

# TRENDY TIMES

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SEPTEMBER 14, 2010 VOLUME 1 NUMBER 33

## Nellie's Nest Brings Singer/StoryTeller Bill Harley To The Monroe Town Hall

On Friday evening, September 17, at 7:00, Nellie's Nest Cage Free Eggs will bring nationally-known songwriter, storyteller, author, radio commentator and educator Bill Harley to the Monroe Town Hall in Monroe NH. Bill will perform a family concert of songs, stories and humor to raise money for the Hatching Young Readers Program.

Bill is a master storyteller. A two-time Grammy Award winner, he is considered by fans and peers alike to be one of the best storytellers in the country. Entertainment Weekly labeled him "the Mark Twain of con-

temporary children's music."

Bill has been entertaining families and kids for twenty-five years – long enough to have a second generation of fans come along. His performances span the generation gap. He uses song and story to paint a vibrant and hilarious picture of growing up, school and family life.

In slice-of-life vignettes about day-to-day life, Bill uses humor and a fine-tuned sense of the ridiculous to make children feel good about themselves.

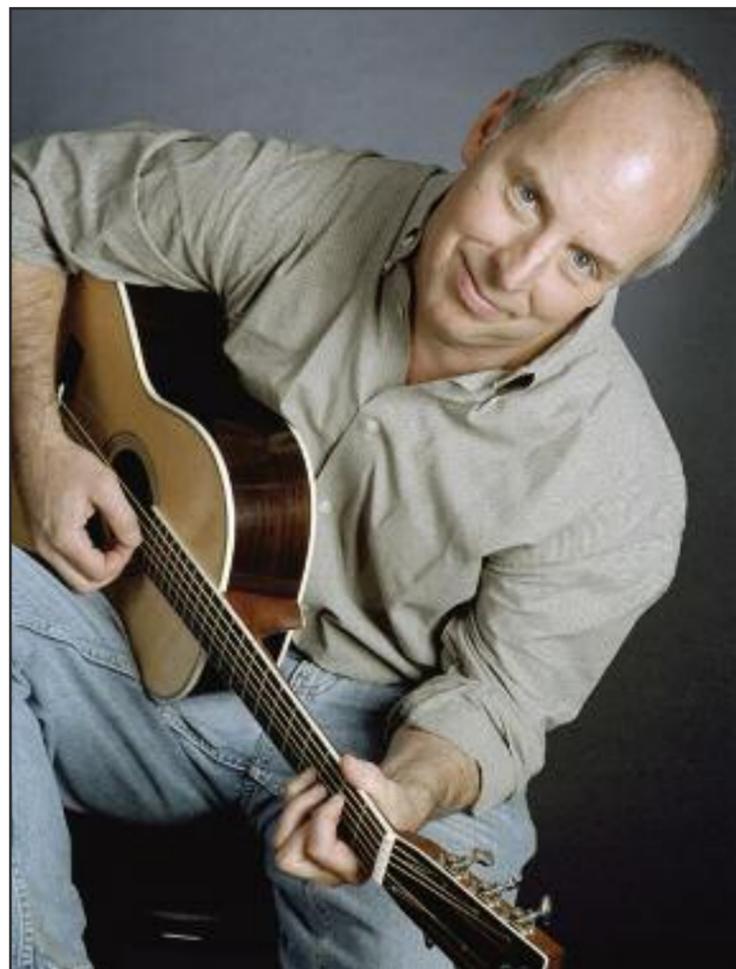
Adults enjoy his performances through a double filter of past and present. Children respond from the immediacy

of their own lives. With rubber-faced abandon, Bill examines human foibles, flaws and embarrassments, common fears and simple pleasures.

The Hatching Young Readers Program is the idea of elementary school teacher Sandra Laflamme. The program is funded by Nellie's Nest Cage Free Eggs, whose farm-fresh, humanely-raised eggs are available at supermarkets throughout the Northeast.

"It's very important to spend time looking at books and reading with your child at an early age to help them develop an enjoyment for reading and books," Sandra explains. "Hatching Young Readers' goal is to help emerging readers develop a life-long interest in reading." The program works with local libraries to sponsor reading contests that reward young readers and provide financial support.

Tickets for the Bill Harley concert are \$7.00 and available at the Monroe Public Library, The Village Bookstore



in Littleton NH, Boxcar & Caboose Bookstore in St. Johnsbury VT and Green Mountain Books in Lyn-

donville VT. For more information, contact Karl Johnson at growthwords@roadrunner.com or 603-638-2034.

### Taken From Bill Harley's Official Website

Bill began singing and storytelling in 1975 while still in college. His work has influenced a generation of children, parents, performing artists and educators. Bill's songs are joyous, direct and honest, his stories are filled with the details of daily life – all told and sung from his slightly off-center point of view.

"Humor is my weapon," says Harley of his award-winning recordings. A two-time Grammy winner, Bill's recordings have also garnered numerous other national awards including Parents' Choice, NAPPA (National Association of Parenting Publication Awards), ALA (American Library Association) and the highest honor from the Oppenheim Toy Portfolio for his concert DVD, "Yes to Running!" filmed in conjunction with Montana PBS.

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# Letter To The Editor

It's that time once again, and I am seeking re-election as a Republican to the New Hampshire House of Representatives as Representative for Grafton County District #3. This is a two-member district encompassing eight small towns across the north part of the County.

During the most recent biennium, this district's other representative was Susan Ford of Easton, a Democrat who essentially canceled out my votes for smaller, more economical government by voting for 33 tax and fee increases passed in the Democrat-controlled House and Senate, as well as for the extravagantly large Grafton County jail now under construction.

This year Republican Gregory Sorg of Easton, who lost to Rep. Ford in 2008, is once again a candidate, hoping to regain his seat so that he and I can, by voting together

in the future as we had during the previous three terms, provide our constituents with two strong votes. Greg and I worked hard and harmoniously for our constituents when we served together, and with the support of the voters we will resume that strong relationship as we work to repeal the damaging legislation passed during the last biennium. He and I have never been absentee representatives, both of us having compiled attendance records of well over 90% in both committee meetings and full House sessions and recorded votes.

It has been an honor and a pleasure to serve the people and towns of District 3, and I pledge to represent the majority. I believe that people come first!

Rep. Edmond Gionet  
 Lincoln, NH

*For those unsure of what towns are included in Grafton District 3 a little research on the state Legislative web site shows that the following nine towns are represented by two elected officials. Those towns are: Bath, Easton, Landaff, Lincoln, Lisbon, Livermore, Monroe, Sugar Hill and Waterville Valley. Rep. Gionet mentions eight towns. The difference is Livermore. A town west of Lincoln that apparently has no registered voters and perhaps no permanent residents.*

*In regards to the upcoming election, it should be noted that the new legislature will have the job of setting district lines for the following ten years. This fact may seem a small part of the big picture, but when you look at this particular district you can see that sometimes lines are drawn with no apparent regard to the real connectiveness of the communities making up the district. It seems to be one of the perks for the winning party every ten years to be able to draw lines to their own advantage.*

*But once again, please take the time to know who you are voting for before you enter the voting booth. It is a decision that can and probably will affect each and every one of us over the upcoming years.*

Gary Scruton  
 Editor

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## GOT AN OPINION?

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Let everyone know what you think and why.

*Just be ready for one of our editors to respond.*

# Letter To The Editor

Dear Editor,

My name is Jeanie Forrester and I am a small business owner from Meredith running for State Senate in District 2. I have never run for political office before and set out to make meeting voters and community leaders one-on-one the cornerstone of my grassroots campaign.

As part of that effort, I met with each and every one of the 31 selectboards in State Senate District 2. From Meredith to Monroe, Canaan to Campton, Orange to Orford and all the communities in between. It has been an informative experience to discuss current fiscal and regulatory challenges with local selectmen.

The concerns and frustrations shared with me were the same: state government is spending too much and using our towns as dumping grounds--shifting state costs

onto the backs of local property taxpayers. Concord is simply hurting our communities, taxpayers and job creation.

It is clear to me that the state needs to start taking its cues from these local government leaders, who, when in hard economic times and faced with less revenue, make the tough decisions, prioritize spending and find ways to do more (or the same) with less. State government should too.

Many thanks to the selectmen from across the district for their service and for sharing their time and ideas with me. I believe that we can find ways to reduce spending, rein in regulation and make New Hampshire a pro-business place of economic prosperity.

Jeanie Forrester  
Meredith NH

# Letter To The Editor

To the editor:

If voters in the Republican senatorial primary are searching for a knowledgeable, hard-working, fiscal conservative for state senator, they should look no farther than Fran Wendleboe. Fran has years of experience dealing with state finances. She is one of the few legislators who truly understands the state budget, especially the part dealing with health and human services. I know because I've worked with her on budget issues, and I've been impressed by the breadth and depth of her knowledge -- and by the creative ways

she finds to solve problems.

The current state budget is balanced by some \$650 million of one-time federal stimulus money and by borrowing. That's a 12% "hole" in the next state budget. Voters would be well advised to elect a state senator who can hit the ground running and solve this problem without job-killing tax and fee hikes. Fran Wendleboe is the candidate best qualified to do this. She is worthy of their support.

Yours truly,  
Rep. Neal M. Kurk  
Former Chairman, N.H.  
House Finance Committee

*It is the time of politics. In fact the day this edition of Trendy Times hits mailboxes it will be Primary Day in New Hampshire. So first and foremost, if you have not yet voted today, do it now.*

*Next, keep an eye out for who does win in this primary because they will be back seeking your vote again in the general election of Tuesday, November 2. That general election*

*will happen on both sides of the river, so we all need to prepare for a full seven weeks of political bombardment.*

*I am not saying that all of the political ads, letters to the editors, op ed pieces, etc. are bad. In fact many offer an insight into the real heart and soul of those seeking our votes. But at the same time there can on occasion be comments or implications that do not*

*prove to be one hundred percent correct. And it is the duty of each of us voters to be sure we know the difference.*

*So keep reading, listening, and asking questions. It is our duty to elect the best person for each of those many positions that will be on the ballot.*

Gary Scruton,  
Editor

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Starts At Augie's Take-A-Break Across From Aldrich General Store In North Haverhill  
Can also register at the trailhead in Littleton.  
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Saturday, September 25  
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# Letter To The Editor

August 31, 2010

Dear Editor:

My family and I wish to thank the community for the generous welcome and invaluable support we have received this year as we purchased the Atkinson Retreat in Newbury Village and undertook renovations to create a new business.

Local labor and subcontractors worked hard and well to offer quality work. Town and State officials helped us understand and work through the multiple processes. Community members offered curiosity and encouragement. Our open house in July was blessed with beautiful weather, well wishers, kind words and the historic and vibrant music of the Jeremiah Ingalls Singers.

This was the same impressive energy I witnessed years ago as so many community members worked to create Little Rivers Health Care, Inc. a Federally Qualified Health Center. Initially as a family medicine resident at Dartmouth Hitchcock Medical Center and then as a Cottage Hospital staff physician, I learned much about the power of the determined people in East Corinth to Bradford to Wells River. Twenty or more people were regularly working for years on grant applications, design and planning for a better way to meet the health needs of our communities. Al Stevens from Wells River was my personal hero in this process as he advocated for accessible health care for every person in our region. The sense of vision and dedication from this large and hard-working group of community members was inspirational. I felt fortunate to have participated in that process.

In a time of so many economic and health challenges, I thank everyone for the opportunity to continue my work in this community. Newbury Health Clinic is very new and we will continue to grow over the coming years. I feel very fortunate to have the support from so many neighbors in Vermont and New Hampshire. Thank you.

Sincerely,  
Melanie Lawrence, M.D.

*Dr. Lawrence,*

*It is so nice to see a person with your great attitude and abilities joining the small business community here in Northern New England.*

*Though your field is in the health care industry, you are, none the less, a small business person. And therefore you have many of the same issues that so many other small business people face. In that vein I wish you good luck and trust you have found others with the proper skills to assist you. Almost no small business person can make it on their own. Just like it takes a village to raise a child, it takes a community of small business people to help other small business people survive, grown and prosper.*

*Again, congratulations on your new beginning, and the best of luck with your future plans to bring the rest of that great building on line and add to the quality of life in Newbury and the whole of the Upper Valley and surrounding area.*

Gary Scruton, Editor

## Calendar of Events

### WEDNESDAY, SEPTEMBER 15

#### MOVEMENT WORKSHOP

1:00 PM  
Littleton Senior Center  
See article on page 5

### THURSDAY, SEPTEMBER 16

#### ANNUAL OLD-FASHIONED CHICKEN PIE SUPPER

5:00 PM – 6:00 PM – 7:00 PM  
South Ryegate Presbyterian Church

### FRIDAY, SEPTEMBER 17

#### HATCHING YOUNG READERS PROGRAM BENEFIT WITH BILL HARLEY

7:00 PM  
Monroe Town Hall  
See article on page 1 and ad on page 13

### SATURDAY, SEPTEMBER 18

#### ALL YOU CAN EAT BREAKFAST

8:00 AM – 10:30 AM  
Barnet Congregational Church

#### LOCAL ENERGY

**ALTERNATIVES FESTIVAL (L.E.A.F.)**  
9:00 AM – 6:00 PM  
Main Street, Bradford  
See ad on page 20

#### GROTON UNITED METHODIST CHURCH YARD AND BAKE SALE

9:00 AM – 3:00 PM  
Route 302, Groton  
See ad on page 13

#### RUMMAGE SALE

9:00 AM – 4:00 PM  
Epiphany Church, School Street, Lisbon

#### BLAST OFF WITH SOME ROCKET FUN JOIN CUB SCOUTS PACK 755

10:00 AM – 12:00 PM  
Village Green, Newbury  
See article on page 8

#### AIRPORT AWARENESS DAY

10:00 AM – 3:00 PM  
Dean Memorial Airport, North Haverhill  
See ad on page 9

### SUNDAY, SEPTEMBER 19

#### 48HR FILM SLAM! CLOSING CEREMONY

7:00 PM  
Bradford Academy Auditorium

### TUESDAY, SEPTEMBER 21

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon  
Woodsville American Legion Post #20

### WEDNESDAY, SEPTEMBER 22

#### WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM  
Woodsville Emergency Services Building, Woodsville

### FRIDAY, SEPTEMBER 24

#### 5 ONE ACT PLAYS

7:30 PM  
Old Church Community Theater, Bradford  
See article on page 9 and ad on page 7

#### LIGHT UP THE NIGHT WALK

Dusk  
Main Street Landing Train Station, Burlington  
See article on page 14

### SATURDAY, SEPTEMBER 25

#### AUGIE DAY ATV POKER RUN

9:00 AM  
Augie's Take-A-Break, North Haverhill  
See ad on page 3

#### LISBON MAIN STREET FLEA MARKET AND YARD SALE

9:00 AM – 2:00 PM  
New England Wire Technologies  
Parking Lot, Lisbon  
See ad on page 5

#### ABSOLUTE CLUB CHILI COOK-OFF FUNDRAISER

11:00 AM – 3:00 PM  
Absolute PowerSports VT, Wells River  
See article on page 10 and ad on page 7

#### 50'S – 60'S DANCE WITH DJ MIKE LUCA AND VOCALIST BRIE WALSH

7:00 PM – 10:00 PM  
Woodsville Community Building

#### 5 ONE ACT PLAYS

7:30 PM  
Old Church Community Theater, Bradford  
See article on page 9 and ad on page 7

### SUNDAY, SEPTEMBER 26

#### 5 ONE ACT PLAYS

4:00 PM  
Old Church Community Theater, Bradford  
See article on page 9 and ad on page 7

### MONDAY, SEPTEMBER 27

#### HAVERHILL SELECTBOARD MEETING

6:00 PM  
Morrill Municipal Building, North Haverhill

### THURSDAY, SEPTEMBER 30

#### FALL FOLIAGE DAY IN PEACHAM

9:00 AM And On  
Various Locations In Peacham

### FRIDAY & SATURDAY,

### OCTOBER 1 & 2

#### 5 ONE ACT PLAYS

7:30 PM  
Old Church Community Theater, Bradford  
See article on page 9 and ad on page 7

### SUNDAY, OCTOBER 3

#### 5 ONE ACT PLAYS

4:00 PM  
Old Church Community Theater, Bradford  
See article on page 9 and ad on page 7

### WHENEVER DATE

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

Submit your entries by:

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Deadline for submissions is Thursday, September 23, 2010 for our September 28th issue.



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# Lisbon Annual Flea Market To Be Held On September 25

LISBON – Lisbon Main Street, Inc. will host a Flea Market and Yard Sale on Saturday, September 25, from 9 a.m. to 2 p.m. at the New England Wire Technologies parking lot on North Main Street, Route 302.

Spaces will be available to private individuals who wish to sell home goods, items they've been storing in the attic or garage, as well as to small, home-based commercial businesses such as crafters or cosmetic sales. Spaces will be 15 feet by 15 feet for a fee of \$10. Vendors must be registered prior to the day of the event. Rain date for the event will be Saturday, October 2. To register, contact the Lisbon Main

Street office at 603-838-2200, a form can be emailed or picked up at the office.

"If you want to make room in the garage for your car this winter, now's the time to clean it out and bring your good 'stuff' to the flea market. It's also a great time of year to clean out the attic, closets and store rooms to make room for fall and winter clothes. Maybe it's time to get rid of that old lava lamp you've been hanging onto for decades," said Ruth Taylor, Executive Director of Lisbon Main Street, Inc. Limited space will be allowed for food vendors. Inquire at the Lisbon Main Street office for availability.

Registration fees will support the projects of Lis-

bon Main Street volunteers who work to ensure the vitality of Lisbon's downtown through preserving, enhancing and promoting its unique economic, social, cultural and architectural heritage.

Lisbon Main Street is a member of the National Trust Main Street Center, sponsored by the National Trust for Historic Preservation in Washington, D.C., and is one of more than 1,500 communities nationally that work to revitalize traditional town centers. For more information on Lisbon Main Street program, to volunteer, donate or make suggestions, contact Lisbon Main Street at 603-838-2200, or [lisbon-mainstreet@roadrunner.com](mailto:lisbon-mainstreet@roadrunner.com)

## A Politician Here, A Politician There, Politicians Everywhere



*This group photo taken at the home of Jim and Jean Walker was shot at the end of the visit by John Stephen (third from left) who is running for Governor on the Republican ticket.*

Primary day in New Hampshire is Tuesday, September 14th. And 2010 has been a very busy campaign season for both major parties. Even the area that includes the Upper Connecticut River Valley has

seen its share of politicians. They have visited the fair (back in July), made tours of airports (August) had large gatherings (Horse Meadow Senior Center and the Good Ole Boys), run thru the area on campaign bus trips, and

even been out by themselves making calls to individuals, businesses and organizations.

It has indeed been interesting to see so many take an interest in the thoughts of the voters here in the North Country. I hope that all the voters in the area show their appreciation by going to the polls and voting for the candidates of your choice. Even though this is just a primary, it is a stepping stone for these candidates to get that elected position and become our voice. Whether it be in Washington, DC, Concord, NH, or at our Grafton County offices in North Haverhill.

And please don't forget that the general election is only seven weeks away. That means less than 50 days for Tuesday's winners to convince us to send them off to do the work of our elected officials. So pay attention to what is going on. Be informed. And lastly, VOTE!



*This shot is courtesy of the Ovide Lamontagne campaign. It was taken during his visit to Cottage Hospital during his campaign swing in Woodsville.*

# Dancer Presents Movement Workshop At Littleton Senior Center

LITTLETON — Seniors and community members are welcome at the Littleton Senior Center at 1 p.m. on Wednesday, September 15, for a workshop with dancer and movement educator Jeanne Limmer of North Conway. Jeanne uses music and movement in her workshops to help seniors get in better touch with themselves. No prior dance experience is necessary.

The workshop is a presentation of the Arts Alliance of Northern New Hampshire's Arts & Health for Seniors program.

As people age, they sometimes forget how wonderful it can feel to let go and move their bodies in both familiar and unfamiliar ways. In this workshop, Jeanne will use gentle movement and rhythm to help participants get in touch again with the many ways in which they can use their bodies to express themselves. The workshop will include some simple breathing exercises, warming up of limbs and torsos, listening to music – from drumming to classical -- and trying some simple movements to help each person connect with their feelings, awakening their joints and their senses. As bodies begin moving, minds will

open up, and stories and connections will be made.

She will also hold a similar workshop at the Highland Center in Whitefield on September 15 from 10:30-11:30 a.m. Again, no prior dance experience is necessary. Even those with physical disabilities can participate. Jeanne, who has her own dance studio in North Conway, is spending a four-day residency at The Morrison in Whitefield in September as part of the Arts Alliance's partnership with the nursing home through its Arts & Health for Seniors program. She received Arts-in-Health training through the Vermont Arts Exchange's Healing Arts Institute for Artists and was chosen as the New Hampshire hub site coordinator for the Northern New England "Extending the Dance Map" initiative.

The Arts & Health for Seniors program is partially funded by a grant from the New Hampshire State Council on the Arts. For more information call 837-2275 or email [Eileen@aannh.org](mailto:Eileen@aannh.org).

The Littleton Senior Center is located off Cottage Street in downtown Littleton (behind the Littleton Bike Shop). Plenty of parking is available.

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"definitely worth the trip"

# Late Blight Update

By Heather Bryant, Extension Educator, Agricultural Resources

Late blight was confirmed in Grafton County on September 1st. So far, it's only one case in a home garden on the western side of the County. Unfortunately, if we get rain or wind from Hurricane Earl it will cause any spores that are in the air to spread. Growers and gardeners alike should keep a close eye on their tomatoes and potatoes. For the latest information on late blight, including management options, please see the

following website <http://extension.unh.edu/Agric/LateBlight.htm>

As you remember from last season, late blight is a fungal plant disease that affects tomatoes and potatoes. Last year, it arrived in Grafton County on July 1st and the rainy weather conditions were ideal for spreading a fungus. By mid August, it had affected most of us trying to grow tomatoes or potatoes.

This year we have been far luckier than we anticipated. The fungus has moved very slowly; it was identified in Connecticut in mid June, in Massachusetts and Maine in late July, and in Vermont in early August. It has also impacted a tiny

fraction of growers and gardeners compared to last year.

The slow spread of the disease this year is largely due to the weather. It's been warm and sunny and it's rained, but not constantly, which is exactly the wrong weather for late blight.

However, I think those of us who grow tomatoes and potatoes can also take a little of the credit. Last year when the disease hit, we destroyed our plants in an attempt to slow the spread of the disease. Next, we didn't save infected potatoes for seed which helped minimize overwintering. This year we bought certified potato seed, and either grew our own tomato seedlings or carefully inspected them before

buying them. We monitored our plants closely in the field. Many commercial growers used preventative fungicides to protect their crops, which in turn prevented them from becoming sources of infection for others. These actions made it harder for the fungus to take hold during the few periods when the weather conditions were right for spreading spores.

That said, late blight is in the area and those who live along the Connecticut River should pay particular attention to their plants. If it gets into your tomatoes, it's best to bag them up and send them to the landfill. If it gets into your potatoes, you may still be able to save them because the fungus goes into the leaves at the top of the plant first and then has to travel down to the tubers. Just cut the plants off at the soil line and remove them. Then leave the potatoes in the ground for 2-3 weeks to allow the skins to toughen up and the spores at the soil surface to die. When you harvest the potatoes check carefully for signs of disease, and keep checking on them in storage. As with last year, if you suspect you had late blight do not save any of your potatoes for seed. If you have any questions or see anything suspicious in your gardens please call our office at (603) 787-6944.

September 14, 2010 Volume 1 Number 33

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# TAX \$ TIPS CORNER

By Gina M. D'Orazio

Most people seem to think about their Federal Income Return during the "normal tax time" but it is really something to think about and work on throughout the entire year. You may be thinking "that's nice" or "I don't have time to do that" but it really will benefit you long term AND a few minutes each week can make a big difference. There are different items that affect our tax return and they include everything from different sources of income to how many dependants you have to medical costs you have incurred and paid for.

Sources of income are derived from the following list:

1. Wages from job (includes fees, commissions, and fringe benefits)
2. Gross income from your small business
3. Gains from sale of property
4. Interest
5. Rents
6. Royalties
7. Dividends
8. Alimony and separate maintenance payments
9. Income from life insurance and endowment contracts
10. Pensions
11. Income from discharge of indebtedness\*

\* The income from discharge of indebtedness is one of interest for many people

throughout the country during these past few years and perhaps into the future with the state of our national economy. An example would be if a balance on a credit card or loan were discharged and you no longer needed to pay on it then the amount of money "forgiven or discharged" is considered income to you.

12. Distributive Share of partnership gross income
13. Income in respect of decedent
14. Income from an interest in an estate or trust

In a nutshell, it is best to start getting organized in late December for the upcoming tax season. A great start is to find a box or bag or big envelope to set in a central location for yourself. AS you begin to receive those statements from banks for loans and mortgages, W-2's, 1099's, statement for debt discharge stick it in your box/bag/envelope. Once you have everything compiled (most employers and institutions should have them post marked by January 31) then make that appointment with your tax preparer. Having everything organized will make preparing your return that much easier for all involved.

Next time I will talk about some tax credits that you may be able to "take up on."

Gina D'Orazio is owner of D'Orazio Bookkeeping in Littleton, New Hampshire. D'Orazio can be contacted by phone at 603-616-1601; or e-mail at doraziobookkeeping@yahoo.com; or through her website at www.doraziobookkeeping.vpweb.com. You can also check out D'Orazio's Blogspot at www.doraziobookkeeping.blogspot.com

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# Two Knees Or Not Two Knees

By Elinor P. Mawson

I happen to have inherited one of my mother's most notable achievements--arthritic knees. In our family we call it "Lois' legacy". All of us at one time or another have suffered from this ailment and so far two of us have gone under the knife to make things better.

Not long ago, after a lot of thought and discomfort and groans whenever I got up from a chair or got out of a car, I decided to bite the bullet and get it done. I didn't ask many questions or consult with anyone who had the experience. Most of the people that gave advice knew someone who had had their knees replaced and recommended having them both done at the same time.

So with very little knowledge and a lot of adrenaline, I joined the ever-growing group of people with total knee replacements.

Needless to say, I am very much wiser now that I have these strange metal

contraptions partway down my legs. Not only am I getting accustomed to walking again, going up and down stairs takes determination, and getting out of a car takes a zeal that up until now has been unknown.

I have used a walker, a wheelchair and a cane at various times. There is a raised toilet seat and the shower chair that are complete necessities. I look at chairs in a wholly different way--is it too low? Does it have arms? Is there someone around to help me if I need it?

Having orthopedic surgery takes guts to begin with, and much patience during the healing process--probably because it takes months to recover. I had heard through the grapevine that recovery was lengthy-but only after the deed was done. How lengthy my recovery will be remains to be seen.

Physical Therapy is a necessity after knee replace-

ment and although the therapists are very nice, there must be a sadist in their background somewhere. Just when you think you have reached your limit, there is one more push, pull or yank that takes your breath away. And P.T. doesn't stop at the gym--you are expected to continue to exercise at home. Your vocabulary starts to include words like "flexion" and "extension" and "range of motion" and you even get to be impressed if you do well with any and all of them.

I have found that nobody wants to see your 2 "new" knees. They all like to say I will be happy when they are all better.

Meanwhile I look forward to the day when I can go upstairs the way I used to. I can leave my cane at home. I can sit in any kind of chair. I can look at the Physical Therapist and not shudder.

Would I do it again?  
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## Have Fun! Make New Friends! Have New Adventures!

That headline seems like a lot to live up to. But the members, leaders and volunteers of Pack 755 of the Cub Scouts is living up to that promise. This pack was formed just last fall "with the efforts of a great group of parents" according to Cub Master Sharon McCallie-Steller. But they are not stop-

ping with the formation of this group. They are looking to add to their numbers.

The 2010 Recruitment Event will take place on Saturday, September 18 from 10 AM until noon on the Village Green in Newbury.

The Fun will include a chance for the boys to take part in a scavenger hunt and perform some rocket science experiments.

Making new friends should be easy as boys are invited from wherever they live (that includes New Hampshire residents). The current members come from Groton, Ryegate, South Ryegate, Newbury, Wells River and Bradford.

The new Adventures will include learning a little about scouts. After all that is what a recruitment event is all about.

In case you think this event is just for the young boys, remember that one of the keys to Cub Scouts is the involvement of parents. In fact there are nine purposes listed for Cub Scouting:

- Positively influence character development and encourage spiritual growth
- Help boys develop habits and attitudes of good citizenship
- Encourage good sports-

manship and pride in growing strong in mind and body

- Improve understanding within the family
- Strengthen boys' ability to get along with other boys and respect other people
- Foster a sense of personal achievement by helping boys develop new interests and skills
- Show how to be helpful and do one's best
- Provide fun and exciting new things to do
- Prepare boys to become Boy Scouts

Even though this is a new pack they are working hard to meet all of these purposes. Again quoting Cub Master Sharon "We are open to fresh new ideas and are never afraid to give something a try to create a fun, learning experience for the boys. No one sits on the bench in scouts; we all do our best, parents and scouts alike."

If you have a son who is interested or if you would like to volunteer, or if you just want more information, contact Sharon at 603-747-9244.

Sharon would also like to thank the sponsoring organization of Cub Scout Pack 765, Earl-Brock Post 78, American Legion of Newbury, VT.

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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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# Old Church Theater Presents One Act Plays



Bradford, VT: The Old Church Community Theater presents "An Evening of One Act Plays" on their Bradford Vermont stage: Five plays -thriller to fantasy to comedy- will be presented Sept 24 through 26 and again October 1 through 3. Friday and Saturday performances are at 7.30pm and Sunday matinees are at 4pm.

The best known play, "Sorry Wrong Number" by Lucille Fletcher, will have audiences on the edge of their seats, while "Two Slatterns and a King", by the best-known author, Edna St Vincent Millay, is a surprising comedy in verse. A Vermont author, Jeanne Beckwith, is premiering her mystery "Ghosts" and there is a funny fantasy "2B or not 2B" by Jacquelyn Reingold, with a human-sized bee. "Overtones" by Alice Gerstenberg is a drama where people's egos let loose while their polite sides maintain poise and

charm.

Peter Richard and Sheila Kaplow share the directorial duties. In the casts are Chuck Fray, Anne Foldeak, Danielle Marcoux, Jennette DiFazio, Liane Allen, Barbara Swantak, Whitney McKinnon, Marilyn Blaisdell, Blakeney Bartlett, Alex McKinnon, Sally Gundy, Robin Ng, Leah Romano and Aaron Richter.

Reservations may be made by calling 802-222-3322 or online at reservations@oldchurchtheater.org.

These plays mark the

end of The Old Church Community Theater's 2010 season, which has for 26 years been a part of what makes the upper valley special. Governed by an elected board, their mission is to present opportunities to anyone who wishes to be on stage, backstage, work on costumes or scenery or simply support community theater. At this moment the board is considering plays for the 2011 season, and invites persons interested in directing to contact them at president@oldchurchtheater.org.

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# Fashion On A Shoestring <sup>9</sup>

Several Oxbow High School (OHS) students will be "struttin' their stuff" on the runway at this year's Local Energy Alternatives Festival (L.E.A.F.). They intend to prove that you don't have to spend a fortune to look great, and you don't have to drive long distances to find just the right outfit.

OHS Seniors, Meaghan Jones and Kendall Woodward, are coordinating this event.

The students, under the guidance of Family and Consumer Sciences teacher Wendy MacKenzie, will be modeling gently used outfits provided by Trendy Threads

of Woodsville, NH, Windfall Clothing of Orford, NH, the Mustard Seed of Newbury, VT, and In Season, and Robert's Thrift Store, all of Bradford, VT.

Visitors to L.E.A.F. can enjoy this extraordinary "Fashion on a Shoestring" show during lunch at Colatina Exit Restaurant, followed by a presentation on the stage of the Bradford Academy building on Main Street at 12:15 pm. To see what else this year's L.E.A.F. will be offering, visit [www.leafvt.org](http://www.leafvt.org) for a complete listing of activities, workshops and presentations.

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



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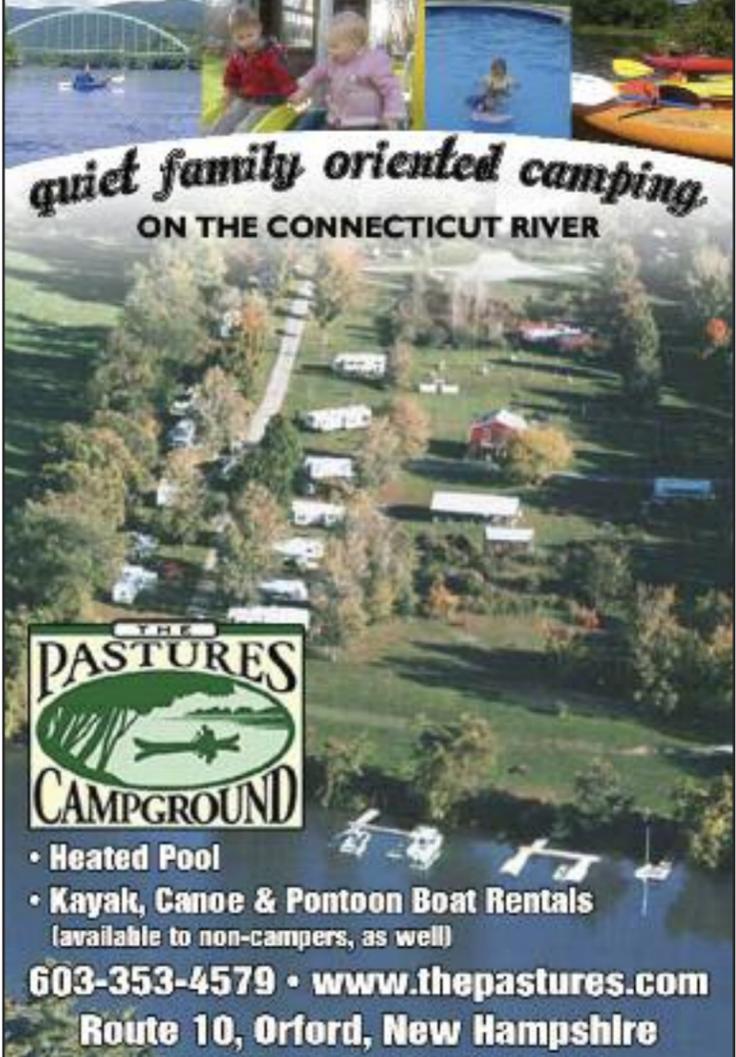


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# TRENDY KITCHEN

By Ronda Marsh

## Easy Apple Crostata

Do you want to make tons of new friends? Do you want to impress co-workers? Do you want your family members to declare you a rock star in the kitchen? Are you a lazy person at heart, but want to come off looking like you're way more ambitious than you truly are? Well relax, because I've got the answer to your prayers, and it's quite simple, really. Just walk in with this dessert and you'll achieve all of the above! The secret is a single purchased pie crust (shhhh...don't tell, and they won't know), and an Italian method of folding the dough in pleats up over the filling (hence the name "crostata" which simply means a tart), that results in a very easy, yet showy version of apple pie. Now, this



isn't to say that you can't use your own pie crust if you wish, but when you're rushed, or if you hesitate to make pies because you're intimidated by pie crust, the availability and quality of the refrigerated rolled crusts makes those excuses a thing

of the past. With apple season here, now is the time to give this little pie a try. It has a most comforting, rustic appeal, and the added bonus of making this dessert is that the house smells wonderful while it's baking!!

- 1 Refrigerated Pie Crust (the rolled kind, like Pillsbury's)
- 4 cups of apples, peeled, cored, and thinly sliced
- 2 teaspoons lemon juice (and yes, the reconstituted stuff in the plastic lemon is fine)
- 1-1/2 Tablespoons flour
- 3/4 cup sugar, plus more for sprinkling on the crust
- 3/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- dash of salt
- 1-1/2 Tablespoons butter
- Milk or cream to brush over crust

Pre-heat oven to 400°F.

Un-roll crust as per package directions and lay into a 9" pie plate (I prefer glass or Pyrex), which has been sprayed with cooking spray. Do not trim or crimp crust.

In a mixing bowl, put about 4 cups apples, peeled and thinly sliced.

Sprinkle with lemon juice (how much depends on how tart the apples are...about 2 teaspoons.)

In a small bowl, combine 1-1/2 Tablespoons flour, 3/4 cup sugar, 3/4 teaspoon cinnamon, 1/4 teaspoon nutmeg, and a dash of salt.

Pour the dry ingredients over the apples and toss to combine well.

Turn mixture into the pie shell, doming it in middle.

Dot top of filling with little smidges of butter; about 1-1/2 Tablespoons, total.

Fold over the excess crust onto the filling, pleating as you go, and then brush the crust with a little milk or cream, and sprinkle with sugar.

Bake for about 35 to 45 minutes, until crust is a deep golden brown, and apples are tender.

Serve warm wedges of pie with ice cream or whipped cream, if desired.

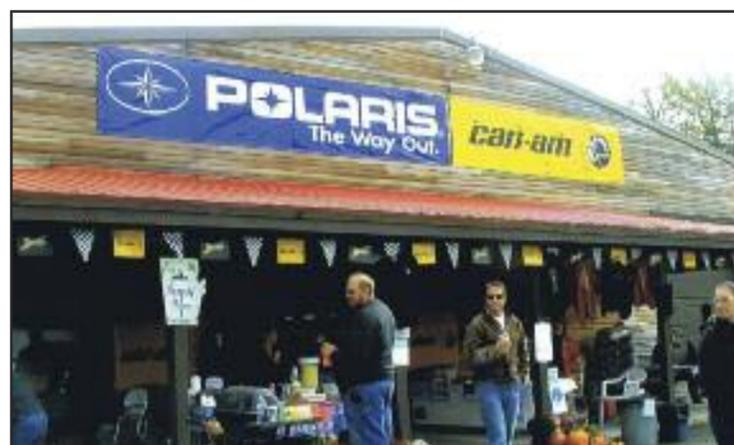
Sit back and bask in the warmth of the compliments you'll receive!

# Chili To Warm The Soul

By Gary Scruton



A sponsor, a winner and a few taste testers from the 2009 event.



Cool but sunny weather was the order of the day during the first annual event in 2009.

Chili contests are not new to this area. There has been one in late May sponsored by the 3 Rivers Business Association for several years now. That event has proceeds going toward the Haverhill Recreation HARP summer program. This past year saw a new high for number of entries.

Just this past weekend The Pastures Campground and Cheap Kids in Orford had a successful chili cook off event with proceeds going to benefit World Vision.

The next big contest will be the 2nd Annual Club Chili Cook-off. This one is a competition between local ATV and snowmobile clubs. In fact at press time there were ten different clubs signed up to get cooking. It all takes place on Saturday, September 25th beginning at 11 AM. The event will take place at Absolute PowerSports VT located just off I-91 in Wells River. As with the others the general public is invited with no admission charge to look around, but a small fee to taste test all those delicious recipes. This event will also offer chances on a 50/50 raffle.

For entertainment besides the chili there will also be a DJ, face painting, antique sled display and a vintage snowmobile swap meet.

Back to the chili...this is a serious competition between many clubs. In fact entries come from as far away as Barre, Waterford and Warren. Plus clubs that are a bit more local from Barnet, Topsham, Lisbon and Danville have promised to stir up some delights. Of course Newbury and Piermont also have competitors ready to spice up this competition.

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# A Common Goal On The Commons <sup>11</sup>

By Gary Scruton



World War II veteran Bill Simpson waits for the rest of the color guard to march into place before the ceremony.



Woodsville Fire ladder tuck was on hand to add their flag to the display. The line of first responders was impressive as all received certificates from New Hampshire's Governor Lynch.

Many other activities took place on this full day of fun events. Some indoors at the Library and Alumni Hall, and many others on the lawns and the South Common.



Just some of the almost four dozen vendors who offered a wide variety of items for the visitors to the Haverhill Autumn Festival.

Another beautiful weather day graced the historic Commons in Haverhill Corner for the third annual Haverhill Autumn Festival sponsored by RSVP. A festival on the commons has taken place in several forms over the past several years, but this one seems destined to stick and grow. In fact it was reported that some 47 vendors had rented space on the North Common. That compares to just 32 a year ago and only about 20 in 2008.

Along with all the flea market and craft vendors there was also more than one place to buy some delicious food. That included the Pig Roast that began just before noon and the aroma of pork was quite evident during several of the other events. One of the highlights on the day, which happened to be 9/11, was the reading and awarding of certificates to various first responder units who were well represented at the event. The certificates came from New Hampshire Governor John Lynch and were handed out by NH State Representative, Haverhill Selectboard Member and Haverhill Corner Precinct Commissioner Rick Ladd. It was a long list and showed how many different departments there are ready and able to answer that emergency call. Certificates went to fire departments from Bradford to Lisbon & Monroe. Plus Haverhill Police, Grafton County Sheriff's De-

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# Chairman Of Center For Arms Control And Non-Proliferation Speaks September 16th In Plymouth

PLYMOUTH — Lt. General Robert Gard Jr., Chairman of the Center for Arms Control and Non-Proliferation, will speak about "Nuclear Power and Global Security" at 7 p.m. on Thursday, September 16, in the Hage Room, Hartman Union Building at Plymouth State University.

General Gard's talk is free and open to the public, and is presented by the World Affairs Council of New Hampshire and the Arts Alliance of Northern New Hampshire as part of a collaborative effort to bring speakers addressing critical global issues to communities around the North Country. Plymouth State's Culture of Peace Steering Committee, Society for Scholarly Dialogue and Common Ground are also partners in the event.

"Now, more than ever, it's important that the citizens of New Hampshire strive to understand the world around them," says Anna Haigh, Executive Director of the World Affairs Council. "That's why we're so excited to be working with the Arts Alliance to bring compelling programs to northern New Hampshire communities. We want to make it possible for the public all around the state to hear from experts and to engage in discussion of international issues."

Gen. Gard, whose policy work at the Center focuses on nuclear nonproliferation, missile defense, Iraq, Afghanistan, Iran and other national security issues, will review and evaluate the nuclear programs of the current administration and discuss the threat of nuclear devices

on a homeland, which he considers the greatest threat to the security of the United States and its allies. The Center for Arms Control and Non-Proliferation is a Washington, D.C.-based non-profit, non-partisan research organization dedicated to enhancing international peace and security in the 21st century.

During his military career, Gen/ Gard saw combat in both the Korean and Vietnam wars, and served a three-year tour in Germany. He also served as Executive Assistant to two secretaries of defense; the first Director of Human Resources Development for the U.S. Army; Special Assistant to the Assistant Secretary of Defense for International Security Affairs; and President of National Defense University (NDU). After retiring from the U.S. Army in 1981, after 31 years of distinguished service, Gen. Gard served for five years as director of the Johns Hopkins University School of Advanced Interna-

tional Studies Center in Bologna, Italy, and then as President of the Monterey Institute of International Studies from 1987 to 1998. Since 1998, he has been an active consultant in Washington, D.C., on national security issues, including the international campaign to ban anti-personnel land mines.

Gen. Gard holds a B.A. from the U.S. Military Academy at West Point and both an M.P.A. and Ph.D in Political Economy & Government from Harvard University. He has written for well-known journals and periodicals that focus on military and international affairs and lectured widely at U.S. and international universities and academic conferences. He and is a member of the Council on Foreign Relations.

The World Affairs Council of New Hampshire is the state's only non-profit, non-partisan organization fostering learning, discussion and citizen involvement in world affairs. North Country events

in the Council's Headline Speakers Series are supported by the Saul O. Sidore Foundation.

The Arts Alliance of Northern New Hampshire is a non-profit organization that inspires through creative educational and cultural programs, includes through networking and collaborations and informs Northern New Hampshire community residents while promoting the region to visitors.

For additional information about the September 16 program, contact the World Affairs Council at 603-314-7970. Preregistration is appreciated.

**EVENT DETAILS:**

"Nuclear Weapons and Global Security"

A free talk by

Lt. General Robert Gard, Jr.

Thursday, September 16, 7 p.m. in the Hage Room, Hartman Union Building Plymouth State University, 17 High Street, Plymouth, NH

RSVP to [rsvp@wacnh.org](mailto:rsvp@wacnh.org) or register online at [www.wacnh.org](http://www.wacnh.org)

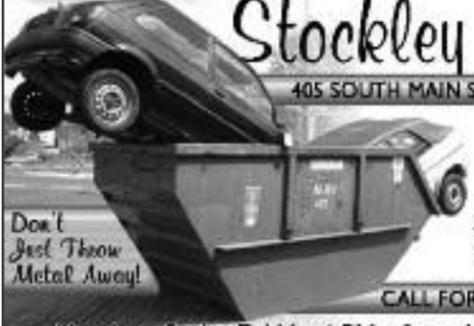
September 14, 2010 Volume 1 Number 33

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

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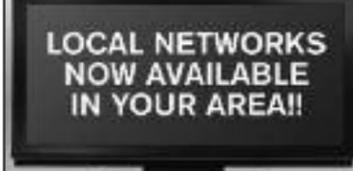


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# “Yes, I Took The Call”

By Robert Roudebush

This young man on the other end of the line with me was sick I was pretty sure - suffering from an epidemic lack of training.

I had picked up the phone with my usual greeting, “Hello, Roudebush House, how can I help you?” Our family name is Roudebush, and this is our house, and when someone calls us they usually want something, so I ask how I can help them. Maybe a little too businesslike for some people.

The response was, “Huh?”

Not a great beginning.

So I said this time, “Hello, this is Roudebush.”

“Hi Sam, how’re ya doin’?”

“Who’s this?”

“Yeah, I’m doin’ fine too Sam, thank you for asking. How’s it going today?”

“Who’s calling please?”

“Oh, this is Brian, and I hope you’re goin’ fine today Sam.”

“Sam who?”, I asked.

“Sam Roudebush, lemme talk with Sam. Is this Sam?”

“That’s my father. Do you know him? Only his friends call him Sam. Everybody else calls him Mr. Roudebush. Are you a friend of his?” “Yeah, no, I haven’t talked to Sam for a while - how’s he doing?”

“He’s dead.”

“Oh, so can I talk to his wife please?”

“What’s her name, do you know?”

“Yeah of course, I’ve kinda forgotten right now.”

“Of course you have. Why do you want to talk with her?”

“Oh, we’re hoping she’d be glad to make a contribution to (name deleted out of consideration for the feeble-

minded), so I need to ask her.”

“Really?”

“Yeah, we sure need the money.”

“Who’s ‘we’?”

“Yeah, we need a contribution from Sam or his wife to help (deleted) win his senate race and fix all the problems in Washington.”

I had the time, and so far I had the patience, didn’t mind a little free entertainment or I would have hung up after about 3 seconds. Besides, every now and then, you can actually teach someone something about how to deal with people in a constructive way. That’s the teacher in me. But I admit I was already picturing what would happen to Brian if I was face to face with him, within arm’s reach. I lift a lot of rocks and it wouldn’t be pretty.

“Brian, for the last time, explain who you represent and what you want besides money.”

“Well, I’m with Nationwide Heritage Pollsters out of Arlington, Virginia (name changed to protect the guilty) we’re conducting a survey about political candidates and I need to ask Sam some questions.”

“Well, of course, you can’t do that.”

“Right, so I was wondering if you or Sam’s wife would be able to contribute one-hundred dollars to the campaign of (name deleted in fairness to idiots).

“Is that part of the survey, to ask for money?”

“Well, we’re conducting a survey about raising money.”

“I see.”

“Right. So Sam’s not there?”

“Listen, Brian - I haven’t heard you call me ‘sir’ yet in this call. Do you do that, use that courtesy term with men

sometimes?”

“Yeah sure, glad to meet you. What’s your name again?”

“Uh, Brian?”

“Yeah?”

“Let me ask you a question. In your training for this job, did anyone ever tell you that when you are told that the person you are calling is deceased, that you might say something, like ‘I’m sorry to hear that’, or ‘Sorry for your loss’, or anything like that before you go on to ask for money from the widow or whoever answers the phone at the residence?”

Silence.

“Brian?”

“Yeah.”

“Did you hear my question?”

“Yeah.”

“So, what do you think about that?”

“If I can’t talk to Sam, can I talk to you? Who are you? Can you give (name deleted) a hundred dollars, contribute to his campaign?”

So it was not just bad training, it was outright stupidity.

“Oh Brian, something else - how many minutes are you supposed to devote to a non-productive fund-raising call? Do you have that in your notes anywhere?”

“Sure, I can check on that and get right back to you. Glad to.”

“And Brian, something else. When you call people, to ask for money, did anyone ever train you to say right off the bat, ‘Is this a good time to call?’”

“No.”

“Well, people might appreciate the courtesy of your asking. Do your cause some good. What do you think of the idea?”

“Well, we can’t ask that.

We can’t do that.”

“Why not?”

“Well, they might say it’s not a good time and we can’t get any money from them that way.”

“So Brian, this call is being recorded for training purposes and for quality assurance right?”

“Yeah, sure, that’s what they tell us.”

“Should be interesting to someone sometime. Maybe you. Did you ever learn at

home to be polite, no matter what your job is?”

“Well, yeah, maybe, I guess. Sorta.”

Patience gone, teachable moments out the window.

“Brian, connect me to your supervisor.”

“Uh, I am the supervisor here. So, I can’t talk to Sam?”

“Alright supervisor, let me speak with your boss.

That’s when he hung up, but he only beat me by about half a second.

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# Cancer Has Touched Everyone: Please Read My Story

By *Shawna Brown*

Light The Night Walk is The Leukemia & Lymphoma Society's evening walk and fundraising event. It is the nation's night to pay tribute and bring hope to thousands of people battling blood cancers and to commemorate loved ones lost.

The Leukemia & Lymphoma Society (LLS) funds lifesaving research that has contributed to major advances in the treatment of blood cancers and treatments for other types of cancer, such as chemotherapy and stem cell transplants. New targeted therapies that kill cancer cells without harming normal tissue are providing normal life and procedures that are improving quality of life.

I would like to share my story and why I am participating in Light the Night. This January, age 29, I was diagnosed with Polycythemia Vera. I was hospitalized due to Acute Budd-Chiari Syndrome, all of my Hepatic Liver veins were clotted. This is what led to my diagnosis of P.V. and is a common complication. P.V. is a bone marrow disorder (malignancy of sorts) classified as a Myeloproliferative Disorder. This is a chronic condition where bone marrow works too hard and produces too many red cells and platelets, causing "thick blood". The average age of diagnosis is 60-65 and the rate of incidence varies but is around 1 in 100,000. The cause of PV is not fully understood. Virtually all patients with PV have a mutation of the JAK2 gene. This mutated gene likely plays a role in the

The event that Shawna is participating in will happen on Friday, September 24th in Burlington, Vermont. It starts at the Main Street Landing Train Station. The walk will begin at dusk. If you would like to participate you can contact Shawna or call Gail Deuso at 802-233-0014 or you can email her at [gail.deuso@lls.org](mailto:gail.deuso@lls.org)

You can use the link below to access Shawna's personal page and story or to follow her fundraising progress. You may also use the link to make online donations.

<http://pages.lightthenight.org/uny/Burlingt10/SBrown>

onset of PV. However, it's precise role as the cause of the disease is still under study. I am extremely fortunate that PV can usually be managed effectively for very long periods. People with PV who receive treatment often have a normal or near-normal quality of life, with careful medical supervision and therapy. Although there is limited information on people diagnosed at younger ages.

This has been an eye opening experience and a challenge to learn from. "A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses." ~ Hippocrates

I have learned so much and hope to effect as much change as possible through out the rest of my life, whether educating others on prevention or helping to raise funds for research. This is my first step in aiding in R.esearch, P.revention, C.ure. Let's try to Kick Cancer!

In fact, in 2009 alone, LLS researchers were conducting more than 90 clinical trials, a critical step in the development of new treatments and cures that will help patients

live better, longer lives.

A donation of \$25 provides patients and their loved ones with FREE booklets that contain up-to-date information on their disease and help them make informed decisions about their treatment options.

A donation of \$50 makes possible a Family Support group with a trained facilitator where comfort can be found and experiences can be shared among patients and family members.

A donation of \$100 helps supply laboratory researchers with supplies and materials critical to carrying out their search for cures.

A donation of \$1,000 makes possible one-on-one conversations with health care specialists who provide patients with information about their disease, treatment options, and helps prepare them with questions for their health care team.

Please make a donation to support my participation in the Light The Night Walk and help save lives. Be sure to check my Web site frequently to see my progress, and thanks for your support! (Remember, donations are tax deductible)

By [pete03785@gmail.com](mailto:pete03785@gmail.com)

## "A World Of Wanted Children Would Make A World Of Difference"

What a curious statement...

If we could interview all those children who were NOT wanted\*\*\*, I am sure that a significant majority, approaching 100% probably, would have 'wanted' to be 'wanted'.

### WAIT A MINUTE !!

We CAN ask some. Some WOULD have been aborted but something went 'wrong' and they are among us! They all are glad to be alive. They celebrate their chance to live, breathe and make a positive difference.

So how can children be 'unwanted'???

This happens when people who call themselves adults are active sexually without considering the consequences of their actions. These are people who think sex is a right rather than a responsibility to be taken very seriously.

Let me say that I have never considered a child conceived out of wedlock as 'illegitimate'. That child is REAL in spite of what sometimes can be considered thoughtless, selfish and irresponsible actions by so-called 'grownups'.

So, let's celebrate all children; both those among us and those yet unborn.

\*\*\* I myself AM one of those 'unwanted' children who would have been aborted except for ...

### 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.

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# Herbs For Children's Health

This is the time of year again that families and schools are focused on keeping children exceptionally healthy, to counter coughs, colds and flu. We all have the responsibility in our own homes to protect our families and others. Children are also returning from an extensive vacation and with herbs and stronger sleep patterns we can keep their minds sharp all day long.

Unless unusually or chronically ill, children have well-developed, powerful immune systems. A child often needs only the subtle body-strengthening forces that nutritious foods, herbs or homeopathic remedies supply, rather than the highly focused medications of allopathic medicine which can have such drastic side effects on a small body. The ecological, sociological and diet deterioration in America during the last sixty years has had a marked effect on children's health. Declining educational performance, learning disabilities, mental disorders, hypoglycemia, allergies, chronic illness, are all evidence of declining immunity and general health. You can get a lot of help from kids themselves in a natural health program. Kids don't want to be sick, they don't like going to the doctor any more than you do. They often recognize that natural foods and therapies are good for them.

Diet is the most important way to keep a child's immunity and defense systems working. Pathogenic organisms and viruses are everywhere. But, they aren't the major factor causing disease if the body environment is healthy. Well-nourished children are usually strong enough to deal with infection in a successful way. They either do not catch the "bugs" that are going around, or if they do, illness is short in duration, (childhood diseases are one of Nature's ways of building resistance), or, they get the problem over and done with quickly. A wholesome diet can easily restore a child's vitality. Even children who have eaten a junk food diet for years quickly respond to a diet of fresh fruits, vegetables, whole grains, low fats and sugars, in as little as a months time. A child's hair and skin takes on a new luster, they fill out if they are skinny, and lose weight if they are too fat. They sleep more soundly and regularly. Their attention spans increase, and many learning behavior problems diminish or disappear.

A child's body responds very well to herbal medicines. Herbal remedies are building, strengthening and non-traumatic to a child's system. Most

children love herbal teas, herbal glycerin drops, syrups and homeopathic medicines much more readily than you think. Most herbal remedies can be taken as needed, then reduced and discontinued as the problem improves. Take only one or two herbal combinations at the same time when working with a child's system. Choose the herbal remedy that addresses the worst problem first. One of the bonuses of a natural healing program is the frequent discovery that other conditions were really complications of the first problem, and often take care of themselves as the body comes into balance. In addition, rotating and alternating herbal combinations according to the changing health state of the child allows the body to remain most responsive to herbal effects. Reduce dosage as the problem improves – allowing the body to pick up its own work and bring its own vital forces into action. It's best to let the herbs gently rebuild health. Even when a good healing program is working, and obvious improvement is being made, adding more of the remedy in an effort to speed healing can aggravate symptoms and worsen the condition. The way to use herbs is as important as the herbs you choose.

Herbal remedy effectiveness usually goes by body weight. Base dose decisions on weight for both adults and children. Child dosage is as follows.

1/2 dose for children 10-14 years.

1/3 dose for children 6-10 years.

1/4 dose for children 2-6 years.

1/8 dose for infants & babies.

Special notes:

Do not use honey in teas for children less than one year old. Honey has been linked to infant botulism, which can be life threatening.

Do not use aspirin for a child's viral infection. Aspirin given during a viral infection has been linked to the development of Reye's syndrome, a dangerous liver disease in children.

Antibiotic drugs can be tough on a small child's system, especially over a long period of time. Question your doctor if an antibiotic prescription seems automatic, particularly if your child has a viral infection.

Children's allergies are on the rise, manifesting themselves not only as sneezing, headaches and rashes, but also as changes in personality and emotions. The greatest allergy increase in children is in

foods, commonly to dairy, wheat eggs, chocolate, nuts, seafood, and citrus fruits. If your child is allergic, try eliminating one of these foods at a time for a few weeks and watch to see if there is any improvement. Eliminate dairy foods and cooked fats and oils because they thicken and stimulate excess mucous. Give the child lots of water to thin secretions and ease expectoration. Essential fatty acids help regulate the inflammatory response. Use flaxseed oil for children and mix into foods like salad dressings or in place of butter. In addition to the herbal remedies below, vitamin supplements for childhood allergies (in child amounts) might include beta-carotene to help heal irritated mucous membranes, vitamin C with bio-flavonoids as an anti-inflammatory, and calcium/magnesium for over-reactive nerves.

Herbal Remedies (glycerine drops and/or teas) for high nutrition, respiratory ailments, depression, anxiety, insomnia and/or restless sleep, hypoglycemia and hyperactivity and constipation include:

Elder Berries, (*Sambucus Nigra*) A plant high in vitamin C and flavonoids, used chiefly as a "spring-cleaning" tonic for detoxification from winter's chronic colds and flu; an expectorant and sweating herb for respiratory problems. This herb is excellent for quick-onset, quickens the duration of coughs/colds and flu. An anti-inflammatory, elder increases blood circulation and can reduce fever when needed. Contains A, C, and flavonoids.

Fennel Seeds (*Foeniculum*) an aromatic anti-inflammatory herb with digestive and diuretic abilities. Helps stabilize the nervous system and moves waste material out of the body; anti-convulsing, pain-relieving and mucous-countering. Contains potassium, sulphur and sodium. A "sweet tasting bitter" is an important part of an anti-gas, laxative/diuretic and weight loss formula, as a tea and wash to relieve conjunctivitis and inflammation of the eyelids.

Fenugreek Seeds, (*Foeniculum graecum*) a soothing mucilaginous herb used for metabolic dysfunction and to alleviate mucous congestion in both respiratory and waste elimination systems. Softens and dissolves hardened masses of accumulated mucous, and helps expel mucous and phlegm from the bronchial tubes. Also helps expel toxic waste through the lymphatic system. Contains lecithin, a lipotropic (fat dissolving) substance, which dissolves

cholesterol. Has anti-septic properties and fight infections in the lungs.

Lemon Balm (*Melissa Officinalis*), primarily a calming, sedating, diaphoretic herb. Used to treat nervousness, insomnia and depression, a relaxing tonic for the heart, circulatory and hypertension. Lemon balm is an anti-spasmodic for calming respiratory catarrh (mucous) and for acute symptoms of colds, fevers and flu, and specific for hyperactive children with digestive disturbances. Excellent before bedtime to insure restful sleep. A good night's sleep can be insurance for a peaceful morning. Break fast with a protein meal.

Nettles (*Urtica Dioica*) is an alkalizing, high chlorophyll, blood purifying, mineral-rich tonic and thyroid balancer for fatigue, hypoglycemia in children, very effective for childhood diseases. Nettles is a specific mucous cleanser for asthma relief, lung congestion, and sinus relief. Nettles is excellent for anemia as it draws iron and other minerals from the soil, is rich in organic minerals useful for alkalizing arthritic conditions.

Schizandra Berries

(*Schizandrae Chinensis*), a very effective strong tonic and adaptogenic with circulation-stimulating activity. Primarily used as part of a longevity and immune stimulation combination; to help in allergic skin reactions; used for asthma and dry cough.

Thyme (*thymus vulgaris*) a good children's all-purpose remedy, especially as an anti-spasmodic and aid to sluggish digestion, with antioxidant and antiseptic activity; expectorant properties make it a specific in throat and bronchial problems, for clear hearing (cold in ears). Noted primarily for childhood respiratory infections, asthma, bronchitis, diarrhea, lack of appetite, gas, colic, whooping cough, colds and flu; taken before bed, thyme is a traditional remedy against bedwetting and nightmares, and relieves headaches.

Wild Lettuce (*Lactuca Virosa*) is an anti-spasmodic and calming nervine/sedative herb for relaxation and sleep. Used primarily to relieve insomnia and hyperactivity (particularly effective in children); for spasmodic coughs, and colic; asthma, as a muscle relaxant to relieve body aches and strains.

*Melanie Osborne, CHT and owner of Thyme to Heal Herbs, operates her business on Route 302, South Main Street, Lisbon, NH. She has been in practice since 1991 and is certified in Therapeutic Herbalism through the Blazing Star Herbal School, Shelburne Falls, MA. Much of her work is teaching herbal apprenticeships, intensive herbal workshops and Reiki I, II & III into mastership. In her Shop she sells over 200 bulk herbs, teas, capsules, bath & body products all made on premise. 603-838-5599, thymetoheal01@yahoo.com (zero one not 101) call or email now for information on the upcoming nine-month herbal apprenticeship to inquire.*



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34 | 35 | 36

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16 **Haverhill Corner Library Announces Fall Book Discussion Series**

HAVERHILL, NH—The Haverhill Corner Library will sponsor a book discussion series this fall that will feature three classic works of children's literature, the library has announced. Alice's Adventures in Wonderland by Lewis Carroll will be discussed on Monday, October 11, The Wonderful Wizard of Oz by L. Frank Baum on Monday, November 8, and Peter Pan by J. M. Barrie on Monday, December 13.

Discussions will be held at 7:00 PM at the library, and will be free and open to the public. Copies of the books will be available to borrow from the library in advance.

The series will revisit these classic children's books through the eyes of adult readers. At a time when cheerful domesticity was considered a woman's highest calling, these books all featured girls experiencing adventure and overcoming adversities. At a time when

the globe had finally been mapped, these books were set in fabulous lands. At a time when Anglo-American notions of class and hierarchy were at their most rigid, these novels offered alternative models of social organization.

"Long before Dora the Explorer, Alice went to Wonderland, Dorothy visited Oz, and Wendy flew to Neverland," said library trustee John Landrigan, who will facilitate the discussions. "These books are not just beloved favorites, they are cultural touchstones and reference points, part of our common literary heritage.

"But while these books may have light to shed both on their times and ours," he added, "the best reason to re-read these classic works is because they're so much fun."

For more information, visit the library's web site at <http://hliba.blogspot.com> or call 603-989-5578.

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# James Newcomb, COTA Earns Physical Agent Modalities Certification

James Newcomb, COTA at Cottage Hospital in Woodsville, NH has recently been certified in utilization of Physical Agent Modalities by the Physical Agent Modalities Practitioner Credentialing Agency.

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The NBCOT is a not-for-profit credentialing agency

that provides certification of the occupational therapy profession. NBCOT serves the public interest by developing, administering and continually reviewing a certification process that reflects current standards of competent practice in occupational therapy (More information available: <http://www.nbcot.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](http://www.cottagehospital.org) or call (603) 747-9000.

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# To Near Extinction And Back Again... *The History Of America's Natural Resources* (Part 1)

By David Falkenham, UNH Cooperative Extension Grafton County Forester

For some of us September is the beginning of hunting season, or at least time to start thinking of it. For us the change in weather invokes memories of years past, and thoughts of what this season in the woods will bring.

For non-hunters and hunters alike, autumn is possibly the best time of year for a walk in the woods with the clear air, bright leaves, first snows and frosted mountain tops to lift our spirits. I think I speak for most of us when I

say that autumn is the time of year when the forests and wildlife that surround us really come to life and provide us with so much enjoyment.

However most people don't realize how close we came to not having the forests and wildlife that we enjoy and take for granted. The history of our nation is one of extremely rapid growth and in the face of this rapid growth our forests and wildlife have had a pretty tough go of it. Many of our forests and wildlife resources have been taken to near extinction and fortunately brought back again. Over the next several months I will be taking us on a rapid tour of history from the 1800's through today. My focus will be on the roller coaster ride our natural resources have endured at the hands of progress and how four incredible people and thousands of sportsmen over the years had the vision and determination

to turn it all around. The story starts a little grim, but it has a happy ending that will take us into the New Year.

By the middle of the 1800's the United States was experiencing a period of unprecedented growth known as the industrial revolution. Here in the east 75% or more of our forests had been completely cleared for sheep herding and the over-grazing of sheep had caused serious erosion problems. With little regulation in place, the industries that sprung up along our rivers polluted the waters with tannins and heavy metals. Pollution and the clearing of the land caused the extinction of wolves, mountain lions and elk along the eastern seaboard and the near extinction of many wildlife species including moose and beaver in New Hampshire.

The hides of beavers and many of our common bird species were used to make

fashionable hats for men and women. The nation's new and growing restaurant business demanded meat and un-regulated market hunting for waterfowl, deer, bear, moose and even passenger pigeons provided this commodity with little concern for sportsmanship or the future of the resources.

In the west, the story wasn't any better as the invention of the railroad provided easy access to the plains and mountains which spelled disaster for many of our western wildlife species. The hides of bison, elk and pronghorn, used to fuel the nation's leather tanning industries, were a hot commodity for market hunters looking to get rich quick. The hides of these animals were shipped east by the hundreds of thousands.

From 1804 to 1806 Lewis and Clark had documented 122 species of animals, found in abundance throughout their travels in the "New America". By 1900, most of our wildlife species had nearly unsustainably low population levels and some, including the passenger pigeon were extinct.

By the late 1800's the absurdity of these attitudes was slowly being realized and a great change was on the horizon. Fortunately for all of us, the for-sight and long standing actions of sportsmen and conservationists such as George Bird Grinnell, Theodore Roosevelt, Gifford Pinchot and Aldo Leopold turned the tides for our natural resources and created a conservation ethic in this country that is un-matched throughout the world.

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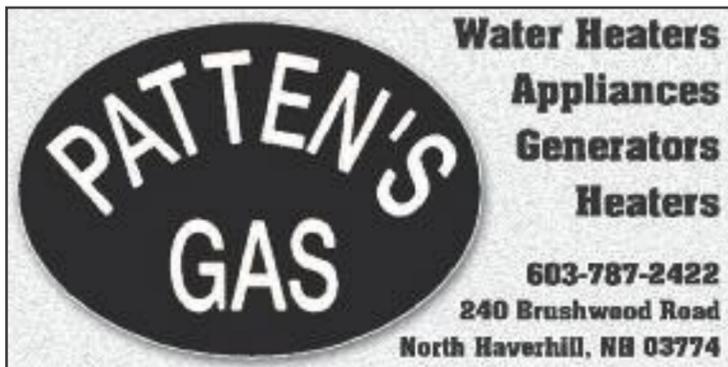
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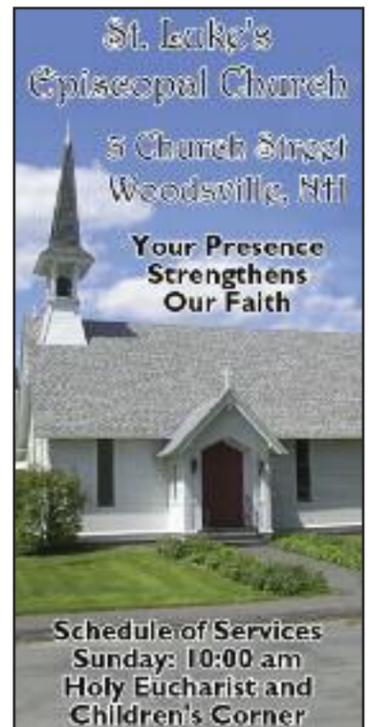
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# Drug For Sleepless Vets Raises Questions

WASHINGTON -- Andrew White returned from a nine-month tour in Iraq beset with signs of post-traumatic stress disorder: insomnia, nightmares, constant restlessness. Doctors tried to ease his symptoms using three psychiatric drugs, including a potent anti-psychotic called Seroquel.

Thousands of troops suffering from PTSD have received the same medication over the last nine years, helping to make Seroquel one of the Veteran Affairs Department's top drug expenditures and the No. 5 best-selling drug in the nation.

Several servicemembers and veterans have died while taking the pills, raising concerns among some military families that the government is not being up front about the drug's risks. They want Congress to investigate.

In White's case, the nightmares persisted. So doctors recommended progressively larger doses of Seroquel. At one point, the 23-year-old Marine corporal was prescribed more than 1,600 milligrams per day -- more than double the maximum dose recommended for schizophrenia patients.

A short time later, White died in his sleep.

"He was told if he had trouble sleeping he could take another [Seroquel] pill," said his father, Stan White, a retired high school principal.

An investigation by the VA concluded that White died from a rare drug interaction. He was also taking an antidepressant and an anti-anxiety pill, as well as a painkiller for which he did not have a prescription. Inspectors concluded he received the "standard of care" for his condition.

It's unclear how many troops have died while taking Seroquel, or if the drug definitely contributed to the deaths. White has confirmed at least a half-dozen deaths among troops on Seroquel, and he believes there may be many others.

Spending for Seroquel by the government's military medical systems has increased more than sevenfold since the start of the war in Afghanistan in 2001, according to documents obtained by The Associated Press under the Freedom of Information Act. That by far out-

paces the growth in personnel who have gone through the system in that time.

Seroquel is approved to treat schizophrenia, bipolar disorder and depression, but it has not been endorsed by the Food and Drug Administration as a treatment for insomnia. However, psychiatrists are permitted to prescribe approved drugs for other uses in a common practice known as "off-label" prescribing.

But the drug's potential side effects, including diabetes, weight gain and uncontrollable muscle spasms, have resulted in thousands of lawsuits. While on Seroquel, White gained 40 pounds and experienced slurred speech, disorientation and tremors -- all known side effects.

Last year, researchers at Vanderbilt University published a study suggesting a new risk: sudden heart failure.

The study in the January 2009 edition of the New England Journal of Medicine found that there were three cardiac deaths per year for every 1,000 patients taking anti-psychotic drugs like Seroquel. Seroquel's unique sedative effect sets it apart from others in its class as the top choice for treating insomnia and anxiety.

AstraZeneca PLC, maker of the drug, said it is reviewing the study. The FDA is conducting its own review, citing the limited scope of the Vanderbilt study.

According to the VA, Seroquel is only prescribed as a third or fourth option for patients with difficult-to-treat insomnia stemming from PTSD.

Marine Cpl. Chad Oligschlaeger, 21, was being treated for PTSD when he died in his sleep at Camp Pendleton, Calif., in May 2008. Oligschlaeger was taking six types of medication, including Seroquel, to deal with anxiety and nightmares that followed two tours of duty in Iraq.

The military medical examiner attributed the death to "multiple drug toxicity," indicating that Oligschlaeger, too, died from a drug interaction. Because of the complex reactions between various drugs, medical examiners do not attribute such deaths to any one medication.

After consulting with

physicians, parents Eric and Julie Oligschlaeger now believe their son died of sudden cardiac arrest caused by Seroquel.

"Right now, I'm so angry, and I believe someone needs to be held accountable," said Julie Oligschlaeger, of Austin, Texas. "The protocol absolutely has to change."

The Defense Department's deputy director for force health protection, Dr. Michael Kilpatrick, said the government has not seen any increase in dangerous side effects from Seroquel and other drugs.

Physicians interviewed by the AP said they began prescribing Seroquel because it was the only drug that offered relief from the nightmares and anxiety of PTSD.

"By accident, some people were giving them Seroquel for anxiety or depression, and the veterans said, 'This is the first time I have slept six or seven hours straight all night. Please give me more of that.' And the word spread," said Dr. Henry Nasrallah of the University of Cincinnati, who has treated PTSD patients for more than 25 years.

Most of the troops and veterans seeking treatment for PTSD do so at hospitals run by the VA or the Defense Department.

The VA's spending on Seroquel has increased more than 770 percent since 2001. In that same time frame, the number of patients covered by the VA increased just 34 percent.

Seroquel has been the VA's second-biggest prescription drug expenditure since 2007, behind the blood-thinner Plavix. The agency spent \$125.4 million last fiscal year on Seroquel, up from \$14.4 million in 2001.

Spending on Seroquel by the Defense Department has increased nearly 700 percent since 2001, to \$8.6 million last year, according to purchase records.

Nasrallah and others said they use drugs like Seroquel off-label because so few treatments are approved for PTSD. The FDA has cleared only two drugs for the condition, the antidepressants Paxil and Zoloft, and they do not always work.

The only published study on use of Seroquel for

PTSD-related insomnia involved just 20 patients who were followed for six weeks at a VA medical center in South Carolina. The study, which showed moderate improvement in sleep, was funded by AstraZeneca at the request of VA psychiatrist Dr. Mark Hamner, who has studied the use of Seroquel for PTSD.

In his written conclusion, published in 2003, Hamner urged caution in interpreting the results because of the study's small size and short duration.

Hamner is working on larger, federally funded studies of Seroquel. For now, he acknowledges, there is little published research on the use of the drug for PTSD.

"Clinical judgment is really the best we can use at this time because there isn't really a good database to facilitate decision-making," said Hamner, who works at the Ralph H. Johnson Medical Center in Charleston, S.C.

He stressed that VA guidelines require doctors to monitor patients for dangerous side effects with drugs like Seroquel.

The drug, approved in 1997, is AstraZeneca's second-best-selling product, with U.S. sales of \$4.2 billion last year. But that success has been marred by allegations that the company illegally marketed the drug and minimized its risks. AstraZeneca agreed to pay \$520 million in April to settle federal allegations that its salespeople pitched Seroquel for numerous off-label uses, including insomnia.

Pharmaceutical companies are prohibited from marketing drugs for unapproved uses. AstraZeneca also faces an estimated 10,000 product liability lawsuits, most alleging that Seroquel caused diabetes.

Since White died, his family has been searching for an explanation -- and for a way to prevent other deaths.

"We trusted the knowledge of the physicians, that they weren't going to do any harm," White's father said. "And we also trusted the drug companies because that's who provides the research for the physicians. That's what our battle is now: trying to get changes made."

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# Cottage Hospital's Lend A Helping Foot!

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Before the walk/run began the table was full of goodies to help out the participants.



Just a few of the Event Staff getting last minute instructions on how to keep everyone safe.



A simple but challenging walk and run route was not only well shown with the map, but also well manned with a volunteer at each of the major intersections. As one organizer said "It only takes one car and one runner."



The New York Life team was probably the most noticeable. Not all those pictured walked. The first two on the left were runners even without shoes).



When was the last time you saw a cheerleading group at a Road Race?



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Just to be a bit different this Cottage Hospital employee did the entire 5K Walk from a tall vantage point. It was not her first time doing such a stunt, but the first time at this event. CONGRATULATIONS!



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Keynote by Patrick Parenteau, Professor of Law, Senior Counsel, Environmental & Natural Resources Law Clinic, Vermont Law School.

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- Recycled Clothing Fashion Show

All events are FREE, but please bring a non-perishable food item for the Bradford Area Foodshelf collection box at the entrance of the Bradford Academy.

I love the smell of the fall season but...I'm not sure how I feel about cooler weather coming. I do know that it's time to start putting away those tank tops and bringing on the long sleeves.

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