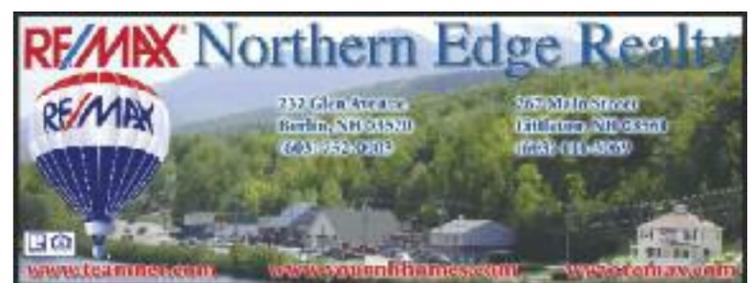
In 1987 she moved to West Fairlee, Vermont to live with her daughter Norma on Blood Brook Road. In 2003, Esther moved to Grafton County Nursing home where she has been very active in tating, working with second graders at the Woodsville Elementary School, attending church services at Grafton County, working in the country store, and going on many of the trips and activities provided by the nursing home. Esther is a life-long Red Sox fan and reports having seen Babe Ruth pitch for the Sox in Pawtucket. Esther will celebrate her 101st birthday with us this April.

**OLIS AUGUST:** Olis August was born in Portland Maine to Polish immigrant parents. Growing up Olis learned to speak and read and write in Polish as well as in English. Olis left school and home at a very young age moving to Danbury Connecticut to work in the hat factories there. When work ran out in Connecticut Olis moved back

to Portland and worked as a bell hop in the local hotels. Olis' work ethic was noticed by a kind hotel maintenance man who brought him to Portland Machine Co. and sponsored him for apprenticeship with the machine workers. Olis completed the four year apprenticeship with flying colors and moved on to work in automotive companies as a machinist. Olis studied to be an electrician in Chicago but decided to come back to the east coast. Olis worked for the American Can Co. in repair and machining, this was the company he later retired from. Olis married Dorothy in 1935 and was with her until she passed 43 1/2 years later. Olis talks about this time in his life as "wonderful" and full of joy. Olis enjoyed a variety of pastimes, raising wire-haired fox-terriers and poodles; fishing; taking color photo slides of his home and family; and most significantly gardening. Olis has long enjoyed creating beautiful and edible gardens and continues this hobby here at GCNH to this day. Olis married his second wife Mary in 1977 and moved with her to Corea, ME and then back to Portland. After selling his home on Concord street in Portland he and

Mary moved to Rumney, New Hampshire to be closer to her son John. Olis lived in Rumney until he came to GCNH in July of 2004. Olis continues to be independent and spirited, a general "man about town." Olis is our reigning Resident Council President, and is heavily involved with the happenings of the home. Olis loves the outdoors and spends most of his spring and summer tending to the plentiful beans, cucumbers, and tomatoes that he has planted. Olis will celebrate his 100th birthday with us this July.

**BERNICE (LUPIEN) LAMOTHE:** Bernice Lamothe was born November 15, 1910. Bernice was born and grew up in Warren, New Hampshire, and lived there for the majority of her life. Bernice went to the Plymouth Normal School for highschool. Bernice went on to Concord Business College majoring in business. After college Bernice worked as a book keeper for many years at Equity Publishing Co. Bernice married Roderick Lamothe in Plymouth New Hampshire in 1934 and had one son, Peter in 1936. Bernice always enjoyed being part of her town government and worked as part of the school board, auditor's board, select board, and supervisor of the check-list, all in the town of Warren. Bernice had a passion for books and loved the Joseph-Patch Library. One of Bernice's greatest pleasures was serving as a library trustee. Bernice came here to GCNH in April of 1997 and will celebrate her 100th birthday here with us this November.



**Haverhill:** Great starter home w/many updates such as new kitchen w/tiled counter tops and walls, new flooring and carpet throughout the home. Completely redone bathroom w/new shower, tub, sink & toilet. New water heater, Newer vinyl siding. Located on the Ammonoosuc River. **\$67,500!**



# Letter To The Editor

I know that this will qualify me as a certifiable old fogey, but I am tired of seeing young women, and some not so young women with three quarters of their body parts exposed for all the world to see. I am embarrassed when a salesgirl or waitress bends over and I can see all but her nipples. Even receptionists in doctors' offices and tellers in banks are showing it all. Do they think that exposing their breasts makes them more attractive or sexy, or what? Whatever happened to feminine mystique? Whatever happened to modesty? Whatever happened to decency? I know that my daughters tell me to "loosen up" and say that I dress like a nun, but there are certain body parts that I believe are more attractive when only hinted at. A little cleavage is one thing, but these girls and women leave nothing to the imagination. It makes me wonder what will be next? Don't tell me; I don't think I want to know.

Virginia Onorato

*Girls want or need the attention (low self-esteem maybe?) and they think that's the quick way of getting it. And it usually is but not in the right way down the line. Either way, girls (women) should be able to "express" themselves and sometimes it's a phase that they need to get through. However, with all that aside there should be a certain degree of decency in public settings but especially if you are serving the public. This goes for either gender and any age. It's not any different then if you went in to have surgery and your doctor saunters in and has got his pants down around his thighs and you see 1/2 of his Superman boxer shorts. And to go one step further... if the first thing that comes out of his mouth is "Whassup Dude", I'd be wanting a second opinion. Dress and appearance, right along with language advertises yourself (and/or your business as an owner or an employee). People and not just girls, should keep that in mind at all times when any one else is involved in any public setting.*

Jeanne Emmons,  
Graphic Designer – Trendy Times

# Letter To The Editor

Just a couple of comments on two recent pieces in your paper - the first has to do with the March 16 letter to the editor by a writer whose wish to remain anonymous you honored. That writer had multiple remarks regarding the Haverhill Road Crew and some of their practices and habits as he or she had observed them. Not laudatory. There was no follow-up response letter in your next issue, two weeks later and I'm wondering why. In the absence of truth, or facts, imagination runs wild in most of us, human nature being what it is.

The allegations are true or not true, or somewhere in between. If they are not true, the time is past to set the record straight. If they are true, the time is past to explain why they are true. There may be good reasons why they are true, or there may be ongoing efforts to correct what may be wrong. The longer the issue goes unaddressed, the more people will not see the situation clearly and invent even worse scenarios.

My second comment has to do with writer David Turner and his article, "Something to Think About..." words to his father, now passed on. There's no doubt that such honest soul-baring struck a universal cord with many of us readers - could be now that certain words will now be spoken by sons and daughters to mothers and fathers that might not otherwise have been spoken. Well done David. His father sounds like person of integrity and self-worth and we all move a little closer to heaven when we speak the truth to those deserving of hearing it.

Robert Roudebush  
North Haverhill, New Hampshire  
603-787-6549

*Thank you Robert for your comments on articles appearing in Trendy Times. Readers such as yourself are what will help make us the "Newspaper" we strive to be. A compilation of ideas, comments and concerns from members of the general public.*

*As Editor I am more than happy to write what I can, but it is the readers of this area that know better than me what is going on out there. It is those comments that will help inform others of the need to act to make a project happen. Or it may be a call to react to a group heading in the wrong direction. It could also be simply praise for a group that has done a job well.*

*The short comment is this: If you think it is worth telling your friends, then it is worth telling everyone. So please let us know as if need be we will help get your comments in print.*

Gary Scruton,  
Editor – Trendy Times

# Music, Time and Place Follow the Silver Threads Braiding Music and Landscape Design through History

Bradford Public Library will host a "Salon" to explore the links between music and landscape design through history on Thursday, April 22, at 6:30 in the beautiful and historic Library Reading Room. Sandy Price will give a multi-faceted presentation linking classical music with images of beautiful landscapes. Rebecca Gottesman will display her original watercolors of inspiring landscapes. Delicious confections and tea will be served after the presentation.

Program is co-sponsored by the Bradford Public Library and the Bradford Conservation Commission and is free and open to the public.

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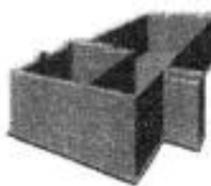
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# GOT AN OPINION?

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gary@trendytimes.com

Let everyone know what you think & why.

Just be ready for one of our editors to respond.

# DD Form 214 – Social Security Benefits

Good information for all Veterans who served on Active Duty between 1957 and 2001!

Please share this with anyone who's had active duty service between January 1957 to December 31, 2001 and planning for retirement.

In a nutshell it boils down to this: You qualify for a higher social security payment because of your Military service, for active duty any time from 1957 through 2001 (the program was done away with 1 January 2002).

Up to \$1200 per year of earnings credit credited at time of application - which can make a substantial difference in social security monthly payments upon your retirement.

You must bring your DD-214 to the Social Security Office and you must ask for this benefit to receive it!

Soc Sec website: <http://www.ssa.gov/retire2/military.htm>

This is something to put in your files for when you apply for Social Security down the road.

It is NOT just for retirees, BUT anyone who has served on active duty between

January 1957 to December 31, 2001. FYI - this benefit is not automatic, you must ask for it!

We've all been on active duty between 1957 and 2001 or know someone who has.

Passing on good information for all you military folks when you apply for social security. I know this may be too early for some of you to think about social security

but, keep living and you will reach that age.

CAROLYN L. WILSON - CTR Security Specialist  
USD (P) Security Operations  
Pentagon, Room 5E628  
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DSN 671-9262  
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### Estates Auction

Antique Furniture & Accessories

Fine Art

**Saturday, April 17, 2010 10:00 a.m.**

Bradford Community Center, Route 25 South, Bradford, VT

The last sale of our "winter" season at the Bradford Community Center features the partial contents of Norwich & Vershire VT homes with additions from Lancaster, NH and other area homes.

**Furniture:** beautiful late 18c Chippendale mahog slant-lid desk w/dovetailed case (36" w); cupboard w/2 sm drw/2 tombstone panel doors on cutout base; 1 drw kitchen work table w/scrubbed top & nice overhang; 2 dove-tid blanket boxes w/ tills --1 in old blue/gray pnt, other in old red w/orig hinges; turtle top, snake foot candle stand; Shaker #3 rocker w/ Mt Lebanon, NY stamp; oak store display shelf; shoe factory rack; dough box on legs w/copper lining; homemade child's pine slant-lid desk; custom 7' farm table w/ hefty tapered legs; pr N Haverhill NH Windsor chrs souvenir of 1938 NE Hurricane; drop leaf tbl w/tapered legs; set 6 Paine Furn Chippendale chrs w/grouped reed splats; Victorian balloon-back arm chr; pine 4-drw bureau; twig stand; ogee mirror; oak parlor easel; Wallace Nutting twin bed; grain pntd kindling box, custom mantelpiece; paneled tool box w/inserts; iron-bound dome-top trunk; & more!

**Accessories:** wonderful folk-decorated clock shelf; heavy brass Federal andirons w/ball & claw feet; unusual triangular Ray of Light lantern w/red glass; redware storage crock w/appl handles & manganese splashes; sm redware top hat; stoneware inc 6qt crock w/fanciful cobalt design emb D Weston, Ellenville NY, #1 jug emb FB Norton Worcester MA, #2 jug emb JH Hayes Manchester NH, beer bottle emb J Chester, & more! Albany slip milk pitcher & Havana, NY batter pail; sm Bristol bean pot & jar; 9 Wedgwood dinner plates; few pcs Royal Doulton Michelham; 6 Villeroy & Boch red trans chop plates; 1905, '09, '30 B&G X-mas plates; McCoy Mamie cookie jar; Buchan thistle stoneware; silver overlay glass; glass punch set; dovetailed copper kettles; cast brass 3-footed pot; 9drw wall spice box; tin logging camp-size coffee pot; brass bed warmer w/emb floral design; Art Nouveau hammered copper & silver mug; pr pewter push-up c-stix; brass push-up c-stix; pr iron candle wall sconces; tin wall sconces; tin-4-candle mold; sweet bl gl finger lamp w/applied handle; other ker lamps; 1920's lamp w/rev pntd shade; spelter lamp w/cherub base & slag/metal shade; quantity chandelier prisms; Ansonia brass mantle clock; treen sander; few pens & desk accessories; country quilts; linens; paisley shawl; new Liberty handbag; 2 Afghan carpet saddle bags; Shaker-style hand braided rug w/good color; hooked rug patterns; oriental scatter rug; & more!

**Jewelry/Coins:** Victorian jewelry inc rolled gold, gf, watch chains, & jet; vintage costume jewelry inc sterling, rhinestones & few pcs Bakelite; sm collection coins; & more! **Fine Art:** color lithograph L'Inspire attrib Marc Chagall 1963 reg ed (img 9.5x12.5"); etching Femme Nue Couchee attrib Pierre-Auguste Renoir c1960 (posthumous ed, img 5x7.5"); lovely pair large oval O/C floral still-lifes (39" h); early W/C of sailing ship w/note "At Brighton 24 Jan 1836... Boat coming in rough weather" (img 4.5x7.5"); lg (2x3) 20th c O/C landscape sgnd J Craig; med format Wallace Nutting silhouette #27; folkly O/C goldenrod; W/C rooster sgnd C Veysey; etching pencil sgnd Carol Travers Dimmus; collection tinted photos inc Nutting's Larkspur & Dixville Shadows, Sawyer's Ledges Mt Mansfield Road & Echo Lake, Davidson's Mohawk Trail Climb & Quechee Gorge & more; **Ephemera/Photos:** 2 Kimball Bros liniment broadsides; Gebbie & Co's 20 part folio The Laurelled Chefs D'Oeuvre D'Art of the Paris Exhibition & Salon, 1889; Scribner's 5 part folio American Illustrators, 1893; 1930's photos thoroughbred Cyanide & Concert; cb Wilkie for President poster (as is); lot moon landing newspapers; groups books inc art & antique reference, Hawthorne's Scarlet Letter w/FOC Darley illustrations 1884; vintage ophthalmology & more; **Tools, Misc:** 1917 NH enam license plate; early child's sled in old pnt; red Star "Save The Tags" tobacco cutter; deco Marino accordion; old bottles inc Buffalo Lithia Water, Atkinson Depot NH Spring Water, cobalt master ink, amber Middletown Healing Springs (VT) (chip), & more! Pike(NH) No4 Household grinding wheel; wheelwright's mallet; planes; lg foundry ladle; few other old tools; wagon jack in old red wash; wooden wheel for barrow; The Saxonia pneumatic vacuum; Jones countertop scale; sundial on concrete column; 1985 Cabbage Patch doll NIP; & much more!

**NOTE: In event of severe weather, auctioneer reserves right to delay sale one hour.**

PREVIEW: Friday April 16, 3:00 – 6:30 P.M. & from 8:30 A.M. DAY OF SALE

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DIRECTIONS: **From Interstate 91 North & South** use Exit 16 for Bradford, VT. From exit ramps, go 1 mile on Rt. 25 South straight through the traffic light at the junction with Rt. 5 and past Farmway to auction site on the left.

Watch for auction signs -- parking and entrance are at rear of building.

**Next Auction:** Sunday, May 23 we'll be back at the barn with our semi-annual Firearms, Sporting & Tools Auction.

# Letter To The Editor

"I didn't know that"

I was always told that you never stop learning things. As you get older you still learn even more.

For instance:

The Wells River Trustees can take a road that was made into a trail in 1954, and now call it a "trail road" and that it is OK to be used commercially for a 10 year project. "Isn't that just amazing?"

Also how town of Newbury boards handle situations like this. There is more to this story, but I'll stop here.

Well, I'm 67 years old, and can't wait until I'm 70 years old to see how much more that I will learn. Like I said, "I didn't know that".

Kenneth B. Glaude  
Wells River, VT

*Kenneth,*

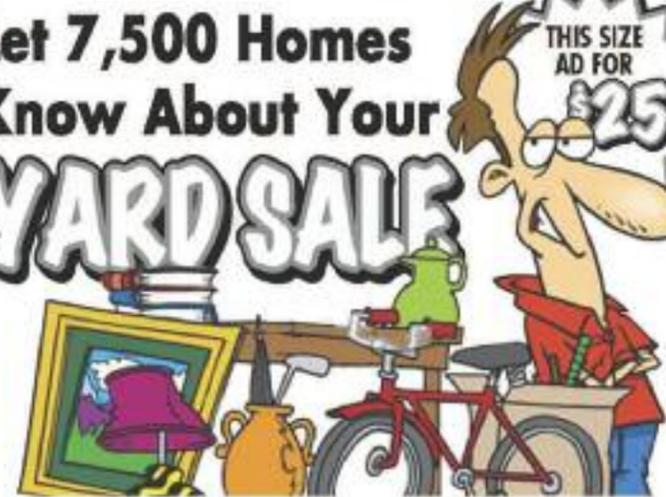
*I want to echo your sentiment and also hope I never stop learning.*

*In regards to the decision of the Wells River Trustees, I certainly hope that they will let our readers know all about the details of the change in status of the "trail road".*

*It is readers such as yourself that will help further the conversation. Thank you.*

*Gary Scruton,  
Editor – Trendy Times*

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Pay range \$9.50/hour with night and weekend differential (up to 34 hours per week for 10 weeks).

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Interviews will begin May 15 until suitable candidate is found. Target start date is June 1, 2010.

E.O.E.



# Science, Engineering & Technology SET

By Kathleen Jablonski,  
Extension Educator for 4-H Youth Development

Are your kids SET for life? In 4-H, we hope they are and that is why we are promoting 4-H SET: Science, Engineering and Technology education.

For the past three years, the National 4-H Council has led a campaign called 4-H SET with the tagline: One Million New Scientists, One Million New Ideas.

This program is a way for science, engineering and technology learning to take place in out-of-school settings. Teaching 4-H SET projects in a variety of locations and involving diverse audiences helps to expose youth and volunteers to scientific principles as well as career opportunities. The "Learning by Doing" motto, used with the Eight Essential Elements of positive youth development, is shared by youth and adults alike who participate in the SET project areas.

According to information from the National 4-H Council, 4-H is helping to

address our nation's critical challenge by preparing one million new young people to excel in science, engineering and technology. As a public-private partnership, 4-H can focus resources and expertise through SET to improve science literacy; increase the number of American students seeking undergraduate degrees in science, technology and engineering; and increase the number of young adults pursuing careers in these fields. This includes the field of animal science and genetics.

In Grafton County, New Hampshire, we are promoting an event for October 6, 2010: National Science Experiment Day. Watch for free information this fall about the National Science Experiment Day, the experiment, and how to run it with your group of youth.

UNH Cooperative Extension is also working with after school programs to

implement a National Science Foundation Grant: NPASS (New Practices in After School Science). Interested afterschool programs who want to become involved for the 2010-2011 school year should contact the Grafton County UNHCE office.

This spring, information will be available about our newest 4-H Project: Wind Energy. As always, we are looking for interested volunteers to work with our project areas and to get kids excited about science. For more information about 4-H SET and 4-H programs in Grafton County, contact our UNHCE office at 787-6944 or email: Kathleen.jablonski@unh.edu

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# A Blast From The Past

June 1969 North Country Journal



Haverhill Police Chief John Roden accepts contribution to Jimmy Fund, of which he is local chairman from Brenda Fellows, left and Cindy Maynes. The youngsters raised \$10 for the fund by picking and selling bouquets of wildflowers.

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# Bath Village School Honor Roll

Here is a list of our honor roll students for the second trimester period - 4th-6th graders.

## ALL A'S

**6TH GRADERS:** Jaret Bemis, Derek Maccini, Danielle Martin, Melenie Peters,  
**5TH GRADERS:** Alyssa Jellison, Dennis Ruprecht, Jr., Eric Thronton  
**4TH GRADERS:** Peter Mulcahy, Emma Sulham, Asher Solnit, Kyleigh Lamarre

## ALL A'S & B'S

**6TH GRADERS:** Hannah Barnhart, Alyssa Bach, Trisha Dion, Joshua Rollo, Griffin Romprey, Skye Savage  
**5TH GRADERS:** Hunter Dion, Eva LeClair, Morgan Locke, Gabby Taylor, Joshua Vance  
**4TH GRADERS:** Isaac Barnhart, Alexis Clark, Billy Green, Madison Lewis

# MEADOW LEASING

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THE WORLD'S NEWS LEADER

# Six Steps To Fix Obama Care

By Bob Guida for Congress

With the passage of Obama-care, many Americans feel as if government has slapped us in the face. And that's probably putting it mildly. Predictably, many are calling for a repeal effort after the coming November elections. While speaking about "repeal" makes people feel better, it will not happen. Here's why:

There are not enough Democrat seats up for election in the US Senate to establish a veto-proof majority; conservatives need to capture 27 seats for a veto-proof Senate, and only 15 are up for election this fall.

In the House, we need to win 112 seats to become veto-proof; while all indications are there will be significant conservative gains in the

House in November, retaking 112 seats would be a turnaround of epic proportions. Thus, any repeal passed, even with new Republican majorities in the House and Senate, will be vetoed by the President, and the House and Senate will have the required votes to override the veto.

There are, however, steps we can take to mitigate ObamaCare's assault on our personal freedoms and our free enterprise system. At the same time, Congress can implement the true reforms we do need, without the shameful Congressional bribery and special interest payoffs that were needed to pass ObamaCare.

First, Congress should reverse the Medicare cuts the Democrats dumped on our

seniors. These cuts will harm seniors' health and will drive up their medical costs dramatically. Reversing them is the right thing to do.

Second, Congress should pass legislation requiring all elected members, congressional staff and Executive staff to use the ObamaCare plan for as long as it remains law. We must put an end to exemptions of the ruling elites from the policies and laws they enact for the people they are supposed to serve.

Third, Congress should deny funding for ObamaCare using the appropriations process. This will immediately stop the government takeover of our health care system comprising 16% of our national economy.

Fourth, Congress needs to implement real health insurance reform, including (1) "loser-pays" tort reform requiring the losing attorney to pay some of the costs; (2) negotiating state restrictions on insurance competition; (3) requiring portability; (4) providing better

tax incentives to businesses that insure employees; and, (5) allowing families to deduct the full cost of health insurance from federal income tax. These actions will significantly reduce health insurance costs; they will not raise taxes, and they will make health insurance available to all but the very poor.

Fifth: As a nation, we can provide a safety net for those who are truly unable to afford health insurance. It makes no sense -- and it costs a huge amount -- to care for them in hospital Emergency Rooms. Options we should consider include:

- expanding Medicare and means testing participants providing additional tax deductions to people under certain income thresholds
- eliminating fraud and waste in the current Medicare system
- further expanding the availability and use of Medical Savings Accounts

Everything should be on the table, except creating a massive, expensive and ineffi-

cient government health care bureaucracy.

Sixth, and perhaps most importantly, Americans must remain active and vigilant. By staying energized and working hard, we can capture enough seats in 2010 to stop the runaway spending and massive expansion of government we have seen during the past year. If a Republican/fiscal conservative wins the White House in 2012, only then might we be able to repeal ObamaCare and accomplish the fiscally responsible and still-much-needed reforms to address the problems with the health insurance industry.

True health insurance reform will require us to think long-term, use all our resources and consider all possible options. But we cannot and must not accept the huge expansion of government bureaucracies and costs that was just signed into law. With your help, I am confident that we can send this healthcare debacle - and Mr. Obama - on a well deserved march into history.

April 13, 2010 Volume 1 Number 22

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# Agent Orange Retro Claims Allowed

By Tom Philpott – April 1, 2010

## New Agent Orange Rule to Allow Retro Claims by 86,000

About 86,000 Vietnam War veterans, their surviving spouses or estates will be eligible for retroactive disability compensation from the Department of Veterans Affairs -- an average of 11.4 years for veterans and 9.6 years for survivors -- under a draft VA rule to expand by three the number of diseases presumed caused by herbicide exposure in the war.

The 86,000 are beneficiaries who can reopen previously denied claims for these conditions: ischemic heart disease, Parkinson's disease and chronic B-cell blood cancers including hairy cell leukemia. But another 29,000 claims are expected to be approved this year for Vietnam veterans suffering from these diseases but applying for benefits for the first time.

The projected cost of this dramatic expansion of claims linked to Agent Orange and other defoliants deployed four decades ago is \$13.6 billion this fiscal year and \$42.2 billion over 10 years. VA plans to hire 1772 new claims processors, starting this October, to be able to handle these claims "without significantly degrading the processing of the non-presumptive workload."

In the proposed rule published March 25 in the Federal Register, VA officials explained that Secretary Eric Shinseki has cut the usual 60-day public comment period by half "to promote rapid action" on these claims.

When a final rule is published, soon after April 26, VA claim offices across the country can begin making payments. Veterans with these diseases will need to show they set foot

in Vietnam during the war. Those who served aboard ship just off the coast remain ineligible.

John Maki, assistant national service director for Disabled American Veterans, said DAV was glad to see the comment period cut to 30 days. Otherwise, the draft regulation contains no surprises. "It basically is going to take those three conditions and just add them to disabilities already listed as presumptive diseases for Agent Orange," Maki said.

One surprise still might be the thoroughness of the draft rule's analysis of the beneficiary populations and the costs facing the department from this wave of claims for both retroactive payments and new benefits.

Adding ischemic heart disease to the list of presumptive Agent Orange illnesses is by far the most significant part of the new rule, accounting for 82 percent of additional expected payments to beneficiaries.

The rule defines ischemic health disease as a condition causing inadequate supply of blood and oxygen to the myocardium, the middle and thickest layer of the heart wall. "IHD" can include, but is not limited to, acute, subacute and old myocardial infarction; atherosclerotic cardiovascular disease including coronary artery disease (or spasm) and coronary bypass surgery, and stable, un-

stable and Prinzmetal's angina.

Because IHD is a heart disease it "does not include hypertension or peripheral manifestations of arteriosclerosis such as peripheral vascular disease or stroke," the draft regulation explains.

Of 86,000 beneficiaries eligible for retroactive claims, VA estimates that nearly 70,000 of them are living Vietnam veterans, their average age now 63. Of those, 62,200 previously were denied compensation for IHD, 5400 were denied for B-cell leukemia and 2300 for Parkinson's disease.

About 53,000 who previously filed claims for these diseases already are receiving VA compensation for other service-related diseases. Of those, roughly 8350 are rated 100-percent disabled and therefore might not be eligible for retroactive pay.

VA assumes that veterans with Parkinson's disease or for B-cell leukemia will be awarded a 100-percent disability rating. The average rating for ischemic heart diseases is expected to be 60 percent.

In calculating VA costs from this change, VA assumes that 80 percent of the eligible population will apply for benefits and 100 percent of those who do will be approved. But eligible vets and survivors must file claims to get paid; nothing will happen automatically. To file

claims online visit: <http://va.benefits.vba.va.gov/vonapp/main.asp>. Veterans without a computer can call a toll-free helpline at 1-800-749-8387.

VA maintains a directory of veterans' service organizations with trained staff to help in filing claims. The website: <http://www1.va.gov/vso/>. Many state, county and local governments also have personnel to help. Find information on these agencies at: <http://www.va.gov/statedva.htm>.

VA also expects many ineligible veterans to file claims. They will be found ineligible because they can't show they ever set foot in Vietnam though they suffer from one of the qualifying diseases. Many claims will be filed by veterans with hypertension but those will be rejected because that condition is not a "heart disease" under the VA draft regulation.

In total, VA expects claims volume from presumptive Agent Orange diseases to hit 159,000 this year and to exceed 270,000 by fiscal 2019.

Maki noted that entitlement to benefits only occurs with final publication of the regulation.

Retroactive payments usually will be made back to the date a claim was filed for a presumptive disease.

"It is possible, since this is a liberalized law, that somebody may be able to get the retroactive date [moved back] to one year prior to the effective date in the regulation, if they can show they had the claimed condition prior to that year," Maki said.

The growing list of Agent Orange diseases stems of a court case, *Nehmer v. Department of Veterans Affairs*, filed in 1986. The class action lawsuit won by veterans, and reinforced by legislation, requires VA to direct the National Academy of Sciences to report every two years on any positive association between new diseases and exposure to herbicides in Vietnam.

In 2007, the Bush administration went to court to challenge the legal need for NAS studies on presumptive AO diseases to continue. It lost. The NAS reports are to continue through Oct. 1, 2014, with the possibility that more diseases will be found to have an association with herbicide exposure.

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# TRENDY KITCHEN

By Ronda Marsh

## Frosty Toffee Pie

Spring has arrived in the North Country! Or, at least on the day I wrote this little column it seemed quite like spring. Knowing how fickle New England weather can be, and how much winter hates to release its icy grasp on our neck of the woods, I hesitate to declare the snow a done deal until all visible signs of its presence have left the top of Mount Washington. And that might not be until July! So, at the risk of jinxing our recent bout of lovely weather, here is a recipe for an easy and summery treat that will make you long for the warm days ahead, and will impress adults and kids alike when you pull this frosty dessert from the depths of your freezer. In the interest of full disclosure, I have to tell you that if you look real closely at the accompanying picture, you'll notice that despite the name of the pie, the top is adorned with mini chocolate chips instead of the requisite toffee bits. Don't blame me; blame the thief who surreptitiously plundered my bag of toffee and ate half of them. Despite that little hiccup in the recipe, it all worked out in the end, proving once again that necessity is indeed the mother of invention...especially in the kitchen!



• 3 ounces cream cheese, softened  
• 2 Tablespoons sugar  
• 1/2 cup half & half  
• 1 8-ounce container Cool Whip  
• 1 8-ounce bag (2 cups) Toffee Bits (like Heath Bar crunch)  
• 1 pre-made graham cracker, chocolate cookie, or shortbread crust

In a large mixing bowl, beat the cheese and sugar until creamed together well. Add the half & half and beat until smooth.

Fold in the container of Cool Whip and 1 cup of Toffee Bits.

Heap mixture into crust; then sprinkle top with remaining Toffee Bits.

Cover pie and freeze overnight.

Allow pie to sit at room temperature 10 minutes before serving.

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May 2002

Dear Mom,  
Thank you, for being the person I can always count on to be there for me, as my advisor, my confidant and my dear friend.  
Through thick and thin, all laughs or lots of tears, your love has given me the strength and pride in the legacy you have passed on to me and my family.

I love you mom.  
Always, Phyllis



Photo by Phyllis A. Eaborn

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