

# TRENDY TIMES

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FEBRUARY 1, 2011 VOLUME 2 NUMBER 8

## New Chief - New Officer - New Candidate You Could Be Next At HPD

*By Gary Scruton*

The official swearing in of Haverhill's newest Police Chief took place on Tuesday, January 18th during the early portion of the bi-weekly Haverhill Selectboard meeting. New Chief Byron Charles was sworn in by Selectboard Chair Wayne Fortier, himself a former Haverhill Police Chief.

After the official portion of the evening most of those gathered retired to the gym at the Morrill Municipal Building for picture taking, conversation, and plenty of food. The crowd included most of the current police force. That means full plus part time officers, office staff and Haverhill's Municipal Prosecutor as well as their families and friends.

Chief Charles, a fifteen year veteran of Haverhill Police, has been acting chief now for several weeks, ever since the retirement of former Chief Cecil Smith. During this time the working of the Haverhill Police Department did not stop. In fact two major projects have been continued. One was the 2011 budget, a process begun much earlier in the year, but finally presented to the Town Manager and then the Advisory Budget Committee by the new Chief and staff. The 2011 proposed budget actually came in about 1.5 percent less than the 2010 budget. This reflects a reduction of about \$11,000. It should also be noted that the past two years have shown a Haverhill Police Budget that has come in under budget at the end of the year.

One major factor for these lower budget amounts is the fact that the Haverhill Police Department is currently short staffed. According to the budget and current guidelines there are seven full time slots allowed, including the position of Chief.

Currently there are only five full time officers. And one of those officers was just hired within the past week. Beginning Monday, January 24 Mac Cashon returned to the ranks of HPD. Officer Cashon previously served on the force but left and has served in Orford, NH for the past several years.

Also at this point, one of the two remaining positions is being held for a perspective applicant. As Chief Charles was quick to point out, just because a person is in the process of becoming a full time officer, it does not mean that the spot is filled, or that there is someone on the street doing the duties required of a local police officer.

The process to become a full time police officer is long and full of potential "wash out" moments. The process all begins with an initial agility test. Is the potential candidate capable, physically, to meet the requirements? Also involved at this time is a medical exam to be sure the insides of the candidate are up to future stresses. The other exam that is first given at HPD is an approximately one hour written exam consisting of three essay questions. This test is designed to measure the writing ability of the candidate.

Chief Charles pointed out that approximately 85-90 percent of a police officer's work involves writing. From making out arrest warrants to taking complaints, to writing tickets or reports, paper work is an essential part of the job.

Next in the long line of tests is an oral exam. For this test a board of three to five police officers and at least one civilian sit down with the candidate for half an hour or so to ask questions designed to further test the candidate's personality.

Even during the time of these tests every potential candidate is undergoing an extensive background check. A member of HPD will be calling all those listed on the application, plus all those who may have something else to offer, good or bad. It is a process that takes many man hours and plenty of due diligence.

If a candidate has passed all of these tests and is ready and willing to continue, a conditional contract is offered by HPD. But the candidate is still not ready to hit the streets. Next on the list of tests is both a polygraph and a psychological test. With these taken and passed a slot is then secured for the fourteen week course at the New Hampshire Police Academy. The Academy only has three such courses per year, so there may be a wait before that starts. During this waiting period the candidate may possibly begin working for HPD. If so, it is on a limited basis and would probably include the first few weeks of the twelve week Field Training course. According to Chief Charles it is best to have the candidate take this course after the Police Academy, but every situation is different and timing can affect how the time is best spent.

The Police Academy itself is a very intense three months plus. Each week begins at 6:00 AM on Monday and does



not end until late on Friday. The weekends are spent studying and getting prepared for the next phase of training. Again, at any point in this process, one failed test can result in not making the grade and failing to become a police officer.

Upon completion of the Academy training, the Field Training, and continued background and personality checks, a candidate may eventually become a full time member of the Haverhill Police Department. The total time frame: about a year from the first interview until permanent status.

If the current candidate makes it through, it would make a total of six full time officers on the rolls. The seventh slot also needs to be filled and to that end HPD is currently advertising for another candidate.

For those wondering why Haverhill has such a difficult time retaining a full force the Chief has some points of explanation. Many officers have left in the past in order to get better pay, get better benefits,

have a better chance of advancement, or simply they have decided to go a slightly different career path. Retaining officers is one of the best ways to save money as it takes less to keep an officer than to train a new one.

Along with the priority of filling the seventh slot at HPD Chief Charles has several other priorities. One is to be sure that his force is involved with the general public. After all policing is a "community effort" according to the Chief. He would "rather be called for nothing, than called a week later for something." In other words, if you see something out of the ordinary, please take the time to report it. When put together with other reports it could mean so much more.

Chief Charles is also working to fully implement a 67 page Police Manual. The manual includes policy and procedure rules and regulations and should lead to HPD being fully certified, a tract that the Grafton County Sheriff's Department just recently completed.

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# Women, Agriculture And Community

By Heather Bryant, Extension Educator, Agricultural Resources

According to the US Census of Agriculture, the percentage of women who are the principal operators of farms in Grafton County has nearly tripled from 10% in 1987 to 27% in 2007. A similar but smaller trend is happening nationally where the percentages of women as principal operators has gone from 6% in 1987 to 14% in 2007.

Does this mean Grafton County is ahead of the curve? A 2001 report on family farming contains a section written by Judith Sommer on statistical trends among women farmers. Ac-

cording to her data, women tend to own and operate smaller farms than their male counterparts and are more likely to specialize in livestock operations. Grafton County like New England more generally, is characterized by small farms, so perhaps we are an attractive community for today's female farmers.

Of course "principal operator" can be a slightly misleading term. Husband and wife teams where the husband works the farm full time and the wife part time would be counted as having a male principal operator, even if the

wife has an off farm income that helps stabilize the farm when the economy is weak. Statistics aren't perfect though, so let's just agree to say that women farmers in Grafton County represent at least 27% of our agricultural community today and that their numbers and likely their influence have grown over the last three decades.

My question is how is this growing influence used or how can we use it? The current stereotype is that women are more likely than men to connect what they are doing on the farm to their community. For example, they are more likely to sell their products direct to consumers via farmers' markets and CSA's (community supported agriculture). They are more likely to involve

their farms in educational projects like school tours or more likely to choose to participate in programs that provide food to people in need. They believe these activities strengthen both the farm and the community simultaneously.

In my role with Extension, I visit a lot of farms and I am not certain the stereotype is accurate here in Grafton. These trends could also be a sign of the times or a sign of a growing interest in where our food comes from. I also see a lot of male farmers participating in the activities I mentioned above. The gender difference I do see is that the women farmers are more likely to be fascinated by the discussion of farm and community than men are. And no matter who you are,

five minutes into the conversation you find it is an easy concept to understand but a difficult one to put into words.

I was pleased then, when "Agriculture and Community Connections" was chosen as the theme for this year's Women in Agriculture Conference. We have lined up a good group of "women in agriculture" from all over New Hampshire to speak to how they connect agriculture and community on their farm or in their organizations, and we have left time in the program for a real discussion of the topic. For more information download the flyer at <http://extension.unh.edu/Agriculture/Docs/womeninag2011.pdf>, or call the office at (603) 787-6944 and we hope to see you there.



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## Backyard Maple Sugaring

Saturday, February 12, 2011

9:30 a.m. - 2:00 p.m.

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This special workshop is geared to first-timers and anyone wanting to improve their small operation. All aspects of maple sugaring will be covered, including; tree identification and tapping; equipment and supplies needed; collecting and boiling sap; finishing, filtering and packing syrup. Sugarbush management will also be covered.

The morning session will be indoors, the afternoon session will be a field visit to Gary

Peters' sugarhouse in Bath. (Please dress accordingly.)

There is no charge for this workshop, but pre-registration is required. Please call the Grafton County UNHCE office by February 9th at (603) 787-6944 to register and be guaranteed a seat. Morning refreshments will be provided; please bring your own lunch.

For any special arrangements or accommodation requests, please contact our office at 603-787-6944



or e-mail [graffton@ceunh.unh.edu](mailto:graffton@ceunh.unh.edu). Ten working days are needed to facilitate special needs requests. The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. U.S. Department of Agriculture, University of New Hampshire, and New Hampshire county government cooperating.

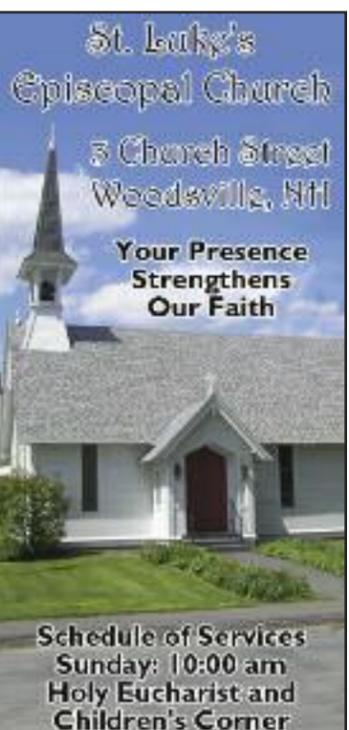
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# Energy Audit, Retrofit Pay Off For Ammonoosuc Community Health Service

LITTLETON — For many years, Ammonoosuc Community Health Services' building at 202 Cottage Street was drafty and cold in the winter and too warm in the summer. Today, thanks to a targeted energy improvement program, employees and patients are comfortable and enjoy an improved quality of life in the building. Best of all, the energy efficient improvements have resulted in a 50 percent reduction in heating fuel usage.

When ACHS sought advice and input as they tackled this project, they turned to their volunteer Board of Directors for strategic thinking. Board member Bob Tortorice, owner of Building Alternatives, Inc. and Alternative Energy Audits in Franconia, was able to offer expert advice on energy audits, energy efficiency, and

retro-fitting. Tortorice conducted a thorough energy audit of the 100-year-old Victorian building, using a thermal imaging camera and blower door technology to determine the places where drafts entered the building and where heat was escaping.

"Energy audits are so valuable," said Tortorice. "I was able to identify the cold spots, and once I had that information I was able to recommend where insulation and other improvements were needed."

"At this point the facility was renovated to create a tight building envelope with state of the art insulation, new windows and doors, and a new roof," says Edward Shanshala, ACHS's Chief Executive Officer. "This resulted in a 50 percent decrease in the volume of oil

required to heat the building and the provision of a care delivery environment that is more comfortable for patients and staff to receive and deliver primary preventive healthcare."

Savings were considerable. Heating oil consumption was reduced by 50 percent, from 2,458 gallons in the 2008-2009 heating season to 1,224 gallons for the 2009-2010 heating season. The dollars saved are being directly invested back into ACHS's mission driven activities or the acquisition of needed equipment, said Shanshala.

The energy improvement project was accomplished through funds from an American Recovery and Reinvestment Act (ARRA) Capital Improvement Program (CIP) grant. A separate ARRA Facility Investment Program

(FIP) grant is providing funding for the ACHS building expansion currently underway at the Littleton office.

Ammonoosuc Community Health Services, Inc. is a nonprofit community health center offering a network of affordable primary health services. ACHS serves 26 New Hampshire towns in northern Grafton and southern Coos counties and has

sites located in Littleton, Franconia, Whitefield, Warren and Woodsville. Learn more about ACHS by calling 444-2464 or going to [www.ammonoosuc.org](http://www.ammonoosuc.org).

Bob Tortorice has over 30 years of green building experience. For information about Building Alternatives, Inc. and Alternative Energy Audits, call 823-5100 or go to [www.buildingalternatives.com](http://www.buildingalternatives.com)



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# Simulator Added To Commercial Driver Training Program

It's not too late to enroll in this Spring's Class A Commercial Driver's License (CDL-A) training program at White Mountains Community College in Littleton. The competency-based training is twelve weeks long and focuses on classroom, simulator and in-vehicle training time. After successful completion of the program students can take advantage of job placement assistance by the college in a field where the demand far exceeds the supply. Classes begin Febru-

ary 28th and will run through May 19th - Monday through Thursday, 8:00 a.m. to 3:15 p.m. The CDL-A driver training program, offered at the Littleton Academic Center, is becoming a magnet for national and regional recruiters and draws students from all over New Hampshire and Vermont. Students who complete the training earn a certificate of course completion. Over-the-road drivers are still needed and various large companies seek out our drivers. In fact, many are

successfully able to secure employment even before completing the program. Applicants should be at least 18 years old, possess a valid driver's license, and have a clean driving record.

For more information about the Class-A CDL Commercial Driver Training, or to register, contact the White Mountains Community College - Littleton Academic Center at (603) 444-1326, or WMCC-Berlin at 1-800-445-4525.

# Excitement Continues To Grow At BRS

Bear Ridge Speedway "the fastest dirt track in Vermont" is proud to announce the return of Bond Auto as part of the 2011 "99ROCK WFRD" Weekly Racing Series sponsoring the Sportsman Modifieds.

There is a lot of buzz on the street with anticipated excitement for this year's Bond Auto Sportsman Modified division and one can only ask, will this be the year when "B Mains" will be run, due to the outstanding car counts on a weekly basis? The 2010 banquet heard many a driver saying they wanted to lay claim on the 1st place trophy in 2011, which can only lead one to believe that competition will be fierce and exciting for this headliner division. Gary Siemons is eager to reclaim the thrown, and is prepared to do battle with the young gun Adam Pierson. Jason Gray no stranger to victory lane, but having yet to claim the thrown will surely be a contender as will many of the other drivers who finished in the top ten in 2010.

Everyone is anxious to see the 2011 season kick into gear, which will begin this year with the annual car show at the Jiffy Mart ~ Bradford Mini Mart followed by a free general admission practice session on Saturday May 7th. The 99ROCK WFRD weekly racing season will then see weekly competition in all five divisions starting that same

night May 7th. Racing will kick into gear at 6:30 pm, based on track conditions.

The 2011 Bear Ridge Speedway 99ROCK WFRD weekly racing series will consist of the Bond Auto Parts Sportsman Modifieds, as well as the Sportsman Coupes, Limited Late Models, Fast Fours, and the Ridge Runner Hornets. All divisions will be competing weekly with the return of the Ridge Runner Hornet Queens on a biweekly schedule alternating with the new Stinging Hornet Youth division.

Season passes are available for general admission. Adults is \$150.00, Seniors and Teens \$130.00.

2011 membership and car owner applications are now available on line or by calling 603/222-4052. Bear Ridge Speedway is as an alcohol free family friendly entertainment spot, with our goal to make each experience at the Ridge better than the last. Remember "Dirt where every lap is the last lap" we continue to offer the best source of good inexpensive high quality entertainment for families.

Bear Ridge Speedway is located off exit 16 of I91 on to rte 25 west 1 mile to South Road up the hill to Kidder Rd. The green will wave every Saturday starting May 7th at 6:00 pm. Be sure to check the web [www.bearridgespeedway.com](http://www.bearridgespeedway.com). Questions can be sent to [brsdirt@charter.net](mailto:brsdirt@charter.net)

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

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# Artistry In Residence At Bath Village School

By Robert Roudebush

BATH – New Hampshire. The boy was fascinated. He was learning. So was his sister. His name was Andy. Her name was Rachel. He was about five years old or six, and she was one year older.” We’re about the same size”, Rachel told me with a big smile and delight. Andy nodded yes, of course, almost bored and got back to work. Every child sitting at Andy’s round table about his age was fascinated and working and learning. That included Hannah and Alexis. Hannah has long dark hair and bangs framing a freckled face. Alexis had similar lighter hair, and rosy cheeks and was faster than every other kid at the table at watching the work and then doing the work and doing it right.

The work was Origami, a specialized type of paper bending – centuries-old traditional Japanese folk art evolved into a modern art form - and all the children at all the tables in fourth-grade teacher Melinda Blaisdell’s colorful inviting large classroom were constructing a “masu box”. In fact, building more than one, and tops for them. The work involved making multiple specific creases in a colored piece of square paper, folding it long ways and crossways, creating a series of squares and triangles and other shapes and finally ending up with a rather sturdy sculptured paper square box. And making the lids for the boxes, from a different color of paper. And then putting things into the finished boxes, complete with windows. Things like bees and butterflies, and ladybugs. All the insects were also made of paper, cut out and crayoned to life by the same kids in an earlier session, new bugs waiting for new boxes.

Andy had close-cropped dark hair, observant blue eyes and an intelligent focused face, and was leaning forward in his seat as Artist Erin Sweeny showed him this demanding fun discipline. This was serious work, his face said. He might not have known it was Origami, he might not have known what a “masu box” was. Not at first. But he did know he liked what Erin was showing him, and wanted to do it. Andy’s bug was a bee, minus the wings so far. He hadn’t glued them on yet. But he showed the bee to a visitor sitting with him at his table and called it “Andy Bee” and

laughed out loud about it. Then he said, “This is my Andy bee box”, put his bee in there, and he laughed again. And so did the visitor, who knew less than Andy did at this point about Origami.

So went another session at the Bath Village School, one of six in this early portion of the new year, part of their Artist-In-Residence program, for several years now, in conjunction with the Arts Alliance Of Northern New Hampshire. It was designed for those students who had opted out of the chance to go skiing that day, and five other days. Parents and guardians are always welcomed. The hands-on participatory program is aimed at introducing several art forms as well as important life concepts to connect children to the natural world through culture and the arts. Artist Sweeney’s words were clear, her manner sprightly and youthful, her actions were precise and patient, repeated more than once at each table where young eager eyes were tracking, missing nothing. This exchange between teacher and students was another chapter unfolding in the time-honored tale of the apprentice and the master craftsman. This was history come alive. This was the passing of knowledge from one generation to the next. Such magic moments are what education is all about. This was teaching and learning.

The group Andy and Rachel were in consisted of kindergarten, first and second graders. Later in the day, kids from grades 3 through 6 would encounter the same Origami learning challenge. Dennis, Ty, and Morgan shared a visitor’s table, more reserved than the younger ones, owing to their senior status at the school, but polite and courteous nonetheless, shaking a visitor’s hand and looking at him in the eye as they said hello. During three weeks, both sets of students would learn from Sweeny also about Instant Autobiographies, and Nature Journals. At least one other artist for three other weeks would complete the 6 week series.

BVS is a well-regarded elementary school of about 61 students with 7 fulltime teachers, plus visiting teachers, creating an enviable student-to-teacher ratio. It’s located up the road, north and east on 302 and 10 from Woodsville,

Haverhill, New Hampshire, and perched on a hill just above the Ammonoosuc River, not far from the long Bath Covered Bridge. The school building is a well-maintained structure, with deep burgundy clapboard sides outlined in white and a green metal roof, extended some twenty years ago from the original one room schoolhouse with a bell tower dating to 1895. The bell is still there, and so is the rope, according to Receptionist Valerie Pickens. She is unfailingly well-informed and helpful, guiding a visitor around the building’s classrooms and the large room which is combination gym/cafeteria/kitchen and presentation/show room. The school was recently honored

in Washington D.C as one of about 250 public schools nationwide as a 2010 Blue Ribbon School. The award honors public and private elementary, middle and high schools whose students achieve at very high levels, or who have made significant progress and helped close gaps in learning especially among disadvantaged and minority students.

Artist Erin Sweeny, BFA in sculpture from Maine College of Art in Portland, and MFA, in Book Arts and Printmaking from University of Arts in Philadelphia is an award-winning successful working artist who taught for years in public schools. She continues to show her work nationally and is interested in all forms of building, be it conceptual or

physical. She teaches book arts workshops in Peterborough, NH, and is a member of NH State Council of the Arts’ Artist Roster. As Andy, Rachel, Hannah and Alexis and at least one visitor know, she is also a very good teacher.

The artist’s program is only one of several on-going winter activities created and maintained at BVS. Becky Baldwin teaches cooking, Korrina Bazzell from the Haverhill School of Dance instructs in tumbling, Valerie Pickens passes on her house-building and flower building skills in Origami, and Phys Ed teacher Ken Marier leads in various health-building activities. The Village School is a warm bath of forward-looking artistic activity and knowledge.



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## For Your Valentine Homemade Soup & Food Sale

Saturday, February 12, 2011

11:00 AM - 3:00 PM

South Ryegate Presbyterian Church

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## Calendar of Events

### TUESDAYS

#### FREE COFFEE SHOP

8:30 AM - 10:00 AM

Horse Meadow Senior Center  
North Haverhill

### WEDNESDAYS

#### BINGO

6:30 PM

Haverhill Memorial VFW Post #5245  
North Haverhill

### WEDNESDAYS/FRIDAYS

#### WEST BARNET SENIOR MEAL

12:00 Noon

West Barnet Senior Meal Site

### TUESDAY, FEBRUARY 1

#### GOOD SHEPHERD OPEN HOUSE

8:00 AM - 11:00 AM

121 Maple Street, St. Johnsbury

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM - 12:00 Noon

Woodsville American Legion Post #20

#### MAPLE LEAF SEVEN CONCERT

7:00 PM

Father Roger Bilodeau Community Center  
Pollard Road, Lincoln

#### CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

### WEDNESDAY, FEBRUARY 2

#### CAREGIVER CLASS

9:30 AM - Noon

North Congregational Church  
St. Johnsbury

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

7:00 PM

Woodsville Emergency Services Building

#### 3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM

Woodsville Guaranty Savings Bank,  
Woodsville

### FRIDAY, FEBRUARY 4

#### 2011 TAX INFO EVENT

7:00 PM

Fairlee Town Hall

### SATURDAY, FEBRUARY 5

#### MONROE ICE SKATING PARTY

1:00 PM - 3:00 PM

Monroe Town Rink

#### HAWAIIAN LUAU HAM SUPPER

5:00 PM - 7:00 PM

North Haverhill United Methodist Church  
See ad on page 6

### MONDAY, FEBRUARY 7

#### LIFESTYLE TREATMENT FOR DEPRESSION

10:00 AM or 6:00 PM

1274 Main Street, St. Johnsbury

#### GOOD OLE BOYS MEETING

12:00 Noon

Speaker: Wendy Warcholik,  
Haverhill Selectboard Candidate  
Happy Hour Restaurant, Wells River  
Public is invited.

#### FINANCIAL LITERACY WORKSHOP

5:30 PM - 7:00 PM

Groton Free Public Library  
See article on page 11

### WEDNESDAY, FEBRUARY 9

#### FREE COMMUNITY MEAL

5:00 PM - 7:00 PM

St. Luke's Parish House, Woodsville

#### MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

#### UPPER VALLEY BEE CLUB

7:00 PM - 9:00 PM

Westshire School Route 113  
West Fairlee

### SATURDAY, FEBRUARY 12

#### BACKYARD MAPLE SUGARING

9:30 AM - 2:00 PM

Horse Meadow Senior Center  
North Haverhill

See article on page 2

#### HOMEMADE SOUP & FOOD SALE

11:00 AM - 3:00 PM

South Ryegate Presbyterian Church  
See ad on page 6

#### FAMILY VALENTINES DAY DANCE

7:00 PM - 9:00 PM

Clifford Memorial Building,  
South Court Street, Woodsville

See ad on page 7

### SUNDAY, FEBRUARY 13

#### WRAP ANNUAL MEETING (WELLS RIVER ACTION PROGRAM)

5:00 PM

Happy Hour Restaurant, Wells River  
(Dutch-Treat Dinner)

### MONDAY, FEBRUARY 14

#### ROSS-WOOD AUXILIARY UNIT 20 MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

#### HAVERHILL SELECTBOARD MEETING

6:30 PM

Morrill Municipal Building, North Haverhill

### TUESDAY, FEBRUARY 15

#### NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM - 12:00 Noon

Woodsville American Legion Post #20

### 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, February 10, 2011 for our February 15th issue.

# SCARED SHEETLESS

By James Paradie

## The Tale Of Dr. Timothy Smith Evergreen Cemetery New Haven, Vermont

Imagine waking up and finding yourself in a dark place, pitch black. Not so scary so far, but wait: you then feel around and find yourself in an enclosed place. You may think you're in some sort of crate, but when you push up, the roof of it doesn't move. It's very cold and claustrophobia starts to set in. If you were lucky someone may hear your screams in the dead of the night, but if you weren't, then you would never know you were just buried alive. This scary event rarely happens in today's society, but it was an almost everyday occurrence in the day of old.

How could something like this happen? Back then, there wasn't the technology that we have now to determine a person as deceased. Someone could be very ill, slip into a coma, and they would seem like they had passed away. They "fixed" this problem by having a loved one stand by them in the case that the so called deceased would wake up, a few actually did.

Even though premature burial is on the border of impossible here in the United States, mistakes still happen. A few instances I've found over the years include: In 1984, a pathologist (a person who studies disease) was making the first cut on a "dead" body, when the cut was made the body leaped up and grabbed the poor soul by the throat and the pathologist literally died of shock.

Being buried alive though is an actual fear that

is called taphephobia, it can also refer to a fear of cemeteries. This fear was such a concern that a doctor by the name of Count Karnice-Karnicki patented in 1897 a device that would let bystanders know that someone who was buried was actually alive. This system had a spring loaded ball on the corpse's chest that when the corpse moved, it would release the spring where up on top was a box that would open, bring in air, light up the casket, and set off flags and whistles to let people that this corpse was alive. It did actually save many lives.

The fear was so intense that one doctor, from Vermont, took it upon him that if he was buried alive then he'd have the tools to get out. This is the tale of Dr. Timothy Smith who was a well respected citizen who's titles in life not only included being a doctor, but as well as a school teacher and clerk for the Treasury Department. He had a wife and seven children to grace his busy life, but Timothy had a strange phobia and that was being buried alive. Some say that the fear of death eventually killed Smith who died in 1893-four years before Doctor Karnicki would make his invention. Where Karnice was trying to find a way to help those who would suffer a premature burial, Smith had already found a way.

Oh yes, Timothy Smith's grave accommodations included two vaults, one for him and his wife, a staircase, and a grave with a view. A six

foot tube coming up from Doctor Smith's face, with a 14x14 inch plate glass was placed there in the event that the Doctor woke up and found himself buried alive. Some reports say that years ago before the glass became darkened and cracked with age, they said you would see Smith's skeletal remains with a hammer and chisel nearby him.

So, the next time you hear loud whistles and see a flag while strolling in the cemetery one night, make sure to think of this story, but that's after you run and get help of course. Until next time, this has been Scared Sheetless, Happy Hauntings and stay above the soil!

Sources for this story:  
snopes.com  
vermonter.com

Need more scares? Check out scaredsheetlessncn.blogspot.com and don't be too frightened to email me leaving comments on any article that you enjoyed reading or any questions that you may have, just leave me a message by emailing me at scaredsheetlessncn@hotmail.com

James Paradie is a paranormal columnist as well as a paranormal investigator who has been seen in such newspapers as the North-country News, Littleton Record, the White Mountain Shopper, and the Trendy Times. His stories can also be seen on paranormal news.com where he is a regular contributor.



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7:00 - 9:00 PM  
**Clifford Memorial Building**  
South Court St. Woodsville  
**\$3 per person or family of 4 for \$10**

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**Full Moon Fiesta Snowshoe Event**

**SATURDAY, FEBRUARY 19, 2011**  
6:00 - 8:00 PM  
Blackmount Country Club  
Clark Pond Road, N. Haverhill  
Snowshoe or Cross Country Ski 9 Holes Via Tiki Torch  
All Ages & Abilities Welcome

---

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The class is free, registration is first-come, first-served.  
Deadline for registration is February 16, 2011!  
Contact Sherri Sargent at 787-6096 with questions!

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## Haverhill Selectboard Candidacy Announced

Haverhill voters: as of late on Friday, January 28, the deadline for signing up for elected offices in Haverhill, only one candidate had signed up for the three year Select Board Seat that is being vacated by Peter Heidehman. That candidate is Wendy P. Warcholik. Below you will find a brief biography. It can also be noted that Wendy ran for Select Board in 2010 and was defeated by Lynn Wheeler. The election will occur on Town Meeting Day, Tuesday, March 8, 2011.

Wendy will also be the guest speaker at the monthly meeting of the Good Ol' Boys on Monday, February 7 at noon at the Happy Hour Restaurant. Non-members are welcomed to attend the luncheon. Lunch and beverage are \$8.00.



Public Affairs. In addition, she is a Research Fellow at several U.S. free-market think tanks. She has taught numerous economics classes to MBA students.

She received her Ph.D. in Economics from George Mason University. While pursuing her Ph.D., she was a Bradley research fellow and affiliated scholar with Nobel Laureate James Buchanan's Center for the Study of Public Choice. Her dissertation required the creation and analysis of a panel dataset for 30 variables for all Metropolitan Statistical Areas (MSAs) over a ten-year period.

Major policy contributions include:

Principal architect of the Tax Foundation's first edition of the State Business Tax Climate Index.

Rebuilt the State of Virginia's Medicaid forecasting models.

Led efforts to use the Tax Foundation's matched IRS/Census database to produce a stream of reports as part of the Putting a Face on America's Tax Returns project.



By Ronda Marsh

## Pink Champagne Cupcakes

The minute I heard about these little beauties, the girly-girl inside me longed to make them. I kept thinking about how they would satisfy the occasional need all women and girls have to succumb to that part of themselves which likes things delicate, pink and frilly. Not to get all gushy here, but I think these cupcakes (or "Fairy Cakes," as the English like to refer to them) would be perfect for a wedding shower, or, perhaps a little girl's birthday party, in which case, I'm pretty sure the champagne could easily be substituted with Raspberry Ginger Ale, although I have not tried it myself. I used the upcoming Valentine's and Easter holidays as my excuse to purchase not only the requisite Pink Champagne, but also the pink edible glitter, the sugar pearls (to emulate champagne bubbles, of course) and even some fancy pink toile cupcake cases. Although I am not a big fan of cake mixes on their own, I found that the champagne gave it a nice little flavor boost, and it made the cake very moist and tender. As for the frosting, I have to admit I cheated and actually made mine flavored with Chambord (a black raspberry liqueur from France) instead. Due to the fact that I



am currently recovering from a leg injury, I conscripted my niece, Adrienne, as Sous Chef, and, using a disposable decorating bag and an open-star tip, she simply piped the frosting on in concentric circles, then used my newly-purchased decorations for a picture-perfect finish that any fairy tale princess would adore. I know I certainly did!

Champagne Cupcakes:

- 1 box white cake mix
- 1-1/4 cups champagne, room temperature
- 1/3 cup vegetable oil
- 3 egg whites
- 4 to 5 drops red food coloring

Champagne Frosting:

- 1/2 cup butter or margarine, softened
- 4 cups powdered sugar
- 1/4 cup champagne, room temperature
- 1 teaspoon vanilla
- 4 to 5 drops red food coloring

Garnish:

- Pink decorator sugar crystals
- Edible pink pearls

Heat oven to 350°F (325°F for dark or nonstick pan). Place paper baking cup in each of 24 regular-size muffin cups. In large bowl, combine dry cake mix and champagne. Add oil, eggs and food color. Beat with electric mixer on medium speed for 2 minutes. Divide batter evenly among muffin cups. Bake 17 to 22 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan to cooling rack. Cool completely, about 30 minutes. In medium bowl, beat frosting ingredients with electric mixer on medium speed until smooth. Frost cupcakes as desired. Sprinkle with pink sugar and pearls. Makes 24.

NOTE: No need for expensive champagne here; I got mine at the supermarket for under \$6.00 a bottle.

## Lowdown On A U.S. Marine

What is a Marine? Here's one description as provided by Army Corporal Marion Hargrove in an article titled "The Magnificent Amphibians" as printed in a recent issue of Yank, the official U.S. Army newspaper.

"The United States Marine is a military phenomenon who looks like a soldier, talks like a sailor, fights like a wildcat, and thinks like a princess of blood royal. Always a modest fellow, the Marine describes himself as a "soldier who can read and write".

The United States Marine, as any United States Marine will tell you with or

without provocation, is the best looking, toughest, most intelligent, most polished and most valuable member of the armed forces. When he hears that one-third of the nation is poorly housed, poorly clothed and poorly educated, he knows which third it is. It is the Army, the Navy and Coast Guard.

The Marine does not overlook the value of the Army, the Navy and the Coast Guard. He knows that they were organized and maintained to show by contrast, the greatness, the wisdom, the courage and the beauty of the United States Marines.



(Taken from Honolulu Star-Bulletin, October 30, 1942)

Marion Hargrove was a humorous writer drafted into the Army during WWII. His most famous work was See Here Private Hargrove.

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# Cohase Chamber Of Commerce Annual Meeting And Awards Celebration



*Citizen Of The Year David Keith with wife Linda sit at a table with family members to wait for the presentation.*



*Bob Gray from Four Corners Farm accepts the Business Of The Year Award on behalf of himself and wife Kim.*

move to a larger space. Therefore the Lake Morey Inn in Fairlee, VT., one of those new members, was chosen to host what turned out to be about double the previous number of attendees.

A feature of every annual meeting for the Cohase Chamber has been a guest speaker. This year was no exception, other than the speaker had some exceptional information for those attending. Christine Werneke, Chief Marketing Officer for the State of Vermont had an interesting Power Point presentation that only scratched the surface of facts and figures from a recent Marketing Survey. Her presentation gave most business owners some tidbit to take home and further ponder.

According to officers of the Chamber there were about one hundred and twenty people with reservations to attend this yearly event. Another reason for the large growth in numbers was a difference in the announcement procedure for the Business of the Year Award and the brand new Citizen of the Year Award. In the past the name of the recipient was kept secret until the presentation happened. This year the information was released earlier so that those being honored could have friends and family in attendance.

For 2011 the Business of the Year Award was presented by the 2010 winner. Paul Gallerani of Farm Way in Bradford was happy to introduce, and tell a bit of a story about 2011 winners

Bob and Kim Gray of the Four Corners Farm in Newbury. The Grays bought their property in 1981 and have worked hard to gain a reputation of quality for their products. During the acceptance speech Bob Gray made a point to thank several local businesses for their part in helping make the operation into what it is today.

The next presentation had no previous winner as it was the first ever Citizen of the Year Award. Therefore former Chamber Presidents Marvin Harrison and Karen Whalen combined to bring David Keith to the podium. David has served on the Board of Directors for the North Haverhill Fair for over thirty years, the last twenty as president. David also has helped oversee the budget for the town of Haverhill for a good many years as a member of the Advisory Budget Committee. David also is a past President of the Cohase Lions Club and is a fixture at many of that group's annual fund raising events. David and family also own and operate a family dairy farm on Briar Hill in North Haverhill, plus a fairly new vegetable operation called Briar Stone Farm Stand. Comments from David includes a big thank you to Bernie Marvin and a comparison to the Grays. As David put it, they have a few Jersey cows, we have a lot of Holstein cows. They have a large vegetable operation, we have a small vegetable operation.

Also featured on the cold evening was a showing of the First Place winner of the

2010 48 Hour Film Slam. This was a new event for the Chamber that gave teams just 48 hours to create a seven minute film. Results were so good that another competition is scheduled for 2011. It was also noted that DVD's of all the productions are now available from the Chamber.

The final portion of the public session was the election of new members to the Chamber of Commerce Board of Directors. That group then met after the open session to elect their president. Lisa Hervey was elected at that time to her third one year term. It was also noted that long time Secretary Annemarie Godston was stepping down from that post, but would remain on the Board.

The Cohase Chamber of Commerce has indeed stepped forward to become one of the big players in the area when it comes to promotion and hosting of several important events. Executive Director Mark Nielsen, took the time to mention the Whole Hog event scheduled for August of 2011. He pointed out that there will also be changes happening during that event including a later start time, more diversity in music, and the addition of different food and drink offerings. He promised that it would all add up to taking this event to the next level.

The annual meeting of the Cohase Chamber of Commerce had a brand new setting for 2011. Along with the setting were several other new items. A new award, the presentation of a winning entry from a new contest, and the election of new officers. Along with the new were also some tried and true standbys.

The Cohase Chamber continues to go thru growing pains as it becomes more and more a part of the busi-

ness landscape in the four town area of Bradford and Newbury, Vermont plus Haverhill and Piermont, New Hampshire. Those growing pains were part of the reason for moving the event to a new location for 2011. Until now this annual meeting was held at the Horse Meadow Senior Center in North Haverhill. But with the growth in numbers of members and the addition of more and more businesses outside the four town initial area, there was a need to



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*This was seen at the North Haverhill United Methodist Church on Thursday, January 27, 2011 at the end of the recent cold snap. No more needs to be said.*

*Photo by Jeanne Emmons.*



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# Black Swan

## R - Drama/Suspense/Thriller

This intense play on the infamous story of Swan Lake is unlike any other ballet story I have ever seen. Director Darren Aronofsky leads main actress Natalie Portman to a depth that, thus far, I have also never seen. The story line is that of most ballet dramas that have made it to film and admittedly a little slower than most movies of this genre. But once you get to the end you know that it was all worth the wait. Following Portman's character you get to see the stresses and the disappointments of being in a ballet company and having to compete for that coveted spot as the prima-ballerina. However this ballerina is nothing like any that I've had a taste of in film so far. Portman, along side actress Mila Kunis, show a whole other side to the competition and what being in a company really

means. Portman, who still lives at home with her mother (an ex and bitter ballerina), is treated as a child and an idol. Striving for every ounce of perfection she is born to play the part of the White Swan. However, in company leader actor Vincent Cassel's personification of Swan Lake Portman must portray both the White Swan and her evil twin the Black Swan. This is where it becomes tricky for Portman, who cannot seem to let loose of her perfection and simply loose herself in the dance. Becoming so stressed and paranoid that it's affecting every ounce of her Portman goes through a metamorphosis that will leave your jaw on the floor. With all of the twists, turns and ah-has that this movie has to offer I would say that it would pass my Scrutonizations.

# A Walk In The Woods January 2011

By David Falkenham,  
UNH Cooperative Extension Grafton County Forester

The forest has a whole new personality after a blizzard and there is nothing like being out here to witness the glory. The scene is surreal, crystalline, frozen in time. The wind blows through the trees, but the snow defies the wind and continues to cling to the branches. I am standing in thousands of acres of oak and northern hardwoods and everything has been swallowed by the snow; the trees, ridges, brooks and mountain are completely buried. Nothing stirs to break the tranquility, nothing that is except for Walker, the latest canine addition to our family.

Walker blasts through the new snow with equal parts power, grace and mindless wrecking-ball enthusiasm. With every jump, snow thrusts ahead of him, spraying curtains of white crystals that dance in the winter sunlight. He pauses, his black sleek body engulfed by the snow and gives me a look that seems to say: well, where did you put all the animals?

Despite the beautiful scene, there is very little wildlife living here now. The northern hardwood forest we are in offers little in the way of diversity and few places for wildlife to take shelter. As a forester I know that there

are things that can be done to improve the habitat and make places for more wildlife to live. Previous articles discussed timber harvesting and other techniques such as food plots. Wildlife habitat management is the concept that careful alteration of the vegetation in a forest can actually improve habitat. This scientific field of study was founded in the 1920's and 30's by a man named Aldo Leopold.

Aldo Leopold was a forester by training, receiving his degree from Yale in 1909, and then went to work for the newly formed US Forest Service. By 1916 Leopold had used his literary talents and his love of wildlife research to write the first handbook of game management for Forest Service personnel. The book was the first of its kind and it altered the young Leopold's career. Leopold's life was spent doing wildlife research and developing a new way of thinking about wildlife management. His powers of observation and literary skills resulted in several books during his career.

Leopold had several jobs that offered him considerable freedom to perform wildlife research and write extensively for the popular and scientific press. He be-

came a strong activist in the conservation movement and was a consultant for habitat management on several federal properties.

By 1932 Leopold had written a national survey of wildlife conditions in which he identified political and biological problems with wildlife management in several states. He over saw the creation and funding of wildlife biology courses (the first of their kind), in several universities and was instrumental in drafting the national game policy statement which emphasized the public ownership of wildlife and the democratic basis for American wildlife management. This last document was the grassroots beginning of many of the hunting and trapping regulations that are with us today.

By 1938, Leopold was the chairman of the new Wildlife Management Department at the University of Wisconsin. Leopold also served on FDR's Committee on Wildlife Restoration, helped found the National Wilderness Society and the Wildlife Society and traveled extensively to study and influence the growing science of wildlife management. He also spent much of his time engaging sportsmen to work with state and federal wildlife agencies to reform early hunting regulations.

Throughout his life Leopold was an avid hunter. He was a pioneer in the sport of bow hunting, and instrumental in the adoption of "archery only" hunting seasons. He never missed a hunting season even through his last year of life. Leopold loved nothing more than hunting with his family and dogs and always believed that regulated hunting was a critical component of his environmental policy.

Walker and I have been hiking in the National Forest all morning, and soon there will be an active logging operation here. Indeed the foresters in charge of this cut have been trained in the research of Aldo Leopold to better understand the impacts that their work will have on the local wildlife.

February 1, 2011 Volume 2 Number 9  
Not all Times are Trendy but there will always be Trendy Times

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# Agencies Work Together To Address Late Life Abuse

Two local social service agencies have combined forces to address the issues of domestic violence and elder abuse. Earlier this month, Umbrella and the Area Agency on Aging for Northeastern Vermont began providing enhanced services to older survivors of late life abuse. The initiative has been made possible through funding provided by the Vermont Center for Crime Victim Services.

While help has been available to support the needs of older survivors of late life domestic violence in recent decades, this new grant will allow a part-time elder justice specialist to focus on advocacy, outreach, direct service and collaboration with other community service providers.

Both agencies are founding members of the Northeast Kingdom Vulnerable Adult

Action Coalition; the first and only coalition of its kind in the state. The project will help both agencies develop additional expertise in serving older survivors and their families, and will help the organizations expand their capacity to meet the needs of an aging population.

Older victim/survivors often face additional challenges not experienced by younger people who are abused. Elders are more likely to be disabled or have medical conditions that make them dependent upon others. Research suggests that 1 out of every 9 older adults over the age of 60 has experienced some form of abuse. Types of elder abuse can include physical, sexual, emotional, financial exploitation and neglect.

For resources and confidential support for late life domestic violence, contact

Umbrella at 802-334-0148 or 802-748-8645. All calls are confidential. For more information about programs and services for older adults and family caregivers, contact the Agency on Aging for Northeastern Vermont via the Senior HelpLine at 1-800-642-5119 or on the web at [www.nevaaa.org](http://www.nevaaa.org).

Submitted by the Area Agency on Aging for Northeastern Vermont and Umbrella, Inc. in collaboration with the Northeast Kingdom Vulnerable Adult Action Coalition (NEK VAAC), a team of local law enforcement, social service and health care providers dedicated to insuring the safety and well-being of vulnerable adults. For more information about the Coalition and its work contact Lynn Goulding, Area Agency on Aging for Northeastern Vermont at 802-748-5182.

# St. Luke's Free Community Meals

St. Luke's Episcopal Church in Woodsville has announced that they have received another grant to continue their Free Community Meals during 2011. The first of these meals will occur on Wednesday, February 9th. Additional Wednesday meals will be served on February 23rd, March 9th and 23rd and April 6th and 27th. The doors of the Parish House will open at 5 PM on each of these dates. And the kitchen staff will be ready to serve up until 7 PM. Their ex-

tended hours are designed to allow those coming home from work to be able to take advantage of the delicious cooking that is offered.

The Community Impact grant marks the second year for this outreach program. The meals are served family style with a variety of main dishes throughout the series of meals. Though there is no fee for these meals those wishing to make a donation to help continue the program will be given that opportunity.

# Groton Free Public Library Offers Financial Literacy Workshop

The library is offering a free Financial Literacy workshop teaching financial principles to help you live better. Create a financial road map to the life you always wanted; save thousands of dollars from going to interest; pay off your mortgage years sooner; eliminate credit card debt fast; learn how to retire wealthy, healthy and wise. Discover how small changes will have a big impact for the rest of your life; why keeping a mortgage is a bad thing;

know your financial freedom date; what to do if you're behind on your payments; learn the how and why of budgeting; learn how to invest and when you should start. Each person will create their own financial road map starting with where they are today and where they want to be in the future. Bring: notebooks, pencils, a calculator and plenty of questions.

The workshop is being given by Gene Jolley. He is the creator of the Free Rapid

Debt Reducer PC Software and has taught financial principles for ten years around Vermont and on the internet. Gene teaches from the perspective of "been there done that"; if there is a wrong way of doing something Gene has probably done it.

The workshop will on Monday, February 7 from 5:30 - 7 pm. The workshop is free but there is limited seating. Please call the library to reserve a seat: 584-3358.

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Apply in person at The Haverhill Police Department, 2975 Dartmouth College Hwy, N. Haverhill, NH. Complete applications including medical clearance form from your physician) and RSVP for testing must be received no later than Monday, February 21, at 4:30 p.m. for eligibility to participate in the physical and written tests on February 27.

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# Our Interesting Neighbors

By Elinor P. Mawson

You know how they say that there's a fine line between a genius and an idiot? Well, our former neighbors in another town were the personification of that old saying.

Floyd and his wife Kathleen (not their real names) moved across the street from us and began giving us enough entertainment so we hardly needed a TV. They were about our age but OH, so strange in their thinking.

Floyd was the last of four children, born when his parents were 48-1/2. His nearest sibling was 20 years older and I suspect he had little in common with any of them. He went to college to prepare for the ministry, but the powers that be finally told him that he couldn't work with adults in that capacity so he became a teacher instead.

In his leisure hours Floyd spent his time doing

odd jobs on his house. He bought a skillsaw and once, at the top of a ladder, he found that he had forgotten something; wedging the saw on the top rung, he began descending only to look up to see the skill saw heading toward him. It hit his head before he reached the ground; he was OK but Kathleen had to provide a lot of sympathy for the rest of the day.

Another time he was lying under the bathroom sink soldering a pipe, when a drop of solder fell on his chest. Since he was wearing a t-shirt, the pain must have been awful. I don't know if he ever finished the project or not.

One Saturday we saw him out in his garage using another new saw. We couldn't fathom what he was doing as the saw went off and on all day. Finally he came over and said "Will

you come and tell me what I am doing wrong?" He had bought crown molding for his living room and had a pile of 12-inch pieces all over his garage, because he couldn't figure out how to cut a mitre.

One winter day he was using his new snowblower and it got bound up. You guessed it! He put his hand in to free up the works when the impeller started working and his finger was in the way.

He went to Texas one summer to take a course for his Master's degree and Kathleen told me the next day, "Floyd called me up last night crying. He had bitten his tongue."

Since he taught science, he was always doing experiments for his class. One memorable day, he was showing his students about the melting temperature of gold. Taking off his wedding

ring, he proceeded to melt it into a puddle. It got fixed, but Kathleen was unhappy until he had it on his finger again. The couple had applied to adopt a baby, and of course the procedure took several years. The call came while Floyd was in the hospital with a stomach ailment. Kathleen practically ran to the hospital and flew into his room, announcing "Honey, we're going to get our baby in three days!" Floyd replied, "Excuse me for not getting excited but I'm sick."

I could go on and on. They moved out of state and although we didn't see them very often, they always had a tale to tell and many times it involved an activity gone wrong, or a problem with their house. We keep in touch infrequently and see them about once every several years. They have mellowed somewhat, but some things never change. They have provided many laughs in the last five decades which makes them our most unforgettable neighbors.

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

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# About Herbal Remedies & How Herbs Work

Plants and people share the most essential element of all: the spark of life. This precious thing can neither be measured nor re-created in a laboratory. Herbs have been used from the time of recorded history for every facet of life – health, healing, energy, creativity, work, love, birth, death, regeneration, meditation, survival and more. Herbs are all encompassing and timeless, as nature itself is infinite and eternal. Therapeutic herbs have a unique spirit, with wide-ranging properties, and far-reaching possibilities for medicinal activity. Mankind can look back through thousands of years to herbal medicines as a safe, readily available, gentle means of healing. Because the history of healing is so rich, it allows us to see that herbs are also perfectly adaptable to today's requirements, with the same focused strength and reliability. We are only beginning to scratch the surface of their forgotten truth.

Herbs are more than a

scientific, or even a natural healing system. Herbs react integrally with each different person. They can help with almost every aspect of human need, and like all great realities of Nature, there is so much more about them than we will ever know. Many informed men and women realize the value of herbs as alternative therapies that can noticeably improve their lives, and that they themselves can use safely and easily. Herbs are concentrated foods, whole essences, with the ability to address both the symptoms and causes of a problem. As nourishment, herbs can offer the body nutrients it does not always receive, either from poor diet, or environmental deficiencies in the soil and air. As medicine, herbs are essentially body balancers that work with the body functions, so that it can heal and regulate itself. Hundreds of herbs are regularly available in several usable forms and at all quality levels. World-wide communications and

improved storage allow us to simultaneously obtain and use herbs from different countries and different harvests, an advantage ages past did not enjoy.

Herbs in their own form are not drugs. Do not expect the activity or response of chemical antibiotics or tranquilizers. These agents only treat the symptoms of a problem. Herbal medicines work differently. Herbs are nutritional foundation nutrients, working through the glands, nourishing the body's deepest and most basic elements, such as the brain, glands and hormones. Results will seem to take much longer. But, this fact only shows how herbs actually work, acting as support to control and reverse the cause of the problem, with more permanent effect. Even so most feel some results within 3 to 6 days. Chronic or longstanding degeneration will take longer. A traditional "rule" is one month for every year of the problem. Herbal combinations are not addic-

tive or habit-forming, but are powerful nutritional agents that should be used with care. Balance is the key to using herbal nutrients for healing.

As with other natural therapies, there is sometimes a "healing crisis" in an herbal healing program. This is traditionally known as the "Law of Cure", and simply means that sometimes you will seem to get worse before you get better. The body frequently begins to eliminate toxic wastes quite heavily during the first stages of a system cleansing therapy. This is particularly true in the traditional 3-4 day fast that many people use to begin a serious healing program. Herbal therapy without a fast works more slowly and gently. Still, there is usually some discomfort and weakness as disease poisons are released into the bloodstream to be flushed away. Strength and relief shortly return when this process is over. Watching this phenomenon allows you to observe your own body processes at work toward healing itself.

Herbs work better in combination than they do singly. There are several reasons for this:

- 1) Each formula compound contains two to five primary agent herbs that are part of the blend for specific purposes. Since all body parts, and most disease symptoms, are interrelated, it is wise to have herbs which can affect each part of the problem. For example, in a prostate healing formula, there would be herbs to dissolve sediment, anti-inflammatory herbs, tissue toning and strengthening herbs, and herbs with anti-biotic properties.
- 2) A combination allows inclusion of herbs that can work at different stages of need. A good example of this is an athlete's formula, where

there are herbs for short-term energy, long-range endurance, muscle tone, glycogen and glucose use, and reduction of lactic acid build-up.

3) A combination of several herbs with similar properties can increase the latitude of effectiveness.

4) No two people or their bodies are alike. Good response is increased by a combination of herbs.

Herbs also work better when combined with a natural foods diet. Everyone can benefit from an herbal formula, but results increase dramatically when fresh foods and whole grains form the diet basis subtle healing activity is more effective when it doesn't have to labor through excess waste material, mucous or junk food accumulation. (Most people carry around 10 – 15 pounds of excess density.)

Interestingly enough, herbs themselves can help counter the problems of "civilization foods". they are rich in minerals and trace minerals, the basic elements missing or diminished in today's "quick-grow", over-sprayed, over-fertilized farming. Minerals and trace minerals are a basic element in food assimilation. Mineral-rich herbs provide not only the healing essences to support the body in overcoming disease, but also the foundation minerals that allow it to take them in.

Each individual body has its own unique and wonderful mechanism, and each has the ability to bring itself to its own balanced and healthy state. Herbs simply pave the way for the body to do its own work, by breaking up toxins, cleansing, lubricating, toning and nourishing. They can work through the glands at the deepest levels of the body processes – at the cause, rather than the effect.

*Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise.*

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# White House To Unveil Military Family Plan

January 23, 2011

Military.com by Bryant Jordan

The White House and Pentagon are scheduled today to roll out an ambitious, administration-wide policy to improve the lives of military families by tackling everything from child-care and financial problems to veteran homelessness and job opportunities for spouses.

President Obama directed his National Security staff to organize an interagency policy group early last year. The resultant plan is detailed in Strengthening Our Military Families: Meeting America's Commitment, a policy report approved by Obama in December. The report is the culmination of meetings by representatives from all federal government agencies and cabinet departments, said Robert L. Gordon III, deputy assistant secretary of defense for military community and family policy.

The goals in the draft 25-page report are defined broadly in four areas – enhance family psychological health, children's education, spouse career opportunities and development, and improve child-care services.

The report calls for enhancing military family mental health by having the Defense Department and Department of Veterans Affairs implement a multi-year program to help family members recognize mental health problems and get the proper care and treatment.

At the same time the Department of Health and Human Services will assist states in applying for federal block grants for mental health services and drug abuse prevention programs, which they can direct toward helping returning servicemembers, veterans and their families.

The report considers veteran homelessness a factor affecting military and veteran families and so incorporates the VA's already-announced pledge to end veteran homelessness. The VA plans to fund non-profit groups that work to keep at-risk veterans in family situations or help homeless vets find housing.

The Pentagon and the Department of the Interior will expand opportunities for military families to use the country's 500 million acres of public lands for recreation as part of regaining their psycho-

logical health. Areas and trails will be modified to accommodate military families, especially wounded troops and veterans, and Interior Department staff will be trained on military culture.

A commitment to protect against unfair financial practices could make Obama's controversial new Consumer Financial Protection Bureau an ally to military families. According to the report, the CFPB will have an Office of Service Member Affairs and will work with the DoD to address three areas: education on financial readiness; complaint monitoring and response; and coordination among federal and state consumer protection agencies on behalf of military families.

Gordon said the Department of Education will get involved to improve education for military children. For the first time the DoE will make military families a priority for its discretionary grant programs, which will favor funding programs to meet the needs of military-connected students, the report states.

"The Department of Education wants to work with our states to better identify our military kids in schools so we can focus on them and outreach to them," Gordon said.

The Educate to Innovate Campaign, a White House-launched business, academic, and non-profit consortium that works to bolster high school math and science education, has been directed to give special attention to schools catering to military families. Another group, the National Math and Science Initiative, will work with the White House Office of Science and Technology and DoD to expand access to advance placement science and technology courses to children of military families.

The policy report states that this initiative will begin in September at four schools serving Fort Campbell, Ky., and Fort Hood, Texas. Another three schools also will get additional support, but the report doesn't say where they are located.

The Department of the Interior, meanwhile, will focus on employment opportunities in national parks for military kids. The Department of Agriculture will work with DoD to enhance their ongoing partnership to support 4-H clubs and activities for military children and youth.

The Department of Labor will open the Transition Assistance Program – the career guidance counseling and

workshop program long available to separating and retiring servicemembers – to military spouses. DoL will also promote priority hiring of military spouses in its workforce.

Gordon said DoD also plans to expand a successful Army program for spouse employment to all the branches. The Army Spouse Employment Partnership has a support program with more than 40 Fortune 500 companies that, since 2003, have hired more than 90,000 Army spouses. DoD will also provide job counseling and educational stipends to help spouses get the training and education they need to get into the workforce.

"We have roughly over 700,000 spouses" across DoD, he said, of which more than 77 percent want to work. "We want to create opportunities for them."

The report also promises immediate child care relief

with new "Child Care Liaison" positions established in pilot programs in 13 states -- Alaska, California, Colorado, Delaware, Florida, Indiana, Kansas, Kentucky, North Carolina, Texas, Vermont, Virginia, and Washington.

According to Gordon, DoD has more than 200,000 children in its system in need of child care. Currently, there is a shortfall of about 30,000 child-care seats, he said, adding that the pilot programs should result in an increase of approximately 8,300 child care spaces available throughout the country. The spaces may be moved to where they're most needed, however, as needs change.

"We care about [military families]," Gordon said in sum. "I think you'll find [in this report] those sorts of commitments that focus on you as a community that will empower you, that will support you, that will care for you."

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Upcoming publication dates before Town Meeting are January 18, February 1 & 15 and March 1.

# How Do I Love Thee?

By Marianne L. Kelly

How do I love thee? Let me count the ways...

So begins one of the world's most passionately romantic poems by Elizabeth Barrett Browning to her beloved Robert.

Today's cupids shower their Valentines with, chocolates, roses, romantic dinners, Hallmark movies, Hallmark moments and ready to send rack cards written by someone wielding a pen dipped in romance. An estimated 141 million Americans exchange Valentine's Day cards each year, making

this day second only to Christmas in sending and receiving cards. To date, no Grinch has shown up to steal the day.

### SHROUDED IN MYSTERY

The origin of Valentine's Day remains shrouded in mystery as it combined ancient Roman and Christian traditions. According to legend, St. Valentine was martyred for disagreeing with the Emperor Claudius' pronouncement that single men made better soldiers than those married with wives and

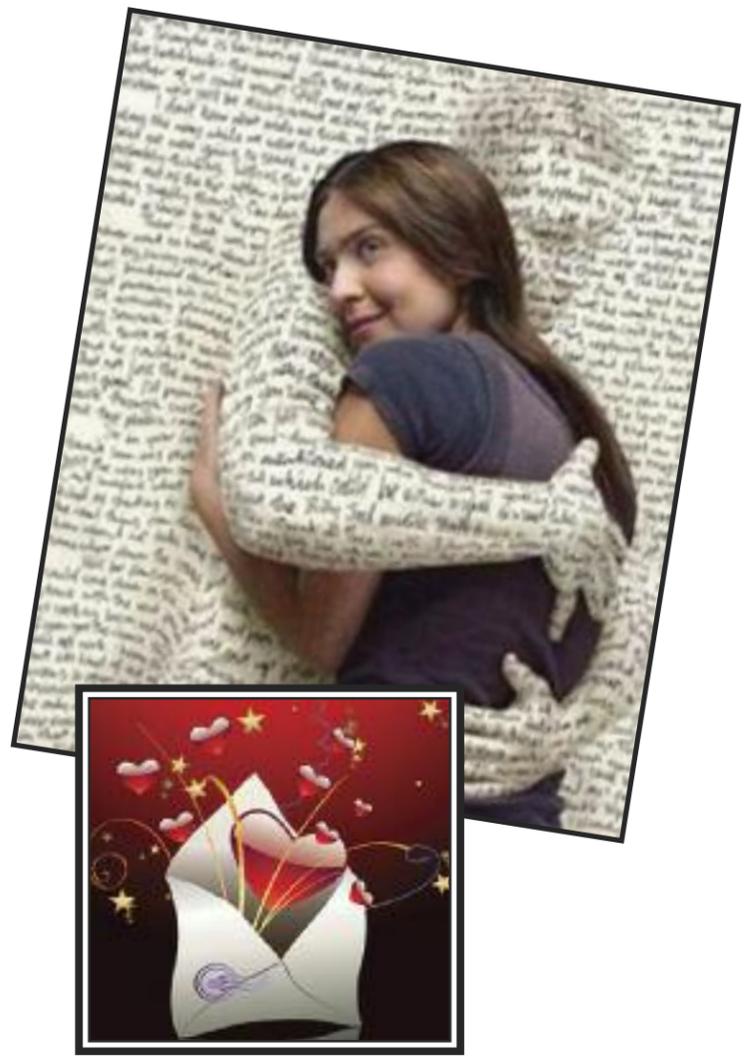
families. When Claudius outlawed marriage for all young men, Valentinus or Valentine secretly continued to marry them. Another legend says that harsh Roman jailers killed Valentine for attempting to rescue Christians from horrific beatings and torture.

While many believe that Valentine's Day is celebrated in mid-February to commemorate his death, some insist that the Christian church decided to celebrate a Valentine feast day in order to "Christianize" celebrations of the ancient Lupercalia feast of purification and fertility, a loud, rowdy day dedicated to no particular god.

### BE MY VALENTINE

Although the Victorians popularized making and sending Valentine cards in the 1800s, Valentine himself supposedly sent the first one while in prison after falling in love with his jailer's daughter who visited him often in his cell. Just before his execution, he wrote her a long, tender letter and signed it, "From your Valentine." The story has taken on the life of legend since no definitive accounts exist. The stories that do exist paint Valentine as a heroic, compassionate, romantic figure, making him one of the most popular saints in France and England by the middle Ages.

Great Britain's Victorians of all social classes started



modern day Valentine's Day celebrations by giving and receiving small tokens of affection and hand written notes on personal, scented stationery. By the end of the 19th century, new technology allowed the production of printed, ready-made cards that served as expressions of affection at a time when direct expression of emotions and feelings were discouraged. These were Victorians after all, and society strictly enforced the rules of propriety. The oldest known Valentine's Day card is exhibited in the British Museum.

Americans began the custom of exchanging handmade Valentines around 1748. About a century later, Esther A. Howland started selling America's first mass produced Valentine's Day cards. Known as "The

Mother of the Valentine," she made her cards from real lace, colorful pictures called "scrap," and elaborate ribbons, and bows.

### WE'VE COME A LONG WAY

While today's Valentines might echo the nostalgia of times past, it is doubtful that our hectic lives allow the actual spirit of St. Valentine to permeate our hearts and souls this most tender day. We shop for Valentine's Day gifts, much the way we shop for Christmas or other holiday gifts. It's something we feel obliged to do, and there is no dearth of television commercials, manufacturers and retailers willing to do their part to see that everyone obliges.

Restaurants offer special "lover's dinners," greeting card stores and other retailers tout "something special for your special someone," florist shops look like spring has arrived in the dead of winter, and offer special arrangements of roses and other flowers to delight your Valentine.

Here's an idea. This year when you buy that card or gift for your Valentine, why not take a moment to enclose a hand written note with a few words from your own heart. It doesn't have to be long and flowery, just a simple sentiment describing your feelings for the person who graces your life. Don't know what to say or how to say it? There are plenty of love poems and romantic sayings on the internet. Find one and add a personal line or two that expresses your special feelings for your special Valentine.

Happy Valentine's Day!

February 1, 2011 Volume 2 Number 9

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

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