

TRENDY TIMES

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Sojourner – Home At Bath At Last

By Robert Roudebush



BATH, New Hampshire - This story is about a horse named Sojourner, an Arabian gelding, and his cross-country ride, and you can't hear about him without hearing about Linny and Walter, some of their dreams and accomplishments – aspiration grounded in pragmatism.

THE HORSE

Sojourner, real name "Runnin' Rebel", nickname "Sojer" eleven years old, (Just a kid, in a typical thirty year life span) maybe fifteen hands high, and around one thousand pounds who traveled 3700 miles from the west coast to the east coast, from California to Bath, NH. He did it the old fashioned horse way, walking, nearly every mile, carrying a rider - that's where Linny comes in. Sojourner carried her and took the southern route across the United States, headed directly south from LA, then down and east across Arizona, New Mexico, Texas and Oklahoma, then north easterly through Missouri, Illinois, Kentucky, Ohio, West Virginia, Pennsylvania, New York to Vermont and Linny's childhood home in Bath. Travel began March the first of this year and ended on a perfect Saturday, November 20th. Sojer is magnificent with a cinnamon colored coat, dark eyes with great eyelashes, about medium size for his breed. He sported black nylon fabric custom-made shoes for most of the venture, Velcro fastened and cushion soled, enabling him

to traverse paved roads and other hard surfaces without damage to his feet. He doesn't have any other shoes. He's healthy and muscular with gentle high spirit. His home for the foreseeable future is Linny's family's home in Bath where 14 acres allows him security and comfort.

LINNY AND WALTER

Sojer did most of the hardest work, but the journey was Linny's and Walter's idea, not the horse's. Linny shares, "The ride is about endurance, challenge, a love for the land, people, the horse, and the beauty of slowing down to enjoy the moments." She's wanted to do this all her life. "If there is something you have always dreamed of doing, do it. Nothing feels better. You only live once! It's helped me with my patience. We had to be very, very patient moving at such a slow pace. It's also changed my mind about the openness of the country. I didn't think we would have many problems, but I thought there might be some troubles, but not one person gave us a rough time. Quite the opposite – everyone was so trusting." She is the former Jacqueline (Jackie) Kenney, of Bath Elementary school, and Woodsville middle and senior schools – graduated 1999. She went on a talent grant to study music and got a degree from Plymouth State University in Vocal Performance. Further studies and performance in classical

music and music theater ensued in New York City and Germany. Music is still a big part of her life, as is her seriously good leatherwork. You can hear some of her music as well as learn more about this voyage online www.linnykenney.com. She and sister Caiti now perform together in their Folk band.

Walter is Walter Rowland, her heart and soul partner in life and her on-the-road backup for all of their 259 days and nights on the road. He drove the white Toyota Tacoma support vehicle that accompanied Linny and Sojourner, carrying camping equipment and bales of hay, horse grain, food and water. He left a job at Yosemite National Park as a High Camp Manager to come on the ride. While on the trip she rode bareback "when it was extremely hot to relieve Soj a bit, but I had the saddle for the most part so I could carry things like water and food and my phone to keep in touch with Walter in the truck" The two of them plus Sojourner were met on the Bath Common by a welcoming crowd of 40 to 50 friends and admirers in front of the Brick Store - then everybody moved on to a wine and food reception at nearby historic Hibbard House.

THE EXCURSION

This horse trek could never have worked without pre-planning and daily coordination. "Walter picked all the roads {including secondary, state, county, paved and unpaved} and we took the straightest route possible, even the interstate a few times." Her stepfather Stephan, based in San Francisco, set up the stops they were heading to. For months, Stephan made and received thousands of calls, charming and negotiating with people along the planned route. Walter explains that while he and Linny saved money ahead, they ended up not spending one dime on personal lodging. Accommodating folks along the way who followed the progress on the internet stepped up for overnight stays, good company and meals.

There was some corporate sponsorship - Sojourner's walking gear, called "EZ Boots", were courtesy of the Easy Care Company, who also helped defray costs associated with the Arabian's care during the adventure. Kent Feeds and Manna Pro Rice Bran were donated for Sojer's food. From time to time, for Sojourner's benefit, rest periods of a week or ten days were taken. The three voyaging companions made about 25 miles a day. Less

than 3% of the total distance was covered in trailering the horse and only then to get away from a tornado once, and to the vet in order to obtain a required health certificate. That document was the only legally required one; no other state to state or intra-state paperwork was required for the journey.

Weather presented the biggest problem. They both nearly froze at 8000 feet of mountain altitude in the snow, but much more frequently, nearly roasted for an 11 week period when the heat index reached 125 and every day was high 90s to over 100 degrees. "We would get up at 2:30 am to try and beat the heat so we were exhausted too."

WHY THE TRIP

This was not just a gutsy jaunt, admirable as that is. And it was not solely an experiment in creating good will and cooperation among total strangers, although that's the way it actually worked out. This was a well-grounded flight of fancy. Linny speaks eloquently about the "why" on line. She's wrenchingly open about her personal life and her honesty is gripping, her thoughts are provoking, her actions speak for themselves. Sojer, Linny and Walter – what a trip they were.

And the Grinch, with his Grinch-feet
ice cold in the snow, stood puzzling
and puzzling, how could it be so?
It came without ribbons.
It came without tags.
It came without packages,
boxes or bags.
And he puzzled and puzzled
'till his puzzler was sore.
Then the Grinch thought of
something he hadn't before.
What if Christmas, he thought,
doesn't come from a store.
What if Christmas, perhaps,
means a little bit more.

~Dr. Seuss

Cowie Hill
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802-505-1527

May your heart grow
three times its size
this Christmas
Season!

Cottage Hospital To Host Open House

Woodsville, NH – Cottage Hospital will be hosting a Holiday Open House on Tuesday, December 14, 2010, from 6:00 p.m. to 8:00 p.m.

Included in the holiday festivities will be a visit from Santa and his Elves, along with an opportunity to have your picture taken with Santa free of charge. We will have cookie decorating and coloring contests for the children, as well as, gifts and refreshments for everyone.

Toys for Tots will also be available for those wishing to donate an unwrapped toy to help support a local family this holiday season. Your compassion to giving will make Christmas a little more

special for the children in our community.

The staff at Cottage Hospital looks forward to the opportunity to visit and share this holiday season with you and your loved ones. Cottage Hospital is committed to your health, being your hospital, and serving you – our community. From all of us – Happy Holidays!

Cottage Hospital is a 25 bed, critical access hospital serving the beautiful Upper Connecticut River Valley. For additional information regarding Cottage Hospital and any of our services, visit us on the web at www.cottagehospital.org, or call (603)747-9000.

Calendar of Events

MONDAYS/THURSDAYS

NORTH COUNTRY YMCA AEROBIC FITNESS CLASS
6:30 PM
Woodsville Elementary School

MONDAYS

THE AMERICAN DREAM; MYTH OR REALITY
1:00 PM
Horsemeadow Senior Center
North Haverhill

WEDNESDAYS

BINGO
6:30 PM
Haverhill Memorial VFW Post #5245
North Haverhill

TUESDAY, DECEMBER 7

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

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, DECEMBER 8

FOUR DAY HOLIDAY BOOK SALE
Bradford Public Library

ENGLISH LANTERNS FOR ORNAMENTS OR GIFTS: SEASONAL PAPER FOLDING WORKSHOP

6:00 PM – 8:00 PM
Bradford Public Library

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM
American Legion Home, Woodsville

THURSDAY, DECEMBER 9

HAMLET
7:00 PM
Catamount Arts, St. Johnsbury

GODSPELL (H.S. MUSICAL)

7:30 PM
Theater at Oxbow HS, Route 5, Bradford

FRIDAY, DECEMBER, 10

PINE HILL SINGERS
7:00 PM
Alumni Hall, Haverhill

LIVING NATIVITY

7:00 PM
Christ Covenant Catholic Church, Marshfield
See article on page 13

GODSPELL (H.S. MUSICAL)

7:30 PM
Theater at Oxbow HS, Route 5, Bradford

SATURDAY, DECEMBER 11

VICTORIAN HOLIDAY
9:00 AM – 7:00 PM
St. Johnsbury

5TH ANNUAL HOLIDAY BAZAAR

9:00 AM – 1:00 PM
Learn And Grow Preschool, Rt 10, Haverhill

LIVING NATIVITY

7:00 PM
Christ Covenant Catholic Church, Marshfield
See article on page 13

SUNDAY, DECEMBER 12

GODSPELL (H.S. MUSICAL)
3:00 PM
Theater at Oxbow HS, Route 5, Bradford

MONDAY, DECEMBER 13

ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING
6:00 PM
American Legion Home, Woodsville

TUESDAY, DECEMBER 14

COTTAGE HOSPITAL OPEN HOUSE
6:00 PM – 8:00 PM
Cottage Hospital, Woodsville
See article and ad on page 2

WOODSVILLE ELEMENTARY SCHOOL HOLIDAY CONCERT

6:30 PM
Haverhill Cooperative Middle School

WEDNESDAY, DECEMBER 15

WOODSVILLE HIGH SCHOOL HOLIDAY CONCERT
6:30 PM
Woodsville Community Building

SATURDAY, DECEMBER 18

FARMER'S MARKET
9:00 AM – 1:00 PM
St. Johnsbury Welcome Center

BINGO

1:00 PM Doors Open
American Legion Post #68, Littleton

ROSS-WOOD POST #20

CHRISTMAS PARTY
6:00 PM
American Legion Home, Woodsville
See ad on page 13

BOSTON CHILDREN'S CHORUS

7:00 PM
North Congregational Church, St Johnsbury

SUNDAY, DECEMBER 19

BREAKFAST
9:00 AM – 11:00 AM
American Legion Post #68, Littleton

WRENSONG

3:00 PM
Alumni Hall, Haverhill

NORTH HAVERHILL CAROLING

6:00 PM
Morrill Municipal Building, North Haverhill

MONDAY, DECEMBER 20

HAVERHILL SELECTBOARD MEETING
6:30 PM
Morrill Municipal Building, North Haverhill

WHENEVER DATE

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

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Deadline for submissions is Thursday, December 16, 2010 for our December 21st issue.

Someone You Should Know

By Marianne L. Kelly

CHEF ELAINE KIESSLING

HAVERTHILL, NH—Elaine Kiessling gives new meaning to the term “multifaceted.” This vivacious mom of three is a self-taught executive chef, teacher, and foster rescue dog parent who seemingly performs these roles effortlessly.

A PASSION FOR COOKING

Despite her other interests, cooking remains Elaine’s passion. “I’ve loved to cook all my life,” she said. “My uncle from Russia, who I didn’t see very often, was a larger than life, master chef and had the biggest influence on me. “He wasn’t a Gordon Ramsey type chef, but amazed me, as I sat in the kitchen watching him work his magic.”

Elaine never saw herself as talented. “My mother was not a fancy cook, and I just cooked what I liked,” she said. “I am always trying something new, and if I don’t like it, I don’t make it again.” She met her mentor, television chef, Gordon Ramsey, in person last year. “He’s really a nice person who cooks real food for real people, with easy to follow recipes,” said Elaine.

Elaine believes the key to successful, enjoyable cooking lies in simple recipes, and encourages everyone to experi-

ment. “People should never be afraid to experiment. If something doesn’t turn out well, tweak it or don’t do it again. “I love every minute I spend cooking. It’s my relaxing, quiet time, and sometimes the kids cook with me.”

Her children, helped cater a wedding last summer, and seventeen-year old Nicole, who has worked with her for five years, was named Assistant Executive Chef at Lochern Camp for Girls in Post Mills. Her two oldest children were People-to-People Ambassadors representing their community, state, county and country. Nicole went to Japan, and Hunter to Australia. Lauren, Ambassador to Australia this year, visits that country in June. Elaine also holds weekly after school cooking classes at Haverhill Middle School.

HAVERTHILL TO PARIS

While browsing fundraising auction web site, www.bidding-forgood.com. Her husband, Mark bid on and won a trip to Paris for five nights, plus a one-day class at Le Cordon Bleu.

“The chef, who didn’t speak English, took our group of 15-20 through the marketplace which was very interesting. Through our interpreter he explained the products, including

things that Americans would not want to see or eat,” said Elaine. She cited blood sausage as an example. “Even the chef thought it was awful,” she laughed.

They returned to Le Cordon Bleu where the chef prepared lunch from his market purchases. Later he created a three-course meal that their group sampled. “He was amazing to watch,” said Elaine. “He had everything going on all at once, while he continued talking to us.”

She and Mark laughed as they listed to the chef admonish everyone to never mince onions. “No chopping!” said the chef. “Cut your onions!” He taught them to cut the onions so that the liquid is retained. “They also use twelve hundred pounds of butter a week,” she noted.

PERSONAL CHEF

Elaine’s next adventure brought her to the Personal Chef Institute in Atlanta, GA for a week of classes. At first she felt “so far out of my league,” with an executive chef from the Caribbean and a woman who attended the Canadian Cordon Bleu at age sixteen teaching, but became more comfortable through the week.

Elaine is currently building

her web site, www.whitemountainchef.com, calling her business Dinners on Demand, and will customize menus for clients.

HER OTHER PASSION

In addition to cooking, Elaine works with dog rescuers, most notably, White Mountain Foster and Rescue, in Wentworth. She also is affiliated with Blind Dog Rescue, with chapters around the country. “I work with many shelters, mostly in the South as that’s where the biggest need lies.” Many dogs land in New England, and are placed on the Wentworth web site, www.whitemountainrescue.org. “My neighbor took the first of two dogs that I had, even though they didn’t know they wanted a dog,” she laughed. Her neighbor’s dad, visiting from Canada took a large husky back home with him.



Elaine works mostly with Siberian Huskies. One of her three Huskies, Aurora, was supposed to be on the web site, “But she never got past my couch,” laughed Elaine. “People should also consider blind or disabled dogs. They are incredibly adaptable. Many dogs are being surrendered as the economy has made it difficult for owners to care for them.”

Contact Chef Elaine about her food business or for information about adopting a rescue dog at 603-667-1805 or email her at Ladymedic13@charter.net.

Chef Elaine Kiessling offers several varieties of fudge, granola and peanut brittle for sale. She will box, gift wrap and ship your package upon request.

FUDGE - \$10/LB. + SHIPPING

Vanilla, chocolate, strawberry, pineapple, cookies and cream, candy cane, mounds and maple walnut.

She is always conjuring up new flavors, so be sure to ask when you call in your order.

GLUTEN FREE GRANOLA - \$12/2LBS. + SHIPPING

Maple walnut, peanut butter, coconut cranberry, ginger lemon, ginger coconut and tropical fruit.

PEANUT BRITTLE - \$5/LB. + SHIPPING

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Letter To The Editor

To the editor,

I am writing in response to Robert G. Fillion's op-ed about "Outdated Libraries in Haverhill". After moving back to NH from living in a large city in another state out west, I was eager to check out the local libraries. My husband and I both love reading and have passed that down to our children. We had come from a large city library system with extended hours and many online options, so when I found out the limited hours and small libraries I was concerned with not being able to find what I would want. Walking into the Woodsville library I thought for sure that my doubts were confirmed, until I started to look around. I was delighted to see so many older books that would have been replaced years ago by other libraries. I found several series that I had heard rave reviews about online and which all had comments about them being almost impossible to find. My kids have really enjoyed series such as "Dan Frontier", "Ricka, Flicka, Dicka", and "Snipp, Snapp, Snurr". I never would have been able to find treasures like these in a big city library. One of my children loves to read historical biographies and has found several that my husband used to read as a child. When we find books that we read as children it is like finding an old friend or lost treasure. Because I am a home schooling mom, I look for some specific books to use along with our curriculum and whatever they don't have, the wonderful librarians

have been able to borrow from other libraries. I love being able to go to the library and be greeted by name by someone who knows what type of book I like or that I would be interested in. I know that many of the books that I love are ones that home schoolers in the past have loved as well and that is why they have been kept. That speaks volumes to me, that the librarian knows the likes and needs of a specific group of people and keeps those books even if it is years between someone borrowing them. The other day as we were leaving the library, my son looked up and read the date on the library building and commented that "it is a history building". Yes, indeed it is and one to be treasured. I don't know all about the library board and all the financial stuff, but I do know about being able to have my family's love and desire for books filled at our local library. I loved visiting my small local library as a child, and now that I am raising part of the next generation of library patrons, I hope they will look back on their childhood visits to our local library with the same fondness. Judging from my children's delight at going to the library, I am pretty sure they will. I would like to thank all of the wonderful people who work hard at keeping all of our local libraries going despite small budgets and many other obstacles. We are one family that appreciates all that you do.

Ann Martell, Woodsville, NH

Ann,

As I do with all Letter to the Editor writers, thank you for taking the time to make your thoughts known to others.

It is wonderful to hear an opinion that includes praise for the subject. All too often we, as a society, look at what is wrong. We do not often enough look at and praise the good.

While I can understand how some will think that our libraries in Haverhill lack all the current bells and whistles that may be expected or at least wanted, it also appears that they are doing what they can with what they have. And to at least some people that is just fine.

With the recent vote at Haverhill Town Meeting to eliminate town wide library trustees, it appears that the voters were willing to accept the libraries for what they are. For that to change will take another vote of the town. That will only happen when or if there is a specific plan presented to the voters. That plan would need plenty of research and would need to come complete with monetary numbers and projected affects on the current libraries.

Gary Scruton, Editor

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A FREE PUBLICATION

TRENDY TIMES

www.trendytimes.com

NH State Senator Jeanie Forrester Being Sworn In And Other Exciting Happenings

Dear Constituents,

What an experience the last eight months have been! I never anticipated that running for office would be such an exciting, all-consuming journey. Along the campaign trail I met lots of really thoughtful, engaged folks who believed in me and worked hard for me—and because of their help, I am your State Senator.

The hallmark of my service to the citizens of District 2 will be active communication and constituent service. And, with those two ideas in mind, Gary Scruton and the Trendy Times graciously agreed to act as a channel for that purpose. In speaking with Gary, we thought it would be appropriate to share, on a regular basis, what is happening in Concord and my experiences as a newly elected official.

During legislative orientation about three weeks ago, we learned the mechanics of researching, requesting, and drafting a bill, experienced a mock committee hearing, a mock Senate session, and got an overview of finance and the budget. That same week, I spent an entire day listening to the various state agencies present their proposed budgets to the Governor. It was definitely an information-filled week!

December 1st was Or-

ganization Day for both the NH Senate and House. I was officially sworn in by Governor Lynch and the Executive Council. Standing there between my seat-mates Senator Jeb Bradley (R-Wolfeboro) and Senator John Gallus (R-Berlin) with my right hand raised, taking the oath, I was humbled and proud to be a citizen and public servant of this great state.

Next, with newly retired Chief Justice Broderick presiding over the Senate, we unanimously voted for Senator Peter Bragdon (R-Milford) as our Senate President, followed by a unanimous vote for Tammy Wright as the Senate Clerk. Finally, the Senators had the opportunity to introduce their guests. I was so pleased to have my husband, Keith with me that day as well as Orford resident Peter Doolley who made the trip just for the swearing in ceremony.

After our swearing in, we joined with the House of Representatives to elect the Secretary of State and the State Treasurer. Secretary of State Bill Gardner and State Treasurer Catherin Provencher were both re-elected to their positions.

The Senate also met in caucus (a closed meeting of the members of a political party to decide upon questions of policy). I am pleased to report that we got the

message loud and clear from the voters and we are busy working on a legislative agenda with priorities focused on the economy, jobs, and the budget.

There are 14 standing committees in the Senate. We haven't got our committee assignments yet, but we should know that shortly—and I'll report back on that. With my background in economic development and municipal affairs, I hope to serve on the Energy, Environment, and Economic Development and Municipal & Public Affairs committees.

We also got our office assignments today and in the next couple weeks I will be getting myself moved in—I'll be in Room 105-A in the State House with Senator Tom DeBlois (R-Manchester) and Senator Jim Luther (R-Nashua), in case you'd like to visit.

The deadline to file bills for Senators is December 10th and if you go to the NH General Court website, www.gencourt.state.nh.us you can see there are already over 500 bills introduced for the 2011 session. To see a list of the bills, click on the State Legislative Dash Board, 2011 Bill Requests, then "Click Here to See Bill Requests."



After a brief meeting with a constituent, I left the State House and headed for Bradford, Vermont to attend the 2010 Cohase Region Economic Development Summit. I was impressed to see the active engagement of Selectboards from Piermont, Haverhill, Newbury, and Bradford working with the Lower Cohase Regional Chamber of Commerce, along with local and regional economic development officials, and local school superintendents.

The conversations and exchange of ideas were exciting. Superintendents looking for ways to collaborate on health care purchases to save money; local business people encouraging collaboration between local food producers and restaurants; Selectmen making a commitment to reducing expenses

in order to ease the tax burden on residents.

These folks are working hard to be part of the solution. They are finding ways to get our economy moving, to streamline and come up with creative ways to reduce costs and to promote a sense of community. It's a reminder to me that we need to be doing the same thing in Concord.

As we did in our campaign, the next two years will be a grassroots effort—focusing on outreach and active communication with you. I look forward to keeping you informed and encourage you to call, write, or email me (279.1459, 78 Tracy Way, Meredith, NH 03253, or jeanie@jeanieforrester.com respectively).

Your Senator from District 2,
Jeanie Forrester

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



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December 7, 2010 Volume 2 Number 5

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Helping Others

For the past several years, Woodsville High School JAG (Jobs for America's Graduates) members have volunteered time at our local Food Pantry. Each week Mr. Dan MacGregor, Community Contact Manager for Tri-County CAP, enlists the students' aid with unloading the various deliveries made to the Food Pantry. On November 18th 3 JAG members assisted with a \$7000 delivery from Aldrich's. Tri-County CAP purchased the food and Mr. Phil Tucker, owner of Aldrich's, provided free delivery to the Pantry. Community Service is an integral component of the JAG program. It affords the students an opportunity to learn how to



Left to Right - Joe Towne, Hannah Miner and Tyler DeCosta

think of others, give of themselves and make an impact on their community. It also provides the citizens an opportunity to see the many positive sides of our students.

The New Beginnings Program

The New Beginnings Program at Blue Mt. Union recently received a generous donation of one thousand dollars from Wal-Mart of Woodsville. The donation will help in the purchase of winter coats for some of the thirty children at BMU that the program has served.



The New Beginnings program normally furnishes new clothes to children just before school begins, giving

the children a fresh start on the school year. Along with Wal-Mart, program coordinator Dawn Pinette also wants to thank Wells River Savings Bank, Woodsville Guaranty Savings Bank, Huberts and Ross Business for their contributions. If you have questions about the program or would like to donate please contact Pastor Candace Ricker at the Groton United Methodist Church at 802-584-3921.

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To the Friends and Families of Oxbow and River Bend Veterans,

The gymnasium was filled with students, faculty, veterans and their families, along with community members who wanted to be part of Veterans' Day 2010. It began with the Color Guard from the American Legion Post #20, along with Boy Scout Troop # 778, entering to music from the Oxbow band. Senior Danielle Clancy did us all proud, as she sang the National Anthem. I provided a little of the history behind the Wall of Honor, how the idea came to be, the support I received, and the sign maker who turned the idea into a work of art. Several veterans took their turn at the microphone, with personal stories they wanted to share with the audience, and we ended the ceremony with the official unveiling of the Wall of Honor. Afterward, guests enjoyed refreshments that were prepared and served by the National Honor Society. All in all, it was a huge success!

I have received many phone calls and emails, from friends and families of veterans, asking that their names be added to the Wall. I am creating lists of additional names to send off to the engravers as I write this letter, and I am thrilled to do it.

At this point however, the fund to build the Wall of Honor and engrave the first 100 brass plates, has been exhausted. Now I need to request financial support from the community. If you would be willing to donate \$20, or more if possible, the money will be put toward expanding the size of the Wall and engraving additional brass plates. Donations can be

sent to; Wall of Honor, % Bradford, VT 05033.
Vickie Darby at Oxbow High School, 36 Oxbow Drive,

Thank you,
Lisa Paganelli

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Rollover Protective System Prevents Tragedies

Farmers Can Save Lives With Substantial Dollar Assistance

By Robert Roudebush

NORTH HAVERHILL, New Hampshire – The good reason for New Hampshire farmers to install tractor Rollover Protective Systems is to stay alive. In the last 15 years in the United States too many farmers did not stay alive - more than 1500 people have died because they didn't have such a system. The good reason to install one gets even better when someone offers to help you identify what you need and to pay for most of it. That good reason just started in New Hampshire. The short name for it is ROPS.

Farmers or agricultural workers are much more likely to die on the job than most other American workers. And the leading cause of these deaths is tractor rollovers, tipping side over or backwards. We here in the Northeast have the highest rate of tractor overturns in the whole country, for various reasons, including our hilly farmland. July 31 of this year,

in Wilton, NH resident Bruce Bakaian died just that way, the most recent in this state.

The new help at hand is the tractor Rollover Protection System (ROPS) and Tuesday, November 30 at Blackmount Equipment, the local John Deere dealership here on hiway 10, was the date of the official statewide presentation in town, just one of the three announcement sites. Sobering facts, and the excellent news of the rebate program were addressed by farm safety advocates and one local farmer - Dennis Ward shared his life experiences in discussing friends and families he knew who had lost loved ones to tractor rollovers, or come uncomfortably close. The group of listeners gathered indoors at the dealership around Mr. Ward was silent and visibly moved at his reminders of just how the loss or potential loss of a father or son can effect one farm family's present and future for many years and in

many ways. It can adversely affect farm production income as well as the deeper issues of family integrity and continuity.

ROPS makes available life-saving equipment for retrofitting older unprotected tractors (those manufactured prior to 1984 when safety rollover protection installation was mandated country-wide) and makes it affordable and simple to order. This ROPS (most folks are pronouncing it RAWPS instead of ROPES) reimbursement program is only the third in the nation - two others are in New York State and most recently as of September, Vermont. Pennsylvania is next. One of the lead organizations among the many sponsors and partners is the NH Department of Agriculture.

This first-of-its-kind program is funded so far entirely by donations, not money coming from state coffers, as it is done in NY State. ROPS will pay back farmers 70 percent of the total cost of their tractor rollover protection upgrade, including installation performed at a dealership, up to \$765. Some farmers have the shops, skill and desire to install it themselves and prefer to handle it that way. The newly added equipment amounts to primarily a roll bar and seatbelt. The roll bars can be rigid or flexible, or folding, and that folding procedure is a quick and simple operation. It was demonstrated in the Blackmount service barn on a John Deere 2010 model newly equipped with a roll bar. That option eliminates the building entry

height problems some people cite in refusing to install the safety equipment. The program also provides help with identifying and pricing the right kind of rollover kits and where they are available, including options like fold ability, for the particular make and model of farmer's tractors.

While statistics indicate that the use of the roll bar alone is some seventy percent effective in preventing deaths and injuries, the use of the seatbelt in conjunction with the roll bar raises that effectiveness into the high ninety percentile. Figures available also indicate that rollover injuries predominate among younger tractor operators, those close on one side or the other of 20 and the older folks, in the mid-sixties.

2006 was the first year the new program began in New England, in New York, sponsored by NEC, the New England Center for Agriculture and Occupational Health. In that state, a tenfold increase in tractor rollover protection retrofitting has been achieved. Since that time, at least 53 instances have been reported where rollovers occurred and serious injuries and deaths were prevented, according to social scientist Dr. Julie Sorensen, from NEC, one of the key presenters at the North Haverhill John Deere event. The lead-off speaker Tuesday was Richard B. Uncles, of the NH Department of Agriculture. He is the Director of the Division of Regulatory Services. Mr. Uncles and John Deere installers on site at the event agreed that stan-

dard installation time for most protection kits would take about an hour and half. Most kits will cost in the neighborhood of seven hundred to twelve hundred dollars. Certain tractor models, such as an older Massey-Ferguson will cost substantially more due to difficulty in procuring proper equipment. The existence of a weather cab on tractors is no guarantee that roll bar protection is built in, though it may be likely.

Cost and difficulty in identifying and ordering the appropriate equipment have long been targeted as two key barriers to getting rollover protection mounted on tractors.

"This is the season for gathering the harvest and celebrating the food that sustains us, and the farmers who produce it. Few consumers appreciate the high cost paid by the people who work on farms. Like mining, farming is one of the most dangerous occupations in America. While miners tend to die or suffer injuries in groups large enough to garner attention, farmers and farm workers die in isolated incidents, grieved by their families and communities" - Commissioner Lorraine Merrill, NH Department of Agriculture.

A lot of folks are partners and sponsors in promoting ROPS - space here does not allow a full listing, but the list includes officials from the state, academic, corporate and insurance fields, all of whom have a direct and vital stake in reducing deaths and injuries from tractor rollovers.

CONTACT INFORMATION FOR R O P S Call Toll-free 877-ROPS-R4U (877-767-7748) or visit www.ropsr4u.com - to register for a rollover kit and to apply for a rebate.

Not every farmer is convinced that ROPS is necessary. Reasons quoted include, "I need to keep expenses down. I don't have the time. That old tractor's not worth putting a ROPS on". And, "I've been farming for years without a ROPS". All are famous last words. To which, Dr. Sorensen and others reply, "It is better to bury a tradition than to bury a child". While a ROPS can't prevent a rollover, it CAN protect you and others on your farm from death or serious injury if a rollover does occur.



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A Brief Story Of Artificial Insemination In Agriculture/Cattle

By Michal Lunak, UNH Cooperative Extension, Dairy Specialist

Modern agriculture uses many technologies that were developed over a period of time. Artificial insemination (AI) is one of these technologies that we take almost for granted.

Artificial insemination (AI) is a process by which sperm are collected from the male, processed, stored and artificially introduced into the female reproductive tract for the purpose of conception. AI has become one of the most important techniques ever devised for the genetic improvement of farm animals. It has been most widely used for breeding dairy cattle and has made bulls of high genetic merit available to all.

Some documents indicate that the first attempts to perform artificial insemination or breeding are dated around 1322 A.D. when an Arab chieftain wanted to mate his mare to a stallion of his enemy. He used cotton containing the scent of the female to excite the stallion, causing him to ejaculate. He placed the released semen in the reproductive tract of the mare, leading to conception.

It took centuries of experimenting with different animal species but the breakthroughs came when scientific approaches were applied. The invention of a microscope opened the door to a deeper understanding of reproduction per se. In 1678, the Dutch tradesman and scientist Leeuwenhoek first observed spermatozoa under a microscope with 270 times magnification and named them 'animalcules'. More than a century later, in 1784, an Italian priest Spallanzani first documented successful insemination in a dog. The female whelped three pups 62 days later. At the end of the 19th century reports on AI in rabbits, dogs, and horses were recorded in England, Russia, and other countries.

The beginning of the 20th century became a focal point of AI research as a practical and economical procedure in animal breeding, but the 1930s and 40s marks the spread of AI throughout the western world.

Russian scientist Ivanov began conducting AI on cattle, horses, birds and sheep. He was the first person recorded to have accomplished successful artificial insemination in cattle. He de-

veloped semen extenders or diluting liquids, he trained technicians, and established breeding programs for sheep and cattle. Because Ivanov was so successful at animal artificial insemination Russians bred approximately 19,800 cows by 1931.

Ivanov's studies sparked an interest outside Russia. The Japanese scientist Ishikawa who studied with Ivanov began an AI program in horses in Japan in 1912. This program developed into sheep, cattle, goats, swine and poultry. Other Japanese researchers became involved. Unfortunately, their work went almost unknown to western scientist until 1958 as too few westerners knew Japanese. Freezing semen procedures and procedures for the successful use of frozen bull sperm were originally developed in Japan and was a major contribution to the development of AI.

Some AI was performed on horses during the early 1900s in Denmark, but it was not until 1936 when the scientist Sorensen, who was familiar with Ivanov's work, organized the first cooperative dairy AI organization which enrolled 1,070 cows. The conception rate of 59% was better than a natural service (use of a bull) in the same herd and stimulated the development of AI in dairy cattle in the US and other Western countries.

In 1938, New Jersey native E. J. Perry established the first AI cooperative at New Jersey State College of Agriculture based on the Danish model. In the following two years, seven AI cooperatives, according to the Denmark and New Jersey models, appeared in New York, Minnesota and Wisconsin. During the same time, Swedish scientist Lagerlöf conducted research on fertility problems in bulls. He established a group with worldwide influence in training veterinarians in various aspects of AI.

In the 1940s, the Bureau of Animal Industry registered the Santa Gertrudis cow, a new breed that represented the direct results of artificial insemination in cattle. Despite this significant breakthrough in cattle breeding, it would take 13 years to improve this process. During that time, scientist realized

that collected bull semen could be saved by placing them in egg solution containing antibiotics and chemicals and freezing it for later use. Pennsylvania and Cornell universities conducted genetic tests in which they learned how to distribute genetic material. Since these universities didn't patent their processes, other places adopted their techniques of artificial insemination which eventually led us to the practices we use today.

Like with all technologies, there are advantages and disadvantages to AI. The advantages include maximum use of superior sires. Natural service limits the use of one bull to 100 matings per year. Artificial insemination usage enables

one dairy sire to provide semen for 300-1000 services just from one ejaculate.

AI also reduces the danger of spreading infectious genital diseases from bull to cow during a natural service. Other advantages include early detection of infertile bulls, the use of old or crippled bulls and the elimination of danger from handling unruly bulls.

The disadvantages of AI appear to be associated with management, or simply put, human factor. Human detection of heat is required to determine whether the female is ovulating. Success or failure of AI depends on how well this task is performed. AI also requires more labor, facilities, and managerial skill

than natural service. Proper implementation of AI requires special training, skill, and practice.

Artificial insemination of farm animals is very common in today's agricultural industry in the developed world. More than 75% of all dairy cattle, up to 85% of swine and 100% of turkeys are bred using AI. The overall impact of artificial insemination is its ability to improve animal productivity and increasing the food supply.

Sources: David Foote, History of AI, Cornell University; Richard Cecily, History of AI in Cattle, U Florida; D.W. Webb, Artificial Insemination in Dairy Cattle, U Florida

The Pine Hill Singers Present “Holiday Wishes For The World” At Alumni Hall

The Pine Hill Singers invite you to enjoy holiday melodies from around the world in their annual Winter Benefit Concert – “Holiday Wishes for the World!” which will be performed under the musical direction of Judy Abbott with Anita Bonnevie as their accompanist. Highlights include “The Snow” by Edgar Algare ; “Huron Carol”; Cantatae Deo (from Water Music Suite); “Happy Xmas (War is Over)”; and “Rise Up, Shepherd”. Their selections from France, Canada, Israel, Germany and, of course, Amer-

ica will once again be enhanced by numerous soloists and instrumentalists from the group and the local area.

On Friday, December 10th at 7:00pm, “Holiday Wishes for the World” will be performed at Alumni Hall on 75 Court Street in Haverhill, NH. Admission is by donation and for the shared benefit of Alumni Hall and The Pine Hill Singers. The beautifully restored Alumni Hall, once the Grafton County Courthouse, is now in its 6th year as a regional cultural center. Open year-round, it offers music, dance, film, photography, art and quilt programs and exhibits, and is available for rental for



The Pine Hill Singers will perform “Holiday Wishes for the World!” on December 10th at 7pm at Alumni Hall in Haverhill.

private, community, commercial and corporate events.

On Sunday, December

12th at 3:00pm, The Pine Hill Singers will perform at the historic Sugar Hill Meeting House in Sugar Hill, NH. The Meeting House, built in 1830, is a treasured center for concerts and town gatherings. This concert is primarily for the benefit of their newly established scholarship fund for a local high school graduate who is pursuing musical interests. Admission will also be by donation.

For more than 14 years, the Pine hill Singers have brought outstanding performances to the local area. Their concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet weekly. From this weekly sharing of music, they know the personal healing as well as the community outreach in the joy of music.

Just after 9/11 the singers began to insert on all of their programs a quote attributed to Leonard Bernstein – “This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before.” Thus, the Singers have established a fund for local high school graduates pursuing musical interests. The Pine Hill Singers want to help future musicians at a time when basic needs and wants are clamoring for every dime. They will be selecting their third award recipient in June 2011.

Come enjoy “Holiday Wishes for the World” - a winter concert that will warm your heart and remind you the that entire world is uplifted by holiday wishes.

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December 7, 2010 Volume 2 Number 5

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

Tri Centennial Of The Connecticut River And The Koas Meadows



Haverhill, NH and Newbury, VT - The White Pine Association (WPA) is dedicated to preservation of the history and culture of the Connecticut River Valley. The WPA has hosted programs such as Nawihla Native American Festival, Snow Snake competitions and a DNA program in partnership with National Geographic. Members of the White Pine Association also took part on the planning committees for the Lake Champlain QUAD Centennial which centered in Burlington Vermont last summer.

In 2012 the White Pine Association working with State of Vermont, State of New Hampshire and other organizations will host a Tri Centennial of the Koas Meadows and Connecticut River By ways. The Tri Centennial begins with the history of the Koas Mission Des Loops built in 1675 by Jesuit Joseph Aubrey on the meadows just above Newbury Vermont Village. The history of the region starting with the Mission will be highlighted from 1675 to present. The Oxbow and the meadows that span from Bradford, VT to Wells River and on the New Hampshire side of the river was first called the KOAS by the Jesuits. Over the years the name has changed and we most often know of the meadows as the big and little Oxbows.

Nancy Millette Doucet, executive director of the White Pine Association has a great deal of experience with organizing events of this capacity. From 1993 to 1997 she was the Town Promoter in Littleton, New Hampshire where on top of her duties working in economic development she also founded and presented 12 Native American Festivals, 3 Northern Championship Sled Dog Races, was the director of Littleton Opera House and promoter and agent to several nationally known artists. She also worked with Canadian businesses: First Nations Cola, First Nations

Music, NeeChee Culture Magazine and Canadian Gold Water.

"This is going to be a wonderful event where organizations in both our twin states can come together and plan as well as promote what is most important to them," said Doucet. "The Quad Centennial took years of meetings with various organizations and I believe this will too. But what a wonderful celebration it will!

The First meeting will be hosted in February 2011. To get more information or volunteer to be on any of the committees contact Nancy Millette Doucet at 603-728-9646.





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Sincerely Yours, Ray Burton
Executive Councilor District One



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OBITUARY – GAIL MOODY

EASTON, NH - Gail Moody, 53, of Lost River Road in the Wildwood section of Easton, New Hampshire, died of complications from cancer treatment on November 21, 2010 at Dartmouth Hitchcock Medical Center.

Gail was born on November 29, 1956 in Washington, D.C. to Mary (Brosnan) Gospodarek and Francis Gospodarek, and grew up in Rockville, Maryland. As a young adult, she spent time in Gainesville, Florida, and Eaton, New Hampshire and eventually moved to Wildwood, a former family vacation farmhouse in the White Mountains, where she built her own home. There she raised her two beautiful children, Daniel and Christy Thornton. Gail married three times, most recently to Jim Moody of Bethlehem, NH.

She was employed for 17 years by the Vermont Department of Corrections, overseeing inmates from Caledonia County Work Camp as a

Work Crew Supervisor. She also volunteered on the Easton Fire Department and as an Emergency Medical Technician with the Franconia Life Squad, and was active in town affairs.

Gail relished life at Wildwood, and the outdoors was her sanctuary. She loved to kayak and garden, to hunt and fish. She was an animal lover, and her best days were spent on her deck with her beloved dog, Berkeley, watching the hummingbirds come and go.

Gail is survived by her daughter Christy Thornton, of Brooklyn, NY; son Daniel Thornton of Littleton, NH; mother Mary Gospodarek of Eaton, NH; three sisters: MaryEllen Gospodarek of Eaton, NH, Beth Gospodarek of Royalston, MA, and Rena Gospodarek of Bristol, VT; and one brother, John Gospodarek of West Yellowstone, MT. She also leaves many loving in-laws and nieces and nephews. Gail was prede-



ceased by her father and a brother, both named Francis S. Gospodarek.

A gathering to celebrate Gail's life will be held on Sunday, December 19 at 2pm at the Easton Town Hall, at 1060 Easton Valley Rd. All are welcome to attend.

In lieu of flowers, the family suggests memorial donations be sent to the NEADS Prison Pups Partnership, in which inmates train service dogs for the deaf and disabled. More information can be found at neads.org/puppyprogram.

OBITUARY STEVE DAVIS

North Haverhill, NH – Stephen Alexander Davis, 67, died November 24, 2010, at Cottage Hospital Woodsville following a brief illness.

He was born in Littleton, NH, January 15, 1943, a son of Jack and Mary (Morrison) Davis. A lifelong area resident, Steve had worked in the construction and logging industries most of his working life and locally for Morrill Construction and Gary's Fuels both of North Haverhill. He also ran his own trucking business in the area and for the past 10 years he has worked at Hatchland Farms of North Haverhill.

Steve served with the United States Army National Guard during the Vietnam era. He was an active member at Ross-Wood American Legion Post #20 of Woodsville and the American Legion Post in Lincoln, NH.

He married Beatrice Smith on January 16, 1986.

Survivors include his wife Bea of North Haverhill, a daughter, Stephanie Davis-Randall of Laconia, NH; four step children, Peter Smith of Mulberry, FL, Pam Mack, Robert Hanson, Jr. and Debra Hanson; a sister, Nancy Onfer of Constable, NY; a brother, Norman Davis of Beekmantown, NY; grandchildren, Mary Margaret, Marin, and Mark Jack Randall; and several nieces and cousins.

At Steve's request there were no public services held. Burial was held in Bath Village Cemetery on Saturday, December 4.

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

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

December 7, 2010 Volume 2 Number 5

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I Dare You... To Help Youth Find Their Leadership Styles

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

Developing leadership skills - that's what most youth serving organizations' ultimate goal is...to develop the leaders of tomorrow. Working with kids can be a lot of fun, sometimes frustrating, and in the long run, rewarding, especially if you are nurturing their abilities to hone their decision making and leadership skills.

One of the best parts of my job is to encourage leaders and adults I work with to see the potential in the youth in their lives. The kids can be quiet, boisterous, reserved, annoying, fretful, worrisome, polite, respectful, fun, angry, sad, or any other of a myriad of adjectives you can assign to behavior. Yet, they all have potential...potential to set goals, find a cause and provide leadership to improve their community.

Research on youth development cites one of the eight essential elements of positive youth development as an "opportunity to see oneself as an active participant in the future." This includes leadership development.

We start small in 4-H: Youth members are elected to be officers of a club. In a well run club, the youth work with the leaders as guides on the side to determine the club's goals, project areas and community-service learning projects. The kids take the lead and carry out the program...with the adults working along side them or in the background.

It is one reason Grafton County's 4-H Youth Development Program, part of the University of New Hampshire Cooperative Extension, is pleased to award an I Dare You Award each year. Through this award, we offer an opportunity for a 4-H member to participate in the National Youth Foundation's Leadership Institute.

The American Youth Foundation's National Leadership Award is a unique opportunity to honor extraordinary young people for their character and leadership. The award recognizes youth ages 15-18 years old who strive to be their personal best and make

a positive difference in their schools, youth groups, 4-H clubs, and communities. It goes along with our essential element of positive youth development: opportunity.

To quote the National 4-H Council: "Young people need to feel their lives have meaning and purpose. They need opportunities to connect to their communities and learn how to give back to others. As part of this process, youth gain an understanding of others' needs and learn how to respond to these needs. Generosity may also include the development of values such as compassion and tolerance for diversity and the ability to take the perspective of others, and to approach problems as "a member of a global society," through participation in local, and national politics."

That's why I'm proud to announce Jacob Dalton of Bath, New Hampshire, as our 2010 I Dare You Award recipient.

The award qualifies Jacob to attend the American Youth Foundation's leadership camp in the summer of 2011. Jacob is a member of the Littleton Raccoons 4-H Club, the River Valley Shepherds 4-H Club, and the Grafton County 4-H Teen Club. Throughout his year's in 4-H, he has served as a club officer, been active in county wide activities, and has

been a youth member delegate to Eastern State Exposition and State Activities Day. He is home schooled. In addition to 4-H, Jacob is a first degree black belt in karate, participates in sports at Woodsville High School and is completing White Mountain Community College and Great Bay College classes through an online program. Jacob is the son of Amy Gall of Bath and Mike Dalton of Stamford, Vermont. Jacob will receive a stipend from the Grafton County 4-H Leaders' Association to assist him in attending the American Youth Foundation's Leadership Camp.

My congratulations go to Jacob Dalton. The 4-H leader who submitted the nomination stated:

"Jacob has shown a history of persistence within his academic and extracurricular activities. He is motivated to excel in his self-directed classical education. Jacob has interesting ideas and big plans for initiating his own community service conservation projects..."

So, in the spirit of the 4-H motto: "To Make the Best Better", we send Jacob to the Leadership Camp next summer knowing that he will return to Grafton County 4-H with new leadership skills training which will serve him well in his current and future endeavors.

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Please bring your children and help us celebrate the miracle of Christmas! Our Fellowship Hall will be open to go inside to warm up with a cup of hot cocoa.

Hope to see you all there. Friday, December 10th at 7pm and Saturday, December 11th at 7pm. Christ Covenant Anglican Catholic Church, 167 Creamery St, Marshfield, VT. 802-426-3744.

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Christmas Trees For Sale!
Haverhill Area Youth (Current 6th & 7th Grades) are currently selling local Christmas Trees now through Christmas at the Lackie Farm, Main Street, North Haverhill.
Come pick out your tree, enjoy some baked goods from our sale and visit with Santa!
We are having a bake sale on Saturday, December 11 and Santa will be here from 11:00am to 2:00pm
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1999 CHEVROLET WORK VAN: Runs good. Needs some work. Ladder rack, 350 atuo. First \$850. Also 1953 GMC 1 1/2 ton, for parts or to fix. \$850. Haverhill cell 603-986-3461 12.21

1953 GMC 1 1/2 TON CAB & CHASSIS: Needs clutch. Motor ran good last I know. Solid for year. \$850. Also snow plow set up for 1988 Chevy & 1987 Dodge Ram. \$450 each. 603-986-3461 12.21

USED AUTO PARTS FOR SALE: Hard to find Dodge Ram parts 1994 to 2000± long bed rear body good condition \$400. Two doors for regular cab \$125 each. Good hood/grill \$125 good passenger side fender \$125. Rare, Good motor, transmission for 2/WD. \$350 each. Radiator & more. One tailgate in very good condition \$125 & one in fair condition \$40. Front bumper & more. Other doors, fenders, bumpers, hoods, radiators for other older vehicles. 1996 Cavalier, 1980's Ram, F-1500, Chevy pickup. 1995 Cirrus, 1996 Regal, 1986? Chevy Conversion Van, 1992 Berretta, 1992 Lumina, 1998 Ford Taurus, 1989 Bronco II, Ford Ranger, Nothing for newer vehicles, many 14" & 15" aluminum wheels, many tires, Chevy minute mount plow for older Chevy. Plow for 1987 Ram. Haverhill 603-986-3461 12.07

USED TIRES FOR SALE: 1: 225/75/15 like new mounted on older aluminum trooper wheel \$65. 4: Michelin LTX A/T 235/75/15 very good tread \$176 all 4. 1: P/215/75/15 M/S custom 428 \$35. 1: P/225/75/15 on Jeep wheel? Like new \$55. 1: 235/75/15 looks new tread LTX A/T Michelin \$45. 2: 245/70/17 M/S Atlantic Claw winter SXi lot of tread \$100 pair. 1: 205/75/15 Firestone looks like never used \$40 6: LT 235/80/17 Michelin LTX M/S very expensive tires, was quoted \$247. each, will sell for \$70 each, looks to be about 85 to 95% tread left. 2: 8-R 195 12 P.R. super heavy, regrooverable tires, equipment trailer maybe? \$100 per pair. 4: 195/70/14 like new tread \$20 each. 4: 235/70/16 \$95. 1: 225/60/16 \$35. 2: 265/75/16 super deep aggressive looking tread \$65. looks new. Also have various 14" and 15" tires. Nothing for newer sizes. Haverhill cell 603-986-3461 12.07

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EAST RYEGATE, VT: Large 2 bedroom ground floor apartment. 6 miles north of Wells River on Rte 5. All utilities included. One pet ok. \$750/month. Available immediately. 802-429-2120 01.04

WELLS RIVER, VT: Two 2 bedrooms, \$750/month, tenants pay electric. Two, 1 bedroom, \$450/month and tenant pays utilities. One, 3 bedrooms, \$700/month and tenant pays utilities. For more information contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

NORTH HAVERHILL, NH: One, 1 1/2 bedrooms, \$625/month heat included in rent. Two 2 bedrooms, \$750/month, heat included in rent. One 1 bedroom \$500/month heat included in rent. For more info contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

WOODSVILLE, NH: First floor apartment 1 bedroom, \$675 everything included. Second floor apartments 1 bedroom, \$650/month everything included. For more info contact Vickie Wyman at All Access Real Estate. 603-747-3605 12.07

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FOUND

Boxer Dog in South Ryegate (again). She had gotten loose this past summer. Owner went by and saw us and indicated they lived in South Ryegate, so we didn't get the owners name or address. She came to visit us again. 802-505-1527.



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Bradford Old Church Theater Releases 2011 Schedule

Bradford, VT: The Old Church Community Theater has released next season's schedule of plays, the 27th year for this east central Vermont theater group.

The 2011 season includes: "Wait until Dark", by Frederick Knott, May 6, 7, 8 and 13, 14, 15, directed by Robin Ng, with parts for 6 men, 1 woman and 1 girl; "Second Chance", a new comedy by Tony Sportiello, June 10, 11, 12 and 17, 18, 19, directed by Diane Chamberlain, with parts for 4 men and 4 women; "On Golden Pond", a drama by Ernest Thompson, directed by Peter Richards, with parts for 3 men, 2 women and 1 boy; "Enchanted April", a romantic comedy by Matthew Barber, August 19, 20, 21 and 26, 27, 28, directed by Gloria Heidenreich, with parts for 3 men and 5 women; and lastly, "An Evening of One Act Plays", September 23, 24, 25 and Sept 30, October 1, 2, with various directors and parts.

Plays are presented in Bradford's historic "old church", the second oldest building in town. Any and all persons are welcome to participate; auditions usually occur about 8 weeks before the show dates. Visit the website www.oldchurchtheater.org for more information. (NOTE: Details about each play follow, use as desired)

"Wait until Dark" The story: A sinister con man and two ex-convicts have traced a mysterious doll containing several grams of heroin to the Greenwich NY apartment of Sam Hendrix and his blind wife, Suzy. Through a cleverly constructed deception, the con man and his pals convince Suzy that the police have implicated her husband in a murder, and she believes the doll is evidence of his innocence. But she figures out she is the victim of a bizarre charade and refuses to reveal the doll's location. After the con man kills his associates, a deadly game of cat and mouse begins, and we wonder how Suzy will ever survive.

"Second Chance" The Story: Ever lose a loved one and it hurt so bad you wish it would be you instead? Doug learns he has a chance to bring back his wife after she suddenly dies in an accident—but the catch is that he has to die in her place. His

friends, who don't know about the life or death decision he has to make, see his priorities change in the remaining weeks as he comes face to face with this ethical decision. This play is rich with comedy and deep in soul searching with an unexpected ending.

"On Golden Pond" The story: This is the love story of Ethel and Norman, who are returning to their summer home on Golden Pond for the forty-eighth year. He is a retired professor, nearing eighty, with heart palpitations and a failing memory—but still as tart-tongued, observant and eager for life as ever. Ethel, ten years younger, and the perfect foil for Norman, delights in all the small things that have enriched their long life together. As the summer wanes, in the final, deeply moving moments of the play, Norman and Ethel are brought even closer together by the incidence of a mild heart attack. They know now

that Time is against them, but the years have been good and perhaps another summer on Golden Pond awaits.

"Enchanted April" The story: When two frustrated London housewives decide to rent a villa in Italy for a holiday away from their bleak marriages, they recruit two very different English women to share the cost and the experience. There, among the wisteria blossoms and Mediterranean sunshine, all four bloom again—rediscovering themselves in ways that they—and we—could never have expected. This charming play re-affirms our hopes and dreams for meaning in life and relationships that matter.

"An Evening of One Act Plays" The One Act Plays were so popular, they are on the schedule again with all new selections: Look for a variety of creativity and wit. The shows will be announced after the holidays.

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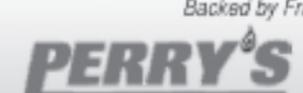


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The Red Crayon

By Elinor P. Mawson

I loved my first-grade classroom. The teacher was elderly Miss Marston, and she had an iron hand with her 42 students. But I was learning to read, making friends, and learning to color inside the lines.

At the front of the room was a large cupboard, which contained supplies, including 8

yellow boxes of crayons. Each student had a metal crayon box with 8 crayons, and when someone ran out of a certain color, they could request a new one. There was only one problem--they had to prove they really needed that color.

One morning I noticed that my red crayon was almost gone. There was no

paper left, and about an inch of red was all that remained. I marched up to the cupboard and asked for a new crayon. "Show me your old one", said Miss Marston. I produced the "old" one, and she snorted, "There is plenty of red crayon left. Take your seat".

I was crushed. I really hated to have to use that stub of red--I might even go outside the lines with it! I resolved to never use that red crayon again

So I ate it.

Have you ever eaten a crayon? It breaks up into little dots and goes all over your mouth. It refuses to be swallowed. It tastes horrid.

While I was trying to decide what to do with my dilemma, Miss Marston called us all to attention and made an announcement. "Boys and girls," she said, "The dentist

has come to our school to examine your teeth in order to let your parents know what you need. You will line up at the door and go to the nurse's office to be looked at."

Needless to say, I was the last one in line. I got a tissue and tried to swipe the little red dots out of my mouth. Although I got a lot of them onto the tissue, they didn't show any signs of going away. My mouth tasted awful. I was almost panicky.

One by one, my classmates got into the dentist's chair, and line got shorter and shorter. Finally it was my turn, and with folded arms and a mouth clamped tightly shut, I was in the chair.

"Open your mouth, little girl", said the dentist.

I kept my mouth tightly shut and didn't look at him.

"I said, 'Open your mouth!

I still didn't look at him. My mouth was clamped shut.

"Little girl, open your mouth right now!" I had no choice.

"Little girl! What have you been doing? Have you eaten a red crayon?"

"No!" I replied.

"Tell me the truth. Have you been eating a red crayon?"

"NO!"

"Go back to your classroom", said the dentist, who was holding his temper.

I never told a soul what I had done. I was ashamed for not only eating the crayon, but for lying--both punishable offenses. When I finally told my mother, I was about 45 years old and she thought it was funny.

I can only imagine the dinner table conversation at the dentist's house that evening. I bet he thought it was funny too.

December 7, 2010 Volume 2 Number 5

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<p>Microsoft Word 2007 (Basic computer class) Dates: Jan. 11,13,18,20 (10 hrs) Instructor: Hal Drury Meets: Tues. & Thurs. 6:00-8:30 pm Cost: \$125</p>	<p>Quick Books 2009 Dates: Jan 11-Feb. 15 (6 weeks) Instructor: Meredith Puffer Meets: Tuesday 6:00 - 8:30pm Cost: \$150</p>
<p>Microsoft Excel 2007 Dates: Jan. 25 - Feb 3 (10 hrs) Instructor: Hal Drury Meets: Tues. & Thurs. 6-8:30pm Cost: \$125</p>	<p>Beginning woodworking and project design Dates: Jan 11 - Mar 15 (8 weeks) Instructor: Jeff Mckelvey Meets: Tuesdays 6:00-8:30 pm Cost: \$150</p>
<p>Mail/Print Merge Dates: February 8 (2.5 hrs) Instructor: Hal Drury Time: 6:00 - 8:30pm Costs: \$25</p>	<p>Basic Welding (offered at Hartford and Bradford) Dates: Jan. 20-Feb. 14 Bradford Jan. 10-Feb. 9 Hartford Meets: Mon. & Thurs. 6 - 9:00pm (Bradford) Mon. & Wed. 6-9:00pm (Hartford) Costs: \$350 (includes materials)</p>
<p>Microsoft Power Point 2007 Dates: February 15 & 17 Instructor: Hal Drury Time: Tues. & Thurs. 6:00 - 8:30pm (2 sessions) Cost: \$50</p>	<p>Licensed Nursing Assistant- (Hartford & Bradford) 100 Hours to Certification Dates: Jan. 4 - Mar. 26 Bradford Jan. 3 - Mar. 19 Hartford Meets: Tues. & Thurs. 5-8, Sat. 7-1:00 pm (Bradford) Mon. & Wed. 5-8, Sat. 9-3:00pm (Hartford) Cost: Tuition- \$950, Mandatory Fess- \$175 Total \$1,125</p>

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White Mountains Community College Spring Registration

Registration for the Spring Session of White Mountains Community College began on Monday, November 15th. Early registration is advised to ensure the availability of preferred courses. Classes begin on Tuesday, January 18th.

Registration is ongoing for courses in a wide variety of fields, including Accounting, Massage Therapy, College Composition, Psychology, Office Technology, and Health Science Technology. The college's specialized Professional Tractor Trailer Driver Training Program, which leads to CDL-A certification, begins on February 28, 2011.

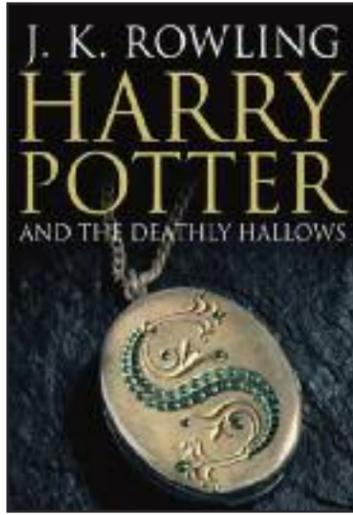
In addition to the many credit classes offered this semester, several non-credit courses and workshops have

also been scheduled. These offerings range from Painting with Watercolors, Acting for Adults, Yoga, Genealogy and several beginning computer workshops. These classes offer a fun and practical way to learn about an area of special interest.

White Mountains Community College is fully accredited by the New England Association of Schools and Colleges. WMCC Academic Centers allow local residents to pursue individual classes, Associate degrees, Bachelors Degree preparation, and certificate programs without having to travel great distances. For more information call 603-444-1326, or visit the college website at www.wmcc.edu.

HARRY POTTER And The Deathly Hallows Part 1 - PG-13

By Ashley Scruton



Welcome back to the wizarding world of Harry Potter. It seems like AGES since we saw Harry's first kiss and Dumbledore's epicly tragic end. But the Deathly Hallows introduces the darker side of Harry's world that we left off with in The Half Blood Prince. In a much darker world full of

doubt and hard decisions Harry, Ron and Hermione soon find that they are no longer the first years who stood, mouths gaping, at the doors of Hogwarts. In fact they have had to say good bye to the safety of the walls of their wizarding school, now run by Professor Snape, the one who took the life of the beloved headmaster Dumbledore. The three have come to be completely on their own in a world full of death eaters and essentially run by Voldemort who has made it quite clear to his minions that Harry is his to kill. The story gets more intense and even darker as it comes to a close, making a wonderful lead in for Part Two of this epic tale.

There are times when the movie moves a little slower than normal for an HP fan,

but David Yates (director) and Steve Kloves (screen writer) are trying to keep with the idea of putting the novel to film with as few changes as possible. And if you've read the series you know there are a few times where the action takes a backseat to the thought process. This is the first part in what looks to be the most epic film of the year. And with as much of a pre-que feel as this movie has, it will leave all who see it on the verge of insanity just waiting for the fifteenth of June. It will be a hard seven months to wait and even harder to know that this is the last we'll see of new Harry Potter. In the end it's all worth the midnight shows and the crowded movie theatres. But for now, consider this another movie well Scrutonized.

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

December 7, 2010 Volume 2 Number 5

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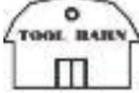
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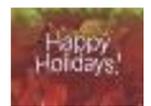
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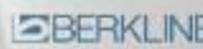
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SCARED SHEETLESS

By James Paradie

Haunted Legends: Waverly Hills Sanitarium Louisville, Kentucky

Claimed to be one of the most haunted abandoned hospitals in the world, Waverly Hills Sanitarium in Louisville, Kentucky used to be a site for the Tuberculoses epidemic back in the early 1900's. Tuberculoses or "TB" is a bacteria which attacks and causes tumors in the lungs causing them to bleed. If not treated properly it would be fatal as a person was said to die every other minute back at the height of the disease. An urban myth suggests that more than 60,000 deaths occurred at Waverly Hills, but these accounts have been shot down and believe it or not I could not get a straight answer of how many people died, so it's no wonder that even after the Sanitarium closed it's doors in 1980 that the spirits of former patients are still lurking in the shadows of what was once their home.

Creeper. All of these spiritual occurrences are a common thing in Waverly Hills, but there's also the Body Shute:

It's also known as the "Death Tunnel", a 500 foot tunnel that was used to keep the moral up for the living when they would take the fatal victims of TB down the Shute by a railcar winch hooked to a wheel cart that had a casket with the body of the deceased in it, down to a hearse waiting for them at the end. The tunnel is dark and you need high powered flashlights in order to see a good distance down there and a certain eerie aroma keeps people on their toes down in the tunnel as thousands of bodies of the dead were tracked in the Shute.

Ever since it's closure the screams of past victims can still be heard from the depths of the building and the spirits of children invite the living to play with them. Of a little girl on the third floor who likes to play games, her favorite is hide and seek. Then, there's the gruesome stories such as a woman frantically screaming with her wrists cut and blood coming out of the wounds, screaming for mercy and help. Satanic rituals are said to have taken place within these walls; did those rituals leave behind the Waverly Hills icon, "The Creeper?"

There is another notorious figure in the building and that is of a nurse of Room 502 who committed suicide due to she was ashamed of the fact that she was pregnant before she even got married, which was intolerable in those days, said to be 1928. A worker came in and when the elevator doors opened he was met by a horrific site of the bleeding nurse

who hung herself. It was said to look like "an abortion gone bad", but the nurse stayed behind maybe searching for her unborn baby out of shame?

The Creeper, an unknown spirit, some who say isn't even a human spirit, is said to crawl on the floor from room to room, and even on the ceiling. It's a black spirit who is said to be demonic and dark. If Waverly Hills hasn't scared you yet, how about this? There is also doppelganger, which in German means "Double goer", and what this is, is it's said to be a double spirit of yourself, and if you see yourself you're suppose to die.

Is it just a horror story to scare the kiddies? Go find out for yourself. But most people will tell you that if death has an address, it is Waverly Hills Sanatorium.

Sources:
 www.therealwaverlyhills.com
 www.underworldtales.com
 Ghost Adventures/Season 4/Episode: Waverly Hills Sanitarium-October 8th, 2010 on the Travel Channel
 James Paradie is a paranormal columnist as well as a paranormal investigator who has been seen in such newspapers as North Country News, Littleton Record, White Mountain Shopper, and Trendy Times. His stories can also be seen on paranormalnews.com where he is a regular contributor. If you would like to request a paranormal investigation (free of charge) or got a story that could end up on a future edition feel free to contact him at scaredsheetlessncn@hotmail.com or on his website: scaredsheetlessncn.blogspot.com

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Sunday, 7 December 1941

Pearl Harbor Hawaiian Islands

By George B. Clark

On that date, the Imperial Japanese Navy launched an aerial attack upon the US Army, US Navy, and US Marine bases in the islands, destroying over three thousand men and countless grounded planes plus 8 capital ships just lying in wait. They began at 0755 and had finished the Navy Base and airfields by 1000 hours. The various airfields were hit before any planes could take off and consequently were demolished. The Navy's losses were 2008 dead sailors with another 710 wounded. Marines suffered 109 killed and 69 wounded, while the Army losses were 218 killed and 364 wounded. Civilian human losses added another 68 killed and 35 wounded.

Navy loss in ships was especially severe, since more than half the US fleet was based at Pearl. The battleships Arizona, and Oklahoma, were sunk along with two destroyers and a target ship. Nearly half those sailors lost were on the Arizona when she blew up. Sunk, but later salvaged battleships were the Nevada, West Virginia, and the California. Damaged but later repaired battleships were the Maryland and Tennessee, plus three heavy cruisers. In other words, the US Pacific fleet was no longer a fact. Aboard those ships, sailors and Marines had little chance since most of their ammunition was locked up and had to be "broken out" in order to fight back. That took time, and many didn't make it.

Japanese torpedo planes had long trained using specially developed torpedoes that essentially skimmed the water, ensuring that they would not go too deep to connect and would destroy their target. Their plan was strongly reminiscent of the 1940 British aerial

attack upon the Italian fleet lying in harbor at Taranto, Italy on 11 November 1940. In fact the Japanese were making plans to attack the United States for many months and because of the breakdown in relations between them and the US the attack was speeded up. Why did this happen you might ask. This all happened long before most of you readers were even born, or were too young to understand much of what was happening. It was a complex period but I'll try to briefly clear it up.

Japan and China were having a go, officially since 1937 but in fact many years before that. Most Americans (I'm guessing at this) were pro-Chinese, just because the Japanese were the aggressors and were invading China. There were occasional attacks upon other foreigners and they destroyed an American gunboat, the Panay in 1937. Our president, Franklin D. Roosevelt (FDR), was especially aggravated and continually interceded in both nations affairs. According to biographers, his family had been engaged in the China trade for many years and he felt a certain responsibility for that nation. Whatever it was, he pulled some stunts that caused the very proud Japanese to resent him and his government. Examples: when Japan invaded the French colony of Indo China in 1940, FDR slapped a high octane oil, scrap metal, and cotton embargo on Japan. Japan required oil and cotton, for their many factories producing cotton goods and they had no metal resources. But worse, FDR also froze Japanese assets in the United States, ordinarily an act of war. Oil was essential, and Japan imported 98% of it from the US, and supplies would have to be

found someplace. The only other major supplier was the Dutch East Indies, still held by Dutch colonists even though their homeland was then occupied by Germany. FDR was reading Magic intercepts and knew at once whatever the Japanese was going to do in retaliation. Actually, they tried diplomatic methods, all of which failed. Soon it became obvious to the militant Japanese that in order to save their nation they must take the bull by the horns and react. Meanwhile, expecting no breakthrough in diplomatic exchanges, on 26 November, after long preparation their main fleet was on its way eastward from Japan on a little used Pacific northern route.

Admiral James O. Richardson, commander of the Pacific Fleet based at Pearl Harbor, was called into Secretary of the Navy Frank Knox's office on 10 October 1940 and was told of a weird plan developed by FDR. It was to space the entire US Pacific Fleet in two lines, one from Hawaii to the Philippines and a second from Samoa to the Netherlands East Indies, effectively stretching across the Pacific Ocean. The object was to keep Japan from obtaining anything necessary to continue as an independent nation. No oil, no cotton, no food, nothing. A blockade, and simply, an act of war. Essentially, Richardson responded negatively, he wanted the fleet brought back to San Diego, its home base, and because of his "obstinate behavior" soon was fired from his post commanding the Pacific Fleet.

All the while, FDR read the Japanese incoming mail and knew what the orders were and searched for something else to torment Japan. Knowing full well that the Japanese were getting close to their saturation point, he continued the pin-pricks. At a meeting of his staff, on 25 November 1941, according to a diary entry by Secretary of War Frank L. Stimson, FDR told them "we were likely to be attacked perhaps [as soon as] next Monday [1 December 1941]. The question was how we should maneuver them into the position of firing the first shot without allowing too much damage to ourselves." [Emphasis in diary]. Knowing that a Japanese fleet was at sea, everyone anticipated that the Japanese fleet was com-

ing down to attack the Dutch East Indies. Meanwhile, unknown to the Americans another fleet, this one of mainly submarines, was also on its way toward the Islands from the south.

At orders received from Chief of Naval Operations, Admiral Harold Stark, but originated with FDR, the Chief of the Asiatic Fleet, Admiral Thomas C. Hart was to outfit small naval vessels and send them out into the China Sea to "intercept" that fleet, expecting them to be fired upon and perhaps sunk. The vessels were the Isabel, the Lanakai, the latter a windjammer, none of which were "intercepted" by a Japanese fleet. Later Admiral Kemp Tolley, the officer in command of the Lanakai had Admiral Hart admit to him they were sent out as decoys to start WWII for the USA.

Admiral Husband Kimmel, Richardson's replacement, and the US Army's Lieutenant General Walter C. Short, each in command of the Pearl Harbor commands, were both notified several weeks beforehand that an attack was eminent, but without definite details. Neither ignored the information but without specifics, they were reluctant to restrict their personnel to base, especially on a weekend. As late as 6 December FDR was given an intercept which he read and said to nearby Harry Hopkins, "This means War!" That following morning, 7 December, Navy cryptographers were decrypting the final piece of a fourteen-part Japanese message, the so-called Final Memorandum, which declared that Tokyo was breaking off negotiations and relations. When the two Japanese Ambassadors, Nomura and Kuruusu, arrived at the White House to deliver their message, FDR was well-informed what they were to say, though they were unhappy and mystified that he already knew.

Meanwhile, at 0755 Pearl Harbor time, [about four hours difference] the Japanese planes came over the islands, mainly Oahu and proceeded south to Pearl City and the inlet known as Pearl Harbor. There they began their most destructive attack. Elsewhere, at the various airfields surrounding, they destroyed the multitude of grounded planes. Few Americans were able to fight back. The Marines at Ewa Airfield fought the attack-

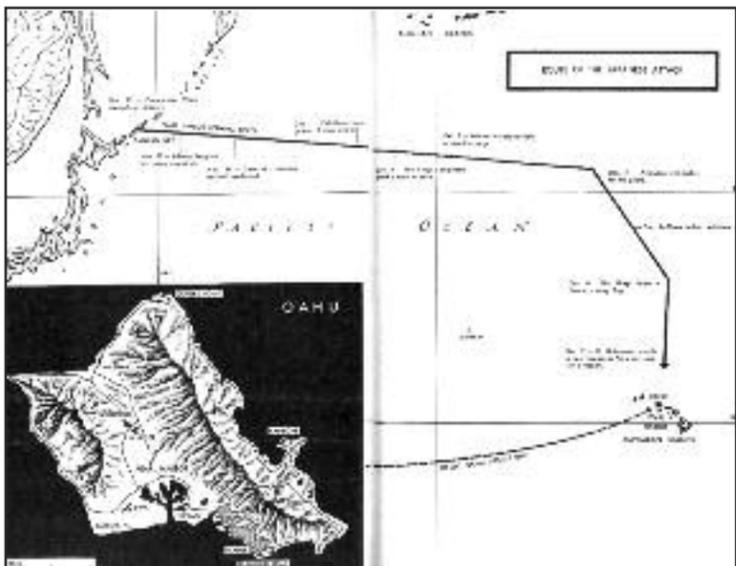
ing planes with their Springfield rifles. The few anti-aircraft guns were inaccurate for the most part and the debris that landed caused more civilian casualties than the Japanese air. At the harbor sailors and Marines, those that could manage to get ammunition topside, tried to fight back, with minimum success. The US Navy and Marines had many heroes that day, but most died with their ships.

Most US aircraft were destroyed and few were able to get off the ground. Those that did were mainly flying Brewster "Buffaloes" and consequently were shot out of the skies by the far superior enemy planes. At the airfields 96 Army and 92 Navy planes were destroyed and an additional 128 Army and 31 Navy planes were damaged. Hardest hit airfields were at Kaneohe and Ewa, where 82 planes were caught on the ground, with only one plane able to fly at the end of the raid.

The Japanese losses were minimal. They lost 29 planes. In the Advanced Expeditionary Force, from the south, they lost one large submarine and five midgets. Fifty-five airmen died and nine crewmen on those subs. Certainly a modest loss for a major gain; eliminating the Pacific Fleet for many months to come while Japan rode freely and wildly over most of the Pacific rim. That same day they attacked the US Navy base at Midway Islands, then Wake Island, the Philippine Islands, and Guam the next day. Guam, with its minuscule detachment of Marines, was taken on 10 December. Wake Island held out against repeated attacks, including a major landing attempt where at least five thousand Japanese were casualties plus several warships and numerous planes. Finally, the local commander, Commander Winfield Scott, realizing that no one was coming to their aid, surrendered on 23 December 1941.

Following the end of the war, the Japanese admitted they hadn't expected any serious trouble at Wake. And then realized they were in for a much tougher war than they had expected. The Army, Navy and Marines went across the Pacific and beat the Hell out of Imperial Japan.

Sources:
The Historical Encyclopedia of World War II. NY: Facts on File, 1980.
Lord, Walter. Day of Infamy. NY: Henry Holt, 1957.
Persico, Joseph E. Roosevelt's Secret War. NY, Random House, 2001.
Ross, Stewart Halsey. How Roosevelt Failed America in World War II. Jefferson: McFarland & Company, 2006.



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TRENDY KITCHEN

By Ronda Marsh

Nantucket Cranberry Pie

Considering that we are officially in the midst of the Christmas season, I figured now is a good time to share this delightful little dessert with you. The beautiful cranberries are the star of the show here; but when you add in the nuts and just a hint of orange, along with a slightly crunchy yet buttery and cakey top layer, well, that's just a whole mouthful of holiday in every bite! I've seen quite a few variations of Nantucket Pie, but none including orange. I kind of reworked the recipe a bit to accommodate that addition, because...well, truthfully, I just happened to have an orange the day I made it, and because I personally feel it makes the flavor of cranberries sparkle. If you don't have an orange, or don't care for it, just leave it out...I promise not to report you to the Pie Police! Another change was accidental, but



serendipitous. Instead of putting the berries and nuts in the pan and then topping with sugar, I got distracted and poured the sugar in first. It turned out to be a good thing, as the sugar coating acts like little ball bearings, and makes for easier removal of the cooked wedges. The final bit of sugar sprinkled on the pie during the

last few minutes of baking caramelizes just a tad, creating a wonderful little craqueleur finish. So easy the kid's can make it, yet pretty enough to serve your guests, give this pie (that's really more of an upside-down cake) a spot in your holiday table. It will be appreciated by all!

- butter (for greasing pan)
- 2 cups (generous) whole cranberries
- 3/4 cup nuts (pecans or walnuts) measured then chopped
- 1/2 cup sugar
- 1 cup all-purpose flour
- 1 cup Sugar
- 1 orange, zested & juiced.
- 1 stick butter, melted (use a bit of it for greasing pan, first)
- 2 whole eggs, lightly beaten
- 1 teaspoon pure almond extract
- 1/4 teaspoon salt
- 1 tablespoon sugar (for sprinkling)

Preheat oven to 350°F.

Generously butter a 9" cake pan or a 10" pie plate. Add 1/2 cup sugar and turn to coat well (there will still be a good layer of sugar in the bottom.) Add cranberries to the pan, and then sprinkle on the chopped nuts and the orange zest. Drizzle a teaspoon or 2 of the reserved orange juice over all. In a mixing bowl, combine flour, 1 cup sugar, melted butter, eggs, almond extract, and salt. Stir gently until well combined. Pour batter slowly over the top in large "ribbons" in order to evenly cover the surface. Spread gently if necessary.

Bake for 45 to 50 minutes. 5 minutes before removing from oven, sprinkle surface with 1 tablespoon sugar for a little extra crunch. May be served warm or cold, and preferably with a big scoop of ice cream or whipped cream...DELICIOUS!

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