

TRENDY TIMES

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APRIL 3, 2012 VOLUME 3 NUMBER 13

ABOVE THE NOTCH HUMANE SOCIETY Fido's Feast Event A Hollowing Success

By Lauren M. LoSchiavo

The recent first annual "Fido's Feast", event held in the Great Room of the White Mountain School, was a huge success, thanks to Rich Larcom (the man who spearheaded the fundraiser), the members of the board of directors for the Above The Notch Humane Society, the Chefs, restaurants, attendees, artists and businesses who participated to make this happen. The proceeds from the event go toward the feeding, sheltering, and medical care of the animals at this no-kill facility.

Approximately 150 people turned out to support the efforts of this organization. A comfortable living-room like area, set in front of an enormous fireplace, allowed participants to sit and visit and get to know one another. One attendee, Laura Legendre celebrated her birthday here, with her friend/co-worker and her husband. Door prizes were won and a silent auction was conducted for donated art and a magnificent quilt.

The food and music were outstanding. Tables lined the walls on all sides of the great room, each representing the participating restaurants. The Head Chef, (and in some cases the owner(s)) of the establishment, were present to explain what each dish was, how it was prepared, the ingredients used, and any other details involved in the preparation of their creations. Many tantalizing aromas wafted in the air and plenty of colorful and delectable samples were available. The weather was spectacular and the balcony was open to the breathtaking view of the White Mountains.

I visited all 18 booths, (my apologies if I missed anyone), and hope to cover each individual restaurant in separate articles in future issues. A quick list of them now: Adair Inn, Root, The

Maia Papaya, The Wayside Inn, Bethlehem, NH; Joe's Catering, Sunset Hill House, Sugar Hill, NH; The Beal House Inn, Alburrito's, Timbir-alley, Chang Thai, Littleton, NH; Gordi's Fish & Steak House, The Mountain Club, Lincoln, NH; Wendle's Deli, Franconia, NH; The Vintage Baking Co., Glen, NH; and the Redhead NYC, N.Y.C. If you wish to dine at any of these fine restaurants, you need only call ahead and they will prepare their culinary masterpieces to accommodate almost any food allergy, including gluten free or dietary preference such as vegetarian and vegan dishes. Chef Michael Beers (The Mountain Club) had the most unusual dish: Roasted Beet Salad with Edible Hazelnut dirt and sambuca greens. It was delicious.

This is what the North Country is all about, people coming together for a common cause to support those less fortunate. In this case, it is the hundreds of animals that have been neglected, abused, abandoned or for economic or other reasons, have lost their forever homes.

Above The Notch Humane Society is located in the Littleton Pet Center and Kennel at 1985 St. Johnsbury Road, Littleton, NH. If you have a day or two, even an hour or two, you can spare, do yourself a favor and take a walk with one of these beautiful creatures. It's a great experience for young and older alike! Call ahead for details at (603) 444-6241 or (603) 444-6285. If you would like to donate time or money to this cause, please contact Above the Notch Humane Society, on their website at <http://www.atnhs.org>. Spay/neuter clinics are posted on the website as are a partial list of available pets for adoption/foster. You can also email them at: atnhs.email@gmail.com. Mailing address is: PO Box 456, Littleton, NH 03561. You can also visit them on Facebook.

NEWS UPDATE: Above The Notch Humane Society has joined Trendy Times and will post a regular column to provide information about the activities, success stories and other news from the organization! WELCOME!



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New Class On Cartooning Starts In April!



Illustrator Sam Carbaugh will be leading a four-week introductory class on cartooning at Court Street Arts at Alumni Hall in Haverhill. The class will be held on Wednesdays from April 11 - May 2 from 4-5:30pm

Cartoonist and illustrator Sam Carbaugh will be teaching an introductory class on cartooning at Court Street Arts at Alumni Hall in Haverhill. The sessions will be held on Wednesdays from 4 - 5:30pm and run from April 11 - May 2nd.

Students will learn the fundamentals of creating characters and telling stories in panel to panel sequence. Learning tricks of the trade from penciling to inks, students will be able to create their own mini-comics. All lev-

els of drawing are welcome. Sam Carbaugh graduated with an MFA from the Center for Cartoon Studies in 2009; and since then, he has been a working cartoonist, illustrator, and educator.

Register or find out more about the class at www.alumnihall.org or call (603) 989-5500.

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Introducing: Ask the Chief...

HPD Mission Statement:

"The Haverhill Police Department will deliver effective and responsive law enforcement service to all citizens of the Town of Haverhill in a fair and equitable manner. As an integral part of the Haverhill community, we are committed to communicate with those we serve and to join with them in establishing priorities to enhance the quality of life for the entire community."

Thank you to all who participated in the Haverhill Police Department Survey last year. Results have been published in the Town Report. Your views, ideas, and feedback are sincerely appreciated as we strive to live up to our Mission Statement.

In keeping with this goal, your Department is encouraging citizens to "Ask the Chief" questions about law enforcement and the Haverhill Police Department. The intended purpose of this forum is to communicate with you about what your Department does and why we do it as well as to help you

understand how the criminal justice system works. My intention is to select one question each month and post the answer on the HPD page of the Town of Haverhill website where you will find the following link: askthechief@haverhill-nh.com or you can slip a note into the mail slot in the HPD garage entrance door.

This forum is not intended for the following:

-Criminal Complaints- If you have a criminal complaint or an incident to report, **DO NOT USE THE COMPUTER TO DO SO.** Call or stop by the Department to speak with an officer.

-Open Cases- To protect the integrity of the investigation, an open case cannot be discussed.

-Court proceedings- Please call or stop by to see the Prosecutor regarding Court proceeding questions.

-Outstanding warrants- Please call or stop by if you have a question about outstanding warrants for yourself or someone else.

-Police Tips- The Haverhill Police Department is instituting a tip link, policetips@haverhill-nh.com. While we encourage citizens to come forward with knowledge of crime or suspicious activity; we understand the reluctance of some to get involved. If you wish to remain anonymous, please be sure to use an E-mail that does not readily identify yourself or slip a note in the box outside of our garage door. The tip website and the mail slot will be checked twice a day, Sunday through Thursday.

Again, if you have a criminal complaint or an incident to report, call or stop by to see an officer. **DO NOT USE THE COMPUTER.** As always, in an EMERGENCY, dial 9-1-1.

Please keep in mind that I welcome the opportunity to speak with you face to face. If I am tied up when you call or stop by I will get back to you as soon as possible. My door is open to you.

Byron Charles, Jr.
Chief of Police

4-H Science Night In Littleton

Pinball: Designing A Game

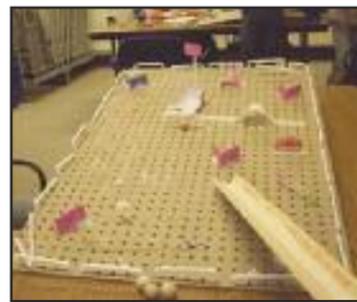
Join UNH Cooperative Extension on Friday, April 13 from 5:30 pm to 8:00 pm at Casey Family Services, 551 Meadow Street in Littleton, NH for 4-H Science Night. We are inviting 4-Hers and other interested youth (ages 10+, or younger with an adult) and adults to a free, fun, science-filled evening. Bring the whole family! Hand-on activities will focus on exploring scientific concepts, designing then building, constructing and, of

course, playing a pinball game. Come join the fun!

Please RSVP by calling or e-mailing Becky Colpitts at 603-787-6944 or becky.colpitts@unh.edu.

Call soon—we only have room for 20 participants!

For any special arrangements including dietary, physical access, or other accommodation requests, please contact Becky Colpitts, VMPA @ 603-787-6944. Ten working days are needed to facilitate special needs requests. The Univer-



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In Vino Veritas – Bottle Four

“In Wine There Is Truth – And Beauty”

By Robert Roudebush

Regular TRENDY TIMES readers already know in this space we've found out –

- what wine is and how it's made
- how to get the wine you want anywhere anytime
- what Champagne is and is not
- how wines are named, both here in America and parts of Europe

TODAY, HOW ABOUT JUST A LIST OF WINES, TWO SHORT LISTS, ONE OF REDS AND ONE OF WHITES - WHAT THEIR NAMES ARE AND SOME INFORMATION TO HELP ME DECIDE IF I WANT TO DRINK THEM?

Sure, we'll start with reds, a representative list from lightest to most-full bodied. You might want to clip this column and stick in with your recipes or thumbtack it to the wall near the kitchen (or near your extensive wine cellar!).

Beaujolais Villages/Gamay
Merlot
Pinot Noir
Zinfandel
Syrah/Shiraz
Cabernet Sauvignon

About the lightest red wine you can drink is called BEAUJOLAIS VILLAGES and it comes from an area in the Southern Burgundy area of Central France called just that – Beaujolais. It's one of the most popular and best loved wines from France and in France. I'm going to spend a little more time on this wine because it is so worthwhile. It is never expensive and is at its best when under two years old. The words are pronounced bow-zhow-LAY vee-LAWZH. This agreeable, eminently drinkable red wine has the distinction of being known as *the red wine for people who don't like red wine*. It has very little tannin, which is the element in many red wines that make the roof of your mouth feel dry. Never sweet but delightfully fruity, Beaujolais is also one of the

few red wines where it is recommended that you drink it slightly chilled, rather than room temperature. The grape it is made from is called GAMAY, and if you were buying this type of red wine from California, say, you would ask for it by that name, GAMAY.

WHAT ARE GOOD NAMES TO LOOK FOR IF I WANT TO BUY THIS LIGHT RED WINE?

Look for JADOT, or an even more famous producer/bottler called GEORGES DUBOEU, which you can spot for their typically white labels with bright colorful flowers on them.

HOW ABOUT SOME MEDIUM-BODIED RED WINES?

Two other well-known reds that reside in the medium-bodied category include MERLOT – mare-LOW – and PINOT NOIR – pee – no – NWAHR. In these wines, the name of the grape is also the name of the wine that comes from the grape. Merlot is far more popular here in America, nearly everybody knows it, but Pinot Noir is one of the very greatest of red wine grapes, responsible for the famous red Burgundies of France. It typically produces smooth, succulent rounded wines, not mouth-drying tannic, and you can get some great versions produced in California, Washington or Oregon for not a whole lot of money.

AND FOR THE MOST FULL-BODIED REDS?

Two well-known ones are ZINFANDEL, pronounced just

that way, and SYRAH, sometimes called SHIRAZ. Again, those are the grape types, the varieties, as well as what the wine made from them is called. Zinfandel has a fine, bright ruby color and lots of people who really like it talk about tasting earth fruit like blackberries or dewberries in it. Syrah is deep red colored, high in tannin (the roof-of-your-mouth drying element) with a great nose – that means it smells great in a glass before you even drink it.

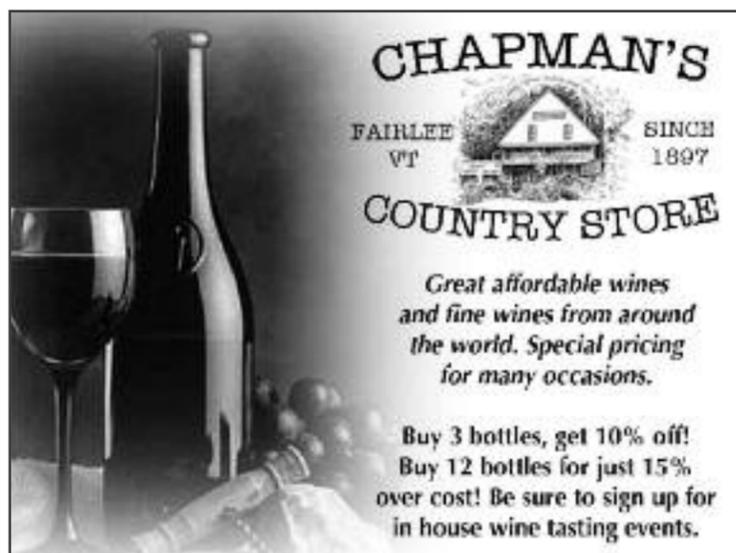
Cabernet Sauvignon (cab-air – NAY So veen YAW) This is sometimes called “cab” and it has a brother grape, distinct but closely related, Cabernet Franc. The Cab Franc is also a red but lighter, and the two are often blended together to soften the tannin Cabernet Sauvignon is known for. Cab Sav is a superb red wine grape, maybe the best, responsible in part for the great “Clarets” of Bordeaux, and, in the North Coast Counties of California, for what are rightly considered America's best red wines. “Claret” – (clair- RAY) is just the name some English use for certain lighter red wines from the Bordeaux region of Southwestern France. The name Cabernet Sauvignon on a California wine label, is therefore an indication, nearly a guarantee, of superior quality.



OK, SO HOW ABOUT A LIST OF THOSE WHITE WINES NOW?

Sorry, ran out of space talking about the reds. Catch this column next time – bottle five - and I'll give equal time to some of best whites you ever drank or will drink.

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



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4 Maxed Out on Your IRA and 401(K)? What's the Next Step?

If you are contributing the maximum amount to your 401(k) or other employer-sponsored retirement plan each year, that's good. And if you're also "maxing out" on your Individual Retirement Account (IRA) annually, that's even better. But what then? If you're already fully funding your 401(k) and IRA, can you put away even more for retirement? Should you? The answer to this last question is almost certainly "yes" - because you could spend a long time in retirement. How long? Consider these statistics from the Society of Actuaries: A man who's reached age 65 in good health has a 50% chance of living 20 more years and a 25% chance of living to age 92.

A 65-year-old woman has a 50% chance of living to age 88 and a 25% chance of living to 94.

There's a 50% chance that at least one member of a 65-year-old couple will live to 92 - and there's a 25% chance at least one of them will reach age 97.

Because you have a reasonably good chance of spending two, or even three, decades in retirement, you clearly need to accumulate substantial financial resources before you retire. So, if you consistently reach the contribution limits on your 401(k) and IRA, you're making a smart move, as both these vehicles offer the potential for tax-deferred earnings and a variety

of investment choices. But if you can still afford to put away more money, or if your income level prevents you from contributing to a Roth IRA, you may want to look at these possibilities:

Life Insurance Retirement Plan: A Life Insurance Retirement Plan (LIRP) is essentially a life insurance policy that can potentially help you generate tax-advantaged income during your retirement years. Until you begin taking withdrawals, the cash value of your policy has the potential to grow tax deferred. Then, when you retire, you can take tax-free payouts from your principal. (After the entire principal is paid, payouts are treated as loans against the contract.) And your beneficiaries will receive the balance of the death benefit income tax free, minus any loans or loan interest.

Annuities: You might find that a fixed annuity can be an appropriate way to supplement your retirement income. Like a LIRP, a fixed annuity's earnings have the potential to grow on a tax-deferred basis. Also, fixed annuities generally offer some type of guaranteed rate of return over the life of the annuity contract. And perhaps most importantly, you can structure your annuity to provide

you with an income stream you can't outlive. (Keep in mind, though, that annuities are generally more appropriate for investors who are at least 45 years old.)

While you can certainly get some key benefits from a LIRP and a fixed annuity, you need to fully understand all aspects of these investment vehicles and make sure they are suitable for your situation and individual needs. Consequently, before investing, consult with a financial professional.

But don't wait too long. By preparing for your retirement well ahead of time, you can boost your chances of enjoying the type of "golden years" lifestyle that you've envisioned.

This article was written by Edward Jones for use by Kim Shillieto, your local Edward Jones Financial Advisor.

How much
will you need
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Kim R Shillieto
Financial Advisor

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April 3, 2012 Volume 3 Number 13

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



Friendship 101

Trying to explain the meaning of friendship to a seven year old is like giving directions to a cabbie on St. Paddy's Day after midnight. A near impossible task without having a cheat sheet on your forearm.

So, when my son walked into my bedroom the other night, buck-naked, looking disoriented and red-eyed from thinking too much about what friendship actually means, I did, I froze.

Then I offered him a sock. "Cover up, kid."

His little quivering lips didn't leave me much time for preparation. This conversation was gonna work me. I saw that in his eyes. His current state of mind was all new territory to him. His first real go-round with a buddy, someone he's been hanging around with for months, investing time into, learning from, being influenced by, talking too.

I gathered that something very un-Raffi like went down in the playground. I knew that look of suffering on his face, felt his pain, and I wanted to run from the conversation.

So I said to him, "I'm gonna grab me a 20-minute shower, kid, catch the second period of the Bruins on the radio. Don't flush the toilet and try to get some sleep."

No, I didn't! I'm kidding! But I kind of wanted to.

Dicing up the meaning of friendship is an ever evolving conversation. And man, it can be taxing. For some people,

fighting with friends is sport -- good, clean fun, and that's cool. I understand the level playing field approach to friendship.

But once you start blending up the misdemeanors into a big old pot of nastiness, it becomes nothing but a death march. He needed to know this. There was no getting away with me doling out the two minute canned advice on friendship.

So I said to him, "Tell you the truth, buddy, I've been having some friendship problems of my own these days. Why don't you go first. Your story sounds serious. Mine's just ridiculous."

From there, well, I won't bore you with the conversation. He's seven. I'm 41. Sure, there's a substantial gap in age between us. But to tell you the truth, the beef he was having with his pal wasn't much different than the riff I was having with mine.

Sad, huh?

But that's how friendships go. If they're worth anything it doesn't matter how old you are, there's going to be peeks and valleys. One minute you're bonding, sharing intimate details about your lives, running around together, having fun. The next minute you're at each others throats, ready to throw down behind a sub shop somewhere.

Or worse, not talking at all.

To this date I have been the "best man" in seven different weddings. Seven! Indeed,

the 2000's kept me busy with best man speeches. And I loved it, was honored to do it and took each tribute extremely seriously.

But looking back now on all those speeches, I can tell you that two out of the seven grooms I no longer talk to, for whatever reason. Another, I'm quite certain, took my services on as a sort of "gun for hire." And all the other friendships are thankfully well intact, solid, golden in my eyes.

"Yeah," my son was saying through a row of crocodile tears. "But all he does now is try and make me feel bad."

My son hasn't developed that mental component that helps to decipher a friendship's true worth. We've all have had friendships that makes us feel lousy at one time or another. Maybe we hang on out of desperation, because we fear isolation. Or maybe we hang on because we remember the good times and have faith in that friendships resurgence, in our own hearts telling us not to quit on that bond.

It was then I took a pen out of my dress coat, turned up my shirt sleeve and wrote "nasty pot...death march" on my forearm. My son was going to need some solid direction on the meaning of friendship.

And I was going to need a cheat sheet for this one.

Rob Azevedo can be contacted at onemanmanch@gmail.com

EASTER EGG HUNT

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10-12 Noon**

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It's All About People

By Marianne L. Kelly

Those who believe teenagers are a sorry lot these days have never met Newbury's Jami Tuttle. This 15-year-old Oxbow High School ninth grader is the latest in a group of American high school and college students to participate in the People-to-People Student Ambassador Program.

Jami, part of the 43-delegation "European Odyssey" contingent of the program that includes two other Oxbow students, will live with a Greek, Italian and French family this summer, immersing herself in their cultures and traditions while introducing them to hers.

HOW IT BEGAN

This program was the brainchild of President Dwight D. Eisenhower who seeking diplomatic alternatives after witnessing the ravages of WWII, met with America's top 100 leaders in 1956. Joyce Hall, founder of Hallmark Cards, Walt Disney, who became a founding director and Bob Hope were among them, and together they created the Peo-

ple-to-People initiative, focusing on cultural exchange programs. The original idea stemmed from a meeting between Eisenhower and Soviet Premier Nikita Khrushchev as both felt a cultural exchange might ease Cold War tensions.

While the first delegation of exchange students traveled to Europe in 1962, the first Student Ambassador program was organized in 1963 and regular exchange programs numbering just a few hundred began in 1967. The People-to-People organization licensed the Student Ambassador Program in 2002 that today is open to qualifying Junior High and High School students.

JAMI'S JOURNEY

Jami had no idea she had been nominated to participate in the program until she received an anonymous letter in the mail. She and her mother, Jennifer were "very excited," and as they researched the program, their excitement grew at "this wonderful program and great opportunity."

Jami accepted her nomination through an online form, and has attended monthly informational meetings to learn more about the program and its benefits. She was required to obtain three recommendations, two of which had to come from her teachers. She also had to submit a personal biography to the organization.

The next step required that Jami be interviewed by a program leader who would decide her final acceptance or rejection. A proud Jami said, "Usually they tell you within 24 hours, but I was accepted on the spot."

Jami's participation in the "European Odyssey," will see her living with families in Greece, Italy and France for 20 days. Although she has not been assigned her host families yet, according to Jami, they will be "normal, everyday people." She is expected to immerse herself and fully participate in her host family's life, activities and culture. She does not speak any of her host's native languages, however, they speak English and it's a sure bet that Jami will return home with a smattering of each language in her vocabulary and perhaps a recipe or two. She is not sure of the order which she will visit the families, "but there is an overnight ferry and train ride between the countries."



The Tuttle- Jennifer (mom) Nicole, Aaron (dad, with Chloe on lap), Jami, Riley

Jami, who is excitedly looking forward to exchanging lifestyles and traditions with her host families, will leave America in mid-July and return about three weeks later. "Team leaders" will be available to handle any questions, problems or emergencies that might occur.

She must keep a journal of her experiences, and will receive college credit. "There are two colleges and careers that I am considering," said Jami. "One is to go to Harvard and become a lawyer, and the other is to go to a school of science and become a famous scientist."

FINANCES

Although the People-to-People Student Ambassador program is an exceptional opportunity for those lucky enough to participate, the students and their families must raise the funds to include airfare, room and board, additional travel, accommodations and personal funds. Jami and her family must raise \$7,000 plus additional personal funds. With costs constantly rising, this can be a daunting challenge,

and Jami and her family have a distance to go to reach her goal by June 1.

Thus far, they have sent an appeal letter to the community and are planning other fundraising functions throughout the spring. Jami, who once aspired to become a chef, hopes to sell her baked goods at the Bradford and Groton Farmers Markets.

Her family will host a music concert at Fisk field on May 5. Jami's cousin performs in two bands in Burlington who will donate their time to help raise needed funds. At this time, the family will rely on donations at the gate rather than paid tickets.

Supporting local businesses has become a national mantra. Giving our support to Student Ambassador hopeful, Jami Tuttle whose experiences with other cultures might help foster understanding that can make a better, more peaceful planet is about as local as we can get.

Mail donations directly to Jami Tuttle, 107 Southview Rd., Newbury, VT 05051

Bath Village School Honor Roll



These are the honor roll students for "Bath Village School" 4th - 6th Graders for the Second Trimester.

4TH GRADE:

A's & B's - Nadean Locke, Conner Maccini, Madison Riggie, Maegan Roystan

5TH GRADE:

All A's - Orin Ilsley, Taylor Sartwell

A's & B's - Donald LeClair, Ethan Riggie, Hannah Romprey, Leah Rutherford,

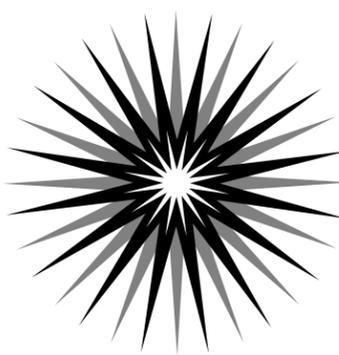
6TH GRADE:

All A's - Peter Mulcahy, Asher Solnit, Emma Sulham

A's & B's - Alexis Clark, Kyleigh Lamarre, Amie Dauphine, Maire Dauphine, Madison Lewis



Representatives of Woodsville Guaranty Savings Bank present a check in the amount of \$7,500 to AHEAD's NeighborWorks HomeOwnership Center to support enhanced community financial education services. Pictured, L-R: Terry Daniels (WGSB AVP/Residential Loan Officer), Heather Porter (AHEAD Resource Development Director), Samantha Canton (AHEAD HomeOwnership Advisor), Shannon McKee (WGSB AVP/Regional Manager), and Brenda Burlock (WGSB Residential Loan Officer).



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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

OPEN GYM

1:00 PM – 3:00 PM
Morrill Municipal Building, North Haverhill

MONDAYS/THURSDAYS

NORTH COUNTRY YMCA AEROBIC FITNESS CLASS

6:30 PM
Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM
Horse Meadow Senior Center, North Haverhill

WEDNESDAYS

INTRODUCTORY CLASS ON CARTOONING

4:00 PM – 5:30 PM
Court Street Arts at Alumni Hall, Haverhill
See article on page 1

BINGO

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

THURSDAYS

MARCH 8 – APRIL 5

CRIBBAGE TOURNAMENT
1:00 PM
Horse Meadow Senior Center, North Haverhill

TUESDAY, APRIL 3

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

EAT WELL & BE WELL VEGAN COOKING MADE EASY, PART 2

6:00 PM – 7:35 PM
Seventh-Day Adventist Church, St. Johnsbury

CONNECTICUT VALLEY SNOWMOBILE CLUB MONTHLY MEETING

7:00 PM
Morrill Municipal Building, North Haverhill

WEDNESDAY, APRIL 4

**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

THURSDAY, APRIL 5

MAUNDAY THURSDAY CANDLELIGHT SERVICE

7:00 PM
Haverhill Congregational Church

FRIDAY & SATURDAY

APRIL 6 & 7

**ANNUAL LITTLETON TRADE EXPO
AND HOME SHOW**
Littleton Elks Lodge, Rte 302, Bethlehem
See article on page 9

FRIDAY, APRIL 6

MUD SEASON MUSINGS BY VERMONT AUTHORS W/SYDNEY LEA & JAY PARINI

7:00 PM
Newbury Town Hall

SATURDAY, APRIL 7

EASTER EGG HUNT
10:00 AM – 12 Noon
Morrill Municipal Building, North Haverhill
See ad on page 4

COOKEVILLE CAFE MUSIC & TALENT SERIES

7:00 PM
Corinth Town Hall

SUNDAY, APRIL 8

**EASTER SUNRISE SERVICE WITH
BREAKFAST TO FOLLOW**
6:00 AM
Haverhill Congregational Church

EASTER DAY WORSHIP

10:30 AM
Haverhill Congregational Church

MONDAY, APRIL 9

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

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, APRIL 10

**UPPER VALLEY BEE CLUB
W/REYAH CARLSON**
7:00 PM
Westshire Elementary School, West Fairlee

WEDNESDAY, APRIL 11

**MONTHLY MEETING - NOMINATION OF
OFFICERS ROSS-WOOD POST #20**
6:00 PM
American Legion Home, Woodsville

FRIDAY, APRIL 13

4-H SCIENCE NIGHT
5:30 PM – 8:00 PM
Casey Family Services, Littleton
See article on page 2

“THE SUMMER OF WALTER HACKS”

7:30 PM
Blue Mountain Union School, Wells River
See article on page 7

SATURDAY, APRIL 14

AMMONOOSUC AMBLE
Profile High School, Bethlehem
See article on page 9

TUESDAY, APRIL 17

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

WEDNESDAY, APRIL 18

“KITCHEN TUNKS AND PARLOR SONGS”
7:00 PM
Bradford Academy

TUESDAY, APRIL 20

EMERGENCY FOOD SHELF
1:00 PM – 2:30 PM
Wells River Congregational Church

SATURDAY, APRIL 21

BACK ROOM BENEFIT YARD SALE
9:00 AM - 2:00 PM
Next to West Newbury Hall, Tyler's Farm Road

GROTON GROWERS COMMUNITY MARKET

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

PAMPERED CHEF PARTY

2:00 PM
St. Luke's Parish House, Woodsville

MATADOR, JAZZ MUSICIANS

5:30 PM
Tenney Memorial Library, Newbury

MONDAY, APRIL 23

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

WEDNESDAY, APRIL 25

**TWIN STATE HUMANE SOCIETY
SPAY/NEUTER CLINIC**
At the Shelter, Pike

ANNUAL MEETING - ELECTION OF OFFICERS ROSS-WOOD POST #20

6:00 PM
American Legion Home, Woodsville

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, April 12th for our April 17th issue.

The Summer Of Walter Hacks

WELLS RIVER, VT — Late last year, Alice Allen watched a Vermont Public Television show, "Profiles" that featured a Waterbury Dairy Farmer who made a feature film called "The Summer of Walter Hacks". Alice, a dairy farmer herself, was intrigued. She watched the balance of the program with high interest and before it was over, she was hooked. She approached Peggy Hewes at the Baldwin Memorial Library with an idea and the creative juices started to flow. Next they pulled in Nancy Perkins from the Blue Mountain Grange and that sealed it, "The Summer of Walter Hacks" was coming to Wells River!

On Friday, April 13 at 7:30 p.m. at the Blue Mountain Union School, the lights will dim and the film will roll on what has become one of Vermont's film treasures, "The Summer of Walter Hacks". The film, which premiered in 2010 and has garnered recognition and awards, was

made by Vermont dairy farmer, George Woodard of Waterbury Center. Both he and the film's producer, Gerianne Smart will be on hand at the screening.

"This film struck a chord in me and just hung on. It reminded me of growing up on a farm in the 1950s, with all these characters and the look and feel of the film. I felt it was important to put this film in front of the people of this region", said organizer Alice Allen.

But this has turned into more than just a Friday night at the movies. As the plans began to come together, the organizers realized they could show this film and do some good for an important cause to help Vermont farmers. It turns out that the Vermont State Grange challenged regional Granges to raise money for the Vermont Farm Disaster Relief Fund during the month of April. "We hatched a plan for a good cause that is close to

the hearts of many people not only in the Connecticut River Valley but all of Vermont who hold our agricultural heritage as something to protect", said Blue Mountain Grange member Nancy Perkins. Soon everything began to fall into place including a long list of underwriters ranging from local libraries to local farm feed purveyors. "The enthusiasm for the film and for the cause has really warmed my heart", said Alice Allen who successfully approached more than a dozen businesses and individuals to raise financial support.

Sponsors and underwriters include Organic Valley, Morrison's Custom Feeds, Andrew George: Bedding, Feed & Cattle, Ryegate Historical Society, Farm-Way, Inc., Wells River Chevrolet, Wells River Savings Bank, Poulin Grain, Inc., Blackmount Equipment, Blue Mt Grange #263, WYKR Radio, Copies and More, Newbury Historical Society, Newbury

Conservation Commission, Landaff Creamery, Groton Public Library, Baldwin Memorial Library, Tenney Memorial Library, Hatchland Dairy (providing refreshments), Agri-Mark/Cabot Cooperative, Absolute PowerSports VT. Additional assistance is being provided by members of the Pine Grove Grange from Bath, New Hampshire and Blue MT Grange who will be staffing the concessions. A true community effort!

The suggested donation is \$5 at the door with all proceeds going to the Vermont Farm Disaster Relief Fund which is managed by the Vermont Community Foundation, but any and all donations will be gratefully accepted.

For more information on

the screening please telephone Alice Allen 802-584-4077.

The film is appropriate for ages 10 and up or younger with parental guidance.

The film has an authentic feel to it and was shot almost entirely in Vermont (the train sequence was shot in nearby N. Woodstock, NH). The actors (except for one) are all from Vermont. The original music score was composed by Vermont musician and fiddler Pete Sutherland and was performed by members of the Vermont Symphony Orchestra.

"The Summer of Walter Hacks" won the award at the Vermont International Film Festival in 2010 and was nominated for "best screenplay" and "best stunts" by the Maverick Movie Awards.

Barnet 8th Grade Auction

Save the date! On Saturday, April 28th at 5:00 p.m., the Barnet School 8th graders will host an auction. This event will have a raffle-type auction, silent and live auctions. We will have something for everyone. The silent and raffle-type auctions will begin at 5:00 p.m. with snacks available by donation. The live auction will begin at 6:00 p.m. with gift certificates

to local businesses, two canopy tours at Bretton Woods, advertising in local newspapers, business cards, plants, artwork, hand-made baskets, a youth savings account, an advent calendar, Christmas stockings, photographs, Garnet Hill fleece throw, Kingdom Trail passes, Burke Mountain passes, an Vermont-made apron, a birthday party basket, a basket full

of love (romance novels), a basket full of cow collectibles, two passes to Jay Peak Waterpark, rounds of miniature golf and much, much more.

We hope you'll join us for what will be a fun-filled evening. If you have any items you'd like to donate, please call Joyce at 802-748-1374.

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TRUCK STOP

THE LITTLE GRILLE

Interview with Scott and Camila Salomoni

By Lauren M. LoSchiavo

This intriguing restaurant is in the former Littleton/Bethlehem Train Depot, in use when rail transportation was popular. It later served as a freight station until around 1997, and was also known as the Grand Depot Café. When you walk through the doors, you get the sense of moving

backward in time. There is an incredible amount of history in this amazing building. It is said that Bette Davis spent time within these 4 walls. Some staff members would rather not spend the night here alone. Nothing threatening, just a building's remembered events?

You will see a Brazilian flair influenced by Camila's native country, not only in the menu, but in the décor as well. The Friday and Saturday Brazilian barbecue nights, or "Churrasco", (which translates to "meat barbecued over an open wood fire"), should not be missed! In Brazil, there is a unique style of service that

is used in restaurants throughout the country. You are served hot dishes, straight from the kitchen, to your table – continuously – until you say, "enough." You can experience the "RODIZIO" tradition on Wednesday-Italian Night, Thursday-Seafood, and Saturday, "Churrasco" Night. You can choose "The Best Mar-

garita in Town" to accompany your meal.

Scott's love of his hometown, Haverhill, NH, is evident. He and Camila donate food, time and money to various local organizations including the Woodsville Pre-School and Littleton Snowmobile Club. Just mention that you were a guest of The Little Grille in its former location in Haverhill, New Hampshire and an immediate 10% discount will be applied to your bill! Scott's introduction to the food service industry began at age 14, when he was hired as a dishwasher for a Woodsville, NH restaurant. He later worked as Restaurant Manager at the Weather-vane, Margarita's in Concord, NH and Lebanon, NH, and the Woodstock Inn, Woodstock, NH (as Hotel Manager).

Scott and Camila met and fell in love. They decided to start The Little Grille restaurant together and wanted to work together. After trying to divide their time between the two locations, Haverhill and Littleton, they decided to close one branch. They have been in Littleton for approximately 1 year 3 months. In the summertime, you can dine al fresco and enjoy the fresh air. The Little Grille has live music every Friday night and often features the well-known performer, Matt Tellier.

The charm and warmth of this couple, combined with their passion for cooking, hospitality, and their expertise is sure to make your dining experience a great one!

The Little Grille is located on 62 Cottage St., in Littleton, NH; their phone number is (603) 444-0395. You can also visit them on Facebook.



NORTH WOODSTOCK. At the Friends of Ray Reception at the Woodstock Inn Ray Burton visits with Grafton County Attorney Lara Saffo of Benton and Frank Dickinson of Ossipee. Burton is seeking another term on the Executive Council of NH and another term as a Grafton county Commissioner.

"I consider myself always 2-votes behind and take nothing for granted. I enjoy serving the people of Northern New Hampshire in these two public service jobs. Contact my office anytime I can be of help at 747-3662 and rayburton@myfaripoint.net" Burton stated.

For campaign information go to www.rayburtonnh.com

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Don't let the snow flurries of last week fool you, the running of the Ammonoosuc Amble is a sure sign that spring is on its way. The Ammonoosuc Amble, a 5-mile walk/run and ½-mile Kids Fun Run, is being held on Saturday, April 14th at Profile School in Bethlehem. It is well known in the area for being a wonderful, fun and family-friendly event.



Barre, VT – Thunder Road officials have announced the return of the annual car show to the “Nation’s Site of Excitement” on Saturday, April 28. The event is scheduled for one day prior to the opening event of the 53rd Thunder Road season, the 14th Annual Merchants Bank 150, on Sunday, April 29.

All the stars of the American Canadian Tour and Thunder Road will be on hand for the car show. The event, which most recently was held in downtown Barre, will be located in the Thunder Road pit area from 10am to 12noon. Fans of all ages can check out the cars and meet their favorite drivers free of charge. The annual Pit Stop Contest will also be held in the pit area at 11am.

The 53rd season atop Quarry Hill will kick off with the second event on the American Canadian Tour, the Merchants Bank 150, on Sunday, April 29. 2010 Thunder Road Champion and hometown favorite Nick Sweet will attempt to claim his third straight season opener. For more information please contact the Thunder Road office at 802.244.6963 or media@actour.com or visit www.thunderroadspeedbowl.com.

Annual Trade Show Moves To New Site

An earlier date and major event sponsor highlight the big changes for the Eighth Annual Littleton Area Chamber of Commerce (LACC) Trade Expo & Home Show to be held April 6-7. The show will be held at the Littleton Elks Lodge on Route 302 in Bethlehem and is sponsored by Casella Waste Systems. The event will have 30 indoor spaces available for vendors to set up their displays, as well as up to 12 outdoor spots.

“After talking to vendors and evaluating last year’s trade show, we felt it was in the best interest of the participants and Chamber to hold the event in the beginning of April (as opposed to the end) as people still have a bit of cabin fever and are looking for a reason to get out of the house,” said LACC Executive Director Chad Stearns. “We are really excited to have Casella on board with sponsoring our event this year, and look forward to hearing about their Zero-Sort Recycling program that they will have on display.”

The expo will once again feature great raffles and give-a-ways, while food will be provided by the Cheer Magic All-stars.

There will be a multitude of businesses and individuals displaying their products and services. Past exhibitors have included everyone from bank representatives, real estate agents and Pampered Chef consultants to green builders, party rental businesses, home improvement specialists and vendors that showcase environmentally friendly home products. Registration forms are available at the Littleton Area Chamber of Commerce office, online at www.littletonareachamber.com.

com, or by e-mail at info@littletonareachamber.com.

The Littleton Area Chamber of Commerce is a non-profit organization that strives to work with both members and the commu-

nity on social and economic development. For more information, please contact the Littleton Area Chamber of Commerce at 603-444-6561, www.littletonareachamber.com

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A Simpler Time

Editor's Note: This article was offered to Trendy Times for publication by Joan Day. The recent article about Maple Sugaring brought back memories that Joan wanted to share.

My childhood memories take me back to times of growing up on the family farm in Bath, NH with my parents, Steve and Natalie Burton and my three siblings, Ray, Mary and Steve and of my parent's words of wisdom. If we didn't want to do something, Mother would always say "You don't want me to tell your father, do you?" or there would be "Waste not, want not." When we were whining and wanting too much, Mother would remind us "If wishes were horses, beggars might ride." Dad, of course, would have his words of wisdom, especially when it came to warning us about the Dragonfly. My

siblings and I knew it as the "Darning Needle" because Dad had told us that if we swore and a Darning Needle was around, it would sew up our lips. I don't recall that we swore much.

In the spring, everything came to life and that meant our days were filled with making our own fun and helping Mother in the spring with planting the garden, mixing a spring tonic of manure and water to cover the soil for tilling before beets, carrots, cucumbers, corn, radishes and other vegetables were planted. Our garden had the best vegetables! Mother used many of the vegetables for her pickled beets, sweet cucumber pickles, bread and butter pickles, along with the apples, elderberries, blackberries for the jams and jellies. The vegetables and berries saw us through the long cold winters and lean times on the farm.

This time of year also found us in the pastures, racing along the worn down cow paths to trying the cows salt lick and grain. We built a fort to throw pebbles in a game with our cousins and we built dams in the brook which had our neighbor, Mark and Frank Riley, believing there were beavers in the brook. Our homemade stagecoach was our pride and joy and, Dick our workhorse, took us on many a journey up around the back roads of Bath. We even journeyed up in the woods with Dad to help with maple sugaring, gathering the sap and returning to the sugar house to unload the sap into the holding tank. Dad would have tin cups for warm delicious maple syrup as well as pouring it on snow - sugar on snow - the best!

Along with Dad's work of rotating the crops and readying the earth for corn and wheat, Ollie Ollie Humphrey

seemed to start the summer days for us and we had plenty of places to hide, from the upstairs rooms and clothes closets to the dark scary potato bin in the cellar. The barn also had the haylofts and silo. The sawdust bin was not a hiding place, but a place to dive into when freshly delivered sawdust arrived.

If we tired of this game, we would chase lightning bugs on balmy summer nights all over the big field in from of the house. We went barefoot most of the summer and never noticed the stubble cut hay. We would put the lightning bugs in our canning jars and watch them flash their lights at us, wanting out into the cool night air. We would let them go, only to start the chase over on another summer night.

One activity that always seemed to be for a hot afternoon was having the Burton relatives, who had come up for a picnic, watch our theater play up in the 100+ degree shed chamber. We had hung old blankets from the roof beams that served as back drops and the curtain and we wore "theater clothes" that had once belonged to Grammy and Grandpa Burton. They never said no to our wanting them to see us lip sync and dance.

Winter time would find us staying inside when it was 30 below. We kids would get out the Monopoly Game. Brother Ray always insisted on being the banker and we always ended up in jail. He had all the money and what little we did have, he would take it when we landed on Boardwalk. We'd get so mad at him, we refused to play - the banker always had the money! So we would turn our attention to Dad when he came in from the barn. We would play Rummy, Fish or Checkers -

and win!

Family time was spent around the Mahogany console combination radio and record player. This was a special time we gathered to listen to the radio and favorite programs. We would listen to the Lone Ranger and slap stick comedy with Fibber Magee and Molly; George Burns and Gracie Allen; Jack Benny and Amos and Andy. We would gather close to our parents when the whisper came over the radio "The Shadow Knows" or the creaking door ushered us into "The Inner Sanctum." Mother had her soap opera, "Porcia Faces Life" during the day.

We not only had our fun times, we also had our work times. During the hot summer days, we would help Dad in the fields with either driving tractor or helping with gathering the loose hay or when we had baled hay, stacking it on the wagon for the barn. Fall was for the gathering of the potatoes for the potato bin in the cellar or readying the corn for the silo. We would help Dad in the barn finish up the day's work of feeding warm milk to the calves and cats and feeding grain and hay to the cows. By the time we were ready to head to the house, the barn was quiet and hushed. All we could hear were the cows, now settled down for the night, crunching their hay. The chores were done.

Growing up on a small dairy farm provided many opportunities to experience the value of our parent's strong work ethic, perseverance, integrity and love of their children and the farm life, along with their quiet sustaining faith in God. This is what my siblings and I have brought forward to this time in our lives.

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With Lauren M. LoSchiavo

As their name implies, Window Improvement Masters, LLC is dedicated exclusively to improving the performance, operation and appearance of windows - any type of window, in any type of building. Window Improvement Masters' innovative solutions are drawn from their skill in sash repair and restoration, their expertise in window operation and performance, and their ongoing research and development of alternatives to the common practice of replacement windows. Window Improvement Masters' is committed to helping their customers become more comfortable in their homes and offices while reducing the amount of heating fuel consumed as a result of the heat lost through their windows. This pioneering local company is committed to providing New Englanders with cost-effective window solutions that are affordable, durable, attractive and convenient to use.

Founder and president, Robert J. Bacon, has been a planning, design and building professional for nearly 50 years and has won numerous design awards and wide recognition for his vision and innovation. Mr. Bacon has been an investigator, a practitioner, an educator, and an advocate of durable high performance buildings since the early 1970's. Bacon believes that with rising fuel costs and the proliferation of poor quality replacement windows on the market today, northern New England has an increasingly urgent need to improve the energy performance of its buildings while taking care to preserve the unique architectural character of its traditional and aged building stock. Bacon brings not only his passion for the value of traditional buildings to his company, but his broad expertise in design and construction to its mission of saving our old buildings from the growing glut of inferior replacement products that is sending thousands of per-

fectly serviceable wood windows to landfills throughout New England.

Why focus exclusively on windows? Mr. Bacon chose to focus his creative attention and the mission of his new company exclusively upon windows for several reasons:

1) Rising energy costs coupled with an aging building stock and an aging population has conspired to lend increasing urgency to our region's need to reduce its energy costs while improving the performance of and preserving the appearance of its existing buildings.

2) Windows are arguably a building's single most important operable component with respect their impact on the building's potential operational efficiency and its occupant comfort.

3) Windows are exceptionally challenging because they are required to perform a number of important functions such as: allowing natural light into the occupied spaces; allowing views of the outdoors; providing solar heat directly into the space with minimal heat loss during cold weather; and minimizing heat gain and enabling natural ventilation when the weather is warm. But, in addition, windows are also expected to offer variable levels of privacy and security, and to be attractive inside and out, all the while being convenient to operate! No other building component or system is as demanding.

4) There are estimated to be hundreds of millions of old windows in America that are in dire need of improvement... estimates suggest that there are over 50 million such windows in northern New England alone!

You should not give up on any old window without consulting Window Improvement Masters first. They will objectively assess your situation and suggest the optimal solutions to your particular window problems. Window Improvement Masters doesn't sell or install

replacement windows, but they do provide wood sash repair and restoration, weatherization, hardware upgrades, transparent insulation panels, as well as screens and storm sash - and they will recommend replacement alternatives if replacement is the best solution. Their transparent, dual-film insulation panel designs ("Advanced Energy Panel™" (aluminum frame) and "New England Comfort Panel©" (wood frame) are proven to effectively insulate and seal virtually any window without losing the benefits of solar heat gain in the winter. These innovative panels are simple to install and remove, light-weight, clear, and are engineered to last for years to come.

Prior to this interview, I had the opportunity to test the Advanced Energy Panels™ by purchasing two panels for my (very cold) bathroom, located at the farthest point from the heat source (pellet stove). I can now personally attest that this room is now significantly warmer and more comfortable, and that the cost of the Advanced Energy Panels was a fraction of the cost of replacement windows. I'm also proud to say that my 100 year old windows are still intact and I haven't altered the look of my home! Thank you Window Improvement Masters!

Window Improvement Masters, LLC, is located at the corner of Archertown Road and Route 10 in Orford, NH, 03777. You can call them toll free at: 866-348-1179, or (603) 353-4512.

See next issue for Part Two: "Why Repair Instead of Replace?!"

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Ross Wood Post 20 Election Of Officers

Well ladies, it's that time of the year again – the nominations and the election of officers for the coming year! Are you interested in becoming involved with an organization committed to serving our veterans... along with Children, National Security, and Education... just to name a few?

This year's nominating committee is looking for a few good women who are interested in becoming officers in the American Legion Auxiliary. Positions to be filled include: President, 1st Vice President, 2nd Vice President, Secre-

tary, Treasurer, Chaplin, Sergeant-at-Arms, and 3 Executive Committee chairwomen.

If you are interested, please contact one of the committee members – Kathy Fitzgerald @ 603-747-0472, Norma Placey @ 603-787-6111 or Christine Green @ 603-747-2269. Names need to be submitted prior to the meeting on Monday, April 9, 2012. On that Monday, names will be put forth in nomination and elections will take place for each of the officer positions.

Respectfully Submitted,
Christine Green

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Making Sense Of Scents

By Sheila Asselin

Surely smell is the most evocative of the five senses. Hearing, taste, touch and eyesight all help us to remember the past but it is as if smell had a direct path to that part of the brain marked nostalgia. Just one whiff can bring back a deluge of memories.

The smell of biscuits baking can take me back to the time my grandmother lived with us. Coming in tired and hungry after an after school session of kick the can, red rover, or dodge ball

we would grab the biscuits straight from the oven. I have tried fifty years to make biscuits so good and still don't have the knack.

Mildew and a faint scent of chlorine from the swimming pool bring back thoughts of summer camp. Damp clothes were stuffed into a laundry bag. Alas there was no laundry at camp so by the time our parents picked us up at the end of two weeks the clothes were pretty rank.

Brasso and shoe polish meant an inspection coming up for my Army husband. Charcoal and lighter fluid means it is summer time. Time for cookouts and bar-b-cue. Shrimp boats smelling of gasoline and the ocean meet magnolia blossoms from the town. This has to be Apalachicola.

Mimeograph fluid means our school newspaper is coming to print. Is it true you can get a buzz on from sniffing this fluid? I was never brave enough to try.

I bought a bottle of Yardley's English Lavender and wore it when I met my new mother-in-law. A sweet, demure, old fashion scent like I hoped she thought I was. Beans baking slowly. It must be Saturday night.

I am working on a new perfume now. It is a bit bolder than lavender. But it is guaranteed to attract every man within a ten mile radius of your house. Soon they will be throwing themselves and expensive gifts at your feet. No matter how old or homely you think you are this stuff works. What is this mysterious odor men find irresistible. It smells exactly like a new car!

"Dress For Success"

LYNDON, VT.: It's an age-old problem for people trying to enter the workforce: without a job, how can you afford a suit? But without a suit, how can you get a job?

To help solve this dilemma, Lyndon State's Leadership Team is launching the first annual "Dress for Success" on Tuesday, April 10 from 3 to 7 p.m. in the college's Academic and Student Activity Center (ASAC) room 100.

The goal of the project is to provide a free business-ready outfit to each junior and senior who attends the event. These clothes become a foundation for the student's professional wardrobe and may be worn to interviews, presentations, internships, and in other professional circumstances. The needs of juniors and seniors will be prioritized but all LSC students are welcome to participate.

All merchandise will be received by donation. The group seeks donations of suits, sport coats and blazers, jackets, overcoats and dress coats, dress shirts and blouses, trousers and slacks, skirts and dresses, and shoes. The group also seeks other relevant professional attire and accessories such as scarves, ties, belts, costume jewelry, briefcases, portfolios and attaché cases.

Clothing should be clean and gently worn.

Donations may be dropped off at the ASAC reception desk from March 19th through April 8th. Bulkier items or large quantities of merchandise may be donated on Monday, April 9 from 9 a.m. to 4 p.m. in ASAC room 100.

One highlight of the event will be a "Do and Don't Fashion Show." Students and faculty will dress in appropriate and inappropriate styles as a tongue-in-cheek teaching tool. There will also be a series of break-out sessions with faculty and staff that will address interview tips, business etiquette, body language, and first impressions.

JCPenney is lending clothing racks and hangers and Vermont-based designer Tara Lynn Scheidet is lending dress forms. A seamstress will be on hand to measure collar, sleeve and inseam measurements. All merchandise remaining after the event will be donated to H.O.P.E.

LSC's Center for Rural Entrepreneurship (CRE) will run the event annually in the future as a component of the college's Commencement Fair. For additional information, contact Ann Nygard, CRE director at 802-626-4867 or ann.nygard@lsc.vsc.edu.

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Peacham, VT – Noreen Olie Crane, 77, of Bayley Hazen Road, died on Wednesday, March 21, 2012 at her home. She was born in St. Johnsbury, VT, on September 17, 1934, the daughter of R. Kenneth and Vivian (Snow) Churchill.

Noreen graduated from Peacham Academy, Class of 1953.

Noreen was predeceased by her first husband Ralph Powers on March 26, 1965. She married Carleton Crane on January 21, 1978. Noreen attended the

Peacham Congregational Church, was a 4-H leader and organized Peacham Fall Foliage. She was a self employed seamstress for many years. Noreen had a passion for making Barbie doll clothing and making numerous Raggedy Ann and Andy dolls that are scattered around the world. She enjoyed her flower beds, watching the birds, and collecting thimbles.

Noreen was also predeceased by a brother, Eldon "Buster" Churchill.

She is survived by her husband of 34 years, Carleton Crane of Peacham; four children, Vaughn E. Powers and his wife Bess of Marshfield, VT, Vivian E. "Vinie" Powers and companion Arn Withers of Danville, VT, Vera E. Lapierre and her husband Buddy of East Barnet, VT, and Kari D. Powers and companion Patrick Ross of Barre, VT; four step chil-

dren, Jack Crane and his wife Laura of Monroe, NH, Sharon Foss and her husband Carl of Suncook, NH, Gary Crane and his wife Jody of Groton, VT, and Janice Vance and her husband Larry of North Woodstock, NH; 12 grandchildren, Arielle, Vanessa, Addison, Carver, LeeAnn, Joey, Aerik, Keith, Norissa, Jordan, Gabe, and Courtney; 6 great grandchildren, Logan, Tyler, Hailey, Taylor, Christian, and Evan; numerous step grandchildren; two brothers, Howard Churchill and his wife Charlotte of Barnet Center, VT and Bernard Churchill and his wife Joan of Peacham; and several nieces, nephews, and cousins.

At Noreen's request, there will be no public services. Burial will take place at a future date in the Pleasant View Cemetery, Barnet, VT. In lieu of flowers, memorial

contributions may be made to a humane society of one's choice.

For more information or to sign an online condolence

please visit www.rickerfh.com

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

OBITUARY – JON TYLER BECKLEY

Woodsville, NH – Jon Tyler Beckley, 52, of Darling Road, died on Sunday, March 25, 2012 at his residence.

Jon was born in St. Johnsbury, VT, March 3, 1960, the son of Norman C. and Joyce (Tyler) Beckley. Jon attended Woodsville High School. He was a self employed painter in the area for many years. Jon loved his three dogs and gardening.

He was predeceased by his father, Norman C. Beckley on April 9, 2004.

Survivors include his mother, Joyce Beckley of Woodsville; a son, Branden Beckley of Fort Bragg, NC; a brother, Joel H. Beckley and his wife Amy of Woodsville; a sister, Karen J. Fagnant and her husband Mark of Piermont, NH; several nieces, nephews, and cousins.

There will be no calling hours.

A private graveside service will be held later this summer in the Mountain View Cemetery, Benton, NH.

Ricker Funeral Home,

Woodsville, NH is in charge of arrangements.

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

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April 3, 2012 Volume 3 Number 13

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The Power Of The Mushroom

Numerous medicinal mushrooms have been used for centuries for a variety of liver related conditions. Of special note is the Reishi (Ganoderma Lucidum "Ling Zhi") mushroom is termed the "Tonic for the 21st Century", Reishi is a tonic that increases vitality, enhances immunity and prolongs a healthy life. A powerful immune stimulating, antihistamine and antioxidant agent with adaptogenic effectiveness against wasting and degenerative auto-immune diseases such as cancer, chronic fatigue, and AIDS. Reishi is a specific to stimulate T-cell activity and inhibits replication of the HIV virus, a strong anti-tumor agent, should be taken as part of a recovery program from chemotherapy and radiation. Extremely useful as part of an immune system strengthening formula, effective in formulas addressing viral hepatitis and liver dysfunction, treats chronic bronchitis, peptic ulcer, hypertension, insomnia, sticky blood and high cholesterol levels, useful in the treatment of allergies.... Shall I say more? Reishi is a liver and whole body tonic, it has demonstrated dramatic effectiveness for chronic hepatitis of 70 - 98% in 2-15 weeks. This magical mushroom is useful for prevention, liver regeneration and Hepato-protection. Other synergistic actions are the reduction of free radicals and inflammation, both of which are causal and contributing variables in liver imbalances. Reishi is an adaptogen mushroom for blood sugar regulation, deep immune support, anti-cancer

and anti-oxidant properties, and radiation protection. Helps strengthen those recovering from long-term illness. Excellent for children.

Shiitaki (Lentinus Edodes "Hsiang-ku") mushrooms (called oyster mushrooms when fresh) produce a virus which stimulates interferon in the body for stronger immune function; promotes vitality and longevity and is used in Oriental medicine to prevent high blood pressure and heart disease, and to reduce cholesterol by speeding up the processing of cholesterol in the liver. Shiitaki is a powerful, revitalizing immune and T-cell stimulating agent, stimulates macrophage (anti-body) activity. Highly nutritious, rich in amino acids and B vitamins, Shiitaki mushroom acts as an interferon stimulant for major degenerative diseases such as AIDS, chronic fatigue syndrome and cancer. Shiitaki is effective in the treatment of systemic conditions related to aging, immunity and sexual dysfunction, it lowers cholesterol, reduces blood pressure and helps shrink tumors. It is indicated for viral and bacterial infections, liver dysfunction including hepatitis B and cirrho-

sis, helps prevent osteoporosis and vitamin D deficiency.

Maitake (Grifola Frondosa) mushroom is a potent anti-bacterial, anti-tumor, immuno-stimulant and anti-fungal. A specific to overcome candida albican yeast overgrowth, used to control nail fungus, athlete's foot and thrush conditions. Maitake's anti-tumor properties make it useful against many cancers including Kaposi's sarcoma, it kills staphylococcus virus and is useful in the treatment of diabetes, hypertension and obesity. Maitake has recently shown benefits for protecting and regenerating the liver as well as usefulness in hepatitis, showing even stronger effects than some of the traditional liver mushrooms.

Poria Cocos (Fu Ling) is a diuretic with organ-tonifying properties, calms the mind and emotions. Poria Cocos is a specific used to reduce and regulate excess fluid from the body and prevents the build-up of toxins, where extra kidney support is needed; useful for hepatitis and cancer. It is used for spleen, pancreas and liver support in a tonifying formula, and useful in energy formulas.

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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The Bloopers Edition - April Fools Day

It's that time of year when the jokers of the world find their pawns to prank and bank on it with a bunch of gaffs and laughs. Thinking of April Fools Day made me think of all the funny things that have happened to me during investigations. In other words, the times I've made a complete jackass out of myself, because even though I make myself seem like the cool investigator on these investigations (so I think at least), I'm really quite foolish during them. Not that I don't know what I'm doing, I'm just a magnet for my own self embarrassment. Here's some examples of what I mean and you be the judge.

It was my first investigation back in October of 2009, it would be a few months before Scared Sheetless made its debut in the White Mountain Shopper and a year before it made its debut in the Trendy Times, so you will see why this got lost in the shuffle and was never made into an article in either newspapers. The reason for that was because I had no idea what I was doing. I can make a huge list, but here's the cliff notes:

I was late, probably by 20 minutes. I was a wicked anti social with the whole group (I'm a shy guy when meeting new people, but once you get to know me...you won't be able to shut me up---ask NEPI). We get to the investigation, which was in West Danville, Vermont, and every-

one's wearing pants and a NEPI shirt. I'm wearing shorts, sandals (it was twenty degrees outside that night) and I believe either a Slipknot or Iron Maiden shirt...not sure which, but not really a good first impression.

We first start out in the basement and we're walking around. I feel the fridge and I'm like, "The fridge is cold." As if it's a huge mystery for a fridge to be cold. All Anthony could say was, "Yep" and hope to God I was being a smart allelic...I wasn't. After that I was kicking myself in the butt going, Duh! Fridges are suppose to be cold, smarty! Why don't you go tell them with your big brain of magnificence that fires are hot! Or how you don't think before you open your mouth!

I couldn't stand still for the life of me during the investigation and it got so bad that Anthony and Nikki had to tell me to calm down. Waiting is everything in an investigation (a little helpful tip for any inspiring investigators out there). There was this one moment where Phyllis, Michelle, Nancy, and myself were down in the basement trying to do an EVP session. Instead they were playing this rhyming game. For example: "Ted went to bed and said to his wife Bev..." Except their way was a bit more rated R. Anyway, they got to the point where we were

all laughing so hard Anthony could hear us on the third floor! It's a good thing the clients were outside having a fire, because if they heard us they would be wondering "What is up with these clowns?"

But the most embarrassing moment for myself was the house was really hot, so Phyllis decided to take off her sweat shirt and put on her regular NEPI shirt. She had me turn around, not really the best solution, because instead of turning around to a wall, I turned around to a mirror and saw everything (she had a bra on, so keep your minds out of the gutter, people). Regardless, she wasn't too thrilled. Thinking back on this investigation makes me even wonder why they kept me in the first place. I don't know, but I know that my farce moments in NEPI are only going to add up. But I'm only allowed 800 words...so, yeah, I don't have enough room in this edition and this was from only ONE investigation!

Until next time, try to be the joker and not like me...the fool. Happy hauntings my fellow Graveyard Disciples and remember to check out my website at: <http://scaredsheetlessncn.blogspot.com> and "Like" Scared Sheetless on Facebook. Contact me scaredsheetlessncn@hotmail.com to just say hi or boo. See you later!

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By Ronda Marsh

Ham And Asparagus Lasagna

Many years ago, when I was in my late teens, I really didn't have much interest or expertise when it came to culinary pursuits. Like most of my peers at the time, I had a million other things zooming around in my brain, and cooking was just not one of them. That is not to say I didn't have the ability to cook a decent meal, or that I didn't enjoy good food when it presented itself, but anything beyond that just was not at the top of my list of priorities. Then I met Nancy. Only a couple of years older than I was, Nancy was my supervisor at work, newly married, and a very, very good cook. We became friends almost immediately, and before long, I was enjoying meals at her house pretty regularly. In her modest kitchen, she created things I had no idea even existed, like succulent roast duck, fancy little crab quiches, and the most delicious banana cream pie with pastry that literally melted in my mouth. As I watched her bring forth these delicious dishes, I took note of the fact that she would simultaneously be smiling, joking and thoroughly enjoying the process, and I decided that I wanted to cook like that, too. When Christmas came, Nancy gave me a smallish blue journal, in which she had written down some of her recipes. Her inscription on the inside cover read: "To someone who enjoys good food as much as I do; here's a place to put all those recipes!" I took her message to heart, and in the decades that have passed since I first received that journal, I have filled it with many, many recipes, all of them worth remembering and repeating. Although it is now very worn and bound with a rubber band to keep it together, I still cherish and refer to its pages often. This recipe I share with you today is one of the first ones I wrote down in my book. I resurrect it every year about Easter, as it's the perfect way to use up some of that leftover ham, and enjoy the fresh asparagus that is so tender and abundant in the springtime. Combined with a cheesy béchamel that has hints of garlic and thyme, this lasagna is more of a French twist on what is traditionally an Italian dish. Since only the very best of my recipe collection has garnered a place of honor in "the book", you can rest assured that this is a meal you'll be making and enjoying for many years, too!



- 8 Lasagna noodles, broken in half and cooked to al dente in salted water
- Olive oil
- 1/2 to 3/4 pound cooked ham
- 1 pound asparagus, trimmed, cut in thirds and steamed
- 3 Tablespoons butter

- 3 Tablespoons flour
- 3 Cups whole milk
- 1 garlic clove, finely minced
- 1/2 teaspoon dried thyme
- 1/2 cup grated parmesan cheese
- 1 cup shredded Swiss or cheddar cheese (or whatever cheese you like!)

Preheat oven to 375°F. Lightly spray or grease an 8X8 oven proof casserole. In a medium saucepan, melt the butter. Add the garlic and thyme and allow to cook for about 30 seconds. Add the flour and stir to make a roux, cooking for about a minute. Add the milk, a little at a time and stirring to prevent lumps from forming. Bring to a boil over medium heat, stirring constantly until mixture is thickened to a white sauce. Remove from heat and stir in the cheeses to melt. Spoon about 1/2 cup of sauce in bottom of casserole to cover. Lay in 4 noodles, then 1/3 of the ham and asparagus. Cover with 1/4 of the sauce. Repeat twice (you'll have 3 layers of

noodles, meat, and vegetables). Cap with the final 4 noodles, remaining sauce, and a sprinkling of additional grated parmesan cheese. Bake, uncovered, for about 30 minutes, or until the top is lightly browned and bubbly. Allow to sit for 5-10 minutes after removing from oven before cutting. Serves 4.

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Are you handy? Don't mind an opportunity to make an old house your own? Be sure to add this one to your list of 'must see'. House offers 4+ bedrooms, 2 full baths, updated kitchen, office, den, dining room, living room, and laundry room located on a nice corner lot with full deck on back, large attached barn great for workshop and storage, and an enclosed porch. House has all new windows, standing seam metal roof installed 2001 and some other updates complete.



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THE BEAL HOUSE RESTAURANT & INN "The Local Place To Go"

Interview with Bill Sanders By Lauren M. LoSchiavo

From Cargo to Khaki, Jazzercise to Jeans...you are welcome at the Beal House Restaurant & Inn. The dedicated Innkeeper, Owner, Bill Sanders and his staff, form a cohesive group with one goal in mind, to make The Beal House the local favorite once again. "When you think of dining out, think of The Beal House". "You will find no other food, in any other fine dining establishment, at a better price, that will surpass The Beal House, in the North Country." Bill feels that what sets him apart from former owners is the fact that he is a local and understands what living in the North Country means. He has a deep sense of commitment to his town, his business, but most of all; his patrons, his guests, YOU.

This is a place where everyone can experience being treated with honor and respect, in an upscale restaurant-without the attitude, OR the high price tag. There is no enforced dress code, yet you will dine on fine linen, in a casual, yet sophisticated atmosphere. You will be greeted at the door, and be addressed as Sir or Ma'am, unless otherwise specified. Your order will be made to your specifications and served with the finest ingredients, local whenever possible. If you wish to have a private dining experience away from the crowd, the "Hearth Room" boasts a real working fireplace and can seat 2, or up to 25.

If you are a vegetarian, or vegan you are in for a treat! No packaged, veggie burgers will be served here. I was treated to my first ever vegetarian "meatball and spaghetti" dinner. Both the presentation of the dish and the flavor were most impressive. Unfortunately, the recipe for the "meatballs" is a closely guarded secret, and can only be enjoyed at The Beal House. You will find live music on Saturdays, from 7:00-10:00. Matt Tellier plays at

least once per month. Reservations are not required, but they are encouraged.

The Beal House staff is renowned with local, well-known reputations. All are highly trained in the hospitality services. Bill's Executive Chef – Jason Orlando, formerly of the Sunset Hill Inn, Cabot Inn, in Lancaster, NH. Sous Chef, Ed Paradise hails from the Horse & Hound, Mountain View, and Sous Chef, Eric Kadle you may remember from, the greatly missed, Elements.

You will fall in love with this, text book classic, old Georgian Colonial. In the rooms and throughout the building, you will find high ceilings, posts and beams, four-poster, canopy beds with gas fire places, and some with a Jacuzzi and sitting room. These can be rented for a mere \$99.00 a night for the month of April. This includes the expanded continental breakfast.

The Beal House Restaurant & Inn has all the ingredients to make every meal out, a great one. Bill is on the premises pretty much 24/7/365, and is a dedicated professional. He tries to personally greet each and every one of his respected guests at least once. Bill's willingness to go to great lengths to make The Beal House Restaurant & Inn "THE" local favorite will be clearly evident to all who walk through the doors. ASK ABOUT THE 4:00-6:00 BEAL DEAL!! 2 Entrees and a bottle of quality wine for \$40.00!!

The Beal House Restaurant & Inn is located on 2 West Main Street, in Littleton, New Hampshire. Hours: 4-9 p.m. 7 days a week (Dining). Phone number: (603) 444-2661. To view the magnificent, pet friendly, rooms and suites or for entree information you can go to www.thebealhouseinn.com. For specific questions email: innkeeper@thebealhouseinn.com. Visit them on Facebook – comments are welcomed.



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