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FEBRUARY 15, 2011 VOLUME 2 NUMBER 9



UNIVERSITY of NEW HAMPSHIRE
COOPERATIVE EXTENSION



Science, Engineering & Technology

First Time At Grafton County 4-H Food Show

By Kristina Vaughan



Today, for the first time, I played the role of mother to a 4-H'er competing at a county-wide event. I must say, I was more nervous than my daughter...did I prepare her well enough to answer all the questions, did we pack everything she needed, would she be too shy to participate to her potential, would she have fun? As a 5 year old she has just become eligible for 4-H activities, and as a brand new Cloverbud member, ignorance was bliss. For her, today's Food Show event was a chance to bake and decorate some cupcakes, take them to a place where she could show them off, and then talk about them with some soon-to-be friends and adults, one of which would happen to be her judge. She was totally oblivious to what could have

been a stressful situation. She had cooked her cupcakes on Thursday, frosted and decorated them on Friday, and then woke early today to pack up not only her culinary treats, but also all the accompanying supplies for this public presentation: napkin, placemat, silverware/place setting, and recipe card. Then off we went.

Upon arrival, we checked in at the registration table and were told where to drop off our stuff. Once the welcoming remarks had been made, I was asked to step away from my child, allowing her the opportunity to do everything on her own. She was quickly whisked away with all of the other Cloverbud members (ages 5 to 7) by one of the older 4-H'ers. This part did not concern me as she was in good hands.

The older youth showed her where to set up her array, and she quickly went to work laying out the placemat and napkin, then setting up the silverware. She rummaged through the bag she had packed to find her plate, and then carefully selected the mouse-in-the-house cupcake from her tray that had best survived the half hour trip from home to the school. Following the example set by the others; she then dug out the recipe card from her bag and finalized her display by placing it at the corner of her placemat. She was now ready to have the judge come admire her work.

As I watched all this from afar, I couldn't help but be proud of her. Though she is usually a shy child who clings to her parents for the first 20 minutes a new person is in the room, she somehow skipped this phase of the day, and seemed very comfortable with her surroundings. Surprisingly enough, the other six Cloverbuds seated next to her were in much the same disposition, quiet and confident (traits rarely seen in a group of youth this age).

Throughout the day, I was continuously surprised by the kids who surrounded me. In speaking with one other mother, her 13 year old could not wait until she was eligible to compete at the highest level of this competition: the Senior Cookoff. This is an event where the youth must not only develop a 6 to 8 course menu, which includes a mixture of foods varying in colors and textures they can cook (from scratch) and must know everything about, but they must also serve it properly to the judge, restaurant style. This includes bringing their

own card table, chairs, centerpiece, dinnerware, table covering, and all of their menu dishes (hot and cold). At hearing this I couldn't help but wonder: why would anyone want to do this? Being someone who views eating as mandatory, not enjoyable, and cooking as a requirement not a pleasure, I spend as little time in the kitchen as possible, and can't imagine why anyone would want to do this level of cooking, especially for a competition. However, as a 4-H Alumnus, I realized the answer to my own question. Whether it is showing dairy cattle or cooking food, passion for what you love is enough to make you want to try anything, learn more as you go, and strive to be the best, both during competition and after.

My hat goes off to all those young bakers and chefs

that I met today who don't shy away from the challenge of making homemade pasta, cream puffs, flan, ratatouille casserole, tiramisu, cheesecake, cannoli, or blueberry streusel, for they are already handier in the kitchen than I!

So, as my daughter continues in her journey through 4-H, I can't wait to see what kind of adventures she chooses to embark on, and how she handles them. Hopefully, the traits I saw in so many of the young people I met today will be present in her as she is enhanced through her experiences in this youth development program. May all of her future competitions meet her as an unruffled, confident participant and may she continue to enjoy each of these experiences enough to leave her wanting to participant year after year.



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2 Find Your Ancestors – At The Bath Public Library

How much do you know about your family history? Is your family new to New Hampshire, or have you been here for decades—or even for centuries? Where did they come from originally? When and where were they born? What did they do for a living?

Now you can find out.

Through a program initiated by the New Hampshire State Library and sponsored by the Friends of the Bath Public Library, the Bath Public Library now has access to Ancestry.com's Library Edition. It includes more than 7,000 databases that deliver billions of records using censuses, vital records, immigration records, family histories, military records, court and legal documents, directories, maps and more.

The service is easy to use: to get started, all you need is a name. Ancestry.com's Library

Edition then searches its databases to find everyone with that name, or even names that are similar. The more information you have—country, state, year of birth, etc.—the more Ancestry can filter its databases to help you narrow down your search.

You can learn not only about people's birth, marriage and death dates, but also their jobs, how long they went to school, who lived with them and other interesting facts. You can even view enlistment records and, in some cases, find the streets they lived on or learn their phone numbers.

New content is always being added, so you can keep coming back to discover more about your ancestors—or even others.

For more information please visit the Bath Public Library, hours are Tuesday & Thursday 9-6 & Saturday 9-12.

Library News - Groton

Groton Free Public Library
1304 Scott Highway (Route 302)

Sunday, February 20 – 2:00pm

Cynthia Steil presents a program on Rufus Porter, Yankee Pioneer: a primitive painter of the American landscape and portraits and an amazing inventor. She will show a DVD displaying his 19th century wall murals in 5 New Hampshire houses.

Largely self-taught, Porter developed more than 200 mechanical inventions including a revolving rifle, bought by Colt for \$100 and turned into the colt revolver;

many creations to make life easier for farmers; a steam carriage for roads; and a flying machine for aerial navigation to take people from New York to California for the gold rush in 1849. The latter was successfully demonstrated, but failed because of lack of funds.

This ingenious and creative man left a prosperous family farm in Boxford, MA to forge an amazing legacy of artistic and scientific accom-

plishment in the era of innovation that marked the industrial revolution. Porter created the Scientific American, the New York Mechanic, and the American Mechanic magazines and was a progressive writer on religion and philosophy.

Steil shares a common ancestor with Porter. She also owns two of his portraits of her ancestors.

For more information, call the Library at 802-584-3358.

Connecticut Valley Snowmobile Club

This is turning out to be a great winter for snowmobiles. We have a good base and the trails are fantastic. The groomers are doing a great job keeping things smooth. We are still having some problems with people that are riding off our marked trails and going into fields that could cost the rest of us riders the loss of those trails. It is too bad that those certain few have little respect to the landowners that allow us

to use their land to enjoy our past time. We have asked for help to patrol our trails to take care of this problem.

On February 20th, the Connecticut Valley Snowmobile Club will be holding its radar run in the Keith field across from Aldrich General Store. The event will start at 10:00 AM and go till 2:00 PM. It will be \$5.00 per run or 5 runs for \$20.00. This makes a fun day to get out and test your sled to see how well it



really goes. There will also be an obstacle course for children 10 and younger. Food and drinks will be available during this event. Updates on this and other club events can be found on the club's web site at ctvalleysnowmobileclub.com. We hope that everyone has a safe snowmobile season and PLEASE remember to RESPECT the landowners as well as fellow snowmobile riders.

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February 15, 2011 Volume 2 Number 9

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

From The Desk Of NH State Senator

Jeanie
FORRESTER

Dear Constituents,

The pace is picking up! In addition to being on two Standing Committees, Senate Finance and the Public and Municipal Affairs, I just received assignments to serve on seven (7) statutory and study committees which include:

- Cannon Mountain Advisory Commission
- Commission to Study Business Taxes
- Current Use Board
- Health and Human Services Oversight Committee
- Public Higher Education Study Committee
- Public Water Access Advisory Board
- State Retiree Health Plan Commission

It is definitely a challenge finding enough hours in the day to schedule in the meetings required for these newest boards, committees, and commissions along with committee work and session days. I am, however, eager to participate and find ways to do more with less and make improvements.

As of the December 10 deadline, 855 Legislative Service Requests (LSRs) had been filed. I am the prime sponsor of two bills, SB85 and SB155 and co-sponsor on 16 other pieces of legislation. (If you are interested in more detail on legislation that I or anyone else has filed, visit www.gencourt.state.nh.us and look under the State Legislative Dashboard for 2011 bill requests. Select the legislator you are interested in to see what requests they have filed.)

SB85, a bill relative to naming a water body in Meredith after the late Senator Carl Johnson and his wife Jeannette has been heard in the Public and Municipal Affairs Committee and will be voted on by the full Senate this coming week. This bill has bi-

partisan support and does not have a fiscal note (FN) attached—which means there is no financial impact to the state. The water body is right in front of the Johnson home and the sign that will be created and installed is being paid for through private fundraising efforts. Senator Johnson was a strong advocate for the environment, supporting the lakes, the preservation of loons, and was a well-respected, long-serving legislator.

My desire to help small businesses prompted me to file a second piece of legislation, SB155, which is relative to expense deductions for businesses. This bill allows a business organization to apply the current federal section 179 expense deduction amount in the calculation of gross business profits before net operating loss and special deductions under the business profits tax. The bottom line is that this bill makes NH tax code consistent with the federal tax code. This bill, which will go before the Senate House Ways & Means Committee, has not been scheduled for a hearing yet.

As a member of the Senate Finance Committee, I continue to receive briefings from departments in state government and meet individually with agencies and organizations. With the nearly \$1 billion deficit we face and the commitment to not dig our state deeper into a hole, we face some tough decisions on where to cut spending. I expect that most every department and agency will be part of the painful path back to a balanced budget.

The biggest category of general fund spending is in Health and Human Services (45% of the budget), a department that provides important services to our neediest citizens via many social service organizations.

Just this past week I had the opportunity to talk with representatives from:

CADY, Inc. in Plymouth (Communities for Alcohol and Drug Free Youth) which is a local coalition dedicated to working with schools and communities to prevent and reduce youth alcohol, tobacco, and other drug use and to promote healthy environments and promising futures for area teens;

Children's Shelter Care and Transitional Services in Antrim, Jefferson, and Bradford which provides services for approximately 550 children/youth including assessment, counseling, education, and residential services; and

Lakes Region Community Services in Laconia which provides opportunities for life experiences for persons with developmental disabilities and acquired brain disorders in all areas of community life including employment, housing, recreation, social relationships, and community association.

During the campaign for State Senate, I made several visits to Glencliff Home (which serves NH's developmentally disabled, and/or mentally ill population), toured the Grafton and Belknap County nursing homes, and visited the senior centers in Meredith, Plymouth, and Haverhill. Shortly after becoming your State Senator I toured the NH State Hospital in Concord. Every one of these places has excellent staff and provides quality services.

Even prior to becoming educated about these social service organizations, I had my own first-hand experience, having worked as the Director of Administration for Odyssey House, an adolescent residential substance abuse treatment facility many years ago. In the last couple years, I have also been a volunteer for Community Caregivers (a non-profit organization geared toward assisting neighbors to remain living independently in their homes for as long as is possible).

These organizations and the many others that the citizens of New Hampshire support through tax dollars

provide important, beneficial services. It will be a challenge to figure out how to move forward with cuts to spending and doing so in a way that does the least amount of harm. I am hopeful that working together, we will be able to find savings, streamline, and find creative

solutions to develop a balanced budget for the citizens of New Hampshire while maintaining vital services.

As always, I appreciate your ideas, questions and concerns.

Your Senator from District 2
Jeanie Forrester



Senator Jeanie Forrester was on hand for the contribution of \$1000 from Wal-Mart to the Horse Meadow Senior Center in North Haverhill. The contribution stemmed from Senator Forrester's bell ringing at Wal-Mart in December. Also on hand was Wal-Mart community liaison Anna Knapp, Senior Center Director Deb Foster, and bell ringing assistant Barbara Dutile.

Bridal and Special Events Show

Sunday, February 27th
12:00 pm – 3:00 pm
Alumni Hall
Court Street • Haverhill, NH

In case of inclement weather show will be rescheduled for Sunday, March 13, 2011

WEDDING GOWNS AND FORMAL WEAR FEATURING:
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FLORIST: Antique Rose - Woodsville, NH 603-747-3999
FUNCTION HALL/VENUE: Alumni Hall - Haverhill, NH 603-989-5500
American Legion - Woodsville, NH 603-747-3387
The Inn at Maplewood - Bethel, NH 877-869-3335
GIFTS: Everything But The Cook - Woodsville, NH 603-747-2122
An Affair To Remember - Woodsville, NH 603-747-3200
Princess House Products - Corinth, VT

INVITATIONS:
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PARTY STORES: Abbott Rental - Littleton, NH 603-444-6557
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PHOTOGRAPHERS:
Allison Andrews - Newbury, VT 802-429-2134
Beth Fraser - East Ryegate, VT 802-757-2260
Young's Photography - Newbury, VT 802-524-4175

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Come and join us on Friday, February 18th from 9:00 a.m. to 2.00 p.m. at White Mountains Community College in Littleton, NH on our “Retreat for a Day.”

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Give a gift to yourself! Instructor: Pamela Comeau For more information, or to register, please call, the Littleton Center of White Mountains Community College, at 444-1326.

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Pollinator Workshop And Conservation Plant Sale

Grafton County Conservation District (GCCD), Natural Resources Conservation Service (NRCS) and University of New Hampshire Cooperative Extension (UNH CE) of Grafton County are excited to offer an indoor workshop about pollinators. The workshop will be held on Wednesday, February 23 at 1:00pm at the UNH Cooperative Extension Conference Room, Grafton County Complex, Route 10, North Haverhill. About 75% of all flowering plants need animals to move pollen grains from plant to plant for fertilization. Native pollinators include bumble bees, butterflies, moths, beetles, flies, birds and bats. Learn to encourage native pollinators to thrive in your garden or orchard.

Pollinators need corridors to safely travel from food

source to food source and are attracted to a variety of plant sizes, shapes and colors along the way. Butterflies and moths prefer broad, flat flowers because it gives them a place to land and rest. Many plant varieties provide protection and offer a place for egg-laying and nesting.

Plant groups of flowers and shrubs to reduce the distance insects must go to forage for food. Choose plant varieties that don't all bloom at the same time. This will extend the opportunity for pollinators to feed on your plants and you'll enhance the beauty of your landscaping! Providing a mix of shrubs and trees in windbreaks, hedgerows and forest buffers also offers pollinators shelter and protection from severe weather.

Donna Doel, NRCS Soil

Conservationist, and Heather Bryant, UNH CE Agriculture Resources will discuss many of our local pollinators, attracting the best pollinators for your plants, planting to keep and protect pollinators, and answer your pollinator questions. The workshop is free and open to all. Please join us for this informative workshop. Call Pam at: (603) 353-4652, ext. 103 if you plan to attend so that we have handouts for everyone.

The Grafton County Conservation District (GCCD) is now taking orders for the 2011 Conservation Plant Sale. Plants are selected for environmental benefits such as reforestation, wind and sound protection, shade, bank stabilization, pollinator and wildlife food and cover, and aesthetic value.

The plants are sold as bare-root stock, or in small containers. Healthy, hardy plants adapted to our growing conditions are offered for sale.

The Plant Sale is GCCD's biggest fund raising activity each year. The money generated by this sale is used to support District programs and educational activities, including the Fall Tour of Conservation Practices, workshops, and providing stewardship education materials to Grafton County students. Contact Pam at (603) 353-4652, ext. 103 or visit our website: <http://graftonccd.org>.

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Haverhill Has New Rec Director

By Gary Scruton



The recent Valentine's Dance sponsored by the Haverhill Recreation Commission had over 50 in attendance with dancers from toddlers to grandparents enjoying the variety of music, plus popcorn, punch and more.

It is now official. The Town of Haverhill has a new full time Recreation Director. Sherri Sargent is the second person to have a full time position looking out for and coordinating the recreational needs of the residents of Haverhill. Sherri had the "interim" portion of her title removed after going thru the interview process and winning the permanent position.

Sherri took over as the interim Director last fall after Glenn Hatch resigned. Sherri had been a volunteer member of the Recreation Commission for almost six years. During that time she helped on many projects and attended the monthly meetings. Now she has taken on the challenge of seeing all those programs thru.

When it comes to all those existing programs, as well as some new ones on the agenda, Sherri is happy to point out that there are many more than just her to take care of those programs. The current youth basketball league is a prime example. About 66 young participants are taking advantage of the program. And the teaching and coaching is being done by high school athletes under the direction of long time adult helpers Jim Kinder and Lorieann Noyes. This young group of up and coming stars will perform at the end of this month during the Cohase Lions Club Basketball Tournament.

Also later this month will be the Winterfest at Mt. Lakes. This event now has several years of history and is presented in cooperation with the Mt. Lakes Recreation Department. It is planned for Saturday, February 26 from noon until 4 PM at the Monteau Hill in Mt. Lakes.

The all new Full Moon Fiesta, cross country ski or snowshoe event at Blackmount Country Club also involves the talents of others. This event does require participants to BYOS (bring your own skis/snowshoes). It will take place on Saturday, February 19th from 6-8 PM. It is

fees are either low or free and most are designed to encourage intergenerational participation. That is the buzz phrase for Sherri and the HRC. Getting people from all ages involved with the recreational activities that currently exist. Plus the openness to look at new projects and accept new volunteers to join the HRC or to simply help out on a given project.

Other ongoing programs supported by HRC and now being led by Sherri include the Senior Stretching and the children's play time. Both take place at the JRM Building in North Haverhill. One participant recently mentioned that Sherri is good at stretching more than just their bodies.

Sherri Sargent also stretches herself with her home obligations. They are named Jane, aged 10, Matthew at 9 and Abigail now 7, plus husband Sergeant Bradford F. Sargent of the Hanover, NH Police Department. The family lives in Haverhill and Sherri and Brad have been married for thirteen years.

Regarding the upcoming summer Sherri hopes to continue many of the past projects. That will include the Concerts in

Railroad Park, starting in late May and the Paddle the Border event also in late May.

Of course one of the mainstays for HRC has been the Haverhill Area Recreation Program (HARP) This youth program starts just after the Fourth of July and offers weekly day camps. The full schedule will be posted later as Sherri and the HRC members finalize this year's agenda. Part of that schedule is sure to be swimming at the A.P. Hill Community Pool. There is some issue with the pool this year as a leak has been discovered and will need to be addressed before the real summer season gets underway. The current plan is to put repairs out to bid in early Spring hoping to take advan-

tage of some local expertise. There also may be some fund raising events to keep this important asset of the town up and running.

There are also at least two new programs for this summer in the planning stages. A kayak group has been proposed with a pair of town employees volunteering to lead the assembled group. Plus there is word of a hiking group to be led by Chairman of the Selectboard, Wayne Fortier. A third possible event will be a community carnival. All of these events also keep in mind the low or no cost for admission that the HRC works toward.

The HRC is moving forward smoothly with their new Director.

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WHERE: Mountain Lakes Lodge off French Pond/Valley Road
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For Further Information Contact:
 Mt. Lakes: Bev Jacobs @ 787-2314; or Karen Rajsteter @ 787-6582
 Haverhill Rec: Sherri Sargent @ 787-8096

Perhaps you sent a lovely card,
 Or sat quietly in a chair,
 Perhaps you sent beautiful flowers,
 If so, we saw them there.
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 As any friend could say,
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Cottage Hospital January Stork Report

Child One:

Sex of Baby: Female
Name of Child: Ashlyn Gates Baker
Birth Date: January 12, 2011
Hometown: Corinth, VT
Delivering Physician: Dr. Jessie Reynolds &
 Dr. Stephen Genereaux
Parents' Names: Chasity Franco & Kenneth Baker

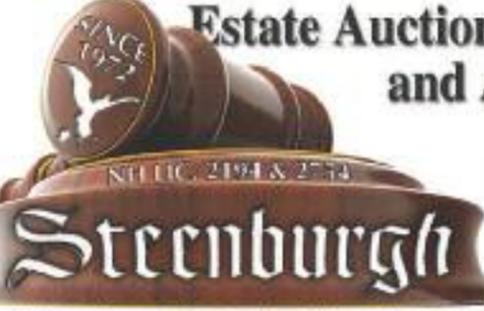
Child Two:

Sex of Baby: Female
Name of Child: Lillian Elaine Fiore
Birth Date: January 27, 2011
Hometown: North Haverhill, NH
Delivering Physician: Dr. Sarah Young-Xu
Parents' Names: Jessica Perkins & Todd Fiore

Child Three:

Sex of Baby: Male
Name of Child: Raiden John Moulton
Birth Date: January 28, 2011
Hometown: Woodsville, NH
Delivering Physician: Dr. Stephen Genereaux
Parents' Names: Scott & Tanya Moulton
Siblings' Names: Kaori, Ronin and Kobie

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03.15

LISBON, NH: Center of Town: 3 bedroom apartment on second floor. Includes heat and hot water. No pets. No smoking. Quiet building. \$750 per month. Call 603-728-5054 or 603-823-9823

03.15

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02.15

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

03.29

WOODSVILLE NH: 1st floor apartment 1 bedroom, \$675/month all utilities included. 2nd floor apartment 1 bedroom, \$650/month all utilities included. 1st month and security required, no dogs. For info contact Vickie Wyman at All Access Real Estate. 603-747-3605

03.29

CENTRAL STREET, WOODSVILLE: 1 Bedroom, 3rd floor apartment in quiet building. Water, sewer, trash removal, snow plowing all included. Non-smoking building, small pets negotiable. \$450 per month. Security deposit, good references, application required. Call 603-747-3870 or 603-747-3942 for appointment.

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Letter To The Editor

First of all I want to thank the voters of the Town of Haverhill for the tremendous privilege of serving as a member of the Select Board over the last 3 years.

I kept all three of my fundamental promises;

1. To do a lot of listening and speak my mind when needed.
2. To faithfully attend as many meetings as possible. In spite of my many 'hasty' commutes back from Hanover, I never once got a speeding ticket. This is NOT due to any lack of diligence from the Haverhill Police Department! [I wish to especially thank the Board for adjusting the start time of meetings to make my attendance as possible as it was.]
3. To serve the full 3-year term; which I have done.

Now I read with great interest that Wendy Warcholik has applied for the candidacy of the open position. Her credentials are very impressive and she would be a valuable asset to the board.

Now I would like to tell you a bit more of what I personally know about her.

Wendy and her husband did a lot of

research to find where in New England they would want to relocate and raise their delightful family. They chose Haverhill, specifically Woodsville. That is a wonderful compliment to us; the citizens!

My wife and I have been in their home which they are lovingly restoring. I'm not talking about vinyl siding and cheap cabinets. They have invested the 'sweat equity' to RESTORE their home into a model for New England architecture and quality.

While Sue and Wendy talked around their dining room table about many family issues and concerns, Scott shared with me their passion and vision for working with the community to help improve other distressed houses so that families might purchase them and turn them into homes.

I am delighted to be their friend, neighbor and I am especially pleased to wholeheartedly endorse her candidacy for the Select Board. My hope is that the town of Haverhill will welcome her passion, education and drive.

Oh, and BY THE WAY, Scott would make an excellent School Board member also!

Peter A. Heilemann,
Woodsville, NH

Peter,

First let me thank you for your service to the Town of Haverhill as a member of the Selectboard for the past three years. Your contribution to the Town has certainly been noticed and appreciated.

Stepping forward to serve on any board in any town is a large commitment that not every citizen is willing, or able, to make. It most certainly takes a certain type of person to be willing to take a chair at the table that makes so many important decisions for the citizens of any community.

With that said I am happy to see that Wendy Warcholik is willing to step up to the plate and be considered for this position. As has been the case in many past years, it appears at this time that there will be only one name on the ballot for this particular seat. Again, not everyone can, or should, hold such an important position. However, it is always good to have some competition and therefore some debate regarding the incoming candidates.

I also would like to thank the Good Ol' Boys group that on February 7 provided a forum for Wendy to air her views and answer some questions. I truly hope that she is able to continue the tradition of good reasonable citizens sitting on the Haverhill selectboard.

I should also note that the two candidates for Haverhill Schoolboard had an opportunity to speak at the Good Ol' Boys meeting. Current member and chairman of the schoolboard Phil Tucker gave an update of some of the current issues and future plans. Also Scott Moody addressed those assembled to give his thoughts and ideas if elected.

Both of these candidates are also running unopposed on the ballot. Voting will take place on Tuesday, March 8. Town meeting will happen that evening and the Annual School Meeting will take place on Thursday, March 17. Both at the Haverhill Cooperative Middle School.

Gary Scruton, Editor



Wendy Warcholik



Scott Moody

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Letter To The Editor

To The Editor:

Bradford, VT seems to be a wealthy Town. Those of us who receive Water & Sewer bills are donating \$7 every three months to go into a Bradford Water and Sewer savings account. In 2010, the voters of Bradford passed a \$1.055 million bond issue for a water system upgrade in the Fairground Road area, installation of a 500,000 gallon storage tank, replacement of 16,000 feet of water main and some mechanical and electrical improvements to an existing well pump station.

A majority of voters said "Yes" to this proposal. We have since learned that the anticipated Rural Development Agency (RDA) funding, in excess of \$3 million, will not be available. Never mind. The Bradford W&S Commission decided to add the new bond fee to our Water & Sewer bill effective July, 2010. That was 3 billing cycles ago. The bonds for this project have not been issued, and may never be issued, since the monies requested by Bradford exceed the entire amount allocated by RDA for the state of Vermont.

In November, the W&S Commission voted to credit back the Bond Fees paid (\$14/rate payer). But, in January, they decided, with input from their engineering firm, to keep the money received and continue to collect even more. So far they've billed approximately \$13,000, from our wealthy Town for a project the voters have supported, but may not ever happen.

Put your monies in your own savings bank. Don't let the Bradford Water and Sewer Commission collect money from you for a specific purpose yet turn around and hold it for some purpose you did NOT vote on.

Joe Coutermarsh
Bradford, VT

Joe,

My response to this note will be fairly short and I hope to the point. Remember, those serving on these boards are elected by the voters. With Town Meeting right around the corner, and other local meetings to follow, now is a great time to be heard. But at the same time, don't forget about the monthly public meetings that all hold. If you have a question - ask it. If you have a complaint or compliment - voice it. If individuals do not get involved the members of whatever board it may be, will not have all the information necessary to make a decision. Bottom line: get involved.

Gary Scruton, Editor



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The monthly meeting of the Three Rivers Business Association (3RBA) had plenty of upcoming events discussed. First and foremost was the upcoming annual Bridal Show. This event will again this year be held at the historic Alumni Hall on Court Street in Haverhill Corner. The Hall has seen a wonderful rebound in usage after spending some years in subpar condition. Last year's Bridal Show had plenty of great compliments about the atmosphere of the building as well as the variety and abilities of the various vendors who were present. Admission to this event is free and affords brides-to-be as well as others who may be planning upcoming social events the opportu-

nity to see a great selection of those who can accommodate those needs. The show is to be held on Sunday, February 27th from noon until 3 PM.

Also on the agenda for 3RBA was Mardi Gras. Though the celebration lasts for some time in New Orleans, it is just a single fun day in this area. The day is also called Fat Tuesday and this year falls on March 8th. Several local merchants will participate with specials, bead giveaways, music or whatever else they may come up with.

Also in mid-March will be St. Patrick's Day. Always on March 17th, this year that date is a Thursday. Again there will be plenty of special events in various business locations. The main objective from the members of 3RBA for this celebration will be raising money for their scholarship fund. Past years have seen varying means for raising these funds. This year the Association is hoping for some creative means of adding to that fund. Early suggestions include merchants donating a percentage of sales or a set amount from each customer on St. Patrick's Day. More details on this event will be released at a later time.

As always there is a standing invitation for all members and non-members to attend the monthly meeting. The next meeting will be on Wednesday, March 8 at 8 AM at the Wells River Savings Bank. You can also contact one of the officers with your suggestions. Names and numbers can be found at www.3riversbusinessassociation.org

OBITUARY – JAMES HOOD

NORTH HAVERHILL, NH – James Henry Hood, 79, of Birch Lane, died on Thursday, February 10, 2011 at his residence, surrounded by his family, following a valiant fight with cancer.

He was born in Newbury, VT, October 26, 1931, the son of Harley and Margaret Grace (Minshull) Hood.

Jim attended Newbury High School. He served with the U. S. Army during the Korean Conflict from November 1952 to September 1954 and with U. S. Army Reserve until July 1961. He married Patricia Bailey on November 25, 1954. Jim worked for Chuck Elms on the Elms Dairy Farm in North Haverhill and later went to work for Pat Boudreault Plumbing and Heating. Jim obtained his master licenses in the plumbing and electrical fields. He owned and operated James Hood Inc., a plumbing and heating business in North Haverhill, for over 20 years. He and Pat owned the Roller Rink in North Haverhill. After closing the roller rink, he opened a plumbing supply store in the same building, selling plumbing supplies and appliances. Jim also owned P & W Builders, building homes in and around the North Haver-

hill area for many years. Jim retired in 1988.

Jim and Pat wintered in Florida for more than 25 years. He is a member of the North Haverhill United Methodist Church. A former member of the Cohase-Woodsville Lions Club, Littleton Elks Lodge in Littleton, NH, and North Haverhill Fire Department. Jim was a life member of the VFW Post # 5245 of North Haverhill. Jim enjoyed bowling, oil painting, and motorcycles. He purchased his first Harley Davidson 30 years ago and he and Pat took many trips on their bike. He will be warmly remembered as a hard worker and loving husband, father, grandfather, and great grandfather.

He was predeceased by his sister, Margaret Colbeth and a brother, Raymond Hood.

Survivors include his wife of 56 years, Patricia (Bailey) Hood of North Haverhill; two daughters, Evelyn Boutin and husband Ted of North Haverhill and Barbara DiDomenico and husband Mike of North Haverhill; 5 grandchildren, Dan Boutin and his wife Melinda, Christina Hannett-Patoine, James Hannett and his wife Angela, Joseph Dellinger,

and Michael DiDomenico; 2 great grandchildren, Cassidy Patone and Aliza Boutin; a sister, Vi Hatch of North Haverhill; two brothers, Harley "Tink" Hood, Jr. and William E. Hood both of Newbury, VT; and several nieces, nephews, and cousins.

There will be no calling hours.

A funeral service was on Monday, February 14, at 1 PM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Pastor Elizabeth Siwo-Okundi, from the Wells River Congregational Church, UCC, officiating.

Burial will be in the Horse Meadow Cemetery Annex in North Haverhill in the spring. In lieu of flowers, memorial contributions may be made to the American Cancer Society, Centralized Memorial Processing Center, 30 Speen Street, Framingham, MA 01701 or American Heart Association, Founders Affiliate, P.O. Box 417005, Boston, MA 02241-7005.

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

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

Sharpen Up With A Sharp Edge

Have you ever had the frustrating experience of trying to cut with a dull knife or blade?

It's a known fact among chefs and serious cooks that a sharp knife is a safe knife that prevents serious injury and the hand fatigue that comes with having to press down to slice and dice your fruits and vegetables. Dull knives are not only dangerous, but discourage those who like to cook from exploring their creativity in the

kitchen.

While our area boasts many restaurants and serious cooks, unfortunately they must either rely on a sharpening steel or suffer the inconvenience of sending them out to be sharpened.

"A Sharp Edge," headed by Sean Kelly of Bradford offers knife-sharpening services to area businesses and individuals. Kelly, a retired accountant has sharpened knives and small woodworking tools for more than a decade. "I love working with my hands and offering a service that people need at an affordable price. I use Japanese water stones and a professional electric sharpener."

Japanese water stones give knives and small hand tools, such as woodworker's chisels the sharp edge that makes slicing and cutting

easier and more pleasant. "They are world renowned for their excellence in delivering sharp edges on most anything where precise cuts are needed," said Kelly.

"Around the first of March, customers will be able to drop off their knives along with pre-payment at Castaways in Bradford, and pick them up a few days later. We are currently working with other local businesses to allow people to drop off their knives for pick-up and delivery, and will inform everyone when this happens," said Kelly. "Our service is local, and our prices are reasonable," he added.

For more information, call Sean at (802) 222-9258 or email: sean@sharpedge.com.

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Love Your (Healthy) Heart!

By Marianne L. Kelly

February, the traditional month for lovers, is also American Heart Health Month, once again reminding everyone that the most important heart to love is the one that beats within your body.

Heart attacks, the leading cause of death in America and major cause of heart related disabilities strike over one million Americans each year for the first time, with nearly half that number suffering a recurrence. Recent statistics claim that about every 25 seconds an American has a heart attack and each minute someone dies.

Factors contributing to heart disease bear repeating and are especially important as our population ages. If you smoke, have high cholesterol, high blood pressure, diabetes, heart arrhythmia, heart failure, are obese, eat an unhealthy diet and are sedentary, you are at risk of a heart attack.

IS THIS A HEART ATTACK?

Some heart attacks are sudden with intense pain, but most start with mild discomfort and pain. Signs include: Chest discomfort in the center of the chest that feels like pressure, squeezing, fullness or pain, lasting longer than a few minutes, that can go away and return.

Pain or discomfort on one or both arms, back, neck, jaw or stomach.

Shortness of breath occurring with or without chest discomfort.

Breaking out in a cold sweat, nausea or lightheadedness.

If you experience any of these symptoms call 9-1-1 immediately. It could save your life.

WHAT ABOUT WOMEN?

Recent studies prove that women are as likely as men to suffer heart attacks, but because their symptoms

differ, may not report it until too late. While heart disease is generally perceived as an older woman's disease, statistics show that it is the third leading cause of death among women ages 25-44 years old.

Women, typically don't have the same center chest pain or left arm pain that signal a heart attack in men. They may complain to their doctors about unusual fatigue, not sleeping well, changes in appetite, cold sweats, nausea or indigestion. Studies tell us that for this reason they are less likely to receive treatment.

WHAT CAN WE DO?

To prevent first time and subsequent heart attacks: Stop smoking! If you can't do it yourself, there are many helpful products on the market. Join a support group where you'll meet people with the same addiction who can help you quit.

Eat a heart healthy diet and watch your weight. You've heard this so often that you might be tempted to "turn a deaf ear." A healthy diet is one of the best weapons you can put in your heart healthy arsenal, and it does not have to be boring. Here are a few tips:

Choose lean meats and skinless poultry and prepare them without saturated fats. Dip chicken in egg white, then lightly coat in a combination of granulated garlic, Italian seasoning, chives, and a dash of salt free chili powder or salt free Cajun seasoning. Whir about one-half cup oatmeal in your blender and add it to the seasonings. The oatmeal provides a boost of healthy fiber, helps lower bad cholesterol, and cuts down on sodium and calories found in commercial breadcrumbs. Place one-tablespoon olive oil in a baking pan and "oven fry" at 350° until chicken is fully cooked.

Eat fish at least twice a week. Salmon, sardines and tuna contain Omega-3 fatty oils essential to a healthy heart.

Eat at least one meatless meal per week. Pasta with leftover vegetables, sprinkled with a little Parmesan cheese and seasonings makes a healthy meal.

Reduce intake of trans fats by eliminating foods and beverages high in sugar, salt, cholesterol, saturated fats and hydrogenated vegetable oils.

Consume fat free or low fat dairy products along with a variety of fruits and vegetables.

Women should have just one alcoholic drink per day, while men can have two.

Reduce portion sizes by not filling your plate brim-full. Eat slowly as it takes your brain about 20 minutes to notify your stomach that it is full.

Read labels!

Talk to your doctor about helping you live a heart healthy life.

GET MOVING!

Taking the benefits of exercise to heart can keep your heart strong and increase your enjoyment of life. Exercise can be anything you enjoy and gets you moving.

For instance:

Get your heart pumping by taking a brisk walk around town, your neighborhood or anywhere you'd like. Walking is also a meditative exercise and good for lowering your blood pressure. Find one or several friends and walk together three times a week.

When you can, take the stairs instead of an elevator. Park your car further away from the store than usual, and walk to the entrance.

Find other ways to exercise. Your heart will love you for it, and chances are you'll live a longer, happier, healthier life.

Feeling Stretched As A Caregiver?

Powerful Tools for Caregivers is a 6 week educational series designed to provide you with the tools you need to take care of yourself.

This Program helps family caregivers reduce stress, improve self confidence, communicate feelings better, balance their lives, increase their ability to make tough decisions and locate helpful resources.

Classes consist of six sessions held once a week. Two experienced Class Leaders conduct the series. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action for your life.

Participants will receive a book, The Caregiver Helpbook, developed specifically for the class. Classes will be free.

Classes will be held on Tuesdays, March 8 – April 19,

2011 at the Horse Meadow Senior Center, North Haverhill, NH. For more information or to register, contact ServiceLink of Grafton County at 603-448-1558, or 1-866-634-9412 or E-Mail at jconklin@gcsc.org. Class size is limited and pre-registration is required.

Classes are sponsored by ServiceLink of Grafton County.

Funding for this program was made possible in part by the U.S. Administration on Aging's Community Living Program with support from the Weinberg Family Foundation. The views expressed in this program do not necessarily reflect the official policies of the Department of Health and Human Services nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. government.

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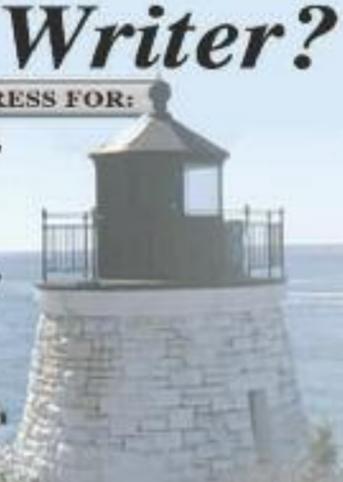
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The Haverhill Police Department offers a competitive benefit package with a starting salary of \$15.00 per hour for non-certified officers.

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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10 JAG Students Honor Their Mentors

Utilizing an inspiring quote by 'Zig' Ziglar - "A lot of people have gone further than they thought they could because someone else thought they could" - JAG (Jobs for America's Graduates) students at Woodsville High School thanked their Mentors for being the people who "thought they could" with cards and roses during National Mentoring Month this past January.



Haley Coutu, Christine Hickey (English teacher)



Meghan Bullard, Joshua Peart, and Donna Herlihy (WHS Librarian)

NH-JAG Youth Leadership Award Recipient

The Board of Directors of New Hampshire Jobs for America's Graduates (NH-JAG) recently recognized 1997 Woodsville High School graduate and former JAG student Devon Smith for "her leadership in school, work and community, commitment to following and attaining her dreams, and being an inspiring example to all young adults." Devon, a mother of two young girls, graduated from Johnson & Wales University in 1999 with an Associates Degree in Culinary Arts and is currently employed as both a Corrections Officer and the Director of the Foods Service Program at the Grafton County Department of Corrections.



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By Ronda Marsh

Betty's Tomato Vegetable Casserole

I will be the first to admit that much of what I cook on a regular basis is not what one might consider especially "heart healthy." Like many people of my generation, I grew up consuming unlimited quantities of butter, cream, and lots of red meat. In the past few years, however, I have tried to make a conscious effort to initiate little changes toward a healthier diet, without compromising taste. Probably one of my favorite ingredient modifications involves the inclusion of olive oil. I have never liked using margarine (which all experts agree is REALLY bad for you,) but I do love butter, and I have found that in many recipes, you can substitute half the butter for olive oil, or eliminate the butter altogether, without sacrificing taste.

In honor of February being Heart Health Month, I'm featuring this very scrumptious casserole. My neighbor, Betty, who was extremely diligent about eating a healthy diet, brought this to me one day. Now, I am a true carnivore, but I was surprised to find that I really didn't feel like I needed to eat meat with this to be completely satiated. In the summer, I make this with fresh tomatoes, but in the winter, I just drain off the liquid from a



can of diced tomatoes, and that tastes great, too. Nutritionist claim that eating meatless meals on a regular basis is a good idea, but whether or not you decide to serve meat with this, I think that eating this casserole is one of the easiest ways to make your day a little heart healthier!

- 1 medium potato, peeled and cut into 1/2-inch pieces
- 1 medium sweet potato, peeled and cut into 1/2-inch pieces
- 1 red bell pepper, seeded and cut into 1/2-inch pieces
- 2 carrots, peeled and cut into 1/2-inch pieces
- 5 tablespoons olive oil
- 1 onion, thinly sliced into rings

- 2 small or 1 large zucchini, cut crosswise into 1/4-inch-thick pieces
- Salt and pepper
- 2 large ripe tomatoes, cut crosswise into slices, or a can of diced tomatoes
- 1/2 cup grated Parmesan
- 2 tablespoons dried Italian-style bread crumbs

Preheat the oven to 400°F.

Toss the potato, sweet potato, bell pepper, carrots, and 2 tablespoons of olive oil in a 13 by 9 by 2-inch baking dish to coat. Sprinkle with salt and pepper and toss until coated. Spread vegetables evenly over the bottom of the pan.

Arrange the onion slices evenly over the vegetable mixture. Arrange the zucchini over the onion. Drizzle with 2 tablespoons of oil. Sprinkle with salt and pepper. Arrange the tomato slices over the zucchini.

Stir the Parmesan and bread crumbs in a small bowl to blend. Sprinkle the Parmesan bread crumbs over the vegetables in the baking dish. Drizzle with the last tablespoon of olive oil. Bake uncovered until the vegetables are tender, and the topping is golden brown, about 40 minutes.

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Cottage Hospital Honors Years Of Service¹¹



nouncement of the "Employee of the Year," the "Chairman's Award for Excellence," and the "CEO's Award for Excellence."

The following employees were recognized and received awards for their dedicated years of service:

5 Years; Lili Cargill, Jeffrey Hanissian, Susan Fuller, Kathleen Guilmain, Ann Duffy, Brandy Helm, Marcia Leete-Darby, Jill Doneske, Rosemary Mangiapane, Mary Ruppert, Amanda Chamberlin, Nancy Lackie, Siobhan Formica, Elena Roscillo, and Scott Schafer, 6 Years; Carol Bailey, Ian Kirit, Ashley Thompson, Janet Bigelow, Judith Powers, Bonnie Bromage, Sharon Readey, Judy Longto, Kristine Brooks, and Gary Tomlinson, 7 Years; Susan Montague, Shelley MacKay, Roxanne George, Mary Paquin, Ann Pushee, Joline Lakin, Marcy Rushford, Pamela Churchill, and Tara Roy, 8 Years; Linda Harris, Karen Woods, Patricia Page, Wendy Chace, Kathy Fuller, Amy George, and Luann Friel, 9 Years; Joanne Pierson, Brenda Dodge, Ann Wischerth, and Jennifer White, 10 Years, Patricia Halpin, 15 Years; Kathleen Gale, Richard Giunta,

Catherine Smith, and Christine Clarke, 30 Years; Anne Amature, Linda Locke, and Sheila Poliquin. The following employees with more than 25 Years of Service were honored; Connie Jones, Lois Zambon, Pauline Marvin, Donald Stapelfeld, David Eames, Patricia Thayer, and Deborah Winchester. Also honored were employees with 25 Years of Service that retired in 2010; Del Ashley, Paul Poliquin, and Patricia Smith.

The following Providers were honored; Drs. Jeffrey Hanissian, Melanie Lawrence, Peter Sahlin, Dougald MacArthur, Sarah Young-Xu, Providers Holly Blodgett, NP-C, Lili Cargill, APRN, Maureen Boardman, APRN, and Cynthia Holloran, APRN, for their 5 to 9 years with the hospital, Dr. Marlene Sarkis, 10 years with the hospital, Drs. Kevin Connolly and Stephen Genereaux, 15 years with the hospital, Dr. Emil Pollak, 20 years with the hospital, and Drs. Russell Williams, Kenneth Danielson, Keith Fortier, and Gerald Lyons, for their 25+ years with Cottage Hospital. Also honored were the Cottage Hospital Auxiliary and Volunteers.

Rounding out the evening's festivities, Scott Hamilton, Maintenance Technician, was awarded the Employee of the Year Award, Laurie Fellows, Director of Environmental Services, was awarded the Chairman's Award for Excellence, and Ann Duffy, Staff Accountant, was awarded the CEO's Award for Excellence.

CEO, Maria Ryan, remarked how fortunate Cottage Hospital is to have so many valuable employees who have been part of the Cottage Hospital family for so long. It shows their commitment to the community and our commitment to being an employer of choice. Maria ended the evening with a wonderful quote from Eleanor Roosevelt, "Yesterday is history. Tomorrow is a mystery. Today is a gift. That's why we call it The Present."

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 its services please call (603) 747-9000 or stop by and visit us at 90 Swiftwater Road, Woodsville, NH.

Woodsville, NH – Cottage Hospital's Annual Service Awards and Employee Appreciation Dinner was held January 28, 2011, at the Sunset Hill House in Sugar Hill, New Hampshire.

In attendance were 150 Cottage Hospital staff, physicians, and honored guests, gathered to honor fellow colleagues and physicians for their years of service, as well as the an-



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12 How Do You Know You Are Older Than Dirt?

By Sheila Asselin

How do you know if you are older than dirt? Have you ever:

Used a sad iron, octagon soap, a wringer washing machine, saved green stamps, used a key to tighten your roller skates, held a buttercup flower under someone's chin to see if they liked butter, watched a test pattern on TV, mowed the lawn with a push mower (the kind with no gas motor), poured the cream off the top of a glass milk bottle that was delivered to the front steps every morning, gone to a cotillion and filled up your dance card, bought food and gas with ration coupons, purchased war bonds, told ghost stories around a campfire, rode in a rumble seat, played hop scotch, jacks, kick the can, or hide and seek, eaten walnettos or all day suckers?

Do you remember when? Every town had a drive in movie, there were chickens in the back yard even in the city, tooth paste came in metal tubes, Clorox in glass bottles, penny candy really cost a penny, Burma Shave signs

made everyone laugh as the drove down the highway, Life Look, and Colliers magazines all cost a dime, Chef Boy-are-dee Spaghetti Dinners were considered exotic, chairs and sofa were protected with antimacassars, you watched Ding Dong School, all women and girls wore dresses unless they were horseback riding, then they wore jodhpurs, morning and evening papers were thrown on the lawn by the neighborhood delivery boy if his aim was good, otherwise they landed on the roof, folks sat in rockers on the front porch in the evening to watch the neighbors walk by and visit, the flag had 48 stars.

If you answered "yes" to all these questions you really are older than dirt!

If you answered "yes" to most of these questions you are no spring chicken either!

If you answered "yes" to a few you have been eavesdropping on the old folks!

If you could not answer "yes" to any of these questions you really were born yesterday!

Don't Forget The Mercury - And Other Vehicles That Have Gone By

By Robert Roudebush

(Editor's Note – Trendy Times had such an across-the-board success with our last car article, "The Rides Of My Life", that we thought we'd try another, this one a drive-by view of cars gone by.)

Remember the Mercury? Of course you do. Until recently, they were still making and selling them – since 1939 when they came with a 95hp V8. Production stopped in the last quarter of last year. There were a couple of years when the nameplate sold huge – 1978 nearly 600,000 and again in 1993, nearly half-a-million – but as of 2009, sales had dropped to less than one hundred thousand, small numbers in a big business.

I began to watch American cars around the age of 10 in Kansas City, Missouri in the mid-fifties – could not get enough. Still can't. (Do you ever watch the BARRETT/JACKSON classic car auctions on the Speed Channel? Those half-century old beauties take me back to my young amazement on all 8 cylinders). Those formative years proved a fortunate accident of timing because most cars had personality then, character – you could tell one from the other. Buicks showed off frowning big-toothed chrome grilles, older Studebakers sported wrap-around rear windows on some two-door models; the trunk looked like the hood and you couldn't tell by looking if it was coming or going. And who could forget Caddy's tail fins, for ten years between 1948 and 1958, reminiscent of World War Two p-38 fighter planes. I was drawn mainly to GM's – Cadillac, Buick, Oldsmobile, Pontiac, Chevrolet, including the earliest Corvettes – they first appeared in 1953. I also inspected thor-

oughly any of the luxury boats I came across – big heavy four-door sedans (some maroon, most grey or black) with fold-down armrests, electric clocks, footrests and cigarette lighters and reading lamps for BACK SEAT passengers, thick carpeting, luxury upholstery throughout. I could tell you where the license plate lights were located.

After WWII, Kansas City was a rude, crude hopping big city, sprawled out on bluffs above the Missouri River, west clear across the state from St. Louis. Half-a-million people, a town suffused with cash from meat-packing, railroads and lumber, all in the glad hands of people who liked spending it and were good at it. Spent it on Jazz music and drinking and government corruption and prostitution and big steaks, huge mansions and municipal parks and fountains and the fanciest cars that Detroit built in the 40's and 50's – Packard, Lincoln, Hudson, Imperial.

Only one nameplate from that list remains.

And there were Mercuries. My grandfather owned one, a 1953 or '54 Monterey, "little Lincoln", two-tone, dark-blue over light blue, two door hardtop, air-conditioning, power steering and brakes, lots of chrome inside and out and slanting back tail lights, and of course, a big V8 engine, the body three inches longer and lower to the ground than the Ford that year. It looked and felt expensive. That's a mid-fifties Merc Lucy and Ricky are pulling "The Long, Long Trailer" with in the movie of the same name.

Back in my boyhood, we took trips in my Mom's early fifty's Chevys to A&W for frosty cold real glass mugs of root beer on muggy hot KC summer nights, on our way to drive-in movies. That's right, drive in

movies, double-and triple features and lots of cartoons and big tubs of BUTTERCUP popcorn and I was at the age when the giant picture in front of me was of far more interest than the back seat – that would change soon enough.

What a vehicle was my grandfather's Merc. Compare photos of the Fords and Lincolns of the time and the Merc looks more like the second than the first. Not just a "gussied-up" Ford, it was really a "Junior Lincoln".

There was quiet pride in Granddad's eye when he wheeled that fine automobile slowly through the neighborhood – "Yes folks, take a good look, this may not be a Lincoln, but it sure isn't a Ford."

Other cars no longer with us – Saturn, Oldsmobile, Pontiac, Plymouth. All of them discontinued in just the last few years. Go back further – the Corvair- the Desoto, from Chrysler- positioned to compete with Buick or Olds. And the Imperial, Chrysler's top brand to compete with Lincoln and the Caddy. Back even further – the Studebaker again, the company begun in the 1850's by a fellow who built wheel barrels and then covered wagons for miners and the military. Tucker, no more. Nash? There was one in our family, a huge upside-down-boat-shaped touring car – the seats folded down flat inside the mid-fifties vehicle, and you had one large plastic covered bed to camp out in on long trips. There were the Kaisers and Frasers, really two different deluxe cars, built by the same company, as well as the economy level Henry J. – kind of looked like a mini 1948 Cadillac fast back with little tail fins.

Way back now – How about the air-cooled engine Franklin? Stutz/Bearcat, and the incomparable Duesenberg. Remember the Oakland? Neither do I. But Dad did. GM positioned it just a notch above the Pontiac, and not quite an Olds, for several years back in the teens and early 20s. How about the LaSalle? No? Made by GM, and doggone near a Cadillac, just above a Buick. Caddy started producing a couple of lower end entry-level luxury choices, and Buick upgraded a model or two, and boom, that was the end of LaSalle. My father's father once owned one. We'll talk about Vikings and Marquettes another time.

I look in the mirror, and I've changed. Lots a miles on this chassis. The cars I recall and research have not aged a day. Immortal.

February 15, 2011 Volume 2 Number 9

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

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SCARED SHEETLESS

By James Paradie

Waterville Valley Horror Waterville, NH

Waterville Valley is a small town of only an estimated 257 people (according to a census conducted in 2000), with only thirty-seven students enrolled in the 2006-2007 school year (Kindergarten through the 8th grade) at the Waterville Valley Elementary (a.k.a. "Little Red School") and has hosted a few famous citizens such as former Republican United States Senator, John E. Sununu (who still has a residence) and co authors of the hit children's book Curious George, H.A. Rey and Margret Rey also used to write several of the famous little chimp's adventures in a cottage now dubbed "The Curious George Cottage". But, the story I'm about to tell you has nothing to do with politicians or a mischievous chimp. However, it does have to do with a creature that has been reported to lurk around the darkest corners of the White Mountain National Forest.

Our story begins with a man who takes his wife and daughter annually to a trip to Waterville Valley's White Mountain National Forest. According to the reports, the only problem the family had was not with the locals, but with the locals bears. But, he was in for a big surprise.

The man reports that when everyone went to sleep, that's usually his time to build a fire. Fires are meant to be enjoyable, but not when you start to hear noises such as this gentlemen did this one night in 2001. But, the sound wasn't a bear grunt, an owl, or a deer breaking a branch. It was "sneaky" as the camper put it. As if someone was watching them and that feeling is never welcomed among the masses. He turned his flashlight to the suspected noise.

"What I saw haunts me even now", the man said in his report to About.com's Paranormal section.

Something was in the trees as he flashes the light on the face, he was startled by the sight of something. More like a living being. The thing was grey, naked, very muscular, and hunched down. It's face was wide, if it was to stand it would be five

maybe six feet tall. It's skin was human like, but with more of a leather like feature, and it's eyes were maybe the freakiest part described in this man's sight. They were big, but even with the light on them, they were as black as coal. Another feature was his legs, which were muscular, but backwards like a birds. Whether or not the thing was startled by the flashlight is among anyone's guess as it just looked at the camper. The creature then jumped off the trees and was out of the sight.

The man went in and woke up his wife, daughter and a friend who tagged along. They, of course, thought he was crazy. They fell asleep while he decided it was best to sleep in the van. Can't really blame him.

The man wasn't lucky the next year though. He did the same routine as last year by making a fire and just enjoying the great outdoors like anyone can in New Hampshire. He then heard a noise, thinking it was a bear due to a bear problem in the area at the time. He started to make noise hoping it would go away, but the sound just got closer. He shined his light in the direction of the noise and there was the creature again. It was around the tree line. The camper then disregarded his light, letting the lantern shine upon him. He was afraid, but the mind wonders sometimes, and he got the crazy idea to actually go over to the creature. He stepped closer to him, making sure not to make any sudden movements that the creature maybe think is threatening. He got within 20 feet of it, and the creature

jumped back and disappeared in the night.

The man has stated that he looks forward to going next year(which in this story sense would have been 2003)to see the creature again. However, there is no update on the man or the creature. I hope for his sake, the creature does exist, because it seems like a creature who means no harm and is just one of those creatures of the night who get curious, like Big Foot(who believe it not has also been spotted in the Granite State).

Until next time this has been another Scared Sheetless. Keep your eyes wide, and your ears up, because you never know when you're going to have a paranormal experience. See you next time Graveyard Disciples and happy haunting!

Source:

http://paranormal.about.com/library/blstory_november02_19.htm

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 atscaredsheetlessncn@hotmail.com

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



Pictured (from left) are a posse of "Change Bandits," Bobby Henry (Heavy Equipment); Sam Catterall, Halee Davidson, and Mary Thurston (Cosmetology Class), and Travis Leech (Heavy Equipment).

River Bend Career and Technical students are holding a coin-drop fundraiser to benefit Fletcher Allen's Children's Hospital. The "Big Change Roundup for Kids" at River Bend has set a goal of \$1500 to support children and families. Every one of the eleven programs at River Bend is competing to see which program can bring in the most spare change during February and March. Campaign Marshal Mary Thurston explains, "This money helps families meet basic needs when they have a child in the hospital. Hotel rooms and meal coupons are made available to needy families using the Big Change Roundup funds." Junior Sam Catterall noted, "It's for the kids' families. The money takes care of transportation and food expenses." As well, Halee Davidson explained, "Many of us have family members who have had cancer. This kind of money can make a real difference to families trying to have a normal life."

Anyone wishing to contribute to the campaign can do so at the River Bend office in Bradford or by going online to www.BigChangeRoundup.org.

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The Rite

PG-13

**Based On True Events Dictated
In The Book By Matt Baglio**

Let's begin with how an exorcism really gets started. That's exactly what *The Rite*, directed by Mikael Håfström does. It begins with a young mortician named Michael Kovak, played by Colin O'Donoghue, trying to find his place in the scheme of things. He decides to take the only other way out in his family and become a priest. Soon, however, he realizes that his faith isn't really what it should be for this line of work and begins to have doubts about what he really wants out of life. But things don't always go the way that you want them to. After submitting his resignation before his final vows his mentor at the university has a little chat with his favorite pupil. He decides that it's best for the faithless priest to go to Italy. There he will be entered in to a course for exorcism at the Vatican.

But here he is also amiss with the world around him. Being more interested in the psychology of things he is quick to doubt his teacher and find alternative means for possession symptoms. Disappointed in his faithlessness his newest teacher sends him to the only person he knows that could bring the boy around, Father Lucas, played by Anthony Hopkins.

Now Father Lucas is anything but an orthodox priest

according to the Catholic faith. On Kovak's first visit to see Father Lucas he is thrown directly into an exorcism of a young, pregnant girl. But after seeing the darker side of his religion Kovak is still far from convinced of the existence of anything other than himself. As time goes though, he finds himself Father Lucas' constant companion, witnessing things that would make any believer fall to their knees and pray. Kovak stays doubtful however until Father Lucas shows him that the age old saying 'you should believe in the devil, because he believes in you' is much more than just a saying.

Keeping with most traditional possession symptoms (arched backs, throwing up, speaking in tongues) this film gives you everything you expect of an exorcism film. However the spin on the story line is something that very few have dared to do before. *The Rite* is a refresher from most of the movies in this genre that have come out in the past couple of years. Adding some new ideas to what's really happening in the world of religion and leaving people thinking twice about what they really believe in.

For now, consider this another movie well Scrutonized.



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Calendar of Events

THURSDAY, FEBRUARY 17

COTTAGE HOSPITAL'S WINTER HEALTH FAIR

11:00 AM – 1:00 PM
Horse Meadow Senior Center
North Haverhill
See ad on page 11

FRIDAY, FEBRUARY 18

RETREAT FOR A DAY

9:00 AM – 2:00 PM
White Mountains Community College,
Littleton
See article on page 3

SATURDAY, FEBRUARY 19

FREE PIZZA PARTY TO MEET THE MINISTER

4:00 PM – 6:00 PM
Wells River Congregational Church

SPAGHETTI FUNDRAISER

5:00 PM – 7:00 PM
Monroe Town Hall
To Benefit Tim Monaghan

BAKED BEANS & HAM DINNER

5:00 PM – 7:00 PM
Haverhill Congregational Church

FULL MOON FIESTA SNOWSHOE EVENT

6:00 PM – 8:00 PM
Blackmount Country Club, N Haverhill
See ad on page 15

SUNDAY, FEBRUARY 20

CT VALLEY SNOWMOBILE CLUB RADAR RUN

10:00 AM – 2:00 PM
Elms Field, N Haverhill
See article on page 2

RUFUS PORTER - YANKEE PIONEER

2:00 PM
Groton Free Public Library
See article on page 2

MONDAY, FEBRUARY 21

HOW THINKING CAN DEFEAT DEPRESSION

10:00 AM or 6:00 PM
1274 Main Street, St. Johnsbury

BOOK DISCUSSION - BILLY BUDD BY HERMAN MELVILLE

7:00 PM
Haverhill Corner Library

TUESDAY, FEBRUARY 22

VERMONT YANKEE PRESENTATION

6:30 PM
Bradford Academy Auditorium

WEDNESDAY, FEBRUARY 23

POLLINATOR WORKSHOP

1:00 PM
UNH Cooperative Extension Conference Room, Grafton Cty Complex, N Haverhill
See article on page 4

FREE COMMUNITY MEAL

5:00 PM – 7:00 PM
St. Luke's Parish House, Woodsville

WEDNESDAY, FEBRUARY 23 THRU

SUNDAY, FEBRUARY 27

ANNUAL BASKETBALL TOURNAMENT

Dr John Bagonzi Community Building
See ad on page 19

THURSDAY, FEBRUARY 24

ART ADVENTURE - PAINT A WINTER LANDSCAPE

1:00 PM
Bradford Public Library

INTRODUCTION TO ICE FISHING CLASS

5:30 PM – 7:30 PM
Clifford Memorial Building, Woodsville
See ad on page 15

YOUNG AUTHORS PIZZA & PEN

6:00 PM
Bradford Public Library
Reservations Required

FRIDAY, FEBRUARY 25

ECOLOGY AND IDENTIFICATION CLASS

8:30 AM – 4:00 PM
Grafton County UNHCE Office, N Haverhill
See article on page 18

SATURDAY, FEBRUARY 26

WINTERFEST 2011

12:00 Noon – 4:00 PM
Mountain Lakes Lodge
See ad on page 5

SUNDAY, FEBRUARY 27

ANNUAL CARDBOARD BOX RACE

9:30 AM – 4:00 PM
Northeast Slopes, East Corinth
See ad on page 8

BRIDAL AND SPECIAL EVENTS SHOW

12:00 Noon or 3:00 PM
Alumni Hall, Haverhill
See ad on page 3

MONDAY, FEBRUARY 28

POSITIVE LIFESTYLE CHOICES

10:00 AM or 6:00 PM
1274 Main Street, St. Johnsbury

HAVERTHILL SELECTBOARD MEETING

6:30 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MARCH 1

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, MARCH 2

3 RIVERS BUSINESS ASSOCIATION MONTHLY MEETING

8:00 AM
Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM
Woodsville Emergency Services Building

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 24, 2011 for our March 1st issue.

4H'ers Benefit From Doing Public Presentations

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

I was struggling with an idea for this column and one of the 4-H alumnus that work in the office said, "Why don't you do a column on public presentations?" When I pressed her further, she started talking about all the things kids learn when having to do a public presentation.

I got to thinking, she was right.

I started remembering how I started in public presentations. I don't remember the first time I was asked to talk in front of a group, but I do remember a time at 4-H Club Congress at Cornell when I was asked to introduce the guest speaker. There were about 1,000 of my peers in the audience. I got up on stage, full of confidence, went to introduce him, and froze. The house lights were up just enough that I could see all 1,000 of my fellow Club Congress delegates. Out of my mouth came, "Wow. There sure are a lot of you out there!" Everyone laughed, and so did I...and then I went on to introduce the man.

I know in my ten years as a 4-H member I did numerous demonstrations and public presentations that helped me build the skills needed to be the person I am today. We hope all 4-H members learn how to present themselves and their ideas in public.

Who would think that the young lady who is now a key part of our Extension staff, once had to be convinced to stand up and give reasons at a 4-H livestock judging event?

What about the young lady with learning challenges, who needed quizzes at the horse showing events read to her, but had the courage to write and present a public speech on a horse topic, earning her a trip to the National Eastern 4-H Horse Round Up in Louisville, Kentucky? And the mother of the same gal who called me up one morning to report, after her daughter's first college public speaking presentation, that she earned the grade of an A. Her daughter reported, "It was because of 4-H, Mom!"

What about the 8 year old who decided at the quilt week presentation to parents and friends that someone needed

to show these folks how to operate a sewing machine? By herself, with a little help from a high school age friend, she prepared a 5 minute demonstration on how to use a sewing machine, and did it in front of 70 people.

I've been here long enough to remember a Cloverbud who did a Food Show presentation, licking more of her product off her fingers than actually got on her plate, to see the same 4-H'er win our Senior Cook Off contest, and go on to a national cooking competition to represent her school...and her future career as a chef.

Or the 4-H alumnus who just got a promotion with a local bank. Did she learn how to present her ideas and get her point across as a youth leader during her 4-H experiences?

Then there's the young lady who interviewed for a 4-H awards trip. The first year she interviewed, she was shy and reserved. The second year, she walked into the room, shook the judge's hand and stated her name. When asked why she wanted to represent New Hampshire at this event, she eloquently spoke about her family's farm, her passion for raising dairy cows and how we, as a county, a community and a state, needed to look at protecting farm lands and our agrarian roots to feed our population, as well as preserve the lifestyle we've come to Grafton County to celebrate. She was later asked for her input on an important issue of land use by one of the county commissioners, all because of her interview and her experiences in 4-H.

A young person's first public speaking adventure may be in 4-H where they learn to state a position and research information to support their stand. One mom, when re-

cently asked, reported to me about her son who took a position about a group at his school that he felt was needed by the student body. She shared with me that he prepared well, presented his ideas to faculty and board members and was lauded by one of his teachers for his eloquence and ability to present the information in a non-controversial manner. The group has been established at his school.

Have you ever been to the New England Building at Eastern States? Those young people doing demonstrations and action exhibits are all 4-H members. They started with their local clubs and county events, learning the skills of marketing an idea to the public.

There are so many more stories of confidence, courage and growth I could relate, but why not see for yourself? The public is welcome to attend any of the 4-H events to see these kids in action performing public speeches, doing demonstrations, action exhibits, helping to present lessons or whatever else the project meeting or event requires. Watch the local community calendars, check out website <http://extension.unh.edu/Counties/Grafton/Grafton.htm> or visit our UNHCE Grafton County Facebook page for upcoming events.

Who knows? Maybe we have another Dolly Parton, Jim Davis or Julia Roberts who are just beginning their public presentation life in our local 4-H program.

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LETTERS 15

(and even some real words)

From The Editor

Town Meetings Are Almost Here!

From the Editor,

Town Meetings in Vermont and New Hampshire come at us very early this year. Most Vermont towns will go to the polls and face a list of warrant articles on Tuesday, March 1. Please check with your local Town Clerk or other town official to get exact notification of time and place. In New Hampshire another week will pass before most towns have their annual meeting. Tuesday, March 8 is the date.

Town meetings in the small towns in which we all live offer an opportunity that a majority of the people of this world do not enjoy. Everyone has seen the recent uproar in Egypt among the people wanting a better say in their government. Though we are far ahead of what appears to be happening there, if we do not continue to exercise our rights, then we are sure to begin losing them.

Town Meeting offers a wonderful chance to stand up and speak. Town Moderators are your neighbors and friends. They hold a position that is key to a good exchange of thoughts at these meetings. It is the job of the moderator to give everyone who wishes to speak that opportunity. It is also their job to keep a sense of control. If you know ahead of time that you wish to address a particular article, take the

time to let the moderator know. It makes his job easier, and insures your chance to speak.

Though every town is different, there are sure to be questions regarding budgets for regular operating expenses, as well as donations to various entities at most of these meetings. Be prepared as much as possible with information to make a good decision. If you are not sure, don't be afraid to ask, someone else probably has the same question. Be sure you know where your town is going and how it plans to get there.

But above all, if at all possible, attend your town meeting. Let your voice be heard. Let your vote be counted. And be respectful of those in charge. Their job is tough and the thanks are rarely enough.

Now a note to all the elected officials. Please treat your citizens with respect. Most voters do not know all the details of budgets as well as you. That is just the way it is. But when asked to explain a decision, or comment on a proposal, remember, they are the people paying the taxes. They are your neighbors and friends. They are the ones who voted you into office. They are not the enemy.

With mutual respect from both sides of the table, town meetings can be fruitful, reasonable, and in order.

Full Moon Fiesta Snowshoe Event

Clip & Save

SATURDAY, FEBRUARY 19, 2011
6:00 - 8:00 PM

Blackmount Country Club
Clark Pond Road, N. Haverhill

All Ages & Abilities Welcome

Snowshoe or Cross Country Ski 9 Holes Via Tiki Torch
Must Bring Own Snowshoes and/or Skis

LET'S GO ICE FISHING COURSE!
INTRODUCTION TO ICE FISHING CLASS

Thursdays, February 24 & March 3 - 5:30pm to 7:30pm
Clifford Memorial Building • South Court Street • Woodsville

Field trip Saturday, March 5th from 10am to 2pm.
Class is free, registration is first-come, first-served.
Registration Deadline Feb 16th • Sherri Sargent - 787-6096

ARTS ALLIANCE OF NORTHERN NEW HAMPSHIRE ANNOUNCES NEW STAFF POSITION

Debra Cottrell Named as Organization's New Creative Economy and Cultural Festival Coordinator

LITTLETON — The Board of Directors of the Arts Alliance of Northern New Hampshire is pleased to welcome Debra Cottrell of Chocorua as the organization's new Creative Economy and Cultural Festival Coordinator.

Cottrell was hired by the Arts Alliance to work on Creative Economy activities and programs focused on the Weeks Act Centennial. This year marks the 100th anniversary of the Weeks Act, important federal legislation — named after Lancaster native John Wingate Weeks — that allowed the Forest Service to purchase private land and turn it into public forest, including the White

Mountain National Forest. The Centennial honors the tradition of conservation and partnerships exemplified by the act. Cottrell will be working throughout 2011 with Arts Alliance members and partners on collaborative programming celebrating the Centennial, including the "Eight Days of Weeks" White Mountains Cultural Festival in August.

"This is a very important year for New Hampshire citizens. I am really excited to be joining the team at the Arts Alliance and to be working on the Weeks Act celebrations in the North Country. The region is full of beautiful forests with an incredibly rich

history, and we have many traditions that were influenced by the woods around us," says Cottrell. "The Arts Alliance will be working to get as many people and organizations as possible directly involved in the celebration throughout the year and particularly during the cultural festival during the four week-ends in August."

Cottrell, a folklorist on the New Hampshire State Council on the Arts Traditional Artist roster, holds a Master's Degree in Folklore from Indiana University, a Secondary Education Degree from the University of South Florida, and a Bachelor's Degree in Theatre from Florida State

University. For more than 14 years she served as Director of Education at the Remick Country Doctor Museum and Farm in Tamworth. She also served as a field researcher and presenter for the New Hampshire program at the 1999 Smithsonian Folklife Festival in Washington, D.C. and for the expanded recreation of that program at the "Celebrate New Hampshire Festival" in Hopkinton in 2000.

"Deb is a perfect fit for this position, with her strong background in both the arts and education and her dedication to northern New Hampshire, our heritage and our future. Her experience and skills will make a great contribution to the Weeks Act Centennial activities," says Arts Alliance Executive Director Frumie Selchen.

If you are an individual artist or represent an organization, club, school, business

or community program and are interested in participating in or developing Weeks Centennial activities — or in learning more about them — please contact Deb at 323-5030 or email her at weeks@aannh.org.

The Arts Alliance is a nonprofit working to promote, support and sustain cultural life throughout northern New Hampshire. The Alliance's Creative Economy position has been preserved by a grant from the New Hampshire State Council on the Arts and the National Endowment for the Arts through the American Recovery and Reinvestment Act. The Festival Coordinator position is also supported by a partnership with the White Mountain National Forest, part of a collaborative New Hampshire effort celebrating the Weeks Act Centennial; for additional information, see www.weekslegacy.com.

Spay/Neuter Clinic Announced

The Twin State Humane Society will conduct a spay/neuter clinic on Wednesday, March 2. The February clinic was booked full, so call early for the March clinic. Animals must be 6 months. We do both dogs and cats. 603-989-5974 or 802-439-6280 or twinstatehs.com for more details.

Besides conducting 6 spay/neuter clinics throughout this year the TSHS provides shelter for rescued cats and kittens. We will help all animals. We also donate pet food each month to the Bradford VT Senior Center and the Horse Meadow Senior Center in North Haverhill NH. This supplements the pet food for seniors who need it and helps them keep their pets.

This past December 2010 a memory tree fund

raiser was held at the Stonecliff Animal Clinic in Bradford VT. Refreshments of hot chocolate and cookies were donated by Hannaford Market of Bradford, VT and the employees of Woodsville Guaranty Savings Bank. Thank you to all the pet owners who purchased a light in memory of their beloved pets.

Also a big thank you to the Wells River Savings Bank for the donation of money and pet food and toys collected at their Christmas fund raiser in memory of Seth Conrad.

All of these donations help to carry on the work of Twin State Humane Society in sheltering, rescuing and caring for many grateful cats and kittens.

Submitted by TSHS Board Member Marguerite Christopher 603-787-6628.



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Calling All Artists: Artwork Invited For Arts Alliance Notecards

LITTLETON - The Arts Alliance of Northern New Hampshire invites member artists to submit up to three images for consideration for the second in a series of North Country note cards. The images should reflect the artist's interpretation of the Weeks Act Centennial. This year marks the 100th anniversary of the Weeks Act, important federal legislation — named after Lancaster native John Wingate Weeks — that allowed the Forest Service to purchase private land and turn it into public forest, including the White Mountain National Forest. Throughout 2011 the Arts Alliance will be working with its members and with

partners around the state on collaborative programming celebrating the Weeks Act Centennial. The Weeks Act note cards will be used for a variety of Arts Alliance communications. Artwork may include drawings, paintings, photographs, fabric art, sculpture, etc. Artists whose work is chosen will receive a one-year artist's membership to the Arts Alliance, which includes a link to the web Artists Gallery. Images should be high resolution and submitted as separate jpg or tif files to laura@aannh.org; please include "calling all artists" in the subject line.

The deadline is February 25. Artists who are not yet members of the Alliance can

join online at www.aannh.org, where they can also download member forms. For additional information call 254-3341, or email laura@aannh.org. The Arts Alliance, a nonprofit working to promote, support and sustain cultural life throughout northern New Hampshire, is funded in part by an operating grant from the New Hampshire State Council on the Arts. Photo Credit: Fields of Gold by Randall Ayer was chosen in 2010 as the first in a series of notecards produced by the Arts Alliance of Northern New Hampshire highlighting the work of member artists.

Contact: Laura Thibault Assistant Director 603-254-3341 laura@aannh.org

Thank You So Much

To all the amazing members of our community who offered aid when our barn collapsed in Bath on Feb. 6, 2011. Peter and I cannot begin to imagine where we would have been without the support of our neighbors, friends, family and the members of the Bath, Landaff, Lisbon and Woodsville Fire Depts. You all helped to assist us and our animals through a very challenging time and your care and compassion was noted and truly appreciated. There is much to be said for a community that comes together and stands beside those in need. Peter and I are truly proud and honored to be part of ours.

Thanks again.
Peter and Tara Roy, North Haverhill



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Trendy Times reserves the right to accept or reject publication of any letter to the editor or submission of any nature for any reason, of course you will need to be really out there for us to turn you down. However, we do reserve the right to make slight changes to submissions for readability purposes. Thank you for your understanding.



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About Fats & Oils in a Healing Diet

We all that there is direct relationship between the quantity of fat we consume and the quality of health we can expect. During this century, Americans have increased their intake of fat calories by over 33%. The link between high salt and fat intake has also become clear. Excess salt inhibits the body's capacity to clear fat from the bloodstream. Warnings and discussions about fat have filled the media in America for decades. But much of the information is contradictory and inaccurate. I hope this article simplifies the confusion, especially as it relates to choices made for a healing diet.

SATURATED & UNSATURATED FATS:

All foods contain saturated and unsaturated fats in various proportions, (the difference is in molecular structure) with animal foods higher in saturated fat, and except for palm and coconut oil, vegetable foods higher in unsaturated fat. Saturated fats are solid at room temperature, as in butter or meat fat. They are the culprits that clog the arteries, and lead to heart and degenerative disease. Unsaturated fat, (mono or polyunsaturated) is liquid at room temperature, as in vegetable or nut oils. Although research supports unsaturates as helping to reduce serum cholesterol, just switching to unsaturated fats without increasing dietary fiber will not bring about improvement. In fact, consuming moderate amounts of both kinds of fats, coupled with a high fiber diet, will benefit most people.

HYDROGENATED FATS:

Hydrogenation is the process of taking poly-unsaturated oil and bubbling hydrogen through it to cause reconstruction of the chemical bonds and delay rancidity. It unsaturated fats such as corn oil into saturated fats such as margarine. Much testing has shown that these altered fats are comparable to animal fats in terms of saturation and poor utilization by the body. A good alternative to margarine or shortening, much lower in saturated fat, is a combination of equal amounts of warm butter with vegetable oil.

OMEGA 3 & OMEGA 6 FATTY ACIDS:

Omega 3 oils are a family of fatty acids high in EPA (eicosapentaenoic acid), DHA (dihomogammalinolenic acid), and GLA (gamma linoleic acid). They include cold water fish oils, walnut oil, canola oil, wheat germ oil, evening primrose oil and flax oil. Research has indicated that treatments for PMS, high blood pressure and rheumatoid arthritis benefit from the use of these fatty acids. Omega 3 oils are also a specific for the 30% of the population trying to keep serum cholesterol levels low. Omega 6 oils are the group of fatty acids high in linoleic and arachidonic acids, and include sesame, sunflower, safflower and corn oil. Both Omega 3 and Omega 6 fatty acids stimulate the formation of prostaglandins.

Prostaglandins are produced by every cell in the body, and control such things as reproduction and fertility, inflammation, immunity and communication between

cells. They also inhibit the over-production of thromboxane, a substance in the body that promotes clotting. Therefore, because blood tends to clot in narrowed arteries, (the major cause of heart attacks) prostaglandins are essential to health.

LIPIDS: CHOLESTEROL & TRIGLYCERIDES:

Lipid is an inclusive term for a group of fats and fat-like substances essential to human health. Lipids are found in every cell, and are integral to membrane, blood and tissue structure, hormone/prostaglandin production, and nervous system functions. Triglycerides are dietary fats and oils, used as fuel by the body, and as an energy source for metabolism. Phospholipids are fats such as lecithin, and cholesterol, vital to cell membranes, nerve fibers and bile salts and a necessary precursor for sex hormones.

HDLS & LDLs (HIGH AND LOW DENSITY LIPO-PROTEINS):

Lipoproteins are water-soluble, protein-covered bundles, that transport cholesterol through the bloodstream, and are synthesized in the liver and intestinal tract. "Bad cholesterol", (low density lipo-proteins) carries cholesterol through the bloodstream for cell-building needs, but leaves behind any excess on artery walls and in tissues. "Good cholesterol", HDLs (high density lipo-proteins) helps prevent narrowing of the artery walls by removing the excess cholesterol and transporting it to the liver for excretion as bile.

MONO & POLYUNSATURATED FATS:

Olive oil is a mono-unsaturated fat that reduces the amount of LDL in the blood stream. Research shows that it is even more effective in this process than a low fat diet. Another oil high in mono-unsaturated fats is canola or rapeseed oil.

Poly-unsaturated vegetable oils are the chief source for the "essential fatty acids" (linoleic, linolenic and arachidonic) necessary to proper cell membrane function, balanced prostaglandin production and many other metabolic processes. Good poly-unsaturates include sunflower, safflower, sesame oil, and flax oil, one of the best sources of essential fatty acids.

VEGETABLE OILS:

All vegetable oils are free of cholesterol, but some contain synthetic preservatives and are heavily refined, bleached and deodorized with chemical solvents. Others are simply mechanically pressed, filtered and bottled. The highest quality fresh vegetable oils are rich in Omega fatty acids and essential to health in their ability to stimulate prostaglandin levels.

Unrefined oils that are expelled or mechanically pressed go through the least processing and are the most natural. (Cold pressing applies only to olive oil.) they are dark with some sediment, and a taste and odor of the raw material used.

Solvent extracted oil is a second pressing from the first pressing residue. Hexane is generally used to

enable the most efficient extraction, and is then burned off at about 300 degrees to evaporate the Hexane. Even though small amounts of this petroleum chemical remain, it is still considered an unrefined oil.

Refined oils go through several other processing stages, such as degumming, which keeps the oil from going rancid quickly, but also removes many nutrients, including vitamin E. Refined oils are de-pigmented through charcoal or clay, clarified through deodorizing under high temperatures, and chemically preserved with additives. Refinement means that the oil is clear, odorless and almost totally devoid of nutrients.

**Remember that natural, unrefined oils are fragile and become rancid quickly. They should be stored in a dark cupboard or in the refrigerator. Purchase small bottles if you don't use much oil in your cooking.

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 mastery. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. 603-838-5599 or thyme.toheal01@yahoo.com

ECOLOGY AND IDENTIFICATION OF NH'S SHRUBS AND VINES WITH WILDLIFE VALUE

Friday, February 25, 2011 • 8:30 a.m. - 4:00 p.m.

Grafton County UNHCE Office, 3855 Dartmouth College Hwy., N. Haverhill, NH

New Hampshire supports a remarkable diversity of shrubs and vines that have important habitat value

to birds, mammals, reptiles and amphibians. Fruits, seeds, and insects produced on shrubs and vines provide

other wildlife with the energy they need to breed, raise young, migrate, and survive winter. Shrubs and vines also provide wildlife with cover they require for breeding and avoiding predators.

By understanding the role and function of native and exotic shrubs and vines you will improve your understanding for how wildlife select and use their habitat. You'll also be better able to predict how wildlife will respond to changes within those habitats. The ability to

accurately identify shrubs (even in winter!), improves your ability to assess current habitat conditions, identify gaps in required cover features or food resources, and better recommend habitat improvements that will attract and benefit a variety of common and uncommon wildlife.

This workshop is intended for natural resource professionals, landscapers, gardeners, and anyone interested in improving wildlife habitat on their land. If you have questions about the

program, please contact Matt Tarr at (603) 862-3594. If you would like to register, please contact Debbie Anderson at (603) 862-1028. The fee for this workshop is \$35.

CEU's for this workshop are available as follows: NH Licensed Forester, 6.5 CEUs; SAF Category 1, 5.5 CFES; NOFA Organic Landcare Credits, 4; NH Natural Scientists; CEUs pending.

(No person shall be denied the opportunity to participate in this program because of inability to pay.)

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“PACE: Retirement Planning For Boomers And Beyond”

You've reached age 60, but are you financially ready to retire in the next 2 to 6 years? If not, you are not alone. A growing number of people will work well beyond retirement age, not because they want to, but because they have to in order to meet living expenses. Even though most people are saving, they are not saving enough. If you are discouraged about what you have not done to prepare for retirement, there are still things that you can do now to secure your financial outlook for the future.

PLAN to have a long, active and healthy life
ACT now to have flexible choices later
CONTROL your finances
EVALUATE lifestyle options

PLAN
 Never before have so many people lived so long and enjoyed such active lives. Plan to have a long, active and healthy life. Start considering your

lifestyle options today and identify resources available to help you maintain your independence. Consider these life events:

- Changing work and retirement patterns
- Changes in your health or that of loved ones
- Family transitions
- Aging parents
- Long-term care
- End of life issues

The Area Agency on Aging for Northeastern Vermont is an excellent source for information about retirement planning, financial assistance, legal services, employment and other community resources for older adults. Contact us at 802-748-5182, 334-2190, or via the Senior HelpLine at 1-800-642-5119.

ACT
 How do you want to live at age 65 and beyond? Whether you consider retiring or not, the decisions you make now will determine the choices, control and peace of mind you have

later about your lifestyle.

- Identify future income needs. Track your current living expenses for six months to a year. Consider what expenses might decrease such as commuting costs, and identify possible new or increasing expenses such as travel or health care.
- Review your income sources: retirement income, Social Security, savings and investments.
- Explore health and long term care insurance options after retirement.
- Identify and communicate strategies to manage long-term care.
- Organize and update financial records routinely.
- Create and communicate an estate plan or will to protect your assets and ensure that your wishes are carried out.

For useful information on these topics visit the Financial Security in Later Life website at

www.csrees.usda.gov/fsll, and click on “Tools for Consumers.”

- CONTROL**
- Traditional pensions are rapidly disappearing and you might not be able to depend on Social Security alone. You play an important role in your financial security. Ensure that the financial decisions you make today will meet your future needs.
- Develop a budget and stick to your spending plan.
 - Consider ways to decrease spending, including
 - Entertainment
 - Eating Out
 - Transportation and travel
 - Utility bills
 - Reduce debt
 - Have a plan for financial emergencies.
 - Learn about the different savings and investment options.
 - Start saving or step it up a notch.
 - Identify and use community services

EVALUATE
 Consider lifestyle options that will impact your financial security.

- Take steps to stay healthy to delay or prevent chronic illness and diseases.
- Look ahead to what type of housing will fit your needs.
- Explore future transportation needs and options.
- Anticipate how to maintain or develop new social and volunteer connections or activities.
- Learn about community resources that can assist with family caregiving responsibilities.

For more information on planning ahead for potential long-term care needs visit the “Own Your Own Future” website at http://www.longtermcare.gov/LTC/Main_Site/Planning_LTC/Campaign/index.aspx or contact the Senior HelpLine at 1-800-642-5119.

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71st Annual Cohase Lions
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Wednesday, February 23
 6:30 PM - 1 - Burroughs vs. Oakes Brothers
 8:00 PM Haverhill 3rd and 4th graders
 9:00 PM - 2 - Robco vs. Responsible Driving

Thursday, February 24
 6:30 PM - 3 - Ryegate vs. Railway
 8:00 PM - 4 - Fishers vs. Haverhill
 9:30 PM - 5 - Loser Game 1 vs. Loser Game 2

Friday, February 25
 6:30 PM - 6 - Loser Game 3 vs. Loser Game 4
 8:00 PM - 7 - Winner Game 1 vs. Winner Game 2
 9:30 PM - 8 - Winner Game 3 vs. Winner Game 4

Saturday, February 26
 6:30 PM - 9 - Loser Game 8 vs. Winner Game 5
 8:00 PM - 10 - Loser Game 7 vs. Winner Game 6
 9:30 PM - 11- Winner Game 7 vs. Winner Game 8

Sunday, February 27
 1:30 PM - 12- Winner Game 9 vs. Winner Game 10
 3:00 PM - 13- Loser Game 11 vs. Winner Game 12

7:00 PM - Haverhill 3rd and 4th graders
Championship Game:
 8:00 PM - 14 - Winner 11 vs. Winner Game 13

Awards presentation immediately following the Championship Game
 Ticket Price: Single Session: Adults \$3.00 Children 12 & Under FREE
 Full Tournament Passes Available At The Door

Refreshments and raffle tickets available.
 All proceeds to benefit local charities

This is a double elimination tournament



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

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Retired Bones Player Is Treated To Musical Afternoon



Bones player Shorty Boulet, left, the guest of honor at a musical afternoon at the Morrison, demonstrated his talent on the bones, along with fellow musician and bones player Ed Duffy. (Courtesy photo)

WHITEFIELD — Shorty Boulet is well-known throughout the region as an outstanding bones player. Put the bones – or spoons – in Shorty's hands and watch out! The incredibly gifted musician, who turned 90 on Dec. 27, has played with numerous fiddlers and country and blue grass bands, contributing his special flair with the bones to hundreds of musical numbers.

Recently, declining health forced Shorty to give up the bones and move from his Whitefield home to the Morrison nursing home and assisted living facility. His strong ties with the musical community remain, though, and on Sunday, January 9, a group of musicians gathered at the Morrison where they entertained Shorty, other residents, staff and family members in a two-hour show.

The afternoon event was organized by Shorty's longtime friend Alan Astle and Morrison's activities director Melissa Belisle. "I was inspired by the Back Shed group," says Alan. "They played once at his house and once at the Morrison. It inspired me to get people together who he played with over the years."

On January 9, more than 40 people gathered in the Morrison's dining room to listen to old musical standards and fast fiddle tunes served up by Shorty's musician

friends. Among the group were Lt. Col. Dave Bradley on the stand-up bass; his brother Lester Bradley on guitar; Joanne Osgood on fiddle; Ken Osgood on several differently pitched harmonicas; Hannah Hill on fiddle; Bernard Merrill on dobro; Clyde Cassidy on guitar and singing; Ron Howard, on right-handed guitar and left-handed mandolin; Kim LaDuke on guitar; and Ernie Duffy on bones.

Shorty moved to Whitefield over 30 years ago, and following his retirement from Brown Street Furniture he worked for several years for Alan when Astle's was still in operation in Kings Square. The two have remained friends every since, and it was obvious during the concert that Shorty was pleased with the musical gig Alan had arranged. Shorty sat right up front, and the smile on his face conveyed the delight he felt in listening to the great music being played. With a little encouragement, Shorty

also took a turn on the bones, accompanied by fellow bones player, Ernie Duffy, with the duo demonstrating the wonderful rhythmic sounds that can be produced by the simple instrument.

"We believe it is events such as these that help make Morrison a home for both the residents and their families," said Executive Director Roxie Severance. "We are always looking for opportunities to invite community members to visit Morrison, whether it's for individual visits or for events like this concert."

The Morrison, located at 6 Terrace Street in Whitefield, is a non-profit nursing home and assisted living facility that provides comprehensive long- and short-term nursing care, rehabilitation care, social services, recreational activities and therapy. For more information, call 837-2541 or click on www.morrisonnh.org.

The Way It Was - Fifty Years Ago

The following came via email from a reader. It will certainly give you pause.

The War in Vietnam was not nearly as tough as it was long. Very long. Many died – around 58,000 I am told. But there was another war that was going on before, superimposed upon, and continued after the shooting war in Indo China. It was seldom mentioned and less frequently reported. Make no mistake about it - the real heavy lifting was done in that one. It lasted even longer than Vietnam's eleven years. No bombs were dropped in this one, and no shots fired. A good thing too, because it was a Table Stakes war. You didn't hear about it because neither player called each other's hand. The bet was too high. So high that the winner would also lose. And we/you are alive today because that hand was not called. And so no one really mentions that war. Since it did not bleed, it did not lead.

We won that war in 1989. The other side just quit – went silently in the night. And no one noticed. And very few appreciated that the thread holding the sword of Damocles had not broken.

The attached pictures are just one very small piece of that war. It is one of about one hundred such aircraft in Europe, Italy, Turkey, Germany, England, Okinawa, South Korea, and Taiwan that sat nuclear alert every day, all day,

all night, and all the days of the year, and all the years of that 55 year war.

From the clanging of the alarm to burner light - 5 minutes – guaranteed! Each fighter with a nuclear weapon of ~ 1.1 megatons. Each with one motivated, highly trained, frequently evaluated, dedicated Bomb Commander - the term given to fighter pilots authorized to deliver nuclear weapons. Think of 'Bomb Commander' as the ultimate James Bond license to kill. Day, night, regardless of weather, we were going. Target and enroute winds updated at very frequent intervals. All routes, times, and altitudes committed to memory. There on the hard stands the fighter awaits the fighter pilot, the deadly catalyst required to produce the ultimate Armageddon.

The attached picture captures all. The F-105 with the end of civilization in her belly, the pilot's helmet and parachute neatly placed in the empty cockpit, the desolate hardstand whose only companion is the Air Policeman with orders to shoot to kill if any unauthorized intrusion is detected. And the words inside the sealed plastic envelop on the top of the instrument panel. Waiting.

The claxon sounds. Fighter and bomber pilots and crew chief (always dressed and ready) race to their plane. The chief pulls the gear safety



pins and completes a dozen critical checks as the pilot races up the ladder you see laying on the ground. The canopy is already unlocked. I slip into the cockpit, my hands automatically turning on the battery while I click on the cockpit lights, slip into the chute, fasten my helmet strap. With a glance at my chief's nodding approval, I depress the start button. The engine climbs through her octaves to idle. I close the canopy and check in with the command post. I receive the words. I open the envelope knowing that in two more minutes I will either be on my takeoff roll with afterburner's flame accelerating us towards a Soviet missile site in Siberia ensuring the end of the known world, or in the alert shack trying to get back to sleep.

And I live in this alert pad ten days each and every month. Ready. Prepared. No doubts. I am 23 years old. Married. One child. For this I receive \$525 each month. That, and the trust and confidence of my country and the life long companionship of true



warriors. I was never young again.

By the way most our targets were one way missions..... why you ask? Because we knew that our

home bases weren't going to be there "if" we got back. I guess it sort of explains why we did so much partying in our off time.

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