

TRENDY TIMES

171 Central Street • Woodsville, NH 03785
Phone: 603-747-2887 • Fax: 603-747-2889

Email: gary@trendytimes.com
Website: www.trendytimes.com

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2012 North Haverhill Fair Promises Great Entertainment

The North Haverhill Fair Association is proud to announce the Saturday night Entertainment for the 68th annual North Haverhill Fair. New country artist Jana Kramer will be live on stage beginning at 8:00 PM

If you ask Jana Kramer to describe her life in this very moment she would say, "Dreams really do come true." The singer/songwriter/actress has already had success with three songs that were featured on The CW's "One Tree Hill," where she plays the firecracker actress, Alex Dupre.

Jana is no stranger to the bright lights with her impressive string of movie and television roles, but she credits her recent break into the music industry as her most important accomplishment to date. "I love acting, but my heart and soul is in singing. I've been terrified to pursue this dream because it's so personal to me. If someone tells me they don't like my voice, it's a lot harder of a hit to take," said Jana. "This is what I've always wanted to do. I've wanted to do music my entire life.

Growing up in Detroit,

Jana is no stranger to the rich history of country music, crediting one of her favorite memories to baking cookies with her grandmother while listening to Patsy Cline. These little moments are one of the many reasons why Jana hopes to share her music with others.

And she's doing just that as the singer-songwriter is lighting up country music with her emotionally moving songs and sweet, country vocals, already selling nearly 200,000 digital singles in less than six months. All eyes are on Jana as she boldly graces country music with a fresh, new sound and powerful new music. "Country music is in my blood. I love country music because it tells a story and I have a lot of stories to tell."

Along with the big Friday & Saturday concerts there is also big plans for Thursday night at this year's fair. For the first time in about a decade, and for the only time in 2012, The New York Tractor Pullers Association will hold a Lucas Oil sanctioned event at the McDanolds Arena beginning at 7 PM. The two classes of tractors that will compete, Super Stock and Super Farm,

are indeed super tractors. In fact a bigger, stronger sled will be brought in just to keep these tractors from going clear to Vermont. The horsepower these units generate are sure to entertain. This event is being sponsored in part by Sabil & Sons of White River Jct., VT.

Many other free events will take place at the fair. Demolition derbies will crash things up on Wednesday and Friday Nights. Saturday will see a classic tractor pull, and Sunday the sled is hooked up to the 4x4 Truck Pull which also has two wheel drive units and Duttlebugs.

Other returning events this year include five days of livestock pulling events, Saturday's Woodsmen's Con-

test, the car show on Wednesday, and the third year of North Haverhill Idol on Thursday. For more details on any of these events check out www.nohaverhillfair.com

2012 North Haverhill Fair dates are Wednesday thru Sunday, July 25 thru 29. Admission prices remain the same at \$10 for those 12 and over, with Senior Day being moved to Thursday, with those over 65 getting in for half price. Parking and those under 12 are still free.



2011 Super Farm Division Champion Randy Weaver.
Photo courtesy by Harold Card Photography.

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The Pine Hill Singers – Spring Benefit Concert

“EAT, DRINK & BE MUSICAL!”

The Pine Hill Singers invite you to be our guest at a savory, light hearted smorgasbord of musical selections celebrating food. The program, “Eat, Drink & Be Musical”, will be served on Friday, June 1st at 7:00pm at Alumni Hall in Haverhill, NH and on Sunday, June 3rd at 4:00pm at the Sugar Hill Meeting House. Under the

musical direction of Judy Abbott with Anita Bonnevie as the accompanist, old favorites and unknown gems will provide a menu to please everyone’s palate. The tasty tunes dished up will include “Molly Malone (Cockles & Mussels)”, “Food Glorious Food”, “The Frim Fram Sauce”, “Java Jive”, “Coulter’s Candy”, “Mambo Italiano”, and many more. The melodies will be enhanced by a delicious side helping of soloists and instrumentalists from the group and the local area. Admission is by donation and for the shared benefit of The Pine Hill Singers, Alumni Hall, and the Pine Hill Singers Annual Musical Award for a graduating high school senior who is pursuing musical interests. Because of this season’s concert theme, the singers will also have donation boxes available to collect non-perishable food to distribute to local food banks.



The beautifully restored Alumni Hall, located at 75 Court Street, was once the Grafton County Courthouse. It is now in its 7th year as a regional cultural center. Open year-round, it offers music, dance, film, photography, art and quilt programs and exhibits, and is available for rental for private, community, commercial and corporate events. The Sugar Hill Meeting House, located on Main Street, Sugar Hill, was built in 1830 and is a treasured center for concerts and

town gatherings. Each venue offers a timeless concert experience.

For more than 15 years, the Pine Hill Singers have brought outstanding performances to the local area. Their concerts include a large repertoire from classical to jazz, Broadway to patriotic, and serious to silly. The close knit choral singers from NH and VT meet weekly. From this weekly sharing of music, they know the personal healing as well as the community outreach in the joy of music. Just after 9/11 the singers began to insert on all of their programs a quote attributed to Leonard Bernstein – “This will be our reply to violence: to make music more intensely, more beautifully, more devotedly than ever before.” Thus, the Pine Hill Singers have established a fund for future musicians. They will be selecting their fourth award recipient in June 2012.

Come enjoy “Eat, Drink, & Be Musical” - a concert that will entertain you and leave you hungry for more!



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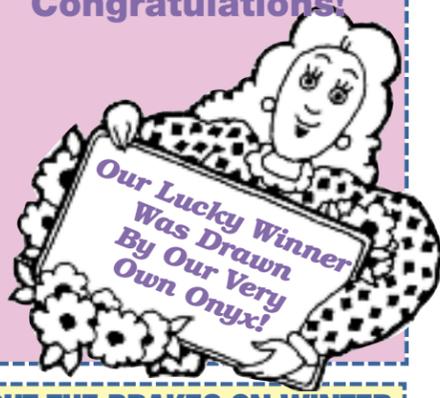
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4-H Enrichment Program

By Kathleen Jablonski,
Field Specialist, Youth and Family

There was peanut butter EVERYWHERE...on hands, on fingers, on the front of the microwave, on the table and on the floor. Who would have thought four kids learning how to cook in a microwave could make such a mess when measuring? Well, they did and had a lot of fun in the meantime.

They learned something...they learned how to make their own healthy snacks using a microwave oven. They learned how to make a basic breakfast and a quick dinner. They learned how to measure ingredients. It was all part of the six week "Microwave Magic" series taught at the Boys and Girls Club of the North Country by UNH Cooperative Extension as part of the 4-H Healthy Living grant from Wal-Mart Foundation and National 4-H Council. Fourteen youth started the six week program with 9 receiving the 6 week participation award for attendance.

As one of the Field Specialists in Youth and Family for UNH Cooperative Extension, I taught the class. It was fun to watch as the youth learned basic cooking skills as well as how to work together.

Each lesson was set up with a team to work together: Cook 1, Cook 2 and Microwave Tech. By week three, they all had a turn at each job. By week four, they showed their skills by completing the recipe assignment with minimal coaching from the adult partners.

The program ended with the participants making a three course meal they served to each other and the staff and adult helpers. When asked, working as a team was one of the things the kids said they learned during the class.

In addition to learning

how to read a recipe, how to measure ingredients and how a microwave oven works, youth learned about healthy snacks, timing of recipes, and how to clean up. There was also the required taste testing of what was prepared. Friends shared with friends how the dishes were made and most tried all that was created. Each day, at the end of the session, the group seemed to 'grow' as other Boys and Girls kids asked for samples.

Hudson, age 8, said, "I never liked carrots before. These are good!" as he was sampling the maple flavored carrots prepared in week 3.

"What are we going to make today?", asked Morgan. "Really? We're going to make baked apples?" She and her teammates Sadie and Nalu agreed they were delicious (as did the other youth who micro-cooked that day.)

Ever had a granola bar with carrots in it? That's where the peanut butter imagery came during the healthy snack week. They made their own pineapple salsa, a dip for veggies and learned how to cut up fresh vegetables.

All who sampled agreed, "These are good!" as the carrot/peanut butter granola bars were sampled.

Most of all, the kids got a sense of accomplishment. When they were asked the last day what they learned, responses included: "I liked baked apples. I didn't know I liked them." "It's easy to use a microwave oven. I showed my mom how we made cheese sauce." "It was fun to work together. I liked taking turns being the Microwave Tech, Cook 1 and Cook 2."

At the closing, kids were presented with participation certificates that gave them a license to cook as well as a

collection of the recipes used in the class.

"We need more enrichment programs like this," Eric Frydman, Director of the Boys and Girls Club said. "We are trying to offer more quality learning programs in our enrichment time. This was great for the kids."

The Club has recently applied for a grant to build a kitchen at the facility. This program was done in existing space, making the staff and presenter work creatively, and doing so successfully with the participants' cooperation.

For more information about how you can help and volunteer to bring 4-H enrichment programs to the Boys and Girls Club, e-mail Kathleen.Jablonski@unh.edu or call her at 787-6944. To find out more about the Boys and Girls Club afterschool and vacation programs, contact Eric Frydman at 838-5954 or e-mail him at efrydman@bgcnc.net.

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THE SHANA STACK BAND
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Bradford Theater Announces Auditions For Short Plays And "Anne Of Green Gables"

Bradford, VT- Old Church Theater announces open auditions for the August production of "Anne of Green Gables", to be held May 19th and 20th at 2pm at the theater; and at 3pm auditions will take place for four short plays to be presented in mid-July.

Gloria Heidenreich will direct the adaptation of "Anne of Green Gables". July's four plays are "Chinamen" by Michael Frayn, directed by Jim Heidenreich; "She With a Capital Ess" by Jay Hannagan, directed by Peter Richards; "Back in Ten" by Barbara Swantak, directed by Ben Daly; and, "Family 2.0" by Walter Wykes, directed by Anthony Helm.

Young people are particularly invited to audition for a part in "Anne": there are parts for three boys and four girls. During the play, the action spans several years, so ages 12 to 17 (or there-

abouts) are welcome for the younger roles. In addition, 4 adult men and 4 adult women are needed (possibly the parents of the younger actors?).

For the short plays, a total of 6 men and 6 women are needed. Taking a role in two plays is definitely possible!

Open auditions means that anyone can try out for a part, either with a prepared monologue, or using lines from the play itself. More information is available on the web at www.oldchurchtheater.org or by calling the director at 802-439-6199, or by emailing info@oldchurchtheater.org.

Old Church Theater has been recently granted status as a fully non-profit volunteer organization. Based in Bradford, Vermont, the group has been producing five plays a year for 28 years, providing creative opportunities and enjoyable theater for the entire upper valley area.



Is It Still Cool To Hit kids? I'm Never Sure.

Not that I've ever done it. And not that I have any big stance on or against it, either. In fact, I should, if the past represents the future, knock my kids around from time-to-time for the sake of tradition.

Fact is, I just don't like hitting kids, makes me feel terrible, and as a pure bred opportunist I get nothing out of it. Sure, I jam my elbow regularly into my son's face when we're playing "Dog the Bounty Hunter."

But that's after dinner, horsing around.

Then, just the other night, my boy and me had us a row. We were lying there on the floor of our living room, bored out of our minds having to watch "Top Chef." The wife and daughter were riding the couch, apparently on their diamond studded throne, working the clicker.

My son and me were all done with the "drizzle" and the "basting." We wanted this night to end. We're creatures of habit, and ten-of-eight used to mean something around here. All the chefs were pushing onto the final round. I was just trying my best to push off another infectious mood.

And my son, well, he was teetering on some sacred ground.

I let out, "Okay, let's wrap it up. Bedtime."

The throne began to weep fat salty tears.

Then my son roses swiftly, like Bob Montgomery out of a catcher's crouch, ready to gun down Mickey Rivers at second base, before lunging for my waist.

"The Dog never goes down!" I shouted, doing a backspin against the leather chair.

But the boy kept on coming. I spin out once, twice, and still he charged me like a skitized out bail jumper. Then,

just as I was about to deliver a sweet Charlie Horse to his right thigh, we simultaneously went face to knuckle. It was unfortunate.

You'd have thought my son just threw down with Iron Mike behind Cerretani's. He was well ticked off. Tired and ready to burst, my son went off, so much so that one of our next door neighbor tweeted three minutes later: "First the basketball in my yard! Now the screaming! Free The Ankle Grabbers!"

I let my son air it out for a minute, but he was in a kid rage. My daughter was shouting for him to be quiet, "We can't hear who won." I hate when my son's "all done" because when he's all done, I'm done. And when I'm done, everyone's done, even the judges and chefs.

That's just the way it goes.

I wiped his face, kissed it, but he kept up his angry dance. Finally, he grabbed a couch pillow and went to throw it at me. I quickly decided that that's not going to happen.

So I snapped, good and loud, too. Not just a "knock it off" loud, but teacher loud, foreman loud, police loud, getting mugged loud. So loud that the nosy twitter bug next door retweeted a second later that she's "Sorry" and "Awesome kid next door. "Love kids."

Still, my hands were at my sides, unclenched. A vein may have looked ready to pop in my neck and every filling in my mouth was visible, but rage needs to be depicted in a non-civil, precise manner. Ask Brando.

My son got the point. So much so that he shot me a look so tragic that the genuine fear on his face caused my heart to spill onto my spleen. Whatever octave my rage

came from was Tyson hot, too hot, so hot that it caused my son to raise his hand to his face to -- dare I say it -- protect himself. Good Lord! Match that motion up with the horrific look in his eyes and you got yourself a broken heart, if you have one at all.

Call me an enabler, call me a buddy instead of a Dad, call me a chump addicted to love and you'd be wrong down the line. But I have no patience for reliving the past - his, mine or yours. I just won't stand for it. And that look of fear in his eyes is not welcome in my home.

Not now, not ever.

That's why when I sent him upstairs to clean up, I stood frozen in disgust as the throne emptied. How to play this thing? Can't chase after him, arms out, pleading, please, sorry, please. Can't continue with the rage, either. The point was well made.

But chase I did. And when I found him brushing his teeth humbled and shaken, I motioned for him to meet me in my bedroom. I grabbed him up, put him on my lap and explained that he can never, not ever speak to me like that, let alone throw anything at his old man. But also that he never needed to worry that I'd bloody his lip, or even, for that matter, turn a belt loose on him.

"It's just not going to happen, kid." I told him. "You can take that to the bank."

Of course, I was showing my hand to him. Who knows if he'd use my weaknesses against me in the future when his sense of rebellion blossoms in his teens. Still, that horrendous look of fear in his eyes felt all too familiar to me. And because of that, well, who knows, maybe I should have turned out to be a parent that likes to smack their kids. But I'm not. I'm a softy, a buttery soul still healing from the one or two substantial bashings I took as a kid.

And with that I tucked my son into bed, kissed him a few extra times good night and returned to the scene of the crime to watch the final moments of "Top Chef."

"Look at this," I snarled at the judges. "Awarding the ribbon to some hack with a penchant for canned cheese. This guy needs a smack."

Oops. I mean a stern talking too.

Rob Azevedo can be contacted at onemanmanch@gmail.com

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From The Desk Of NH State Senator



Dear Constituents,

The 2012 session is coming to an end and the last couple weeks have been intense. I was the prime sponsor on 15 pieces of legislation ranging from issues relating to Medicaid payments to a bill that establishes a commission to study energy infrastructure corridors. As of today, six of my bills were voted inexpedient to legislate; three were signed into law by the Governor; three have passed both bodies and are awaiting the Governor's signature; and three will be voted on in the House this week.

As I look back over what we've accomplished this year, I thought it would be helpful to recap the 2011 session and in the next column report on 2012.

The 2011 legislative session stands out not only for its accomplishments, but also for the resolve shown by elected officials to deliver on what the voters of New Hampshire sent them to

Concord to do: live within our means, stop out-of-control spending, and eliminate the \$800 million deficit. We successfully conducted the people's business at a most challenging time for both our state and our nation. Here are the highlights:

The biggest issue we faced was building and passing a new budget for FY 2012-2013. The Republican-led legislature produced a truly balanced, two-year budget that spends \$10.2 billion in total funds (an 11% reduction from the last biennium), projects realistic revenues, had no new or increased taxes or fees, and accounted for over \$400 million in federal stimulus funds spent over the prior two years that were not available this biennium.

The Senate led the fight to balance the budget. We did so by example, cutting our chief of staff's salary by 30%, restructuring committee staff to require fewer employees, replacing outgoing

staff at lower salaries, and instituting a one-year pay freeze for all legislative employees.

We also enacted legislation to keep future budget increases down and further protect taxpayer dollars by adopting: SB 146, a bill requiring state agencies to submit reduced spending alternatives when they build their budgets every two years; SB 151 requiring the consolidation of government contracts that will allow the state to use economies of scale to bring costs down; and HB 635, requiring a consolidation of state agency functions to create a savings of \$35 million over the biennium.

Besides a balanced budget, other legislative successes included:

- Comprehensive Pension Reform (HB 2/SB 3) which reforms the state's public pension system to ensure a viable retirement system for current and future pensioners, provides stability and prevents the skyrocketing growth of retirement rates paid for by taxpayers.
- Education Funding (HB 337) which maintained the current education adequacy funding level, making only slight changes in order to establish a calculation better focused on the student.
- Medicaid Managed Care (SB 147): With a shift from

our current fee-for-service structure to managed care, NH joins 30+ other states who have successfully implemented this model and we anticipate \$33 million in savings. Managed care provides coordinated services to Medicaid enrollees through a network of providers and manages appropriate and effective health care services.

- Parole Reform (SB 52) provides important, common sense amendments to SB500 to ensure the state parole board has the discretion to keep dangerous criminals behind bars for their full sentence.
- Second Amendment (SB 88) protects Second Amendment rights by eliminating a person's duty to retreat when threatened with deadly force.
- Business-Friendly Legislation: We eliminated the state's tax on gambling earnings (HB 229); addressed reasonable compensation (SB 125); introduced legislation to encourage new venture capital investments (HB 605); and enhanced the relationship between government and business by requiring the Department of Labor to work with companies versus simply fining them for violations (SB 86).
- Government Reductions & Reforms: Eliminated nearly 1,000 government posi-

tions that were already vacant; eliminated a state mandate that local union contracts provide pay increases even after they expire; and enacted common sense legislation allowing agency heads to transfer employees as necessary to fill vacancies, instead of hiring additional staff.

By balancing the budget, holding the line on spending, keeping taxes low, and reducing red tape from Concord, the Senate helped our economy to grow, more free from government burdens. These efforts help us preserve and strengthen the "New Hampshire Advantage", attract new business, and ensure the Granite State continues to lead the nation out of the recession.

As always, I want to hear from you. If you have a concern you'd like to share, an event you'd like me to attend, or a problem you think I might be of assistance—please call or email. If you'd like to get more frequent updates of what is happening in Concord or in the District, please subscribe to my e-newsletter by completing the subscription form on the home page of my website at www.jeanieforrester.com.

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NEW HAMPSHIRE GUBERNATORIAL CANDIDATE FORUM

Thursday, May 24, 2012

7:00 PM

Horse Meadow Senior Center, North Haverhill

The public is invited and encouraged to attend.

Moderated by Bath School Moderator Everett Rust



Democrat Jackie Cilley
and
Republican Kevin Smith



Have accepted the
invitation to participate.

We now need questions from our readers.
What would you like to ask these two candidates?

Please send your questions to

Trendy Times

171 Central Street, Woodsville, NH 03785

or email Gary@TrendyTimes.com

Sponsored by Trendy Times and
NH State Senator District 2 Jeanie Forrester

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

MONDAY/THURSDAY

NCYMCA WALKING CLUB

6:30 PM
Woodsville Elementary School
Every week until next September.

TUESDAYS

BREAKFAST BY DONATION

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

WEDNESDAYS

BINGO

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

THURSDAYS

ONE-ON-ONE CRIBBAGE ROUND ROBIN

1:00 PM
Horse Meadow Senior Center, North Haverhill

TUESDAY, MAY 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

THURSDAY, MAY 17

REIKI CLINIC

2:00 PM – 4:00 PM
Saint Johnsbury House
See article on page 20

FRIDAY & SATURDAY

MAY 18 & 19

TENT SALE

9:00 AM – 5:00 PM
Christ Covenant Anglican Catholic Church,
Marshfield

SATURDAY & SUNDAY

MAY 19 & 20

OCT AUDITIONS

2:00 PM & 3:00 PM
Old Church Theater, Bradford
See article and ad on page 4

SATURDAY, MAY 19

GARAGE SALE

8:00 AM – 2:00 PM
Pathways Pregnancy Care Center, Littleton
See ad on page 8

GRAFTON COUNTY GARDENERS CLEAN-UP

9:00 AM – 11:30 AM
Grafton County Complex, North Haverhill

GROTON GROWERS COMMUNITY MARKET

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

HUMMINGBIRD HAVENS

10:00 AM – 12:00 Noon
NorthWoods, East Charleston

3RBA CHILI & PIE CONTEST

PARKER HILL ROAD BAND CONCERT

6:00 PM
Railroad Park, Woodsville
See ads on page 3

SUNDAY, MAY 20

SAPSUCKER SUNDAY BIRDING SERIES

7:00 AM – 9:00 AM
NorthWoods, East Charleston

PADDLE THE BORDER SPRING

10:30 AM
Woodsville Community Field
See ad on page 7

HAVERHILL HISTORICAL SOCIETY MEETING

3:00 PM
Ladd Street Schoolhouse, Haverhill
See article on page 9

MONDAY, MAY 21

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, MAY 22

FRESH - THE MOVIE

7:00 PM
Peacham Library
See article and ad on page 11

WEDNESDAY, MAY 23

FRESH - THE MOVIE

7:00 PM
Groton Public Library
See article and ad on page 11

GAMES OF OUR CHILDHOOD

7:00 PM
Bradford Academy

THURSDAY, MAY 24

RELAXATION, REJUVENATION & SELF-CARE DAY

1:00 PM – 7:30 PM
Springfield College, St. Johnsbury
See article on page 17

NH GUBERNATORIAL FORUM

7:00 PM
Horse Meadow Senior Center, North Haverhill
See ad on page 5

FRESH - THE MOVIE

7:00 PM
Tenny Memorial Library, Newbury
See article and ad on page 11

FRIDAY, MAY 25

FRESH - THE MOVIE

7:00 PM
Blue Mountain Union School, Wells River
See article and ad on page 11

SATURDAY, MAY 26

YMCA LISBON LILAC 5K FUN RUN/WALK

9:00 am start time
Lisbon, NH

PLANT AND YARD SALE

9:00 AM – 2:00 PM
West Newbury Hall

SUNDAY, MAY 27

SAPSUCKER SUNDAY BIRDING SERIES

7:00 AM – 9:00 AM
NorthWoods, East Charleston

HORSE PULL

11:00 AM
North Haverhill Fairgrounds
See article on page 13 and ad on page 17

MILES & MILES OF MUSIC JAM SESSION

1:00 PM – 6:00 PM
R.E.C. Building, Woodsville
See ad on page 11

WEDNESDAY, MAY 30

NEVER TOO OLD TO PLAY

1:00 PM – 6:00 PM
OSIP Newbury
See article on page 18

FRIDAY, JUNE 1

EAT, DRINK & MUSICAL

7:00 PM
Alumni Hall, Haverhill Corner
See article on page 2

SATURDAY, JUNE 2

HOSPICE WALK-A-THON

8:00 AM Registration
9:00 AM Walk Starts
North Country Home Health & Hospice Agency
See article on page 22

GIANT FLEA MARKET

9:00 AM – 3:00 PM
St. Luke's Parish Hall, Woodsville

MONDAY, JUNE 4

GOOD OLE BOYS MEETING

12:00 Noon
Happy Hour Restaurant, Wells River

HAVERHILL SELECTBOARD MEETING

6:00 PM
Morrill Municipal Building, North Haverhill

TUESDAY, JUNE 5

NH STATE VETERANS COUNCIL REPRESENTATIVE

8:00 AM – 12:00 Noon
Woodsville American Legion Post #20

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, May 24th for our May 29th issue.

LITTLE CRITTER PET CENTER

Interview With Cindy Carpinetti & Tina Walker

By Lauren M. LoSchiavo

If you love animals and love buying new toys and accessories for your pet, Little Critter Pet Center is the place to visit. They have everything imaginable to make your "Little Critter" jump, hop, or creep for joy! Contrary to what many believe, they do not always have puppies and kittens for sale, especially during the holiday season and around tax time. "We get too many impulsive buyers who know nothing about the animal they want." Someone who wishes to purchase any live pet from Little Critter Pet Center is carefully screened. They must be knowledgeable about all aspects of care pertaining to their new friend; feeding, living environment, grooming, proper diet and any other important information.

Cindy and Tina clearly love what they do and are extremely knowledgeable. If proper nutrition is important to you, they can explain what food is the best, not necessarily the most expensive, and why. They carry many brands of dog food including Praise, Orijen and Grasslands which are "filler" free, and single source companies (all ingredients raised/grown on-site). The result of the use of these excellent products is "less animal waste, not as strong an odor, and an overall healthier pet."

Little Critter Pet Center sells all accessories for fish to include salt, fresh and pond

as well as everything you will need for your reptiles or small pet. Another unique feature of this store is their "bulk bins". Much like a health food store, you take a bag and can choose a sampling of foods to give your pet variety. (I did this for Lilly, my Ferret – she loved it).

Cindy and Tina do a great deal to promote animal care awareness and are involved in a summer class at the Montessori school for ages 2-7, every Tuesday, June-August. They are also strong supporters of the Second Chance (cat rescue), Above The Notch Humane (dog rescue), and Riverside Rescue.

It seems everywhere you go you can find someone with

a beautiful animal story to tell. In the parking lot, when leaving this interview I met Nancy Bartlett and her dog. She told me about a friend of hers who had a dog named Lady. Whenever Nancy's friend was in danger of a seizure or her blood sugar raged out of control, Lady knew and would warn her by pushing a button on the phone!

If you have any questions about your fish, cat, dog or any pet, visit Little Critter Pet Center and speak with Cindy Carpinetti or Tina Walker. If they don't know the answer, they will find it. They are located at 558 Meadow Street, Littleton, New Hampshire. Phone number 603.444.3308.

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Paddle The Border
Sunday, May 20, 2012
From Woodsville Community Field
On Connecticut Street, Just Off Route 135 in Woodsville, NH
To Bedell Bridge State Park Boat Launch
Off Route 10, Haverhill Corner, NH

FREE Shuttle Service (for persons and personal equipment only) from Bedell Bridge to Woodsville available from 10-11am. Volunteers will be at the boat launch to help unload and protect boats before launching.

All Events Are Weather Permitting

All participants MUST abide by safe boating rules and regulations

EVENT SPONSORED & SUPPORTED BY:
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Haverhill Recreation Commission
Newbury Conservation Commission
Woodsville/Wells River Rotary Club

Suggested Launch Time 11am
Approx. Paddle Time 3 1/2 Hours

Paddle The Border - Fall is scheduled for Sunday, October 7, 2012

For Further Information Contact Mike Thomas 802-757-3960 or Hemlock Pete 603-787-6205 or email hpcanoes@charter.net or go to www.cohase.org

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Cohase Chamber Of Commerce Concludes Successful Annual Membership Drive

Wells River, VT, May 1, 2012 — The Lower Cohase Chamber of Commerce recently concluded its 2012 Membership Drive, successfully recruiting 27 new members to its ranks. These new members represent eight communities within the Cohase Region. The chamber is now comprised of 214 area businesses, non-profits, and individuals.

The Chamber is pleased to welcome new Vermont businesses: A Sharp Edge, JChandler Carpentry-Roofing-Arboriculture, Newmont Farm, LLC, Oxbow Veterinarian Clinic, and The Dusty Bottle, LLC from Bradford; Sandberg Farm, Tamarack Vermont Sheep Farm, Winter Moon Farm, and Thompson Hill Campground & Store from Corinth; Chapman's Country Store, Fairlee Diner, Fairlee Marine, Farmer

Hodge's, Oodles, Raphia Salon, and Barnyard Quilting from Fairlee; Camp Farwell for Girls and Newbury Veterinary Clinic from Newbury; Nessa Flax and Chief Logging and Chipping Services, Inc. from Ryegate; Uriah Wallace Auction Service from Vershire; and Vital Communities from White River Junction. From Orford, New Hampshire the newest members are Ariana's Restaurant, G2 Graphics and Meandering Moose, Goose and Willie's, Windfall Clothing, and Window Improvement Masters.

Although the formal membership drive is now complete for 2012, the Chamber welcomes new members year round. Details regarding benefits and membership fees can be found at www.cohase.org and inquiries can be directed to the Chamber's Executive Director, Mark

Nielsen, at info@cohase.org.

For additional information, Contact: Mark Nielsen, Executive Director at info@cohase.org or 802-439-3730. The Lower Cohase Regional Chamber of Commerce is committed to fostering a vibrant economic climate by encouraging cooperation and communication among the region's communities, while ensuring a high quality of life. Founded in 2002, we are a tax exempt 501(c)(6) non-profit organization. The Lower Cohase region includes towns situated on either side of the Connecticut River. The West side of the river is Orange County, Vermont and the towns of Bradford and Newbury. The East side of the river is Grafton County, New Hampshire and the towns of Haverhill and Piermont. These four towns include more than 10 villages. The growing membership area now also includes Orford, New Hampshire and Fairlee, Vermont.

Center For New Beginnings Adds Two Clinicians

LITTLETON — The Center for New Beginnings welcomes two new therapists to its staff: Julianne Bailey, MS, LCMHC, of Monroe, and Jessica Morgan Schupp, MA, LCMHC, LADC, of Plainfield.

Bailey and Schupp are Licensed Clinical Mental Health Counselors, and hold dual licenses, in both New Hampshire and Vermont. Shupp is also a Licensed Alcohol and Drug Counselor (LADC), and the Center for New Beginnings is now able to offer this service to clients.

Bailey received her MS in Mental Health Counseling from Springfield (Mass.) College in 2009, and before accepting full time employment at the Center for New Beginnings, did her post-graduate internship in Mental Health Counseling there. Her practice includes a special focus on children and adolescents, as well as individual therapy with adults, using cognitive therapy, couples counseling, family counseling and group therapy.

"I got into this field because I wanted to help people," she said. "It's an excellent opportunity to contribute to the community."

Schupp received her Master's degree in Counseling Psychology from Antioch New England Graduate School, Keene, in 2005. She was previously employed as a Clinician by both the Sullivan County Department of Corrections in Claremont and the Criminal Justice Program, Clara Martin Center, Wilder, Vt. Her areas of specialization include late adolescents and adults, where she also uses cognitive therapy, as well as the criminal justice population.

"I'm excited to be involved in a new community center, and feel very welcomed by the community



Jessica Morgan Schupp, MA, LCMHC, LADC, seated, and Julianne Bailey, MS, LCMHC are now accepting patients at the Center for New Beginnings on Cottage Street in Littleton. The two recently joined the Center's staff. (Courtesy photo)

and the clients with whom I work," she said.

"The welcome addition of Julianne and Jessica to the staff at the Center for New Beginnings, along with the skills each brings, will enable us to expand our services" said Tony Poekert, Chairman of the Center's Board of Directors.

The Center for New Beginnings, a non-profit organization governed by a local Board of Directors, has been providing psychotherapy services to the North Country since 1985. The service area covers the northern third of New Hampshire, from the Kancamagus Highway north to the Canadian border, and northwest to the neighboring Vermont counties. To learn more, call 444-6465 or go to centerfornewbeginnings.org.

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PATHWAYS PREGNANCY CARE CENTER
SATURDAY
MAY 19, 2012

8:00am - 2:00pm
Redington Street
Littleton, NH
(Off Union Street)

Rain Or Shine

Haverhill Historical Society Annual Meeting & Presentation

The Annual Meeting of the Haverhill Historical Society will focus on plans for a new program of summer internships in historic preservation and the future of Pearson Hall. The public is invited to come to this meeting on Sunday, May 20, 2011 at 3:00pm in the Ladd Street Schoolhouse, 880 Dartmouth College Highway in Haverhill.

Dr. Kimberly S. Alexander will talk about her research from our collections and the new internship pro-

gram she's created for Haverhill Historical Society. Dr. Alexander is adjunct professor of history at the University of New Hampshire, Durham; Director, Client Relations of TheBranchCreative, and past Chief Curator at Strawberry Banke Museum. She earned the Ph.D. from Boston University, and is author of numerous publications.

The vision of a history museum and research center in Pearson Hall, plans for realization of the vision and

the means for accomplishing this will then be discussed. Officers of the Society will present details of what has already been completed to preserve the building. They will show architectural plans

for the museum and photos of the present condition of the interior.

Everyone is invited to join us for this look at the future of Haverhill Historical Society, its new programs

and its home to be in Pearson Hall. Complimentary refreshments will be served. For more information call 603-989-5953 or send a message to Haverhill.Historical.Society@gmail.com

44th ANNUAL MEMORIAL DAY AUCTION

Smith's Auction Gallery - Plainfield, NH

Monday, May 28th 2012 at 10:00 AM

Preview Sunday, May 27th from 12:00-6:00pm and 8:00am morning of the sale

We are very excited with this year's selection of antiques, art, jewelry, silver and decorative objects selected from many local estates, along with items from important Bradenton, FL and Scottsdale, AZ families. 98% of this 500 lot auction will be sold unreserved and most items being offered for public sale for the first time will make this an event well worth attending.

Fine Americana: Two clean Q.A. maple highboys, other bonnet top highboy; important Federal sideboard, with good inlays made in Saxons River, VT, with history; other sideboards; four fine Chippendale slant lid desks, two with ogee feet; various quality Chippendale and Hepplewhite tall chests in maple and cherry; many fine Federal four drawer chests some with wonderful inlays; good pr. of Hepplewhite inlaid card tables; other good Federal card tables including a NH Bartlett example; Chippendale tiger maple six drawer chest; William and Mary ball foot maple chest with early brass; ball foot blanket chest in red; 18th C. tavern tables some in paint; various early paint decorated blanket chests; early dry sink in blue paint; two PA two-part set-back cupboards with glass door tops; set of six PA paint decorated dining chairs; set of six Federal mahogany dining chairs; Hepplewhite inlaid settee; several 18th C. Windsor arm chairs in old paint; Q.A. tea table and early candle stands; good tiger maple Sheraton two drawer stand, other tiger maple stands; drop leaf harvest table; early round hutch table; Federal canopy bed; etc...

Victorian: Important pr. of 1857 Congressional carved oak armchairs, by Bembe and Kimmel (The estate of John Burling); Belter rosewood Rosalie (with grapes) sofa and chairs; two sets of four Belter chairs; fine Belter rosewood center table with marble top and cornucopia stretchers; good pr. of Renaissance Revival ormolu mounted (with porcelain plaques) sofas with matching chairs, NY; pr. of Renaissance slipper chairs with mounts signed AR; good inlaid centennial corner cupboard, glass door top; rosewood music cabinet with marquetry inlays; Hepplewhite style mahogany banquet table with many leaves; set of 10 matching inlaid mahogany dining chairs; etc...

European: Exceptional 18th C. French marble top commode with ormolu, signed Saunier; two other period French commodes; fine French 19th C. marble top lady's writing desk, great ormolu mounts signed F.L.; two pr. of French Empire armchairs; Pr. of Louis XVI armchairs; French parquet inlaid and ormolu mounted writing table; French walnut tavern table c. 1730; French game tables; French gilt curio cabinet (vitrine); country French three drawer sideboard; rare Anglo Indian early 19th C. sofa, well carved; super Anglo Indian antler tea caddy; good six part English Chippendale mahogany breakfast; fine English Chippendale bachelor's chest with brush slide; other period English chests; English inlaid serpentine front chest; English Q.A. triple top games table; English Regency whatnot; other European...

Custom: Fine Virginia Galleries bonnet top highboy; Henkel Harris highboy and desk; Inlaid Hepplewhite style sideboard; pr. of Kittinger tea tables; Q.A. style wing chairs; custom lolling chairs; set of six Chippendale style dining chairs; etc.

Accessories: Exceptional early 19th C. convex wall mirror; two stick barometers; various folk art boxes including leather polychrome painted example; fine antler tea caddy with ivory; other early tea caddies; 19th C. carved conchuts; decorated stoneware birds; 19th C. horse weathervane; period andirons including knife blade; pr. of bronze chenets, dogs; pr. of Tiffany Studios bronze candlesticks; Tiffany Studios desk items; Tiffany Studios desk lamp with Favril shade; large bronze table lamp with cherubs; eagle billet head; early 19th C. Royal Navy box; presentation 1860 telescope; large early burl ash bowl; Indian moccasins; pietra dura table top; miniatures on ivory; Federal mirror with R.I. label, Peter Grinnell and Son; other good Federal mirrors; European gilt mirrors; collection of Austrian bronzes by Bergmann; paint decorated watch hutch cabinet; early 18th and 19th C. glassware from the Octave Chanute collection, including air twist wines with colored stems, 18th C. etched wines and art glass wines (Ruedesheimer) from the Dusseldorf Exposition; pr. of Handel acid cut cameo glass candlesticks; Steuben Stamford pattern vase; large bear skin rug; etc...

Clocks, Barometers, Music Boxes: Riley Whiting grandfather clock with a great paint decorated case; NH Federal birch grandfather clock; other tall clocks; Eli Terry pillar and scroll clock; French bronze mantle clock, Tiffany and Co.; other French clocks; two NH barometers by Wilder; fine Polyphon floor model music box, with discs; Stella floor model music box; other music boxes including cylinder players; etc...

Asian: Pr. of Chinese export Rose Canton garden seats; two fine 18th C. Chinese platters; Famille Rose punch bowls; other export; set of 10 Imari plates; collection of Japanese and Chinese carved ivories; lg. Chinese bronze Buddha; other Chinese bronzes; huge 19th C. Japanese Kutani floor vase with jardiniere top; Chinese rosewood chair; Chinese ginger jars; lg. Chinese blue and white chargers; Republic Period celadon jardiniere; early Chinese marble table screen painted; Chinese snuff bottles; bronze Thai bell; jade bowls; Chinese carved rose quartz food; cloisonné; scrolls; etc...

Art: Several early European Old Master school paintings, including Zuccarelli; three oil paintings on canvas by Harry Neyland; oil, by John R. Grabach; O/C, James Bonner; oil, Bernard Corey; oil, European school signed Masani; oil, three women signed Monticelli; oil signed Anton Mauve; oil girl on beach signed AL Buell; O/C, Grant J. Jeffrey; large O/C, ships, Louis Timmermans; O/C, Rosa Bonheur; O/C, Paris street scene, Georges Stein; W/C, Indian encampment, Victor Casenelli; O/B, Georgina Nemethy; 18th C. portrait painting attrib to Wm. Beechy; early portrait Joseph Whiting Stock; W/C, winter scene, Paul Sample; oil, Thomas Curtin; oil, Farmer, B. Mitchell; oil, Arthur G Burton "Autumn Gold" Newfane VT; oil, "Along The Seine 1907" Lillian Genth; Oil, still life, Chas. Sullivan; O/B John R. Grabach; oil, nude, M.S. Pearson; Canadian oil, G/B. Mitchell; oil, Percy Moran; oil, D. Fisher; oils Jeffery Grant; O/B, Anton Mauve; oil, H. Dudley Murphy; oils, H.J. Edmonds; W/C, Yerevan Nahapetyon; O/C, birds, Batcheller; W/C, Hartwell L. Woodcock; etc...

Prints: Complete sets of uncut Japanese wood blocks, Hiroshige, (53 stations) and Kunichika scroll; two 18th C. maps, Wm. Faden, The battle of Saratoga; other world map; Currier and Ives, trout fishing; Dartmouth Gazette, Dec 6th 1800, Vol. II # 67 with articles written by Daniel Webster; Mary Cassatt etching, "Antoine holding her child"; etchings, W. Walcot; litho by Joseph Hirsch; George Catlin print, buffalo hunt; etc...

Silver: Selection of Estate sterling including Tiffany mixed metal, other Tiffany hollow ware and flatware; Swedish tankard, Gustav Adolf coin top; sterling sail boat; ornate 800 silver bowls; International sterling bowls, La Paglia and Royal Danish; silver and crystal binoculars, (necessaries) signed S. Mordan; Whiting and Hall bowl with leaves; etc...

Jewelry: Stunning antique diamond and sapphire platinum bracelet; other art deco diamond and sapphire bracelet; diamond bracelet; fabulous diamond and pearl bracelet with approx. 6ctw diamonds; opal and diamond necklace; opal rings; 2.42 ct. pear shaped diamond ring in platinum; fine antique diamond and sapphire rings; emerald and diamond rings; sapphire and diamond eternity bands; 18K gold carved jade earrings with diamonds and rubies; Mabe pearl earrings; Victorian gold slide chains; 14K gold Russian box; other gold jewelry; two good men's Rolex watches; woman's Cartier watch; gold pocket watches; many pretty antique rings set with diamonds and other stones; approx. 70 lots

Oriental Rugs: Selection of approx. 50, including room size and scatters, antique and contemporary

Auto: 1984 Jaguar XJ-6, chocolate brown, sunroof, 59,000 miles, VIN SAJAV1340EC367997

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SECOND CHANCE ANIMAL RESCUE

Joins Trendy Times

Interview With Jackie Allison

By Lauren M. LoSchiavo

Second Chance Animal Rescue has joined Trendy Times and will now be posting a column in each issue of our publication. We hope these efforts will increase awareness of not only the needs of organizations such as this, but to share the success stories they have created from otherwise unfortunate circumstances. The mission of Second Chance, this not-for-profit, no-kill organization, is to rescue, nurture and find loving and permanent homes for abused and abandoned cats and kittens. This haven is run by an all-volunteer group who work tirelessly to fulfill the needs of these creatures and to fill the void in an ever growing radius.

Second Chance conducts various fundraising events and clinics throughout the year. Please note the following: Low Cost Spay/Neuter and Shot Clinics (June and July), Newsletter is printed 4 times per year, Annual Gigantic Tent Sale every August, this year on the 11th from 9-3 in the field across from Sears in Littleton (items can be dropped off starting May 19th. Please check Trendy Times Calendar Of Events page for upcoming events.

Students are often a great source of inspiration to a community. One student had an idea to build a feral

cat house! Now there are 4 located throughout the town in undisclosed locations. The cats can get out of the heat and cold. The "house" is cleaned regularly and they are fed and watered daily.

Second Chance works alongside Veterinarians, Town Clerks, teachers and anyone else who can help them in their efforts to teach adults and children about how to properly care for animals. An interesting assignment they often give children is to write to their state representative and for example, ask that additional laws be passed that will require more than just a 3 sided shelter for animals kept outside

Second Chance also offers boarding services. Their goal is to "provide a place where your pet can feel cared for, safe and happy while you are away". Pre-boarding visits are welcome by appointment.

The stories attached to each of these beautiful creatures are unique and sometimes heart-wrenching but knowing there are people who can help, gives us hope.

For more information, or to find out how to help, call 603.259.3244, email secondchancear.org@gmail.com or visit their site at www.seoondchancear.org. They are located at 1517 Meadow Street, Littleton, New Hampshire.

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Announces

New Book Release

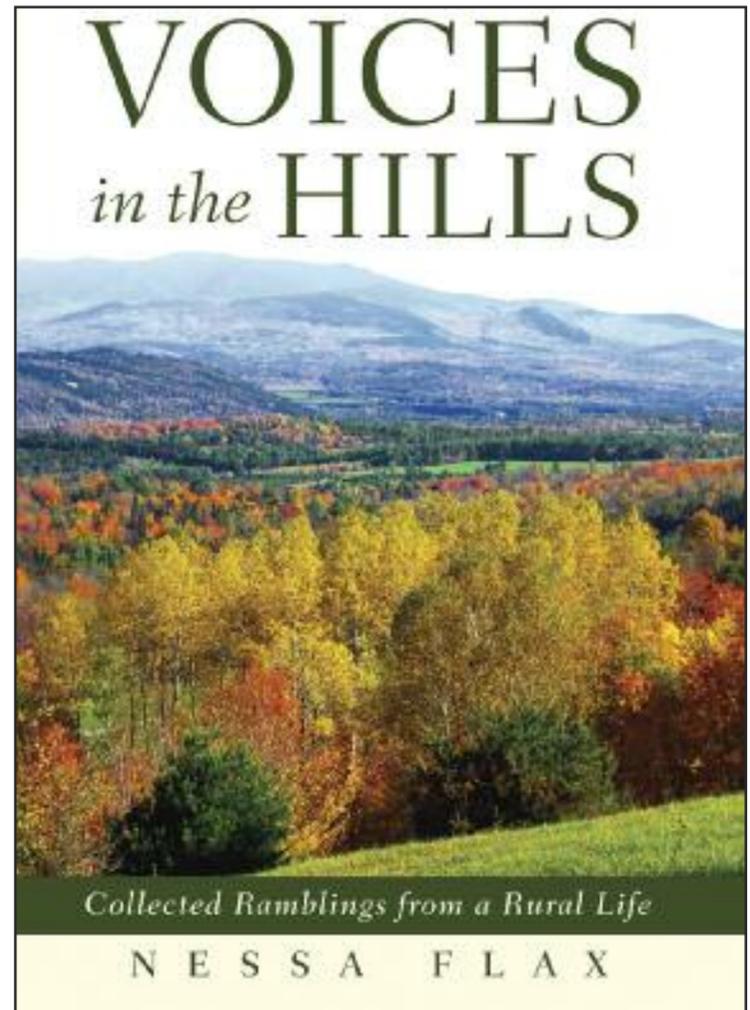
"There's magic hiding underneath a country windowsill, and there're voices in the hills."
- Dick McCormack, singer, songwriter, and Vermont state senator

Voices in the Hills
Collected Ramblings
from a Rural Life
by Nessa Flax

This is a book with all the color and rhythm of the seasons of New England. Timeless and yet personal, universal and yet so local you recognize your neighbors, can count the logs in their woodpile, smell the smoke from chimneys on a sunny cold autumn day and savor the taste of last summer's raspberries.

Life in the North Country, as folks call this part of New England, is hard. But people here have roots sunk deep into the land and into their small communities. Communities where elected representatives are the folks next door, and campaigns for town offices consist of standing up at town meeting and saying a few words. Villages and farms, main streets and meadows, woods and brooks, churches and barns, are strung together between the Green and White mountains by dirt roads and highways. Brightening predawn skies and lingering sunsets behind the hills, sudden storms, birdsong and animal tracks, sultry summers and frigid winters all inspire reflections on childhood memories, departures and returns, mournings and rejoicings.

For a writer like Nessa Flax, the North Country of Vermont and New Hampshire is a storyteller's dream—every detail is spun into the yarn of stories celebrating a people and a landscape as she listens to the Voices in the Hills, weaving them into so many small



pieces of glittering magic.

Nessa Flax was educated at Riverside City College, SUNY at Stony Brook and Dartmouth College, a member of the first graduating class of women in 1976. Her career includes selling motorcycles, teaching for 16 years, coaching fencing, management consulting and writing. She is now a columnist for the Journal Opinion, a local newspaper. Raised in suburban Virginia, Pennsylvania and California, the mountains and meadows of the North Country have now claimed her for their own. She lives in Ryegate Corner, Vermont.

ADVANCE PRAISE

Nessa Flax shows us, teaches us, how much we can understand if we only take the time to pay attention to the world we inhabit. Whether it is the changing colors of fall, or the dedication to work of an older Vermonter in ways that seem

wondrous to us now, she focuses her attention on the events in the life going on around us. Any reader of this book will understand more about Vermont – who lives here, and what our values are, and why we love our state – after spending some time with Nessa's writing. - Senator Bernie Sanders, U.S. senator from Vermont.

With a mellow, but sharp weather eye on colors, sounds, shifting seasons, dogs, and moose in the road at night, Nessa Flax sails beautifully through her own childhood in Virginia to her present life in upper Connecticut Valley. Vermont is the richer that she is here, is watching and is writing. - Willem Lange, Public Radio broadcaster and newspaper columnist

Never take for granted the privilege of living and working in a small Vermont town. Neighbors, a shared stewardship of the land, and the changing seasons all keep us connected and humble. But there's one other essential ingredient – a storyteller to bind us to our past and to nudge us into our future – someone to notice, to ask questions, to listen to the voices, and to sift out the essence of the stories. That's what Nessa has done in this book. -Peggy Hewes, librarian, Baldwin Memorial Library, Wells River, Vermont

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Interview With Jim Sourgiadakis

By Lauren M. LoSchiavo

In 1975 Jim and his family moved from their homeland, Greece, to the United States and began their very successful journey in Cambridge, Massachusetts. Jim's cousin later opened up a pizza house in Berlin, New Hampshire, which is still run by him today. In 1983 Gold House Pizza and Greek Restaurant was opened by Jim and his brothers, who later embarked on their own. George owns GH Pizza in Lincoln, and Manny, Downtown Pizza in Plymouth.

When one thinks of a pizza place, they tend to think "fast food", pre-prepared dough, canned sauces, microwave cooking,

and foods full of preservatives. The only thing fast about Gold House Pizza and Greek Restaurant is their service. Gold's Pizza dough is made fresh daily (you can watch them make it) and contains no preservatives. The rolls and breads are preservative and additive free. The sauces are also made in-house each day. They try to obtain local vegetables, whenever possible. The cheeses used are shredded in their kitchen and the salads are prepared from scratch as well. You will not find any corners cut when it comes to quality vs. cost at Gold House Pizza.

Jim believes strongly

that the food he prepares should contain the key ingredients of "love and passion." "We strive to make good food, fresh food, and offer a variety that will satisfy everyone, from children on up." The menu includes pizza, of course, but much more. Greek dishes, salads, pasta, grinders – something to entice the palate, for everyone. Gold House Pizza and Greek Restaurant was chosen by "Where The Locals Eat", a publication of the best restaurants in America. Jim Sourgidakis was also chosen by New Hampshire's FBLA (Future Business Leaders Of America) as the outstanding businessperson

of the year! The NH FBLA Advisor Committee states that this award may not be given each year as it was created for special recognition of outstanding contributions. There is very specific criteria that goes into the selection process and this is quite an honor.

Nestled in the pulse of "Main Street" in Littleton, this is a convenient place to stop in on your walk through this lovely, historic town. The

prices are great, the food is fresh and delicious and the service and friendliness of the staff is outstanding!

Visit Gold Pizza House and Greek Restaurant, 87 Main Street, Downtown Littleton, New Hampshire. For take-out service call (603) 444-6190. They are opened Monday-Thursday 11am – 10pm, Friday & Saturday 11am – 11pm, Sunday 12:00pm to 10pm. Check them out on Facebook.

Celebrating The Importance Of Fresh Food

In response to the many recent recalls of food contamination resulting in illness and sometimes death, importing food of questionable quality from China, dreadful treatment of animals that are part of our diets, a rising movement of people and communities across America have joined the "Fresh" Movement. This grassroots movement started in 2009 with just 20,000 "hits" on its site and takes aim at the way we grow and distribute our food from making fresh compost from waste and growing urban gardens to the importance of buying locally grown products and preserves.

Today the Fresh community boasts over 100,000 and growing of people who want to raise awareness, and see fresh food on every plate become the norm rather than the exception.

See first-hand how the food you eat goes from the commercial growers to your table and the farmers and growers who are offering new thinking about what we are eating. "Fresh," will be shown locally on the dates listed below. It behooves everyone concerned about our food supply to make the effort to see this film, as rather than another scare tactic, it actually shows how

everyday people can make a big difference in the way our food supply is grown and distributed.

Michael Pollan, author of "In Defense of Food," calls this film, "An exhilarating look at the whole range of efforts underway to renovate the way we grow food and feed ourselves."

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12 A Trike Built For Two (Or Three)

By Marianne L. Kelly

BRADFORD—Anyone seeing Steve Johnson and his partner, Beverly Grimes tooling around our area in what appears to be a “big kid trike,” can rest assured they have not lost their grip on reality. “Several times we have been at the end of a parade, and people remarked that our trike was the best thing they saw,” said Beverly. “Drivers constantly pull up alongside us on the highway and neither pass

nor fall back,” said Steve. “They just want to gawk which can quickly become dangerous when driving at 65mph.” Steve, a soft spoken, unassuming retired master mechanic even installed an electric lift to ferry engines and other heavy equipment to the second floor of the garage where he built two different one of a kind trikes. His very first, painted blue accommodates three passengers and

the second, painted black accommodates two passengers. He found, purchased or salvaged the parts for both vehicles.

Steve’s trikes are not children’s toys, but fully operational, open air, two and three passenger motorcycles respectively, on three wheels, complete with Oldsmobile V-8 engines, vinyl upholstery, legally licensed and registered in Vermont, requiring motorcycle licenses and safety helmets.

“I started building one in 1969 while in the Navy, without much money, but had to stop when I was transferred,” said Steve, a US Navy and Vietnam War veteran who worked as a mechanic on the ships diesel engines. “Thirty years later, I again decided to build my first trike.”



SOMETHING DIFFERENT

Steve built his trikes because, “I wanted something different.” Other than manufactured motorcycles from Harley Davidson in the 40s and 50s, which were used for parking meter assignments, Steve never saw the type of vehicle he wished to build. “Those cycles had a Harley engine and I wanted to put a V-8 car engine in mine,” he said, adding, “I don’t believe what I had in mind existed back then.”

His first trike, taking two years to build, was completed

in 1999. “I’ve had motorcycles all my life, but never owned or ridden a trike,” said Steve. He road tested his first trike and, found it “scary, as I didn’t know how it would handle or what to expect.” His test ride took him to Fairlee to “see if I could make it there and back home.”

Parts for Steve’s trikes came from various sources and suppliers. “The handle bars and front end were often taken from old motorcycles, and other parts came from suppliers or old hot rod parts.

While he worked for other employers, the desire to build a trike never left him. “You need time to build up the amount of tools you will need in order to fabricate something, as shops do not supply tools. You also must have a large space in which to work. Steve noted that future mechanics should be prepared over time to spend \$50,000 or more on tools, as employers do not supply them.

A ROUGH DRAFT TO START

Starting with a rough draft, Steve built his first trike frame from wood, as wood was much cheaper than the finished product he built from much more expensive metal. “There is nothing available on the market similar to my trikes,” he proudly noted.

Considering time needed and his financial situation, his first trike took two years to build. “It was absolutely built by trial and error as I had no model to go by, and I had to visualize it step by step in my head,” said Steve. He used less expensive material to build his prototype, “to see what would and would not work,” adding, “It has to be perfect if you’re going to make another one and it has to last.”

For those whose interest has been piqued, Steve’s black trike that someone could customize with paint, striping, decals, or anything else is for sale at \$29,500. “What’s remarkable is that no one else has one, and you won’t find them on a motorcycle showroom floor as they were built one at a time,” said Steve. Those with wanderlust can buy the teardrop camper he built from plywood, complete with a cooking/eating area, toilet and sleeping areas that hitches to the back of the trike, and is priced at \$4,000

For more information, call Steve Johnson at (802) 222-9201.

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SERVICE TO YOU IS OUR BOTTOM LINE

Rivendell Student Horses Around

By Gary Scruton

One customer "and friend" of Dalton Thayer calls him "an old man". It is meant as a sincere compliment. The fact is that Dalton is merely a Junior at Rivendell Academy. He still lives with his parents on Lily Pond Road in Piermont. Also living there are his good companions, Mike, Bob & Bob.

As a junior Dalton is looking ahead at his graduation requirements to earn his diploma from Rivendell. Along with the academics he must also complete an Upper House Project. Dalton describes this requirement as "a tool for upper classmen to utilize many of the skills they have learned in high school like critical thinking, communication, use of technology, and interdisciplinary thinking. It is also meant for students to make a connection to their community, gain confidence in their learning, perform financial analysis, and learn to collaborate with others outside of the classroom." That sounds like a pretty tall order.

Dalton has decided that his Upper House Project will be to host a Memorial Day Weekend Horse Pull at the North Haverhill Fairgrounds. To many this may sound a bit unusual, but for Dalton it is a natural fit. And for his com-

panions? It will be the first of a summer long competition schedule. Mike and Bob (the younger one, old Bob is now enjoying a well earned retirement) make up a pair of draft horses that Dalton owns, works, and competes with at most all of the horse pulls in the area, and some beyond the immediate area. Actually, because Dalton is hosting the event, he will not be participating in this pull. He feels that his plate will be plenty full for the day already.

As part of the project Dalton is responsible for all aspects of this event. His checklist includes, but by no means is limited to the following:

Competing classes: 2 classes, one is 3450 pounds or less, the second is over 3450 pounds.

Trophies, ribbons and prize money: A total of \$1750 needs to be raised. This goal is not yet fulfilled, but Dalton

continues to visit area businesses to get sponsorships.

Food for the participants and crowd: Terry Straight will be on the grounds with his famous pulled pork and other delights.

Location: Dalton approached the Board of Directors of the North Haverhill Fair who gave their approval for the event to take place in the covered Bishop Arena.

Admission: Attendees and participants will all pay \$5.00 each at the gate with the proceeds being donated to the Fair Association to go toward future improvements to the horse pulling facilities.

Date & Time: Sunday, May 27 has been chosen as the date with weigh-in starting at 8 am, and the first event getting under way at 11 am.

Getting volunteers to help as judges, announcer and other workers: This may have been the easiest part



for Dalton. His family is very involved with the horse pulling community, to say nothing about his own involvement. Dalton himself has been running a team of his own since age 11.

The final pieces to Dal-

ton's Upper House Project will include getting competitors and spectators to the fairgrounds. So invite your friends. It should be a great day, and it will help another young man to fulfill his high school requirements.

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Acoustic string music jam supported by the Haverhill Recreation Department and Pete Simson from Pete's Pick's.

Jams will be held either at the Robert E. Clifford (R.E.C.) Memorial Building or at Railroad Park in Woodsville, NH. If inclement weather occurs while concerts are scheduled at Railroad Park, the jam will be moved inside the R.E.C. Building on 65 South Court Street Woodsville, NH.

Tentative schedule:

May 12th - R.E.C. Building 1-6
 May 27th - R.E.C. Building 1-6

June 9th - Railroad Park 1-6
 June 24th - Railroad Park 1-6

July 14th - Railroad Park 1-6
 July 29th - Railroad Park 1-6

August 11th - R.E.C. Building 1-6 (Railroad Park not available)
 August 26th - Railroad Park 1-6

September 8th - Railroad Park 1-6 (No rain location available)
 September 23th - R.E.C. Building 1-6

October 13th - Railroad Park 1-6
 October 28th - R.E.C. Building 1-6

If you enjoy music and would like to listen, your entry is free but donations will be gladly accepted!

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Sean Kelly – Traveling Knife Sharpener Makes His Point By Keeping You On The Cutting Edge

By Robert Roudebush

Sean Kelly came out to the log cabin recently where I'd asked him to sharpen some knives and other things. The long-time professional "cutler" from Bradford, Vermont, practices a trade not much found any more – history as far back as the 13th Century in Sheffield and Birmingham England - and I was curious just how such work was done these days. Sean and his wife Marianne and my Mamita Josefin and I turned it into a social occasion after the work was done. All my kitchen cutting chores are easier and safer – "a dull knife is much more dangerous than a sharp one".

You can call him at his home/business, "A SHARP EDGE" as I did – he runs an ad in TRENDY TIMES - or reach him online. Phone 802-222-9258 or sean@asharpedge.com is where you can contact him for a brochure, pricing, arranging a drop-off or pick-up.

THE LINEUP OF TOOLS I CHALLENGED HIM WITH

Ten kitchen knives, one with a bent tip, including
3 black plastic-handled, cheap, stainless with serrated edges

1 nine-inch French Knife, the most expensive I own, great quality

1 six-inch boning knife, same quality, Wusthof from Germany

3 really old wooden-handled carbon-steel knives, that probably came from South America 65 years ago

1 steak knife

Plus one two-bladed Swiss Army pocket knife

One pair of kitchen utility

scissors, the kind where the blades separate

As it happened, this batch was no challenge at all. Sean even straightened the bent tip.

Sean's wife is our very own Marianne L. Kelly whose by-line appears regularly in this paper.

Turns out they are a team in the knife-sharpening business; he's the pro, she's learning the business from him by actively and entertainingly participating. With her background of "thoroughbred" Italian and his from the Irish side, - "he's highbred" jokes Marianne, maybe because there's a touch of English in him - good humor and conversation flowed freely and no one got cut.

"Sean sits down at an outside table on our back deck in great evening weather – from a vintage brown leather satchel he takes out his tools of the trade, primarily the electric portable knife-sharpening machine itself – a WORK SHARP KNIFE AND TOOL SHARPENER.

From just a few feet away, it looks like a small black plastic hand-held hair dryer. Sean's left hand holds it down stable on the table surface, he flips the "on" switch and one knife at a time, knowledgeably begins to move the cutting edges back and forth through narrow precision angled guides in a plastic "cassette". The dull blades come in contact with a quick-moving sharpening belt inside the machine. There are three of those interchangeable belts – all tough narrow little ribbons coated with alu-

minum oxide. The green one brings back "the edge" to cutlery, the red maintains that edge, and the grey is primarily a polisher.

That's it. Almost looks too easy. **Until I see the informed way that Sean knows just how long to keep the knife edges in contact, by the sound and feel and look of them altering as they sharpen.** He sharpens all the standard knives on the appropriate belts, then switches the first plastic "cassette" out for a second one - the changeable plastic cover which provides him with the specially angled sharpening slots necessary to work on serrated edges and scissors and other unique cutting blades.

Sean and Marianne are a team in testing the newly sharpened blade edges – she does it physically with her finger tips, and then gives each one the old newspaper slicing test. One person stretches a page of standard newspaper between their two hands and the other, usually Sean, places the sharp edge of the knife on the top edge, and lets the new blade glide down easily through the page, mostly from its own weight. That's sharp.

Sean reminds me of something I've heard before and always wondered if it was true. Newly sharpened knives, professionally done, are "emergency room sharp – butcher knives are actually sharper than surgical scalpels." Marianne adds with a grin, "We give out band aids to people who don't heed our warnings about sharpness and come



and complain."

Other tips they both pass on? A dull knife can slip off food and cut the user. The excessive force needed to make a dull knife cut causes the user to lose control. Dull knives can cause hand fatigue and wrist injury. When a knife dulls, does the edge wear away? No, the edge of a quality knife does not wear away – it folds over on itself. A knife edge is microscopically thin – much thinner than a human hair. The impact of cutting causes the edge to fold over on itself. Does a sharpening steel really sharpen a knife? Not really. A traditional steel does not sharpen – it maintains the edge by unfolding it. Does the cutting board I use matter? Yes – the type of cutting board has a much greater impact on knife-edge durability than the food it cuts. Polyethylene or polypropylene boards are best for cutting – wood boards are second best in terms of knife edge maintenance.

The Kelly's price list and brochure indicate

good prices – knives up to a four-inch blade are only \$3.00 and you only spend as much as \$9.00 for Hedge Clippers. Much larger items, such as chain saws, circular saws and drill bits for example, may be dropped off at their business where they have a floor-mounted Foley Belsaw SHARPALL unit "with an 8 inch Resin Bond 60 grit wheel, and a 4 & 1/2 in Resin Vitrified 100 grit wheel." The two sharp Kellys appear, either jointly or individually, at lots of regular gatherings throughout the region –The Groton Grower's Market every Saturday June through September 10AM – 1PM in front of Groton Town Hall on 302 – the Danville Farmer's Market each Wednesday 9AM – 1PM just outside of Danville Center on Rt 4. They also have a booth at the 10th Annual Autumn On The Green Fair in Danville, VT Sunday, October the Seventh. They are open to fund-raising ventures for good causes where the money intake may be split 50/50. Stay sharp.

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FINANCIAL FOCUS

Can You Turn “Be A Millionaire Day” Into Reality?

If you look hard enough, you can find many obscure holidays, but few of them can instantly capture people’s interest as much as Be a Millionaire Day, which is “celebrated” on May 20. While amassing a million dollars may not be as significant a milestone as it used to be, most of us would still feel pleased if we could someday attain “millionaire” status. While there are no perfect formulas or guarantees, here are some steps to consider when working toward any investment goal:

- Put time on your side. The earlier you begin saving and investing, the better your chances of reaching your financial goal. You can’t expect to “strike it rich” immediately with any single investment, but by investing year in and year out, and by choosing quality investment vehicles, you have the opportunity to achieve growth over time.
- Pay yourself first. If you wait until you “have a little extra money lying around” before you invest, you may well never invest. Instead, try to “pay yourself first.” Each month, move some money automatically from a check-

ing or savings account into an investment. When you’re first starting out in the working world, you might not be able to afford much, but as you advance in your career, you can increase your contributions.

- Control your debts. It’s easier said than done, but if you can keep a lid on your debt payments, you’ll have more money with which to invest.
- Take advantage of tax deferral. When you invest in tax-deferred vehicles, such as a traditional Individual Retirement Account (IRA) and your 401(k) or similar employer-sponsored retirement plan, your money has the opportunity to grow faster than it would if placed in an investment on which you paid taxes each year. Of course, when you start taking withdrawals, presumably at retirement, you’ll have to pay taxes, but by then, you may be in a lower tax bracket. And since you’ll have some control over your withdrawals, you can help control taxes, too.
- Build share ownership. As an investor, one of the best things you can do to build your wealth is to increase the number of shares you own in

your investments. So, look for buying opportunities, such as when prices are low. Also, consider reinvesting any dividends or distributions you may receive from your investments.

- Don’t be overly cautious. For your money to grow, you need to put a portion of your investment dollars in growth-oriented vehicles, such as stocks. It is certainly true that stock prices will always fluctuate, sometimes quite sharply, and you may receive more or less than your original investment when sold. But if you avoid stocks entirely in favor of more stable vehicles, you run the risk of earning returns that may not keep you ahead of inflation. As you approach retirement, and even during retirement, your portfolio will probably still need some growth potential. Work with your financial advisor to determine the appropriate approach for you.
- Think long term. By creating a long-term investment strategy and sticking to it, you’ll be less likely to take a “time-out” from investing in response to perceived negative news, such as market downturns and political crises.

Following these suggestions may someday allow you to reach the point when your financial goals become a reality for you.

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

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Kim R Shillieto
Financial Advisor

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Member SIPC

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

Older Americans Month 2012 Never Too Old to Play!

May is Older Americans Month, a perfect opportunity to show our appreciation for the older adults in our community. Since 1963, communities across the nation have joined in the annual commemoration of Older Americans Month—a proud tradition that shows our nation’s commitment to celebrating the contributions and achievements of older Americans.

The theme for Older Americans Month 2012—Never Too Old to Play!—puts a spotlight on the important role older adults play in sharing their experience, wisdom, and understanding, and passing on that knowledge to other generations in a variety of significant ways. This year’s celebrations recognize the value that older adults continue to bring to our communities through spirited participation in social and faith groups, service organizations, and other activities.

As large numbers of baby-boomers reach retire-

ment age, many communities have increased their efforts to provide meaningful opportunities for older adults—many of whom remain physically and socially active through their 80s and beyond. Current trends show that people over age 60 account for an ever-growing percentage of participants in community service positions, faith-based organizations, online social networking as well as arts and recreational groups.

Lifelong participation in social, creative, and physical activities has proven health benefits, including retaining mobility, muscle mass, and cognitive abilities. But older adults are not the only ones who benefit from their engagement in community life.

Studies show their interactions with family, friends, and neighbors across generations enrich the lives of everyone involved. Young people who have significant relationships with a grandparent or elder report that these relationships helped shape

their values, goals, and life choices and gave them a sense of identity and roots.

While Vermont’s Area Agencies on Aging provide services, support, and resources to older Americans year-round, Older Americans Month is a great opportunity to show special appreciation for some of our most beloved citizens. We have many reasons to celebrate them!

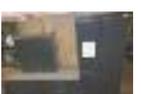
For more information about the programs and services available to older adults and family caregivers in Vermont, please contact the Senior HelpLine at 1-800-642-5119 or <http://www.vermontseniors.org>.



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May 15, 2012 Volume 3 Number 16

Hoping You Told Mother About OCT

By Gary Scruton

The 2012 season at Old Church Theater has gotten off to a hilarious start. Not that the first two weekends of production are really the beginning of the year for this troop of actors, directors, stage hands, and so many other volunteers. The year began months ago with the reorganization of the non-profit group. That included changing the name to Old Church Theater. Early year tasks also included the tough decisions of which plays would be produced and who would direct them. That schedule was finally set and now the fun begins.

The first production of the year, "Don't Tell Mother" by Monk Ferris, has certainly gotten the season off on a high and hilarious note. The 1984 play focuses on a librarian, a bank robbery (sort of) and plenty of misplaced identities. Oh, and there's also that evil little central vacuum system.

First time director Paul Hunt, who doubles as president of the theater group, was able to put together a cast that worked well together. Each character seemed to fit the part perfectly. From the, dare we say, trashy accented harlot,

to the mother-in-laws to be, to the IRS agent looking to make a big bust, they all played their parts well, and had the audience playing their part as the laughers on regular occasions. Like any production by a volunteer group, not every line was perfect, or cue on the mark. But even the imperfections were able to bring forth laughter, to the credit of those on stage.

A nod also needs to go to the heroine of the play and her best friend who became a co-heroine due to the identity crisis that took place. Of course so much of this whole scenario was due to the bank robber (or should we say the mistreated bank patron). And last, but not least, was the finance. Perhaps Hobart did not show up until the second act, but he still managed to stand up to the challenge and be a leader with most others trailing behind.

Unfortunately "Don't Tell Mother" has closed for the season at OCT, and the actors have gone back to their regular jobs. But the second of five summer productions will soon appear. Here's hoping you will tell Mother, and bring her with you.



Diary Of A Fat Man

Journal Entry 3: The Darkness Inside



Written By "Mike Burton"

I've been on this diet for a few months now and have recently reached a forty pound weight loss. I feel better and more confident about myself, but where everyone sees triumph, there's always going to be fall backs. Some people take things better than others. Some can just blow off the simplest insult and I'm amazed by it. How people can let themselves be talked to like that and just simply let it go out the other ear baffles me. I can't do it. Not that I get insulted all the time, but I have this guilty feeling about myself. If someone insults a fat person on TV, I automatically get paranoid as if they're talking bad about me. Because it's like, "Well, if this person thinks about this person like that, well, I'm just like that! What do they think of me then?" I've stopped watching TV shows, stopped reading books by certain publishers, stopped reading certain newspaper articles by various reporters due to this little paranoia problem. I hate being like that, but I can take that any day compared to a few months ago. Here's the story:

Rage is a funny thing, because it can force the most harmless of persons to do something so dramatic it can change their lives forever. Nobody is harmless though, everyone has a breaking point. We all have the power to give off a positive energy, but the will is easier to be negative. You can find one thing to be true about all of us, we tend to notice the negatives of others before we even try to notice the positives. Don't deny it, either, because you know you've been there. We all have, none of us are innocent, because it is a natural human instinct. We all tend to judge now, because asking questions would take too long.

Living like that can make people think or do shameful things. Roughly ten years ago or so, I did something that I've never told a soul. Until now. I found my father's gun, took it out of the holder, and looked at it. Just stared at it. I was mesmerized by it, enticed by the feeling of it in my hand, and I despise guns. Absolutely hate them (and no, I'm not one of them anti-gun people, either. I just think

people can be stupid with them is all.) But I'm holding this gun and I'm thinking of school. I'm thinking of all the hurtful, vocal things that have been said to me. My decision was made, I pulled the hammer back, and held it tightly against my temple, ready to paint the walls chrisom.

I couldn't do it. Obviously, otherwise I wouldn't be writing this right now, but I just couldn't do it. There was only one other time where I thought...no...I HOPED that God, Death, the Devil, whatever is out there, had my name on its list and it was probably about a week before I started this diet. So four months ago at the most, I go into the doctors office, because I get checked on from time to time because I "suffer" from severe depression. The last time I was there, I finally broke down and told my doctor a secret I could never tell anyone. I violently hit myself when I feel like I've made an ass out of myself. It starts out with a couple facial spasms and then out of nowhere I just hit myself as hard as I can. Sometimes I don't even know I'm doing it. I know, it sounds crazy, some of you may think I'm making this up, and I don't blame you. But if I was looking for a pat on the back or sympathy wouldn't I be using my real name? Good part is, I haven't had an episode like that in quite awhile.

Anyways, a month later (three months ago now), I step in and I tell her my lack of progress. She writes on her laptop, asks me questions, and at the end I look at her and she looks like she's scared. Not of me, but for me. I've known this doctor since I was like three or four, so twenty years. I've always been known as the "out going, always happy, always joking around" patient. She said I looked cold, almost cynical, apathetic towards everything. At that time I was (sometimes I still am), and it was only a matter of time before I was actually going to email all my publishers (Gary here at Trendy Times included) and tell them I'm done. And the part that shocks me now is I didn't care. I felt nobody cares for me in this world, why should I care for them? I seriously thought I was going to die...

And I LOVED that feeling.

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Farmers Market Looking For A Few Great Chefs!!

The Caledonia Farmers Market Association is looking for a few local Chefs to consider a guest spot at the Farmers Market 'Shop with the Chef' series this summer. We are re-introducing the popular 'Shop with the Chef' series as a way to promote our local market and economy and to bring more education and awareness to folks around local, seasonal foods. We will be doing this once a month at the Saturday market behind Anthony's Diner in St. Johnsbury throughout the market season.

This free event will provide an exciting and tasty opportunity for community members to experience the farmers market. Our local food bounty is diverse, ever changing and growing.

There are many different ways to prepare local foods and with a rotation of local chefs there will be new recipes and wonderful dishes each time.

The chef will be work with farmers and producers to find out what types of products will be at the market on the Saturday that they will be cooking. Once at the market the event will include shopping the market and then preparing a dish with those ingredients at the market.

We are currently creating the schedule of dates for this series. Interested chefs (professional or not) should contact Melissa Bridges at melissa@stjfoodcoop.com or 802-748-9498 as soon as possible to reserve a day.

Relaxation, Rejuvenation & Self-Care Day For Family Caregivers Coming To St Johnsbury

If you are a wife, husband, adult child, or another family member or close friend caring for a frail, disabled or seriously ill loved one or a loved one with dementia or if you are a grandparent raising a grandchild, join us for a day specially planned to rejuvenate you!! Don't miss this once a year opportunity to truly pamper yourself and share with others who are "in the same shoes." This event is co-sponsored by the Area Agency on Aging for Northeastern Vermont and the Northeastern Vermont Area Health Education Center.

Talk with other caregivers; experience massage, Reiki, or reflexology; make cards, photo frames or scrapbook pages; and enjoy time by the river, guest speakers and dinner catered by Market Cafe. The speak-

ers will include Ann Hockridg and Karen Klotz. Ann Hockridge, Chaplain at Caledonia Home Health and Hospice, will talk about nurturing our spirits and guide us as we look at what provides strength and meaning in each of our lives. Karen Klotz, Occupational Therapist from Caledonia Home

Health, who will talk to us about safety in the home for both the person we care for and for ourselves.

Please join us at this free event Thursday, May 24th from 1:00pm until—7:30pm at Springfield College in St. Johnsbury. Pre-registration is required by May 17th. To register, call 1-877-215-3921.

OBITUARY – DAVID LYLE GRIMES



South Ryegate, VT - David Lyle Grimes, 60, of Scott Highway, died unexpectedly at his home on Friday, May 4, 2012.

David was born in Haverhill, NH, on November 26, 1951, to Lyle and Barbara (Turner) Grimes. He graduated from Woodsville High School, Class of 1970. On January 19, 1974, he married Jane Charland.

In his younger years, David worked at Dud's Service Station in Woodsville, NH. He then joined the New Hampshire National Guard, retiring as a Staff Sergeant after 27 years of service. He

has worked at Green Mountain Monogram in Wells River, VT, off and on for ten years.

David was an active member of the Ammonoosuc Fish and Game Club. He has been a longtime member of the Bradford Country Club and later, of the Blackmount Country Club, where he has played countless rounds of golf. Over the years, they enjoyed traveling through the Midwest and Southwest. A fine cook, he prepared gourmet meals for friends and family and provided Christmas meals for the residents at the Atkinson Residence in Newbury, VT. David will be fondly remembered for his carpentry skills, for building furniture, and for volunteering his time.

He was predeceased by his parents, Lyle and Barbara Grimes; and a niece, Karen Gordon on August 12, 2011.

David is survived by his wife of 38 years, Jane (Charland) Grimes of South Ryegate; a daughter, Cathy

Grimes of Woodsville; two sons, Mark Grimes and wife Aimee of Isle La Motte, VT and Mike Grimes and wife Bonnie of Germany; four grandchildren, Ryan, Joel, Travis, and Alexandra; two sisters, Mary Gajewski of Peidmont, MO and Terry Fleeman also of MO; a brother, Steven Grimes of Las Vegas, NV; and a nephew, Ed Woods and wife Karen of North Haverhill, NH.

Calling hours were held on Wednesday, May 9, from 2:30-4:30pm. A prayer service and time of reflection followed.

A private family burial will be in the Center Haverhill Cemetery at a later date.

In lieu of flowers, memorial contributions may be made to the Humane Society of one's choice.

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

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

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See article on page 13 for other details.

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OSIP Adult Day Services Celebrates OLDER AMERICANS MONTH 2012
Never Too Old to Play! May 30, 2012

Oxbow Senior Independence Program Adult Day Services invites you to join us in celebrating Older Americans Month. On May 30, 2012 we will be hosting an all day celebration to show our appreciation for the older adults in our community. Come help us make this day special!

Oxbow Senior Independence Program is a non-profit organization started in the 1980's with a dual mission: to create financially affordable, federally subsidized housing for the elderly, and to provide adult day care services for the frail and elderly. OSIP opened Montebello Hill Apartments in 1988, with a special facility dedicated to OSIP Adult Day Services, an adult day program for people from throughout the Upper Valley community. Some Adult Day participants are tenants at Montebello, but most are not - they come to the Adult Day program from their homes, usually transported by Stagecoach. OSIP also owns two other housing projects, Spear House Apartments and

Spear House, both in Wells River.

Directions:

From the North: Take I-91 South to Exit 17, US-302 toward Wells River. Turn left onto US-302 East, continue 2.8 miles. Turn right onto US-5 South, continue 5.4 miles. OSIPADS is on the left across from Newbury Health Clinic.

From the South: Take I-91 North to Exit 16, turn right onto VT-25 South. Go to first set of lights, turn left onto US-5 North. Continue on US-5 North 5.8 miles to OSIP Adult Day Services, on right across from Newbury Health Clinic.

If you have any questions call us at: 802 866 5465.

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Might Be A Silver Appleyard, Especially If Nancy Thibodeau Has Anything To Say About It

By Robert Roudebush

Seven-year-old Karlie sat inside the special playpen surrounded by several peeping ducklings – she was tenderly picking them up and snuggling their squirming small bodies to her body and face, and then putting them down with care. Karlie was dark-haired and pretty and gently sweet - the newly hatched little ducks were four-days old and fuzzy yellow, with dark small rumps and dark racing stripes along the top of their tiny heads. About as cute as anything could be. Karlie was not just playing – she was “imprinting” – easing the newly hatched little ducklings into socialization with humans. Nancy Thibodeau’s granddaughter was helping her grandmother create pets, not barnyard animals.

“TRULY AMAZING – A NEWLY INCUBATOR-HATCHED DUCKLING WILL DEVOTEDLY FOLLOW A HUMAN WHO IS HUNDREDS OF TIMES BIGGER THEN THEY ARE - THE IMPRINTING BEHAVIOR IS STRONGEST DURING THE FIRST FEW DAYS AFTER HATCHING” – Nancy Thibodeau

Ever heard about “Silver Appleyards”? Right, neither did I until the TRENDY TIMES received this interesting communication from Mrs. Thibodeau who lives with her husband Dick and at least three of these domestic flightless birds on River Road in Bath, NH. She is not just spreading the word about these large beautiful egg-laying waterfowl, she is actually spreading the ducks themselves, all over the New England area and beyond.

The Email read in part - “I am Ray Burton’s neighbor. I have been raising {Silver Appleyards} for two and a half years and would like to propagate them. I have posted ads on Craig’s list and numerous Internet farm sites. I collect my fertile eggs from my 2 hens and incubate them in four small home artificial incubators. My daughter and grandchildren also help raise the ducklings. It has been a good educational learning experience. When they hatch, I notify the adoptee family that the ducklings

are ready.”

“I like to meet the adopting families in person if I can, or speak to them on the phone at least to better help them understand this project. The ducklings are available for free with the stipulation that they are raised as pets, not barnyard animals, and that the ducks have a safe secure area. I want the adopting families to propagate them if possible. {After the adopting families have their new ducklings}, they then send me updated information and pictures of the duck’s growth and health that I keep on file for research purposes. So far, I have given away 17 ducklings to interested families in NH, VT and upstate NY – now I am incubating 20 more eggs and I have 5 families in NH that are waiting on this hatch.”

As this story is printed, each and every one of the eggs soon to be hatched or just hatched is spoken for from adopting families as far away as Rhode Island, and Maine.

On a recent visit to the Thibodeau’s home on open acreage with a great view of the White Mountains, I found a beautifully maintained residence, inside and out, fresh, airy and inviting, all the more pleasing because significant portions of the necessary incubating equipment and brooding and play areas for the newly hatched ducks are actually inside the home.

“THEY ARE THE HAPPIEST ANIMAL IN THE BARNYARD – GENTLE DISPOSITIONS – FUN TO WATCH – EASIEST DOMESTIC BIRD TO RAISE – INCREDIBLY RESISTANT TO DISEASE – SELDOM BOTHERED BY SICKNESS OR PARASITES – THESE MATURE WATERFOWL ARE PRACTICALLY IMMUNE TO WET OR COLD WEATHER.” - Nancy Thibodeau

Sitting close by the bright white and yellow duckling playpen as she spoke with a visitor, Mrs. Thibodeau kept a loving eye on young Karlie and the tiny domestic ducks, occasionally guiding her in how to handle the small Silver Appleyards. After a short play session, the small birds

were carefully hand-carried back to their indoor brooding areas, small enclosed spaces kept warm and snugly and with available food and water. Painstaking planning and cleaning efforts several times a day keeps these safe secure little havens noticeably unsoiled, fresh and healthy for the new ducklings. Mrs. Thibodeau had just come inside from the backyard “duck kennel”, containing three different-size coops and a newly enlarged fenced-in foraging yard – ducks who don’t fly well need to be protected from small predators. She had provided her two hens, sometimes just called “ducks” and the one drake, the male duck, an “afternoon delight”, a snack of spinach, greens, peas, grapes and old egg shells, useful to the adult ducks for digestion.

Why the ongoing effort to propagate this breed of duck when Mrs. Thibodeau admits there is a certain amount of space and physical structure necessary, as well as work and expense attached to the job? For one thing, there are not many of these striking-looking ducks in this country. The last avail-

able dependable numbers for North America go back to 2000 when only 128 breeding Silver Appleyard Ducks were reported. The American Livestock Breeds Conservancy says, **There is a critical need for more conservation breeders of Appleyards...their excellent laying ability,... lovely plumage make them a great addition.**

“BREEDING AND GIVING AWAY RARE BREEDS IS AN OBVIOUS PERSONAL CHOICE – IF YOU RAISE ONE OR MORE OF THE ENDANGERED BREEDS YOU ARE HELPING TO CURB THE DANGEROUS EROSION OF THEIR GENETIC DIVERSITY” - Nancy Thibodeau

Today Silver Appleyards are raised for exhibition and as pets. This breed is one of the best egg-layers among the larger ducks and produces, on average, roughly 250 white-shelled eggs yearly. The duck is named after Reginald Appleyard from England who wanted to create a very attractive breed of large duck. The duck is a *large, sturdily built duck with a blocky physique and a prominent breast.*

When full grown, it weighs between 6 and 8 pounds. The birds are handsome – the drakes have a yellow or greenish-colored bill which sometimes takes on a striated appearance when the duck is older. It has a chestnut red breast, flank, sides and shoulders with white frosting and lacing and a creamy or silvery-white underside. Drakes’ wings are gray and white with a cross-stripe of bright blue. The Thibodeau’s drake is called “Duke” Their brooding hens are named “Willimina” and “Abigail”.

As distinctive as these descriptions are, they do not do justice to actually seeing the birds themselves up-close, happy and healthy in their well-constructed and tree-shaded little paradise outside. Call Nancy at her home to arrange a visit or set up a future relationship as an adoptee family – 603 787 3314, or contact the Thibodeaus by mail – 284 River Road, Bath, NH 03740.

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May 15, 2012 Volume 3 Number 16

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20 Good Living Senior Center Fundraiser REIKI CLINIC



By Ronda Marsh

Elsie's German Spiced Crumb Cake

One of the few things I enjoy as much as making a good recipe, is reading a good book, and today, my friends, I offer you both. I recently finished "The Baker's Daughter", by Sarah McCoy, an historical novel set in Germany during the final year of WWII, amid the collapse of Hitler's empire. The premise of the novel is structured around a 16 year-old girl, Elsie, who manages to hide a young Jewish boy slated for execution, in her room above her parent's bakery, whilst being simultaneously being engaged to a rather high-ranking officer in the Third Reich. Flash forward to 2007, and several subplots later to Texas, where a now elderly Elsie and her daughter run their own very successful bakery. When a local reporter is sent to do a feel-good story about German Christmas traditions, she instead discovers a much more meaningful and disturbing history, and ultimately becomes fast friends with Elsie and her daughter. At the culmination of the book, there are a dozen recipes for absolutely scrumptious sounding desserts, and this Crumb Cake is one of them. What initially caught my interest is the very unusual manner in which this cake is put together...not at all like any cake I've ever made. Who knew if it would really produce an edible cake? The recipe calls for buttermilk and hazelnuts, and I never have either of those things on hand, but I did have some walnuts, and I knew if I clabbered whole milk with a little



lemon juice, that would take care of the buttermilk issue. I cut their recipe in half (after all, if it turned out to be a disaster, I'd rather have a small amount of disaster to dispose of, than a large one!) and proceeded per the instructions given. It was pretty darn easy, with no mixer required, and a short list of ingredients. Soon, my kitchen was redolent with the wafting odors of cinnamon, sugar and toasting nuts, smelling much as I imagine a German bakery would. When the cake cooled, I was able to cut it into neat squares and slide it out of the pan. It made a great dessert for dinner, but was even better the next morning with coffee! What a simple coffee cake to mix up for a brunch or to bring to work to serve for that mid-morning break... your co-workers will sing your praises! So there you have it: A book review AND a recipe review, all in one; how's that for efficient reading?!

1-1/2 cups all-purpose flour
 1/2 cup sugar
 1/2 cup light brown sugar, packed
 1/2 teaspoon cinnamon
 1/2 cup butter, softened to room temp.
 1/2 cup chopped nuts (the recipe says hazelnuts, but I used walnuts)

1/2 cup whole milk, room temp.
 1 teaspoon lemon juice OR cider vinegar
 1/2 teaspoon vanilla
 1/2 teaspoon baking soda
 1 large egg, room temp.

Preheat oven to 325°F.

In a medium bowl, combine the flour, white and brown sugars, cinnamon, and salt. Add the softened butter and using your hands, mix and rub until everything is well mixed and crumbly. Scoop out 1/2 packed cup of mixture and set aside.

In a small bowl, combine the milk, lemon juice (or vinegar), vanilla, and baking soda. Add the egg and whisk it well. Pour the wet ingredients into the dry ingredients and whisk it until well combined and no lumps remain. Pour into a well greased (I used Pam) 8X8 pan. Combine nuts with the reserved crumble mixture and sprinkle over the top of the cake. Bake for 40-45 minutes, until cake tests done. Allow to cool on a rack before cutting into squares to serve.

NOTES:

- If you have buttermilk, you can use that in place of the milk and lemon juice.
- You can double this recipe, by baking it in a 9X13X2 pan.
- Instead of walnuts, try pecans or sliced almonds.

Not all Times are Trendy but there will always be Trendy Times May 15, 2012 Volume 3 Number 16

Reiki is an ancient healing technique that supports the body's ability to heal itself. To understand Reiki, it is helpful to understand energy. Everything and everyone is made of and has energy. When walking up to someone we can often tell if that person is in a good or bad mood. We get that feeling from the energy that is coming from them. Negative energy pulls us down; positive energy lifts us up. Why do we feel so good, so alive, when we are in nature... whether in a forest, hiking up a mountain or at the ocean? It's the energy of these places. Reiki energy can give us the same feeling.

When our physical bodies get out of balance because of stress or from injury or disease, we lose some of our energy and can get blockages that result in various uncomfortable symptoms such as pain. We are surrounded by electronic equipment that produce energy vibrations that may disrupt our energy. Even our emotions, such as anger, can push us out of a natural healthy state. Reiki can remove these blocks and restore our bodies to a state of natural healing. The longer we have had the stress or illness, the longer it may take to remove the blockages. By restoring the balance in our bodies, we can feel better and cope better with everyday activities.

Reiki (pronounced ray-key) is a Japanese word meaning "universal life en-

ergy" and it works regardless of belief, faith or suggestion. It is based on the philosophy that we can draw limitless amounts of energy from the universe to support and enhance the body's ability to heal itself. During a Reiki session, the client is fully clothed while lying on a massage table or sitting in a chair. The practitioner will gently place his or her hands in several positions on or above the body and hold the position while energy is guided by the body's natural wisdom. During the session you may feel heat or cold, tingling in your body or energy moving in other ways. Many hospitals are now providing Reiki as an option for some of their patients including Littleton Regional, Cottage, and also Dartmouth Hitchcock.

This special clinic is a fundraising event for the Good Living Senior Center and will be held on Thursday, May 17th from 2-4pm at the St. Johnsbury House, 1207 Main Street, St. Johnsbury. There will be several well-trained, experienced practitioners participating. All are invited to come and experience Reiki ~ each session lasts approximately 20 minutes. If you've ever wondered about Reiki, this is a perfect chance to introduce yourself to the amazing possibilities of awakening your body's own intelligence. Suggested donation is \$10. For more information contact Susan Shaw at 748-8470 or e-mail goodliving@vtlink.net

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The Book: Scares Wanted!

I am currently working on a Scared Sheetless book which chronicles my journey through both being, what I think, is a unique column to a paranormal standpoint and everything in between. I have the articles as well as never before seen articles, but before I finally put this thing into print (or as an Ebook), I'm still looking for more pages to fill. What I'm asking all of my readers is if you have a place that is haunted or own a business that is haunted (cheap plugs can be good for business, especially if it's haunted, trust me!) Then send me an email and I will gladly grab who I can from NEPI and do an investigation to put in the book. If interested, do not hesitate. Now, on to another edition of Scared Sheetless...

"Orbs Smorbs"

Written by James Paradie

There are two types of investigators: those who believe in orbs and those who don't. We at NEPI do not believe that orbs are spirits. Most of them, at least. Orbs, if you do not know, are these spheres that show up in photos and sometimes video. They are neat at first, but according to some experts in the field, roughly 95% of orbs caught on photos and video are nothing more than natural accuracies and are not paranormal in any way.

What are they then? Specks of dust, rain, and flies are the biggest culprits. You see, when you take a picture, the flash from the camera causes a reflection to bounce off these "culprits"

and cause these perfectly round spheres. At first glance it may look like you have something, but upon further investigation and debunking processes you find out it's something ordinary rather than extraordinary. Some investigators swear these are something and they are entitled to their own opinion, but the vast majority do not believe this to be true.

Of course, there are some orbs that just don't fill the bill of it being bugs, dust, or what have you. Sometimes we bump into something that just seems too weird to be true to the form we've all become accustomed to. Some believe that bright colored orbs, which can range in various colors, can be classified as paranormal. Others even see faces in these orbs and that's where the belief that it may be a spirit comes into play. Investigators need to remember that the eyes do find different shapes and turn them into something that they are not.

Until next time this has been Scared Sheetless. Don't let your eyes play tricks on you when you check out my website: scaredsheetlessncn.blogspot.com Feel free to check out well over 100 articles of all your paranormal needs. Also, don't forget to check out my good friends at NEPI's website (that needs to be updated!) at northeasternparanormal.com. If you feel that your house is haunted, we're the ones who can tell you. We have all the latest, state of the art equipment to tell you

if you have some spirits or not, so please give us a call. We're free of charge. Call Anthony at 603-444-7142. Also, if you'd like to comment about this story, have a story of your own, or just want to say hello, send me an email at scaredsheetlessncn@hotmail.com Thanks for reading.

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Animals I Have Known And Loved

By Sheila Asselin

It seems we have always had pets. The first one I remember was a black puppy of unknown ancestry. We named him Smokey. In the wintertime my brother and I would pile snow on top of him and sing "On top of old Smokey all covered with snow". We had very literal minds!

When we lived in Germany after WWII we acquired a wired-haired dachshund. I did not even know there was such an animal as a wired haired dachshund! His pedigree papers listed him as Raban von Schornen Ort, so of course we called him Schatzie, German for dear or treasure. Heck the official name was bigger than he was.

With children in the house my husband and I became custodians of all sorts of creatures. The kids brought in a box turtle and decided it should be a household pet. It was named Myrtle, Myrtle the turtle. No one knew whether it was a she turtle or a he turtle. Only other turtles knew for sure and they were not talking, but the name fit. After a little while Myrtle went missing. She/he was not found again until we moved the refrigerator to clear quarters in our on post housing. There was Myrtle, mummified.

Sitting in the living room one night I noticed my son, Chris, stealthily tiptoeing up the stairs to the bedroom. He was balancing a saucer of

milk. When I asked where he was going with the milk he started lapping it up and said "I was just thirsty." I know I am pretty gullible but even I was not falling for that one. Seems our local auctioneer, Bud Ray, had auctioned off a litter of kittens and my son was a top bidder. All of \$3.00! The tiny orange kitten had taken up residence in our house four days previous. Why am I always the last to know?

They named the kitten Cuddles and she grew up to be a formidable mouser. She also found wild birds quite tasty. One day however she met her match. There were several woodpeckers in the neighborhood. One particular woodpecker took to pecking on the TV antenna. A demented bird who thought the antenna was a particularly skinny tree trunk. Didn't it stop to wonder why it never found any bugs? Cuddles managed to catch the woodpecker. The woodpecker tried to peck a hole in Cuddles head whilst Cuddles tried to deal Mr. Woody a death blow. Fur and feathers flew! Finally it came down to a standoff and both retreated to their respective corners. The bird, who was a slow learner, went back to attacking the TV antennas. Cuddles nursed a wicked headache and started avoiding woodpeckers, especially one with a bent beak.

Surely the best pet we ever had was a bulldog

named Butch. My son, Patrick, was in the National Guard at the time and his sergeant needed to find a home for the dog. He was not a pit bull but a benign English bull dog. Still he was not at home in the city and needed to be in the country. Lucky us, we lived on 65 acres in rural Alabama at the time. Patrick asked if he could have a puppy and without further investigation I said "yes". Imagine my surprise when his sergeant pulled up in a pickup truck and an 85 lb dog jumped out. Okay I've been fooled again. The dog was less than a year old so technically he was a puppy.

It took two collars strapped together to go around his neck. Half his teeth were missing where he had chewed through a chain. But despite his fierce appearance he was the gentlest dog imaginable. If I was not home the UPS man would not get out of his truck but throw the package on the porch. I told him that half the dog's teeth were missing. He said it was the ones not missing he was worried about! He was an excellent watch dog. One look and people were wary. I never let on that he was really a crème puff.

Animals, they make us laugh at them and they make us laugh at ourselves. There is nothing like a pet to put life in prospective and tell us not to take it all too seriously.

Hospice Walk-a-Thon

On Saturday June 2, 2012 North Country Home Health and Hospice Agency will host their annual Hospice walk-a-thon to raise funds in support of the hospice program.

The walk-a-thon, held rain or shine, takes place at North Country Home Health & Hospice Agency, 536 Cottage St. Littleton, Registration is from 8-9 am. Walkers

are encouraged to get sponsorship but may opt to pay a nominal admission fee instead.

The event is open to the community and is the major fundraising event specific to the hospice program. To obtain a walk-a-thon registration form call NCHHA at 444-5317 or stop by to pick one up! We hope to see you on June 2nd for the walk.

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May 15, 2012 Volume 3 Number 16

DUKE

By Bobbe McIntyre

One of my fondest memories as a child was when I was 12 years old and it had to do with a dog.

It was a warm, sunny June morning and I decided to go out early and ride my bike. I took my normal path around the corner and up the road, passed my friend's house and then headed back home. As I was about a block from my house, I saw a group of young boys running and behind them was a puppy. It did not look like they were running with it, but running from it. As I got closer to them, they shouted to me to please stop. One of the boys asked me if I could hold on to the puppy so that it would not follow them, so I did. After they were out of sight, I let go of the puppy and rode home. Of course, the puppy followed me!

When I got home and realized that the dog was right behind me, I immediately picked him up and brought him into the house to show my parents. I had always wanted a dog but I did have allergies and was told the I could not have any pets. This puppy was adorable! He was brown with orange markings over his eyes, had a very sweet disposition and was probably under a year old. Even though he was a stray, he was wearing a collar, which meant that he did belong to someone.

When my parents saw him, they said that I needed to turn him over to the animal shelter. I did not want to do that as back then, if the animal

and veterinarians but nobody came to claim him.

On the day of my deadline, I was very sad as I had not been able to find the puppy's owner and knew that I had to turn him over to the shelter. However, a wonderful thing had happened! All during the time I was looking for his owner, I was praying that I would be allowed to keep this puppy that had gotten very attached to our family. Lo and Behold! My parents, too, had really been smitten by this wonderful animal and Duke was allowed to join our family.

He was my dog for 16 years and was lovable and loved till the end.

was not claimed within 2 weeks, he would be euthanized. I did not want that to happen to him as he was such a great dog. I proceeded to convince my parents that I would do whatever I could to find his owners if they would let me keep him....so they did. They gave me two weeks. I proceeded to make up flyers and post them all over the neighborhood. I made phone calls to the local shelters, police department,



Shown here is about 1/2 of the men from the Bradford Unit of the National Guard who arrived at the Devil's Den Trailhead on Sunday April 29th to help with trail grooming in preparation for the upcoming hiking season. The other 1/2 of the Unit headed over to the Wrights MT Trailhead to clean out water bars, cut away trees that had fallen over some trails and clear vegetation away from the trails. The Guardsmen did this as part of their physical fitness endeavor, to fulfill a desire to be of service to the community, and as a prelude to a recognition ceremony that was held later at the summit of Wrights MT to honor retiring Staff Sergeant John Alger who has served in the Unit for the past 26 years.



The recent Super Moon. Photo courtesy Melinda Boutin.

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