

TRENDY TIMES

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NOVEMBER 27, 2012 VOLUME 4 NUMBER 4



Veterans assembled and waiting on North Court Street during Bridge Wreath Laying Ceremony.

November has indeed been a busy month for the members of the Ross-Wood Post #20 American Legion in Woodsville.

The first big event of the month was the annual Veterans Day Parade. November 11 was originally Armistice Day signaling the end of World War I. But history has certainly told us that was not to be. Now known as Veterans Day it is designed to honor all those who have served in the past, and those currently serving. This year, due to the efforts of Finance Officer, and acting Sargeant-at-arms, Walter Dellinger, the post had a very impressive, and possible first time ever marching group. It was led by the Commander of Ross-Wood Post #20, Rodney Thompson. Behind him was a five man front with rifles, US colors, the NH State flag, and the Post colors. The im-

pressive group came next. The five services, Army, Navy, Marines, Air Force & Coast Guard, were all represented by flag bearers who were past or present members of that branch, and who wore uniforms from that branch of the military. Behind that group came more Legion members along with members of the Ladies Auxiliary and the Sons of the American Legion.

Also participating in the parade, as they always do, was an impressive color guard, drummer, and marchers from Haverhill Memorial VFW Post #5245. The parade was led, and trailed, by cruisers from the Haverhill Police department.

The parade made its traditional stop at the flag pole on Central Street in Woodsville where VFW member, and Haverhill Selectboard Chair, Wayne

Busy November At American Legion

By Gary Scruton

Fortier, gave the address. Members of the Woodsville High School band were also on hand to play a traditional march, followed by the National Anthem, and then taps as the Commander placed a wreath at the monument. The firing detail was also heard with their 3 gun salute.

From the monument, the parade continued to the Ray Burton bridge for a second wreath ceremony. It concluded at the Post Home on Ammonoosuc Street with a third and final wreath ceremony, a second gun salute, and playing of taps.

All participants in the parade were then treated to a fine lunch prepared by several members of the post.

Next on the list of November events was the 5th annual Turkey Raffle. Some 20 turkeys were handed out to lucky winners on Friday the 16th. For as little as \$1.00 participants bought tickets and when the wheel stopped spinning someone got a 15 pound, or so, frozen bird. Some of the money

raised from this event was earmarked for the Junior Oratorical contest for 6th thru 8th graders to be held later this winter.

up and home delivered to those unable to personally attend. Of course with this much food being prepared it is almost impossible to be



Some of the seniors awaiting the family style Thanksgiving dinner served Sunday, November 18th.

Next on the agenda for Ross-Wood Post #20 in November was the annual senior citizen Thanksgiving Dinner. This meal is always served the Sunday before Thanksgiving. As she has for the past twenty plus years Rita Ames, an Auxiliary member, headed up this huge undertaking. Food started arriving at the Post several days in advance. And some left again as several post members take turkeys home to roast, or bread crumbs to make that delicious homemade stuffing, or apples to make pies. Many other items are left for the Saturday & Sunday crews to prepare on site.

When the final count was taken about 80 meals were served upstairs at the post. Plus about 180 were boxed

exact with the amounts. Just like at your home there are bound to be leftovers. But unlike your home, they won't all fit in the refrigerator, and they can't just be thrown out, so there is a back up plan. For the past several years members of the American Legion Post in Barre, VT have shown up to take care of those leftovers. They package them up and take them to Central Vermont for another Thanksgiving Dinner.

One final ongoing event for Ross-Wood Post #20 is their December Calendar Raffle. At press time a few tickets do remain. Funds from this event are going to the Haverhill/Newbury 250th Committee to help bring the "Travelin'" Memorial to Haverhill next May.



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Piano player Ray Burton taking a moment with Thanksgiving Dinner Coordinator Rita Ames.

Please Note That The
Deadline For The
December 25th Issue Of
Trendy Times Will Be Moved
Up One Day To
Wednesday, December 19th
at 5:00 pm.

The December 25th Issue
Will Be Distributed On
Friday, December 21st.

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Tuesday – Friday
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A FREE PUBLICATION

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Agricultural Holiday Gift Ideas

Looking for some gift ideas for that agricultural person on your list? UNH Cooperative Extension has several very nicely illustrated books:

Preserving Old Barns- This is New Hampshire's handbook for preserving and repairing old barns. It is written by John C. Porter and Francis E. Gilman and fully illustrated with sketches and photos- 19.95

The History and Economics of the New Hampshire Dairy Industry- This documents the beginning of the New Hampshire Dairy Industry to the present the day, and is fully illustrated with old and modern photos of the industry.

This describes what went on in those old barns that dot the countryside, as most housed dairy cattle. It has statistics of the NH dairy history never before compiled into one chart and a clear explanation of the very complicated milk marketing system. - \$24.00

*Special - Barn Book and Dairy Book combination for \$40.

Landscaping by the Water's Edge: An Ecological Approach- This publication explains how our landscaping choices impact surface and ground water and describes ecologically sound maintenance practices that can improve water resources- \$20.00

Post - Frame Building Handbook- This is one of the best handbooks available on post-frame building and is published by NRAES. This construction uses pressure-treated lumber and no concrete foundation, and the buildings are very practical structures for animal housing or storage- \$14.00

A Guide to Starting a Commercial Goat Dairy- This is the newest book out on commercial dairy goat production. It was edited by Carol Delaney from Northeast SARE, with contributing authors from around New England. This covers everything from economics to facilities and animal management. It is a must handbook for the serious goat producer. - \$25.00

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Cottage Hospital Auxiliary & Horse Meadow Senior Center Collaborate To Educate

Woodsville, NH – Once again, the Cottage Hospital Auxiliary and Horse Meadow Senior Center will be joining efforts to distribute Personal Medical Record (PMR) forms to senior citizens in the area. The holder that comes with the PMR form has a magnetic strip to affix it easily and prominently to a refrigerator. In that way, emergency responders answering a call can have ready access to critical information about a patient, such as medications, primary physician, insurance coverage, emergency contacts, etc. The form also includes a detachable wallet size card that can be carried on one's person.

On Tuesday, December 4, 2012 from 8:30 to 10:30 a.m.,

the PMR forms will be distributed free of charge at the Horse Meadow Senior Citizen Center (HMSC), Dartmouth College Highway (Route 10), in North Haverhill. Members of the Cottage Hospital Auxiliary will be on hand to introduce the form. They will also assist individuals who may want help filling them out. Persons who would like help should bring a list of their medications, emergency contact information, insurance information, and any other relevant notes. All conversations with individuals will be confidential.

Last month, in the first session of this program, the Cottage Hospital Auxiliary distributed over 100 PMR forms at the Horse Meadow

Senior Center. Persons needing additional information about the upcoming session may contact Ms. JoAnne Jaworski at the HMSC, 603-787-2539.

The mission of the Cottage Hospital Auxiliary is to support the hospital in its efforts to provide quality care. Membership is open to all. New members are always welcome.

Contact the Office of Community Relations, 603-787-9707, or speak with an Auxiliary member.

New Mass Hours At St. Joseph's Church In Lincoln

There are new hours for Mass at St. Joseph's Church. They are Saturday at 4:00 and 5:30 p.m. and Sunday, 7:30 and 10:00 a.m.

The new schedule starts the weekend of December 8 and 9th. Please note there will be no Saturday 8:00 a.m.

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Carols and Lullabies: Christmas in the Southwest ~ Conrad Susa

Friday 30 November at 7:30 pm
First Congregational Church, Littleton, NH

Saturday 1 December at 7:30 pm
Wells River (VT) Congregational Church

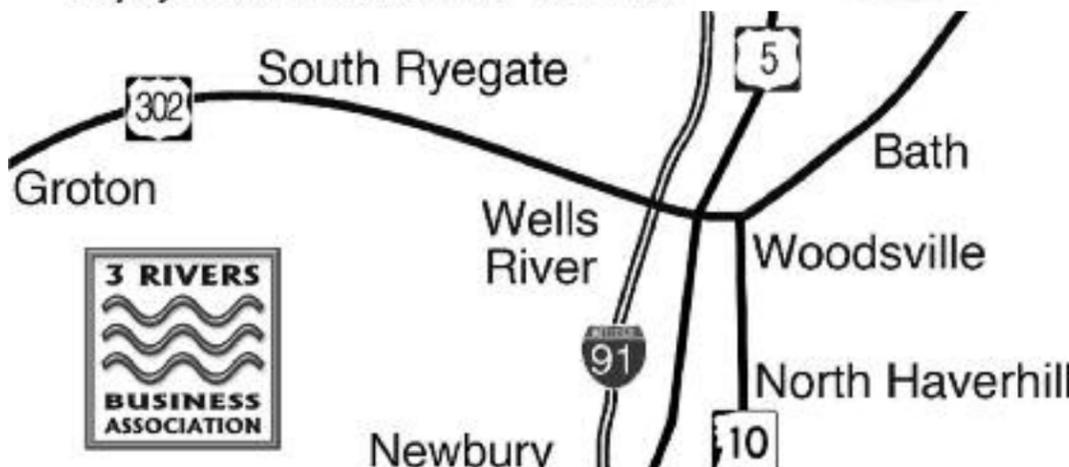
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Community Garden Space Available In Wells River, VT

Garden plots are now available for spring 2013, so you can grow your own healthy vegetables. Plots are located at the Rowe Community Garden behind Little Rivers Health Clinic, 65 Main Street, Wells River, Vermont. Four sizes are available with fees based on size. \$10.00 for a 10'x10' plot, \$20.00 for a 10'x20' plot, \$30.00 for a 10'x40' plot and \$40.00 for a 20'x40 and larger plot. The Wells River Garden Club, Baldwin Library, Little Rivers Health Care, and the Wells River Congregational UCC Church have joined together to make Dr. Rowe's fertile

garden space into a community garden to enable folks who want to garden but lack the space have an opportunity to grow their own food and to feed the local families who need more food.

Fees cover costs of deer fencing, roto-tilling and composted manure. There is a limited amount of space so please reserve your plot early. Books, mentoring and classes available, FREE, for all interested gardeners! Contact: Janis Moore 802-376-6044 for more information and to reserve your plot and meet the other gardeners.

Bradford Farmers Market Kicks Off Winter Season

By Marianne L. Kelly

BRADFORD, VT — The Bradford Farmers Market kicked off its second winter market season in a new location. Last year they were located in the Bradford Elementary School gym, and this year are located in the Methodist Church on Main

Street.

The highlight of the winter season will be their first Christmas food and craft fair scheduled for Sat. Dec. 8 from 10-2. According to market manager, Iris Johnson, there is still space available for those wishing to participate in the

Christmas event as well as space for local growers, crafters and food vendors during the regular market season.

For more information, contact Iris Johnson via the Bradford Farmers Market Facebook page or by calling (802) 222-4995.

Invitation To Lincoln Legion

Calling all children infant through 6th grade! It's a Children's Christmas Party. Come and meet with Santa on Sunday, December 16 from 10:00 AM-Noon at the American Legion Post #83, 183 Main Street, Lincoln. Each child will receive a gift and treats. We heard Santa

will be arriving via Fire Engine so listen for those sirens!

And for the adults there will be a New Year's Eve Party at the Legion Post #83. The party will run Monday, December 31st from 7PM through 1:00A.M.

The cost is \$5.00 per

person. The Legion will provide music, noisemakers, sandwiches, chips and a midnight toast. All those attending are being asked to bring a small food item to add to the food table for all to enjoy. Get a group together and come ring in the New Year!!!

North Country Home Health & Hospice Agency Conducts Annual Appeal

November is National Home Care and Hospice Month. During this month, North Country Home Health & Hospice conducts its annual fundraising appeal. As we commemorated the 40th Anniversary of our agency last year, we continue to have many reasons to celebrate. We celebrate over forty years of providing compassionate home health and hospice care to our Clients. We celebrate our dedicated Staff along with our past and present Board Members and many Volunteers. We celebrate and thank You, our

Community Supporters, for your generosity and support throughout the years.

North Country Home Health and Hospice Agency makes it possible for hundreds of people a year to continue to fulfill their desire to remain in their own home. We coordinate all aspects of our clients' care with a keen respect for individual needs. It is the respect for our clients' values and expectations that has earned us the reputation for providing compassionate home health care and hospice services. Additional information about our

agency and our services may be obtained on our website. www.nchha.com

During these challenging times of diminished funding combined with an increased demand for our services, your contributions to our agency are so very much appreciated. North Country Home Health & Hospice prides itself with the ability to meet the home care needs of our community regardless of an individual's ability to pay. This is possible through the tremendous support of this community.

As we prepare for Thanksgiving and recall our many blessings, please pause for a moment to think about the many people in our surrounding communities that rely on the support that North Country Home Health & Hospice Agency delivers to their homes. As the motto for National Home Care and Hospice month states "Because there is no place like Home."

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'Tis The Season For Eggnog

By Heather Bryant, Regional Field Specialist, Food and Agriculture

I have fond memories of the homemade eggnog that was part of my family's holiday food tradition. Of course the recipe involved raw eggs and I now know too much about food borne illness to enjoy it. [Note: Even if the shell is intact, there is a roughly 1 in 20,000 chance that it could contain the bacteria Salmonella either because the shell itself is slightly porous or because the bacteria was in the hen. The safest option is to find an alternative to raw eggs.] Fortunately, there are some very good commercial substitutes out there that use pasteurization to eliminate the salmonella risk.

But how did eggnog come about in the first place? The British most likely started it, with a drink they called "posset". Posset was a mixture of eggs, milk, and ale or wine that was served hot. Eggs were considered medicinal and they

were hard to come by once the days shortened and egg production fell off, so it's easy to imagine how eggnog could have become a holiday treat.

The story then goes that when the English settlers came to America they brought the recipe with them but replaced the alcohol with rum which was more readily available than either ale or wine. After the Revolutionary War, rum became harder to find and was in turn replaced with whiskey or bourbon. Of course today people add whatever kind of alcohol they like or none at all according to personal taste.

But if the drink we know today did start its life as an alcoholic beverage named posset how did we get from

there to "eggnog"? "Egg Flip" was another name for posset which described the process of flipping or pouring the drink from one pitcher to another to mix it. "Noggin" is a term for a small wooden cup, and "nog" is an old term for ale. It is conceivable that eggnog could have developed from some combination of those words. Another theory is that egg could have been combined with "grog" which was the Colonists catch-all word for any rum drink.

Ironically, eggnog is now more popular in America and in Canada than it is in Great Britain. Personally I imagine the shift from ale or wine to bourbon or whiskey was the improvement that allowed eggnog to stay popular in the

Americas.

Much though I enjoy the occasional glass of commercial eggnog, I still miss my Mother's recipe. So I was very happy when in the course of researching this article, I found out that according to the American Egg Board I can eliminate the salmonella risk and resuscitate the tradition. All I have to do is cook the egg and milk mixture to 160°F and "until the mixture is thick enough to coat a metal spoon with a thin film". This website provides more details ([http://www.aeb.org/foodser-](http://www.aeb.org/foodser)

vice-professionals/egg-products/faqs-doneness-guidelines). Another option is to buy pasteurized eggs. I think I'll try both.

Resources used in this article were "Eggnog" by Mary Rapoport in Virginia Culinary Thymes Issue 10, Winter 2005; "Eggnog" by Debbie Stolpa, University of Minnesota Extension 2010; "Eggnog Lifts Spirits for Holidays: But be Careful of Raw Eggs", by Richard and Anna Kate Hartel, UW-Madison published in the Preserving Times, Nov 2011; and Wikipedia

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Calendar of Events

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

SUNDAYS

OPEN GYM

1:00 PM – 3:00 PM

Morrill Municipal Building, North Haverhill

CRIBBAGE

1:00 PM

American Legion Post #83, Lincoln

LINE DANCING

4:00 PM – 5:00 PM

Starr King Fellowship
101 Fairgrounds Road, Plymouth

MONDAY/THURSDAY

NCYMCA AEROBICS

Starting 9/24 til December

6:30 PM

Woodsville Elementary School

TUESDAYS

BREAKFAST BY DONATION

8:30 AM – 10:00 AM

Horse Meadow Senior Center, North Haverhill

ONE-ON-ONE CRIBBAGE ROUND ROBIN

9:30 AM

Horse Meadow Senior Center, North Haverhill

UCC EMERGENCY FOOD SHELF

4:30 PM – 6:00 PM 802-584-3857

Wells River Congregational Church

WEDNESDAYS

BINGO

6:30 PM

Haverhill Memorial VFW Post #5245
North Haverhill

THURSDAYS

PLYMOUTH AREA CHESS CLUB

7:00 PM – 9:00 PM

Starr King Fellowship,
101 Fairgrounds Road, Plymouth

WEDNESDAY, NOVEMBER 28

COPING WITH GRIEVING

1:30 PM and 6:30 PM

First United Methodist Church, Littleton
See article on page 13

CLINT BLACK CONCERT

7:00 PM

Fuller Hall, St. Johnsbury Academy
See ad on page 5 and article on page 9

FRIDAY, NOVEMBER 30

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

NORTH COUNTRY CHORUS

CHRISTMAS CONCERT

7:30 PM

First Congregational Church, Littleton

SATURDAY, DECEMBER 1

GROTON GROWERS

WINTER FARMERS MARKET

9:00 AM – 1:00 PM

Groton Community Building
See ad on page 18

HOLIDAY CRAFT FAIR

10:00 AM

Piermont Village School

2ND ANNUAL CHRISTMAS FAIR

12:00 Noon – 4:00 PM

St. Joseph's Church, Lincoln

SPAGHETTI DINNER

6:00 PM – 7:00 PM

St. Joseph's Church, Lincoln

CHRISTMAS TREE LIGHTING

6:00 PM

Dorchester Town Common, Town House Road

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

NORTH COUNTRY CHORUS

CHRISTMAS CONCERT

7:30 PM

Wells River Congregational Church

SUNDAY, DECEMBER 2

CHRISTMAS ARTISAN CRAFT FAIR

10:00 AM – 3:00 PM

Littleton Opera House

CHURCH BUILDING'S 175TH ANNIVERSARY

10:00 AM

Piermont Congregational Church
See article on page 8

CHRISTMAS CAROL

2:00 PM

Jean's Playhouse, Lincoln, NH

NORTH COUNTRY CHORUS

CHRISTMAS CONCERT

7:30 PM

Peacham Congregational Church

MONDAY, DECEMBER 3

GOOD OLE BOYS MEETING

12:00 Noon

Happy Hour Restaurant, Wells River

TUESDAY, DECEMBER 4

PERSONAL MEDICAL RECORD

FORM DISTRIBUTION

8:30 AM – 10:30 AM

Horse Meadow Senior Center, Haverhill
See article on page 3

NH STATE VETERANS COUNCIL

REPRESENTATIVE

8:30 AM – 12:00 Noon

Woodsville American Legion Post #20

DINNER OUT W/BGCNC

5:00 PM – 9:00 PM

All Good Foods, Lisbon

CONNECTICUT VALLEY SNOWMOBILE

CLUB MONTHLY MEETING

7:00 PM

Morrill Municipal Building, North Haverhill

WEDNESDAY, DECEMBER 5

3 RIVERS BUSINESS ASSOCIATION

MONTHLY MEETING

8:00 AM

Wells River Savings Bank, Wells River

WOODSVILLE/WELLS RIVER 4TH OF JULY COMMITTEE MEETING

7:00 PM

Woodsville Emergency Services Building

FRIDAY, DECEMBER 7

PINE HILL SINGERS "WINTERLIGHT"

7:00 PM

Alumni Hall, Haverhill
See article on page 11

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

SATURDAY, DECEMBER 8

CRAFT FAIR

9:00 AM – 3:00 PM 802-333-4748

West Fairlee Fellowship Hall, Rt. 113, W. Fairlee

BRADFORD FARMERS MARKET

10:00 AM – 2:00 PM

Methodist Church, Main Street, Bradford
See article on page 4

GINGERBREAD TREATS & TALES

10:30 AM

Groton Free Public Library
See article on page 8

MILES & MILES OF MUSIC

1:00 PM – 5:00 PM

Robert E. Clifford Building (Woodsville Armory)
South Court St, Woodsville

SANDY VICTIMS BENEFIT

SPAGHETTI SUPPER

5:30 PM – 7:30 PM 802-222-4014

Masonic Lodge, 1958 Waits River Rd., Bradford

CHRISTMAS CAROL

7:30 PM

Jean's Playhouse, Lincoln, NH

SUNDAY, DECEMBER 9

CHRISTMAS CAROL

2:00 PM

Jean's Playhouse, Lincoln, NH

PINE HILL SINGERS "WINTERLIGHT"

3:00 PM

Sugar Hill Meeting House
See article on page 11

MONDAY, DECEMBER 10

ROSS-WOOD AUXILIARY UNIT 20

MONTHLY MEETING

6:00 PM

American Legion Home, Woodsville

WEDNESDAY, DECEMBER 12

MONTHLY MEETING -

ROSS-WOOD POST #20 AMERICAN LEGION

6:00 PM

American Legion Home, Woodsville

FRIDAY, DECEMBER 14

BRADFORD COMMUNITY

CHRISTMAS CAROLING

7:00 PM

The Gazebo, Denny Park, Bradford

POLAR EXPRESS PARTY

6:30 PM

Pulaski Lodge #58, Wells River
See ad on page 11

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Deadline for submissions is Thursday, December 6th for our December 11th issue.

Rain Rules – Air Angels And Destruction ⁷

By Robert Roudebush

I didn't know I was about to die. But little kids rarely know that.

I did know something was wrong – something bad was happening. My happy days were gone - swept away by a torrent of sound and sight and movement and smell and I was bawling loud with fright. No one around to help me. Suzi and Pete were crying too, my sister and brother somewhere in the room behind me.

The scary monster of motion and sound threatened just outside my window. I was on the second floor of my house. If I grabbed the windowsill with my fingers and pulled up, and pushed up from the shaking floor on my toes I could just see it. I didn't want to but I had to. I couldn't help trying to look out there, at the street in front of my house.

It wasn't a street anymore. It was a boiling river now, a rushing brown dirty river, powerful and ugly, roaring down the sloping road underneath it. In the dim daylight I could see wooden shacks and chairs and tables and chickens and sopping brown sheep, swirling and tumbling down in the flood. There were some people there too, thrashing and screaming for help, someone to come help them. Worse, there were people in there I could see who didn't move or call for help. They were listless and just bobbing up and down in the filthy rush, racing downhill, silent. Every thing was swept down and away in a wall of noise like never-ending thunder, God's wrath turned loose and uncontrolled.

I was four years old and for me the world was ending.

And all this madness started for me with the rain, the gentle sweet rain, days ago, falling down soft and easy in my city, Bogotá, Columbia in the very early 1950s. Yes, I'm that old. It's the capital city of the northernmost country of South America, bordering directly to the north with Panama. Rather than hot and humid, it enjoys a subtropical highland climate as it sits nearly 9,000 feet above sea level on a high plateau of the Andes Mountains. There are rainy and dry seasons and the temperature rarely rises above 70 degrees.

Of course, I knew nothing of all this when I was about to die. I just knew the

floor kept shaking and the flood was a terrible world I had not seen before.

Rain still fascinates me, as it has for more than 60 years since. A major part of my memory recall, it helps me pinpoint who I was, where I was, what I was in time, with clarity and immediacy. Tears fall from people's eyes because of laughter as well as sadness. I see it that way in nature too. A sensual assault on the eyes, ears, nose, and body, rain, nature's tears, can delight you or drown you – it has come damn close to doing both for me.

Ever notice that when birds are functional, they can't help but be beautiful? Comic objects of our affection and attention on the ground or the back deck railing, pecking, flitting or hopping about, when they take to the air, birds, all birds, set the record straight. They're masters. We envy them. We dream we could do what they do. If they are not gods of the air, they are certainly make a nonbeliever turn spiritual and pray thanks for their existence. I see a lot of birds maneuvering about above me just after a heavy rain and I wonder why – why so much frantic activity just after all that water falling?

Common sense tells me now that just like us ground

born mortals, they take cover during the worst waterfall, then come out after. They do it to exercise too-long inactive wings, or to shake off moisture, or to just see what is going on below them after the storm. But I do wonder if there is more. Of course I know it's a great time for birds to worm hunt and feed. But the flying patterns are so free-form and full of life – I've noticed it here in New Hampshire with everything from chickadees and ravens to blue jays, doves and barred owls – I wonder if the birds are just showing off, having fun, celebrating life and air mobility. Are they just telling us all they are glad to be alive?

I don't recall any birds around that day in Bogotá. I recall the roof-drumming sound of the rain torrent, and the wild wet smell. I'd been hearing and smelling those things for days and now I knew the horror outside my window.

Now, that water was rushing up our driveway below me, and I heard the splintering sound as it crashed against the garage door, and then into it. The monster was coming to me, coming to get me. I ran to the door of my room and looked down the stairs and there was the flood now, in our house, invading my safe space. It was an angry

ocean of mud charging around and breaking everything. I was on my knees now, trying to stay steady on the bucking floor. Boys aren't supposed to cry but I was. I wondered where Mom was. I didn't wonder about Dad. I knew my Dad had to work, and Moms were supposed to stay home.

I ran back to the window and saw Dad's green Studebaker half drive and half float through the rushing water with the flow from uphill and manage to be pushed into our driveway and slam into the garage. I did hear him yell, "Robby, Robby, Pete, Suzi, where are you? Robby?" Then he was half-swimming and climbing the stairs outside my door and

he came to me now huddling and trembling in the big bed, too scared to talk. I recall being swept up in Dad's arms so hard I could hardly breathe. He ran with me to the stairs and carried me up to the third floor where my Mom had already carried Pete and Suzi. Mom screamed when she saw me, screamed and laughed at the same time, and fell against my Dad and me, wrapping her arms around us, crushing me against him even tighter. It was the first time I saw my Dad cry – I did not know Dads cried – and I would not see that again for nearly 60 years.

I can't fly but I do know how the birds feel after the rain.

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

November 27, 2012

Volume 4 Number 4



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Upcoming Program At The Groton Free Public Library

Saturday, Dec. 8: Gingerbread Treats & Tales! S.A.M. (Stories And More) takes place on the second Saturday of every month at 10:30am. Preschool-ers and elementary school-ers are invited to enjoy read-aloud stories along with a craft. Snack provided by Modern

Woodmen.

All of our programs are free and open to the public - check out our new website: www.grotonlibraryvt.org. Drop-ins welcome, or sign up through grotonlibrary@fairpoint.net or call 802.584.3358.

Piermont Congregational Church Celebrates 175 Years



The Piermont Congregational Church will have a special celebration of the church building's 175th anniversary during their regular worship time of 10am on Sunday, Dec 2. There will be special appearances by former revivalist Lyman Beecher, former President John Quincy Adams, and

General Robert E. Lee. Word is that musicians and composers Francis Scott Key and Fanny Crosby among others may show up.

The entire community is invited to attend. This special service will also give the church the opportunity to introduce our full time minister, pastor Malcom Kircher and

his wife Diane. They will be moving to the church parsonage January 1st. Following the service at noon will be a community dinner with turkey and all the fixins'. Any offering given for the meal will be given to the fund for the Town of Piermont's 250 Year Celebration.

Bunker Hill Publishing Is Happy To Announce The 2012 Helping Santa COAT DRIVES

Inspired by the heartwarming story in Helping Santa: My First Christmas Adventure with Grandma written by Willem Lange and illustrated by Bert Dodson, we began organizing coast drives last year and were totally blown away by folks generosity, collecting over 400 coats. The message in the book, fully encompasses the spirit of Christmas and reassures us that we never have to stop believing in Santa Claus. A young boy with Grandma's help buys and secretly delivers a coat to a classmate who can't go out to recess for he doesn't own a coat.

This year the drive will run from Nov. 17th until Dec 8th and there are 5 drop off locations.

Bradford, VT:

Hill's 5 & 10 & Odell Insurance Fairlee, VT:

Chapman's Country Store Lyme, NH:

Stella's Italian Kitchen & Market Piermont, NH:

The Piermont Village School

White River Junction, VT: Oodles

Each person who donates a coat will be able to enter into a raffle for a copy of the book, Helping Santa. The winners will be drawn and notified on Dec 8th. The coats will be distributed to Operation Santa Clause and The Upper Valley Haven.

Also like last year we will again be giving 25% of the royalties earned from the sale of this book to One Warm Coat www.onewarmcoat.org. to support their work. We support their dream; One Warm Coat will become a part of the American lifestyle; that when a coat is no longer needed, people will think of us and donate it; that donors will be warmed by the knowledge that their coats will go directly to children, women and men in need.

The book is available at your local bookstores, if not in stock just ask them to order it.

America's Star Libraries, 2012: *Top-Rated Libraries Chooses Lincoln Public Library five years in a row. The only 5 Star library in New Hampshire.*

We are very pleased to present the results of the fifth edition of the Library Journal Index of Public Library Service (LJI), a measurement tool that compares U.S. public libraries on the quantities of services they deliver. The 2012 LJIndex, brought to you by Baker & Taylor's Bibliostat Collect and Connect, is based on Institute of Museum and Library Services (IMLS) data for 2010.

This year, 262 libraries have received Star designations based on their service output. Over the five editions there have been 1,296 Star awards conferred upon 455 libraries representing 44 U.S. states. On average, 259 Star Libraries have received these designations per edition (the number varies by year owing to occasional ties). Though a significant number of libraries post repeat performances, turnover in the annual roster of Star Libraries has been moderate. In any given edition, about 200 libraries received repeat Star honors (though not necessarily the identical Star count), while roughly 60 additional libraries earned new star designations.

THE ONLY NEW HAMPSHIRE LIBRARY CHOSEN AS A FIVE STAR LIBRARY 5 YEARS IN A ROW

An impressive 111 public libraries received Star awards in all five LJI editions, and 30 select libraries earned 5-Star ratings in all five editions. The Lincoln Library of New Hampshire is rated in this category.

Even with such examples of success, describing the contributions that public libraries make to their communities remains a challenge. On this very topic, if you will indulge us, we would like to quote from our November 2009 article: "One clear and positive lesson from these distressing economic times is that we need richer, more relevant data to demonstrate the value of library services." Not that this idea originated with us. This has been the sentiment of public library directors for some time. For instance, in the past, directors of Star Libraries have emphasized the need for more electronic measures, such as counts of Wi-Fi access; percentage of time public Internet terminals are available; library website,

database, and ebook usage; and so on. Meanwhile, directors are becoming more cognizant of the need to document services more creatively and thoroughly.

We are gratified that the LJ Index uses traditional library statistics to promote the mission of libraries and to confirm how libraries contribute to their communities. And we will continue to campaign for the identification of more relevant and up-to-date output measures to serve this same purpose. Surprisingly, despite the dramatic changes in public library services over the past five years, no new output measures (e.g., library website visits, Wi-Fi usage) have been forthcoming in the annual national data from IMLS, and only a small handful of states have begun to collect data on new output measures. Before next year's edition of the LJ Index, we will be examining new data from those states to assess whether any of the new measures correlate sufficiently strongly with the established LJ Index measures to encourage their adoption nationwide.

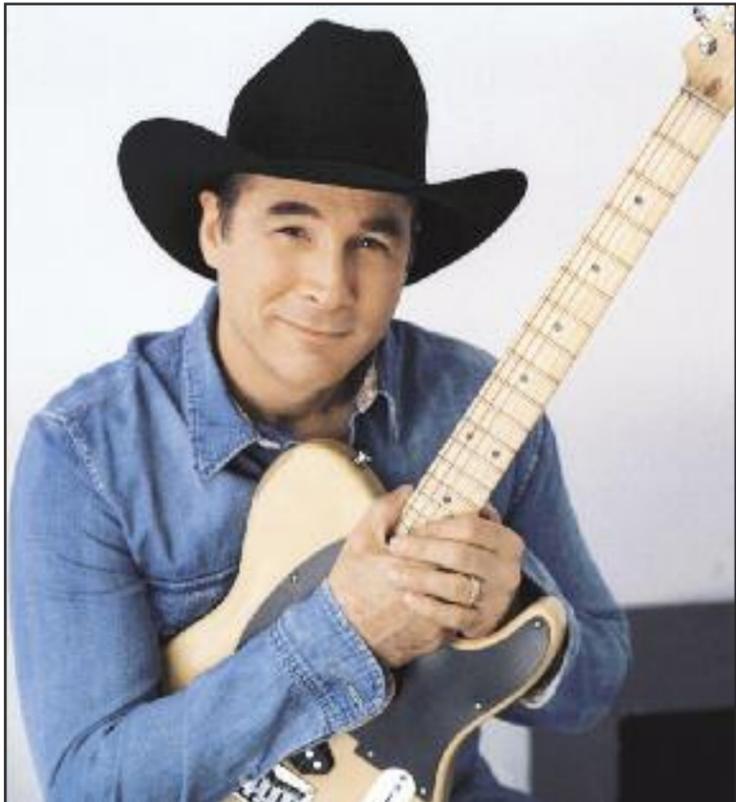
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Clint Black To Perform Nov. 28 In St. Johnsbury



since 1991, Black's best known songs include Killin' Time, A Better Man, Like the Rain, Untanglin' My Mind (written with Merle Haggard), Summer's Coming, Nothin' But the Tailights, and The Shoes You're Wearing.

Few country singers fill their albums primarily with their own material. Although RCA Records often pushed Black to record the material of other artists, he refused. Many were incredulous that such a young man (27 at the release of his first album) could have such "a remarkably mature perspective." According to Black, "To me, a song is more than just something to sing. It's something to learn from. It's somebody else's true feeling. I'm always trying to get at the meaning. When I write a line, I'm doing the same thing. I'm looking at it from the perspective of if I was driving down the road listening to it, what am I gonna get out of it?"

Opening act Ayla Brown skyrocketed into the public eye thanks to her performance as a semi-finalist on the 2006 edition of American Idol. She has recorded four albums with her first album, "Goodbye for Good" staying strong at #1 at CDbaby.com's Country Rock, Country Pop, and

Country music superstar Clint Black has amassed more than 30 singles on the US Billboard country charts. Thirteen of them have reached number one. In addition to his career as singer-songwriter, he's also a record producer and multi-instrumentalist. Married to actress Lisa Hartman, Black has also worked as an occasional actor in films and TV programs including Maverick, Wings, and The Larry Sanders Show.

Kingdom County Productions will present Clint Black

will perform an exclusive New England concert at 7pm, Wednesday, November 28th at Fuller Hall, St. Johnsbury Academy. Opening Black's show will be rising star and American Idol semi-finalist Ayla Brown. Tickets are now sale at the Catamount Arts Regional Box Office or by calling 802-748-2600. Online sales and information are available at CatamountArts.com.

Clint Black has released nine studio albums and several compilation albums. A member of the "Grand Ole Opry"



Overall Country charts for weeks—and beating out Willie Nelson and other prominent country artists. Brown received an added boost of notoriety on election night 2010 when her father Scott Brown won the Massachusetts U.S. Senate seat formerly held by the late Senator Ted Kennedy.

The November 28th Clint Black concert is being produced by Kingdom County Productions working in association with Catamount Arts and Lyndon State College. For more information contact Kingdom County Productions artistic director Jay Craven (jcraven@marlboro.edu).

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On Wednesday, November 14th, Reggie Hunt, Post Adjutant of the American Legion Ross Wood Post #20 of Woodsville presented a Certificate of Appreciation to Bruce Leach for all the work he does and has done for the Post. Bruce recently retired from the position of Finance Officer.

Photo courtesy of Oliver Brooks.

Wobble 'n Gobble

The Second annual 5 K "Wobble 'n Gobble" race drew 296 runners, walkers and rollers and raised \$10,000 for the Lafayette Recreation Department and Adaptive Sports Partners of the North Country. The event was held on Thanksgiving Day in Franconia. From the left is Official time-keeper Sue Ford, a State Representative from Easton, State Senator-elect Jeff Woodburn, Sandy Olney, Executive Director of the Adaptive Sports Partners of the North Country and Kim Cowles, Lafayette Park and Recreation Director. (Courtesy Photo)



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Eagle Scout Court Of Honor



Zachary Whipple, at the age of 16, was found worthy of the rank of Eagle Scout by the Eagle Scout Board of Review. Each candidate must earn 21 required merit badges, serve in varying leadership roles over the years and successfully coordinate and complete a community service project of over 100 hours. Across the nation, only 4 percent of all Boy Scouts attain the Eagle rank.

Zachary exceeded those requirements and earned 22 merit badges and completed his community service project of 140 hours of work with his fellow scouts and other volunteers to supply Emergency/First Aid Kits to the elderly and disadvantaged in the Woodstock/Lincoln communities.

In honor of achieving Scouting's highest rank a Court of Honor was conducted on Saturday, November 3, 2012. Police Chief Douglas Moorhead was Master of Ceremonies. Seventy five friends and relatives were in attendance. Some of the guests included; Executive Councilor Ray Burton, Senator Jeanne Forrester, Representatives Edmond Gionet and Lester Bradley and Mark Callahan, Executive Director of the Daniel Webster Council, Sergeant Major Michael Bruno and Mindy LeBrecque Scoutmaster Troop 224.

Zachary is the son of Terry Whipple, Woodstock, NH and is a Junior at Lin-Wood High School.



WOODSVILLE, NH - NEW TO MARKET - Cute efficient Chalet within short walk of Lakes, beach, basketball court, pool. This open concept home offers central heat, vaulted ceilings, nice wooded lot on paved road, well maintained with 2 bedrooms. Nice porch right off the kitchen / dining area and fully furnished. Basement partial with storage. Snow machine from property. Many updates and easy maintenance. \$96,500.

WOODSVILLE, NH - Two bedroom mobile home 2008 like new, features 6 inch walls, asphalt shingle roof, high speed internet access through Charter, cathedral ceilings, central air conditioning, portable carpet, new storage shed 6 x 8. Located in quiet and small mobile home park convenient to Walmart. This home is very easy to heat. \$34,500.

HAVERHILL, NH - Year Round or Vacation Home - Three Bedroom Patch style log home, open concept Living Room/Kitchen, cathedral ceiling, skylights. Kitchen offers many cabinets and pantry closet, wrap deck and 2 sliders overlooking a section of the lake, finished family room in lower level. Lot 0.67, Garage from the front yard to the beach and other amenities that Mt. Lakes offers. \$164,900.

BATH, NH - Mobile Home - 14' x 56' Living room and kitchen open and airy. New laminated flooring, bedroom on each end of home, 1 1/2 bathrooms, new 30 year shingle roof, great setting in the park. Well maintained home. \$25,000.

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The Pine Hill Singers Winter Benefit Concert “WINTERLIGHT!”

The Pine Hill Singers invite you to welcome winter and the holiday season with their winter benefit concert under the musical direction of Judy Abbott with Anita Bonnevie as their accompanist. The program, “Winterlight”, will be presented on Friday, December 7th at 7:00pm at the Alumni Hall in Haverhill, NH and on Sunday, December 9th at 3:00 pm at the Sugar Hill Meeting House. “Winterlight” displays many moods of the season, including moving contemporary ballads; holiday spirituals; and folk songs from Ethiopia, Israel, and France. Also featured are Leonard Cohen’s Hallelujah, George Handel’s Sing for Joy!, and John Rutter’s Angels’ Carol. A highlight of the concert is the song cycle, Appalachian Carols, by Vermont composer, Gwyneth Walker. 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.

For more than 15 years, the Pine Hill Singers have brought outstanding perform-



ances 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 fifth award recipient in

June 2013.

Each venue offers a timeless concert experience. 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.

Come to “Winterlight!”. Welcome winter and start your holiday season off right!

Peacham Civil War Book Receives Vermont Historical Society Award

PEACHAM, VT—Peacham Historical Association (PHA) was presented with an Award of Excellence in a Publication from the Vermont Historical Society’s League of Local Historical Societies Awards on Nov. 2 during the 59th Annual League of Local Historical Societies & Museums Meeting held at the North Universalist Chapel in Woodstock.

The Peacham Historical Association’s book, “A Vermont Hill Town in the Civil War; Peacham’s Story” was published this past May. Lisa Evans, League of Local Historical Societies Manager stated: “The committee unanimously agreed that the publication is truly outstanding and deserving of an Award of Excellence.”

For 59 years, the Vermont Historical Society has provided outreach and support to Vermont’s local history community. Each year, the Vermont Historical Society’s League Program recognizes achievements of local historical societies, museums and individuals.

The 2012 Vermont Local Historical Societies & Muse-



The award was presented by Mark Hudson, Executive Director of the Vermont Historical Society, pictured on the far left. Accepting the award for Peacham (beside Hudson, left to right) were co-editors Jutta Scott and Michelle Arnosky Sherburne and contributor Lynn Bonfield.

ums Achievement Award recognizes the Peacham Historical Association for the work to preserve Peacham’s history.

Peacham’s book shares the story of a Vermont town’s contributions to the Civil War through letters, diaries and memoirs saved 150 years. In the words of the soldiers, the readers get firsthand perspectives of Vermont soldiers from the call to arms in April 1861

to the journey home. The book is a detailed account of the Civil War experience and includes biographical information of 169 Peacham soldiers. The book is featured in the Vermont Historical Society bookstore and in their 2013 New Titles listing. The book is available at PHA’s website, www.peachamhistorical.org, \$25 for softcover and \$35 for hardcover.

OSIP Honors Vets ¹¹

By Marianne L. Kelly



Newbury, VT—each year organizations around the country devote an entire day to honoring our nation’s war veterans, our most important treasure. These men women and their families make sacrifices each day that as “civilians” we can barely imagine, and many have made the supreme sacrifice for which we owe a debt of gratitude.

This year Oxbow Senior Independent Program (OSIP) in Newbury hosted several

local vets including Trendy Times Publisher Gary Scruton, and writer Robert Roudesh to a luncheon in their dining room.

Tribute to these wonderful men included special readings, poetry, a quiz about the day, and stories from the vets themselves. After their term of service, many held jobs and some did volunteer work as well.

We thank them, we honor them and we pray that all of us may see peace in our time.

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Old Church Theater Prepares For 2013

Editor's Note: Portions of this article were written by Jim Heidenreich, a publicity director for OCT.

The Old Church Theater of Bradford started its new year on Sunday, November 18. That was the date of their annual meeting and election of officers. This year saw a bit of a change with the leadership of this group that is now a full fledged non-profit organization. Barbara Swantak was elected as president taking over for Paul Hunt who had served in that position for the past few years. Paul is not going far as he was elected to the position of Technical Director for the ensuing year. Other officers include Diane Chamberlain as Vice-President; Gloria Heidenreich will continue as Secretary; Diane Fray keeps her important position as

Treasurer; Peter Richards remains the Librarian; Sheila Kaplow is the Historian; Jim Heidenreich once again will handle Publicity; and Robert O'Leary is the At-Large Member.

The other big news from the group is that Old Church Theater will be presenting a special winter production at Alumni Hall in Haverhill, NH in late February 2013. Directed by Peter Richards, "Death by Golf" by Greg Kreuz is a lively combination of uproarious comedy and terrifying murder mystery. Open auditions will be held Saturday, December 1st and Sunday, December 2nd at the Bradford Congregational Church at 2pm (next to Old Church Theater at 137 North Main Street in Bradford). The play has roles for 2 women and 3 men. You may call the director at 802-

222-5801 for questions or an alternate audition date, or to read the script beforehand. You can also come to the audition with prepared material, or ask for the director to provide you with audition material.

The characters include GRANDPA, a scrappy old-timer with a good heart who's not as befuddled as he at first appears; ASHLEY, who is a little frantic, a little impulsive and bright; MURIEL is a serious-minded attorney, not above looking out for number one; TONY is the subject of a five-state manhunt and thereby very anxious; and, PRESCOTT who is articulate, resourceful, charming and homicidal. The action takes place in Florida. "Death by Golf" is the theater's first winter play, to be presented in co-operation with Court Street Arts at



Alumni Hall in Haverhill.

Old Church Theater is known for its May to September five-play production schedule. The full 2013 schedule of plays will be released by the board of directors in February. Among those being considered are "Heidi", "Mr. Roberts" and "Catch Me If You Can".

Another production will be "Caught in the Acts", an evening of 6-8 original one act plays. And here may be your opportunity to participate as a writer. Your theater

is requesting original scripts by Vermont and New Hampshire writers for consideration. John Hunt, will produce the event and the Board of Directors are looking for ten minute (give-or-take) comedies/dramas/farces. Email your script to info@oldchurchtheater.org or send it via mail to PO Box 304, Bradford, VT 05033. DEADLINE JANUARY 11, 2013

There is nothing like live theater!

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November 27, 2012 Volume 4 Number 4

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



American Legion Color Guard and others at Pine Grove Cemetery on Veterans Day.



The Central Street, Woodsville, flagpole and monument where Veterans Day and Memorial Day ceremonies take place.



Veterans Day three gun salute being performed by members of Ross-Wood Post #20 American Legion.



Ross-Wood Post #20 American Legion Commandar Rodney Thompson helps with the senior meal.

Many thanks to the contributing photographers for the pictures on this page & page 1.



An impressive array of flags has the marchers stand at attention on North Court Street in Woodsville.



Upstairs at the American Legion home things are just about ready to serve the annual Thanksgiving dinner.



Legion member Bruce Leach manned the chair lift to assist those who wanted a ride to the second floor for dinner.



Just a few of the many helping hands in the kitchen getting the annual Thanksgiving dinner prepared.

OBITUARY – LOUISE “BETTY” EMERY



Wells River, VT – Louise “Betty” Emery, 79, died on Friday, November 16, 2012 at the Cottage Hospital in Woodsville, NH.

She was born in Bath, NH, August 30, 1933, the daughter of Dexter and Hazel (Tewksbury) Whitcomb.

Betty graduated from the Woodsville High School, class of 1951. She married Crawford F. Emery and together they operated the Wagon Wheel Restaurant in Groton, VT. She waitressed for many years for local restaurants in the area including the Happy Hour Restaurant, P & H

Truckstop, and TJ’s Lunch Counter all of Wells River. Betty had a passion for cooking and baking. She loved to watch the Boston Red Sox. She was a member of the Ross Wood Post # 20 American Legion Auxiliary in Woodsville.

She was predeceased by her husband, Crawford F. Emery on August 4, 1993 and a son, Gregory A. Emery on July 15, 1973.

Survivors include her three daughters, Paula Sgro and husband Russell of Ormond Beach, FL, Kathy Guay and husband Marty of North Haverhill, NH, and Glenda Hofmann and husband Bill of Wells River; five grandchildren and three great grandchildren; two sisters, Joyce Corey of Franconia, NH and Lois Shetry of New Britain, CT; two brothers, Arlen D. “Skin” Whitcomb and Richard Whitcomb

and wife Carolyn of Sebring, FL; her companion of 19 years, Clifford Ashford of Wells River, VT; and several nieces, nephews, and cousins.

There will be no calling hours.

A funeral service will be on Tuesday, November 27th, at 11 AM at the Wells River Congregational Church, UCC, 76 Main Street, Wells River, VT, with former Pastor Jane Wilson officiating. Burial will be in the Groton Village Cemetery.

In lieu of flowers, memorial contributions may be made to the Cottage Hospital Oncology Department, PO Box 2001, Woodsville, NH 03785.

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

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

Coping With Grieving During The Holidays

North Country Home Health and Hospice Agency is pleased to offer a facilitated discussion about grieving during the holidays, and would appreciate your support in inviting people to this free and public presentation.

Thanksgiving, Chanukah, Christmas, New Year's, birthdays and anniversaries usually bring back a flood of happy memories spent with family and friends. For those who are grieving, however, they can be very difficult days. The holidays don't have to be all sad. They can be easier when you know how to care for yourself, make decisions about how to

celebrate, anticipate and prepare for difficult moments, and set realistic expectations.

Please join others for a meaningful discussion about grieving well through the holidays on Wednesday, November 28th at 1:30 pm and 6:30 pm at the First United

Methodist Church Fellowship Hall, 18 Main St, Littleton, NH.

Sponsored by North Country Home Health & Hospice Agency, this discussion will be facilitated by Sue Buteau, Bereavement Counselor for NCHHA. For additional information call 603-444-5317.



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Letter To The Editor

Dear Editor:

Around the country, women and families spoke up to the Republican party's intent to turn back the clock on women's privacy in regards to health care and family planning. Speaking of undoing union gains likely had the same bring-out-the-vote effect. Some ideas are just plain rotten. People get that.

Monday before voting day I was in Manchester for my car's winter maintenance. In the waiting room a young woman spoke because of the TV's news, saying, "I'm not much for following politics. But if it weren't for Planned Parenthood's health care, I wouldn't have known I had ovarian cancer and had it taken care of." She was voting against Republicans the next day.

Granny D talked about the politics of greed and the politics of love. Greed must include greed-for-power. Let's ask that our new legislators actually prefer loving their state and country and the people within, letting go of ego-building associations with power.

Sincerely, Lynn Rudmin Chong

Lynn,

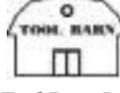
I think your Granny D said it well. Our legislators should be working on behalf of the voters, and those they represent, not their own interests. Of course we will never all agree on every vote each of our representatives makes. There are simply too many variables and opinions for that to happen. However, the bottom line needs to be "For the People", meaning as many as possible, not just a few.

Now is a good time for all voters and patriots to communicate with your representatives, local, state and national. Tell them your opinion. After all, it is their job to listen to us.

Gary Scruton, Editor

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Last Election's Over – What Next? Who Decides?

By Robert Roudebush

Could be you have some of the same thoughts I do about what just happened on the national election scene.
- My lord, I'm glad it's over
- too much money again
- way too long, again
- how come we all hate each other so much?.

Not good lessons, any of them, so why do we have to keep getting beat over the head with them each and every four years lately?

TOO MUCH MONEY?
I'd say anytime the media boys and girls begin talking about what it takes to finance our last Presidential campaign and start with ONE BILLION DOLLARS, then move to TWO BILLION DOLLARS and then move on to SIX BILLION DOLLARS when you include the top state races, you're talking obscene amounts of money. Levels of money the regular man or woman in this country, in this state, in this town, has no part in and maybe no benefit from. Who's giving all this money, for what reason – what do they want? What do the givers get for what they give? Harder and harder to tell these days who is even giving it, but I'm pretty sure anybody giving that kind of money doesn't even know who I am nor care what I want.

TOO MUCH TIME?
When the campaign, (and those endless commercials), go on so long that the average person just tunes everything out, stays away from the TV, radio and papers, and just throws away the junk mail brochures for weeks at a time because they are so fed up, I'd say that is too long. When the candidates themselves are getting angry and stupid and small-minded and telling lies about each other as major part of their campaigns, I'd say that's too long. When other civilized countries with a representative process can do it in 6 weeks, start to finish, why do we need 18 months or longer?

HOW COME WE ALL HATE EACH OTHER SO MUCH? I'm not sure we do. But you can create hate by just expressing it so loud and often, that no emotion can match it in quantity – but remember that that of level intense emotion, no matter

how well- or ill- founded, makes for good television (or bad television, take your pick). We're talking ratings. And ratings makes for great television ad selling, and lots of political pundits, advertising spin artists, consultants and comedians make a lot of money during this televised hate fest. How about the rest of us who just want to get the job done, and wonder why the boys (mainly boys, increasingly girls) at the top can't do that?

What are we teaching our kids? By example, that enough money can buy anything – issues, morals, decisions, and of course politicians. In the absence of strong family structures and examples, and with enough money, black becomes white, good becomes evil, up becomes down, and simple becomes complicated. There's little room for truth if it is not profitable on the airwaves.

We are also teaching – each and every four years – one of the saddest truths that exists today in Washington D. C. – tell a lie long enough and loud enough (direct translation to huge TV advertising dollars)and before long, it seems to be the truth. Enough money can corrupt

that special magic of deception into a not-special thing, an everyday thing. We just saw it happen again. How about the next big election?

What DO I like? National elections or not? I like being an American living and voting in America. I like especially living in a small New England town like Haverhill where we practice “participatory democracy” at its most basic level – we still make a mark on a paper ballot on voting days that real people work together to count after the polls close. We still go to annual meetings where we actually sit in the same space and talk about and argue about and vote in a group about what we want and don't want. I like being a veteran too, and am proud of what comparatively little I did to qualify as one. Lotta folks have paid far higher prices than me. Believe it or not, I also find some value and some fun in living long enough to qualify now as a senior citizen. These years, I look forward to and enjoy one of the finest practices a free country can offer - free elections - so what I don't like is that they seem to be costing more and more each year. And I'm not sure I like who's paying the bill.

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Letter To The Editor

Dear Editor,

The final results of the election are in and I will be serving as the Senator for District 2 for another two years.

A very sincere thanks to the voters for your faith in me—I will continue to work hard so that you will be confident your vote for me was a wise one.

This election was won because of the hard work of so many supporters, who kept a positive focus on the accomplishments of the last two years. I am so very proud of the campaign we ran and immensely grateful to all those who made it possible.

I look forward to working with our new Governor and legislature in ensuring that we are doing the right things to keep our state fiscally sound while addressing some of the tough challenges we will face in this economy. Thank you again!

Jeanie Forrester
NH State Senate, District 2

Jeanie,

Congratulations to you on your re-election.

Also a big thank you to you for the past two years worth of informative monthly articles in Trendy Times. I know that I have learned certain facts from your writings and look forward to another two years of such information coming from one of our elected officials in Concord.

As a note to other elected officials in the area, if you would also like such a column, please contact me and we can certainly discuss the logistics and possibilities.

Gary Scruton, Editor

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16 2013 ACT Schedule Announced

Waterbury, VT – ACT officials have announced a 14-race schedule for the 2013 American Canadian Tour season at eleven different Northeast short tracks. The schedule will include three new additions to the Tour schedule. There will also be three more non-point counting special events during the 2013 campaign.

The Tour will return to 2012 tracks Lee USA Speedway, Thunder Road, Devil's Bowl Speedway, Airborne Speedway, White Mountain Motorsports Park, and Beech Ridge Speedway in 2013. A visit to Riverside Speedway in Groveton, NH is planned for a 150-lap event on Sunday, June 2nd, and will mark the first time ACT has raced there since 2004. The American Canadian Tour will also head to Canaan Fair Speedway on

Saturday, June 15th for the first time since 2005, and has set a date for Star Speedway on Saturday, July 6, last visited in 2003.

The American Canadian Tour schedule will include two point-counting combo events with the Canadian Série ACT Castrol at Sanair Super Speedway, which will be increased to a 150-lap event from 100, and at St-Croix, QC's Circuit Riverside Speedway for the 4th Annual Can-Am 200.

The Inaugural International 500 will be run at Airborne Speedway on the weekend of July 20/21, New Hampshire Motor Speedway will host the 5th Annual Bond Auto ACT Invitational on Saturday, September 21st, and the 51st People's United Bank Milk Bowl will be held at Thunder Road the first weekend of October.

St. Johnsbury Chamber In Partnership With UVM Extension Begins A St. Johnsbury Market Analysis

St. Johnsbury- The St. Johnsbury Chamber of Commerce has begun work on a town wide market analysis. A town wide market analysis is the process of documenting details about the downtown's current condition, exploring changes occurring in the marketplace, verifying what consumers want, discovering what businesses the market will support, and creating a business development strategy.

Many communities hire professional consultants for a substantial fee in order to have access to this important tool used by businesses, property owners, developers, bankers and investors for making better-informed decisions. The St. Johnsbury Chamber of Commerce will complete the

market analysis by assembling a team of volunteers who will receive free technical assistance provided by the University of Vermont Extension. This free technical assistance is one of the many benefits St. Johnsbury receives as a designated Vermont Main Street Association Community.

In the months to come, St. Johnsbury will see the St. Johnsbury Chamber volunteers inventorying town businesses and buildings, surveying consumers and business owners, writing a downtown market profile, and weighing the supply of various business categories against the demand for those business categories.

Once they have a detailed picture of the town's economy, The St. Johnsbury Chamber

of Commerce will shape a business retention campaign that includes providing assistance and training to existing businesses and helping them to expand. Next they will shape a recruitment campaign to complement existing businesses and buildings. Recruitment will target businesses that people want and that the market will support. With their market analysis in hand, The St. Johnsbury Chamber will have a stronger chance of bringing business prospects to town.

Interested parties may volunteer for the market analysis committee team or find out more information by calling the St. Johnsbury Chamber at 802-748-7121 or emailing asstdirector@stjchamber.com.

November 27, 2012 Volume 4 Number 4

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

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Don't Take A "Holiday" From Working Toward Financial Goals

We're well into the holiday season now. And while the holidays are joyous, they can also be expensive. In fact, at this time of year, many people make spending decisions they end up regretting. But you can enjoy the holidays and still stay on track toward your financial goals by following a few simple guidelines, including the following:

- Set a budget — and stick to it. Whether you're buying gifts or hosting holiday parties, you need to establish a budget and not exceed it. The people to whom you're giving gifts and entertaining do not expect you to dig yourself into a financial ditch on their account — and they wouldn't want you to do so, either.
- Compare prices. With some search-ing, you can almost always find less expensive versions of those gifts you're considering. But a word of caution: The earlier you start hunting for bargains, the better your chances of finding good prices.
- Watch for "after-holiday" sales. The best bargains typically appear when the holidays are over. While these sales may not benefit you this year, they can prove quite valuable if you decide to "stock up" on gifts for the next holiday season.
- Don't over-use your credit cards. Try to limit your credit card purchases over the holidays. If you must use a card, at least pick the one with the lowest interest rate — and do the best you can to pay off the card quickly. Over the last few years, Americans

have actually done a pretty good job of lowering their household debt levels — and that's definitely a movement in which you'll want to participate. Keep in mind that the higher your debts, the less money you'll have available each month to invest for retirement, college for your children or any of your other financial goals.

- Avoid dipping into long-term investments. If you find yourself coming up short when dealing with holiday expenses, you may be tempted to cash out at least a portion of your long-term investments. But this should be avoided, for at least two reasons. First, depending on the account you're tapping into, you may face penalties, fees and taxes. Second, and perhaps even more importantly, you'll be depriving yourself of resources you had earmarked for your key goals, such as a comfortable retirement. Of course, you may eventually be able to replace the funds you've withdrawn. But in the meantime, you've

lost out on the growth potential these investments may have provided — and that period of lost opportunity typically cannot be regained.

- Build a "holiday fund." It might be too late for this year but, once the holidays are over, set up a special account for next holiday season. Even if you put in only a small amount each month, you'll be pleased with how much you can accumulate in a year. Keep the money in a liquid, low-risk account — one that's separate from any money you use for your normal day-to-day expenses.

By following these suggestions, you may be able to take some of the stress out of this holiday season — and

possibly even brighten all the other seasons of the year, too.

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

Planet Aid Helps Local Food Pantry

LINCOLN, NH - Make sure to look for those yellow Planet Aid Boxes that will soon be located at the Lin-Wood Community Center.

The new Recreation Program Coordinator, Heather Hoyt encourages people to donate used and new clothing shoes and toys to the Planet Aid bins outside the Community Center. "Lincoln-Woodstock Food Pantry will receive 2 cents for every pound of clothing collected. Every little bit counts and will not be overlooked," says Hoyt. "And if any local business would like to host a Planet Aid box at their business location, LWFP receives 2 cents for every pound of collect the business has collected as well. It's a win-win!"

Planet Aid was founded in Boston in 1997 and as a non-profit organization, the work to make it possible for individuals to contribute to improving conditions for those in need. Planet Aid is proud to provide support and aid to local, regional and international charities. ALL donations made to Planet Aid are tax deductible. Donations of clothing, shoes and toys should be secured in plastic bags. For more information about receiving your tax deduction go to www.planetaid.org/get-a-receipt.

Hoyt reports, "Now that winter is coming the LWFP is in need of items such as dried milk, butter, peanut butter, juice, lunch meat, meat and baby formula."

Food Pantry donations can be dropped off at the Lin-Wood Community Center located on 194 Pollard Rd., Lincoln NH, Monday-

Friday 10am-2pm. There is a blue bin located outside the Main Entrance for donations dropped off after hours.

If you would like to host a Planet Aid box at your business, please contact Heather Hoyt at the Lin-Wood Community Center at 603-745-8958 or email communitycenter@lincolnnh.org

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to be sharpened while you shop.

See you at the market!



Women's Gland & Hormone Balance

The intricacies of a woman's body are extraordinarily tuned and balanced. When health imbalances occur in a woman, they do not only affect her physical state, but cause a lack of union between her mind and body. When she loses the oneness with herself, both physiological and emotional problems result. Connecting to the earth is essential for women to feel whole in her creative process. Herbs, essential nutrients of the earth and its regenerating design, are primarily body balancers and work so amazingly well with a woman's system.

A healthy endocrine system is a must for solving female problems. Hormones-incredibly potent glandular secretions, seem to be at the root of most women's problems some hormones have almost immediate effects, some a long delayed reaction. Even in tiny amounts they have dramatic effects.

Drugs, chemicals and synthetic medicines, standing outside the body's natural cycle often do not bring positive results for women at deep body levels like glands and hormones. Women with hysterectomies are only beginning to see the harm that removing delicate glands, or treating fragile hormones with drugs can do. Other women are acquainted with the unpleasant side effects of contraceptive and hormone replacement drugs. A wide range of female problems are caused by too much estrogen production. Breast and uterine fibroids, endometriosis, PMS, and heavy, painful menstrual periods are good examples. Research shows that these problems and even breast cancer is caused by overstimulation of the glands by synthetically reproduced hormones.

Herbs work-instead, with a woman's own hormone action for body balance. Herbal therapy supports in a broad spectrum., like the female essence itself, and a woman's body responds to it easily without side effects. Plant or "phyto-hormones" are remarkably similar to human hormones. They can be accepted by hormone receptor sites in our bodies. At 1/400th to 1/50,000th the strength of circulating hormones, they are gentle and safe, exerting a tonic effect rather than drug-like activity. Herbs such as Dong Quai Root, Black Cohosh Root and Wild Yam Root clearly

show hormone-normalizing effects.

What about environmental estrogens and a woman's glandular health?

Only in the last ten years has anyone realized how common environmental estrogens are in our society. Pesticides, herbicides and many other new chemicals contain man-made estrogens. Estrogens and other hormones are common today in meats, dairy products, and drugs such as HRT's (Hormone replacement therapies). Science is just beginning to accept, although naturopaths have known for some time, that man-made estrogens can "stack the deck" against women by increasing their estrogen levels hundreds of times.

There is a link between pesticides and breast cancer. Pesticides, like pollutants, are stored in body fat areas like breast tissue. Some pesticides including PCB's and DDT compromise immune function, overwork the liver and affect the glands and hormones the way too much estrogen does. The dramatic rise in breast cancer is consistent with the accumulation of organo-chlorine residues in the environment

Good nutrition and herbal therapy for the glands can "change the world" for a woman. Using herbal therapy to rebalance hormone ratios gently harmonizes your body, rather than regulating hormone levels by injection. Women can have a great deal of confidence that herbal therapy will work for them. Herbs are in the forefront of modern science today with the proven value of ancient wisdom that women prize. Most women know their bodies better than anyone else, and can instinctively pinpoint foods within a diet range that are right for their personal renewal and balance. Relief, and response time are most often quite gratifying.

What about Breast & Uterine Fibroids?

Disheartening statistics show 1 out of every 1500 American women between the ages of 35 and 49 have fibroid growths; and the risk of getting them increases dramatically with age. Hormone imbalances, primarily too much Estrogen and an under active thyroid are the usual cause. Customary medical protocol prescribes regular mammograms for early detection, surgical biopsies and then fibroid removal. Yet, there is a very real risk in receiving regular doses of radiation through mammograms, even through x-ray dosage is creasing. Breast tissue is so sensitive that sometimes the time between a having a mammogram and getting a fibroid growth may be as little as three months. Since fibroids are not cancer, and have little chance of becoming cancerous, many women are turning to alternative methods to reduce them. Natural therapies focus on improving lifestyle habits for prevention, and herbal supplementation to rebalance gland and hormone activity.

Tumor growth deterrents include— Echinacea Root, Panax Ginseng, Pau D'Arco Bark, Licorice Root, Kelp/Sea vegetables, Chamomile, Garlic, Goldenseal Root, Evening Primrose.

Hormone balancing herbs include – Dong Quai Root, Sarsaparilla Root, Wild Yam root, Burdock Root, Licorice Root, False Unicorn Root, Peony Root, Black Cohosh Root, Red Raspberry.

Body chemistry balancers include— Kelp/Sea vegetables, Alfalfa, Chlorella, Squawvine, Astragalus Root, Dandelion Root, Cramp Bark, Ashwaganda Root, Ginsengs.

Iron-rich herbs for thyroid balance – Watercress, Kelp/Sea vegetables, Spirulina, Borage Seed, Ginger Root, Capsicum, Nettles, Alfalfa, Irish Moss.

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



On Thursday November 15, 2012, John Elliott Sr, VP of the Ammonoosuc Valley ATV Club of Bath, presented a donation of \$742.00 to Deb Foster, Director of the Horse Meadow Senior Center in Haverhill. Each year since its founding The ATV Club holds fund raising events to enable it to donate to the Horse Meadow Sr. Center. The presentation was made during the Thanksgiving luncheon put on by the senior center. Photo courtesy of Oliver Brooks.



By Ronda Marsh

Cheese Vegetable Soup

In the last Trendy Kitchen, I promised you the recipe for the wonderful soup Leslie, Carol, and I had a few weeks ago. Being one to always (well, almost always) keep my promises, I will give you that recipe now. But, here's the hitch: We were so busy chatting and visiting and chopping and dicing, we kind of forgot to locate the written recipe, so it became a soup experiment, and then, after we ate our meal, we (meaning me) kind of forgot to write down exactly what we did. OOPS! So this week, I made the soup again, using the method I usually utilize, and sure enough, it produced a smooth, slightly thick and cheesy (but not too cheesy) broth, punctuated by the flavor and texture of the sautéed root vegetables. Success!! When we originally made the recipe, Leslie had purchased some lovely little bay scallops, along with a can of frozen lobster meat, which transformed this simple soup into a very luxurious and satisfying meal. You could just as easily replace the seafood with diced ham, or chicken, or just stick with the basic vegetable version; it's totally up to you.

Now, let me explain the secret ingredient that is the key to making this delicious concoction (drum roll, please....) believe it or



not, it's VELVEETA CHEESE!! Yup, that's right, the same good 'ole Velveeta that real cheese aficionados scoff at as a "cheese impostor" that only a redneck could like. But here's the thing about Velveeta: Since it is actually a blend of cheese, emulsifiers, and oil, it is a much more stable product which will not break down and curdle like REAL cheese is apt to do when it's added to hot soup. Instead, it just melts down and adds a richness of flavor, the origins of which no one will ever be able to figure out unless you opt to tell them. So, as Elmer Fudd would caution, "Shhh...be vewy, vewy qwiet!"

1/2 stick (4 tablespoons) butter
1/2 cup celery, diced
1/2 cup onion, diced
1 cup carrots, diced
Salt & pepper to taste
2 to 3 cups potatoes, diced
3 to 4 cups water

3 or 4 Bouillon cubes
1 can evaporated milk
16 oz. Velveeta cheese, cubed
1 tablespoon parsley, chopped (for garnish)
Optional: 2 cups of cooked ham, chicken, or seafood

Melt the butter in a large pot over medium heat. Add the celery, carrots and onions, and sauté until the onions and celery are translucent. Add the potatoes, salt, pepper, bouillon cubes and enough water to cover (go light on the salt, as both the cheese and the bouillon are salty). Bring to a boil then simmer until the potatoes and carrots are tender. Off heat, add the evaporated milk, and the cubed cheese, stirring until completely melted. If necessary, reheat over low heat, taking care not to boil, and adding meat or seafood, if desired. Garnish heaping bowls with a sprinkle of parsley before serving.



The December 25th issue of Trendy Times will show off our front door full of Christmas Cards. Your card can be part of the display! The cost will be \$25 - In Full Color! Call or email us for details.

This issue will be dated December 25, 2012. However, it will be on newsstand on Friday, December 21, 2012. Absolute deadline for Greetings will be Wednesday, December 19 at 5 PM. You may choose from Happy Holidays, Merry Christmas, Religious or Santa themed greetings. For details or to order your Greetings contact Gary at 603-747-2887 or email: gary@trendytimes.com

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