

TRENDY TIMES

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AUGUST 17, 2010 VOLUME 1 NUMBER 31

Double Dip At Alumni Hall

Photographers Invited To Join Regional Show



Regional photographers are invited to submit work to the Al Stevens's Photography Competition sponsored by Alumni Hall in Haverhill and the Lower Cohase Regional Chamber of Commerce.

This year's theme is "As You've Never Seen It Before". The competition is open to all non-professional photographers with photographs depicting the town of Haverhill and Piermont, NH or Bradford and Newbury, VT and the abutting townships.

Entries will be judged by an impartial panel for their uniqueness and craft and cash prizes of \$75, \$30 and \$20 will be awarded in the adult category and youth prizes of \$50, \$25 and \$10

will be given out.

Photographs for inclusion in the competition should be delivered to Alumni Hall by August 20th by 1:00pm. All entries should be a minimum of 5" x 7" and a maximum of 16" x 20" and be exhibit ready with the artist's name, age, title, subject and price if for sale. The entry fee is \$15 per six photographs. An awards ceremony and exhibit opening will be held on Saturday, September 11th from 3:00-5:00pm at Alumni Hall, 75 Court Street in Haverhill, NH.

For complete contest rules please contact Alumni Hall at info@alumnihall.org or via phone at (603) 989-5500.

Arts Alliance Holds 'BYOP' August 19 In Haverhill

Bring Your Own Poetry, Painting, Performance & Potluck

You are invited to the Arts Alliance of Northern New Hampshire's
BYOP NIGHT
 Bring your own Poetry, Performance, Painting, Presentation, Potluck

HAVERHILL — What better way to spend a summer evening than by sharing art, food and conversation? Artists and arts supporters are invited to take part and perform, present, and display their work -- and enjoy the work of others -- at the Arts Alliance of Northern New Hampshire's next BYOP on Thursday,

August 19, at Alumni Hall, 75 Court Street in Haverhill.

The evening is the third in the Arts Alliance's quarterly series of BYOPs - Bring Your Own Poetry, Painting, Performance, Presentation and Potluck -- being held around the region, and is presented in partnership with Alumni Hall.

The informal program will start with food at 6 p.m., followed at 7 by the program. Writer Leah Carey of Littleton is emcee for the evening.

Children are welcome to attend -- and to present. Potluck participants are invited to bring their favorite appetizer, salad, main dish or dessert; cold drinks will be provided. There is no admission, though donations are welcome.

Poets, dancers, actors, visual artists, and craftspeople of all ages are encouraged to

bring work, and to talk about it. Cultural organizations are also invited to give a brief presentation on their current activities.

"There is a wealth of creativity and energy in the North Country," says Arts Alliance board member Martha Evelyn, who coordinates the BYOPs. "We've discovered some amazing artists at these events. Bring the family and enjoy a night out together."

Pre-registration is requested, particularly for those interested in performing or bringing artwork, and for cultural organizations who wish to give a brief presentation. To register, or for more information, call 323-7302 or e-mail info@aannh.org.

The Arts Alliance is funded in part by an operating grant from the New Hampshire State Council on the Arts.

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Wine And Harp In Groton

GROTON, VT – As the sun's rays get longer and the days shorter, Artesano Meadery in Groton will host its inaugural Open House on Saturday and Sunday, August 21-22 from 12:00 p.m. to 8:00 p.m.

Open House festivities include tastings of Artesano's first vintage of Traditional Mead, a wine made from pure, raw Vermont honey. Artesano's mead is hand-crafted in small batches and reflects the terroir, or taste of place of the Green Mountains. Come meet the mead makers for a question-and-answer tour as they guide you through the produc-

tion area while highlighting their artisanal production techniques. Throughout both days Artesano will offer hors d'oeuvres from Brown's Market Bistro and a fine selection of Cabot cheese.

Highlighting this year's Open House will be Therese Elder Wunrow, principal harpist for the Vermont Philharmonic Orchestra. Ms. Wunrow will perform several pieces from her repertoire from 4:00 p.m. to 6:00 p.m. on Saturday, August 21st.

"The Open House is our way of thanking the community and our friends who have

been so supportive over the past two years and sharing the story of mead with visitors in a fun and relaxed atmosphere," stated Nichole Wolfgang, Owner, Artesano Mead.

Artesano began thinking about mead in 2006 while the owners were stationed in Paraguay serving in the Peace Corps on a beekeeping assignment. After their return, they opened the meadery at 1334 Scott Highway (Route 302) in Groton, Vermont.

For more information and directions, call Artesano Mead at 802-584-9000 or visit www.ArtesanoMead.com.

Ryegate Historical Society

The Annual Meeting of the Ryegate Historical Society will be held on Wednesday, August 18, 2010 at 7:30 PM at Whitelaw Hall in East Ryegate preceded by a Potluck Picnic Supper at 6:30 PM.

The guest speaker will be Lynn Bonfield of Peacham and San Francisco. Her topic will be "Vermont Women's 19th Century Diaries – Windows to daily life and Hidden Secrets." The writers lived in Barnet

and Peacham. She invites anyone having diaries or letters from the 19th century to bring them to the meeting.

Lynn is a senior archivist at the University of San Francisco. She spends her summers at her second home in Peacham. She is a published author and regular contributor to the "North Star" of Danville, and "Vermont History", published by the Vermont Historical Society.

A Potluck Picnic Supper will be held at 6:30 PM prior to the program on the lawn of Whitelaw Hall or inside in case of rain. Those attending are invited to bring a casserole, salad or dessert to serve 6 to 8 people, eating utensils, and a lawn chair for most comfortable seating. Beverage will be provided by members of the Board.

The public is invited to attend and enjoy an evening of good food, fellowship as well as a glimpse into 19th Century life.

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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.



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Newbury Physician Receives Alumni Award From University Of Vermont



BURLINGTON, VT – Melanie C. Lawrence, M.D., a 2000 graduate of the University of Vermont (UVM) College of Medicine, received the UVM Medical Alumni Association's Early Achievement Alumni Award at a reunion awards ceremony held in June. The Early Achievement Alumni Award is presented to an alumnus who has graduated

within the past 15 years in recognition of his/her outstanding community or College service, scientific, or academic achievement.

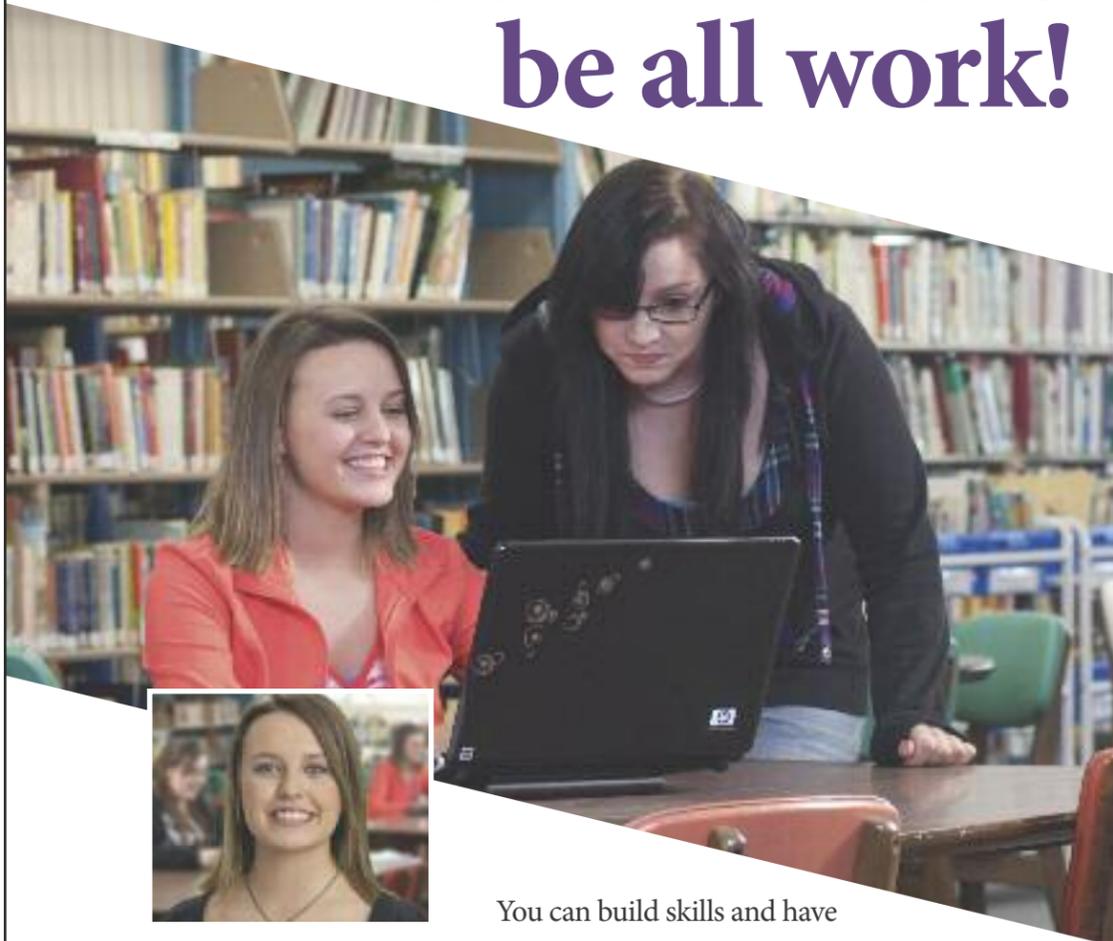
Dr. Lawrence is a family physician in Newbury, Vermont. She serves as the medical director of the Dartmouth Research Co-op, where she works with rural primary care physicians to improve patient care. She was a co-founder of Little Rivers Health Care, a Federally Qualified Health Center, which was started to better meet the needs of the medically underserved in her rural Orange County community. The Health Center is a community based, non-profit group of practices that provides primary and preventive health care to patients

regardless of their ability to pay.

Beginning in 2000, Dr. Lawrence has made annual medical service trips to locations such as Kosovo, Honduras, and Burkina Faso. In 2005, in addition to co-founding The Mentoring Project of the Upper Valley, she began serving on the Community Board of Valley Vista Substance Abuse Treatment Center. She established the Toothy Tiger initiative, a local dental-health program in which fourth grade students act as dental coaches to kindergarteners, in 2009.

In June of 2010, Dr. Lawrence opened her own rural health practice based on the "Idealized Medical Practice" model seeking to meet community and patient needs in her own town.

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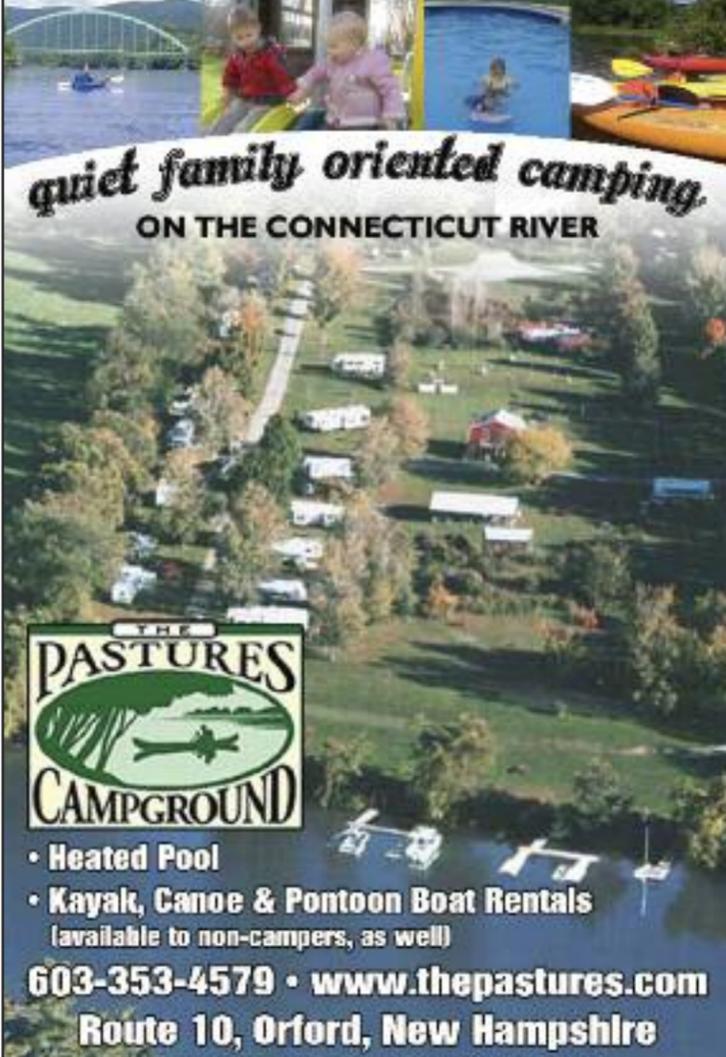


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A Walk In The Woods – August 2010

By David Falkenham, UNH Cooperative Extension Grafton County Forester

Life in the woods has changed for me quite a bit in the last year now that Jewel, my aging four legged walking partner, has pretty much retired from long walks. At the age of 13 ½, the old girl is pretty content to take short, methodical walks, sleep in her bed and chase rabbits in her sleep. However age has not dulled her sense of adventure

and our latest walks in the woods have been via canoe, where her distance traveled is unlimited as she gets paddled around local ponds.

Tonight my canoe paddle dips into the wind swept waters of Long Pond, a beautiful forest pond rimed with balsam fir and spruce which cling to a craggy shoreline of rock and swamp. As the sun

sets, the wind calms down and the air is colored with a dull orange glow highlighted with a rim of green around the lake. Ripples in the water glint with the waning sun and sparkle silvery orange in the black empty water. Jewel sits with her nose pointing in the air, smelling smells and smiling inside. She is as content as an old dog can be.

I close my eyes and inhale, trying to imagine what she smells in the air that I cannot. In comparison to her nose, mine is pretty much a human decoration with little use. Instead I quietly imagine a time when the canoe under me was an essential tool of survival.

At one time in our history the canoe was a major source of transportation. Native Americans of the northeast had canoe routes that followed water courses and portages from Northern Maine across New Hampshire and Vermont to New York State and into Canada. These canoe routes served Native Americans as transportation and trade routes.



Photo by David Falkenham

Early settlers and trappers adopted these canoe routes and used them for trapping and trading furs of beaver, mink, otter and muskrat. Trapping settlements were built on these canoe routes, and these settlements eventually became villages and then towns. Little by little early European trappers carved a life out of the wilderness and eventually built this country. Much of this country's history would have been quite different were it not for a simple wooden device known as the canoe.

When walking in the woods, the noisy sound of my feet frightens wildlife and limits my viewing opportunities. In a canoe it is much different; it isn't hard to become a silent, graceful intruder and viewing wildlife becomes much more intimate and interesting. From a canoe on a forested pond, wildlife watching opportunities are unlimited, and my wife and I have

had many close encounters including watching deer swim and moose feed lazily in deep water. This evening's show does not let us down. Loons, ducks, kingfisher, and dozens of other species of boreal forest and wetland birds treat us to the concert of the wilderness.

The highlight of the evening was watching a beaver feed methodically on a 20 foot mountain ash sapling. We watched in silence from a short distance as the chubby rodent used all his body weight to drag the sapling from the woods into the water where he proceeded to devour every leaf and branch. After his meal he slipped silently under the black water and disappeared.

We paddled in watery silence through the last of the daylight and arrived back at shore in the dark. Jewel, our captain, slept soundly this evening, and so did I.

August 17, 2010 Volume 1 Number 31

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

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The VERY BIG Little Grille

By Robert Roudebush

North Haverhill, NH - The Little Grille Food And Spirits - lunch, dinner (and Saturday and Sunday morning breakfasts) - step in there and have some of Camilla's black beans and rice, topped with her kicky red salsa, maybe with your order of beef or chicken crispy or soft shell tacos, and you know this is just the start of something real good.

They'll even fix you just ONE taco if you want the great taste but not as much on your plate. Salsa and sour cream on the side. Oh yeah. Be warned - portions tend to the generous side. Check out the chili too, homemade with tender chunks of slow-cooked beef topped with melted cheese and you can ask for it in a freshly made bread bowl so you don't miss a drop of the mouth watering goodness.

Now you know why this popular new town eatery has such good buzz - the food is outstandingly good, with a South American flair that flows directly from Camilla's home country, the southern part of Brazil. Her whole family always cooked, she tells a visitor, and she also studied culinary arts and restaurant management there. The beer is ice cold, (freezer-frosted glasses) and the servers are pretty and helpful young ladies. Man and wife restaurant partners Camilla and Scott (and Camilla's brother Mano up from Brazil) have created the Very Good Little Grill - it is already one of the best food stops in the upper river valley region - 2707 Dartmouth College Hiway, (603 787-9818) sharing the same parking lot as Fadden's Automotive.

All kinds of "cervesa" in bottle and on tap, including Sammy Adams, await you at the 8-stool bar just inside the entrance and adjoining the generous waiting area - it is a

full service bar, but a compact one, featuring friendly folks and a large flat screen for sports or news viewing.

Scott and Camilla opened the restaurant at it's current location early this year. Scott has extensive restaurant experience - he's worked as kitchen manager and general manager at such well-known regional hot spots as the Woodstock Brewery and Inn, the Weathervane in West Leb, and Margarita's. Camilla's home culture explains a lot about her approach to food preparation with palette pleasing spices - not strictly Brazilian, nor just Mexican.

It's hard to overestimate the importance of properly prepared black beans and rice, and of freshly made house salsa, red sauce ("salsa roja"). Those items are a must in any place offering south-of-the-border eats, and they are hallmarks of any place that does the job well. The Little Grille does.

Here's why the salsa is exceptional. Tomatoes, cherry peppers, onion, the spice cumin, garlic, and chile powder. Of course made on premises. It's so hot sometimes they warn you and bring you a small taste of the fresh stuff so you can judge for yourself.

Here's why the black beans and rice are superb. The rice is cooked with sauteed garlic, no butter, but extra virgin olive oil. The uncooked black beans are cooked with sauteed onions, with bacon and the spice marjoram is added.

Serving days and hours - Mon-Thurs, 11am -10pm; Fridays and Saturdays, it stays open a couple hours longer, and Saturdays and Sunday mornings come in for hearty traditional breakfasts between 730am and 1130 am. Sunday night open till 9pm.

An important part of the Little Grille story has to do with very big nights, three of them through the week, each one an "all-you-can-eat". Those special offering nights already have won a popular following. Wednesdays features a wide variety of Italian dishes, brought to your table. Rotating menus throughout the month ensure fresh choices and variety. One recent menu line-up included Shrimp Alfredo, Pesto Fettuccini, Veggie Alfredo, and Carbonara - bacon, garlic butter, chopped onions and olive oil pan sauteed, then the pasta is added with a mixture of whipped heavy cream and eggs. Or make your visit Thursday night if you like seafood fresh- fried, broiled or sauteed. And Saturday night, lots of returning customers have discovered Grilled and Smoked Meats night - all you can eat, many different cuts from beef, pork and chicken, grilled, or smoked, and all brought to your table - including a special offering of Brazilian style sausages as appetizers. Oh yeah again. Recently, an inviting outdoor patio to one side of the main building was built and landscaped by Mano, festive with table umbrellas, and custom-crafted railroad ties creating bright flower bed borders. Another hallmark of a cool place is to be able to eat delicious food outside and watch the world move along in front of you. Sounds like a destination with cooler weather approaching.

In closing, let me just say - Nachos, Wings, Skins, Southwestern Salad, Camilla's Famous Brazilian Burger, Scottie's Big Mouth Burger, Mano's Tuscan Sandwich and last and never least, The Cubano.

What are some of those, and how good? You gotta try them all yourself and write your own review.



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Calendar of Events

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

SUPPER UNDER THE TENT

5:00 PM - 7:00 PM
 North Haverhill United Methodist Church
 See ad on page 5

WEDNESDAY, AUGUST 18

LISBON SUMMER CONCERT SERIES - SOFT TOUCH
 6:00 PM - 8:00 PM
 White Church, South Main St, Lisbon

BRADFORD HISTORICAL SOCIETY MUSEUM'S NEW DISPLAY "MADE IN BRADFORD, THEN AND NOW"
 7:15 PM
 172 North Main Street, Bradford

THURSDAY, AUGUST 19

ALAN GREENLEAF AND THE DOCTOR
 6:00 PM
 Veteran's Park, Groton
 (Across From Artesano Meadery & Ice Cream)

FRIDAY, AUGUST 20

CALLITHUMP / FIFTH BUSINESS
 6:00 PM
 Veteran's Park, Groton
 (Across From Artesano Meadery & Ice Cream)

RAILROAD PARK CONCERT STRAWBERRY FARM BAND

6:00 PM
 Railroad Park, Woodsville

FRI & SAT, AUGUST 20 & 21

OLD CHURCH COMMUNITY THEATER
 7:30 PM
 Main Street, Bradford
 See ad on page 15

SATURDAY, AUGUST 21

2ND ANNUAL POKER RUN BY THE RED KNIGHTS
 8:30 AM - Sign-in 9:30 AM - Leave
 Little Grille, North Haverhill
 See ad on page 5

86TH ANNUAL WHITEHILL REUNION

POT LUCK DINNER
 11:00 AM
 North Ryegate, VT

ST. EUGENE CATHOLIC CHURCH MASS TIME CHANGE

4:00 PM (Formerly on Sundays at 12 Noon)
 St. Eugene's Catholic Church, Wells River

BATH VOLUNTEER FIRE ASSOC. BBQ & ROCKING CHAIRS STREET DANCE

5:30 PM
 Bath Common, Bath
 See ad on page 18

SUNDAY, AUGUST 22

OLD CHURCH COMMUNITY THEATER
 4:00 PM
 Main Street, Bradford
 See ad on page 15

VESPERS SERVICES

5:00 PM
 East Haverhill United Methodist Church

WEDNESDAY, AUGUST 25

HORSE MEADOW SENIOR CENTER ANNIVERSARY CELEBRATION
 8:30 AM Coffee & Donuts
 Horse Meadow Senior Center, Haverhill

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
 Woodsville Emergency Services Building

THURSDAY, AUGUST 26

CELEBRATING OUR ARTISANS! QUILTS, ART & PHOTOGRAPHY
 11:15 AM Trudy & The Pioneers
 Horse Meadow Senior Center, Haverhill

FRIDAY, AUGUST 27

CELEBRATING FRIENDS & VOLUNTEERS
 12:00 Noon Cookout Fried Dough by 4-H
 Horse Meadow Senior Center, Haverhill

TRADITIONAL & MODERN HAITIAN SONGS IN CREOLE

7:00 PM
 Piermont Congregational Church

FRI & SAT, AUGUST 27 & 28

OLD CHURCH COMMUNITY THEATER
 7:30 PM
 Main Street, Bradford
 See ad on page 15

SATURDAY, AUGUST 28

OPEN ARENA AT SPUR
 9:00 AM - 1:00 PM
 Barnet
 See ad on page 16

LEGION RIDERS "ANNUAL POKER RUN"

10:00 AM Registration
 11:00 AM Kickstands Up
 Ross-Wood Post Home, Ammonoosuc St., Woodsville

SUNDAY, AUGUST 29

OLD CHURCH COMMUNITY THEATER
 4:00 PM
 Main Street, Bradford
 See ad on page 15

VESPERS SERVICES

5:00 PM
 East Haverhill United Methodist Church

MONDAY, AUGUST 30

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

WHENEVER DATE

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

Submit your entries by:

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

Deadline for submissions is Thursday, August 26, 2010 for our August 31st issue.



It's Coming!! 2010 4-H National Science Experiment Day: 4-H²O

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

The theme line, "One Million New Scientists. One Million New Ideas.™" resounds as we prepare for the 2010 4-H National Science Experiment Day. Want to be part of a nation wide movement to create one million new scientists by the year 2013? Have your Afterschool program, 4-H Club, Girl Scout troop, Boy Scout or Cub Scout troop, Homeschool group or class participate on Wednesday, October 6.

This is the third annual 4-H National Youth Science Day, where youth across the nation examine one of the most important issues facing our nation today water quality. These young scientists will discover and explore the powerful effects of carbon dioxide on our natural water sources in 4-H₂O, the 2010 National Science Experiment.

Developed in conjunction with North Carolina Cooperative Extension and North Carolina A&T State University, the experiment is designed to spark an early youth interest in science all part of 4-H's bold goal to engage a million new young people in science, engineering, technology and applied math programs by 2013.

Water quality is a term used to describe the chemical, physical, and biological characteristics of water. Today, as our population evolves, we face a growing concern that our sources of clean water are becoming contaminated by warming temperatures, carbon dioxide emissions and dangerous run off. These changes in the water quality affect not only our drinking water supply, but also the natural habitats of aquatic plants, animals and organisms.

This year's National Science Experiment – 4-H₂O – is designed to engage youth around the country in asking the question: Why is water quality important and why is it important to understand it now?

According to information released by National 4-H Council, the experiment will help youth take the activities in the experiment and connect back to their lives by measuring their own carbon footprint, their family's footprint, and estimate energy savings by looking at gas and electric bills. By

the end of the activity, students will learn through experimentation, the effect of CO₂ levels on water quality, calculate the amount of CO₂ a family contributes to the atmosphere to better understand the human impact of the carbon footprint, understand the key characteristics used to observe water quality, such as color, odor, and the presence of aquatic plants and animals, understand the impacts of CO₂ and nutrient runoff on the overgrowth of algae in lakes, leading to changes in water quality and engage in a discussion about water quality and global climate change.

You can find everything you need to participate in 4-H National Youth Science Day online at www.4-H.org/NYSD. The site provides all the tools you will need to begin a comprehensive scientific exploration and plan an exciting science event in your community. You may also receive information by contacting Kathy Jablonski at the UNH Cooperative Extension office in Grafton County.

Not available in October to do the experiment? UNHCE Grafton County is participating in the NPASS2 grant program in collaboration with the Educational Design Center and the National Science Foundation. Trainings in the Explore It Design It curriculums will be available, free of charge, for after school group providers and home schoolers. The requirement for the curriculum and materials is for adults to attend a three hour training in delivery techniques, to stage the curriculum with a group of 12-15 youth and to report back to the Grafton County UNHCE 4-H Educator.

For information about local support and other 4-H Science, Engineering and Technology initiatives offered by Grafton County, UNHCE 4-H Youth Development, contact our local office at 3855 Dartmouth College Highway, Box 5, North Haverhill, NH 03774 or call 787-6944. All programs sponsored by UNHCE are consistent with pertinent Federal and State laws and regulations on non-discrimination regarding age, color, handicap, national origin, race, religion, sex, sexual orientation, or veteran's status.

Shirley Farr has been chosen as Cottage Hospital's Employee of the Second Quarter for 2010. Shirley joined the Cottage Hospital Team in May of 1998 as the Secretary to the Director of Patient Services, moving to the Surgical Services Department where she has remained as the Unit Secretary since 1999.

A co-worker nominated Shirley for this honor stating, "...Although I don't work in the same department as Shirley, her work directly affects my job on a daily basis. I can always be rest assured that her job has been very well done. I know how organized she is and if I need a particular piece of information, I know she'll have it in a very short period of time. She is a huge asset to the Hospital (we should keep her forever). She is honest, dependable, and always a sweetheart."

Shirley expressed that, "It is an honor being chosen Employee of the Quarter and I am pleased. I enjoy assisting my coworkers to assure that our days go as smoothly as possible in an Operating Room I enjoy interaction with the Physicians Offices



while doing the scheduling portion of my position. I also enjoy the patient interaction portion of my job."

Shirley returned to the North Country when her first grandchild was born. She shared that she really didn't expect to stay for so long and now has four grandchildren in this area and enjoys watching them grow. She feels that this is where she is meant to be. Shirley enjoys reading, music, the ocean, warm weather, walks, and

most of all, her family. She also enjoys dinners, Holidays, and trips to Old Orchard Beach. Shirley has a cat named Samantha. She expressed that, "...Rarely is there a dull moment – I am truly blessed."

A party will be held in Shirley's honor in the hospital dining room. In addition to a cake, Shirley will receive a check from the hospital and a special parking space reserved for the Employee of the Quarter.

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

August 17, 2010 Volume 1 Number 31

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Pulitzer Prize-Winning Play In Bradford

The Old Church Community Theater presents DL Colburn's "The Gin Game" on its Bradford stage August 20, 21, 22 and again on August 27, 28 and 29. Friday and Saturday shows are at 7:30pm and Sunday matinees are at 4pm.

"The Gin Game" is a study of old age: Two strangers meet over a game of cards, revealing their lives, dreams and regrets as they flirt, tease, test and provoke each other with startling boldness. Their loneliness is both funny and tragic as they carry out this sad duel, if only they would stop to listen to each other. It should be noted the play contains adult language.

Starring Old Church Theater veteran actors Scott Johnson and Robyn Greenstone, these roles were famously played on Broadway and film by Hume Cronyn and Jessica Tandy; Maureen Stapleton and EJ Marshall; and, Mary Tyler Moore and Dick van Dyke. The Old Church Theater production is directed by Peter Richards, himself a veteran director of many Old Church Theater plays.

"The Gin Game" received the 1978 Pulitzer Prize for Drama and played for 517 performances on Broadway, and had a recent successful Broadway revival in 1997 starring Charles Durning and Julie Harris. "The Gin Game"

continues to be a favorite of regional and community theaters across the US and internationally as well.

Reservations for "The Gin Game" may be made by calling 802-222-3322 or on the web at reservations@oldchurchtheater.org. The theater is located at 137 North Main Street in the historic Old Church, the second oldest building in town. Photos of this play in rehearsal or the past 3 productions of the 2010 season may be viewed at www.oldchurchtheater.org.

The Old Church Community Theater's final production of the season will be "An Evening of One Act Plays", slated for the last weekend in September and the first weekend of October. There will be 5 plays, ranging from farce to comedy to thriller. The joint directors are Sheila Kaplow and Peter Richards.

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

Why Are The Potatoes Green?

By Heather Bryant,
Extension Educator, Agricultural Resources

I got an interesting phone call the other day about green potatoes. Of course we all know potatoes are not meant to be green and most of us have made the mistake of eating one that was. If not, I don't recommend it because they taste incredibly bitter and they contain an alkaloid that would be poisonous in large doses. But what causes it? Sunlight is the most common cause, but did you know that artificial light can create the same problem?

This piece of information solved the mystery for the caller and from there the discussion of green potatoes quickly turned to more general potato harvest issues. It turns out, like many other crops from hay to raspberries, potatoes are early this year. According to several local growers, the earliest varieties are mature already and yields have been good. If this continues, those of you who have recently taken up gardening may be thinking about storing your own potatoes for the first time.

The same way onion tops conveniently flop over to tell you when the bulbs are mature, potato vines will die when the tubers are mature. If your potatoes are late and you want to hurry them along just cut the vines. At this point you can go ahead and harvest some to eat right away, but the ones you intend to store you want to leave in the ground for another two weeks. This will allow their skins to "toughen up".

Next, you want to dig them up and sort them, remembering to keep them in the shade as much as possible. If you can, choose a cool day for digging the potatoes. The ideal temperatures for harvest are between 45° and 60° F. Any bruised or damaged tubers should be set aside to either compost or eat right away. The rest you will want to "cure" in a cool (50-60° F) shady spot for 10-14 days. 95% relative humidity (ie humid) is ideal for curing potatoes, which is why they tend to do so well in unheated basements. Unheated basements also make a good site for long term storage. Ideal conditions are damp, humid and 37-40° F.

My caller and I ended our discussion with the question "to wash or not wash" the potatoes prior to putting them in storage. I did not find a lot of consensus on this topic, but according to the Idaho Potato Commission, excessive dampness can lead to rot. Also washing may lead to bruising, therefore, and particularly for potatoes from your own garden, I would recommend against washing before storing. After all you are going to wash them before you cook them anyway, so why do it twice?

As a final note on the green potatoes, you can cut out the green parts and eat the rest, but I recommend you cut a little beyond the green zone, just to make sure. For more information on growing potatoes, please visit http://extension.unh.edu/resources/representation/Resource000606_Rep628.pdf.

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First Annual Albert K. Read III Award Given at Sixty Sixth North Haverhill Fair



The daughters and son of Albert K. Read III wanted to pay tribute to a man who had raised them, helped with their 4-H projects and given a lifetime of memories and wisdom to hand down to them and their families. It was time to honor him. What would this mean for a man who lived his life tilling the earth and giving to others?

Training steers and watching young people learn to respect and bond with their animals was always a great joy to this farmer, this husband, this father...this 4-H leader.

For many years, Albert K. Read III was a 4-H leader in Sullivan County, affecting the lives of the youth who participated in his 4-H Club. He did dairy project work and helped with many other aspects of the club program. He and his wife were instrumental in starting the Sullivan County 4-H Dairy Club, still operating today.

This year marks the first Albert K. Read III Memorial Teamster Award presented at North Haverhill Fair. His daughters, Linda Stoddard, Faith Dellarova and Joyce Read, along with their families, created the award to honor their father.

"We wanted to do something special to commemorate our father and his life. He loved working steers... handy steers."

The criteria for the award honored Mr. Read and his values. The teamster had to demonstrate outstanding showmanship and respect for their team. Being helpful to other 4-H'ers, demonstrating to the public and being a team player were other important selection criteria. The fair is part of the public's education about agriculture and the recipient had to participate in demonstrations and answer questions throughout the fair about their 4-H project. The 4-H teamster needed to go above and beyond the expectations of all exhibitors at the fair.

This year's recipient owns and showed a pair of Devon cattle. Mr. Read had a special place in his heart for Devon

steers, his favorite breed. Kyle Boutin showed patience beyond his years with handling his team and a determination to work hard. He was helpful to other 4-H'ers and to the show superintendent. In his demonstrations, Kyle showed determination and a willingness to keep trying, despite the difficulty of the tasks assigned. All these factors, and his ability to work as a team, helped set Kyle Boutin of Bradford, Vermont, apart from the rest of the 4-H teamsters at North Haverhill Fair. Albert K. Read III would have been proud of Kyle's showmanship and determination.

Congratulations to Kyle on his award!

Winners In North Haverhill Fair Baking Contest Announced

By Deb Maes, UNHCE Extension Educator for Family and Consumer Resources

The smell of freshly baked bread and chip cookies filled the Stoddard Building at North Haverhill Fair on Saturday, July 31. For the first time in more than a decade King Arthur Flour and UNH Cooperative Extension worked together to sponsor a youth and adult baking contest. Prizes were supplied by King Arthur Flour.

The youth contest, open to those 8 to 17 years old, used King Arthur Flour's Favorite Chip Cookies recipe and had eight entries. The adults were given the challenging task of making Vermont Oatmeal Maple-Honey Bread. Twelve local bakers entered the contest.

Some contestants reported that they had tried the recipe several times and their neighbors reaped the benefits of their efforts. The winner of the contest, Samantha Stoddard of North Haverhill, said she tried the recipe once, the evening before the contest. Judges for the adult division were Bernie and Polly Marvin of Piermont. Bernie is known throughout the

region as the baker for Bernie's Breads. The judges stated that Samantha's loaves were well shaped, had good texture and a wonderful taste.

Sam won a \$75 gift certificate to the King Arthur Flour Baker's Catalogue. In second place was Linda Masure of Bradford who woke up early Saturday morning and delivered her bread hot from the oven. She received a \$50 gift certificate. Third place went to Joyce Read of North Haverhill, aunt of winner Sam Stoddard. Joyce won a Baker's Companion Cookbook.

Zach Moore of Haverhill won the cookie contest. The judge for that event was Chef Nick Lemire of Beal House Inn in Littleton. Contestants were given a basic cookie recipe and had the option of adding baking chips of their choice. Zach received a \$50 gift certificate. Second place went to Emily French of North Haverhill who received a Cookie Companion Cookbook. Katie Finn of Benton, NH and Duxbury, MA won her very own King



Zach Moore of Haverhill with his blue ribbon winning cookies, and Samantha Stoddard of North Haverhill with her champion loaf of bread.

Arthur Flour Apron after taking third place in the contest.

After the contest, the bread and cookies were sold and proceeds were given to the Grafton County 4-H Leaders' Association.

For a copy of the recipes used in this year's contest check out Grafton County's page on our UNH Cooperative Extension website at <http://extension.unh.edu/Countries/Grafton/Grafton.htm>

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Wells River Welcomes Another New Business

Text and Photos Courtesy of Michele Avery.

Hi Folks,

Three Paper Dolls Grand Opening was an outstanding success. Michelle Grabowski, Eileen Daly, and Alice Kidder welcomed endless guests as they opened the doors to their new crafts business right on Main St. Wells River, VT. next to Donna's Custom Cakes at the intersection of routes 302 and Vt. Route 5. All of the creations are done by these three amazingly gifted women who have a following and usually sell their crafts at Craft Fairs and Bizarres from Connecticut to Massachusetts to Rhode Island and Maine.

We are all excited to have them close by and to know that they allow us an opportunity to purchase a handcrafted gift card to share with those living with Cancer. The cards are distributed through the Norris Cotton Cancer Center North. Stop by 51 Main St.

Wells River, Vt or call 603-728-5347 Mon.-Fri. 10 AM-6PM and 10-2 Saturday.
Michelle, Alice and

Eileen invite you to check out their website www.3paperdolls.com or email the dolls@3paperdolls.com



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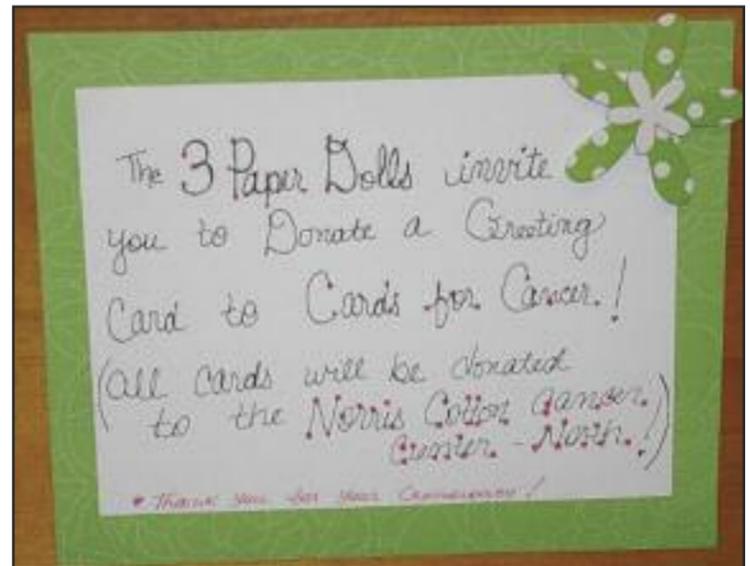
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2010 Whole Hog BBQ And Music Festival

Presented By Cohase Chamber Of Commerce

Thanks to Joel Godston for the photos.



Along with food and music there is the popular Miss Piggy competition with MC Paul Hunt. As usual there were some surprises during the judging.

One of the biggest draws of the Annual Whole Hog BBQ & Music Festival is the food. And there needs to be plenty of places to sit and eat all those great foods.



Many who attend the Whole Hog event bring their own chairs to be sure to get a good spot to listen to the music and to watch those who love to dance.

What music festival is complete without having some great dancers? For many people grass works just as well as hardwood for a place to "cut the rug". (Obviously shoes are optional)



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Last Lisbon Concert Of The Season



Mike Galipeau, Cecile Bilodeau and Norm Coulombe of the popular, Berlin-based trio Soft Touch will round out the Lisbon Summer Concert series, Wednesday, August 18, 6-8 pm, at the White Church on South Main Street. Playing together for 24 years, the group has been the featured summer entertainment at Indian Head Resort for many years.

LISBON – Take the best of the 50s and 60s, mix it with a little classic rock and C&W's best, and you have a recipe for an evening of great entertainment in downtown Lisbon. Soft Touch, a popular local trio from Berlin that has been playing together for 24 years will wind up Lisbon Main Street's summer concert series Wednesday, August 18, 6-8 p.m. on the lawn of the Shared Ministry's White Church, South Main Street.

Soft Touch has been a steady and popular part of the entertainment schedule at the Indian Head Resort in Lincoln for many years. Many Lisbon residents will recognize Mike Galipeau. He runs the Lisbon wastewater treatment facility. He's been playing with his friend Norm Coulombe and Norm's sister Cecile Bilodeau for 24 years.

The concert series presented by Lisbon Main Street, Inc. is concluding its seventh season of downtown summer entertainment. LMS volunteers provide hot dogs and cold drinks during the concert. The Friends in Council offers ice cream sundaes. Chairs or blankets are recommended. In case of rain the concert will be held at the Town Hall.

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Tractor Man

By Elinor P. Mawson



Jerry is a tractor aficionado. Anyone with a passion for such things is always looking for them in any condition, at any price, and for any part. Jerry is no exception; when a neighbor named Mike told him about a guy nearly fifty miles away, Jerry was in his pickup and on the road. He was so anxious to be on his way, he almost missed the knowing smirk on Mike's face as he gave directions.

"It's a long dirt road just outside of town," Mike had said. Jerry thought he was going to the ends of the earth as the road became narrower and bumpier. Just as he thought he'd better turn around, he came to a small clearing containing junk automobiles, tires, live chickens and geese, falling down buildings, old parts and pieces, tractor skeletons, and a ramshackle house, and Jerry knew he was in the right place.

Walking gingerly over weeds and poultry drop-

pings, Jerry knocked at the door. He could see some activity inside the house, and after a minute the door was answered. Jerry asked politely if there were any tractor parts for sale, and the door opened.

This would not be a story if Jerry had bought something and gone on his way, nor would it be a story if Jerry had bought nothing. It is only a story because of what happened next.

As the door opened, Jerry saw, to his amazement, a 70-year-old man who was dressed in a blue blouse, a plaid skirt, stockings (on shaved legs) and black high heels. Tottering around the yard on those spike heels, through weeds and goose manure, the man made no apologies for his appearance, and was most anxious for Jerry to see his tractor collection. Nothing, however, was for sale, and Jerry was soon on his way, not knowing what to think except that he would have something to say

to Mike when he got home.

Jerry soon found that the man is a legend throughout the Northeast Kingdom; there are many people who know of him, and they all enjoy trading stories about the man and his interesting, if different, lifestyle.

A few years later, Jerry and a friend attended an auction in the same area, and decided to pay a return visit, having heard that the guy had a tractor that was for sale. The road to his house was a little more narrow and bumpy, weeds were as high as the car. When they reached the dooryard, however, in interesting spectacle met their eyes. There, working on an old engine, was the man—this time attired in a yellow sundress, stockings, moccasins and a pork pie

hat. He must have been working for quite a while, as the dress was the worse for wear with large grease stains all over the bodice and skirt. He told Jerry and his friend that the tractor had been given to his "boy" who was down the road "hayin'." Jerry and his friend followed the man's directions and came upon a 50-ish man with a hayrake who also didn't want to sell anything either. "This tractor is the only one I have left", he drawled.

Driving back down the dusty road Jerry and his friend speculated on their interesting day.

"He should have at least worn an apron", Jerry mused.

"And," said his friend, "that hat definitely didn't go with his outfit."

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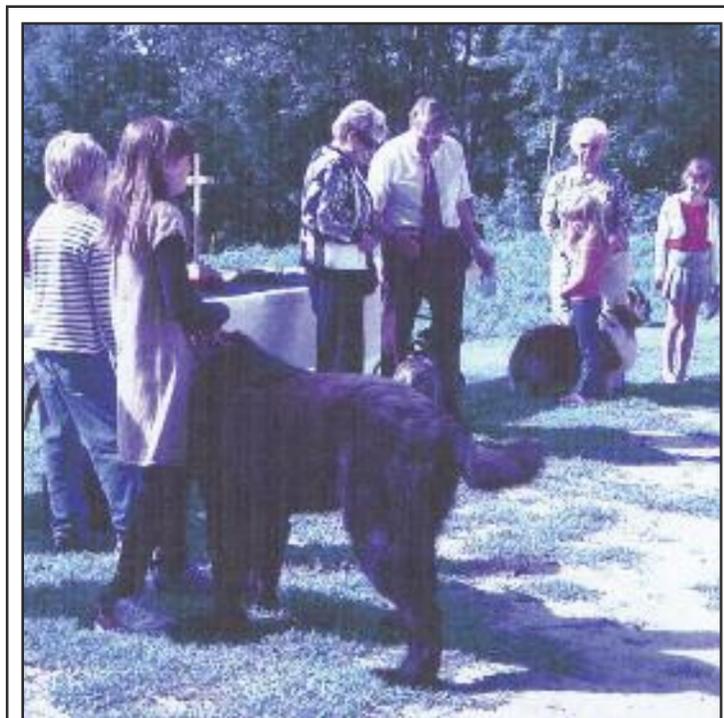
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The Newbury Congregational Church held a Blessing of Animals on Sunday August 8th during their regular Sunday morning worship time. The obvious beautiful day helped to bring several animals and owners out for this first time event at this local church.

Thanks to Edward Jager, Interim Pastor for the note and the photos.

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Letter To The Editor

To the Editor:

All of us that live within the Haverhill Area (Woodsville, No.Haverhill, Pike, Haverhill, Benton, etc...), have all lost someone whom we loved, cared about, looked up to or given a part of themselves in some way or another for this nation. Wheather it was a father, mother, brother, sister, husband or wife that were in the service for this country, called "The United States of America". They too have given their lives, body parts and time.

Don't get me wrong. I knew Bob Clifford, had for a long time. Went to school with his sons, served in the Guards with him in Woodsville after my active service was up. If the Select Board has had their minds made up from the start and plan to

stand by it, then they have no respect for the other Veterans (active or non-active) men or women who it should be named for, not just 1 person. If the Select Board members made up their minds without asking the towns people what we thought it should be named, then that's disrespectful to the people in general. Sounds more and more like a DICTATORSHIP ruling to me. Maybe those people that we elected should step down because they don't seem to have the opinions, thoughts or care of the rest of us who live here and some have given it all. Like the song goes, Some Gave All. It doesn't say One Gave All.

Michael Bishop
(Navy and National Guard Vet)
North Haverhill, NH

Mike,

You add another voice to those calling for a reconsideration by the Haverhill Select Board. You also make a good point with the "Some Gave All" quote.

On the other hand, this will not be the only building in town named for just one person. We have the Morrill Municipal Building (James Morrill was the long time principal when it was an elementary school) There is also the John Bagonzi Community Building in Woodsville (a long time coach who is still coaching). I'm not sure how everyone else refers to these buildings, but I most often hear them referred to as "The Municipal Building" and "The Community Building".

The Armory in Woodsville may well remain "The Armory" until the time comes that it has a definate alternate purpose.

So one could say "What's in a name?" It's a nice honor, or means of honoring an individual, but does it diminish the value of all others who also served?

The bottom line is that this is not an easy question. It is not an easy decision. It is a decision that the current Haverhill Select Board will need to live with, or change their minds and reopen the naming process.

Gary Scruton, Editor

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Local Work Group Meeting Will Discuss Area Resource Conservation Practices

There will be a Local Work Group (LWG) meeting at 2:00pm on Thursday, September 16, 2010. The 2008 Farm Bill recognizes the continued importance of locally led conservation. Local Work Groups set local priorities based on public input and needs assessments. A Local Work Group is comprised of area agencies and

organizations working with natural resources, and interested farm and forest landowners. They identify locally important natural resource concerns and make recommendations to the State Technical Committee and USDA Natural Resources Conservation Service (NRCS) State Conservationist on such items as priorities, conservation practices, and policies. This meeting will provide an opportunity to review the current Practice List and Rank-

ing Sheets used for the Environmental Quality Incentives Program (EQIP), and the Wildlife Habitat Incentives Program (WHIP). This is an opportunity to voice any concerns related to any of these programs so that your thoughts may be taken forward to the State Technical Committee. This meeting is open to the public. Please call for final meeting location. Contact Pam Gilbert at Grafton County Conservation District, (603) 747-2001, ext. 103.

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A Breath Of Fresh Air

By Jim Sobloff

In the August 3rd issue of Trendy Times I wrote on the downside of tobacco smoking, basically because there is no upside. In effect, you are inhaling everything from cadmium, used as a phosphate fertilizer and in batteries to nicotine, an extremely addictive drug which gets into your system quickly and requires continuous replacement. These are 2 of the 4000 chemicals found in cigarettes.

Had I known this as a fetus, as an embryo, as a baby, an infant, a child, a teen or an adult, it would not have been my choice to smoke. However, at the age of 13, in 1963, I pilfered 5 of my mother's cigarettes and smoked them, inhaling, one after the other. This episode resulted in nausea and my getting sick to my stomach.

I have tried to quit 3 times since then -- once for 6 weeks, once for 88 days and most recently for ten days. It is purely rationalization at this time to start pointing to chemicals and choices for my habit. It is idiocy to smoke. Thus, if I continue to smoke, I am indeed an idiot, particularly in the beautiful and healthy environment where I live.

I will say this with humility about myself but with the knowledge that I was a decent athlete who loved it, a decent singer who loved it and one who has hiked the Whites, The Greens, The Smokey Mountains, The Rockies and the Sierras, the whole time smoking.

I know that smoking had a terrible effect on a career that I loved, the newspaper business, as soon as I could no longer smoke on the job. In addition, smoking was part of the reason the mother of my children and I divorced -- she couldn't stand it and that has stood true for her and the children to this day.

These problems are all common to all smokers in one way or another. It takes support to quit for most of us -- according to DHMC, it takes up to 10 tries for many people to stop.

When Dartmouth Hitchcock Medical Center made the decision to have a tobacco free campus, they listed 6 primary reasons in their literature: tobacco negatively affects those around them and those who use it; smoke, chew and cigarette butts are harmful to our environment; secondhand smoke is a major cause of lung cancer and heart disease in non-smokers who are exposed; if

you smoke, it takes longer for a wound to heal after surgery and to recover from injury or illness in general; second-hand smoke triggers wheezing and allergic reactions in others who have allergies, asthma or other lung disease and by becoming tobacco free, DHMC hoped to educate people on the health risks connected with smoking.

DHMC now has a Tobacco Dependence Treatment Clinic (603-653-9456). New Hampshire Health and Services has a quit line (1-800-TryToStop) and so does the State of VT (1-800-Quit-Now). www.cancer.org is an excellent website.

According to materials I have from the State of VT around the year 2000, 16% of youngsters between grades 8 and 12 smoked at the time. This is unacceptable. NH Health and Human Services has developed a slogan: "Live Tobacco Free or Die". It is critical to ask the young to stop smoking. There is the issue of choice, but the perspective of one, like me, who has a smoking related disease and has smoked for 46 years counts as much. Life becomes better as you get older and take on more responsibility. Many of those who smoke think otherwise according to an organization called: "Forever Free: A Guide to Remaining Smoke Free. I read the chapter called "Smoking, Stress and Mood" as stress is my "middle name".

The material pointed out that "stress is what we have when life gives us challenges -- good and bad, major and minor." Stress is defined as

being overwhelmed and tense. "People who have a lot of stress tend to have a harder time quitting.....also people prone to negative moods, such as sadness and anxiety. Most smokers learn to use cigarettes as a way to deal with stress. Nicotine causes the brain to release chemicals called neurotransmitters. Some of these chemicals, such as beta-endorphin and norepinephrine can cause a person to feel better for a very short time, needing constant reinforcement. They serve as a quick pickup but their effect on the body leaves quickly, to be replaced by the next cigarette. They work to, in the very short run, distract people from their troubles."

When I wrote in the last issue, it was to be instructional, not to produce guilt, but to, in a short space, realize that A Cloud of Smoke is really Smoke and Mirrors, a deceptive industry that preys on all Americans (I actually have a lust for cigarettes -- they are so time consuming, expensive and dangerous.) I hide behind that lust.

It is so frightening to me that youngsters still smoke and that marijuana is worse for your lungs. I wish I could prevent tobacco and drugs from reaching the young, but I am not a public health official. I am an "armchair general" who can't wish enough that anyone in today's society does not have to go through the heartbreak I have because of smoking, first and second hand. I didn't even believe in second hand smoke until 2004. Let me just say that we are not immortal

and that it is not our right to let the enemy, tobacco, in the form of the nastiest of habits, become an ungodly interference with the gift of life we have been given.

For me, smoking has been constant. These articles are helpful to me in dealing with past losses and the horror of them and the predicament I am in now. I find smoking is a major distraction in my life which holds me back in so many ways. For those who care about

me, I hope you help me over the top of this mountain as I will you. The bottom line is we are not "back in the day" where anyone could smoke anywhere and did. The bottom line today is yo keep the young away from these nasty drugs and chemicals which play with their growth, body, emotions and mind -- smokers cannot be role models.

If these articles cause or help even one person to stop, I will be pleased. It would be a blessing.

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Benefit Street Dance/Concert

The Bath Volunteer Fire Association is teaming up with the rock and roll band, The Rocking Chairs, to hold their 4th annual night of fun and music. On Saturday, August 28th, at 5:30pm, the Bath Village Common will be closed off for a night of rock and roll, hot dogs, and hamburgers. All proceeds will go to the Fire Association fund to assist the volunteer fire fighters' budget needs. The Bath Fire Association will be manning the grills (at 5:30pm) to provide the food while The Rocking Chairs will provide the music (beginning at 7pm) for a few hours. This year there will be some special guests sitting in with The Rocking Chairs, so come check out the excitement. There will be a 50/50 raffle, raffle prizes provided by White Mountain Distributors and John Dennett, and donations will be welcomed throughout the event. Come on down and have some fun and bring the whole family....and stay for the whole show. Keep your ears to Radio WYKR for rain details or call 603-747-2074.

LETTERS

(and even some real words)

From The Editor

It's Time To Think About Politics/Politicians

Primary day is now just four weeks away (Tuesday, September 14, 2010). Like many years there is a lot being said. Candidates are visiting as many people as possible in as many places as possible. I have met and talked with state wide candidates at the fair, at a luncheon, and at a forum. I expect to see some of the same again, and possibly some others before the big day. Though I am a New Hampshire resident and therefore see mostly candidates from this side of the river, I am sure that the Green Mountain State residents have also seen plenty of the vote seekers.

When you take a moment to think about it, this is a great system. We, the normal everyday working class folks that make up a large

majority of the local population, can vote for the candidate of our choice and send to office the person we choose. I strongly believe in that. Even with all those folks who say, "I'm only one vote - I can't make a difference", I still feel that I, as a voter, can make a difference. Especially when I am joined by all my fellow voters.

We all have one vote. Even those "powerful people" only have one vote. And there are more of us than there are of "them". We just need to be sure to exercise that advantage at the polls.

Trendy Times does not plan to endorse any candidate. Likewise we will not be against any candidate for any office. Choosing the right candidate is a job that every voter needs to do for themselves. What Trendy

Times will do is remind you of your right, your privilege, and your duty, to know something about the candidates who are running for office and to make a decision based on that knowledge. No more than that can be asked of any voter.

So now that summer is winding down and the politicians are winding up, take the time to listen, maybe do some research, or simply talk with your neighbors and friends about those people who have put their names forward as willing to represent you and me in an office that will affect us all. Then on September 14th (or earlier with an absentee ballot) go to the polls, and let your voice be heard for the candidates that you believe will do the job the way you want the job done.

August 17, 2010 Volume 1 Number 31

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An Invitation To "SPUR " Ahead

"The outside of a horse is good for the inside of a man."

- Will Rogers.

This is a quote that appears on the brochure for a program entitled "Students Pursuing Understanding Relationships" (SPUR), run by Bill Dunklee and his family at their farm in Barnet.

The word "students" may make one think this is for just the younger generation. In fact Bill and family welcome students of all ages, abilities

and attitudes. The whole point of SPUR is to assist students in feeling success, gaining self-confidence, boosting self-esteem, acquiring social skills and many other helpful and beneficial aspects of life.

Some students have learning disabilities, others have physical disorders and still others are simply looking for a way to have fun. The Dunklees stand ready to assist all of these and more.

As a registered non-profit Therapeutic Riding Program

they are ready and willing to give out scholarships for the program as well as take on paying participants. To help make this program better known to the general public the Dunklees are hosting an Open Arena on August 28 where they will offer food, fun, a raffle and will stand ready to answer questions. They also are looking for donations of tack or money to help defray some costs and to make the program more available to those in need.

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

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Last years Photo Contest winner Bonnie Trahan (center) with LACC Executive Director Chad Stearns and Abby Tighe of the Foto Factory "Main Street America" Chosen as Photo Contest Theme

[August 13, 2010: Littleton, NH] Celebrating the completion of Main Street Reconstruction, the continued Main Street Beautification, and the move of the Littleton Art Show back to Main Street for the first time in over 5 years, The Littleton Area Chamber of Commerce has chosen the theme of "Main Street America" for this year's Annual Photo Contest.

"With all the positive things that have happened and are still happening on Main Street, it seemed only fitting that the photo contest theme match all the excitement" said Chad Stearns, Executive Director of the Littleton Area Chamber of Commerce. "The Chamber is thrilled to have the Littleton Art Show back on Main Street, as are the artists.

Combined with the Littleton Lions Club Antique Car Parade and other local events, the last weekend in September will be a great time to be in Littleton."

This year's photo contest is part of the 41st Annual Littleton Art Show. The winning photograph will be sold as the events poster, and distributed at the event September 25th. Gift certificates to the FotoFactory, sponsor of the Photo Contest, will be awarded to the top 3 winning photographs,

Entry forms can be found online at www.littletonareachamber.com, at FotoFactory, the Village Bookstore, the Chamber Main Street Information Center, or the Opera House Welcome Center. Entries must be submitted by September 11th, 2010. They are to be

mailed or dropped off at the FotoFactory at 53 Main Street, Littleton, NH 03561. If you have any questions about the photo contest, contact the Littleton Area Chamber of Commerce at (603)444-6561 or FotoFactory at (603)444-5800. The photos will be judged based on originality and overall quality. Winning photographers will be notified by phone or mail within two weeks of the deadline.

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the community on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561, www.littletonareachamber.com

ARC Plumbers Achieve Journeyman Plumber License



Bradley Roy

Bradford, Vermont: Brad Roy, a Woodsville, NH resident and Nicholas Carbee, a North Haverhill, NH resident, have achieved their Vermont journeyman plumber licenses. Becoming a journeyman plumber is a major undertaking that requires years of work, study and preparation. ARC currently employs 5 fourth-year plumber apprentices, 7 journeyman plumbers and 11 master plumbers.

To become a licensed plumber in either the State of Vermont or State of New Hampshire, an apprenticeship program must be completed. The apprenticeship program begins when a candidate is hired by an apprentice sponsor (i.e. employer). An apprentice sponsor must be a Master Plumber. The apprentice then begins a 4 year program which includes



Nick Carbee

2000 hours per year of on-the-job training and 144 hours of classroom-related instruction. The classroom instruction is run by state instructors at specific training sites around the state. The related instruction includes safety, construction math, plans & spec reading, instruction in plumbing code, heating systems, and a variety of other related topics.

Upon completion of the 4 years or 8,000 hours of on-the-job training and successful completion of the related instruction, the candidate will receive a completion certificate from the State's Department of Labor and the candidate is eligible to take the Journeyman Written Exam. When the candidate successfully passes the exam, he can then apply for his Journeyman License with either state. All candidates

must also successful complete 10 Hours of OSHA Construction Safety Instruction by an authorized instructor.

So why should you hire a licensed plumber?

Plumbing isn't difficult, but it requires a lot of knowledge. Code requirements are just a small part; plumbers need parts knowledge and experience with the materials. For example, knowing how hard you can crank on PVC before it cracks takes time to master. Not having a feel for this can turn a \$10 repair into a minor disaster.

Perhaps the most important reason to hire a licensed plumber is related to your health and safety. Plumbers not only fix leaking pipes, but they help prevent the spread of diseases that could occur when there is a cross connection between sewer and

water lines. Plumbers work on pressure vessels (water heaters) that could explode and destroy a home if not properly installed.

When you have a major remodeling project, you'll want a plumber who works well with the other contractors. While many plumbers seem to know plumbing and can handle the repairs needed when working alone, they may have little experience with extensive home remodeling projects that require coordination with others on the job, such as electricians and carpenters.

When choosing a plumber, ask for proof of a license. In Vermont and New Hampshire, plumbers are required to be licensed. Any plumber you consider should also hold a current workers' compensation policy and a minimum of \$500,000 liability insurance.

Establish a relationship with a plumber before you actually need one.

Hire a plumber to do nonemergency repairs or fix-

ture installations during normal hours. You're more likely to get their attention if you're an established customer and not a panicked stranger calling at 10 p.m. on a Friday night with a gushing waste pipe in the cellar.

About ARC Mechanical Contractors

In business since 1947, ARC Mechanical Contractors provides heating, cooling, ventilation, plumbing, mechanical piping, refrigeration, ductwork and controls for commercial, residential, institutional, industrial and municipal buildings/facilities. We also install geothermal, solar thermal and hybrid heating and cooling systems. Located in Bradford, Vermont and Lebanon, New Hampshire, many examples of our work may be found throughout Vermont and New Hampshire, including Dartmouth College's Alumni Gym and Whittemore Hall, Brattleboro Memorial Hospital, Woodstock Inn, and the Edgar May Health & Recreation Center.

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By pete03785@gmail.com

“Mean People Suck”

I also agree with this; for the most part. It seems we are living in an increasingly selfish society. “I want what I want, how I want it and I want it now”. Road rage, speeding, cutting in line, bringing 25 items to a ‘10 Items Or Less’ register [a pet peeve of mine] are epidemic. There is huge vacuum of civility, courtesy, patience and kindness. Where did all the “Ladies” and “Gentlemen” go? On the other hand, sometimes we HAVE to tell people things they don’t want to hear. It might be advice unsought but badly needed. It might be a reality check long in coming. It might be a “No!” when a ‘Yes?!?’ would have done great harm. Are ‘mean people’ always those who disagree with me? Are ‘nice’ people only those who ‘yes’ me to death? Sometimes my best friends are the ones who irritate, infuriate and exasperate me the most. They do it, not for the fun of it, but for my good. “Wounds from a friend can be trusted...” Proverbs 27:6

Editor’s Note:

Even though this article is entitled Trendy Bumpers, It is written by a non-staff person and submitted as one person’s view of the world stemming from bumper stickers seen in the writer’s travels. It should therefore be noted that the views and opinions written in this article do not necessarily reflect those of the staff of Trendy Times. This same statement can be made for any other article in this publication that is not signed by the editor or other member of the staff.

Letter To The Editor

To the Editor:

I've tried my darndest to give pete03785 the respect any brave opinion writer deserves, but he's finally gone a bridge too far in his latest column. He emulates the Palins, Bachmans, Becks, et al., in our superficial society who have recently made it "trendy" to spout off half-baked and even dangerous opinions without benefit of informed reason. For example, the cheetahs to which pete03785 refers kill the weakest and most vulnerable in their Coalition not to be vicious but to ensure the ultimate survival of the species: it's called Evolution. It may not look "nice" to a human viewer of a television program; on the other hand, no animals other than humans (unless terribly mistreated by humans) are cruel for cruelty's sake. Unlike their human counterparts, animals do not wage wars for the sake of greed or perceived moral or religious righteousness; they do not pollute and destroy our oceans; they do not picket the funerals of fallen soldiers with hateful signs; they do not bully, torture, or murder those with whom they disagree. It would serve pete03785 well to spend

less time and energy writing opinions about bumper stickers, and more time informing himself with facts from journals, books, and newspapers. (He could start with the cover article in the 8/14/10 issue of Time, "What Animals Think.") He might then wish to explore the myriad research which proves that the better we humans treat other species, the better we tend to treat each other and this gift of our planet. One final point: what, pray tell, does a woman's Constitutional and moral right to choose sovereignty over her own body have to do with pete03785's apparent thesis that "animals are animals"? How exactly does he claim to know when the divine soul enters the human foetus when Roman Catholic scholars, among others, could reach no agreement on the subject for centuries? Please, enough already of pete03785 and his ignorant opinions, which are neither illuminating nor entertaining.

Sincerely,
Charlotte K. Younger
North Haverhill, NH

Charlotte,

Thank you for writing what others may be thinking. I have heard similar comments from others regarding “Trendy Bumpers” but you are the first to put words together and submit them for others to view.

One of the initial intents of pete03785 and Trendy Bumpers was to make people think, as well as react. It is the reaction that will start the dialogue that moves people from their own views to a more well thought out viewpoint. It is a wonderful thing for people to have opinions, viewpoints or ideals. It is better when they can share them with others. And I feel it is best when people who disagree can take the time to listen to each other, have a viable conversation, and in the end have a stronger viewpoint that will probably be at least somewhat different from the viewpoint they started with. That is was a debate is all about.

So again, Thank You, Charlotte for putting words together and offering your opinion. It is one of the best things about this country.

Gary Scruton, Editor

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Corporal Jonathan Harshman Winters III

By George Clark



Winters, Jonathan Harshman, III. Corporal. Born on 11 November 1925 to Jonathan Harshman and Alice Kilgore Rodgers Winters, in Dayton, Ohio. Life was pleasant until he was seven years of age when his parents divorced. Poor Alice had to go to work in a factory, later working for a magazine, then landed a job interviewing people on radio. His grandfather Winters more or less was his constant companion and they had a hell of a time, enjoying the many things a retired bank owner could afford.

Jon did very poorly in school, especially as he got into the latter years. He, like so many of us, day-dreamed about what we would do in the Foreign Legion, or, even the U.S. Marines. So, at age seventeen, he enlisted in the Marines on 20 October 1943, attending Parris Island in January of 1944. After graduation, suffering from a kidney ailment, Jon went to the naval hospital at Philadelphia, remaining there for several months.

Upon release he was sent to Sea School at Portsmouth, VA and after graduation, on 23 October 1944, Private Winters shipped aboard the Bon Homme Richard, CV-31, the second ship of that name. He became a member of the Marine Detachment, and they all sailed from Norfolk,

VA, in March 1945, for the Pacific.

In March they joined Task Force 38.4 and arrived off Okinawa. Not long after, on 1 July his ship participated to round-the-clock air strikes against Japan, which continued until the end of the war, 15 August. Like most Marines, he served as an anti-aircraft crewman. While aboard, the Marines', including Winters, quarters were right above the bomb-storage magazine, which minimized the sleeping habits of everyone. Fortunately, no hits on his ship are recorded.

While aboard that ship, he did various absurd monologues to entertain the Marines and crew. In one of them he was playing the ship's captain and as the ship was supposed to be going down, the captain, threatening the crew with his forty-five, was the first over the side and into the only boat, all the while firing his pistol, kachow-kachow to keep anyone else from joining him. Unbeknownst to him, someone had told the captain and he had Winters perform this act on the flight deck before most of the crew while he was telling that story. The captain sitting watching the performance, pretended to be angry then laughed like hell – then the rest of the ship's complement also let go. I know this story as a fact.

The ship was part of the Third Landing Force based at the Yokosuka Naval Station, where the Marines served ashore on guard duty, from 30 August until 6 September. He departed the ship on 31 October and returned stateside; first to Treasure Island, and then to the 1st Guard Company, MB, Philadelphia Navy Yard.

From there he was discharged on 1 March 1946 and went back to Ohio to re-

enter high school and obtain his diploma. Then, he became a traveler engaging in various jobs that would help feed him. Back to school: college briefly at Kenyon in Gambier, OH, then the Dayton Art Institute from which he graduated in 1950. It was there he met and married Eileen Ann Schauder in 1948.

With her encouragement, he entered a local humor contest and won the first prize, a wristwatch. Then, in 1950, to a radio station in Columbus, OH, where he performed for three years. With barely enough money to feed him for a day, he went to NYC. For the next several years he worked night clubs, on radio, including Arthur Godfrey's Talent Scouts.

Then in 1954, Jack Paar provided his nation-wide exposure on television. In 1956 his 15 minute weekly show, the Jonathan Winters TV Show. To keep up a hectic schedule, cigarettes and Scotch help sooth him. It also contributed in 1959 to a nervous breakdown.

He managed to overcome that in a few years he was back in the public's eye. In 1961 he began making movies. Some of the hits included: Alakazam the Great; It's a Mad, Mad, Mad, Mad World, in 1963. Then The Loved Ones, The Russians are coming; and a slew of others. In the meantime he was spending lots of time in a pile of TV shows, during the 1970's and 1990's. One role he might have enjoyed was in Davis Rules in 1991-92, in which he played a retired Marine gunnery sergeant and father of Randy Quaid, which role garnered him an Emmy.

Other works have kept him quite busy. He has, to date, written a number of books and he now lives quietly with his wife of over half a century, in California.

LETTERS ¹⁹

(and even some real words)

From The Editor

A Good-bye To Glenn Hatch, And A What's Next? For Haverhill

It was announced about two weeks ago that the Town of Haverhill was losing its first ever full time Recreation Director. Glenn Hatch was hired about five years ago from a number of well qualified applicants. The interview process took several weeks and in my opinion the final decision was a good one.

Glenn has set the mark high for this positron. Before that the town had only a part-time director. The main function being the summer HARP program, but also putting in a few hours each week the rest of the year assisting volunteer members of the Haverhill Recreation Commission in running other programs. Those other programs included Haverhill's Haunted Happenings, the Paddle the Border spring and fall events, plus teen dances.

With the hiring of Glenn there was the opportunity to expand the recreational opportunities offered to the residents of Haverhill. Glenn achieved this with plenty of drive, passion, caring and time spent. Though the job was a salaried forty hours a week position, there were many weeks, especially during the summer program schedule, when Glenn put in much more than the time called for.

It should also be mentioned that Glenn was a very successful high school

coach. Along with Dana Huntington and others he helped the Woodsville High School girls softball team achieve their first ever Championship this past June. Glenn also coached on the other side of the river leading the Blue Mt. Union girls soccer team to over one hundred wins.

Glenn's departure from the recreation scene in this area will certainly be missed. But equally as important is the question of "what will happen with the Recreation Director position in Haverhill?" It has been reported that the Haverhill Select Board is studying all aspects of the town budget to see what and where money can be saved. Good job. That is one of the key aspects of the job of a Select Board member. But as a former member and chair of the Haverhill Recreation Commission I ask the Select Board to not cut out this particular position. Many studies have shown that strong opportunities in the recreation area are a real selling point for a community. The Haverhill Recreation Program has grown over the past dozen years to a point where it is something good to point to in Haverhill. Don't let this program slip away due to budget cuts.

Gary Scruton, Editor & former Chair Haverhill Recreation Commission

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

August 17, 2010

Volume 1 Number 31

"As yer men and the lads in Ireland are sayin'..."

By Brion Moore Blarney and Shuran Behan Lotsa Malarkey

(Editors' note - The Irish mix wit and wisdom the way they do whiskey and water, and to the same intoxicating effect. Irish wit is an art form that can be sage, silly, insulting, or profound, but it's always entertaining)

"If one could only teach the English how to talk, and the Irish how to listen, society here would be quite civilized."

(As a closing from the editor - both co-writers assure me alcoholic intoxication was not part of the creation of the saying above, and remind me to remind you that much of their inspiration came directly from "THE WEE BOOK OF IRISH WIT AND MALARKEY" allegedly written by Sean McCann and Paul Ryan.)



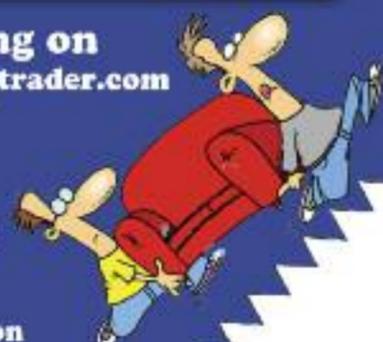
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By Ronda Marsh

Raspberry Buttermilk Cake

Whenever I see a recipe for a small cake, I always give it a second look, and here's why: Unless I'm having company, or making it specifically for a gathering, I find full-size cakes often don't get eaten before they get stale or dry. I hate wasting time, effort, and ingredients to end up with what amounts to expensive food for the wild birds! I gleaned this little gem from the pages of the June 2009 issue of Gourmet magazine, and since we are in the middle of raspberry season, I thought now would be a great time to share it with you. Don't be put off by the fact that the word "buttermilk" is in the title. While buttermilk is a wonderful ingredient, the plain old truth is that I rarely have it on hand, because there just aren't that many uses for it, and I certainly am not going to buy a quart for the mere 1/2 cup required here. There is a very old and very simple trick for



making a substitute for buttermilk, and it works every single time. Just add a little white or cider vinegar to regular milk and let it sit at room temperature for a while. VOILA!!! The acid works its magic, and you can just pretend that you're one of those people who actually keep buttermilk on hand! I also found that you can happily substitute the whole frozen raspberries (not the kind in syrup) for the fresh ones without any discernible difference in the end product. Just

toss the frozen berries with a bit of flour before adding to the batter to keep them from sinking to the bottom. Again, sometimes a much more economical choice in the middle of winter! Thanks to the buttermilk (fake or otherwise), this cake has a really nice, fine crumb, and the sugar sprinkled on the top just before baking adds a great little crunch to it. Served with a scoop of vanilla ice cream and a cup of hot coffee or tea, it's my definition of a perfect dessert!

1 cup all-purpose flour	1/2 teaspoon vanilla extract
1/2 teaspoon baking powder	1 large egg
1/2 teaspoon baking soda	1/2 cup buttermilk (OR, scant 1/2 cup milk with 1/2 teaspoon vinegar added)
1/4 teaspoon salt	1 cup fresh raspberries
1/2 stick butter, softened	(OR individually frozen raspberries)
2/3 cup sugar (and another 1-1/2 tablespoon for sprinkling the cake top)	

Preheat oven to 400°F with rack in the middle. Butter and flour a 9-inch round cake pan. Whisk together flour, baking powder, baking soda, and salt.

Beat butter and 2/3 cup sugar with an electric mixer at medium speed until pale and fluffy, about 2 minutes, and then beat in vanilla. Add egg and beat well.

At low speed, mix in flour mixture in 3 batches, alternating with buttermilk, beginning and ending with flour, and mixing until just combined.

Spoon batter into prepared cake pan, smoothing top. Scatter raspberries evenly over the top (if using the frozen berries, toss them with a little flour to coat before scattering them, to prevent them from sinking to the bottom) and sprinkle with the remaining 1-1/2 Tablespoon sugar.

Bake on center rack of oven until cake is golden and a wooden pick inserted into center comes out clean, 25-30 minutes (the truth is, my oven actually takes more like 45 minutes.) Cool in pan 10 minutes, then turn out onto a rack and cool to warm, 10-15 minutes more. Invert onto a serving plate.

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