

A FREE PUBLICATION
NEXT ISSUE: TUESDAY, JULY 6TH

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

JUNE 22, 2010 VOLUME 1 NUMBER 27

July Is Entertainment Month

The publish date of this issue of Trendy Times is Tuesday, June 22, 2010. That means that summer is here! Officially it began on Monday, June 21, 2010 at 7:28 am EDT. Of course unofficially summer began on Memorial Day Weekend when there were big events and small picnics or backyard cookouts throughout the area.

Now that summer is here we are preparing for one of the busiest months of the year in this area. Busy, that is, in regards to big events. July holds four very large events, three of which could easily be considered the biggest of the year.

Let's take a look at the four in chronological order. The month starts with the Woodsville/Wells River Fourth of July celebration. Run by a dedicated, but small group of volunteers, the day packs a lot of entertainment into a short time span. It begins with one of the largest 4th of July

parades in Northern Vermont and New Hampshire. Covering the entire two mile parade route there are marchers, bands, National Guard equipment, floats, bicycles, cars, and much more to entertain young and old. The committee hands out cash awards in three different categories and does not charge a fee to enter. (see page 7 for the full schedule). Once the parade is done there is music, bingo, food, vendors, rides, a petting zoo and more on the Woodsville Community Field. Plus a gigantic fireworks display fills the night sky at 10 PM. It is a great day, and a great way to kick off the month of July.

The next big event in the immediate area for July is the Connecticut Valley Fair. This long time fair runs from July 15th thru the 18th at the new fairgrounds on the Lower Plain in Bradford. Also run by volunteers, the fair is still settling in to their new digs. But

they offer up some great entertainment for the whole family. (A full schedule will appear in the next issue of Trendy Times) One great point is that your admission price also gets you on all the rides at no extra charge. They also feature lawn mower races, go cart racing, horse pulling, a horse show, and many, many more events.

Next on the list of big events is the Cracker Barrel Bazaar which comes along on July 23 & 24 on the Common and surrounding facilities in beautiful and historic Newbury Village. The center pin of this event is the Fiddlers' Contest held on Friday night beginning at 7 PM. With five categories of fiddlers, all being awarded cash prizes, the entertainment is well worth the admission fee. And don't forget one of the best chicken pie dinners that you can enjoy. It takes place Friday before the fiddlers take the stage. The Saturday schedule at Cracker Barrel includes hay and boat rides, craft fair, live music, a display from VINS, and some wonderful historical displays and talks.

The month of July wraps

up with the biggest event of the year in this area, the North Haverhill Fair. It runs for five days from July 28th thru August 1st. Like all the others, it is run by volunteers who put in countless hours in preparation and operation of the event. Held on the Fred C. Lee Memorial Field just south of the Haverhill/Newbury cross road the fair is celebrating its 66th year of operation. Big events include the concerts on Friday & Saturday nights, the Thursday rodeo, demolition derbies on Wednesday & Friday, 4x4 pull on Sunday and animal pulling events every day. North Haverhill Fair also has a great adventure tent. An area where Mom and Dad, or Grandma and Grandpa, can sit and take a break while the little ones explore all the free activities. There are also buildings full of displays of art, crafts, vendors, and even a maple museum.

All of these events add up to a great month of July in this great area we live in. So prepare yourself for a great month, and get out there and enjoy all that is available.

Gary Scruton, Editor

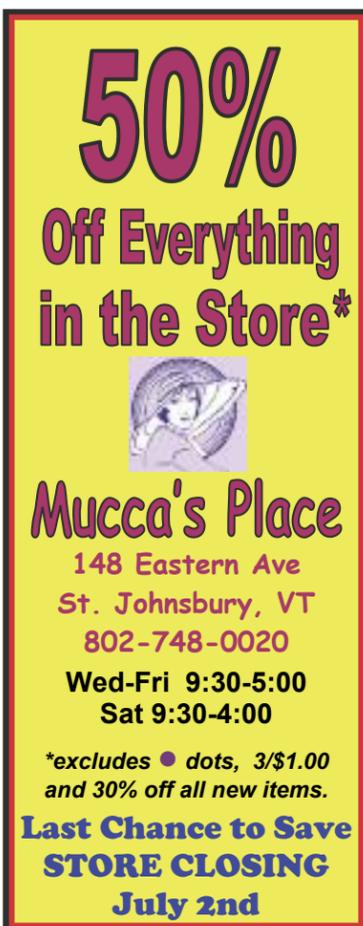
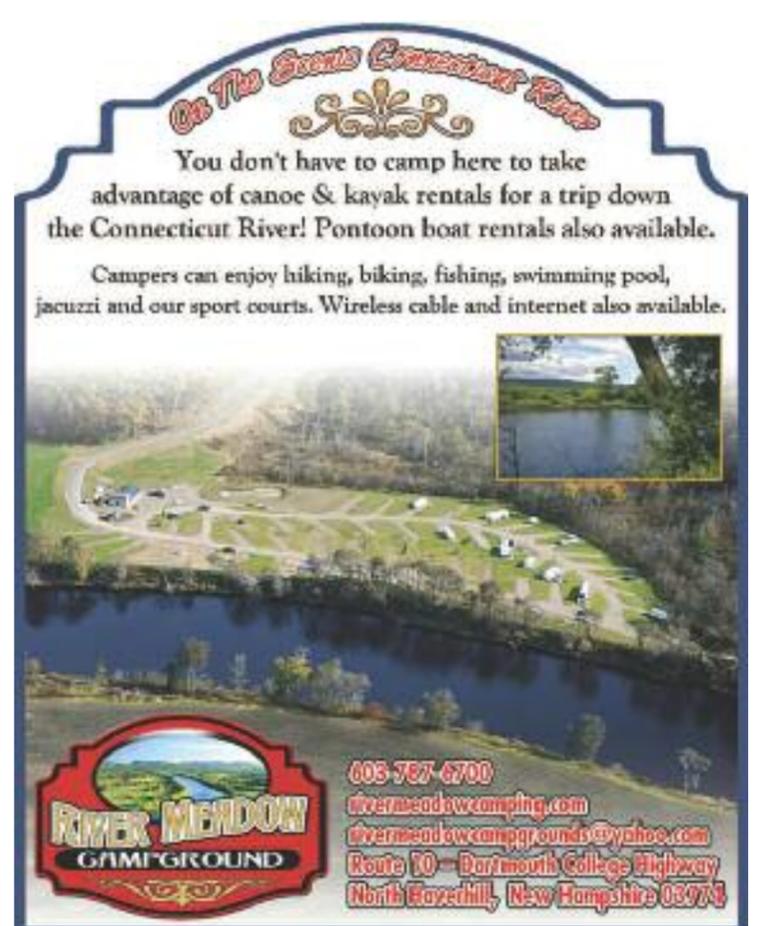
Fourth of July Celebration
 Sunday, July 4

Connecticut Valley Fair
 Thursday, July 15 through Sunday, July 18

Cracker Barrel Bazaar
 Friday, July 23 & Saturday, July 24

North Haverhill Fair
 Wednesday, July 28 through Sunday, August 1



Strawberry Festival

Saturday, June 26
9 am - 3 pm
On the Commons, Haverhill Corner

Fresh Strawberry Shortcake
Hand Crafted Furniture, Paper Crafts,
Dolls, Books, Painted Glass And More!

Vendors Wanted - Contact Evelyn Brown at 603-787-2571

COBURN AUTOMOTIVE



Brakes • Tires • Exhaust
Welding • Tune-ups
Lube, Oil & Filter • Lockouts
NH Inspections
Complete Engine Rebuilds

603-747-8118

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

G.R. SMITH

Trucking & Excavation

FREE ESTIMATES - GREAT RATES

Site Work • Water & Septic Systems • Cellar Holes • Driveways
Demolition & Debris Removal & Cleanup • Stump Removal • Ponds
Trucking Equipment, Stone, Gravel, Sand, Topsoil, Stigmat, Fill, Etc.

1936 Route 302 • Wells River, VT 05081
802-757-8048 • crsmithexcavation@hotmail.com

IMMEDIATE MACHINE OPERATOR POSITIONS

Available In Our Busy Mailing Department

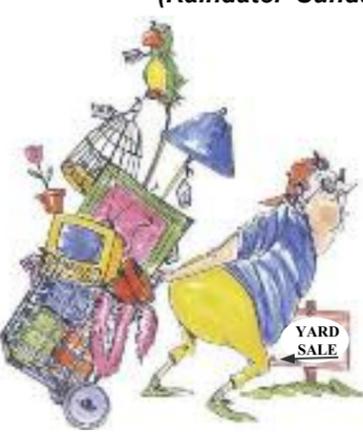
Upper Valley Press, Inc. is searching for motivated, positive individuals to operate mail inserting machines in our busy mailing department. The ideal candidate will possess the ability to run production machinery, pay close attention to detail, be quality driven and will have the ability to meet department standards. Prior machine operator experience in a manufacturing environment is preferred.

Upper Valley Press, Inc. provides excellent wages, benefits, 401(k) an air-conditioned work place and more. We offer opportunities in a solid company with an excellent record of stability and growth! Interested applicants please apply in person or submit a resume to:

UPPER VALLEY PRESS, INC.
446 Benton Road
North Haverhill, NH 03774

Yard Sale

Saturday, June 26th
9:00 to 3:00
(Raindate: Sunday, June 27th)



We've got a barn full of stuff including:

- Refrigerator
- Victorian Oak Desk
- Sewing Machines
- Quilting & Sewing
- Ab Lounger
- Tools
- Elliptical Cycle
- Jewelry Display Case
- Car Bike Rack
- ... the list is endless!

Gary & Janice Scruton's
Bennett Lane (next to High School Parking Lot)
Woodsville, NH



Science, Engineering & Technology

Sixty Minutes A Day To Healthier Children

By Kathleen Jablonski,

Extension Educator for 4-H Youth Development

The minute your first child is born you start building family habits; you nurture and care for your children and always want the best for them. When they are small, they learn and do what their adult role models do. As the adults in the household you establish the family habits and hope your children will follow healthy lifestyles as they grow and eventually go off on their own.

In mid-May, I attended the Littleton Regional Hospital's Women's Health Conference. The keynote speaker, Dr. Joann E. Manson, Chief of the Division of Preventive Medicine and Co-Director of the Connors Center for Women's Health and Gender Biology at Brigham and Women's Hospital, Boston, gave an evocative testimony to what we intuitively know as common sense in how we eat and how we move. What's that got to do with youth development? Well, a lot. Usually, it is the female adult of the household who controls the nutrition and healthy habits of the family. Thankfully, since my days of childrearing, men are taking more active roles, and they, too, need to know how to guide and model for the children in their household when it comes to healthy lifestyle habits. A proverb I liked to quote when I was teaching child development classes was, "Teach a child the way to grow and walk some there yourself." It all starts with you.

As I sat there and listened to Dr. Manson, I jotted some notes about the findings she and her colleagues made:

Eat a balanced diet. Vary your family's diet to match the growing season and the amount of activities your family is involved with. Try some new recipes. Have the kids help make their meals. Children who help in meal preparation actually eat more of the meal that is served. Teach children how to make their favorite dishes, or ask them what new recipes they would like to try to make. The kids will learn how to cook and you may have them prepare dinner one night a week under your gentle guidance!

Eat more fruits and vegetables. Healthy New Hampshire and USDA's Food Pyramid recommend at least five servings a day. Our county abounds in fresh farm stands, farmer's markets, co-operatives and grocery stores that carry local produce. Find one (or more!) near you and try some new veggies, or fresh veggies cooked in a new way. "Sneak" some raw veggies into your day pack when you go hiking or offer them as an afternoon snack with a lowfat dip.

Move at least 30 minutes a day, and work up to one hour. Now IS the time to start...and do it as a family. Do you walk or exercise at least 30 minutes a day and at least five times a week? Studies show that even breaking up the exercise into three, 10 minute segments a day is as good. Do weight bearing exercise. Play. Work up a sweat. Make these habits last for six months and you and your family can have

them for a lifetime. Summer is a super time to get the family outside to walk, hike, and play badminton, garden, play at the local playground, swim or bike ride. There are trails and parks throughout our region. Take advantage of the local Conservation Society and Society for the Protection of New Hampshire Forest's efforts by enjoying their parks and trails. Find out about the local state parks and what adventures may await you. Find a new family and make friends with them while you try out a Valley Quest or other GPS adventure. Look into the low cost or free programs offered by the Science centers, national forest and other preservation associations. Movement can be walking and exploring your town's "famous" sites. Check with your local chamber of commerce to see if your town has a walking tour map you can follow. Walk the dog.

For more information about healthy eating and healthy lifestyles, check out the www.extension.unh.edu website. Follow the links to 4-H youth development's 4-H Healthy Living program, food and nutrition pages, the Nutrition Connection program links and the links to HEAL for up to date, research based information on healthy lifestyle and nutrition.

For more information about University of New Hampshire Cooperative Extension, refer to the website or call the Grafton County UNHCE office at 787-6944.

Warehouse Clearance Sale



Asphalt Shingles
Up to 1,000 Sq. Ft.
\$3990 installed



Metal Roofing
Up to 1,000 Sq. Ft.
\$4990 installed

Asphalt Shingles or Metal Roofing - We can help!
Call The Roof Guy® Today
603-667-7451 or 603-747-3187

Budget terms available

2010

June 25 - 27



Daily Awards
Give Aways

On Moore Reservoir

3rd Annual

www.mooredamfishingtournament.com



C & S LOGGING
 Clarence & Pauline Slater
 Firewood • Cedar Post • Logging
 View Cuts • Select Cuts • Stumpage
 Box 175 • Wells River, Vt. 05081
 Tel. (802) 429-2430
 Fax (802) 429-2113

Barnies Market
 Rte 2, Concord, Vermont

BOND
 AUTO PARTS

DALTON MOUNTAIN MOTORSPORTS
 475 Main Street, Lancaster, NH 03584
 www.daltonmountainmotorsports.com

HORIZON'S
 DELI & CONVENIENCE, INC.
 RAILROAD STREET STATION

Passumpsic
 Savings Bank

Our 2010 Sponsors

- Dads 4 By Tool & Supply
- Caplan's Army Store
- Rods Used Cars
- Horizon Deli & Convenience
- Timpson Building & Siding, Inc.
- Bond Auto Parts
- Gold House Pizza
- Winn Assoc. Realtors
- St. Johnsbury House of Pizza
- Passumpsic Savings Bank
- Century 21
- Harold's Concrete Construction
- North Country Motors
- Denis, Ricker & Brown Lyndonville

Prizes

Trout Prizes (daily - Fri., Sat., & Sun.)
 Brown, Rainbow or Brook Trout
 • \$500 for the largest trout caught
 • \$200 for the second largest trout caught
 • \$150 for the third largest trout caught
 MINIMUM LENGTH LIMIT IS 12"

Northern Pike Prizes (daily - Fri., Sat., & Sun)
 • \$500 for the largest pike caught
 • \$200 for the second largest pike caught
 • \$150 for the third largest pike caught
 MINIMUM LENGTH LIMIT IS 28"

Perch Prizes (daily - Fri., Sat., & Sun.)
 • \$5 for each of the first 150 registered on Friday
 • \$5 for each of the first 150 registered on Saturday
 • \$5 for each of the first 150 registered on Sunday
 The maximum allowed is 5 perch per day, per person.
 Youth are eligible in this category
 MINIMUM LENGTH LIMIT IS 8"

Bass Prizes (daily - Fri., Sat., & Sun.)
 • \$500 for the largest bass caught
 • \$200 for the second largest bass caught
 • \$150 for the third largest bass caught
 MINIMUM LENGTH LIMIT IS 15"

Youth Prizes (daily - Fri. Sat. & Sun.)
 • 1st Place trophy, Perception Express Kayak and paddle
 Donated by The Village Sport Shop, Lyndonville
 \$200. Gift card Cabelas Outdoor Outfitters,
 Fishing pole and fishing gear.
 • 2 nd Place trophy, \$300 Gift Card
 Cabelas Outdoor Outfitters
 • 3 rd Place trophy, \$100 Gift Card
 Cabelas Outdoor Outfitters
 Fishing pole and fishing gear.

PRIZES WILL BE AWARDED ON SUNDAY AFTER 2:30PM.

Prizes are awarded in accordance with appropriate state and federal laws. Please be advised that all prizes in excess of \$600 are subject to 1099 federal taxes.

Adult Fri. \$20 Sat. \$20 Fri. Sat, & Sun. \$45 Youth Fri. \$15 Sat. \$15 Fri. Sat, & Sun. \$35
 Youths 15 yrs. and younger

Name _____
 Address _____
 City _____ State _____ Zip _____ Phone _____

Moore Dam Fishing Tournament, P.O. Box 19, East St. Johnsbury, VT 05838

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

June 22, 2010 Volume 1 Number 27



Concord NH, NH State House: Ray Burton (R- Bath) files over 350 signed petitions from District One citizens for a 17th term as Executive Councilor District One and an 11th term as Grafton County Commissioner. Burton is the longest serving councilor (32 years) in the history of the Executive Council. Burton (right) is shown with NH Secretary of State William Gardner (center) and Former Grafton County Attorney Rick St. Hilaire (left) of Lebanon, a long time friend and advisor to Burton.

"I intend to work hard for re-election and welcome the opportunity to visit with the people of Grafton, Carroll, Coos, Belknap and Sullivan Counties in this 2010 election campaign. I consider it an honor to serve the people of this northern rural NH District."

Life At Grafton County Nursing Home

By GCNH Resident MiMi

What has 132 residents, 225 operational staff and a cat named "Pixie"? Many already know that it is the Grafton County Nursing Home. I have been here since 2005. I am one of the younger patients at age 55. I have Multiple Sclerosis and have advanced past being home to care for myself. As in any nursing home there are a multiple of ailments. I have never before been in a nursing home so I can only attest to it here, but it is a wonderful place to live. Take for instance, one of our day trips, fishing at Long Pond. It was wonderful communing with nature and doing it with good friends. There will be more fishing trips along with ice cream trips and shopping

at Wal-Mart. There are other great programs here such as our annual "Trick or Treat Street" at Halloween and I am sure everyone in the area is familiar with that one. We have a little store and cafe for resident's use.

I have asked a few of the Nurses and LNA's why they work here and I always get the same answer, because they like working here. They like the different challenges. They say the administration is always willing to listen to what the nurses need for a certain resident and they usually get a positive response. I asked two staff members on the third shift what they thought. One loved the one-on-one he gets with a resident, getting

them up and ready for the day. Another liked the third shift as he didn't have to deal with the drama of the day shifts and he lived very close by. Me, I like getting up very early and am grateful that I can do that. I have not met anyone who wants to be in a nursing home, but most families and resident's feel that here they are in a safe and loving place.

Housekeeping is just the best. People who come to visit think they are in the wrong place, this is no nursing home, possibly a hotel.

Christmas is magical here. The activities department turns the place into Santa's Workshop. It is wonderful. The Activity Department works year round on different holidays and they do an incredible job.

I hope I came close to getting across what is so wonderful about Grafton County Nursing Home.

RICH SAFFO
Concrete Form Co., Inc.
Since 1978 Continuous Service
Phone: 603-787-6747 Fax: 603-787-6560

FLEA MARKET & YARD SALE
Saturday, June 26
10am - 3pm
Littleton/Lisbon KOA
Rte 302 (5 miles north of Lisbon)
Call 603-838-5525 For More Information

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

PATTEN'S GAS
Water Heaters
Appliances
Generators
Heaters
603-787-2422
240 Brushwood Road
North Haverhill, NH 03774

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

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"

TRENDY TIMES STAFF

EDITOR / PUBLISHER.....GARY SCRUTON	GRAPHIC DESIGN.....JEANNE EMMONS
EDITOR'S ASSISTANT.....DEVIL'S ADVOCATE	SPECIAL ARTICLES.....ROBERT ROUDEBUSH
SALES.....GARY SCRUTON	TRENDY KITCHEN.....RHONDA MARSH
SALES.....CAROLYN DARLING	TRENDY BUMPER.....PETER03785
CARTOONIST.....OWEN DAVIE	BOOKKEEPING.....JANICE SCRUTON

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

Cottage Hospital Welcomes Lori Hughes As Chief Nursing Officer And Vice President Of Operations And Patient Care Services

Woodsville, NH - Cottage Hospital is pleased to announce the appointment of Lori A. Hughes as Chief Nursing Officer and Vice President of Operations and Patient Care Services.

Hughes received her Bachelors of Science and Masters of Science in Nursing at Regis College and her Master of Science in Management from Worcester State College. She has over 15 years of progressive leadership responsibility in the hospital setting throughout New England.

Hughes is energized to join the Cottage Hospital team and will be focused on high quality and patient satisfaction. "As the leader over all patient care areas I will work with my staff to ensure that patients have a positive and nurturing experience, we will work together to make sure that we offer patients the compassion and quality healthcare that they expect and deserve from Cottage Hospital."

Cottage Hospital is a 25 bed, critical access hospital serving the Upper Connecticut River Valley. For additional information regarding Cottage Hospital, any of its services please call (603) 747-9189.



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 • 800-287-6557 • www.abbottrental.com

Summer SERVICE

Don't forget - you get a
FREE CAR WASH
WITH EVERY SERVICE AT WELLS RIVER CHEVROLET!

Time to Turn On the A/C
A/C NOT WORKING? WE CAN HELP!
Call to make an appointment today.

OIL CHANGE SPECIAL
Your 6th LOF can be FREE!
Ask us for details.

COOPER TIRES Summer Tires

We are a Cooper Tire Dealer. If you need summer tires, call us for a FREE price quote!

WELLS RIVER
Jct. Rt. 5 and Rt. 302 Wells River Vermont

The Little BIG Store

Certified Technicians
GM ASE
WE SERVICE MOST MAKES & MODELS
Service Hrs: Mon.-Fri. 8-5

802-757-2311 or 800-468-2956

St. Luke's Episcopal Church
5 Church Street
Woodsville, NH

Your Presence Strengthens Our Faith

Schedule of Services
Sunday: 10:00 am
Holy Eucharist and Children's Corner

Summer "Vespers Services" at the East Haverhill United Methodist Church

Summer "Vespers Services" at the East Haverhill United Methodist Church will begin on July 4 and continue for the nine Sundays in July and August at 5:00 PM.

The services will be conducted by the Rev. Steven Seminario and consist of evening prayers, hymn sing and brief message. The Bible

theme this year will be "Fruit of the Spirit" love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control (Galatians 4:22).

The church is located on Lime Kiln Road, off Route 25 in East Haverhill. All are invited and welcome to attend these summer Vespers!

BROTHERS USED FURNITURE

We Buy, Sell & Trade

Great Selection! Low Price!

802-745-7580
721 Broad Street • Lyndonville, VT 05851

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!

Budget Lumber
1139 Clark Pond Road, North Haverhill, NH
1-800-488-8815 Fax 1-603-787-2588
E-mail: budgetlumber@charterinternet.com
All major credit cards & good checks
TAX FREE NH

STOCK VINYL WINDOWS
Silverline Vinyl Windows
Stock Sizes

Custom Sizes Also, No Problem!
TAX REBATE on Eligible Windows, New and Replacement
At Reasonable Prices
(An Anderson Window Company)

SERIES	WIDTH x HEIGHT	PRICE
5900 Hopper	15 x 12	43.20
5900 Hopper	20 x 12	51.20
5900 Hopper	37 x 27	72.00
3900 D.H.	19 3/4x 36	115.31
3900 D.H.	23 3/4x 36	117.87
3900 D.H.	27 3/4x 36	123.41
3900 D.H.	27 3/4x 38	123.41
3900 D.H.	29 3/4x 36	123.86
3900 D.H.	31 3/4x 36	125.96
3900 D.H.	27 3/4x 44	127.26
3900 D.H.	29 3/4x 42	127.80
3900 D.H.	29 3/4x 44	129.11
3900 D.H.	35 3/4x 36	130.20
3900 D.H.	35 3/4x 38	131.61
3900 D.H.	29 3/4x 48	131.74
3900 D.H.	31 3/4x 44	132.09
3900 D.H.	31 3/4x 46	133.44
3900 D.H.	31 3/4x 48	134.80
3900 D.H.	35 3/4x 44	135.81
3900 D.H.	35 3/4x 46	137.23
3900 D.H.	31 3/4x 52	137.49
3900 D.H.	35 3/4x 48	138.64
3900 D.H.	35 3/4x 50	140.06
3900 D.H.	35 3/4x 50	140.06

11 Sizes 2800 Sliders
24x23 \$72.60 to 72x47 \$135.94

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

June 22, 2010 Volume 1 Number 27

Letters To The Editor

Dear Editor of Trendy Times

My name is Naomi Downing and I am a Wiccan. I am writing to clear up the misconception of pete03785 made in the Trendy Bumpers article in your June 8, 2010 paper.

First of all the Wiccan Symbol is this:



and it has nothing to do with the letter S. He also claims that Wiccan is an earth worship cult with minimalist followings that believe they are right and everyone else is wrong.

Wiccan is not a cult. Even in the Armed Forces Wiccan is recognized as a valid religion. Yes, we do worship the earth and love all living things.

There are tons of people in the world that are Wiccans. Just because people have not gone up to pete03785 and said "I'm Wiccan",

doesn't mean Wiccan has minimalist followings.

Wiccans do not believe that we are right and everyone else is wrong. We leave that to Christianity and all other religions.

One thing I would like to leave in the minds of the people who read this is what happened to Tempest Smith.

On February 20, 2001 a young girl name Tempest Smith killed herself in Lincoln Park, Michigan. Her suicide was caused by the taunting of the other students of Lincoln Park Middle School (yes she was in middle school) who mocked her because she was different and because she was Wiccan.

It's sad that a young girl killed herself because other people couldn't COEXIST with a Wiccan.

I hope my letter makes it's way into Trendy Times. I hope next time pete03785 writes about something he'll take more time to research it so he'll know what he's talking about.

Blessed Be
Naomi Downing
East Ryegate, VT

Dear Editor,

This is in response to the Trendy Bumpers article in the June 8th issue that addressed the bumper sticker "COEXIST". I totally disagree with the writer Pete03785. I have never placed a bumper sticker on a vehicle that I drive, in fact, I have never been seriously tempted to even consider doing so until I saw the COEXIST bumper sticker. I've googled it online and have found many versions of the same basic idea available for sale. One of these days, I'm going to break down and buy one for our truck.

Why now, and why this particular sticker? Pete03785 claims that the concept of COEXIST will never work. I KNOW that COEXIST works and I can prove it. Right here in the Upper Valley I know we have those of the Islam faith, there are enough Muslims affiliated with Dartmouth College that they have their own religious support group and services. We are fortunate to have a wonderful Buddhist Meditation Center and Retreat (Karme Choling) in Barnet, VT. Science is strongly represented in most of our manufacturing facilities no matter what faith the owners are affiliated with. Judaism is

represented in our valley with several synagogues and temples. Paganism is defined in many different ways, from "Local religions practiced before the introduction of Christianity; A class of religions often associated with nature rituals (en.wiktionary.org/wiki/paganism)" to "any of various religions other than Christianity or Judaism or Islamism (wordnetweb.princeton.edu/perl/webwn)". Whatever definition you choose, I'm confident that we are sharing our valley with Pagans. Although I've always associated the Wicca religion with the pentagle (5 point star in a circle) and not with the letter "S", I am glad that they got to be included in the COEXIST logo. The Wiccans I know put a lot of very positive energy into their quest for a peaceful and better planet. Christianity places the Cross at the end of COEXIST and may be the largest worshipping group in our area. Remember, we have all of these diverse religions (and more) coexisting peacefully within the Upper Valley. The concept can and does work. I strongly believe in and support the COEXIST bumper sticker movement.

Janice Scruton, Woodsville, NH

The two letters above were both received in response to a new column (only it's second edition) in Trendy Times called Trendy Bumpers. This article is being contributed by a local writer who does a good amount of travelling on local roads and sees many bumper stickers. The author has taken on this project for a couple of reasons. One is to have the opportunity to express his opinion about life, the people in it, and his view on it all. The second, as will be evidenced in future editions, is to bring a smile to the face of readers.

Quite obviously the bumper sticker entitled "COEXIST" and the piece regarding that bumper sticker has stirred some very strong feelings and opinions from some of those

readers. So that there is no confusion, the author of the second letter is my wife Janice.

One of the duties as Editor of Trendy Times is to write responses to all of the Letters to the Editor. I do so here as a response to these letters as well as to the original article.

First and foremost I believe strongly in all the freedoms we, as Americans, have and need to cherish. Those freedoms include speech and religion. Living in this area it seems second nature that we have those freedoms. There are, however, many who do not share that same kind of freedom. It is, therefore, very important to exercise those freedoms, else they be lost. So I am proud of, and indeed cherish, the fact that something in Trendy Times has brought forth

discussion and gotten an issue out there to be examined. The only drawback is that in so doing, it has offended some.

For those who feel offended I will offer an apology. But that apology is tempered by the fact that all opinions are worthwhile, whether or not we agree with them. Therefore, let me state again that any Letter to the Editor written to Trendy Times will be printed, with only a couple of stipulations. One is that Letters must be signed when sent to Trendy Times (requests to keep names off will be discussed on a case by case basis). The second stipulation is that Letters must not be slanderous. And thirdly, know that as Editor I feel it my obligation to respond to all Letters.

Gary, Scruton, Editor

Got Kids?
Color Their Wardrobes
In Rainbow Colors at
Trendy Threads
Quality Consignments
171 Central Street
Woodsville, NH
603-747-3870
Open 9:30 to 5:00
Tues - Fri and 1st & 3rd Sat

Trying to Cut Down on Bills?
SWITCH TO DISH NETWORK AND SAVE!
dish NETWORK.
AUTHORIZED RETAILER
Call us today!
to see how we can save you money!
THE TV GUY
Local Service Since 1976
Route 302 • Woodsville, NH
603-747-2233
All prices, packages and programming are subject to change without notice. Restrictions apply.

Joe & Shane Fiore Builders
Custom Homes & Excavating, LLC
603-787-6449
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

General Auto Repair
TOM GEORGE
FRAME WELDING • RUST REPAIR & REMOVAL
Tires • Tune-ups • Brakes & Exhaust!
NH State Inspections
603-747-3075
65 Smith St • Woodsville, NH 03785
tomgeorge@charterinternet.com

AD DEADLINE 5PM – THURSDAY, JULY 1

Rick Drew Freedom Fighter

A Book By Michael A. Corcoran

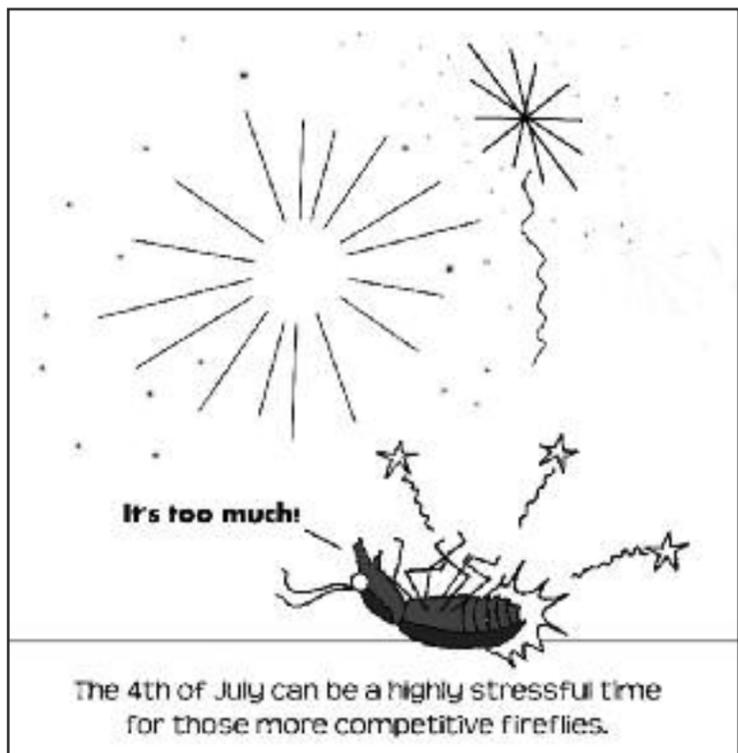
Nearly 16 years after the passing of the author, Michael A. Corcoran, Rick Drew Freedom Fighter" has been published and has been released.

Author Michael A. Corcoran uses his personal combat experiences to create a yarn that is non-stop action and adventure. Not for the faint of heart, this is a story of revenge and triumph over enemies who stand for cruelty and oppression everywhere.

It was a dream of Michael's to be a published author and now that dream has become a reality. The profits from the sale of the book will go to the Michael A. Corcoran Cancer Research and Scholarship Fund. The Fund has created a scholar-



ship for Veterans and their children and donates money to cancer research. \$14.95 per copy. For more information on the author and the organization please check out our website at: www.michaela.corcoranscholarshipfund.com



Owen Davie is an aspiring young cartoonist from Ryegate, Vermont who has, for the past year, been taking an Independent Cartooning Class at Blue Mountain Union School in Wells River, Vermont.

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, August 28, 2010

\$55 PER ADULT, 21 YEARS & OVER

Visit www.Bus2Win.com for complete details!

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

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.

2010
Woodsville/Wells River
Fourth of July Celebration
Sunday, July 4, 2010

Schedule of Events
(All Times Subject to Change)

9:00am	Flea Market Opens
11:00am	Spectacular 4th of July Parade - Central Street, Rt. 502 thru Woodsville, NH & Wells River, VT
1:00pm	Midway Opens - on the Community Field, Woodsville, NH
1:00pm	Travelin' Barnyard Opens
1:00 - 3:00pm	Back Shed String Band (Bluegrass)
1:30pm	"Critter" Chip Bingo (Throughout the day)
2:00 - 5:00pm	Buddy The Clown
2:00 - 7:00pm	Free Face Painting
2:00pm	Tae Kwon Do Demonstration
2:30 - 9:00pm	BINGO - Under The Tent
3:00 - 5:00pm	White Rose Band - (Country, old to new)
5:00 - 7:00pm	Sweet Jam (Big Band Music - 20's -40's)
6:00pm	Parade Winners Announced
7:00 - 9:00pm	Mad Hatters (Classic Rock)
8:00pm	Raffle Winners Announced
9:00 - 10:00pm	The Gully Boys (Eclectic Mix)
10:00pm	IMMENSE FIREWORKS DISPLAY! (weather permitting)
10:30 - 11pm	The Gully Boys

NO PETS ALLOWED ON THE COMMUNITY FIELD

Theme
"Celebrating Our Community"

www.wvr4thofjuly.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

Robert's Thrift & Used Furniture

All Pink Tagged Items: 10¢
All Green Tagged Items: 1/2 Price

802-222-4053
Located Under The Post Office In Bradford

Stockley Trucking
405 SOUTH MAIN ST., LISBON, NH 03585

Buying
Copper • Brass
Aluminum • Light Iron • Etc.
Metal Recycling • Junk Cars

Don't Just Throw Metal Away!
CALL FOR PRICES - 603-838-2860
Monday - Friday 7 AM - 4 PM • Saturday 7 AM - 12 Noon

Estate Auctioneers and Appraisers

Specializing in On-Site Auctions and Estate Appraisals Antique to Modern

Steenburgh
779 Jeffers Hill Road • Pike, NH 03780 • 603-989-5361
josh@steenburgh.com • www.steenburgh.com

Hood's Plumbing and Heating Inc.

Complete Plumbing & Heating Systems
Bathrooms & Water Conditioning

24-Hour Emergency Service For Our Customers

Free Estimates
Give Us A Call!

CHRIS DELLINGER
NH 2712 • VT PM3036
603-787-6600 • 603-787-6838 Fax
PO Box 368 • North Haverhill, NH

Warners Gallery RESTAURANT

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

\$15 Five Course Meal Deal
Includes: Soup, Salad Bar, Entree, Dessert & Coffee
Entree Changes Every Night

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

WEEKEND SPECIAL - JUNE 15-27
Lobster Pie **\$15.95**
Fresh Lobster on Weekends

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

Prime Rib Daily

Plan Your Special Occasion With Us
BANQUETS • PARTIES • GIFT CERTIFICATES

Calendar of Events

WEDNESDAY, JUNE 23

CHAIR YOGA
3:30 PM - 4:30 PM
Bradford Public Library, Bradford

REPUBLICAN MEETING
5:00 PM
Horsemeadow Senior Center, No. Haverhill

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

THURSDAY, JUNE 24
INFORMATIONAL SESSION ON DIABETES
Following Noon Lunch
Horsemeadow Senior Center, No. Haverhill

BUILD A WEATHER VANE
6:00 PM
Bradford Public Library, Bradford

FRIDAY, JUNE 25
OPEN MUSEUM TO VIEW ORIGINAL WILSON GLOBE AMONG OTHER ITEMS
10:00 AM - 12:00 NOON
Bradford Historical Society

AMERICAN RED CROSS BLOOD DRIVE
1:00 PM - 6:00 PM
Horsemeadow Senior Center, No. Haverhill

SATURDAY, JUNE 26
STRAWBERRY FESTIVAL
9:00 AM - 3:00 PM
On The Commons, Haverhill Corner
See ad on page 2

THE COMMUNITY GARDEN CLUB OF MEREDITH ANNUAL BAKE SALE
8:30 AM - 12:00 NOON
Rite Aid, Meredith

SUNDAY, JUNE 27
PENNY SALE BENEFIT
9:00 AM - 3:00 PM
Big Daddy's Building
See ad on page 9

FRIDAY, JUNE 25-SUNDAY, JUNE 27
3RD ANNUAL MOORE DAM FISHING TOURNAMENT
Moore Reservoir, Littleton
See ad on page 3

WEDNESDAY, JUNE 30
IN TIMES PAST WITH LARRY COFFIN BOOK SIGNING
6:30 PM
Bradford Public Library

FRIDAY, JULY 2
IN TIMES PAST WITH LARRY COFFIN BOOK SIGNING
11:00 AM - 2:00 PM
Bradford Public Library

ANNUAL STRAWBERRY FESTIVAL
12:00 Noon
Main Street, Bradford

ODELL-WALKER BAND CONCERT
7:00 PM
Bradford Academy

SATURDAY, JULY 3
OLD FASHION PIG ROAST WITH STRAWBERRY SHORTCAKE
5:00 PM
Peacham Congregational Church

SATURDAY, JULY 3 AND MONDAY, JULY 5
BOATING SAFETY COURSE
9:30 AM - 2:30 PM
Groton State Park Nature Center, Groton

SUNDAY, JULY 4
WORSHIP SERVICE WITH PATRIOTIC SONGS
8:30 AM
Bethany Congregational Church, Pike

4TH OF JULY CELEBRATION - ALL DAY
11:00 AM Parade / 10:00 PM Fireworks
Woodsville / Wells River
See ad on page 7

MONDAY, JULY 5
HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JULY 6
NH STATE VETERANS COUNCIL REPRESENTATIVE
8:00 AM - 12:00 Noon
Woodsville American Legion Post #20

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

WEDNESDAY, JULY 7
3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING
8:00 AM
Woodsville Guaranty Savings Bank

SUNDAY, JULY 11
CAMP LANAKILA CAMPERS CONDUCT CHURCH SERVICE
10:30 AM
Orfordville Building, Route 25C, Orford

MONDAY, JULY 12
GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River
Public in invited.

WEDNESDAY, JULY 14
MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

FRIDAY, JULY 16
RAILROAD PARK CONCERT TAMMY JACKSON
6:00 PM
Railroad Park, Woodsville

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, July 1, 2010 for our July 6th issue.

WELFARE IN HAVERHILL TOWN

Just How Well Is It, And How Fair?

PART ONE OF TWO PARTS

By Robert Roudebush

(Editor's Note - In this first half of a two-part series, Trendy Times, with the cooperation of town officials, looks at town welfare as it operates today. No past or present welfare recipients or applicants will be identified, either by name or by situation. The second and last part appears next issue)

Haverhill, NH This town is a welfare magnet but not for the reason you or I may think. It's not because Town Manager Glenn English is a softie, or a liberal, or Administrative Assistant Jo Lacaille, or the Welfare Administrator, or anyone on the Select board .

Three reasons exist why Haverhill (comprised of several smaller districts - Pike, Mountain Lakes, Woodsville, Haverhill Corners, North Haverhill) has welfare applicants out of proportion to its population - recipients cost the town over \$60,000 in 2009, not including the Administrator's salary. "Unfunded state mandates" is reason number one. The town is required by the state of New Hampshire, without reimbursement for the task, to provide for those unable to help themselves. RSA 165:1 - "Whenever a person in any town is poor and unable to support himself, he shall be relieved and maintained by the overseers of public welfare of such town, whether or not he has residence there ...no such assistance shall be provided directly to a person or household in the form of cash payments." Health and safety are the overriding concerns of town officials in assessing needs for any assistance.

Reason number two is contained in that same phrase from the RSAs - (Revised Statutes Annotated, the current body of state laws) - no residency requirement. People applying for welfare in the town of Haverhill don't have to live in Haverhill. Don't have to prove they live anywhere. Taking care of "town poor" is a decades-long concept in NH, more recently encoded in the RSAs, but there is no doubt that the laws as they are required to be applied today, cover far more than just "town poor". There are too many "frequent flyers", too many applicants offering

too much unsupported cause for receiving support. Also, Haverhill is a "border town", just across the Connecticut River from Vermont, a state without similar town welfare mandates from the state.

Reason number three for this undesirable status is the high level of available rental housing in the town. There are lots of places available. While recipients can reside in every district within Haverhill, and have, the majority reside in the dense population center of Woodsville, where numerous older houses have been rearranged into multiple family units. Too often, landlords are absentee, or sometimes too eager for tenants whose rent is guaranteed to some extent by the town.

Town officials cooperated in the research for this piece for the very practical reason that misunderstandings

about the system and how it works exist and that seeing the situation clearly benefits us all.

Among the responsibilities of each applicant and recipient, according to enforced town guidelines, is the following - "To diligently search for employment and provide verification of application for employment when requested following a determination of eligibility for assistance." You gotta get a job if you're physically able, or prove you're looking for one.

Another town guideline at the top of the checklist - "Records of recent income will be examined, since spending habits often distinguish between those who do not have adequate income, and those who do, but have a money management problem." Some folks don't know how to handle money even when they have it.

Welfare Administrator

Leslie Ramsay has been doing her job here since 2008 - until that time, Administrative Assistant Lacaille, who is also the town's Financial Officer, administered the system. Increasing town duties and the growing pool of welfare applicants - with the accompanying verification work necessary to do the job properly - inspired the town to hire a specialist. In that short time, Mrs. Ramsay has begun to see succeeding genera-

tions of some families seeking welfare. Applying for welfare is no game, of course, not a joke, for those really requiring it. Questions arise however - who gets it and for how long - how much - what does it take to qualify and what does it take to lose it - is there fraud? Who applies?

(Part Two continued next issue - meet the town point person in this work, and get answers to some of the tough questions)

HARVEY'S LAKE
www.harveyslakecabins.com
Cabins and Campground
WEEKDAY SPECIALS
Swimming • Fishing • Boating • Tent Sites • RV Sites • Cabins
802.633.2213 • info@harveyslakecabins.com
190 Campers Lane • West Barnet, Vermont 05821

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

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

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

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
CO-OPERATIVE INSURANCE COMPANIES

Penny Sale Benefit
For The
Earl "Boze" Heath Scholarship Fund
Sunday, June 27, 2010
9am - 3pm
SIX DOOR PRIZES!
Dozens of prizes to choose from, including gift certificates to area businesses!
OVER 400 ITEMS TO WIN!
11 Interchange Drive
West Lebanon, NH
In The Big Daddy's Building Across From McDonald's



Pictured from left to right: Back Row – Erin Clark, Drazen Smith, Kelly Clements. Front Row – Courtney Stevens, Michael Eaton, Elissa Narowski.

These six Oxbow High School seniors have earned over \$1000 throughout their high school careers from the Oxbow Community Scholarship for Excellence. This scholarship is an incentive-based program in which students earn points each year for having good grades, excellent attendance, participating in community service, earning special awards, and for parental participation on school committees and activities. This year, approximately \$16,000 was raised, making each point earned worth \$3.50. Funds for this scholarship have been donated by 110 area businesses, community members, school faculty and staff, parents, school groups, and more and more, alums who have been recipients of OCSE awards in the past. This program continues to be successful each year through these generous donations, indicating to the students that the greater Oxbow community believes in them, and is committed to helping students pursue their post-secondary goals.



By Ronda Marsh

Apple Strudel

Just in case you haven't yet figured it out from my previous columns, I am a huge fan of frozen puff pastry. I always try to keep it in my freezer, as it is so versatile and can be quickly transformed into any variety of appetizers, main meals, and desserts. I have never seen any other brand for sale around here except for Pepperidge Farms, so I have to give them my full, albeit unpaid, endorsement. I know most people who publish recipes (either written or televised) go to great lengths to avoid recommending any particular product, for fear of being perceived as working on behalf of that particular company. So here is where I voice my disclaimer, assuring anyone reading this that Pepperidge Farms doesn't know of my little existence, or my little column in this little paper, in this little state of New Hampshire. Not that I think they would be seeking me out to offer me boat-loads of money even if they DID know; but if you see anyone driving around with the Pepperidge Farms logo on their vehicle looking for me, please feel free to send them my way!



Now, for the Strudel! Although the Austrians take credit for Strudel, other countries make similar pastries including Germany, Hungary, and even Turkey. Strudel really just refers to its oblong, rolled shape, although Apple Strudel is universally the most familiar Strudel available. I like the fact that with little more than 2 apples, sugar, and cinnamon, you can quickly whip up a very fussy-looking dessert that is relatively fuss-free. Depending on what you prefer, you can opt to add Raisins, Craisins (oops, there I go using a brand name again... naughty me) and/or nuts, and you can vary the citrus for a slightly different background flavor. Sometimes, I grate a little of the zest into the filling, too. After the Strudel is rolled and ready for the oven, you can brush it with egg or milk or cream, and then sprinkle with sugar, or, you can wait until it's cooked and cooled, and then dust it with powdered sugar for a very formal-looking presentation. I personally like the crunch of a large-flake sugar, like Demerara or Turbinado, as you can see in my picture; it just gives another dimension of texture to the Strudel. So go ahead and give this recipe a try, and in the meantime, if I come into a windfall from the good folks at Pepperidge Farms, maybe I'll split it with you!

Serves: 6

- 1 sheet of frozen puff pastry (like Pepperidge Farms)
- 2 Tablespoons granulated sugar
- 1 Tablespoon all-purpose flour
- 1/4-1/2 teaspoon ground cinnamon
- dash of salt

- 2 large Granny Smith apples, peeled, cored and thinly sliced
- 2 Tablespoons raisins or dried cranberries ("Craisins")
- 1 Tablespoon lemon or orange juice
- 1 Tablespoon butter, diced
- small amount of milk or cream
- Sugar, Demerara sugar, or confectioner's sugar

Thaw the pastry sheet, tightly wrapped, overnight in the refrigerator, or remove from freezer to room temperature about 40 minutes prior to use. Heat the oven to 375°F. Lightly grease a baking sheet, or line with parchment (I LOVE parchment, and wouldn't go back to greasing and washing baking sheets for anything!)

Combine the apples and raisins (or Craisins) in a medium bowl. Sprinkle with the juice and toss to coat. Mix the sugar, flour and cinnamon and salt in a small bowl, then dump over the apple mixture, tossing to coat well. Lightly mix in the cubed butter bits. Unfold the pastry sheet on a lightly floured surface. Roll the sheet into a 16x12-inch rectangle. With the short side facing you, spoon the apple mixture onto the middle section of the pastry, to within 1 inch or so of the side edges. Starting at the short side closest to you, roll the dough up and over the apple mixture, then bring up the opposite side, overlapping on the top. Press the ends together to seal. Place seam-side down on the baking sheet. Tuck ends under to seal. Brush with the milk or cream, and if desired sprinkle the top with sugar or Demerara sugar. Cut several 2-inch long slits 2 inches apart on the top. Bake for 35 minutes or until golden. Cool on the baking sheet on a wire rack for 30 minutes. Slice and serve warm with ice cream or custard sauce, if desired. Sprinkle with confectioners' sugar, if using.

Paddy Cakes & Candy

Custom Cakes (Think Graduation) • Graduation Party Supplies
 Gourmet Chocolates • Vermont Truffles • Homemade Fudge
 Caramel Chocolate Apples • Over 200 Nostalgic Candies • Richies Italian Ice
 Gift Cards / Balloons • Wilton Cake Products
 Cake Pans / Pan Rentals • Chocolate Molds • Full Line of Party Supplies

OPEN 7 DAYS A WEEK
 802-626-4604 • 101 Main Street, Lyndonville
 Proprietor/Chef/Baker: Cindy Pogony
 50% OFF PAPER PARTY PRODUCT WITH THIS AD

RE/MAX Northern Edge Realty
 267 Main St.
 Littleton NH 03561
 603-444-3069
 Teamner.com
 Teamner.Littleton.com

Above the Crowd!

Haverhill – \$149,000
 5+ acres. Finished basement. Three bdrms w/two other rooms that could be used as an office or another bdrm. Living room w/woodstove. 2 car garage w/insulated workshop. Call Scott Peterson at 603-991-3326 or Email scottpeterson106@gmail.com

Piermont – \$178,000
 Three bdrm, 1 and 1/2 bath. Very attractive well landscaped level lot. Large living room and large storage room up stairs. Garage for storage or a car. Call Scott Peterson at 603-991-3326 or Email scottpeterson106@gmail.com

Landaff – \$204,500
 5.35 acres Completely renovated 2 bdrm home. New windows, doors & flooring throughout. New Jacuzzi tub, shower, toilet & sink. New roof, furnace. Call Cliff Muller at 802-274-6306 or Email cliff.muller@gmail.com

Mtn Lakes – \$276,000
 4 bdrms w/2 full baths. Paved driveway. Porch connected to large deck. Kitchen w/new appliances. Master Bdrm has own bath & walkin closet. Loft off master bdrm. Basement partial finished. Call Scott Peterson at 603-991-3326 or Email scottpeterson106@gmail.com

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

Cottage Hospital Joins In The Donate Life Ceremony



Above: Attendees of the Donate Life Ceremony gathered on the state house steps.

Below: (New Hampshire Representative Rick Ladd, Cottage Hospital CEO Maria Ryan, New England Organ Bank Hospital Relations Coordinator Berta Grunbeck and Executive Councilor Ray Burton display the Donate Life Month proclamation.)



Woodsville, NH - Cottage Hospital joined other New Hampshire hospitals, state organizations, and state government officials in a proclamation and flag raising ceremony at the state house on June 2nd for Donate Life month. New Hampshire is the first state in the US to have flown the same Donate Life flag above each of its hospitals.

The event began in the Executive Council Chambers and after a short speaking and proclamation ceremony, presented by Governor Lynch, the event continued outside on the State House grounds for the flag-raising where additional words were given by Councilor Ray Burton.

Cottage Hospital CEO, Maria Ryan, was one of the honored guest speakers of the day. Ryan shared a touching story of a local young woman's life changing moments, when she was given the gift of life through an organ and tissue donation by her family members. Ryan, who has also been a donor recipient noted the importance of the New England Organ Bank and credited the New Hampshire government for their role in the state donor registry program.

Other speakers and attendees of the day included, Berta Grunbeck, New

England Organ Bank Hospital Relations Coordinator, Dave Teune, New England Organ Bank Donation Coordinator, Jane Bergeron, Double Lung Recipient, Patricia Schmidt, Donor Mother, Executive Councilor, Ray Burton, NH DMV Director, Richard Bailey, NH Representative, Rick Ladd, NH Representative, Carla Skinder, and Governor John Lynch.

Donate Life New England is a joint project of two federally designated organ procurement organizations that serve New England - LifeChoice Donor Services

and New England Organ Bank. They have come together to create a fast and easy way for citizens of New England to register as organ and tissue donors in a secure and confidential manner. For more information, visit www.donatelifenewengland.org.

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.



A quiet, early morning feeding of sweet nectar provided me with the opportunity to get this great silhouette shot while sitting on my deck in Bath. Photo by Robin Locke.



This family of geese were found crossing a back road in Newbury for their daily trip to a nearby pond. Photo by Jeanne Emmons.



By pete03785@gmail.com

I'D RATHER BE HISTORICALLY ACCURATE THAN POLITICALLY CORRECT

This is a very powerful statement!

Political revisionists and historical re-creators work so very hard to tell us that what happened never happened.

They try to 'recreate' the ideals, morals and beliefs of our Founding Fathers in their image.

It doesn't take much research to see that George Washington, John Adams, Thomas Jefferson, John Quincy Adams and Abraham Lincoln were men of faith, prayer and great vision.

Take the time to buy the HBO special presentation "John Adams" and see how they toiled at great personal sacrifice to create and shape this representative republic in which we live. See how they lost sleep, time, family holidays, money, personal fortunes and their very lives so we could have what we have today.

Go to the Federalist Papers and get the meat behind their ideas.

Read THEIR words and not the interpretation of their words by others.

Study the issues, get the facts and speak up! What should you say? Well, there is a very simple rule found in the words of Jesus: Let your "Yes" be 'Yes' and your 'No' be 'No'.

When speaking your mind, keep in mind these three rules;

1. Is it accurate?
2. Is it necessary?
3. Is it kind?

Remember this: "The only thing necessary for evil to prosper is for good men to do [say] nothing."

Grafton County Commissioners Break Ground On A New County Jail



Commissioners *Martha Richards, Mike Cryans and Ray Burton* join *Jason Morrill of Morrill Construction Company* to start the ground preparation work.

The new Grafton County Jail is due for completion in April 2012

Calling All Photographers: Show Off Senate District 2

Submit your photos of any of the 31 towns in Senate District 2 (listed below) for a chance to win a Kodak Easy Share Z915 camera. Fran Wendelboe, candidate for State Senate, asks for your help to highlight the unique community character and beauty of the towns in Senate District 2. Fran will showcase the work of local Photo submissions on her campaign website, Facebook page and campaign literature.

From June 20 through September 1, 2010, photographers may submit as many entries as they would like to be

considered for display on www.franforsenate.com. (Check out the website daily to see if your picture is featured!)

Photos should display some aspect of community life. Possible subjects might include (but are not limited to) community events (such as parades, fairs/festivals, or local sporting events), local landmarks, areas of scenic beauty or seasonal pastimes (fishing, ice fishing, sailing, hiking, skiing etc.). We particularly encourage the submission of photographs that include the local landscape—especially for the website.

Photos should be submitted by email to mattwenfr@myfairpoint.net with photo entry in the subject line. EACH photo submitted will be entered into a random drawing for the Kodak Easy Share Z915 camera. Every day a district photo will be featured on the website. You will be entered into the drawing for each picture you submit even if the picture is not used. For complete information go to www.franforsenate.com

Senate District 2 towns: Belknap – New Hampton, Meredith, Center Harbor and Sanbornton. Grafton—Alexandria, Ashland, Bath, Benton, Bridgewater, Bristol, Campton, Canaan, Dorchester, Easton, Ellsworth, Groton, Haverhill, Hebron, Holderness, Landaff, Lyme, Monroe, Orange, Orford, Piermont, Plymouth, Rumney, Thornton, Warren, Wentworth, and Woodstock.

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

JIM'S CYCLE

NH State Inspection Station
Repairs * Rebuilds * Etc

603-747-2244

Route 135 * South Court Street * Woodsville, NH 03785

C. Ainsworth Trucking & Excavation

FOR ALL YOUR SITE WORK NEEDS - BIG OR SMALL
Water, Septic Systems, Cellar Holes, Driveways, Roads & Land Clearing
PLUS: Sand, Gravel, Stone, Staymat & Top Soil
Over 25 Years Experience
FREE ESTIMATES
802-584-3262 • wedigit@fairpoint.net
3341 South Bayley-Hazen Road • Wells River, VT 05081

UNDER COVER TENTS Party Rentals

BRADFORD VT 802-222-5801
undercover-tents.com

Now Is The Time To Call About Your 2010 Wedding or Special Event!

BLACKMOUNT EQUIPMENT, INC.

FARM & GARDEN

603-787-6311 • 603-787-6954 FAX
NO. HAVERHILL, NH 03774

SUPPLIER OF:
Poulin Grain
A Family Feed Company

BAG SHAVINGS

PRICES ARE IN-STORE PICK UP ONLY

1-10 bags \$4.50 each
11-25 bags \$4.25 each
26 or more bags \$4.00 each

ACCOUNTING SERVICES

Peter B. Lavoie

Personal & Professional • E-File • Payroll Services

OPEN MONDAY AND FRIDAY
9:00AM - 1:00 PM
Drop-ins and Walk-ins Welcome

603-747-3613 Fax 603-747-3287
19 Swiftwater Road, Woodsville, NH 03785

WARNER'S CAMPGROUND

Level Sites
Hot Showers
Swimming Pool
Private Fishing Pond

Seasonal Sites - \$900

Route 5
East Ryegate, VT
802-633-2301

First of all, don't starve yourself. In fact, try to eat at least three meals a day, better to eat five small meals a day, best to graze on all of the same kinds of food all day. Example, eat fresh fruits for breakfast, snacks, lunch, snacks & dinner. This may sound crazy yet, fruits are high in water content, vitamins and fiber. You will not feel full and yet, you will satisfy your sugar cravings, allow yourself large portions and your energy level will be high and balanced, which will raise your metabolism. Remember fruits such as apples, pears, plums, strawberries, blueberries, & peaches are water foods. Bananas will cause you to want breads, cereals and cookies. People wishing to lose weight “do not eat bananas”.

Understand, if you're hungry your body slows down its metabolism, which means that you actually burn calories slower. But eating regularly tricks your body into thinking it's not hungry. By far the most effective weight loss diet I've seen and practiced is following the “food combining rule list” eliminating the five high mucous forming foods, and eating the best foods for your blood type.

There are seven simple “rules” for food combining:

- 1) Eliminate all five high mucous foods.
- 2) Eat fruits alone, on an empty stomach.
- 3) Keep proteins/fats with vegetables.
- 4) Eat carbohydrates with vegetables and NO fat.
- 5) Keep proteins/fats separate from carbohydrates.
- 6) Wait three hours between meals if switching from a proteins/fats meal to a carbohydrates meal or vice versa.
- 7) Do not skip meals. Eat three meals a day, eat until you feel satisfied and comfortably full.

The five high mucous foods, best to avoid:

- 1) Wheat – includes semolina pastas, breads, muffins, cereals, snacks, baked goods...
Substitutions: Spelt, available in pasta, pizza crust, breads, cereals, snacks... and Ezekiel breads, 7-grain Sprouted breads, Tinkyada Rice products.
- 2) Sugars – includes all processed sugars, white, brown, corn syrup, maple syrup

Substitutions: Raw Honey, Raw Sugar, Agave Nectar, & Stevia.

3) Dairy Includes all “Cow” dairy.

Substitutions: Sheep or Goat milk & cheeses, all Soy products – Soy “Ice cream”, milk & cheeses, Rice milk & Rice Dream “Ice Cream” & Almond milk.

4) Corn includes popcorn, corn chips, whole corn.

Substitutions: Rice snacks & cereals, Amaranth, Kasha & other whole grains.

5) Orange juice

Substitutions: Pineapple juice, cranberry juice, Fresh lemon & water, Fresh limes & water, herbal teas.

It is not fat and calories that cause weight gain... it's hormonal imbalance (or carbohydrates).

Food combining promotes hormonal balance, which is the key to achieving your ideal body weight and optimum health. Foods high in sugar and refined carbohydrates cause hormonal imbalance, which leads to weight gain. Remember puberty? We didn't change our eating habits, yet overnight we suddenly started gaining weight. The reason is that our hormones were changing. The same is true for menopausal women; suddenly there is a thickness around the hips while the body's hormonal levels are in a state of flux.

Sugars and starches are carbohydrates. Carbohydrates are one of the body's main sources of fuel. The other is fat. Eating too many carbohydrates at one time raises our blood sugar, causing the hormone insulin to be elevated. If the insulin cannot be balanced, due to insulin

resistance, our entire hormonal system can become imbalanced, and hormonal imbalance leads to weight gain. Fat also mimics estrogen, therefore the more fat we carry in our body's the less natural estrogen is produced causing reproductive issues from painful periods to infertility.

The story of fruit:

Eat fruit alone and on an empty stomach. Eat fruit alone and then wait twenty minutes and you may follow-up with a carbohydrate meal (this allows the digestion of the fruit to begin and eliminates problem combinations. Eat fruit alone, then wait one hour and you may follow-up with a protein/fats meal. If you want fruit for dessert, you must wait two hours after your last meal to avoid any problems. Dried fruit, fruit juice concentrate should be used sparingly, or best NOT at all. Any and all fruits in the fruit group (all water fruits, NO bananas if you want to lose weight, Avacados are proteins/fats) can be eaten together.

Eating right for your blood type. Four blood types = four diets. Dr. Peter J. D'Adamo wrote an excellent book/source guide explaining how and why it is important to feed your body appropriately for maximum health. “Eat Right for Your Type” lists foods accordingly from which are most beneficial, neutral and

best to avoid in all four diet categories. The “big book” explains all in four chapters, recipes are suggested. Also, in print are individual pocket size books, specific for single blood types. Often families are made-up of several different blood types, which further

explains why groups eating the same meals are different sizes. Get to know yourself and each member of your household, and individualize, yet many foods conquer all. Blood type kits (do it yourself) and books are often available at Thyme to Heal, call ahead.

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



A young 8 pointer to be (seen the morning of June 17th in Lyman) The mornings have been foggy so the quality isn't there. Photo by Valerie Pickens, Lisbon NH

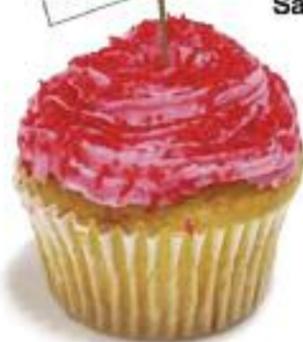
Not all Times are Trendy but there will always be Trendy Times

June 22, 2010 Volume 1 Number 27

COHASE LIONS CLUB 23rd ANNUAL MAD MONEY RAFFLE June 19, 2010 - WINNERS

- \$2,000.00Robert Fagnant
- \$1,000.00Chuck Engle
- \$ 500.00Terrill Brown
- \$ 100.00David Lackie

- \$ 100.00Jim Walker
- \$ 100.00John & Charlene Aldrich
- \$ 100.00Mike Conrad
- \$ 100.00Ryan & Garrett Olsen



**AND
BAKE
SALE**

**Groton United
Methodist Church
Flea Market**

**Groton United
Methodist Church
Saturday, July 31 – 9 to 3**

**Yellow Church Parking Lot
Just Off 302 in Groton**

**RESERVE SPACE NOW!!
Benefits "New Beginnings"
a program to help kids
with new school clothes.
Taking new clothes donations.**

**Spaces Available
Call Dawn 802-584-3921**



▶ VT #2817985 Ct. River Frontage, 3 ACRES, plus an Old New England Farmhouse with some updates, land is absolutely gorgeous, dock your boat or drop your fish line from your lawn.....\$195,000



▶ NH #4004935 Renovated manufactured home has been beautifully restored, offers 2 bedrooms, very spacious living area, detached 2 car garage, all on .88 acres... \$79,900

PLACEY ASSOCIATES

23 Railroad Street
Wells River, VT 05081
802-757-2211




Understanding Bullying in Your Child's Life

By Deb Maes, Extension Educator, Family & Consumer Resources

It is estimated that every seven minutes a child is bullied in the United States for a total of seven million bullying incidents reported in public schools each year. At least 30% of all school-age children report having been victims of bullying and also 30% of all school children report having bullied someone else. Bullying goes beyond taunts on the playground. At least 32% of children who use the Internet say they have been targets of cyber-bullying behaviors. Among 12-15 year olds 86% report having experienced some form of bullying. When surveyed, more than 55% of all 8 to 15

year olds think that bullying is a bigger problem than drugs, racism and HIV-AIDS in their school.

What is bullying? The most widely accepted definition comes from the U.S. Department of Education. It defines bullying as: any intentional, repeated, hurtful acts, words or behavior committed by one or more children against another. Two important words in this definition are intentional, meaning that the bully or bullies acted on purpose and repeated, which means there has been more than one incident.

Bullying can be in the form of physical, verbal,

electronic or written communication intended to cause physical harm, emotional distress, interference with education, be threatening or causing disruption to the operation of a school. Boys tend to be more physical when they are bullying. Girls are more likely to engage in relationship bullying.

Children who are the victims of bullying are more likely to suffer from depression, have a higher risk of suicide, and show signs of traumatic stress disorder. Researchers have found that most often bullying is based on a person's size, race, disability or sexual orientation.

Children who are bullies may become antisocial adults, are more likely to be involved in domestic violence and child abuse, and are likely to have children who become bullies

Over this past spring more than 325 people across the state attended a series of bullying workshops. Those that attended these included; school administrators and staff, agency representatives, counselors, concerned parents and community members. The goal of the conference was the let people know about the definition and incidence of bullying, help schools provide the tools needed to support parents dealing with the issues when their child(ren) is being bullied or are the bullies.

Researchers have found that bullying most often occurs when adult supervision is the lowest; in bathrooms, playgrounds, lunchrooms, on the bus and on school ground when the day is over. It is more likely to occur at school than anywhere else, but can happen anywhere. Bullying happens just as often in rural schools as urban schools, and can affect all economic levels, every race and nationality. To put it plainly, no student is immune from being bullied.

How can parents tell if their child is being bullied? It can be a challenge if your child works hard to hide the fact that they are victims of bullying. If you suspect that your child is a victim you may notice that they are afraid to go to school, never bring friends home, their belongings are often missing or damaged, school is no longer interesting or they seem depressed.

If you suspect that your child is a victim, have a conversation with your child. Take time to listen, build trust, and gather information. Let your child know that you are ready to listen when they are ready to talk.

As a parent, try not to overreact. Document any injury to your child and damage to his or her property. As parents we want to fix all of our child's problems, but don't make promises you aren't sure you can keep. Work with your child's school staff to make decisions to protect your child. Don't encourage your child

to retaliate this may be viewed as your child being a bully, too! All parties involved should be involved in the creation of a bullying plan.

There are resources available to help parents when their child is being bullied. Malcolm Smith, UNH Cooperative Extension Family & Policy Specialist has compiled a publication on Understanding Bullying. This can be downloaded from the internet at <http://extension.unh.edu/Family/documents/BullyBro.pdf> or for fifty cents, you can pick up a copy at the Grafton County Extension Office in North Haverhill. The US Department of Health and Human Services has put together a Resource Kit called Stop Bullying Now Take a Stand, Lend a Hand. You can visit their website at <http://www.stopbullyingnow.hrsa.gov/adults/tip-sheets/tip-sheet-04.aspx> for more resources.

On June 15th the NH Bullying Bill was signed into law by Governor John Lynch. It clearly defines bullying and requires school districts to train staff on bullying. It requires schools to investigate reports of bullying within five school days of the reported incident and school districts must prepare an annual report of substantiated bullying or cyber bullying incidents to the New Hampshire Department of Education. A model policy on bullying will be developed for school districts to adapt or modify.

Bullying is a serious issue. Recent highly publicized incidents of school children taking their lives after being bullied cause us all to take a step back and wonder how this could have happened. Decades later adults can clearly remember bullying incidents when they were in school. As parents, let's protect our children from bullies. If your child is being a bully, work with your school to get your child the help he or she needs to stop this behavior.

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.



Radio Flier

Northeast VT & Northwest NH Country





12:00 Noon
This Sunday,
June 27th., 2010
Hear it live on




After 11:00am on Independence Day, Listen to WYKR-101.3FM for live coverage of the exciting Woodsville - Wells River 4th. Of July Parade !!!

Find us on  Facebook **FOR UPDATES !!!**

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

OBITUARIES

ROBERT ELIJAH CLIFFORD, SR.



North Haverhill, NH - Robert Elijah Clifford, Sr., of Clifford Drive, died unexpectedly on June 6, 2010, at Cottage Hospital, Woodsville, NH.

Bob was born on January 12, 1937, in Haverhill, NH to Leonard and Gladys Evelyn (Bodge) Clifford.

He married Mabel Clough on November 8, 1958. Bob was a self-employed building contractor and in later years he worked part time maintaining the office building of the Town of Haverhill. For more than 35 years, he belonged to the National Guard in both New Hampshire and Vermont, retiring in 1997.

Bob was a member of the North Haverhill United Methodist Church, a Cemetery Commissioner for the Town of Haverhill, a member of the North Haverhill Fire Department, and was a former member of the Heritage Committee.

He was predeceased by his parents, Leonard and Gladys Clifford, a brother Leonard Clifford, and a sister Marlene Clough.

He is survived by his wife of 51 years, Mabel Clifford of North Haverhill; three sons, Robert and his wife Susan of Firestone, CO; Richard and his wife Tammy of North Haverhill; Roland and his wife Angela of North Haverhill; six grandchildren, Stephanie Clifford of Firestone, CO; Crystal Clifford of Nashua, NH; Amy Clifford of Deland, FL; Samantha, Jacob, and Elijah Clifford all of North Haverhill; three brothers, Nathan Clifford and his wife Linda of North Syracuse, NY, James Clifford of Baltimore, MD, and Sanford Clifford of Keene, NH; a cousin and several nieces and nephews.

Calling hours were held on Wednesday, June 9, 2010, from 6-8 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, NH. A funeral service was held on Thursday, June 10, at 3 PM at the North Haverhill United Methodist Church, Dartmouth College Highway, North Haverhill with burial following in Horsemeadow Cemetery.

Memorial contributions may be sent to the newly established Robert Clifford, Sr. Patriotism Fund, c/o North Haverhill Precinct, PO Box 291, North Haverhill, NH 03774.

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

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

MALCOLM DEWEY MILLETTE



North Haverhill, NH - Malcolm Dewey "Mike" Millette, 84, of Indian Corn Mill Road, died at his home on June 14, 2010.

He was born on August 28, 1925, in Haverhill, NH to John T. and Catherine (Dean) Millette.

Mike served in the US Navy from 1943-1946 and again from 1951-1968. During his time in the Navy he served aboard LST's and destroyers during World War II, Korea and Vietnam. Upon his honorable discharge, he worked as a butcher at Aldrich General Store in North Haverhill and was later employed as a delivery man for State-line Potato Chips. He was also a cook and maintenance and lawn care worker at The Gardens Assisted Living Home in Williamstown, VT. He was a member of the American Legion Ross-Wood Post # 20 of Woodsville and the VFW. Mike has always enjoyed

fishing with his grandson Jason, great grandsons Cameron and Gavin, and dear friend Bud Carle. Mike had a true love of horses and horseback riding.

Mike was predeceased by a grandson Scott Wiggins on November 1, 1993 and by three brothers, John, Frank, and Harry Millette.

He is survived by four daughters, Nancy Doucette of Swiftwater, NH, Michelle Millette of Lisbon, NH, Debbie Menard of Lyman, NH, and Christal "Crickett" Millette of Willow Springs, NC; two sons, Michael Millette of Lisbon and Mark Millette of Landaff, NH; three step-sons, Phil Davidson of Woodsville, NH, Perry Davidson of Manchester, NH, and Tom Davidson of Williamstown; several grandchildren and great grandchildren; his former wife, Brenda Millette Deming of North Haverhill; three sisters, Kathleen Brown of Barre, VT, Priscilla Darby of East Ryegate, VT, and Bernice Malinoski of East Hartford, CT; and several nieces, nephews, and cousins.

A memorial service for Mike will be on July 10th, at 1 PM at Ross-Wood American Legion Post, 4 Ammonoosuc Street, Woodsville, all are invited to attend.

Memorial contributions may be made to Veterans Affairs, White River Junction, VT 05001.

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

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

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



GOT AN OPINION?

Send it to:
gary@trendytimes.com

Let everyone know what you think & why.

Just be ready for one of our editors to respond.

Hot Water anytime you want it - and Save Money too !!



Propane Gas Water Heaters cost less than 1/2 as much per 100,000 BTU's versus when electricity is 14 cents per KWH

30, 40 or 50 Gallon Glass-Lined Water Heaters. Standard Flue or Power Vent, we have the ideal model for you.

Special Promotion

Buy a new Gas Hot Water Heater from us, you pay for the materials only, we'll provide the installation labor at no cost to you.

Call store for Promotion Details.



Locally Owned & Operated since 1926
In Downtown Bradford, VT

802-222-9211 800-654-3344

quiet family oriented camping
ON THE CONNECTICUT RIVER

- Heated Pool
- Kayak, Canoe & Pontoon Boat Rentals (available to non-campers, as well)

603-353-4579 • www.thepastures.com
Route 10, Orford, New Hampshire
(Sorry, We're Already Full for the July 4th Holiday)



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

POWER MAC: 9600/200mHz, 288 RAM, 4 GB hard drive. OS 8.6 Loaded with older versions of graphic design software. Quark 4.1, Photoshop 6 and Illustrator 9 among others. Networked and internet ready. Comes with 17" monitor, keyboard, trackball and zip drive. Asking \$50 OBRO. Call 802-473-1095. 08.17

IMAC: OS 8.6, 6 GB. Great starter computer for children. Comes with keyboard and mouse. Asking \$50 OBRO. Call 802-473-1095. 08.17

USB ZIP DRIVE: Works on both Mac and PC. Asking \$50 OBRO. Call 802-473-1095. 08.17

2005 SUBARU FORESTER: Auto all wheel drive with only 43,000 miles. \$13,275. Excellent condition in/out. Please call 802-429-2003, Newbury, VT 07.06

2005 MOBILE HOME: 3 br, 2 bath Skyline doublewide. 28'x44' with 6' sliding glass door. Open floor plan, 5/12 roof pitch, upgraded insulation package. Sheetrock walls throughout, skylight in kitchen. Stainless dishwasher, refrigerator, range & microwave included. Asking \$35,000. (buyer must pay moving costs). If interested please call 802-748-8744. 07.06

12 FOOT ALUMINUM BOAT: V-bottom. Comes with oars. \$250. Call 603-747-2006. 08.03

1991 TRIPLE BLACK 6 SPEED CORVETTE: Runs like new. 91,000 original miles. No accidents. Loaded, Numbers match. 2nd owner. DVD player, spoiler, 93 anniversary wheels. \$9,600 Firm. 603-838-5058 06.22

1975 OLDSMOBILE CONVERTIBLE: Delta 88 Royale, 455 c.i.d. V8, automatic, power steering, brakes & top, light blue color, new white top, white interior, bumper & molding impact strips, 78K miles. \$16K. Monroe, NH Call 603-638-4097 06.22

THREE BEDROOM HOUSE: 2 bathroom ranch with attached garage. Sits on 1.75 acres. Call 941-889-9491 06.22

1962 BUICK SKYLARK CONVERTIBLE: Special 215 c.i.d. V8, power steering, brakes and top. Beige top and paint, new bucket seats vinyl. Skylark trim features, turbine wheelcovers, 59K miles. \$18K. Monroe, NH 603-638-4097 06.22

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. 07.06

WANTED

DISHWASHER WANTED: Part-time, must be 16 years old or older. Please call Warner's Gallery Restaurant to set up an appointment. 802-429-2120. 08.03

HOUSES OR OFFICES TO CLEAN: Excellent references. Call Tina at 603-747-3284 or 603-443-0488. Many years experience! 07.20

PAYING CASH FOR OLD WATCHES & POCKET WATCHES: working or not. Also old costume jewelry, medals, tokens, hunting knives, pens, pencils, cigarette lighters, Masonic and military items American & foreign coins, old unwanted items. 603-747-4000 09.21

FOR RENT

WOODSVILLE, NH: One bedroom, third floor unit. Non-smokers only. Excellent Central Street location. Credit and background checks. \$450/month. Please call 603-747-3942 or 603-747-3870. 08.03

WOODSVILLE, NH: House for rent. Available immediately. 1/2 miles past Cottage Hospital, secluded neighborhood, 2 bedrooms, 1 bath. Looking for older person/couple, not suited for children, no pets. Plowing, sanding, garbage and mowing included. Utilities not included. \$850 plus deposit. 603-747-3771 07.20

THREE BEDROOM HOME: 2 bathroom ranch with attached garage. \$1150. plus deposit. Sits on 1.75 acres. Call 941-889-9491 06.22

Marine Themes From Around The Globe On Exhibition At Alumni Hall



Exhibition opening for artist Lawrence Forbes-Wolfe will be held on July 2nd from 5-7pm at Alumni Hall. Forbes-Wolfe's monoprints and painting of marine themes will be on display through the month of August.

Monoprints and paintings of marine themes of the United States and abroad by artist Lawrence Forbes-Wolfe will be on exhibition at Alumni Hall in Haverhill, NH from July 2nd through the month of August. The public will have an opportunity to meet Forbes-Wolfe at the exhibit's opening on July 2nd from 5pm-7pm.

Forbes-Wolfe, who was raised in rural Iowa near the Mississippi River, was fascinated with arts and crafts at an early age. He graduated from the Art Center School of Design in Los Angeles, Calif., focusing there on advertising design and illustration. In Los Angeles, he worked as an assistant animator in an animation studio, and worked on Cinerama Films, including the space film for the 1961-62 Seattle

World's Fair. As a freelance artist, he did layout and set design for Disney.

He has traveled, worked and exhibited extensively including Mt. Athos, Greece, Europe, Africa and the United States. Over a period of months in Fez, Morocco, he developed his monoprint technique, which he continues to employ today. His works may be found in many private collections throughout the United States and Europe.

In 1986 Lawrence moved to New England and now lives in Piermont, NH, with his wife Diana. He works on the restoration of old sailing ship paintings in addition to the creation of his own work.

For further information please contact Alumni Hall at 603-989-5500, info@alumnihall.org or visit the web at alumnihall.org.

Let Trendy Threads
STRETCH YOUR DOLLARS
171 Central St., Woodsville, NH 747-3870

The
LITTLE
Grille

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

\$5.00 WEEKDAY LUNCH SPECIALS
ALL YOU CAN EAT NIGHTS
Wednesday • Thursday • Saturday

**NOW AVAILABLE -
OUTDOOR SEATING**

Monday-Thursday 11:00am-9pm • Friday 11:00am-11:30pm
Saturday 7:30am-11:30pm • Sunday 7:30am-9:00pm



From the outside the Old Church Community Theater may look simply like an old church in need of some TLC. But walk up the very wide front steps, take a seat in one of the comfortable theater seats, and experience a community theater that is certainly worth the admission price.

Not only are the seats comfortable, but the group has done an outstanding job darkening up the theater so that a blackout on stage to

pabilities of the group.

Those capabilities also include bringing in some talented tradespeople to help with such things as building a set. On more than one occasion during the most recent production, people were heard saying that this was one of the most elaborate sets they had ever seen at OCCT. Even the director, during introductions, mentioned her pleasure at the work that went in to set up the three



change scenes, really is a black out. Then when the lights come up, they are real lights, with the effects that the production staff was shooting for. And with the recent retirement to Bradford of a long time theater lighting expert, there is hope for more improvements to the lighting ca-

doors and one window on the ground floor, plus a staircase that led to two more exits from the stage. They all functioned as they were designed and added to the production.

The production of Arsenic and Old Lace not only had wonderful lighting, a great set and an almost packed house

Gun Owners Event

Meredith, NH – “Friends of Jeanie Forrester” for NH State Senate supporter and small business owner Bob Gillespie will be hosting a “Gun Owners for Jeanie Forrester” event on Tuesday, June 22nd at the Belmont Firearms & Range at 140 Laconia Road, Route 106 in Belmont. The event begins at 6 p.m. and ends at 9 p.m.

Join Bob and Jeanie for a fun evening of target shooting with a chance to win a one-year membership to the range. The event is open to

all who are interested in learning more about Jeanie and her campaign for state senate.

Jeanie is a strong advocate for the 2nd amendment. She is also a member of the NRA and practices regularly at the range in Belmont. “I am a true believer in Bob’s motto, ‘safety first and foremost,’” said Jeanie.

To RSVP, call 279.1459 or 524.8678. To learn more about the event, visit www.jeanieforrester.com or www.BelmontFirearms.com

on Friday, June 18th, but it also had a cast that did this play justice. It was a fairly large cast as well. Over a dozen actors and actresses filled the roles. Some were first timers with OCCT. Others were performing for the first time ever in a community theater. Still other members of the cast have been featured in many previous productions. That is one of the great assets of OCCT, it is a community theater that encourages all to audition and in the end puts on a production that they can all be proud of.

Though the run for Arsenic and Old Lace has now ended, there are three more productions planned before the season is over. It is certainly something to put on the to do list. Whether you would like to participate on stage, help out back stage, do production work such as lights and sound, or simply take a seat and enjoy a night at the theater, put Old Church Community Theater on your list. You will not be disappointed.

UCC Announces Special Events

The United Congregational Church of Orford and Bethany Congregational Church of Pike are pleased to invite the public to join them at 8:30 a.m. on Sunday, July 4th, at Bethany Congregational Church, Route 25, Pike, NH for Worship. Patriotic Songs will be sung, the Orford Adult Choir will sing. The service will be short enough to allow time to get to various parades and outings planned for this special celebration day.

The United Congregational Church will host again this year the Camp Lanakila campers and counselors in the Orfordville Building (Route 25C) on Sunday, July 11th to conduct the Church Service at 10:30 a.m. There will be choral singing, instrumental music, scripture reading and a brief introduction to the boys annual musical. The public is cordially invited.

Grafton County Nursing Home Volunteer Recognition 2010



Gray Goodwin receiving his award from Doreen Moody Coordinator Of Volunteers.

On June 4 Volunteers were honored at a Barbecue Lunch at the Grafton County Nursing Home with the theme “Volunteers Build a Better World”. Approx. 40 volunteers and guests were on hand for this annual event. Doreen Moody, Coordinator of Volunteers thanked everyone for over 2,930 hours of volunteer service this year.

Commissioner Ray Burton and Commissioner Martha Richards were in attendance and expressed their appreciation to everyone for all they do for the residents and the nursing home community.

Each year a special award is given out to a volunteer for outstanding volunteer achievement. This year the award went to Gary Goodwin.

details
WINDOW & INTERIOR
FASHIONS

Residential & Commercial
249 Main Street, Littleton, NH
603-444-7444
info@windowdetails.com
www.windowdetails.com

Featuring
Hunter Douglas
Window Quilts
3M Window Film

Custom Fabrication
Draperies
Slipcovers
Upholstery
Fabrics

Designer Services

**Grafton County
Department Of Corrections
Employment Opportunity**

**FEMALE & MALE
CORRECTIONAL OFFICERS**

Part-time Positions Available

Base Pay Range (Uncertified) \$12.92 - \$17.36
(Rates do not include shift, weekend & holiday differentials.)

Duties include supervision of female & male inmates.

Minimum Qualifications:
High school graduate or equivalent; must meet physical fitness requirements on a yearly basis; must meet all physical and mental requirements as required by the New Hampshire Retirement System. Candidates must submit to a thorough background investigation and criminal record check.

Apply at:
Grafton County Human Resources
3855 Dartmouth College Hwy., Box 3
North Haverhill, NH 03774
603-787-2034
E-mail: whubbard@co.grafton.nh.us
E.O.E.

Half-way Around The World

By Arianne Fosdick, UNHCE Volunteer Management Program Assistant

This past spring I took a leave of absence from my job here at the Extension office and traveled to Nepal, that small landlocked country muscled in between India and China. It was a month of marvel, with nothing familiar except that people had two eyes, two hands, and usually two feet. And they ate food. And they grew food. And that somehow, both in Nepal and

here in the States, community sprouted up out of these two simple, basic actions like a weed grows up through cracked concrete.

Nepal has an extremely varied landscape its lowest point is only 328 ft above sea level and highest point, that acclaimed Mt. Everest, has an elevation of 29, 029 ft. As you would expect, this leads to a greatly varied growing

season and a variety of methods of agriculture. I won't pretend that I understood all or even half of what I saw but the basics were this: In the steep hills that rose out of the Kathmandu Valley the land was heavily terraced. Rice was an occasional crop, but because of its greedy water demands, barley was more common. As we rose in elevation, the terracing continued, though the further we got from the markets of Kathmandu, the amount of terracing diminished to fit the needs of single families. We saw acre upon acre of potatoes, lots of greens and radishes, moderate amounts of corn, an occasional tomato plant, and never an eggplant or a

pepper. We saw pesky monkeys furtively digging up potatoes, and fields being plowed with water buffalo. We saw groups of women wielding huge baskets of grain, and squatting to sort through piles of potatoes. It was local food, community agriculture, and sustainability at its best. Or so it appeared to me, safely towered by language barriers, foreigner status, and my small fortune of American dollars turned into rupees.

Though there is no denying the spotty understanding of cross-cultural understanding, there is also no denying the sense of community that flourishes when groups of people be they families, schools, churches, co-work-

ers, or community garden participants grow food together. In Nepal this agricultural community was less a choice and more a necessity of life. If given the choice, many high altitude farmers would trade in their scythes for solar showers and kerosene cook stoves, the appliances of the thriving guest house. Here in the states, with many of our towns and counties having abandoned their agricultural core two or three generations back, this sense of the agricultural community is beginning to re-bloom. Community gardens are sprouting up everywhere, restaurants are toying with the idea of growing gardens for their entrees and their employees, and many weekly local farmers' markets are having issues with parking. People are choosing to spend hours kneeling in the dirt and lugging water alongside others who are choosing to do the same.

Are Nepal and New Hampshire traveling in opposite directions Nepal shunning the agriculture that sustains them and New Hampshire uncovering the buried roots of its own? Is this the inevitable course of things? I'm not exactly sure. I do know, however, through watching the communities around me, and even my own family, that even when the traditions of farming seem a forgotten history, something of them remains. With the persistence of a perennial, preserved in the buried bit of one tiny root, they may be brought to the surface again.

I hope Nepal does not have to make the same painful mistakes that we have made in the US the trading in of prime farmland for generous real estate revenue, the dangerous crop monocultures, the expectation of constant availability. I also hope that we continue on this path towards growing our own food when we can and supporting the farmers in our communities if we can't.

To find out more about farmers' markets or community gardens in your area, call the UNH Cooperative Extension office at (603) 787-6944 or view our Community Agriculture web page at: <http://extension.unh.edu/Countries/Grafton/CommunityAgGC.htm>

June 22, 2010 Volume 1 Number 27

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

ARE YOU ON
The following advertisers in this issue of Trendy Times are on Facebook. Check them out and show your support.



 Mucca's Place	 Robert's Thrift Store
 RE/MAX Northern Edge Realty	 Vickie Wyman, New Hampshire & Vermont Real Estate
 Twin River Campground	 Bus2Win.com / bingotrips.com
 Susan G Komen for the Cure	 Trendy Times
 Littleton Food Cooperative	 Undercovertents
 Fabrictown & Keira's Collectables	 The Little Grill
 Cheap Kids	 Tom George General Auto
 Abbott Rental & Party Store	 WYKR
 The Pastures Campground	 Cowie Hill Graphics
 Trendy Threads	 Jim's Cycle
 Warners Gallery Restaurant	 Coburn Automotive



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



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

The Company You Keep®



North Haverhill, NH
603-787-6351

boudreaultseptic@hotmail.com
SEPTIC & GREASE TRAP PUMPING
SEPTIC SYSTEM INSTALLATION



Greenhouses, Nursery & Landscaping Services

ANNUAL & VEGGIE SALE
10 Packs for \$10.00
Mix and Match

WE ARE NOW CLOSED ON SUNDAYS

Open Mon-Sat 9am-5pm • 603-787-6022 • 603-787-2237 Fax
Route 116 • 2470 Benton Road • North Haverhill, NH 03774

Forrester Signs Prosperity Pledge

Wendelboe Signs Prosperity Pledge



Concord, NH - Today Conservative Republican State Senate District 2 candidate Jeanie Forrester signed the Americans for Prosperity Pledge.

"I believe that prosperity will return to New Hampshire in the form of jobs, small business growth and economic opportunity only by cutting state spending and living within our means, reducing the size and scope of state government and remaining steadfastly against a broad based sales or income tax. That is what this pledge is all about and that is why I proudly signed it today," said Forrester.

The Americans for Prosperity Pledge asks candidates like Jeanie Forrester to go on the record as supporters of cutting taxes and fees, opposing a sales and/or income tax, cutting spending, reducing the size of government and upholding both

the N.H. and U.S. Constitutions.

"As I speak with the voters across the 31 towns of Senate District 2, I hear time and again from families and businesses that they are over-burdened by the increasing taxes and fees being foisted upon them by the politicians in Concord. I pledge to be part of the solution. I will work to stop the spending addiction, find ways to do more with less and refuse to support any tax increases," added Forrester.

"I was honored to stand beside Tom Thomson today as he continues his work to make candidates and lawmakers accountable to the taxpayers with the AFP pledge. His father, Governor Meldrim Thomson, not only coined the phrase, 'low taxes are the result of low spending,' he also lived and governed by it. It is my desire to do the same," concluded Forrester.

New Hampton, Fran Wendelboe, Republican candidate for State Senate District 2, signed the Americans for Prosperity NH Anti-Tax Pledge.

In a press release, Corey R. Lewandowski, State Director of AFP in New Hampshire said: "Too many times candidates for office say one thing only to change their tune once they get elected. This pledge will ensure they remain steadfast in their commitment to smaller government, lower taxes and our constitution,"

In comments after signing the pledge, State Senate candidate Fran Wendelboe stated "signing this pledge is a no brainer for me since I have a long and proven record of voting against new taxes such as a sales and income tax or oppressive tax increases." She continued, "While proven actions always speak

louder than words, I am proud to stand here with Tom Thompson, the honorary state chair of Americans for Prosperity, and re-affirm my commitment by signing this important pledge".

For more information about Fran Wendelboe and her campaign for State Senate, visit her website at www.franforsenate.com.

My Pledge to You

As a candidate for public office in New Hampshire, I pledge to you, that if elected to serve the people, I will work tirelessly to:

1. Cut Taxes and Fees (Oppose a Sales and/or Income Tax)
2. Cut Spending
3. Cut the size of Government
4. Uphold both the New Hampshire and United States Constitution

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

June 22, 2010

Volume 1 Number 27

You can advertise your service for just \$20 per issue in this space! Call Gary for details at 603-747-2887 or email gary@trendytimes.com

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

BUSINESS SERVICES
Payroll ■ Bookkeeping ■ Tax & Advice
 Tuesday, Wednesday & Thursday 9:00am - 4:00pm
Walk-ins Welcome
 79 Central St ■ Woodsville, NH 03785
 603-747-8141 ■ Fax 603-747-3755
H&R BLOCK www.hrblock.com

YARD SALE
Sat. June 26th 9:00 to 1:00
No early birds please
To Benefit the Social Club
 (a Program of ITT for High Functioning Autistic Children)
Clothes 3 / \$1.00 TOYS
Household Items
and much much more!
Mucca's Place
 148 Eastern Ave
 St. Johnsbury, VT

Local Family Stepping Up To Support Walk For A Cure

When Sara Solinsky Jordan told her parents that she had joined the Pink Warriors team in the upcoming Susan G. Komen 3-day for the Cure walk in Boston, Dennis & Sandy Solinsky were psyched to do something to help Sara raise and exceed her personal goal of \$2,300 to be part of this event.

On Sara's fundraising page on the Susan G Komen for the Cure website she states "I am doing this walk to help fund the research needed to find a cure for this disease that affects the lives of so many. I want to be

around for my family for a long time, and want to help others be able to be around a long time for their families."

The Solinskys decided to use their local businesses, Twin River Campground and Scooter's Golf & Grill, as fundraising facilities. This is a family with imagination. Not only are they holding a Bake Sale, a raffle and a spectacular Silent Auction with donations from many White Mountain attractions including tickets to Whale's Tale, gift certificates to local restaurants and many more items too numerous to



mention here (check out the campground bulletin board for a complete listing), they are also opening the Campground to the Public for one day on Saturday, June 26th from noon until 9:00pm. For a donation (see ad below for details) you can use all the

campground facilities for the day. Start at the heated swimming pool with the separate kiddie pool area, outside shower and dressing rooms. A short walk brings you to the arcade area where you are greeted by a pool table, air hockey game, and

a variety of other video delights. Wander a bit further and there are volleyball and horseshoe areas. For the younger set a great new playground with climbing wall, swing, tires and more stand ready to be used. Jump next door to Scooter's and play on the 18 hole miniature golf course (donation includes 2 rounds of mini golf). Top the day off with a spaghetti dinner followed by the bluegrass favorites of The Parker Hill Band.

Not interested in hanging out for the day? Stop by to check out the baked goods and join the fun of the Silent Auction. Just want to enjoy the dinner and music? A reduced donation fee will apply for just these events. All donations will benefit The Susan G. Komen Breast Cancer Research Fund.

The Solinskys have coined the phrase "Camping for a Cure" and this coming Friday & Saturday June 25th & 26th, they are donating \$10.00 from each campsite rented. So campers, pick a site next to the pool or one out in the woods and come enjoy the weekend. This is a great way to donate to a very worthy cause as well as providing you with a very fun day.



Come see this ready to move-in home situated on a comfortable landscaped lot in the village of North Haverhill, Location offers many options including home

based business. House features bright eat-in kitchen w-ample cupboards, cozy living room with woodstove, large 1st floor bathroom and several closets for ample storage. The oversized 2-car detached garage includes large unfinished room above for storage or finish and utilize for family room or office.

Offered at \$150,000.



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

June 22, 2010 Volume 1 Number 27

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

CAMPING FOR A CURE

Campground Facilities Open to the Public for 1 Day Only!

Saturday, June 26th from 12 Noon - 9:00 PM

Adults 13+ \$15.00 • Children 7-12 \$10.00 • Children 4-6 \$5.00 • 3 And Under Free

Your daily admission (donation) includes use of the campground facilities (including the pool), 2 rounds of mini golf and a spaghetti supper.

THINGS TO DO: Mini Golf, Horseshoes, Volleyball, Playground, Arcade, Heated Pool
We will be having a Bake Sale, Silent Auction and Raffle Items too!
The Parker Hill Band will be here from 7-9pm!

Come Camping on June 25th & 26th!

\$10 from every site will be donated to the Susan G. Komen 3-Day For The Cure.

*All proceeds will be going to The Susan G. Komen Breast Cancer Research.
Ad Sponsored by Fadden Automotive and Scooter's Golf and Grill*

Come support the Susan G. Komen 3-Day For The Cure at Twin River Campground!

Hosted at Twin River Campground
www.twinrivernh.com

Jct. 302 & 112
Bath, NH 03740
603-747-3640