

TRENDY TIMES

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NOVEMBER 8, 2011 VOLUME 3 NUMBER 3

VETERANS DAY 2011

11/11/11 @ 11 AM:

A Time For Rememberance

By Gary Scruton

Friday, November 11th is Veterans Day. It is not a Monday holiday, though Congress did make it one for a few short years back in the 1970's. It also is not a celebrated holiday like Thanksgiving or New Year's Day when almost everyone has the day off, and thoughts turn to food and football. It certainly does not appear to have the same status as Memorial Day "the unofficial beginning of summer".

No, Veterans Day is a different kind of holiday. Like New Year's Day, Christmas and the Fourth of July, it is always on the same date, no matter what day of the week it falls on. The reason is that on November 11, 1918 the

armistice was signed between the Allies of World War I and Germany at Compiègne, France. It officially ended hostilities on the Western Front of World War I, Beginning in 1919 and for many years it was known as Armistice Day, The name was officially changed to Veterans Day in 1954, after World War II and the Korean conflict, in order to honor veterans of all circumstances and all generations.

Here in 2011, almost one hundred years later, there are several Veterans Day events scheduled. The parade in Woodsville, hosted by Ross-Wood Post #20 American Legion has been held each year for as far back as any current members can remember, at least for the past 50 years. In keeping with the original signing time of the Armistice, the parade steps off at 11 AM. A speaker, music, taps,



and a volley for fallen comrades takes place at the flag pole on Central Street.

American Legion Post #20 of Bradford is one of the hosts for a special presentation on November 11. That event will include the unveiling of plaques with the names of Bradford veterans. (For those who wonder about such things, each state numbers their American Legion Posts in order of their establishment. It happens that Bradford and Woodsville were both #20 in their respective states)

The students of the Bath Village School will hold their annual event on Thursday. They have Friday off from school in honor of Veterans Day. Their ceremony will include the presentation of a flag that once flew over the capital.

There are undoubtedly more events around the area and anyone able should make an attempt to attend such an event.

One interesting statistic is that only about ten percent of the public can actually claim veteran status. That number seems small when considering the importance, and the number, of jobs assigned to the military.

Bradford Honor Roll Plaques Dedication

By Larry Coffin

This Veterans Day in Bradford will feature a special dedication. Due to a long period of research and plenty of work these plaques have been created and are to be the center of the event. The plaques will honor Veterans who called Bradford home at the time of their enlistment during World War II, the Korean Conflict or Vietnam.

The dedication will begin at the eleventh hour of the eleventh day of the eleventh month (Friday, November 11, at 11 AM), and will be held at the Bradford Academy Auditorium which is handicapped

accessible. The event is being sponsored by the American Legion Post #20 of Bradford as well as the Bradford Historical Society. Those groups invite any and all members of the general public to attend this memorable occasion.

Following the ceremony there will be a luncheon to benefit the Masonic and Eastern Star Lodges of Bradford. The luncheon is by donation.

If you have any questions or need more information about this event please call 802-222-4423

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Woodsville Veterans Day Speaker Lt. Col. Paul A. Bailey USAF (Retired)

Joined the Military at age 17 in June of 1963. Entered as a Private E-1 in the U.S Army. Honorably discharged in June of 1966 as Sergeant E-5. Served with the 82nd Airborne Division, including six months of combat duty in the Dominican Republic Crisis in 1965. Attended college earning a Bachelor's Degree in 1970 and Master's degree in 1974.

Joined the Air Force Reserves in February of 1975 and flew as an enlisted aeromedical evacuation crew member until 1980. Commissioned in May of 1980 as a Second Lieutenant. He served continuously until May of 2006 when he retired as a Lieutenant Colonel on his 60th birthday.

Activated twice: During Persian Gulf War in 1990-1991 he was on active duty

for nine months managing all flight line ground transportation at Westover Air Reserve Base in Chicopee Massachusetts.

At age 59 he was again called to active duty and spent a year in the Plans and Program office of the Electronics Systems Center in Hanscom Air Force Base in Bedford, Massachusetts primarily coordinating military budgets as well as other sensitive and classified plans and programs.

He is a life member of both the Veterans of Foreign Wars, and the Reserve Officer's Association and a member of the Ross Wood American Legion Post 20.

He is fully retired and lives in Bath New Hampshire with Nancy, his wife of 42 years. He has one daughter and two grandchildren who live in Pelham New Hampshire.

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November 11, 2011 Volume 3 Number 3

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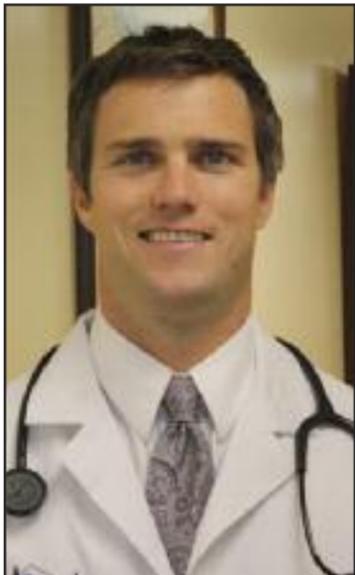
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Cottage Hospital Introduces New Hospitalist



Medicine and Biosciences in Kansas City, MO. He continued on to complete his post-doctoral training at the University of Missouri-Kansas City where he pursued his residency in inpatient Internal Medicine. During this time, Dr. Spencer won several awards, including recognition as the Top Resident on any Internal Medicine associated rotation.

While pursuing his undergraduate degree at the University of Missouri in Columbia, MO, Dr. Spencer participated in a Summer Study Abroad Program at Charles University in Prague. In May of 2004 he earned his Bachelor of Science in Biochemistry. Dr. Spencer is currently a member of the American College of Physicians.

Over the past several years Dr. Spencer has been involved in a variety of volunteer projects. He traveled to Guatemala in February of 2008 as part of a DOCARE International Medical Mission

Trip providing medical care to individuals living in remote areas. He also worked with Score 1, an organization that provides free health screenings for elementary school aged inner city children living in Kansas City.

Although this is first time in the Northeast, Dr. Spencer finds the small town atmosphere to be similar to that of his own hometown in Missouri. He enjoys a variety of outdoor activities including hunting, fishing and golf, and is looking forward to skiing in the winter. His fiancée, Jill is currently doing her residency in dermatology at the Dartmouth Hitchcock Medical Center.

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

Woodsville, NH - Cottage Hospital is pleased to announce the addition of Hospitalist Dr. Blake Spencer, DO to its team. Dr. Spencer will oversee patient care for a majority of the patients admitted to Cottage Hospital's Medical Surgical Unit.

As an internal medicine physician, Dr. Spencer specializes in adult patient care. His goal is to increase stability and continuity of care for patients. To this end, he will closely monitor the care patients receive while they are being treated at Cottage Hospital and will communicate with their primary care physicians for continued outpatient care or follow up needs.

In May of 2008, Dr. Spencer received his Doctor of Osteopathic Medicine from the Kansas City University of

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In Vino Veritas – Bottle Two

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

“The most popular beverage in this country is soda, followed by coffee, beer, and milk. The annual consumption of wine in France and Italy is around 120 bottles per person; in Portugal and Argentina it is over one hundred bottles per year, and in Spain, Chile and Switzerland it is far more than seventy bottles. The average American drinks ten to 12 bottles of table wine a year”. Alexis Bespaloff's *New Signet Book of Wine*, 1986.

We in the U.S. are not as familiar with wine as we could be. In Bottle One in this space, a few issues ago, we covered briefly what wine is, and how wine is made— picking grapes, crushing and fermenting them. Fermentation is the process that transforms sugar and yeast naturally occurring in grapes into alcohol, and also into carbon dioxide, a gas which disappears into the air, while the alcohol remains at a certain level – usually 9 to 13 or 14 percent. After fermentation is complete, the wine is transferred to small

barrels, large casks, or even larger casks to age and rid itself of its natural impurities. Depending on local custom, aging can take anywhere from a few weeks to three years or more.

HOW DO YOU GET THE WINE YOU WANT ANYWHERE YOU BUY IT? Let nobody intimidate you, in a liquor store, or a restaurant, or a bar, when you ask for wine or ask about it. You should rightly ask for suggestions, guidance, and advice if you want those things, but no clerk or waiter should ever tell you what wine you should be drinking. That choice is yours. The more you know, the more fun you can have.

HOW DO I ASK FOR IT? Just do it. “I'd like some wine please” The waiter or clerk will typically come back with, “Sure, what do you like, or What kind?” Or, better, you could say, “I'd like some red wine please, or, I'd like some white wine please”. Even better than that is to specify DRY

or SWEET when you ask for white, or to ask for FULL-BODIED AND DRY or LIGHT or MELLOW when you ask for red. Of course, there are degrees of taste and color between those several extremes, but those short descriptions tell your server which way to go to please you. And a good server does want to please you, the customer. You are his or her living.

GOTTA REMEMBER ALL THAT WHEN I ASK? Not really, If the waiter or clerk you are asking knows what they are talking about, they can lead you through that whole process by asking you questions – do you like your white sweet or dry, do you like your red full bodied or light? Just remember, the more information you can give when you ask, the better your chances are of getting what you like.

WHAT IF I DON'T KNOW WHITE OR RED, OR SWEET OR DRY – WHAT DO I ASK FOR? Unless it's your very first taste of the grape, at some point, sometime, you have had some wine you liked or you would not be asking for some again. One of the ways to help your server to get you what you want, is to describe it. “I had this one wine, it came in a tall green bottle, and it was white. I liked that”. What you have just told any knowledgeable server, is that you probably like a sweet wine called RIESLING. That wine comes from Germany, or America, made from the



grape called RIESLING, and happens to be sweet, and comes in a tall green bottle called a FLUTE. Yes, the shape and color of the bottle does count.

WHAT IF I DO NOT KNOW ANY OF THAT? Then start from scratch. Good restaurants these days will provide you small tastes for decision-making. There is nothing wrong with saying, “Could you please bring me two or three small samples of some white and some red, so I can see what I like?” Don't forget the third choice among table wines – rose, (ro-SAY) or blush, or White Zin, as it is known. These types of wine are white wines really made from dark grapes, and many of them tend to be on the sweeter side.

WHAT IF THEY WON'T DO THAT? They probably will if you push a little. Ask for the manager if need be. If that does not work, you are in the

wrong restaurant to get any wine you like except by pure accident. Think about that before you go back there again.

WHAT IF THE WAITER I'M TALKING TO KNOWS EVEN LESS THAN I DO ABOUT WINE? It happens, but in every eating establishment, there is someone who knows more about wine and liquor than anyone else there. You may have to ask for the manager, or sometimes the bartender. Of course, in many fine dining places, there are still wine stewards who are specialists, not just in wine, but in how to get customers exactly what they want. Good wine stewards are heaven-sent. More wine truth and beauty next bottle.

(Editor's Note – Robert Roudebush functioned as a wine specialist for many years in the restaurant business and submits occasional pieces about the wonderful world of wine)



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Changes In Real Estate: Part 2

With Gerald Winn

By Lauren M. LoSchiavo

The data for this article was obtained from actual course material and is in no way meant to be a guide, legal or otherwise. If you are planning to enter the real estate market, you should consult a licensed agent before doing so.

Many buyers and sellers of real estate have been conducting business in a way that has not been completely compliant with the laws in place to protect them. This is in large part due to the fact that they were unaware of the legal obligations surrounding the sale. There are 7 sources of law governing even the smallest real estate transaction.

At this point in time, it is found that consumers are more educated about products and services as well as the legal recourse to correct wrongdoing. In the last 2-3 years, there has been a steady increase in litigation involving real estate transac-

tions. The mitigating circumstances were many times simply unconscious incompetence – or not knowing what you should have known.

As client knowledge grows, buyer's Agents, seller's Agent and For Sale By Owner (FSBO's) can no longer count on "I just didn't know" as a suitable defense. To put it simply, if you are selling a home or land, you need to disclose every issue that you are aware of that could be a problem in the future, i.e. material facts/defects, before you make the sale. Failure to do so could hold you liable and responsible even years after the closing on the property. Additionally, if you are representing yourself, in any capacity, you are expected to be competent.

The moral compass within real estate agencies has shifted toward a higher level of accountability and re-

sponsibility. In allegiance to the Fair Trade Agreement an agent should provide you with services that are worth more than what you are being charged for. Some important things to consider when choosing an agent are; can they demonstrate, with convincing evidence, their knowledge and skill? Are they aware of all necessary disclosure information? Do they possess the skill to walk you through these issues? Do they offer council – such as how other homes in your area are priced? Can they offer advice as to what you could do to bring a higher price for your home? Do they practice total discretion? And do they observe the rules of confidentiality?

If you are looking to buy or want to sell a property, you may find your real estate agent asking questions that you may not want to answer. Your best course of action is to be completely honest. If

proper procedures for full disclosure were not adhered to, and you sold your home, you and your agent could be held liable. It could also result in having your contract considered null and void, costing thousands of dollars, including, in some cases, treble damages.

The fact finding or disclosure information should be given after you have

established a clear agent relationship and you are comfortable with the level of expertise your agent will provide you with. For more information about the real estate course, or to speak to a licensed agent, contact Century 21 Winn Associates, located on 69 Meadow Street, Littleton, NH (603) 444-7781, or visit their site www.century21winn.com.

Did You Know...

that there are 7 Sources of Law that govern a Real Estate Transaction? They are...

- 1 U.S. Constitution
- 2 Federal Laws Passed By Congress
- 3 Regulations Of Federal Committees And Agencies
- 4 State Constitutions
- 5 State Laws
- 6 Local Ordinances
- 7 Court Decisions (Common Law)

For guidance through your next Real Estate Transaction, contact Century 21 Winn Associates by calling 603-444-7781.



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Calendar of Events

This is a full page of Calendar of Events for local non-profits. Courtesy of Trendy Times.
Put **YOUR FREE** listing here!

SUNDAYS

CRIBBAGE TOURNAMENT
1:00 PM
American Legion Post #83, Lincoln

MONDAYS/THURSDAYS

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

WEDNESDAYS

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

WEDNESDAY & THURSDAY

NOVEMBER 9 & 10

"ASK US WHO WE ARE"
A DOCUMENTARY FILM DIRECTED AND
PRODUCED BY BESS O'BRIEN
7:00 PM
Catamount Arts, St. Johnsbury

WEDNESDAY, NOVEMBER 9

**TWIN STATE HUMANE SOCIETY
SPAY/NEUTER CLINIC**
Pike, NH

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

THURSDAY, NOVEMBER 10

VETERANS DAY PROGRAM
11:00 AM
Bath Common/Bath Village School

17TH ANNUAL BUSINESS CELEBRATION
11:30 AM – 1:30 PM
Black Bear Tavern and Grill, St. Johnsbury

BUTTON UP VERMONT WORKSHOP

7:00 PM
Peacham Library
See article on page 13

VERMONT FILM PREMIER – GEN SILENT

7:00 PM
Room 100, Academic & Student Activities Center
Lyndon State College

FRIDAY, NOVEMBER 11

VETERANS' DAY PARADE
11:00 AM
Central Street Flag Pole, Woodsville
See ad on page 13

DEDICATION OF BRADFORD HONOR ROLL PLAQUES

11:00 AM
Bradford Academy Auditorium
See article on page 1

SATURDAY, NOVEMBER 12

HUNTER'S BREAKFAST
7:00 AM – 10:00 AM
Littleton Area Senior Center

CHRISTMAS BAZAAR

9:00 AM – 2:00 PM
Bath Congregational Church

ANNUAL HOLIDAY BAZAAR

9:00 AM – 3:00 PM
Waits River Valley School, East Corinth

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria
See article on page 7

TURKEY SUPPER

5:00 PM – 7:00 PM
North Haverhill Methodist Church

COOKEVILLE CAFE MUSIC & TALENT SERIES

7:00 PM – 10:00 PM
Corinth Town Hall, 1387 Cookeville Road, Corinth

SUNDAY, NOVEMBER 13

**HELENE LANG AS "AGATHA CHRISTIE:
CREATOR OF MISS JANE MARPLE AND
HERCULE POIROT"**
2:00 PM
Tenney Memorial Library, Newbury

FOLK MUSIC JAM FOR TEENS & YOUNG ADULTS

3:00 PM – 5:00 PM
Catamount Arts Cabaret Room, St. Johnsbury

MONDAY, NOVEMBER 14

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

TUESDAY, NOVEMBER 15

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

EMERGENCY FOOD SHELF

1:00 PM – 2:30 PM
Wells River Congregational Church

ONE REGIMENT'S STORY IN THE CIVIL WAR

7:00 PM
Fairlee Public Library

WEDNESDAY, NOVEMBER 16

**BOOK DISCUSSION GROUP
MERMAID'S CHAIR**
7:00 PM
Fairlee Public Library

THURSDAY, NOVEMBER 17

**STARTING YOUR FOOD BUSINESS RIGHT -
UNDERSTANDING STATE AND FEDERAL
REGULATIONS**
6:30 PM
Vermont Food Venture Center
140 Junction Road, Hardwick

FRIDAY, NOVEMBER 18

4TH ANNUAL TURKEY RAFFLE
6:00 PM
American Legion Home, Woodsville
See ad on page 13

SATURDAY, NOVEMBER 19

HOLIDAY BAZAAR
9:00 AM – 2:00 PM
Oxbow High School, Bradford

GROTON GROWERS COMMUNITY MARKET

10:00 AM – 2:00 PM
Groton Town Hall Gym

WILLING WORKERS ANNUAL SALE

10:00 AM – 1:30 PM
Sugar Hill Meetinghouse, 1448 Route 117

MONDAY, NOVEMBER 21

HAVERHILL SELECTBOARD MEETING
6:00 PM
Morrill Municipal Building, North Haverhill

THURSDAY, NOVEMBER 24

TURKEY WALK/RUN
9:00 AM
North Haverhill Methodist Church
See ad on page 18

SATURDAY, NOVEMBER 26

SMALL BUSINESS SATURDAY
All Day
Your Local Small Business

WINTER FARMERS MARKET

10:00 AM – 2:00 PM
Bradford Elementary School Cafeteria
See article on page 7

MONDAY, DECEMBER 5

GOOD OLE BOYS MEETING
12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, DECEMBER 6

**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

PLACE YOUR EVENT FOR YOUR TOWN, SCHOOL OR ORGANIZATION AT NO CHARGE.

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Deadline for submissions is Thursday, November 17th for our November 22nd issue.

Winter Farmers Market Opens In Bradford

By Marianne L. Kelly

BRADFORD, VT—The growing popularity of local year round farmers markets has prompted Bradford to offer their own.

Beginning November 12 and continuing each second and fourth Saturday of the month through May, area residents can go to the Bradford winter farmers market in the Bradford Elementary School cafeteria and purchase seasonal produce, freshly baked breads, pies and pastries, preserved goods, quality crafts, jewelry and more. Don't forget to bring your knives and scissors for sharpening while you, shop, have lunch and catch up with your neighbors and friends.

The market kicks off with an event for kids called Stone Soup from an old folk story where hungry travelers persuade villagers to give them food. The travelers enter a town with nothing more than an empty cooking pot and finding the villagers unwilling to share their food, go to a local stream, fill their pot with water, drop a large stone into the water and place it over a fire. When asked by a curious villager what they are doing, they explain that they are making stone soup that tastes wonderful but needs a bit of gar-

nish. This villager decides to donate his carrots to the soup and one by one, as others hear of this strange soup, donate more ingredients until before long everyone is enjoying a truly delicious soup. This story is usually told as lesson cooperation, especially during hard times. It will be very interesting to see the results of our children's stone soup.

You might also enjoy a hot lunch prepared by sixth grade teachers with proceeds helping to purchase school supplies for the students.

According to market manager, Iris Johnson, the market has room for more vendors and especially seeking maple, honey and cheese products. She also

requests that visitors bring a non-perishable food item to be donated to the Bradford food bank, and would like to interest local organizations such as the Girl Scouts in offering their products and information at selected markets.

Hours for the Bradford Winter Farmers Market are 10-2, the second and fourth Saturday of each month. There might be a change in December as the fourth Saturday falls on Christmas Eve. Anyone interested in becoming a vendor at this market should contact Iris Johnson at 802-222-4995. An application can be found on the Bradford Farmers Market Facebook page.

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Close Encounters With The Chipmunk Kind

By Danielle Snitzer

Chipmunks have been running wild lately in New England, and the impending winter is to blame. Although known to be pests, very few people have been trying particularly hard to get rid of them. The little critters have been scurrying for berries, fruit, flower bulbs, and nuts all around parks, schools, and our own backyards, in preparation for their winter hibernation.

Melissa McDonnell, of the Oliverian School in Pike, New Hampshire, had a close encounter with one of these rodents during a walk back into her house. "I was walking into my house, and opened the door. Before I had a chance to step inside, a chipmunk darted in. I froze and didn't know what to do." After a run about the living room, it ran back outside.

Although cute, these chipmunks are known to chew on furniture and burrow under patios and stairs. Damage is usually minimal, with homeowners reporting less than

\$200 in repairs for chipmunk-related damages.

New Englanders have had a recurring problem with Alvin, Simon, and Theodore over the years, and have taken various measures to get rid of them. There are those who use the "Have A Heart Trap," and release them into the far away woods, some drown them, and others catch them and then transfer them to their old hamster's cage.

Mike Richardson, of Haverhill, reports that in his home chipmunks are solely entertainment for his dog, and have not done any damage to his property. "I have a chipmunk who wants to be roommates, he wants to live indoors," says Mr. Richardson. Unless they can sing, it would be wise to keep them outside.

These Eastern Chipmunks live in wooded areas, and for most of us, right in our backyard. Although not welcome indoors, there seems to be a general sense among lo-

cals that they offer something outside. Students at rural New Hampshire's Oliverian School enjoy seeing the small critters dart from tree to tree while walking between classes, and occasionally spot them jumping up on picnic tables or cars.

In big cities like Boston, the chipmunk epidemic seems to affect lives differently, though. Mike Winner of Chelsea, Massachusetts reports, "Most of the time, you see them running away or dead from a car. It's a lot different in the city."

As the chipmunks prepare for the winter, don't worry about saying goodbye to these fuzzy fellows: they will emerge every three to four days to snack on their food reserves throughout the cold months.

Editors Note: Danielle Snitzer is a senior at the Oliverian School. She wrote this article as part of a journalism class that recently visited the office of Trendy Times.

North Country Home Health & Hospice Agency Begins Annual Appeal

November is National Home Care and Hospice Month. During this month, North Country Home Health & Hospice Agency conducts its annual fundraising appeal.

This Agency makes it possible for hundreds of people each year to continue to fulfill their desire to remain in their own home. We coordinate all aspects of our clients' care such as nursing, rehabilitation services, personal care, and homemaking and companion support with a keen respect for individual needs. It is the respect for our clients' values and expectations that has earned us the reputation for providing compassionate home health care and hospice services. Additional information about our agency and our services may be obtained on our website. www.nchha.com

Many of our services are paid for through Medicare, Medicaid, private insurances, and state grant programs, however, as a community agency we are facing many challenges. During these difficult economic times we are facing increasing demands for providing our services along

with declining reimbursement. It has been through the generous support of the community that North Country Home Health & Hospice has been able to continue to provide the quantity and quality of our services. Home Health Care and visiting nurse services are one of the most cost effective ways to provide health care services. Our elderly and disabled clients who come to our services from hospitals and nursing homes understand the benefit of care at home. Whether it's for two days a week or 24/7, home care keeps clients safe and healthy in their homes. It preserves their dignity, protects their independence, and provides them with peace of mind.

In addition to in home care, North Country Home Health & Hospice provides many community health clinics and screenings throughout Littleton, Woodsville, Lincoln and surrounding communities. Foot care clinics, blood pressure and blood sugar screenings, and immunizations clinics are just some of the community services provided that are either free or

have a minimal fee for the community. We have also been at the forefront of technology with the use of telehealth monitors in our client's homes. These monitors allow for daily checks of the clients vital signs and other health indicators that our nurses can monitor through the computer. These are just a few of the innovative ways that home health care has developed efficient quality services in a cost effective manner to care for our patients at home. As North Country Home Health & Hospice celebrates Home Health and Hospice month along with our colleagues across the country, we appreciate the continued support all communities have given our agency. Your contribution to North Country Home Health & Hospice Agency would be gratefully appreciated not only by the agency, but by all those who need our assistance. As the national motto this year for Home Health and Hospice month states "Because there is no place like Home" Please call Human Resources at (603) 444-5317 for additional information.

Serendipity At Work - Ariana's Restaurant And Bunten Farm

By Marianne L. Kelly

Orford, NH—The Universe it seems, hears our needs and desires, then serendipitously joins them together.

Executive Chef, Martin Murphy, a food service professional for more than 30 years, was looking for a restaurant to call his own, while at the same time Chris Balch, who, with husband Bruce owns the Bunten Farm and Farmhouse Restaurant was looking to leave the restaurant, as it was all too much work for one person. "I had been looking for my own place for a while," said Martin, "and banks are not easily loaning money."

Fate stepped in one ice-cold January day, when Martin stopped in to buy cheese for his current employer. He casually asked Bruce, how things were going and got the

favorite answer, "I'm busier than a one armed paper hanger and it would be nice if someone like you came along and took this place from us."

Martin pondered this "food for thought" for about a week before returning to ask Bruce if he was serious." I will be coming into your house and taking over your business," he told Bruce. "I thought you might come back, and yes I am serious!" replied Bruce. After much discussion Martin leased The Farmhouse Restaurant from Chris and Bruce, changed the name to Ariana's, after his daughter, and proceeded to put his stamp on it.

Chris and Martin's wife Nancy were a bit nervous at first, "but we put it together and it's turned out well," said Martin.

ARIANA'S MENU

The restaurant seats 24 people and the menu changes frequently allowing customers to feast on the freshest food available and allowing Martin to show case his culinary creativity. Martin balances his menus by knowing what his customers want, and preparing family friendly, affordable meals.

Seafood lovers will find a wide assortment of dishes including fresh scallops, salmon, shrimp, mussels and more. "I like doing seafood, it's healthy for us and I do it well," said Martin. He also offers meat and several pasta dishes. "If someone doesn't find something they like on the menu they can always choose pasta."

Martin supports local producers as much as possible,



and "that affects my menus." His fall menu includes duck confit, cassoulet and short ribs with the organic veal and pork sausage in the cassoulet coming from the Winsome and Robie farms in Piermont. He obtained celeriac at Cedar Circle Farm in Thetford and using the pumpkins and butternut squash from the Bunten Farm created a root vegetable ragu topped with braised short ribs and braising juices.

Many of his vegetables come from local farm stands such as Peak Mountain Farm in Piermont and Cedar Circle Farm in Thetford. "I am a small business and like that I can choose exactly what I need fresh from the farm stand." Several beef dishes come from the livestock raised on the Bunten Farm, including his homemade breakfast sausage. The beverage list includes a nice selection of wine and beer as well as natural sodas with no high fructose corn syrup.

Ariana's also offers Sunday Brunch from 10am-2pm. The brunch menu offers favorite breakfast dishes, and "more supper type items," such as mussels, shrimp scampi and pasta, scallops with salad, and more. "You will be seated, but I recommend reservations," he said.

FRESH FROM THE FARM

In addition to helping run the farm, Chris bakes the bread and creates the various artisan cheeses that include "skinny cream cheese," Mozzarella Cheese Curds, Herb Mozzarella, Farmhouse Cheddar, Feta, and Blue. She stressed that their dairy and meat products come from grass fed Registered Heritage Devon milk cows, calves, steers and bulls. Customers can stop in the Pantry Farm Store during restaurant hours or by chance to purchase a loaf of freshly baked bread, English muffins, butter, beef,

breakfast sausage when available, pickles, preserves, desserts and more.

Also available are raw or pasteurized milk, Devon Whey for protein drinks, Devon Skim Milk Yogurt, "Bring your own container and taste the real thing," said Chris. She is quick to point out that their raw milk source is exceptionally clean and state inspected each month. Their Devon milk is high in omega 3 and CLA's that studies show contain potent anticarcinogens and may play a role in preventing atherosclerosis. Chris will also, by request bake you a special dessert...just call and ask for suggestions!

The Bunten Farm and Ariana's Restaurant share more than business. They share a love and passion for offering the public the freshest, healthiest, most delicious food possible in a family friendly environment. Check them out for yourself, and while you are there, ask about booking Ariana's for a holiday party or other special event.

The Bunten Farm and Ariana's Restaurant are located on Route 10, Orford. Restaurant hours: Wed-Sat 5-9 pm. Sunday Brunch: 10-2 pm. For more information call (603) 353-4405.



By Ronda Marsh

My Marvelous Meatloaf

Meatloaf: it's as American as apple pie, and I think there are probably scores of us who grew up with it being a staple on the family dinner table. There are as many different variations of this basic diner fare as there are diners themselves; some with sauces, some with gravies and still others wrapped in bacon and with no sauce at all. With all that said, I must confess that I never really liked meatloaf. It was usually dry, and tasted different each time I made it. So, one day I decided to try to change all that, and found that adding dry soup mix and a topping sauce did something wonderful to humble

ground beef. I really hope you'll try this; it's so good, it's the only meatloaf I make now.



1 large egg
2 teaspoons Worcestershire sauce
½ teaspoon black pepper
1 teaspoon chili powder
1 teaspoon poultry seasoning
2 tablespoons finely chopped (or grated) onion
2 tablespoons ketchup

½ to ¾ envelope dehydrated vegetable soup mix (like Lipton or Knorr)
¼ to 1/3 cup water
½ cup dry breadcrumbs
1-1/4 lb. ground beef
(I use either 85%-15% mix or the 90% with a tablespoon of olive oil added to ensure a moist outcome)

Preheat oven to 375°F.

In a large bowl, combine all ingredients except beef, mixing well. Add the ground beef and mix thoroughly but gently, taking care not to over mix. Mixture should be slightly wet, but cohesive and easily massed.

Spray a loaf pan with cooking spray. Pack in meatloaf mixture, and top with your favorite barbecue sauce, or my sauce recipe below.

Bake uncovered for 60 minutes, or until browned and cooked to your liking.

Remove from oven and let rest for 10 minutes before slicing.

MEATLOAF SAUCE: In a small bowl, combine ¼ cup ketchup, 2 Tablespoons mustard, & 1 Tablespoon packed light brown sugar. Spread over top of meatloaf before baking. Sauce will brown and caramelize slightly as meatloaf bakes.

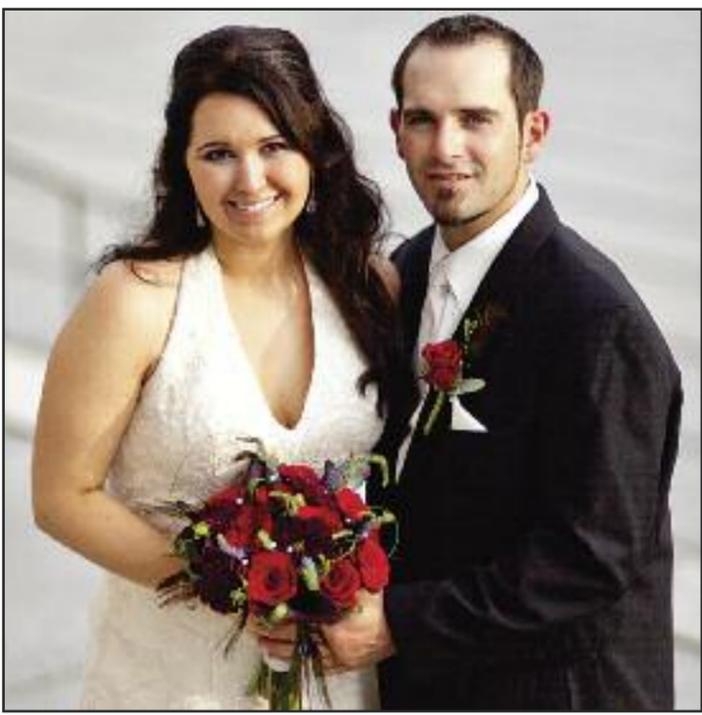
NOTE: I do not add salt to this meatloaf recipe, as there is sufficient sodium in the dry

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Amanda Lynn Gilman and Brian Wilson Bogie were married on Saturday September 24, 2011 at the First Congregational Church of Berlin. The Reverend Dereen Vanderlinde-Abernathy performed the double ring ceremony.

The bride is the daughter of Dale and Darlene Gilman of Danville. The groom is the son of Kelly and Brenda Bogie of Groton. Presented in marriage by her father, the bride was attended by her friend Clarissa Elliott as matron of honor. The bridesmaids were Kayla Gilman (sister of the bride), Carrie Lamberti (cousin of the bride), Tiffany Bogie (sister of the groom) and Jensen Proebstel (cousin of the bride). The junior bridesmaid was Jersey Gilman, sister of the bride. The late Nicholas John Bogie (cousin of the groom) was recognized as the honorary best man with groomsman Benjamin Gandin (friend of the groom) stepping into his duties. The remaining groomsmen were Nicholas Kendall (cousin of the groom), Ryan Spear (friend of the groom) and Erik White (cousin of the groom). The ring bearer was Braydon Bogie, son of Nicholas and Carrie Bogie. The flower girls were Ainsley Kendall, daughter of Clarissa Elliott and Nicholas Kendall, and Persephone Hein daughter of William and Christine Hein.

The bride carried a bouquet of red roses and dahlias accented with deep purple calla lillies, peacock feathers and swarovski crystals. She wore a traditional, beaded organza and lace gown in a mermaid silhouette with a semi-cathedral train; and accessorized with blue silk satin platform heels and a cathedral length veil.

Pianist William Cotte performed.

A reception was held at the Capitol Plaza Hotel in Montpelier.

The newlyweds honeymooned in the Mexican Riviera, in the city of Tulum following the wedding celebration.

The bride is a graduate of Lyndon State College where she received an Associate's degree in Television News and a Bachelor's degree in Business Administration as well as Norwich University where she received a Master's degree in Organizational Leadership. She is employed as an Admissions Counselor at the New England Culinary Institute. The groom is a graduate of Blue Mountain Union High School. He is employed at his family's business B&T Equipment Repair. The couple resides in Barre.

This Plus That Consignment

Interview with Karen Lombardo

By Lauren M. LoSchiavo

Only a few weeks in business, as of the writing of this article, and Karen Lombardo has managed to gain 18 new clients and is looking for more. If you have ever wanted to buy things from places such as Pier One Imports or Crate & Barrel, but didn't want to pay full price, this is the place to come. Karen's biggest reason for having this shop is so people who don't have a great deal of money can still have beautiful and practical things. The recycling/re-using of items that would otherwise end up in a landfill is also good for the environment. Karen provides another service to the area; she has worked for Central Vermont Community Action Council for 7 years.

Here is how it works; you have items in your home that you no longer want or need, decide how much money you would accept for them (or she will price them for you), bring them to This Plus That Consignment and Karen will sell

the items for you. If it is too big to fit in her store, there is a bulletin board where you can post a picture. You will receive 60% of the profit. If something does not sell within 4 weeks, you then either lower the price or take it back and replace it with something else. This means that every 4 weeks new inventory is coming in and prices will be going down. This Plus That Consignment also accepts craft work.

Additionally, there is an interesting piece to her contract called "special instructions." You can use this area to put in sale variables. For example you want \$10.00, but you will accept \$8.00. This gives Karen room to negotiate, and you a chance to get something for your item, without having to go through the cycle a second time. If you don't have the time and would like her to do the pricing, just visit This Plus That Consignment during the hours she is available (see below).

This holiday season

Karen will be preparing Christmas baskets for under \$10.00 (\$9.99 or less).

Take inventory of your possessions, just about anything you believe is worth something, she will try to sell for you and you could find yourself with a little extra cash for the holidays. This Plus That Consignment is located in the Brill Plaza at the 4 corners (Corner of Route 10 and Forest Street and Swift Water Road), Woodsville, New Hampshire. They are open 7 days a week. Monday-Friday 9:00-6:00, Saturday 9-5 and Sunday 9-3. Karen is available from 2:00-6:00 Monday-Friday. Please note that This Plus That Consignment IS OPEN for business earlier than the times stated here, but these are the hours she will be available to personally assist you, and make sure the contract for your consignment items is correct. Karen would like to thank all her customers and clients for their support in making her business a success!

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North Country Fruit And Vegetable Seminar And Trade Show

With the resurgence of local farming and the growing interest in local foods, farmers are looking for information that will help them keep up with consumer demand. So UNH Cooperative Extension Agriculture Educators in Coos and Grafton Counties, Steve Turaj and Heather Bryant, teamed up to hold the North Country Fruit and Vegetable Seminar and Tradeshow on Wednesday, October 26th at the Mountain View Grand Resort and Spa in Whitefield, NH.

Over 135 farmers and backyard food producers visited booths representing 18 local and regional businesses whose products and services support farmers. They heard from NH experts on bramble production, curing and storing vegetables, UNH research on season extension, and tips on how to grow a prize winning giant pumpkin. The day's only shadow was a sobering



Vendors primarily from NH, but also CT, MA, ME, and VT set up trade show booths.

update on the Spotted Wing Drosophila, a highly destructive invasive pest that attacks small fruit like raspberries and strawberries right before harvest time.

One farmer commented "I will store my pumpkins FAR better now and tell others how to do it right!", another said "The talks on pests will help me protect my

crops before there is a problem".

Mountain View Grand's Chris Diego, feels "Too many people don't know where their food comes from". This observation has helped to cement Mountain View Grand's commitment to local food and to working NH's agriculture into the experience they offer their guests.



Posing with some of the local foods on the day's menu are (Front, L to R) Sally Zankowski and Peter Perkins of Creampoke Sally's, Chef Brian Aspell of the Mountain View Grand. (Back, L to R) Steve Turaj of UNHCE, Zack Mangione of Meadowstone Farm, Craig Putnam of Echo Hill Farm, Roger Maykut of North Country Orchard, Heather Bryant of UNHCE, Matt and Barbara Smith of Peaslee's Potatoes.

Chef Brian Aspell showed that commitment in a lunch menu that included produce and cheeses from 8 area

farms. Chef Aspell was excited about the contacts he made and the quality of local products.

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Bradford Conservation Commission's 2012 Calendar, The Beauty that is Bradford's will be available at participating Bradford Merchants beginning at the annual Midnight Madness event on November 4th. Chris Mazzarella's photo of "Miller's Hay Field" was selected to grace this year's front cover, in keeping with the BCC's focus on promoting our working landscape. This year's back cover features Megan Flye's photo of "Spring Flooding on the Bradford Golf Course".

Other photos selected for the 2012 Calendar include some familiar Bradford scenes and landmarks, but from the unique perspectives of each photographer, including Bonnie Prouty, Mary Wendell, Storme O'dell, Diane Chamberlain, Phil Bowman and Linda Bryan. The Calendar has been made available again this year thanks to Dartmouth Printing Company.

All proceeds from the sale of the 2012 Calendar will benefit the Bradford Conservation Fund, which is used to assist in the conservation of working farm and forest lands in Bradford.

Community Volunteer Brings Pet Food Program To Life

Local Equal Exchange TimeBank member Oliver Smith found an opportunity to share his skills as well as extend his passion for animals in the Northeast Kingdom Pets for Life project. Smith collaborated with the Area Agency on Aging for Northeastern Vermont to create a multimedia platform to tell the story of the vital role pets play for local homebound seniors receiving meals on wheels.

Smith explained that he was drawn to the program. "As someone who has had a long and meaningful relationship with a companion dog, I am convinced that by supporting seniors and companion animals in the Northeast Kingdom, the PETS program is offering an important service."

The project began in 2009 with a small grant from the Banfield Charitable Trust. With the support of local donors and volunteers, the project provides needy homebound older adults living in the Northeast Kingdom with food for their pets. Smith offered his skills to help create a website and presence on Facebook and YouTube to publicize the

program which is now known as Northeast Kingdom Pets for Life.

During the past year Smith worked closely with several community volunteers on the project and encourages others to consider volunteering their time. "Volunteering with the Area Agency has been a gratifying and important experience for me. The volunteer work has given me the opportunity to practice my internet strategy and communication work in a new way: to benefit a grass roots project for social good. At mid-career, this volunteer work has enabled me to view my professional work in an altogether different light. I have grown both personally and professionally through my work as a volunteer with the Area Agency on Aging."

The Agency is also a member of the Equal Exchange Timebank, allowing volunteers to earn "Time Dollars" towards other service offers as members share their skills. Smith was able to use his "Time Dollars" towards dog sitting services. "Not only did my volunteer work help care for my dog, it also broadened my circle of acquaintances in the com-



munity." Additional information about the Equal Exchange Timebank can be found on the web at www.equalexchangevt.org or by calling 535-3387.

To learn more about Northeast Kingdom Pets for Life, visit the program's website at www.kingdompets.org. The website includes links to video clips featuring seniors (and their pets) who participate in the program. You can also contact us by email or phone at petsforlife@nevaaa.org or by calling Lisa at the Area Agency on Aging at 748-5182 or 1-800-642-5119.

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Halloween Night In Woodsville

Ghouls and Goblins, Angels and Devils, Ballerinas and Horses visited the American Legion Post on Ammonoosuc Street in Woodsville on All Hallows Eve – this past Monday evening. Trick or Treaters were greeted by a singing Pirate, a very tall Ghoul, very mysterious creepy music and an "old" flower child, a hippie and a witch. The usual Halloween fare was present along with freshly baked cupcakes, cookies and brownies. With 89 trick-or-treaters what a wonderful time for all!!!! Look for us again next year!!!

The remainder of the cupcakes, cookies and brownies were distributed Tuesday morning to the Bath Village School (80 packages), and the After School Program at the Haverhill Cooperative Middle School (40 packages).

Halloween Night at the Post was a joint endeavor between all members of the American Legion Family – Legionnaires, Auxiliary Members and the Sons – the first endeavor outside in recent memory. Auxiliary members – 16 of them to be exact – baked cupcakes, cookies and brownies. Legionnaires and the Sons assisted in building and taking down of the Halloween display. NH State Vice Commander Morey Anderson among others greeted our Trick-or-Treaters from 5 until almost 8:30. I would like to say a huge "Thank You" to all for this fun and very successful event/evening! It could not have happened without you!

*Christine Green
American Legion Auxiliary Post 20
Chairperson Children and Youth*

Say Hello To The New Board And The "New" Old Church Theater

At the annual meeting Sunday, October 23rd, the old "Old Church Community Theater" ceased to exist, and the new "Old Church Theater" took its place: Within weeks it is expected that we will receive our long sought-after 501(c)3 status as a state and federally recognized non-profit organization. You will find the new bylaws and other documents posted on our web page, www.oldchurchtheater.org

Members unanimously voted to transfer the assets of the old group to the new group, and voted the follow-

ing persons onto the board, whose assigned roles are:

- President, Paul Hunt
- Vice President, Barbara Swantak
- Treasurer, Diane Fray
- Secretary, Anthony Helm
- Publicity, Jim Heidenreich
- Librarian, Peter Richards
- Historian, Gloria Heidenreich
- Technical Director, Chuck Fray
- Director At-Large, Sheila Kaplow

The first full meeting of the new board will be November 9th at 6pm, and all are welcome (email us for directions to meeting). The

main agenda item is for everyone to have read plays for the upcoming 2012 season and consider if they might be willing to direct one or more of the productions. IF YOU HAVE A PLAY YOU WOULD LIKE TO SEE PERFORMED OR ARE CONSIDERING DIRECTING A SHOW, PLEASE EMAIL PRESIDENT@OLDCHURCHTHEATER.ORG

Thank you for your continued support of our efforts to help keep Bradford a special place! Remember, there's nothing like live theater!

Pat McHugh Named FairPoint New Hampshire State President

MANCHESTER, N.H. (November 1, 2011) – FairPoint Communications announced that it has named Patrick C. McHugh as New Hampshire state president. In his new role, McHugh will be responsible for regulatory matters, governmental relations and legislative affairs, public relations, and economic development for FairPoint Communications in the Granite State. He joined FairPoint in August 2010 and will continue to serve as assistant general counsel for the company in northern New England.

McHugh has spent the last 18 years in New Hampshire, and prior to joining FairPoint he worked for the law firm of Devine Millimet & Branch in Concord and Manchester, New Hampshire. McHugh, a shareholder of the firm, was a member of the Telecommunications Practice Group. There he appeared before the New Hampshire and Maine Public Utilities Commissions representing wireline-based telecommunications companies. Before that, McHugh worked as a certified public accountant with Coopers & Lybrand accounting firm (now PricewaterhouseCoopers).

"We are very pleased to have Pat in this very important role for FairPoint," said Peter Nixon, president of FairPoint Communications. "In addition to his highly regarded legal expertise, Pat has extensive knowledge of state government and the regulatory environment in New Hampshire. He brings a solid understanding of business and local community organizations and will help FairPoint continue to build lasting relationships within the state as we continue to

improve and expand communication services."

McHugh graduated cum laude with a Bachelor of Science degree in accounting from the University of Scranton and received his juris doctorate, cum laude, from Syracuse University College of Law. He is a member of the board of directors of the Bellwether Community Credit Union. Pat and his family reside in Hooksett, New Hampshire.

ABOUT FAIRPOINT

FairPoint Communications, Inc. (NasdaqCM: FRP)

(www.FairPoint.com) is a leading communications provider of high-speed Internet access, local and long-distance phone, television and other broadband services to customers in communities across 18 states. Through its fast, reliable network, FairPoint delivers affordable data and voice networking communications solutions to residential, business and wholesale customers. FairPoint delivers VantagePointSM services through its resilient IP-based network in northern New England. This state-of-the-art network provides an Ethernet connection that supports applications like video conferencing and e-learning. Additional information about FairPoint products and services is available at www.FairPoint.com. You can also connect with FairPoint on Twitter (<http://www.twitter.com/myfairpoint>) and Facebook (<http://www.facebook.com/myfairpoint>).

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ley Hazen Rd, Peacham) by a BPI-certified presenter, followed by time for questions and answers and refreshments. More information at www.buttonupvt.com or 592-3216.

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

November 11, 2011 Volume 3 Number 3



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PERSONAL: For Sale, Wanted, Lost, Found: FREE for up to 25 words.
BUSINESS: Help Wanted, For Rent, etc. \$10/3 Issues, \$20/5 Issues, \$50/15 Issues.
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HELP WANTED

CRAFTERS WANTED St. Johnsbury Area Lions Club Annual Country Craft Fair, Saturday, November 26th, 2011 from 10:00am to 3:00pm at the Field House at St. Johnsbury Academy, Main Street, St. Johnsbury. Contact Patricia at 802-274-3543 and leave message. 11.08

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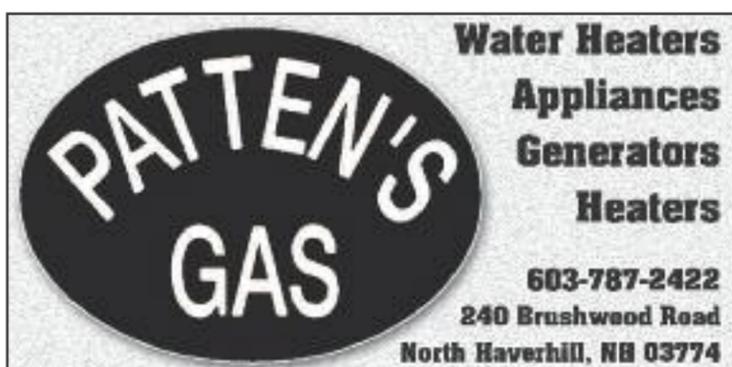
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Wheels

By Elinor P. Mawson

As I watched in the mirror my second son being born, I was surprised to hear him making car sounds (the Doctor was quite amazed too).

Between feedings, diaper changes and fussy times, the car noises continued. By the time he was eight months old, he was grasping an imaginary steering wheel, looking over his shoulder and making "reverse" sounds. And when he learned to walk, my father gave him a real steering wheel, and my son was off and running.

He had a flotilla of Tonka trucks and a toy ride-on tractor that filled up his days. When he wasn't busy with those, he made gigantic brush piles and stacked up firewood. He loved the outdoors and being his age. He was never bored.

One morning he went out

into the garage to "start up my tractor".

"Arr-arr-arr," he said.

"Arr-arr-arr" again.

He strode back into the house with a disgusted look on his face. "The damn thing won't start," he announced.

When he became a teenager, he bought an Oldsmobile Cutlass and started working on that. Although he was too old for his Tonkas, they were never far away, backed into a row next to the garage wall. The Cutlass needed a lot of work, and I watched one whole summer as he jacked it up, took out a myriad of parts, put them back in, and jacked it down again. When at last it was finished (or at least driveable) and registered, he took me for a ride. There was no firewall, and I white-knuckled a fast trip, with hot air blowing past my head into god-knows where.

There followed a succession of other vehicles, all needing work. There were pickups, one-tons, dump trucks, a fire engine, tractors, lawn mowers, a bulldozer. Eventually there would be a

backhoe, a bucket truck, a logging truck and a skidder. I rode in the logging truck in its maiden voyage, hauling a full load of logs. Just as we came up the hill to home, we smelled burning brakes. "Hang on, Ma", he said and we coasted to a stop in the driveway.

Needless to say, he still makes huge brush piles, and between us, we burn 75-80 cords of firewood each winter, and he provides it all. His yard is full of trucks and wood, and it is a daily case of "musical cars" now that his sons are driving.

I don't have to tell you that he backs all his vehicles into whatever space they occupy.

I don't know how he fits in his job as a full-time firefighter with all his other activities. He is always busy and seldom home.

And I wonder, when I watch him work, or look at his collections of vehicles. If I hadn't been there in the delivery room and seen him born with my own eyes, I would swear he belonged to someone else.

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A Walk in the Woods - October 2011

By David Falkenham,

UNH Cooperative Extension Grafton County Forester

"No matter how intently one studies the hundred little dramas of the woods and meadows, one can never learn all the salient facts about any one of them." - Aldo Leopold, A Sand County Almanac



October is here again. As I rewind my memory banks I remember what October means to me.

A cool morning with mist in the air, maybe frost, maybe snow. All of this is yet to come. Soon there will be snow on the ground, cold starlit nights and short bright days. But now there is the color of October. The smell of damp woods, a warm wool shirt, a wet crazy dog, the thundering flush of a partridge and coffee in a thermos at the end of the day, these are the memories of my childhood that come to life every October.

In the distance I hear a chainsaw hum, no doubt somebody putting up wood for the winter. Maybe it is a logger taking advantage of the last dry days in the woods. We are hunting on open land, a New England tradition. Sometimes it is public land, sometimes it is private land open to public use through the generosity of a kind landowner. In the case of my childhood, it was often private land with special permission for us to hunt. Permission granted from a fine older gentleman and his wife who merely wanted to hear our stories from the field at the end of a frosty day and share in our good times.

The dogs (Walker and Casey) are busy working in the brush. They follow their

instincts and search for game. Maybe it's a partridge, a woodcock or a snowshoe hare. It is something for the fry pan and the table tonight I hope. No, this time it is a squirrel that has caught their fancy. Oh well, deeper into the woods we search, the day is young and so is autumn.

The dogs of choice could be one of many breeds. Some hunters choose the English setter, the Brittany spaniel, a pointing breed or a sparky English springer spaniel. These are the classic bird dogs of the New England countryside. They are beautiful, showy, no-nonsense hunters and are often the subjects of photographers and painters.

For me and my wife it is always a Labrador retriever at our sides; or better yet, a pair of Labrador retrievers. They are hardworking and as tough as can be. Thick woods, thorns, rocks, barbed wire or pouring rain never dampens their spirit, and yet they are goofy enough to remind me not to take this whole thing too seriously.

Suddenly Walker breaks hard to the left, charging into the brush as if nothing else matters. Casey follows him

and my ears catch the thundering of wings and suddenly there is the flash of brown feathers as a grouse bursts out in front of me. I shoulder the shotgun and "crack"; a clean miss. Walker looks at me quickly in distaste as if to say, "Well I did my job for the day, what's your problem". His grudge is short lived however because there may be more birds around. He and Casey get back to work (play). Next time won't be a miss.

As the sun sets, the autumn colors give us one more blaze of color in the frozen evening glow. I let my guard down, slow my pace and inhale every last smell of the day, the smells that take me back in time to Octobers long ago. I let my guard down, but the dogs of course never do, and they hunt hard right to the tailgate of the car. Tonight they will sleep with sweet dreams, woofing and running in their sleep. As they dream my mind will wander to the October woods where so many memories have come from. Deer season is coming, but for now it is the birds, the dogs and the shotgun that make my day.

Dedicated in memory of Oriel "Shorty" Falkenham.

Letter To The Editor

To The Editor:

What a pleasant surprise it was to open to page 12 of the latest TRENDY TIMES (VOLUME 3, NUMBER 2, OCT 25) and read a brief informational piece about the "New Partnership To Support LGBT Philanthropy." LGBT stands for lesbian, gay, bi-sexual and transgender. You needn't be a member of any of those groups to applaud equal treatment under the law for them.

At this time of the writing of this letter I'm not aware of any other local or regional news publications who went to the trouble to print such heartening news. For those readers who may not be aware of the article I refer to, this one was a short piece which dealt with the celebration of National Coming Out Day and the Vermont Samara Foundation joining forces with another Vermont organization supporting equal rights for all of us, the Vermont Community Foundation. The Samara Foundation is now the Samara Fund, one component of the larger Vermont Community Foundation. The Foundation has worked for some 25 years to end discrimination and promote well-being for everyone.

TRENDY TIMES caught my eye some two years ago for the high quality of the writing it contained - this inclusion of open-minded, far-reaching news and the dialogue it may encourage serves a publication of TRENDY TIMES quality well. Keep up the good work.

Robert Roudebush
Mountain Lakes, New Hampshire

Robert,

It is always nice to receive kind words about the content of Trendy Times. It should be pointed out that this particular article came to Trendy Times as a press release. Press releases are a common occurrence in the publishing world. They are a self written story, and normally are presented to many media outlets. The hope is that some of those outlets will see fit to publish the article. Many such press releases reach the desk of every editor or publisher virtually every day. At deadline it becomes the job of the editor to decide which items are to be printed and which will not. That task is not always an easy one. There are many worthy articles that there is simply not enough room to print.

In the specific case you mention here it was felt that this type of information was worthwhile to many segments of the reading population, though to other segments it may have been less important. The philosophy of Trendy Times has been to offer equal voice to all who wish to be heard. The opinion of the staff should not be the rule as to the entire content of Trendy Times.

Gary Scruton, Editor

PS: Robert Roudebush is a regular contributor to Trendy Times, though this letter was neither requested, nor solicited.

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



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Stress Management

Everyone is affected by varying degrees of stress. Stress is our physical and emotional response to the demands of life. The key to our health is how we respond to stress. Most Americans are running harder and harder to stay in the same place. Financial obligations, job pressures, seeking work in an increasingly down-sized job market, family demands, emotional problems, health concerns, and lack of rest and leisure can overwhelm even the most stable, well-adjusted nature. Many people seem to be under stress most of the time. While facing challenges and difficulties helps us to grow and learn, prolonged, chronic stress depletes energy reserves, and creates an imbalanced system that never allows for relaxation. We try to get as much done as we can in as short of time as possible. Sometimes we try to do as

many things as possible at the same time!

Stress is a universal enemy affecting modern life. It is experienced by people who work in polluted atmospheres, by those who are immobilized at control desks with machines demanding continual attention, by people who travel coast to coast constantly, by people with repetitive, boring jobs. At best, stress causes useless fatigue; at worst, it is dangerous to health. It is a major cause of headaches, hypoglycemia, arthritis, and some cancers. Yes, most degenerative diseases are stress related. Stress irritates the body in the form of gastritis, ulcers and colitis. It irritates the mind in the form of moodiness, burnout, overuse of drugs, depression and anxiety.

Stress is usually at the heart of heart disease. In fact, heart disease is a case where the failure to manage stress

in your life can kill you. Stress directly depletes the adrenal glands. In prolonged stress, the adrenals cannot raise blood sugar when necessary and hypoglycemia results. Stress affects the reproductive organs, libido and sexual ability. It leads to irritable bladder, acne, eczema, psoriasis, nervous tics, muscle spasms, high cholesterol, and even to baldness. Profound emotional stress, such as that caused by job loss or the loss of a loved one can lead to serious depression. The inability to express our emotions, such as loneliness, or grief can be very damaging to health because immune response is reduced. Yet the human body is designed to handle stressful situations, to thrive and be challenged by some of them. The goal ought not be to avoid all stress, but to maintain a high degree of health to handle and survive stress well.

There are four levels of stress symptoms: 1) losing interest in enjoyable activities, eye-corner sagging, forehead creasing, becoming short tempered, bored, nervous; 2) tiredness, anger, insomnia, paranoia, sadness; 3) chronic head and neck aches, high blood pressure, upset stomach, looking older; 4) skin disorders, kidney malfunction, susceptibility to frequent infections, asthma, heart disease, mental and nervous breakdown. Symptoms of flight or fight reactions are elevated heart rate, breathing changes, muscle tension, mental focus and fear or anger.

Herbs are wonderful therapeutics for overcoming stress naturally. They are rich in minerals, trace minerals, and enzymes. They provide inner strength with bio-active, stabilizing amino acids and electrolytes that help restore body and mind energy. They correct nutrient deficiencies with vitamin B complex, vitamin C and bioflavonoids that fortify you for inner calm when the going gets tough. Sometimes you can even expect miracles. Effective herbal combinations help reduce stress and tension by repairing damaged nerve sheathing. Herbal nervines that calm and soothe the brain without the addictive side effects of valium compounds. Herbs support healthy nerve structure, and stabilize body balance during high stress times. Herbs help control acid-produced stress and emotional anxiety.

Restoring nerve strength – along with the brain, the nervous system is the first to be affected by stress, tension

and emotion. Herbs are wonderful medicinals for overcoming everyday stress and tension naturally. Nervines like gotu kola, skullcap and Siberian ginseng reduce stress and tension by helping repair damaged nerves. Herbs like passionflower and chamomile quiet and soothe without the addictive side effects of valium compounds. Herbs like hawthorn, ginkgo and St. John's wort support healthy nerve structure by balancing body chemistry, and provide a soothing influence on the brain. Herbal stress formulas work rapidly in many cases.

Anxiety Relief Nervines include: Rosemary, Black Haw Bark, Gotu Kola, St. John's Wort, Scullcap, Passionflower, Valerian Root, Kava Kava Root.

Stress Reducing Adaptogens include: Bee Pollen, Royal Jelly, Panax Ginseng, Kelp, Alfalfa, Ginkgo Biloba, Spilulina, Barley Grass, Siberian Ginseng, Black Cohosh Root.

Adrenal Gland Support Herbs include: Sea vegetables, Sarsaparilla Root, Astragalus Root, Red Raspberry, Licorice Root, Capsicum, Ginger Root, Peppermint.

Nerve Support Tonic Herbs include: Gotu Kola, Hawthorn Berry, Leaf & Flowers, Ashwaganda, Chamomile, Catnip, Wood Betony.

Mental, Inner Energy Herbs include: Ashwaganda Root, Ginkgo Biloba, Fo-Ti-Tieng Root, Kava Kava Root, Panax Ginseng, Licorice Root, Suma Root, Siberian Ginseng Root.

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 workshops, Reiki I, II & III into mastership. In her Shoppe located in Lisbon are over 200 medicinal bulk herbs, teas and capsules, all made on premise. 603-838-5599 thymetoheal01@yahoo.com

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DAY / DATE:	TIME:	WYKR SPORTS BROADCAST SCHEDULE:
Sun 11/06/2011	2:00p	Texas Motor Speedway
Sun 11/13/2011	2:00p	Phoenix International Raceway
Sun 11/20/2011	2:00p	Homestead-Miami Speedway

Broadcast schedule subject to change.
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Paranormal Gadgets: The Ghost Box

No, it's not a ghost in a box. It's "real" name is the Frank's Box. The concept of this form of communication was created by Frank Summption, hence the name it's now universally known as. But it does have it's other names such as the Ghost Box as said earlier, or the Shack Hat...still trying to figure that one out myself, but one thing is for sure, it is a very unique way to try and communicate with the dead.

Think about it: for awhile I've been talking about using audio recorders to try and contact spirits. But the difference between EVPs and a Ghost Box is when you hear it and how you hear it. EVPs can be listened to in many different ways. The way I do it is that I transfer the data into my computer, sit down, and listen to hours worth of audio. It's great when you get something, but most of the time you will be sitting for hours just listening to you talking to yourself. Good thing NEPI isn't boring or I'd probably be in a comatose state by the time it is over.

This is where the Ghost Box comes in and why it's so great. Instead of sitting and listening to hours of audio, you can hear the spirit voices live. You got this device which can be rigged by someone who knows what they are doing (I'm not technically advanced, I leave it to the pros) or you can buy it online. I bought mine off of Amazon.com for roughly 80 dollars. Sure, they are expensive, but they are a step into advanced ghost hunting. Mine is the P-SB7 which was created by Gary Galka of DAS (the very same one that appeared on an episode of Ghost Adventures) and even though it had one review (which was negative) I bought it. The first night I used it was with NEPI upstairs in my garage and what great results we got.

First, nothing extravagant happened in the garage, so you probably won't see an ar-

ticle on that any time soon, but the interesting aspects that did happen were when we took out the Spirit Box. I haven't found out what happened previous to me and my family moving here, but according to the spirit box some man was shot and killed here by his own wife. Could it be true or were we just hearing things? Well, this is where the creepy stuff starts to happen: about two years back, during an investigation of the Sugar Hill Inn, famed ghost hunter, author, and radio show host, Ron Kolek, first introduced us to the Spirit Box. His was a bit different, not to mention loud, but the things you heard were incredible. It was saying people's names at the table, mostly Anthony, the leader of NEPI, and it was doing it again upstairs in my garage only this time it said Keegan and Nicole's (fellow NEPI investigators - it actually said "Nikki" which is what everyone calls her) name. I mean what are the chances of that? It sweeps through hundreds of frequencies, stations, and it comes back with the names of two investigators sitting in that very room? And Keegan isn't a very popular name either, folks.

But how does the ghost box work in a nutshell? In a nutshell, here's how. With the P-SB7, the model I have, you use the AM frequency to start off with. If you use it, you're suppose to say your names and tell that any spirits are welcomed, except evil ones who will do harm unto you or any other participate in the group. Then, you start with the "sweep" which sweeps through all the frequencies on your ghost box. It goes through different frequencies so fast that you'd think that no one would have time to say anything, but we've gotten almost full sentences before, full words, names, and it's just incredible. You got to think how can it say a full sentence, using the same voice mind you, and the box is still sweeping through the fre-

quencies? Weird stuff, but amazing. There will be a time when I finally will invest in a nice digital recorder so I will be able to post some of our very soon ghost box sessions on my site. Until then, search it on the internet for examples of how a ghost box session works.

Over the course you will learn more about the ghost box and some of the exciting experiences we've had using it.

In other ghostly news: North Eastern Paranormal Investigations is looking for some new blood to join us. You will join myself as well as NEPI (the ones you read quite often on my articles) for some hands on training on how to become a ghost hunter. Photography experience is required, you get to handle equipment seen on TV, and maybe even get a scare or two! Serious inquiries only, please call Anthony at (603) 444-7142 if interested. Hope to see you soon!

Until then, this has been another Scared Sheetless. Thanks for reading, happy haunting, and keep it scary!

Need more scares? Enter if you dare at scaredsheetlessn.blogspot.com

James Paradie is a paranormal investigator who has been seen in such newspapers as the Northcountry News, Littleton Record, the White Mountain Shopper, Trendy Times, and the Caledonian Record. Many of his stories have also been featured on mostlyghosts.com, paranormalnews.com, and Yahoo!

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A Big Veterans Day Thank You

By Sheila Asselin

The United States recently marked the tenth anniversary of our combat presence in Afghanistan, but unless the war affects us personally, unless you have a loved one serving over there, we tend not to give it much thought. I confess I am like most people in that regard.

I recently experienced two occasions that brought the war home to me and caused me to rethink and appreciate the sacrifices of our young men and women over there.

My husband is military retired and we go about once a month to Hanscom Air Force Base to shop. The commissary is a mile from the gate. Usually there are a few pedestrians on the sidewalk. On this day both sides of the sidewalk were lined two and

three deep for the full length of the road, No one was laughing or chatting. They were unusually quiet. What could be going on? I had never seen it like this before. Finally curiosity got the best of me. I rolled down the window and asked what had happened. "They are bringing a soldier home" was the reply. It seems when a fallen soldier's remains are flown home all personnel who possibly can, turn out to honor him/her.

The second instance took place in the New Hampshire National Guard Amory in Concord. My daughter's husband had served as the Surgeon General of the New Hampshire National Guard. This was his official retirement ceremony, family was invited. He received several honors and

medals, including a NH State flag from Gov. Lynch and United States flag from Barack Obama.

When it came time for him to speak, he spoke not of his accomplishments but of the splendid medical team which made his tour in Iraq successful. Their courage and dedication to duty was what made it all possible. He also recognized his father-in-law, Ted, who had two tours on Viet Nam and received a purple heart.

When the formal part of the ceremony was over and people were leaving the stage, the General who had presented the awards came over to speak to my husband and me. He said "I know you have never been thanked for your service. Please accept my thanks now on behalf of our country". Many Vietnam veterans were reviled when they came home.

It is our service members who put their lives in danger so we can sleep in peace, who travel to dangerous places so the rest of us can be safe at home. So if you are fortunate to have a veteran in your family or know someone who has served our country tell him/her how much you appreciate their sacrifices. And don't forget to say "THANK YOU"!



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