

TRENDY TIMES

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WINTERFEST At Mt. Lakes



Photo by Gary Scruton



Photo by Gary Scruton

Another weekend and another great event for the Haverhill Recreation Commission. This time they teamed up with the Mt. Lakes Recreation Department to sponsor the annual Winterfest. The event has been going on for around ten years now and continues to have additions as well as some long standing segments.

Thou some years there has been a question as to whether or not there was enough snow to have a sliding party, there was no question here in 2011. In fact a few trips up and down the Monteau hill by snowmobiles were taken just to break a trail for those wanting to get all manners of sledding devices up the hill and back down. And there were plenty to choose from. Plastic sleds, toboggans, tubes, and a few other variations of those normal units.

The big new event for this year added another item to the list of what would come down the hill. It was the cardboard box race. An even dozen entries were lined up for judging. Most were one person modes of transportation, but at least one was a multi person device. The rules stated that it must be a cardboard box with only tape being used to hold it together. Decorations were optional and there certainly were some wonderful ideas and creations. Prizes were given out for the best looking box, the fastest down the slope, and (maybe the hardest one to win) the one that looked the most like it looked when it started. Judges were varied, but in the end it seemed all agreed with their decisions. Thou a dozen entrants was not a huge number, many in the crowd liked what they saw, had an idea for something even better, and now can hardly wait until next winter and the second annual cardboard box race.

An obstacle course was also set up for all ages to try out. This exercise has been around at Winterfest for a few years now. It certainly tests the agility and stamina of

those participating. The abundance of snow made the trail a bit harder to maneuver around, but also gave a softer landing if there was a misstep. With a bit of encouragement from the gathered crowd several adults joined a large number of children to give it a go. Times were recorded and though some really did not want to know how long it took, most everyone received a prize, even if it was just the cheers of spouses, parents or children.

Virtually everyone in attendance, at one point or another, made a visit to the Lodge and found hot dogs, hot chocolate, and other various goodies. It also made a place to sit and warm up for a bit, or just to visit with others who were looking for a reason to get out.

Haverhill Recreation Director Sherri Sargeant noted that many in attendance were pleasantly surprised that such a wonderful event was sponsored by the two recreation groups at no charge to those attending. Because there was no admission fee, the number attending was difficult to put an exact number on. It appeared that somewhere around 75 was a number that those in charge could agree on.

The Mt. Lakes facility also offered a nicely maintained skating rink that saw plenty of skaters taking advantage of the afternoon sun.

This event concluded a flurry of February events for the Haverhill Recreation Commission. It appears there will be a bit of a break before the next fun time, but they continue to look forward to more intergenerational projects that will entertain, and give opportunities for all to join in. If you have an idea for an event just let them know. New ideas and suggestions, as well as volunteers, are always most welcomed.



Photo by Gary Scruton



Photo by Joel Godston

PA Teacher Strikes Nerve With "Lazy Whiners' Blog"

By Patrick Walters, Associated Press

Friends,

Following is an article which indirectly but accurately targets our US educational system and its policies. It is about Natalie Munroe, a teacher who dared to express the truth about students, parents, and administrators in contemporary education. This is a truth that has sadly infected the very core of our US educational system; unfortunately, education administrators hide this truth behind side-stepping rhetoric and parents hold everyone for this truth responsible but themselves and their child. As a thirty-six year educator, I understand Ms. Munroe's frustrations. I know I am a "dinosaur," but I believe in the concepts and results of the "Golden Age" of education. There is certainly nothing harmful in the development of children through structure, discipline, and accountability. Our children need to be prepared, not protected.

Lee P. Mahle, Teacher, (not presenter), Bath, NH

FEASTERVILLE, Pa. — A high school English teacher in suburban Philadelphia who was suspended for a profanity-laced blog in which she called her young charges "disengaged, lazy whiners" is driving a sensation by daring to ask: Why are today's students unmotivated — and what's wrong with calling them out?

As she fights to keep her job at Central Bucks East High School, 30-year-old Natalie Munroe says she had no interest in becoming any sort of educational icon. The blog has been taken down, but its contents can still be found easily online.

Her comments and her suspension by the middle-class school district have clearly touched a nerve, with scores of online commenters applauding her for taking a tough love approach or excoriating her for verbal abuse. Media attention has rained down, and backers have started a Facebook group.

"My students are out of control," Munroe, who has

taught 10th, 11th and 12th grades, wrote in one post. "They are rude, disengaged, lazy whiners. They curse, discuss drugs, talk back, argue for grades, complain about everything, fancy themselves entitled to whatever they desire, and are just generally annoying."

And in another post, Munroe — who is more than eight months pregnant — quotes from the musical "Bye Bye Birdie": "Kids! They are disobedient, disrespectful oafs. Noisy, crazy, sloppy, lazy LOAFERS."

She also listed some comments she wished she could post on student evaluations, including: "I hear the trash company is hiring"; "I called out sick a couple of days just to avoid your son"; and "Just as bad as his sibling. Don't you know how to raise kids?"

Munroe did not use her full name or identify her students or school in the blog, which she started in August 2009 for friends and family. Last week, she said, students brought it to

the attention of the school, which suspended her with pay.

"They get angry when you ask them to think or be creative," Munroe said of her students in an interview with The Associated Press on Tuesday. "The students are not being held accountable."

Munroe pointed out that she also said positive things, but she acknowledges that she did write some things out of frustration — and of a feeling that many kids today are being given a free pass at school and at home.

"Parents are more trying to be their kids' friends and less trying to be their parent," Munroe said, also noting students' lack of patience. "They want everything right now. They want it yesterday."

One of Munroe's former students, who now attends McDaniel College in Westminster, Md., said he was torn by his former teacher's comments. Jeff Shoolbraid said that he thought much of what Munroe said was true and that

she had a right to voice her opinion, but felt her comments were out of line for a teacher.

"Whatever influenced her to say what she did is evidence as to why she simply should not teach," Shoolbraid wrote in an e-mail to the AP. "I just thought it was completely inappropriate."

He continued: "As far as motivated high school students, she's completely correct. High school kids don't want to do anything. ... It's a teacher's job, however, to give students the motivation to learn."

A spokesman for the Pennsylvania State Education Association declined to comment Tuesday because he said the group may represent Munroe. Messages left for the Central Bucks School District superintendent were not returned.

Sandi Jacobs, vice president of the National Council on Teacher Quality, said school districts are navigating uncharted territory when it comes to teachers' online behavior. Often, districts want teachers to have more contact with students and their families, yet give little guidance on how teachers should behave online even as students are more plugged in than they've ever been.

"This is really murky stuff," she said. "When you have a teacher using their blog to berate their students, maybe that's a little less murky. But the larger issue is, I think, districts are totally unprepared to deal with this."

Munroe has hired an attorney, who said that she had the right to post her thoughts on the blog and that it's a free speech issue. The attorney, Steven Rovner, said the district has led Munroe to believe that she will eventually lose her job.

"She could have been any person, any teacher in America writing about their lives," he said, pointing out that Munroe blogged about 85 times and that only about 15 to 20 of the posts involved her being a teacher. "It's honest and raw and a little edgy depending on your taste. She has a deep frustration for the educational system in America."

Rovner said that he would consider legal action if indeed Munroe loses her job.

"She did it as carefully as she could," he said about her blog. "It's so general that it applies to the problems in school districts and schools across the country."

Associated Press writer Dorie Turner in Atlanta contributed to this report.

Hunter Education Courses

A Hunter Education Certificate is required for anyone ages 16 years and older who plans to purchase a hunting license in the state of New Hampshire. (You must be at least 12 years old to attend a hunter education course.)
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April 17, 2011 8:00 a.m. - 3:00 p.m.

(All three classes must be attended to become certified.)

SUMMER COURSE

August 18, 2011 5:30 p.m. - 8:30 p.m.
August 20, 2011 8:00 a.m. - 4:00 p.m.
August 21, 2011 8:00 a.m. - 3:00 p.m.

(All three classes must be attended to become certified.)

Location: Ammonoosuc Valley Fish and Game Club, Route 112, Bath, NH

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To register for either of these Hunter Education courses please visit the NH Fish and Game web site at http://www.wildlife.state.nh.us/Hunting/hunter_ed.htm

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LETTERS

(and even some real words)

From The Editor

There are TWO running for Haverhill School Board

In the last issue of Trendy Times there was a Letter to the Editor supporting Scott Moody for the open Haverhill School Board position. In my response I mentioned that Scott was running unopposed for the spot. I have since learned that I was mistaken in that statement. Indeed, there is another candidate for that At-Large seat.

Michele Reagan also has her name on the ballot for the March 8 election. Michele has experience on the Haverhill School Board as she was an elected member in 2005 and 2006. She resigned her seat to take a full time teaching position at the Haverhill Middle School. Michele has now taken a teaching position with an online academy offering

courses to New Hampshire students. Along with being a teacher Michele is an active member of both the elementary school and middle school PTA's. She has 4 children in the district and is an active member of this community.

On Michele's resume is also experience at the contract negotiating table. She has been on both sides of that table in past years, both as a school board member and as a Teachers' Union representative. Plus she has been a regular at school board meetings over the past seven years, missing only a handful of those monthly meetings.

Michele stated that she has no agenda if she is elected to the Haverhill

School Board. She is simply interested in giving our students the best education possible at a price that is responsible.

Editor's PS: This is not an endorsement of Michele Reagan for Haverhill School Board. This is also not an endorsement for Scott Moody for the same seat. This is simply to be sure the voters of the Haverhill Cooperative School District have an idea of what they will see on the upcoming ballot on March 8. This IS a request that all voters take the time to go and vote during the day and then attend the Town Meeting that evening and the School Meeting the following week, Thursday, March 17.

No One Deserves To Be Abused

Umbrella and the Area Agency on Aging for Northeastern Vermont are pleased to inform the public that they are available to offer presentations to community groups about domestic and sexual assault in the lives of older women. Presentations are available without charge.

The presentation includes a viewing of the "The Dance" a short video followed by a group discussion about the special challenges facing elder survivors of domestic and sexual assault. The film tells the story of an older battered woman as she reminisces about love,

laughter and dancing.

Past audience members have expressed that they better understood the challenges faced by friends or family members who have experienced abusive relationships. Those directly affected by domestic violence have expressed feeling more support and understanding after attending the presentation.

Please help us to address this important problem affecting the lives of too many people in our community. Help spread the word that there is hope, there is help and that no one deserves to be abused.

To schedule this program contact Lynn or Zoe at 802-748-8645.

Submitted by the Area Agency on Aging for Northeastern Vermont in collaboration with Umbrella, Inc. For more information about Umbrella and their services contact Umbrella at 802-748-8645 or 802-334-0148. For more information about the services to seniors and their families, contact Area Agency on Aging for Northeastern Vermont at 802-748-5182; 802-334-2910 or the Senior HelpLine at 800-642-5119.



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There's A New Agent In Town

By Robert Roudebush

HAVERHILL, N H – This town has a new Town Road Agent, just recently interviewed, hired and already on the job as of February the 14th. His name is Stuart McDanolds, longtime Haverhill resident, and he comes to his new responsibilities with lengthy experience in various activities preparing him for his current duties throughout the several precincts of Haverhill.

In Haverhill, the Road Agent is the Supervisor of the Town Highway Department.

"I got a call from Sam (Clough, for eleven years the previous Road Agent, and now retiring) and he asked me why I did not apply for the job." McDanolds relates. "I realized I also knew most of the people I'd be working with. I liked working with Ted Boutin too and it was not an easy decision to leave there."

THE NEW SUPERVISOR

McDanolds spent the last seven years with Ted's Excavating, and has also

worked with the State Of New Hampshire Highway Department. He has extensive experience in working on and running farms, both with the Hatchland family, as well as on his own family farm business. He tells a visitor to his office at the Town Garage on Airport Road, "I've been operating farm and other equipment since I was six years old." He is familiar with the work of plowing roads, and has gathered expertise in maintaining and repairing many different kinds of road work equipment. He is the son of Richard Dickey McDanolds. A 34 year veteran with the Fire Department of North Haverhill, the new Road Agent currently serves as Second Assistant Chief.

McDanolds who is energetic and appears more youthful than his 52 years, admits, "This job is a challenge. Maybe I'll be overwhelmed by it for awhile, but I'll apply myself and be on a learning curve that works for me and the town."

He's been married to the "same fine lady, Debra, in a

long wonderful marriage", he says (of course he knows exactly how many years) and speaks glowingly of his three daughters, Sarah, Megan, and Heather. All but Megan have already married and are doing well, he says just like a proud papa.

He fills the position most recently held by Sam Clough, and before him, Bob Rutherford and before him, Jim Boucher. Originally, the position was an elected one before it became appointive. McDanolds and Clough spent roughly a week working together, as one came in and the other left, easing the transition and ensuring consistency in ongoing seasonal projects. The supervisory position requires it's occupant to be available 24/7 for possible emergencies or weather occurrences.

Ten candidates for the job applied, five made it to the three person interview team, consisting of Selectboard Chair Wayne Fortier, the town Financial Officer, Jo Lacallade, and Town Manager, Glenn English. All three agreed that McDanolds was the best choice.

types of work the road crew performs. The town highway crew consists of five people, full time, including the supervisor.

The road maintenance tasks are numerous, varied and demanding. A thorough look at the town's job description for the post is a sobering reminder of the importance of it. Overall, the job is being "responsible for planning, directing, conducting and administering all functions of the department", and includes three separate precincts within the larger town of Haverhill – Mountain Lakes, North Haverhill and Haverhill Corners. This includes road grading for dirt roads, and snowplowing and sanding the entire town road system during the snowfall months. The Road Agent is also the person, working with the town Planning Board, who inspects locations for proposed driveway construction, and approves or declines permit applications, making certain recommendations such as culvert installation, or adjusting sight lines. Town Manager English points out that the job also is responsible for "other duties as required".

improvement program for roads.

- Have thorough knowledge of the skills, methods, tools, equipment and materials used in construction, maintenance and repair of roads and related structures.
- Operate manual and power tools in the performance of those duties, and operate complex equipment and machinery.
- Maintain equipment and personnel at a level consistent with the budget
- Develop, present, and administer, after approval, department budget
- Work harmoniously with the public, public agencies and their staffs, the media and private organizations.

McDanolds was required to be a high school graduate, in possession of a valid NH Commercial Driver's License with appropriate endorsements for town equipment, and have the necessary years of a combination of training and/or experience in highway construction, the related fields of engineering and management, and at the supervisory level.

Asked to make a further comment about his new challenges, McDanolds speaks of the good spirit and great experience of the town's highway crew. "There's lots of dedication on this crew, many guys who've been on the crew for a lot of years, and know the system and know the work to be done and how to do it. I've found a serious commitment on their part to get the job done right".

WORKING SUPERVISOR

The job will pay the new Agent/Supervisor \$22.00 an hour, three dollars less per hour than Clough was making at his departure, according to Town Manager English. It is considered a 40 hour work week, with time and a half paid for overtime. Manager English also points out that the Road Agent is a working supervisor, engaged physically in all the

SPECIFIC DUTIES

- The ability to read and interpret engineering plans and specifications, estimate and plan jobs and prepare reports and maintain records.
- The ability to plan and organize to meet long and short term needs of the department and the town, through development and administration of a capital



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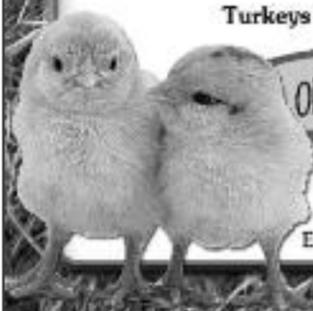
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Murderers I Have Known*

By Sheila Asselin

I am 15 sitting in Miss Moore's English class, Asheville, N.C. Lee Edwards High School. I am sitting in the front because I am a good student and do not want to miss anything. Seated three rows back and diagonally is Bill McCandless. I am a little uncomfortable because every time I look up Bill is staring at me. He doesn't smile. He doesn't drop his gaze. He doesn't say anything. He just stares. It is very unnerving.

Now Bill is a good looking guy and I am thinking he is just a little shy around girls so I gather my courage and talk to him after class in the rotunda of the school where everyone gathers to visit between classes. There is a school dance coming up that weekend and I do not have a date. I mention the dance and hint mightily that if he were to ask me I would be glad to go with him. He only says "You do not want to go out with me" in a slightly sinister way. But he still continues to stare at me in class.

I mention this to my friend

Meredith and she says he is in her science class and stares at her all the time there. Meredith is also blonde. We agree that it gives us the creeps.

In 2001 while vacationing with my husband in Florida I pick up a copy of the local paper and see the headline "Carolina man arrested for murder". A William McCandless, 63, has been arrested for the murder of a woman. He has aged 50 years but it is still the face of the teenage boy who used to stare at me in class. He confessed to the murder of five other women--all blondes! Ted Bundy was obsessed with brunettes who parted their hair in the middle. Apparently Bill's thing was blondes!

I guess it is just as well I did not go to that dance!

PART TWO

While my father was stationed at Atlanta General Depot with the Army we lived in government quarters on post. A family with two daughters and a teenage son moved in across the street. My brother

and I started visiting back and forth with these new kids and the son, Wayne, asked me to the movies a few times.

The family had been stationed in Japan for the past three years and Wayne developed a hatred for the Japanese. Every other word was "dirty Jap" "\$%^& Jap. He also hated Afro-Americans. In fact he disliked just about anyone who was not pure Aryan. He said he liked me because I was 180 degrees from either a Japanese or Afro-American.

We went out a few times and then I met Ted the man I eventually married and as they say all bets were off. I told Wayne I could not go out with him anymore and he seemed fine with that. A strange thing happened. One year later when I was married and had a newborn son he came over to our apartment to see us. Did not say much. Just a short visit.

In 1964 three civil rights workers disappeared in Mississippi. Missing persons bulletins were on TV and all the post offices but this was just an exer-

cise in futility. They were dead men as soon as Nashoba County Sheriff Rainey and his deputies stopped their station wagon. Their mutilated bodies were found several weeks later in an earthen dam.

Sheriff Rainey and others appeared in the newspapers and on TV, Rainey with a chaw of Redman tobacco in his maw, his paunch straining the buttons of his shirt, jack booted legs crossed in a gesture of defiance. Second row to his right was Wayne Roberts eight years older then the last time I had seen him. FBI investigation proved that Wayne was the one who had actually shot Goodman and Schwerner, sparing only Cheney because one of the other deputies wanted "to get him one".

No all white jury in Mississippi would convict the killers but they were eventually convicted by FBI evidence in a federal court, Wayne received 20 years. He later became a used car salesman when he was released and was always known for his violent temper.

In view of the recent shooting in Tucson I have thought a lot about Bill and Wayne. Invariably these killers are described in terms that by now have become almost trite. A bitter loner, psychotic, few friends, addicted to guns and firearms, having a grudge with the world, feeling persecuted. Quick to solve problems through violence. How often have we heard these words to describe a disgruntled person taking his revenge on society. The signs were always there. We usually see them too late.

But we have all known people who were loners, who seemed a little odd, even dangerous. We cannot lock up everyone who is "different". Yet in hindsight we can see that the signs were always there. Yet it is no crime to be eccentric, belligerent, prone to violence. Not until one acts on these feelings. What is the answer? What to do about it? I'll admit I do not know, * Small disclaimer. They were not murders when I knew them. That all came later.

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Calendar of Events

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

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

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ACTING OUT; ACTING FOR ADULTS WORKSHOP
6:30 PM – 8:30 PM
Thursdays, March 3 - 31st
White Mountains Community College,
Littleton Academic Center
See article on page 20

CELTIC CELEBRATION
6:00 PM
St Luke's Parish Hall, Woodsville

FRIDAY, MARCH 4
RED CROSS BLOOD DRIVE
1:00 PM – 6:00 PM
Horse Meadow Senior Center
North Haverhill

SUNDAY, MARCH 6
VINCENT VAN GOGH &
PAUL GAUGUIN: THE ODD COUPLE
2:00 PM
Tenny Memorial Library, Newbury

US AIR FORCE BAND OF LIBERTY'S COLONIAL BRASS
3:00 PM
Alumni Hall, Haverhill
See article on page 10

MONDAY, MARCH 7
STRESS WITHOUT DISTRESS
10:00 AM or 6:00 PM
1274 Main Street, St. Johnsbury

GOOD OLE BOYS MEETING
DOLORES REBOLLEDO: GRANITE STATE CLEAN CITIES COORDINATOR
12:00 Noon
Happy Hour Restaurant, Wells River
Public is invited.

FIRST MONDAY MOVIE SERIES: TAKING ROOT
6:00 PM
Colatina Exit Sponsored By Bradford CC

TUESDAY, MARCH 8
3 RIVERS BUSINESS ASSOCIATION
MARDI GRAS
All Day Long At Various Locations

WEDNESDAY, MARCH 9
FREE COMMUNITY MEAL
5:00 PM – 7:00 PM
St. Luke's Parish House, Woodsville

MONTHLY MEETING - ROSS-WOOD POST #20 AMERICAN LEGION
6:00 PM
American Legion Home, Woodsville

UPPER VALLEY BEE CLUB MEETING
7:00 PM – 9:00 PM
Westshire Elementary School, W Fairlee

ASH WEDNESDAY SERVICE
7:00 PM
First Congregational Church, UCC
Haverhill Corner

THURSDAY, MARCH 10
NH CURRENT USE TAX WORKSHOP
6:30 PM – 8:30 PM
Bath Village School

SATURDAY, MARCH 12
"SECOND CHANCE" AUDITIONS
1:00 PM
Old Church Community Theater, Bradford
See ad on page 7

MILITARY FAMILIES GATHERING
4:30 PM
St. Johnsbury Athenaeum, St. Johnsbury
See ad on page 13

MONDAY, MARCH 14
LIVING ABOVE LOSS
10:00 AM or 6:00 PM
1274 Main Street, St. Johnsbury

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

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

TUESDAY, MARCH 15
NH STATE VETERANS COUNCIL
REPRESENTATIVE
8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

WEDNESDAY, MARCH 16
QUESTIONS OF FAITH:
DESSERT & DISCUSSION
6:45 PM
First Congregational Church, UCC
Haverhill Corner

WHENEVER DATE

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

Submit your entries by:

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

Deadline for submissions is Thursday, March 10th for our March 15th issue.

Letter To The Editor

Dear Editor,

With proposed cuts to critical housing programs coming from both the Federal and State levels, New Hampshire WILL see significant increases in homelessness and find itself without enough resources to provide basic shelter.

In addition to some cuts included in Obama's proposed FY 2012 budget, the US House of Representatives is considering drastic cuts to housing programs for funding the remainder of FY 11. The federal budget has been running at 2010 funding levels via a Continuing Resolution that is due to expire March 4th.

The down economy has created more demand for homeless and low income housing services, not less. There are surely better ways to balance state and federal budgets without driving more families and children into homelessness.

The National Alliance to End Homelessness estimates that budget cuts could increase homelessness by 160,000 people nationwide.

Shelters are rock bottom for New Hampshire's homeless and operate with minimal budgets already. Communities will not be able to absorb these cuts. Instead they will see rising costs in local hospitals and law enforcement and drained Municipal Welfares.

Many do not realize that we do have homeless people right here in our hometown. This is not isolated to a city problem. The shelters are overloaded and full most of the time. Finding open shelter beds for one or two people is challenging. Having these types of funding cuts and driving entire families out of affordable living would surely increase the demand for shelter beds.

Many retired folks living on a fixed income are barely able to afford housing that is subsidized and/or designed for lower income people. Having these funding sources cut would put yet another strain on our already taxed elderly population.

NH constitution specifically states that we exist as a state "to ensure the protection of others". When men enter into a state of society, they surrender up some of their natural rights to that society, in order to ensure the protection of others; and, without such an equivalent, the surrender is void. We need to protect those most vulnerable and not let this happen.

Annie Crowley & Andrew Stone
Tri-County CAP Homeless Programs

Annie & Andrew,

One of my many hats is that of a landlord. My wife and I own a small number of rental units. During the years that we have done so we have seen some of the potential homeless people to which you refer. We have also seen some of the people who try their best to take advantage of such programs. It can be a very difficult task sometimes to tell one from the other.

One of the tasks of people such as you is to be sure those truly in need are the ones who receive such assistance.

I must agree that less funding will put more people at risk. I must also say that the federal government can not continue to overspend. Very hard decisions must be made. Decisions that will make life better for some and worse for others. But the time has come when those decisions can no longer be put off to the future.

Gary Scruton, Editor

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Attracting Native Pollinators ⁷

by Heather Bryant,

Extension Educator, Agricultural Resources

Today, Pam Gilbert from the Grafton County Conservation District, Donna Doel, a soil conservationist with NRCS, the Natural Resources Conservation Service and I ran a workshop on attracting native pollinators. The topic has been gaining visibility over the last few years, so the participants came in with a great deal of prior knowledge and some very good, but difficult questions.

The bees have been making the news due to a problem called Colony Collapse Disorder (CCD). CCD has caused entire honey bee colonies to die, in fact according to the Xerces Society, an organization whose mission is to be the Audubon Society of insects, in 2006-07 some beekeepers lost up to 45% of their hives. A more normal yearly loss rate is 15%. Researchers are not certain what causes these losses, but possible explanations include disease, poor diet, insecticides, or a combination of one or more of these factors. In addition to the problems facing honey bees, native and feral bee populations have also suffered declines over the last half century. Again the causes are not precisely known, but it is likely due to disease and loss of habitat. Of course, the problem for us humans comes because approximately 35% of the world's food crops, worth an estimated \$217 billion, rely on pollination.

In response to this the 2008 farm bill contains provisions to support protection and development of pollinator habitat. For farmers and landowners, this means that there are funding and educa-

tional programs available to help them attract native pollinators to their properties for conservation or agricultural purposes. In practice, attracting pollinators can be complex, but the basic theory is fairly straightforward. First you learn what lives on your property, then you assess and adapt your land management practices to minimize harm to them, and finally you provide them with food and shelter. With approximately 4000 species of native bees in North America it is perhaps not as easy as it sounds, but there are some simple things all of us can do to try to protect pollinators on our property.

First take pains to use the least amount of pesticide necessary to accomplish whatever your management objective. This is because insecticides can kill pollinators, or interfere with their ability to navigate. Herbicides can also damage the pollinators and of course they can kill important food resources. Next you can

attempt to provide the pollinators with a variety of food items throughout the year. This means planning out your gardens so that there are as many different plants flowering as possible, and that they flower over the entire season. Choosing plants whose flowers are in a range of colors and shapes will also help, as will choosing native plants wherever possible. You can also adjust your mowing schedule so that you do not mow your entire property i.e. cut down all the flowers, at once. Mowing no more than 1/4 to 1/3 of the property or an individual field at any one time will ensure a more robust food source for the pollinators. Finally you can attempt to provide the pollinators with nesting sites. Some nest in the ground, so you need only leave a few patches of bare ground around the yard, preferably areas where nothing wants to grow anyway, i.e. well drained, slightly sandy or salty areas.

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Letter To The Editor

Along Party Lines

After reading many articles and opinions from people across America, I have come to the conclusion that most people have become complacent. They are spoonfed facts by our "Public servants" with the assumption that they would never lie to us. Horsepucky! We have become sheep led around by the nose because those in authority say so. Is there no curiosity or question as to why we are becoming subjected to being asked why we are traveling to and fro (papers please), or why our Constitutional rights are being taken away at an alarming rate? Why we elect people to office who in no way represent We the People once they get there, the list goes on and on.

Although the title says party lines, I would more so say it was along lines in line with a more socialist form of government. We are paying for our "public servants" to be held in high esteem with their "Titles" and equivalent paychecks and benefit packages. I am not of the mind set that the few, "elite" if you will, feel entitled to an annual cost of living raise, while the majority (the peasants) are footing the bill and being made feel a fool should they dare speak out against them (non-compliant, anti-social, civil disobedience). Have we "finally" decided to just give up, believe all we are being fed, go to work, pay our taxes,

don't make waves and do as we are told? I really thought that as a "People" we had more within us, we used to, our fathers and forefathers did, and for that we are just going to forget it all and bury our heads in the sand? Sorry dad...

Your rights, and your responsibility to yourself and your families is to fight for what you believe to be right and just, and to keep what is yours. As we approach the time of our town meetings and budget reviews, let's please remember that our fathers and forefathers fought hard, and worked harder to build what we are supposed to cherish, "The American Way of Life". To me that means that I should not have to pay more and more of my hard earned money to foot the bill for bigger and bigger government. This applies to local as well as state and federal forms of government. Please remember to read your town report, know what it means, and where your money is being spent. What expenses are necessary and what are not, is it necessary to pay several "chiefs" and only a few indians? Times are hard, money is getting tighter, its costing more to feed mouths and finance households. Can we really afford to give cost-of-living raises again when we won't see one. While most have no health insurance we are paying 90% of our "public servants" health insurance benefits, and those costs are going up in this year's budget.

Please make yourself an "informed" taxpayer, know your town's business, because it's really YOUR business. Most importantly, use your constitutional right to all of the above and vote for where your money is going and make the changes you all deem necessary to save your tax dollars and attend your Town Meeting Tuesday March 8th 7:30pm.

Leslie George
Woodsville, NH

Leslie,

I could not agree more that people should read their town report, be informed, and attend the annual town meeting, whichever town they live in. The same can be said for the school meetings. There was a sticker around not long ago that said "Vote or Shut Up". The sentiment is great, but even if you do not have the opportunity to get to your town meeting or school meeting, don't give up. You still have a chance to get involved. It is with your involvement that things will change, or remain the same, depending on your point of view.

Gary Scruton, Editor

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Letter To The Editor

To our New Hampshire Neighbors,

Residents of the North Country and the rest of New Hampshire are asking for your help to defeat a looming giant that is breathing fire and death to our last reserve of natural beauty, our economy, and our way of life. A foreign electric company, Hydro-Quebec, wants to sell its excess power to customers in southern New England, and New Hampshire residents and conserved lands are in their way. The project is called, "Northern Pass", and the culprits are Hydro Quebec and Northeast Utilities. This past week, Hydro Quebec told us that they desperately need to export their hydropower to "subsidize their unsustainable health care costs". So they found a willing partner, Northeast Utilities, and are working to send 1200MW of excess power through our untouched NH lands, and the White Mountain National Forest, where many of you come to visit, hike, ski, and snowmobile. These high voltage DC lines will tower 135' through swathes of land at least 150' wide, creating a scar along Route 93 and other areas as you travel up to see the foliage or visit Santa's Village, Bretton Woods, Loon Mountain, The Mountain View Grand, or The Balsams. The view of Cannon Mountain and Franconia Notch will be ruined by "the March of the Towers". Once these towers are built, there will not be any turning back. In fact, once the right of way is established, the big utility companies will be able to add more towers and engage in more defacing of the land.

This electricity is absolutely not needed in New Hampshire. We produce much more electricity than we use, and already export to other New England states. The project won't make any noticeable difference to a family's electric bills anywhere in New England – only \$1 a month based on Northern Pass's own optimistic assump-

tions. And Hydro-Quebec's plan to dump huge amounts of excess electricity in New England markets will undercut the region's small scale renewable power plants and cost hundreds of jobs.

Here in New Hampshire we have already lost our paper mills, our furniture industry, and much of our timber and wood products employment. All we have left is our beautiful views, pristine forests, lakes, farms, and trails. And under Northern Pass's proposal, New Hampshire gets nothing in return for the massive degradation of our environment and natural beauty. Some of the last parts of true wilderness in New England – the land in northern New Hampshire that all of us from Connecticut to Massachusetts to southern New Hampshire love to visit and enjoy – will be ruined just to make more money for Hydro-Quebec and Northeast Utilities. When Northern Pass is operating at full capacity, Hydro-Quebec has the potential to make \$1 billion (yes, billion!) in annual sales of electricity over the transmission lines. And Northeast Utilities, the assistants to this destructive project, will be paid more than \$60 million dollars a year by Hydro-Quebec for "services". It is just plain wrong to ruin the beauty of northern New Hampshire – a backyard for all of us – merely to print more profits for big utility companies.

Would you please help us stop the march of the Northern Pass? Please write to our Governor, the Honorable John Lynch, 107 North Main St, Concord, NH 03301 to let him know that you stand with the residents of NH against the Northern Pass Transmission Line because it is not needed, it won't lower anyone's electric rates, it will cost many more jobs than it will make, and it will ruin the NH land value and pristine wilderness forever. Thank you!

Julie Moran, Colebrook, NH

Julie,

You are not the only person to make comment to me regarding Northern Pass during the past couple of weeks. A friend is concerned about his future employment due to this project. He works at a biomass generating facility. That facility and others like it have been unable to get a new power contract from PSNH (part of Northern Utilities).

It seems that there are still plenty of questions that need to be answered. As I have said before, get involved. Don't just stand by and hope someone else does all the work. Let your voice be heard, whether you are in favor or opposed to this project. It is the American way.

Gary Scruton, Editor



Meet Our Medical Staff

Gerald Lyons Jr, MD
Gastroenterologist

Gerald Lyons Jr, MD has been part of the Cottage Hospital family for over 30 years, offering a full range of endoscopy and gastroenterology services. Dr. Lyons received his medical degree from Tufts University. He completed his training at Boston City and Framingham Union Hospitals.

For more information or to schedule an appointment please call your provider or contact (603) 747-9156.



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The Air Force's Colonial Brass Will Give a Free Concert at Alumni Hall



Please join the Air Force Band of Liberty's Colonial Brass for a memorable afternoon of music, at Alumni Hall in Haverhill, NH on Sunday, March 6th at 3:00pm. This six piece group utilizes a wide repertoire of music from Bach to Sousa to Miles Davis. They have appeared at prestigious venues such as the Music Educators National Conference (MENC), and the New

York Brass Conference. Whether playing for children in schools, recital halls, or in the town band stand on a summer evening, the Colonial Brass is sure to dazzle and delight audiences of all ages with their wit and artistry.

The program is free and open to the public. For more information contact, Alumni Hall at (603) 989-5500 or info@alumnihall.org.

Coventry Sales Team Recognized For Outstanding Performance



From left to right sales representatives: *Jeremy Elliott; Juanita Belyea; Deb Simano; Richard Titorenko; Kris Still and Vice President, Mark Elliott.*

The sales team at Coventry Log Homes was recently awarded plaques showcasing their 2010 sales achievements. Mark Elliott, vice president of CLH said, "Every

year we try to recognize the outstanding job performance of our team at Coventry. We acknowledge that our success as a company is due to the hard work of every em-

ployee."

Even though there has been a down turn in the housing market in the last few years Coventry Log Homes has seen record numbers of new log home buyers and is off to a great start for 2011. Coventry homes have been delivered to such places as Alaska, Hawaii, Ireland, and even to the Island of New Caledonia off the coast of Australia which highlights the global reach of a small town company's expansion efforts in the log home industry.

To learn more about the team and products at Coventry Log Homes, check out their website at www.coventryloghomes.com

Vermont Town Meeting: Tuesday, March 1

New Hampshire Town Meeting: Tuesday, March 8

ARTS ALLIANCE OF NORTHERN NEW HAMPSHIRE ANNOUNCES MARCH 'MUSIC IN THE SCHOOLS'

Residencies North Country Schools, Organizations Invited to Participate

LITTLETON — The Arts Alliance of Northern New Hampshire invites schools and organizations throughout the North Country to participate in two residency weeks in celebration of "Music in the Schools" Month in March.

Vermont percussionist Don Knaack, "The Junkman," and Boston-based classical guitarist Aaron Larget-Caplan will tour throughout northern New Hampshire, providing excellent opportunities for local schools and communities to offer engaging and meaningful musical programs.

one can play. (A "Junkjam" is a community or school event during which all audience members are participants, developing both rhythmic counterpoints and improvisational sound.)



Aaron Larget-Caplan is an outstanding young classical guitarist who will tour the North Country from March 28 - April 1 to present interactive lecture-demonstrations addressing the roots and history of Latin music. Aaron will connect world cultures, language and literature to music and can also discuss his personal musical journey and his love of rock music and electric guitar.

These programs are suitable for Spanish-language and world-culture students as well as students who have not yet begun to study foreign languages. In addition he will present a teacher/parent workshop and a guitar class for both music teachers and community musicians.

Both residencies will also feature public concerts.

"We are so happy to be able to bring interesting and highly skilled artists to northern New

Hampshire," says Arts Alliance Executive Director Frumie Selchen. "These regional residencies are among our favorite programs. This year we chose Don because of his environmental message, which is particularly suitable as we celebrate the Weeks Centennial, and Aaron because we know many of our students are studying Spanish — or will be, soon — and we want to give them an authentic experience of Latin musical culture."

Fees for participating schools and organizations are significantly reduced because of block booking and grant funding, says Selchen. Anyone who would like to host a program in their school or community should contact the Arts Alliance at 323-7302 or info@aannh.org. Learn more about Don Knaack at www.junkmusic.org or visit www.aaronlc.com for more information on Aaron Larget-Caplan.

The residencies are funded in part by the New England States Touring program of the New England Foundation for the Arts, made possible with funding from the national Endowment for the Arts Regional Touring Program and the six New England state arts agencies.

The Arts Alliance of Northern New Hampshire is a nonprofit working to promote, support and sustain cultural life throughout the North Country, and is funded in part by an operating grant from the New Hampshire State Council on the Arts.



Don Knaack, "The Junkman," will be in residence March 14 - 18, combining environmental awareness and community music-making for pre-K-12 and beyond. Don will offer school assemblies and workshops, after-school programs, and "Junkjams," all featuring instruments made from recycled materials.

Don emphasizes conservation and the environment and ways recycled materials can be creatively repurposed to make musical instruments which any-



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2011 Cohase Lions - T. Borden Walker/A Pat Hill 71st Annual Northern Amateur Basketball Tournament



Like any tournament the 71st annual Cohase Lions Basketball Tournament had a winner. But unlike many tournaments, there was certainly more than one winner. According to scores and games played the 2011 team winner was Burroughs Builders, making it back to back championships. But if you look just a bit deeper, there were plenty of other winners as well.

We can start with the runners-up: Fishers. Statistically they won two out of three games on the final day of the tournament, Sunday, February 27th. And in each game their opponents scored exactly 67 points (pretty consistent). They obviously enjoyed themselves and were proud to participate in this annual event.

Next on the winners list would be the raffle winners. One of whom took home a 42" plasma TV. There were also several 50/50 winners as one was drawn during each game all tournament long.

And don't forget the proud parents and the energetic kids who participated on two occasions during the tournament. The 3rd and 4th graders of the Haverhill Recreation Basketball program put on quite a show with coaches on the floor, and some exciting shots.

Now how about those who simply attended the games. With an



2011 Championship Team - Burroughs Builders



2011 Runners-up Team - Fishers

admission price of just \$3.00 there is probably no less expensive entertainment out there. Plus the Cohase Lions had pizza, hot dogs, pop corn and sodas available at reasonable prices as well.

But the bottom line winners of all this entertainment and very competitive basketball, will be the charities, needy individuals, students and others that receive grants from the Cohase Lions Club. Every penny raised at this event and the other fundraisers throughout the year goes to programs supported by the Lions.



Local Work Group Meeting Will Discuss Natural Resource Conservation

Please join us for a Local Work Group (LWG) meeting at 10:00am on Wednesday, March 16, 2011 in the Commissioners Conference Room, at the Grafton County Complex, North Haverhill. Local Work Groups identify New Hampshire resource concerns based on public input and needs assessments. The 2008 Farm Bill recognizes the continued importance of locally led conservation so that federal cost-share dollars can be directed to area resource concerns. A Local Work Group is comprised of interested farm and forest landowners, and area agencies and organizations working with natural resources. The LWG identifies locally important natural resource concerns and makes recommenda-

tions to the State Technical Committee and USDA Natural Resources Conservation Service (NRCS) State Conservationist on such items as resource priorities, conservation practices, and policies. This meeting will provide an opportunity to review the current Practice List and Ranking Sheets used for the Environmental Quality Incentives Program (EQIP),

and the Wildlife Habitat Incentives Program (WHIP). This is a forum to voice any matters related to the Farm Bill Programs so that your thoughts may be taken forward to the State Technical Committee. This meeting is open to the public. Contact Pam Gilbert at Grafton County Conservation District, (603) 353-4652, ext. 103 for more information.

*Come in and sign up for our \$50.⁰⁰
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Strengthening Community

By Becky Colpitts, UNHCE Volunteer Management Program Assistant

Growing up on a small diversified farm in Ohio my family relied on our Extension Office to help enhance our quality of life. My father worked closely with our Agriculture Agent in his farm planning and marketing, soil conservation, healthy animal production and forest management. My mother called on Extension frequently with questions ranging from preserving our food, gardening, sewing, and managing our home. They depended on the Extension's scientific, research-based information to further their personal life goals. They closed the loop by giving back. Both were 4-H leaders and volunteered their time to many of the Extension's outreach programs. Connections and lifelong friends were made locally,

nationally and internationally, as my father taught farming groups from Africa the soil conservation techniques he had learned through the Extension system. This created a strong knit community where I grew and thrived, becoming a 4-H member, leader, and now the new Volunteer Management Program Assistant (VMPA) here at your local Extension office.

As the VMPA I am here to support the volunteers in the Master Gardening Program and the 4-H Youth Development program. My job is to help make the volunteers' experience easy and enjoyable, so that they can concentrate on sharing their skills and passion without feeling overwhelmed by the details. A volunteer might call on me to help organize a

workshop or a presentation or look for a training workshop to enhance their skills. Help might be needed in procuring the materials and the space to meet. A volunteer might want help getting the word out to the public of what they are willingly offering. Maybe connections need to be made with other community members and, of course, help with accessing objective, scientifically-based research to support the volunteer's effort. I am here to "Make the Best Better" as the 4-H motto goes. Our volunteers give their best and I can be of service in making the volunteering experience better or at least easier!

In my new position I have already met an amazing group of Master Gardeners. The Master Gardeners can be found around our county at farmer's markets, leading children and adult workshops, landscaping and creating beauty at our County Complex, the Town of Woodstock, and the Enfield Shaker Museum. They are growing food at community gardens such as the one in Alexandria. They are there at the Grafton County Conservation District Plant Sale to answer your planting questions. This summer you can con-

nect with them at our Summer Gardening Workshop series which has a children's workshop running at the same time as the adult workshop. The Master Gardeners volunteer their time and strengthen our community through their knowledge of plants. If you would like information about becoming a Master Gardener or have a question for a Master Gardener please go to the UNH website at extension.unh.edu and click on "Gardening", scroll down to the "Additional Programs" box at the bottom of the page.

I had the privilege of helping 4-H volunteers run workshops and activities at the recent Grafton County 4-H Food Show at the Haverhill Cooperative Middle School. As a former 4-H leader, it was good to be reconnected to the many wonderful 4-H families and volunteers. After seeing the youths' accomplishments in the area of Public Speaking and Food and Nutrition, I left with a full belly of nutritious, delicious food and the knowledge that our future is in good hands.

Here in Grafton County we have an astounding group of young people who are making a positive impact

on our world. 4-Hers are involved in local clubs, family clubs, after-school programs, and community service, as they too complete the loop of receiving and giving. One 4-H youth serves on our County Advisory Council. She represents the 4-H youth with dignity and respect for the position she holds. 4-H volunteers offer youth guidance in specific project areas and in developing life skills that enable them to become contributing, productive citizens. 4-H offers an exemplary volunteer training program, accessible on-line from the comfort of your own home or local library. I found the information in this training useful for the 4-H volunteer and useful for running groups, workshops and demonstrations in any arena. If you would like more information about the 4-H program please go to <http://extension.unh.edu>. Click "4-H Youth" on the left side of the page. I have seen firsthand the life-enhancing quality experiences 4-H offers to youth ages 5 - 18. I invite you to enjoy exploring the website. Volunteer information is on the 4-H Youth page, on the right side of the page.

If you would prefer to talk us in person about 4-H, Master Gardeners, Agriculture, Wildlife, Forestry, or Family and Consumer resources please call us Monday through Friday, 8am - 4pm at (603) 787-6944. Allow the people here at the Extension Office to enhance your life experience!

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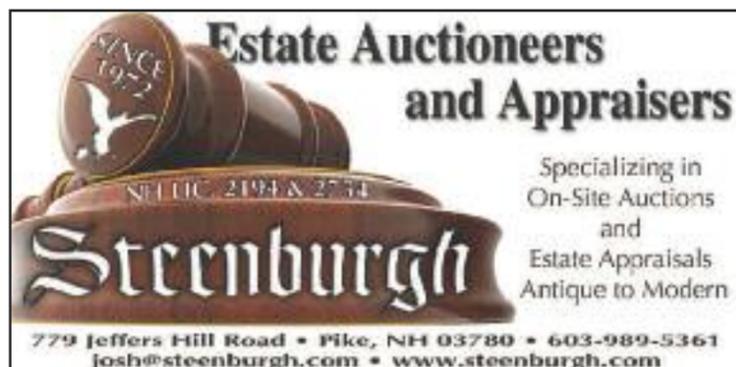
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NORTH HAVERHILL, NH – Fred Kinsley Robinson, 93, of Cedar Lane, died on Saturday, February 5, 2011 at the Veterans Administration Medical Center in White River Junction, VT.

He was born in Haverhill, NH, June 25, 1917, the son of Kinsley and Maude (Hobbs) Robinson.

After attending Haverhill Academy, he worked for three years at the Dana Fadden Farm in Piermont, NH with their logging crew.

Fred served with the U. S. Army during World War II from January 9, 1942 through November 20, 1945, with Company A, 114th Combat Engineers attached to 32nd Division, in New Guinea and Australia. For his gallant action in New Guinea, he received a Purple Heart and a Silver Star. On two separate occasions he res-

cued two wounded soldiers. On the second rescue, which was close to the enemy position, he was wounded in the shoulder. Fred was recuperating from his injuries in a hospital near Sydney, Australia, where he met his future wife, Audrey George, on a blind date. They were married in Bankstown, New South Wales, Australia on February 12, 1945. Fred came back home to the town he loved, North Haverhill, and Audrey joined him the first week of May, 1946.

After returning from World War II, Fred was employed with Charlie White's General Store and Aldrich's General Store for more than 50 years. Fred was a founding member, charter member, and the first Post Commander of Haverhill Memorial VFW Post 5245 in North Haverhill. He also was a member of the North Haverhill Volunteer Fire Department for over 25 years. Fred was a former member of the Ammonoosuc Fish and Game Club. He enjoyed working at the fireman's booth at the North Haverhill Fair. Fred and Audrey would spend many weekends in Haverhill, while he played for the Haverhill baseball team. He had passion for wildlife and the outdoors.

He was predeceased by his two sisters, Ona DeRosia and Alice Hall; three brothers, Max G. Robinson, Mor-

ris L. Robinson, and Bert Robinson; a niece and four nephews.

Survivors include his wife of 66 years, Audrey (George) Robinson of North Haverhill, NH; two daughters, Judy Stimson and husband David of Bath, NH and Laury Theriault and husband Paul of Monroe, NH; five granddaughters; two great granddaughters; one great grandson; one niece and three nephews.

There will be no calling hours.

The funeral service was on Monday, February 28th, at 1 PM at Ricker Funeral Home, 1 Birch Street, Woodsville, with Pastor Susan Ellery of the North Haverhill United Methodist Church officiating.

Burial will be private in the Horse Meadow Cemetery in the spring.

In lieu of flowers, memorial contributions may be made to the Haverhill Memorial VFW Post #5245, c/o Dale Pierson, 3 Beech Street, Woodsville, NH 03785; North Haverhill Fire Department, P.O. Box 429, North Haverhill, NH 03774; or National Wildlife Federation, 11100 Wildlife Center Drive, Reston, Virginia 20190.

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.

ANNE B. WEBSTER

Anne B. Webster of Plymouth, N. H. died on February 11, 2011 at the Grafton County Nursing Home in North Haverhill. Anne reached the age of 104 in July of 2010. She was born in Bradford, Vermont on July 18, 1906, the daughter of Dora Johnston Blood and Edward L. Blood. She had two sisters and a brother who all pre-deceased her.

Anne attended Bradford Academy until 1918 when the family moved from Bradford to Pompanoosuc, Vermont and then to Hanover, N.H. where she graduated from Hanover High School in 1924. She then entered the field of nursing and received her degree as a Registered Nurse at Boston Children's Hospital in 1927 and went into private and institutional nursing. She also attended Cambridge Secretarial School in Cambridge, Mass., finishing in 1940.

Anne was married for 60 years to the late John R. Webster who pre-deceased her in 1991. They lived in Maryland for twenty years during which time Anne worked at the US Naval Academy and for the State of Maryland. John and Anne retired to New Hampshire in 1965.

In February 2006, at the age of 99, Anne was residing in her own home in Plymouth and her health was declin-

ing. She was no longer able to care for herself and became a resident at the Grafton County Nursing Home in North Haverhill. In July of 2006 Anne became a centenarian and was given a 100th birthday celebration at the nursing home. Several of her friends and family traveled long distances to join her in her celebration. Among the guests were then Senator and Mrs. Carl Johnson serving N. H. State Senate District 2.

Anne's health improved after her 100th birthday and she lived almost five more quality years as a resident at Grafton County. Her improved health was all due to the care and compassion she received from her "friends and caregivers" at the nursing home.

The Town of Haverhill, N. H. honored Anne in August of 2009 when she was presented the town's Boston Post Cane and a plaque proclaiming her the Town's oldest resident.

There will be no calling hours. A private graveside service will be held in the spring at Riverside Cemetery in Plymouth, N. H.

Memorial contributions may be made to the Grafton County Nursing Home, Activities Fund, c/o Harvest Fisher, 3855 Dartmouth College Highway, No. Haverhill, N. H. 03774.

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

OBITUARY

ELWYN RANSOM COLBETH



Groton, VT – Elwyn Ransom Colbeth, 60, of Scott Highway, died suddenly on Thursday, February 24, 2011 peacefully at his home.

Elwyn was born in Hardwick, VT, September 2, 1950, the son of Ransom and Oma (Gusha) Colbeth.

Elwyn worked for Anderson Construction in the early 1970's and at the lumber mill in Greensboro Bend, VT. He was a foreman at the Vermont Recycling Company in St. Johnsbury during the 1980's. Elwyn's heart was in

the salvage and scrap metal business with David "Too Tall" Wright and his cousin, who was his best friend and like a brother, Francis "Jr." Gusha. He loved playing cards and having a drink with his buddies.

He was predeceased by his parents, Ransom and Oma (Gusha) Colbeth; a sister, Mary McNaulty in December 1996; a brother, Isaac in August 1981; and his cousin, Francis "Jr." Gusha on February 18, 2007.

Survivors include his companion of 29 years, Sharon (Partington) Proctor of Groton, VT; a son, Christopher Colbeth of Groton, VT; two step daughters who were like his own daughters, Bobbie Jo Roberts and husband Jeff of St. Johnsbury, VT and Rhonda Proctor and companion Jim of Thetford, VT; four grandsons, Jeffrey Joel Roberts, Tyler and Dallas Holloway, and Tristan Colbeth; three sisters, Martha Keough and husband Rodney of East Hard-

wick, VT, Patricia Hooker and Doug LaPlante of Randolph, VT, and June Ewen of Woodbury, VT; a mother in law, Barbara Partington of Waits River, VT; four brothers in law, Robert Partington of Waits River, VT, David Partington of Northfield, VT, Richard Partington of Groton, VT, and Stuart Partington of North Easton, MA; and several nieces and nephews.

There will be no calling hours.

A memorial service will be on Saturday, March 5, at 11 AM at the Ricker Funeral Home, 1 Birch Street, Woodsville, NH, with Rev. Candace Ricker of the Groton United Methodist Church officiating.

In lieu of flowers, memorial contributions may be made to a charity of one's choice.

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

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March 1, 2011 Volume 2 Number 10

14 The Lost Year

By Elinor P Mawson

I skipped the second grade.

In expectation of my father's return from World War 2, we had moved to another town, and, thus, another school. This was a 2-room school with grades 1-3 in one room and 4-6 in the other. I was in second grade.

Surprisingly, there were seven students in the first grade and five in the third.

No second graders.

Since I had been reading since I was 4 and had few problems with the other subjects, the teacher decided I should go into third grade, and my mother concurred.

It was one of the worst things that ever happened to me.

Of course I had no problems academically. But my problems socially emerged at once. "You can't play with us", said the third graders. "You are too young." The first graders were already bonding among themselves. I had no friends.

That year, too, presented a big change in our family. My father came home from the service, we were living in a different house and away from my grandparents whom we had lived with for the past four years. My father lost no time making up for the fact he hadn't parented since I was 3-1/2 and we were treated to a lot of instructions for table manners; our behaviors were under intense scrutiny. Mealtimes were horrible and I ended up crying before each one was finished.

School continued to be a mixed blessing. I could excel there even if I didn't get to play with anyone or sleep over at someone's house. Dad liked my report cards but not much else. He also made me wear 'sensible' shoes and ski pants every day from November to April when nobody else did. My mother blithely went along

with it even though she had been the single parent while he was gone. Besides--she was pregnant with my younger sister, and had other things on her mind.

At home I had chores--feed and water the chickens before school, help my mother with dinner, and dry the dishes. I was alone most of the time, and spent hours reading the library books I got each Saturday.

My life was much like this until I went to High school. Although I wanted to take a General course, my father insisted I take Latin and Algebra. Being 13, I began to rebel and squeaked by the year with a very low GPA. Finally my mother stepped up to the plate and sent me away to school, which I was very happy to do. I got on the honor roll, made some new friends, did some extra-curricular activities and was generally happy.

But I never felt like I belonged anywhere.

By college, I had a boyfriend who helped immeasurably with my self-esteem. He didn't care how old I was or how smart I was; he continued to tell me I was just as good as anyone else.

Of course I married him.

I took a year off after college; by this time I had a baby son and was happy to stay home and care for him. I loved that year! I also learned to cook.

By the time I took my first teaching job I was 22--just the age my classmates had been when they started teaching. I had finally caught up to myself.

These days when someone asks me about double promotions, or starting school at 5, I emphatically say NO. There are other elements in life besides being "smart". You can always be intelligent--but nobody can totally make up the year that was missed.



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Woodsville/Wells River Fourth of July Committee

Even with Spring a few weeks away, there is plenty of planning going on for the upcoming summer celebrations. Probably the biggest one day event in this area is the annual Fourth of July Celebration on the streets of Woodsville and Wells River. Part of that celebration planning is the choosing of a theme for the year. The process is simple. Suggestions are requested from members of the public (the deadline is Friday, April 1). The committee then meets on Wednesday, April 6 at 7:00 PM at the Woodsville Emergency Services Building (always the first Wednesday of the month). The list is passed around to the assembled members (new members are always welcomed) and a decision is made. Then all the float builders in the area start making plans for this year's project.

The Fourth of July Committee is also looking for suggestions for candidates as Parade Marshal (typically a military person) and Grand Marshal (could also be a couple) for the 2011 event.

Also on the working list for committee members are bands that will perform in the parade. This is always a tough task and again any suggestions or recommendations from the public would be greatly appreciated. There is also the recruitment of volunteers to help set up the parade, guard the side streets during the parade, and otherwise provide assistance during this annual event. Many of the volunteer jobs are only for a couple of hours, leaving plenty of time for family and friends.

Along with the bands in the parade there is also a list being formed for bands on the Woodsville Community Field. These bands play for two hour segments under one of the tents provided by the committee. Just like all other events of the day there is no charge for this entertainment.

All events are supported by various means of fundraising. The annual souvenir booklet receives donations from area businesses, and in turn provides a handy guide with addresses and phone numbers for all of those generous businesses. There is also a raffle conducted with cash prizes including a \$1000.00 grand prize.

Other fundraisers during the Fourth of July are the bingo and Critter Chip Bingo games at the community field. Of course there are also rides for the youngsters, games to play, food to eat, a petting zoo and vendors with a wide variety of articles for sale.

And what Fourth of July event is complete without a spectacular fireworks display. This dual state show lights up the sky beginning at 10PM capping off a full day of activities.

If you are interested in volunteering your time to assist in this event, or if you would like to make a suggestion for parade theme or Marshal you can contact the Woodsville/ Wells River Fourth of July Committee at PO Box 50, Woodsville, NH 03785, email at woodsvillefourthofjuly@hotmail.com or visit the web site at www.wvr4thofjuly.com

Just Across The River

By Eleanor Trevithick

Editor.

This is something I came across in my documents recently. It was written a few years ago but things seem to be the same as always. I wondered if you would like it for your free magazine.

I was born in Vermont, brought up in New Hampshire, went to Grammar School in New Hampshire, went to High School in Vermont, Business College in New Hampshire, then came back to work in CVPS in Vermont. I am at home in both states as are many others. Since people from both states enjoy your paper I thought you might like this.

Thanks for a very interesting, varied, and free paper.

Sincerely,
Eleanor Trevithick
Woodsville, NH

circumstances, and it works well and averages out just fine.

Many of us were born in one state and brought up in the other, and often moving back to the other state. Most of us went to grammar school in the state we were living in, but High School might be in either state. It depends on the distance to the school and the convenience of the commute. Some of us went to colleges or trade schools in one or the other state, then came back to jobs in either state.

In case of trouble anywhere, such as storm or flood damage, acts of crime, sickness or accidents the people who rush to help are from both states.

When families from other states come to live in the area they go back and forth

over the bridges looking for the home they want to buy. Once settled, they soon find themselves making friends in both states and joining the traffic across the bridges,

Many of us have lived in other states of this great country because of certain job qualifications, people they meet, or climate conditions, and have good lives in other places. When retirement time comes or job or family conditions change, many of us have a favorite place that we refer to as "down Home", "back home", or "up home". That is when we return to join the traffic across the bridges of New Hampshire and Vermont. Nothing will change it because we are friends, neighbors, and relatives, and THANK GOD FOR OUR BRIDGES.

Whether you live on the western side of New Hampshire or the eastern side of Vermont, you only have to cross the River to visit the neighboring state. Relatives and friends are constantly going back and forth for visits, shopping, and business. Since Love and Friendship can't be regulated the people are the decision makers. They seem to be saying, "we're friends, we're neighbors, we're relatives. We have been going back and forth across these bridges for many years and we have many reasons to continue."

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Why Should Families Eat Together?

By Deb Maes, Extension Educator, Family & Consumer Resources
UNH Cooperative Extension

Growing up in a small house with a large family meant that family meals really signified togetherness. My grandfather made our kitchen table, and it was just big enough for all eight of us to crowd around. The table was set with orange melamine dishes that I think came from detergent boxes, with juice glasses that once held shrimp cocktail. At the head of the table sat my Dad, the master of moving back quickly so that the spilt milk didn't run into his lap. Food was served family style and we always had enough to eat, quite a challenge on a school teacher's salary in the 1950's and 60's.

Fast forward to today. Families are busier than ever between two working parents, sports, music lessons, dance practices and whatever else fills up the day to day schedule. Family meals are often eaten in the car

after a quick trip to a fast food restaurant. When kids are at sports practices or one of the parents works a second shift, meals are heated up in the microwave and eaten alone.

Just what are we missing by not having meals together? According to Miriam Weinstein, author of *The Surprising Power of Family Meals*, "family meals strengthen the bonds that connect with other members of our self-defined clan, shutting out the rest of the world."

Of the teens who shared at least five family dinners a week, only 7% report a great deal of tension or stress between family members. More mealtimes at home was the single strongest factor in better grades, better achievement scores, and fewer behavioral problems in children of all ages. The National Center on Addiction and Substance Abuse at Columbia University has re-

searched family meals for more than a decade. They have found that the more often kids eat dinner with their families; the less likely they are to smoke, drink or use drugs.

Weinstein feels that sharing meals can help cement family relationships. Children learn to share and practice meal time manners. Parents get a chance to model good eating behaviors and learn something about their family.

With all these good results how can we encourage families to eat together more often? What rules make the meals more family time and less of a transition between day and night? Here are some suggestions. Put your family meals on the family calendar. Let everyone know that they are expected to be at the dinner table. If your eating table is often crowded with mail, homework, projects, etc., make an effort to clear the table so that everyone can gather around. Make sure that everyone sits down and faces each other. Turn off the television and don't allow phone calls dur-

ing dinner. That also means no texting for parents and children. Mealtimes should be a time for sharing the events of the day.

Some families start the meal by having everyone at the table share something good that happened to them during the day it can be as simple as finding clean clothes to wear, getting a good grade on a paper, or tackling a tough assignment successfully. The conversation at the table needs to be light and fun. If there are important issues to discuss, like rule infractions, save them for after the meal.

Of course, we must remember the food. It can be as simple as grilled cheese sandwiches with tomato soup or a full turkey dinner. What is eaten isn't as important as the fact that everyone is sharing time together. Time Magazine reported another study that more family meals meant less soda and fried foods and more fruits and vegetables.

If you haven't made family meals a priority, I encourage you to start doing so.

The Columbia research project found that family dinners get better with practice. Your first few attempts could be challenging. Keep practicing.

When children enter the teen years it's a challenge to gather them for almost any occasion. If we start eating together when the kids are young, the expectation that they will eat with the family as teenagers has already been established. And we've already identified plus side of families eating together. The CASA study even found that teens wished they ate together more often.

So, think back to when your family of origin ate together. My siblings often laugh at the memories of some kind of fiasco at a meal. My own kids, now off with their own families, take pleasure in remembering mistakes that their Dad or I made. What is important to me is that they remember eating together, not what they ate or who they laughed at, but that for a short time during a busy day, we had a family meal.

March 1, 2011 Volume 2 Number 10
Not all Times are Trendy but there will always be Trendy Times

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Derrick Samuels – Someone You Should Know¹⁷

Genuine Jamaican

By Marianne L. Kelly



BARNET, VT—Many of you may remember Derrick Samuels as “the singing waiter” with a song on his lips and smile in his heart, from Warner’s Gallery Restaurant in Wells River. Few people served by him ever left that restaurant feeling less than happy and lighthearted.

“It’s amazing the number of people I meet after twenty years who still compliment me and remind me that I used to sing to them on their birthday,” said Derrick. “It makes my heart smile.”

Today Derrick runs his own show. Genuine Jamaican, his popular specialty food company, is well known in this and surrounding areas. His motto, “Don’t Worry, Eat Happy!” reflects the personality of his products.

Derrick was born in the Jamaican town of Portland along the Blue Mountain ranges, “one of the lushest areas of the island.” The only boy in a family of eight he denies being spoiled, except “maybe a little by my grandmother,” with whom he was close. “I had a very nice childhood,” said Derrick, “a lot of fishing, and a lot of punishments for going fishing after school,” he laughed.

“Life was a bit better for me than the average people in my district, because my Dad, an accountant was able

to provide us with a good living.” Derrick credits his dad for helping him express himself well, and his mother for the way she handled problems and situations that she could not control. “She is a true Christian,” he said, “and watching her deal with problems helped me minimize my own worries.”

ON TO AMERICA

Derrick first arrived in America in 1977 as an employee of Carnival Cruise Lines. He was to replace a member of the maintenance crew, however that employee had not left his position, and Derrick took a job as a bus boy in the dining room. “I loved it, became a waiter and never left that position while I worked for Carnival,” he said.

He eventually left Carnival and went to live in Panama to be near his wife

who was serving in the Air Force. They lived there for nearly 4 years before finally settling in America some twenty-three years ago. Prior to moving here permanently, “I had an intuition and bought some property in Barnet where we built our house,” said Derrick, adding, “It has been smooth sailing most of the time.” He soon joined the wait staff at Warner’s Gallery delighting diners with great service, a booming baritone singing voice and gentle wit for more than 20 years.

GENUINE JAMAICAN

A love of cooking drove Derrick to start his specialty food business aptly named Genuine Jamaican. “At first I could not acquire ingredients I needed, so my sister sent me some jerk seasonings and rubs, allspice berries and other things.”

He introduced some of his spicy creations to his friends and found a ready, enthusiastic market. He also met an employee of Maple Grove and asked if she might like to start a business selling Jamaican spices. The next step was introducing his Jamaican specialties at the St. Johnsbury Farmers Market. “It was a breeze,” he said. Demand increased after about a month, prompting Derrick to increase his product line.

Derrick personally produces everything he sells. “I blend my own spices, and make my own barbecue

sausages, pickles, jerk rubs, salsas, and vegetables,” he said.

AVAILABILITY

In addition to finding Genuine Jamaican products at the St. Johnsbury Farmers Market and the Groton Growers Winter Market, they are available in all White Market supermarkets, Chutters in Littleton, Newbury General Store, Farm Way, Chapman’s, Cabot Creamery in Waterbury, Aldrich’s in North Haverhill, and the Co-ops in St. Johnsbury, Littleton, West Lebanon and Hanover.

These stores offer a fine selection of Derrick’s marinades with names like Jamaican Jerk and Island Heat, Reggae Sauce, along side a selection of chutneys, pickled vegetables, salsas and seasonings.

Anyone wishing to sample Derrick’s food can do so at Farmers Markets where he can be found dishing up lunches of pulled pork,

chicken, meat and veggie pies, and soups. This coming summer he hopes to add lobster patties to the mix.

Martin Magoon and Victoria Smith, two Groton Winter Market customers raved about the generous portions, tenderness and excellent spices and sauce in their pulled pork lunch.

THE FUTURE

Although Derrick does not wish to become “extremely large,” the growing demand for his products has him considering building a commercial kitchen so that he can increase productivity and efficiency. He is excited about the possibility of a commercial kitchen opening up on Route 2 outside Danville. He also hopes to expand his business in Jamaica at some point, but this will take at least three years.

Contact Derrick at (802) 633-2676

Web Site: www.genuinejamaican.com

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Heart And Circulatory System Problems

March 1, 2011 Volume 2 Number 10

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

Cardiovascular disease remains the number one killer in civilized nations today. Stress, tension and lack of exercise are all contributors, but diet is the single most influential factor. No one food, or aspect of diet, but the whole calorie imbalance of high fat, low nutrient foods and eating habits. Fried foods, refined, low fiber foods, pasteurized dairy products, too much salt, sugar, coffee, tobacco, alcohol, red and processed meats, all lead to clogged or reduced arteries, high cholesterol and blood fats, high blood pressure, arrhythmias, and heart attacks. Almost all of these circulatory problems can be treated and prevented with improvement in diet and nutrition. You can carve a better future with your own knife and fork, than with a lifetime of dependence on drugs, pacemakers or multiple surgeries.

Life style changes are not easy, and they take time to accomplish, but this choice is infinitely preferable for the quality of life, and must take place for there to be permanent results. High calorie, fatty, salty, sugary foods are generally responsible for cardiovascular problems. A whole foods diet relieves them.

Herbs are concentrated, whole food nutrients can also successfully address heart and circulatory problems. Herbs are rich in minerals and trace minerals for circulatory strength and regulation. They are anti-oxidants for better oxygen uptake by the body. They are cardiovascular stimulants for support and resilience. They are

effective in improving chronic conditions, such as high blood pressure, high cholesterol and arteriosclerosis, and as cardio-tonics during acute circumstances, such as angina or fibrillation.

Circulation keys:

- Add exercise with a brisk walk to your day.
- Do deep breathing exercises and stretches every morning to stimulate the brain, reduce stress, and oxygenate the body for the day.
- Use dry skin brushing, alternating hot and cold hydrotherapy, and smaller meals and an herbal tea at dinner, to increase circulation.
- Consciously add relaxation and a good daily laugh to your life. A positive mental outlook can do wonders for your heart in many ways.

Areas of emphasis to be considered:

1) Herbs to control high blood pressure – Hawthorn Berry, Leaf & Flowers. A cardio-tonic formula can strengthen the heart, reduce angina pain, fibrillation and arrhythmia. Herbalists have long noted the dependable effectiveness of Hawthorn in treating ailments of the heart. Its primary use is to calm heart palpitations, ease fluid build-up (in the heart), lowers cholesterol levels, helps restore blood vessel elasticity, stops fatty degeneration of the heart, helps reduce blood pressure, dilates coronary arteries and restores the heart muscle. Other herbs to consider in combination include Siberian Ginseng, Garlic, Kelp/sea vegetables, Dandelion leaf & roots, capsicum & Ginger root.

2) Herbs to reduce cholesterol and harmful blood fats – Psyllium Husks. Recent clinical studies have shown that harmful cholesterol and triglyceride deposits in the bloodstream can be reduced through increased intake of fibrous plants and herbs that dissolve, cleanse or otherwise render these lipids unabsorbable in the system. Psyllium Husks, in powder or capsules, is a soothing, lubricating, mucilagenous herb with drawing and cleansing laxative properties. Psyllium Husks act as a “colon broom” for chronic constipation; effective for inflammatory diverticulitis; a balancer and regulant for digestive and colon bacteria. Other herbs to consider in combination include Suma root, Flax seeds, Barley grass, Apple pectin, Fenugreek seeds, Fennel seeds, Gotu Kola.

B VITAMINS AND FOLIC ACID

High levels of homocysteine - an abnormal protein byproduct found in the blood - have been shown to greatly contribute to heart disease. Too much of it can cause serious damage to the arteries. B vitamins and folic acid in particular, helps to clear homocysteine levels from the blood. Studies show that those with adequate B vitamin and folate levels have a decreased risk for heart disease. Folic acid is actually the supplemental form of folate, or B9, and reportedly better absorbed by the body in this way, rather than by food. B6 and B12 are also helpful in metabolizing carbohydrates and lipids, and aiding red blood cell production and folic acid utilization, respectively. Keep in mind, it is always recommended that single B vitamins should be taken with a B complex.

OMEGA 3

These essential fatty acids are appropriately named, as they are vitally necessary for good health, but can not be made by the body. Thus, it is essential we get them in our bodies through food and supplementation. Omega 3 fatty acids offer a multitude of benefits for the heart. they reduce blood pressure and inflammation, prevent irregular heartbeat, lower triglyceride and cholesterol levels; lessen risk for blood clot formation, heart attack, stroke and atherosclerosis. Fish and fish oils contain high

amounts of two of the most potent Omega-3 fatty acids, DHA and EPA. Other sources include leafy greens, flaxseed and flaxseed oil, canola oil and walnuts. It's important to eat more Omega-3's daily than Omega 6's, which are vegetable oils like soybean, safflower and corn oil.

CALCIUM AND MAGNESIUM

The electrical system of the heart is greatly stabilized by use of calcium and magnesium, which help the muscles of the heart and blood vessels to relax and for blood pressure to remain normal. Magnesium deficiency is very common due to food processing and the mental and emotional stress prevalent in modern living. This deficient state has been linked to those who have suffered heart attacks due to spasms in the arteries. Supplementation can be most useful for those with irregular heartbeats.

VITAMIN C, VITAMIN E AND GREEN TEA

Vitamin C is a potent antioxidant that may prevent atherosclerosis, reduce cholesterol levels, and high blood pressure. Its efficacy is greatly increased when used synergistically with Vitamin E, another antioxidant. The two work together to fight free radical damage. Vitamin C attacks the free radical scavengers in the biological fluids in vitamin E does the same in protecting the cell membranes. Additionally, Vitamin C aids the absorption of calcium and magnesium. Vitamin E helps fight inflammation in the heart muscle. Green tea, a powerful antioxidant with similar effects of Vitamins C & E.

Also, to note, Selenium works powerfully with vitamins C and E. Deficiencies can contribute to heart disease.

COENZYME Q10

CoQ10 is a vitamin like substance found in human tissue, critical in the produc-

tion of energy on a cellular level. It is a powerful antioxidant that aids circulation and tissue oxygenation, strengthens the immune system and offers thorough anti-aging benefits. Utilized in both the prevention and treatment of cardiovascular disease, CoQ10 has helped to increase survival rates of patients with cognitive heart failure three-fold. It also helps lower blood pressure without medication or dietary changes, and strengthens the continuously working heart muscle. Additionally this nutrient can help lessen muscular aches and pains associated with statin drug use, which draws stores of coQ10 from the body. It can be beneficial to take extra coQ10 to offset the added depletion, especially as levels of the powerful substance decline with age.

GARLIC

Garlic has been used for centuries and continues to offer a plentitude of amazing benefits. It lowers blood pressure, thins blood and inhibits platelet aggregation - reducing risk of blood clots and heart attacks, lowers cholesterol, detoxifies the body, protects against infection, improves circulation, lowers blood lipid levels and aids digestion. It's anti-fungal, antibacterial, anti-inflammatory, and anti-parasitic - all of which can have an adverse effect on heart health.

SODIUM AND POTASSIUM

For individuals whose high blood pressure is linked to dietary intake of sodium, an increase of potassium will prove to be very beneficial. Decreasing sodium and increasing potassium by dietary means can help control blood pressure, as heart and circulatory issues. A diet rich in fruits, vegetables and whole grains offers an abundance of potassium. Foods with a particularly high potassium-sodium ratio include potatoes, carrots, apples, bananas and oranges.

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Melanie Osborne is the owner of Thyme to Heal Herbs and practices on Route 302 in Lisbon, NH. She has been in practice since 1991. She is certified in Therapeutic Herbalism through the Blazing Star Herbal School in Shelburne Falls, Massachusetts. Much of her work is private health consultations, teaching herbal apprenticeships and intensive herbal workshops, Reiki I, II & III into mastership. In her shoppe, located in Lisbon are over 200 medicinal bulk herbs, teas and customized capsule formulas, all created on premise. 603-838-5599 or thymetoheal01@yahoo.com

Global Campus Bradford Presents Community Connections Conference



On Monday February 7th, Global Campus Bradford presented a Community Connections Conference at Grace Methodist church in Bradford. Global Campus Bradford is a thriving lifelong educational experience that was created in the summer of 2007 by a small core group of adults with differing abilities. The Global Campus participants designed and implemented this conference to share their dynamic teaching and learning experiences with the greater community of Bradford and to establish new connections within the community with educators and community leaders.

The event began promptly at 12:30pm with a keynote address by Robin, a member of the GC Bradford core group. She then invited audience members to enjoy an hour of teaching presentations. Some people learned about Iceland from Robert, whose father has been stationed there. Others learned about the wild animals of Alaska from Scott. Shawn shared her life story through her scrapbook while Jeannie played and sung music on her keyboard. Robin shared her cross-stitching skills and Valorie shared her passion for weaving and needlepoint.

After the teaching presentations everyone partook in a panel discussion. The participants shared how Global Campus has affected their lives. They then went on to share how they thought Global Campus has benefited our community. Lorraine Gaboriault, Coordinator of Upper Valley Services Bradford Programs and Jim Heidenreich, of Employment Services at UVS Bradford, were on the panel as well. They spoke about the tremendous positive changes they have experienced in individuals that they serve through Global Campus. Andreas John, GCF Academic Coordinator, moderated the discussion.

The audience was eager to jump in and a great question and answer session rounded out the afternoon.

After a big round of applause, the audience had the chance to browse virtual campus displays and talk with Global Campus participants while enjoying the last of the desserts. The conference was a tremendous success and all the campus participants are very proud of their hard work and accomplishments. What an impressive event, congratulations to everyone who participated!

Global Campuses Foundation, a 501(c)(3) social profit organization, supports seven campuses in Vermont and four campuses in Thailand to foster emerging curricula that highlight ability, knowledge and individual creativity. Global Campus participants, who are adults who experience disability, facilitate and participate in semester-long educational opportunities as campus administrative staff, teaching faculty, and student learners. Cross-cultural connections are a strong part of their curriculum experiences as well as community service projects.

To learn more about Global Campus Bradford and Global Campuses Foundation, please visit our website and blog: www.globalcampuses.org, www.globalcampusesfoundation.blogspot.com

You may also contact GCF Academic Coordinator, Andreas John, at 802-274-2190 or by email at aej@globalcampuses.org

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Why I Hunt Ghosts

Hello there Graveyard Disciples, this week I decided to do more of a down to Earth (ha-ha, those words make an oxymoron, especially in this column) edition of Scared Sheetless. A question that I am asked quite often is "Why do you hunt ghosts?" To tell you the truth, previous to 2009 before Scared Sheetless made its debut in the Northcountry News, my interest in the paranormal was very limited. I would look information up on it very seldom and didn't have the intense interest in it that I do now. That doesn't mean I've never believed in it though, because I do believe.

I don't recall a time when I've been a skeptic, but nobody can be a born believer, can they? But, I can't remember when the last time I've questioned the existence of spirits (I am skeptical about a few things though: cheap gas, a diet that works, world peace, just to name a few), maybe it was when I was a kid, watching World's Scariest Places with my classmates, and they were in Vlad Dracula's castle doing an amateur paranormal investigation; I said, "this is so fake." I got complained to about not being "open minded", but anyone can watch those shows and have those assumptions. Even someone like me, who does actual investigations, and believes with all my heart that spirits are real. The TV shows just use way too much Hollywood in them and it just ruins any credibility that the show may have had. (I'm a Ghost Adventures fan by the way, if you were wondering.)

Besides the shows that sometimes over exaggerate how an investigation is done, it still doesn't mean that they're not as fun as they appear. They are an adrenaline rush and I'm sure any amateur or professional investigator can back me up on this. The stories I've posted:

"Shock, Awe, and Peace" and "Where Evil and Innocence Reside" were both the most exciting investigations I have ever been on and have left a mark on my life forever (if you have not read them yet go to my website scared-sheetlessncn.blogspot.com and check them out).

But, that question is still there, why do I hunt ghosts? It could be the rush that I get from it; my personal experiences such as seeing my first spirit at the Cathouse in Bethlehem, NH (see "The Cathouse" for more info on my site); the need to find evidence of its existence, or it could be because of the Columbia Pictures, 80's blockbuster movie, Ghostbusters. Which believe it or not, actually has a lot to do with it. Ever since I was a kid, I wanted to put that Proton Pack on my back, roam around the streets of Manhattan (or in my case, Littleton) with the Ecto-1, have that Neutron Accelerator ready to vaporize a bad spook, and send them into a containment unit filled with a bunch of other bad boys of the Afterlife. But, as you grow older you realize all that stuff is purely a made up, Hollywood fairy tale, but it still has a lot to do with why I hunt ghosts. But when you've come face to face with something that's not of the living, you know that it's NOT Hollywood make-believe, or a fairy tale, or some folklore.

Ghost stories, the theory of an Afterlife, have been around for centuries, some can say the dawn of time. That's what fascinates me, ghost stories just keep on coming, and the stories just keep getting more exciting. Why I even read a story the other day that talked about ghosts now using cell phones to contact loved ones. Freaky? To you maybe, but it's fascinating stuff to me. But, the main answer is that I have fun doing it, I have fun writing all these articles for you the readers, and I've met some great people along the way. The biggest thrill out of it all is of course getting Scared Sheetless!

There are things that go bump in the night. We're the ones who bump back. Until next time this has been another Scared Sheetless. Happy Hauntings to all my Graveyard Disciples out there.

Need more scares? Go to scaredsheetlessncn.blogspot.com and check out New Hampshire's most frightening locations.

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 Trendy Times. His stories can also be seen on paranormal news.com and most lyghosts.com where he is a regular contributor.

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20 The Friends Of Landaff Receive Tax Exempt, Non-Profit Status



Landaff - The Friends of Landaff is a fundraising group whose main objective is to rejuvenate the Town of Landaff's beloved Town Hall without expending taxpayer dollars. To date, the Friends of Landaff has accomplished many of its goals in renovating the often used Town Hall kitchen. Grant monies, good old fund raising, and countless volunteer hours have aided the group in reaching these goals.

The Friends of Landaff is proud to announce that in 2010 it applied for and became a State of New Hampshire Non-Profit Corporation and applied for and received 501C-3 tax exempt status from the IRS.

The Friends of Landaff's next fundraiser will be the 4th Annual Parker Hill Road Concert, Saturday, March 12, 2011, 7:00 PM at the Landaff Town Hall. Come early...this is a popular event! On sale will be raffle tickets to win a beautiful handmade quilt (see picture). For more information, call Jaye Michaelis at 603-838-6640.

“Acting Out; Acting For Adults” Workshop At WMCC

White Mountains Community College – Littleton Academic Center – is pleased to offer a 5-session workshop entitled “Acting Out; Acting for Adults”. This workshop will be held on Thursday evenings commencing on March 3rd through March 31st from 6:30 p.m. to 8:30 p.m. If you have thought about acting, but never got around to it, or had the nerve, now is the time to take an acting class! Join other adults in the encouraging environment as we ease into the art of dramatic storytelling. Improve your ability to communicate off the stage as a result of becoming more aware of the actors' tools: voice, body, imagination and empathy. Through a combination of theater games and exercise, we will work on monologues and scenes. If you even just have a bit of curiosity, take this fun class!

For more information, or to register, please call the Littleton Academic Center of White Mountains Community College at 444-1326.

The instructor for this workshop is Becky Cummings.

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By Ronda Marsh

Chicken Divan

While preparing for this column, I was trying to recall how long I've been making this recipe. Near as I can remember, it was about 1985 when I had my first taste of this delicious dish. The mother of my friend, Allison, had come from Ohio for a visit, and had brought with her a little recipe book the ladies of her synagogue had authored. She invited me to dinner and this is what she made. I loved the combination of flavors and textures, as well as how easily and quickly the whole thing can be assembled. I have served this to family and friends, and given out the recipe countless times. I have substituted asparagus for the broccoli, and used croutons when I've run out of stuffing mix. It



freezes well, doubles well, and seems to be universally appealing to everyone who tries it. In short, it's a keeper!

Serves 4

- 2 boneless/skinless chicken breasts
- 1 onion
- 1 large stalk celery
- Salt & pepper
- 1 box frozen broccoli spears
- 1 can *Cream of Chicken Soup
- 1/2 cup mayonnaise

- 1 Tablespoon lemon juice
- 1/4 cup chicken broth (from the poaching process)
- 1/2 to 1 teaspoon Poultry seasoning
- 1 cup (+/-) shredded cheddar cheese, or a cheese blend
- Dry stuffing mix (like "Stovetop" in a canister)

Place chicken breasts in a pot. Quarter the onion, break the celery in half and place in the pot with the chicken. Salt and pepper generously; add enough cold water to cover, put a lid on pot and bring to a boil. Slow to a simmer and poach chicken about 45 minutes. Turn off the pot and let chicken cool about an hour in the liquid. This is important, as it will ensure that the meat will be tender and moist. At this point, you can proceed with recipe, or simply refrigerate the chicken, submerged in its broth, overnight.

When ready to proceed with recipe, remove chicken from poaching liquid and cut or pull apart into bite size pieces. Place chicken in bottom of an 11x7 or otherwise suitable oven-proof casserole. Cook the broccoli in microwave, according to package directions, and cut each spear into several pieces. Add to the casserole with the chicken. Sprinkle the casserole with about 3/4 cup of cheese. In a small bowl, combine the soup, mayonnaise, poultry seasoning, lemon juice, and reserved chicken broth. Spoon mixture over the items in casserole, spreading to cover. Sprinkle generously with dry stuffing mix, then top with a bit more of the cheese. Bake uncovered in a pre-heated 350°F oven for about 25 minutes to 1/2 hour, or till stuffing starts to brown and casserole is slightly bubbly. Delicious served with white rice and a salad.

* If you can get it, use Campbell's Cream of Chicken with Herbs Soup...it's even tastier.

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